



YOGA & PERSONALITY DEVELOPMENT

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INTRODUCTION -

'Yoga' this word is made from a Sankrit word 'Yuj'. It's meaning are to bring together, to tie with. In another words to concentrate our attention on any particular thing. Yoga means connecting all powers of body, mind & soul with God. There are different aspects of the word 'Yoga', like internal peace & satisfaction. - Ref.1

In 'Gita' also we find the word Yoga. In Bhagwatgita there is a stress on Karmayoga. In Gita, Yoga means 'do your Karma (work), don't expect its fruits (rewards). You rely on God for its reward, God will give it or not, you yourself don't make effect on you.' This equal - intelligence is called as Yoga.

In Kathopnishad Yoga is described in following way. When all organs, mind & brain / intelligence don't move in outer world, becomes quiet, it is called as Yoga. This is the higher situation in Yoga. This continuous situation of mind & organs is called as Yoga & this is the definition of Yoga. - Ref.1

From above definition we come to know that Yoga is beneficial to any human being for his all round personality development. Because yoga has very effective remedies on any person's physical & mental disease. Because at Yoga internal parts & organs activate & it positively affects on internal process. Because of Yoga, any person's approach towards life & aim of life becomes positive.

There is very close relationship between body & mind. If we doesn't take any one from these, the other will fall ill. (or will not be in good situation). So before thousands of years, Greek people stated that 'A sound mind in a sound body'. From above these points we realize that Yoga & personality development are two sides at one coin. They are interconnected & interdependent.

In Warran's dictionary - Personality means - "Personality is the integrative organisation of all the cognitive, affective, conative & physical characteristics of an individual as it manifest itself in focal distinction from others." Ref. 2

From above definition - Any human being can get victory over above characteristics of personality by Yoga.

Definition of personality by Motron Prince - "Personality is the sum total of all biological innate dispositions, impulses, tendencies & instincts of the individual plus all the dispositions & tendencies acquired by experience." Ref.2

FACTORS AFFECTING ON PERSONALITY DEVELOPMENT

A) Biological factors

- 1) Physical appearance
- 2) Intelligence
- 3) Internal Organs

B) Environmental factors

- 1) Family
- 2) Neighbour & friends
- 3) School
- 4) Social Environment

By Yoga human being can make effect on above factors which builds personality, so that he can change his personality. Yoga makes effect on person's intelligence, emotions, physical appearance & psychology. By Yoga person can control over these factors & can live long healthy life.

NEED & IMPORTANCE -

Yoga is very helpful & useful to make human life happy, healthy, various diseases can be cured by Yoga. Yoga is helpful for peace of mind & development of soul. Our body changes according to increase of our age. But if we want to make our personality effective, we should turn to Yoga. It is helpful to develop human being's emotional, physical, psychological development. Yoga is subsequent system to exercise. Because all types of exercises can't give exercise to internal parts of body. But in Yoga it gives enough exercise to internal parts of body. So person can live long & healthy life. It is also beneficial because it can be done in very limited space & by using limited instruments. In sports, we need partners, but Yoga can be done individually.

Effect of Yoga is happens on individuals mind & other organs. Individual can make control on mind & develop power of internal organs. It develops person's personality. It purifies blood by different Yogasanas. It gives psychological peace & develops intelligence. Because of Yogasana immunal power of body develops & it becomes free from many diseases. So it is very needful for human life.

OBJECTIVES

To Study -

1. Helpfulness of Yoga in development of soul.
2. How person can live long & healthy life.
3. How Yoga is helpful to purify blood.
4. How Yoga is helpful to develop physical & psychological powers of Yoga.
5. Its help to make body flexible.

DIFFERENT ASANA'S OF YOGA AND PERSONALITY DEVELOPMENT

- A) **Seated Asanas**
- 1) **Padmasan -**
It reduces fatness.
- 2) **Parvatasan -**
It reduces diseases & stomach & back pain.
- 3) **Baddha Padmasan -**
It reduces back pains & stomach pain & gives strength to heart, liver, back.
- 4) **Uthit Padmasan -**
It keeps joints of hands & muscles very healthy. Keep mind & body healthy.
- 5) **Kukkutasan -**
It reduces diseases of ladies for eg. M. C. Period, strengthens joints.
- 6) **Garbhasan -**
It keeps liver healthy. Consciousness becomes stable.
- 7) **Siddhasan -**
It develops brain power. Makes control over mind. Enhances power of kundalini.
- 8) **Sinhasan -**
It positively effects on breathing & throat, helpful for development of brain power, face becomes beautiful & lightful.
- 9) **Mandukasana -**
It is helpful to develop sexual power. Reduces fatness of stomach.

- 10) **Gomukhasan -**
It develops power of heart. Keeps muscular flexible.
- 11) **Padangushthasan -**
It cures from diabetes.
- 12) **Kandapidasan -**
It cures diseases of joints & knees.
- 13) **Virasan -**
It helps to control over breathing. Pranayam can be done easily.
- 14) **Paschimottasan -**
It reduces fatness over stomach, reduces stomach problems / diseases.
- 15) **Janushirasan -**
It cures all diseases of sexual organs.
- 16) **Ardha Matshyendrasan -**
It gives flexibility to back.
- 17) **Purna Matshyendrasan -**
It purifies blood, keeps control over diabetes, gives flexibility to back.
- 18) **Ardha Vakrasan -**
It strengthens parts of stomach, sexual organs of ladies & gents becomes active.
- 19) **Vakrasan -**
It activates the parts stomach.
- 20) **Akarna Dhanurasan -**
It gives exercise to stomach of chest.

B) Aasanas - resting back to floor -

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|--------------------|---------------------|
| 1) Shawasan | 2) Ekpada Uttanasan |
| 3) Uttanpadmasan | 4) Pawanuktasan |
| 5) Setubandhasan | 6) Tolangulasan |
| 7) Matsyasana | 8) Katiasana |
| 9) Suptabandhasana | 10) Vilomasana |
| 11) Sarvangasana | 12) Halasana |
| 13) Vartulasana | |

C) Aasana's - resting stomach to floor

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|-----------------------|------------------------|
| 1) Ardha Shalabhasana | 2) Purna Shalabhasana |
| 3) Bhujangasana | 4) Dhanurasana |
| 5) Makarasana | 6) Viparita Matsyasana |

D) Aasana's on hands

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|----------------------------|------------------|
| 1) Mayurasana | 2) Vruschikasan |
| 3) Bakasana | 4) Tolasana |
| 5) Utthita Dwiastabhasana | 6) Uttamangasana |
| 7) Utthita Ekpadasirhasana | 8) Konasana |

E) Aasana's on knees

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|------------------------|--------------------|
| 1) Vajrasana | 2) Supta Vajrasana |
| 3) Bhu-naman Vajrasana | 4) Ustrasana |
| 5) Vrushasana | |

F) Aasana's on feet

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| 1) Gududhasana | 2) Vrukshasana |
| 3) Vatayanasana | 4) Santulasana |
| 5) Natarajasana | 6) Utkatasana |
| 7) Tadasana | 8) Trikonasana |

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| 9) Padhastasan | 10) Chakrasan |
| G) Aasana'a on head | |
| 1) Shirshasan | 2) Urdhwapadmasan |
| 3) Urdhwasanyakta Padasan | |

Keeping health fit by Yogasana is ancient Indian System. From thousand of years people are keeping good health, by Yogasana. This is a scientific method. Today this Yogshastra is used not only for keeping good health but also to cure various diseases. Nowadays there are many institutes on international level to cure various diseases by Yogshastra. In USA - Washington (D. C.) city also, there is one institute for Yoga. In India there are many institutes. Some of them as following -

- 1) "Kaivalyadham" - Lonavala, Pune M. H.
- 2) Yog for Life & Living - Vishwayatan Yogashram, Delhi
- 3) Yog institute - Santakruz, Mumbai
- 4) Bharatiya Yog Sansthan - Patna, Bihar, etc.

The institute which is in Lonavala is doing very imp. research work for Yoga. Today various problematic diseases can be cured by Yoga. From above discussion we can say that we should do Yoga for our own personality development.

CONCLUSION -

- 1) Because of Yoga fatness reduces, body becomes healthy.
- 2) Yoga gives long life, mental peace & develops brain power.
- 3) Yoga keeps all internal organs in proper work. It gives them strength.
- 4) Yoga develops concentration power.
- 5) Daily Yoga increases meditation power. Person can get self realization.
- 6) Yogasana develops physical & mental power.
- 7) Yogasana develops persons character.
- 8) Yogasana develops critical approach.
- 9) Yogasana develops adjustment power.
- 10) Yogasana develops emotional & intelligent power.
- 11) Yogasana keeps perfect eyesight.
- 12) Yogasana keeps control over mind.
- 13) Because of Yoga confidence increases.
- 14) Yogasana develops activeness.
- 15) Because of Yoga person can develop his personality.

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