



ATOP MeaningfulWorld Humanitarian Mission to Senegal

Trauma healing, gender empowerment, conflict transformation, ecological justice, and nurturing Emotional Intelligence (EI)

Pre-Press Release
Dr. Ani Kalayjian

From **April 4-15, 2026**, the MeaningfulWorld team will travel to **Senegal, West Africa**, for a **Humanitarian Outreach Mission** focused on trauma healing, emotional intelligence, empathy, United Nations Sustainable Development Goals, ecology, and peacebuilding. This mission continues Meaningful- World's global commitment to communities affected by **political violence, poverty, gender inequality, and intergenerational trauma**.

Founded by **Dr. Ani Kalayjian**, MeaningfulWorld has carried out over **115 humanitarian missions in 50 countries**, offering trauma-informed, culturally responsive healing programs grounded in the **7-Step Integrative Healing Model** and **Transcendental Meditation (TM)**. Team members will be from the USA Dr. Kalayjian (Team leader), Natalia Tomassini, Dominico Jones, Lori Henriksen, and from Senegal Ibrahima Diallo (Field manager), & Seydou Mbengue (Transcendental Meditation Teacher).

Why Senegal? Senegal is facing multiple, intersecting forms of trauma that affect individuals, families, and communities. Between **2021 and 2024**, the country experienced **deadly political violence linked to contested elections**, resulting in **79 deaths**, widespread unrest, and psychological distress. Many young people have grown up amid fear, uncertainty, and repression. Children in **Quranic schools (daaras)** are often exposed to **exploitation, forced begging, neglect, and abuse**, creating deep emotional and developmental harm. Women and girls face **gender-based violence**, including **female genital mutilation (FGM), domestic abuse, and sexual violence**, which limits health, safety, and educational opportunity.

Senegal also continues to feel the long-term psychological impacts of the **Casamance conflict**, as well as **refugee displacement** from regional instability. These conditions contribute to **anxiety, depression, unresolved grief, and PTSD**, while access to mental-health services remains limited.

This humanitarian mission responds directly to these realities, offering tools for **healing, resilience, dignity, and peace**. Our Mission in Senegal MeaningfulWorld will work with educators, parents, NGO leaders, community members, and government partners to deliver trauma-informed healing and emotional intelligence training. We will emphasize **integrative modalities**, including:

The 7-Step Integrative Healing Model, Transcendental Meditation (TM), breathwork, mindfulness, emotional regulation, energy-based healing, Reiki, and empathic listening. For each of 20 scientific studies on TM and PTSD for civilians and military all around the world, there is a statistically large reduction in PTSD symptoms, often within 30 days. See research here: <https://aptsdr.org/research-2/>

Our goals are to:

1. **Provide trauma healing through the 7-Step Integrative Program with TM (SDG 4) & train faculty, NGO leaders, teachers, and parents**
2. **Nurture Emotional Intelligence (SDG 3)**

3. **Nurture mindful leadership**
4. **Collaborate with Ministries of Education, Health, Welfare, and Justice**
5. **Promote ecological justice & sustainability through tree-planting and establishing Peace & Forgiveness Gardens (SDG 11)**
Empower women and men for equality and equity (SDG 5)
6. **Nurture conflict transformation and peacebuilding (SDG 16)**
7. **Forge lasting international and local partnerships and sponsor children's education (SDG 17).**

➤ **Team Director:**

Dr. Ani Kalayjian received Columbia University's highest Medal of Honor for addressing humanitarian needs in over 50 countries, in 8 regions of the world, on emotional intelligence, trauma healing, nurturing resilience, meaning-making, forgiveness, mindfulness, and meditation. She received her master's and doctoral degrees from Columbia University, taught in 56 universities, to over 10 million people. She has authored 6 books, and hundreds of articles, 58 films, and a meditation CD. She is the founder & President of Association for Trauma Outreach & Prevention, (ATOP) MeaningfulWorld leading 115 humanitarian missions in 50 countries.

➤ **Team members from USA:**

Natalia Tomassini, M.Ed. is a graduate of MeaningfulWorld's Humanitarian Ambassadors Program. Natalia is a member of the Energy Psychology Association. She worked as a psychotherapist in the fields of addictions and criminal justice. She currently works as a, Learning Disabilities Teachers Consultant, an educational diagnostician. In addition, Natalia is a Reiki Master.

Lori Henriksen graduated from Wahington University, weaves over 20 years of wellness coaching—including corporate wellness, retreats, and the playful practice of living the “game of life,” with 25 years of creating unity, harmony, and true belonging through her role as Vice President of the Inland Northwest for Newland. Through the creation of dynamic, interactive communities, she has helped cultivate thriving environments that breathe with safety, connection, and authentic presence. For Lori, it's not only a joy to be alive... it's a joy to be of service.

➤ **Team members from Senegal:**

Ibrahima Diallo works in Centre of research and study on renewable energy at the University Cheikh Anta of Dakar as a legal and administrative officer. He is a consultant for international organization working to transform poverty in Africa and empowering women.

Seydou Mbengue, since 2012 he has been a teacher of Transcendental Meditation, and the Transcendental Meditation Sidhi Administrator since 2022. Mr. Mbengue is the National Director for Senegal, President of the Senegalese Association of Transcendental Meditation, and General Secretary of the National Association of Senegalese Yoga Teachers.

Narod Taslakdjian, MeaningfulWorld Research Intern, supporting the mission from Canada.

➤ **Your generous donation is appreciated and tax deductible.** ATOP MeaningfulWorld is a not-for-profit charitable organization, 501 (c)3, and 100% allocated to this mission. Kindly donate generously at: <https://meaningfulworld.com/get-involved/donation>
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