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Personality and fitness development through Yoga

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Abstract

To develop fitness and personality, various training methods can be used in that practice of yoga is also one of them. Yogic exercise is very significant to maintain a health related physical fitness of individual. At present children become increasingly more independent as their daily lives become more complex and branch out and they have more responsibility. Quality physical education programmes at school and college levels provide student's conceptual and practical understanding of fitness, wellness and health. In this article the researcher makes an attempt to highlight the significance of yoga and exercise benefits, develop of fitness and personality at early stage. Therefore, it is the responsibility of Government, School and College managements to promote fitness and personality through yoga for children, because it is the basic requirement for most of the tasks to be undertaken by the children in life at adolescent age especially in urban settings.

Keywords: Children, fitness, personality, yoga, yogic exercises, children

1. Introduction

Fitness and personality are two significant aspects of our general well-being that can be extraordinarily improved through the act of yogic exercises. Yoga is a holistic practice that combines physical postures, breathing exercises, and meditation to advance physical and mental well-being. A training has been around for thousands of years and has been viewed as a powerful device for working on physical fitness, mental health, and in general personal satisfaction.

1.1 Fitness

Physical fitness is a significant aspect of our general well-being, and standard yoga practice can assist with further developing adaptability, strength, equilibrium, and by and large fitness. Yoga postures, or asanas, are designed to stretch and tone the muscles, further develop equilibrium and coordination, and increase adaptability. The act of yoga also helps to further develop circulation, which can lessen the risk of coronary illness and other health conditions. One more significant aspect of yoga is its capacity to work on the personality. Yoga encourages the development of self awareness, self acknowledgement as well as self compassion. It helps to develop a positive attitude, emotional stability as well as internal harmony. Yoga is also assists with working on self-control, and it is also assist with diminishing pessimistic emotions such as indignation, fear and nerves.

1.2 Health Related Fitness

Health-related physical fitness is needed for children and it includes several components that are significance for overall health as well as well being.

- Cardiovascular endurance is the ability of the heart and lungs to work efficiently to supply oxygen to the body during physical activity. Activities like running, cycling, swimming and these can helps to improve cardiovascular endurance of individual.
- Muscular strength and endurance is the ability of the muscles to exert force and to perform work over a period of time. Activities like weightlifting, climbing, bodyweight exercises and these can helps to improve muscular strength and endurance of individual.
- Flexibility is the ability of the joints to move through their full range of motion. Activities such as stretching and yoga can help improve flexibility in children.
- Body composition is the proportion of muscle, fat and bone in the body. A healthy body

composition is important for overall health and can be achieved through regular physical activity and a balanced diet.

Health related fitness is important to note that children should be encouraged to participate in a variety of physical activities to improve overall health-related physical fitness, as well as to prevent boredom and burnout.

Yoga is beneficial for individuals' health and fitness improvement in several types. It is improved flexibility, balance, strength, and coordination of individual. It is also help with stress management and emotional regulation and also promoting focus and concentration of individual. Additionally, yoga is also helps to children develop a positive relationship with their bodies and improve body awareness. Incorporating yoga into individual's regular physical activity routine is also helps to promote overall physical and mental well-being.

2. Personality

Personality refers to an individual's unique set of characteristics, traits, and patterns of behavior that define how they interact with the world around them. It includes things like introversion or extroversion, emotional stability, and openness to experience. Personality is thought to be shaped by both genetics and life experiences.

Personality is important for children because it can influence how they approach and navigate different situations and

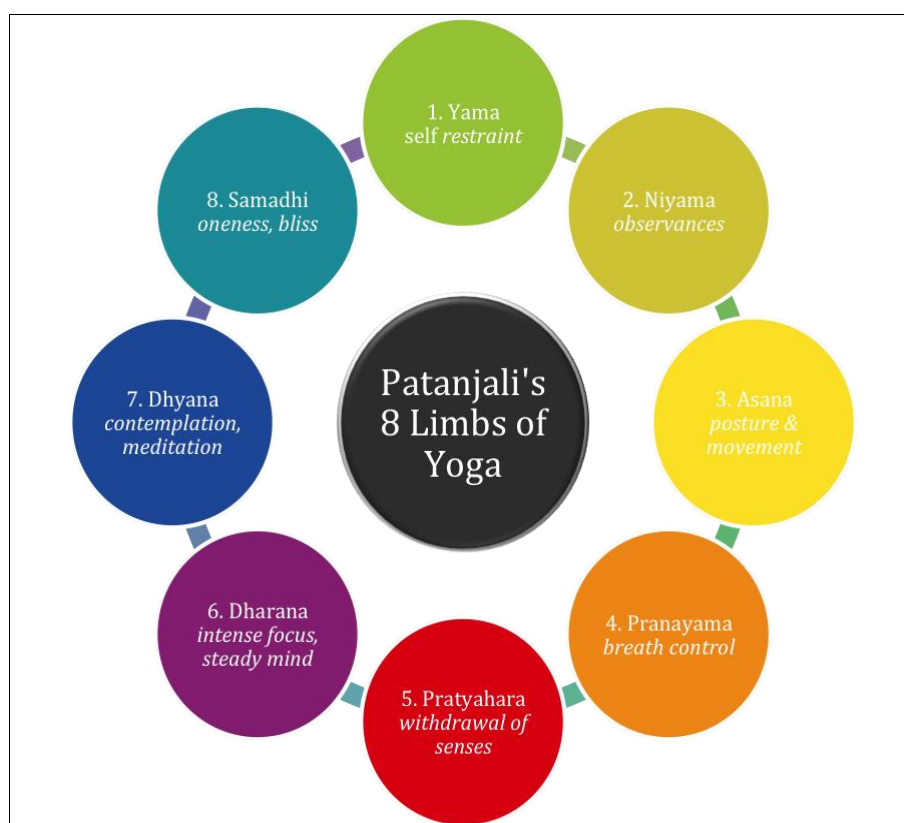
relationships in their lives. Children with strong personalities may be more confident and self-assured, which can lead to better academic and social outcomes. Understanding and developing their personalities can help children to identify their strengths and weaknesses, and to work on areas that may need improvement. In addition, children with a positive sense of self and good self-esteem are more likely to be resilient, have more positive relationships with others, and have more success in life.

3. Yoga

The word yoga is derived from the Sanskrit root 'yuj' meaning to blend, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union communion. Yoga is one of the ancient heritages of India. It is the greatest contribution of our country to the world. Practice of yoga would directly contribute to human resource development and improvement in the quality of life by developing their fitness (physical, mental, emotional as well as spiritual).

3.1 Limbs of Yoga

The first five steps yama, niyama asana, pranayama, and pratyahara - are the preliminaries of building the foundation for spiritual life. They are concerned with the body and the brain. Pratyahara sets the stage for dharana, for immovable concentration.



3.2 Yoga and Fitness

Yoga is a training that can significantly improve physical fitness. A holistic practice combines physical postures, breathing exercises, and meditation to advance physical and mental well-being. Normal yoga practice can assist with further developing adaptability, strength, equilibrium, and by and large fitness.

The physical postures, or asanas, in yoga are designed to stretch and tone the muscles, further develop equilibrium and

coordination, and increase adaptability. The act of yoga also helps to further develop circulation, which can decrease the risk of coronary illness and other health conditions. Additionally, yoga can assist with further developing lung limit and respiratory function, making it a successful form of exercise for cardio-respiratory fitness.

Yoga is also to be used as a supplement to different forms of physical action, such as weightlifting or running, to improve by and large fitness. It very well may be used to further

develop adaptability and equilibrium, and to stretch and recuperate the muscles after an exercise.

Yoga is critical to take note of that not all styles of yoga are similarly physically demanding, and some styles might be more focused on relaxation and meditation. It is also essential to find a class or instructor that is ideal for your singular needs and preferences. It's also essential to recollect that yoga is not a one-size-fits-all training, and that it tends to be adjusted to suit the needs of various individuals, regardless of their age, fitness level, or health condition.

4. Personality and Yoga

Yoga cultivates the personalities of a person. Yoga postures help to bring adaptability, relaxation, toning and balance. The various components of Yoga help distinctively in the general development and personality development of a person. The conscious as well as subconscious physical personality can be enormously improved by yoga postures. The mental personality is enormously impacted through Pranayama. However pranayama restores harmony, it causes prana to stream in specific parts of the body. The brain remains focused at our work and in home empowering us to do the things with full dedication and interest. It normally results in better personal and professional gains. Dhyana facilitates channelization of thoughts and it enriches scholarly personality. The brain becomes quiet and clear and one can think with additional consideration and affection for others. Yoga enables the individual to maintain his health by going to its roots. Yoga develops physical, mental, intellectual, emotional and spiritual components, thus building up a well-rounded organic personality (Ambron and Erwin, 1975)^[1]. Simplified Kundalini Yoga focuses on the development of personality of the individual as under:

- **Physical level:** Makes the body work 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 sensitize 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.

Yoga is a training that can enormously upgrade physical development. The physical postures, or asanas, in yoga are designed to stretch and tone the muscles, further develop equilibrium and coordination, and increase adaptability. The act of yoga also helps to further develop circulation, which can decrease the risk of coronary illness and other health conditions. Additionally, yoga can assist with further developing lung limit and respiratory function, making it a viable form of exercise for cardio-respiratory fitness.

Yoga can also be advantageous for developing fortitude and muscle tone. Many yoga postures require the use of one's own body weight, making them powerful for developing muscle mass and fortitude. Additionally, yoga can also assist with further developing posture, decreasing the risk of back torment and other musculoskeletal issues.

4.1 Yoga for Physical Development

Yoga is a practice that can be beneficial for physical

development by promoting flexibility, strength, balance, and overall fitness. Regular yoga practice can increase muscle tone, improve cardiovascular health, and aid in weight management. Additionally, yoga can help to improve posture, reduce stress, and promote relaxation. It's not just physical benefits but also mental benefits, which can help to improve focus, concentration and overall well-being.

4.2 Yoga for Mental Development

Yoga is not only beneficial for physical development, but it can also be beneficial for mental development. The practice of yoga can help to reduce stress, promote relaxation, and improve mental well-being.

Yoga can help to improve focus, concentration, and mindfulness through the use of breathing techniques, meditation, and physical postures. The practice of yoga can also help to alleviate symptoms of anxiety, depression, and other mental health conditions.

Additionally, yoga can help to increase self-awareness, and self-esteem. The practice of yoga encourages self-acceptance and non-judgment, which can be beneficial for overall mental health.

Overall, the combination of physical and mental benefits of yoga can make it a valuable practice for individuals who are looking to improve their overall well-being.

4.3 Yoga for Intellectual Development

Yoga is useful for physical development, however it can also extraordinarily upgrade scholarly development. The act of yoga encourages self-awareness, self-acknowledgment, and self-compassion, and it can assist with further developing focus and concentration. Mental development is a permanent process that continues all through the life. The changes in mental processes like concentration, attention, memory, thinking, reasoning and critical thinking abilities, knowledge are the better aspects for mental development. Yogic practices like suryanamaskara and Pranayama empower the pineal gland for smooth functioning of picking up, holding information and memory. Rehearsing these poses helps to significantly further develop memory and other mental aspects.

4.4 Yoga for Emotional Development

Yoga can also assist with working on emotional knowledge, by advancing self-awareness and self-regulation. It can assist with decreasing pessimistic emotions such as outrage, dread, and nervousness, and advance feelings of harmony and well-being. This can prompt better decision making, better communication, and further developed relationships. Man is an emotional substance. Emotion being an indispensable piece of the individual and it is an essential prerequisite for a reasonable personality. The control and management of emotion are the significant indicators for emotional development and adjusted personality. Development of positive emotions and diversion of gloomy emotions can acquire desirable development the personality. Stretching yogic exercises, relaxation techniques and pranayamas have been found to get significant positive changes the emotional states of tension, stress and depression.

4.5 Yoga for Social Development

Yoga can assist with decreasing stress and nervousness, which can decidedly affect social interactions and it can be assist with working on emotional knowledge, by advancing self-awareness as well as self-regulation. This can prompt

better communication and further developed relationships with others. It can be drilled in social environments, like yoga classes or retreats, which can give opportunities to social interaction and connection. Additionally, yoga is often based on antiquated philosophy which teaches about compassion, sympathy and interconnectedness. Through the act of yoga, it can figure out how to be more compassionate and sympathetic towards ourselves and others, which can prompt better relationships with others. In addition, some styles of yoga incorporate meditation and visualization techniques, which can assist with creating focus, concentration and spiritual awareness.

5. Conclusion

Yoga is a training that can enormously upgrade both physical fitness and personality. A holistic practice combines physical postures, breathing exercises, and meditation to advance physical and mental well-being. Standard yoga practice can assist with further developing adaptability, strength, equilibrium, and generally speaking fitness, diminish stress and advance relaxation, and work on self-awareness and foster a more profound sense of self-acknowledgement and self-compassion. So, it's an essential practice to remember for ones' everyday schedule to carry on with a healthy and satisfying life. Yoga makes one fit and healthy. With dynamic changes occurring in all spheres, children will deal with additional problems and tensions. They practice yoga will empower them to unfurl a more noteworthy and all the more impressive consciousness however simple exercises, meditation and introspection. The researcher suggested acquainting yoga with all educational systems to foster their physical, mental knowledge for building a harmonious personality. Yoga teaches a moral rule, self purification, discipline and so on. Subsequently, it should be made a lifestyle.

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