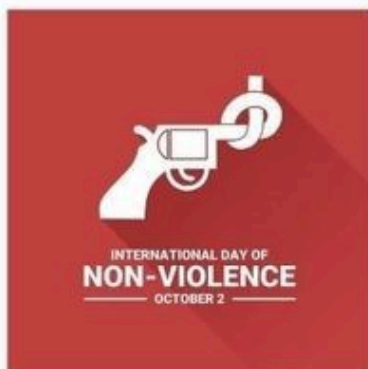


INTERNATIONAL DAY OF NON-VIOLENCE



SAVE THE DAY

Pooma UN Volunteers-India



SDG 4: OCT 2, International Non Violence Day

Dear Schools and Educators of the world,

In honour of Gandhi Jayanti on October 2nd, a day that also marks the International Day of Non-Violence, we encourage you to commemorate the life and principles of the Father of the Nation, Mahatma Gandhi, through various thoughtful activities.

1. Salutation Song¹:

Compose and sing a salutation song, paying homage to Mahatma Gandhi's pivotal role in India's struggle for independence. The song encapsulates his teachings of truth, nonviolence, and self-reliance.

2. Cleanliness Drive:

Organize a cleanliness drive within the school premises or nearby areas. This activity reflects Gandhi's emphasis on cleanliness and sanitation for a healthy and disciplined life.

3. Tree Plantation:

Arrange a tree plantation drive, aligning with Gandhi's love for nature and belief in environmental conservation. Encourage children to understand the importance of sustainable living.

4. Gandhi Quiz²:

Conduct a quiz based on Gandhi's life, principles, and contributions to the nation. It's a great way to impart knowledge and instill Gandhi's values of truth and wisdom in young minds.

5. Skit or Play:

Stage a skit or play portraying significant events from Gandhi's life. This interactive approach helps children connect with his teachings of non-violence, Satyagraha, and civil rights.

6. Collage Making:

Invite children to create collages depicting Gandhi's journey, quotes, and impactful moments. It's a creative way to inspire them and ignite their interest in history and social justice.

7. Special Menu:

Prepare a special menu featuring simple, nutritious food items that were favored by Mahatma Gandhi. This educates children about his lifestyle choices and dietary preferences.

8. Peace March:

Organize a symbolic peace march within the school premises to echo Gandhi's philosophy of non-violence and peaceful protest. Encourage students to craft placards with Gandhi's quotes promoting peace and harmony.



9. Letter Writing:

Engage children in writing letters to Mahatma Gandhi, expressing their thoughts, aspirations, and commitment to upholding his principles of truth, peace, and compassion in their daily lives.

10. Craft Activity:

Host a craft activity where children can make spinning wheels or 'charkhas.' This activity symbolizes self-reliance, a value strongly advocated by Mahatma Gandhi.

11. Movie Screening:

Screen a movie based on Gandhi's life, offering an audio-visual experience to understand his struggles and vision for a free India. Movies like 'Gandhi' or 'Lage Raho Munna Bhai' can be inspiring choices.

12. Storytime with Bapu:

Engage children in a reading session, narrating age-appropriate books that depict Gandhi's life and values. Encourage discussions to gauge their understanding and insights.

13. Spinning Wheel Craft:

Conduct a craft activity to help children create their miniature spinning wheels, reinforcing Gandhi's emphasis on self-sufficiency and the use of indigenous products.

14. Dandi March Reenactment:

Encourage children to reenact the historic Dandi March, emphasizing the principles of non-violent resistance and civil disobedience. This activity fosters teamwork and an understanding of historical events.

15. The Salt Experiment³:

Intrigue curious minds with a simple science experiment illustrating the significance of Gandhi's fight against the salt tax during the Dandi March. Relate this experiment to his larger struggle for justice and equality.

16. Gandhi's Vows⁴:

Educate children about Gandhi's three vows, promoting vegetarianism, abstinence from alcohol, and treating all women as equals. Encourage discussions on these essential values.

17. Mahatma Gandhi Quotes⁵:

Share impactful quotes by Gandhi, elucidating his timeless wisdom and encouraging children to reflect on their implications for their lives and the world around them.

18. Gandhi's Message⁶:

Highlight Gandhi's universal message of love, respect, equality, and the belief that individual efforts can bring about positive change in the world.



United Nations

For those keen on organizing these events and potentially receiving a certificate of recognition from the United Nations, we welcome you to share complete event details, including a description and photos, via the provided contact information:

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UNV Aff. No: REG/COM/IND/1319529

Your dedication to organizing these activities to honor Gandhi Jayanti and spread his timeless messages is deeply appreciated. We extend our best wishes for a successful and meaningful celebration.



Lyrics
For your song

¹Salutation to the Father of the Nation:

O, thou, father of the nation,
We owe you a salutation.

For each and everything that you did;
For the cause of the nation and freedom's
seed;
For the wheel called 'CHARKHA', the
steering of 'SWADESHI';
For the drive of 'CHALE JAO', to expel
'VIDESHI';
For the teachings of truth, nonviolence and
peace;
For the messages of cleanliness & patience
against tease.
Guided thou, for listening not, seeing not,
speaking not an evil;
Still one of us only, dared you to kill.

Gone might be you but not your thoughts;
Forever, they'll inspire, like lustrous spots.

Therefore, O, thou, father of the nation,
We owe you salutation;
With lotuses of hearts of a hundred plus
crores;
From the peak of the Himalayas to the
ocean's roars;
O, thou father of the nation,
We owe you salutation,
We owe you a salutation.

Written by: Anil Deshpande



Quiz

Round 1

²Mahatma Gandhi Quiz

Instructions: Answer the following questions to test your knowledge about Mahatma Gandhi and his life.

Round 1

Question 1:

What was Mahatma Gandhi's full name?

- a) Mohandas Karamchand Gandhi
- b) Mohandas Gandhi
- c) Mahatma Karamchand Gandhi
- d) Mohan Gandhi

Question 2:

In which year was Mahatma Gandhi born?

- a) 1869
- b) 1872
- c) 1857
- d) 1882

Question 3:

Which event is associated with the famous phrase "Dandi March"?

- a) Civil Disobedience Movement
- b) Quit India Movement
- c) Non-Cooperation Movement
- d) Salt Satyagraha

Question 4:

What does the term "Satyagraha" mean?

- a) Non-violent resistance
- b) Civil disobedience
- c) Freedom struggle
- d) Peaceful coexistence

Question 5:

Which movement urged Indians to boycott British-made goods?

- a) Non-Cooperation Movement
- b) Quit India Movement
- c) Civil Disobedience Movement
- d) Khilafat Movement

Question 6:

In which year did Mahatma Gandhi famously lead the Salt March (Salt Satyagraha)?

- a) 1930
- b) 1925
- c) 1935
- d) 1920

Question 7:

Which prison in South Africa did Mahatma Gandhi stay in during his struggle for the rights of Indians?

- a) Robben Island
- b) Pretoria Central Prison
- c) Alcatraz Island
- d) Devil's Island

Question 8:

What title did Rabindranath Tagore give to Mahatma Gandhi?

- a) Mahanayak
- b) Mahatma
- c) Rashtrapita
- d) Lokmanya

Question 9:

Which important event led to the declaration of Indian independence in 1947?

- a) Cabinet Mission Plan
- b) Simon Commission
- c) Jallianwala Bagh massacre
- d) Cripps Mission

Question 10:

What principle did Gandhi advocate in dealing with conflict, famously stating "An eye for an eye makes the whole world blind"?

- a) Non-violence
- b) Retaliation
- c) War
- d) Pacifism



Quiz

Round 2

Question 6:

In which year did Mahatma Gandhi famously lead the Salt March (Salt Satyagraha)?

- a) 1930
- b) 1925
- c) 1935
- d) 1920

Question 7:

Which prison in South Africa did Mahatma Gandhi stay in during his struggle for the rights of Indians?

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Question 16:

Where did Mahatma Gandhi undertake his first hunger strike in India?

- a) Sabarmati Ashram
- b) Champaran
- c) Ahmedabad Mill Workers' Strike
- d) Yerwada Central Jail

Question 17:

In which city was Mahatma Gandhi assassinated?

- a) New Delhi
- b) Kolkata
- c) Mumbai
- d) Chennai

Question 18:

Which of these titles was not given to Mahatma Gandhi?

- a) Bapu
- b) Rashtrapita
- c) Lokmanya
- d) Mahatma

Question 19:

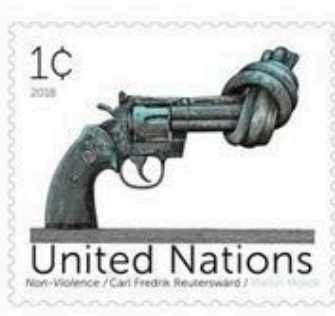
Who succeeded Mahatma Gandhi as the leader of the Indian National Congress?

- a) Jawaharlal Nehru
- b) Sardar Vallabhbhai Patel
- c) Subhas Chandra Bose
- d) Rajendra Prasad

Question 20:

Which of these social issues did Mahatma Gandhi strongly advocate against?

- a) Caste Discrimination
- b) Women's Education
- c) Industrialization
- d) Urbanization



Round 3

Question 21:

Which movement aimed at promoting economic self-sufficiency and boycott of British goods?

- a) Swadeshi Movement
- b) Civil Disobedience Movement
- c) Quit India Movement
- d) Non-Cooperation Movement

Question 22:

What was the name of the political party formed by Mahatma Gandhi?

- a) Indian National Congress
- b) Swaraj Party
- c) All India Muslim League
- d) Aam Aadmi Party

Question 23:

What is the significance of January 30th in the context of Mahatma Gandhi?

- a) Gandhi's birth anniversary
- b) Gandhi's assassination anniversary
- c) Quit India Movement
- d) Dandi March

Question 24:

What did Mahatma Gandhi encourage Indians to weave as a symbol of self-reliance?

- a) Khadi
- b) Wool
- c) Silk
- d) Cotton

Question 25:

Who was Mahatma Gandhi's wife and lifelong companion?

- a) Kasturba Gandhi
- b) Indira Gandhi
- c) Sarojini Naidu
- d) Kamala Nehru

Quiz

Round 3

Question 26:

What event marked the start of Mahatma Gandhi's activism in India?

- a) Champaran Satyagraha
- b) Quit India Movement
- c) Jallianwala Bagh massacre
- d) Non-Cooperation Movement

Question 27:

Which city is home to the Sabarmati Ashram, a residence for Mahatma Gandhi?

- a) Ahmedabad
- b) Mumbai
- c) Kolkata
- d) Delhi

Question 28:

Which of the following was not a tool of non-violence as advocated by Mahatma Gandhi?

- a) Ahimsa (Non-violence)
- b) Satyagraha (Civil Resistance)
- c) Dand (Punishment)
- d) Tyag (Sacrifice)

Question 29:

What role did Mahatma Gandhi play in the Bose-led Indian National Army?

- a) He supported and led the INA
- b) He opposed and criticized the INA
- c) He negotiated with the INA
- d) He had no direct involvement with the INA

Question 30:

What was the outcome of the Round Table Conferences held in London during the 1930s?

- a) Agreement on Indian independence
- b) Agreement on partition of India
- c) No substantial agreement
- d) Agreement on continued British rule in India



Salt Experiment

³If your children are a curious bunch and love science, then another engaging activity related to Mahatma Gandhi's principles is the salt experiment. Fill a small container with water and add a few spoonfuls of salt. With the help of a magnifying glass, ask your children to observe what happens when the water evaporates. Allow your children to try different combinations of water and salt quantities to see if the results vary. Use this simple experiment to explain how Gandhi's fight against the salt tax was symbolic of his larger struggle for justice and equality.



Quotes

5 Mahatma Gandhi Quotes: This great leader's philosophy and principles live even today and motivate us through Mahatma Gandhi's quotes. Here are some of the Mahatma Gandhi quotes on life, freedom, and principles that will inspire us every day.

1. "Live as if you were to die tomorrow. Learn as if you were to live forever."

2. "The greatness of humanity is not in being human, but in being humane."

3. "In a gentle way, you can shake the world."

4. "Change yourself – you are in control."

5. "I will not let anyone walk through my mind with their dirty feet."

6. "The weak can never forgive. Forgiveness is the attribute of the strong."

7. "If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. We need not wait to see what others do."

8. "A man is but a product of his thoughts. What he thinks he becomes."

9. "I will not let anyone walk through my mind with their dirty feet."

10. "Nobody can hurt me without my permission."

11. "Happiness is when what you think, what you say, and what you do are in harmony."

12. "The weak can never forgive. Forgiveness is an attribute of the strong."

13. "An ounce of practice is worth a thousand words."

14. "A coward is incapable of exhibiting love; it is the prerogative of the brave."

15. "Live as if you were to die tomorrow. Learn as if you were to live forever."

16. "Freedom is not worth having if it does not include the freedom to make mistakes."

17. "Service which is rendered without joy helps neither the servant nor the served."

18. "If we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children."



Quotes

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

20. "In a gentle way, you can shake the world."

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

22. "Hate the sin, love the sinner."

23. "Glory lies in the attempt to reach one's goal and not in reaching it."

23. "Whenever you are confronted with an opponent, conquer him with love."

25. "Permanent good can never be the outcome of untruth and violence."

26. "The future depends on what you do today."

27. "To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer."

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

29. "It's the action, not the fruit of the action, that's important."

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

31. "You don't know who is important to you until you actually lose them."

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

33. "You may never know what results come from your actions, but if you do nothing, there will be no results."

34. "I cannot conceive of a greater loss than the loss of one's self-respect."

35. "You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."



3 Promises

4“Mother, I bow at
your feet and promise
that I won’t eat flesh,
won’t drink alcohol
and look upon other
women as my mother
or sister!”



Message

⁶Gandhi's message to the whole world is to treat everyone with love and respect. He believed in the existence of God and Humanity. He advocated that everyone is equal and that every single effort can change the world for the better.