

**Introduction:** Our father of Nation Mahatma Gandhi was a famous asocate of Ahimsa, as it informed his policy of passive resistance SATHYAGRAHA ( in Sanskrit SATHYA – Truth, GRAHA-holding firmly).

**AHIMSA :** It means to be without harm; to be utterly harmless, not only to oneself and others but to all forms of life, from the largest mammals to the smallest bacteria.

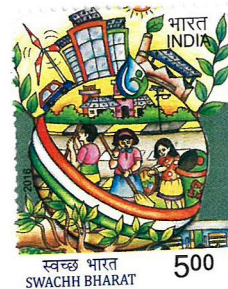
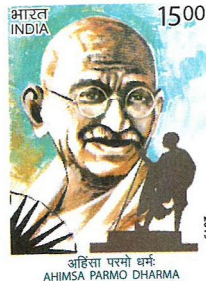
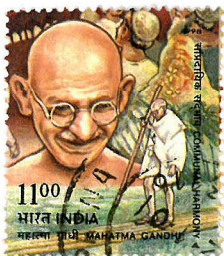


**Ahimsa Parmo daramah**  
↓  
Non Violence  
is the  
Supreme religion



Gandhiji followed all the Principles of Ahimsa which was expressed in his practice and he gave that to the whole world.

- Health and nature cure :** Gandhiji (Bapu) followed naturopathy and avoided medicine (even not harming bacteria)
- Ecology and Environment :** Bapu always a Protector to environment which we can understand from his ashram.
- Self reliance :** Bapu always insisted on doing our work ourselves in a just and honest way. The physical work done by us will tell our existence is the new principle added by Bapu to Ashram rules.
- Experiments in Education:** Naittalim – Bapu insisted on education to students. (Proposed by Gandhi in Wardha in 1937) in Mother tongue and skill training.



Stamps released on 50 th death anniversary of Gandhiji on 1998 (communal harmony and peasant’s welfare)

Stamps released on 150 th birth anniversary of Gandhiji. Released on 17 th june.2016

Stamps released on oct 2 nd 2016 on birth anniversary of Bapu “Clean and Healthy India”

- Communal harmony :** Bapu told “The essence of true religious teaching is that one should serve and befriend all. I learnt this in my mother’s lap”.
- Peasants welfare :** Bapu’s Victory in Champaran movement proves his concern for peasants.
- Conclusion:** Bapu expressed his Ahimsa throughout his life which spread to the whole globe so we also must practice what we preach Let the Ahimsa vibration to all spread.