‘It is time to address our inner well-being in a scientific manner’

On Maha Shivaratri, Prime Minister Narendra Modi unveiled the 112ft tall bust of Adiyogi. In yogic culture, Shiva is known as Adiyogi, the first yogi, the originator of yoga. Consecrated by Sadhguru Jaggi Vasudev, founder, Isha Foundation and Padma Vibhushan awardee, the bust is a tribute to the first yogi’s unparalleled contribution to humanity. A few days after the event, seated on an open terrace with the picturesque Velliangiri hills in the background, Sadhguru speaks to TOI about the relevance of Adiyogi, and shares his views on issues ranging from demonetisation to the current political situation in Tamil Nadu.