

(Address by Justice Pankaj Mithal as a Chief Guest on 28.02.2020 in the Indian Institute of Public Administration New Delhi-110002)

## **B.E.S.T.**

Family members of the U.P. Judiciary,  
Major General Sri Rajesh Sahai,  
Smt. Saroj Yadav, Director J.T.R.I.,  
Sri Amitabh Ranjan, Registrar IIPA,  
Dr. Surabhi Pandey, Programme Coordinator and  
Ladies & Gentlemen.

I am glad to be present in the Valedictory Ceremony of the 38<sup>th</sup> Training Programme in the series of Management Development Programmes organized for the Judicial Officers of Uttar Pradesh. It is a wonderful partnership between the J.T.R.I. and I.I.P.A. The Judicial Officers are specialized in the field of law but in addition to that they require managerial skills to manage their Courts as well as the entire system of running the Courts. Thus, it becomes necessary to impart them administrative training. This exercise is being effectively taken care of by the I.I.P.A. on behalf of the J.T.R.I.

Ethics, efficiency, governance and integrity are all areas of concern for all judicial officers who are under tremendous pressure of work due to surmounting pendency of old cases. Training in administration is necessary to enable them to cope with this pressure and to relieve them from stress.

The Management Development Programme focuses on qualitative improvement in the working capacity of our Judicial Officers but may I give you some tips for the qualitative improvement of life as a whole.

We are celebrating the 150<sup>th</sup> Birth Anniversary of Mahatama Gandhi, our proud Father of the Nation, who is known worldwide for his

simplicity. If we follow him and live life of simplicity, much of our problems of stress would vanish automatically.

Mahatama Gandhi always carried with him a copy of *Bhagwadgeeta* and he used to preach that in case of any serious problem, it is better to take shelter of *Geeta* and have a nap in her lap. The solution of the problem would automatically come to you. Such great is the power of *Geeta Mata*, the Holy Book of entire mankind. So I would request all of you to follow the above principle of Mahatama Gandhi. This will relieve you of many of your problems within no time.

It is said that it is the healthy body which houses a healthy mind which is essential for effective & efficient working.

The best thing to keep yourself healthy and to have a healthy mind is to concentrate on breathing, exercise for few minutes everyday, have a sound sleep of 6-7 hours and avoid tension. This is the best principle i.e. B.E.S.T. breath, exercise, sleep and tension. to maintain health.

A beautiful mind with a golden heart goes hand in hand with a healthy mind. A caring person with a smile on a face is a person with a beautiful mind and the golden heart. He speaks softly and politely.

Everyone of us wants to achieve success in life. But we confuse success with progress and development. Progress and development is in materialistic terms whereas success is achieved through the mixture of discipline, ethics, moral and spiritual values. If our growth is through all these elements, it leads to real success and happiness in life. Our actions have to be tempered with spirituality which is under and above caste and religion.

Since I started with Mahatama Gandhi, I would like to end with his another principle of keeping silence (*maun vrat*). It has been universally well accepted that silence (*maun*) renders all weapons of opponents useless. It reduces conflict in mind. *Maun* or silence is the best tool for peace and harmony. One should therefore observe silence at regular intervals to maintain harmony of mind with the nature.

I trust this joint venture of J.T.R.I. and I.I.P.A. to continue with stronger ties.

With these few words of motivation, I wish all of you a successful and a peaceful life.

Thanking you.