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Personality Development Through Yoga

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Abstract: *Yoga is an ancient Indian body of knowledge. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness.*

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For these three to be integrated, emotion, action, and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through exercise, breathing, and Meditation - the three main Yoga structures. In Yoga, the body is treated with care and respect for it is the primary instrument in man's work and growth. Yoga Exercises improve circulation, stimulate the abdominal organs, and put pressure on the glandular system of the body, which can generally result to better health and personality.

Key Words: Unite or integrate, consciousness, environment, integrated, emotion, yoga, intelligence.

Human personality is a very complex topic by itself. There are many definitions of personality. For the sake of simplicity we can consider it is a collection of physical, mental and behavioral traits and patterns that we exhibit in our life.

Personality in Yoga- Have you ever been in a gathering but felt alone? Have you ever felt tongue-tied when all you wanted to do was to interact? Yoga for personality development is a topic gaining a lot of attention. Personality could be described as a trait coming from within. Personality comprises of your behavior, attitude, emotional balance and your approach. A strong personality exhibits confidence.

Personality plays a key role in the life of a person. You can identify various types of personalities in children. Some may be shy and some may be aggressive. Some children will be go-getters while some children even refuse to accept what comes their way.

It is essential to develop the personality right from childhood as it plays a major role in maintaining family and social relationships and reflects on one's life and career. To put it in a nutshell, personality development is nothing but developing skills relevant to make your life happy and successful. The importance of personality development can be gauged by the number of classes conducted to develop personality and the success of such classes. One of the effective ways to develop your personality would be to practice yoga regularly. You could achieve body and mind co-ordination if you practice yoga regularly. Yoga not only helps to keep you physically fit but it also helps to keep you mentally fit and focused.

Benefits of Yoga for your Personality Development- Why it is that Yoga has taken the world by storm? It seems like the craze will never die down. Well, we all know how our modern times play havoc and you could say it's a necessary evil. Office politics, exam competitions, family commitments, "keeping up with the Joneses", looking slim and trim are all social norms that stress us to the maximum. And that's what it is people are reaching the highest form of stress these days and simply letting it be is leading us to higher rates of depression, violence, divorces, and suicide. And to curb such stress people in their droves are making it a priority to practice yoga be it at the gym, in parks and when time is a constraint in the comfort of our homes. So should you jump on the bandwagon too? It could be the difference between you being unhappy or happy. And what better way yoga is a great solution to many problems. Some benefits are given below:

1. Increase Strength, Flexibility and Balance- When practiced on a frequent basis yoga will help improve your physical fitness and reduce the chances of injury, pain and medical mishaps. And is a great choice no matter



what level of fitness you are at, for beginners you can start slow and easy, or if you have some experience you can challenge yourself with Power yoga. Also, you can alter poses according to your ability.

2. Correct Body Posture- Through constant practice, our body will automatically align. And not only can it correct health issues such as neck and back pain when we hold ourselves upright we feel and look confident. And others will notice it too with just one look a perception of our well polished personality is formed.

3. Stress Relief- Yoga provides the nice opportunity for a well-deserved break away from our stress triggers. And just like the effect of medication, only after a few minutes the stresses that were build up throughout the day can be greatly reduced.

4. Mental Fitness- Yama, Niyama, Dharana and Dhyana are some of the yogic practices, which contribute to the mental fitness of the practitioner. Yama is all about moral principles, Niyama is about introspection and contentment, Dharana focuses on awareness and Dhyana is all about meditation. These yogic practices help to develop your overall personality as it elevates your mind to a higher level.

5. Helps keep you Drug Free- If your medicine cabinet looks like a pharmacy, maybe it's time to try yoga. Studies of people with asthma, high blood pressure, Type II diabetes (formerly called adult-onset diabetes), and obsessive-compulsive disorder have shown that yoga helped them lower their dosage of medications and sometimes get off them entirely. The benefits of taking fewer drugs? You'll spend less money, and you're less likely to suffer side effects and risk dangerous drug interactions.

6. Inner Peace- Have you ever seen someone who practices yoga? If you had to describe them in one word it can likely be "clam" and they take it with them where ever they go including in stressful times. Yoga promotes calmness and build mental strength and a positive outlook on life where you'll find nothing will seem to faze you almost at all.

7. Weight Management- Most known yoga styles that of Hatha yoga consists of slow movements and you may question if you would ever lose weight. But hey anything is better than nothing.

And since yoga promotes strength in return helps shape your body by improving muscle tone. Also, the more experienced you are you can push yourself to burn more calories with the vigorous types of yoga like Power Yoga or sweat it out with Hot Yoga.

8. Cooling Factor- Yoga has a 'cool' tag attached to it. And it seems everyone is doing it so you wouldn't want to also feel left out. And don't forget the fashion, being seen adorning your yoga pants and carrying your mat are symbol of your social status. And it's very comfortable to wear at that.

9. Sound Sleep- It is a better option than most other exercises such since they tend to over stimulate your body with its vigorous movements. The slow movements of yoga help relax the mind and body and exhaust all its remaining energy from the day. It provides the perfect downtime that helps prepare the body into sleep mode. Sound sleep means you be more energized for the following day.

10. Improves your Balance- Regularly practicing yoga increases proprioception (the ability to feel what your body is doing and where it is in space) and improves balance. People with bad posture or dysfunctional movement patterns usually have poor proprioception, which has been linked to knee problems and back pain. Better balance could mean fewer falls. For the elderly, this translates into more independence and delayed admission to a nursing home or never entering one at all. For the rest of us, postures like Tree Pose can make us feel less wobbly on and off the mat.

11. Improve Focus and Concentration- Often not we stress about things that might happen in the future yoga makes us be at the moment. Beginners to yoga will struggle with this concept. I often found my mind wandering off too.

But with practice and concentrating on how I move my body, perform poses switch between poses and watch my breathing while doing it all I was able to stay in the moment. And not to mention the movement encourage blood circulation and with that the flow of oxygen through the body. This skill is transferable to any situation you



face in our day-to-day routine.

Conclusion-

*Yoga is not just an art. It is science and it is life style. Maintaining perfect health, proper mental development and ability to manage emotions are essential to improve your personality.

*Yoga provides all this and more. It keeps you balanced and composed, it alleviates your physical sufferings, mental stress and negative thoughts. It helps to keep you focused and ultimately leads you to enjoy perfect harmony.

* Thus, including yoga in your day to day life can enhance your personality.

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