



**FEED & HEAL THE STARVING CHILDREN & THEIR MOTHERS:
PARTNERING FOR SUSTAINABLE DEVELOPMENT GOALS
In Kampala Slums, Uganda**

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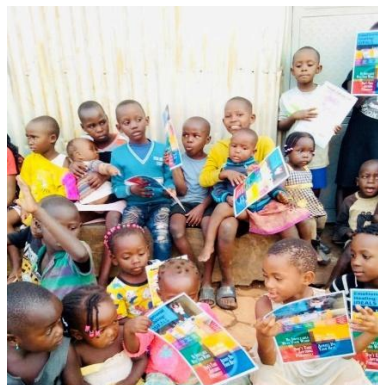
In partnership with several mindful people in Uganda, MeaningfulWorld began a feeding program in the slum area in Kampala, Namugongo go down zone. We volunteered in those slums in June-July 2024 while on a Humanitarian Relief Mission. Upon our return we continued supporting the community, so children do not go to sleep crying with hunger pains. We witnessed several children crying from hunger, and mothers without realizing what they were doing were feeding their children pain killers that they obtained for free from government hospitals. Then we invited likeminded stake holders and then a list of volunteers followed.

This program combines feeding with education and healing. Lessons on hygiene, environmental cleanliness, empathy, respect, integrity, love and emotional management are discussed. Emotional intelligence, EI is emphasized weekly, including empathy, empathic listening, respect for others and self, and self-care. Empathic listening included 7 steps: listen with our hearts, listen with love, listen with our mind, listen with care, observe the body, listen with passion to understand, listen with intention, and listen with prayers. Our volunteer team evaluates their findings and observations and shares them with the rest of the team during our weekly meetings prior to feedings.

Although our goal was to feed 50 children (due to financial constraints), our children grew from 50 to 99 in several weeks, as the children brought their siblings, and neighbors to enjoy healthy cereal with milk, bananas, and fun time to share with one another. In four months, from 6 August 6, 2024, through 6 Dec 2024, we fed and taught over 1,200 children.

Challenges Faced:

1. Several health issues were detected. There were injuries, infections, viruses, and other physical concerns.
2. The low number of volunteers, especially with the growing number of children, placed additional strain on the existing volunteers.
3. Shortage of food and supplies.
4. Harsh weather: Since the place is hard to reach, (one must pass a wooden handmade bridge) it is difficult to pass when it is the rainy season.



Partnership to Teach TM to Mothers:

We have established partnership with Alliance for PTSD Recovery, and TM International to provide training to mothers of these children in the slums to train them in Transcendental Meditation. According to the research studies, even if 3% of the community practicing TM meditation will provide improvement in the entire community in education, health, peace, and prosperity. Special gratitude to David Shapiro, Raja Graham de Freitas TM Administrator for Uganda, John Bukenya, TM National Director for East Africa, TM Teacher Tobius Barugahare, and Hope Renewed Namuwongo with Jacob Bole.

Partnership with MeaningfulWorld:

MeaningfulWorld provides weekly free support groups and invites members of volunteer teams to join the support groups. These support groups utilize the 7-step Integrative Healing Model (Dr. Ani Kalayjian 2000, 2010, 2018, 2023). It is focused on self-care, meaning-making, empathy, validation, learning a positive lesson, sharing resources, ecological connection, raising awareness, physical movement and meditation and prayer.

Future Directions:

1. Expand volunteer recruitment efforts: Actively seek additional volunteers to support the growing number of children. We have reached out to the psychology students at KIU university, and we are grateful for two interns: Hope and John.
2. Increase the program awareness and donations: We are posting the programs activities on social media platforms to attract more donors and volunteers for the program's sustainability.
3. Increase medical volunteers such as nursing students from universities nearby to address medical and health issues and rampant infections in an area where water is contaminated and not accessible.

Gratitude to Volunteers: Jacob Bole, Atwine Mackline, Lombo Gaston, Christine Nalubowa, Imran, Rebecca, Sheila, TR. Sherry, TR. Hope Collins, and Litjohn Katatunga.



Support us with a tax-deductible donation, \$150 will feed close to 100 children in the slums for a month. Click here: <https://meaningfulworld.com/get-involved/donation>
Visit www.meaningfulWorld.com, drkalayjian@meaningfulworld.com