

Message from the Course Developer

“The world will live in peace, only when the individuals composing it make up their minds to do so.”

- Mahatma Gandhi

The essence of individual action for a culture of peace has been aptly stressed by Mahatma Gandhi. His guiding post, ‘Be the change you wish to see in the world’, further underlines the importance of human efforts for meaningful engagement, dialogues, social transformation and reconciliation. This leads us to the core question on what are the tools we as individuals or as a society as a whole can use in our endeavour for peace. Communication is definitely a critical tool which will help us to make deeper connections, strengthen relationships, aid in the process of healing and reconciliation.

As we all know communication has a dual role – it can be used to both construct and also destroy – it is important that we as individuals and society as a whole learn to use healthy communication. Healthy communication is nourishing and it gives us the wherewithal to connect and also resolve our differences meaningfully. The challenge today is to ensure a communication ecosystem which is credible, promotes empathy and compassion, self-restraining and helps in building bridges. It is in this context that the significance of nonviolent communication as an integral part of our communication ecosystem comes to the fore.

This online orientation course on nonviolent communication being offered by Gandhi Smriti and Darshan Samiti and the Central Board of Secondary Education is aimed at introducing participants to the world of nonviolent communication, its different elements and how we can use these to ensure a healthy communication ecosystem.

We are sure that you all will enjoy doing this course. We are also sure that you all will develop capacities to use nonviolent communication for social good and pro social initiatives thereby contributing towards a culture of peace.

To conclude, it would be pertinent to quote UNESCO on the dynamic nature of peace:

Peace should never be taken for granted. It is an on-going process, a long-term goal which requires constant engineering, vigilance and active participation by all individuals. It is a choice to be made on each situation, an everyday life decision to engage in sincere dialogue with other individuals and communities, whether they live a block or a click away. – UNESCO, 2013 (UNESCO’s Programme of Action. Culture of Peace and Nonviolence a Vision of Action.

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