

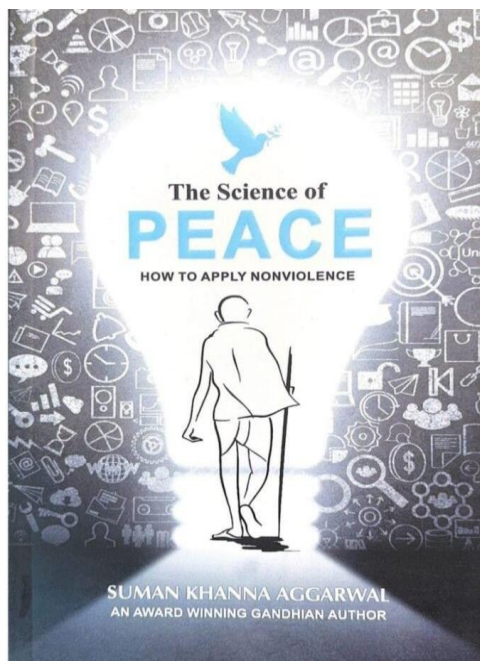
ISSN: 3048-5940 (Online)

Name of the Publication: Global Gandhi International Half-yearly
e-journal published by Shanti Sahyog Centre for Nonviolence, New Delhi, India
(CFN)

Volume No: VOL II ISSUE II

Year of publication: Jan-June 2025

The Science of Peace: 2nd Edition



By [Dr. Suman Khanna Aggarwal](#)

Pages: 256 pages

First Published: January 1, 2024

Published By: Heritage Publishers

About the Book

The Science of Peace endeavors to provide an easy self-help manual to those who seek a clear understanding of Gandhi's thought and practice. As the title indicates, this study also aims to highlight the Gandhian emphasis that, 'Nonviolence is a Science', and like any other Science, it is a discipline with a distinct body of systematic knowledge, which has to be studied and learnt thoroughly, in order to be applied effectively, in all walks of life – from the personal to the political. Having taught courses on Gandhian philosophy and conducted workshops on Nonviolent Conflict Resolution, across several countries over the past three decades, the author, Dr Suman Khanna Aggarwal, realised there is minimal clarity about Gandhi's basic concepts of Truth, Nonviolence, Service Satyagraha, etc. There is even less knowledge about how he practiced these values in his daily life and applied them in his community living, society and politics. This book is also an effort to empower the reader to understand Gandhi's philosophy and see how his ideas may be applied to heal our present world situation of unmitigated conflict, violence, war and terrorism. It is an invitation to the reader to understand, practice and promote Gandhi's legacy of Nonviolent Conflict Resolution and peaceful co-existence based on humane values that eschew narrow minded national, communal, fundamentalist and sectarian thinking. The book ends with a plea to world citizens, to Politically Legitimise Nonviolent Conflict Resolution, through introducing Nonviolent Defence in their nation states.

Book Reviews

AUTHOR: SUMAN KHANNA AGGARWAL; PUBLICATION: FIRST EDITION 2019, SECOND EDITION 2024; COUNT PAGES: PAGES 210; OTHER RELEVANT DETAILS: IN ASSOCIATION WITH SHANTI SAHYOG INTERNATIONAL, NONVIOLENCE CENTER.

Prof. Suman Khanna Aggarwal presents a compelling account of the enduring relevance of non-violence, offering a nuanced analysis of Gandhi's philosophy and its application to contemporary social challenges. Her work navigates a journey that begins with strategic approaches to preventing violence, anchored in exploring Gandhi's movement and key principles such as compassion and non-violence. The overarching aim is to illustrate how non-violence can serve as a practical method for resolving conflicts and mitigating social tensions, facilitated through education, integration, and constructive dialogue.

Structured into four sections, the book examines critical issues surrounding conflict, violence, and war yet foregrounds the transformative potential of Gandhi's method of *Satyagraha*. This concept is presented not merely as an ideological stance but as an actionable framework, emphasizing the necessity of moving beyond rhetoric to tangible efforts to achieve peace. By exploring the practical dimensions of Gandhi's teachings, Khanna aspires to inspire a new generation, equipping them with tools to address modern conflicts in ways that uphold human dignity.

Khanna effectively underscores the importance of addressing the root causes of violence, including nationalism, resource mismanagement, and the ecological consequences of nuclear technology. Drawing on Gandhi's assertion that non-violence has never failed when applied with genuine commitment, she situates non-violence as a versatile and universal method applicable across personal, institutional, economic, and political domains.

The book highlights the centrality of education and self-awareness in cultivating nonviolent practices, encouraging readers to reflect critically on their beliefs and actions. Drawing on the experiences of activists and insights from non-governmental organizations, Khanna demonstrates how nonviolence can be operationalized to foster constructive conflict resolution and promote societal harmony. Her analysis is enriched by references to key figures who influenced Gandhi's thought, including Jesus Christ, whom Gandhi regarded as a "hero of *Satyagraha*," and Tolstoy, who famously proclaimed, "Love is the only cure for all diseases".

Khanna's reflections extend to the philosophical underpinnings of nonviolence, positioning it as a force of immense positive power—more enduring and profound than any material resource. Her exploration of universal thought emphasizes the importance of dialogue to overcome violence and build mutual understanding. The assertion that history, while unpredictable, offers countless instances of non-violence as a catalyst for meaningful change underscores the enduring relevance of this method.

By examining nonviolence through the dual lenses of appropriateness and fearlessness, Khanna provides a robust framework for understanding its transformative potential. The book ultimately calls for reimagining social systems, advocating for cooperation over domination and demonstrating that non-violence is not merely a theoretical ideal but a viable strategy for addressing contemporary global challenges.

Khanna's work is both an academic contribution and a practical guide, inviting readers to engage deeply with the teachings of one of India's most significant historical figures. Her analysis reinforces Gandhi's philosophy's timeless relevance and its applicability to fostering peace and justice in today's world.

Raffaele Raggi (University of Genoa)

Mail: raffaeleraggi2@gmail.com

About the Author

A former Professor of Philosophy at Delhi University, India, Suman Khanna Aggarwal, obtained her Ph.D. in Gandhian Philosophy in 1978 and went on to do 3 Post-Doctoral Research Projects in India (1984), Sweden (1987-88) & Canada (1990-91).

In 1992, she founded the Gandhian NGO – Shanti Sahyog, which works in 17 South Delhi slums & in Tughlakabad Village, New Delhi, providing Quality Education, Healthcare, Vocational Training, & Legal Aid to the underprivileged – including Domestic Violence Victims. In 2018, she set up the Shanti Sahyog Centre for Nonviolence to promote Gandhi's legacy of Nonviolent Conflict Resolution and Vision of a World Beyond War.

