

# अहिंसा पुस्तिका

अभिव्यक्ती

## TRUTH & NON-VIOLENCE

“My religion is based on truth and non-violence. Truth is my God. Non-violence is the means of realising Him.” - Mahatma Gandhi. When we hear the words – truth and non-violence, we think of Mahatma Gandhi, Father of our Nation. These were the twin pillars of Gandhi’s thoughts. During the freedom struggle, Gandhi introduced the spirit of Satyagraha to the world. Satyagraha means devotion to truth, remaining firm on the truth and resisting untruth actively but non-violently. According to Gandhi, a satyagrahi must believe in truth and nonviolence as one creed and therefore have faith in the inherent goodness of human nature.

For me truth and non-violence are two weapons which are even stronger than any knife or bomb. Being raised, I have been taught that being truthful is better than lying. And that one lie will make us tell hundreds of lies. But, non-violence implies uttermost selflessness. Both Jainism and Buddhism preached non-violence as the basic principle of existence. Gandhi was also influenced by Bhagvad Gita with its stress on non attachment and selfless action, Christianity, along with its message of love and compassion, extended even to one’s enemies, was another important influence on Gandhi’s life. Hence, every religion teaches us the importance of truth and non-violence which was Gandhi’s greatest weapon against British people during India’s freedom struggle. Also the lockdown teaches us to be honest and love ourselves, because in the end everything in our life is nothing compared to the world we live in.

**Bhaviya Sam**, XII-Commerce

## TRUTH and NON-VIOLENCE

They say that scars never heal, it is said so as these scars can be seen, but what about the wounds in the mind of people which are a tattoo forever? With the change in time, the definition of violence has changed, too. It is much more than the physical harm caused and it now includes hurting the person intellectually. The world wars have beared the testimony that hurt to the mind and pride is more dangerous than physical harm. Someone mentally hurt is more thirsty for revenge and empathising with them would only anger them more.

We are taught that we should not hurt anyone and no physical violent action should be carried out, but we forget about the words we wield as weapons. The hurt we give is something which we should avoid, not just physical, but mental, too. The hurt by words comes when we lean towards the untruthful medium of lowering someone for personal satisfaction.

Truth and nonviolence are not just philosophical topics to be talked about, it's more of a topic that should be implemented in our lives as it will bring in the value of consideration and that value is crucial as it will eradicate other problems such as financial frauds and poverty as the rich would be more considerant about the poor and the crimes would come down, too, as the person conducting the crime, their conscious will make them feel guilty and even before they do it they will think and rethink about it.

The thought that force can be mitigated only through force only is wrong as it can also be eradicated through society by bringing in quality education. Peace is the outcome of truth and nonviolence and is vital for the survival and propagation of humanity. We hear that the empires are always at their golden heights when there is peace everywhere and for the great and mighty kingdom of living beings to survive, the human has to be and needs to improvise as we are indirectly the decision makers of various factors. The weather and nature isn’t in our control, but afforestation, usage of nuclear weapons and pollution is in our hands. These things can only be done when all of us are together and that can happen when there is no violence and truth everywhere.

**Jignesh Bhande**, XII-Commerce

Dear readers,

As you know, sports and games are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body. Through participation in sports and games, a student gains various skills, experience and confidence that are helpful for developing their personality.

I would like to take this opportunity to congratulate Ms Janhavi Thakur of ISC XII Commerce for her spectacular success at the 65th National School Games 2019 -20 . Her achievement has brought laurel and fame not only to herself but also to our school. Her hard work, determination and training has paid rich dividends with her winning one Silver medal in the Gymnastics, under 17 Girls category. It is an inspiration and great motivation factor to all future aspirants and participants from our school.

Warm Regards,

**Rajashree Rane**  
Section Head (ISC)

## NON VIOLENCE

Non-violence, it is a term which has not really reached the ears of many people. I first heard the term from Mahatma Gandhi, a freedom fighter, who fought for India’s peace and independence from the British rule. He was an instrumental part of India’s struggle for freedom and he emphasised on the strict rule of non-violence.

Now violence is not an uncommon scenario/approach in present times. We see that sometimes in our own schools, in between countries and terrorists who think that wreaking havoc is an act of service to god. We can find millions of examples of violence in today’s world but the most common and horrendous version of that is the wars our countries fight and terrorism. They obviously haven’t got the memo from Mahatma Gandhi. Countries resort to violence either when all other options have been exhausted or when none have been exhausted at all. Terrorists just do what their name suggests. Violence is a situation where a majority of people resort to when they run out of ideas.

Non-violence compared to this is the sort of term which is preached but rarely practiced. We can talk for five hours at the United Nations about how non-violence is better for the world but it is useless all the same if it is not implemented. The “Black Lives Matter” movement which took America by storm was supposed to be a peaceful protest, but soon it got out of hand. In the name of protest people started behaving like criminals. Even John Lennon, a peace activist, was shot back in 1980.

Government, senates, royal houses, parliaments etc. can only do so much but “Ahimsa” is something we must be looking into more closely. In a war most of the times it is over the sort of issues which could be resolved with a peaceful meeting of the parties and sorting out their differences without bearing any ill-will and cooperating. This message needs to be understood by everyone and not just a hear and forget situation.

**Adithya Kumar**, XII-Commerce



# Peace & Non-Violence

“Live and let live”, a phrase used by several people, ranging from James Frey to Bill Wilson. The phrase dates back to the 1600s when it was first found in “The Ancient Law Merchant”. As we all know that the phrase asks for peace, acceptance and together sustenance, yet we can ponder upon why did this phrase survive for centuries. The answer is because it asks for peace and non-violence, which benefits everyone.

Mahatma Gandhi, the father of India is remembered throughout the world for his clean ideals of peace and non-violence. If peace can offer independence from a colonial superpower in the 1940s, surely, there is no peak which cannot be climbed by peace. Gandhi helped motivate several others too. Martin Luther King jr. was instrumental in the civil rights movement against the Jim Crow laws. He was greatly influenced by Gandhi and used the strength of Peace and Non-Violence to show the world once again how strong, influential and widespread the ideals were.

If we think about it for a moment, we can surely agree that the reason why wars, armies and weapons of mass destruction exist in the modern era is just because one person in the pre-historic times wanted more than his rightful share. Now what would have happened if the person would have resorted to non-violence and accepted his share. Surely we would be living in a better world. We all are scientifically animals, yet, philosophically we are humans. We have the incredible power to think, imagine and create. This power even blesses us by giving us an option about our sustenance. Do we want to live as animals and fight to death for trivial matters? Or do we want to try and solve things out in a better way?

Emperor Ashoka was touched with pity and sorrow after the Kalinga War when he saw hundreds of vultures nibbling on thousands of rotting corpses, wailing widows and crying children. He questioned himself if this is the victory he wanted? Or can death and destruction of one bring happiness and prosperity to the other? At that moment he sees a Buddhist monk who was walking with no expression, no sorrow and no remorse. Ashoka realized his wrongs and decided to correct them. He became a Buddhist monk and resorted to Peace and Non-Violence ever after.

We can see how Peace and Non-Violence can defeat super powers, can change the social outlook and turn the fiercest warrior into a peaceful person. These three stories here are among the several other examples of how Peace and Non-Violence can turn the tide. Hence, I would like to end this article with the same phrase as the world's greatest war poem, “The Mahabharata”-“Let there be echoes of Non-Violence and let peace prevail in all the three worlds”.

Atharva Malekar, XII-Science

## Life on Land

Life as we know has existed for billions of years and has evolved from a single cell, to a small plant, then microorganisms, animals, birds, mammals, and finally came the most civilized and evolved life form of all, man. Nature's resources sustained mankind for thousands of years and there was always a balance maintained. The environment used to be so refreshing and clean that the river water could reflect ones face, the air was fresh and the view was so beautiful and natural, that it was like heaven on earth.

But recently, when human population spiked and lifestyle changes prevailed, humans started to exploit the Earth's resources for their selfish interests. Deforestation, urbanization, pollution, mining, etc. have spoiled the landscapes that once beautified the earth, created imbalances in the food chain and the environment, which has resulted in the creation of various new issues like lifestyle disorders, depression, diseases, climate change etc.

We have also heard about global warming, one of the major issues in the recent times. So it is now time that we work together in preventing further problems by engaging in certain activities at a basic level like afforestation, avoiding use of vehicles for traveling short distances and avoiding the use of plastic, and finally spreading awareness to others regarding the environmental problems and finding simple solutions to them. In this way, we can collaborate and save our dear mother Earth, so that the millions of species living in this planet can co-exist peacefully.

Sowmya Anand, XI

## WAR TIME

The old train whistled,  
signalling it's departure.  
Men were travelling to far off lands,  
with wooden rifles in their hands.  
Maybe it was a great opportunity to shine,  
since it was war time.

Young Rick was one of them,  
even he wanted to gather some fame.  
The ones who rejected it were old and lame,  
the ones who refused were a part of the shame.  
Maybe it was a great opportunity to shine,  
since it was war time.

Rick arrived at the trenches,  
which neither had bed nor had benches.  
The land was barren, covered in mines,  
communication was via letters and telegraph lines.  
Maybe it was a great opportunity to shine,  
since it was war time.

There won't be any inquisitions,  
the soldiers were to take enemy positions.  
The battle was to be fought,  
the soldiers taught,  
maybe it was a great opportunity to shine,  
since it was war time.

Bayonets were attached and laces were tied,  
it would be the first time Rick could say he tried.  
The mission was going to take place at night,  
god was on their side they taught, since they were right!  
Maybe it was a great opportunity to shine,  
since it was war time.

The Corporal whistled, the captain gave orders,  
we must expand our borders!  
Rick was ready for the fight,  
His belt was fastened tight.  
Maybe it was a great opportunity to shine,  
since it was war time.

They gave out their war cry,  
running across the land which was dry.  
They enemy bunkers had machine guns,  
which killed the country's several brave sons.  
Maybe it was a great opportunity to shine,  
since it was war time.

Rick charged, splattering the enemy's blood,  
strangely it was red, just like his own.  
His face was similar to the one he stabbed,  
and so we're his hands with which he grabbed.  
Was it a great opportunity to shine?  
It was war time!

The sharp pain in his back made Rick fall,  
the enemy with the knife now stood tall.  
The battlefield was filled with cries,  
Rick had now realized.  
Maybe it wasn't a great opportunity to shine,  
since it was war time.

Atharva Malekar



Tanmay Jha