



PERSONALITY DEVELOPMENT THROUGH YOGA EDUCATION

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Abstract:

Introduction:

Yoga is a systematic process for accelerating the growth of an individual entirely with this growth one learns to live at higher states of consciousness yoga is special it is way of life and characterized by peace and tranquility, harmony and health, love and happiness, precision and efficiency is key to this all-round personality development and growth is the culturing of mind. Yoga is complete system it is away of life and can be applied irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be applied to any personal, professional, social, family and spiritual.

Meaning and Scope of Yoga:

The term yoga has its verbal meaning as (yuj) in Sanskrit. Yuj means joining (Yujyate anenaiti Yogah). It is an expansion of the narrow constricted egoistic personality to an all pervasive, eternal and blissful state of reality. According to Patanjali, Yoga is a conscious process of gaining mastery over the mind.

The scope of yoga as portrayed in the Bhagavadgita and Upanisads is far more comprehensive. According to swami Vivekananda, "It is a means of compressing one's evolution into a single life or a few months or even a few hours of one's bodily existence". Generally there is a growth process due to interactions with nature in all the creation and this takes long duration. Manas, endowed with discrimination power, conscious thinking faculty, the intellect (Buddhi) and well-developed voluntary control system aspires to accelerate his growth. Yoga is that systematic conscious process which can

compress the process of man's growth greatly. Shri.Aurobindo states yoga as methodical effort towards self-perfection by the development of the potentialities latent in the individual. It is a process by which the limitations and imperfections can be washed away resulting in a super human race. Aurobindo emphasizes on all-round personality development at the physical, mental, intellectual, emotional and spiritual levels. Yoga is a skillful science of gaining mastery over the mind, "Yoga is also popularly known as a process or a technique to reach the ultimate state of perfection." Yoga is defined as the states of higher power and potentialities and even as ultimate state of silence. Yoga is also described as the power of all creative endeavours and creation itself, yoga is a state of great steadiness at emotional level, balance of concentration and detachment of mental level and homeostasis at body level. It integrates the personality by bringing body-mind coordination in a well balanced way.

The main aim of yoga is to search for happiness. But the happiness lies within us. It is a state of bliss, freedom, knowledge and creativity. The Upanishads propound that the original state of silence is the causal state of the entire creation.

Aims and objectives of Yoga:

- To remove ignorance (advidya or lack of awareness of reality)
- To enter into a state of highest consciousness that manifests in life as satya (truth), Bodha (pure consciousness), Jnana (Absolute knowledge), Ananda (Bliss), and prema (Love)
- Awakening to the real self.

Yoga for healthy living:

- Yoga is science and art of realizing the absolute i.e. the ultimate reality supreme consciousness.
- Holistic living i.e. physical, mental, emotional, intellectual, social and spiritual well being.
- It is the science of health, harmony and happiness i.e. (HHH), Where health, harmony and happiness connote as under.

Health (Holistic Health) – Physical, emotional mental, intellectual, Social and Spiritual well being.

Harmony – Inner harmony (body, Mind and emotion) and outer harmony (Social professional)

Bliss - Permanent state of happiness or the state of bliss or anandamayakosa-this is the stage of self-realization.

Personality development through Yoga:

Yoga is a method which aims of self-perfection through the development of the potentialities latent in an individual. A good personality is sweet like honey. Personality and contribution made by the individual are coupled with each other and are directly proportional.

It is a process by which the limitations and imperfections can be washed away resulting in an integrated personality. Development of personality into an integrated one is the expansion of himself. It is a gradual movement towards spirituality starting with the physical level and then moving up to higher states.

1) Personality development at physical level:

Physical personality development should not have a bulky body but it must have an ideal body like.

- A proportionate body with all muscles relaxed in the normal state. It is soft like a flower and flexible to the core.
- All organs and systems in the body work in harmony, without any abnormalities.
- The chronic and acute ailments vanish away or do not develop in such a body.

The above aspects of personality development at physical level make the body work most efficiently by harnessing the energies in the right direction. While having

rest all the muscles are relaxed and the joints remains loose to conserve energy and keep the metabolic rate low. During normal activities required amount of energy is used by the body. At crucial times, under conditions of high stress, the functions of organs co-ordinate so effectively that the necessary energy gets evoked and flows profusely into those regions which need more energy. The body gets all the necessary strength to deal with the situation. Stamina through harnessing of inner vital energies and training the different organs and the body systems work in perfect co-ordination. All this is due to effective yoga practices which helps to the specialists in physical culture, wrestlers, sports persons, acrobats, gymnasts .etc.

2) Personality development at mental level:

The power of creative imagination or creativity and steadfastness (will-power) are the two aspects of mind which come under this aspect of personality development. It has been well recognised that creativity is the core of 'Arts' and 'technology' and it is uniquely human. It has been seen that yoga practices enhance the creative power of an individual such as musicians, poets, film artist, engineers and technologists have been attracted towards yoga. In this the strongest thing and its requirements for all persons to accomplish any work yoga through its method and mindful process to calm down the mind, erase the weakness of the mind and build the will power. Such type of mind conceives each obstacle as a challenge and arouse tremendous energy to combat the situation, courage becomes a part of the personality and such a person takes up the challenges of life char-headedness and converts it into opportunities for the mission of life.

3) Personality development at emotional level:

The challenges of the modern age create a great threat to the emotional facility of man. Our emotions control our behaviour especially when decision has to be done. Though the culturing of our emotions, development of our emotional faculties finds no place in the whole scheme of education. Man face difficulty to handle his

emotional conflicts, blocks, and turmoil. This result in acute unrest, anguish and psychosomatic ailments or disorders.

Yoga trains us to –

- i) Systematically sharpen and sensitize our emotions and
- ii) Consciously expand and diffuse the overtones of such sensitization.

Thus, Yoga is a fine tool for the development of the emotional personality of man.

4) **Personality development at intellectual level:**

In the modern age of science and technology, a sharp intellect plays a key role in the education of the child. Rather than teaching mechanically cramming up of information, thinking and understanding are valued more in the learning process. The children are taught right from the primary level to think logically and scientifically. The capacity to analyze, process and co-relate relevant information is the function of the intellect, concentration is the expression, precision is the outcome. The development of personality at intellectual level should not only result in an intense sharpening of the intellect but also include a mastery to overcome the enslaving power of the sharpened intellect Swami Vivekananda therefore rightly emphasized “Concentration and detachment” as the two vital parts of education. Yoga emphasizes the skill to calm down the mind and it is the skill to pacify the mind that brings the capacity to detach. Yoga is thus comprehensive development of intellect.

5) **Personality development at spiritual level:**

A man may have a very sturdy physique, amazing creative power, a powerful intellect and highly sensitized emotional grasp, but he may not have an iota of spiritual orientation. The spiritual dimension of man concerns itself with the inner world – the move towards the causal state of mind, the root of the intellect and the substratum of the emotions. Man starts looking inwards that marks the beginning of the spiritual quest. Introspection, an inward look, an inner awareness features the quest. A man treats himself by rectifying his innermost attitude with the four-fold development such as Maitri (friendliness), Karuna

(Compassion), Mudita (Happy for those who are happy) and Upeksha (Ignore the wickedness).

Conclusion:

So we had seen for the development of personality yoga plays an important role. Thus we can sum up as yoga is science and art of realizing the absolute i.e. the ultimate reality or supreme consciousness, holistic living i.e. physical, mental, emotional, intellectual, social and spiritual well being it is a science of health. Yoga helps to grow the all round development of personality by asanas, pranayama and breathing practices, meditation, sharpening the intellect and calming down the mind at intellectual level.

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