Anxiety, parental disapproval of tattoos, gaming addiction:

#Unplugged with Sadhguru @ Bennett University

The students were eagerly awaiting Sadhguru’s arrival.

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Bennett University has a great campus and is lovely venue. It’s just so beautiful to perform here,” said Sadhguru at his session, Youth and Truth, at Bennett University.

Sadhguru’s Advice on Tattoos

Most questions from the students were related to everyday problems. From parental disapproval of tattoos to heartbreak and PUBG, the questions got witty replies from Sadhguru. When a student asked him his views on tattoos, Sadhguru said, “Today in the US, tattoo removal is a bigger business than tattoo making because people get the name of their beloved tattooed, and then when it’s over, they try to erase it. If you write something on your forehead, it should be something that matters to you for the rest of your life. Because if the relationship fails, you’ll have to peel off your skin. Also, everything that you are not good at you don’t want to be written on your face. You’re already telling us your beliefs through your tattoos — someone has a cross tattoo, someone has a Jesus. If you want to live a simplistic life, it’s okay. If you are looking for more complexity in your life, it is better that people are not able to mark you in any particular way.”

Sadhguru on PUBG: I Don’t Think It’s Heroic to Shoot Down Some

A Motivational Day for Bennett Students

The seminar hall of the college was packed, and many students who couldn’t be accommodated inside were watching the session being streamed live on several screens around the campus. Many told us that the conversation taught them a lot. Mehak Kapoor, a first-year BTech student, said, “It was insightful. I liked how they encouraged us to make peace with ourselves before worrying about our surroundings.” Varun Sharma, a second-year Mass Communication student, added, “I talked about inner beauty which made all of us feel really good about ourselves.”

Bennett University has been established to provide students with an Ivy League quality education in India. The University’s strength lies in the programmes it offers in partnership with Georgia Tech (USA), Johnson and Wales (USA), Cornell (USA) and Bath Univ. (UK). The courses offered include B.Tech, MBA, BBA, LLB and BA Mass Comm. For more information, log on to https://www.bennett.edu.in