

## International Peace Day 2019 Commemorated in London by UPF UK

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International Peace Day is commemorated each year by Universal Peace Federation (UPF) around the world. On September 21st the UPF in London convened a programme of participating in a global meditation initiative, celebrating peace activism and to highlight the role of the family as the school of love with an inter-religious marriage blessing.

Caroline Heward proposed and coordinated UPF joining in a global wave of meditation at 12 Noon in each time zone during International Peace Day. Global Moments of Mass Mindfulness, was a partner for IDP 2019, and UPF - UK was happy to be participating at the beginning of our programme. Caroline Heward guided our meditation together with the tune of Moolah Mantra.



The inter-religious peace blessing on marriages and all others present followed an explanatory presentation by Robin Marsh. It was wonderful to see children and people of all backgrounds, religions and races participating in a celebration of God's Blessing. Inter-religious prayers were offered by Rev Isaac Ayunga, Sheikh Dr Hojjat Ramzy, Joyce Suda and Swami Vishwa Anand.

There were a number of Ambassador for Peace awards presented during the afternoon programme. Those who have contributed to building a more peaceful, loving world were acknowledged as Ambassadors for Peace and are part of a growing network throughout the world. Keith Best, Chair of the Board of Trustees, explained that the award acknowledged past efforts but was intended to act as encouragement for further efforts.

Ambassador for Peace awardees were Amina Acherkouk, Adrija Biswas, Teuta Avdyli, Aurangzeb Akbar, Laura Bloomer, Ntombizifikile Mkoyana, Oksana Torbych, Adeola Fasubaa and Dr Maaroo Haj Mohideen FRCOG. An introductory video on Universal Peace Federation explained the role and purpose of Ambassadors for Peace.

Gill Barham offered two songs that members of the audience could join in together towards the end of the programme.

Dr Maaroo Haj Mohideen FRCOG, the CEO of Hayati Life Care gave a thorough presentation on how to live a healthy, peaceful and long life combining scripture and science.

Video report: [UPF International Peace Day 2019 youtu.be/iPQInJpg4PU](https://youtu.be/iPQInJpg4PU)

Photo Report: [International Peace Day Event Organised By UPF London UK 2019](#)