

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

SEPTEMBER 2024



ISSUE 7



Our Mission: Educating communities on Gandhi's peace and non-violence principles and fostering harmony across cultures.

Contribute content/Provide feedback

2024 Programs and Events

First Event - Bill McKibben's Lecture on Climate Control
Gandhi Memorial Day (Feb 2) featuring Bill McKibben's talk on "Climate Control" -- over 400 attendees were engaged in discussion.

Our Community Education Initiatives

Gandhi's Vows for Youth

Students (14-24) learn Vows and write an Essay

Gandhi's Vows for Kids

Parents/teachers teach Vows to Kids (9-13). Kids draw a picture or write a poem/short essay

Inner Peace Journey - Self-learning

People community-wide embark on an Inner Peace Journey.

Monthly Newsletter

"Gandhi's Reflections" - disseminating Gandhian wisdom

Other Events

Aug 10 - Algonquin Elder William Commanda's Vision- A Legacy of Peace and Environmental Stewardship (A presentation by A Circle of All Nations)

October 24 Tree planting

May 25 Inner Peace Session

June 1 Food Kitchen Service

May 4 Park Cleaning

Register here

Gandhi Jayanti 2024

Oct 5 - Garlanding of Statue with singing of hymns & speeches.

Oct 19 - Cultural function comprising a music performance, play, dances and singing, culminating in community dinner.

M.K. Gandhi Annual Lecture 2024

In Nov - Concluding the year with our flagship event featuring one or more distinguished speakers exploring Gandhi's enduring relevance in modern times.

Honoring our Life Members

Echoes of Gandhi (Past Lectures)

Upcoming Events Calendar

Gandhi Jayanti 2024

Communication Education Initiatives

Gandhi's Vows (Youth & Kids)

Youth Essays

Rhea Jain (Ahimsa)

Abhishek Sinha (Fearlessness)

Article: Role of Community Service in Promoting Peace

Video: Volunteering - the beneficial side effects

Article: The Global Influence of Gandhi

Video: How Mahatma Gandhi continues to wield global influence

Book: Gandhi for 21st Century

Gandhi's Enduring Teachings



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



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: [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.





# Echoes of Gandhi: Past Lectures Revisited

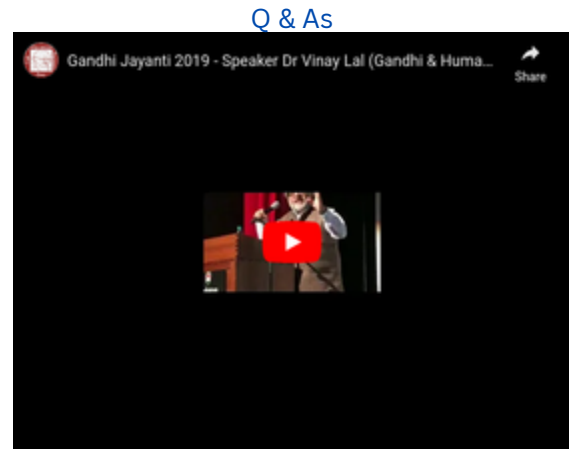
- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (*Talk published in Newsletter-Issue #1*)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (*Talk published in Newsletter-Issue# 2*)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (*Talk published in Newsletter-Issue# 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** (*In this issue #7*)
- 8) 2019 "Gandhi in the Modern Times) - Panel Discussion
- 9) 2019 "Jai Jagat: A 10,000 KM March..." by Jill Carr-Harris
- 10) 2018 "Gandhi and the Human Rights to Peace" by Douglas Roche
- 11) 2018 "Reflections on Gandhi, the Great Law of Peace and Indigenous Resurgence" by Taiiaki Alfred
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion
- 14) 2016 "A Centre for Peace (A Vision for the Sacred islands in the Ottawa River)" by Douglas Cardinal
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment"  
by Dr. Noel Salmond
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel
- 21) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond
- 22) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik
- 23) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia
- 24) 2008 "Gandhi and Women" by Trichur Rukmani
- 25) 2007 "Gandhi, Religion & Non-violence" by Dr. Paul Younger
- 26) 2007 "Gandhi and the Question of the Worship of Images" by Dr. Noel Salmond
- 27) 2006 "Gandhiji's Ideals: Truth and Non-violence, Religion and Non-Violence" by Dr. Trichur Rukmani

**He who is ever brooding over result often loses nerve  
in the performance of his duty.**



## Past Lecture # (7)

2019 "GANDHI AND HUMAN RIGHTS" BY VINAY LAL



Q & As

**ChatTube Summary of the Video:** The video is about Dr. Vinay Lal's lecture on Gandhi and human rights at the M. K. Gandhi Annual Lecture in 2019. Dr. Lal discusses Gandhi's views on rights and duties, highlighting how Gandhi's perspective differed from conventional human rights discourse. He delves into the history of the concept of human rights and how Gandhi's emphasis on duties intertwined with rights in forming a democratic society.

### **What impact did Gandhi have on human rights?**

Gandhi had a significant impact on human rights by emphasizing the importance of duties along with rights. He advocated for the idea that rights are tied to fulfilling one's duties, and believed that true rights come from fulfilling duties. Gandhi also emphasized the need for collective responsibility and the common good, highlighting the interconnectedness of rights and duties in a democratic society. Additionally, Gandhi's views on non-violence, self-rule, and his environmental conservation efforts showcase his holistic approach to human rights and responsibilities towards nature. His perspectives on equality, anti-colonialism, and social justice have had a profound influence on global human rights movements.

### **Desire to reclaim the Commons in India - what does it entail?**

The desire to reclaim the Commons in India involves efforts to restore the concept of the Commons, which includes biodiversity, natural resources, and communal spaces, back to the forefront of public discourse and policymaking. This movement aims to challenge the encroachment on natural resources, privatization of public amenities, and exploitation of land for development purposes. It seeks to address issues such as inequality, lack of access to basic amenities like safe drinking water, and the impact of unchecked economic growth on the environment and marginalized communities. By advocating for the Commons, individuals and organizations in India strive to promote sustainability, equity, and community empowerment for a more inclusive and environmentally conscious society.

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



## **Past Lecture # (7) Video: "Gandhi and Human Rights" by Vinay Lal (continued)**

### **What lessons can be learned from Gandhi's approach to human rights?**

Lessons from Gandhi's approach to human rights include the importance of emphasizing duties alongside rights, promoting non-violence and peaceful resistance, cultivating a sense of collective responsibility, and advocating for social justice and equality for all individuals. Gandhi's holistic view of human rights, which tied rights to fulfilling duties and emphasized the interconnectedness of individuals within society, serves as a valuable reminder of the need for ethical and moral considerations in the pursuit of rights. His commitment to non-violence and self-rule as essential components of human rights efforts highlights the power of peaceful activism and civil disobedience in effecting social change. Additionally, Gandhi's focus on environmental conservation and respect for nature underscores the interconnectedness between human rights and environmental stewardship, emphasizing the need for sustainable and inclusive practices for the well-being of all. Overall, Gandhi's approach to human rights offers valuable insights into promoting social justice, non-violent resistance, and collective responsibility in advancing a more equitable and sustainable society.

### **What influenced Gandhi's unique perspective on human rights?**

Gandhi's unique perspective on human rights was influenced by various factors such as his study of religious texts like the Bhagavad Gita, his experiences of oppression and discrimination in South Africa, his interactions with various thinkers including Mazzini and Tolstoy, and his deep commitment to principles of non-violence and civil disobedience. Gandhi's upbringing in a devout Hindu household and his exploration of religious and philosophical texts shaped his understanding of duty, self-discipline, and social responsibility, which informed his perspective on human rights.

His experiences of racism and injustice in South Africa, particularly the incident of being thrown off a train in Pietermaritzburg, led him to reflect on the nature of rights and duties, and the need for non-violent resistance against oppression. Gandhi's engagement with thinkers like Giuseppe Mazzini and Leo Tolstoy, who emphasized the importance of civic duty and moral responsibility, further influenced his views on human rights as being rooted in ethical practice and self-discipline.

Moreover, Gandhi's commitment to non-violence as a principle of social change and his belief in the power of collective action and civil disobedience also played a significant role in shaping his perspective on human rights. His holistic approach to human rights, which emphasized the interconnectedness of rights and duties, equality, and environmental stewardship, reflects a synthesis of his spiritual beliefs, political activism, and moral convictions.



# Upcoming Events in Sep, Oct, Nov 2024

## September

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## October

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## November

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



## GANDHI JAYANTI 2024 CELEBRATIONS



### Oct 5 (Sat) - Gandhi Jayanti 2024

Garlanding of Statue  
Singing of Hymns  
Tributes to Gandhi -  
by guests  
Sweet Distribution

### Oct 19 (Sat) - Cultural Function

Music Concert (Flute)  
Tributes to Gandhi  
Dance: Vashnav Jan To...  
Music Concert (Classical Vocal)  
Play on Gandhi's Principles  
Dance Performances  
Dinner



### Sun Nov 17 - M. K. Gandhi Annual Lecture 2024

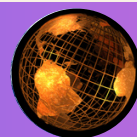
**Topic: Gandhi Today in India, and Gandhi Today in the World**

#### Speakers:

Dr. Rama Shankar Singh  
Prof. Alex Damm

Jesus was the most active resister known perhaps to history.  
His was nonviolence par excellence.





# GANDHI JAYANTI 2024 CELEBRATIONS



Gandhi's statue located  
at Carleton University

## Sat 5th Oct (2-3 PM): Garlanding of Statue

at Gandhi's Statue at River Building, Carleton University

Open to Public. No Registration required. Limited capacity.

- Welcome and opening remarks
- Garlanding of Gandhi's statue
- Singing of Hymns + Formal Tributes to Gandhi
- Sharing of sweets to symbolize celebration

## Sat 19th Oct (3-6pm): Cultural Program

at St. Paul High School Auditorium (2675 Draper Ave, Ottawa)

Registration & Tickets (\$35): <https://gandhiji.ca/tickets/>

## Supported by the High Commission of India

**Master of Ceremonies:** Dr. Rashmi Venkateswaran

**2-3 PM: Registrations and Snacks**

**3-6 PM: Cultural Program**

- Instrumental & vocal music by Flute Siva.
- Formal tributes to Gandhiji by dignitaries.
- Classical dance on "Vaishnav Jan To Tene Kahiye..."
- Classical music concert by Dr. Vinay Bhide.
- Play "Bread of Peace" depicting application of Gandhi's principles to resolve a social conflict.

~~~ A short intermission ~~~

- Traditional dance performances from across India:
  - East ◦ North ◦ South ◦ West

**6:00 - 7:30: Community dinner (vegetarian cuisine)**

**To buy Tickets (\$35 per person) for the Cultural Program - Three options:**

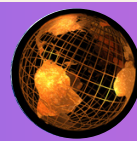
- 1) e-Transfer funds to [jayanti24@mgpco.org](mailto:jayanti24@mgpco.org)
- 2) Cheque to MGPCO (Mail to : Brij Gupta, Treasurer, 182 Riversedge Cres, Ottawa, ON K1V 0Z8)
- 3) Via PayPal by Credit/Debit card: [Click here](#)

**For support, call: Brij Gupta (613-315-4441) or Anil Agrawal (613-859-8654)**



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





# Community Education Initiatives

- Gandhji's Vows
- Gandhi's Vows for Youth - Essay Writing
- Gandhi's Vows for Kids - Artwork
- Inner Peace Journey



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

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

## **1. Truth (Satya)**

Tell the truth, be honest and bright,  
Speak with your heart, and do what's right.

## **2. Nonviolence (Ahimsa)**

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

## **3. Non-stealing (Asteya)**

What isn't yours, leave it be,  
Respecting others' property.

## **4. Self-discipline (Brahmacharya)**

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

## **5. Non-possession (Aparigraha)**

Keep what you need, share the rest,  
Giving to others is always best.

## **6. Control of Palate (Asvada)**

Eat what's healthy, eat what's good,  
For a happy mind and a healthy mood.



**MAHATMA GANDHI**  
**1869 - 1948**

**Gandhi lived his vows daily, embodying a life of peace, simplicity, and profound inner strength.**

**Through his commitment to nonviolence, truth, self-discipline, and equality, Gandhi's serene presence reflects the deep inner harmony and unwavering dedication to his principles.**

## **7. Fearlessness (Abhaya)**

Be brave and bold, face your fears,  
With courage and smiles, wipe away tears.

## **8. All Religions Equal (Sarva Dharma Samanatva)**

All beliefs deserve respect,  
In every faith, love is kept.

## **9. Freedom from Untouchability (Asprishyatanivaran)**

Treat everyone with equal grace,  
No one's better, we all have a place.

## **10. Body-labor (Sharirshrama)**

Work with your hands, work with pride,  
Helping others, side by side.

## **11. Self-Reliance (Swadeshi)**

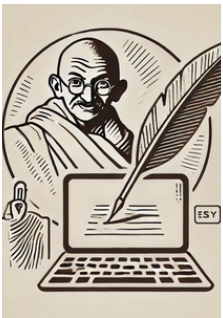
Support your home, buy local too,  
Helping our community, me and you.

**Embrace "Gandhi's Vows" and cultivate personal integrity, inner strength, and kindness, growing stronger and more united communities, collectively contributing to social harmony.**



## WISDOM OF GANDHI'S VOWS FOR YOUTH

YOUTH LEARN 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 topic and write Essay:

- Go to: <https://gandhiji.ca/essay> to:
  - Register to participate;
  - Learn the 11 Vows with a Youth Learning Guide; and
  - Submit your essay.
- 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.



### 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)

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



# **STUDENT'S ESSAYS SUBMITTED**

## **Rhea Jain**

Grade 12 student, All Saints High School, Kanata  
Essay on "Ahimsa - Power of Nonviolence"

## **Abhishek Sinha**

1st Year Computer Science student, Carleton University, Ottawa  
Essay on "Ahimsa - Power of Nonviolence"

### **DISCLAIMER:**

The essays are published (unedited) as received from the student.



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

## **ESSAY ON GANDHI'S VOW: 'AHIMSA'**

**by Rhea Jain**

(Grade 12 student, All Saints High School, Kanata)

### **Topic: "Ahimsa - Power of Nonviolence"**

"Ahimsa is the strongest force known," declares Mahatma Gandhi, an exquisite phrase that many of us have heard but may not fully comprehend. Gandhi's concept of Ahimsa, or nonviolence, is more than a philosophy; it is a way of life that challenges our common understanding about power. Strength is commonly connected with physical power or supremacy in today's world. Gandhi, on the other hand, refuted this notion by demonstrating that true strength is found in the force of nonviolence and compassion, not physical might. This essay will look at the importance of Ahimsa in my daily life, specifically how it matches with my ideals and behaviors. It will also look at the principal's broader societal ramifications, emphasizing its ability to positively impact communities. Finally, the article will analyze Ahimsa's relevance in today's world and how this virtue might help to overcome modern society's complicated difficulties.

Born within the Jain tradition, I am deeply committed to the vow of Ahimsa. Jainism, with its emphasis on nonviolence, taught me from a young age the need of respecting all forms of life. This concept informs my everyday actions, such as eating exclusively vegetarian meals and taking care not to harm even the smallest insects. These activities educate me to value all living beings, which instills a deep sense of compassion and responsibility. Furthermore, as a cupcake business owner, I ensure that all of my products are cruelty-free and made with vegetarian ingredients, allowing me to express Ahimsa through the desserts I offer. This promise expresses my commitment to upholding the Ahimsa principles in all parts of my life. The vow of nonviolence also influences my interactions with others, motivating me to create a peaceful environment in my family that values compassion and respect.

**continued on page 2/2...**





### **Rhea Jain's Essay on "Ahimsa" (Page 2/2)**

Furthermore, my enthusiasm for Kathak dancing allows me to artistically express these ideals. Dance necessitates discipline and grace, which reflect the patience and sensitivity I aim for in everyday life. Whether in my profession, dealings with others, or artistic pursuits, Ahimsa serves as a constant reminder that actual strength lies in compassion and respect for every living thing.

Aside from personal practice, the Ahimsa promise has a huge social impact. In a society fraught with conflict and division, nonviolence offers a method to foster more compassionate and peaceful communities. For example, in the workplace or at school, resolving problems via open communication rather than aggression promotes a more respectful environment. Similarly, increasing empathy and understanding in community contexts can help to bridge gaps between diverse groups, reduce prejudice, and foster unity. Ahimsa also opposes conventions that exalt aggression and power, instead promoting compassion and patience as actual strengths. By practicing nonviolence, we can address challenges such as inequality and discrimination in ways that promote collective well-being rather than greater divisiveness. Ahimsa practice on a larger scale has the potential to restructure society systems, resulting in more just and equitable communities that respect everyone's dignity and rights. Finally, incorporating Ahimsa into our interactions and institutions develops a culture of peace and respect, which benefits everyone.

Ahimsa's importance in today's world is greater than ever, as we confront complicated global concerns. In a period of rapid technical developments, geopolitical tensions, and environmental challenges, nonviolence provides an important ethical framework. For example, when AI technology becomes more integrated into our lives, it is critical that it is developed in accordance with Ahimsa, avoiding damage or bias. Ethical AI can assist decrease hiring bias and assure equitable treatment in law enforcement. Ahimsa also encourages sustainable actions to address the climate issue and provides a foundation for nonviolent social justice initiatives. By embracing Ahimsa, we may make the world a more compassionate place where problems are handled through understanding and collaboration.

In conclusion, Ahimsa's principle of nonviolence provides an important framework for solving today's global concerns. Ahimsa promotes fairness, compassion, and understanding by encouraging ethical AI practices and long-term solutions to environmental and social problems. Embracing nonviolence can lead to a more egalitarian and peaceful society, emphasizing that true strength comes from respect and empathy for all living beings.

**We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it.**



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

## **ESSAY ON GANDHI'S VOW: 'ABHAY'**

**by Abhishek Sinha**

(1st Year Computer Science, Carleton University, Ottawa)

### **Topic: "Embracing Abhaya: A Journey Towards Fearlessness and Personal Growth"**

In this essay, I will discuss a vow of Gandhi that I have chosen to practice for the past couple of weeks and what I have learned from it. The vow that I have practiced is Fearlessness (Abhaya). Gandhi describes this vow as the ability to have courage and resilience, which means confidently speaking to others, overcoming the fear of speaking in front of people, etc. Many people think of fearlessness as not being afraid of death, taking on challenges, or even not being fearful of the dark. Gandhi thinks of fearlessness more profoundly; he adds that fearlessness is having moral integrity and standing up for yourself when facing adversity. This vow was something I needed to apply in my life, as I was missing many of these qualities. For example, I hesitate to ask a question in a classroom because I fear what others might think of me if it is a poor question. Making new friends is also challenging since I do not like talking that much to people I have never met.

Most people live with this fear because that is who they are. A problem with our society is that we think that we cannot change our personalities forcibly and that it happens randomly over time. However, you need to be able to control the change and use it to your advantage. For example, a person who is always grumpy can change his personality with enough practice and valuable methods and become happy. Much of Gandhi's vows, like Abhaya, also have a secondary effect: learning to control your personality changes to become a better person.

**continued to page 2/2...**



## **Abhishek Sinha's Essay on "Abhay (Fearlessness)" (Page 2/2)**

However, what is the point of getting rid of fear? Practicing Abhaya allows you to make new friends, connections, and job opportunities. Many people need to remember the importance of speaking skills; employers will notice those a lot, so it is best to always take advantage of that. With just a daily practice of Abhaya, you can climb the ladder and reach the top quickly to get the job you deserve in the future. With the new knowledge of Abhaya in my brain, I can finally order food on the phone without stress, but learning about it will not help; you need to apply it to see a difference.

Here are some of the strategies I have been using to practice Abhaya. Firstly, I told myself to say "Good morning" to a stranger while walking to my bus stop. A quick exchange will make me more comfortable talking with strangers and having small conversations with them. That's not all, however. I also wanted to take on a leadership role in my first year of university, but I needed to figure out what to do. A couple of days later, I got an email from my university asking for first-year representatives for the Science Student Success Centre (SSSC), where you had to talk about stuff in front of your class. I found this role intriguing, as it had everything I needed to improve, so I applied. I cannot guarantee I will get the position, but the effort matters.

So far, I have practiced Abhaya for almost two weeks, and the improvements were like a catalyst. The small things that I have done have made a massive improvement in my life, making university more enjoyable. For example, I now have no problems talking with strangers for whatever reason. Even if I accidentally slip up some words, that tight knot of anxiety in my stomach is now gone. Of course, I will continue to practice Abhaya after finishing this essay, and so should everyone else who has fears similar to mine. If someone ever wants to practice Abhaya, they can also follow some of what I did. If mine are stale, there are limitless possibilities of getting rid of fear, such as starting a YouTube channel, doing local interviews, joining clubs, etc. A debate club is also good since it improves communication skills and your fear of failing.

In conclusion, Gandhi's vows should be taught in elementary schools and even to adults. There is no age limit for learning these vows; it is never too late. In my case, Abhaya does wonders for your life, such as making new friends, eliminating anxiety, and conversing with strangers. It can even help you in the future, giving you jobs that are better than your dreams. I hope some people learn something from my essay; I spent lots of time on it.



# 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 FOR A KIDS' PLAYBOOK.

## KIDS' PLAYBOOK

### *Gandhi's 11 Vows: Reflections from Young Minds*

... featuring kids' artwork and narratives, A creative journey through Gandhi's principles.



**"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

### 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 by drawing a sketch/artwork, or composing an 8-10 line poem, or writing a 200 word essay/story to depict each vow.**
- **Submit kids' creation online.**
- **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.



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



# Role of Community Service in Promoting Peace

Article by the Editors

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**Synopsis:** *Community service is a powerful tool for promoting peace within societies. It fosters empathy, strengthens communities, encourages collaboration, and addresses the root causes of conflict. By engaging in community service, individuals interact with diverse groups, breaking down stereotypes and fostering mutual respect. Community service builds social cohesion by addressing local issues and meeting the needs of vulnerable populations. It also encourages civic engagement, leading to more active and harmonious communities.*

*Additionally, community service provides positive outlets for individuals, especially youth, guiding them away from negative influences. Role models in community service inspire others to join and contribute. By addressing social issues like poverty and inequality, community service reduces the likelihood of violence and unrest. Effective communication skills developed through community service help resolve conflicts peacefully. As Martin Luther King Jr. said,*

*"Life's most persistent and urgent question is, 'What are you doing for others?'"*  
*Through community service, we can all contribute to a more peaceful world.*

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Community service is a powerful tool for fostering peace within societies. Engaging in community service allows individuals to build empathy, strengthen communities, encourage collaboration, and address the root causes of conflict. This article explores the various ways in which community service contributes to promoting peace and creating harmonious environments.

## **Building Empathy and Understanding**

One primary way community service promotes peace is by building empathy and understanding among individuals. When people participate in community service projects, they interact with diverse groups, learning about different cultures, experiences, and perspectives. This exposure helps break down stereotypes and prejudices, fostering mutual respect and understanding.

As Mahatma Gandhi said, *"The best way to find yourself is to lose yourself in the service of others."*

**Recommended Action:** Volunteer at local shelters, food banks, or community centers. Encourage schools to implement community service programs that expose students to diverse cultures and experiences.

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**Service can have no meaning unless one takes pleasure in it. When it is done for show or for fear of public opinion, it stunts the man and crushes his spirit. Service which is rendered without joy helps neither the servant nor the served.**





**(Page 2/4) Role of Community Service in Promoting Peace**

**Strengthening Communities**

Community service strengthens the social fabric of communities by addressing local issues and meeting the needs of vulnerable populations. When community members come together to improve their surroundings, they foster a sense of belonging and unity. This collective effort helps build social cohesion and reduces the conditions that can lead to conflict in the community.

Jane Goodall once said, *"What you do makes a difference, and you have to decide what kind of difference you want to make."*

**Recommended Action:** Organize or participate in community clean-up events, neighborhood improvement projects, or local health initiatives. Encourage local businesses to support community service projects.

**Encouraging Collaboration**

Community service projects often require collaboration and teamwork. Working together towards common goals helps build relationships and trust among community members. This collaborative spirit reduces divisions and promotes unity. When individuals from different backgrounds collaborate, they learn to appreciate each other's strengths and perspectives, which is crucial for maintaining peace.

*"Alone, we can do so little; together, we can do so much,"* said Helen Keller.

**Recommended Action:** Create opportunities for collaborative community service projects, such as building community gardens or organizing charity events.

**Promoting Civic Engagement**

Engaging in community service encourages individuals to actively participate in their communities, leading to increased involvement in local issues and other civic activities like voting and attending town hall meetings. This heightened engagement contributes to more active and harmonious communities.

As John F. Kennedy famously said, *"Ask not what your country can do for you—ask what you can do for your country."*

**Recommended Action:** Encourage community members to participate in local governance and decision-making processes. Organize community forums and discussions on critical regional issues.

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**(Page 3/4) Role of Community Service in Promoting Peace**

**Providing Positive Outlets**

Community service offers positive activities for individuals, especially youth, guiding them away from negative influences and behaviors that may result in violence and unrest. Participating in meaningful service projects provides individuals with a sense of purpose and accomplishment.

Albert Einstein noted, *"Only a life lived for others is worthwhile."*

**Recommended Action:** Develop after-school programs that involve community service projects. Partner with local organizations to create volunteer opportunities for youth.

**Creating Role Models**

Those who engage in community service often serve as role models, showcasing the positive impact of collective action and giving back. This can motivate more individuals to join and contribute to a harmonious community.

Ralph Waldo Emerson said, *"The purpose of life is not to be happy. It is to be useful, honorable, compassionate, and have it make some difference that you have lived and lived well."*

**Recommended Action:** Recognize and celebrate community service leaders and volunteers. Share their stories to inspire others.

**Addressing Root Causes of Conflict**

Many community service projects aim to address social issues such as poverty, inequality, and lack of education, which are often the root causes of conflict. By tackling these underlying issues, community service helps create a more just and equitable society, thereby reducing violence and unrest.

Nelson Mandela once stated, *"Overcoming poverty is not a task of charity; it is an act of justice."*

**Recommended Action:** Support initiatives that provide education, healthcare, and economic opportunities to underserved populations. Advocate for policies that address social and economic inequalities.

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**(Page 4/4) Role of Community Service in Promoting Peace**

**Enhancing Communication Skills**

Effective community service often requires strong communication skills. Practicing and improving communication helps individuals better resolve conflicts and promote a more peaceful environment.

Stephen R. Covey remarked, "*Seek first to understand, then to be understood.*"

**Recommended Action:** Offer workshops and training sessions on communication and conflict resolution skills. Incorporate these skills into community service projects and activities.

**Conclusion**

Community service plays a vital role in promoting peace by fostering empathy, strengthening communities, encouraging collaboration, promoting civic engagement, providing positive outlets, creating role models, addressing root causes of conflict, and enhancing communication skills. Through active participation in community service, individuals can make a significant impact on their communities and contribute to a world where peace and harmony prevail. As Martin Luther King Jr. wisely said, "Life's most persistent and urgent question is, 'What are you doing for others?'" By answering this question through community service, we can all play a part in promoting peace.



## Video: Volunteering - the beneficial side effects ERIC COOPER | TEDXSANANTONIO



**ChatTube Summary:** The speaker discusses the benefits of volunteering, emphasizing the positive impact on physical and mental health. Research shows that volunteers experience greater health benefits than those who receive support. The speaker highlights the importance of making a genuine connection, practicing pure altruism, and finding the right balance in volunteering to maximize health benefits.

### Key takeaways from this video:

- 1. Volunteering offers greater health benefits to individuals who give support** than those who receive support, highlighting the concept of giving back more than what is given.
- Engaging in volunteering activities can lead to **physical and mental health improvements**, such as increased stamina, memory, flexibility, and decreased levels of depression.
- 3. Making the connection:** Follow your heart, determine your passions, and connect with local non-profits through websites like Just Serve, VolunteerMatch, and United Way Volunteer Center.
- 4. Making it pure:** Ensure that your volunteering is voluntary, altruistic, and comes from a genuine, unselfish place to maximize the health benefits.
- 5. Getting the right dose:** Aim to volunteer between 100 and 200 hours per year or 2 to 4 hours per week to achieve maximum health benefits and live a longer life.
- Volunteering can provide individuals with **a sense of purpose, fulfillment, and connection to others**, contributing to improved mental well-being and overall life satisfaction.
- By engaging in voluntary service, individuals can **make a positive impact on their communities**, fostering social cohesion, resilience, and collective well-being.

continued...

**Whatever you do may be insignificant, but it is very important that you do it.**



**Video (page 2/3): Volunteering - the beneficial side effects**

(Key takeaways continued...)

Ultimately, volunteering not only benefits the recipients of support but also plays a significant role in enhancing the health, well-being, and sense of purpose of individuals who volunteer, as well as contributing to the overall betterment of society.

**How can volunteering positively impact individuals and communities?**

Volunteering can positively impact individuals and communities in various ways. Individuals who volunteer often experience greater health benefits than those who receive support through volunteering. For example, seniors who volunteer may see improvements in stamina, memory, and flexibility, as well as decreased levels of depression. Additionally, volunteering can help individuals feel a sense of purpose and fulfillment, leading to improved mental well-being.

Communities also benefit from volunteering as volunteers contribute their time and skills to various causes, such as tutoring children, delivering meals to seniors, planting trees, or providing support during natural disasters. This collective effort can lead to transformative changes within communities, fostering a sense of unity and support among residents.

Overall, volunteering not only benefits the individuals who volunteer but also contributes to building stronger and more resilient communities. So, if you're considering volunteering, go ahead and make a positive impact today!

**How does volunteering contribute to improving mental health?**

Volunteering has been shown to contribute to improving mental health in several ways. When individuals volunteer, they often experience a sense of purpose, fulfillment, and connection to others, which can positively impact their mental well-being. Engaging in meaningful activities through volunteering can help reduce feelings of loneliness, depression, and anxiety.

Furthermore, volunteering provides opportunities for individuals to focus on something outside of themselves, shifting their perspective and promoting a sense of gratitude and empathy. The social interactions and relationships formed through volunteering can also provide a support system and sense of belonging, which are crucial for maintaining good mental health.

Research has shown that volunteering can lead to decreased levels of stress, improved self-esteem, and a greater overall sense of happiness and well-being. Therefore, by giving back to others and their communities, individuals can not only make a difference in the lives of others but also experience positive effects on their own mental health.

continued...





**Video (Page 3/3): Volunteering - the beneficial side effects**

**How does volunteering cultivate a sense of purpose and fulfillment?**

Volunteering cultivates a sense of purpose and fulfillment by allowing individuals to engage in meaningful activities that contribute to the well-being of others and their communities. When individuals volunteer their time and skills to help others, they often experience a sense of personal satisfaction and fulfillment that comes from making a positive impact.

Through volunteering, individuals have the opportunity to connect with others, build relationships, and work towards a common goal, fostering a sense of belonging and camaraderie. This sense of community and shared purpose can lead to a greater sense of fulfillment and purpose in one's own life.

Additionally, volunteering can help individuals discover their passions, talents, and values, leading to a greater understanding of themselves and their place in the world. By giving back to others and engaging in activities that align with their beliefs and interests, individuals can experience a deep sense of fulfillment and satisfaction that comes from making a difference.

Overall, volunteering provides individuals with the opportunity to see the impact of their efforts, feel valued and appreciated, and experience a sense of purpose that can enrich their lives and bring greater meaning to their everyday activities.



# The Global Influence of Mahatma Gandhi

Article by the Editors

Mahatma Gandhi, popularly known as the "Father of the Nation" in India, left a profound impact that extended far beyond India's fight for independence. His philosophy of nonviolence (ahimsa) and civil disobedience continues to inspire movements and individuals worldwide, shaping history in relevant ways. Gandhi's approach was a political strategy and a profound moral and ethical stance addressing the root causes of injustice and oppression.

His influence has been evident in the struggle for civil rights, the movement against apartheid, the advocacy for environmental sustainability, and among political leaders, philosophers, and activists across different eras. Gandhi's enduring principles have transcended geographical and cultural boundaries, showcasing the universal appeal of nonviolent resistance as a potent catalyst for personal and societal change.

In this article, we delve into how Gandhi's ideas have influenced significant movements and figures globally, demonstrating the enduring potency of peaceful resistance in driving transformation at an individual and societal level.

## **The Civil Rights Movement in the United States**

Dr. Martin Luther King Jr. drew profound inspiration from Gandhi's teachings. Gandhi's successful campaigns in India directly influenced King's adoption of nonviolent resistance in the battle for racial equality. King's visit to India in 1959 further solidified his commitment to nonviolence. King applied his understanding of the nonviolence principle to the Montgomery Bus Boycott and similar landmark events. Gandhi's methodologies were pivotal in America's broader struggle for civil rights.

## **The Anti-Apartheid Movement in South Africa**

Gandhi's peaceful protest methods significantly inspired Nelson Mandela. Gandhi's early work in South Africa, where he first developed his ideas on nonviolent resistance, laid the groundwork for anti-apartheid activism. Mandela later acknowledged Gandhi as a significant influence in his campaign to dismantle apartheid and achieve social justice in South Africa.

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## **The Global Influence of Mahatma Gandhi (page 2/3)**

### **Global Peace and Nonviolence Movements**

Gandhi's dedication to peace and nonviolence inspired various global movements, including the Nuclear Disarmament Movement and the formation of Greenpeace. His philosophy became a guiding principle for peace activists worldwide, who integrated his emphasis on nonviolent resistance into their campaigns for a more just and peaceful world.

### **Political Leaders and Philosophers**

Gandhi's teachings left a profound impact on many political figures and philosophers. For instance:

- César Chávez, inspired by Gandhi, adopted nonviolent tactics to fight for the rights of farm workers in the United States.
- Lech Wałęsa, leader of Poland's Solidarity movement, was motivated by Gandhi's strategies for challenging the Communist regime.
- Aung San Suu Kyi cited Gandhi as a significant influence in her fight for democracy and human rights in Myanmar.

### **Environmental Movements**

Gandhi's simple living and self-sufficiency principle has exerted a global influence on environmental movements. His advocacy for sustainability and economic independence has inspired modern efforts to combat climate change and promote environmental conservation. His vision of living in harmony with nature strongly resonates with today's ecological ethics.

### **Intellectual and Academic Circles**

Gandhi's ideas have been extensively studied and discussed within academic institutions. His nonviolent resistance and civil disobedience philosophies have greatly influenced fields such as political science, peace studies, and conflict resolution. Scholars continue to examine his writings and debate their relevance and application in contemporary contexts.

### **Religious and Ethical Movements**

Gandhi's integration of spiritual and ethical principles into political activism has influenced various religious and moral movements. Leaders from different faith traditions have admired his ability to bridge spirituality with political action, fostering interfaith dialogue and mutual understanding.

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## **The Global Influence of Mahatma Gandhi (page 3/3)**

### **Conclusion**

Gandhi's legacy lives on not only in the historical context of India's independence but also in the continuing relevance of his principles in modern-day movements for social justice, political reform, and environmental protection. His life is a powerful example of how nonviolent action and moral integrity can drive meaningful social change.

The global resonance of Gandhi's ideas underscores his enduring influence as a figure who transcends borders, cultures, and ideologies in the quest for a more equitable and peaceful world.



## Video: How Mahatma Gandhi continues to wield global influence



**ChatTube Summary of the Video:** The video discusses Mahatma Gandhi's enduring impact on global movements for peace and justice. It highlights how his principles of non-violence and civil disobedience continue to inspire activists worldwide. Furthermore, it emphasizes the relevance of his teachings in contemporary social and political struggles.

The text outlines the influence of a historical figure without mentioning any sponsorships or brand names. It focuses on the philosophy and principles that continue to inspire movements rather than promoting specific products or organizations. The analysis reflects on the lasting significance of these teachings in present-day contexts.

### **Q. How has Gandhi's philosophy influenced global movements for peace and justice?**

Mahatma Gandhi's philosophy has profoundly impacted global movements for peace and justice in several key ways:

1. **\*\*Non-violent Resistance\*\*:** Gandhi's principle of *\*Satyagraha\**, or non-violent resistance, has inspired numerous leaders and movements across the world, such as Martin Luther King Jr. during the Civil Rights Movement in the United States and Nelson Mandela in the fight against apartheid in South Africa. His belief that peaceful protest could bring about social and political change has been a guiding principle for many activists.

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**Q. How has Gandhi's philosophy influenced global movements for peace and justice?** (continued from p 1/3)

2. **Moral and Ethical Framework**: Gandhi emphasized the importance of ethics and morality in activism. His approach encourages individuals and movements to strive for justice through integrity and non-violence, which has resonated globally, fostering movements that aim for systemic change while upholding human rights.

3. **Global Solidarity**: Gandhi's teachings promote the idea of global interconnectedness. His message of peace and non-violence transcends cultural and national boundaries, encouraging people worldwide to unite for common social issues like poverty, oppression, and discrimination.

4. **Grassroots Mobilization**: His methods demonstrated the power of grassroots organization and mass mobilization. Movements inspired by Gandhi often rely on the collective action of ordinary people, showing that change is possible through coordinated efforts, regardless of status or power.

5. **Advocacy for Social Justice**: Gandhi's fight against social injustices, such as untouchability and colonial oppression, highlights the importance of addressing systemic inequalities. This aspect of his philosophy has influenced various social justice movements worldwide, emphasizing that true peace cannot exist without justice.

In summary, Gandhi's influence extends to a diverse range of global movements, emphasizing non-violence, ethical action, solidarity, grassroots mobilization, and the pursuit of social justice. These principles continue to resonate with activists striving for change around the world today.

**Q. What are the key takeaways from this short video?**

Here are the key takeaways from the video on how Mahatma Gandhi continues to wield global influence:

1. **Enduring Legacy of Non-violence**: Gandhi's philosophy of non-violent resistance (*Satyagraha*) remains a powerful tool for social and political change, inspiring numerous global movements advocating for justice and peace.

continued to page 3/3...





**Q. What are the key takeaways from this short video?** (continued from p 2/3)

2. **\*\*Global Role Model\*\***: His approach has influenced many prominent leaders, such as Martin Luther King Jr. and Nelson Mandela, who have adopted his principles in their fight against racial injustice and oppression.

3. **\*\*Ethical Framework for Activism\*\***: Gandhi emphasized the importance of morality and ethics in activism, encouraging movements to focus on integrity and compassion rather than violence.

4. **\*\*Grassroots Empowerment\*\***: Gandhi's methods highlighted the effectiveness of grassroots mobilization, demonstrating that collective action from ordinary people can lead to significant societal changes.

5. **\*\*Interconnectedness of Humanity\*\***: His teachings advocate for unity and solidarity among diverse communities, underscoring the idea that global issues should be approached collaboratively.

6. **\*\*Lessons for Modern Movements\*\***: Contemporary activists can draw valuable lessons from Gandhi's life and philosophy, particularly in how to confront systemic injustices and promote peace in today's context.

7. **\*\*Relevance to Current Issues\*\***: Gandhi's principles continue to resonate in modern discussions about social justice, environmental sustainability, and human rights, showing that his insights are still applicable in addressing current global challenges.

In summary, the video emphasizes Gandhi's lasting influence and the relevance of his teachings in addressing social issues today, while inspiring ongoing movements for peace and justice around the world.



## **BOOK: GANDHI FOR 21ST CENTURY**

by Hingorani, Anand T.

**24 Volumes available from:** <https://www.exoticindiaart.com/book/details/gandhi-for-21st-century-gems-from-mahatma-in-24-handly-volumes-uah217/>

### **Summary of the Book:**

The 24-volume book series Gandhi for the 21st Century, written by Anand T. Hingorani, provides a comprehensive exploration of Mahatma Gandhi's life, philosophy, and lasting influence. This extensive collection examines Gandhi's teachings, letters, speeches, and reflections on various subjects. The series is a valuable source of knowledge that presents Gandhi's principles in a way that is accessible and relevant to modern readers, particularly those interested in peace, nonviolence, and social justice. It fosters a deep respect and appreciation for the enduring impact of Gandhi's legacy.

The series covers different aspects of Gandhi's life as a leader and thinker. Hingorani carefully gathers Gandhi's ideas on truth (Satya), nonviolence (Ahimsa), self-reliance (Swadeshi), and community service (Sarvodaya). By showcasing Gandhi's thoughts on how individuals and societies can address issues like inequality, conflict, and oppression, the series provides guidance for those seeking solutions to modern-day problems using Gandhian principles.

One of the central themes of the series is the effectiveness of nonviolence as a tool for social and political change. The philosophy of Ahimsa (nonviolence) advocated by Gandhi is not just seen as a passive approach, but as an active force of love and courage capable of bringing about societal transformation. Hingorani effectively demonstrates how Gandhi's tactic of civil disobedience, as demonstrated in the Indian independence movement, remains relevant today in addressing issues such as racial discrimination, environmental degradation, and social injustice.

The volumes also focus on Gandhi's emphasis on self-reliance and sustainable living. Swadeshi, or economic self-sufficiency, promoted local production and discouraged dependence on foreign goods. This concept is being re-examined in today's globalized world. Gandhi's belief in sustainable development and rural upliftment strongly resonates with current concerns over environmental conservation and equitable economic growth. The series draws parallels between Gandhi's campaigns for dignity and justice for marginalized communities in India and the ongoing global fight for human rights and dignity in the 21st century.

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**Book: Gandhi For 21st Century (page 2/2)**

Gandhi's spiritual approach to leadership is a critical aspect covered in this series. According to Gandhi, politics and morality were inseparable. He believed that authentic leadership must be rooted in ethical values such as truthfulness, compassion, and humility. The volumes offer insight into how Gandhi's spirituality influenced his political activism and social reforms. It also shows how this combination of inner growth and outward action remains relevant to contemporary movements for peace and justice.

The series also highlights Gandhi's views on education, particularly his critique of colonial education systems that alienated individuals from their culture and community. He envisioned an education system that would empower individuals to become self-sufficient and ethical citizens. This vision aligns with current discussions on the need for education systems that are inclusive, empowering, and socially conscious.

In conclusion, "Gandhi for the 21st Century" goes beyond being a mere historical account of Gandhi's life. It serves as a guide for those who wish to apply his timeless principles to modern challenges. Whether dealing with personal struggles, societal conflicts, or global issues, Gandhi's teachings offer valuable lessons on promoting peace, nonviolence, and harmony in today's world. By featuring this series in our newsletter, "Gandhi's Reflections... Echoes of Peace, Nonviolence, and Harmony," we aim to inspire a new generation of readers to embrace Gandhi's wisdom and apply his vision of a just and peaceful world to our present-day realities.



## 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.

