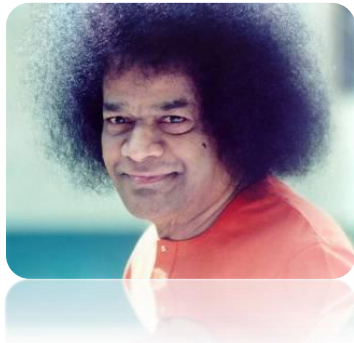




# Sathya Sai School

Toronto, Canada

SPECIAL EDITION | Spring 2022



## The Five Human Values

The first feeling that comes out of us is Love.

The same Love is expressed in different ways. The reflection and the spark that comes out of Love is called Truth. The same Love, when expressed in action, is called Right Conduct. When this Love is contemplated upon, the mind attains supreme Peace. When we understand its very source, then we realize the great principle of Nonviolence.

~ Sathya Sai Baba

## Human Values Day, April 24 p03



## Flag Raising p07



## Walk for Values p10



## Proclamations & Land Recognition p14



*From the Principal's Desk**Revathi Chennabathni*

Spring 2022

Dear Readers,

The Sathya Sai School of Toronto – Canada follows a character development program that is based upon the universal human values of Truth, Right Conduct, Peace, Love and Nonviolence. These values are innate within each person's heart and are brought forth in one's thoughts, words, and actions.

Our future leaders – local, national, and global – will need to embody these values in order to bring about world peace and unity, and ensure the well-being of our planet for future generations.

An important step in this direction has been the recognition, by municipal, provincial, and even national governments, of April 24<sup>th</sup> as Human Values Day.

The Walk for Values, which was initiated by the Sathya Sai School in 2003 in order to spread awareness of human values amongst our neighbours, has become a national and even international event. The pandemic has temporarily halted many of the Walks, however, many service projects are still continuing.

Our appreciation goes to the following individuals for their public outreach:

Human Values Day Proclamations & Land Recognition:

Mr. Manish Rughani & Mr. Ron Naidoo,  
Advisory Members <Walk for Values>

Walk for Values:

Mr. Kesh Maharaj, National Coordinator  
Mr. Surinder Sharma, International Coordinator

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**HUMAN  
VALUES  
DAY**

APRIL 24  
*Celebrating Canada's Diversity*

*Live from Parliament Hill  
Ottawa , Canada*



*Values Without Borders*

**BUILDING COMMUNITIES  
OF CHARACTER**  
[walkforvalues.com](http://walkforvalues.com)





# HUMAN VALUES DAY



## PROCLAMATIONS

APRIL 24 2022

Province of New Brunswick



City of Brampton



City of Cornwall



City of Markham



City of Orillia



City of Ottawa



City of Pickering



Province of New Brunswick

City of Toronto



City of Port Alberni



City of Prince Albert



City of Quinte West



City of Richmond Hill



City of Saskatoon



City of Stratford



Province of British Columbia



City of Edmonton



City of Victoria



Municipality of Port Hope



Resort Municipality Of Whistler



Town of Ajax



Town of Flatrock



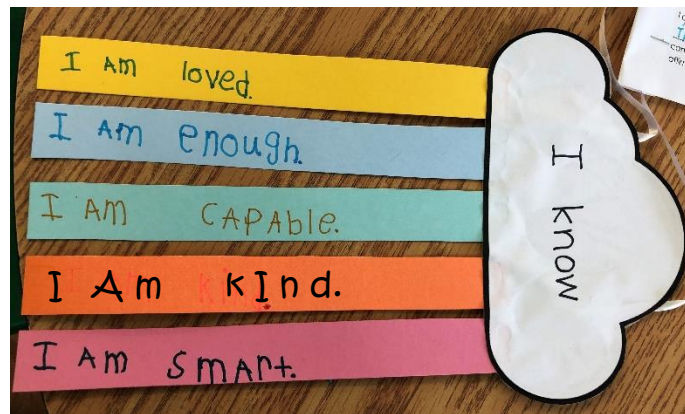
WWW.WALKFORVALUES.COM

# Human Values Day

## - Activities at Sathya Sai School

The universal human values are integrated into all aspects of the Sathya Sai School's programs, both for academic and character development. Shown here are some examples from various classes of their integration with core subjects.

### Junior Kindergarten

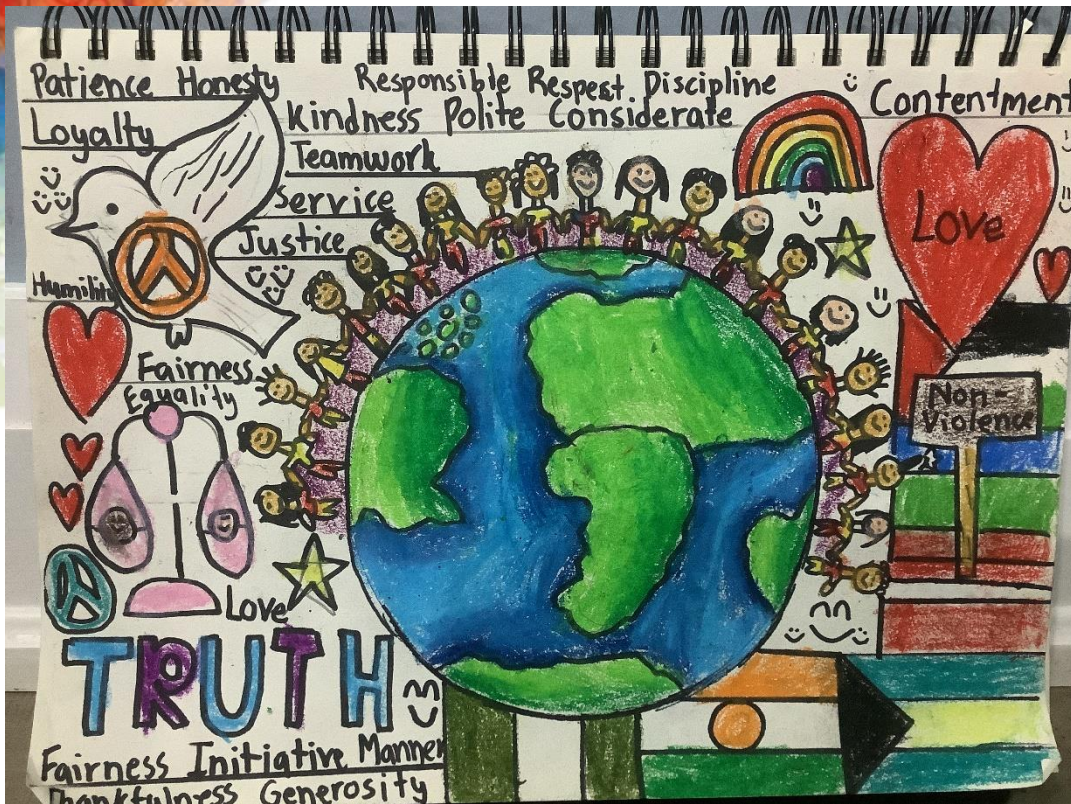


### Grade 5

Cup game: Collaboration and patience were important in the cup game. Four groups of students were formed. Each group was given ten cups, which were scattered face down or on their sides on the ground. After that, each group was handed an elastic band with four strings attached. Each student would hold one string and attempt to pull the elastic band to pick up the cups and stack them into a pyramid. This required coordination and patience because the stacking became more difficult as they progressed to the upper tiers. To do this, they used a variety of tactics.



Students illustrated all the five human values in one drawing.



~ by Anushka

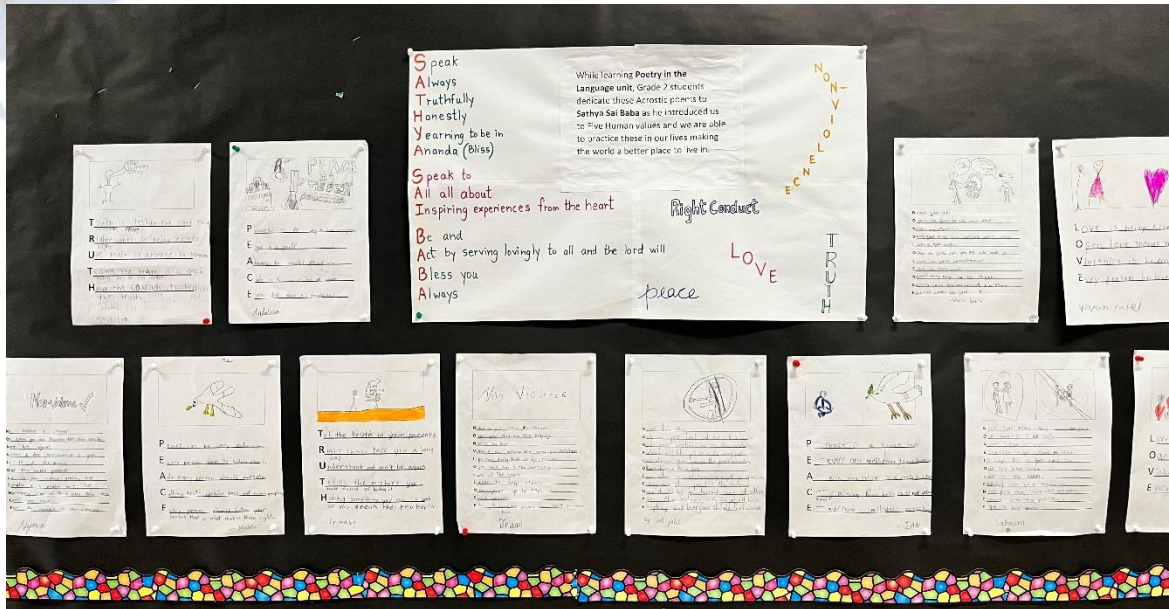


The eagle symbolizes the heaven, earth and sky. It is a balance. The Sun and the Moon mean that the values can be found at any time of the cycle and that we are all connected.

~ by Shreya



## Grade 2



While learning Poetry in the Language unit, Grade 2 students dedicate these Acrostic poems to Sathya Sai Baba as he introduced us to Five Human values and we are able to practice these in our lives making the world a better place to live in.

Love means helping and hugs.  
Our hearts are touched by love.  
Violence is not love, it is hurt.  
Every person has love in their heart.  
~ by Sari

Never hurt others  
Only use your hands and feet with kindness  
Never pass negativity onto others ever  
Violence will take you down the wrong path  
I will always give love to the people around me  
Others deserve peace too  
Love others without expecting anything in return  
Everyone should practice Nonviolence  
None should feel downhearted cause of others  
Carry nonviolence with you at all times  
Everything and everyone should feel loved  
~ by Jiah

Peace can be very calming.  
Every person needs to follow peace.  
Also every person should meditate.  
Calling truth speeches does not make people right.  
Every person should follow their speech,  
that is what makes them right.  
~ by Mahir



## Human Values Day ~ Flag Raising

- Sathya Sai School students and staff gathered around the Flag Poles at the front of the school, to raise the Human Values Day flag and the school flag, on the morning of Friday, April 22 in honour of Human Values Day April 24<sup>th</sup>, which fell on a Sunday this year. The National Anthem was led by two grade 8 students, Faith Mary Febin and Sophia McLennon. This was followed by the school's Universal Prayer. Staff members then gathered around each of the two flag poles and together hoisted the Human Values Flag and Canada's flag.







# HUMAN VALUES DAY APRIL 24 2022

Flags flying high at Nathan Phillips Square and Sathya Sai School of Toronto - Canada



## Walk for Values - Activities at Sathya Sai School



Grade 4 students made posters for the values they pledge to practice for the Walk for Values and the coming year.



# Walk for Values Edmonton 2022

## Unity in Diversity



### JOIN THE WALK!

Saturday, June 4th

DR. WILBERT MCINTYRE PARK  
8331 - 104 STREET, EDMONTON

The Walk for Values is to raise awareness of the  
5 universal Human Values of  
Truth, Right Conduct, Peace, Love &  
Non-Violence, and promote the importance of  
practicing them daily.

### Program:

10:30am - Registration - FREE!  
11:00am - Opening Ceremony  
Cultural Function  
12:00noon - Walk  
1:00pm - Refreshments

[www.walkforvalues.com](http://www.walkforvalues.com)

*A step towards positive change*

Hosted by the  
Sri Sathya Sai Baba Centre of Edmonton



## A Walk For Me, My Family, And My Community!

Nothing is more stirring than a large group of committed people walking together for a common cause, and willing to lead by example.

*Love as Thought is Truth,  
Love as Action is Right-Conduct,  
Love as Understanding is Peace,  
Love as Feeling is Non-Violence.*



**Hosted by:**

**Sai Baba Centre of Edmonton  
Edmonton, Alberta  
(780) 437-7243**

[www.walkforvalues.com](http://www.walkforvalues.com)



### Unity in Diversity

#### THE FOOTPRINT

represents your commitment to  
WALK THE TALK  
to practice a value of your choice  
for self-transformation and the  
improvement of society.

#### THE FIVE TOES

represent the FIVE VALUES  
Truth, Peace, Love, Right Conduct  
& Non-Violence.

#### SOLE OF THE FOOT

shaped as a heart, symbolizes love,  
the undercurrent of all human values  
and the core of our being.

#### THE HEEL

drawn as a tear-drop, symbolizes the  
compassion that moves every human heart to  
serve and reach out to fellow beings and  
nature.

Unity in Diversity for  
Peace and Harmony

## Walk for Values



## Join Us!

**Date: Saturday, June 4, 2022**

**Time: 10:30 AM**

**Location:**

**McIntyre Park  
(8331 104 St NW)  
Edmonton, Alberta**



**[www.walkforvalues.com](http://www.walkforvalues.com)**



## Welcome to the Annual Walk for Values in Edmonton

### Why Walk for Values ?

*The purpose of this walk is to raise awareness of the five universal Human Values of Truth, Right-Conduct, Peace, Love and Non-Violence and promote the practice of these values in our daily lives.*

### Mission Statement

"Walk for Values" is an event designed to raise awareness of Human Values and to promote individual responsibility towards the collective future of humanity, one step at a time.

A non-monetary, non-denominational event, this unique initiative, based on the five basic human values of truth, right conduct, peace, love and non-violence, has become part of a global drive to seed human consciousness with global affirmations such as hope, optimism, consideration, kindness, patience, honesty, respect, integrity, forgiveness, charity, volunteerism and all other associated values deemed integral to the sustenance and survival of mankind.

It calls for an honest self-appraisal from its participants who then identify an area of personal growth that needs to be strengthened and then pledge the needed actions for self-improvement.



### What do we pledge ?

#### The Walk for Values is not a fundraiser.

*This Walk is different because we do not ask for monetary pledges. We ask that all participants pledge to practice one or more of the following values or sub-values:*

**Love:** Caring, compassion, forgiveness, generosity, kindness, enthusiasm, dedication and devotion.

**Truth:** Honesty, integrity, optimism justice and courage.

**Peace:** Unity, contentment, discipline, humility, patience, self-control, self-confidence, self-respect, understanding, and modesty.

**Non-violence:** Gentleness, consideration, co-operation, brotherhood, equality, cultural respect, social justice, conservation.

**Right conduct:** Courtesy, gratitude, perseverance, determination, responsibility, sacrifice, initiative, leadership, courage, duty and ethics.

### Participation

#### Everyone is Welcome; Participation is Free.

*This is a community event open to everyone including children, adults, schools, businesses, community organizations and faith groups.*

- ❖ Please assemble at McIntyre Park (8331 104 St NW) at 10:30am
- ❖ Enjoy the Opening Ceremonies including cultural entertainment & children activities
- ❖ Join the group for a joyous walk with music and cheers
- ❖ Relax with refreshments

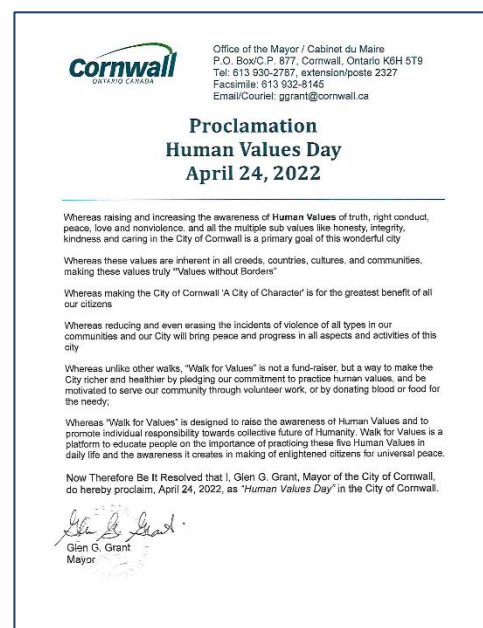
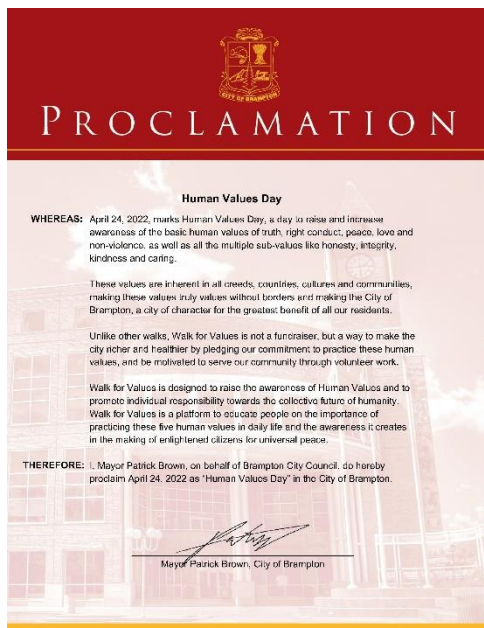
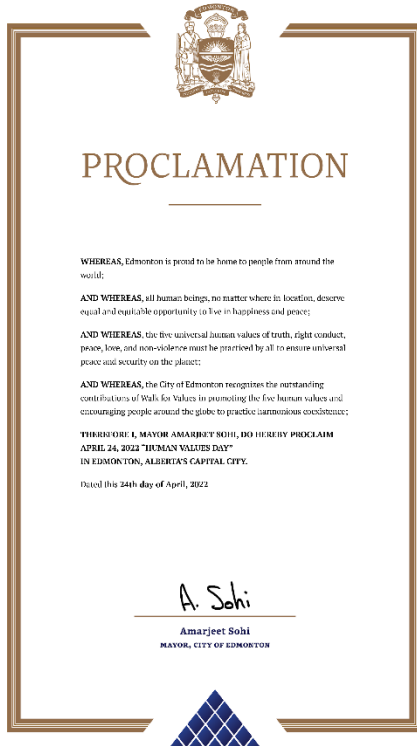
*T-shirts with the Walk for Values logo will be available for sale.*

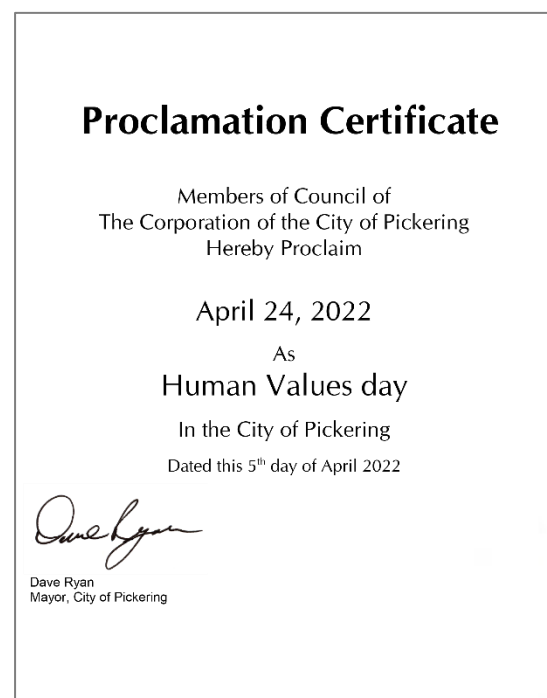
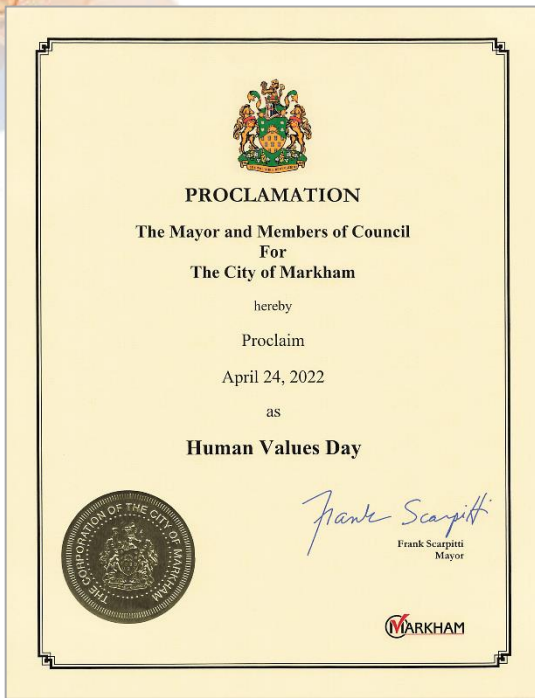
### W4V International

*Walk for Values are being held in major cities across Canada and internationally, including the USA, Malaysia, India and Australia.*



# Proclamations & Land Recognition Across Canada







## CITY OF PORT ALBERNI

City Hall  
4830 Argyle Street,  
Port Alberni, BC V9Y 1V8  
Telephone: 250-723-2146 Fax: 250-723-1001  
www.portalberni.ca

Our File No. 0630-01

April 13, 2022

Walk for Values  
451 Ellesmere Rd  
Toronto, ON M1R 4E5  
by email: [mrughani@walkforvalues.com](mailto:mrughani@walkforvalues.com)

Attn: Manish Rughani

Dear Mr Rughani

Re: Human Values Day

Thank you for your letter requesting that Council proclaim April 24, 2022 as 'Human Values Day' in the City of Port Alberni.

Your letter was considered by Council at their Regular meeting held on April 11, 2022. Please be advised that Council for the City of Port Alberni proclaimed April 24, 2022 as 'Human Values Day'.

On behalf of Council thank you for your dedication to promoting and encouraging excellence of character as a means to strengthen families and communities.

Yours truly,  
CITY OF PORT ALBERNI

Shari Minions  
Mayor

20220413 10:00 AM C:\Users\Shari Minions\Documents\0630-01\0630-01\_01\_PALM\_V9Y1V8.docx



A Natural Attraction

Louise Smith, Deputy City Clerk

P.O. Box 490  
7 Crenwell Drive  
Trantron, Ontario K8V 5R6  
www.quintawest.ca

Tel: 613-392-2841  
Toll Free: 1-866-465-2841  
TTY: 613-392-6849  
Fax: 613-392-0131  
louise@quintawest.ca

April 19, 2022

Mr. Manish Rughani  
Walk for Values

Via E-Mail – [mrughani@walkforvalues.com](mailto:mrughani@walkforvalues.com)

Dear Mr. Rughani:

Please be advised that the Council for the City of Quinta West, at its meeting on April 18, 2022, approved the following:

*"That April 24, 2022 be proclaimed as 'Human Values Day' in the City of Quinta West."*

On behalf of Council, we congratulate you on your efforts to raise awareness of the importance of practising positive values.

Yours Truly,

Louise Smith,  
Deputy City Clerk



Mayor David West

T 905-771-2480  
F 905-771-2500  
C 416-346-3090  
david.west@richmondhill.ca



March 30, 2022

Manish Rughani  
Walk for Values  
451 Ellesmere Rd.  
Toronto, ON  
M1R 4E5

Dear Ms. Rughani:

Re: Human Values Day - April 24, 2022

Your request to proclaim April 24, 2022 as Human Values Day has been approved and is recognized by the City of Richmond Hill.

Information relating to April 24, 2022 as Human Values Day will be included on the City's website.

I would like to extend my appreciation to Walk for Values in Richmond Hill and support for your valuable contribution to the Richmond Hill community.

If you require further information, please contact the Lisa Bogatko, Office of the Clerk, at (905) 747-6406.

Yours very truly,

David West  
Mayor, City of Richmond Hill

225 East Beaver Creek Road, Richmond Hill, ON L4B 3P4 905-771-0000 richmondhill.ca



## PROCLAMATION

**Whereas** Walk for Values, has applied to the City to proclaim April 24, 2022 as 'Human Values Day'.

**Whereas** The City Clerk, on April 1, 2022 considered the application and approved the proclamation for April 24, 2022 as 'Human Values Day'.

**Now therefore,** The City of Saskatoon proclaims April 24, 2022 as 'Human Values Day' in Saskatoon, Saskatchewan.

Dated this 1<sup>st</sup> day of April, 2022

City Clerk





Corporate Services Department  
Clerk's Office  
CITY OF STRATFORD  
City Hall, P.O. Box 818  
Stratford ON, N5A 6W1  
519-271-0258 Ext. 5237  
Fax: 519-273-5041  
www.stratford.ca

April 13, 2022

Via e-mail  
mrughani@walkforvalues.com

Walk for Values  
c/o Manish Rughani  
451 Ellesmere Road  
Toronto, ON M1R 4E5

Dear Mr. Rughani:

Please be advised that Stratford City Council, in session on April 11, 2022, adopted the following resolution:

**THAT Stratford City Council hereby proclaims April 24, 2022 as "Human Values Day" in the City of Stratford in support of the Walk for Values to raise awareness of the human values of truth, right conduct, peace, love and non-violence and promote individual and collective responsibility for the progress of humanity, one step at a time.**

If you wish to have a proclamation published, please make arrangements directly with the publication as the City of Stratford does not publish proclamations on behalf of organizations. Please note that the City's Coat of Arms or logo cannot be included with your proclamation for publication.

Sincerely,

Tatiana Dafeo  
Clerk

/ja

JOHN TORY  
MAYOR

## Proclamation

Human Values Day

April 24, 2022

WHEREAS on April 24 each year, we observe Human Values Day, which promotes and invites everyone to exercise the five basic Human Values of Truth, Right Conduct, Peace, Love, and Non-violence.

Now in its 19<sup>th</sup> year, Human Values Day began in 2003 as a grassroots movement in Toronto's Malvern neighbourhood. Its purpose was to encourage residents to act as values-centered citizens, helping strengthen their local communities by promoting a positive and kind attitude. Since then, the event has spread across the country and around the world.

The City of Toronto is committed to upholding fundamental human rights for all, and recognizes the significant contributions of all those whose hard work and dedication help make our communities a better place to live, work, and play. The City is invested in community building to help ensure that every resident, community, organization, agency or business can contribute to our collective growth, learning and development. It is through active community work and caring that we build a more compassionate city.

NOW THEREFORE, I, Mayor John Tory, on behalf of Toronto City Council, do hereby proclaim **April 24, 2022 as "Human Values Day"** in the City of Toronto.

John Tory  
Mayor of Toronto



TOWN HALL  
56 Queen Street  
Port Hope, ON L1A 3Z9  
T: 905.885.4544  
F: 905.885.7668  
mrayor@porthope.ca  
www.porthope.ca

OFFICE OF THE MAYOR

April 6, 2022

Manish Rughani  
Advisor Team – Walk for Values

EMAIL: mrughani@walkforvalues.com

Dear Mr. Rughani:

This will acknowledge receipt of your request to proclaim April 24, 2022, as Human Values Day within the Municipality of Port Hope.

Please be advised that permission is hereby granted.

We all have the ability to treat one another with kindness. We continue to face many challenges as we navigate through this pandemic. With the changes happening throughout the world, treating each other with kindness and respect is paramount. Situations can change in an instant and we need to have compassion for those who are affected.

I encourage everyone to use April 24<sup>th</sup> as a day of reflection, a day of awareness and also to be part of a culture that fosters compassion and promotes individual and collective responsibility for the progress of humanity.

As Mayor of Port Hope, I do hereby proclaim April 24, 2022 as Walk for Values Day.

In accordance with policy, this declaration will be posted on the municipal web page.

Sincerely,

Bob Sanderson, Mayor



The Corporation of the Town of Ajax  
Hereby Proclaims

April 24<sup>th</sup>, 2022

As

Human Values Day  
Presented on Behalf of  
The Mayor and Ajax Council

April 13<sup>th</sup>, 2022

Mayor Shawn Collier



# PROCLAMATION

## HUMAN VALUES DAY APRIL 24, 2022

**WHEREAS**, raising and increasing the AWARENESS of the basic *Human Value* of truth, right conduct, peace, love and non-violence, as well as all the multiple sub values like honesty, integrity, kindness and caring in the Town of Flatrock is a primary goal of this wonderful town; and

**WHEREAS**, these values are *inherent in all creeds, countries, cultures and communities*, making these values truly *Values without Borders*™; and

**WHEREAS**, making the Town of Flatrock *A Town of Character* is for the greatest benefit of all our citizens; and

**WHEREAS**, reducing and even erasing the incidents of violence of all types in our communities and our Town will bring *PEACE* and *PROGRESS* in all aspects and activities of this Town; and

**WHEREAS**, unlike other walks, *Walk for Values* is not a fund-raiser, but a way to make the town richer and healthier by pledging our commitment to practice these human values, and be motivated to serve our community through volunteer work, or by donating blood or food for the needy; and

**WHEREAS**, *Walk for Values* is designed to raise the awareness of Human Values and to promote individual responsibility towards the collective future of Humanity, *Walk for Values* is a platform to educate people on the importance of practicing these five Human Values in daily life and the awareness it creates in the making of enlightened citizens for universal peace.

**NOW THEREFORE**, I, Darrin Thorne, Mayor of the Town of Flatrock, do hereby proclaim April 24, 2022 as "*Human Values Day*" Day in the Town of Flatrock.

DARRIN THORNE, MAYOR

NINA BIFOLCHI

MAYOR

## Proclamation HUMAN VALUES DAY

APRIL 24, 2022

**WHEREAS** raising and increasing the awareness of the basic human value of truth, right conduct, peace, love and non-violence, as well as all the multiple sub values like honesty, integrity, kindness and caring; and

**WHEREAS** these values are inherent in all creeds, countries, cultures and communities, making these values truly *Values without Borders*™ and making the Town of Wasaga Beach *A Town of Character* for the greatest benefit of all our residents; and

**WHEREAS** unlike other walks, *Walk for Values* is not a fundraiser, but a way to make the Town richer and healthier by pledging our commitment to practice these human values, and be motivated to serve our community through volunteer work; and

**WHEREAS** "*Walk for Values*" is designed to raise the awareness of Human Values and to promote individual responsibility towards the collective future of humanity, *Walk for Values* is a platform to educate people on the importance of practicing these five human values in daily life and the awareness it creates in the making of enlightened citizens for universal peace.

**NOW THEREFORE**, I, Mayor Nina Bifolchi, at the request of *Walk for Values*, and on behalf of the Council of the Town of Wasaga Beach, do hereby proclaim April 24, 2022 as "*HUMAN VALUES DAY*" in the Town of Wasaga Beach.



Nina Bifolchi, Mayor



## Canada Province of British Columbia A Proclamation

ELIZABETH THE SECOND, by the Grace of God, of the United Kingdom, Canada and Her other Realms and Territories, Queen, Head of the Commonwealth, Defender of the Faith

To all to whom these presents shall come – Greeting

**WHEREAS** human values like the *Walk for Values*™ 5 core values of truth, right conduct, peace, love and non-violence, and other human values like honesty, integrity, kindness and caring, are fundamental to human experience across different creeds, countries, cultures and communities; and

**WHEREAS** taking daily steps towards positive change in British Columbia will reduce and could even erase incidents of violence of all types in communities, spreading peace and progress in the province; and

**WHEREAS** *Walk for Values* is an international movement that started in Canada in 2003, not to raise funds, but to raise awareness of these human values and to make communities richer and healthier by motivating people to pledge their commitment to practice human values in their daily lives; and

**WHEREAS** *Walk for Values* encourages people of all backgrounds to act with kindness every day and to serve their community by doing volunteer work, by donating blood or by donating food for the needy; and

**WHEREAS** *Walk for Values* promotes individual responsibility towards the collective future of humanity and towards universal peace;

**NOW KNOW YE THAT** We do by these presents proclaim and declare that April 24, 2022, shall be known as

"*Human Values Day*"

in the Province of British Columbia.

**IN TESTIMONY WHEREOF**, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

**WITNESS**, The Honourable Janet Austin, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this fourteenth day of April, two thousand twenty-two and in the seventy-first year of Our Reign.

BY COMMAND.

*[Signature]*  
Attorney General and  
Minister (Responsible for Honoring  
(counter signature for the Great Seal)

*[Signature]*  
Lieutenant Governor



## Declaration

**WHEREAS** raising and increasing the awareness of the basic human values of truth, right conduct, peace, love and non-violence, as well as all the multiple sub values like honesty, integrity, kindness and caring in the Province of New Brunswick is a primary goal; and

**WHEREAS** these values are *inherent in all creeds, countries, cultures and communities*, making these values truly *Values without Borders*™; and

**WHEREAS** making the Province of New Brunswick a *Province of Character* is for the greatest benefit of all our citizens; and

**WHEREAS** reducing and even erasing the incidents of violence of all types in our communities and our province will bring peace and progress in all aspects and activities of this province; and

**WHEREAS** *Walk for Values* is not a fund-raiser, but a way to make the province richer and healthier by pledging our commitment to practice these human values, and be motivated to serve our community through volunteer work, or by donating blood or food for the needy; and

**WHEREAS** *Walk for Values* is designed to raise the awareness of human values and to promote individual responsibility towards the collective future of humanity; and

**WHEREAS** *Walk for Values* is a platform to educate people on the importance of practicing these five human values in daily life and to promote the making of enlightened citizens for universal peace.

**THEREFORE**, I, Blaine M. Higgs, Premier of New Brunswick, do hereby declare April 24, 2022 as:

"*Human Values Day*"

IN NEW BRUNSWICK

## Déclaration

**ATTENDU QUE** la plus grande sensibilisation aux valeurs humaines fondamentales de la vérité, la bonne conduite, la paix, l'amour et la non-violence, ainsi qu'à toutes les nombreuses sous-valeurs comme l'honnêteté, l'intégrité, la gentillesse et l'empathie au Nouveau-Brunswick sont un but primordial; et

**ATTENDU QUE** ces valeurs sont inhérentes à l'ensemble des croyances, paix, cultures et collectivités, devenant ainsi des valeurs sans frontières; et

**ATTENDU QUE** faire du Nouveau-Brunswick une province de caractère est pour le plus grand bien de tous les citoyens et citoyennes; et

**ATTENDU QUE** réduire et même éradiquer les incidents de violence de tout genre dans nos collectivités et dans notre province mènera à la paix et au progrès dans l'ensemble des aspects et activités de cette province; et

**ATTENDU QUE** la marche pour les valeurs est non pas une collecte de fonds, mais une façon de rendre la province plus riche et plus saine en s'engageant à appliquer ces valeurs humaines et en étant motivé à servir notre collectivité par le bénévolat ou en faisant des dons de sang ou d'aliments pour les moins nantis; et

**ATTENDU QUE** la marche pour les valeurs est conçue pour sensibiliser la population aux valeurs humaines et encourager la responsabilité individuelle à l'égard de l'avenir collectif de l'humanité; et

**ATTENDU QUE** la marche pour les valeurs est une plateforme pour éduquer la population à l'importance d'appliquer ces cinq valeurs humaines au quotidien et pour promouvoir la création de citoyens et citoyennes ainsi éclairés sur la voie de la paix universelle.

**PAR CONSÉQUENT**, je, Blaine M. Higgs, premier ministre du Nouveau-Brunswick, déclare le 24 avril 2022 comme étant la :

"*Journée Des Valeurs Humaines*"

AU NOUVEAU-BRUNSWICK

*[Signature]*  
The Honourable Blaine M. Higgs / L'honorable Blaine M. Higgs  
Premier of New Brunswick / Premier ministre du Nouveau-Brunswick



# HUMAN VALUES DAY

APRIL 24, 2022



CELEBRATING CANADA'S DIVERSITY



[WWW.WALKFORVALUES.COM](http://WWW.WALKFORVALUES.COM)

Global peace and happiness can only be achieved by each one of us embracing the eternal and universal human values of truth, right conduct, peace, love and nonviolence. Human values are those attributes and qualities that are the very heart of humanity, representing the highest expression of the human spirit. While human values are non-denominational and transcend race, gender, nationality, caste, creed, faith and religion; practicing these universal human values can positively transform people and bring peace.

In today's world, we see increased conflict and violence attributable to religious and ethnic divisions; chaos and unrest due to the neglect of these fundamental human values at the individual, family, community, national and international levels. By bringing greater awareness to these human values, we can raise character at all levels. It is a transformation that will bring enrichment to a person's character, harmony in the home, accord in the community, order in the nation and peace in the world.

This increased awareness on the universal human values can be promoted at many levels in the community, seeking cooperation of all community and interfaith groups, educators, health care professionals and the downtrodden people living in remote communities. Many local and national governments have recognized the importance of practicing human values and acknowledged that these values should be highlighted on an on-going basis for everyone's benefit.

Lets us raise the awareness to practice Human Values and to building the "Communities of Character". Canada is a great country and we are proud of its multiculturalism and the rich values we hold.



Values Without Borders

**BUILDING COMMUNITIES OF CHARACTER**



## Founder Sri Sathya Sai Baba to Students

### The Five Human Values

#### LOVE

Every man should recognize that the body has been given to him to render service. You must use the body for promoting the welfare of society. Of what use is the endless study of books if you do not use your knowledge for the good of others? A mind that is not utilized for imparting joy to others or a body that is not used for the service of others is totally useless. The best way to love God is to love all and serve all.

#### TRUTH, RIGHT CONDUCT

Truth is utterance of what you think. Right Conduct is acting according to your words. The unity of thought, words, and action is essential. Truth and Right Conduct are not something to be acquired. They are inherent in man, born with him even as his limbs and his life-breath. There is no need to search for them elsewhere. They emanate from one's heart. They dwell in everyone.

#### PEACE

Peace is the most priceless possession of man. It is the sign of a virtuous character, a willingness for service, a readiness to renounce, a calm spirit of resignation, and awareness of the evanescence of material wealth, of the cool agitationless lake of Joy in the heart.

#### NONVIOLENCE

Entertain the belief that God exists in every living being. All people are your people and all your people are God's people. When someone hurts you, or abuses you, mitigate the anger by the knowledge that 'you and he' are both one, in God. When your teeth bite your tongue, you do not punish your teeth; both tongue and teeth are yours, and both are equally loved by you.



## Human Value for May/Jun

### TRUTH

#### TRUTH

Curiosity

Integrity

Trust-  
worthiness

Honesty

**Choosing courage over comfort;  
choosing what is right over  
what is fun, fast or easy; and  
choosing to practice our values  
rather than simply professing them.**

**~ BRENE BROWN**

*Yours truly,  
Ms. Recht, Office Admin.  
Dr. Revathi, Principal  
Mr. Rughani, Advisory Member,  
Walk for Values*

