

**Press Release**

**Platinum Jubilee Convention & Musical Evening Held**

**“Meditation Must for Happy Living”-Dadi Hirdaya Mohini**

**New Delhi, April 25:**

“For continued health, wealth and happiness in life, we need inner strength and stability which can be sustained by regularly connecting our mind & intellect with the Supreme Being through rajyoga meditation”

**Rajyogini Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris** from Mount Abu said this while presiding over the **institution’s Platinum Jubilee Celebrations Convention** on “Inner Stability for Happy Living” held for the public at Sirifort Auditorium here, last evening.

She urged people to cultivate and strengthen peace, poise and stability of mind for overcoming difficult and challenging situations in life through the daily practice of spiritual wisdom and rajyoga meditation.

**An electronic emblem pertaining to institution’s Platinum Jubilee Year** was unveiled by Dadiji who was also felicitated by several dignitaries of Delhi on the stage.

**Famous Playback Singer Mr Shaan** before starting the Musical Evening with a series of devotional songs along with **noted Music Director Mr Shravan**, said that simple living and positive thinking being taught by the Brahma Kumaris were the key to peace & happiness in life. Both made the audience dance to the tune of their enthralling devotional songs and music.

**Rajyogini B K Asha, Director, Brahma Kumaris Omshanti Retreat Centre, Gurgaon** in her key note speech, stressed the need to foster healthy life style and positive practice of giving, detached involvement and self reliance for experiencing inner peace, stability and happiness.

Before the Convention ended with rousing applaud and standing ovation given by the audience to Dadiji, Mr Shaan, Mr Shravan & his Musical Party, **Rajyogini B K Shanti, convention organizer and Director of Brahma Kumaris’ Sirifort Center** guided the audience to experience deep inner peace and power by conducting mass meditation.