



Newsletter

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

JANUARY 2025



ISSUE 11

Our Mission

Educating communities on Gandhi's principles of peace, nonviolence, and social justice, and fostering harmony across cultures.

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Our 2025 Manifesto of Events and Programs

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



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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.



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 (Feb 1) - Gandhi Memorial Day Lecture

Featuring **William van Geest**, Executive Director of Ecology Ottawa, on "Why Bother with Local Environmental Action?... on Greening Canada's Capital."

Bhajan Bliss

Music Concert (Apr 12)

Pandit Kaivalya Kumar Gurav
singing classical Bhajans

Gandhi Jayanti 2025

Celebrations

Garlanding of statue (Oct 2)
+ Cultural Function (Aug 30)

M.K. Gandhi Annual

Lecture 2025 (Nov 2025)

Our flagship event with Carleton
University,

"Living Gandhi's Legacy - Talks & Community Dialogue" Series

(2025-Feb-15) Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)

(2025-Mar-16) Truth as a Way of Life... Living Authentically in a Complex World

(2025-Apr-27) Food and Mindful Living... Control of the Palate (Asvada) for Health and Balance

(2025-May-24) Personal Peace and Inner Harmony... Meditation and Reflection

(2025-Jun-15) Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding

(2025-Jul-19) Community Leadership - Leading with Gandhi's Values... Empowering Communities Through Truth, Non-Violence, and Inclusivity

(2025-Aug-17) The Ripple Effect of Kindness... Acts of Kindness as Catalysts for Change

(2025-Sep-20) Environmental Sustainability... Living in Harmony with Nature

(2025-Oct-18) The Legacy of Gandhi in the Modern World... Gandhi's Relevance in the 21st Century

Simplicity in a Material World... The Joy of Non-Possession (Aparigraha)

Unity in Diversity... The Power of Equality of Religions (Sarva-Dharma-Samanatva)

Ethical Integrity in Daily Life... The Value of Non-Stealing (Asteya)

Supporting Local Economies... Swadeshi: The Call for Self-Reliance

Community Education & Community Service Initiatives

Monthly Newsletter

"Gandhi's Reflections" -

Disseminating Gandhian wisdom,
and sharing information on
MGPCO activities.

Gandhi's Vows Education

Gandhi's Vows for Kids (9-13)
Gandhi's Vows for Youth (14-27)
Gandhi's Vows for Everyone
Inner Peace Journey Workshop

Community Services

Environmental Stewardship
Community Dialogues
Companion Visits
Storytelling/Culture Exchange

Call for Volunteers (Survey)

You may never know what results come of your actions. But if you do nothing, there will be no result.



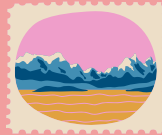
Echoes of Gandhi: Past Lectures Revisited

[Click Here To See The Roster of All Events \(2024 - 2006\)](#)

The highlighted talk below is displayed on the following page.

- 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 (#11)**
- 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.**



**2018 M. K. GANDHI ANNUAL LECTURE ON
"GREAT LAW OF PEACE AND INDIGENOUS RESURGENCE"**
by Dr Taiaiake Alfred of U of Victoria

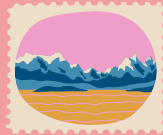


ChatGPT Summary of the Video: Dr. Taiaiake Alfred discusses the process of decolonization and the pursuit of justice and freedom for Indigenous peoples globally. He draws parallels between the teachings of Gandhi and the philosophies of Indigenous cultures in addressing colonization and reclaiming true identity. The lecture emphasizes the importance of cultural revitalization and the collective journey towards understanding and embodying truth in the face of historical injustices.

Key Takeaways from this video include:

- 1. **Decolonization and Culture**:** Dr. Alfred emphasizes the importance of cultural and language revitalization within Indigenous communities as a critical aspect of the decolonization process.
- 2. **Connection to Gandhi**:** He draws parallels between Gandhi's philosophies and Indigenous teachings, particularly focusing on the concepts of truth and self-rule.
- 3. **Swaraj (Self-Rule)**:** He explores the idea that self-rule goes beyond just governance; it involves a deep understanding of oneself and a reconnection with one's roots and traditions.
- 4. **Universal Principles**:** Both Gandhi's teachings and Indigenous laws emphasize a universal force of love and the importance of kindness, which must inform approaches to social change and justice.

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Video: 'Great Law of Peace and Indigenous Resurgence' by Dr Taiiake Alfred of U of Victoria (page 2/2)

Key Takeaways from this video (continued):

5. **Transformation and Healing:** The process of decolonization is seen not just as a political struggle but also as a transformation that requires individual and collective healing from the impacts of colonization.

6. **Resurgence Movement:** Dr. Alfred highlights the importance of the resurgence movement among Indigenous peoples, which seeks to reclaim identity, culture, and independence from colonial systems.

7. **Reconciliation vs. Justice:** He critiques the current frameworks of reconciliation, arguing that they often maintain colonial power structures instead of promoting true justice and self-determination for Indigenous peoples.

These points reflect his overarching theme of understanding and embodying one's true self, drawing wisdom from both Indigenous traditions and global philosophies



The Ripple Effect of Inner Peace...

Balancing Personal Growth, Compassion, and Community Transformation:

ARTICLE CONTRIBUTED BY THE EDITORS

Synopsis:

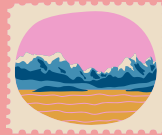
Inner peace is more than just a personal sanctuary; it is a transformative force that encourages individual growth, empathy, and social responsibility. This article explores how inner peace contributes to mental clarity, emotional resilience, and compassion, enabling individuals to engage meaningfully with their goals and the challenges faced by society. It highlights the ripple effect that occurs when individuals embark on their journey toward inner peace, inspiring positive change within their families, communities, and the world.

The article also addresses potential pitfalls, such as complacency or conflict avoidance, which may arise from an excessive focus on peace. However, it argues that when inner peace is balanced with purposeful action, it empowers individuals to tackle pressing global issues like poverty and inequality with clarity and strength.

Furthermore, the article illustrates how inner peace fosters harmony and collaboration through examples of collective practices, such as mindfulness and shared community efforts. It emphasizes that inner peace does not isolate individuals but connects them deeply to others, inspiring actions rooted in compassion and responsibility.

Ultimately, inner peace is presented as a means to achieve balance, purpose, and transformation, both personally and collectively. It serves as a catalyst for creating a better, more compassionate world, representing a journey of connection, growth, and impactful action.

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Article: The Ripple Effect of Inner Peace ... (Page 2/5)

Article: The Ripple Effect of Inner Peace... Balancing Personal Growth, Compassion, and Community Transformation:

Introduction

In a world filled with chaos and uncertainty, many seek inner peace as a refuge from external turmoil. However, true inner peace is not a passive retreat but a powerful force that fosters clarity, resilience, and connection. It is the foundation upon which individuals build meaningful lives, contribute to society, and inspire change. This article explores the profound impact of inner peace, illustrating how its ripple effect extends from personal well-being to community transformation and beyond. Through examples, quotes, and anecdotes, we will uncover the transformative power of inner peace and its role in shaping a more compassionate world.

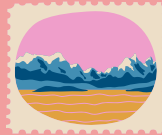
Inner Peace as a Catalyst for Responsibility and Action

The journey to inner peace is not an isolating pursuit; rather, it enhances our awareness of interconnectedness. A peaceful mind creates space to look beyond oneself, fostering empathy and a deeper understanding of the struggles that others face. When individuals attain inner peace, they can engage with the world more compassionately and purposefully. This empathy, rooted in inner peace, serves as a powerful tool for connecting with others. Mahatma Gandhi's commitment to nonviolence and social justice exemplifies this.

Gandhi once said, *"The best way to find yourself is to lose yourself in the service of others."* This sentiment underscores how inner peace can serve as a foundation for selfless action. For instance, Gandhi's peaceful protests and hunger strikes were not passive acts but deliberate strategies to awaken societal consciousness. His inner peace gave him the resilience to withstand imprisonment and persecution while steadfastly pursuing justice.

... 3/5

You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.



Article: The Ripple Effect of Inner Peace ... (Page 3/5)

Qualitative and Quantitative Benefits of Inner Peace

On a personal level, inner peace significantly enhances mental clarity, enabling individuals to prioritize tasks effectively and take decisive action. A calm mind is less prone to distractions caused by fear or frustration, leading to improved problem-solving and decision-making abilities. Additionally, inner peace quantitatively reduces stress and enhances physical health, which contributes to both personal well-being and societal engagement.

An *anecdote* that illustrates this is the story of a Japanese doctor who survived the atomic bombing of Hiroshima. Instead of succumbing to despair, he chose to dedicate his life to helping others, establishing clinics for radiation victims. His ability to cultivate inner peace despite unimaginable suffering allowed him to channel his pain into meaningful service, demonstrating that inner peace provides the resilience needed to face even the most overwhelming challenges.

Challenges of Inner Peace in a Social Context

While inner peace offers numerous benefits, it can also pose challenges, particularly in goal-oriented and societal situations. One potential drawback is complacency. A deep sense of contentment may lead individuals to accept the status quo, diminishing their motivation to pursue ambitious goals or address complex issues.

Gandhi warned against this, saying, "*You may never know what results come of your actions. But if you do nothing, there will be no result.*" His words remind us that peace must be coupled with purposeful action. Inner peace should empower individuals to engage with the world rather than retreat from it.

... 4/5



Article: The Ripple Effect of Inner Peace ... (Page 4/5)

The Ripple Effect of Inner Peace in a Community

The impact can be transformative when community members come together to embark on the journey toward inner peace. Inner peace is contagious; when individuals experience it, they radiate tranquility outward, positively influencing their families, neighbors, and the wider community. A group that practices mindfulness and fosters inner calm can create an environment characterized by empathy, collaboration, and understanding.

A small but powerful *example* is the transformation of Medellín, Colombia. Once one of the most violent cities in the world, Medellín adopted community peacebuilding initiatives, including mindfulness programs in schools and social reintegration efforts for former gang members. These initiatives did not just create individual inner peace; they led to a communal shift, reducing violence and fostering cooperation.

The Role of Inner Peace in Addressing Global Challenges

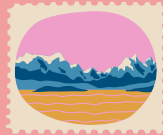
Cultivating inner peace can inspire individuals to act with purpose and compassion. It allows them to view global challenges, such as poverty, hunger, and inequality, not as overwhelming crises but as opportunities to serve. A peaceful mind is more likely to ask, "*What can I do to help?*" instead of retreating in despair.

Gandhi exemplified this mindset when he said, "*Be the change that you wish to see in the world.*" His approach to change was deeply rooted in inner peace, which enabled him to lead a revolution not through anger, but through unwavering commitment and nonviolent resistance.

Revealing Life's Ultimate Truths

Inner peace is more than just personal well-being; it is a gateway to understanding the ultimate truths of life. In moments of genuine tranquility, individuals often recognize the interconnectedness of all beings and the impermanence of material pursuits. This awareness can lead to a profound sense of purpose, where personal goals align with the greater good.

... 5/5



Article: The Ripple Effect of Inner Peace ... (Page 5/5)

For example, the Dalai Lama once spoke of a Tibetan monk who endured years of torture in a Chinese prison. Despite suffering immensely, the monk maintained his inner peace, stating that his greatest fear was losing his compassion for his captors. This level of inner peace transforms not just the individual but also those around them.

Conclusion

Inner peace is not just a simple tool or an obstacle to achieving one's goals. When approached thoughtfully, it becomes a complex and dynamic force that enhances personal growth and contributes to society. While there is a risk of becoming complacent, inner peace provides the clarity, resilience, and compassion needed to engage meaningfully with the challenges of the world. When practiced collectively, inner peace becomes a powerful instrument for transforming communities. Its ripple effect fosters collaboration, reduces conflict, and inspires a shared sense of responsibility. As individuals become more self-aware and empathetic, they strengthen families, build compassionate neighborhoods, and contribute to a more harmonious world.

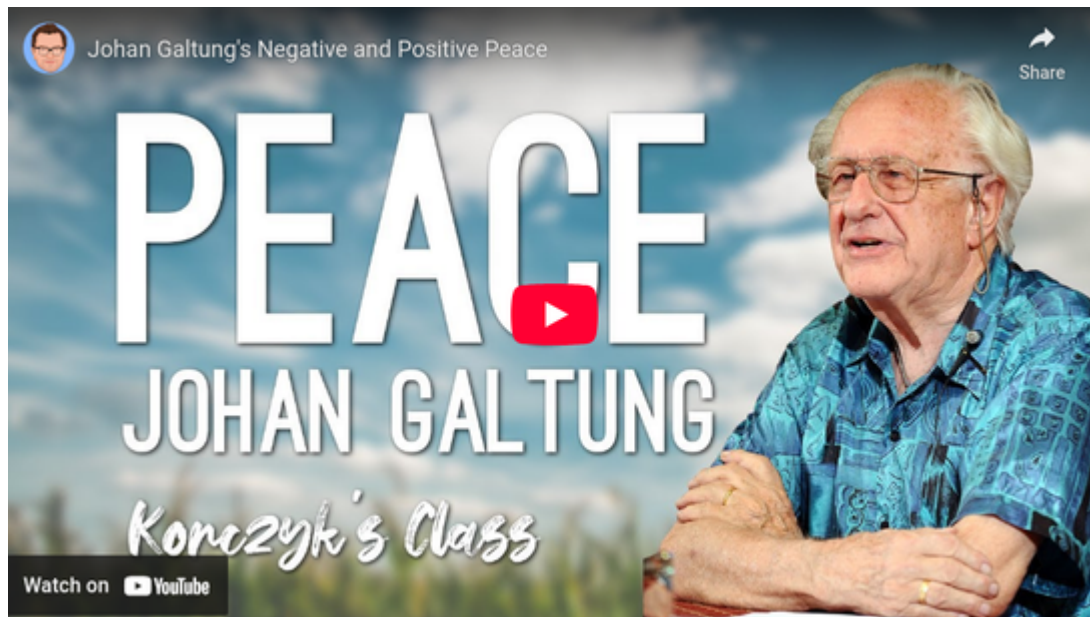
Gandhi said, *"Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances."*

Inner peace is not escapism—it is empowerment. When cultivated with intention, it has the potential to transform lives, inspire communities, and change the world.



Video

Johan Galtung's Negative and Positive Peace



ChatTube Summary: The video discusses Johan Galtung's concepts of negative and positive peace in global politics. Galtung defines peace as the reduction of different types of violence, including direct violence, structural violence, and cultural violence. He suggests that achieving positive peace involves addressing underlying structural inequalities and cultural ideologies that perpetuate violence.

Key Takeaways:

- Johan Galtung's concept of peace includes the reduction of violence of all kinds and nonviolent conflict transformation.
- Galtung identifies three types of violence: direct violence, structural violence (inequalities in society), and cultural violence (ideologies that justify violence).
- Negative peace focuses on reducing direct violence, while positive peace addresses indirect and less visible forms of violence as well.
- Negative peace situations, like the conflicts between North and South Korea and Israel and Palestine, lack direct violence but have underlying tensions.

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The greatest power in the world is that of the Soul. Peace is its highest expression. To attain peace, first we must acquire greater mastery over ourselves.



Video: Johan Galtung's Negative and Positive Peace (Page 2/2)

Key takeaways (continued):

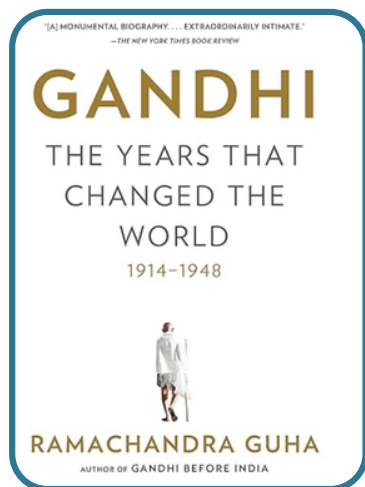
- Positive peace initiatives aim to eliminate root causes of conflict through addressing structural and cultural issues for long-term societal harmony.
- Implementing Galtung's principles of conflict transformation involves creative, nonviolent solutions tailored to the specific context of each conflict.
- Addressing invisible violence, such as structural inequalities and cultural norms, can lead to societal change and promote peace and justice.
- Positive peace initiatives contribute to societal harmony by promoting equality, tolerance, and understanding among diverse groups for sustainable peace.

How does Johan Galtung differentiate between negative and positive peace?

Johan Galtung differentiates between negative and positive peace based on the type of violence that is reduced. Negative peace only reduces direct violence, such as visible physical violence like wars or bullying. On the other hand, positive peace goes beyond reducing direct violence and also addresses the underlying structural and cultural factors that contribute to violence. In positive peace, not only direct violence is eliminated, but also indirect and less visible forms of violence, such as inequalities in society or cultural beliefs that justify violence.

How does positive peace differ from negative peace in conflict resolution?

Positive peace differs from negative peace in conflict resolution by aiming to address not only the direct violence but also the underlying structural and cultural factors that contribute to violence. While negative peace focuses on the absence of direct violence, positive peace seeks to eliminate indirect and less visible forms of violence as well. In conflict resolution, achieving positive peace requires a more comprehensive approach that goes beyond simply stopping violent actions to also creating conditions for long-term sustainable peace by addressing root causes of conflict.



Book Summary

"Gandhi: The Years That Changed the World, 1914-1948"

by Ramachandra Guha

Source: <https://www.amazon.ca/Gandhi-Years-Changed-World-1914-1948/dp/0307357961/>

Summary:

"Gandhi: The Years That Changed the World, 1914-1948" by Ramachandra Guha is an extensive and detailed biography that covers the most significant period in Mahatma Gandhi's life. This book meticulously documents Gandhi's transformation from a relatively unknown lawyer into the leader of the Indian independence movement, and ultimately, an international symbol of non-violent resistance.

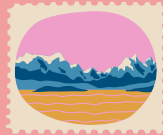
The Transformation

The book begins in 1914, a pivotal year when Gandhi returned to India after two decades in South Africa. His experiences there, especially his fight against racial discrimination, had profoundly shaped his philosophy of Satyagraha (truth-force) and non-violent protest. Upon his return to India, Gandhi quickly immersed himself in local issues, from supporting the rights of indigo farmers in Champaran to advocating for textile workers in Ahmedabad. Guha details how these early struggles were crucial in establishing Gandhi's leadership and approach to activism.

The National Movement

The heart of the book focuses on Gandhi's role in the Indian independence movement. It examines major campaigns such as the Non-Cooperation Movement, the Salt March, and the Quit India Movement. Guha provides an in-depth look at how Gandhi mobilized millions of Indians across diverse social, economic, and religious backgrounds. The author emphasizes Gandhi's ability to inspire unity and action through his personal example of simplicity, fasting, and unwavering commitment to non-violence.

... page 2/2



Book Summary: Gandhi: The Years That Changed the World, 1914-1948 (Page 2/2)

Summary (continued):

Personal Struggles and Philosophies

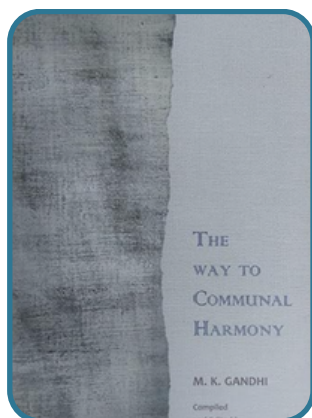
Guha does not shy away from Gandhi's personal complexities and contradictions. He explores Gandhi's relationships with his family, his experiments with celibacy, his interactions with contemporary leaders like Nehru, Jinnah, and the British Viceroy, and his controversial views on topics such as caste and industrialization. This balanced portrayal provides a holistic view of Gandhi as a human being with flaws and moral dilemmas, rather than a flawless saint.

Impact and Legacy

The latter part of the book covers the final years of Gandhi's life, including his role in the tumultuous period of Partition and his assassination in 1948. Guha analyzes the profound impact Gandhi had on India and the world, arguing that his principles of non-violence and civil disobedience continue to resonate globally.

Conclusion

"Gandhi: The Years That Changed the World, 1914-1948" by Ramachandra Guha is a comprehensive biography that not only chronicles the events of Gandhi's life but also delves deeply into his thoughts, struggles, and enduring legacy. It is an essential read for anyone seeking to understand the complexities of one of the 20th century's most influential figures and the pivotal role he played in shaping modern India.



eBook Summary

"The Way to Communal Harmony"

M. K. Gandhi

Compiled and Edited by U. R. Rao

Source: <https://www.mkgandhi.org/ebks/the-way-to-communal-harmony.pdf>

Summary:

Mahatma Gandhi's **The Way to Communal Harmony** is a profound exploration of the principles, challenges, and efforts related to fostering unity in a deeply divided society. Compiled and edited by U.R. Rao, with a foreword by Prof. Humayun Kabir and an introduction by Dr. Rajendra Prasad, the book brings together Gandhi's thoughts, speeches, and writings on communal harmony, primarily focusing on Hindu-Muslim unity but extending to a broader vision of social cohesion, peace, and non-violence.

Gandhi's Core Philosophy on Communal Unity

Gandhi's approach to communal harmony was rooted in Ahimsa (non-violence) and Satya (truth). He believed that religious and social divisions were fueled by ignorance, fear, and economic insecurity. According to him, a society where individuals felt secure, self-sufficient, and respected in their beliefs would naturally move towards peace and unity. He asserted that true communal harmony was not a mere political agreement but a deep-seated emotional and spiritual bond between communities.

One of Gandhi's key beliefs was that Hindus and Muslims, as well as all other religious communities, were natural allies rather than adversaries. He pointed out that Indian history was not one of continuous conflict between religious groups, as often portrayed, but one where communities had coexisted for centuries. However, colonial rule, political opportunism, and economic struggles had widened divisions, leading to distrust and violence.

The Need for Unity in the Struggle for Independence

Gandhi's commitment to Hindu-Muslim unity was integral to his fight for India's independence. He argued that true Swaraj (self-rule) could not be achieved if communities remained divided, as their disunity played into the hands of the British colonial rulers. His early experiences in South Africa, where Indians of all backgrounds had to unite against racial discrimination, reinforced his belief that national unity was paramount.

... page 2/3



eBook Summary: The Way to Communal Harmony (Page 2/3)

Summary (continued):

In India, he saw how communal differences were being manipulated by vested interests and worked tirelessly to bring Hindus and Muslims together. He aligned himself with the Khilafat Movement (1919–1924), which was led by Indian Muslims protesting against the British government's treatment of the Ottoman Caliphate. By supporting this movement, he sought to forge an emotional and political alliance between Hindus and Muslims in the common fight against British rule.

For a brief period, his efforts bore fruit, with Hindus and Muslims working together under the Non-Cooperation Movement. However, the unity was fragile, and when riots broke out in various parts of the country, Gandhi was devastated. Despite setbacks, he remained steadfast in his belief that communal harmony was not only possible but essential for India's survival.

Challenges and the Collapse of Unity

The book also examines the tragic breakdown of Hindu-Muslim relations, particularly during the 1920s and 1940s. Gandhi saw that communal violence was not merely a religious conflict but also a result of economic inequalities and political maneuvering. He condemned leaders who fueled sectarian divisions for political gain and criticized the British for their divide-and-rule tactics.

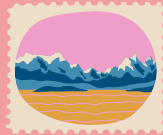
The demand for Pakistan, based on the "Two-Nation Theory" propagated by the Muslim League, deeply pained him. He never accepted that Hindus and Muslims were separate nations, arguing instead that they were deeply interwoven in India's history, culture, and daily life. He tried to prevent partition through dialogue and persuasion, but the tide of events moved against him.

When large-scale riots erupted before and after India's independence in 1947, Gandhi was relentless in his peace efforts. He personally traveled to riot-torn areas like Noakhali (in present-day Bangladesh) and Bihar, walking from village to village, urging people to abandon hatred and embrace peace. He fasted repeatedly, sometimes putting his own life at risk, to stop the violence. His fast in Delhi in 1948 successfully led to a truce between Hindus and Muslims, but he paid the ultimate price for his efforts when he was assassinated by a Hindu extremist on January 30, 1948.

Gandhi's Methods for Achieving Communal Harmony

Throughout the book, Gandhi proposes several ways to achieve lasting communal harmony:

... page 3/3



eBook Summary: The Way to Communal Harmony (Page 3/3)

Summary (continued):

- 1. Mutual Respect and Understanding:** He emphasized that different religious communities must learn to respect each other's faiths without feeling the need to convert or dominate. He insisted that true religion teaches love, not hatred.
- 2. Dialogue and Arbitration:** Instead of resorting to violence, he urged communities to settle disputes through negotiation, mediation, and arbitration. He proposed that impartial tribunals of respected leaders from both communities could help resolve conflicts.
- 3. Voluntary Sacrifice:** Gandhi believed that the stronger group (Hindus, in India's case) had a moral duty to make greater sacrifices to assure the minority community of its safety and dignity. This, he argued, was not a sign of weakness but of true moral strength.
- 4. Non-Violence as a Way of Life:** He stressed that *Ahimsa* was not just a political tool but a way of life that should be practiced in daily interactions. He argued that if both Hindus and Muslims adopted non-violence, communal riots would disappear.
- 5. Economic and Social Justice:** He recognized that many communal conflicts had their roots in economic inequality. He called for the upliftment of the poor, regardless of their religion, to remove the economic insecurities that often fueled communal tensions.

Gandhi's Legacy and the Relevance of His Teachings Today

Although *The Way to Communal Harmony* primarily focuses on India, Gandhi's principles have universal applicability. The book highlights that religious and ethnic divisions are not unique to India and that societies worldwide can benefit from his message of peace, tolerance, and non-violence.

In an era where religious and ethnic conflicts still plague many parts of the world, Gandhi's insights remain deeply relevant. His insistence on *mutual understanding over coercion, love over hate, and dialogue over violence* continues to inspire peacemakers globally. His life serves as a testament to the power of moral courage and the possibility of bridging even the deepest divides through patience, sacrifice, and unwavering faith in humanity.

Conclusion

Mahatma Gandhi's "The Way to Communal Harmony" is more than just a historical account; it is a moral and philosophical guide to building inclusive, peaceful societies. It reminds us that unity is not an abstract ideal but a practical necessity for social stability and human progress. The book encapsulates Gandhi's lifelong struggle to bring Hindus, Muslims, and other communities together, even in the face of political and religious turmoil. His unwavering commitment to communal harmony, ultimately leading to his martyrdom, makes this book an essential read for anyone seeking to understand how peace can be nurtured in divided societies.



OUR UPCOMING EVENTS



Upcoming Events (Feb-Apr)

02 FEB 2025						
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2025-02-01

Gandhi Memorial Day 2025

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

Paterston Hall (Room 202), Carleton University (Parking Lot Pt. Library Road)
Saturday, Feb 1, 2025 (3:00 - 5:30 PM) [Lecture + Q&A - Refreshments]
FREE - Limited Seats. Register: <https://gandhiji.ca/register>

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.



2025-02-15

"Gandhi's Legacy Talks & Community Dialogues" Series

(Schedule here)

Speaker: Lalith Ananda Gunaratne

Topic: Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)

Saturday, Feb 15, 2025 (3:00 - 5:30 PM)
FREE. Register: <https://gandhiji.ca/2025-02-15>

VENUE: Minto Recreation Complex (2nd flr, Cambrian Room)
3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)

About the Session
Acknowledging life's inherent uncertainty and impermanence, how can we cultivate the courage and resilience needed to navigate its storms?


This presentation, rooted in Gandhian principles of courage and bravery, and enriched with offers practical tools to remain fearless and grounded amidst the challenges of modern life.

About the Session Leader
Lalith Ananda Gunaratne is a parent, entrepreneur, educator, adventurer, and storyteller with a lifelong spiritual mindfulness practice, supported by an engineering and business education. In the mid-1980s, he pioneered an innovative solar energy venture to electrify rural Sri Lankan homes during a civil war, building the business from scratch and selling it to Shell International in 1999.

His daily practice of mindfulness, martial arts, and exercise kept him grounded through the volatility of a war-torn country, enabling him to thrive amidst uncertainty.

Since then, Lalith has been an international ambassador for renewable energy, a mindful leadership educator, mentor, and business developer. He moved to Ottawa in 2011.

Lalith brings his life experiences, education, and spiritual inquiry into this practical and inspiring presentation.



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2025-03-16

Gandhi's Legacy Talks & Community Dialogues

Speaker: Dr. Bhuvanesh Awasthi

Topic: Truth (Satya) as a Way of Life - Living Authentically in a Complex World

Sunday, March 16, 2025 (3:00 - 5:30 PM)
FREE. Register: <https://gandhiji.ca/2025-03-16>

VENUE: Minto Recreation Complex (2nd flr, Cambrian Room)
3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)

About the Session
Truth is what accurately reflects reality. This means that a statement is true if it corresponds to the actual state of affairs. How does truth relate to beliefs, and knowledge - both scientific and spiritual? Truth can also be seen as a construct influenced by cultural, social, and personal factors. Do people have individual truths and are there universal truths that individuals can aspire for? What can we learn from Gandhi's experiments with truth? In this session, we shall explore different ways of knowing, truth seeking and reducing uncertainty around topics of knowledge to enable authentic living in a complex world.

About the Session Leader
Dr. Bhuvanesh Awasthi is a cognitive neuroscientist with a deep expertise in the science of human consciousness, emotions, and decision-making. With over two decades of experience across 8 countries in 5 continents, he applies scientific research to explore the nature of mind-body interactions, and teaches evidence-informed spirituality. Dr. Awasthi's unique background, which combines scientific research with yoga and spiritual training from India's contemplative traditions, gives him a rich perspective on how living in truth and authentically can lead to greater emotional balance and clarity. His work, which has been shared in academic journals, conferences, and public talks, connects the science of the mind with practical tools for living truthfully in today's complex world.

www.bhuvaneshawasthi.com

Based in Ottawa, Dr. Awasthi works as a Senior Behavioural Scientist with the Federal Government.



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2025-04-12

Jeewan Jyoti Performing Arts

PROUDLY PRESENT TO MUSIC LOVERS IN OTTAWA

BHAJAN BLISS

A MUSICAL JOURNEY WITH **PANDIT KAIVALYA KUMAR GURAV**

A YOUNG HINDUSTANI CLASSICAL VOCALIST - GRADE "A" ARTIST OF ALL INDIA RADIO AND DOORBARSHA

SATURDAY 12TH APRIL, 2025 (4-5:30 PM)
at **Walter Baker Sports Centre (Food Court Hall, 2nd floor)**
100 McAverry Drive, Nepean (map)

Music Lovers Tickets - Buy Online (\$25) - Click to Pay via Paypal

Sponsors (\$500, \$250, \$100)

AYMENT OPTIONS: 1. CONTINUE TO PAY VIA PAYPAL (click here to pay via paypal)
2. TICKETS FOR SPONSORS: \$500 (8 tickets), \$250 (4 tickets), \$100 (2 tickets) (Tax Receipt for the Donation Amount Minus \$25 per Ticket)

Website: <https://gandhiji.ca/bhajan-bliss>



2025-04-12

Gandhi Jayanti 2025 CULTURAL PROGRAM

Saturday, 30th of August (3 - 6 PM)
Venue: To be determined

\$ponsorship\$

WE INVITE YOU TO SPONSOR THE PROGRAM and showcase your brand to an engaged audience of over 400 attendees.

We solicit Your Support to Celebrate Gandhi's Legacy Through An Enchanting Blend of Music, Drama, Dance, and Song.

Sponsorship Options

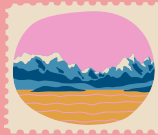
- Signature Sponsor (\$5000) - Our Key Event Supporter**
Premier recognition on our website and publicity material. Logo placement in the program brochure and the website.
- Platinum Sponsors (\$2,000)**
Promotion Table in the Foyer.
Special Mention & Promotion.
Logo featured on website and brochure.
- Gold Sponsors (\$1,000)**
Promotion Table in the Foyer.
Special Mention & Promotion.
Logo featured on website and brochure.
- Silver Sponsors (\$1,000)**
Promotion Table in the Foyer.
Special Mention & Promotion.
Logo featured on website and brochure.

How to remit sponsorship funds?

OPTION 1: Transfer funds to treasurer@mgpc.org

OPTION 2: By cheque to Mahatma Gandhi Peace Council of Ottawa.
Mail cheque to: **Brj Gupta, Treasurer, 382 Riverside Cres, Ottawa, ON K1V 0Z8**

For more information and to discuss details, please contact
Brj Gupta, Treasurer, 613-315-4441 (Email: treasurer@mgpc.org)
Anil Agrawal, President, 613-959-8654 (Email: president@mgpc.org)



2025-04-12 - BHAJAN BLISS (VOCAL MUSIC CONCERT)

Promoting Mahatma's Principles of Peace & Non-Violence

 Mahatma Gandhi
 Peace Council of Ottawa

 Jeevan Jyoti
Performing Arts

PROUDLY PRESENT TO MUSIC LOVERS IN OTTAWA

BHAJAN BLISS

A MUSICAL JOURNEY WITH PANDIT KAIVALYA KUMAR GURAV



A YOUNG HINDUSTANI CLASSICAL VOCALIST - GRADE "A" ARTIST OF ALL INDIA RADIO AND DOORDARSHAN.

SATURDAY 12TH APRIL, 2025 (4-5:30 PM)
 at **Walter Baker Sports Centre (Food Court Hall, 2nd floor)**
 100 Malvern Drive, Nepean ([map](#))

Music Lovers Tickets - Buy Online (\$25) - Click to Pay via Paypal

Sponsors (\$500, \$250, \$100)
 PAYMENT OPTIONS: E-TRANSFER TO BHAJAN-BLISS@MGPCO.ORG | CLICK HERE TO PAY VIA PAYPAL

Tickets for Sponsors: \$500 (8 tickets), \$250 (4 tickets), \$100 (2 tickets)
 (Tax Receipt for the Donation Amount Minus \$25 per Ticket)

Website: <https://gandhiji.ca/bhajan-bliss> 

Join the
BHAJAN BLISS!
 BY
PANDIT KAIVALYA KUMAR GURAV
SATURDAY, 12TH APRIL, 2025 (4-5:30 PM)



About the Music Master (Pandit Kaivalya Kumar Gurav):
 Pandit Gurav is a renowned exponent of Hindustani classical music and bhajan singing, coming from a prestigious musical lineage. He received his training from his father, Pandit Sangameshwar Gurav Gur, as well as from other esteemed gurus. Pandit Kaivalya is recognized for his soulful performances on the sitar and his devotional renditions.


He has performed at prestigious music festivals both in India and abroad, earning accolades such as the Sangeet Ratna and the Ustaaad Bismillah Khan Yuva Puraskar. His mastery and emotional depth in classical music and bhajans have garnered him great reverence.

Program:
 4:00-5:30 PM Bhajan Bliss - Vocal Music Concert
 5:30-6:30 PM Refreshments + Meet-and-Greet the Artist

Music Lovers Tickets - Buy Online (\$25 each) - Pay via Paypal

Sponsors (\$500, \$250, \$100)
 PAYMENT OPTIONS: E-TRANSFER TO BHAJAN-BLISS@MGPCO.ORG | CLICK HERE TO PAY VIA PAYPAL

Tickets for Sponsors: \$500 (8 tickets), \$250 (4 tickets), \$100 (2 tickets)
 (Tax Receipt for the Donation Amount Minus \$25 per Ticket)

Donate/Buy Tickets: www.gandhiji.ca/bhajan-bliss 

BUY TICKETS (\$25) - VIA PAYPAL

Sponsors (\$500, \$250, \$100)

**E-TRANSFER FUNDS TO
EMAIL: BHAJAN-BLISS@MGPCO.ORG**

CLICK HERE TO PAY VIA PAYPAL



2025-08-30 - GANDHI JAYANTI 2025 (CULTURAL FUNCTION)

**GANDHI JAYANTI 2025
CULTURAL PROGRAM**

Join us for an inspiring celebration of Gandhi's values through a vibrant blend of music, drama, dance, and song.

Saturday, 30th of August (3-6 PM)

Venue: To be determined

Entry Complimentary - Registration Required: <https://gandhiji.ca/jayanti2025>



*** Sponsorships are open (see next page) ***

**Program Director: Punita Patel
M. C. Dr. Rashmi Venkateswaran**

Program:

2-3 PM: Check-in and entry into the auditorium

3-5:30 PM: Cultural Program

- Welcome Address
- National Anthem followed by India Anthem
- Vaishnava Janato - Classical Dance
- Tributes to Gandhiji by Dignitaries
- Value-Based Songs - In English by an Ensemble (Musical Program)
- Musical Program - Bhajan Medley

~~~~ Intermission ~~~~

- Classical Dance - Medley
- Life of Gandhi - Dance Drama
- Closing Remarks

**5:30 - 7:30:** Community dinner (vegetarian)



**Gandhi Jayanti:**  
*Celebrating Truth, Justice, and the Path to Peace.*

**सत्यमेव जयते !  
TRUTH ALONE TRIUMPHS!**

**Please register to help us plan Dinner:**

<https://gandhiji.ca/jayanti2025>

For support, call: Punita Patel (613-406-2883) or Anil Agrawal (613-859-8654)



**Gandhi Jayanti 2025  
CULTURAL PROGRAM**

**Saturday, 30th of August (3 - 6 PM)**  
Venue: To be determined

**\$ponsorship\$**

**WE INVITE YOU TO SPONSOR THE PROGRAM  
and showcase your brand to an engaged audience of over 400 attendees.**

We solicit Your Support to Celebrate Gandhi's Legacy Through An Enchanting Blend of Music, Drama, Dance, and Song.

### Sponsorship Options

**1. Signature Sponsor (\$5000) - Our Key Event Supporter**

Premier recognition on our website and publicity material. Logo placement in the program brochure and the website.

**2. Platinum Sponsors (\$2,500)**

- Promotion Table in the Foyer.
- Special Mention & Promotion.

**3. Gold Sponsors (\$1,000)**

- Promotion Table in the Foyer.
- Special Mention & Promotion.
- Logo featured on website and brochure.

**4. Silver Sponsors (\$1,000)**

- Promotion Table in the Foyer.
- Promotion.
- Logo featured on website and brochure.

### How to remit sponsorship funds?

**OPTION 1:** e-Transfer funds to [treasurer@mgpco.org](mailto:treasurer@mgpco.org)

**OPTION 2:** By cheque to Mahatma Gandhi Peace Council of Ottawa.

Mail cheque to: Brij Gupta, Treasurer, 182 Riversedge Cres, Ottawa, ON K1V 0Z8

**For more information and to discuss details, please contact:**

Brij Gupta, Treasurer, 613-315-4441 (Email: [treasurer@mgpco.org](mailto:treasurer@mgpco.org))

Anil Agrawal, President, 613-859-8654 (Email: [president@mgpco.org](mailto:president@mgpco.org))

**FREE ENTRY TO THE CULTURAL FUNCTION**

**Sponsors (\$5,000, \$2,500, \$1,000, \$500)**



**E-TRANSFER FUNDS TO  
EMAIL: [TREASURER@MGPCO.ORG](mailto:treasurer@mgpco.org)**

The pursuit of truth does not permit violence being inflicted on one's opponent.



# **OUR COMMUNITY EDUCATION PROGRAMS**






# COMMUNITY EDUCATION IN GANDHI'S VALUES

## Community Newsletter Gandhi's Reflections... Echoes of Peace Nonviolence and Harmony



### Gandhi's Vows - Educating the Community on Gandhi's Values he Lived by [Self-Study/Learning Guides]

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



- 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. To learn and grow, do what's right.
- 4. Self-discipline Brahmacharya**  
Use your energy, mind and might. To learn and grow, 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 Anasari**  
Eat what's healthy, eat what's good. For a healthy mind and a healthy mood.
- 7. Fearlessness Abhaya**  
Be brave and bold. Face your fears. With courage and smiles, voice your fears.
- 8. All Religions Equal**  
Sarva Dharma Samanvaya: All faiths deserve respect. In every faith, love is best.
- 9. Freedom from Intolerance**  
Aparigraha: Treat everyone with equal grace. No one's better, we all have a place.
- 10. Bold Labor Bhairavram**  
Work with your hands, work with pride. Helping others, side by side.
- 11. Self-Release Swadeshi**  
Support your home, buy local too. Helping our community, we and you.

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

**Embrace Gandhi's 11 Vows: Be the Change, Live the Change.**

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

#### 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 Resilience
- Stronger Community Bonds
- Personal Growth thru 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://gandhi.ca/gandhi-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 Perspectives".

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 participant.
- Browse the Vows Learning Guide.
- Choose a Vow that resonates with you and connects with your experience and aspirations.
- Write an 800-1200 word essay in English or French, describing your perspectives on the application of this Vow in your life, society, and in the world in modern times.
- Submit your essay online here.

**Essay Evaluation & Rewards:**

- Essay Evaluation on three criteria: Presentation, Reference, Originality.
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top three essays will earn a award.
- The top ten essay authors will present.
- A certificate and a message to all participants to honor their contribution.
- A book "Book titled "Gandhi's Vows: Youth Perspectives" with include all Essays with their Author's name, describing their work and sharing it with a broader audience.
- Your essay will add to Gandhi's Vows and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!**  
For information, contact: Meeta Datta (613-686-9700) | Ad Approval: 613-687-6644

#### 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 games, help them grasp concepts like honesty, kindness, discipline, respect, and equality, and how to express it in a form or writing.

Kids choose one or more vows, express it as a sketch/story, or an 8-10 line poem, or a 200-word essay/narrative to depict each vow.

Submit kids' creation online.

**NOTES:**

- There is no competition. All entries (artwork or writing) with the kids name will be published in a playbook.
- Launch of the Playbook: The Playbook will be launched 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.

### Gandhi's Legacy Talks & Community Dialogues Monthly Sessions [See schedule]

### Inner Peace Journey Workshop [Virtual Workshops]

#### LIVING GANDHI'S LEGACY (Monthly Talks & Community Dialog)

Gandhi's Teachings: A Pathway to Personal and Social Transformation.

Speakers from different walks of life in the community—those inspired by Gandhi's philosophy — will be leading the sessions. They will:

- Provide a thoughtful and engaging presentation (30-45 minutes) on the chosen topic, focusing on its practical applications and sharing stories, examples, and personal experiences to connect with the audience.
- Facilitate Q&A / community dialog - participants reflect and share insights.

**THE TALKS SERIES - TOPICS & SCHEDULE**  
[Click on date to Register]

Feb 15 Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya) (About)

Mar 16 Truth as a Way of Life... Living Authentically in a Complex World (About)

Apr 27 Food and Mindful Living... Control of the Palate (Anasari) for Health and Balance (About)

May 15 Personal Peace and Inner Harmony... Meditation and Reflection (About)

Jun 25 Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding (About)

Jul 20 Community Leadership - Leading with Gandhi's Values... Empowering Communities Through Truth, Non-Violence, and Inclusivity (About)

Aug 17 The Ripple Effect of Kindness... Acts of Kindness as Catalysts for Change (About)

Sep 21 Environmental Sustainability... Living in Harmony with Nature (About)

Oct 19 The Legacy of Gandhi in the Modern World... Gandhi's Relevance in the 21st Century (About)

Simplicity in a Material World... The Joy of Non-Possession (Aparigraha) (About)

Unity in Diversity... The Power of Equality of Religions (Sarva-Dharma-Samanvaya) (About)

Ethical Integrity in Daily Life... The Value of Non-Stealing (Asteya) (About)

Supporting Local Economies... Swadeshi: The Call for Self-Reliance (About)

For More Information, please visit: <https://gandhi.ca/gandhi-legacy-talks>

**Join Us in:** Gandhi once said, "Be the change you wish to see in the world."  
**Inspiring:** This series aims to bring Gandhi's vision to life, one conversation at a time.  
**Change:** Let us help Ottawa embrace the transformative power of Gandhi's principles.

#### 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.

"It's all spirit and it's 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 LEGACY TALKS & COMMUNITY DIALOGUE SERIES

Promoting Mahatma's Principles of Peace & Non-Violence



**Mahatma Gandhi**  
Peace Council of Ottawa

## LIVING GANDHI'S LEGACY (Monthly Talks & Community Dialog)

### Gandhi's Teachings: A Pathway to Personal and Social Transformation.

**Speakers from different walks of life in the community—those inspired by Gandhi's philosophy — will be leading the sessions. They will:**

- Provide a thoughtful and engaging presentation (35-45 minutes) on the chosen topic, focusing on its practical applications and sharing stories, examples, and personal experiences to connect with the audience.
- Facilitate Q&A / community dialog - participants reflect and share insights.

### THE TALKS SERIES - TOPICS & SCHEDULE

[Click on date to Register]

- Feb 15** Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya) [\(About\)](#)
- Mar 16** Truth as a Way of Life... Living Authentically in a Complex World [\(About\)](#)
- Apr 27** Food and Mindful Living... Control of the Palate (Asvada) for Health and Balance [\(About\)](#)
- May 25** Personal Peace and Inner Harmony... Meditation and Reflection [\(About\)](#)
- Jun 25** Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding [\(About\)](#)
- Jul 20** Community Leadership – Leading with Gandhi's Values... Empowering Communities Through Truth, Non-Violence, and Inclusivity [\(About\)](#)
- Aug 17** The Ripple Effect of Kindness... Acts of Kindness as Catalysts for Change [\(About\)](#)
- Sep 21** Environmental Sustainability... Living in Harmony with Nature [\(About\)](#)
- Oct 18** The Legacy of Gandhi in the Modern World... Gandhi's Relevance in the 21st Century [\(About\)](#)

- Simplicity in a Material World...** The Joy of Non-Possession (Aparigraha) [\(About\)](#)
- Unity in Diversity...** The Power of Equality of Religions (Sarva-Dharma-Samanatva) [\(About\)](#)
- Ethical Integrity in Daily Life...** The Value of Non-Stealing (Asteya) [\(About\)](#)
- Supporting Local Economies...** Swadeshi: The Call for Self-Reliance [\(About\)](#)

**For More Information, please visit:**  
<https://gandhiji.ca/gandhis-legacy-talks>



**Join Us in Inspiring Change** Gandhi once said, "Be the change you wish to see in the world."  
**This series aims to bring Gandhi's vision to life, one conversation at a time.**  
Let us help Ottawa embrace the transformative power of Gandhi's principles.

"Gandhi's Legacy Talks & Community Dialogues" Series  
(Schedule here)

**Speaker: Lalith Ananda Gunaratne**

**Topic: Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)**



**Saturday, Feb 15, 2025 (3:00 - 5:30 PM)**  
**FREE. Register: <https://gandhiji.ca/2025-02-15>**

**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)**

**About the Session**  
Acknowledging life's inherent uncertainty and impermanence, how can we cultivate the courage and resilience needed to navigate its storms?

This presentation, rooted in Gandhian principles of courage and bravery and enriched with personal stories, explores ancient mindfulness practices validated by modern science. It offers practical tools to remain fearless and grounded amidst the challenges of modern life.

**About the Session Leader**  
Lalith Ananda Gunaratne is a parent, entrepreneur, educator, adventurer, and storyteller with a lifelong spiritual mindfulness practice, supported by an engineering and business education. In the mid-1980s, he pioneered an innovative solar energy venture to electrify rural Sri Lankan homes during a civil war, building the business from scratch and selling it to Shell International in 1999.

His daily practice of mindfulness, martial arts, and exercise kept him grounded through the volatility of a war-torn country, enabling him to thrive amidst uncertainty.

Since then, Lalith has been an international ambassador for renewable energy, a mindful leadership educator, mentor, and business developer. He moved to Ottawa in 2011.

Lalith brings his life experiences, education, and spiritual inquiry into this practical and inspiring presentation.



**Gandhi's Legacy Talks & Community Dialogues**

**Speaker: Dr. Bhuvanesh Awasthi**

**Topic: Truth (Satya) as a Way of Life - Living Authentically in a Complex World**



**Sunday, March 16, 2025 (3:00 - 5:30 PM)**  
**FREE. Register: <https://gandhiji.ca/2025-03-16>**

**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)**

**About the Session**  
Truth is what accurately reflects reality. This means that a statement is true if it corresponds to the actual state of affairs. How does truth relate to beliefs, and knowledge - both scientific and spiritual? Truth can also be seen as a construct influenced by cultural, social, and persona factors. Do people have individual truths and are there universal truths that individuals can aspire for? What can we learn from Gandhiji's experiments with truth? In this session, we shall explore different ways of knowing, truth seeking and reducing uncertainty around topics of knowledge to enable authentic living in a complex world.

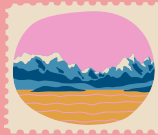
**About the Session Leader**  
Dr. Bhuvanesh Awasthi is a cognitive neuroscientist with a deep expertise in the science of human consciousness, emotions, and decision-making. With over two decades of experience across 8 countries in 5 continents, he applies scientific research to explore the nature of mind-body interactions, and teaches evidence-informed spirituality. Dr. Awasthi's unique background, which combines scientific research with yogic and spiritual training from India's contemplative traditions, gives him a rich perspective on how living in truth and authentically can lead to greater emotional balance and clarity. His work, which has been shared in academic journals, conferences, and public talks, connects the science of the mind with practical tools for living truthfully in today's complex world.  
[www.bhuvaneshawasthi.com](http://www.bhuvaneshawasthi.com)

Based in Ottawa, Dr. Awasthi works as a Senior Behavioural Scientist with the Federal Government.



Non-violence is not a garment to be put on and off at will. Its seat is in the heart, and it must be an inseparable part of our being.





# 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 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.**

**Stick a Vow, Learn, and Write Essay:**  
Register as a participant.  
Browse the Vows Learning Guide.  
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.  
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**Essay Evaluation & Rewards:**  
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• 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 as your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!**  
For Information, contact: Mamata Datta (613-406-1970) | Anil Agrawal (613-859-8654)

**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 artform or writing.
- Kids choose one or more vows, express it as a sketch/artwork, or an 8-10 line poem, or a 200-word essay/story to depict each vow.
- Submit kids' creation online.

**NOTES:**

- There is no competition. All entries (artwork or writeup) 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.

**GANDHI'S VOWS FOR EVERYONE:**

Embracing Timeless Values in Daily Life

**This program distills 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—into actionable insights for individuals of all ages, fostering personal growth and societal harmony.**

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 thru Challenges

**The Transformative Impact**

The "Gandhi's Vows for Everyone" program inspires participants to nurture a more balanced, empathetic, and principled life and understand their depth to exercise their freedom to choose value-based actions.


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

Visit: <https://gandhiji.ca/gandhis-vows>



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

Promoting Mahatma's Principles of Peace & Non-Violence



**Mahatma Gandhi**  
Peace Council of Ottawa

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**"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



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

[Tisya Mathur](#) [Published in Issue #10]  
(Aparigraha - Non-possession)  
Grade 6 student, Kanata Highlands Public  
School, Ottawa

### DISCLAIMER:

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

If we are to reach real peace in this world, we shall have to begin  
with the children.



# GANDHI'S VOWS FOR YOUTH (14-27) ESSAYS

## Essays published in Previous Issues

Click the name to open the Newsletter

**Yashas Naik** (Abhay - Fearlessness)

Grade 12 student, Lisgar Collegiate Institute, Ottawa

**Manasvi Tiru** (Satya - Truth)

Grade 12 (IB) student, Colonelby High School, Ottawa

**Rhea Jain** (Ahimsa - Power of Nonviolence)

Grade 12 student, All Saints High School, Kanata

**Abhishek Sinha** (Abhay - Fearlessness)

1st Year Computer Science student, Carleton University, Ottawa

**Nidhi Chauhan** (Nonviolence and Religious equality)

Master of Computer Science, University of Ottawa

**Abhijit Sinha** (Brahmacharya - Self-Discipline)

3rd Year Translational Molecular Medicine, University of Ottawa

**Divya Taneja** (Aparigraha - Non-possession)

Grade 9 student, Bayview Secondary School, Toronto

**Sayan Majumdar** (Ahimsa - Nonviolence)

Grade 12 student, Ottawa Technical Secondary School

**Pritha Chirag-Shah** (Brahmacharya / Self-Discipline)

Grade 10 student, Earl of March Secondary School

**Avni Jain** (Abhaya - Fearlessness)

Grade 10 student, O'Neill Collegiate and Vocational Institute

**Sparsho Chakraborty** (Aswada / Feeding the Mind)

Bachelor of Health Sciences, First Year (University of Ottawa)

**Anika Jain** (Sharirshrama / Body Labour)

Bachelor of Health Sciences, Second Year (Univ of Western Ontario)

**Ammi Paul** (Asteya / Non-stealing)

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

**Moumita Dutta** (Abhaya / Fearlessness)

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

Promoting Mahatma's Principles of Peace & Non-violence

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**Mahatma Gandhi**  
Peace Council of Ottawa

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## Essays published in This Issue (#11)

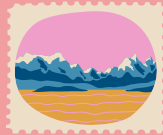
**Nikhila Parameswaran** (Brahmacharya / Self-discipline)

Grade 12, Cairine Wilson Secondary School

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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.



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



## Essay on 'Brahmacharya/Self-discipline' by Nikhila Parameswaran

(Grade 12 student, Cairine Wilson Secondary School)

**Topic: Brahmacharya and the Power of Self-Discipline...** Gandhi's Fourth Vow as a Guide to Academic and Personal Success

In spite of the preoccupation with day-to-day living, the desire to be the best possible version of oneself remains a matter of great importance. Achievement of this goal requires one to thrive in all aspects of life. How, though, can one ensure a high success rate in terms of academic accomplishments, while still maintaining a well-balanced social life? The answer to this question can easily be retrieved in the fourth vow of Gandhi's ethical guide, which delves into the importance of practicing Self-Discipline, or Brahmacharya. Although typically referring to celibacy, this principle of having control over one's impulses and material desires for the sake of a greater, long-term reward, is applicable to all aspects of life. Through the exploration of this vow, it is evident that self-discipline is incredibly useful in academic and social settings in order to preserve a balanced, meaningful, and sustainable lifestyle.

To begin, as a rigorous grade 12 student, it is no secret that time management must be a nearly perfected skill. This attribute, however, can only be attained through the consistent practice of self-discipline and independence. Whether this means taking notes diligently in class, completing homework regularly, seeking assistance from teachers when needed, or submitting tasks on time, the single, most effective way to do so is by developing a sense of intrinsic motivation. Defined as the incentive to complete a task for the sole purpose of self-fulfillment, intrinsic motivation is a tool that is undoubtedly the greatest secret to success.

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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.





### Youth Essay on “Brahmacharya/Self-Discipline” by Nikhila Parameswari (Page 2/3)

More often than not, the only goal in a student's mind is to perform well academically, either for the sake of their parent's approval, or in order to receive a letter of acceptance from their dream post-secondary institution. With this mindset, though, one limits their intellectual and creative abilities, due to the fact that content being studied is not appreciated, nor retained. In my own experience, I have found that when studying the content I am receiving with an open mind, and with the goal of understanding, instead of excelling, there is no room for failure. This year alone, I was able to acknowledge a significant difference in my learning between material in mathematics; my favourite subject, and in chemistry; my least favourite course. I noticed that I had predetermined a sense of dread while studying chemistry, but a sense of excitement when it was time for math. This caused a noticeable disparity in my grades and in my work ethic between the two subjects, and I realized that I lacked self-discipline in chemistry, which often led to procrastination. By implementing Gandhi's fourth vow in my everyday learning, I was able to come up with effective strategies in order to bridge this gap, and in doing so, I felt a sense of pride and accomplishment for overcoming a lack of discipline. This aligns with the bigger picture that Brahmacharya attempts to convey; by disciplining oneself, transferable qualities such as resilience, perseverance and focus have the opportunity to flourish.

Subsequently, during my reflection on Gandhi's fourth vow, it occurred to me that the art of discipline is incredibly relevant when analyzing the balance between academics and a social life. Undoubtedly, if one is to maintain friendships and relationships, it is imperative that time is managed well, and is allocated to all priorities. It goes without saying that sacrifices must be made for long term goals, although with the help of discipline, compromises can be minimized. As a member of the Tamil community in Ottawa, I have always been an active performer in the arts of our heritage, such as Kathak, Carnatic vocal music, and flute. This exposure to my culture has allowed me to develop a great sense of self-esteem and pride for my lineage, and has played an enormous role throughout my life. Additionally, during my four years in high school, I joined multiple clubs and sports teams, all aiding in my social development. While I do not regret these experiences, there have certainly been times where managing each of my activities and still maintaining a high level of achievement in school has been difficult.

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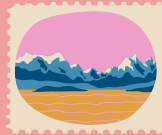




### Youth Essay on “Brahmacharya/Self-Discipline” by Nikhila Parameswari (Page 3/3)

As the years have passed, though, I have come up with several strategies to maximize my levels of success, of which the most effective has been to keep myself accountable through the aid of my peers. This particular strategy helped me to envision long-term goals, instead of focusing on meaningless time and energy spent elsewhere. It also promotes healthy friendships, seeing as it is possible to socialize and achieve goals simultaneously. Upon reflection, Gandhi's vow can easily be related back to discipline in social terms, for delegation of time must be practiced to sustain bonds and to ensure that a work-life balance is instilled.

In conclusion, all eleven of Gandhi's vows serve as an amazing guide to success in all aspects of life. No matter the circumstances, the competence of self-discipline presents itself as an advantage, and is certainly a stepping stone towards strengthening skills such as time management, prioritization and socialization. This process has proven to me that students and adults of all ages must remember that in life, the simplest way to live fulfillingly is by returning to the basics of Gandhi's vows, and I strongly believe that upcoming and future generations would benefit from exposure to these principles at an early age.



## 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.



Join us as a member of the Peace Council: [www.gandhiji.ca/joinus](http://www.gandhiji.ca/joinus)  
**We invite you to join us and embrace Gandhi's Legacy in 2024.**

