

RUSSIA SERVICE NEWS

“The principles of the Brahma Kumaris philosophy are number one factor for long and healthy life”, says Mr. Vladimir Khavinson, European Regional Chair of International Association of Gerontology and Geriatrics (IAGG)

Public event “The Invaluable Gift”

dedicated to 310th anniversary of St. Petersburg (26 May, 2013)

Mr. V. Khavinson, along with other dignitaries, became a chief guest at the celebration of 310th anniversary of St. Petersburg that took place in Lighthouse, the Brahma Kumaris centre in the northern capital of Russia.

Welcoming the audience, he said, “The activities of the Brahma Kumaris are very important in today's world. I can assert this being the head of the European branch of IAGG, the highest body of scientific gerontology in Europe. Our mission is treatment and prevention of old-age diseases and ensuring longevity. I find that what the Brahma Kumaris teaches is the basis for long and healthy life. Pills are not the remedy. The remedy is a moderate life style, healthy diet and exercises. We should not chase after wealth at the cost of our health. The factor of simplicity is relevant in every field of our everyday life, including what we wear and what we eat. Have you ever noticed that all the expensive food products are essentially harmful for our health? It's because they are not of natural origin. We have about 250 centenarians in St. Petersburg, and all of them lead very simple life styles. The Brahma Kumaris have created a veritable temple of humanity in this city and we support the principles of life that are taught here.”

Mr. Chander Prakash Gandhi, Consul of India in St. Petersburg, said in his speech, “St. Petersburg is famous for its welcoming nature. I am glad to know that this city has welcomed the Brahma Kumaris, a very well-known spiritual centre of India. If we want to be peaceful and happy, we have to start with changing our thinking. And the BKs will tell you how it is to be done.”

B. K. Santosh, director of the Brahma Kumaris in St. Petersburg, spoke about the importance of making the place where we live into a space of the culture of happiness. “That would be your best personal gift in return for all the sustenance your city provides to you. St. Petersburg is famous for its images of Atlantes or Atlases (the Titans, characters of Greek mythology) who carry the skies on their shoulders. Atlases are hard-working and responsible, yet they have become very tired by now. The call of the Time is for us to become double light angels and replace the Atlases in sustaining the world. Let them take rest! And how can we become light even while fulfilling all our responsibilities? By giving away desires and tension.”

The guests enjoyed songs by **Mr. Alexander Pakhmutoy**, leading singer of the “Northern Capital” theatre. And the lively dance “Just Say ONE, TWO, THREE and Become Tension-Free” performed by BK students convinced everyone that being an angel is really much better than being an Atlas!

On photo left to right: Mr. **Vladimir Khavinson**, European Regional Chair of International Association of Gerontology and Geriatrics (IAGG), Mr. **Chander Prakash Gandhi**, Consul of India in St. Petersburg, **B.K. Santosh**, director of the Brahma Kumaris in St. Petersburg, **B.K. Neeraj** (Delhi)