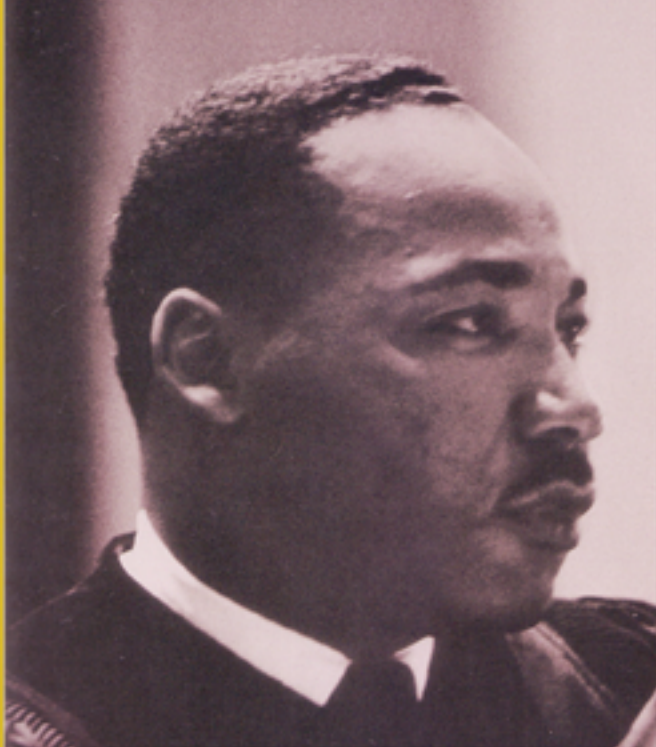


Mahatma Gandhi

Mahatma Gandhi (1860-1948), inspired by his total faith in ahimsa (non-violence and love), conducted a campaign of non-violent resistance that liberated 300 million Indians from eighty-nine years of British imperial rule. His legacy of non-violent campaigns for peace and social justice has influenced civil rights activists all over the world.

Cafodd Mahatma Gandhi (1860-1948) ei ysbrydoli gan ei gred ddofn yn ahimsa (gweithredu heb ddefnyddio trais, a chariad), ac arweiniodd yr ymgyrch gwrthsafiad di-drais a ryddhaodd 300 miliwn o Indiaid o 89 mlynedd o reolaeth imperialaidd Prydain. Mae ei etifeddiaeth o ymgyrchoedd di-drais dros heddwch a chyfiawnder cymdeithasol wedi dylanwadu ar y rhai sy'n brwydro dros hawliau sifil ledled y byd.



Martin Luther King Jr

Realising Gandhi's remark that "It may be that through the American Negro the unadulterated message of non-violence will be delivered to the world", Baptist minister Martin Luther King Jr. (1929-1968), used the principle of non-violent resistance to underpin a civil rights movement for the social and political equality of African Americans.

Gan wireddu geiriau Gandhi, sef "Efallai mai drwy'r Negro Americanaidd y bydd neges bur gweithredu heb ddefnyddio trais yn cael ei chyhoeddi i'r byd", defnyddiodd Martin Luther King Jr. (1929-1968), a oedd yn Weinidog y Bedyddwyr, yr egwyddor o wrthsafiad di-drais fel sail i'r mudiad hawliau sifil dros gydraddoldeb cymdeithasol a gwleidyddol i Affricanwyr Americanaidd.



Daisaku Ikeda

As president of the international lay Buddhist organisation called Soka Gakkai International (SGI), Daisaku Ikeda (1928-) has worked tirelessly towards his goal of building a grassroots people's movement based on the process of non-violent 'human revolution' – inner spiritual development that empowers individuals to change themselves, their societies and the world.

Fel llywydd cymdeithas Fwdhaidd Ieyg ryngwladol o'r enw Soka Gakkai International (SGI), mae Daisaku Ikeda (1928-) wedi gweithio'n ddiflino tuag at ei nod o sefydlu mudiad i'r bobl ar lawr gwlad sydd wedi'i seilio ar broses o 'chwyldro dynol' di-drais – datblygiad ysbrydol mewnol sy'n cryfhau gallu unigolion i newid eu hunain, eu cymdeithas a'u byd.