Coimbatore, April 19: Control and proper use of mind ensured a peaceful and happy existence and mind control could be learned only by yoga, Isha Yoga Centre head Jaggi Vasudev has said.

Speaking on ‘The need for yoga’ at the KG Hospital here today, Vasudev said that only those who were at peace with themselves could impart peace and happiness to others.

Vasudev also said that human beings were more concerned about their outer self and spiritual activities were being considered by many as a good ‘pass time’.

Yoga and spiritual activities were being propagated by many without acquiring any credible qualification, the founder of Isha Yoga Centre said.

Those who have learned yoga for a few days or have read a few pages of Gita come out in the open and declare themselves a ‘yogi’.

And, there were no laws to punish such imposters, Vasudev said.

He said that at the Isha Yoga centre, to teach yoga, the brahmacharis undergo a strict discipline for five years, when they practise austerity.

During that period, they take food only twice a day and have just four pairs of dresses.

Commitment was yet another thing that one should possess to take up practices such as yoga.

And, one should come forward to change one’s life.

“If you have to be forced by others to do things, what is the difference between an animal and you,” he asks.

Although the decision to lead an austere life should be one’s own, the components of the austerity drive should be learned from an experienced person, who would be called ‘Guru’, Vasudev said.