

Newsletter

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

APRIL 2025



ISSUE 14

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 APPEAL TO THE COMMUNITY

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

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

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



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



OUR MANIFESTO FOR 2025

Initiatives & Activities for
Diverse Communities in Ottawa

Lectures/Seminars To Educate Community in Gandhian Principles

Gandhi Memorial Day Lecture 2025 (Jan 2025)

Featuring William van Geest (Ecology Ottawa)
on "Why Bother with Local Environmental
Action?... on Greening Canada's Capital."

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

Our flagship event (Endowed Lecture) held in
collaboration with the College of the
Humanities, Carleton University,

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

(Open the Web Page)

- (2025-Feb-15) Fearlessness: Overcoming Personal and Social Challenges
- (2025-Mar-16) Truth as a Way of Life
- (2025-Apr-27) Food and Mindful Living
- (2025-May-31) Personal Peace and Inner Harmony
- (2025-Jun-15) Non-Violence: A Path to Conflict Resolution
- (2025-Jul-26) Power of Equality of Religions (Faiths)
- (2025-Aug-17) The Ripple Effect of Kindness
- (2025-Sep-20) Environmental Sustainability
- (2025-Oct-18) The Legacy of Gandhi in the Modern World
- (2025-Nov-08) Simplicity in a Material World
- (2025-Dec-13) Gandhian Values and their Relevance in Canada

Virtual Education Initiatives for the Different Segments of Community

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

Self-paced Workshops

- **Inner Peace Journey:** Discover how to manage stress, build positive relationships, and embrace social responsibility for a fulfilling life.
- **Cultivating Kindness Society:** Building Compassionate Lives, One Thought, One Act, One Community at a Time

Community Celebrations (Cultural Programs) & Service Initiatives

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)

Community Services

Environmental Stewardship
Community Dialogues
Companion Visits
Storytelling/Culture Exchange

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 (In Issue #11)
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri (**In Issue #12**)
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion [No video]
- 14) 2016 "A Centre for Peace (A Vision for the Sacred Islands in the Ottawa River)" by Douglas Cardinal (No video)
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment" by Dr. Noel Salmond (No video)
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma (In Issue #13)
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University (No video)
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal [Transcript only]
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber [Transcript]
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel [Video in Issue 14] [Transcript]**
- 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.**



2012 M. K. GANDHI ANNUAL LECTURE "In Search of Pax Gandhiana" by Anthony J. Parel



If the
video
doesn't
play
here,
Play it on
YouTube.

ChatGPT Summary of the Video: In the 2012 M. K. Gandhi Annual Lecture, Dr. Anthony Parel discusses the significance of Mahatma Gandhi's philosophy and its relevance in contemporary society. He emphasizes Gandhi's approach to non-violence, truth, and moral integrity and how these principles can guide individuals in addressing modern challenges.

Dr. Parel reflects on Gandhi's life and work, analyzing his methods of resistance against oppression and his commitment to social justice. He underscores the importance of active engagement in societal issues while adhering to ethical principles, suggesting that Gandhi's teachings can foster peaceful resolutions to conflicts today.

The lecture also touches upon the idea of self-improvement and personal responsibility, illustrating how Gandhi's emphasis on individual action can lead to collective change. Throughout, Dr. Parel encourages listeners to reflect on their own roles in promoting peace and justice, making a strong case for the timelessness of Gandhi's vision in fostering a more harmonious world.

Overall, the lecture serves as a call to action, urging individuals to embody Gandhi's values in their daily lives and interactions with others.

... Page 2/2

The more we give up our attachment to the physical frame of the
person we love, the purer and more expansive our love grows.



Video: 2012 Video "In Search of Pax Gandhiana" by Anthony J. Parel (page 2/2)

How can Gandhi's principles be applied in today's society?

Mahatma Gandhi's principles can be effectively applied in today's society in several meaningful ways:

- 1. Non-Violence (Ahimsa):** Practicing non-violence in personal and communal conflicts encourages resolution through dialogue and understanding rather than aggression. Advocating for peaceful protests and civil disobedience can bring about social change without harming others.
- 2. Truth (Satyagraha):** Emphasizing truthfulness fosters transparency and integrity in governance, business, and personal relationships. Encouraging people to stand for their beliefs while upholding honesty can lead to a more trustworthy society.
- 3. Community Engagement:** Gandhi believed in grassroots activism. Today, individuals can contribute to their communities by volunteering, participating in local decision-making, and supporting initiatives that promote social justice and welfare.
- 4. Simplicity and Sustainability:** Gandhi advocated for simple living and self-sufficiency, which aligns with modern movements for sustainability. Embracing minimalism, reducing consumption, and focusing on eco-friendly practices can address environmental issues.
- 5. Empowerment of the Weak:** By advocating for the rights of marginalized groups, society can work towards equality and justice. Supporting movements that uplift oppressed communities is vital for creating a more inclusive society.
- 6. Education and Awareness:** Gandhi placed a strong emphasis on education. Promoting awareness about social issues through education can empower individuals to take action and instigate change in their communities.
- 7. Dialogue and Understanding:** Encouraging conversations across differing viewpoints can lead to deeper mutual understanding and reduce polarization in society. Gandhi's commitment to dialogue remains crucial in today's divided political environment.

By integrating these principles into daily life, individuals can contribute to building a more just, peaceful, and harmonious world, reflecting Gandhi's enduring legacy..



Gandhi's Legacy Talks: 2025 Calendar

THIS MONTH

TOPIC & SPEAKER

**Food and Mindful Living – Control of the
Palate (Asvada) for Health and Balance
by Dr. Navita Viveky**



If the
video
doesn't
play here,
Play it on
YouTube.

Video Summary by AI:

In the video "Food and Mindful Living" by Dr. Navita Viveky, presented at the Mahatma Gandhi Peace Council of Ottawa, the focus is on the concept of mindfulness in relation to eating and overall well-being.

continued to 2/2 ...

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



Video Summary: Food and Mindful Living (continued) - Page 2/2

Video Summary by AI (continued):

Dr. Viveky begins by emphasizing the importance of understanding the “why” behind mindfulness, particularly how it relates to our health from a neurological perspective.

The discussion highlights that we often engage in mindless eating, making around 200 food-related decisions daily—decisions influenced by various factors like emotional state, social situations, and external cues. Dr. Viveky explains that food serves multiple functions: it nourishes our bodies, caters to social interactions, and evokes emotional connections—underscoring the importance of mindful eating practices.

Mindful eating is defined as being fully present and engaged with the experience of eating, noting hunger cues, and savoring the flavors and textures of food. Key components of mindful eating include awareness, non-judgmental appreciation, sensory engagement, and gratitude for the food we consume.

To illustrate these concepts, Dr. Viveky engages participants in an interactive activity involving pumpkin seeds, guiding them through the process of using their senses to experience the food more fully. She explains the neuroscience behind mindful eating, illustrating how it activates brain regions associated with decision-making and reduces stress-related eating behaviors.

The speaker shares numerous practical strategies for incorporating mindfulness into daily eating practices. These strategies include recognizing hunger and fullness signals, creating a conducive eating environment free from distractions, and being aware of emotional triggers leading to eating. Dr. Viveky emphasizes the significance of choosing whole, unprocessed foods and recognizes the impact of social interactions during meals.

Furthermore, the video touches on the benefits of mindful eating, such as better digestion, healthier weight control, and improved emotional well-being. The importance of cultural practices related to food and fasting is also acknowledged, reinforcing the connection between dietary choices and overall health.

As a takeaway, Dr. Viveky invites viewers to reflect on one small change they can make to eat more mindfully and encourages them to practice gratitude for their meals. By applying these concepts, individuals can develop a healthier relationship with food and enhance their overall quality of life.



ARTICLE

In a world of growing challenges, Gandhi's timeless wisdom shows the path to dignity, hope, and human unity.

Legacy of Gandhian Thought

By Late Mr. S. N. Goel

**Dedicated to the cherished memory of
S. N. Goel (1930–2024)**

SHORTENED / PARAPHRASED VERSION OF THE ORIGINAL ARTICLE:
Source: <https://gandhiji.ca/legacy-of-gandhian-thought-by-s-n-goel/>

Synopsis: Mahatma Gandhi's message speaks across time — a reminder that real change begins with restoring dignity to every human life. Through the spirit of Khadi, the humble work of Gandhi Ashrams, the vision of Gram Swarajya, and the dream of Sarvodaya, he showed that progress is not built through charity, but through creating opportunities for honest work, self-reliance, and hope. Even today, as the world grapples with inequality, unrest, and despair, Gandhi's timeless ideas light the way toward a future where human unity, compassion, and self-respect form the true pillars of prosperity. His life was a living testament that from the simplest acts of faith in humanity, greatness can grow — and that every individual, given a chance, can rise to build a better world.

"Gandhi's light shines not through grand promises, but through small, steady acts of faith in human dignity, human labor, and human unity."

Mahatma Gandhi was one of the most luminous figures of the twentieth century. His thoughts and actions touched millions, empowering the powerless and offering timeless tools in the quest for freedom and justice. What made Gandhi truly remarkable was not just the reverence he commanded but the simplicity with which he lived. He walked the ordinary man's path — making mistakes, admitting them openly, learning from them — and, through this honest journey, awakened the sleeping conscience of a world.

... 2/4



Article: Legacy of Gandhian Thought (Page 2/4)

Across every society, regardless of nationality, culture, or religion, people are divided not by boundaries but by opportunities. There are those who, by initiative and courage, have seized the possibilities of life. Others, weighed down by history and circumstance, have struggled merely to survive. In between lies a dynamic middle class, where the ambitious may rise, and the indifferent may fall. The pattern repeats across the globe, differing only in degree. In fortunate lands, safety nets cushion hardship. Elsewhere, the poor face malnutrition, unrest, and despair without protection.

In the grand sweep of history, developed nations have drawn the best talents and resources of the world, offering opportunities that turned barren lands into thriving civilizations. The United States stands as a testament to what the collective energy of determined people can achieve. But in time, the tides have shifted. A new movement is underway as Asian countries rise, building prosperity and reversing the old flows of wealth and talent. The lesson remains: the creation of meaningful work — not charity, not aid — uplifts people.

Gandhi understood this profound truth. His vision of Khadi was far more profound than the spinning of cloth. It was about restoring dignity to human labor. In colonial India, fine cloth came from foreign mills, while villagers wore rough homespun. Gandhi saw the potential to meet a basic need — clothing — while creating millions of opportunities for work, dignity, and hope without uprooting rural lives. As Khadi became a badge of pride for even the affluent, it erased visible barriers between rich and poor, high and low. Even today, the spirit of Khadi teaches us that real empowerment lies in creating work that fits people's lives, respecting their skills, rhythms, and humanity.

Today, we have the knowledge, resources, and management ability to extend opportunities to billions who still live on the margins. People do not seek pity; they seek the chance to stand tall, work with pride, and look forward with hope.

... 3/4

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: Legacy of Gandhian Thought (Page 3/4)

Gandhi's Ashrams were born of the same spirit. In the desperate 1930s, when even ten paise a day was beyond reach for many, his Ashrams offered training, tools, and payment for honest labor. It was not charity but an invitation to self-respect. Even modest earnings brightened countless lives. Over time, families brought spinning wheels home, working together, inching toward better days. The Ashrams did not create wealth overnight but lit the first fires of self-reliance, resilience, and quiet aspiration.

Whether we speak of factories, franchises, or cooperatives, the goal remains unchanged: to ensure that everyone willing to work can find the dignity of honest labor. Not all are born to be entrepreneurs, but every entrepreneur holds the potential to uplift hundreds, even thousands, through opportunity.

Despite all modern achievements, hunger, malnutrition, and hopelessness still haunt millions. Generous aid has poured into the world's poorest places, but aid alone has not ended suffering. What lifts a nation is not charity but the creation of real, lasting opportunities for work and growth. China has become the workshop of the world, not by receiving handouts, but by opening its doors to work and industry. India has risen as a service powerhouse with its trained, capable workforce. Ironically, countries that once nurtured this growth now face shrinking opportunities at home – a reminder that prosperity must be constantly renewed by creating fresh avenues for work and innovation.

Here again, Gandhi's vision shines. His idea of Gram Swarajya—village self-sufficiency—is not a relic of the past but a living guide for today. Gandhi dreamt of every village standing firm on its foundation, meeting its needs without dependence. In today's interconnected world, this principle urges us to disperse opportunities widely, bringing meaningful work closer to people's lives and allowing communities everywhere to thrive without mass displacement or loss of identity.



Article: Legacy of Gandhian Thought (Page 4/4)

At the heart of it all lies Sarvodaya – the welfare of all. Turn on any television or radio, and the stories are the same: wars, terror, unemployment, hunger, insecurity. Despite our finest intentions, solutions seem distant. Perhaps it is because we have built economies, technologies, and empires but neglected to build the human being. Sarvodaya asks us to begin again by focusing on nurturing compassionate, caring, responsible individuals who rise above caste, creed, and conflict to work together for the common good. In such a world, laws become less critical because goodwill and shared humanity become the true governing forces.

The world's problems are complex, deep-rooted, and at times overwhelming. No organization, no nation, no policy has fully tamed them. Yet the essential human desires remain universal and straightforward: the chance to work, to feel safe, to live with dignity, to hope. These are not unattainable dreams. They are precisely what Gandhi's life and work speak to – Khadi, Gandhi Ashrams, Gram Swarajya, Sarvodaya – each pointing to the same eternal truth: that the key to progress is in recognizing and nurturing the dignity and potential of every human being.

Gandhi lived in a different time, but his spirit remains a beacon in our troubled world. His thoughts are not just echoes of history; they are the call of the future. If humanity wishes to survive, to flourish, to leave a world worth living in for generations to come, it must look once again to the light Gandhi offered – a light that shines not through grand promises, but through small, steady acts of faith in human dignity, human labor, and human unity.

With deep respect and gratitude, we remember S. N. Goel – a thinker, a leader, and a gentle soul whose commitment to uplifting humanity left an enduring legacy. His life's work stands as a testament to the timeless values he cherished and lived.



Video

How Gandhi Changed The World | Akshaj Vyas | TEDxQESchool



If the video
doesn't
play here,
Play it on
YouTube.

ChatTube Summary: In the video, Akshaj Vyas discusses the profound legacy of Mahatma Gandhi, emphasizing his commitment to non-violence and truth. He highlights Gandhi's impactful actions, such as the Salt March and his role in India's independence, which inspired global movements for civil rights. The talk underscores Gandhi's relevance today, as his teachings continue to influence efforts towards social justice and equality.

Expanded Summary: In the TEDx Talk titled "How Gandhi Changed The World," Akshaj Vyas explores the profound legacy of Mohandas Karamchand Gandhi, commonly known as Mahatma Gandhi. Vyas discusses the universal significance of Gandhi's lessons, which resonate across social strata, from the poorest to the wealthiest.

The talk begins with a reference to Barack Obama's choice of Gandhi as a historical figure he would wish to sit with, underlining Gandhi's enduring influence. Vyas emphasizes that India would not have achieved independence without Gandhi's unwavering dedication and courage. He highlights Gandhi's tireless efforts against imperialism through peaceful protests and movements, particularly focusing on the Salt March and his numerous hunger strikes. Despite being imprisoned multiple times, Gandhi remained steadfast in his pursuit of freedom for India.

... page 2/3



Video: How Gandhi Changed The World | Akshaj Vyas (Page 2/3)

Expanded Summary (continued):

Vyas introduces key principles of Gandhi's philosophy, such as the concept of "Satyagraha," meaning "truth force," and the revolutionary ideals of non-violence. Gandhi regarded non-violence as the highest virtue. These principles became instrumental during his time and later inspired other leaders like Martin Luther King Jr. and Nelson Mandela in their fights against oppression.

The speaker notes the relevance of Gandhi's values, such as truth, peace, and non-violence, which have gained momentum in various global movements over the years. He mentions Gandhi's efforts toward women's rights and how his vision for a clean India is being realized through initiatives aimed at waste-free streets.

Vyas concludes by reflecting on the enduring impact of Gandhi's legacy, quoting journalist Louis Fischer, who poignantly remarked on the world's grief at Gandhi's passing. He resonates with Gandhi's famous quote, "Be the change you wish to see in the world," highlighting that the steps Gandhi took will continue to shape humanity for generations to come.

The overall message is one of inspiration, urging individuals to embody the change they wish to see and acknowledging the timeless relevance of Gandhi's teachings in today's world.

How did Gandhi's philosophy influence modern social movements?

Gandhi's philosophy of non-violence and civil disobedience has had a significant influence on modern social movements across the globe. Here are some key ways his ideas have shaped contemporary activism:

1. **Non-Violent Resistance:** Gandhi's principle of non-violence (Ahimsa) has inspired numerous leaders and movements. For instance, Martin Luther King Jr.'s civil rights movement in the United States adopted non-violent protests to combat racial segregation and injustice. Similarly, Nelson Mandela applied these principles during the anti-apartheid movement in South Africa.

... page 3/3



Video: How Gandhi Changed The World | Akshaj Vyas (Page 3/3)

Expanded Summary (continued):

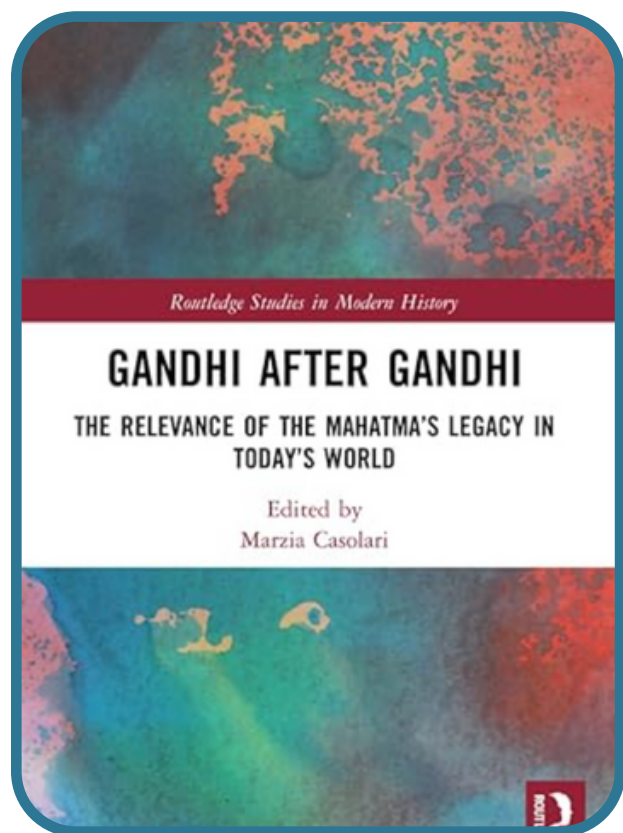
2. **Satyagraha:** The concept of Satyagraha, or "truth force," emphasizes the power of truth and moral integrity in fighting oppression. This approach encourages individuals to stand firm in their convictions while remaining non-violent. Modern movements, such as the protests against oppressive regimes, often draw on this method to promote justice and equality.

3. **Grassroots Mobilization:** Gandhi demonstrated the effectiveness of grassroots activism by involving ordinary citizens in resistance efforts, exemplified through the Salt March. This approach has been mirrored in modern movements, where community engagement and participation are crucial for creating change, seen in movements like Black Lives Matter and environmental advocacy groups.

4. **Focus on Social Justice:** Gandhi's emphasis on social justice, including issues of poverty, equality, and women's rights, resonates with contemporary movements advocating for comprehensive social reforms. His legacy empowers activists to address systemic inequalities through peaceful means.

5. **Global Impact:** The global appeal of Gandhi's teachings has fostered international solidarity among social movements. Many contemporary activists reference Gandhi's work and philosophy in their efforts to drive change in their respective countries, reflecting a shared commitment to non-violence and justice.

In summary, Gandhi's philosophy not only served as a powerful tool for India's struggle for independence but also laid the foundation for many modern social movements that continue to advocate for human rights, social change, and justice worldwide. His teachings encourage a commitment to peaceful activism and highlight the importance of moral leadership in challenging oppression.



Book Summary

Gandhi After Gandhi: The Relevance of the Mahatma's Legacy in Today's World

edited by Marzia Casolari

About the Editor: Marzia Casolari is a historian and scholar specializing in modern Indian history, Gandhian thought, and political movements in South Asia. She teaches at the University of Turin, Italy, and has authored several works on the intersection of politics, religion, and society in India.

Source: <https://www.amazon.ca/Gandhi-After-Relevance-Mahatmas-Legacy/dp/1032056827/>

Book Summary: *Gandhi After Gandhi* is a compelling and timely anthology that reexamines Mahatma Gandhi's philosophies in the light of today's pressing global challenges. Edited by Marzia Casolari, the book consciously moves beyond traditional biographical treatments of Gandhi, offering a fresh exploration of how his ideas continue to resonate across the fields of law, politics, economics, and social movements.

Divided into three thematic sections, the book first investigates Gandhi's influence on constitutionalism and human rights, particularly highlighting his impact beyond India, such as in South Africa and the United States. It shows how Gandhi's commitment to nonviolent civil resistance inspired global figures like Nelson Mandela and Martin Luther King Jr. As one contributor notes, "Gandhi's satyagraha is not merely an Indian phenomenon; it is a universal method for the realization of justice." This section underscores how Gandhi's principles of nonviolence and civil disobedience have been foundational in struggles for civil rights and freedom across the world.

... page 2/2



Book Summary: Gandhi After Gandhi: The Relevance of the Mahatma's Legacy in Today's World (Page 2/3)

Book Summary (continued):

The second part offers a historical lens on Gandhi's efforts to promote Hindu-Muslim unity, analyzing his views on the partition of India and the situation in Palestine. Gandhi's profound belief that "religion is a matter of the heart, not of the sword" forms a central theme here. His insistence on dialogue, mutual respect, and reconciliation as the path forward holds powerful lessons for a world increasingly divided by identity and ideology. The book explores Gandhi's resistance to communal hatred and his vision of India as a secular, inclusive nation – a vision that remains vitally relevant.

The final section shifts focus to Gandhian economics, highlighting his advocacy for small-scale industries, self-reliance, and sustainable living. In an era facing environmental collapse and widening inequality, Gandhi's warnings against materialism and industrial overreach feel prophetic. "There is enough on this earth for everyone's need, but not for everyone's greed," Gandhi famously said, and the essays in this section explore how his economic philosophy offers an alternative to the exploitative models dominating today's global economy. Special attention is given to Gandhi's idea of "trusteeship," where the wealthy are seen as caretakers of their wealth for the greater good – a concept that challenges modern capitalism's more predatory tendencies.

Contributors to the book come from a wide range of disciplines – law, political science, economics, literature, and education – and bring both scholarly depth and contemporary urgency to the discussion. They avoid overly romanticizing Gandhi, instead presenting a nuanced view of his complexities, contradictions, and evolution over time. Importantly, the book does not limit itself to Gandhi's well-known philosophy of nonviolence but broadens the conversation to include his thoughts on governance, grassroots activism, education, and environmental stewardship.

Gandhi After Gandhi succeeds in demonstrating that Gandhi's ideas are not relics of a bygone era but living principles that offer practical guidance for creating a more just, humane, and sustainable world. It reminds readers that Gandhi's legacy is not static; it is continually being reinterpreted, renewed, and applied to meet the challenges of each new generation.



ARTICLE

*Practical Gandhian Wisdom for Leading
With Trust, Focus, and Long-Term Impact*

Gandhi's Vows for Business: A Timeless Path to Purpose, Integrity, and Sustainable Success

Contributed by Editors

**Discover how Gandhi's 11 personal
vows offer practical, powerful tools to
lead with integrity, focus, and
resilience in today's business world.**

Executive Summary (Gandhi's Vows for Business): *This article examines how Mahatma Gandhi's 11 personal vows provide a practical and timeless guide for today's business leaders who seek purpose, integrity, and sustainability. These vows are not just abstract ideals; they translate into actionable principles that build trust, promote ethical leadership, and create meaningful impact.*

Each vow—Truth, Nonviolence, Self-Discipline, Non-stealing, Fearlessness, and Equality—addresses key challenges in modern business, including ethical decision-making, employee well-being, environmental responsibility, inclusion, and long-term value creation. When applied in practice, these vows encourage honest communication, compassionate leadership, responsible growth, respect for diversity, and a commitment to fairness and dignity for all.

By incorporating these vows into daily operations, corporate culture, and leadership behaviors, businesses can transcend mere profit maximization and become forces for good. Gandhi's philosophy supports the development of efficient and competitive organizations that are admired, trusted, and deeply connected to human values.

This values-based framework empowers leaders to make courageous and conscious choices, enabling them to build companies that stand for more than just their products.

... page 2/5



Article: Gandhi's Vows for Business (Page 2/5)

Article:

As the business world transitions from focusing on profit alone to being centered on purpose-driven leadership, timeless principles are gaining renewed significance. Mahatma Gandhi's vows provide a powerful and practical framework for leading with integrity, responsibility, and a meaningful impact.

Although Gandhi lived in a different era, the 11 vows shape character and guide ethical behavior. When applied to business, they offer a roadmap for creating organizations based on trust, empathy, courage, and sustainability.

Here's how each vow can help foster better business practices and leadership today:

Truth (Satya) is the foundation of trust in business. Gandhi viewed truth as more than honesty; it embodies a complete alignment between values, speech, and action. This perspective of truth translates to transparent pricing, truthful marketing, consistent messaging, and clear communication with employees and customers. Adopting the practice of truth in business fosters brand credibility, enhances employee morale, and strengthens long-term relationships.

Nonviolence (Ahimsa) in the workplace means rejecting harm to people, communities, and the environment. It emphasizes the importance of empathy in leadership, ethical sourcing, fair competition, and sustainability. Ahimsa encourages the cultivation of healthy workplace cultures and conscious supply chains, advocating for doing the right thing for people, even when it may not be the most profitable choice. This approach fosters businesses that are respected rather than feared.

... page 3/5



Article: Gandhi's Vows for Business (Page 3/5)

Chastity (Brahmacharya), is often misunderstood. It refers to self-discipline and focus. Brahmacharya means restraining oneself from ego-driven decisions, reckless growth, and indulgent distractions in business. A leader who practices Brahmacharya establishes clear priorities, leads with emotional intelligence, and avoids the burnout and chaos that can arise from trying to pursue too many goals simultaneously.

Control of the Palate (Asvada) reminds us to consume mindfully—not just food but also resources, rewards, and habits. Businesses can embody this commitment by reducing waste, promoting wellness, simplifying their operations, and resisting a culture of excess. Asvada encourages simplicity, which fosters agility and clarity.

Non-stealing (Asteya) goes beyond just avoiding theft; it involves respecting others' time, ideas, and contributions. Businesses embody this value by paying fair wages, starting meetings on time, crediting the work of others, and steering clear of manipulative tactics. When people feel that their efforts are acknowledged and valued, they are more likely to contribute.

Non-possession (Aparigraha) promotes letting go of what we do not need, including physical assets, control, and ego. This principle encourages us to prioritize contribution rather than accumulation in business. It takes shape through shared ownership, humble leadership, and a commitment to reinvesting profits into people and communities instead of hoarding wealth.

... page 4/5



Article: Gandhi's Vows for Business (Page 4/5)

Bread Labour (Sharir Shrama) asserts that all work has inherent dignity. Gandhi believed that no one should be above honest labor. Businesses that embrace this principle foster inclusive cultures where leaders remain connected to the realities of frontline work by actively engaging in the tasks they oversee. This participation at the grassroots level enables them to lead with humility and understanding.

Fearlessness (Abhaya) refers to moral courage—the ability to act on one's values despite uncertainty or potential risks. Many businesses tend to shy away from difficult decisions due to fears of negative publicity, loss of revenue, or internal conflict. However, practicing fearlessness fosters trust. It is evident in making ethical decisions, being open about mistakes, and standing up for individuals and principles.

The principle of Equality of All Religions (Sarva Dharma Samanatva) emphasizes the importance of inclusion and respect in the workplace. It reminds businesses that they should actively value diversity and create an environment that accommodates various beliefs and identities. Implementing inclusive policies, recognizing diverse holidays, and fostering culturally sensitive communication are essential steps to ensure this commitment is genuine and meaningful rather than just a superficial obligation.

Swadeshi (Self-Reliance) promotes building strength from within and supporting local communities. Businesses can embody this commitment by developing internal talent, sourcing from local suppliers, and contributing to the regional economy. It enhances resilience, loyalty, and community goodwill.

... page 5/5



Article: Gandhi's Vows for Business (Page 5/5)

Removing untouchability (Asprishyata Nivaran) calls on us to eliminate all forms of exclusion based on caste, race, gender, class, or ability. In the business context, this commitment entails several important actions: implementing fair hiring practices, ensuring pay equity, creating accessible workplaces, and establishing mentorship pathways for overlooked individuals. It promotes a culture of upliftment, focusing not just on providing opportunities but also on fostering inclusion.

When adopted sincerely, each of these vows has the potential to transform the character of leaders and the culture of organizations. They provide a framework for leading with intention—making decisions that reflect purpose rather than simply responding to pressure.

These are not abstract ideals; they are timeless and tested principles that address today's business challenges: lack of trust, inequality, burnout, and environmental strain. Gandhi did not build a company but created a global movement based on values. Similarly, businesses that embrace these vows can achieve the same outcome, fostering profitable, respected, trusted, and admired workplaces and brands.

When companies choose this path, they not only experience growth but also undergo evolution. They transform into positive influences within the marketplace and society. It all begins with a commitment—a personal decision to lead with integrity and create something meaningful.



OUR UPCOMING EVENTS



Upcoming Events (April-May)

2025-04-12

2025-04-27

04 APR 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Promoting Mahatma's Principles of Peace & Non-Violence



Jeevan Jyoti Performing Arts

collaborate to bring

BHAJAN BLISS VOCAL MUSIC CONCERT

A MUSICAL JOURNEY WITH PANDIT KAIVALYA KUMAR GURAV

SATURDAY 12TH APRIL, 2025 (4-6:30 PM)

at Walter Baker Sports Centre (Food Court Hall, 2nd floor), 100 Malvern Drive, Nepean (map)

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



Pandit Kaivalya Kumar Gurav

About the artist

Pandit Kaivalya Kumar Gurav, a Grade "A" artist of All India Radio and Doordarshan, 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 Ustad Bismillah Khan Yuva Puraskar. His mastery and emotional depth in classical music and bhajans have garnered him great reverence.

Click Here to buy VIP (Sponsor) Tickets via PayPal

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

- PARTIAL TAX RECEIPT

Click Here to Buy 1, 5, or 10 Tickets via PayPal

1-4 TICKET (\$25), 5 TICKETS (\$10), 10 TICKETS (\$200)

(BLOCKS OF 5 OR 10 TICKETS ARE DISCOUNTED)

OPTION: e-transfer funds to 'bhajan-bliss@mgpc.org'



Promoting Mahatma's Principles of Peace & Non-Violence

"Gandhi's Legacy Talks & Community Dialogue" Series

(Schedule here)

Speaker: Dr. Navita Viveky

Topic: Food and Mindful Living - Control of the Palate (Asvada) for Health and Balance

Sunday, April 27, 2025 (3:00 - 5:30 PM)

Admission FREE. Register at: <https://gandhiji.ca/2025-04-27>

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



About the Session: Dr. Navita Viveky will explore the profound connection between mindful eating and overall well-being. Drawing on her expertise in nutrition and dietetics, she will introduce the concept of Asvada, a Sanskrit term meaning "taste" or "relish," which highlights the importance of savoring food with full awareness.

Participants will learn practical strategies to cultivate mindfulness during meals by engaging the senses, focusing on the present moment, and making healthier food choices. By applying these practices, individuals can build a more harmonious relationship with food, supporting physical health and mental clarity, empowering attendees to implement mindful eating habits, and fostering a balanced and fulfilling lifestyle.

About the Session Leader: Dr. Navita Viveky is a distinguished expert in nutrition, holding a Doctorate in Human Nutrition and Dietetics from the University of Saskatchewan. A Registered Dietitian (RD) with the College of Dietitians of Ontario and an active member of Dietitians of Canada, she brings over 15 years of experience across clinical, outpatient, and community settings.

Dr. Viveky specializes in managing chronic diseases and providing personalized nutrition counseling to enhance quality of life. Her research on flavonoid supplementation has been presented at national and international conferences and published in peer-reviewed journals.

With deep awareness of the dietary needs of South Asian and other ethnic communities in Canada, she offers culturally sensitive guidance through her Ottawa-based practice, Nav Nutrition and Dietetics, supporting clients across Ontario.



05 MAY 2025

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Promoting Mahatma's Principles of Peace & Non-Violence

"Gandhi's Legacy Talks & Community Dialogue" Series

(Schedule of the entire Series here)

Speaker: Dr. Priya Gaba

Topic: Personal Peace and Inner Harmony - Meditation and Reflection: The Core of Gandhi's Philosophy

Saturday, May 31, 2025 (3:00 - 5:30 PM)

Admission FREE. Register at: <https://gandhiji.ca/2025-05-31>

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

About the Session: In a world that constantly pulls us outward, meditation offers a sacred pause. It gives us the rare opportunity to sit with ourselves and to truly listen—to what is stirring within, beneath the noise of daily life. Gandhi believed that peace in the world is not possible without peace in the individual. Through reflection and silence, we are invited to acknowledge our restlessness, our fear, and our longing—and in that gentle awareness, we create space for clarity, compassion, and courage to arise.

In this session, Dr. Priya Gaba will explore the core of Gandhi's philosophy—not as abstract ideals, but as lived experiences rooted in meditation and self-reflection.

This will not be a traditional lecture, but rather a shared space to slow down, turn inward, and reconnect. Together, we will engage in guided practices and meaningful reflection, offering a chance to experience personal peace and inner harmony in real time.



About the Session Leader: Dr. Priya Gaba is a full-scope family physician whose previous work has included obstetrics and palliative care. She has practiced in both rural and urban settings over the past 20 years, and is currently based in Ottawa. She serves as an assistant professor in the Department of Family Medicine at the University of Ottawa and is the Lead Physician at The Ottawa Hospital Family Medicine Clinic for Staff and Medical Staff, where she provides care in family medicine and psychotherapy.

Dr. Gaba is also a trained mindfulness meditation teacher, having completed two years of formal training. She integrates Trauma-Sensitive Mindfulness into her clinical and therapeutic practice, supporting the well-being of both clients and colleagues. Her work is grounded in the belief that inner peace is not only healing—but essential.





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



2025 Gandhi Jayanti (Anniversary) Community Celebration

Saturday, Aug 30, 2025 (3 - 6 PM)

Venue: Harold Shenkman Hall
245 Centrum Blvd, Orléans [\[Map\]](#)

2025 GANDHI JAYANTI (ANNIVERSARY) COMMUNITY CELEBRATION

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

Saturday, August 30, 2025 (3-6 PM)

Venue: Harold Shenkman Hall, 245 Centrum Blvd, Orléans [\[Map\]](#)

To Register (FREE Entry) + Buy Food Tickets (Vegetarian Dinner \$20 incl. taxes)

<https://gandhiji.ca/jayanti2025>



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

Program Director: Punita Patel



Ieevan Jyoti
Performing Arts

Program:

3-3 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)



**2025 Gandhi Jayanti (Anniversary)  
Community Celebration:**

*Celebrating Truth, Justice, and the Path to Peace.*

**सत्यमेव जयते !**

**TRUTH ALONE TRIUMPHS!**



To Register (FREE Entry) + Buy Food Tickets (Veg. Dinner \$20 incl. taxes):

<https://gandhiji.ca/jayanti2025>



Questions? Please call: Punita Patel (613-406-2883) / Anil Agrawal (613-859-8654)

## \$ponsorship\$

Please Sponsor the Celebration and Showcase Your  
Brand to a diverse Community of 450+ attendees.

Your sponsorship will support us in celebrating Gandhi's legacy  
through an enchanting blend of Music, Drama, Dance, and Songs.

### 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.

#### 4. Silver Sponsors (\$500)

Promotion Table in the Foyer.  
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.

### Options to Remit Sponsorship Funds:

**1:** e-Transfer funds to [jayanti2025@mgpc.org](mailto:jayanti2025@mgpc.org)

**2:** Via PayPal [\[Click here\]](#).

**3:** 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, please contact:

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

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

## FREE ENTRY TO THE CULTURAL FUNCTION

[REGISTRATION REQUIRED - REGISTER HERE]

DINNER TICKETS MAY BE PURCHASED 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

2024



2025



## 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 larger. Speak with your heart and do what's right.

**2. Non-violence Ahimsa**  
Be kind to all, don't hurt or fight. With gentle hands, we make things right.

**3. Non-stealing Achara**  
Use your energy, mind, and right. To learn and grow, and do what's right.

**4. Self-discipline Brahmacharya**  
Use your energy, mind, and right. To learn and grow, and do what's right.

**5. Non-attachment Aparigraha**  
Keep what you need, share the rest. Giving to others is always best.

**6. Control of Senses**  
Eat what's healthy, not what's good for a healthy mind and a healthy heart.

**7. Fearlessness Dharma**  
Be brave and bold. Face your fears. With courage and faith, we make things right.

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

**9. Freedom from Unhappiness**  
Trust everyone with equal grace. No one better, no one worse.

**10. Body Labor Shramadharma**  
Work with your hands, work with your mind. Helping others, helping you.

**11. Self-Respect Swadharma**  
Support your home, help your town. Helping our community, and you.

**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 BUSINESS: Leading with Purpose, Integrity, and Sustainable Success**

**A Timeless Blueprint for Values-Driven Enterprises**

This unique program reimagines Gandhi's 11 vows—truth, nonviolence, self-discipline, kindness, simplicity, hard work, courage, tolerance, equality, self-reliance, and dignity for all—as powerful principles for modern business.

The wisdom of Gandhi's Vows offers practical tools for business leaders, entrepreneurs, and professionals to align values with action, create human-centred workplaces, and build organizations that serve people, planet, and purpose.

**Practical Benefits of Adopting Gandhi's Vows in Business**

- Enhanced Leadership
- Trust-based Culture
- Employee Well-being
- Socially Responsible Growth
- Long-Term Resilience

**The Transformative Impact**

The Gandhi's Vows for Business program inspires business leaders to cultivate moral clarity, responsible innovation, and inclusive success—redefining prosperity through conscience.

**LEAD WITH CONSCIENCE**  
...and Build a Business the World Can Trust

<https://gandhi.ca/gandhis-vows-for-business>

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

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

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

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

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

**The Transformative Impact**

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

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

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

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

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

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

- Register as a participant.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write the Essay (750-1000 words) in English or French, describing your Vow in your life, its society, and the world it makes better.
- Submit your essay online.

**Essay Evaluation & Rewards:**

- Essay Evaluation on three criteria: Precision, Relevance, Originality.
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top ten essay authors will present.
- A certificate and a memento to all participants to honor their contribution.
- A handbook titled "Gandhi's Vows: Youth Perspectives" with include all Essays with their author's name, honoring their work and sharing it with a broader audience.
- Your essay will relate Gandhi's Vows and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - PARTICIPATE PROUDLY!**

For information, contact Monica Dutt (613-466-1970) | And Agrawal (613-939-8454)

**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.
- 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 story, poem, or an art piece, or a 100-word story, to depict each vow.
- Submit kids' creation online.

**NOTE:**

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

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

**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 (Akhya) (About)
- Mar 15 Truth as a Way of Life... Living Authentically in a Complex World (About)
- Apr 27 Food and Mindful Living... Control of the Palate (Aavadi) 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 25 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 25 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 Samavaiva) (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/gandhis-legacy-talks>

**Join Us in** Gandhi once said, "Be the change you wish to see in the world."

**Inspiring Change** 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.********

## Inner Peace Journey Workshop [Virtual Workshops]

**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.

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



# GANDHI'S 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 24** Personal Peace and Inner Harmony... Meditation and Reflection] ([About](#))
- Jun 15** Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding ([About](#))
- Jul 19** 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 20** 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](#))
- Nov 8** 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), 1500 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, entrepreneur, 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 2018.

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

**Gandhi's Legacy Talks & Community Dialogues**  
(Schedule Here)

**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), 1500 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 agree that what 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 3 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](http://www.bhuvaneshawasthi.com))

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

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

**Speaker: Dr. Navita Viveky**

**Topic: Food and Mindful Living - Control of the Palate (Asvada) for Health and Balance**

**Sunday, April 27, 2025 (3:00 - 5:30 PM)**  
**Admission FREE. Register at: <https://gandhiji.ca/2025-04-27>**

**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 1500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)**

**About the Session**  
Participants will learn practical strategies to cultivate mindfulness during meals by engaging the senses, focusing on the present moment, and making healthier food choices. By applying these practices, individuals can build a more harmonious relationship with food, supporting physical health and mental clarity, empowering attendees to implement mindful eating habits, and fostering a balanced and fulfilling lifestyle.

**About the Session Leader:** Dr. Navita Viveky is a distinguished expert in nutrition, holding a Doctorate in Human Nutrition and Dietetics from the University of Saskatchewan. A Registered Dietitian III with the College of Dietitians of Ontario and an active member of Dietitians of Canada, she brings over 15 years of experience across clinical, outpatient, and community settings.

Dr. Viveky specializes in managing chronic diseases and providing personalized nutrition counseling to enhance quality of life. Her research on flavonoid lignan supplementation has been presented at national and international conferences and published in peer-reviewed journals.

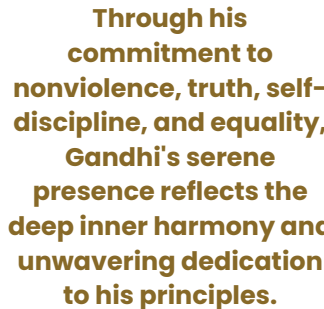
With deep awareness of the dietary needs of South Asian and other ethnic communities in Canada, she offers culturally sensitive guidance through her Ottawa-based practice, Nut Nutrition and Dietetics, supporting clients across Ontario.

**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.**



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

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 BUSINESS:

## Leading with Purpose, Integrity and Sustainable Success

### A Timeless Blueprint for Values-Driven Enterprises

This unique program reimagines Gandhi's 11 Vows—truth, nonviolence, self-discipline, fairness, simplicity, hard work, courage, tolerance, equality, self-reliance, and dignity for all—as powerful principles for modern business.

The wisdom of Gandhi's Vows offers practical tools for business leaders, entrepreneurs, and professionals to align values with action, create human-centred workplaces, and build organizations that serve society and the planet.

### Practical Benefits of Adopting Gandhi's Vows in Business

|                    |                     |                     |                             |                      |
|--------------------|---------------------|---------------------|-----------------------------|----------------------|
| Ethical Leadership | Trust-based Culture | Employee Well-Being | Socially Responsible Growth | Long-Term Resilience |
|--------------------|---------------------|---------------------|-----------------------------|----------------------|

### The Transformative Impact

The Gandhi Vows for Business program inspires business leaders to cultivate moral clarity, responsible innovation, and inclusive success—redefining prosperity through conscience.



## LEAD WITH CONSCIENCE

... and Build a Business the World can Trust

<https://gandhi.vows/gandhis-vows-for-business>




**Service without humility is selfishness and egotism.**



## 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

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 kid's name will be published in a Playbook.
- Launch of the Playbook: The Playbook will be displayed at a special function later this year.
- Attend a public function: All participating kids and their families/teachers will be invited to attend the function.
- Certificate of Participation: Each kid will receive a certificate of participation in this project.

**"A child is a potent means of spreading goodness. The child has unbounded power to influence others."**

- Mahatma Gandhi, as quoted in 'Mahatma Gandhi: Selected Political Writings,' edited by Dennis Dalton

### 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.





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

## **Essay on 'Sarva Dharma Samanatva All Religions Are The Same' by Tisya Mathur**

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

**Topic: Understanding Equality Through  
Faith – A Young Voice on Respecting All  
Religions...**



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

*Sarva Dharma Samanatva* is when all religions are the same. It means you can't give priority to people if they're the same religion as you. For example, Let's say I'm an Hindu surgeon. I have 2 patients. One needs urgent care, and is Christian, and the other needs a small surgery, and is Hindu. I have to care according to medical priority, not because of religion. You have to respect all religions and treat them equally. Had we realized that all religions should be treated equally earlier, we would have prevented dozens of wars.


Mahatma Gandhi believed that all religions are important, and all gods are beliefs, leading to the same ending and to the same path. He also thinks that this makes peace in countries like India, in which there are many different religions. Mahatma Gandhi taught everyone to embrace all religions, and to learn and understand them, so that you could focus on the similarities of religions, not the differences, and to respect diversity.

I personally think that this is similar to *Asprishyatanivaran* that means equality and respect for all. It helps to create an inclusive and friendlier environment. Both symbolize equality and peace, no matter what background.



## 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

### GANDHI'S VOWS FOR YOUTH

YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

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

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

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

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

[Register as a participant.](#)

[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 all participants 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 and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL – POST IT PROUDLY!**

For Information, contact: Mamata Dutta (613-406-1970) | Anil Agrawal (613-859-8654)

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Grade 12 student, Lisgar Collegiate Institute, Ottawa

**Manasvi Tiru** (Satya - Truth) (#6)  
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### Essays published in This Issue (#13)

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.



It's easy to stand in the crowd but it takes courage to stand alone.