

Role of 'YOGA' In Personality Development

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ABSTRACT: In this paper an attempts made to describe the role of yoga in sharing for exploring human performance personality of an individual. Based on the forgoing description, it can be concluded that the performance of human being can be explored at the highest level like Devine human being through the practices of regular yoga. Further it explain, the various types of yoga and how the yogic activities will be help human being for developing balanced personality with the bright combination of physical, intellectual, social, spiritual & emotional components which is the need of hour.

Keywords: Yoga, Aspects, Personality Development and COVID-19.

I. INTRODUCTION:

In the pandemic period of COVID-19 all great world's leader, social workers, actors and teachers throughout history have concluded that one must be internally driven in order to be success. They are open to new opportunities and challenges with high self-esteem grow in conviction, competence and willingness to accept responsibility which comes from an awareness of what is good and having done it. On the basis aspect of personality development. They face life with optimism, have better relationships and are more sensitive, motivated, and ambitious.

Objects :

- 1) To know role of 'Yoga' in personality Development
- 2) To know and understand the personality development.
- 3) To know the Important Aspects of personality.

Role of 'Yoga' in Personality Development:

According to Maharshi Patanjali thoughts laying emphasis heavily practices of yoga for personality development. In the Ancient philosophy indicate various thoughts, ways, guidelines and Sadhana as well as Human purushartha are the ways to improve the aspects to Personality Development. I.e. sports, warm-up, physical practices, 'Yoga', positive Lifestyle and

Human purushartha Dharma, Artha, Kama & Moksha. 'Yoga' is one of the above stated ways, best & operational way to improve the personality.

What is 'Yoga'?

- 1) Maharshi Patanjali says,
"The withdrawal of sense organs from the worldly objects and their control is yoga".-3
- 2) Maharshi Ygyalkya says,
"The integration or merger of the soul with the greater soul is termed as yoga."-4
- 3) According to Bhagwat Gita
"The integration or union of the soul and greater soul is yoga." And chapter VI of Bhagwat Gita explains about it "Doing a task successfully comes in the domain of yoga."-5
- 4) According to Yoga Maharshi, B.K.Iyenger.
"Yoga is the method by which the restless mind is calmed and the energy directed into constructive channels. As a mighty river which when properly harnessed by dams and canals, creates a vast reservoir of water, prevents famine and provides abundant power for industry, so also the mind, when controlled, provides a reservoir of peace and generates abundant energy for human up liftment." -6

What is personality?

Personality is generally defined as the deeply ingrained and relatively enduring patterns of thought, feeling and behavior. In fact, when one refers to personality, it generally implies to all what is unique about an individual.

- 1) Mr. Watson says,
"Personality is the sum of activities that can be discovered by actual observations over a long enough period of time to give reliable information."-1
- 2) Mr. Eysenck says,
"Personality is the more or less stable and enduring organization of a person character, temperament, intellect, which determines his unique adjustment to the environment."-1
- 3) Swami Vivekanand Says,
"The human body consists of five aspects, namely, physical, mental, moral, intellectual and

spiritual. The total development of all these aspects-physically strong, mentally balanced, morally sound, intellectually sharp, and spiritually advanced is what is called the real personality."-2

Why we need develop the personality?

The following are the some of the benefits for personality.

- Build strong conviction.
- Creates willingness to accept responsibility.
- Builds optimistic attitude.
- Leads to better relationship and fulfilling lives.
- Makes a person more sensitive to other's need and develop a caring attitude.
- Makes a person self-motivated and ambitious.
- Makes a person open to new opportunities and challenges.
- Improve performance and increase risk taking ability.
- Helps a person give and receive both criticism and complements tactfully and easily.

Important Aspects of personality Development:

The aspects like; 1) Physical Development, 2) Educational Development, 3) Psychological Development, 4) Intellectual Development, 5) Social Development, 6) Spiritual Development, 7) Emotional Development, can be considered for Personality development.

The word 'Yoga' has been derived from the Sanskrit root yuj, which implies a harness. The yoga is available in various ancient philosophies i.e. Vaidic Shastra, Four Veda, Upanishada, smiriti & Puranas.

Gyan yoga. (The process of acquire knowledge), Dhyana yoga. (The action of Meditation), Hath yoga. (The action of breathing through nerves), Layayoga. (Forget all senses through Meditation), Mantra yoga. (Chanting the divine words or name of the God through Meditation), Bhakti yoga. (Always connection to nature of God.)

'Yoga' can be termed as the way and means of helping an individual to personality development.

- Yoga provides the means and methods for integration of soul.
- Yoga is provides control over the fluctuation of human mind and sensual desires.
- Yoga has plays an important role in the purification of thoughts and feelings by winning over the evil intentions.
- Yoga can help to create energy of humankind.
- Yoga is the means of seeking way of the knowledge for successful lifestyle of humankind.

- Yoga is helpful universal spiritual sense.
- Yoga helpful for promotion and concentration power of mind towards Samadhi supreme attainment of moksha.

Role of Astanga yogic activities provide immense help in assisting an individual to seek his all around growth and development personality dimensions (Aspects). The following stages are applied for the personality development that is called Astanga yoga.

A Physical Development:

To make the powerful personality external & internal physically development is most important. It is useful for powerful working capacity in human life forever.

This will be developing on the basis of following yogic activities.

Asanas :- (Physical practical activities.)

Approximately 84 Asanas are including in Yoga activities. These asanas are useful & beneficial for improve external physical aspect of personality development. Which are:-

- Sukhasana, Padmasana, Sinhasana, Vajrasana.
- Tadasana, Vrikhsasana etc.
- Bhujangasana, Makarasana, Shavasana.

These asanas useful & beneficial i.e. Head, Neck, Trunks and down side organs i.e. Legs, Feet, toes etc. These types' asanas are not only external body but also internal body especially with Pranayams help in the promotion and increase stamina of lungs power in terms of their expansion and enabling to inhale most oxygen which is helpful for purification of blood of human physical body. Increase efficiency, stability and smoothness. These provide proper functioning and control over the movement of muscles including the spinal cord, result of it increase the youthfulness and make enjoy in sound things every time of working period. These are also useful for various parts and activities of human body i.e. functioning of all the glands, normal weight, improvement in grip strength, eye-finger coordination.

Pranayams :- (Regulation of breath senses.)

Pranayams 'Yogic' Activity is useful & beneficial to improve the internal physical aspect of personality development. These are as follows:-

- **Ujjayi**:- It is useful for stimulate circulation of blood and to observe oxygen in lungs.
- **Nadi Sodhan**:- this action of Pranayams is also purification of nerves and growing alternate energy in various channels of circulation of blood, create more balanced inside of a brain and nerves system.

- **Sittkari:**-It is a hissing action of teeth and result it pleasant & helpfully cooling and relaxing in whole internal body.
- **Seetali:**-It is related with tongue hissing technique help for avoided heat in mouth.
- **Bhastrika:**-It is rapid force deep breathing for effective exercise of internal body. Especially most useful for awaking the Kundalini power.
- **Kapalbhati:** - it is the cleaning processes & respiratory system of Hath yoga. It also rapid performance of 'Rechak' (exhalation) and 'purak' (inhalation) and beneficial for to destroyer of various diseases i.e. asthma, cold and constipation.
- **Anulom-Vilom:-** It Pranayams also like that Nadi Sodhan (Purifies the Nadi) Pranayams activities. the process of its is to inhale & exhale through 'Surya' (right nostril), 'Chandra' (Left nostril) and benefit of it to control on right & left side part of brain.
- **Bhrammari:**-It is nasal snoring like chanting bee sound and useful for pregnant woman, also helpful for getting relief physically disorders.

B Educational & Social Development

It is third eye of Human being to live with positive lifestyle. Without education & socialism humankind would be like life of animal. Naturally everyone does not live without group of co-operative society. With the help of each other every one going on his own successive way. So it is essential to improve the social sense of human being.

Yamas: - (Code of conduct – Self-restrain.)

The term yama is rule or code of conduct which is useful for developing educational & social senses. These are as follows.

- **Ahimsa:-**

It means Non-Violence, not to harm, injure and show cruelty through thought or behavior i.e. intellectual, speech and physical Non-Violence. it will be develop social awareness.

- **Satya:-**

Maharshi Patanjali describe truthiness as follows, "To be in harmony with mind, word and action, to conduct speech and mind according to truth, to express through speech and to retain it in the intellect what has been seen, understood or heard." Practice of Satya must be with intellectual, verbal physical truthiness useful for educational & social development.

- **Asteya:-**

It means left from stealing proposed by Maharishi Patanjali, "Asteya is the apposite to take something that does not belong to us. it means that which not rightly our and not to be desire by intellectual, verbal and physical sense. It will be useful for developing the educational & social responsibility.

- **Bramhachyarya:-**

The term is related to self control on sexual energy but broadly means 'charya' (to walk & belongs always with divine bramha (the God of origin of universal) through the positive lifestyle with the sense of verbal, physical and mental.

- **Aperigraha:-**

The desire of not acquired unnecessary wealth with the sense of mental, verbal and physical. It provided motivate, happiness, joyfulness in lifestyle of Human being. This code of conduct sense is useful to justify in social commitment.

C Mental & Psychological development:

Everyone mind is base of his works & functions. Without approach of mind someone does not success in his final goal. So this aspect must be developed. It would be developed through yogic activities. Yogic activities Yamas and Niyamas are helpful for purified of internal senses of thoughts, feeling and individual self awareness for pursuits of the higher goals of humankind are as follows.

Yamas (Code of conduct – Self-restrain.)

The term yama is rule or code of conduct which is useful for developing mental & psychological senses. This type of 'Yama' is related to the desire of not acquired unnecessary wealth with the sense of mental, verbal and physical. It provided motivate, happiness, joyfulness in lifestyle of human being. i.e. Ahimsa, Satya, Asteya, Bramhachyarya, & Aperigraha.

Niyamas: - (Commitments to practices of lifestyle.)

Niyamas are not exercises or any yogic action, it is related personal behavior and clearly self-regulations useful for maintain a positive lifestyle human being. i.e. Shauch (Purity), Japa (related to Mantras), Tapa (Austerity), Sridha (Faith in God), Atithi satkar (Heartly Services of guests), Santosh (Contentment), Paropkar (Positive & without reaction services to other)

These types of Niyamas are essential for purity, cleanliness, satisfaction, management of energy, development of honesty, joyfulness for developing mental attitudes.

D Intellectual development:

Intellectual development is most important for personality of human being. Nature gives extra power of intellectual to humankind. on the basis of bright intellectual power change human life and open the scientific eye. So it is essential to develop intellectual aspect of personality. With the help of yogic activity.

Dharna:-

This activity is Concentration of mind performance role of human life. Result it developing the power of self decision thought adjustment, ability of decision making, planning, leadership, co-ordination in human positive lifestyle and development of self-confidence.

E Spiritual & Emotional Development:

Spiritual & emotional confidence is most important before any action of every function & working of human kind. It is 100% internal power, going towards successive goal or final achievement. So, it is most important aspect of personality development.

The spiritual values derived through the performance of yogic activities may draw an individual quit closer to self-realization and improve the emotions & feelings of equity, to seek union sense with all creation of nature and merger towards greater soul. It is useful for moral attachment with equity in society, friend circle, so this aspect must be develop as follows:

Dhyana:-

It is Meditation towards particular supreme power objects. The performance of yogic activities to seek union sense with all creation of nature and merger towards greater soul.

Samadhi:-

This activity is Super consciousness & blissful awareness step of human lifestyle. It is also the natural lifestyle of universal sense. 'All is well' nature of Conscious & Unconscious mind will be made by Samadhi.

II. CONCLUSION:

Based on the forgoing description, it can be concluded that the performance of human being can be explored at the highest level like Devine human being through the practices of regular yoga. It is therefore necessary to introduce this subject will attached from primary to university higher education; this will bring healthy, wealthy, happy and prosperous life to all of us.

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