‘Inner Well Being Paramount in The Pursuit of Happiness’

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Coimbatore: Happiness and peace in the world will not materialise unless we as individuals attain peace and inner well being, said Sadhguru Jaggi Vasudev, the founder of Isha Foundation.

Addressing media persons ahead of the International Yoga Day celebrations planned by the foundation on June 21, the Sadhguru said, “Even world leaders have started speaking about inner well being. A peaceful and happy world cannot materialise without individuals gaining peace and inner well being. We have destroyed half of our planet in the pursuit of human well being. But we cannot attain welfare through external means. People should turn inwards to attain true happiness and well being. Just like science and technology promote external well being, Yoga promotes internal well being.”

The Sadhguru added that the announcement of the observation of the International Yoga Day by the United Nations has helped Yoga reach millions of people outside India. “Many people had misconceptions that Yoga belongs to Hinduism and hence practitioners should change their religion to engage in it. The announcement of the UN has helped them understand that Yoga is just a tool for inner well being.”

He also hailed the efforts of Prime Minister Narendra Modi in persuading the UN to announce the International Yoga Day, adding that Yoga was India’s gift to the world.

Speaking about the Isha Foundation’s efforts to spread Yoga, he said, “Isha has been taking phenomenal efforts to provide Yoga training free of cost and in doing so, has touched the lives of countless people.”

He also spoke about yoga training being offered in digital platforms. “These are three- and five-minute sessions that would serve as a foundation for yoga. We expect it to reach up to 100 million people across the globe. These are ‘upa-yogas’ which will be very easy to practice and would not cause any harm if done in a wrong way,” he said.

Free Yoga Sessions

The Isha Yoga Center of the Isha Foundation has announced plans to conduct free yoga training in 1 lakh locations involving 35,600 volunteers from June 1 to June 30.

All these sessions will be free of cost, Isha volunteers said. They also claimed that they have been conducting free yoga sessions in Government offices, media houses, educational institutions, corporates, residential complexes and prisons in almost all the districts of Tamil Nadu.

On June 20, Sadhguru Jaggi Vasudev will be conducting a yoga sessions in Bangalore, in the presence of Chief Minister Siddaramaiah. He will also conduct a Yoga session at the YMCA Grounds in Nandanam, Chennai, at 6.30 am on the following day.

Also on June 21, the foundation will conduct a mass yoga session at Sri Krishna College, Coimbatore, Puducherry and Nagercoil. Law Minister S P Velumani, Puducherry Chief Minister Rangasamy and Minister of State for Road Transport and Highways Pon Radhakrishnan will be taking part amidst thousands of others.