Comfort won’t lift quality of life: Jaggi Vasudev

Mysuru: Though comfort experienced by people has enhanced over the years, this has not elevated their happiness level, said Sadguru Jaggi Vasudev, stressing comfort will not lift quality of life.

The Sadguru was delivering a lecture organized as part of University of Mysore centenary lecture series at its amphitheatre on Sunday on ‘Inner Engineering—a homecoming.’

Highlighting the need to optimize inner growth, the Sadguru said if people do not have a scientifically verified spiritual process to understand their inner well-being, they would get dependent on alcohol or drugs in order to keep themselves happy.

“This problem has already spread across western counties and is on rise in India. It is our duty to stop this,” he said. “It is very essential to impart basic tools of self-building in children below 10 years for them to overcome all kinds of problems,” the Sadguru added. Jaggi Vasudev, who is an alumnus of the university, expressed happiness over the opportunity to present lecture at the place where he used to perform bike stunts.

“This is also the place where my evaluation of music, from classical to rock, happened.

Srikanthawamy, Professor of Environmental Science, UoM, said, “Jaggi Vasudev was very fond of bikes and I remember him doing stunts here. But today I listened to his lecture and it was thought-provoking and inspiring. His knowledge about scientific matters is appreciable”

A number of awards were distributed during the function. Sir C V Raman golden jubilee foundation award was presented to N B Ramachandra, Rashtra Kavi Kuvempu golden jubilee award to S D Shashikala, Sarvepalli Radhakrishnan award to Yogaraju and T Chowdiah golden jubilee foundation award to Sridhara.