

We Must Be the Change We Want to See in The World

Arun Gandhi, Total Nonviolence
New York / South Africa

☀ Call to Action

Become involved with Arun's work to create a better, safer, more humane world by visiting **The M.K. Gandhi Institute for Nonviolence** at gandhiinstitute.org

☀ Values

- Compassion
- Thoughtfulness
- Peace
- Nonviolence
- Respect

☀ Lessons Learned

Remember to live by Gandhi's words:

"We must live what we want others to learn."

This means always striving for your actions to be a good example.

The seeds of anger only bring pain and suffering. Instead, you can choose to be a "peace farmer."

Real solutions to the world's problems are born from compassion.

Born and brought up in South Africa, Arun Gandhi faced a lot of prejudice because of the color of his skin

"It filled me with a lot of anger. I wanted an eye for an eye." Thankfully, his parents brought him to India, to study the ways of ahimsa under his beloved grandfather, Mahatma Gandhi. Ahimsa is the principle of nonviolence toward all living things. As a self-described "peace farmer," Arun has taught countless numbers of people over the years how to properly abide by ahimsa through his lectures, reporting, and his work at the M.K. Gandhi Institute for Nonviolence. Arun has seen a lot of destruction of the environment, in both South Africa and India. To address the climate crisis we are in, he urges our leaders to listen to the wise words of his grandfather: We must live what we want others to learn.

☀ Language Arts

Imagine that you were the 12-year-old grandson of Mahatma Gandhi. What would it be like to be his grandson? Write a 1,000 word narrative essay in which you describe what you imagine a day in the life of Gandhi's grandson would be like. Finish your essay by answering this question: Why is Mahatma Gandhi's legacy still important in our world today?

What is ahimsa? Create a five-minute video to explain the concept, its origins, how it has been used throughout history, and how it can be applied today. Give three concrete examples of what ahimsa is, and why it should be taught in schools as part of the curriculum.

Based on Arun Gandhi's definition of violence, and the various kinds of violence society exposes us to, create a series of six TikTok videos in which you explain what violence is; give concrete examples of it (based on Arun's definition); and offer ways to deal with violence in a way that promotes ahimsa.

Working in small groups (2-4 people), create a presentation in which you propose concrete ways that ahimsa can be used to fight climate change. Offer concrete examples of several climate change issues, and explain how practicing ahimsa can help find practical solutions to these problems.

STEM Activities

In [this activity from the California Academy of Sciences](#)¹, students “mine” chocolate chips out of cookies to demonstrate the effects mining can have on habitats. Students will summarize the environmental impacts of obtaining and using fossil fuels, and explore solutions for reducing the use of them.

In [this lesson plan from TropICSU](#)², students explore issues of poverty, in particular how it is exacerbated by climate change, and the measures needed to manage it, using the guidelines provided by the United Nations Development Programme (UNDP) for the sustainable development goals (SDGs).

This [lesson plan from TropICSU](#)³ provides an introduction to climate change. Students analyze the climate change risk profile for South Africa, including climate impacts on major sectors of the country: agriculture, water resources, human health, ecosystems, energy, infrastructure, and disasters.

Sustainability Innovations

The [M.K. Gandhi Institute for Nonviolence](#)⁴ is working to extend the legacy of Mahatma Gandhi. Two of the main projects of the Institute are the School Climate Transformation, and Nonviolence in Prisons. How can these projects impact students such as yourselves?

Arun has used the [Gandhi Worldwide Education Institute](#)⁵ to address poverty worldwide through the Institute’s three founding principles. These principles are centered around proper education, family and community involvement, and equality for all people, regardless of their socioeconomic status. Visit the [Institute](#)⁶ to view the three principles.

Review [this article](#)⁷, which highlights diversity and inclusion within higher education in the U.S. After assessing the disparities shown among students in the U.S., how do you think this compares to other countries? Why is it important to have a society that is rooted in fundamental humanitarian values, independent of socioeconomic status?

Sustainability Career Pathways

Nonviolence Trainer. Nonviolence is not only recognized as an effective protest strategy; it is also increasingly being sought after as a more effective means of crisis prevention. Hospitals, nursing homes, prisons, and schools are all starting to recognize the value of nonviolent de-escalation in potentially violent situations. Want to become an expert in nonviolence, and train others to use these skills? Learn more about nonviolence, along with career and internship opportunities at the [M.K. Gandhi Institute for Nonviolence](#).⁸

Microfinance Loan Officer. Microfinance is a proven tool for helping to create opportunities, and leveraging the resources of the poorest segment of humanity to help themselves. Read [this article](#)⁹ to learn how to be a microfinance loan officer, or to help with policy or field development. Check out these databases: [UNJobs](#)¹⁰ and [DevEx](#)¹¹ to find jobs and internships.

Earth’s Rights Advocate. True harmony with the Earth means that like all humans, the Earth also has its rights recognized and protected. There is a growing field in expanding rights to the planet, through the use of law and advocacy. Learn more about this

budding new field [here](#).¹²

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- 1 <https://www.calacademy.org/educators/lesson-plans/fossil-fuels-chocolate-chip-mining>
 - 2 <https://tropicsu.org/lesson-plan-poverty/>
 - 3 <https://tropicsu.org/lesson-plan-climate-change-impacts-south-africa/>
 - 4 <https://gandhiinstitute.org/>
 - 5 <https://www.gandhiforchildren.org/about/>
 - 6 <https://www.gandhiforchildren.org/about/>
 - 7 <https://www2.ed.gov/rschstat/research/pubs/advancing-diversity-inclusion.pdf>
 - 8 <https://gandhiinstitute.org/>
 - 9 <https://www.investopedia.com/articles/07/microfinance.asp>
 - 10 <https://unjobs.org/>
 - 11 <https://www.devex.com/jobs/>
 - 12 <https://earthrights.org/about/>



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