Spirituality enriches nation's culture: Jaggi Vasudev

Lecture series by JSS Mahavidyapeetha

Isha Foundation's Sadhguru Jaggi Vasudev delivering the lecture on 'Technology and Healthy Living' at Rajendra Auditorium here yesterday under the aegis of JSS Mahavidyapeetha.

Mysore, Apr. 14 (KCU&HT) - Sadhguru Jaggi Vasudev, Founder of Isha Foundation, Coimbatore, has lauded the country as being the most spiritually rich in the world.

He was delivering a lecture on 'Technology and Healthy Living' under Golden Jubilee Endowment Lecture Series organised by JSS Mahavidyapeetha at Rajendra Auditorium at JSS Medical College premises yesterday.

"Spirituality is the strength of this nation which has contributed to its cultural richness. Any country to raise from poverty to affluence should have a touch of spirituality. The level of spirituality is unfortunately low among the youth," he bemoaned.

Referring to the spiritual leaders of bygone era like Rama Krishna Paramahamsa, Jaggi Vasudev said: "They pursued spiritual quality by meditating alone and in secluded areas. Now people can do that staying well inside the society and amid family ties."

**Yoga story**

To cite the effectiveness of yoga, Jaggi Vasudev narrated a story: "Four yogis — Karma yogi, Jnana yogi, Bhakthi yogi and Kriya yogi — said to be bitter professional enemies once while treading through a forest were caught in a torrential rain. They sought shelter at a four-pillared dilapidated mantap. Continuing to get drenched, the four embraced the idol of a deity at the mantap and prayed for protection. God appeared much to the surprise of the four. They asked the Lord why he appeared now despite their persistent prayer and meditation day and night for years. The Lord, referring them as fools, said that they should have joined together long back to seek his appearance."

Vasudev pointed out that the four yogis should synchronise in a human to feel a spiritual well-beingness. He later interacted with the audience.

Suttur Seer Sri Shivarathri Deshikendra Swamiji and Sri Siddeshwara Swamiji of Jnana-yogashrama, Bijapur, graced the occasion. JSS Mahavidyapeetha Executive Secretary B.N. Betkerur and JSS University Vice-Chancellor Dr. B. Suresh were present.
Yoga Guru Baba Ramdev and Sadhguru Jaggi Vasudev, who inaugurated the newly-constructed buildings of JSS Ayurveda Medical College and Hospital on Lalithdripura road here this morning, seen with Suttur Seer Sri Shivarathri Deshikendra Swamiji, Sri Siddeshwara Swamiji, Minister S.A. Ramdas, Mayor Sandesh Swamy and others.

Mysore, Apr. 14 (RK&DV) - The newly constructed buildings of JSS Ayurveda Medical College and Hospital on Lalithdripura road near Lalitha Mahal Palace hotel were inaugurated today.

Yoga Guru Baba Ramdev inaugurated the hospital building and Sadhguru Jaggi Vasudev, the college building.

Suttur Seer Sri Shivarathri Deshikendra Swamiji and Sri Siddeshwara Swamiji of Sri Jnanayogashram, Bijapur, graced the occasion. Medical Education and District in-charge Minister S.A. Ramdas presided.

Raghunandan Sharma, Chairman, Central Council for Indian Medicines, New Delhi, inaugurated the Ayurveda exhibition.

Mayor Sandesh Swamy, Dr. S. Ramananda Shetty, Vice-Chancellor, Rajiv Gandhi University of Health Sciences, Dr. Jayaprabhakar Narayan, Vice-Chairman, Central Council for Indian Medicines, L. Nagendra, Chairman, MUDA, B.N. Betkerur, Executive Secretary, JSS Mahavidyapeetha and Dr. B. Suresh, Vice-Chancellor, JSS University, Upadhya, Principal, JSS Ayurveda College, were present.