

Newsletter

GANDHI'S REFLECTIONS...

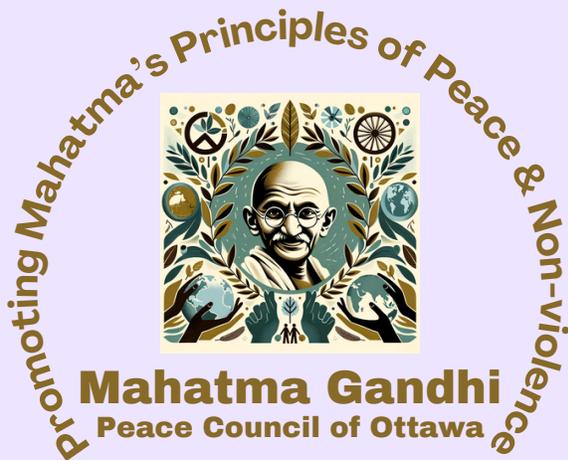
Echoes of Peace, Non-violence, and Harmony

Editorial Team: Anil Agrawal & Dr. Sushil Kumar

JUNE 2025



ISSUE 16



Our Mission

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

Our 2025 Manifesto of Events and Programs

Become a Member of the MGPCO

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A Reflection on the 40th Anniversary of the Air India Flight 182 Tragedy (23rd June, 1985)

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



Air India 182 Memorial Plaque in Dow's Lake Park

**"Together in remembrance,
united in peace: honoring those
we lost and renewing our hope
for a kinder tomorrow"**

23rd of June 2025

In the Enduring Spirit of Gandhi: A Reflection on the 40th Anniversary of the Air India Flight 182 Tragedy

Contributed by Editors

Today, as we mark the 40th anniversary of the Air India Flight 182 disaster that occurred in 1985, we lower our heads in sorrow and stand in solidarity with the families who lost their loved ones on that tragic day, June 23, 1985. The pain of their loss has not diminished over time. It remains deeply embedded in our collective memory—a powerful reminder of the human cost of hatred and extremism.

In moments like this, we often wonder: *What more can be said?*

There have been countless speeches and frequent promises, yet the ache of unanswered questions persists. Justice remains out of reach, accountability has been inconsistent, and the families, even after four decades, continue to bear not only the burden of grief but also the weight of neglect.

If Mahatma Gandhi were with us today, he would not offer easy comfort. Instead, he would speak a truth that cuts through despair and invites healing.

No words can erase the depth of your sorrow," he might say. "But let your pain not turn into bitterness. Let it become the fire that forges a gentler world. Let justice be your guide—but do not allow revenge to take control. Justice born of love is stronger and more enduring than justice born of anger."

... continued



A Reflection on the 40th Anniversary of the Air India Flight 182 Tragedy (continued page 2/2)

Gandhi never viewed nonviolence as a weakness. To him, it was the most potent weapon of the strong. He would encourage the victims' families to keep expressing their truth, not with rage, but with determination. He would urge them to continue seeking justice, not with violence, but with the moral force of their pain. And he would remind them to keep loving—not just those they lost, but the humanity they aspire to see.

He would also confront the state with a clear conscience. For Gandhi, silence in the face of injustice equated to complicity. He would have held institutions accountable, not out of malice, but with insistence: "A society that forgets its victims forgets its soul."

On this solemn anniversary, let us recommit ourselves to justice—honest, thorough, and compassionate. We should honor the memory of the 329 lives lost not only through ceremonies and speeches but with a renewed determination to learn, to act, and to ensure that such a tragedy never occurs again.

Let their memory inspire us—not just to mourn but to heal. Not only to look back in grief but to move forward in truth.

Wings of Memory

*Gentle sky, once bright with promise,
Now holds echoes of silent farewells.
June's glow dimmed by hearts torn open,
Each name a ripple no one can quell.*

*From distant homes their voices traveled,
Carried dreams across ocean's crest.
Canada's children, friends and strangers,
Together bound on one fateful quest.*

*In farewell tears, in whispered prayers,
Their stories weave through time's embrace. Loss
carved deep, yet hope endures,
In every kind and tender grace.*

*Let candles flicker in their honor,
Flicks of light against the night.
May each flame carry love unbroken,
Guiding hearts from grief to light.*

*We pledge our hands, we pledge our voices,
To guard their memory, fierce and true.
In peace we walk, in unity we stand,
For those who soared beyond our view.*

*"There is no path to peace. Peace is the path." —
Mahatma Gandhi.*

Editor's Note: The above reflection and the poem are dedicated to the victims of the Air India Flight 182 tragedy and embody the enduring messages of peace, truth, and justice articulated in Gandhi's spirit. As we reflect on this national tragedy, let us also find the courage to act, to care for one another, and to create a world where such grief is no longer suffered in silence.



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Your unwavering support and commitment inspire us every day.

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AN APPEAL TO THE COMMUNITY

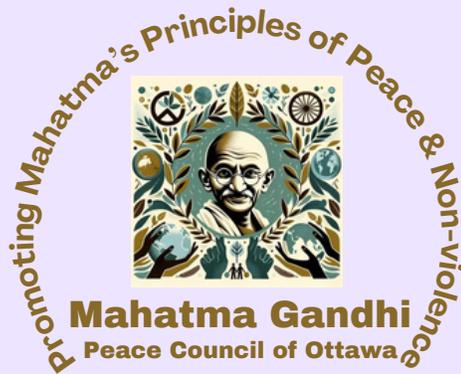
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JOIN US TODAY: [GANDHIJI.CA/JOINUS](https://gandhiji.ca/joinus)

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 Taiiaki 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 [[Video in Issue 16](#)]**
- 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.**



2010 M. K. GANDHI ANNUAL LECTURE

"Mythic Origins of Ahimsa (Non-violence)" by Dr. Devdutt Patnaik



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

ChatGPT Summary of the Video: In the video titled "Mythic Origins of Ahimsa (non-violence)" by Dr. Devdutt Pattanaik, the discussion revolves around the philosophical and mythological roots of Ahimsa, showing that it transcends specific cultures and religions.

Dr. Pattanaik emphasizes the significance of approaching Ahimsa from a mythic perspective, rather than being pigeonholed into a particular cultural or religious framework. He describes myths as subjective truths based on belief, which shape the understanding of Ahimsa in various societies.

Imagination plays a crucial role in understanding Ahimsa. Dr. Pattanaik argues that while humans share primal instincts tied to survival, they possess the capacity to imagine a world where non-violence prevails. This ability to envision beyond immediate animalistic tendencies opens up avenues for understanding and aspiring for a non-violent existence.

... 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: "Mythic Origins of Ahimsa (Non-violence)" by Dr. Devdutt Patnaik (page 2/2)

Summary (continued):

He discusses the inherent violence found in nature, where survival often necessitates predatory behavior, using examples from the animal kingdom. Despite this, he suggests that humans can choose non-violence, influenced by the myths and beliefs that define their moral and ethical frameworks.

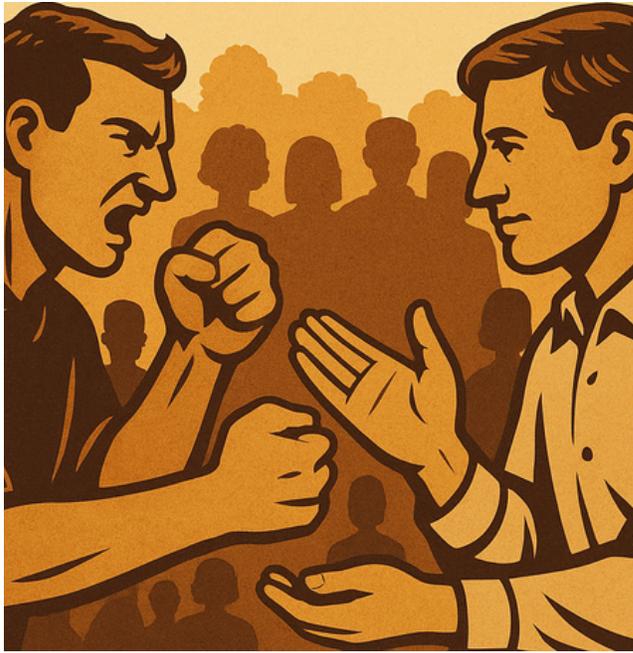
A vital argument presented is the distinction between belief, behavior, and the outcomes that arise from these beliefs. Dr. Pattanaik stresses that practicing non-violence extends beyond mere adherence to certain behaviors, such as vegetarianism; it is fundamentally rooted in an internal belief in the principle of Ahimsa. This perspective encourages individuals to reflect on their motivations and the deeper meanings behind their actions.

Culturally, various expressions of Ahimsa can be observed through different rituals, stories, and traditions that promote peace and cooperation with nature. These cultural narratives inform how Ahimsa is understood and practiced across different societies.

Dr. Pattanaik posits that humanity's journey involves evolving from inherent violence to ideals of non-violence and compassion. This evolution is fueled by introspection and understanding one's actions in the world, leading up to the divine ideal of Ahimsa.

The concept of validation also plays a role in this discussion, as Dr. Pattanaik notes that humans yearn for significance and affirmation from others. This desire for validation can lead to conflict and competition, making the journey toward Ahimsa involve recognizing and overcoming intrinsic tendencies toward violence and the emotional needs that drive them.

In conclusion, Dr. Pattanaik suggests that understanding Ahimsa requires deep introspection about the motivations behind our actions, framing it as a lifelong journey. It's not just a guideline for behavior but an evolution from instinctual violence towards compassion and non-violence. By exploring these mythic origins and recognizing the complexity of belief systems, individuals can strive to embody Ahimsa, enriching their interactions with the world and with others. The seminar encourages viewers to think critically about their beliefs, behaviors, and the myths that inform their values today.



Gandhi's Legacy Talks: 2025 Calendar

THIS MONTH
JUNE 15, 2025

**Non-Violence: A Path to Conflict
Resolution – Transforming
Aggression into Understanding**

by Manjit Basi



[If the video doesn't play here, play it on YouTube.](#)

Video Summary by AI: In the video "Manjit Basi's Talk on Non-violence: A Path to Conflict Resolution," speaker Manjit Basi explores how we can respond to conflict with awareness, dignity, and compassion. Her goal is to help people engage in relationships and disagreements more thoughtfully and peacefully.

continued to 2/2 ...

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



Video Summary: Manjit Basi on “Nonviolence: A Path to Conflict Resolution” (continued) - Page 2/2

Summary of the Video (continued):

She opens with a quote from Rumi, reminding us to rise above the idea of right and wrong and instead meet others in a shared space of understanding. Manjit explains that non-violence isn't about avoiding conflict, but about staying grounded in our own dignity and respecting the dignity of others.

Manjit shares four practical tools to approach conflict with greater care:

1. **Pause and Body Awareness:** Notice the tension in your body before reacting. A pause can help shift from reaction to response.
2. **Naming the Need:** Emotions often signal unmet needs. By recognizing these, we can move away from blame and toward solutions.
3. **Active Listening:** Listening with curiosity and empathy can deepen connections, even in the face of disagreement.
4. **Seeding Kindness:** Small acts of kindness—like saying thank you—can create a ripple effect in everyday life.

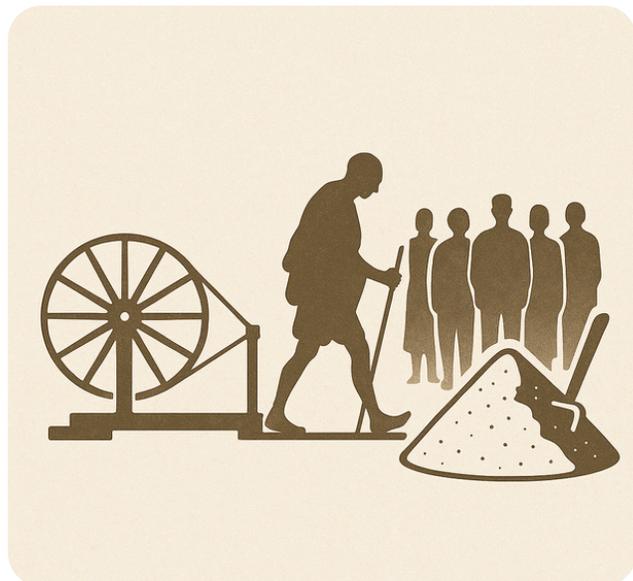
Manjit acknowledges that this path is not always easy, especially when emotions are high or others are aggressive. But with practice, it can lead to more meaningful relationships.

She closes by encouraging us to honor the shared humanity in everyone and to approach conflict with compassion. Her message is a call to make nonviolence a daily practice in a divided world.

Peace begins in the pause.

In every moment of conflict, there's a chance to connect.

From reaction to understanding—make non-violence your daily practice.



ARTICLE

Gandhi showed the world that deep beliefs and daily actions can work together to create lasting change—without violence, without power, and without compromise..

Gandhi: A Philosopher or a Practical Man?.. How Gandhi Blended Deep Thinking with Bold Action

contributed by the Editors

Synopsis: *This article explores whether Mahatma Gandhi was more of a philosopher (a deep thinker) or a practical man (someone who takes action). The article argues that he was powerful in both ways. It uses examples such as the spinning wheel movement, the Salt March, and his work in South Africa to illustrate how Gandhi combined strong ethical principles with courageous, hands-on leadership.*

He didn't just talk about ideas like truth, nonviolence, or simplicity; he actually lived them, using his daily life to test out his moral beliefs.

Gandhi's unique blend of qualities made him complex: he was a spiritual person who cleaned toilets, a visionary who walked long distances, and a thinker who initiated revolutions. The article concludes that Gandhi was a "practicing philosopher." His life offers important lessons for our divided world today: our actions should be based on our values, and those values must be tested through our actions. Gandhi's life inspires us to live with honesty, courage, and a desire to serve, where our beliefs and their real-world impact are inextricably linked.

The question of whether 'Gandhi was a philosopher or a practical man' is always relevant and tells us a lot. It deals with what makes a good leader, what's right and wrong, and how society changes. For many, Gandhi is still a puzzle – an unusual person whose life is hard to easily categorize. He's respected worldwide and often quoted, but his methods can seem strange to modern people.

... 2/6



Article: Gandhi: A Philosopher or a Practical Man?... (page 2/6)

Article (continued):

Was he a saint or a clever planner (strategist)? A thinker lost in dreams or a realist making changes from the ground up?

The British Empire saw him as a troublesome rebel. His followers saw him as a spiritual guide. Experts see him as a complex mix of Eastern and Western ideas, old and new. To many ordinary people, Gandhi could seem both unbelievably idealistic and very down-to-earth.

Gandhi wore the simplest clothes but managed to challenge the most powerful empire. He fasted silently but inspired millions to act. He spoke about religious texts while also insisting on cleaning toilets himself.

Gandhi's complex personality comes from a unique blend: he skillfully combined abstract ideas with real-world things, spiritual matters with community issues, and personal beliefs with politics. Even though he was deeply involved in spiritual study, he didn't hide away. Instead, he actively got involved in the difficult and conflicted world around him, trying to change it – not by force, but by the power of people's consciences.

In a time when the world needs clear ethics and strong leadership, Gandhi's life makes us think: Are good ideas enough if we don't put them into practice? Can a philosophy last if it doesn't lead to action? Gandhi's genius was in closing this gap.

The question – was he a philosopher or a practical man? – isn't just for academics ; it's very important today. In a world that often separates thinking from doing, values from results, and ethics from success, Gandhi challenges us to bring these things together. Gandhi's life isn't just history; it's a living reflection of our own choices and conflicts.

The Philosopher and the Spinning Wheel

At first, the spinning wheel (or charkha) might seem like an odd symbol for a national movement. However, for Gandhi, it represented both a philosophical idea and a practical tool. He said, "The spinning wheel represents to me the hope of the masses." When India was flooded with British-made cloth, Gandhi's promotion of spinning at home was a form of economic resistance. But it was also a moral act.

... 3/6



Article: Gandhi: A Philosopher or a Practical Man?... (page 3/6)

Article (continued)

For Gandhi, being self-reliant was more than just a political idea; it was a spiritual practice. He was greatly influenced by thinkers like Tolstoy and Thoreau, who emphasized living simply and resisting injustice nonviolently, also known as civil disobedience. By rejecting factory-made goods and doing manual labor, Gandhi was not only making a political statement but also showing a way of life based on dignity and living with only what's necessary.

Salt and Soul Force

A clear example of Gandhi's mix of practicality and philosophy is the 1930 Salt March. He chose salt – something ordinary and seemingly unimportant – as a symbol of defiance against British rule. The British had made it illegal for Indians to make or sell salt. In response, Gandhi walked 240 miles to the Arabian Sea, picked up a pinch of natural salt, and broke the law.

Why salt?

Because everyone needed it, especially poor people. Through this act, Gandhi turned his philosophy of *satyagraha* – meaning "truth-force" – into an action that ordinary people could copy. "*In a gentle way, you can shake the world,*" he once said. And he certainly did.

What modern philosopher would walk 240 miles to make a point?

Gandhi did, and thousands followed him.

A Life of Experiments

Gandhi titled his autobiography "The Story of My Experiments with Truth". The word "experiment" is very important here. He didn't claim to have all the answers; instead, he questioned, tested, and improved his ideas.

His fasting wasn't a punishment but a way to understand self-control. He lived in *ashrams* (spiritual communities) to learn how communities could work without violence, exploitation, or strict social classes. These weren't just theoretical experiments; they were practical, real experiences.

... 4/6



Article: Gandhi: A Philosopher or a Practical Man?... (page 4/6)

Article (continued):

Gandhi's time in South Africa helped him develop his ideas on nonviolent resistance. Faced with racism and injustice, he didn't just think about it. Instead, he organized protests, talked with authorities, and built a disciplined movement among Indian workers.

As Nelson Mandela later said, "You gave us a lawyer; we returned you a Mahatma".

Criticized for Being Too Idealistic or Too Political

Gandhi faced criticism during his life. Some people called him too idealistic – or even naive – for believing that nonviolence could defeat a powerful empire. Others argued he was too involved in politics and not a true saint because he made compromises and strategic choices. However, this criticism misses who Gandhi truly was.

He never claimed to be a saint and openly admitted his flaws. He believed that the real test of one's beliefs is shown in their daily actions. He famously said, "My life is my message," emphasizing that there was no difference between what he taught and how he lived.

A Practical Mystic

Gandhi can best be described as a "practical mystic." He was deeply connected to spiritual traditions, including various religions like the Bhagavad Gita, Jainism, Christianity, and Islam. However, he dedicated himself to addressing real-world problems, including sanitation, discrimination against the "untouchables," community conflicts, and economic dependence.

He once said, "I am endeavoring to see God through service to humanity, for I know that God is neither in heaven nor down below, but in every one of us." For Gandhi, seeking truth wasn't about engaging in complex philosophical debates; it was about living an ethical life.

... 5/6



Article: Gandhi: A Philosopher or a Practical Man?... (page 5/6)

Article (continued)

Conclusion: Balancing Thought and Action

So, was Gandhi a philosopher or a practical man? In reality, he was both.

By being both, he showed a revolutionary way of living – where ideas aren't just stuck in books or speeches, and actions aren't done without ethical reasons. Gandhi didn't just think his way through problems; he *lived* his answers, taking each step, fasting, and keeping his promises. His life shows a rare combination of clear moral principles and everyday actions.

Gandhi showed the world that values like truth, nonviolence, simplicity, and justice aren't just abstract ideas for saints or scholars. They are practical tools – useful, livable, and essential – for anyone trying to make a change.

He also challenged the idea that only powerful people can change history. His message was incredibly empowering: a single person, based on truth and guided by their conscience, can disrupt empires. Gandhi's life is an ongoing invitation for all of us – to be brave, to dream, and to act with integrity.

Here are three main lessons from Gandhi's life and legacy:

- **Ideas become powerful only when they are lived out:** Gandhi's beliefs weren't just passive thoughts ; they showed up in spinning wheels, salt marches, community cleanups, and acts of forgiveness between people. His actions were philosophy in motion. This reminds us that if we don't live by our beliefs, they're just words.
- **Nonviolence isn't weakness; it's disciplined strength:** Gandhi's dedication to *ahimsa* (nonviolence) wasn't about avoiding conflict; instead, it was a deliberate way to face conflict with dignity and courage. In a world that's increasingly divided and violent, his practice teaches us how to resist without hatred and how to stand firm without using violence.
- **Simplicity brings clarity:** Gandhi's simple lifestyle wasn't about being strict just for the sake of it. Instead, it was about focusing on what truly matters and getting rid of distractions that can corrupt us. He reminded us that humility and service are more powerful than fame and wealth.

... 6/6



Article: Gandhi: A Philosopher or a Practical Man?... (page 6/6)

Article (continued)

Gandhi was indeed an enigma (puzzle), not because he was contradictory, but because he showed a rare unity of thought and action, spirit and strategy, silence and speech.

He seemed like a walking contradiction only to those who wanted strict labels. For those willing to look deeper, he was remarkably consistent – a man whose life was so closely aligned with his values that there was almost no difference between who he was and what he taught.

"My life is my message," he once said. In those five words, he gave the world an essential clue to understanding his legacy.

In our fragmented world today, where technology often advances faster than wisdom, where action frequently supersedes reflection, and where principles are usually sacrificed for convenience, Gandhi stands as a shining example of balance.

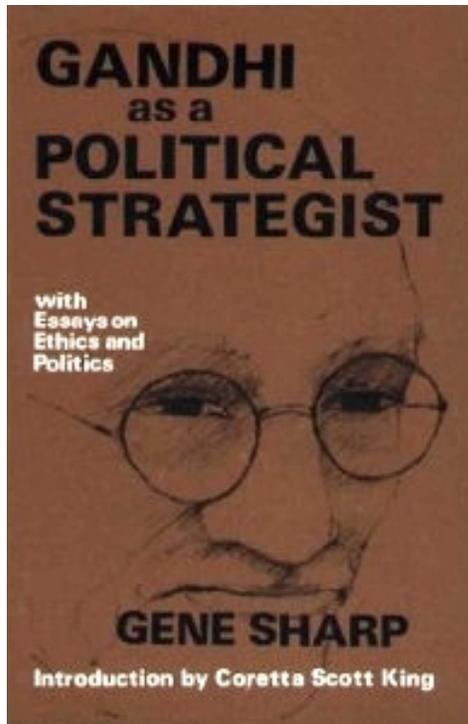
Gandhi reminds us that creating a better world doesn't start with revolutions or governments; it begins with the individual willing to live truthfully, courageously, and simply.

He wasn't just a philosopher or a practical man; he was a practicing philosopher – someone who turned life itself into a place for learning, experimenting, and growing.

Gandhi's lasting message to humanity is clear: You don't need perfect answers to begin. Start with what you believe and live according to your values, and the path will become clear to you.

In an age of noise, conflict, and shortcuts, Gandhi shows us a timeless path: lead with values, act with courage, and build change that lasts—by staying true to both your ideals and your daily choices.

I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.



Book Summary

Gandhi As a Political Strategist: With Essays on Ethics and Politics

by Gene Sharp

Source: <https://www.amazon.ca/Gandhi-As-Political-Strategist-Politics/dp/0875580920/>

Book Summary:

Gandhi As a Political Strategist: With Essays on Ethics and Politics by Gene Sharp offers a powerful reinterpretation of Mahatma Gandhi, positioning him not merely as a moral icon or spiritual figure, but as one of the most original and practical political strategists in history. Through a collection of scholarly yet accessible essays, Sharp invites readers to look beyond the typical portrayal of Gandhi as a saintly figure and instead to examine the tactical brilliance and intellectual depth behind his campaigns for Indian independence and social reform.

The book is divided into two major parts. The first section focuses on Gandhi's strategy of nonviolent action, particularly the practice of *satyagraha*—a term Gandhi coined to mean “truth-force” or “soul-force.” Sharp argues that Gandhi's nonviolence was not passive or rooted in religious piety alone. Instead, it was a calculated method of political resistance aimed at undermining the authority of unjust rulers by withdrawing the cooperation of the masses. Gandhi saw political power as dependent on the consent and cooperation of the governed. By encouraging Indians to disobey unjust laws and accept suffering without retaliation, Gandhi stripped the British colonial administration of its moral legitimacy and effective control.

... page 2/3



Book Summary: Gandhi As a Political Strategist (Page 2/3)

Book Summary (continued):

Sharp devotes careful analysis to Gandhi's "constructive program"—his emphasis on village industries, education, sanitation, and Hindu-Muslim unity, which complemented the civil disobedience campaigns. These initiatives were not distractions from political struggle; they were strategic elements designed to foster self-reliance, rebuild Indian society from the grassroots, and demonstrate an alternative to imperial rule. According to Sharp, this combination of resistance and reconstruction gave Gandhi's strategy unique resilience and moral clarity.

The second half of the book moves into more philosophical terrain, with essays on the ethics of politics. Sharp addresses the distinction made by sociologist Max Weber between the "ethic of ultimate ends" (idealistic action based on absolute moral principles) and the "ethic of responsibility" (pragmatic action based on anticipated consequences). He argues that Gandhi's life defied this dichotomy. Gandhi's nonviolence fused both ethics: he insisted on moral means while remaining acutely aware of the strategic implications of every decision.

One particularly significant essay explores the distinction between principled nonviolence (as practiced by Gandhi and his followers) and other forms of nonviolent action used for pragmatic or tactical purposes, such as in labor disputes or political demonstrations. Author Sharp cautions against diluting Gandhi's philosophy by confusing moral nonviolence with mere passive resistance or temporary tactics. Gandhi's nonviolence, he emphasizes, was a dynamic and conscious force grounded in truth, discipline, and the transformation of both the opponent and the self.

Ultimately, *Gandhi as a Political Strategist* presents Gandhi as a thinker whose relevance extends far beyond the Indian independence movement. Gene Sharp—himself a foundational figure in the modern study of nonviolent conflict—uses Gandhi's example to challenge traditional understandings of power, leadership, and resistance. This book serves as both an analytical tribute and a practical guide for activists, scholars, and anyone interested in ethical and practical political change.

... page 3/3



Book Summary: Gandhi As a Political Strategist (Page 3/3)

Book Summary (continued):

Critique: Strengths and Weaknesses

Strengths:

- The book offers a groundbreaking reappraisal of Gandhi as a strategic, rather than purely moral, figure—expanding the reader's understanding of his political genius.
- Sharp's analysis is rigorous and well-researched, providing clarity on Gandhi's methods and philosophy.
- The distinction between principled and pragmatic nonviolence is especially valuable for activists and political theorists.
- It is written in an accessible yet scholarly style, making it suitable for both academic readers and general audiences.

Weaknesses:

- The book primarily focuses on political theory and strategy, offering limited engagement with Gandhi's broader historical context, including the colonial economic structures and social inequalities.
- Some essays can feel repetitive, and the book lacks a strong unifying narrative that tracks Gandhi's evolution over time.
- Sharp's admiration for Gandhi, while clear and respectful, may at times limit deeper critical examination of Gandhi's failures or blind spots.

Despite these limitations, the book remains a seminal contribution to the literature on nonviolence and political strategy, and it continues to influence contemporary studies on resistance movements worldwide.



Video

Think Twice Before You Dismiss MK Gandhi | Tridip Suhrud | TEDx



[If the video doesn't play here, play it on YouTube.](#)

Brief AI Summary:

In the talk, Tridip Suhrud emphasizes the importance of the youth's imagination and ability to ask fundamental questions about society. He reflects on the constraints faced by young people in the past and the need for freedom and responsibility to achieve meaningful change. Suhrud draws inspiration from Mahatma Gandhi's experiments with self and societal norms, encouraging the youth to embrace exploration and communication to create a better future.

Expanded Video Summary:

In the TEDx Talk titled "Think Twice Before You Dismiss MK Gandhi," Tridip Suhrud discusses the enduring relevance of Mahatma Gandhi and the qualities of youth that we can learn from him. He begins by acknowledging his nervousness about speaking to a young audience, pondering the nature of youth and vitality.

Suhrud emphasizes that youth embody imagination and the ability to ask fundamental questions. He encourages young people to explore the world beyond their immediate circumstances and to reach out to others who might be different from them. This exploration is portrayed as vital for learning and growth.

... page 2/3



Video: Think Twice Before You Dismiss MK Gandhi | Tridip Suhrud (Page 2/3)

Expanded Video Summary (continued):

The talk explores the challenges of living in a world marked by entrenched inequalities and societal limitations. Suhrud posits that obtaining freedom is not just about individual liberation but also about ensuring liberty for all. He suggests that Gandhi, who faced immense societal constraints in the 19th and 20th centuries, exemplified a commitment to exploring the boundaries of freedom.

Suhrud highlights Gandhi's life as an experiment—a series of personal trials and explorations involving diet, clothing, and communication. He points out Gandhi's continuous efforts to connect with people, whether through writing letters or engaging with various cultures during his travels.

The speaker raises questions about contemporary issues such as joblessness and the responsibility of young people to seek solutions for societal challenges. He draws parallels between Gandhi's thoughts on employment and autonomy with today's struggles, advocating for local skills and sustainable practices.

Finally, Suhrud challenges the audience to reflect on their own lives and the world around them. He asks whether they are content with the status quo or if they feel a need for change. He posits that if they are unhappy, they might turn to Gandhi for inspiration and guidance in addressing issues of injustice and inequality.

In conclusion, the talk encourages young people to cultivate their capacity for imagination, critical thinking, and moral integrity, while reflecting on Gandhi's legacy and its relevance in the modern world.

Q: How can young people cultivate their moral courage?

Young people can cultivate their moral courage through a combination of self-reflection, education, and active engagement with their communities. Here are some key steps they can take:

1. Ask Fundamental Questions: Encourage curiosity about social issues, ethics, and justice. By questioning the status quo, young people can develop a deeper understanding of moral complexities.

... page 3/3



Video: Think Twice Before You Dismiss MK Gandhi | Tridip Suhrud (Page 3/3)

Q: How can young people cultivate their moral courage? (continued):

2. Educate Themselves: Learning about history, philosophy, and social movements can provide context and insight into moral courage. Understanding the struggles of figures like Gandhi can inspire young individuals to stand up for their beliefs.

3. Engage in Dialogue: Discussing moral dilemmas with peers, mentors, or family can help individuals articulate their values and beliefs. Open discussions allow for diverse perspectives and encourage critical thinking.

4. Practice Empathy: Developing empathy for others' experiences fosters moral courage. Engaging with different communities can help young people recognize their shared humanity and the importance of standing up for others.

5. Set Personal Values: Reflecting on one's own values and principles can help solidify a moral framework. Young people should aim to identify what is important to them and how they wish to act in alignment with those values.

6. Take Small Actions: Moral courage often starts with small acts of integrity. Participating in community service, speaking out against injustices, or supporting those in need can build confidence and commitment to larger causes.

7. Learn from Failure: Understand that taking a moral stand can lead to challenges and setbacks. Embracing failure as a learning opportunity reinforces resilience and the importance of persistence in standing up for what is right.

8. Find Role Models: Identifying and learning from role models who demonstrate moral courage can provide guidance and motivation. This could include historical figures, local leaders, or even peers who exemplify these traits.

By consciously developing these habits and attitudes, young people can strengthen their moral courage and become more empowered to advocate for justice and social change.



GANDHI, A STRATEGIST



ARTICLE

He wore no uniform, carried no arms, yet dismantled an empire—this is the story of Gandhi, the strategist.

Gandhi, a Strategist... From Salt to Swaraj: Inside Gandhi's Strategic Genius

Contributed by Editors

Synopsis:

This article examines Mahatma Gandhi as more than just a moral leader; he was also a skilled strategist who led significant nonviolent movements in history. His campaigns, like the Salt March and the Non-Cooperation Movement, were not random actions. They were carefully planned and used potent symbols to convey a clear message.

From his early days in South Africa to the 'Quit India' movement, Gandhi showed how to mix ethics with action and strategy. He taught his followers to be disciplined, timed his actions wisely, and turned ordinary activities into strong forms of protest.

Gandhi's genius was in his ability to inspire people without controlling them, face challenges without hatred, and win without humiliating his opponents. In today's divided world, his approach provides essential lessons on ethical leadership and community involvement, making him a relevant figure even in modern times.



Article: Gandhi, a Strategist... From Salt to Swaraj (Page 2/6)

Article:

Introduction: Gandhi, the Master of Moral Strategy

When we think of a "strategist," we often picture military generals planning battles, politicians seeking power, or business leaders winning over competitors. Today, strategy is usually linked to ambition, control, and even manipulation. However, Mahatma Gandhi challenges us to see it differently.

Gandhi didn't wear a military uniform, carry weapons, or lead an army; yet, he played a pivotal role in bringing down one of the largest colonial empires in history.

How did he do this?

Not through force, but by using a powerful moral approach. His methods—focused on nonviolence, truth, and civil disobedience—were well thought out and surprisingly effective. Gandhi once said,

"It is not enough to be passive. Our nonviolence must be active."

He was not just a man of ideals or with great ideas; he was also skilled in timing, communication, understanding people, and rallying large groups. He carefully planned each campaign he led, whether in South Africa or India, to encourage people to think about ethical issues and inspire them to take action. For example, by choosing salt as a symbol of protest and fasting during communal violence, Gandhi demonstrated a profound understanding of how to unite diverse people.

This article presents Gandhi not only as a saintly figure but also as a shrewd strategist. He recognized that true power comes from self-control and a shared purpose rather than from oppression. We will explore key moments from his life to see how he planned, adapted, and acted precisely to fight against injustice and inspire change.

... page 3/6



Article: Gandhi, a Strategist... From Salt to Swaraj (Page 3/6)

Article (continued):

Whether you are interested in leadership, political change, or moral courage, Gandhi offers a fresh perspective—one that is still important for us today. His strategy wasn't just about defeating the British; it was about freeing the human spirit from fear, passivity, and hatred.

Let's look at this seemingly simple man in a loincloth—not as a figure of the past, but as a timeless strategist whose lessons still matter today.

Early Lessons in South Africa

Gandhi's strategic thinking began in South Africa, where he faced racial discrimination as a young lawyer. In 1893, after being ejected from a first-class train despite having a valid ticket, he resolved to fight injustice.

Rather than react with anger, he organized legal efforts, built alliances, and in 1906, launched his first satyagraha against discriminatory laws. Gandhi believed:

"The method of passive resistance is unmatched in its power of mobilizing people."

Over nearly two decades, Gandhi refined his approach—negotiating, protesting peacefully, and mobilizing the public—laying the foundation for his future campaigns in India.

Turning Salt into Strategy

In 1930, Gandhi launched the Salt March—a bold protest against the British salt tax. He walked 240 miles to the coastal village of Dandi, where he broke the law by making salt from seawater.

"Next to air and water, salt is perhaps the greatest necessity of life."

Salt was a clever symbol—it affected everyone and offered a simple act of defiance for all Indians. The march drew global attention, inspiring thousands to join and exposing the absurdity of British control.

Gandhi didn't just violate a law; he strategically undermined the legitimacy of colonial rule.

... page 4/6



Article: Gandhi, a Strategist... From Salt to Swaraj (Page 4/6)

Article (continued):

Choreographing Protest, Training the Soul

Gandhi organized his movements with discipline and care, replacing weapons with truth and self-control. He trained followers in nonviolence, often through daily life at his ashram, which served as a school for character-building.

During the Non-Cooperation Movement, he urged Indians to reject British institutions peacefully. But when violence erupted in Chauri Chaura in 1922, Gandhi called off the campaign.

"I do not want freedom for India if it means the sacrifice of truth and nonviolence."

To him, the means were as important as the goal—real change had to touch both systems and souls.

The Quiet Power of Fasting

Gandhi's fasts were not emotional outbursts or religious rituals—they were deliberate political tools. He used them to appeal to the conscience of both followers and foes, especially during times of communal violence.

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

In 1947, as riots erupted in Delhi after Partition, Gandhi fasted until the violence ceased. His act of self-denial helped restore peace, showing how moral authority, used wisely, can influence even the most volatile situations.

Vision, Patience, Timing

Gandhi knew that effective action depends on timing. He listened, observed, and acted only when people were ready. He emphasized understanding the why behind a protest—not just the what. In 1942, after years of building unity, he launched the Quit India Movement with the call:

"Do or die. We shall either free India or die in the attempt." ... page 5/6



Article: Gandhi, a Strategist... From Salt to Swaraj (Page 5/6)

Article (continued):

It was a moment of clarity and resolve, not rage—because Gandhi sensed the nation was ready for a decisive step toward independence.

Conclusion: Gandhi's Strategic Legacy – A Model for Purposeful Action

Mahatma Gandhi was more than just a moral leader or a protester; he was a smart strategist. His careful planning, clear beliefs, and commitment to real change reshaped history. Gandhi's actions weren't random or just based on ideas; they combined vision, values, and perfect timing.

He saw India's independence as more than a political goal; it was also about a moral and cultural awakening. His strategy aimed to build confidence, unity, and dignity among Indians, leading to both external and internal change through freedom.

"You may chain me, you may torture me, you may even destroy this body, but you will never imprison my mind."

Gandhi's strength came from making sure that his actions matched his beliefs. Every campaign, from the Salt March to his fasts, was carefully planned to inspire people, create disruption, and awaken their conscience—all while sticking to the principles of nonviolence and respect.

Key Strategic Lessons from Gandhi

- **Lead with Moral Clarity** – Gandhi believed in nonviolence as a core value, not just a tactic. Acting based on strong beliefs gave his movements strength and respect.
- **Use Powerful Symbols** – Objects like salt, spinning wheels, and acts like fasting became simple yet meaningful ways to unite people around a common cause.
- **Train for Nonviolence** – Gandhi stressed the need for preparation. He believed that dedicated and disciplined followers were crucial for making lasting change.
- **Master Timing and Patience** – Gandhi took his time to act, carefully observing and waiting for the right moment to ensure people were ready.
- **Match Means to Ends** – or Gandhi, using ethical methods was as important as the goals themselves. He believed that true peace could only come from peaceful actions.

... page 6/6

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



Article: Gandhi, a Strategist... From Salt to Swaraj (Page 6/6)

Article (continued):

Lessons for Today

Gandhi's ideas, even though they come from his time, still matter today in areas like social justice, leadership, education, and business. Here are some key lessons:

- Lead with honesty and principles..
- Support those who are often ignored or affected.
- Think about the long-term effects of your actions.
- Stay hopeful; don't give in to negativity.

"First, they ignore you, then they laugh at you, then they fight you, then you win."

Why Gandhi Still Matters

In our fast-paced world, where everything often feels immediate and chaotic, Gandhi teaches us the importance of taking a moment to think and act with purpose. His approach was quiet but strong. He demonstrated that real change starts with having deep beliefs and continues through steady, thoughtful actions.

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

Gandhi didn't just guide a country; he gave us a blueprint for making a difference. His message reminds us that you don't need money, armies, or power to change the world. What you need is belief, clarity, and the bravery to take action. This is the true legacy of a great leader.

And that is what makes someone a true strategist.

A timeless guide to principled action, ethical leadership, and the power of conscience-led strategy.



OUR UPCOMING EVENTS



Upcoming Events (June-July-August)

06 JUN 2025						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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"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://gandhiji.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 that 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 Synapticy, 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 Texas 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.



07 JUL 2025						
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"Gandhi's Legacy Talks & Community Dialogue" Series
(Schedule here)

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

Sunday, July 26, 2025 (3:00 - 5:30 PM)
Admission FREE. Register at: <https://gandhiji.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 Stage-ing 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.



08 AUG 2025						
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"Gandhi's Legacy Talks & Community Dialogue" Series
(Schedule here)

Speaker: Melanie Elliott
Topic: The Ripple Effect of Kindness: Acts of Kindness as Catalysts for Change

Sunday, August 17, 2025 (3:00 - 5:30 PM)
Admission FREE. Register at: <https://gandhiji.ca/2025-08-17>
VENUE: Minto Recreation Complex (2nd flr, Cambrian Room), 3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)

About the Session: In an increasingly polarized and politicized world, a simple act of kindness can overcome division and spread positivity. Gandhi believed this and saw the power that each person possesses to fuel positive change and unity. We see evidence of these values in ancient works like *Mahabharata* which no doubt helped to inspire Gandhi's philosophy and rules for ethical living and social change. What Gandhi and others have shown us is that anyone can take action for a positive outcome, and how small, kind actions can inspire others to do the same—the ripple effect of kindness.

In reflecting on kindness as the basis for civilized society and social progress, we are reminded of our individual power to defuse negativity by choosing to act with empathy. This talk is an opportunity to channel ancient wisdom and bring to top of mind a practice that has and will continue to shape the world for better.

This will not be a traditional lecture, but rather a personal essay reflecting on experiences and observations to inspire an awareness of our own potential for kindness. Together, we will discuss and reflect on how cultivating a kindness mindset can empower people to create a ripple effect of positivity that in serving others will enhance our own sense of wellbeing and agency.

About the Session Leader: Melanie Elliott is a retired public servant who works as a School Crossing Guard in her local community. In this role she encounters all walks of life in her daily routine where strangers interact in brief, simple ways that strengthen a sense of community and mutual support. Growing up across Canada, from a young age Melanie learned to engage with the different people and environments she encountered, gaining an appreciation for the small gestures that foster friendship and unity.




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. Sponsorships are open (see Sponsorship Poster)

Saturday, August 30, 2025 (3-6 PM)
Venue: Harold Shenkman Hall, 245 Centrum Blvd, Orleans (Map)
FREE Entry to the Program (Vegetarian Dinner \$20 incl. taxes)
Registration & Food Tickets at: <https://gandhiji.ca/jayanti2025>

Program Director: Punita Patel

Jeevan Jyoti Performing Arts

Program:

- 2-3 PM: Check-in and entry into the auditorium
- 3-3:30 PM: Cultural Program
- Welcome Address
- National Anthem followed by India Anthem
- Vaidhava Janato - Classical Dance
- Tributes to Gandhi by Dignitaries
- Value-Based Songs - In English by an Ensemble (Musical Program)
- Musical Program - Bhajan Medley

2025 Gandhi Jayanti (Anniversary) Community Celebration:
Celebrating Truth, Justice, and the Path to Peace.

सत्यमेव जयते!
TRUTH ALONE TRIUMPHS!

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

FREE Entry to the Program (Vegetarian Dinner \$20 incl. taxes)
Registration & Food Tickets at: <https://gandhiji.ca/jayanti2025>



Gandhi Jayanti 2025

CELEBRATION WITH OTTAWA COMMUNITIES



**2025 Gandhi Jayanti (Anniversary)
Community Celebration**
with Music, Drama, Dances, & Songs.

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. **Sponsorships are open (see Sponsorship Poster)**

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Program Director: Punita Patel



Jeevan Jyoti
Performing Arts



**2025 Gandhi Jayanti (Anniversary)
Community Celebration:**
Celebrating Truth, Justice, and the Path to Peace.

सत्यमेव जयते !
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- 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)

FREE Entry to the Program (Vegetarian Dinner \$20 incl. taxes)

Registration & Food Tickets at: <https://gandhiji.ca/jayanti2025>

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



### **\$ponsorship\$**

As a charitable nonprofit, we rely on community support and sponsorship to raise funds.

**We Invite You to Support the Celebration and Amplify Your Impact - Partner with Us and Showcase Your Brand to 450+ Engaged and Diverse Community Members.**

#### **Sponsorship Options**

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

[12 Food Tickets]

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

##### **2. Platinum Sponsors (\$2,500) - 2 Spots**

[12 Food Tickets]

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

[8 Food Tickets]

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

##### **Promotion Table in the Foyer.**

Special mention at the event, and promotion on our website and publicity material. Logo featured on website and brochure.

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

[4 Food Tickets]

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

#### **You may remit Funds in three ways:**

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

**2: Via PayPal [Click here].**

**3: By cheque to Mahatma Gandhi Peace Council of Ottawa**

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

#### **For more information, please contact:**

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

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

**Free Entry (Registration Required) to the Cultural Function**  
**PURCHASE DINNER TICKETS (\$20) HERE - PAY ONLINE.**

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

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**PAY VIA PAYPAL**

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

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



# **OUR COMMUNITY EDUCATION PROGRAMS**



# COMMUNITY EDUCATION IN GANDHI'S VALUES

## Community Newsletter

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



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

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

- Truth Satya**: Tell the truth, be honest and brave. 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 right.
- Non-stealing Achara**: What isn't yours, leave it. Respecting others' property.
- Self-discipline Brahmacharya**: Use your energy, mind and sight. To learn and grow, and do what's right.
- Non-attachment Aparahansa**: Keep what you need, share the rest. Giving to others is always best.
- Control of Public Speech**: Don't speak unless you have something to say. Speaking truth with a healthy mind.
- Fearlessness Ahimsa**: Be brave and bold. Face your fears. With courage and faith, we make things right.
- All Religious Equal**: Sarva Dharma Samanvaya. All faiths deserve respect. In every faith, we see God.
- Freedom from Unhappiness**: Anandamaya. Treat everyone with equal grace. No one better, no one less.
- Body Labor Shramacharya**: Work with your hands, work with your mind. Respecting others' dignity.
- Self-Reliance Swadeshi**: Support your home, but look too. Helping our community, not just you.

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

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

### GANDHI'S VOWS FOR BUSINESS: Leading with Purpose, Integrity, and Sustainable Success

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

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

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

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

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

**The Transformative Impact**

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

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

For more information, visit: <https://gandhi.ca/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**

- Choose a vow to study.
- Read the Vows Learning Guide.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write an All-750-word essay in English or French, drawing on your perspectives on the application of the Vows in your life, in society, and in the world.
- Submit your essay online.

**Essay Evaluation & Rewards:**

- Essay Evaluation on three criteria: Precision, Relevance, Originality.
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top ten essay authors will present.
- A certificate and a memento to all participants to honor their contribution.
- A 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 define Gandhi's Vows and your influence throughout Ottawa.

**YOUTH RESILIENCE IS POWERFUL - POST IT 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"**

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

- Teachers prepare to teach 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 storybook to depict each vow.
- Submit kids' creation online.

**There is no competition. All entries (artwork or written) with the kids name will be published in a Playbook.**

**Launch of the Playbook:** The Playbook will be displayed at a special function later this year.

**Attend a public function.** All participating kids and their families/teachers will be invited to attend the function.

**Certificate of Participation:** Each kid will receive a certificate of participation in this project.

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

## 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 (Aavadar) 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 (Aparahansa) (About)

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

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

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

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

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

**Inspiring Change** This series aims to bring Gandhi's vision to life, one conversation at a time. Let us help Ottawa embrace the transformative power of Gandhi's principles.

### Inner Peace Journey

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

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

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

**INNER PEACE** **COMPASSION**

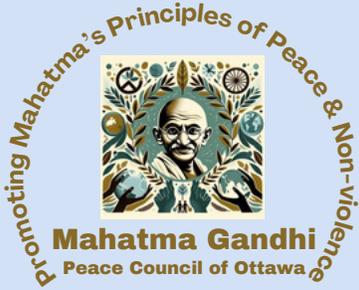
**Practice of Inner Peace Journey - Individually and in groups.**

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

"It's all spirit and it's all connected...Our choice is to live out of harmony with spiritual ways or in harmony with spiritual ways. Everything is spiritual." ~ William Commanda



# GANDHI'S LEGACY TALKS & COMMUNITY DIALOGUE SERIES



## LIVING GANDHI'S LEGACY (Monthly Talks & Community Dialog) Gandhi's Teachings: A Pathway to Personal and Social Transformation.

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**  
Speaker: **Dr. Lathika Ananda Gurusamy**  
Topic: **Fearlessness: Overcoming Personal and Social Challenges... Courage in Action: Living Without Fear (Abhaya)**  
Saturday, Feb 15, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-02-15>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Lathika Ananda Gurusamy, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

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Lathika Ananda Gurusamy is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**Gandhi's Legacy Talks & Community Dialogues**  
Speaker: **Dr. Thirumathi Anandhi**  
Topic: **Truth (Satya) as a Way of Life... Living Authentically in a Complex World**  
Sunday, March 16, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-03-16>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Thirumathi Anandhi, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**About the Session Leader**  
Thirumathi Anandhi is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Dr. Navita Viveky**  
Topic: **Food and Mindful Living... Control of the Palate (Asvada) for Health and Balance**  
Saturday, April 27, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-04-27>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Dr. Navita Viveky, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**About the Session Leader**  
Dr. Navita Viveky is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Dr. Priya Gaba**  
Topic: **Personal Peace and Inner Harmony... Meditation and Reflection**  
Saturday, May 31, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-05-31>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Dr. Priya Gaba, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**About the Session Leader**  
Dr. Priya Gaba is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Manji Basi**  
Topic: **Non-Violence: A Path to Conflict Resolution... Transforming Aggression into Understanding**  
Sunday, June 15, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-06-15>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Manji Basi, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

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**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Ardy Verhaeghen**  
Topic: **The Power of Equality of Religions (Faiths)... Embracing Diversity: The Strength of Unity in Faith**  
Sunday, July 21, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-07-21>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Ardy Verhaeghen, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**About the Session Leader**  
Ardy Verhaeghen is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Manji Basi**  
Topic: **The Ripple Effect of Kindness... Acts of Kindness as Catalysts for Change**  
Sunday, August 17, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-08-17>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

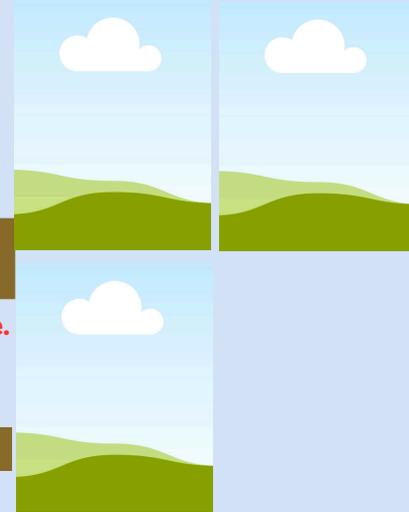
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**"Gandhi's Legacy Talks & Community Dialogues" Series**  
Speaker: **Prasanna Srinivasan**  
Topic: **Environmental Sustainability... Living in Harmony with Nature**  
Sunday, September 20, 2025 (1:00 - 3:30 PM)  
FREE Register: <https://gandhiji.ca/2025-09-20>  
1900 Woodroffe Avenue, Suite 100, Ottawa, Ontario K2H 1P5  
2025 Conference for Parliament (Government of Canada) #1 (Map)

**About the Session**  
The session leader, Prasanna Srinivasan, is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

**About the Session Leader**  
Prasanna Srinivasan is a social activist, author, and speaker. She has been a prominent voice in the Indian diaspora community, advocating for social justice, human rights, and the empowerment of women. Her work has been recognized by various international organizations and she has been invited to speak at numerous conferences and forums. She is also a frequent contributor to various media outlets and has authored several books and articles on social and political issues.

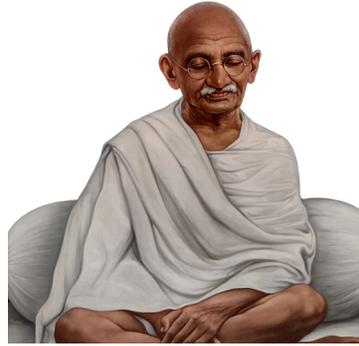


Non-violence is not a garment to be put on and off at will. Its seat is in the heart, and it must be an inseparable part of our being.



# 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 (or Ask a 700-word essay in English or French, describing your perspectives on the application of this Vow to 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.
- All participants will be invited to be participants to honor their contribution.
- A Book/Blog titled "Gandhi's Vows: Youth Perspectives" will include all Essays with their author's name, showcasing their work and sharing it with a broader audience.
- Your essays will add to Gandhi's Vows on your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL – POST IT PROUDLY!**  
For information, contact: Manasi Datta (613-406-1970) | Mail: Agwal@163-8541

**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.

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 a-to-z line poem, or a 300-word meaningful story to depict each vow.

Submit kids' creation online.

NOTE:

- 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.
- Launch of a public function: All participating kids and their family/teachers will be invited to attend this 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 Devraj Dabir

**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
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**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.

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... and Build a Business the World can Trust  
<https://gandhi.ca/gandhis-vows-for-business>



# 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

**GANDHI'S VOWS FOR YOUTH**

YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

**Mahatma Gandhi**  
Peace Council of Ottawa

**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.**

Click a Vow, Learn, and Write Essay:

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

**Essay Evaluation & Rewards:**

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

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

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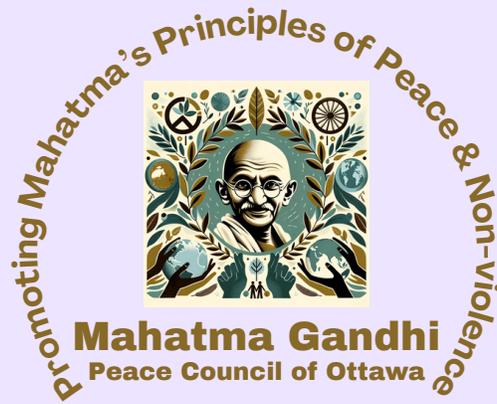
## Essays published in This Issue (#15)

None

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



## 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.