



“Happiness is when what you think,  
what you say and what you do are in harmony.”

Ghandi

Mahatma Gandhi, 1869-1948, was a major political and spiritual leader of the Indian independence movement. He was a pioneer of resistance to tyranny through mass civil disobedience, firmly founded upon total non-violence, which led India to independence and inspired movements for civil rights and freedom across the world. He lived modestly in a self-sufficient community, ate vegetarian food, and also undertook long fasts as a means of both self-purification and social protest.