GUIDE TO JOY


THE AWARDEES

After the ceremony, annual awards to the resident doctors and para-medical staff were presented. The recipients were Dr Shinto Fraris T, DM student, Homoeopathy; Dr Priyanka Yadav, MD student, Urology; Soniya Mehrotra, technican grade 1; Radhey Shyam Kushwaha, technican grade II, PN Tripathi, sister grade 1; BR Krishna, sister grade Ill.

LUCKNOW: Engineering the soul is essential to cope with the hectic pace of modern life and to attain inner peace. Those who could actually understand their inner being could live their life to its full potenal, said Sadhguru, the great spiritual teacher and reformist, while addressing a gathering during the Foundation Day of SGPGI at its Shruti auditorium on Wednesday. Bureaucrats, doctors and eminent citizens of the city were present on the occasion.

He said, "This is a shift from wine to divine. We have engineered the world in so many ways. We have brought much comfort and convenience to our lives. In the past 100 years, we have changed the face of the world. But are we happy, peaceful, loving and caring? No."

The spiritual guru said, "I meet a lot of people who are healthy but miserable because their own intelligence is working against themselves. I tell them to be joyful. They need a chemical for happiness like wine or medicine. If you want to get out of this chemistry, then you that is yoga."

He said that intelligence was appreciated but only if one knew how to use it or it would work against one. "If we have no control over our desires and emotions we are in trouble. To control our soul we have to engineer our soul and body in our own way. An inner journey to the life is required as it enables us to help us in evolving as a happy and fearless person."

SADHGURU

‘Students must not overburden themselves’

Students are so stressed that they are committing suicide after a scolding from parents or in school. What is your advice?

Over 18,000 children have committed suicide this year, with 7,000 of them below 13 years of age. This indicates something is wrong in our system. I recently met HRD minister Prakash Javadekar and discussed with him the lack of innovation in modern education system. Today every student is running after percentage. He thinks life below 98% would be miserable. This approach is not correct. I proposed to address this problem of stress among the kids so that they should remain calm and enjoy their studies and not overburden themselves with expectations and stress.

What is your advice to students for the upcoming board exams?

One should have clarity of thought so that he can maintain emotional balance and should try to increase and maintain high energy levels throughout the day.

Social media is playing a major role in sparking debates but sometimes they result in spats. Do you think social media has infringed our life?

Don’t worry, social media has opened a new window to exchange views. Think about those who never had any friends. Now they are chatting with thousands at the same time, and they have made some good friends and some are lost too because they have difference of opinion. It’s a good thing that one’s inner feelings come out on social media.

Your take on demonetisation?

It is a step to check corruption. Something has taken place which has shaken people out of their slumber.

How should politicians cope with stress in the run-up to assembly polls?

(laughingly) First, they should not give stress to others. The politicians know everything. A politician is just a citizen who is on temporary employment and is least accountable if people are not aware. So he seldom takes stress as he has to come before people just once in five years. For the common man, casting vote once in five years is not good enough because you employ somebody and you don’t see them working. You must make them accountable for each and every day for the next five years. He is your employee and not master.

What is your take on corruption and steps to counter it?

I think corruption is not just among politicians but every class. Besides demonetisation, a lot of work needs to be done to check this menace. Demonetisation should have been done two years back. Now, there would be no problem for those who have their pockets full of money but for those who have warehouse full of money.