

The Peace Gong Initiative on CYBERFASTING

A Tribute to the Apostle of Peace, Mahatma Gandhi on his Martyrdom Day: January 30, 2019

Dear Friends,

We live in a digital world. Every moment of our life- right from the time we wake to the time we sleep in the night we are engaged with some digital platform or the other. Can you think of giving up your digital tools for some time and do introspection for yourself?

Can you think of the time you spend on the digital media and instead spend that time to help one of the poorest persons in the society?

If yes, please join The Peace Gong Initiative on CYBERFASTING on January 30, 2019!

Why CYBERFASTING?

"Fasts are a part of my being. I can as well do without my eyes, for instance, as I can without fasts. What the eyes are for the outer world, fasts are for the inner." - Mahatma Gandhi

For Mahatma Gandhi fasts were significant to look at one's inner self. In today's world when we rarely have time to look at our own self, here is an opportunity for something rewarding.

The Peace Gong, a Media and Information Literacy initiative of the Gurudev Rabindranath Tagore Foundation invites friends from all across the world to join to CYBERFAST on January 30, 2019, the Martyrdom Day of Mahatma Gandhi.

CYBERFASTING means refraining from all types of digital media with which we are obsessed. It could be for a specific period of time. It is simple.

▽ You don't need to go anywhere or attend any event to practice

▽ CYBERFASTING. On January 30, 2019, just refrain from all digital media from 6 a.m. to 6 p.m.

▽ You may be tempted to log in to Facebook, look at your WhatsApp Messages,

▽ tweet from your twitter account, use your Instagram or Snapchat handle, end up using your email and much more..... Rather than getting lost in the virtual world try to connect with your inner self! Think and relish the times you felt happy for!

▽ Think of something you can go and do for somebody in need!

▽ Fasting rejuvenates the body, the mind and the soul. Surely CYBERFASTING will help you to reinvent YOURSELF!

So friends join us to CYBERFAST on January 30, 2019

Do let us know how you CYBERFASTED.

Prof T K Thomas,

Chairman, Gurudev Rabindranath Tagore Foundation