



MONTHLY NEWSLETTER MAY 2026 ISSUE 27

PEACE AND COMPASSION FORUM

*Conversations that Inspire
Connection, Kindness, and Community*

Editor: Anil Agrawal

The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.... Gandhi

OUR NEXT EVENT - GANDHI JAYANTI (2ND OCTOBER)



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#27 May 2026

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Earth provides enough to satisfy every man's needs, but not every man's greed.



OUR 2026 MANIFESTO

Inspiring a Kinder, More Connected Community Through Learning, Dialogue, and Service.

MGPCO's Annual Signature Events

Gandhi Memorial Day Lecture 2026
(Jan 30, 2026)

Gandhi Jayanti 2026
Oct 2: Statue Garlanding)
Oct 4/11: Community Celebration

Peace Walk
Sept 20/21, 2026

M.K. Gandhi Annual Lecture 2026
(Oct 2, 2026)

Peace & Compassion Forum: Monthly Talks for a Kinder World

... Conversations That Inspire Connection, Kindness, and Community

“The Peace & Compassion Forum is a monthly gathering that explores simple ways to build a kinder, more connected world. Through conversations with everyday changemakers, we share stories and practical ideas that deepen understanding, strengthen relationships, and nurture compassion—one small action at a time.”

Community Education & Outreach

Programs that empower individuals and strengthen community wellbeing through learning, dialogue, and shared action.

The Inner Compass: 11 Pathways

(A values-based learning journey inspired by Gandhi's 11 vows—reimagined for modern life.)

For Kids (9-13) - *Lessons for Kind & Confident Kids*

For Youth (14-27) - *Empowering Youth to Lead with Values*

For Everyone - *Living with Intention, Peace, and Purpose*

For Business - *A Framework for Purpose-Led Organizations*

Workshops for the community :

Inner Peace Journey: Practical ways to reduce stress, increase emotional balance, and engage more thoughtfully with others.

Kindness Society: The Heartbeat of a Better World ... A movement to strengthen community spirit through shared acts of goodness and civic engagement.

Community Engagement & Service Initiatives

Activities that strengthen community bonds, promote cultural understanding, and support individuals through connection and care.

Monthly Newsletter

(Gandhi's Reflections)

Offering insights on Gandhian values and the MGPCO community news.

Youth Engagement

Sports Leagues

(Cricket, Hockey, Volleyball, Badminton, Ping-pong)

Community Services

Environmental Stewardship

Community Dialogues

Companion Visits

Storytelling/Culture Exchanges



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Your unwavering support and commitment inspire us every day.

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AN APPEAL TO THE COMMUNITY

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

JOIN US TODAY: [HTTPS://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.



Article

Imagine if peace, character, and kindness became part of our daily routines. MGPCO's new educational initiative is turning this vision into practical steps everyone can learn and use.

Learning for a Better Life: MGPCO's Community Education Initiative for Inner Peace, Character, and Compassion

Six practical learning programs created to help children, youth, adults, and leaders build stronger lives and communities

Contributed by Editors

Synopsis:

Through its talks and community programs, the Mahatma Gandhi Peace Council of Ottawa has found that people want more than just inspiration—they want practical ways to apply positive values in everyday life. To meet this need, MGPCO is creating six community learning programs focused on inner peace, character, compassionate leadership, and community well-being. These include the Inner Peace Journey, Cultivating a Kindness Society, and four versions of The 11 Guiding Principles for a Meaningful Life, each designed for adults, youth, children, and business leaders. Rooted in timeless values and updated for today's world, these programs help people grow in self-awareness, resilience, responsibility, and compassion. Together, they mark a new chapter in MGPCO's mission to build stronger individuals, families, and a more caring community.

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The ultimate measure of a person is not where they stand in moments of comfort, but where they stand at times of challenge and controversy.



Article: Learning for a Better Life: MGPCO's Community Education Initiative (Page 2/6) - continued

Over the past several years, the Mahatma Gandhi Peace Council of Ottawa (MGPCO) has organized lectures, panel discussions, youth programs, cultural events, and community conversations. Through these activities, we have met people from all walks of life, including students, parents, professionals, seniors, newcomers, business owners, and community volunteers.

Again and again, we have heard a similar message.

People appreciate inspiring ideas. They enjoy meaningful discussions. They value opportunities to learn from others. But many people also ask an important question: "*How do I put these ideas into practice in my daily life?*"

A student may ask how to build confidence and handle peer pressure. A parent may wonder how to help their children develop good values. A business leader may ask how to lead with integrity while dealing with the pressures of competition. Others may simply be looking for greater peace of mind in a world that often feels busy, stressful, and divided.

These questions have inspired us to take the next step.

We are developing community learning programs to help people apply timeless values in practice. Our main message: strong character, inner peace, and compassion in daily life are attainable for everyone.

These programs are in development and will be introduced gradually. Here is a preview of what is coming and why we believe these initiatives matter for our community.

Key Highlights of the Initiative:

- MGPCO is developing six new community learning programs.
- Programs foster inner peace, character, compassion, and responsibility.
- The initiative meets increasing demand for practical guidance over inspiration.
- The Inner Peace Journey helps people find calm, clarity, and emotional balance. It teaches ways to manage stress, improve focus, and boost well-being in daily life.
- The 11 Guiding Principles for Everyday Living encourage people to live with purpose and strong values. They help individuals make better choices, build stronger relationships, and find more satisfaction in daily life.
- The Youth Program helps young people gain confidence, resilience, and leadership skills. It prepares them to handle social challenges, make good choices, and give back to their communities.
- The Kids Program teaches children honesty, kindness, respect, and responsibility through fun activities that build character and positive relationships.
- The Business Program helps students learn ethical leadership, build trust, and make values-based decisions in business settings.
- Cultivating a Kindness Society encourages daily actions that strengthen communities. It helps people connect, feel less isolated, and build supportive neighborhood networks.
- The goal is to build stronger individuals, families, and a more caring society.

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Article: Learning for a Better Life: MGPCO's Community Education Initiative (Page 3/6) - continued

At the foundation of this effort is a new learning framework called "The 11 Guiding Principles for a Meaningful Life."

These principles are inspired by Gandhi's well-known vows but presented in a modern, universal way that people from all backgrounds can relate to. The focus is not on studying history or philosophy. The focus is on learning how values such as truthfulness, self-discipline, compassion, courage, responsibility, simplicity, and service can help us live better lives.

The first program we are developing is called The Inner Peace Journey.

Many people today face stress, anxiety, uncertainty, and mood swings. Life moves quickly and demands our attention. In these times, finding inner peace can be difficult.

The Inner Peace Journey helps people slow down, reflect, and better understand themselves. It offers practical ways to build self-awareness, emotional balance, resilience, and a sense of purpose. This is not therapy or linked to any religion. Instead, it is a practical guide for finding more calm, clarity, and strength each day.

We believe that lasting peace in society begins with peace within individuals.

Building on that foundation, we are creating The 11 Guiding Principles for Everyday Living.

This program is intended for adults who want to live with greater purpose and intention. It will encourage participants to think about their values, relationships, choices, and responsibilities. It will help people reflect on how they respond to challenges, make decisions, and interact with others.

We are not aiming for perfection, but for growth. Small, steady improvements can lead to real change.

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Our national independence is no longer in the hands of a few leaders. It has to be won by the people themselves.



We are also creating a version of the program specifically for youth.

Young people today face many challenges. They deal with constant comparison, social media pressure, academic demands, and uncertainty about the future. At the same time, they are looking for identity, purpose, and a sense of belonging.

The youth program will help participants develop confidence, resilience, leadership skills, and a stronger sense of personal responsibility. Through stories, discussions, activities, and reflection, young people will be encouraged to discover their strengths and develop the character needed to face life's challenges with courage and compassion.

Another version of the program is being designed for children.

Children learn best through stories, games, activities, and examples. This program introduces simple yet important values such as honesty, kindness, respect, responsibility, and self-control. We hope children will start building these habits early and keep them as they grow up.

Strong communities are built when good values are nurtured from a young age. We are also developing the 11 Guiding Principles for Business.

Business leaders face difficult decisions every day. They must balance growth, profitability, customer service, employee well-being, and ethical responsibilities. Many leaders want to do the right thing but are often under pressure to deliver results.

This program explores how leading with strong values can build better organizations. It covers trust, accountability, integrity, responsible decision-making, and the creation of positive workplace cultures. We believe businesses can be both successful and principled, and that ethical leadership is a key asset for any organization.

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Finally, we are developing a program called Cultivating a Kindness Society.

In recent years, many people have worried about growing divisions, loneliness, and less civility in public life. At the same time, we see many acts of kindness every day, often quietly and without recognition.

This program explores how kindness can be more than just an occasional act—it can become a way of life. Participants will learn how simple actions can strengthen families, workplaces, schools, and neighborhoods. They will see how small acts of care and respect can create positive ripple effects in the community. We believe kindness is not a weakness. It is a powerful force that helps people feel seen, valued, and connected.

Taken together, these six programs represent an important new chapter in MGPCO's work.

We have long focused on dialogue, reflection, and learning, and we will continue these efforts. Now, we are offering practical learning experiences to help people use these ideas in daily life.

This initiative does not create experts. It helps ordinary people become better versions of themselves.

It is about helping children grow into responsible adults.

It is about helping young people find confidence and purpose.

It is about helping adults gain awareness and balance.

It is about helping leaders lead with integrity.

And it is about helping communities become more compassionate, peaceful, and connected.

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These programs will be introduced gradually, beginning with pilot groups and community feedback. We look forward to learning alongside participants and improving the programs as they evolve.

As we move forward, we invite the community to join us on this journey. Whether you are a student, parent, educator, professional, business leader, retiree, or volunteer, there will be opportunities to participate, contribute ideas, and help shape these programs.

A better society begins with better people.

When individuals develop character, inner peace, and compassion, the benefits spread outward to families, workplaces, schools, and communities.

This initiative's vision: practical learning for inner peace, character, and compassion, leading to stronger individuals and communities.

We look forward to building that future together, one person, one family, and one community at a time.

From Learning to Living ...

A better society starts with better individuals. Through six new community learning programs, MGPCO hopes to help people of all ages develop inner peace, strong character, compassionate leadership, and kindness in action. These programs are meant to turn timeless values into daily habits that strengthen families, workplaces, and communities. By learning, practicing, and growing together, we can help build a more peaceful, caring, and connected world, one person at a time.



Video: Mahatma Gandhi's Contribution to Education for Social Change



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

Video Summary by ChatTube (AI):

Gandhi's values of community education, as highlighted in the video, emphasize the deep connection between education and the community. Key values include:

1. Community and Service:

- Education must connect students with their local communities.
- It should encourage service to others, fostering a sense of social responsibility and collective well-being.

2. Learning from the Environment:

- Students should learn from their village, surroundings, and everyday life experiences.
- Education is not confined to classrooms but is integrated with real-life community activities.

3. Equality and Non-Hierarchy:

- All children, regardless of social or economic background (rich or poor, rural or urban), should learn together without social divisions.

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Strength does not come from physical capacity. It comes from an indomitable will.



- This promotes social equality and breaks down caste and class barriers.

4. Self-Sufficiency and Rural Development:

- Education should empower communities, especially rural ones, to become economically and socially self-reliant.
- Schools should sustain themselves through student-led productive work, linking education with community development.

5. Moral and Social Upliftment:

- Education should promote moral values, social justice, and the dignity of labor within the community context.
- It aims to uplift the poor and marginalized, including women and the so-called untouchables.

In summary, Gandhi's community education values focus on integrating learning with community life, promoting equality, service, self-reliance, and moral development to foster social change and upliftment.

Gandhi's Contributions to Community Education:

Gandhi's contributions to community education were pioneering and deeply rooted in his vision of social transformation through education. Based on the video content, his key contributions include:

1. Nai Talim (Basic Education) Model:

- Gandhi introduced the concept of Nai Talim or "New Education," which emphasized learning through productive manual work such as spinning, weaving, pottery, and farming.

Key Points:

1. Education as a tool for social change.
2. Develop head, heart, and hand.
3. Focus on character and self-reliance.
4. Value dignity of labor.
5. Use mother tongue instruction.
6. Learn through crafts and manual work.
7. Free, compulsory, inclusive education.
8. Schools self-sufficient via student work.
9. Teachers as moral role models.
10. Learning by doing and community-based.
11. Promote rural upliftment and equality.
12. Build ethical, responsible citizens.



Video - Mahatma Gandhi's Contribution to Education for Social Change (Page 3/4) - continued

- This model integrated academic subjects with practical crafts, making education relevant to the community's economic and social context.
- It promoted learning by doing, ensuring that education was not abstract but connected to real-life community activities.

2. Education Linked to Village Development:

- Gandhi believed that India's soul lived in its villages, and education should focus on uplifting rural communities economically, socially, and morally.
- His educational approach aimed to empower villages to become self-sufficient and self-reliant, reducing dependence on urban centers.

3. Promotion of Equality and Social Inclusion:

- Gandhi advocated for education without social divisions, encouraging children from all backgrounds—rich or poor, caste or untouchables—to learn together.
- He challenged caste-based discrimination and promoted equal educational opportunities for marginalized groups, including women and the so-called untouchables.

4. Dignity of Labor and Manual Work:

- He emphasized the dignity of labor, removing the divide between intellectual and physical work.
- By integrating manual work into education, Gandhi sought to instill respect for all forms of labor within the community.

5. Moral and Social Values in Education:

- Gandhi's education stressed moral upliftment, social responsibility, truth (Satya), nonviolence (Ahimsa), and self-discipline.
- He used education as a tool to build character and ethical citizens who would contribute positively to their communities.

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If I were a Christian, I would pray not that a Hindu be converted to Christianity, but that he become a better Hindu, a better Muslim, a better Sikh...



6. Teacher's Role as Community Guide:

- Gandhi saw teachers as moral role models who should lead by example and foster close bonds with students.
- Teachers were expected to guide students not just academically but also in social and moral development within the community context.

7. Self-Sufficiency of Schools:

- Schools under Gandhi's model were encouraged to be economically self-sustaining through student-led production work, linking education directly to community economic activities.

8. Focus on Women's Education:

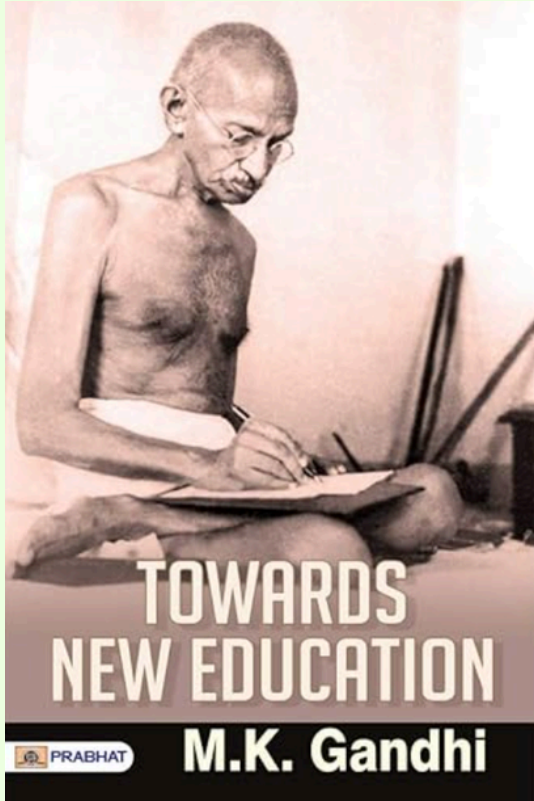
- Gandhi strongly supported women's education, emphasizing skills, values, and self-respect rather than mere bookish knowledge.
- This contributed to the empowerment of women within their communities.

Summary:

Gandhi's contributions to community education were revolutionary in using education as a tool for rural development, social equality, moral uplift, and self-reliance. His Nai Talim model and educational philosophy continue to inspire community-centered educational reforms aimed at holistic social change.

Value of the Video

This video provides a concise and insightful overview of Mahatma Gandhi's educational philosophy, emphasizing holistic learning, moral character, self-reliance, and community engagement. It highlights his Nai Talim model and its role in social change, making it a valuable resource for students and educators focused on education's transformative power.



Book Summary

A timeless vision of education that goes beyond textbooks and exams. Gandhi shows how learning can build character, practical skills, self-reliance, and social responsibility, helping individuals live meaningful lives while contributing to a better society.

Towards New Education: Gandhi's Thoughts on Education

by M. K. Gandhi (Author)

Reference: <https://www.amazon.ca/TOWARDS-NEW-EDUCATION-M-GANDHI-ebook/dp/B086ZLJXKT/>

Synopsis of the Book Summary:

In *Towards New Education*, Mahatma Gandhi presents a bold and practical vision of education that develops the whole person—mind, heart, and hands. He argues that education should go beyond academic learning to include character building, practical skills, self-reliance, and service to society. Through his concept of *Nai Talim* (Basic Education), Gandhi advocates learning through productive work, helping students gain knowledge while respecting the dignity of labor. He emphasizes moral values such as truth, honesty, compassion, cooperation, and responsibility. Gandhi also supports teaching in the mother tongue and connecting education to community life and local needs. The book remains highly relevant today, offering an alternative to exam-driven education and reminding us that the true purpose of learning is to help people live meaningful, ethical, and socially responsible lives.

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



Book Summary

Towards New Education presents Mahatma Gandhi's vision for transforming education into a force for building character, self-reliance, social responsibility, and human dignity. The book is based on Gandhi's educational philosophy known as Nai Talim (Basic Education), which he developed during India's struggle for independence. Gandhi believed that education should not merely prepare people for jobs or examinations. Instead, it should help individuals become better human beings and responsible members of society.

At the heart of Gandhi's educational philosophy is the idea that education should develop the head, heart, and hands together. He felt that most traditional education systems focus mainly on intellectual learning while neglecting character development, practical skills, and moral values. According to Gandhi, true education should nurture the whole person.

One of Gandhi's most important ideas was the integration of productive work with learning. He believed that children learn best when they engage in meaningful activities such as farming, weaving, carpentry, spinning, or other crafts. These activities were not simply vocational training. Gandhi saw them as tools for teaching mathematics, science, language, history, discipline, cooperation, and problem-solving. Learning by doing, he argued, makes education more relevant, practical, and enjoyable.

Key Lessons from Towards New Education:

- Education should develop the head, heart, and hands together.
- Character is as important as academic achievement.
- Learning by doing is more effective than learning by memorizing.
- Productive work can be a powerful tool for education.
- Every form of honest labor deserves respect and dignity.
- Education should build self-reliance and practical life skills.
- Moral values must be at the center of learning.
- Children learn best when taught in their mother tongue.
- Schools should serve and connect with their communities.
- The true purpose of education is to create responsible, compassionate citizens.



Book Summary: Towards New Education: Gandhi's Thoughts on Education (Page 3/5) - continued

Gandhi was deeply concerned about the growing divide between intellectual work and manual labor. Society often valued white-collar professions while looking down upon physical work. He believed this attitude created inequality and weakened communities. Through Nai Talim, Gandhi sought to restore the dignity of labor and teach children to respect all forms of work.

Another major theme of the book is self-reliance. Gandhi envisioned schools that could partially support themselves through productive activities carried out by students and teachers. He believed that education should empower individuals to become independent, resourceful, and capable of contributing to society. Rather than creating dependency, education should build confidence and practical competence.

Character formation occupies a central place in Gandhi's educational philosophy. He believed that qualities such as truthfulness, honesty, self-discipline, compassion, courage, cooperation, and service are as important as academic knowledge. Education, in his view, should help students become ethical citizens who work for the welfare of others. A society cannot prosper if its members are highly educated but lack moral values.

The book also emphasizes the importance of education in the mother tongue. Gandhi believed that children learn more naturally and effectively when taught in their own language. He argued that education in a foreign language often creates barriers to understanding and distances students from their culture and communities.

Gandhi further stressed the connection between education and community life. Schools should not exist in isolation. They should engage with local problems, local knowledge, and local needs.

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The need of the moment is not one religion, but mutual respect and tolerance of the devotees of the different religions.



Book Summary: Towards New Education: Gandhi's Thoughts on Education (Page 4/5) - continued

Students should learn to understand their communities and develop a spirit of service. Education should prepare them not only for personal success but also for contributing to the common good.

Although Gandhi developed these ideas nearly a century ago, many of his concerns remain relevant today. Modern education systems often face criticism for excessive focus on examinations, grades, competition, and employability while giving less attention to character, well-being, creativity, and practical life skills. Gandhi's vision offers an alternative approach that seeks balance between knowledge, values, work, and service.

The enduring message of Towards New Education is that education should help individuals discover their potential while fostering responsibility toward others. Gandhi reminds us that the ultimate purpose of education is not simply to earn a living, but to learn how to live wisely, ethically, and meaningfully. His vision challenges educators, parents, and policymakers to create learning environments that develop capable minds, compassionate hearts, and willing hands—qualities essential for building a just, peaceful, and sustainable society.

Major Takeaways from Towards New Education

1. Education should develop the whole person.

True education nurtures the mind, character, emotions, and practical abilities—not just academic knowledge.

2. Character matters as much as intelligence.

Qualities such as honesty, truthfulness, compassion, self-discipline, and responsibility are essential outcomes of education.

3. Learning by doing is powerful.

Students learn more effectively when knowledge is connected to meaningful activities and real-life experiences.

4. Work and education should go hand in hand.

Productive work is not separate from learning; it can be a valuable tool for teaching many subjects and life skills.



5. All work deserves dignity and respect.

Society should value manual labor as much as intellectual work. No honest work is inferior.

6. Education should promote self-reliance.

Learners should gain the confidence, skills, and resourcefulness needed to support themselves and contribute to society.

7. Moral and social responsibility are central to education.

Education should help people become caring citizens who work for the welfare of others.

8. Mother-tongue education strengthens learning.

Children understand concepts more naturally and deeply when taught in their own language.

9. Schools should be connected to community life.

Education should address local needs, solve real problems, and encourage service to the community.

10. Success is more than career achievement.

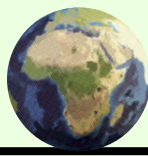
The ultimate goal of education is not merely employment or wealth, but living a meaningful, ethical, and purposeful life.

11. Education should reduce inequality, not reinforce it.

Gandhi believed that good education can bridge social divisions and create greater respect, cooperation, and justice.

The True Purpose of Education

Towards New Education is Gandhi's reminder that the purpose of education is not merely to earn a living, but to learn how to live well. He challenges us to move beyond an education focused solely on exams, grades, and careers, and instead cultivate character, practical skills, self-reliance, and concern for others. Gandhi believed that true education develops the whole person—mind, heart, and hands—and prepares individuals to contribute positively to society. Nearly a century later, his message remains remarkably relevant. In a world facing social, ethical, and environmental challenges, Gandhi's vision offers a simple yet powerful path: educate people not just to succeed, but to become thoughtful, compassionate, and responsible human beings.



ARTICLE

Gandhi's life gives us important lessons for today. He showed that truth, nonviolence, simplicity, courage, and compassion can help build lasting peace, justice, strong character, and dignity.

Why Gandhi Still Matters: Timeless Lessons for Peace, Justice, Character, and Human Dignity

Contributed by Editors

Synopsis:

This article examines why Mahatma Gandhi remains important today. Gandhi did more than lead India's freedom movement. He gave people everywhere a practical way to live with truth, courage, compassion, and self-discipline. He showed that you can stand up to injustice without hate or violence. The Salt March is one example of how ordinary people can make a big difference when they act with moral courage. The article also talks about Gandhi's focus on truth, human dignity, religious harmony, simplicity, and service. It shows how his ideas of nonviolence and Satyagraha inspired leaders and movements around the world. Gandhi's life teaches us that real change starts with each person and then spreads to society. His message is still needed today, as the world faces conflict, greed, division, and fear. Gandhi points us toward peace, justice, strong character, and dignity.

Many people remember Mahatma Gandhi as the leader who helped India gain independence from British rule. But his impact goes far beyond that. Gandhi gave the world a new way to think about life, conflict, justice, leadership, and personal character. He showed that we don't have to respond to hatred with more hatred or to violence with more violence. We also don't have to wait for powerful people to make changes. Ordinary people can make a difference if they act with courage, truth, discipline, and compassion.

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Our greatest ability as humans is not to change the world, but to change ourselves.



That's why Gandhi's ideas still matter. Today, the world faces anger, war, division, greed, and fear. People are split by religion, race, politics, money, and social status. Many feel powerless when facing injustice. Gandhi's life addresses these issues. He reminds us that peace is not a sign of weakness, truth is not outdated, simplicity is not old-fashioned, and kindness is not a weakness. These values are strong tools that help us create a better life and a better world.

Gandhi's message speaks directly to issues of conflict, fear, division, and moral confusion today.

One of Gandhi's biggest contributions was his use of nonviolence. He didn't invent the idea, but he turned it into a powerful means of creating social change. He showed that people could stand up to injustice without killing, destroying, or hating others. This was a new and bold idea.

In 1930, Gandhi led the Salt March. He and his followers walked about 240 miles to the sea to make salt. This might seem like a small act, but it was a brave protest against the British salt tax. Everyone needed salt, no matter their background. By choosing salt, Gandhi made an everyday item stand for freedom.

Key Points:

1. Gandhi showed that nonviolence is a powerful force for justice and change.
2. He taught that truth is the foundation of character, trust, and moral courage.
3. Through Satyagraha, Gandhi offered a way to resist injustice without hatred.
4. He proved that ordinary people can create extraordinary social change.
5. Gandhi believed that real change in society begins with change within oneself.
6. He stood for the dignity and equality of every human being.
7. Gandhi promoted respect and harmony among people of different religions.
8. His simple life warned against greed, waste, and endless consumption.
9. Gandhi redefined leadership as service, humility, sacrifice, and example.
10. His message remains vital for a world seeking peace, justice, and human dignity.



Article: Why Gandhi Still Matters: Timeless Lessons (page 3/8) - continued

The Salt March proved that peaceful protest could challenge even the strongest powers. Gandhi said, "Nonviolence is a weapon of the strong." He showed this through his actions. His nonviolence was not about fear but about courage and self-control.

Gandhi showed that peaceful action, when guided by moral courage, can shake even the strongest systems of injustice.

Gandhi's example later inspired many world leaders. Martin Luther King Jr. used nonviolent methods in the American civil rights movement. Nelson Mandela was also influenced by Gandhi's struggle against injustice in South Africa. Cesar Chavez used peaceful methods to fight for farm workers in the United States. Gandhi's life became a lamp for people far beyond India.

Gandhi also made a big impact through his commitment to truth. He named his autobiography *The Story of My Experiments with Truth*. This title matters because Gandhi never claimed to be perfect. He saw life as a series of experiments. He made mistakes, admitted them, and learned from them.

For Gandhi, truth was more than just not lying. It meant being honest with yourself. It meant asking, Am I following my conscience? Am I doing what is right, or just what is easy? Am I willing to change when I am wrong?

Truth begins when we stop pretending—to others and to ourselves.

This message matters a lot today. We live in a time of misinformation, exaggeration, and half-truths. Many people focus on looking good instead of being good. Gandhi reminds us that character starts with truth. Without truth, trust falls apart. Without trust, families, communities, and even countries become weak.



Gandhi also introduced the idea of Satyagraha, which means “holding firmly to truth.” Some call it “truth-force” or “soul-force.” Satyagraha was not about doing nothing. It was about taking action, but without hate.

The goal of Satyagraha was not to defeat the other person, but to awaken their conscience. Gandhi believed that even people who do wrong still have a human heart. They might be blinded by power, fear, or prejudice, but they can still change.

Satyagraha means standing firmly against wrong without losing respect for the wrongdoer.

This is a strong idea. In daily life, we often try to win by beating the other person in an argument. Gandhi showed a different way. We can stand against wrong actions without hating the person. We can be firm without being cruel. We can disagree and still respect each other.

Gandhi’s life also shows that social change starts with personal change. He believed we can’t create a peaceful world if we are full of anger, greed, or pride. He often talked about self-discipline, simplicity, and looking honestly at ourselves.

Many people connect Gandhi with the saying, “Be the change you wish to see in the world.” Even if these weren’t his exact words, the message fits his life well. Gandhi didn’t just talk about living simply—he actually did it. He wore simple clothes, spun his own cloth, and owned very little. He worked hard to make sure his actions matched his words.

Gandhi’s leadership came from the rare power of living what he taught.

This is one reason people trusted Gandhi. He didn’t ask others to make sacrifices while he lived in comfort. He led by example. That’s a lesson for leaders today.



Gandhi also fought for the dignity of every person. He stood against untouchability, which treated some people as less than others because of their caste. Gandhi called those who were oppressed “Harijan,” or “children of God.” While some people today question that term, Gandhi’s goal was clear—he wanted everyone to see the humanity and dignity of people who had been mistreated for generations.

His message was simple: no human being is untouchable. No person is inferior by birth. Every person deserves respect.

Human dignity was central to Gandhi’s vision. He believed that no one is too small, too poor, or too powerless to matter.

This lesson is still very important. Even now, people are judged by their race, religion, wealth, gender, caste, education, or social status. Gandhi asks us to consider: Do I really respect every person, or only those who are like me or part of my group?

Gandhi also worked for religious harmony. He was deeply connected to Hindu tradition, especially the Bhagavad Gita, but he also respected the Bible, the Quran, and other religious teachings. His prayer meetings included readings from many faiths. He believed that all religions, at their best, lead people toward truth, love, and service.

Today, religion is often used to divide people, but Gandhi’s approach brings healing. He didn’t claim all religions are the same in every way. Instead, he believed people of different faiths can respect each other and live together in peace.

Gandhi believed religion should help us become more truthful, loving, and humble, not more divided.



Gandhi once said, "My religion is based on truth and nonviolence." This shows that religion should help us be more truthful, loving, and humble. If religion makes us arrogant or hateful, we have missed its true meaning.

Gandhi also warned against greed and having too much. Long before climate change was widely discussed, he talked about the dangers of always wanting more. He believed the Earth had enough for everyone's needs, but not for everyone's greed.

This idea matters even more today. We live in a world that encourages us to buy, want, and waste more. Gandhi's life reminds us that happiness doesn't come from having lots of things. A simple life can be rich if it has purpose, service, and inner peace.

Gandhi's simple way of living quietly warned against a world obsessed with having more.

Gandhi didn't reject progress, but he questioned progress without conscience. He asked, "What is the use of wealth if it destroys character?" What good is development if it harms nature? What's the point of education if it doesn't make us better people?

Gandhi also empowered ordinary people. This was one of his greatest achievements. He helped farmers, workers, women, students, and poor people feel important. He showed them that history isn't made only by kings, generals, or governments, but also by ordinary people who act with courage.

A poor villager spinning cotton, a woman joining a march, a student standing up to injustice, or a worker protesting peacefully—all became part of a bigger movement. Gandhi gave people moral confidence and helped them believe, "I can make a difference too."



Gandhi helped ordinary people believe that they, too, could change the world.

This message is still important for communities today. Many people wonder, "Can I really make a difference?" Gandhi's answer would be: Start where you are. Do what you can. Act with truth and courage. Small actions, when done for a good reason, can become powerful.

Gandhi also showed a new way to lead. He didn't lead with money, status, or force. He led by serving others. He listened to people, lived among them, and shared their struggles. He was willing to suffer for what he believed in.

This is very different from leadership based on ego or control. Gandhi showed that a real leader doesn't stand above others, but stands with them. A true leader doesn't ask, "How can I get more power?" but instead asks, "How can I serve?"

Gandhi's leadership was not perfect. He was human, and some of his views and actions are debated today, which is fair. But his main message remains strong: leadership without character is risky, while leadership through service can uplift humanity.

Finally, Gandhi gave the world a deeper idea of progress. He didn't think progress should be measured only by money, machines, buildings, or power. For him, real progress included moral growth, inner peace, social harmony, and caring for the weakest people.

Gandhi once told people to think of the poorest and weakest person they knew and ask if their actions would help that person. This was his way to test social responsibility, and it's still a wise test today.



Article: Why Gandhi Still Matters: Timeless Lessons (page 8/8) - continued

In the end, Gandhi's greatest gift was not a political plan, but a way of living. He showed that truth can guide us, nonviolence can make us stronger, simplicity can set us free, compassion can bring us together, and courage can change society.

Gandhi helped India gain freedom, but his message is for everyone. He taught us that we can fight injustice without hate, seek progress without greed, practice religion without intolerance, lead without arrogance, and live with dignity while helping others do the same.

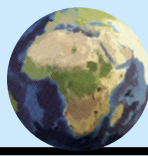
*Gandhi's greatest gift was not just what he did,
but the path he showed: truth without arrogance, courage
without violence, and service without selfishness.*

That's why Gandhi still matters. In a troubled world, he reminds us that we don't need more anger. We need more conscience, more courage, and more kindness. Most of all, we need people who are willing to live by the values they want to see in the world.

The Essence of Gandhi's Legacy

Gandhi still matters because he showed us a better way to live and face challenges. He taught that truth is the foundation of life, nonviolence gives courage real strength, and compassion makes justice human. His life reminds us that real change starts inside us and then spreads to society. In a world full of conflict, greed, fear, and division, Gandhi's message is clear: live with conscience, serve with humility, and protect everyone's dignity.

***I look only to the good qualities of men. Not being faultless myself,
I won't presume to probe into the faults of others.***



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

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Peace Council of Ottawa

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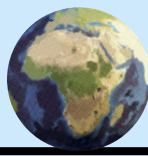
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Simplicity in food, simplicity in living, and simplicity in thought go together.



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.

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"Be the change you wish to see in the world." - Gandhi

This simple statement reflects Gandhi's belief in personal responsibility, action, and the power of individual transformation as a catalyst for societal change.

The above statement urges everyone to embody the values they wish to see in society, emphasizing that real change starts with oneself.