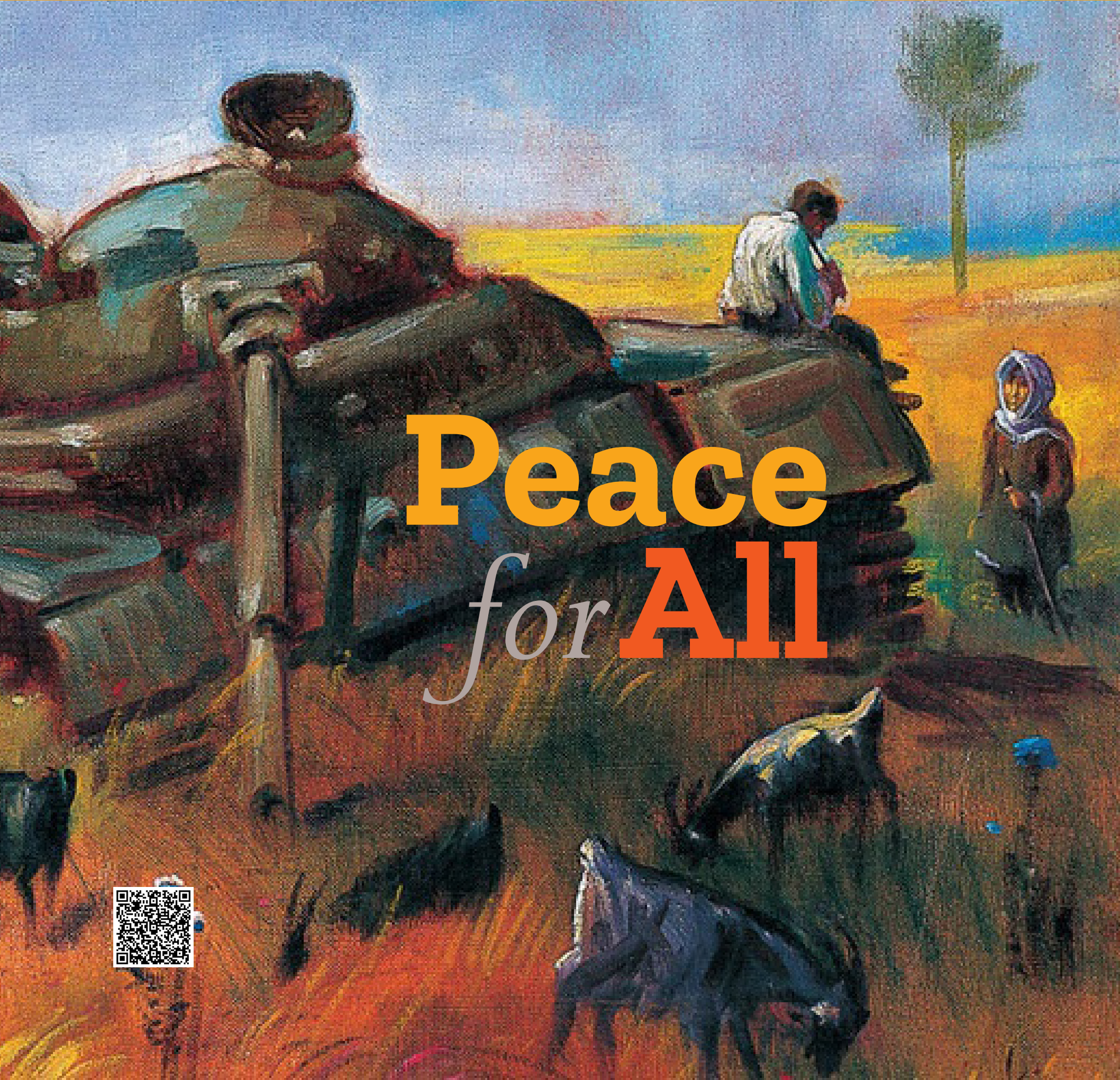


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ZAMZAM

March 2024

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Peace
for All



ZAMZAM



a world of love and peace, drawing by ©samaa al aneer

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a symbol of peace

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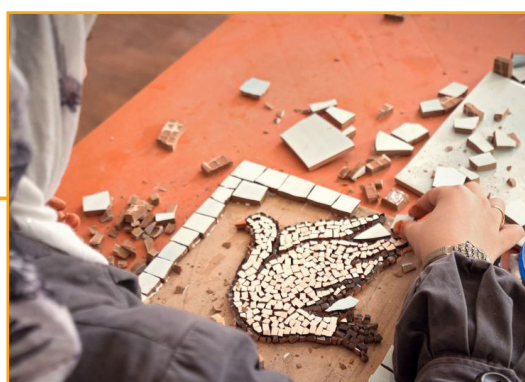
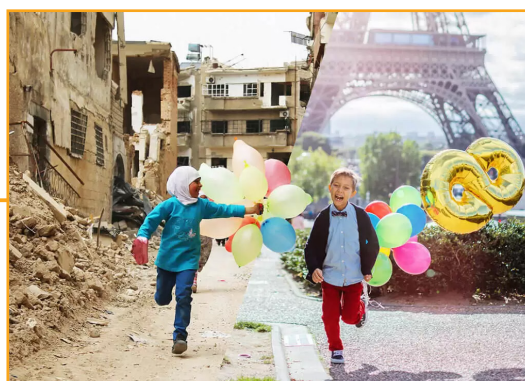
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Managing Director:
Mahdi Fayyazi

Editor in Chief:
Mahdi Akhlaghi

Editorial Board:
Hossein Tarikhi, Abolfazl Aliabadi
& Morteza Alemi

Public Relations & Executive Manager:
Maryam Hamzeloo

Translator & Editor:
Sayyed Roohollah Doaei

Art director:
Mohsen Saberi
RIRA Design Studio

Zamzam magazine was launched about four decades ago to convey a valuable message to the youth of other countries. Now four decades have passed since that time and Zamzam has found a profound place in the minds and hearts of its audience all over the world that cannot be easily replaced. Stories, poems, anecdotes, games and entertainment, riddles, and educational and knowledge-oriented materials constitute the contents of this unique magazine.

Get in touch with us:
alhodapub@gmail.com

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part of an oil painting by ©Kazem Chalipa



The Occultation of Kay Khosrow, Shahnameh Readalong 22

Kay Khosrow the peace-loving king of Iran

The concept of altruism, seeking peace and tranquility, has deeply existed among Iranians since ancient times.

Iranians' mythological stories, a part of which is in the masterpiece book of Shahnameh of Abulqasem

Ferdowsi (940 to 1045 AD), refer to the battle between two kings, depicting Iranians' altruism:

Kay Khosrow, Iran's powerful and wise king, is known for his tact and alertness. He had many recommendations in the form of pacifism: Any war must have a rational justification, cities should

not be looted, if a city surrendered, it should be free from the military attack.

In one of the wars between Kay Khosrow, the king of Iran, and Afrasiab, the king of Turan, the Iranians captured a group of Turanians troops.

When Kay Khosrow found out

about this event, he personally visited the captives.

He saw a group of captives looking at him spitefully and angrily. (Turanians had an intense hatred and enmity towards Iranians since ancient times).

Kay Khosrow, known for his greatness and kindness, was insulted by one of the enemy's soldiers upon his arrival. The king's attendants wanted to throw him in prison, beating and whipping him. But Kay Khosrow treated him kindly and inhibited his attendants.

He consoled the enemy soldier, talked to him out of compassion, and listened to his heartache. The enemy soldier, seeing the benevolence of from the Iranian emperor, calmed down and changed his behavior.



Portrait of Kay Khosrow with a falcon perched on his gloved right hand, and an attendant holding a bow standing behind him. Qajar-era oil on canvas, created by Mihr 'Ali in Isfahan, dated 1803-4



Kay Khosrow Reviews His Army, from a manuscript copy of the Shahnama calligraphed in Shiraz in the Fars province of Iran in 1561-62

Some other captives, who saw this behavior of the king closely, were eager to socialize and talk with him. The king spoke for them and ordered his attendants to provide for the captives' welfare and care.

The king's behavior was spread by word of mouth among the captives, some were surprised by their friends. With disbelief, they were reluctant to listen to their words. An uproar was raised among the captives; most were interested and pleased with the king's behavior. Naturally, some of them continued to insist on their stubbornness and enmity with Iran. But mostly, they were interested in Iran and Iranians.

The next day, the king ordered all the captives to gather so that he can give them a speech.

While discussing peace and friendship, the king left the captives free to choose whether to stay in Iran as guests or return to their home country of Turan.

This story is one of the most critical events in ancient Iran, which has become world famous in the Shahnameh of Ferdowsi, a Persian-speaking Iranian poet.



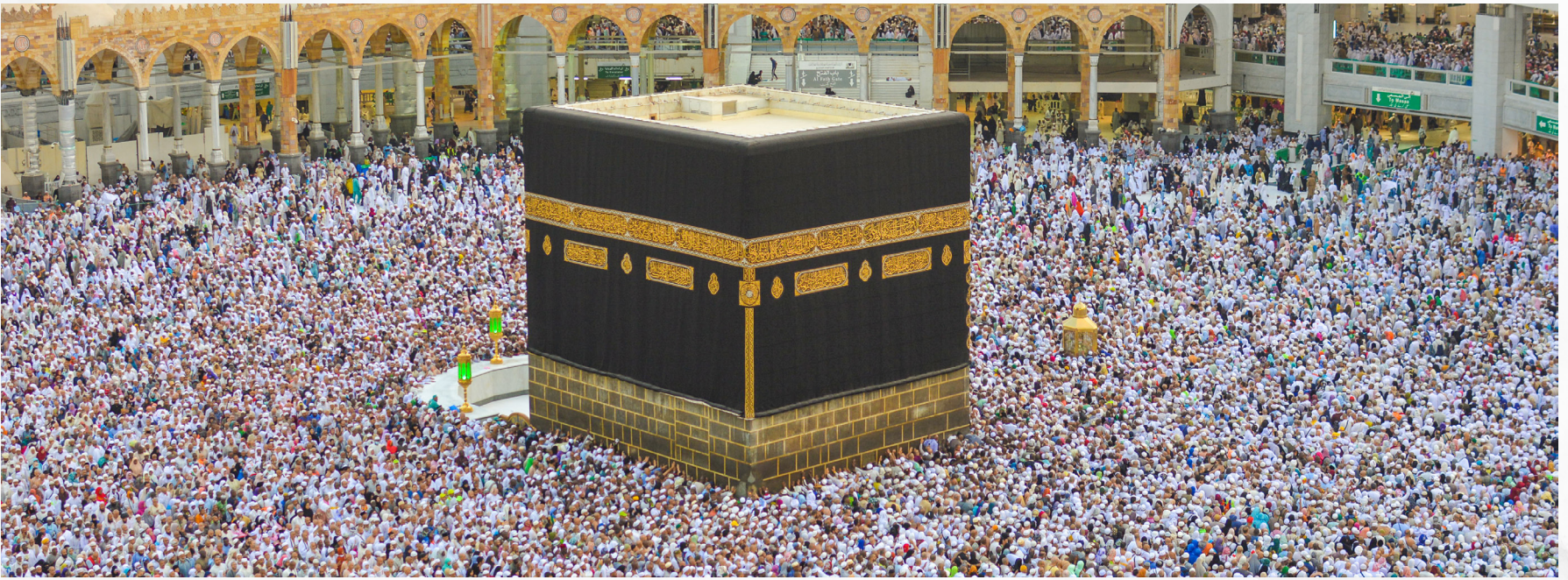


Peace-seeking and pacifism in Abrahamic religions



by Sayyedah Zahra Basiti

Monotheism is a familiar concept among all Abrahamic religions. This concept is the key to peace and reconciliation, for monotheism means avoiding war, centered around one God. Monotheism means preventing fighting over gods. It means unity, peace, and friendship under the flag of the one and only God.



The relationship between Abrahamic religions and peace

Islam

Considering religions of Islam, Christianity, and Judaism, all three adhere to and emphasize pacifism.

The Prophet of Islam, who is mentioned in the Quran as a mercy for the world, said: I was chosen to complete the moral virtue. In the shade of ethics, all religions recommend friendship and companionship. These recommendations are not only for Muslims but also invite followers of other religions to be friends. They even advise all people to be friends with each other. Islam is a merciful religion, and its basis is mercy and kindness. The renowned Iranian poet, Hafez, eloquently expressed this sentiment in the following verse:

The meaning of these two words
is the peace of two worlds,

Fairness with friends and
tolerance with enemies.

It means that if you want to be at peace in this world and the hereafter, you should be fair with your friends and enemies with respect and tolerance.

Friendship and kindness are a permanent and institutionalized protocol in Islam.

Christianity

In Christianity, Jesus always guided his apostles and followers to seek peace and even advised them to show compassion and kindness to the poor and helpless.

.... In the Bible, there is plenty of advice for loving behavior, even towards enemies. According to Jesus Christ (peace be upon him), as it is attributed to him in the existing texts, kindness should also include enemies.



Islam, the most perfect religion

As you have seen, peace is a universal concept among all divine religions, especially Abrahamic religions. But this concept is more advanced and complete in the last and most perfect religion, Islam.



©UN Women, Christopher Herwig

Peace equals development

Many countries, especially those in dangerous areas of the world, such as parts of Africa, West Asia, or South America, face lack of sustainable development and progress. One of the most important solutions to get them out of this problem is to create sustainable peace among them. But what do they benefit from this sustainable peace? Some of these benefits are as follows.

Increasing economic growth: armed conflicts and regional disputes, even the anger and reluctance that countries have towards each other, cause a lot of damage to these countries and their various parts. Peace between countries can increase their economic and commercial relations and also establish economic prosperity among them.

Increasing the level of education and health indicators: studying the peace between the countries shows that the number of students in the countries increases and the health indicators also improve after the wars.

Increasing cultural and artistic interactions: Peace and the absence of military tensions can increase cultural and artistic interactions between countries.

Prosperity and peace: Social and international peace

allows nations to grow and develop peacefully, regardless of external threats.

Strengthening cooperation and cultural exchange: In peaceful societies, nations can establish close relations and increase cooperation in various fields such as culture and art.

Protecting the environment: Military competition, especially the use of biological and nuclear weapons, causes irreparable damages to the environment, which can be eliminated if there are peaceful societies.

What other things can you count among the benefits of peace?



Demonstration in London, October 14, 2023, in support of Palestinians caught in the war between Israel and Hamas. ©AP Photo/Kin Cheung

by Amin Javadi

A Report on British Public Support for Gaza

Protesters all over England, especially in London in its snowy streets, like all over the world, sympathizing with the helpless people of Gaza, chanted against the oppressive actions and policies of the Zionist regime.

National Day of Action for Palestine

Waving the flag of Palestine for the “National Day of Action for Palestine,” marchers chanted slogans and demanded an immediate ceasefire in Gaza. One of the leaders of this demonstration said: “What is happening in Palestine is a situation of injustice and oppression. The main cause of the current violence that we are witnessing is Israel’s permanent military occupation and the imposition of an apartheid regime on all Palestinian people.”

► UK protests expose wide gulf between gov’t and public on Palestine, ©Jess Hurd

▼ Thousands join pro-Palestine marches, Jan 13, 2024, ©skynews



Political Movement in the United Kingdom

The so-called demonstration had turned into a political movement. Hundreds of thousands of protesters from different nationalities, religions, and classes gathered in the center of London and shouted against the brutal crimes of the Zionist regime. Some protesters were holding white cloths stained with red blood as a sign of



protest against the killing of Palestinian children. Also, these protestors were seriously insisting on expelling the ambassador of this regime from London. They were also protesting against British arms aid to the occupying regime.

Protest to Parliament

Protesters gathered in front of the parliament building, chanting slogans against the occupation of Palestine by Israel. The representatives of the House of Commons did not agree to the proposal of one of the political parties regarding establishing a ceasefire in Gaza.

Israel-British Government Cooperation

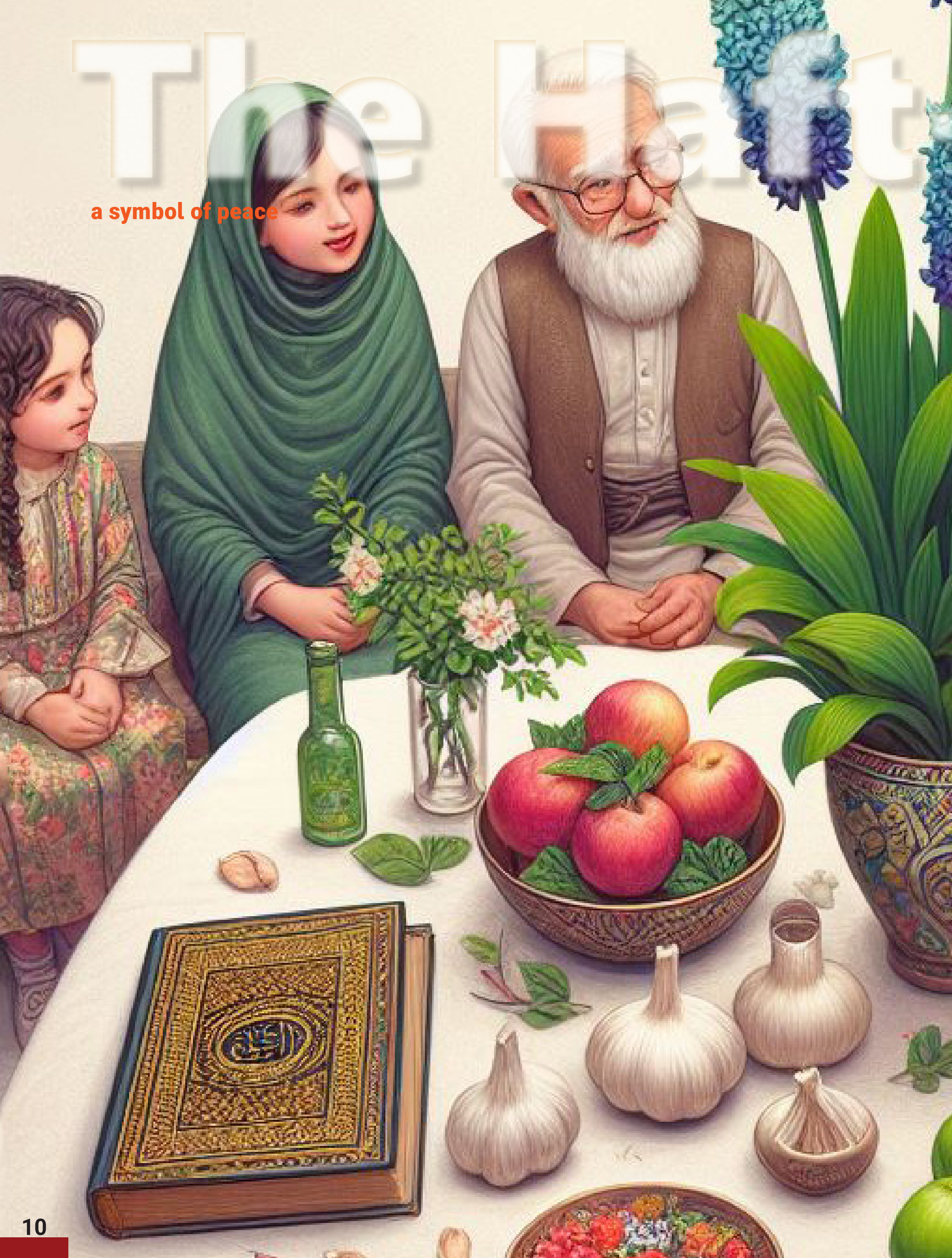
The British government has declared its full support for the Zionist regime since the beginning of the Gaza war, ignoring the killing of Palestinians. British Prime Minister Rishi Sunak was under increasing public pressure, especially from the senior representatives of the ruling party, to change London’s position regarding Palestinian situations, including the establishment of a ceasefire in Gaza and helping to end the humanitarian crisis in support of this nation.

Despite the call of the United Nations, the United Kingdom was against the permanent ceasefire in Gaza and considered it to be in the interest of the Palestinian resistance groups.



The Gift

a symbol of peace





by Sayyedah Maryam Doaei

The grandfather called his grandchildren and asked them to sit around him.

It was near Nowruz. Everyone was ready to hold Iranians' unique traditions, preparing Haft-Sin and the common joys of this event.

- May I ask you, Ali, to call your sister Sarah? Dear Mehri, please call your brother. I have some tasks for them. Maryam! Call your sister, please.

A few minutes later, everyone gathered around the grandfather. All the children loved their grandfather. In addition to being kind, he constantly taught them different issues with his warm and pleasant voice and sweet expression (according to the children's age with his own tone). Grandfather was a retired university professor who never stayed away from education.

- Guys, who knows why we sit on the Haft-Sin table on the Eve of Nowruz?

Maryam said: I love the Haft-Sin table.

Behrouz (cut Maryam's speech): Dear Grandpa, we all gather around it.

Grandfather said: Well done, who else can say the reason?

Sayeh (struggling to speak, romping): Grandpa, because the year was delivered, you should give us presents.

Grandfather laughed and continued: Who can tell why this table is called Haft-Sin? Why Haft-Sin(7-S)? Why not 8-S?

The children shouted, and each of them said something;

Grandpa said in a slightly louder voice: Let me explain myself.

The children were quiet and paying attention. Grandfather continued:

-My dears, the Haft-Sin table is an old Iranian tradition that has come down to us from the distant past. Haft-Sin table is a symbol; A symbol of peace and friendship. Some people say that Haft Sin was originally Haft Chin, which means arranging seven items whose names start with the letter S in Persian

language. The Sassanians, who were one of the governments of ancient Iran, knew that the number 7 was very sacred, so at the time of the New Year, they planted seven seeds on top of seven pillars. It was to celebrate nature and the renewal of the year. However, many people put other accessories like candlesticks, a mirror, a Quran, a redfish tank, a dyed egg, and the Divan of Hafez poems on this table.

I will tell you very briefly what each of these represents:

Seeb (apple): It symbolizes health and well-being so that all the family members would be healthy throughout the year.

Sabzeh (greenery): It is the most beautiful part of the Haft-Sin table which represents vitality and happiness.

Samanoo: a symbol of goodness and blessing.

Serkeh (vinegar): It is placed on the Haft-sin table to pay attention to its durability and immortality.

The children were listening carefully to the grandfather's words in absolute silence.

- Who can guess what symbol garlic is?

There was a commotion; everyone was saying something. Grandfather said: Well done, Maryam.

Seer (garlic): Because of its medicinal properties, it symbolizes a disease-free year.

Sumaq: in the new year, there will be happiness and perseverance in the face of problems.

Senjed (oleaster): Some people consider it a symbol of love and affection, but others say it symbolizes wisdom.

Egg: It is known as a symbol of birth

Qur'an: Muslims believe it is to remember God.

Mirror: symbol of transparency and purity.

Who knows why they put fish?

Mehri said: Well, of course, for activity and dynamism.

The grandfather cheered Mehri and said: Well done.

Fish: a symbol of vibrancy and effort.

The grandfather said while standing up.

- OK, get up now, let's go and set our Eid table together.



© EPA-EFE/Stefan ZAKLIN

War and killing for unreal reasons

If we want to take a quick look at the causes of wars in the contemporary era and its history, it is better to study the history of the past 100 or 150 years to find out why the wars occurred.

Several simultaneous events in Europe have made wars more

and more dangerous and terrible, i.e., the strengthening of Britain, the Industrial Revolution, and the preemption of Western countries to colonize third-world countries. Having been used of weapons of mass destruction, all kinds of bombs, missiles, and especially nuclear weapons and bombs, the world has

been going through fearful times.

This paper briefly reviews the most important wars of the last century.

Second World War

As a multilateral war between countries such as Germany, France, Britain, etc., the Second World War



began in September 1939 and ended in September 1945, which means it lasted six years.

The American invasion of Iraq

The US government attacked Iraq during the presidency of George W. Bush in 2003 under the pretext of the existence of weapons of mass destruction and also the Iraqi government's relation with Al-Qaeda. However, the US government could never prove

the existence of the weapons. This excuse is known as one of the big lies of the American government that led to a great war. Almost 40 countries were also present in this attack. Finally, despite this lie and the defeat of Saddam Hussein, the president of Iraq, The British Institute of Opinion Research Business estimated the number of direct and indirect deaths in Iraq as 1,200,000.

US vs Vietnam War

The war between America and Vietnam, which was a long war and called the longest war in the last hundred years, started in November 1955 and lasted until April 1975. In this war, America lost 400 thousand soldiers, and Vietnam lost nearly 1 million soldiers.

The attack of the Israeli regime on neighboring countries



The presence of US Army ground forces in Iraq

Since 1948, when it announced its existence, the usurping regime of Israel has repeatedly attacked all its neighbors, Egypt, Jordan, Lebanon, Syria, and even Iraq. This regime has carried out 230 air strikes on Syria in the last three years. In this war that this bloodthirsty regime has waged against the innocent people and civilians of the Gaza Strip, more than 30 thousand have been killed so far, 70% of them children and women. Israel's crimes against Palestinians and the silence of the international organizations is a big contradiction for the world witnesses.

Iraq vs Kuwait War

It was the time when Saddam Hussein was proud of his power, with the illusion of supremacy over the Arabs; on August 2, 1990, he launched an open invasion of Kuwait under the pretext of territorial disputes. This aggression ended on February 28, 1991, with the defeat of Iraq.

Hoping for the day when the world, tired of oppression and brutal military aggressions, will reach lasting peace and tranquility under the promised universal and divine government.



The Vietnam War, ©Getty Images, by Patrick Christain,



The fire of gas wells in Kuwait due to Iraq's attack

One of humanity's dreams since ancient times has been a safe and comfortable life in the shade of security and peace.

Peace, a multifaceted issue

Achieving peace in disputes and wars between countries is a very complex, time-consuming, and hard-to-attain task because it is a multifaceted issue involving various factors.

Achieving peace was more accessible in the past

Not so long ago, there were political issues in peacemaking, such

and international pressures have increased, ranging from economic, health, and pharmaceutical to environmental, racial, and ethnic issues, etc.

The involvement of beneficiary countries in the long war

Looking at a deep-rooted dispute between two countries, we find that the aggravating factors of this dispute, apart from the issues between the two countries, are the interventions of other countries to protect their interests related to these countries. These enemies do not stop in any effort; naturally, the entry of foreign actors prolongs the duration of the two countries' disputes.

international organizations are under the influence of colonialists and big economic cartels; therefore, they may cause disturbances in the peace process intentionally or unintentionally.

Non-compliance with international laws

Another critical problem to pay attention to is that only some parties consider themselves obliged to comply with international laws. Or, they may consider themselves exempt from complying with these laws and do not readily accept to end disputes. Therefore, peace does not happen.

The role of large economic cartels

Achieving peace is not easy

as:

- Geographical borders.
- Respect for the immunity of countries' representatives in international meetings.
- Respect for the territorial integrity of countries.
- Non-interference in the internal affairs of nations.
- Peaceful resolution of disputes.

Complex factors hindering peace

Today, the above issues have become much more complicated and intertwined. Factors to achieve peace have been increasingly expanding due to rapid regional developments. Furthermore, political threats, types of sanctions,

Arm-producing countries

On the other hand, the benefit of some arms manufacturing countries and large cartels is in starting wars or prolonging the battle between two nations or even civil wars. So, the longer the war, the higher the sale of war equipment and, as a result, the higher the profits of these countries.

The role of peace-supporting institutions

International peacekeeping institutions can be proactive in creating peace and tranquility to a certain extent; therefore, their efforts naturally remain fruitless from a certain point on. It is not unreasonable that some of these

Another significant point is that some countries of the Commonwealth of Nations benefit from continuing the conflict for political and economic reasons (apart from the above-mentioned weapon issues) because they can have significant political benefits.

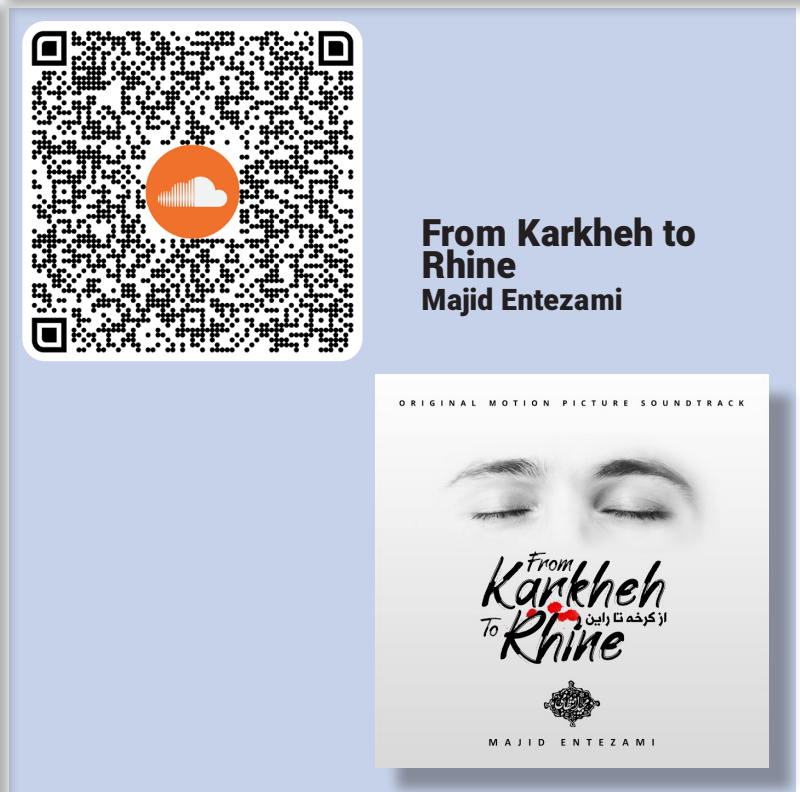
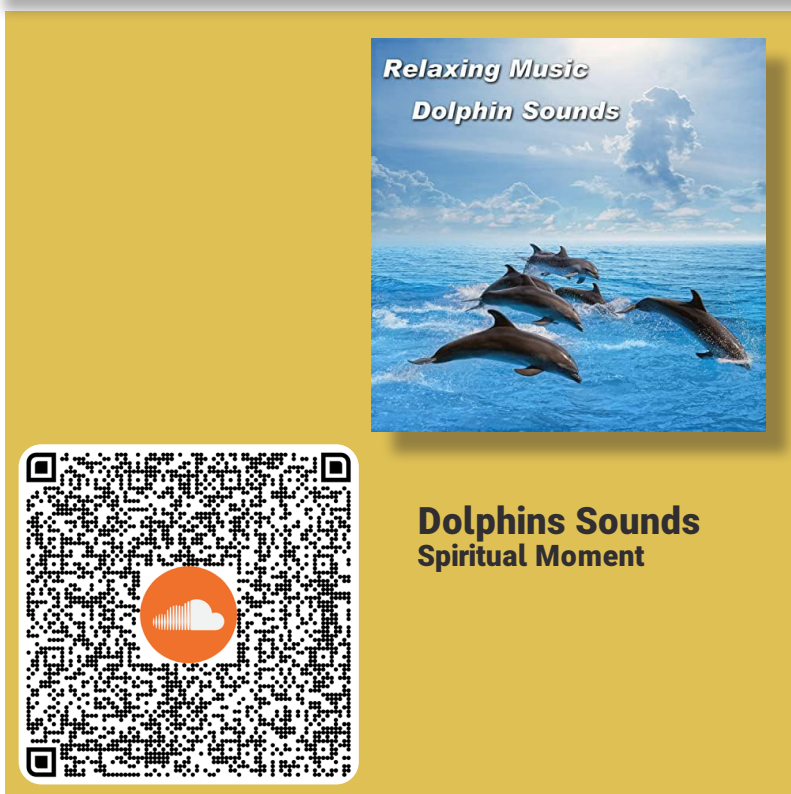
The role of diplomats

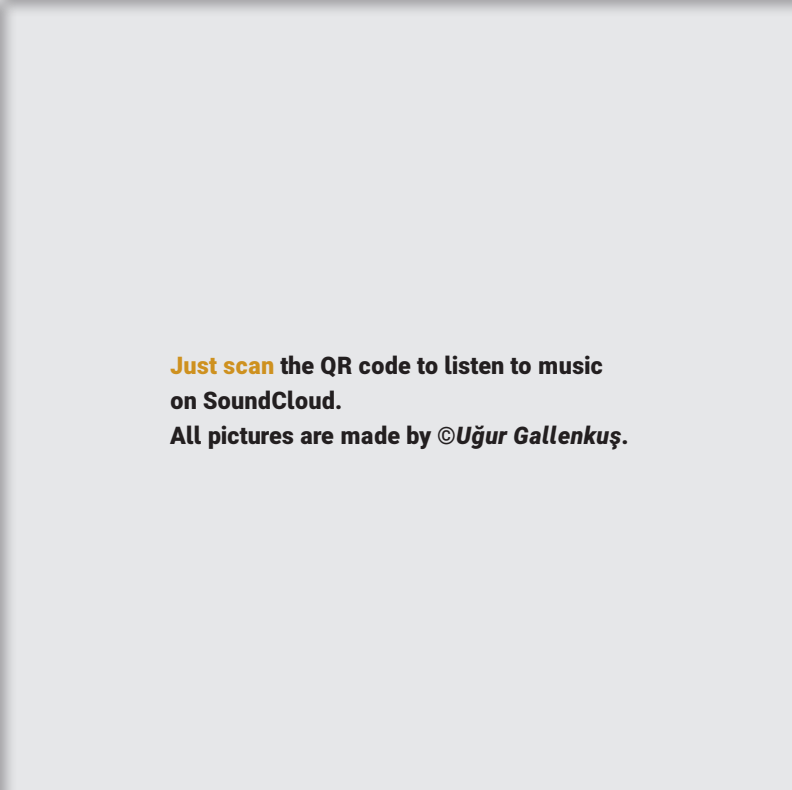
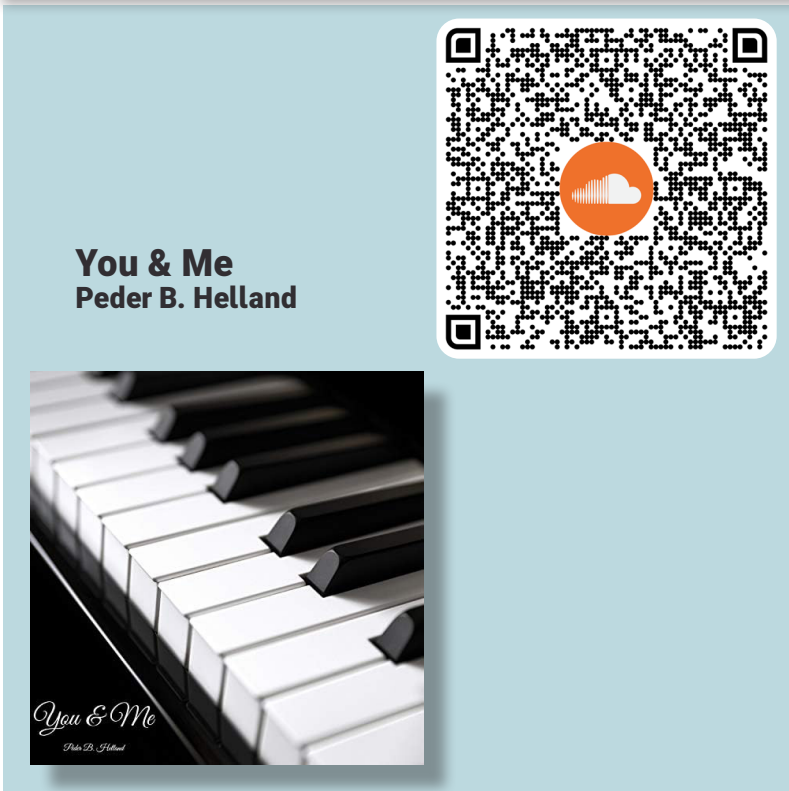
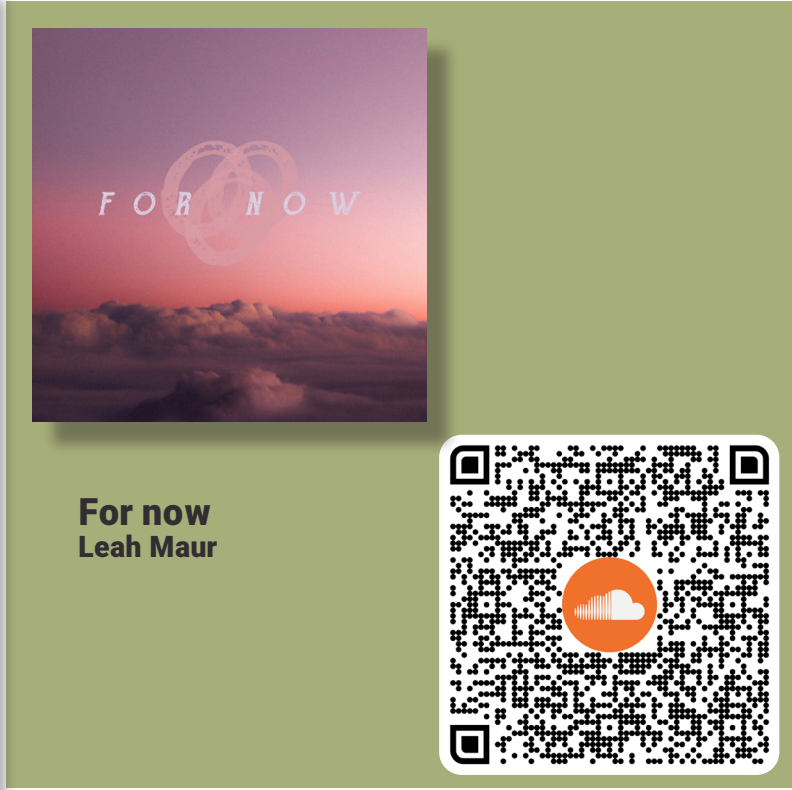
Another critical point is that the diplomats responsible for the negotiations to reach the peace process perform poorly and may not be technically involved. It is even possible that some of them are traitors and deliberately disturb the peace process.

These are some essential reasons why making peace is recently tricky.



War ^{and} Peace







Ruin of Hiroshima Prefectural Industrial Shanti Stupa, Leh | Promotion Hall

by Habib Mosafer

The most famous symbols and monuments of peace

The 20th century was one of the tensest centuries of human life. Countries have imposed many wars against each other in this century. At the same time, in the same century, the world community system made a lot of efforts for the peace and security of all countries. September 21 is named as the International Day of Peace and Friendship. On this day, the world's people gather next to the symbols of peace designed in the countries to honor peace and friendship. Some of these memorials in the world are as follows.



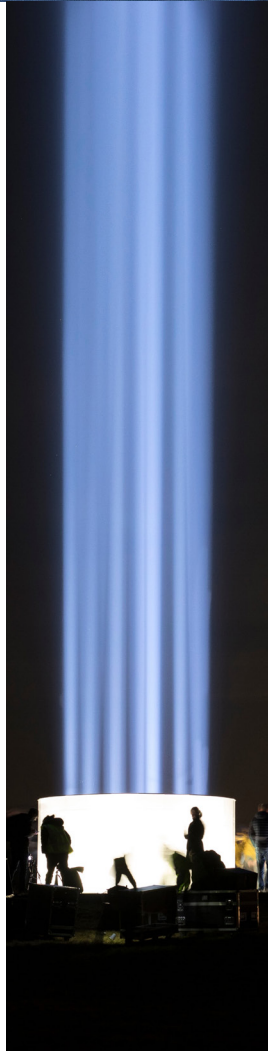
Shanti Stupa, Leh

Genbaku Hiroshima skeleton dome

This structure was one of the few buildings that remained after the American atomic attack on Hiroshima. The survivors of this atomic attack maintain this building as a symbol of the reaction to this attack and also the creation of peace and friendship.

Shanti Stupa, ancient architecture

This building was built in 1980 by a Japanese Buddhist in Leh, India. The beautiful view of this building attract many people every year.



The Paris Peace Wall

This wall was built by the famous French architect Jean-Michel Wilmot. The word peace has been written on this wall in 32 languages and 18 different alphabets. The possibility of visitors writing messages of peace has made this wall one of the most famous symbols.

Reykjavík Peace Tower

This modern and unique tower is located in Reykjavík, Iceland. It is inspired by a lighthouse whose light passes through a prism. The flight of light towards the sky can indicate that the only way to reach your dreams and peace is to move towards the sky.

◀ Imagine Peace Tower with lights on

▼ Wall for Peace Monument at Champ de Mars in Paris, France





Ramadan Mubarak: Teenagers' servitude

.....
by Mahdi Jafari

Muslim teenagers had a good feeling about the holy month of Ramadan. They always look to understand this month's spiritual feeling.

Turkish faithful pray in Ottoman-era Sultanahmet mosque, known as Blue mosque, on Laylat Al Qadr during the holy month of Ramadan, in Istanbul late July 23, 2014.
©Yagiz Karahan - Reuters



Ramadan, joy of purity

The holy month of Ramadan is a particular month for Muslims because they experience enjoyable restrictions, including refraining from eating and drinking for a certain period, from the morning Azan (call to prayer) to the evening Azan. Furthermore, Muslims make a special effort to gain spirituality and pray to God.

How much is the fasting period?

In the fasting ritual, the Shariah custom is to eat food as «Sahari» before the morning Azan. The eating must be stopped before Azan, and likewise to break the fast after the evening Azan. Muslims can eat halal food and drink from Maghrib (dusk) to Fajr (dawn) Azans.

Teenagers love to fast.

Teenagers eagerly request their parents to wake them up for Sahar so they can fast. Likewise, they want to go to the mosque with them and pray in the congregation. Ramadan is an excellent opportunity for teenagers to participate in reciting the Holy Qur'an in mosques and learn about Muslims' group rituals.

The age of religious obligation in Islam

Girls reach Shariah duty at the age of nine years old and boys at the age of 15, so they all are required to comply with Shariah rules.

Group recitation of the Qur'an

The ritual of group recitation of the Qur'an becomes more prevalent in all Islamic countries during Ramadan because Muslims believe that the reward of reciting each verse of the Holy Qur'an in Ramadan equals reading the entire Qur'an in other months.

Magnificent congregational prayers

The congregational prayer ritual becomes more prosperous this month, and most Muslims consider themselves obliged to participate in this ceremony. Teenagers, like adults, enthusiastically stand in congregational prayer rows, very pleased with this group worship.

Continuing the mood of the blessed month

It is stated in Islamic teachings that it is better for Muslims who practice servitude during this month to continue this spiritual circumstance during the rest of the year.



What skills do we need to build peace?

Creating peace is one of today's world's great challenges, requiring efforts and cooperation of all people. Adolescents, as future builders of a society, can play an important role in creating peace. To do so, they need to learn and develop some important skills, including:

Communication skill: This skill helps teenagers talk effectively and politely with others, listen to others, express their opinions, and respect others' opinions. This skill reduces misunderstandings, strengthens relationships, and increases empathy between people. Perhaps poor

communication skills are of the biggest challenges to communicate with different and opposing opinions.

Problem solving skill: This skill helps teenagers to identify, analyze and solve problems. It helps them to build creative, logical, and workable solutions to face challenges. Many of the problems that arise between countries and groups and prevent the establishment of peace are due to the lack of understanding the problem and its logical solution through wise, comprehensive ways and based on common human standards that should be practiced in adolescence.

Intercultural skill: This skill helps adolescents communicate

with people from different cultures, languages, and beliefs and use differences to learn and grow. This skill leads to respect, tolerance, and solidarity between people.

Emotion management skill: This skill helps teenagers to identify, express, and control their emotions. It helps them reduce anger, fear, and discomfort; and increase their optimism, peace, and happiness.

Cooperation skill: This skill helps teenagers to work with others in groups and help each other. It can create team spirit, divide work and responsibility, and increase productivity and quality of work.

By strengthening each of these skills, a step can be taken to create a local, regional, and global peace.

The role of media in promoting peace and altruism

Media is a means to convey the message to the audience. Due to its unique features, media is the best reference for many audiences. Because of this feature, the media are practical and creative cultural devices.

Peace and altruism

One of the most important concepts accepted by all cultures and races is consensus on the expansion of peace and philanthropy.

The media play an important, effective role in preventing conflict and war, building culture and education, creating peace and altruism, and strengthening it.

When the media is wise, it can prevent the spread of false news that can incite ethnic and tribal prejudices.

Trusted media

A media acting honestly and being the main and trusted source of the audience can use this trust. Then, it can spread out the key, and basic points about peace, altruism, and philanthropy, teach them in a planned manner, and establish them in the minds of the questioning audience.

Peacemaking campaigns

These types of media can lead their audience as an effective set towards advertising or non-advertising campaigns organized about humanitarian events. The media can project a huge cultural movement and direct people towards that event. Helping flood or earthquake victims is a good example of this culture-building. And it is even more important when the people affected by the earthquake are residents of the enemy's country. This movement sends an altruistic and peaceful message.

Confronting violent superstitions

The media is a powerful resource for countering the superstitions that lead to violence. In some underdeveloped African countries, there are superstitions that people adhere to. For example,

in some African countries, some children are born with leech disease; the symptoms of this disease are white hair color, poor eyesight, and pink skin color. By killing these innocent children, a group of them believe that the limbs of these children will bring them luck, money, and wealth.

Through wide, attractive teaching programs, the media can destroy these superstitious beliefs and save the lives of hundreds of people.

Avoiding violent behavior with children

In some Latin American countries, children's rights are violated with violent behavior. It is customary for children to be forced to work. In recent years, the media has been able to help improve this practice by culture-creating,

holding several campaigns, and giving international awards.





Human rights education is an important aspect of promoting peace

by Samira Javan

One of the most effective solutions for establishing lasting peace is promoting and establishing human rights and building a culture of peace-seeking and pacifism. Peace and human rights are mutually related and affect each other.

Barriers to education

Due to many different reasons, in war-torn and developing countries, the education is not institutionalized, or the possibility of its enjoyment is not provided for the future generations who are the future managers and politicians of a country. Poor legal, social, and political structures; cultural and social problems; ethnic, religious, tribal conflicts; etc. are major obstacles to the formation of this movement.

Basic concepts of human rights

On one hand, human rights have three categories:

1. Civil and political rights;
2. Economic, social, and cultural rights;
3. The right to develop and enjoy a healthy environment.

On the other hand, the right to freedom, social justice, and human dignity are among the most important factors of human rights.

Who is the guarantor of human rights?

the key question here is who the operator and guarantor of human rights is.

All governments in different countries are the guarantors and supervisors of human rights.

The role of international institutions

Furthermore, international institutions are active in human rights and are responsible for guarding, monitoring, training, and institutionalizing these concepts.

These institutions play an important role in informing people in developing countries by implementing public plans and programs. Regular and periodical evaluations and scientific and academic observations are the ways to strengthen and ensure the improvement of knowledge about human rights concepts.

Universal development of human rights education to people is another duty of these institutions. they can play key roles in promoting and expanding human rights education.

Suggested solutions

1. Establishing appropriate educational structures to systematize academic education;
2. Creating a suitable platform first for students and then for the general public;
3. Cultivating a critical view of issues among students;
4. Modifying the educational methods and dynamizing the view on human rights issues;
5. Applying of incentive methods like and use of various financial and non-financial incentives;
6. Eliminating the important obstacles that hinder the culture and education of human rights, such as:
 - Strengthening the military forces to battle violent and disruptive people
 - Firmly fighting with terrorism
 - Standing up against drug dealers and traffickers

Peace for Each Day

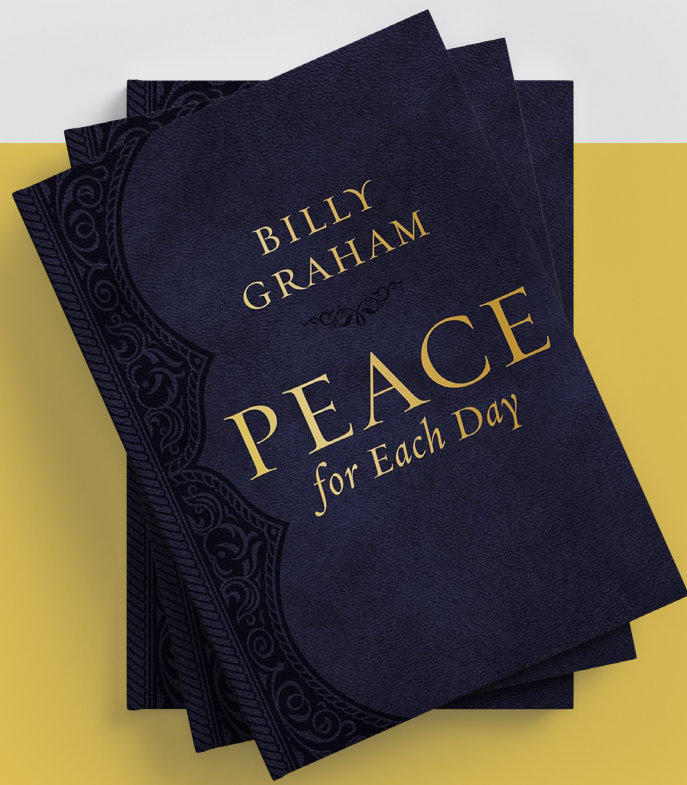
by Billy Graham

Large Text, Leathersoft Leather Bound,

Large Print

October 27, 2020

Beloved evangelist Billy Graham understood the flurry of modern life and the constant temptation of busyness. In a world in which everyone seems to be rushing to finish their to-do list, answer their emails, and respond to their cell phones, peace is still possible. In *Peace for Each Day*, a 365-day devotional, Graham shares God's gentle, reassuring promise of spiritual calm.



Each daily passage in *Peace for Each Day* invites you to joyfully engage with Scripture as you meditate on God's peace--peace that can be found whatever the circumstances, whatever the calling, whatever the future holds.



World Peace: The Voice of a Mountain Bird

by Amit Ray, Banani Ray

Paperback

September 9, 2014

This is a story of a tiny mountain bird, which had a vision to change the world and bring peace on earth. Life was beautiful but war devastates everything. The story runs through her joy, pain, anguish, struggle and wisdom. For most birds life is simply eating,

drinking and raising their chicks. This bird finds a higher purpose which turns to a mission in her life. Through the nightmare of war, she comes to the realization that she needs to do something for healing the soul of humanity. With the help of her guide Yashir, she follows her dream to spread peace on earth. This is a fable about the healing and raising the human consciousness on earth for peace on our planet. We are not helpless, each of us has a role and the story shows us the way.

A-Ma: Alchemy of Love (AOL Mindfulness)

by Ms Natasa Nuit Pantovic

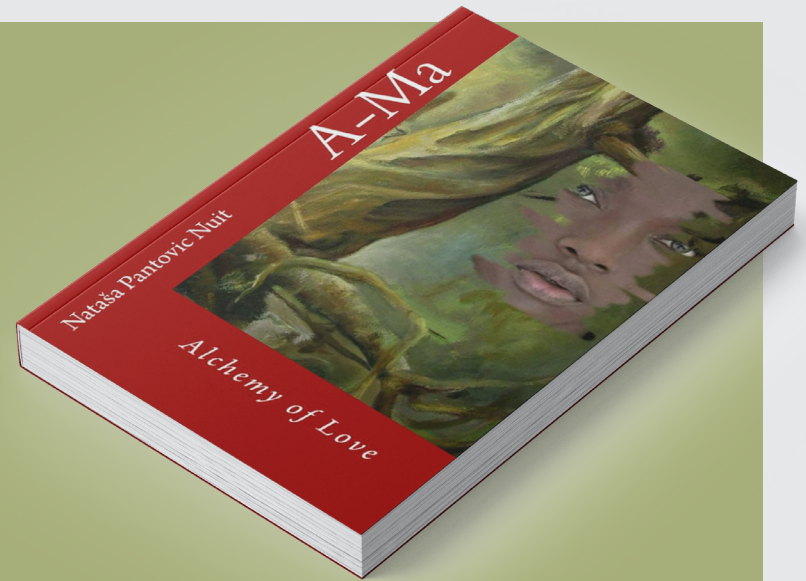
Paperback

March 16, 2016

“*Its miracle and its enigma are within the worlds of inner alchemy of the Age of Enlightenment.”* Sunday Times

A-Ma or Playing the Glass Bead Game with Pythagoras, is a Historical Novel set in the 17th century Chinese Macao, where History is like the Playing the Glass Bead Game with Pythagoras.

“A bridge builder between East and West, following ancient archaeological findings, she often dives into the historic settings more than 2,000 years back in time. In her novel, Ama: Playing the Glass Bead Game with Pythagoras, the 53-year-old author makes a bold swerve into less traveled territory. She chooses for



her protagonists: Ama, an African Priestess, living in the China's 17th century's Macao with Ruben who is a Portuguese Jesuit priest, Father Benedict, an Orthodox Christian with home in Balkans, and the book's perspective on China's rapidly growing Macao, changing sights and sounds, smells and perspective, from a bat to a goddess to a spirit. Its miracle and its enigma, is within the worlds of inner alchemy at the Age of Enlightenment.” Sunday Times A-Ma's 5 stars review



I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban

by Malala Yousafzai, Christina Lamb

Hardcover

October 8, 2013

A MEMOIR BY THE YOUNGEST RECIPIENT OF THE NOBEL PEACE PRIZE

“I come from a country that was created at midnight. When I almost died it was just after midday.”

When the Taliban took control of the Swat

Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education.

On Tuesday, October 9, 2012, when she was fifteen, she almost paid the ultimate price. She was shot in the head at point-blank range while riding the bus home from school, and few expected her to survive.



War oppresses the human psyche

War destroys all human wealth, not only houses and properties but family members. war can eradicate all people's roots.

The effects of war

In addition to economic, familial, cognitive, and social problems, war also creates psychological problems.

Since usually everyone who is left from the war has either lost his family members, relatives, a child, or friends and comrades, this is the beginning of troubles, worries, fears, and anxieties.

Psychological disorders, war outcomes

Naturally, war can cause various psychological disorders for the survivors, such as depression, anxiety, and post-traumatic stress disorder.

Reviewing this event from a psychological point of view, it is

evident that war is a trauma for the survivors. Trauma is an incident or suffering event that sometimes leaves lasting effects on a person.

Even during the war, a person may have been threatened, abused, feared of a gun, and this fear remains with him for years.

Children, little victims of war

In armed conflicts, especially children are the psychological victims of the scary situations, where either their fathers and mothers or their family members are killed or captured by the enemy. It is even possible for the enemy to separate these children from their parents or take them into captivity.

Now let's go back to mental disorders:

1. Depressive disorder

Someone who has depression feels sad; He always carries with him a bag of sadness, worry, and guilt.

2. Anxiety

Anxiety is fear for no reason. Anxiety means ongoing worry most of the time. An anxious person

constantly feels fear and concerns that something terrible will happen to him. Someone who has lived through war is continuously worried that war and conflict will happen again.

3. Post-accident anxiety disorder and stress

This disorder occurs in those who have gone through the war, especially children. These people have unreasonable fears; They intend to stay away from places that remind them of war, have severe disturbances, and live in constant fear.

What do psychologists say?

According to psychologists, the effects of war can occur in different age and gender groups. These effects on men, women, or children are different; each requires treatment.

In psychology, there are solutions for each of these disorders that can solve most of these problems. Referring to psychologists is the first and best decision.



What do they **say**?

Nowruz,
the beginning of
the Iranian new
year

