



# Spiritual Education for Holistic Well-Being

## Why in News?

[The President of India](#) Droupadi Murmu launched a state-level campaign, '**spiritual education for holistic well-being**' of [Brahma Kumaris](#) in Hisar, Haryana on its golden jubilee.

## Key Points

- **Spirituality as a Unifying Force:**
  - The president stated that **spirituality transcends man-made boundaries and unites humanity.**
  - She emphasized that **systems built on spirituality** whether social, economic, scientific, cultural, or political, remain **ethical and sustainable.**
- **Impact on Personal Well-being:**
  - A person who maintains **spiritual consciousness** experiences better mental and physical health along with inner peace.
  - Spiritual peace not only benefits the individual but also enriches the lives of others by spreading positive energy.
  - She also stressed that **spiritual peace should not lead to isolation** but should be used to build a strong, healthy, and prosperous society and nation.
- **Brahma Kumaris' Contributions:**
  - She appreciated the Brahma Kumaris for utilizing spiritual energy for **societal and national welfare.**
  - The organization actively contributes to key initiatives such as the **fight against drug abuse, women's empowerment, and environmental conservation.**
  - Expressing confidence in their efforts, she stated that the Brahma Kumari family would continue to **enhance holistic well-being and support the country's overall development through spirituality.**