

## **Press Release**

### **Good Wishes Bank would reduce tension and violence- B.S.Sudan, IAS**

Mohali, June 27: "Good wishes Bank would play an important role to reduce tension, violence and peacelessness", said Mr.B.S.Sudan IAS, Secretary Home & Jails Punjab. Mr. Sudan was addressing huge gathering in Brahma Kumaris Sukh Shanti Bhawan Phase 7, here today after inaugurating 1,00,00,00,000 Minutes Good Wishes Bank today. He further said that good wishes should start from self, family and surroundings whose vibrations would automatically reach the whole nation and world too. He lauded the role of Brahma Kumaris who were engaged in selfless service of humanity. He stressed on women education and asked men to shun ego and selfishness.

While presiding over the function Brahma Kumari Prem Lata Incharge Rajyoga Centres of Mohali-Ropar Circle said that good wishes are very powerful which can bring smile among worried, desperate and sad human beings. Good wishes can also make people viceless, positive and long life. Hence one should spread good wishes and vibrations atleast 5 minutes daily and Rajyoga meditation was fittest tool for such blessings. All men, women and children irrespective of any caste, culture, nationality, community, religion, politics and profession would participate in this project without spending a pie.

Brahma Kumari Rama Co-Incharge, Rajyoga Centres of Mohali-Ropar Circle in her key note speech explained details of the Bank and said that bad wishes were curse which were responsible for present miserable situation of the universe and one should escape from it. She made it clear that good wishes (blessings) could make one's body and mind healthy and pure. She further said that listening to a relaxing meditation commentary would contribute one minute and enjoy soothing spiritual song of good wishes contributes 3 minutes as per this project.

Dr Sant Parkash Singh, Managing Director, Indus Hospitals on this occasion shared his experiences of Rajyoga meditation and said that it reduced his tension and worries and helped to make positive life style. He urged to use this unique experiment in curing the patients too.

Mr.B.S.Sudan IAS, B.K.Prem Lata, B.K.Rama, Mr. Roshan Lal President Municipal Committee Kharar, Mr. Ajaib Singh longia Naib Tehsildar Kharar and Incharge Rajyoga Centres Kharar, Ropar, Kurali, etc. lighted the candles to inaugurate the Bank.

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