



PEARLS OF WISDOM: Sadhguru Jaggi Vasudev with students and college staff during a special lecture titled 'Inner Engineering — Technologies for Well Being' at SRM University in the city on Wednesday | Martin Louis

'Admit Ignorance to Gain Knowledge'

Express News Service

Chennai: Sadhguru Jaggi Vasudev, founder of the non-profit organisation Isha Foundation, addressed students at the SRM University on Wednesday.

In an interaction titled "In Conversation with Sadhguru on Inner Engineering — Technologies for Well Being", the students got an opportunity to listen to his words of wisdom and a chance to ask him questions regarding various subjects.

He spoke about his younger days, when he was in school and would wonder

how everything worked and how everything was created. "As I grew older and went to school, I would sit and pay attention to the teacher. Not to his words, but to the person," he said. Answering a question on what the qualities of the best student are, Sadhguru said, "First, one must admit that they know nothing. Only then will they be like a sponge, ready to absorb anything. That is the only way you will learn anything new. This is the mode of constant exploration."

When asked if life after death existed and what his perception of the concept of

afterlife was, he replied tongue-in-cheek, "Some things have to be experienced to know what it is about."

On a more serious note he added that one should not think of how to live life depending upon what happens after they die. He also spoke about advancements in science and how defence was given first priority, and how to maintain the geometry of the human body. Others present included SRM University Chancellor Dr TR Pachamuthu, Pro-Chancellor P Ravi and Vice-Chancellor Dr M Ponnaivaikko.