

**Part 1: Concept of Emotional Personality in Yoga and Spiritual Lore of India.**

**Part 2: Effect of Integrated Approach of Yoga Module on the Personality  
Development of Students**

By

**N Nilkamal**

**Abstract**

**Part 1: Concept of Emotional Personality in Yoga and Spiritual Lore of India.**

In the present society human intellect has grown to a great height and great technological advancement has been achieved. But to the surprise of many people the human and moral value has started deteriorating. So can we call this advancement? Human existence is not just the material enjoyment but to go to our original home i.e. the abode of permanent bliss. To achieve this goal of our existence we need to become masters of our emotions. But modern education system is predominantly intellectual –based and the emotional side of our existence is neglected to a great extent. The result is deterioration in human values and character. But the ancient spiritual masters of India have unraveled the key to gain mastery over emotions. For example in Narada Bhakti Sutras the way for using the emotions to attain the highest goal of life is given very nicely. In Bharata's Natya Sastra. Bharata-Muni deals with various kinds of emotions, how they arise and how they affect our body gestures is also dealt with thoroughly. Bharata-Muni said "When the meanings presented by the Determinants (vibhavas) and consequents (Anubhavas) are made to pervade (gamayate) the heart of the spectators they are called the bhavas" (Ghosh 2003). In ramayana we can see how negative emotions can play with our near and dear one's, but on the other side we can see the emotional stability of divine beings like Rama and sita, the braveness and chastity Sita showed in the Asoka garden of Ravana is remarkable and it is a lesson to be learnt by the modern generation.

## **SUMMARY AND CONCLUSION**

Emotions, the driving force behind all the Human actions are thoroughly dealt in the ancient texts of India for e.g in Nāṭya Śāstra of Bharata-Muni we can see various kinds of emotions which are presented on the stage with the body gestures. In the great epics like Rāmāyaṇa we can see how emotions can play with the Human mind and cloud our intellect. These emotions which can lead to disaster and ruin if not channelised properly, can be used as a tool to reach the highest goal of life (Mokṣa) we can see the science of using these emotions to attain Mokṣa in Bhakti Sutras of Sage Narada. In the Bhakti Sutras we have seen how the lower emotions are eliminated by using the higher emotions and the Bhaktas go beyond the emotions. In the modern materialistic society where everybody is running behind matter for their enjoyment and where the mind is neglected, the emotions are not properly channelised. So the modern people are becoming more and more emotionally unstable which are leading them to diseases and driving the society to drug and gun culture. Thus the time has come for all of us to look back at the old wisdom of the Sages to channelise our emotions and become better Human beings. This study suggest that we incorporate this science of emotions effectively right from our childhood.

### **Part 2: Effect of Integrated Approach of Yoga Module on the Personality Development of Students**

This stratified randomized control was designed to compare the effect of an Integrated yoga Module (IYM) on personality of school students who were participants of a personality camp for ten days in a residential set up in prashanti Kuteeram, Bangalore, South India. After stratifying for sex and age, 400 school students were randomly allotted to yoga and control groups. Yoga group was administered IYM consisting of breathing of breathing exercises, Sithilikarana vyayama, Asana (Physical postures), pranayama, mediation (OM), Lecture on Yoga philosophy, Krida yogo (yogic games), tratoka (yoga based on eye exercise) for improving all round personality at physical, mental, intellectual, emotional and spiritual levels while the control group was practicing physical exercises. Children's Personality Questionnaire (CPQ), developed by Raymond B, Cattell, R B, Cattell in 1978 was administered used to assess on day 1st and 9th. CPQ has 14 variables. The raw data of children was analysed by using SPSS version 10. The results showed significant improvement (Wilcoxon signed rank t test ) in Factor A (15.50%), I (10.25%), J (15.80%), O

(12.97%) and Q4 (13.55%) in yoga group. In control group the improvements were found on domain-Factor A (13.57%), B (18.97%), J (24.55%), O(28.74%) and Q4 (15.21%). Comparison between the groups showed that the yoga group is significantly better than control in factor I. Hence, this study has shown that integrated yoga practices and physical exercises in a residential set up can improve personality in students. It will be valuable to incorporate yoga in school education system at an early age.

## **SUMMARY & CONCLUSION**

1. The present study is done to assess the efficacy of 'Integrated approach of yoga module' (IAYM) on the personality of students of age group 9 to 12.
2. The present study was also done to compare the effect of yoga and physical exercise on the personality development of students of age range 9 to 12.
3. In this study, school students (n = 400, age range 9 to 12 years) were randomly assigned to two groups namely yoga and control group by lottery method.
4. The yoga group had IAYM as intervention and the control group had physical exercise and other non yogic activities as their intervention.
5. The assessment for personality was taken on the 1st and 9th day of the camp by using Children's Personality questionnaire.

## **CONCLUSIONS**

- (1).The 10-day personality development camp (both yoga based and non-yogic physical activity based) helped students of 9-12 yrs to improve different factors of their personality.
- (2) Students in yoga group became significantly more warmhearted, obedient, tough minded, vigorous and relaxed and students in control group became significantly more warmhearted, intelligent, vigorous, self assured and relaxed.
- (4) Boys in yoga group became more warmhearted and vigorous and girls became more intelligent and self assured.

(5) In control group boys became significantly more warmhearted, Intelligent, vigorous and self assured and girls became significantly more self assured and relaxed.

**Keywords:**Emotional Personality,Spiritual Lore,Personality Development, Students.