

# THE PEACE POST



II Edition

Date: 15-11-2023

## INDOMITABLE LEGACY

In the face of trials, we stand tall and strong, with hearts aflame, we journey along, through storms and darkness, we find our way, our spirit unwavering, come what may.

With unyielding resolve, we forge our path, Defying the odds, we conquer their wrath, each setback, a lesson, each stumble, a chance, to rise once more, in our warrior's dance.

In the crucible of life, we're refined, A fire within, forever defined, by our unwavering faith in the fight, we illuminate the darkest night.

No mountain too high, no river too wide, In the depths of our souls, our dreams reside, We're the architects of our destiny's scheme, Guided by a relentless, inner gleam.

In the silence of struggle, we find our voice, A symphony of strength, our fearless choice, we inspire through action, not just through speech, The lessons we teach, the heights we reach.

So let our story echo, far and wide, A testament to human spirit's pride, In the face of all odds, we dare to dream, With a heart of a warrior's, a radiant gleam.

We write our story in sweat and in pain, A saga of strength, not written in vain, in adversity's forge, our mettle we hone, to stand as an immortal soldier, alone...

JAI HIND!

-Sumit (Research Scholar)

## Postcard from the reader

अधिकारो कि मांग के साथ-साथ कृप्या अपने कर्तव्यो पर भी ध्यान दे।

- Keshav Thakur (M.A.I, Dept. of Hindi)

It takes courage to do right thing when you have an easy way out.

- Ashutosh Chauhan (Dept. of Russian)

## GENERATING PEACE THROUGH NON-VIOLENT COMMUNICATION

Scholars all around the globe have been stressing upon various means to establish peace, but the most underrated remains the peace that comes through verbal and body language. Human brain works on visual and verbal stimulus. How bad words generate negative emotions and kind words bring relief. Human relationships develop or ruin through communication. If healthy, communication build bonds, but if unhealthy, it destroys everything. Nonviolent communication implies usage of kind and mindful words and body language in interaction with others as well self. It is a well-known fact that being kind to oneself can generate positive energy in body and mind. This also remains true for social interactions. Compassion, empathy, honesty, kindness, understanding and other such virtues bring people closer. They help in developing understanding as people engage in dialogue only in a positive set up. Conversations are the best means to resolve any conflict, whether interpersonal or intrapersonal or even otherwise. Youngsters these days have been using language casually. Discipline, decorum and even courtesies have been replaced by so called cool attitude which is many a times hurtful and inappropriate. We as humans should focus on how we communicate through body and verbal language with others. Words are weapons, they can hurt even more than a sword. Ethical and compassionate drafting of words while communicating is a means to peace. Violence of words can be stopped at the individual level itself; it doesn't even need collective effort. Nonviolent words and gestures can even work effectively to end physical violence. It is said in the Hindu mythology that the universe originated through Omkar word, its sound and vibrations. Such meaningful are words for human existence. Therefore, one must focus on interacting constructively through kind and meaningful words to ensure peace. Because as goes the song- *It's only words and words are all I have to take your heart away.*

-Mansi Sharma

(Senior Research Fellow, Gandhian and Peace Studies)

## CHILD LABOR

Child labour is a serious global issue that affects the lives of millions of children around the world. It is defined by the International Labour Organisation (ILO) as "work that deprives children of their childhood, their potential and their dignity, and that is harmful to physical and mental development". It can take many forms, such as agricultural labour, begging, scavenging, street vending, domestic service, hazardous factory work and prostitution. The prevalence of child labour is linked to poverty, lack of education and access to services, social norms and traditions, and the demand for cheap labour.

To tackle this problem, the ILO has developed a number of international conventions and protocols aimed at eliminating the worst forms of child labour. These include the *Convention on the Rights of the Child (CRC)*, the *Convention Concerning the Prohibition and Immediate Action for the Elimination of the Worst Forms of Child Labour (ILO Convention No. 182)*, and the *Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Child Pornography*.

Despite these efforts, the prevalence of child labour remains high, particularly in developing countries. To reduce it, there is a need for more effective strategies, as well as increased investment in education and social protection. Only by addressing these underlying factors can we hope to make a lasting difference in the lives of children around the world.

-Dr. Kusum Solanky

(Assistant Professor, Guest Faculty)

Department of Gandhian and Peace Studies

## A Vision for Peace: Gandhi's Wisdom and the Israel-Hamas Conflict

The ongoing Israel-Hamas conflict has been a source of international concern for decades, causing suffering and instability in the region. In pursuit of peace, the principles of Mahatma Gandhi offer valuable insights into conflict management and transformation. Gandhi's non-violent approach, rooted in love, truth, and justice, can serve as a guide for achieving lasting peace in this tumultuous region and, by extension, throughout the world. The Israel-Hamas conflict is a deeply rooted and complex dispute, marked by historical, political, and religious factors. It has led to numerous military confrontations, loss of life, and immense human suffering. In Gandhi's terms, this conflict is a perfect example of an "eye for an eye" approach, which ultimately leaves everyone blind. Gandhi, a staunch advocate of non-violence, "Ahimsa", believed that violence could never bring about a lasting solution to any conflict.

- **Non-Violent Resistance:** In the context of the Israel-Hamas conflict, it suggests that both sides should reject violence as a means of achieving their goals and instead engage in non-violent resistance and dialogue.
- **Pursuit of Justice:** Gandhi's commitment to justice is a fundamental principle. In the context of this conflict, addressing issues like territorial disputes, refugees' rights, and security concerns through a lens of justice and fairness can lead to more sustainable resolutions.

Gandhi advocated for the power of non-violence, emphasizing the importance of dialogue, understanding, and empathy. Applying these ideals to the Israel-Hamas conflict requires a commitment

to non-violent communication, negotiation, and mediation.

- **Non-Violent Communication:** The first step is to establish an open and respectful dialogue between the parties involved. A platform for peaceful discussions can help reduce tension and build trust, essential elements in conflict resolution.
- **Negotiation:** A key principle of Gandhi's approach is finding common ground through negotiation. This involves identifying shared interests and working towards mutually beneficial solutions. In the Israel-Hamas conflict, this could mean addressing issues like territorial disputes, refugees' rights, and security concerns through peaceful negotiations.
- **Mediation:** Engaging neutral third parties to mediate the conflict is another important step. International organizations or respected figures could play a role in facilitating talks and promoting peaceful resolutions.

The Israel-Hamas conflict is a long-standing and deeply ingrained conflict that has defied resolution for decades. By embracing the ideals of Gandhi and focusing on non-violent communication, negotiation, and mediation, there is hope for a peaceful resolution to this conflict. Such a resolution would not only bring much-needed stability to the region but also serve as a beacon of hope for conflict-ridden areas around the world. Pursuing peace is a worthy endeavour that can help create a more harmonious and just world.

- **Dr. Ashu Pasricha** (Associate Professor, Chairperson, Honorary Director, Gandhi Bhawan, Department of Gandhian and Peace Studies) & **Sumit** (Research Scholar)

### Guidelines for The Peace Post

- We humbly request our writers to deliver their valuable insight through the articles that shall enlighten the reader.
- Articles must **not** contain any political bias. Articles involving criticism must be backed by authentic facts. Rather than just focusing on criticism, the article must have a solution-oriented tilt.
- Word limit for articles is as follows; 150 words/ 250 words/ 400 words. For creative columns, *caricature*, *poems* and *postcards* are most welcome.
- Themes must relate to the present scenario.
- For submission and feedback; email: [thepeacepost2@gmail.com](mailto:thepeacepost2@gmail.com)

### Mohandas Mahatma to

**1888;** Reached London, joined Inner Temple.  
**1891;** Called to the Bar.  
**1892;** Legal Practice; Rajkot and Bombay.  
**May 1893;** Sailed to South Africa as a Legal Advisor to Dada Abdullah and Co.  
**1893;** refused to remove his Pagdhi, left the court.  
**1893;** Thrown off the first-class carriage of a train at Pietermaritzburg Station. - *To Be Continued...*



**Special Thanks from:** Rhythm Brar (Editor), Satbir Singh (MA II), Garima Batra (MA I), Nikhil Sharma (D.R., Dept. of GPS).  
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