

In The Name of God

Take It Easy!



Tehran . Iran

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Universal Declaration of Human Right:

Article 3

Everyone has the right to life, **liberty** and security of person.

Article 19

Everyone has the right to **freedom** of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

- *What does freedom mean?*

Oxford Dictionary:

freedom: /'fri:dəm/ noun

The right to do or say what you want without **anyone** stopping you.

- *Who is anyone?*

Universal Declaration of Human Right:

Article 1

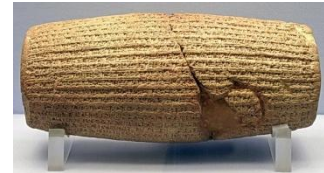
All human beings are **born free** and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of **any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status**. Furthermore, no distinction shall be made on the basis of the **political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty**.

*Cyrus Declaration of Human Rights:

26. I soothed their weariness; I **freed them from their bonds...**



* Cyrus the Great: (Persian: کوروش بزرگ, Kurosh e Bozorg)

Founder of the Achaemenid Empire in Iran. With his order the world's first declaration of Human Rights was written on a clay cylinder "Cyrus Cylinder".

Human beings face two kinds of limitations to their freedom:

- *Individual*, e.g. fears, judgments, stresses, mistrusts, optimisms/pessimisms, etc...
- *Social*, i.e. all forms of discrimination, such as race, colour, sex, language, religion, political opinion, ethnic social class; Political, jurisdictional or international status of the country or territory to which a person belongs, etc...

International organizations, NGOs and some governments are trying to overcome such social limitations through specific legislations, awareness raising, and other means.

But what about ourselves? What should we do with our fears, judgments stresses and pessimisms?

All human beings are born free!

Free of fears!

Free of stresses!

Free of judgments!

Free of any kinds of individual limitations!

Unconsciously we learn how to be afraid of everything even our dreams, how to live stressfully, how to judge about everything easily!

So the main limitations to our freedom and dreams are not only the social but also individual limitations.

We cannot live free until believe in ourselves!
Our abilities! Our power!

We should fight against our fears, stresses, judgments, mistrusts and pessimisms to be free and make our dreams happen.

A self-confident human being lives and works more positively and efficiently to make his dreams happen.

Yes! A self- confident human being is free, ...

- What does self-confidence mean?

Oxford Dictionary:

self-confidence: noun

a feeling of trust in one's abilities, qualities, and judgment.

Merriam-Webster Dictionary:

self-con·fi·dence: *noun* \-'kän-fə-dən(t)s, -,den(t)s\
confidence in oneself and in one's powers and abilities.

My purpose as a UNESCO Youth Peace Ambassador:

Helping people to live with self-confidence, ...

- Why do I want to help people to live with self-confidence?

A part of Inscription of *Darius the Great:

*Ahura Mazda the great God, who creates all that are seen, who creates **Human beings' happiness**, ...

All human beings are born happy. So living happily is their right. Happiness is like a Virus. It can be transferred from one to another. So a happy human being contributes to make improvements in quality of life in society.

Freedom is precondition of happiness.
A self-confident human is free even in bond, because he believes in his abilities and powers. He is free of all individual limitations. This free human is happy.

Yes! A self-confident human is free, happy, ...

* Darius the Great: (Persian: داریوش بزرگ, Dariush e Bozorg) The third king of Achaemenid Empire in Iran.

* Ahura Mazda: is the Avestan name of God in Zoroastrianism (Old Iranian religion).

My purpose as a UNESCO Youth Peace Ambassador: Helping people to live with self-confidence, happily, ...

- *Why do I want to help people to live happily?*

All human beings are born as unique creatures with their specific abilities. They can make the world a better place to live with their power.

But! Unconsciously we become a custom to our routine lives.
So we do not live happily and creatively any more.
Living creatively is our right!

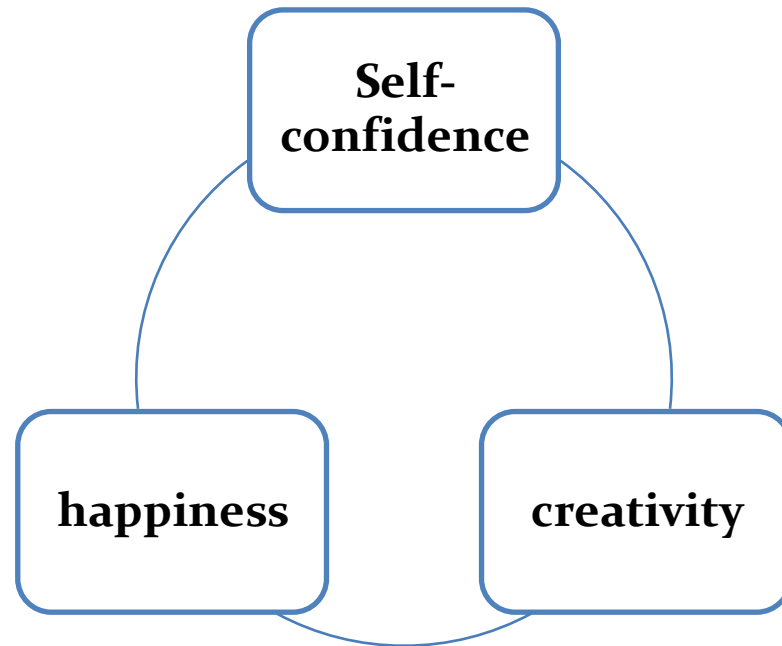
Happiness is precondition of creativity.
We should live happily to see and improve the world from our creative points of view.
A happy human being lives creatively.

Yes! A self-confident human is free, happy and creative.

My purpose as a UNESCO Youth Peace Ambassador:
Helping people to live with self-confidence, happily and creatively.

Self-confidence, happiness and creativity make a loop that creates a condition in which human can have a better life.

This cycle shows their relation with each other:



- How do I want to help people to live with self-confidence, happily and creatively?

The following are three projects which I defined in order to reach my purpose:

- **International Shaadi Calendar**
- **... Points of View ...**
- **A, B, C, ..., I, ..., X, Y, Z**

I decided to build teams to work on these projects in order to practice their main purpose (living with self-confidence, happily and creatively) in the process of their implementation.

In this way more people are engaged in spreading the word of UNESCO about promoting peace around the world.

International *Shaadi Calendar

•**Purpose:**To introduce celebrations from different cultures around the world.

•**Implementing Project:**We will first work on designing and preparing an Iranian Happiness Calendar, share it with people from other countries. In this way they will become aware of the project and encouraged to be a member of our team to complete our International Shaadi Calendar all together.

•**Team Leader:** Tayebeh Kharestani

•**Team Member:** Fatemeh SafiKhani (Industrial Design student of College of Fine Art of University of Tehran), Nazanin Akbarian (Industrial Design student of College of Fine Art of University of Tehran), Helianeh Makekipour (Industrial Design student of College of Fine Art of University of Tehran).

•**Time Scale:** 22 Dec 2011-19 Feb 2012

... Points of View ...

- Purpose:** To remind adults of their inner child.

This project will submit children's creative, happy, honest, energetic points of view of life and transfer them to adults through art. This will remind them of their inner child.

- Implementing Project:** Children of primary and elementary school are invited to take photos and draw about happiness. We will then design "Bookmarks" with those photos. These bookmarks will be used to transfer children's points of view on happiness to adults and remind them of their childhood happiness.

- Team Leader:** Tayebbeh Kharestani

- Team Members:** Mohammad Mohammad Amini (Photography student of College of Fine Art of University of Tehran), Samaneh Salavati (Graphic Design student of College of Fine Art of University of Tehran), pupils of primary and elementary schools in Tehran, Tabriz and Shiraz.

- Time Scale:** 22 Dec 2011-19 Feb 2012

*A, B, C, ..., I, ..., X, Y, Z

- **Purpose:** feeling self-confidence, happiness by practicing creativity through team work and games.
- **Target Group:** Orphan teenagers.
- **Implementing Project:** Each year students from the College of Fine Art of University of Tehran organizes several celebrations for orphans in “Badbadak Student Association for Supporting Orphans”. This year we aim to improve their self-confidence, happiness and creativity through specific games. These games will let them believe in their abilities and power regardless of their ethnic background and social condition.
- **Team Leader:** Tayebbeh Kharestani
- **Team Members:** Members of “Badbadak Student Association for Supporting Orphans”.
- **Implementing Date:** 22 Feb 2012

* A, B, C, ..., I, ..., X, Y, Z: I am a letter of alphabet as the others are and we make it complete all together.

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A Creative Designer