The highlights of the course are to:

• Understand Gandhi’s life and explore his roots of nonviolence through Hinduism.
• Examine Gandhi’s influences of ahimsa (non-violence) through Jainism.
• Explore Gandhi’s interactions with Christianity in shaping his ideas of nonviolence.
• Differentiate between nonviolence and non-violence.
• Examine Gandhi’s food-philosophy across these three traditions.
• Learn meditation as an alternative tool to develop tolerance and compassion.
• Re-interpret Gandhi’s nonviolence to current issues including social injustice and environmental crisis.