Soul searching programme

ENS
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THERE is a distinction between physical pleasure and mental happiness. According to Sadhguru, founder of Isha Foundation, the state where the life energies attain certain pleasantness, is referred to as joy. The spiritual leader attributes a nation’s progress to the joy experienced by the human race. “Only when a person is in a joyful disposition, he functions to his fullest capacity and is equipped to solve the problems of humanity effectively”.

To promote this concept, Isha Foundation has been organising the movement ‘Ananda Alai’ across the state since the end of April. The programme, a blend of scientific technology with the ancient principles of yoga, is a seven day affair and instills a deep sense of joy within a person.

The programme has been organised in the districts of Tiruchy and other districts. A special satsang was held in Tiruchy on Saturday July 26 as part of the concluding ceremony.

Sathguru Jaggi Vasudev delivering a discourse at “Ananda Sangamam” organised under the auspices of Isha Yoga Foundation in Tiruchy on Saturday.