

ROLE OF YOGA IN EDUCATION EMERGING PERSONALITY

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Introduction

We looked at the role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way.

Our belief was, and still is, that we are educating our children without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education.

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.

Yogic concepts of personality

Personality is a central theme of the disciplines of Yoga and psychology. Personality refers to persistent patterns of a person's behaviour. It tells about the unique characteristics of a person. It comprises five sheaths:

Pañcakoṣa - The concept of Pañcakoṣa adopts a multi-dimensional approach to the understanding of personality and explains the person in an extensive manner.

There are series of five koṣas (sheaths), named respectively from the outermost to the innermost as: Annamaya koṣa: (physical or gross body), Prāṇamaya koṣa (energy body), Manomaya koṣa (mental body), Vijñānamaya koṣa (wisdom body), and Ānandamaya koṣa (bliss).

Dimensions of integrated personality

There are several dimensions which need to be integrated. Absence of any one dimension makes one's personality incomplete and lop-sided. For a holistic personality, the following dimensions are required to be integrated

Physical dimension

Intellectual/cognitive dimension

Emotional dimension

Social dimension

Spiritual dimension

Patañjali's Aṣṭāṅga yoga for personality development

Aṣṭāṅga Yoga is a Yogic system that has been devised by Maharṣi Patañjali in order to control the mind. Aṣṭāṅga Yoga was enunciated basically for spiritual development, but it is also very relevant to attain holistic personality. Aṣṭāṅga Yoga, if adopted properly would help in physical, intellectual, emotional, social and spiritual development of a person.

Aṣṭāṅga Yoga

Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi

Limbs of Aṣṭāṅga Yoga	Yoga Developmental Dimensions of Personality
Yama	Emotional, Social and Spiritual Development
Niyama	Emotional, Intellectual and Spiritual Development
Āsana	Physical and Emotional Development
Pratyāhāra	Emotional, Intellectual and Spiritual Development
Dhāraṇā, Dhyāna and Samādhi	Emotional, Intellectual and Spiritual Development

Sum up:

Yoga and Yogic practices have a great potential to develop a holistic personality in an individual human being. Yogic attitudes protect a person from unwanted negativities and help in proper development of emotional, social and spiritual dimensions of her/his personality. Aṣṭāṅga Yoga, as propounded by Patañjali, is very relevant for development of a holistic personality. It consists of the following eight limbs: Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna and Samādhi. All limbs, if practised together help a person in developing all dimensions making her/him a holistic personality.

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