

Role of Yoga Education towards Integrated Personality Development

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Abstract: This paper intends to study the role of yoga education towards integrated personality development. In modern technological era students faced several complex situations such as stress, irritation, insomnia, anxiety, depression, loneliness, ego problem etc which badly affect their personalities and take their personalities in a decline. In this situation yoga education is very useful to every student. By practising yoga every day, social, ethical and moral values are developed which change the human behaviour and help them to adjust to their day-to-day life problems. Then students will have a strong personality which will make their life fruitful and prosperous.

Keywords: Yoga Education, Personality Development, Human Behaviour.

I. Introduction:

“YOGA MEANS ADDITION

- ADDITION OF ENERGY,
STRENGTH AND BEAUTY

TO BODY, MIND AND SOUL.”

----- Amit Roy

Yoga is a process of understanding the necessities of life and the management of the mind and human potentials. Of course, there are many other aspects of yoga and to perfect them all is a lifelong process, but, as they say, a journey of a thousand miles begins with one step. This is how yoga can help us in our lives. The practice

of asanas helps in the, management of the body, providing physical balance and harmony. Pranayam, mudras and bandhas are ways to channel the physical forces, giving us the opportunity to deal with the manifest mind (Saraswati, 2001).

The word Personality originates from the Latin word ‘*persona*’, which means “*mask*” .It is a collection of emotions, thoughts and behavioural patterns unique to a person that is consistent over a period of time. Our personalities continue to develop throughout our lifetimes. Personality development is more obvious during childhood, when people experience rapid physical, emotional and intellectual growth. During adulthood, personality

traits change at a much slower rate. Yoga Education helps in the development and shaping of personality at all stages.

II. Objectives of the study:

1. To know the concept of Yoga Education.
2. To understand the concept of personality development.
3. To describe the different aspects of personality.
4. To point out the importance of Yoga Education in various level of education.
5. To explain the role of 'Yoga Education' in personality development

III. Rationale of the study: Personality development helps human beings to build a positive attitude in life. It plays an important role not only in an individual's personal life but also professional life. Students are the future of our society. If we can build their personality stronger through education, then the benefit of that will spread all over the society even the country. Nowadays educationists and policy makers accept the relevance and the importance of yoga education for all round development of the students and healthy development of their personalities.

IV. Methodology: The paper is conceptual and descriptive in nature in which new insights has been exposed for understanding the role of Yoga Education towards developing the personality of an individual.

V. Yoga Education: - Education takes place when a person is open to any new

learning experience at any age, time and any place with an open mind.

A person, who is open to learn Yoga, has to go through all the stages and learn all the aspects. The Yoga Education is based on four aspects which are Bhavas or attitudes: Dharma (Duty and Discipline), Jnana (Knowledge), Vairagya (Detachment) and Aishvarya (Self-realization). These four aspects are related and enveloped by Astanga Yoga, The Classical Yoga – as Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi.

Yoga education takes place more at sub-consciousness level. Our learning experience becomes a life style! It becomes a part of our day-to-day living. Thus the whole process changes the person from the gross to the subtlest level of experience and consciousness.

VI. Review of Related Literature

a) Tabassum,N (2017) Research on Personality Development through Yoga,pp.14-15.

Personality is an important theme. In modern psychology, several approaches have been adopted to understand it. However, from Yogic point of view, personality can be understood from a different perspective. A holistic personality comprises physical, emotional, intellectual, social and spiritual dimensions. Yoga is a spiritual science for the integrated development of personality.

b) Ramaswamy , K (2019) Studied on Yoga for Personality Development

In the ancient text of Taittareeya Upanishad, personality is said to be composed of five aspects. These are called the panca koshas or the yogic concept of personality. Yoga helps in developing positive traits in each of these five aspects leading to self-actualization and helps an individual to achieve his or her maximum potential.

c) Dayanidy, G and Bhavanani, A (2018) Research on Mental Health and Personality Development through Yoga, pp.67-70.

Better personality can be achieved by following a yogic lifestyle. Personality has a specific identity. It is a dynamic organization of psychophysical properties. All aspects of human personality are cultured through the process of Yoga helping us to evolve towards perfection.

d) Jadhav, A (2020) Studied on Role of 'YOGA' in Personality Development, pp.566-569.

The performance of human being can be explored at the highest level like divine 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.

e) Coco, M et al. (2020) Research on Effects of Yoga Practice on Personality, Body Image and

Lactate. Pilot Study on a Group of Women from 40 Years, pp.1-11.

This study has shown that the practice of yoga can positively influence the self-esteem, anxiety and body image of a group of women over 40 years of age. These positive effects of yoga manifest themselves independently of the personality profile indicated by BFQ-2 and by the age of the woman.

f) Krishnan, S (2006) Studied on Personality development through Yoga practices, pp.445-449.

The study using devised standardized questionnaire, was conducted on 450 students from Government, Government aided and private schools situated in Chennai. The study makes a strong recommendation to the introduction of Simplified Kundalini Yoga in the educational system to give the students an opportunity to develop their physical, mental, intellectual and emotional dimensions for the building of a harmonious personality.

g) Pakhare, N (2020) Research on Yoga for Personality Development and Communication Skills, pp.1.

Yoga is an outstanding tool for personality development and communication skills. Yoga works at the roots of personality, purifying thoughts words & actions. Yoga has a primary role in channelizing our energy in the right direction & shaping up human personality holistically. It not only gives body strength, stamina, endurance, flexibility & immunity but also removes negative

thoughts in the mind. It nurtures both body & mind to meet their soul.

h) Biradar,R (2020) Studied on Personality Refinement and Development through Yoga,pp.1-7.

One who really want to change his/her personality should follow and observe the aspects covered by any sadhana.Those who follow the path either eight fold path or integrated personality aspects like Dharma, Arth, kama and Moksha, they will attain the truth of life and achieve the every goal of human existence.

I) Tiwary, S (2016) Research on Personality Development through Yoga, pp.34-37.

In the science of yoga there is a two –way approach: the practice and the concept. Both are essential for the development of personality. Concept helps ma to follow the practice with faith and practical experience is useful to understand the concept in subtle ways. Regular practice of yoga helps in attaining physical and mental fitness, the basic prerequisites for overall personality development.

j) Dwivedi, M (2017) Studied on an Approach to develop Personality through Kundalini Yoga, pp.1-4.

Yoga plays an important role in the development of personality of human being. It helps to develop the various personality traits such as a person feels more confident, identify his strength, take the decisions more accurately, make discrimination between right and wrong ,communication effectively with clarity of thought, identify the self ,hope to lead a positive happy life.

VII. Different aspects of Personality and Yoga:

Yogic practices are found effective for development of all aspect of personality. Those aspects are-

- **Yoga and Physical Aspect of Personality:**-Yogic practices such as asana, pranayam and bandha play a beneficial role in our physical development .There is a series of asanas and pranayamas in yoga education that help to improve the integrated functioning of the body.
- **Yoga and Intellectual Aspect of Personality:**-Intellectual development means development of critical thinking, imagination, decision making, problem solving ability etc. Yogic practices like asana, pranayama, dharana, dhyana (meditation) help us to develop our mental abilities that help us to learn new things and adjust to our day- to - day life.
- **Yoga and Emotional Aspect of Personality:** Human beings have two types of emotion: Positive (love, kindness) and negative (Anger, fear).Positive emotions are good for health but negative emotions work as a mental block for the development of personalty.Yoga education plays a great role to the improvement of our personality. Yogic practices like meditation, asana, pranayam, pratyahar help in emotional management.

- **Yoga and Social Aspect of Personality:** Socialisation is the most important aspect of personality development. Principles of yama teach us to be a sociable person in our society and also help us in the betterment of our relationships with our friends, parents, teachers and others.
- **Yoga and Spiritual Aspect of Personality:** For proper spiritual development, yama, niyama, pratyahara, and dhyana (meditation) are really helpful. Yama and niyama help us to improve our moral values, self-actualisation ability and also pranayama, meditation help us to realise our true self.

VIII. Initiatives, taken by government to develop personality through Yoga Education in different levels of Education:

- a) The NCERT official said students at primary classes do Yoga too as part of health and physical education.
- b) NCERT also want schools to introduce Yoga Education from class 6 onwards so that they focus on both the theory and practical part. For instance, doing the asanas, pranayam and meditation should be undertaken.....
- c) CBSE has made Health Education, Physical Education and Yoga Education compulsory in all classes from I-XII for its affiliated schools.
- d) NCF 2005 recommended Yoga as an integral part of Health and Physical Education.

- e) The Indian Government has also included Yoga training in the “Study in India” Programme.
- f) UGC has approved the establishment of an Inter University Centre-Yogic Science at Bangalore.
- g) UGC has also introduced ‘Yoga’ as a new National Eligibility Test (NET) subject from January 2017 UGC_NET onwards.
- h) Further, in order to promote Yoga in the country, Yoga Departments have been established in nine Central Universities.
- i) The Government has set up a Yoga Certification Board (YCB) to standardize and strengthen Yoga training by providing certification to individuals and accreditation to Institutions.

IX. Importance of Yoga Education in B. Ed Curriculum:

The NCERT has revisited the existing curriculum and syllabi in the light of stipulations of the NCTE Regulations 2014. In the Regulations, the curriculum has been organized in three broad categories, one of them is ‘Perspectives in Education’. In the revised Curriculum the courses titled ‘Health, Yoga and Physical Education’ has been assigned a prominent place in the course structure by making this compulsory core course as part of the component, that is ‘Perspectives of Education’.

1. Yoga Education helps the student teachers in dealing with various difficulties, conflicts, distractions, problems faced by the child.

2. Yoga Education also helps the trainee teachers in reducing the stress disorder within the children during the education.
3. It helps the teachers in enhancing self-realization and self-awareness with the children.
4. Yoga Education develops the power of self-control.
5. Yoga Education helps in reducing or destroying the cause of diseases and protects them.
6. Yoga Education preserves and promotes the will power among the students.
7. It helps in developing the concentration power in the students.
8. Yoga Education helps the student teachers in physical and mental development.
9. It helps in treating the physical difficulties by making the body active.
10. It helps the teachers in unfolding the creative consciousness among the students.

<https://www.yogateacherstrainingrishikes.com/a-role-of-yoga-in-education.html>)

X. Consideration of Yoga Education in COVID-19: To live through this lockdown & pandemic period, yoga education and yogic practice is the best thing to adopt as a lifestyle habit. It helps us to build a strong physical, mental and spiritual health system. Yoga helps in holistic development and well being.

Yoga is now used by parents and even schools to help kids channelize pent up energy and help them connect and express their emotions. Encourage your kids to

practice yoga as an early start leads to a healthy future.

Pre- Teens and teens are the group that facing the negativity and fear in their surrounding while their personalities are been moulded is making them vary about every situation in life. Yoga helps them to maintain their mental and emotional balance.

No adult on earth ever imagined their life the way it is currently. Yoga helps people accept things which are beyond their control. Yoga helps in overcoming anxiety, fear and depressions which has been a huge concern in current times.

It has been proven with time that yoga can help in immunity and longitivity. Old age comes with a lot of physical and emotional issues and yoga has an answer to most of these issues through its poses and breathes work.

XI. Suggestions: From the above discussion we can say that-

- The longer people had been practising meditation, the more their personalities had changed.
- Meditation is linked to higher levels of extraversion and openness to experience and lower levels of neuroticism, research finds.
- Yoga helps to develop the traits of the human beings such as confidence, optimism, compassion, equanimity, making sound decisions etc which is essential for the development of personality.
- Integration of Spirituality and Personality are possible through the consistent practice of

Yogasanas and breathing techniques.

- The real personality can be developed at physical, emotional, social level for sound mind, pure intellect, strong health which is possible only through the practice of yoga.
- There have been various benefits of adding the Yoga Education in schools because yoga helps to improve physical health and fitness, memory power and focus, personality growth, alignment of mind, body and spirit, managing stress and depression.

XII. Conclusion: Based on the study, it can be concluded that Yoga Education and regular practice of the different yoga techniques had a beneficial effect on the personality development of students at

the physical, mental, emotional and intellectual levels. . It also helps us to improve the various personality traits like loyalty, sincerity, kindness, conscientious, confident, self identity, decision making ability, communicate effectively with clarity of thought and hope to lead a positive happy life.

The process of education for the improvement of personality is a continuous function. Therefore it is 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. Though Indian government takes some initiatives for the implementing of yoga education in different educational levels but some special and strong infrastructure are needed to be taken to fulfil these initiatives.

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