

Adopt culture to give, in order to get Happiness Forever - Justice Sunil Gaur, Judge, High Court of Delhi

New Delhi, 24 November 2013: Today man has become self-centered and this has resulted in constant stress, worries and fear etc. Let us adopt culture to 'give', try to understand feelings of others, have sense of belongingness and then our life will be full of happiness, said **Hon'ble Justice Sunil Gaur, Judge, High Court of Delhi**. He was speaking as **Chief Guest** in a public programme titled "**Happiness Forever**" organised to mark **annul day celebrations of Lodhi Road Centre of Brahma Kumaris**. The event was organised in cooperation with **GAIL (India) Ltd. and Indraprastha Gas Ltd. at Sri Sathya Sai International Centre, Lodhi Road, Delhi**.

Bro. BK Mruthyunjayaji, Executive Secretary, Brahma Kumaris who presided over the programme said speak less, speak slow and speak sweet. Happiness is the best tonic for health. Today we live in Nuclear Age but there should be **New and Clear thinking**, he further said.

Hon'ble Justice V. Eshwariah, Chairman, National Commission for Backward Classes said instead of changing others I have to change myself, I have to enrich myself, I have to lit lamp of knowledge and see qualities in others and this will pave way to have happiness forever.

B.K. Dr. Savita Anand, IFS, Chief Principal Conservator of Forests, Govt. of Rajasthan emphasised that self-awareness and self-transformation are the twin keys to happiness.

BK Pushpa, Director, Brahma Kumaris, Karol Bagh, Delhi said we have forgotten ourselves and our spiritual Father and this is the main cause of sadness and tension. Let us perform elevated actions and have good wishes for one and all and this will fill our life with happiness and cheerfulness, she further said.

Sis. BK Giriya, In charge Lodhi Road Centre welcomed guests while **Bro. BK Pius** conducted the programme. Cake was cut and guided meditation was done.

Apart from others **Dr. PK Anand, IAS, Addl. Secretary, Govt. of India (GOI), JK Dadoo, IAS, JS, GOI, GD Agarwal, Vice President, Income Tax Appellate Tribunal (ITAT), M/o Law and Justice, GOI, RP Tolani, Member, ITAT, Dr. D. Sabharwal, Group Chairman, Jeeven Hospital, SK Vij, Ex Member, Railway Board, Shiv Ganesh, DDG, India Meteorological Dept. (IMD), SP Seth, Noted Businessman, Dr. C.H. Murthy, Former Vice President, IBM India and delegations from several Public and Private companies participated.**