

YOGA & SPORTS FOR INTEGRATED PERSONALITY DEVELOPMENT

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Abstract:-

Yoga is derived from the Sanskrit word Yuj which means to link or join, bringing harmony to body-mind relationship. Yoga develops physical, mental, intellectual, emotional and spiritual components, thus building up a well-rounded organic personality . Equanimity of mind is yoga. There are primarily six main branches of Yoga. A yoga-based lifestyle is significant in integral personality development. The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being.

Objective:-

Explore the impact of Yoga as a lifestyle towards Integrated Personality Development.

Yoga is derived from the Sanskrit word Yuj which means to link or join, bringing harmony to body-mind relationship. Yoga aims at bringing good health and equanimity of mind to its practitioners at all times under various pressures and tension. [1]The author of "Gita according to Gandhi" Mahadev Desai quotes thus,- "The yoking of all the powers of body, mind and soul to God; it means the disciplining of the intellect, the mind, the emotions, the will, which that Yoga Presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly."

Yoga develops physical, mental, intellectual, emotional and spiritual components, thus building up a well-rounded organic personality.

Physical level: Makes the bodywork more efficiently by directing the energies in the most controlled fashion.

Mental level: Enhances the power of imagination, creativity and will power of the mind.

Intellectual level: Enhances the power of sharpness and comprehensive development of the intellect with powerful concentration.

Emotional level: Enables to systematically sharpen and sensitise their emotions.

Spiritual level: Helps to move towards the causal state of the mind by introspection wherein the subtle layers of mind unfold themselves and the inner dimensions of personality open out.[1]

Equanimity of mind is yoga. *Samatvam Yoga ucchyate*, says the Bhagavad Gita (Chapter II, Shloka 48)

That means equanimity is called Yoga. Patanjali's Yoga Sutra begins with this definition: *yoga chitta vritti nirodhah*. That means to control the modifications, the restlessness, of the mind and to keep it serene. That is yoga.

The system of Yoga is so called because it teaches the means by which *jivatma* can be united to or be in communion with the *Paramatma* and so secure liberation (*moksha*)- Patanjali's *Yoga Sutra*. Yoga is union not separation, universal not individual, aggregate not segregate, association not dissociation, interdependence not isolation, equality not vanity, benevolence not selfishness, phenomenon not noumenon, human not superhuman, symbiosis not predation or exploitation.

There are primarily six main branches of Yoga described in short.

Raja Yoga:-*Raja* means -royal, and meditation is the focal point of this branch of yoga. This approach involves strict adherence to the eight -limbs of yoga as outlined by Patanjali in the Yoga Sutra. Also found in many other branches of yoga, these limbs, or stages, follow this order: ethical standards, *yama*; self-discipline, *niyama*; posture, *asana*; breath extension or control, *Pranayama*; sensory withdrawal, *pratyahara*; concentration, *dharana*; meditation, *dhyana*; and ecstasy or final liberation, *samadhi*.

Karma Yoga:-The next branch is that of karma yoga or the path of service, and none of us can escape this pathway. The principle of karma yoga is that what we experience today is created by our actions in the past. Being aware of this, all of our present efforts become a way to consciously create a future that frees us from being bound by negativity and selfishness. *Karma* is the path of self-transcending action.

Bhakti Yoga:-*Bhakti* yoga describes the path of devotion. Seeing the divine in all of creation, *bhakti* yoga is a positive way to channel the emotions. The path of *bhakti* provides us with an opportunity to cultivate acceptance and tolerance for everyone we come into contact with.

Hatha Yoga:-Hatha Yoga is the path of physical Yoga or Yoga of postures is the most popular branch of Yoga. Hatha Yoga considered the body as the vehicle for the soul. It uses physical poses or asanas, breathing techniques or *pranayama*, and meditation in order to bring the body in perfect health and for the more subtle spiritual elements of the mind to emerge freely. The practice of *Hatha Yoga* will result to the union of the body and the soul, it aims to make the body perfect and fill it with life force.

Jnana Yoga:-If we consider bhakti to be the yoga of the heart, then jnana yoga is the yoga of the mind, of wisdom, the path of the sage or scholar. This path requires development of the intellect through the study of the scriptures and texts of the yogic tradition. The jnana yoga approach is considered the most difficult and at the same time the most direct. It involves serious study and will appeal to those who are more intellectually inclined.

Tantra Yoga:-The key word here is –consecrated, which means to make sacred, to set apart as something holy or hallowed. In tantric practice we experience the Divine in everything we do. A reverential attitude is therefore cultivated, encouraging a ritualistic approach to life. In essence, tantra is the most esoteric of the six major branches. It will appeal to those yogis who enjoy ceremony and relate to the feminine principle of the cosmos, which yogis call *shakti*.

A yoga-based lifestyle intervention may significantly reduce anxiety and improve subjective well-being and personality in patients with chronic diseases.[2]

The influence of Yoga on *Gunas* and self esteem in comparison to physical exercise on Guna *(Personality)-*Sattva*, *Rajas*, and *Tamas* and Self esteem in terms of competency, global self esteem , moral and self esteem, social esteem , family self esteem, body and physical appearance is significant.[3]

(EQ) Emotional Quotient and general health variables correlate significantly with each other and negatively with Tamas guna. EQ and Tamas guna form positive and negative predictors of health respectively. Sattva guna correlates positively with EQ suggesting that a sattvic personality indicates better self-control. This suggests that, by improving guna personality, long-term yoga practice may stabilize EQ. [4]

Yoga practice results in improvement in Sattva guna and reduction in Rajas and Tamas guna. The general health status is also improved. [5]

The yogic practices group has better beneficial effect on heart rate and systolic blood pressure. The influence of yogic practices is better in all psychological responses such as competitive trait anxiety, competitive state anxiety (cognitive anxiety, somatic anxiety, and self confidence) and sports achievement motivation. Yoga helps to improve physical, physiological, haematological and psychological qualities and perform better in sports. [6]

Advantages of Yoga:-

- 1)Prevention of disorders and ailments and maintenance of health and fitness in daily life.
- 2)Other advantage include flexible muscles, supple joints, relaxed and tension-free mind and efficiently working vital organs such as the heart, lungs, endocrine glands, liver, pancreas and good balance between various functions, such as neuromuscular coordination.

Disadvantages:

- 1)For the most open-minded beginner, yoga is not easy to learn.
- 2)Although you don't need to be flexible or in shape to do yoga, the practice is physically, emotionally and mentally challenging.
- 3)Yoga can be practiced only when the correct technique is learned from an expert or an qualified instructor.
- 4)Yoga and its practice is a slow process.

CONCLUSION:-

The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being.

Yogasthah Kuru Karmani- Be established in Yoga and do all your duties." Bhagavad Gita - (Chapter II, Shloka 48)

"Yogah karmasu Kausalyam-Yoga is skill in action." Bhagavad Gita - (Chapter II, Shloka 50)

The recurring turbulence in all spheres of life with all the stress and tension encroaching our lives at an alarming pace, underlines the importance of finding peace of our inner self. The practice of Simplified Kundalini Yoga will enable them to unfold a greater and more powerful consciousness through simple physical exercises, meditation, and introspection. The study suggests incorporation of Yoga Life style in the professional environment and educational system to give each individual an opportunity to develop his physical, mental intellectual and emotional dimensions for building and cultivating a harmonious personality.

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