



Newsletter

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

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FEBRUARY 2025



ISSUE 12

Our Mission

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

Contribute content/Provide feedback

Our 2025 Manifesto of Events and Programs

Key Links:

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**Contribute content/
Provide feedback**

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



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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.



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**)

2025 M.K. Gandhi Annual Lecture (Nov 2025)

Our flagship event in collaboration
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 Taiiaki Alfred (In Issue #11)
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri (In this Issue)**
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion [No video available]
- 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.**



2017 M. K. GANDHI ANNUAL LECTURE

2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri, Jawaharlal Nehru University, Delhi



ChatGPT Summary of the Video: In the 2017 MK Gandhi Lecture delivered by Dr. Bindu Puri from Jawaharlal Nehru University, the discussion revolves around the principles of Gandhian philosophy and its relevance in contemporary society. Dr. Puri emphasizes the importance of individual responsibility and ethical conduct, reflecting on how these values can address modern conflicts and promote peace.

She delves into various themes including the interconnectedness of individuals within society, the significance of self-awareness and reflection, and the role of empathy in resolving discord. The lecture underscores the necessity of understanding diverse perspectives and the impact of collective actions on social justice and harmony.

Moreover, Dr. Puri encourages the audience to engage actively in social issues, suggesting that true change begins with personal commitment to values of non-violence and truth. The lecture serves as a reminder of Gandhi's teachings, urging listeners to adopt these principles in their daily lives to foster a more peaceful world.

The overall tone is inspirational, urging a move away from passive observation to active participation in nurturing a just and equitable society.



Video: 'Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri (page 2/3)

Key Takeaways from this video include:

1. **Ethical Responsibility**: Individuals must recognize their role in society and take responsibility for their actions, promoting ethical behavior as essential for social cohesion.
2. **Gandhian Principles**: The teachings of Mahatma Gandhi, particularly non-violence (ahimsa) and truth (satyagraha), remain relevant and applicable in addressing contemporary conflicts and societal issues.
3. **Importance of Empathy**: Understanding and empathizing with diverse perspectives is crucial for resolving disagreements and fostering peaceful coexistence.
4. **Active Engagement**: Change is driven by personal commitment; individuals are encouraged to actively participate in social issues and contribute positively to their communities.
5. **Reflection and Self-Awareness**: Continuous self-reflection and awareness of one's values and beliefs can lead to greater understanding and responsible actions within society.
6. **Collective Impact**: The lecture highlights that collective actions, grounded in altruistic values, can lead to significant improvements in social justice and harmony.
7. **Inspirational Call to Action**: Listeners are motivated to embody Gandhian values in their daily lives, with the aim of creating a more just and peaceful world.

These points encapsulate the essence of the lecture and the ongoing relevance of Gandhian philosophy.



Video: 'Samdarshana and Sambhava: Gandhi on the Plurality of Religions' by Dr. Bindu Puri (page 3/3)

How can we apply Gandhi's teachings in our daily lives?

Applying Gandhi's teachings in our daily lives can be done through several practical steps:

1. **Practice Non-Violence**: Commit to resolving conflicts peacefully and avoid using violence in any form, whether physical, verbal, or emotional. This involves active listening, understanding different perspectives, and seeking common ground in disagreements.
2. **Adopt Simplicity**: Embrace a lifestyle of simplicity by minimizing unnecessary consumption and appreciating the essentials. Reflect on your needs versus wants, and make conscious choices that reflect sustainability and mindfulness.
3. **Engage in Self-Reflection**: Regularly take time to reflect on your values, actions, and their impacts on others. Practicing self-awareness helps align your behavior with ethical principles and fosters personal growth.
4. **Promote Truth**: Uphold honesty in your interactions with others. Speak truthfully, act with integrity, and encourage those around you to do the same. This helps build trust and strengthens relationships.
5. **Serve Others**: Embrace the spirit of selfless service by volunteering time and resources to help those in need. Whether through direct service or advocacy, find ways to contribute positively to your community.
6. **Cultivate Empathy**: Make an effort to understand and appreciate the feelings and experiences of others. By showing compassion and empathy, you create a more inclusive and supportive environment for everyone.
7. **Be an Active Citizen**: Engage in local and global issues by staying informed and participating in civic activities. Whether it involves voting, campaigning for social justice, or engaging in community dialogues, taking an active role helps foster a healthier society.
8. **Model Moral Leadership**: Strive to lead by example in your personal and professional life. Exhibit the qualities of integrity, compassion, and ethical behavior to inspire others to follow suit.

By incorporating these principles into daily routines, individuals can embody Gandhi's teachings and contribute to a more peaceful, just, and harmonious society.



Simple Living: The Gandhi's Way to True Freedom...

Discovering Joy and Peace Through Less, Not More

ARTICLE CONTRIBUTED BY THE EDITORS

Synopsis: *This article explores the transformative power of simplicity and its profound impact on our lives. It emphasizes that embracing simplicity involves starting with minor changes, such as mindful eating and decluttering our spaces. We can cultivate a more satisfying and meaningful existence by being present in the moment and appreciating life's little joys. Speaking the truth fosters authenticity in our relationships while helping others enrich our lives and those around us.*

Gandhi's wisdom reminds us that true fulfillment lies not in material possessions but in fostering deeper connections and experiences. The article encourages readers to reframe simplicity not as a sacrifice but as a gain—a pathway to happiness and peace. By prioritizing what truly matters and focusing on personal growth, we can find freedom from the burdens of excess and distraction.

Ultimately, the message is clear: Simplifying our lives allows us to redirect our energy toward what brings joy and fulfillment. Embracing this mindset opens the door to a more prosperous, purposeful existence, leading to true success and wisdom. Let us take these insights to heart as we embark on our journey toward simplicity.

The universal value of simplicity applies to individuals of all ages to reduce stress, enhance focus, and prioritize meaningful relationships over material possessions. By simplifying our lives, we can improve productivity, foster collaboration, and lead more intentional and fulfilling lives, ultimately creating a harmonious and connected world.

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Article: Simple Living: The Gandhi Way to True Freedom ... (Page 2/5)

Mahatma Gandhi believed that simple living leads to a peaceful mind and a strong heart. In our fast-paced world, filled with demands, deadlines, and distractions, we often overlook that simplicity is not a compromise but a strength.

Gandhi practiced and preached simplicity not only as a way of living but also as a way of thinking. Two of his principles, *Aswada* (control of the palate) and *Aparigraha* (non-possession), offer profound wisdom for those seeking a meaningful and clutter-free life.

Mahatma Gandhi guided an entire nation with his principles and believed that a simple life fosters a peaceful mind and a strong heart. He practiced and promoted simplicity not just as a way of living but as a way of thinking. Two of his vows, *Aswada* (control of the palate) and *Aparigraha* (non-possession), offer profound wisdom for those seeking clarity and fulfillment.

The Power of Restraint: *Aswada*

Aswada refers to the ability to control our cravings for taste. Gandhi believed that food should be for nourishment, not indulgence. He famously stated, "The body was never meant to be treated as a refuse bin, holding every kind of food that appeals to the palate."

Consider a corporate lunch with a vast buffet featuring ten dishes and endless options. We often fill our plates, not because we are genuinely hungry but because of temptation. Now, picture the discipline of eating just enough—prioritizing quality over quantity and nourishment over indulgence. That is the essence of *Aswada*.

Gandhi practiced simple eating, favoring fruits, nuts, and homemade bread. This restraint provided him with clarity and strength. Today, mindful eating is becoming increasingly popular because it encourages us to respect our bodies and the planet's resources. When we eat with awareness, we can improve our health while reducing waste.

A powerful example of this principle can be seen in the story of a modern entrepreneur who adopted a minimalist diet. After struggling with stress and poor health due to extravagant dining habits, he embraced Gandhi's philosophy of moderation. Within months, he experienced improved mental clarity, better health, and a newfound sense of discipline that transformed his personal and professional life.

Owning Less, Living More: *Aparigraha*

Aparigraha is the concept of living with only what is necessary. Gandhi exemplified this by living in a small room, owning just a handful of clothes, and carrying only a few personal items. He believed that material possessions can hold us back. He once said, "The less you possess, the less you want; the less you want, the more you are free."

Consider this: How many have storage rooms filled with items you rarely use? How often do we purchase things that quickly lose their appeal? Our excess possessions take up physical space and consume our mental energy.

... 3/5



Article: Simple Living: The Gandhi Way to True Freedom ... (Page 3/5)

Consider Steve Jobs—he wore the same black turtleneck every day, not because he couldn't afford more, but because simplicity allowed him to focus on more important things. Gandhi's teachings remind us that true happiness comes from reducing our desires rather than accumulating wealth.

In a small town in Japan, a community embraced the philosophy of Aparigraha. They limited unnecessary consumption, shared tools and resources, and prioritized experiences over possessions. Over time, they observed not only a decrease in waste but also an increase in communal harmony and well-being.

Other Vows That Guide Simplicity

Gandhi's other vows also encourage simple living.

- **Satya (Truth):** Living truthfully involves aligning our actions with our values. This alignment eliminates the exhausting effort of maintaining false appearances. In business and leadership, integrity fosters trust. A truthful leader is straightforward; their decisions are transparent, their words are reliable, and their actions are inspiring.
- **Ahimsa (Non-violence):** Simple living is closely tied to the principle of non-violence, which extends not only to our interactions with other people but also to our relationship with the environment. By consuming less, we lessen the extraction of resources from the Earth. Reducing waste shows respect for future generations. Gandhi's concept of non-violence went beyond merely avoiding conflict; it emphasized thoughtful and sustainable living. Imagine if corporations embraced the philosophy of Ahimsa, ensuring that their products were ethical, sustainable, and beneficial for everyone.
- **Brahmacharya (Self-discipline):** True simplicity cannot be achieved without self-discipline. This concept is often misunderstood as merely celibacy; however, its broader meaning encompasses mastery over one's desires. Regarding food, possessions, or ambitions, discipline allows us to concentrate on what truly matters. Consider the world's greatest innovators—they did not waste their energy on distractions; instead, they practiced restraint to excel in their pursuits.

Lessons from Gandhi's Life

Gandhi's life is filled with examples of simplicity. He spun his own clothes instead of buying expensive ones, chose to walk rather than use vehicles, and ate the same food as the poorest people in India.

One day, as he stepped onto a train, his sandal slipped off. Instead of retrieving it, he quickly took off the other sandal and threw it beside the first one. When asked why he did this, he smiled and said, "Now, the person who finds the first sandal will have a complete pair."

Gandhi's simplicity wasn't merely about minimizing his own needs; it was also about helping others.

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Article: Simple Living: The Gandhi Way to True Freedom ... (Page 4/5)

The Beauty of a Simple Life

A simple life brings clarity, peace, and fulfillment. We feel lighter when we eat only what we need, own only what is essential, and speak only the truth. Simplicity is not deprivation; it is liberation. It clears the clutter from our homes, minds, and hearts, making space for what truly matters.

A CEO of a multinational corporation decided to downsize his personal and professional commitments. He eliminated unnecessary luxuries, reduced the number of meetings, and focused solely on high-impact decisions. As a result, his company flourished, and he also found time to mentor young leaders and spend quality moments with his family.

Imagine a world where individuals and businesses embrace simplicity—not just as a trend, but as a fundamental way of life. Picture leaders making decisions rooted in truth and integrity, corporations prioritizing sustainability, and individuals valuing purpose over material possessions.

Now, let me ask you: What will you take away from this article? Will you simplify your home? Will you choose mindfulness over excess? Will you lead with integrity and truth?

In conclusion, embracing simplicity is a powerful mindset that can lead to transformative changes in our lives. Here are some key takeaways from the article:

1. ****Start Small****: Taking incremental steps towards simplicity can make the journey more manageable. Small changes, like mindful eating or decluttering a single space, can have a significant impact over time.
2. ****Mindfulness Matters****: Eating mindfully and being present in the moment can help us appreciate life more fully. By focusing on the experience rather than just the outcome, we can foster deeper satisfaction in our everyday activities.
3. ****The Power of Truth****: Speaking the truth, both to ourselves and others, creates authenticity in our relationships. This openness fosters trust and connection, which are essential for a fulfilling life.
4. ****Helping Others****: Simplifying our lives allows us to focus more on helping others. Acts of kindness benefit those around us and enrich our lives by creating a sense of purpose and community.
5. ****Finding Joy in the Little Things****: Small moments can bring immense joy and fulfillment. We can cultivate a more grateful mindset by shifting our focus away from materialistic desires to appreciating simple pleasures.

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Article: Simple Living: The Gandhi Way to True Freedom ... (Page 5/5)

6. ****Reframing Sacrifice****: Simplicity should not be viewed as a loss but rather as a gain. With less clutter and distractions, we find more space for what truly matters—happiness, peace, and personal growth.

7. ****Gandhi's Wisdom****: Reflecting on Gandhi's insights reminds us that true wealth lies in our relationships, experiences, and the wisdom we gain along the way rather than in material possessions.

Embracing simplicity opens the door to a richer, more fulfilling life. It empowers us to prioritize what truly matters, leading to greater peace, happiness, and ultimate success. Let us take these lessons to heart and embark on a journey towards a simpler, more meaningful existence.

In summary, the insights shared in this article are designed to resonate with a diverse audience, offering value to individuals from all walks of life.

- For young students and recent graduates, the principles of simplicity can help reduce stress, enhance focus, and foster a healthier study environment.
- Young professionals may find guidance on prioritizing tasks and decluttering their mind and workspace, leading to increased productivity and work-life balance.
- Established professionals and business leaders can benefit from simplifying processes within their organizations, fostering a culture of clarity that enhances collaboration and innovation.
- Meanwhile, older adults can gain a renewed perspective on what truly matters, encouraging them to cherish relationships and experiences over material possessions.

Ultimately, the message of simplicity serves as a unifying thread, empowering everyone—regardless of age or background—to lead more intentional, fulfilling lives centered on what truly counts. By embracing simplicity, we can collectively create a more harmonious and connected world.



Video

Mahatma Gandhi's influential Lessons In Life You Need To Hear



ChatTube Summary: The video highlights powerful teachings from Mahatma Gandhi, emphasizing service to others as a way to find oneself. It stresses the importance of forgiveness, nonviolence, and being the change one wishes to see. Ultimately, Gandhi's principles inspire individuals to pursue justice, compassion, and societal harmony.

Key Takeaways:

Here are some key takeaways from the video on Mahatma Gandhi's influential lessons in life:

- 1. Service to Others:** Finding oneself through selfless service highlights the importance of community and helping those around us.
- 2. Non-Violence:** Emphasizing that non-violence is a powerful tool for change that can lead to peaceful resolutions in conflicts.
- 3. Forgiveness:** True strength lies in the ability to forgive, which can mend relationships and foster understanding.

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The soul is the same in all living creatures, although the
body of each is different.

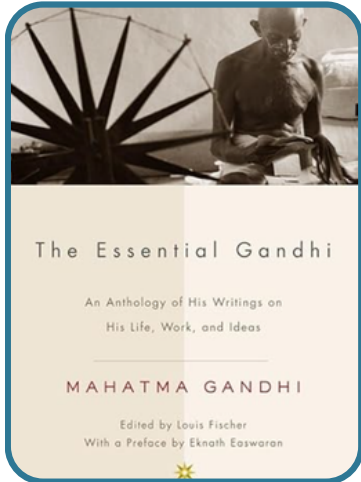


Video: Mahatma Gandhi's influential Lessons In Life You Need To Hear (Page 2/2)

Key Takeaways (continued):

- 4. Lifelong Learning:** The importance of continuous learning and growth, encouraging us to be curious and open-minded throughout our lives.
- 5. Personal Responsibility:** Recognizing that each individual has the power to create change, embodying the change one wishes to see in the world.
- 6. Courage to Speak Up:** Voicing the truth and standing against injustice is vital, as silence in the face of oppression is seen as cowardice.
- 7. Inner Strength:** Real strength comes from a strong will and determination, not just physical capability.
- 8. Humanity's Resilience:** Maintaining faith in humanity even amidst difficulties and recognizing that the actions of a few do not define the whole.
- 9. Mindset Matters:** Our thoughts shape our actions and, consequently, our lives, emphasizing the power of a positive mindset.

These lessons serve as timeless guidance for individuals seeking to navigate life's challenges with integrity, compassion, and purpose.



Book Summary

"The Essential Gandhi: An Anthology of His Writings on His Life, Work, and Ideas"

by Louis Fischer

Source: <https://www.amazon.ca/Essential-Gandhi-Anthology-Writings-Ideas/dp/1400030501/>

Summary:

The *Essential Gandhi*, edited by Louis Fischer, is a profound anthology that offers readers an intimate glimpse into the life, philosophy, and activism of Mahatma Gandhi. Through a carefully curated selection of Gandhi's writings, speeches, and letters, this book presents a comprehensive narrative of his journey—from a young law student in England to the leader of India's independence movement and a global advocate for nonviolence and truth.

The book is divided into thematic sections, each focusing on a significant aspect of Gandhi's life and work. The early chapters trace his formative years, particularly his experiences in London, where he studied law, and in South Africa, where he first encountered racial discrimination. These experiences shaped his lifelong commitment to fighting injustice through nonviolent means. It was in South Africa that he developed Satyagraha, or 'truth force,' a principle that became the foundation of his resistance movements.

As the book progresses, Gandhi's role in India's freedom struggle takes center stage. His return to India in 1915 marked the beginning of his direct engagement with colonial rule. The anthology covers his advocacy for self-rule (Swaraj), rural upliftment, and his opposition to the caste system and untouchability. His belief in Ahimsa (nonviolence) is a recurring theme throughout the book, highlighting his conviction that moral strength and civil disobedience were more powerful than violence in combating oppression.

... page 2/2



Book Summary: The Essential Gandhi: An Anthology of His Writings on His Life, Work, and Ideas (Page 2/2)

Summary (continued):

One of the most compelling aspects of *The Essential Gandhi* is its emphasis on his personal philosophy. The book delves into his thoughts on simple living, self-discipline, and the power of truth. Gandhi's reflections on religion, ethics, and humanity reveal a man deeply committed to spiritual and moral growth. His views on economic self-sufficiency, as embodied in the Khadi movement, showcase his vision for an independent India rooted in self-reliance and sustainability.

The anthology does not shy away from presenting Gandhi's challenges and contradictions. It includes his struggles with doubts, failures, and the internal conflicts he faced as a leader. His reflections on the Partition of India and the ensuing violence demonstrate his anguish over the division of the country he worked so hard to unite.

Through Louis Fischer's insightful commentary and careful selection of texts, the book serves as both an introduction to Gandhi's ideas and a deeper exploration for those already familiar with his work. Fischer, a journalist who had personally interviewed Gandhi, provides context that helps readers understand the historical and personal significance of each selection.

In conclusion, *The Essential Gandhi* is an invaluable resource for anyone seeking to understand one of the most influential figures of the 20th century. It captures the essence of Gandhi's moral and political philosophy, making it a timeless guide for those interested in justice, peace, and the power of nonviolent resistance. This anthology is not just a historical account but a source of inspiration for individuals and movements committed to truth and nonviolence in the modern world.



Video

Movie: The Making of the Mahatma

Directed by Shyam Benegal



ChatTube Summary:

The film chronicles the early life and transformative experiences of Mohandas Karamchand Gandhi, also known as Mahatma Gandhi, in South Africa. It begins with his arrival in South Africa, where he immediately encounters systemic racial discrimination. This injustice profoundly affects him and sets him on a path of activism.

Initially working as a barrister, Gandhi engages in legal cases representing the Indian community against unjust laws, particularly the Asiatic Registration Act, which requires Indians to carry identification. As he witnesses the struggles of his fellow Indians, Gandhi becomes increasingly aware of the need for organized resistance against oppressive practices.

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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.



Movie: The Making of the Mahatma (Page 2/3)

Summary (continued):

His philosophy of non-violence, or "ahimsa," begins to take shape as he experiments with methods of peaceful protest and civil disobedience, known as Satyagraha. He rallies the Indian community to stand together and challenge the legal injustices they face, emphasizing the importance of truth and moral integrity in their struggles.

Gandhi's character evolves throughout the film as he faces obstacles, including imprisonment and societal pushback. His relationships with various South African figures, including Indian and European individuals, further shaped his understanding of justice, community, and the power of collective action.

As the narrative progresses, Gandhi's efforts increase awareness of the plight of all oppressed peoples, not just Indians in South Africa. His work inspires a sense of unity among diverse groups and lays the groundwork for his future leadership in the Indian independence movement.

Ultimately, the film depicts the foundation of Gandhi's legacy as a champion of non-violence and social justice, illustrating how his early experiences in South Africa shaped his ideals and principles that would resonate globally. Gandhi's journey is portrayed as one of personal growth, moral fortitude, and unwavering commitment to humanity's struggle for equality and justice.

This engaging portrayal highlights the complexities of his character and the historical context of his activism, marking the inception of a pivotal movement that would leave a lasting impact on the world.

How did Gandhi's early experiences shape his philosophy of non-violence?

Gandhi's early experiences in South Africa were pivotal in shaping his philosophy of non-violence. Here are some key points reflecting how these experiences influenced his beliefs:

... page 3/3

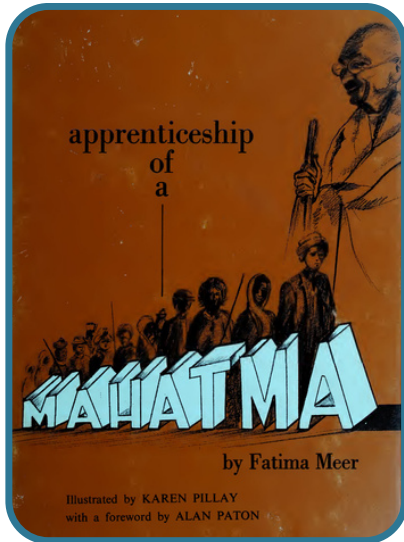


Movie: The Making of the Mahatma (Page 3/3)

Key takeaways (continued):

- 1. **Racial Discrimination**:** Upon arriving in South Africa, Gandhi faced harsh racial discrimination, which sparked his awareness of the injustices faced by Indians and other people of color. This experience galvanized his resolve to fight against oppression.
- 2. **Legal Struggles**:** Working as a barrister, Gandhi became involved in legal battles on behalf of the Indian community, where he quickly learned that traditional legal approaches often resulted in little justice for marginalized groups. This discrepancy led him to seek alternative methods of resistance.
- 3. **Community Mobilization**:** Gandhi organized the Indian community to stand up against discriminatory laws, particularly the Asiatic Registration Act, which mandated that Indians carry identification documents. His campaigns brought the community together and fostered a spirit of solidarity.
- 4. **Development of Satyagraha**:** In response to the injustices he observed, Gandhi developed the concept of "Satyagraha," or "truth force," advocating for resistance through non-violent means. This philosophy emphasized love, truth, and moral authority rather than violence.
- 5. Influences from Various Traditions:** Gandhi was inspired by various philosophical and religious traditions, including Hinduism, Christianity, and Jainism, all of which emphasize non-violence (ahimsa) and compassion. His time in South Africa also interacted with local practices, enriching his perspective on non-violent resistance.
- 6. Personal Transformations:** Gandhi's personal struggles, such as navigating his identity and the hardships faced by the Indian community, influenced his understanding of suffering and the importance of enduring hardship for a larger cause.

These experiences laid the foundation for Gandhi's lifelong commitment to non-violence, shaping his methods during the Indian independence movement and establishing him as a global figure for peace and civil rights.



eBook Summary

"Apprenticeship of a Mahatma"

by Fatima Meer

Source: <https://archive.org/download/APPRENTICESHIPOFAMAHAATMA/APPRENTICESHIP%20OF%20A%20MAHATMA.pdf>

Summary of the eBook:

"Apprenticeship of a Mahatma" by Fatima Meer is a deeply human and accessible account of Mahatma Gandhi's early life. It focuses on the formative years that shaped him into the world leader of nonviolent resistance. Covering his childhood, his studies in London, and, most importantly, his 21 years in South Africa, the book reveals how an ordinary man evolved into an extraordinary leader through personal struggles, experiments, and service.

Early Life and Marriage

Born in 1869 in Porbandar, India, Gandhi grew up in a modest, religious household. He was a shy, nervous child who feared ghosts and snakes, and whose greatest comfort was his deeply spiritual mother. One key moment from his early life was his secret experiment in eating meat. Influenced by a friend who told him meat would make him strong like the British, Gandhi tried it but was overcome with guilt and felt he had betrayed his family's values. This incident stayed with him and later reinforced his lifelong commitment to vegetarianism and self-discipline.

At just thirteen, Gandhi married Kasturba (Kastur). Their young marriage was marked by Gandhi's immaturity and controlling nature. He later confessed how jealous and possessive he was, recognizing that his need to dominate Kasturba was one of his first lessons in understanding his own flaws. Over time, this marriage itself became an arena where Gandhi learned patience, respect, and self-restraint.

... page 2/3



eBook Summary: Apprenticeship of a Mahatma (Page 2/3)

Summary (continued):

London Years

Gandhi was an insecure, awkward young man desperate to fit in when he traveled to London to study law. He attempted to adopt British customs, buying fashionable clothes and trying to learn ballroom dancing, but soon realized how hollow this effort was. An anecdote that stands out is his discovery of vegetarian restaurants in London. What began as a moral commitment to honor his mother's wishes became a serious study of health, simplicity, and ethics. He joined the London Vegetarian Society, read widely about diet and health, and began experimenting with the simplest foods, laying the foundation for his later vows of *Aswada* (control of the palate).

South Africa – The Crucible of Leadership

It was in South Africa that Gandhi's fundamental transformation occurred. Sent there to handle a legal case, he experienced shocking racial discrimination firsthand. One of the defining moments was when he was thrown off a train in Pietermaritzburg for refusing to leave the first-class compartment despite having a valid ticket. Sitting alone in the cold station that night, Gandhi made a decision that would shape his life: he would resist injustice, not through violence, but through courageous, disciplined action.

Another incident occurred when Gandhi was beaten by a white stagecoach driver simply for walking on the footpath reserved for whites. Rather than responding with anger or revenge, Gandhi realized the power of dignity and restraint, deepening his belief in nonviolent resistance.

Building Community and Satyagraha

In South Africa, Gandhi did more than fight legal battles. He built communities like Tolstoy Farm, where families of all backgrounds lived together, worked the land, and practiced self-sufficiency. Here, Gandhi enforced the principles of shared labor, simplicity, and equality. Caste distinctions were abandoned, everyone took turns cleaning toilets, and the rich and poor shared meals at the same table. Gandhi's living experiment in *Aparigraha* (non-possession) and *Brahmacharya* (self-discipline) created a model for the kind of society he dreamed of.

... page 3/3



eBook Summary: Apprenticeship of a Mahatma (Page 3/3)

Summary (continued):

When oppressive laws targeted Indian workers, Gandhi led mass nonviolent protests. The term satyagraha, meaning “truth-force,” was born. Through organized, peaceful resistance, including strikes, marches, and voluntary imprisonment, Gandhi showed the world that moral courage could defeat systemic injustice. His leadership during these campaigns proved that a single determined person, rooted in truth and simplicity, could inspire thousands.

Transformation into the Mahatma

By the time Gandhi left South Africa in 1914, he was no longer the timid, unsure young man who had arrived two decades earlier. He was now a disciplined, fearless leader who had tested his ideals in real struggle. As Fatima Meer’s biography shows, these South African years were truly his apprenticeship—the period where his character was forged, his philosophy was refined, and his global mission was born.

Closing Reflection

Through vivid stories, Apprenticeship of a Mahatma reminds us that Gandhi’s greatness did not come from grand gestures, but from small, daily acts of self-restraint, truthfulness, and service. As Alan Paton writes in the foreword, this is the story of how an ordinary man became extraordinary—not through power, but through a radical commitment to live simply, serve others, and resist injustice with love.



OUR UPCOMING EVENTS



Upcoming Events (Feb-Apr)

| 02 FEB 2025 | | | | | | |
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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

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.



"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 life's 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.



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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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leevan 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 McAvern Drive, Nepean (map)

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

Sponsors (\$500, \$250, \$100)
PAYMENT OPTIONS: 1. TRANSFER TO BHALVANESH AWASTHI (CIBC) 2. 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>



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 Sponsor**
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@mgpcoco.org

OPTION 2: By cheque to Mahatma Gandhi Peace Council of Ottawa.
Mail cheque to: BriJ Gupta, Treasurer, 182 Riverside Cres, Ottawa, ON K1V 0Z8

For more information and to discuss details, please contact
Brij Gupta, Treasurer, 613-315-4441 (Email: treasurer@mgpcoco.org)
Anil Agrawal, President, 613-859-8654 (Email: president@mgpcoco.org)



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



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 Ustead 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

A MUSICAL
JOURNEY
WITH
PANDIT
KAIVALYA
KUMAR
GURAV



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



Buy Tickets Online (\$25)

Click to Pay via Paypal or Use QR Code

**SPONSORS (VIP SEATING): \$500 (8 TICKETS),
\$250 (4 TICKETS), \$100 (2 TICKETS)**

- 1) Either 'e-transfer' Funds to bhajan-bliss@mgpcoco.org
- 2) OR, [CLICK HERE TO PAY VIA PAYPAL](#)

[Tax Receipts will be issued for the Donation amount minus \$25 per ticket]

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

**SPONSORS (VIP SEATING): \$500 (8 TICKETS),
\$250 (4 TICKETS), \$100 (2 TICKETS)**

- 1) Either 'e-transfer' Funds to bhajan-bliss@mgpcoco.org
- 2) OR, [CLICK HERE TO PAY VIA PAYPAL](#)

[Tax Receipts will be issued for the Donation amount minus \$25 per ticket]

Website: www.gandhiji.ca/bhajan-bliss

BUY TICKETS (\$25) - VIA PAYPAL

Sponsors (VIP Seating)

\$500 (8 tickets), \$250 (4 tickets), \$100 (2 tickets)

E-TRANSFER FUNDS TO

EMAIL: BHAJAN-BLISS@MGPCO.ORG

[CLICK HERE TO PAY VIA PAYPAL](#)

An error does not become truth by reason of multiplied propagation, nor does truth become error because nobody sees it.



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

### Sponsorship\$

**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.
- Logo featured on website and brochure.

#### 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

[REGISTRATION REQUIRED - REGISTER HERE]

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

### E-TRANSFER FUNDS TO

EMAIL: [JAYANTI2025@MGPCO.ORG](mailto:JAYANTI2025@MGPCO.ORG)

### PAY VIA PAYPAL

(THRU YOUR PAYPAL ACCOUNT OR BY CREDIT/DEBIT CARD)

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. Respecting others' property.
- 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 Pleats Aashai**  
Eat what's healthy, eat what's good. For a healthy mind and a healthy mood.
- 7. Fearlessness Abhaya**  
Be brave and bold. Keep your faith. With courage and smiles, voice your views.
- 8. All Religions Equal**  
(Sarva Dharma Samanvaya)  
All faiths deserve respect. In every faith, love is best.
- 9. Freedom from Intimidability**  
(Aparigrahanvaya)  
Treat everyone with equal regard. No one's better, we all have a place.
- 10. Bold Labor Bhairavaram**  
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, 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 Relationships
- 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 800-1000 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 an award.
- The top ten essay authors will present.
- A certificate and a message to all participants to honor their contribution.
- A book/Ebook titled "Gandhi's Vows: Youth Perspectives" with include all Essays with their author's name, showcasing their work and sharing it with a broader audience.
- Your essay will salute Gandhi's Vows and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!**  
For information, contact: Meeta Datta (613-686-9701) | Adil Azeem (613-697-6644)

#### 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 art form 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/narrative to depict each vow.

Submit kids' creation online.

**NOTE:**  
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 unveiled 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 (Swadeshi) 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 11 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



## 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)

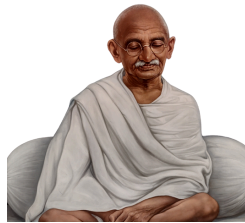
Use your energy, mind, and might, To learn and grow, and do what's right.

### 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.**

**Tick 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.  
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 a participant to honor their contribution.  
• A book/eBook titled "Gandhi's Vows: Youth Perspective" will 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 Dutta (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 art form 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

### GANDHI'S VOWS FOR KIDS

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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** [[Essay in Newsletter #11](#)].  
(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 Collection)

**Promoting Mahatma's Principles of Peace & Non-violence**

**Mahatma Gandhi**  
Peace Council of Ottawa

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**Yashas Naik** (Abhay - Fearlessness) (#6)  
Grade 12 student, Lisgar Collegiate institute, Ottawa

**Manasvi Tiru** (Satya - Truth) (#6)  
Grade 12 (IB) student, Colonelby High School, Ottawa

**Rhea Jain** (Ahimsa - Power of Nonviolence) (#7)  
Grade 12 student, All Saints High School, Kanata

**Abhishek Sinha** (Abhay - Fearlessness) (#7)  
1st Year Computer Science student, Carleton University, Ottawa

**Nidhi Chauhan** (Nonviolence and Religious equality) (#8)  
Master of Computer Science, University of Ottawa

**Abhijit Sinha** (Brahmacharya - Self-Discipline) (#8)  
3rd Year Translational Molecular Medicine, University of Ottawa

**Divya Taneja** (Aparigraha - Non-possession) (#9)  
Grade 9 student, Bayview Secondary School, Toronto

**Sayan Majumdar** (Ahimsa - Nonviolence) (#9)  
Grade 12 student, Ottawa Technical Secondary School

**Pritha Chirag-Shah** (Brahmacharya / Self-Discipline) (#9)  
Grade 10 student, Earl of March Secondary School

**Avni Jain** (Abhaya - Fearlessness) (#10)  
Grade 10 student, O'Neill Collegiate and Vocational Institute

**Sparsho Chakraborty** (Aswada / Feeding the Mind) (#10)  
Bachelor of Health Sciences, First Year (University of Ottawa)

**Anika Jain** (Sharirshrama / Body Labour) (#10)  
Bachelor of Health Sciences, Second Year (Univ of Western Ontario)

**Ammi Paul** (Asteya/ Non-stealing) (#10)  
Bachelor of Translational and Molecular Medicine, 3rd Year (University of Ottawa)

**Moumita Dutta** (Abhaya/ Fearlessness) (#10)  
Bachelor of Translational and Molecular Medicine, 3rd Year (University of Ottawa)

**Nikhila Parameswaran** (Brahmacharya/Self-discipline) (#11)  
Grade 12, Cairine Wilson Secondary School

## Essays published in This Issue (#12)

None

### 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.





## 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.

