

Role of yoga for youth's personality development and skills empowerment

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ABSTRACT

Youth is a good seed in a kind of society. A good seed gives a good tree. A good tree gives better seeds. However, a good youth can create the well-organized society. In present days, all members of the society are living with more under pressure circumstances, which leads to dislike, increasing worries, emotions, disappointments and discomfort to live. These kinds of life style mostly affect to youth and their development and empowerment. Yoga is remedy and important tool for youth development and empowerment. Yoga can give a peace of mind and clarity of vision in one. These will help to enhance the quality of their life style. Likewise, yoga provides positive sense of self, decision making skills, generate self- control, which leads to enhance the empowerment qualities. Hence, yoga is not only the spiritual related, but yoga has to be a part of habit of daily routine life in all kinds of people, especially in youth.

Keywords: *Yoga, youth, development, empowerment*

A nation is not the land, but its people. A nation should be its people, especially youngsters. The greatest wealth and strength of any nation is “Youth”. They are the invaluable assets in nation. They are the pillars of the nation. Youth are vibrant, dynamic and creative path of the society and they can either construct or destroy any society in the nation. The youth play a vital role in proper utilizing of knowledge. They are the powerhouse and storehouse of infinite energy which brings laurels to the country. The place and importance of the youth in society cannot be overemphasized. Not only are they regimentally regarded as the future leaders, they are potentially and actually the greatest investment for a country's development. They serve as a good measure of the extent to which a country can reproduce as well as sustain itself. The extent of their vitality responsible conduct and roles in society is positively correlated with the development of the country. Youth plays many roles in society. Youth can create good political, environmental, economic and social aspects. “Youth is a spark which needs ignition.” In present days, almost all members of the society are living with more under pressure circumstances which leads to dislikes, increasing worries, emotions, disappointment

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and discomfort to live. However, youths are facing constant pressure to excel at studies, getting job, handling relationships and deal with harmonious other problems. These circumstance drive to take illegal activities, because they cannot able to empower themselves, due to lack of morally, emotionally physically and academically. Yoga is a remedy and important tool for youth development and empowerment. Yoga, as a mind body practice, which enhances mental discipline as much as physical, both synergistically indented to help with personal transformation. (Gurjeet S, et al, 2008). Yoga can gives a peace of mind and clarity of vision in one.

Yoga is an Art and Science

Yoga is the Mother of all science. Yoga was developed in Ancient India 5000 years back [3000 B.C]. The human body is the result of an association of the “panchaboothas”. Any obstruction or stagnation, in the circulation in any parts of the body produces pain and disease. This can be avoided through “Regular practice of yoga. Yoga consists of Poses, meditation, regularize breathing exercise and other techniques designed help individuals build self-realization. It is practice by the young and old without discriminating against gender, class, or religion. Hence, yoga is not only the spiritual related. It is an art and Science. Yoga rejuvenate the mind and body together. Limbs of Ashtanga yoga, Yama (Moral Restraints), Niyama (Evolutionary observannnce), Asana (Steady & Positive), Pranayama (Energy /Breath control), Prathyahara (Sensory withdrawal), Dharana (Single minded concentration), Dhyana (Meditative state), Samadhi (State of complete Oneness).

Yoga helps in uplifting one's mood and relives stress. In honor to yoga, the United Nations 'General Assembly, declared 'International yoga day' on 21st June every year. In developed courtiers many youths cannot do without drugs. Its causes the lots of dislike activities. Because they could not control themselves. These kinds of activities are maximally not found in India. Because, yoga is associated with the culture and heritage of India. Yoga helps to contributes in transforming their vibrant Ideas. The yoga can give a vital role in proper utilizing of knowledge and resources help in youngsters. Yoga is a process, young people are encouraged to take charge of their lives. Yoga helps to improve their quality of life and achieve empowerment.

Personality development for youth

Every one aspires for success in life for which the primary need in physical and mental fitness. Personality is related to behavior as well as stability of health itself. In the modern life, youth addict like drugs, alcohol, smoke and etc., which are all affect their health and good will. But, regular yoga practice can control to smoke, drink alcohol as well as improve their health as higher status. (Gurjeet S, et al, 2008). However, Yoga can provide self – discipline, self - control, good health, emotional stabilit , moral values , better consciousness, psychological empowerment enhances individual's consciousness, belief in self- efficacy, awareness, understanding of problems and how to face problems, which used to improve their quality of life. (Khalsa, 2004). Schools in USA are replacing punishments with MEDITATION and the results were amazing. These kids achieve Great Heights and success and stay away from negativity in their life. Punishments with a holistic approach meditation. From now onwards they will Instead of sending kids to “MIND FULL MOMENT ROOM” where they will be meditating and wind down. It's been over year now and the results has been shockingly amazing. This dimension aims to create self confidence and give youth skills to acquire knowledge. It focuses on enhancing the community through leadership development, impressing communication and creating a network of support to mobilize community to address concern. Yoga provides energetic mind positive thoughts, and improve

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their inner qualities. Yoga helpful to energy to try new things and the patience to learn from mistakes. The regular practice of yoga does more than slap a happy face on your cerebrum. It can also massage the lymph system, says Dr.Mehmat Oz, a cardiac surgeon at New York Presbyterian Hospital in Manhattan (Corliss, 2001) The depression scores of the yoga group at both 3 and 6months decreased scientifically, an integrated approach of yoga including the mental and philosophical aspects in addition to the physical practices. (Krishnamurthy & Telles, 2007)

Yoga Empowered the Youth

Human life is the result of functioning of self - Society – nature. According to Aurobindo, (1999), Yoga, in its essence a special action or formulation of certain great powers of Nature, itself specialized, divided and variously formulated, is potentially one of these dynamic elements of the future life of humanity. Yoga for youth empowerment positively shapes the growth of young people. Yoga rejuvenates and developing originates individual's capacity. There has been a major emphasis on what is going for youth in their lives rather than what goes right. This must deter from donning yoga. Youth work is community support activity depending up on the culture and community. Youth work is any activity that seeks to engage young people in coordinated programs, including programs those that are recreational, educational, or social by nature and design. Yoga teaches youth about social inclusion and literacy as well as helping others finds the recourses to be productive in the society. It's also recreate cultured rules and norms for youth. Yoga for youth empowerment aimed at creating healthier and higher qualities of life for youngsters. Yoga helps to easily let go the bad habits like smoke and drink and so. Regular practice of yoga can gives a natural high, youth may not feel the need to get intoxicated on artificial stuff, when the knowledge of yoga come to our life.

CONCLUSION

The future of the society in hands of the present day youth. However, good youth can create the well-organized society. Yoga helps to enhance their thinking and improve their inner qualities. Who has realized the self, able to serve other in a selfless and harmless manner, he becomes capable of making world peace along the path of yoga. Without eat, no one cannot able to realize the taste of honey. Once it's tasted and feel the sweetness and goodness of it, will enjoy and feel like good. Likewise, the yoga is not only the spiritual related, but yoga should be a part of habit of daily routine life in all kinds of people. This makes change youth life style from childhood onwards.

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Conflict of Interest

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