

GANDHI PEACE FOUNDATION, MADRAS

PEACE CLUB MARATHON - DAY 1 REPORT

Servasev Vidhyalaya Matriculation Higher Secondary School, Kunnavakkam
18 August 2026

Date	18.08.2026	Sessions Completed	4
Classes Covered	VI-A, VI-B, VII-A, VII-B	Students Selected	10 Peace Volunteers

1. Launch of the Peace Club Marathon

The six-month Peace Club Marathon was launched on 18 August 2026 at Servasev Vidhyalaya Matriculation Higher Secondary School, Kunnavakkam. Four interactive sessions were completed on the first day with students of Classes VI-A, VI-B, VII-A and VII-B. The sessions introduced the students to the Six Rules for Peace, ORACLE - My Six Powers for Peace, and Micro Actions for Macro Peace.



An interactive Peace Marathon session with students.

2. Basic Content of Every Session

A common two-page pamphlet, "Peace Begins With Me," was distributed and used as the basic learning material for every batch. The session centred on four practical elements: **Six Rules for Peace**; **ORACLE - My**

Six Powers for Peace; 30 Micro Actions for Macro Peace; and the Daily Peace Report / My Peace Promise.

PEACE BEGINS WITH ME

LEARN PEACE • LIVE PEACE • ACT FOR PEACE • LEAD FOR PEACE

6 RULES FOR PEACE

1		I LISTEN	I listen without interfering. I allow the other person to finish before I respond.
2		I SPEAK ASSERTIVELY	I get permission and assertively talk. I express what I feel without hurting or humiliating another person.
3		I RESOLVE DIRECTLY	I do not complain about the second person to a third person. Instead, I resolve directly with the person concerned.
4		I ACCEPT NATURE	I do not blame what cannot be changed in Nature. I accept what is beyond my control and concentrate on what I can change.
5		I DO NOT GOSSIP	I do not gossip. I will not spread rumours or speak unnecessarily about another person.
6		I ACCEPT MY MISTAKES	I accept my mistakes, seek pardon and resolve never to repeat them. Saying "I am sorry" is a sign of courage.

WHAT IS PEACE?

Peace is not the absence of problems. Peace is the presence of understanding, respect, love and responsibility.

Write your Daily Peace Report on a white sheet of paper.

Record:

- Date
- Micro Action
- What I did
- What happened
- What I learnt



GANDHI PEACE FOUNDATION, MADRAS
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MICRO ACTIONS EVERY DAY • MACRO PEACE EVERYWHERE

ORACLE – MY SIX POWERS FOR PEACE

O OBSERVE  Before reacting, I observe. What is really happening?	R RESTRAIN  I pause before I speak or act. Do I really need to react?	A ACCEPT  I accept people, situations and realities that I cannot immediately change. What can I accept? What can I change?
C CELEBRATE  I recognise goodness in myself, others and life. What can I appreciate today?	L LABOUR WITH LOVE  Whatever I do, I do with care, responsibility and love. How can my work become service?	E EVOLVE  Every experience can help me grow. What have I learnt? What will I do differently next time?

30 MICRO ACTIONS FOR MACRO PEACE

- I will begin my day with a peaceful thought.
- I will spend at least three minutes in silence.
- I will pause before reacting when I am angry.
- I will recognise one good quality in myself.
- I will accept a mistake and learn from it.
- I will use my mobile and digital devices responsibly.
- I will listen without interrupting.
- I will speak respectfully, even when I disagree.
- I will not gossip.
- I will not ridicule, insult or humiliate anyone.
- I will apologise when I hurt someone.
- I will forgive whenever possible.
- I will greet teachers, staff and fellow students respectfully.
- I will welcome someone who feels left out.
- I will help a younger student or someone who needs support.
- I will stand in a queue without pushing.
- I will keep my classroom and campus clean.
- I will protect school property as our common property.
- I will help with at least one household task without being asked.
- I will speak respectfully to parents, grandparents and family members.
- I will listen when someone at home wants to speak.
- I will avoid wasting food.
- I will thank someone at home for what they do for me.
- I will try to resolve a family disagreement peacefully.
- I will save water.
- I will avoid unnecessary plastic and waste.
- I will care for a plant, tree, bird or animal.
- I will respect every person irrespective of differences.
- I will help someone without expecting a reward.
- I will perform one conscious act of peace every day.

MY PEACE PROMISE

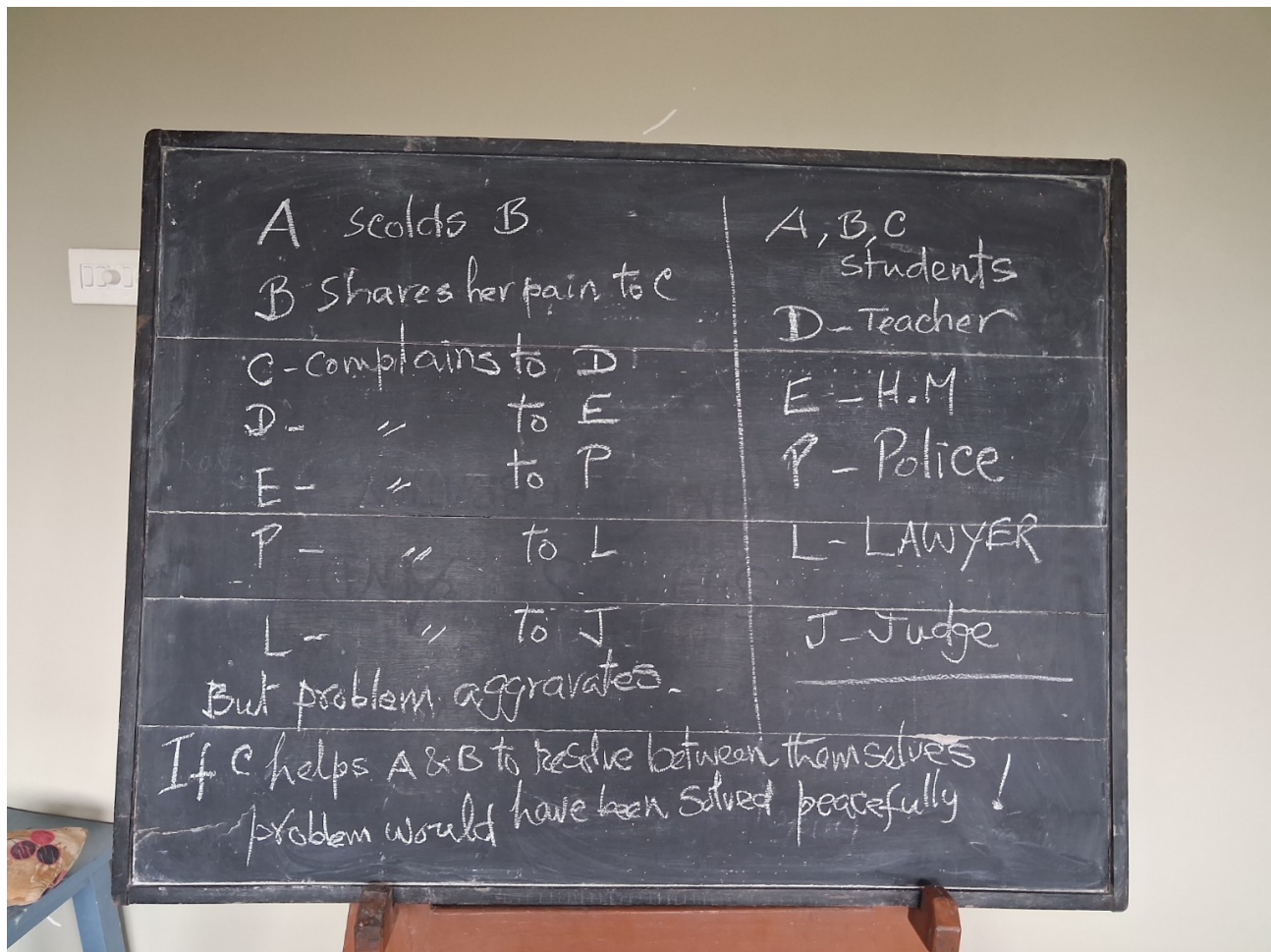
Peace begins with me. I will not wait for others to change first.
 I will undertake small actions every day and become an Ambassador of Peace.

Basic session pamphlet: Peace Begins With Me - Six Rules, ORACLE and 30 Micro Actions.

Students were not asked merely to memorise these points. Through questions, real-life situations and dialogue, they explored how the Six Rules and ORACLE could be applied to conflicts, relationships, anger, gossip and everyday responsibilities. Each student was encouraged to choose a Micro Action, practise it consciously, and record the experience on a white sheet of paper.

3. Method: Exploration Rather Than Moral Instruction

The sessions were conducted through questions, situations and student responses rather than through a lecture. Students were invited to examine how an ordinary interpersonal conflict can either be resolved peacefully or become larger when it is repeatedly carried from one person to another.



Conflict-escalation exploration developed during the session.

4. The Conflict-Escalation Exploration

The class explored the following chain: A scolds B. B carries the pain to C. C complains to D; D takes it to E; the matter then moves to P, L and J. In the exploration, A, B and C represented students; D a teacher; E the Headmaster; P the Police; L a Lawyer; and J a Judge.

The students observed that the original problem may become increasingly aggravated as more people enter the conflict. The alternative explored was simple: if C helps A and B to speak to each other and settle the matter directly, the conflict may be resolved peacefully at its earliest stage. This gave practical meaning to the Peace Rule: ***"I do not complain about the second person to a third person. Instead, I resolve directly with the person concerned."***

5. From Conflict to Peace Practice

The exploration was linked to ORACLE: Observe what has happened; Restrain the immediate reaction; Accept the reality without exaggerating it; recognise what is still good; Labour with Love to repair the relationship; and Evolve by learning from the experience. Students were encouraged to use these ideas in friendship problems, classroom disagreements, anger, gossip and everyday misunderstandings.



Students participating actively in dialogue, reflection and application.

6. Student Leadership Identification

At the end of the four sessions, students showing interest, participation, listening, responsibility and potential for peaceful leadership were identified for the proposed two-day Peace Leadership Camp.

Class	Teacher-in-Charge	Students Selected
VI-A	Mrs. Preethi	S. Samanthra; S. Krishivam; E. Dharanikswari
VI-B	A. Jamuna Rani	S. Abinеш; K. Dhamodhiran; R. Keshav
VII-A	S. Umamageshwari	S. Kanish; J. Yuvarani
VII-B	V. Yuvasri	P. Jagadev; M. Kavyasri

7. Next Step

The Marathon will continue batch by batch through 21 August 2026. A classwise master record of all participating students, Teachers-in-Charge and selected Peace Volunteers is being maintained. The selected students will later undergo a two-day Leadership Camp and help organise continuing Peace Club activities over six months, with the goal of gradually developing the whole campus into a Haven of Peace.



Peace learning through participation: students reading, responding and reflecting together.

PEACE BEGINS WITH ME • MICRO ACTIONS EVERY DAY • MACRO PEACE EVERYWHERE