



# LIVING GANDHI'S LEGACY

## (Monthly Talks & Community Dialog)

**Gandhi's Teachings: A Pathway to Personal and Social Transformation.**

**The Session Leaders are speakers from different walks of life in the community and inspired by Gandhi's philosophy. They will:**

- Provide a thoughtful and engaging presentation (35-45 minutes) on the chosen topic, focusing on its practical applications and sharing stories, examples, and personal experiences to connect with and engage the audience; and
- Facilitate Q&A / community dialog, encouraging participants to reflect and share insights.

### SCHEDULE & SESSION TOPICS

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

**[Click Date to Register]**

**Feb 15 Fearlessness: Overcoming Personal and Social Challenges...** Courage in Action: Living Without Fear (Abhaya) ([About](#))

**Mar 16 Truth as a Way of Life...** Living Authentically in a Complex World ([About](#))

**Apr 27 Food and Mindful Living...** Control of the Palate (Asvada) for Health and Balance ([About](#))

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

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

**Jul 26 The Power of Equality of Religions (Faiths)...** Embracing Diversity: The Strength of Unity in Faith ([About](#))

**Aug 17 The Ripple Effect of Kindness...** Acts of Kindness as Catalysts for Change ([About](#))

**Sep 20 Environmental Sustainability...** Living in Harmony with Nature ([About](#))

**Oct 18 The Legacy of Gandhi in the Modern World...** Gandhi's Relevance in the 21st Century ([About](#))

**Nov 08 Simplicity in a Material World...** The Joy of Non-Possession (Aparigraha) ([About](#))

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

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



**Join Us in Inspiring Change** **This series aims to bring Gandhi's vision to life, one conversation at a time.**  
Let us help Ottawa embrace the transformative power of Gandhi's principles.  
**Gandhi once said, "Be the change you wish to see in the world."**