Dear Friends / Peace Lovers,

I hope this letter finds you well. I am writing to you after four months of my first letter announcing the commencement of the 11th ICPNA (International Conference on Peace and Nonviolent Action) at Mumbai from Jan 05 to Jan 08, 2024. The response to our invitation was overwhelming. I am thankful to all those who expressed their interest in the theme of the conference and are willing to join us at Mumbai in January 2024.

You will all agree that we are at a critical juncture of the Third Millennium. A culture of violence, hatred, fanaticism, intolerance and despotism is sweeping across the world. Moral and spiritual values have reached their nadir and the environment sustainability is in peril. Our biodiversity is being wantonly destroyed. Forests are disappearing. Our air and water are polluted. Mountains are being denuded of dense green foliage. Senseless killing at home, in streets and society goes on unabated. The race for nuclear arms is accelerating.

In order to reverse this trend late HH Acharya Tulsi launched Anuvrat Movement 75 years ago. It is a movement of small vows which aims at ONE’S self-transformation. When a person takes a vow that he will not kill innocent living beings it creates an environment of security and fearlessness for a large number of jivas including humans and non-humans. The Anuvrat movement stands for nonviolence, eco-sustainability, secularism and human solidarity. It is thoroughly non-sectarian in its outlook and its only aim is to unite the forces of ahimsa (nonviolence) and minimize killing AT ALL LEVELS.

Anuvrat workers across the world are celebrating Amrit Mahotsava (75 years of moral awakening and self-restraint). Our motto is – ‘self-restraint alone is life’ and it is also the hallmark of sustainability. It calls for restraint on all we do viz eating, drinking, earning, travelling etc. It is the unrestrained human activities that destroy the earth’s sustainability. Anuvrat Movement exhorts people to show reverence towards all forms of life and minimize their activities. Its first vow ‘I will not indulge in unnecessary violence’ paves the way for world peace. It enjoins a person to refrain from aggression, violent agitations, destructive activities and abstain from discrimination on grounds of caste, colour and creed. The other small vows an Anuvrati is expected to adhere to are religious tolerance, rectitude in day-today dealings, gradual development of a pure tenor of life and control over senses, ethical practices in elections. It enjoins him to lead a life free from all forms of addictions and abstain from cutting green trees and wasting water. On the occasion of Anuvrat Amrit Mahotsava (the celebration of 75 years of its launching) I call upon my friends across the world to join the movement and transform their life. Their small step of volunteering to observe some or all eleven small vows will go a long way in encouraging others to follow suit.

We are preparing to welcome you at Mumbai in January 2024. The host committee of the 11th ICPNA will extend free local hospitality to all those whose participation is accepted by the organizers. The delegates will be responsible for their travel to and fro the venue of this conference. Kindly fill in the enclosed registration form and help us to organize the conference in a better way. Do not book the flight until June 15, 2023.

I look forward to hearing from you,

Yours sincerely,

Dr. S.L. Gandhi
International Coordinator – 11th ICPNA and
Former International President of ANUVIBHA
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e-mail : slgandhi@hotmail.com | sljaingandhi@gmail.com

Note : My Hotmail email account is blocked. My new email is sljaingandhi@gmail.com.
**REGISTRATION FORM**

1. Full Name: ________________________________________________
   
<table>
<thead>
<tr>
<th>Family Name</th>
<th>First Name</th>
<th>Middle Name</th>
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2. Title: Mr./Mrs./Ms./Dr. etc.: __________________________________

3. Age (Years): _______ Male or Female: _______ 4. Nationality: ____________

5. Passport No. (If a foreigner): ______________________________________

6. Postal Address: ________________________________________________
   
   City/Postal Code: _______________________________________________
   
   Mobile Number: ___________________ WhatsApp Number: ______________
   
   Email: ____________________________

7. Institution/Affiliation: ____________________________________________

8. Accommodation:
   
   The delegates will be accommodated in simple guest house with Gandhian Simplicity during conference dates.

9. Are you going to make a presentation at a Plenary or Panel Session or lead a Workshop? If yes, please write the expected title of your paper. ____________________________________________________________
   
   ___________________________________________________________________________________
   
   ___________________________________________________________________________________
   
   ___________________________________________________________________________________

11. Your brief profile (50 words only): ____________________________________________
    
    ______________________________________________________________
    
    ______________________________________________________________
    
    ______________________________________________________________

   Signature: ____________________
ANUVRAT’S CODE OF CONDUCT

1. I will not wilfully kill any innocent creature.
   - I will not commit suicide.
   - I will not commit foeticide.

2. I will not attack anybody.
   - I will not support aggression.
   - I will endeavour to bring about world peace and disarmament.

3. I will not take part in violent agitations or in any destructive activities.

4. I will believe in human unity.
   - I will not discriminate on the basis of caste, colour etc., nor will I treat anyone as an untouchable.

5. I will practise religious toleration.
   - I will refrain from sectarian narrowness.

6. I will observe rectitude in business and general behaviour.
   - I will not harm others in order to fulfill my selfish ends.
   - I will not practise deceit in my today dealings.

7. I will set limits to the practice of continence and acquisition.

8. I will not resort to unethical practices in elections.

9. I will not encourage socially evil customs.

10. I will lead a life free from addictions.
    - I will not use intoxicants like alcohol, hemp, heroin, tobacco. etc.

11. I will always be alert to the problems of keeping the environment pollution-free.
    - I will not cut down trees.
    - I will not waste water.