

WHO WE ARE?

We are a global alliance of trainers, practitioners and activists committed to learning, teaching and promoting positive peace - building

WHAT WE DO?

- Train people in various peace-making skills to sustainably incorporate and apply them in different aspects of life.
- Support, promote and network with similar peace initiatives and organizations

HOW WE DO IT?

We strive to build a healthier future through peace-education and training-workshops, youth empowerment and leadership. We spread the message of peace by celebrating diversity, culture, arts and collaboration with the community



Contact Information:

Ufra Mir

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Donations/Support:

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OR go to:

<http://www.paigaampeace.org/donate.html>

For more information, go to:

www.paigaampeace.org

www.facebook.com/paigaammessageforpeace

"You may say I am a Dreamer. But I am not the only one. I hope someday you will join us. And the world will live as One."

~ John Lennon



MOTTO

**"Transforming Thinking,
Transforming Lives"**

*Spreading the Message,
One Peace at a Time*



PAI GAAM
A Message For Peace

PAIGAAM: A MESSAGE FOR PEACE

Vision

Paigaam's goal is to help secure a more sustainable, increasingly peaceful, global future.

Mission

Paigaam educates, trains, and empowers youth, children, and adults in the values, principles, & best practices of intercultural peace-building and peacekeeping skills based on mainly peace-psychology. These skills include, but are not limited to:

- conflict reconciliation & transformation
- trauma healing, stress management, post-conflict psychological recovery
- nonviolent communication
- mediation & facilitation

History

Started with Ufra Mir's health-youth peace initiative for youth in Indian-Kashmir which has a prolonged and chronic history of conflict. Gradually, this initiative grew into a student-peace organization at Luther College.

Today, Paigaam is a growing international nonprofit organization. Through education, workshops and the teaching of peacebuilding skills, we model a way to transform a culture of violence into a culture of peace. This makes people aware of the psychological ramifications of living in a violent society and helps them to cope in a positive way. The hope is to build interpersonal trust and an understanding of peace in the pursuit of justice.

Ufra Mir (Founder)

Ufra Mir, a peace-psychologist, social entrepreneur, peace activist scholar, and a passionate positive changemaker, is a graduate of Luther College, USA and the University of Nottingham, UK with her degree in Psychology and Mental Health. Originally from Kashmir, her experience in & passion for positive peacebuilding, human rights led her create the field of peace-psychology while also founding *Paigaam: A Message for Peace*, Inc. Currently she works as its Founding Executive Director, CEO, peace-psychologist, and a certified Kingian peace-education trainer. Ms. Mir is also at present establishing a local chapter of Paigaam back home in Kashmir, India.

Recent Achievements

- Peace & youth empowerment workshops, India, 2013
- CGI Commitment Champion, April 2013
- Doordarshan (Indian National TV Broadcaster) Interview, India, Oct 2012
- Nobel Peace Prize Forum workshop and presentation at Luther College, March 2011 & Augsburg College, USA, March 2012
- Outstanding Commitment Recognition by Clinton Global Org., USA, March 2012

Want to be a Member?

- Visit our website and write to us at paigaampeace@gmail.com

Current Initiatives

- 1) *Health-Youth Initiative for the psycho-social empowerment* : Indian-Kashmir
- 2) *Arts for Peace for the children & adults with violent pasts*
 - Art for Peace: Pakistan, USA, India, Angola
 - Dance for Peace: Ethnic Beats Int'l org.
 - Music for Peace: East-Timor
 - Photos for Peace: Online Worldwide
- 3) *The Gift Initiative* for the empowerment and emancipation of women
 - PadUcation, sanitary products for women : Uganda
 - Sponsoring education for orphans: Uganda
 - Establish *Sylvia Memorial Scholarship Fund* at Luther College, USA
- 4) *Peace-education & workshops*: USA and India
 - Eclectic peace-education curriculum and program for schools and colleges

What's New?

- Share your Peace-stories under *Random Acts of Kindness* section on our website
- Buy *Paigaam T-shirts* on our website to support our initiatives
- Online *Photos for Peace* Contest, 2013