

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

DECEMBER 2024



ISSUE 10



Our Mission: Educating communities on Gandhi's peace and non-violence principles and fostering harmony across cultures.

Contribute content/Provide feedback

Honoring our Life Members

Echoes of Gandhi (Past Lectures)

Upcoming Events - 2025 Manifesto

Poster: Community Education

Poster: Gandhi's 11 Vows

Gandhi's Vows for Kids

Tisya Mathur

Gandhi's Vows for Youth

Avni Jain (Abhay)

Sparsho Chakraborty (Aswada)

Anika Jain (Sharirshrama)

Ammi Paul (Asteya)

Moumita Dutta (Abhaya)

Article: Launching the Gandhi's Vows for Everyone

Video: Mahatma Gandhi's Speech

Book Summary: The Story of Gandhi: An inspiring Biography for Young...

Gandhi's Enduring Teachings

**OUR MANIFESTO FOR 2025**  
Championing Peace, Harmony, and Sustainability

Our Mission: "To inspire individuals and communities to embrace Mahatma Gandhi's principles of truth, non-violence, and sustainability, fostering peace, harmony, and social justice in the modern world."

**Kick-off Event of the Year 2025**  
**Gandhi Memorial Day** (Feb 1) will be marked by a lecture on 'Ottawa, the Green Capital of Canada' by William van Geest, Executive Director of Ecology Ottawa.

**Community Education Initiatives**

<b>Gandhi's Vows Education</b> Gandhi's Vows for Kids (9-13) Gandhi's Vows for Youth (14-27) Gandhi's Vows for Everyone Inner Peace Journey	<b>Community Services</b> Environmental Stewardship Community Dialogues Companion Visits Storytelling/Culture Exchange	<b>Monthly Newsletter "Gandhi's Reflections"</b> - Disseminating Gandhian wisdom and sharing information on MGPCO activities.
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**Call for Speakers (Survey)** **Call for Volunteers (Survey)**

**"Living Gandhi's Legacy" Lecture Series (Resource Material)**

**Suggested Topics - A Journey into Timeless Principles for Modern Life**

1. Truth as a Way of Life... Living Authentically in a Complex World
2. Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding
3. Simplicity in a Material World... The Joy of Non-Possession (Aparigraha)
4. Food and Mindful Living... Control of the Palate (Aswada) for Health and Balance
5. Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)
6. Unity in Diversity... The Power of Equality of Religions (Sarva-Dharma-Samanatva)
7. Ethical Integrity in Daily Life... The Value of Non-Stealing (Asteya)
8. Environmental Sustainability... Living in Harmony with Nature
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10. Personal Peace and Inner Harmony... Meditation and Reflection
11. The Ripple Effect of Kindness... Acts of Kindness as Catalysts for Change
12. Community Leadership - Leading with Gandhi's Values... Empowering Communities Through Truth, Non-Violence, and Inclusivity

**Gandhi Jayanti 2025 Celebrations** M.K. Gandhi Annual Lecture 2025  
Garlanding of statue + a cultural function. Our flagship event with Carleton University

An ounce of patience is worth more than a tonne of preaching.



# Honoring Our Life Members: Trustees, Sponsors, and Patrons

Your unwavering support and commitment inspire us every day.

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Dr. Radhika Sekar  
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Mr. N. Subramani  
Mr. Kanwal (Ken) Talwar  
Dr. Arvin Telli  
Mr. Saif Terai

## AN APPEAL TO THE COMMUNITY

**Join Us in Making a Difference - Become a Life Member and Support Our Mission**

**JOIN US TODAY: [GANDHIJI.CA/JOINUS](https://gandhiji.ca/joinus)**

Your contribution helps us continue to educate and inspire our community with Gandhian principles. Together, we can make a lasting impact.



*If we could erase the "I's" and "Mine's" from religion, politics, economics, etc., we shall soon be free and bring heaven upon earth.*



# Echoes of Gandhi: Past Lectures Revisited

[Roster of All Events \(2024 - 2006\)](#)

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (Talk published in Newsletter-Issue # 1)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (Talk published in Newsletter-Issue# 2)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (Talk published in Newsletter-Issue# 3)
- 4) 2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion (Talk published in Newsletter-Issue# 4)
- 5) 2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris (Talk published in Newsletter-Issue# 5)
- 6) 2020 "Mahatma Gandhi - Beyond the Civil Rights Movement (Panel) (Talk published in Newsletter-Issue# 6)
- 7) 2019 "Gandhi and Human Rights" by Vinay Lal (Talk published in Newsletter-Issue #7)
- 8) 2019 "Gandhi: His Relevance in the Modern World - Panel Discussion (Talk published in Newsletter-Issue# 8)
- 9) 2019 "Jai Jagat: A 10,000 KM March..." by Jill Carr-Harris Talk published in [Newsletter-Issue# 9](#))
- 10) 2018 "Gandhi and the Human Rights to Peace" by Douglas Roche (Published in this Issue # 10)**
- 11) 2018 "Reflections on Gandhi, the Great Law of Peace and Indigenous Resurgence" by Taiaiake Alfred
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion
- 14) 2016 "A Centre for Peace (A Vision for the Sacred Islands in the Ottawa River)" by Douglas Cardinal
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment" by Dr. Noel Salmond
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel
- 21) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond
- 22) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik
- 23) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia
- 24) 2008 "Gandhi and Women" by Trichur Rukmani
- 25) 2007 "Gandhi, Religion & Non-violence" by Dr. Paul Younger
- 26) 2007 "Gandhi and the Question of the Worship of Images" by Dr. Noel Salmond
- 27) 2006 "Gandhiji's Ideals: Truth and Non-violence, Religion and Non-Violence" by Dr. Trichur Rukmani

**He who is ever brooding over result often loses nerve  
in the performance of his duty.**



## Past Lecture # (10)

### **2018 KEYNOTE SPEECH 'GANDHI AND THE HUMAN RIGHTS TO PEACE'** by Senator Douglas Roche



**ChatGPT Summary of the Video:** In this poignant speech, the speaker reflects on their journey as a Kenyan and the profound influence of Mahatma Gandhi's principles of nonviolent protest against injustice. As they celebrate the 150th anniversary of Gandhi's legacy, they urge the audience to kindle hope for peace and justice, particularly in the context of ongoing global conflicts and environmental crises. The speaker emphasizes the importance of collective action and international cooperation through institutions like the United Nations in addressing these challenges.

#### **Key Takeaways from this video:**

The key takeaways from the video include:

**Influence of Nonviolence:** The speaker highlights Mahatma Gandhi's teachings on nonviolent protest as a powerful tool against injustice, advocating for peace and social justice.

**Significance of Community:** Acknowledging the importance of community support, the speaker emphasizes how it enriches personal and collective experiences in the pursuit of justice.

**Global Challenges:** The speech addresses pressing global issues such as war, climate change, and poverty, urging for a united response to these challenges through international cooperation.

... Page 2/2





**Video: 'Gandhi and the Human Rights to Peace' by Senator Douglas Roche (page 2/2)**

### **Key Takeaways from this video (continued):**

**Role of Institutions:** The United Nations is presented as a vital institution in promoting peace and addressing human rights violations, with an emphasis on its 2030 agenda focused on eradicating poverty.

**Call to Action:** The speaker encourages individuals to remain hopeful and engaged in activism for social justice while reflecting on personal resilience amidst challenging news cycles.

**Vision for Peace:** There is a strong call for collective action towards creating a world without violence, with an invitation to embrace Gandhi's vision within modern contexts.

### **One key message Senator Roche has given to humanity:**

Senator Roche's key message to humanity in this video is the importance of nonviolent activism and collective action in addressing global injustices and challenges. He emphasizes that through community engagement, resilience, and a united approach to issues such as war, climate change, and poverty, individuals can contribute to building a more just and peaceful world.



# Upcoming Events

02 FEB 2025

Saturday, Feb 01 (3-5 PM)  
**Gandhi Memorial Day 2025**

Gandhi's Martyr Day  
Commemoration  
Talk by William van Geest on  
"Ecology Ottawa on Greening  
Canada's Capital"

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**Gandhi Memorial Day 2025**

Talk by William van Geest on ...  
Why Bother with Local Environmental Action?... Ecology Ottawa on Greening Canada's Capital

Mahatma Gandhi  
Peace Council of Ottawa

Paterson Hall (Room 303), Carleton University (Parking Lot P1, Library Road)  
Saturday, Feb 1, 2025 (3:00 - 5:30 PM) | Lecture - Q&A - Refreshments  
FREE - Limited Seats. Register: <https://gandhiji.ca/register>

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**About the Session**  
Join William van Geest, Executive Director of Ecology Ottawa, as he explores why local action is essential for restoring harmony with the ecosystems we inhabit—including fostering better relationships among ourselves. Discover how Ecology Ottawa is already driving change through innovative initiatives and community engagement, and learn about the exciting opportunities ahead for Ottawans to contribute to making our city a greener, more sustainable capital.

**About the Session Leader**

William van Geest brings a deep passion for environmental advocacy and sustainable living to his role. His journey into ecological advocacy began with his work promoting sustainable transportation in Michigan, a mission he carried forward upon his return to Ottawa four years ago.

With a background in the arts and humanities, William's appreciation for the natural world is deeply rooted in his family heritage. Both sides of his family have agricultural and horticultural traditions, and his father is a naturalist, fostering a lifelong connection to nature.

William is dedicated to preserving and enhancing the natural heritage we've inherited while inspiring and mobilizing communities to engage in this important work. At the heart of his efforts is a commitment to fostering harmony and strengthening the relationships between humans and the ecosystems we inhabit, creating a greener, more sustainable future for all.

**OUR MANIFESTO FOR 2025**

Championing Peace, Harmony, and Sustainability

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**Our Mission:** "To inspire individuals and communities to embrace Mahatma Gandhi's principles of truth, non-violence, and sustainability, fostering peace, harmony, and social justice in the modern world."

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**Community Education Initiatives**

<p><b>Gandhi's Vows Education</b></p> <ul style="list-style-type: none"> <li>• Gandhi's Vows for Kids (9-13)</li> <li>• Gandhi's Vows for Youth (14-27)</li> <li>• Gandhi's Vows for Everyone</li> <li>• Inner Peace Journey</li> </ul>	<p><b>Community Services</b></p> <ul style="list-style-type: none"> <li>• Environmental Stewardship</li> <li>• Community Dialogues</li> <li>• Companion Visits</li> <li>• Storytelling/Culture Exchange</li> </ul>	<p><b>Monthly Newsletter</b></p> <p>"Gandhi's Reflections" - Disseminating Gandhian wisdom and sharing information on MGPCO activities.</p>
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Call for Speakers (Survey)    Call for Volunteers (Survey)

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**"Living Gandhi's Legacy" Lecture Series (Resource Material)**

Suggested Topics - A Journey into Timeless Principles for Modern Life

1. **Truth as a Way of Life...** Living Authentically in a Complex World
2. **Non-Violence: A Path to Conflict Resolution...** Transforming Aggression into Understanding
3. **Simplicity in a Material World...** The Joy of Non-Possession (Aparigraha)
4. **Food and Mindful Living...** Control of the Palate (Asvada) for Health and Balance
5. **Fearlessness: Overcoming Personal and Social Challenges...** Courage in Action: Living Without Fear (Abhaya)
6. **Unity in Diversity...** The Power of Equality of Religions (Sarva-Dharma-Samanatva)
7. **Ethical Integrity in Daily Life...** The Value of Non-Stealing (Asteya)
8. **Environmental Sustainability...** Living in Harmony with Nature
9. **Supporting Local Economies...** Swadeshi: The Call for Self-Reliance
10. **Personal Peace and Inner Harmony...** Meditation and Reflection
11. **The Ripple Effect of Kindness...** Acts of Kindness as Catalysts for Change
12. **Community Leadership - Leading with Gandhi's Values...** Empowering Communities Through Truth, Non-Violence, and Inclusivity

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**Gandhi Jayanti 2025 Celebrations    M.K. Gandhi Annual Lecture 2025**

Garlanding of statue + a cultural function.    Our flagship event with Carleton University



# COMMUNITY EDUCATION IN GANDHI'S VALUES

## Community Newsletter

Gandhi's Reflections... Echoes of Peace Nonviolence and Harmony



**GANDHI'S VOWS FOR EVERYONE:**  
Embracing Timeless Values in Daily Life

Gandhi's 11 vows—truth, nonviolence, purity, non-possession, respect for others' belongings, healthy living, bravery, religious tolerance, equality, hard work, and support for local products—offer guidance that transcends age, faith, and background.

The wisdom of Gandhi's Vows remains highly relevant in today's world. It serves as a moral compass and inspires us to live with integrity, compassion, and purpose.

**Practical benefits of Adopting Gandhi's Vows in Daily Life**

- Improved Mental Well-Being
- Holistic Health & Harmony
- Enhanced Personal Relationships
- Stronger Community Bonds
- Personal Growth through Challenges

**The Transformative Impact**

Incorporating these vows into your daily routine nurtures a more balanced, empathetic, and principled life. Adults and seniors have the perspective to understand their depth and the freedom to choose actions that reflect their values.

**LIVING GANDHI'S VOWS - A PATH TO A FULFILLED LIFE.**

For more information, visit: <https://gandhiji.ca/gandhis-vows>

**GANDHI'S VOWS FOR YOUTH**

YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

WE INVITE UNIVERSITY, COLLEGE, AND HIGH SCHOOL STUDENTS TO UNRAVEL THE POWER OF GANDHI'S 11 VOWS

... and Write An Essay on One or More Vows of Your Choice.  
Your Essay will be published in an eBook "Gandhi's Vows: Youth Perspective"

Embrace Gandhi's 11 Vows to find balance, enhance mental health, strengthen social connections, and discover purpose and fulfillment.

**Pick a Vow, Learn, and Write Essay:**

- Register as a participant.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write (no AI) a 750-word essay in English or French, describing your perspectives on the application of this Vow in your life, in society, and in the world in modern times.
- Submit your essay online here.

**Essay Evaluation & Rewards:**

- Essay Presentation, Relevance, Originality
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top three essays will earn an award.
- A certificate and a memento to all participants to honor their contribution.
- A book/eBook titled "Gandhi's Vows: Youth Perspective" with include all Essays with their author's name, showcasing their work and sharing it with a broader audience.
- Your essays will radiate Gandhi's Vows and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!**  
For information, contact: Manita Datta (613-406-1798) | Anil Agrawal (613-559-8654)

**GANDHI'S VOWS FOR KIDS**

LET US TEACH COMMUNITY KIDS (9-13) GANDHI'S VOWS AND GET THEM TO EXPRESS THEIR CREATIVITY IN ART FORM.

**CHILDREN'S ARTWORK WILL BE PUBLISHED IN A KIDS' PLAYBOOK.**  
"Gandhi's 11 Vows: Reflections from Young Minds"  
... featuring kids' artwork and narratives. A creative journey through Gandhi's principles.

**Here's how the project will run:**

- Teachers/parents teach kids Gandhi's Vows, using a manual: "Gandhi's Vows for Kids: Teaching Manual"
- Through stories and demos, help them grasp concepts like honesty, kindness, discipline, respect, and equality, and how to express it in art form or writing.
- Kids choose one or more vows, express it as a sketch/story, or an 8-12 line poem, or a 200-word essay/story to depict each vow.
- Submit kids' creation online. Submission deadline: Dec 31, 2024

**NOTES:**

- There is no competition. All entries (artwork or written) with the kids' name will be published in a playbook.
- Launch of the Playbook: The Playbook will be displayed at a special function later this year.
- Attend a public function: All participating kids and their families/teachers will be invited to attend the function.
- Certificate of Participation: Each kid will receive a certificate of participation in this project.

**A child is a potent means of spreading goodness. The child has unbounded power to influence others.**  
— Mahatma Gandhi, as quoted in Mahatma Gandhi Selected Political Writings, edited by Dennis Dalton

**Inner Peace Journey**

Achieve clarity, balance, and compassion through reflective practices and mindfulness.

**Click: Inner Peace Journey - Learning Guide**

**Discover how to manage stress, build positive relationships, and embrace social responsibility for a fulfilling life.**

**INNER PEACE** **COMPASSION**

**Practice of Inner Peace Journey - Individually and in groups.**  
These images depict people from diverse backgrounds collaborating and discussing with one another in various settings such as parks, community centers, and homes, engaged in shared pursuit of inner peace and social responsibility.

**LIVING GANDHI'S LEGACY (Lecture series):**  
A Journey into Timeless Principles for Modern Life.

This monthly lecture series is open to all and meant to make Gandhi's principles accessible and actionable, creating ripples of transformation in our personal lives and society.

Passionate speakers from the Ottawa communities—teachers, community leaders, students, professionals, or anyone inspired by Gandhi's philosophy—will lead the sessions.

**Call for Speakers (Click here for Survey of Interest)**

**Suggested Topics (Click Here for Details of Each Topic)**

1. Truth as a Way of Life... Living Authentically in a Complex World
2. Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding
3. Simplicity in a Material World... The Joy of Non-Possession (Aparigraha)
4. Food and Mindful Living... Control of the Palate (Mudra) for Health and Balance
5. Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)
6. Unity in Diversity... The Power of Equality of Religions (Sarva-Dharma-Samratva)
7. Ethical Integrity in Daily Life... The Value of Non-Stealing (Asteya)
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12. Community Leadership - Leading with Gandhi's Values... Empowering Communities Through Truth, Non-Violence, and Inclusivity

**Join Us in Inspiring Change**  
Gandhi once said, "Be the change you wish to see in the world." Through this lecture series aim to bring this vision to life, one conversation at a time. We hope you will join us in this journey and help Ottawa embrace the transformative power of Gandhi's principles.

**GANDHI'S TEACHINGS: A PATHWAY TO PERSONAL AND SOCIAL TRANSFORMATION**

For details, visit: <https://gandhiji.ca/gandhis-legacy-talks>

"Its all spirit and its all connected...Our choice is to live out of harmony with spiritual ways or in harmony with spiritual ways. Everything is spiritual." ~ William Commanda





# GANDHI'S VOWS/VALUES: PATHWAYS TO PEACE & COMPASSION!

**"True inner peace empowers us to see the world's suffering clearly and inspires us to act with compassion and resolve to alleviate it."**

## 1. Truth (Satya)

Tell the truth, be honest and bright,  
Speak with your heart, and do what's right.

## 2. Nonviolence (Ahimsa)

Be kind to all, don't hurt or fight,  
With gentle hands, we make things right.

## 3. Non-stealing (Asteya)

What isn't yours, leave it be,  
Respecting others' property.

## 4. Self-discipline (Brahmacharya)

Use your energy, mind, and might,  
To learn and grow, and do what's right.

## 5. Non-possession (Aparigraha)

Keep what you need, share the rest,  
Giving to others is always best.

## 6. Control of Palate (Asvada)

Eat what's healthy, eat what's good,  
For a happy mind and a healthy mood.



**MAHATMA GANDHI  
1869 - 1948**

**Gandhi lived his vows daily, embodying a life of peace, simplicity, and profound inner strength. Through his commitment to nonviolence, truth, self-discipline, and equality, Gandhi's serene presence reflects the deep inner harmony and unwavering dedication to his principles.**

## 7. Fearlessness (Abhaya)

Be brave and bold, face your fears,  
With courage and smiles, wipe away tears.

## 8. All Religions Equal (Sarva Dharma Samanatva)

All beliefs deserve respect,  
In every faith, love is kept.

## 9. Freedom from Untouchability (Asprishyatanivaran)

Treat everyone with equal grace,  
No one's better, we all have a place.

## 10. Body-labor (Sharirshrama)

Work with your hands, work with pride,  
Helping others, side by side.

## 11. Self-Reliance (Swadeshi)

Support your home, buy local too,  
Helping our community, me and you.


**Embrace "Gandhi's Vows" and cultivate personal integrity, inner strength, and kindness, growing stronger and more united communities, collectively contributing to social harmony.**





## GANDHI'S VOWS FOR KIDS' (9-13)

Promoting Mahatma's Principles of Peace & Non-Violence



**Mahatma Gandhi**  
Peace Council of Ottawa

### GANDHI'S VOWS FOR KIDS

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**NOTES:**

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- Attend a public function: All participating kids and their families/teachers will be invited to attend the function.
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Mahatma Gandhi, as quoted in 'Mahatma Gandhi: Selected Political Writings,' edited by Dennis Dalton



**Essays/Artwork published**  
Click the name to open the  
Newsletter

**Tisya Mathur**

(Aparigraha - Non-possession)

Grade 6 student, Kanata Highlands  
Public School, Ottawa

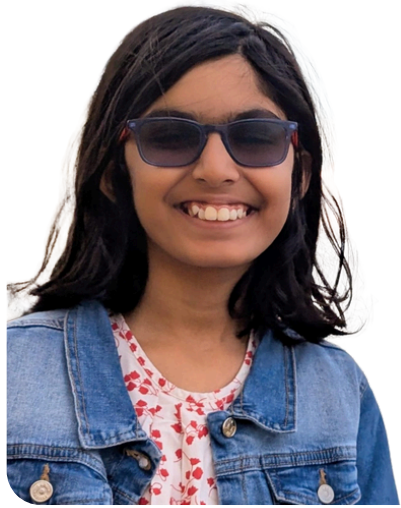
### DISCLAIMER:

The essays are published (unedited) as received from the Youth.

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.



DISCLAIMER: The essay is reproduced as received from the student without editing;



## **Essay on 'Aparigraha / Non-possession'** **by Tisya Mathur**

(Grade 6 student, Kanata Highlands Public School, Ottawa)

**Topic: Living with Less, Giving with Love...**  
An 11-year-old's thoughts on Gandhi's vow of non-possession.

### **Tisya Mathur's Original Essay:**

Aparigraha is when you realize that you don't need everything you have, and that there are a lot of other people who need it more than you. An example is that if you have a lot of toys, yet you do not play with most of them, you could give the toys away, so that any other child who has to grow up playing with rocks and sticks can have a better and enjoyable childhood. If you do such acts, you will not feel bad, since you are helping another person.

Mahatma Gandhi believed that if you possess many things, it is the same thing as stealing, since possessing something without a need is the exact same thing as stealing. He also thought that it will be easier and simpler to live if you do not possess many things.

There are also many other people who support Aparigraha, like our Hindu god, Krishna. All his devotees realized that there were more important things than materialistic possessions. Krishna's devotees think that the devotion to Krishna is far more important than materialistic possessions.

Aparigraha teaches you to live life with minimalism and to let go of things that no longer serve you.



## YOUTH (14-27) ESSAYS

**GANDHI'S VOWS FOR YOUTH**  
YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

**WE INVITE UNIVERSITY, COLLEGE, AND HIGH SCHOOL STUDENTS TO UNRAVEL THE POWER OF GANDHI'S 11 VOWS**

**... and Write An Essay on One or More Vows of Your Choice. Your Essay will be published in an eBook "Gandhi's Vows: Youth Perspective."**

**Embrace Gandhi's 11 Vows to find balance, enhance mental health, strengthen social connections, and discover purpose and fulfillment.**

**Write (no AI) a 750-word essay in English or French, describing your perspectives on the application of this Vow in your life, in society, and in the world in modern times.**

**Submit your essay online here.**

**Essay Evaluation & Rewards:**

- Essay Evaluation on three criteria: *Presentation, Relevance, Originality.*
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top three essays will earn an award.
- The top ten essay authors will present.
- A certificate and a memento to all participants to honor their contribution.
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If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.



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## Essay on 'Abhaya / Fearlessness' by Avni Jain

(Grade 10 student,  
O'Neill Collegiate and Vocational Institute)

**Topic: Fearlessness in Action: Gandhi's Legacy in Modern Social Justice Movements...** Mahatma Gandhi's Vow of Fearlessness in the Fight for Social Justice

In May of 2020, a series of protests against police brutality, known as the George Floyd Protests, began. The death of unarmed African American man, George Floyd, sparked a call for police reform and racial justice, after he was murdered by a local police officer who knelt on his neck for over 9 minutes, with other officers nearby, stopping civilians from intervening. Due to a bystander video and simple word of mouth, protests broke out only hours after his murder. Courageous protests began all across the United States of America and even worldwide, accompanied by a large online movement, as a part of the Black Lives Matter movement. People were able to throw away their fear in the pursuit of justice, and due to this, George Floyd's murderer was sentenced to 22 and a half years in prison. Gandhi Ji's vow of fearlessness can be found throughout this movement as well as his vow of non-violence as according to the United States Government, over 96% of these associated protests were peaceful. These protests and the international reaction, exhibit the overwhelming ability that the average person has to instill change, if they believe in a cause and put their fear aside for the sake of others.

Another example is the tragic rape and murder of a 31-year old doctor trainee in Kolkata, India, in August of 2024. It ignited widespread protests across the country, with tens of thousands of people demanding justice and safer conditions for women. The victim, who's name has been removed online due to the Indian Law, was found dead in a seminar room, where she had gone to rest after a 36-hour shift, partially clothed and bleeding from her genitals. After the autopsy, it is believed that she was gangraped. This case put an important spotlight on the women of healthcare and their safety. Doctors in hospitals across India went on strike, called by the Indian Medical Association, with only emergency services at major hospitals running, with firm demands for better security on campuses and in hospitals. According to BBC, there is governmental data of an average

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### Avni Jain's Essay on "Abhaya / Fearlessness" (Page 2/3)

of 90 reported rapes daily in India in 2022. The vow of truth is also displayed throughout this case as people across India and internationally, called for truth and safety for rape victims and for workers in healthcare. Despite the fear and frustration, protesters showed courage and refused to stay silent about the systemic failures that allow such tragedies to happen.

As the final example, this essay will tie modern society and ideals to Gandhi Ji's fearlessness and the change he instilled. Mahatma Gandhi was an activist for social justice and India's independence from British rule. He is famous for his courageous, nonviolent, approach in achieving social and political progress. He led many different movements, such as the 1930 Salt March and the Quit India Movement in 1942. Gandhi Ji's ideals continue to shape modern society through their inspiration of fearless commitment to nonviolence and ethical living. His teachings demonstrate that true courage lies in confronting oppression with a strong resolve and refusing to resort to aggression. This fearlessness has been fundamental for movements worldwide, inspiring individuals such as Martin Luther King Jr. and Nelson Mandela and empowering communities with unwavering hope and courage. His bravery showed the world that standing firm in your principles can create profound and lasting change.

As a society, we tend to hold the world up on a high pedestal where it does not belong. The different social justice issues that happen worldwide constantly remind us of this. It is important to be aware of international current events and the different figures that bring them, along with important values, to light. This essay has explored how, whether through peaceful protests for civil rights, social justice, or equality, Gandhi Ji's legacy reminds us that bravery is an irreplaceable force for change.

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**We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it.**



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## Essay on 'Aswada / Feeding the Mind' by Sparsho Chakraborty

(1st Year, Bachelor of Health Sciences Program, Ottawa University)

### **Topic: Mindful Consumption: The Modern Relevance of Gandhi's Aswada...** Balancing What We Eat, Watch, and Do for a Healthier, Happier Life

Growing up, my father often reminded me, "Life is all about balance." At the time, it sounded like simple advice, but as I've reflected on it, I've come to realize how profound it truly is. Gandhi Ji's vow of Aswada brings this idea to life, showing that moderation isn't just a practical guideline but a powerful principle that shapes both our physical health and mental clarity.

Aswada is the vow that Gandhi Ji followed that emphasizes the importance of moderation with respect to the consumption of food and drink.

Aswada can be interpreted as what we consume, such as eating healthy food and maintaining a balanced diet. However this narrative can be viewed through a broader perspective. From a different lens, Aswada takes on a profound significance. It invites us to reflect not only on the sustenance we take in for our bodies but also on the information, ideas, and influences we absorb into our minds and our lives.

In this broader perspective, the things we 'eat' or 'consume' do not necessarily need to be for nourishment. They can encompass the media we watch, the social media content we consume, the conversations we engage in, the environments we immerse ourselves in, and the habits we build for ourselves. These intangible things that we 'consume' shape our opinions, behaviors, and overall sense of self.

Just as we can over consume unhealthy food, we can also over consume harmful influences. Drugs, alcohol, and other addictive substances are obvious examples, but modern life brings subtler forms of addiction. One of the addictions that has silently infiltrated and taken over every aspect of our lives is social media. Social media has

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Food has to be taken as we take medicine, that is, without thinking whether it is palatable or otherwise, and only in quantities limited to the needs of the body.



### **Sparsho Chakraborty's Essay on "Aswada / Feeding the Mind" - (Page 2/3)**

become so ingrained in our daily lives that it's hard to imagine without it. This has especially affected youth as Canadian teenagers spend an average of 4–6 hours a day on their phones (Downey). This overconsumption raises significant concerns due to its profound impact on the physical and mental health of adolescents, particularly concerning the implications for individuals with eating disorders and youth with self image issues (Russell et al).

Myself, like many others, have also been affected with the overuse of social media. During the summer, I found myself with an abundance of free time. After a long day of working at my summer job and other volunteer activities, I used social media as a way to fully unwind and 'relax'. But what seemed like a brief escape often stretched into hours, leaving me drained and unsatisfied. By the beginning of the school year, I realized that this overconsumption was crowding out other passions and hobbies that once brought me genuine joy. I made a decisive choice to delete Instagram and other social media apps from my phone. This small yet significant act marked a turning point.

With social media no longer consuming my free time, I reconnected with the activities that truly nurtured my soul. I started to spend more time at the pool, and as a former competitive swimmer I was able to connect with that passion by being a volunteer swim instructor. I also rediscovered the joy of playing piano, immersing myself in jazz and blues pieces purely for fun. These hobbies filled my days with creativity and purpose, leaving me happier and more relaxed than my time spent scrolling ever did.

Spending too much time on social media comes with a heavy toll, especially for young people. It creates shallow connections, damages your self-esteem, and takes time away from activities that can bring true happiness. For me, deleting those apps was a wake-up call. I realized how much I'd been missing out on—being present, connecting with my hobbies, and growing as a person.

Ultimately, Aswada teaches us to be mindful of what we consume—not just in terms of food but also in terms of ideas, habits, and influences. Everything we take in shapes us in some way. By cutting down on negative consumption, we create space for positive and enriching experiences. For me, this shift brought a sense of clarity and joy that had been missing.

The principle of Aswada underscores the power of choice. By controlling what we consume, we reclaim agency over our lives. We can choose to focus on what uplifts and inspires us, rather than what harms or distracts us from our purpose and joy. In my own journey, I've found that embracing hobbies and passions over endless scrolling has made all the difference. It's a vow that I have learned from Gandhi Ji and I hope to carry forward, and one I believe is worth sharing with others.

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**Sparsho Chakraborty's Essay on "Aswada / Feeding the Mind" - (Page 3/3)**

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## Essay on 'Sharirshrama / Body Labour' by Anika Jain

(2nd Year, Bachelor of Health Sciences, University of Western Ontario)

### Topic: Sharirshrama: Grounding Ourselves in a Technological World" ... How Gandhi's Teachings on Body Labor Promote Balance and Sustainability



As modern technology advances and scientific innovation increasingly prioritizes creating an "easy life" for optimal living, the importance of integrating Gandhi's 10th vow, Sharirshrama (body labor), becomes distorted. To meet the demands of a growing global population and enhance efficiency, AI and other advanced technologies are beginning to replace the need for manual labor in daily life. While these changes affect individuals and societies on both personal and global levels, Gandhi's principles serve as an important reminder to avoid becoming consumed by the pursuit of convenience and to remain mindful of the inherent value and significance of the human body.

In my personal life, the vow of body labour fosters a sense of discipline, self-reliance, and overall physical well-being. As a university student, I tend to lead a sedentary lifestyle due to how much of my time is spent at a desk studying. Since most of my work is done on a screen, sometimes it is difficult to tangibly feel the results of my efforts, and I often feel as though I've worked the whole day without creating something of meaning. Remembering Gandhi's vow, Sharirshrama, provides an avenue through which I can find purpose in my efforts by putting an emphasis on manual labour. By using my body and strength to complete a task, the after effects I feel – the sweat, the heavy breath, the endorphins – rejuvenate my belief in my capabilities and strengthen my relationship with my body and myself.

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**Anika Jain's Essay on "Sharirshrama / Body Labour" - (Page 2/3)**

Furthermore, these moments of physical exertion allow me to disconnect from the overwhelming pace of life and reconnect with the present moment. This act boosts my mental clarity and reminds me of the human body's natural ability to contribute meaningfully to the world. Sharirshrama serves as a grounding principle that helps me find balance amidst the demands of my academic and personal life.

In terms of society, integrating the vow of Sharirshrama fosters community, equality, and stronger connections. Engaging in body labor encourages individuals to remain present and mindful, and when such tasks are undertaken collectively, they create opportunities for meaningful interactions and collaboration. This shared effort strengthens social bonds and generates a sense of purpose and fulfillment within the community. Additionally, in an era where technology often isolates individuals through virtual interactions and automated lifestyles, embracing body labor offers a method of bringing people together in shared physical spaces. It also reinforces the idea that all work, especially manual labor, is dignified and essential. By prioritizing Sharirshrama, society can reintegrate the feeling of community, impaired by technological dependence and preserve a sense of human connection and mutual respect.

If we consider the world and the potential impacts of integrating Gandhi's vow, this principle could help reduce overreliance on technology, promote environmental sustainability, and foster a stronger sense of self in individuals. In the modern world, technology has become our main solution to most challenges that we face. However, by reconnecting with Gandhi's ideologies, we can once again find the value of relying on our own physical and mental strength. This shift in mindset can help prevent the relentless pursuit of technological progress at the expense of the environment, and can pave the way for a more sustainable and supportive world where each individual feels empowered and connected to their own capabilities. Moreover, this approach encourages mindful consumption of resources and a deeper appreciation for the ones that we use. It reminds us to balance human progress with the health of our planet. By valuing the effort and exertion of body labor, we can address consistent global issues of climate change and resource depletion, and create a world that prioritizes the well-being of both humans and the environment.

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**Anika Jain's Essay on "Sharishrama / Body Labour" - (Page 3/3)**

In summary, Gandhi's Sharirshrama vow provides timeless wisdom that is still incredibly applicable in the technologically advanced modern world. In addition to strengthening social connection and a sense of community, this vow promotes personal discipline, self-reliance, and physical well-being by highlighting the importance of body labor. Adopting Sharirshrama promotes a balance between sustainability and progress on a global level, lessening our excessive reliance on technology and reigniting environmental respect. Gandhi's teachings can help us stay grounded while we undergo the challenges of modern life, ensuring that we respect the human body's power and potential while working for a more connected, and immersive future. Integrating his teachings provides us with the needed guidance on finding our own strength, and the more difficult task of having faith in this strength.





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## Essay on 'Asteya / Non-stealing' by Ammi Paul

(3rd Year, Bachelor of Translational and Molecular Medicine,  
University of Ottawa)

### **Topic: Integrity in Action: The Importance of Asteya for Students... Fostering Trust, Respect, and Personal Growth Through Non-Stealing in Education**



Corruption is a word that you may hear a lot if you are interested in politics. Broadly this means to take from those who put their trust in you. One of Gandhi's vows is non-stealing (Asteya), and this doesn't only apply to politicians, but to everyone. The obvious portion of non-stealing is to not steal, in other words, to have integrity. Integrity is an important trait to possess as students so that we can foster a better learning environment and be respected by our peers and teachers. As students, active non-stealing includes not plagiarising, doing your own work, and giving credit where credit is due.

In a personal example, in elementary school, a friend of mine plagiarized my assignment for geography class. The teacher talked to me first and showed our two projects side by side. I saw that every single word I had put on a slide deck that I spent the last two weeks putting together, she had copied into a document and submitted as her own. The teacher asked me if I knew what happened, and I said that I had no idea. The reason for this was that I didn't know how she gained access to my assignment, and I also didn't want to cause my friend trouble. The teacher then talked to her, and later when some classmates asked her what happened she went on and on about how the teacher was unreasonable. Looking back on my youth, this was when I had lost

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**Ammi Paul's Essay on "Sharirashrama / Body Labour") - (Page 2/3)**

trust with this friend. Not only did she take my hard work and try to claim it as her own, but she insulted the teacher and wouldn't explain her situation to me. If she had asked me before, I might have been able to help her come up with her own ideas for the project. This example is blatant stealing, and as students is something we actively avoid due to academic repercussions. But, as you can see from my story, non-stealing is also important to cultivate trust with peers. Even if we draw on others' ideas we must give citations and explicitly state what is not ours. That is how we build trust as academics.

So in academics, we are told not to plagiarize (steal others' work), but in the present day, it is easier than ever to do so with the help of generative artificial intelligence chatbots. You can get away with the use of one but the question is who are you harming? In another example, imagine you are in law school, and you use a chatbot to write up a crucial term paper. Since you didn't put in the time to complete this exercise, you lost the reason why your professor gave you the assignment in the first place. It isn't because they love collecting papers, no, it was to give you the chance to practice a skill that you will need when practicing law professionally. By getting the chatbot to do it, you effectively lost the money you paid for the course, and the chance to hone your skills. But say you get an A+ on that paper, is it worth it then? Sure you lost the money, but it boosted your GPA! The truth is you're still in deficit in this situation. If you had written the paper yourself, maybe a B+ paper, then worked with the teaching assistants or asked the professor for help, you could have got an A+ AND earned the skills you will need in the future. In the current scenario, you lose money, gain an A+, have a deficit in the skills of the assignment, a deficit in learning how to learn, and have created yourself a fraud. As you make your way to legal interviews and such it will be harder to keep up this reputation when you have to think on your feet. So in a non-stealing approach writing the paper yourself is a benefit to yourself, and prevents you from stealing words from someone else. As demonstrated, non-stealing encourages a better learning environment where you gain skills from the work that you do.

Lastly, I want to talk about women in STEM. Throughout history, women's contributions to science have been overlooked, ignored, or simply stolen. Common examples are Gladys West, Rosalind Franklin, and Mary Anning. As a



**Ammi Paul's Essay on "Sharirashrama / Body Labour") - (Page 3/3)**

scientist myself, I find it very important to reflect on these types of stories and commit myself to non-stealing in my work. Science is a field of understanding, and we obscure understanding when people don't get their rightful credit. For instance with Gladys West, if her contributions and talents had been recognized earlier, she could have been granted the resources needed to go further in her field. Despite the obstacles she faced as a female black mathematician, her work led to the invention of the GPS (Modin, 2020) and is a prime example of what women of colour are capable of. Every single person is capable of scientific discovery, and as such we must make sure to give credit to those who aid us and acknowledge our own contributions to keep the integrity of science. That being so, non-stealing encourages discovery and thus, learning.

Hence, students who do not plagiarise, do their own work, and give credit when they take help, participate in active non-stealing. To end this essay, I will go back to the idea of corruption. In the three examples I listed, each of them had a corrupted route and a route of integrity. The corrupted route is always tempting, but as students, it is important to have integrity. Gandhi's reasoning for non-stealing is because it "fosters a sense of trust, respect, and harmony within the community" (quote from Gandhi's Vows for Youth: Learning Guide). For students, these reasons ring true: non-stealing fosters trust between our peers and with our teachers, gains respect from them, and brings harmony to the community in that non-stealing encourages a flourishing learning environment. Committing to non-stealing in school in turn, will allow us to be respected in our fields in the future.

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## Essay on 'Abhaya / Fearlessness' by Moumita Dutta

(3rd Year, Bachelor of Translational and Molecular Medicine,  
University of Ottawa)

### Topic: Fearlessness as Freedom... Living Gandhi's Vow of Abhaya in a Modern World



We are not born into fear – for the most part. Scientists have largely agreed that babies have only two innate fears; the fear of falling and a fear of loud sounds<sup>1</sup>. The plethora of trepidations we experience later on in life, both externally and internally induced, are all of our own creation. In other words, the vast majority of our fears are learned by association in society. While it is a completely natural emotion that is useful in the context of reducing physical and avoidable harm, it can also become a debilitating force, limiting our potential and holding us back in situations that require risk and resilience. Pursuing fearlessness, therefore, means not the elimination of fear itself, but the conscious decision to act despite it, transforming fear into a catalyst for growth and positive change.

For Mahatma Gandhi, fearlessness (Abhaya) preceded all other noble qualities – such as truth, love, and leadership – for only a fearless individual can pursue them with unshackled freedom<sup>2</sup>. Gandhi himself was a capital example of this quality that he preached. He endured racial discrimination, imprisonment, extreme animosity, and led a non-violent resistance against British rule in India<sup>3</sup>. These all took extreme mental fortitude, strength of character, and unwavering determination; all which stemmed from fearlessness in the face of institutional injustice, others' opinions, and bodily harm. It is the essence of these conducts that is vital to carry forth on both an individual and societal level in the 21st century.

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Moumita Dutta's Essay on "Abhaya/Fearlessness" - Page 2/3

Our personal expressions of fearlessness will, in all likelihood, not be as grand as Gandhi's. As a student and adolescent, the way I try to practice such fortitude in my daily life is minor on the grand scale of things, but still significant to myself. I am a naturally anxious person. Public speaking and advocating for myself takes me great courage; it is sometimes hard for me to grow past my failures. But in life, rising past such habitual fears is a prerequisite for personal satisfaction and self-fulfillment. Hence, I strive to face my fears and practice mindfulness. Each time I face my fears – for example, by getting up on stage or working towards school evaluations – I reduce their power over me. I endeavour to become the best version of myself by accepting criticism and dismissing unkind opinions that do not deserve my concern. Practicing mindfulness – such as meditating and reconnecting with nature – brings peace of mind that becomes a direct conduit for fearlessness. It relieves one of their anxiety and worry, allowing them a blank slate to take on coming stressors. Thus in the light of Gandhi's vow of Abhaya, this is what I believe for citizens of the 21st century: personal, silent bravery begets a sound mind and strength of character. Facing one's own fears is a monumental achievement in and of itself.

Within the lattice of society, fearlessness manifests differently. It is present in collective acts of resilience, such as a communal response to a natural disaster or a crowd standing up for what they believe in. Gandhi himself rallied together groups on numerous occasions, most famous of which is the Salt March of 1930. By standing up for their rights with a unified front, they became one of the strongest voices and factors for India's independence. It was fearlessness in the face of repercussions, driven by altruistic principles, that led them. Therefore, if one believes in a humanitarian effort, they should let fearlessness be the undercurrent of the protest. Similarly, if one's community experiences a disaster – natural or man-made – it is the cooperative fearlessness of neighbours, friends, and family that inspires oneself to take action in returning the municipality to what it once was. In the grand scheme of things, I recognize my privilege in writing this reflection from a place of relative safety and comfort; when I contributed to movements for climate change or women's rights, I was able to do so with no fear for my own well-being. Gandhi's vow of Abhaya lives on in those today that struggle

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**Moumita Dutta's Essay on "Abhaya/Fearlessness" - Page 3/3**

despite systemic oppression, natural calamities, or societal upheaval – for it is only their valorous strength that allows them to do so.

Fearlessness is a timeless virtue, as applicable as it was in Gandhi's era as it is now in the 21st century. On both an individual and societal level, it can be harnessed to propel our lives forward as an unequivocal force for resilience, determination, and change. Fear may be a fact of life. But fearlessness, in the way Mahatma Gandhi constituted in his vows, can empower us to find inner strength in defiance of this fear in a vast and challenging world.

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# Launching the "Gandhi's Vows for Everyone" Program: A Path to Personal and Social Transformation

ARTICLE CONTRIBUTED BY THE EDITORS

## Synopsis:

"Gandhi's Vows for Everyone" program is a transformative initiative inspired by Mahatma Gandhi's timeless philosophy. Built on the foundation of his 11 Vows, the program offers practical guidance for addressing universal challenges such as materialism, inequality, and social division. These vows—rooted in values like truth (Satya), non-violence (Ahimsa), and non-possession (Aparigraha)—serve as actionable steps toward personal and societal transformation.

Gandhi's belief that "You must be the change you wish to see in the world" underpins the program's immersive design. Participants engage with reflective exercises, interactive modules, and real-world applications that promote self-discipline, resilience, and compassion. The program also addresses pressing global issues, including environmental sustainability and economic equity, by encouraging principles like simplicity and self-reliance.

Accessible to individuals from all backgrounds, the program benefits students, professionals, retirees, and community leaders. It fosters inclusivity, bridges divides, and promotes harmony within communities while equipping individuals with tools to live intentionally and courageously.

More than just a learning experience, this program is a call to action. By embracing Gandhi's vision, participants contribute to a legacy of peace, equality, and justice. As Gandhi's words remind us, "In a gentle way, you can shake the world." This program is that gentle, transformative push toward a brighter future.

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In a world often characterized by division, materialism, and rapid change, the timeless teachings of Mahatma Gandhi offer a profound and essential guide for living with purpose and harmony. Central to Gandhi's philosophy are his 11 Vows, a set of principles that address universal challenges and provide practical solutions for both individuals and communities. These vows, which emphasize truth, non-violence, simplicity, and justice, form the foundation of the newly launched "Gandhi's Vows for Everyone" program. This transformative initiative invites participants to explore, internalize, and practice these principles in their daily lives.

Gandhi believed that change starts with the individual, famously stating,

*"You must be the change you wish to see in the world."*

"Gandhi's Vows for Everyone" program embodies that philosophy by offering more than just a theoretical exploration of Gandhi's ideas; it provides a deeply immersive experience that connects personal growth with collective impact. Each vow—such as truth (Satya), non-violence (Ahimsa), non-possession (Aparigraha), and the removal of untouchability—reflects Gandhi's vision of an integrated life where values guide actions. Through interactive modules, reflective exercises, and practical applications, participants are encouraged to adopt these principles as ideals and actionable steps that lead to meaningful transformation.

The purpose of the program extends beyond individual improvement; it aims to promote harmony and sustainability on a larger scale. By helping individuals develop self-discipline, resilience, and compassion, the program empowers them to face life's challenges with clarity and courage. At the community level, the program emphasizes values such as inclusivity, fairness, and justice, which can help bridge divides, foster understanding, and create more compassionate relationships. On a global scale, the principles of non-possession and bread labor address urgent issues like environmental degradation, overconsumption, and economic inequality. As Gandhi once stated,

*"The earth provides enough to satisfy every man's needs,  
but not every man's greed."*



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This program is open to individuals from all walks of life. Participants can benefit by developing a strong moral compass that aligns their ambitions with ethical principles. Meanwhile, professionals, educators, and leaders can use these teachings to inspire trust, fairness, and collaboration within their communities. Through this program, retirees and seniors seeking purpose and reflection will discover meaningful ways to contribute to their communities. Its inclusive design ensures that the wisdom of Gandhi's Vows resonates with people from diverse cultural, social, and professional backgrounds.

Why should one undertake this program? Gandhi's principles remain as relevant today as in his time, providing simplicity and clarity in an often overwhelming world. Engaging with these vows helps individuals identify and embrace their core values, offering a moral framework that enables better decision-making and more intentional living. The program also equips participants with practical tools to tackle modern challenges, fostering courage, empathy, and sustainability in both personal and professional realms. As Gandhi wisely said,

*"Happiness is when what you think, what you say, and what you do are in harmony."*

Adopting Gandhi's vows has an impact far beyond the individual level. In a society guided by truth and nonviolence, where self-reliance bolsters local economies and discrimination is actively confronted, justice, harmony, and sustainability can thrive. By encouraging participants to practice these principles, the program aims to create a ripple effect that transforms communities, promotes inclusivity, and inspires a collective commitment to building a better world.

The "Gandhi's Vows for Everyone" program is not just a learning initiative but a call to action. Gandhi once said,

*"The best way to find yourself is to lose yourself in the service of others."*

This program offers a framework for individuals to serve others, helping them discover more profound meaning and purpose in their lives. It presents an opportunity to reflect on timeless wisdom, integrate meaningful practices into everyday life, and contribute to a legacy of peace, equality, and compassion.

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In launching this program, we are not just revisiting Gandhi's philosophy; we are inviting everyone to bring it to life. By walking this path together, we can transform ourselves and inspire others, creating a world that upholds the values of truth, harmony, and justice for generations to come. Gandhi's words remind us:

*"In a gentle way, you can shake the world."*

This program serves as a gentle yet transformative push toward a brighter, more compassionate future.

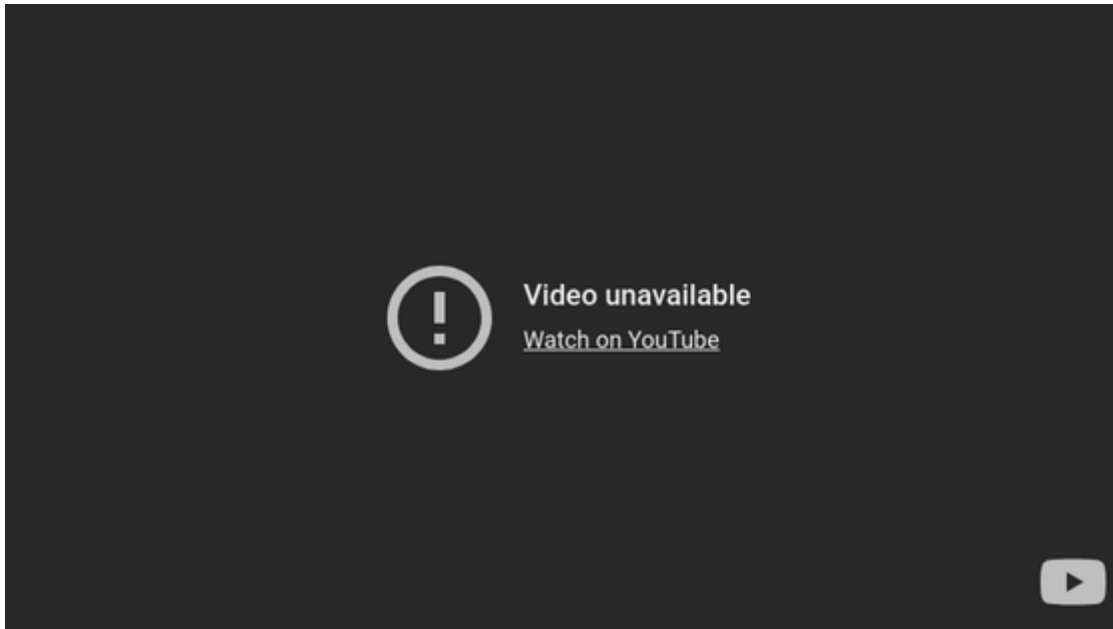




Video (Mahatma Gandhi's Unedited Voice):

## **Mahatma Gandhi's Speech**

**about a mysterious, unseen power that governs the universe and existence**



**ChatTube Summary:** In his speech, Mahatma Gandhi expressed a belief in a mysterious, unseen power that governs the universe and existence. He emphasizes that this power, which he identifies as God, transcends human understanding yet manifests through order and law in life. Gandhi concludes that recognizing and accepting this divine authority can make life's journey more meaningful.

### **What emotions do you feel listening to Gandhi's speech?**

Listening to Gandhi's speech evokes a range of emotions. There's a deep reverence and tranquility as he speaks about the unseen power that governs the universe and the importance of love, truth, and divine authority. His reflections on the continuity of life amidst adversity can inspire hope and resilience. His humility in acknowledging the limitations of human understanding of God also resonates, fostering a sense of connection and introspection. It encourages a profound contemplation of faith, existence, and the greater good. How do you feel reflecting on his words?

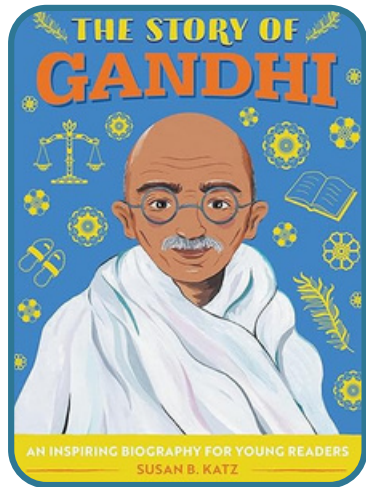


Video: Mahatma Gandhi's Speech (Page 2/2)

## What are the key takeaways from this video?

- 1. \*\*Unseen Power\*\*:** Gandhi speaks about an indefinable, mysterious power that governs the universe, which he identifies with God, suggesting that even if we cannot see it, its presence is felt.
- 2. \*\*Limitations of Understanding\*\*:** He acknowledges the limitations of human knowledge regarding divine authority, comparing it to the understanding of poor villagers who feel the presence of a higher power without knowing its details.
- 3. \*\*Orderliness in the Universe\*\*:** A sense of orderliness underlying all change is governed by a living power that is both changeless and transformative.
- 4. \*\*Divine Law and Its Acceptance\*\*:** He asserts that accepting divine law makes life's journey more manageable, similar to how accepting earthly governance simplifies life.
- 5. \*\*God as Life, Truth, and Love\*\*:** Gandhi defines God as the essence of life, truth, light, and love—qualities that persist amidst adversity and deception.
- 6. \*\*Faith Beyond Reason\*\*:** Realizing God's presence goes beyond pure reason and intellect; it involves a deep faith that transforms conduct and character.
- 7. \*\*Importance of Personal Experience\*\*:** He emphasizes that personal experience and testimony from prophets and sages form the foundation of belief and understanding of divine presence.
- 8. \*\*Commitment to Truth and Love\*\*:** Ultimately, his message encourages a commitment to the law of truth and love, highlighting their supremacy in personal and societal contexts.

These takeaways reflect Gandhi's profound insights into spirituality, the nature of law, and the transformative power of faith.



## Book Summary

# "The Story of Gandhi: An Inspiring Biography for Young Readers"

by Susan B. Katz

Source: <https://www.amazon.ca/Story-Gandhi-Biography-Book-Readers/dp/1647399459/>

### Summary:

The Story of Gandhi: An Inspiring Biography for Young Readers by Susan B. Katz is a compelling and accessible introduction to the life and legacy of Mahatma Gandhi, tailored specifically for young readers. This engaging biography highlights key events and values that shaped Gandhi into a global icon of peace, nonviolence, and justice.

The book begins with Gandhi's early life in Porbandar, India, exploring his upbringing, family influences, and formative education. Readers learn about his journey to England to study law, his experiences of racial discrimination in South Africa, and how these incidents sparked his commitment to fighting injustice through nonviolent resistance.

The narrative emphasizes Gandhi's major achievements, including his leadership in India's struggle for independence from British rule. The book illustrates pivotal movements such as the Salt March, the Quit India Movement, and his efforts to unite people across religious and cultural divides. It explains Gandhi's philosophy of ahimsa (nonviolence) and satyagraha (truth-force), which became central to his activism.

Through clear and concise storytelling, the book captures Gandhi's perseverance and humility, showcasing how he inspired millions to pursue peaceful change. Katz also addresses Gandhi's challenges, including his imprisonment and eventual assassination, while celebrating his lasting impact on the world.

Complete with illustrations, timelines, and easy-to-understand language, The Story of Gandhi provides young readers with an inspiring portrait of a leader whose ideas remain relevant today. It encourages readers to reflect on themes of justice, courage, and the power of nonviolent action in bringing about social transformation.



## The Enduring Teachings of Mahatma Gandhi

### Gandhi's 11 Vows:

- 1. Nonviolence (Ahimsa):** Commitment to non-violence and harmlessness towards all living beings.
- 2. Truth (Satya):** Pursuit of truth, both in thought and action.
- 3. Non-stealing (Asteya):** Refraining from taking anything not freely given.
- 4. Chastity (Brahmacharya):** Practicing self-discipline and control over desires.
- 5. Non-possession (Aparigraha):** Embracing simplicity and minimizing possessions to only what is necessary.
- 6. Body-labor (Sharirashrama):** Valuing physical labor as a means to sustain oneself.
- 7. Diet (Aswada):** Advocating for a simple and healthy diet, mindful of the impact on the body and environment.
- 8. Fearlessness (Abhaya):** Cultivating courage to stand by one's convictions and truth.
- 9. Equal respect for all religions (Sarva Dharma Samanatva):** Promoting religious tolerance and understanding.
- 10. Economic strategy (Swadeshi):** Prioritizing local economies and self-sufficiency.
- 11. Untouchability (Asprishyatanivaran):** Opposing caste discrimination and advocating for equality and respect for all individuals, regardless of their social status.

"Be the change you wish to see in the world."

This simple statement reflects Gandhi's belief in personal responsibility, action, and the power of individual transformation as a catalyst for societal change. It urges everyone to embody the values they wish to see in society, emphasizing that real change starts with oneself.



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We invite you to join us and embrace Gandhi's Legacy in 2024.

