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COVID-free TN - Sadhguru's wish on Guru Purnima

5 July 2020, Coimbatore: Urging all Tamil people to take a pledge to strictly adhere to social distancing norms and prevent the spread of Coronavirus, Sadhguru, Founder, Isha Foundation offered a special online Tamil session to mark Guru Purnima today. The morning Sathsang with Sadhguru was aired across the world at 7 a.m. IST in Tamil.

“My best wishes and blessings to all the Tamil people on the day of Guru Purnima,” Sadhguru said in his message and spoke of Tamil Nadu’s rich spiritual heritage. Referring to Tamil Nadu as his “karmic land,” Sadhguru said that it was his wish that all Tamil people should taste at least one drop of spirituality adding that Isha volunteers are working with focus to achieve this. Sadhguru said it was the warmth, devotion and enthusiasm of Tamil people that had made Isha Yoga Center one of the most important Yoga centers in the world.

On the significance of the day, Sadhguru explained the celestial alliance between the moon and the planets that enhances one’s receptivity to the guru’s Grace. It was on this day several thousand years ago that Shiva, considered the Adiyogi or the first yogi, decided to transmit the Science of Yoga to the Saptarishis and became the Adi Guru.

In his message to the Tamil audience, Sadhguru spoke at length about the role of people in containing the spread of the Coronavirus which has been rampaging across the state. Over 1 lakh people have been infected in Tamil Nadu with the capital city Chennai accounting for more than 60,000 positive cases.

Sadhguru spoke about the importance of heeding the government’s advice to follow distancing norms and help prevent the spread of the virus. He spoke about the worldwide suffering and deaths caused by the virus and stressed the importance of a

strong immune system. He said even doctors and scientists are scientifically proving the efficacy of Yoga in strengthening the immune system and encouraged people to make it a daily practice. The government of Tamil Nadu has also been urging people to practice Yoga. Isha Foundation recently released a simple 3-minute yogic practice designed by Sadhguru that can help strengthen the lungs and improve immunity. The [video](#) has been released online for anyone to access and learn the practice.

It is the first time in the Foundation's history that Guru Purnima celebrations have been entirely restricted to an online event under the shadow of the pandemic. Sadhguru will hold an online Satsang in English at 6 p.m. IST today which will also be aired live around the world.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.