

# Newsletter

## GANDHI'S REFLECTIONS...

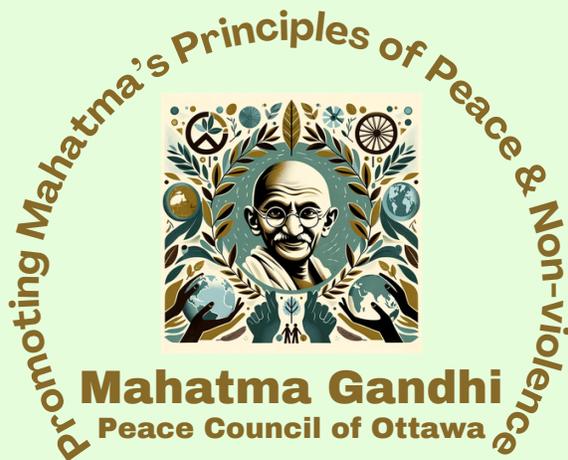
*Echoes of Peace, Non-violence, and Harmony*

Editorial Team: Anil Agrawal & Dr. Sushil Kumar

MAY 2025



ISSUE 15



### Our Mission

To educate communities on Gandhi's principles of peace, nonviolence, and social justice, and foster harmony across cultures.

### Our 2025 Manifesto of Events and Programs

Key Links:

**MGPCO Membership**

**Donate Funds**

**Volunteer with us**

**Contribute content/Provide feedback**

### NEWSLETTER CONTENTS

**Honoring our Life Members**

**Poster: 2025 Manifesto**

**Echoes of Gandhi (Past Lectures)**

Video: 2011 Encountering Gandhi on Rideau River

**Video:** This month's Talk by Dr. Priya Gaba on "Personal Peace and Inner Harmony"

**Article: Healing the Rifts:** Gandhi's Message on Racism and the Path to Human Unity

**Book Summary:** The Heart of Social Change: How to make a Difference

**Video: Power of Nonviolent Resistance and Social Justice**

**Article: Gandhi's Celibacy Experiments**

**Our Upcoming Events**

May-June-July Events

Poster: Gandhi Jayanti 2025 Celebration

**Our Community Education Programs**

Poster: Community Education

Poster: Gandhi's Legacy Talks/Dialogs

Poster: Gandhi's 11 Vows

**Gandhi's Vows for Kids (Index)**

**Gandhi's Vows for Youth (Index)**

**Gandhi's Enduring Teachings**

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



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

Your unwavering support and commitment inspire us every day.

## Trustees/Life Members:

Dr. Kanta Marwah  
Mr. Anil Agrawal  
Dr. Nishith Goel  
Dr. Jagmohan Humar  
Dr. Pradeep Merchant  
(Late) Mr. Kailash Mittal  
Dr. Vasant Ruparalia  
Mr. Jack Uppal

## Sponsors/Life Members:

Mr. Sain Dass Aeri  
Ms. Anjali Agrawal  
Mrs. Suman Agrawal  
Mr. Atul Garg  
Dr. Uma Kumar  
Dr. Noel Salmond

## Patrons/Life Members:

Mr. Nav Aggarwal  
Mr. Chandrakant Arya  
Mr. Beant Barewal  
Mr. Subhas Bhargava  
Dr. Kumar Bharti  
Mr. Sanjay Bhasin  
Mr. Harpreet Chhabra  
Dr. Mayurika Chakravorty  
Mr. Sanjeev Chugh  
Mr. Rajesh Dayal  
Dr. Harsha Dehejia  
Ms. Seleena Desjardins  
Dr. Steven Desjardins  
Mrs. Sneh Dhingra  
Mrs. Ami Dillon  
Mrs. Rekha Dogra

Mrs. Mamata Dutta  
Dr. Heather Eaton  
Dr. Indu Gambhir  
Mrs. Aruna Gupta  
Mr. Brij Gupta  
Mr. Krishan Gupta  
Mr. Pawan Gupta  
Dr. Rajendra Gupta  
Mrs. Rashmi Gupta  
Mr. Shiv Gupta  
Mr. Rajesh Jain  
Mrs. Malti Kesarwani  
Mr. Rahil Khan  
Mr. Yves Laberge  
Dr. Anil Maheshwari  
Mr. Lalit Malik

Mr. J. Allan Mann  
Dr. Vishwa Mathur  
Mr. Anil Mehta  
Mrs. Asha Mehta  
Mr. Dinesh Mohan  
Dr. Prabir Neogi  
Mrs. Punita Patel  
Dr. Naveen Patni  
Mr. Rajan Raj  
Mr. Amitav Sanyal  
Dr. Radhika Sekar  
Mr. Pradeep Srivastava  
Mr. N. Subramani  
Mr. Kanwal (Ken) Talwar  
Dr. Arvin Telli  
Mr. Saif Terai

## AN APPEAL TO THE COMMUNITY

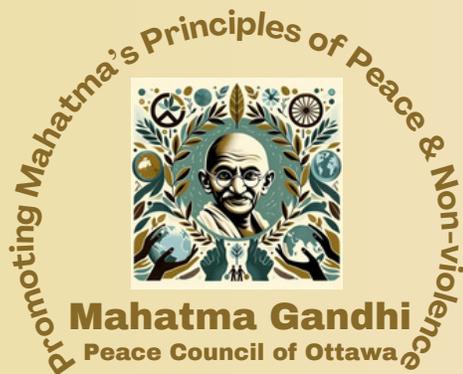
Join Us in Making a Difference - Become a Life Member and Support Our Mission

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

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



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



# 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 Taiiake 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 [Video in Issue 15]**
- 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.**



## 2011 M. K. GANDHI ANNUAL LECTURE

### "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond



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

**ChatGPT Summary of the Video:** In the keynote speech by Dr. Noel Salmond for Gandhi Jayanti, he expresses his excitement about the unveiling of the Gandhi statue at Carleton University while also wrestling with the incongruity of such a figure in a modern Canadian campus setting. He emphasizes that this statue should not be viewed as a religious icon, but rather as a reminder of Gandhi's values and teachings.

Dr. Salmond highlights Gandhi's four pillars of Swaraj, which are the removal of untouchability, Hindu-Muslim unity, the promotion of Khadi (hand-spun cloth), and the philosophy of non-violence (Ahimsa). He frames these principles in the context of contemporary challenges faced in Canada and India, stressing the need to confront social injustices and advocate for the rights of the marginalized.

He draws parallels between Gandhi's teachings and modern movements for equality and environmental sustainability. Dr. Salmond reflects on how Gandhi's legacy can inspire current efforts toward social justice, human rights, and ecological responsibility.

Towards the end of his talk, he mentions the importance of remembering Gandhi's values as an inspiration rather than a judgment. The statue serves as a challenge for individuals and society to pursue higher standards of living and working towards the benefit of all, particularly the poorest and most vulnerable.

In conclusion, Dr. Salmond posits that the statue of Gandhi not only serves as a reminder of the past but also as a beacon for future action towards justice, peace, and moral responsibility in the modern world.

... 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: "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond (page 2/2)**

## **How does Gandhi's philosophy apply to modern sustainability efforts?**

Gandhi's philosophy has significant relevance to modern sustainability efforts, particularly through his emphasis on simplicity, non-violence, and respect for all forms of life. Here are some key applications of his teachings to sustainability:

**1. Non-Violence and Respect for Nature:** Gandhi's principle of Ahimsa, or non-violence, extends beyond human interactions to include a respect for nature. This philosophy encourages sustainable practices that do not harm the environment or exploit natural resources, promoting a balance between human needs and ecological health.

**2. Voluntary Simplicity:** Gandhi advocated for simple living and self-sufficiency. In today's context, this translates to reducing consumerism, minimizing waste, and living more sustainably. Emphasizing the importance of moderation and mindful consumption can inspire individuals and communities to adopt more sustainable lifestyles.

**3. Local and Decentralized Economies:** Gandhi championed the idea of Khadi and local industries. This approach supports the current trend towards sustainable local economies, encouraging the use of local resources and reducing the carbon footprint associated with transportation. By promoting local production and consumption, communities can work towards greater sustainability.

**4. Empowerment and Social Justice:** Gandhi believed in the empowerment of marginalized communities. Modern sustainability efforts often focus on social equity, ensuring that sustainable practices do not disproportionately affect vulnerable populations. His teachings can inspire inclusive policies that promote environmental justice and equitable access to resources.

**5. Holistic Approach to Development:** Gandhi viewed the interconnectedness of social, economic, and environmental issues. Modern sustainability efforts that embrace a holistic approach, considering the well-being of all aspects of life, reflect Gandhi's vision of a just and harmonious society.

**6. Dialogue and Peaceful Resolution:** Gandhi's commitment to dialogue and non-violent resolution of conflicts can be applied to environmental debates and conflicts. Promoting dialogue between various stakeholders, including communities, governments, and industries, can lead to collaborative solutions for sustainable practices.

In summary, Gandhi's philosophy encourages a shift towards more sustainable living by promoting non-violence, simplicity, local economies, empowerment, holistic development, and peaceful dialogue. These principles continue to inspire modern movements aimed at achieving environmental sustainability and social justice.



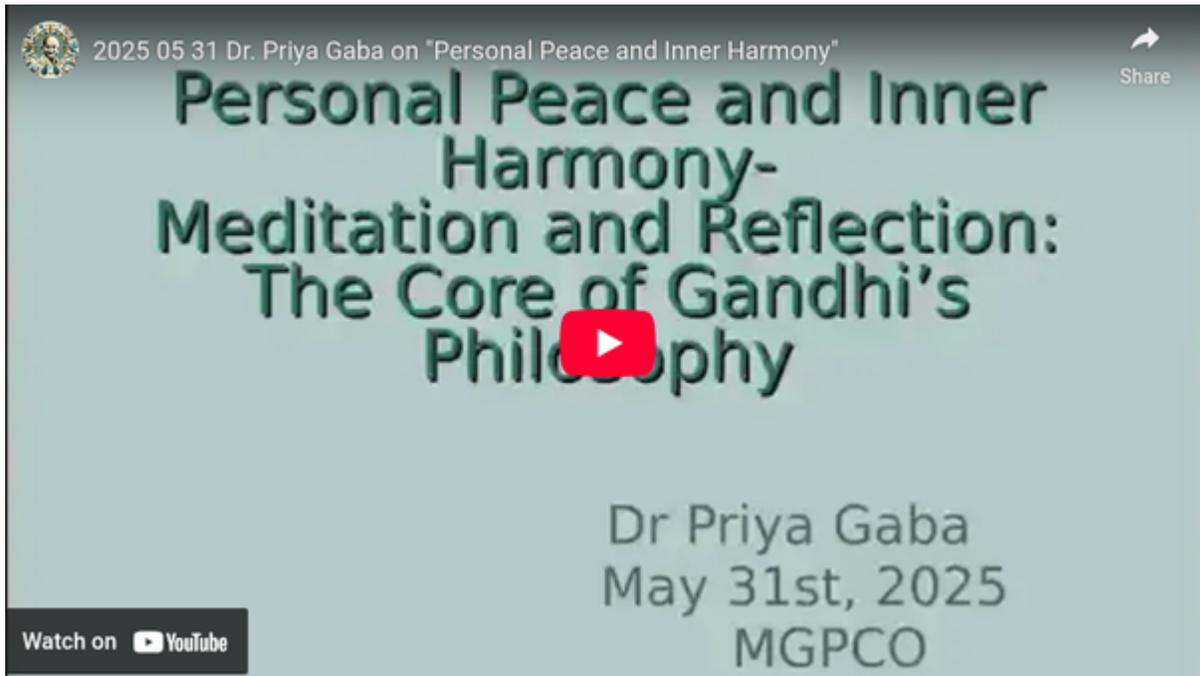
# Gandhi's Legacy Talks: 2025 Calendar

**THIS MONTH**  
**MAY 31, 2025**

## TOPIC & SPEAKER

**Personal Peace and Inner Harmony –  
Meditation and Reflection: The Core of  
Gandhi's Philosophy**

**by Dr. Priya Gaba**



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

**Video Summary by AI:** In the video titled "Personal Peace and Inner Harmony," Dr. Priya Gaba explores the concepts of peace, mindfulness, and self-compassion, drawing from her diverse experiences as a family physician and her personal journey. She emphasizes that we are all human and that nobody is an expert, inviting participants to engage with an open mind.

continued to 2/2 ...



**Video Summary: Personal Peace & Inner Harmony (continued) - Page 2/2**

**Video Summary (continued):** Dr. Gaba discusses the famous quote by Gandhi that "there is no path to peace; peace is the path." This sentiment leads her to question how we can find true peace within ourselves rather than waiting for external circumstances to align. She shares personal anecdotes from her life, including her time living in different places and the lessons learned along the way.

A significant part of the discussion focuses on the human tendency to dwell on negative experiences and thoughts, illustrating this with examples of how our brains are wired to prioritize the negative over the positive (the negativity bias). Dr. Gaba explains that while this instinct may have served our ancestors in terms of survival, it can hinder our ability to live in peace today.

She introduces mindfulness as a technique that involves intentionally paying attention to the present moment with kindness and curiosity. It's about acknowledging our thoughts without judgment, allowing them to come and go much like clouds passing in the sky. Dr. Gaba encourages participants to become aware of their emotions when they arise, to sit with them, and to practice self-compassion.

The concept of visualization is also explored, with Dr. Gaba asking participants to view their thoughts as clouds or as objects in a flowing river, promoting an awareness of how we engage with our mind's landscape. By becoming aware of our emotions, including negative thoughts, we can work towards a more peaceful existence.

She also talks about the practice of meditation and offers various breathing techniques that can assist individuals in managing anxiety and stress. Dr. Gaba highlights the importance of community, sharing personal experiences, and how connection can help regulate our nervous system and foster a greater sense of inner harmony.

Throughout the session, she stresses the significance of compassion—not just towards others but also towards oneself. Dr. Gaba argues that self-compassion is not a sign of weakness but rather a practice necessary for personal growth and healing. She reminds everyone that it's essential to acknowledge our suffering and to recognize the shared humanity in our experiences.

Finally, she encourages participants to continuously practice mindfulness and compassion in their daily lives, suggesting that small, consistent efforts can lead to significant improvements in mental health and emotional well-being. The session concludes with an invitation for further discussion and engagement in future events that align with the themes of peace, nonviolence, and conflict resolution.



ARTICLE



*Racism is not innate, and that healing and unity are possible through conscious effort, education, and compassion—principles Gandhi lived by.*

## **Healing the Rifts: Gandhi's Message on Racism and the Path to Human Unity... How Gandhi Might Confront Today's Racial Divides—with Truth, Courage, and Compassion**

contributed by the Editors

---

**Synopsis:** *This article explores how Mahatma Gandhi would tackle racism in today's society and suggests practical steps to address its damaging effects. Based on Gandhi's own experiences with racial injustice and his philosophy of nonviolence, it outlines a five-point approach focused on truth, empathy, service, education, and open dialogue. The article highlights the importance of helping younger generations recognize and fight racism, encouraging them to respond with understanding rather than hate. It ends with a strong message about personal responsibility, urging readers to remember that meaningful social change starts with individual choices and actions—through conversation, decisions, and small acts of kindness.*

---

Racism continues to deeply harm our society. It shows up in everyday interactions as microaggressions and in bigger systems like justice, healthcare, education, and jobs. These effects are felt personally and throughout communities. Racism tears neighborhoods apart, isolates people, and damages our sense of shared humanity. In today's divided world, what would Mahatma Gandhi—who fought against prejudice globally—think about modern racism? More importantly, what actions would he encourage us to take?

... 2/6



**Article: Healing the Rifts: Gandhi's Message on Racism... (page 2/6)**

### **Gandhi's Personal Encounter with Racism**

Gandhi's awareness of racial injustice started in South Africa. In 1893, as a young lawyer, he was kicked off a train at Pietermaritzburg for refusing to leave a "whites-only" compartment, even though he had a valid first-class ticket. This experience was a turning point for him. Gandhi later wrote, *"It was winter... I shivered... but I was determined not to return to India without fighting the injustice."*

This encounter with racism sparked his philosophy of *Satyagraha*, or nonviolent resistance. He understood that dignity cannot be given; it must be boldly claimed through truth and nonviolence.

### **Gandhi's View: Racism Is a Moral Disease**

Gandhi viewed racism as a moral and spiritual failure, believing it denied the essential unity of all life. He stated, *"I do not believe in race or caste. The soul in all is the same."* To him, discrimination based on skin color, caste, or belief was a form of quiet but harmful violence.

He encouraged people to fight against ideologies that made one group feel superior to others. Gandhi's core message was that *"the world is one family"* (*Vasudhaiva Kutumbakam*), reminding us that injustice anywhere threatens justice everywhere.

### **Racism Today: The Global Challenge**

Racism appears in many forms around the world today:

- In Canada, Indigenous communities struggle with systemic barriers and the long-lasting effects of trauma.
- In the U.S., George Floyd's murder in 2020 sparked a global movement against police brutality and racial inequality.
- In Europe, immigrants and refugees often face negative stereotypes and blame.
- In India, caste discrimination and xenophobia still impact social interactions and policies.

These issues are not separate; they reflect deep-rooted attitudes. Gandhi would urge us to look closely at not just laws and systems, but also our own biases, language, and willingness to speak out.

... 3/6

**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: Healing the Rifts: Gandhi's Message on Racism... (page 3/6)

## Gandhi's Prescription for Combating Racism

**1. Speak the Truth, But Don't Spread Hate:** Gandhi believed we should address racism directly, but without any hatred. He famously said, "Hate the sin, not the sinner." While it's important to condemn racist actions and systems, we must also remember to treat people with compassion, even if they are caught in fear or ignorance. Dialogue and education should be our main tools, not revenge.

**2. Live the Change You Want to See:** Posting slogans or joining rallies is simple, but true change requires daily effort. We must practice inclusion, challenge our biases, and speak up when others stay silent. As Gandhi said, "*Be the change you wish to see in the world.*" This journey starts at home, in schools, and through our everyday choices.

**3. Build Bridges Through Service:** Gandhi believed that serving others is the greatest expression of love. He encouraged community programs that unite people from different backgrounds in shared efforts. As he said, "The best way to find yourself is to lose yourself in the service of others." Working together for a common goal can weaken racism and strengthen bonds among people.

**4. Practice Radical Empathy:** Understanding the lives of marginalized people is essential for a nonviolent approach. Gandhi practiced what he called "experiments with truth" by immersing himself in the experiences of the oppressed. He cleaned latrines and lived in poverty, deliberately stepping away from his privilege to better understand the world around him.

**5. Educate the Heart, Not Just the Mind:** Gandhi believed that education should build character, not just knowledge. He supported schools and programs that focus on empathy, justice, and respect for everyone, especially for young people.

Together, these five points form a holistic strategy: confronting injustice directly, embodying principles in everyday life, and creating contexts where empathy and service flourish.

... 4/6



**Article: Healing the Rifts: Gandhi's Message on Racism... (page 4/6)**

**Summary of the above Prescription:**

Gandhi's prescription for combating racism centres on nurturing inner transformation and extending it outward in tangible ways. Confronting falsehoods without malice, modelling inclusive behaviour, serving others across divides, cultivating deep empathy, and reshaping education create the soil in which justice and unity can grow. In his view, nonviolence is not mere passivity; it is a brave assertion of truth, a discipline of the heart that breaks the cycle of hatred and builds lasting bridges of understanding.

**Guiding the Younger Generation: Planting the Seeds of Change**

Racism isn't just a thing of the past; it's something children see today, both in subtle and obvious ways. It's essential to help young people understand this issue so they don't feel powerless and can learn how to take action. The first step is having open conversations. Kids benefit from hearing real stories of injustice, as well as stories of bravery and strength. They need to understand that racism goes beyond name-calling or bullying; it involves unfair systems and attitudes that they can learn to notice and challenge.

It's important to teach empathy as a regular practice. Simple actions, like sitting with a classmate who feels alone or speaking up when a joke is inappropriate, can make a big difference. As Gandhi said, "*In a gentle way, you can shake the world.*"

We should encourage children to make friends with people from different cultures, ask questions, and listen closely. Prejudice often comes from feeling distant and unfamiliar with others. By building relationships with those who are different, children can develop the emotional skills to challenge bias.

It's important for children to see themselves as active contributors to a better world rather than just passive observers. Even small acts of inclusion, kindness, and honesty can help break down racism.

By fostering self-awareness, respect, and moral courage, we can create a strong foundation for a truly inclusive society.

... 5/6



**Article: Healing the Rifts: Gandhi's Message on Racism... (page 5/6)**

## **A Gandhi-Inspired Response for Today**

Imagine classrooms where students read stories of resilience and learn to talk about race openly. Picture neighborhoods where diversity is celebrated, not just accepted. Envision public spaces that promote both equality and equity.

This embodies Gandhi's legacy—a peaceful revolution of the human spirit.

Gandhi wrote: *"Non-cooperation with evil is as much a duty as cooperation with good."*

To combat racism today, we must actively resist injustice while consistently support healing and unity.

## **In Conclusion: Our Shared Duty to Uproot Racism**

Racism is not merely a social issue; it is a fundamental human crisis. It thrives in environments where fear takes the place of understanding, where stereotypes are left unexamined, and where silence equates to complicity. Combating racism is not solely the duty of those who are oppressed; it is a collective moral responsibility for everyone who values justice, dignity, and peace.

Racism is not just a social issue; it is a fundamental human crisis. It flourishes in environments where fear replaces understanding, where stereotypes go unchallenged, and where silence is seen as complicity. Combating racism is not only the responsibility of those who are oppressed; it is a collective moral obligation for everyone who values justice, dignity, and peace.

We cannot wait for governments or systems to change. Systems are made up of people, and ordinary individuals like you and me can show extraordinary courage. Whether it's standing up against a biased comment, making space for someone else's voice, or questioning policies that benefit the majority at the expense of the minority, every action matters. Each act of resistance against racism—no matter how small—contributes to building a more just world.

... 6/6



**Article: Healing the Rifts: Gandhi's Message on Racism... (page 6/6)**

**Let us remember:** the fight against racism is not about charity or pity. It is about solidarity. It is about recognizing that none of us are free until all of us are free. It involves restoring the full humanity of those who have been denied it, and in doing so, we also restore our own humanity.

Teach your children the values of equality, dignity, and compassion. Encourage them to approach differences with curiosity rather than suspicion. Empower them to be bridge-builders in a divided world. Help them grow into citizens who do not merely tolerate diversity but who honor, protect, and celebrate it.

As Gandhi envisioned, a society built on love, truth, and nonviolence is not just a utopia—it is a possibility. However, achieving this requires something from each of us: reflection, action, and courage.

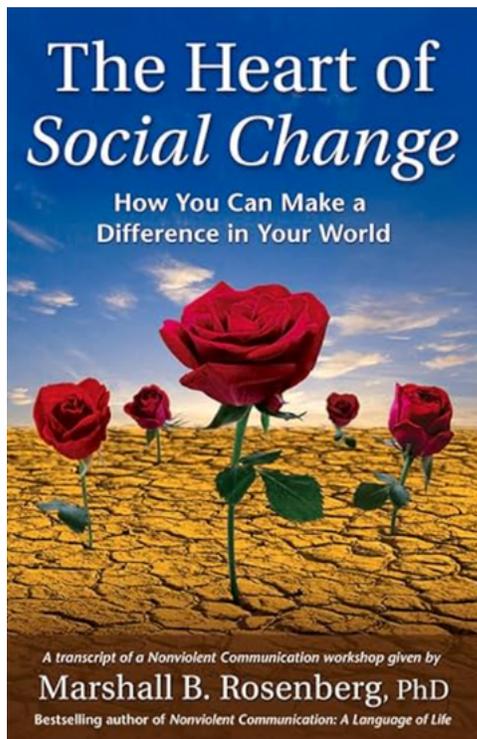
Let this not be just another article that you read and forget. Instead, let it serve as a quiet call that resonates within you. Allow it to challenge your habits, sharpen your awareness, and ignite your conscience.

Let it inspire you to speak out when silence seems easier and to stand up when standing alone feels difficult. Racism will not disappear on its own; it will only fade away when we—together—decide to make it happen.

Let it move you to speak when silence feels easier and to stand when standing feels lonely.

Because racism will not disappear on its own.

It will dissolve only when we—all of us—decide to make it so.  
And there is no better time to begin than now.



## Book Summary

# Book Summary: The Heart of Social Change: How to Make a Difference in Your World

Marshall B. Rosenberg PhD

Source: <https://www.amazon.ca/Heart-Social-Change-Difference-World/dp/1892005107/>

**Book Summary:** In *The Heart of Social Change*, Marshall Rosenberg offers more than a method for activism—he provides a new lens through which to view human connection and systemic transformation. At the center of his work is Nonviolent Communication (NVC), a compassionate approach to dialogue that prioritizes empathy, deep listening, and the recognition of universal human needs.

Rosenberg challenges the traditional models of social change that rely on confrontation, blame, or punishment. Instead, he calls for an inner revolution—starting with how we relate to ourselves and one another. Social problems, he suggests, are not caused by "bad people," but by unacknowledged pain and unmet needs. Anger and aggression, rather than being combated, must be heard with compassion. In this way, change begins not in the streets alone, but in the hearts and conversations of individuals.

His thinking parallels Mahatma Gandhi's principle of Ahimsa (nonviolence), which goes beyond avoiding physical harm to include respect for the dignity of all life. Gandhi insisted that true change arises from soul-force—what he called Satyagraha—the power that comes from aligning action with inner truth. Rosenberg's method echoes this by helping individuals tap into their moral clarity and speak truth with love, not fear or hatred.

... page 2/3



**Book Summary: Book Summary: The Heart of Social Change: How to Make a Difference in Your World (Page 2/3)**

### **Book Summary (continued):**

The book offers real-world examples from schools, prisons, refugee camps, and communities in conflict, showing how NVC has been used to resolve tension, restore trust, and build cooperation across deep divides. For instance, Rosenberg recounts dialogues between Israeli and Palestinian youth, where communication shifted from hostility to mutual understanding through the language of needs and feelings.

In today's world—fraught with polarization, systemic injustice, climate anxiety, and cultural fragmentation—Rosenberg's message is both timely and timeless. Like Gandhi, he invites us to become instruments of peace in our daily lives. The book insists that social transformation is not the work of heroes alone, but the cumulative result of small, courageous acts of compassion.

Key lessons from the book include:

- Every human action is an attempt to meet needs. Understanding this reframes conflict from moral judgment to shared humanity.
- Empathy is more powerful than argument. Listening deeply can disarm even the most entrenched anger.
- Sustainable change comes from connection, not coercion. Systems change when people feel seen and valued.
- Personal transformation is political. How we speak, listen, and show up can either perpetuate cycles of domination or open doors to healing.

Rosenberg's vision is that of a world where justice and compassion are not opposites, but partners. As Gandhi urged people to "be the change," Rosenberg equips us with the tools to do so—one conversation at a time.

This book is essential reading for activists, educators, community leaders, and anyone yearning to bring more peace into a troubled world. It serves as a bridge between inner awareness and outer action, reminding us that love and truth are the most radical tools we have.

... page 3/3

**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.**



Book Summary: Book Summary: *The Heart of Social Change: How to Make a Difference in Your World* (Page 3/3)

## Book Summary (continued):

### Conclusion: A Prescription for Social Change through Nonviolent Communication

Drawing from *The Heart of Social Change*, Marshall Rosenberg leaves us with a compelling prescription: if we wish to create a just, peaceful, and inclusive society, we must begin by transforming how we communicate.

Nonviolent Communication (NVC) is not just a method—it is a mindset, a moral compass, and a daily practice. It calls upon us to replace blame with curiosity, judgment with understanding, and domination with dialogue. At its heart lies a belief in the intrinsic worth of every person and the power of empathy to bridge even the deepest divides.

The prescription is simple yet profound:

- **Start with Self-Connection** – Recognize your own feelings and needs with honesty and compassion. Inner peace is the foundation of outer peace.
- **Practice Empathic Listening** – Hear beyond words. Listen for the human needs behind anger, fear, or criticism. Understanding others dissolves resistance.
- **Speak Truth with Care** – Express your needs without blame. Use language that invites connection, not conflict.
- **Build Relationships, Not Battles** – Focus on shared humanity. Sustainable change emerges from mutual trust, not power struggles.
- **Transform Systems from the Inside Out** – Bring NVC into schools, workplaces, families, and institutions. Cultural shifts begin with one courageous conversation at a time.

In the spirit of Gandhi, Rosenberg reminds us that nonviolence is not passive—it is a powerful, disciplined response to injustice. It requires courage, humility, and vision. But most of all, it requires presence: the willingness to meet another human being with open eyes, open ears, and an open heart.

That is the essence of social change. And it begins with how we choose to speak—and listen—today.



## Video

### Power of Nonviolent Resistance and Social Justice



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

**ChatTube Summary:** The video discusses the life and legacy of Mahatma Gandhi, emphasizing his role as a leader in India's independence movement and his commitment to non-violent resistance. It highlights Gandhi's philosophy of non-violence, which inspired various global social justice movements, and his advocacy for the rights of marginalized groups. The video encourages viewers to learn from Gandhi's teachings about compassion, justice, and the power of individual action to create positive change.

**Expanded Summary:** In the video titled "Learn from Mahatma Gandhi's Life and Legacy: The Power of Nonviolent Resistance and Social Justice" by SNK PULSE, viewers are taken on an inspiring journey through the life of one of the 20th century's most renowned leaders, Mahatma Gandhi. Gandhi was born in 1869 in British-ruled India and emerged as a pivotal figure in the Indian independence movement during the early 20th century. He championed non-violent civil disobedience as the means to protest against British colonial rule, advocating for India's freedom through peaceful means.

... page 2/3

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



**Video: Power of Nonviolent Resistance and Social Justice (Page 2/3)**

**Expanded Summary (continued):**

The video highlights Gandhi's philosophy of non-violence, termed "Satyagraha," which underscored the belief that true change could occur without violence. This philosophy not only influenced India's struggle for independence but also had a lasting impact on global movements for social justice, inspiring leaders such as Martin Luther King Jr. during the American Civil Rights Movement and Nelson Mandela in the anti-apartheid struggle in South Africa.

Beyond the fight for independence, Gandhi's vision encompassed broader social issues. He fought for the rights of women, the impoverished, and the Untouchables—those at the lowest tier of India's caste system. His teachings emphasized that every individual possesses inherent worth and should be treated with dignity, irrespective of their social standing.

The legacy of Mahatma Gandhi is timeless, with his approach to justice and equality resonating in the numerous individuals and organizations worldwide that continue to advocate for non-violent social change. Through the exploration of his life and principles, the video encourages viewers to recognize the profound impact of non-violence, the necessity of striving for justice, and the belief that a single person can indeed effect significant change.

Gandhi's teachings on love, compassion, and empathy highlight the importance of peaceful activism, reminding us that standing up for righteousness, even when challenging, can lead to meaningful progress. The video concludes by inviting viewers to honor Gandhi's memory by committing to a more just, peaceful, and compassionate world for future generations.

**How did Gandhi influence social justice movements worldwide?**

Mahatma Gandhi had a profound influence on social justice movements around the world through his philosophy of non-violent resistance and civil disobedience. Here are some key ways in which Gandhi's methods and principles inspired various movements globally:

... page 3/3



**Video: Power of Nonviolent Resistance and Social Justice (Page 3/3)**

**continued:**

**1. Non-Violence as a Strategy:** Gandhi's commitment to non-violence (ahimsa) demonstrated that social and political change could be achieved without resorting to violence. This approach inspired leaders and activists fighting for justice in various contexts, showing that moral authority and steadfastness could prevail against oppressive systems.

**2. American Civil Rights Movement:** Gandhi's philosophy played a pivotal role in shaping the actions of Martin Luther King Jr. and other leaders within the American Civil Rights Movement. King adapted Gandhi's methods of peaceful protest to address racial injustices in the United States, promoting civil disobedience and non-violent resistance against segregation and discrimination.

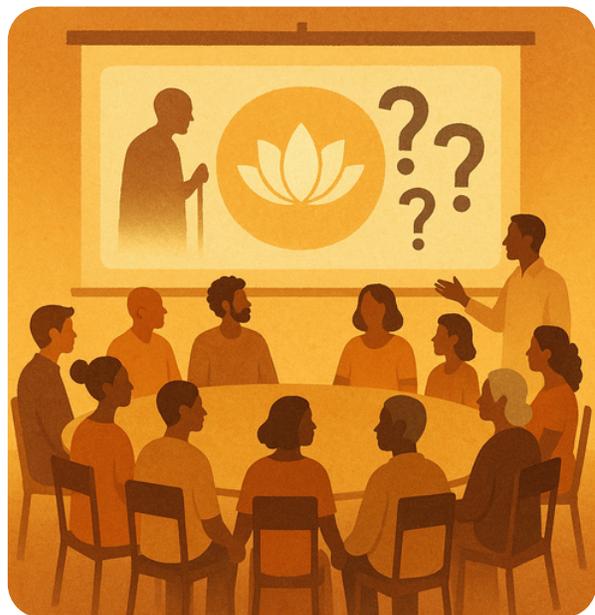
**3. Anti-Apartheid Movement:** Nelson Mandela and other leaders in South Africa drew inspiration from Gandhi's tactics in their struggle against apartheid. Gandhi's emphasis on peaceful protests and civil rights provided a framework for advocating against racial injustice in South Africa, ultimately leading to the end of apartheid.

**4. Global Peace Movements:** Gandhi's ideals have influenced various global movements advocating for peace, justice, and human rights. The principles of non-violence and compassionate resistance continue to resonate with activists fighting against tyranny, war, and inequality.

**5. Women's Rights and Movements:** Gandhi's emphasis on social equality and justice also extended to women's rights. His advocacy for gender equality inspired many women's movements around the world, reminding activists that the struggle for justice must include the voices and rights of women.

**6. Environmental and Indigenous Rights:** Modern-day movements advocating for environmental justice and the rights of indigenous peoples often reference Gandhi's principles. His belief in respecting all forms of life aligns with contemporary efforts to protect the environment and advocate for the rights of marginalized communities.

In summary, Gandhi's teachings and methodologies have transcended geographical boundaries and historical contexts, serving as a source of inspiration for numerous social justice movements across the globe. His legacy continues to encourage advocates to pursue change through peaceful means, emphasizing the power of collective action rooted in compassion and moral clarity.



## ARTICLE

*A concise exploration of Gandhi's experiments with truth—examining their ethical complexities and contemporary relevance through community dialogue and reflection.*

# Gandhi's Celibacy Experiments: A Struggle Between Soul-Purification and Moral Complexity

Contributed by Editors

### Editor's Note

Recently, there has been public discussion in India about a tough part of Mahatma Gandhi's life: his experiments with celibacy, including sleeping beside women to test his self-control. At the Mahatma Gandhi Peace Council of Ottawa, we have joined these conversations to explore both the positive and negative sides of Gandhi's legacy. The following article provides a thoughtful reflection on this topic, urging readers to approach it with honesty, integrity, and compassion.

**Synopsis:** This article examines Mahatma Gandhi's controversial celibacy experiments, particularly his practice of sleeping beside young women to test his self-control. Gandhi viewed these actions as spiritual tests rooted in ancient Indian ideals of Brahmacharya, aiming to purify thought and transform desire at its source. He believed that true service and nonviolence required complete mastery over the senses.

While his intentions were based on self-discipline and truth, modern ethical standards raise serious concerns about the power imbalances, emotional impacts, and the lack of women's voices in these situations. The article acknowledges Gandhi's honesty and spiritual courage while also addressing the moral complexities of his choices.

In conclusion, Gandhi's legacy does not lie in defending every actions, but in embracing his values of truth, humility, and self-reflection. Recognizing both his sincerity and his blind spots allows us to see him as a flawed but fearless seeker committed to the lifelong journey of inner transformation.

... page 2/5



Article: Gandhi's Celibacy Experiments (Page 2/5)

### Article (continued):

Mahatma Gandhi's life can be seen as a continuous experiment with truth. He didn't just preach values such as nonviolence, self-discipline, and celibacy; he actively practiced them through rigorous personal tests. Among his most controversial practices were his experiments with celibacy (Brahmacharya), particularly those that involved sleeping next to young women, including close relatives like Manu and Abha Gandhi. While these actions were intended as a form of spiritual discipline, they raise significant ethical questions, especially when viewed from today's moral perspective.

Gandhi took a vow of celibacy in 1906 at the age of 38, despite being married. He believed that true spiritual strength could only emerge from complete control over one's desires. He stated, "From the day I took the vow of Brahmacharya, my life transformed. I realized that the soul's strength weakens when life is driven by passion."

He viewed Brahmacharya not just as physical abstinence but also as a spiritual practice that involved total control over thoughts, words, and actions. He defined it succinctly: "Brahmacharya means control of the senses in thought, word, and deed." — My Experiments with Truth

To test the strength of his vow, Gandhi embarked on various experiments. One of these involved sleeping next to women without engaging in physical intimacy to determine if he had truly conquered lustful thoughts. His intention, he explained, was spiritual purification, not sensual gratification. As he put it, "I did this experiment not for lust but to test the strength of my soul and its freedom from desire." — Harijan, 1947

... page 3/5



Article: Gandhi's Celibacy Experiments (Page 3/5)

## The Spiritual Rationale

Gandhi's pursuit of celibacy was deeply rooted in ancient Indian spiritual traditions. He believed that transforming thought—the seed of action—was essential for achieving inner purity. According to Vedanta and yogic philosophy, thought (manas) is the starting point of karma. If impure desires arise in the mind, they will eventually manifest in behavior. Gandhi's solution was to reform the mind first.

"It's not enough to observe brahmacharya with the body alone; it must be upheld in speech, thought, and action." — Harijan, 1938

He drew inspiration from the Bhagavad Gita, where Krishna warns that unchecked desire leads to bondage and destruction. Yogic practices such as meditation (dhyana) and self-restraint (pratyahara) aim to calm the mind and awaken one's higher Self, known as the Atman.

Gandhi believed that sexual energy could be transformed into ojas, a spiritual force vital for moral clarity and selfless service.

"The energy conserved through complete Brahmacharya is unparalleled. It becomes a tremendous force—capable of changing the world." — Young India, 1925

## Experiments Under Fire

Gandhi's decision to conduct his experiments openly aligned with his lifelong commitment to truth. He stated, "If I did not feel that my experiments were necessary for the advancement of truth, I would not undertake them. I do nothing that I am not prepared to explain before the whole world." — \*Harijan, 1946\*

He viewed these experiments as personal spiritual tests, saying, "I wanted to test myself. I wanted to see whether I had become proof against all temptation." — \*Letter to a disciple, 1947\*

... page 4/5



Article: Gandhi's Celibacy Experiments (Page 4/5)

Gandhi did not claim to be morally perfect. He acknowledged, "I am not a perfect being. I make mistakes, I learn, I evolve – that is my truth." – \*My Experiments with Truth\*

He also recognized his limitations: "I am painfully aware of my limitations, and I do not claim that I am always right. But I do claim that I am sincere in the effort to reach the truth." – \*Harijan, 1939

He noted the risks involved, stating, "These experiments are dangerous. If I fail, the blame is entirely mine." – \*Letter to Manu Gandhi, 1946\*

Yet, even during Gandhi's lifetime, some of his closest followers expressed concerns about his actions. Associates like C. Rajagopalachari and Mirabehn questioned the appropriateness of his experiments. Their unease anticipated today's ethical issues, particularly those related to consent, power imbalances, and emotional impact.

### **The Ethical Dilemma**

From a modern perspective, the central issue extends beyond Gandhi's intentions to include the psychological and moral implications for the women involved. Although Gandhi claimed that they consented, their silence in historical records is telling. Many of these women were young, deeply devoted to Gandhi, and in a context where saying "no" may not have felt like a viable option.

The absence of their voices raises important questions: Did their admiration for Gandhi suppress any discomfort they may have felt? Were they emotionally prepared for such a difficult situation? Today, we recognize that consent must be informed, free from pressure, and emotionally safe—standards that were not clearly defined during Gandhi's time.

... page 5/5



Article: Gandhi's Celibacy Experiments (Page 5/5)

## **Conclusion: Reconciling Inner Discipline with Moral Responsibility**

Gandhi's experiments with celibacy represented both a sincere spiritual struggle and a form of yogic tapasya aimed at mastering thought and desire. He once stated, "I must reduce myself to zero. So long as one does not of his own free will put himself last among his fellow creatures, there is no salvation for him" — *\*My Experiments with Truth\**.

However, these experiments also present moral dilemmas that we cannot overlook. Personal transformation should not come at the expense of another person's agency or psychological well-being. Gandhi emphasized that the path of truth requires us to acknowledge even our flawed experiments honestly.

Therefore, his legacy is not about defending every action he took, but rather about honoring the values he stood for—truth, humility, self-reflection, and service—while critically examining the consequences of his choices.

Gandhi was not a saint above reproach but a seeker who bravely confronted his inner struggles. To fully appreciate his life, we must acknowledge both aspects: his courage in facing his desires and his potential blindness to the harm they could cause. Holding these truths in balance allows for a more nuanced understanding of his legacy.

Prepared by the MGPCO Editorial Team.

*For further reading: Mahatma Gandhi, The Story of My Experiments with Truth (Navjivan Publishing House)*

**The energy conserved through complete Brahmacharya is unparalleled. It becomes a tremendous force—capable of changing the world.**



# OUR UPCOMING EVENTS



# Upcoming Events (May-June-July)

05 MAY 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	31

**"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://gandhi.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 of 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.




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

**Speaker: Manjit Basi**  
**Topic: Non-Violence: A Path to Conflict Resolution – Transforming Aggression into Understanding**

**Sunday, June 15, 2025 (3:00 – 5:30 PM)**  
Admission FREE. Register at: <https://gandhi.ca/2025-06-15>  
VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)

**About the Session:** Join us for an interactive workshop with Manjit Basi on the transformative power of non-violence rooted in Gandhian values and enriched with storytelling, reflection, and spiritual insight. This session will explore how we can move from reaction to response, from division to understanding. Through real-life examples, guided practices, and open dialogue, we'll examine how conflict can be met with presence, how anger can be a gateway to compassion, and how the quietest choices can become our most powerful ones. All are welcome.

**About the Session Leader:** Manjit Basi is a community leader, mentor, and systems thinker dedicated to city building through ethical business, cross-sector dialogue, and collective leadership. With over 30 years of experience, she transformed her Body Shop franchises into dynamic community hubs that championed social awareness and connection.

As co-founder of Synarchy, Manjit ignited civic engagement in Ottawa by bringing together diverse voices across sectors—business, government, nonprofits, and citizens—to foster shared understanding and collaborative action. She has also trained extensively in Marshall Rosenberg's Nonviolent Communication, integrating its principles into her facilitation and coaching to support compassionate dialogue and conflict transformation.

Manjit currently serves on several boards, including the Tekas Ottawa Community Board, the Centre for Social Enterprise Development, and Immigrant Women Services Ottawa. Through her facilitation and coaching, she weaves practical insight with spiritual grounding, empowering individuals and teams to navigate conflict and complexity with curiosity and care.




06 JUN 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					

07 JUL 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	31		

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

**Speaker: Ardy Verhaegen**  
**Topic: Power of Equality of Religions (Faiths)... Embracing Diversity: The Strength of Unity in Faith**

**Sunday, July 26, 2025 (3:00 – 5:30 PM)**  
Admission FREE. Register at: <https://gandhi.ca/2025-07-26>  
VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)

**About the Session:** This talk will explore the vital role of religious equality in promoting inclusivity and harmony within diverse societies. At the heart of all religions lies the power to inspire, guide, and hold humanity accountable by instilling universal values that transcend cultural boundaries. Influential spiritual leaders such as Mahatma Gandhi, Sathya Sai Baba, His Holiness the Dalai Lama, and Father Thomas Merton have long advocated for interfaith dialogue and mutual respect. By drawing on their teachings, as well as the wisdom from various faith traditions, we can uncover practical approaches to fostering unity in a multicultural world.

**About the Session Leader:** Ardy Verhaegen has embraced a diverse and fulfilling life journey, taking on many roles, including:

- Registered Massage Therapist, specializing in the structural integration of the human body, and provider of continuing education to professionals in the field.
- Social and peace activist dedicated to fostering positive change in society.
- Restaurant server and coffee house manager, contributing to vibrant community spaces.
- Certified Suggesting Leader and Certified Life Coach, guiding others in personal growth and transformation.
- Married father of three, with two grandchildren, cherishing family bonds.
- Lifelong spiritual seeker, born into a Catholic family, a devoted follower of Sathya Sai Baba, and guided by strong Buddhist principles.
- Writer and lecturer, sharing knowledge and insights across various platforms.

Ardy is the author of *The Dalai Lama: The Institution and Its History* (New Delhi, DK, Printworld, 2002), a work for which His Holiness the Dalai Lama graciously provided the foreword.






# 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.
- 3. Gold Sponsors (\$1,000)**  
Promotion Table in the Foyer. Special Mention & Promotion. Logo featured on website and brochure.
- 4. Silver Sponsors (\$500)**  
Promotion Table in the Foyer. Logo featured on website and brochure.

**Options to Remit Sponsorship Funds:**

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



# **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**

- Truth Satya**: Tell the truth, be honest and larger. Speak with your heart, and do what's right.
- Non-violence Ahimsa**: Be kind to all, don't hurt or fight. With gentle hands, we make things best.
- Non-attachment Anekant**: Do not be so attached to things, people, or places that you cannot let go. Respect others' property.
- Self-discipline Brahmacharya**: Use your energy, mind and spirit. To learn and grow, and do what's right.
- Non-possessiveness Aparigraha**: Keep what you need, share the rest, giving to others to bring peace.
- Control of Public Affairs**: Let what's healthy, not what's good, for a healthy mind and a healthy world.
- Fearlessness Abhaya**: Be brave and bold. Face your fears. With courage and faith, we rise to meet our challenges.
- Self-Reliance Atmanirbhar**: Support your home, but look too, helping our community, and you too.
- Freedom from Unkemptness**: Keep everything in order. No one better, we'll have a clean.
- Self-Respect Shreebhava**: Support your home, but look too, helping our community, and you too.

**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, 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 people, planet, and purpose.

**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'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-attachment, 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/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 Essay**

- Register as a participant.
- Choose the Vow Learning Guide.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write (no AI! 750-word essay in English or French) describing your Vow in your life, its society, and in the world (include links).
- Submit your essay online.

**Essay Evaluation & Rewards:**

- Essay Evaluation on three criteria: Precision, Resource, 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 BookBank 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 feature Gandhi's Vows and your influence throughout Ottawa.

**YOUTH RESILIENCE IS POWERFUL - PART II PROUDLY!**  
For information, contact Monika Dutt (613-466-1970) | Anil Agrawal (613-897-8454)

**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 in a story, poem, or an 8x10 line poem, or a 100-word narrative to depict each vow.
- Submit kids' creation online.

**NOTE:**

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

### 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 (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 (Ashwini) (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 (Aavada) 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 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:**  
<http://mtdtalks.ca/gandhis-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.**

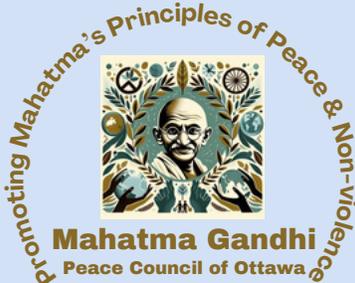
**INNER PEACE** **COMPASSION**

**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.

"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.

The Session Leaders are speakers from different walks of life in the community and inspired by Gandhi's philosophy. 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 and engage the audience; and
- Facilitate Q&A / community dialog, encouraging participants to reflect and share insights.

### SCHEDULE & SESSION TOPICS

The topics are related to, and meant to promote, Gandhi's Principles and Values

**[Click 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 31** **Personal Peace and Inner Harmony... Meditation and Reflection** ([About](#))

**Jun 15** **Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding** ([About](#))

**Jul 26** **The Power of Equality of Religions (Faiths)... Embracing Diversity: The Strength of Unity in Faith** ([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 08** **Simplicity in a Material World... The Joy of Non-Possession (Aparigraha)** ([About](#))

**Dec 13** **Gandhian Values and their Relevance in Canada... A Timeless Moral Compass for Unity, Justice, and Peace in a Changing Canada** ([About](#))

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



Join Us in  
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.

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

**"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 16, 2025 (3:00 - 5:30 PM)**  
**FREE Register: <https://gandhiji.ca/2025-02-15>**  
**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 2100 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?

**About the Session Leader**  
Lalith Ananda Gunaratne is a former entrepreneur, educator, adventurer, and storyteller with a lifelong spiritual practice, inspired by an engineering and business education. In the mid-1980s, he pivoted on a moment of inner courage, courage that defied rural Sri Lankan norms during a civil war, building the business from scratch and selling it to Shell International in 1998. 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 his practical and inspiring presentations.

**"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/2025-03-15>**  
**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 2100 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 faith 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 for? What can we learn from Gandhi's experiences 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.

**About the Session Leader**  
Dr. Bhuvanesh Awasthi is a cognitive neuroscientist with a deep expertise in the science of human consciousness, attention, and memory. 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 research has inspired a wide range of scientific research with yoga and spiritual training from India's contemplative traditions to his own perspective on how to bring truth and authenticity can lead to greater emotional balance and clarity. His work, which has been shared in academic journals, conferences, and public talks, covers the power of 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 Behavioral Scientist with the Federal Government.

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

**Speaker: Dr. Navita Vivek**

**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), 2100 Cambrian Rd., Barrhaven (Greenbank Rd & Cambrian Rd) (Map)**

**About the Session**  
Dr. Navita Vivek will explore the profound connection between food and health, focusing on her expertise in nutrition and dietetics, she will introduce the concept of Asvada, a Sanskrit term meaning "control" which highlights the importance of enjoying food with full awareness. Participants will learn practical strategies to cultivate mindful eating habits, including mindful food choices, focusing on the present moment, and mindful eating practices. Dr. Vivek will also discuss the role of food in overall health and well-being, emphasizing the importance of incorporating healthy fats, proteins, and carbohydrates to support physical health and mental clarity, empowering attendees to implement mindful eating habits in their daily lives.

**About the Session Leader**  
Dr. Navita Vivek is a distinguished expert in nutrition, holding a Doctorate in Nutrition and Dietetics from the University of Saskatchewan. A registered dietitian with the College of Nutritionists and Dietitians of Canada, she brings over 15 years of experience across clinical, educational, and community settings.

**Dr. Vivek specializes in managing chronic diseases and providing personalized nutrition counseling to enhance quality of life. Her research has been featured in numerous international journals, conferences, and published in peer-reviewed journals.**

With deep involvement in the dietary needs of South Asian and other ethnic communities in Canada, she offers culturally sensitive guidance through her Ottawa-based practice, Nest Nutrition and Wellness, supporting their diverse clients.

**"Gandhi's Legacy Talks & Community Dialogues" 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)**  
**FREE Register: <https://gandhiji.ca/2025-05-31>**  
**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 2100 Cambrian Rd., Barrhaven (Greenbank Rd & Cambrian Rd) (Map)**

**About the Session**  
In a world that constantly pulls us toward, involves office a sacred space. It gives us the rare opportunity to sit with ourselves and to truly listen - to what is arising within, beyond the noise of the outer world. Gandhi believed that peace in the world is not possible without peace in the individual. Through reflection, the silence, we are invited to acknowledge our restlessness, our fear, and our longing - and in that specific 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 an abstract ideal, but an lived experience of embodied meditation and reflection.

This will not be a traditional lecture, but rather a shared space to slow down, listen inward, and connect. Together, we will engage in guided practices and meaningful reflections, offering a chance to experience personal peace and inner harmony firsthand.

**About the Session Leader**  
Dr. Priya Gaba is a full-time family physician whose practice was her initial training. She has been practicing 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. Her staff and patients, where she provides care in family medicine and pediatrics.

Dr. Gaba also trained in the traditional yoga, having completed two years of formal training. She integrates Transcendental Meditation into her clinical and therapeutic practice, supporting the well-being of both body and mind. Her work is grounded in the belief that inner peace is not only healthy - but essential.

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."**



**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.**

**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.

**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.

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 less than 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.

Easy 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/Book titled "Gandhi's Vows: Youth Perspective" will include all Essays with their author's name, showcasing their wit and sharing it with a broader audience.
- Your essay will add to Gandhi's Vows in our influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!**  
For information, contact: Manasi Datta (613-406-1970) | Mail: Agriwall (613-851-8541)

**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:

Teacher/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/story/poem, or an a3-10 line poem, or a 60-second skit. They'll submit each vow.

Submit kids' creation online.

NOTES:

- There is no competition. All entries (artwork or writings) 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 family/teachers will be invited to attend a function.
- Certificate of Participation: Each kid will receive a certificate of participation in the 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.

**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 the freedom to choose value-based actions.

**LIVING GANDHI'S VOWS ... A PATH TO A FULFILLED LIFE**  
Visit: <https://gandhi.ca/gandhis-vows>

**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—into 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**

- Ethical 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>

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.

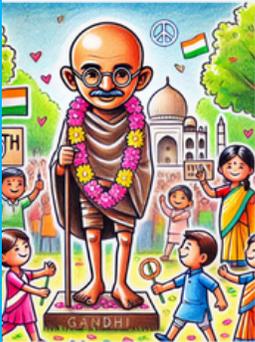


**NOTES:**

- **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

[Tisya Mathur \[Essay in Newsletter #14\]](#)  
(Sarva Dharm Samanatva (All Religions are the same))  
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

## 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)

**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

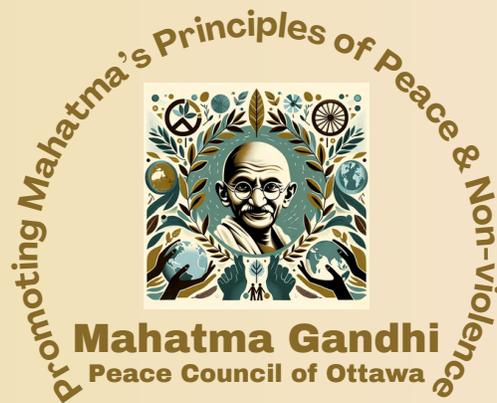
## Essays published in This Issue (#15)

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.