



## Wellness Vs Personality

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**Abstract:** It is learnt the wellness of an individual is the measure of his personality. It is learnt that the personality only brings the wellness to an individual in all walks of life. Human personality may be compared to a glass of globe. There is the same pure white light that is the emission of Devine being in the centre of each but the glass being different colours and thickness the rays assume diverse aspects in the transmission. The equality and beauty of each central flame is the same. An attempt was made to illustrate the personality development for individuals in general and students in particular for wellness in their life.

**Key words:** Human personality, consumerism, Samskara

**Introduction:** Today we live in a world of chaos with rampant consumerism, higher levels of income ill gotten or well earned, with greed and competition ringing the minds average man, moral values and strength of character are fast declining. In this context there is a need for a general corrective so set right the vision of life and all our activities. We need to go deeper and hit the head of nail- bring change in mindset, character and personality. Human personality may be compared to a glass of globe. There is the same pure white light that is the emission of Devine being in the centre of each but the glass being different colours and thickness the rays assume diverse aspects in the transmission. The equality and beauty of each central flame is the same. *Samskara* the Character of a man is what he has created for himself it is the mental and physical actions that he has done in his life. The real core of one's personality often remains invisible and hence unattended to. Even the person himself may not be aware of it.

The best time for personality making is youth that is the time when mind is more pliable and fresh. It can be given the right shape without much effort. Head, Heart, Hand, what we want to see the man which is harmoniously developed great in heart, great in mind.

### **Integration of Personality**

An integer is a complete unity, a whole not a fractional mixed number likewise *Sthitaprajna, Trigunatita, Bhakata* are the integrated parts of the personality.

### **Dimensions of Personality:**

Physical Dimension: Annamaya atman

Energy dimension: Pranamaya atman

Mental dimension: Manomaya atman

Intellectual dimension : Vijnanamaya atman

Blissful dimension : Anandamaya atman



In the present society the personality development is of great interest, because people think that personality is useful for facing interviews, getting jobs and to keep professional excellence, though it is apt for a certain extent the insight of the personality is not the physical result, it should be in the form of moral excellence which lasts forever. In the present society is deprived of this moral excellence.

## 2 . Personality Development for a Student:

In the present chip age students must possess the good personality to aim at the future. Personality is the prime factor in shaping the future of a student.

General problem of all the students is :

1. Finding difficult in concentrate during the classes.
2. Unable to score pass marks in the examination.
3. Unable to over comes the peer stress.

Parents and teachers have to concentrate on the need to provide the *Balanced life style* for the students. At the same time students must develop *Multiple intelligence* as envisaged by Dr. Howard Gardnee.

The Multiple intelligence factors are:

### 1. Physical Intelligence:

Students have to develop physical intelligence for which they have to do physical activities like participation on games, sports etc., now a days most of the students concentrate mainly on the education only neglecting the games and physical activities, in turn leads to the unhealthiness.

### 2. Linguistic Intelligence:

Communication skills have a great impact on the student's interpersonal relationships. First of all a good command over the mother tongue gives confidence to the individual to enhance the other linguistic capabilities. As students must develop the zeal to learn the language usage, and communication. In the present corporate world the linguistic excellence makes the student an admirable personality.

### 3. Musical Intelligence:

Musical intelligence in the sense that the student can able to express effectively. Use age of vocabulary and the perception of the meaning are the things that are to be given importance. In the other way poetry, painting and music are the feelings that can express the inner personality of the students, by which the character of students can be assessed. It is learned that the expressions in sound words, multi colours, sweet music are characters of a good personality.

### 4. Inter personal Intelligence:

"You cannot harm others without harming yourself". It is primarily by the way he conducts himself in civilized society and the treatment he accorded to others. The thoughts, feelings and the deeds determines the interpersonal intelligence. The reflections in the eyes, gestures and the pace in the tone reflects the personality of the students. So to develop a good inter personal intelligence students have to coordinate over *Thoughts, words, Actions* Which is possible only when the mind is free, in the sense that mind should be open for acceptance.



### 5. Intrapersonal Intelligence:

Intra personal intelligence is the new marker developed to give due weightage to this important aspect of our personality development and grooming. The main personality of the student lies in the interpersonal communication, how he can able to mingle with the polarity of the peer and with the teachers and parents. Hence the need is to develop the inter personal intelligence to a maximum, this has to be learnt by way of observation, and experience. Student must develop a good peer for the benefit of his future as well as to the other. If as an individual he gains improvement the same influence the peer also.

Finally to achieve all the above qualities of the personality students must possess the qualities *Shraddha and Faith* in one's own life. This is the secret of personality development for the students. Those students who have the above qualities can excel in their lives. Shraddha in their every deed along with faith in their every thought makes the students good at their personalities. Which ultimately leads to the success in their endeavor.

### 3. Parent's role on personality development

- o All books, seminars and lectures put together cannot equal the role parents play in molding Childs personality.
- o Parents role in developing the personality of young minds under their care is irreplaceable and far reaching in its effect.
- o A child acquires often unknown to itself the personality traits of his/her parents and shapes its personality.

- o What one gets or absorbs from ones elders, parents and domestic settings largely makes or mask the personality of a person.
- o Truly has it been said "home is the first school" . It is at home that the child gets his first and lasting impressions about living, behaving and thinking. It is at home that his process if education begins.

Parents are child's first teachers,

***Let your Mother be a God... Let Your father be God...***

To be truly helpful to a child in his growing years, a parent should be well equipped for it. He/she should be aware of his /her responsibilities and be ever willing to discharge it. To do this effectively, parents will have to evolve their own training programme first. Parents should have their own home syllabus abd well thought out training methods.

Child hood training goes a long way in shaping a child's personality, parents should realize that whatever they say, do and think, leave a lasting impression on a child's mind.

A child's personality is only an expression what kind of mental impression has been inculcated in it. Hence parents should be careful about the kind of training they impact to the child. Parents the Primary resource persons of personality development of any child, should also recall how they have been impressed or molded by their parents.



***Guide lines for parents:***

1. **Healthy home atmosphere:** A responsible parent should take every care to provide an emotionally secure and healthy atmosphere to a child. Parents should spend quality time with children.

2. **Learning by imitation:** If parents impose certain things to children first they have to practice them. Like reading books, first parents have to develop the habit of reading, then only children will develop the habit of reading.

3. **Integration of Personality:** A child should be corrected firmly but not cruelly. A timely reprimand can go a long way in changing the direction of the erring child's will.

4. **Emotional stability:** To be emotionally stable means to be able to face difficulties, small and big, in a meaningful and brave manner. A child should be made to understand that difficulties are a part and parcel of life. It is through facing and solving difficulties that all dimensions of a child's human potentials are fully harnessed. Emotional stability includes saying NO to unhealthy pressures from the peer.

5. **Spiritual and cultural training:** If a child is taught how to pray and worship, he will derive great spiritual benefit in later life. Noble impressions imprinted during the formative years will sensitize the child's mind to the aesthetic values.

Domestic training and parents' role form a vitally important aspect of child's education. Education of school is to be ably supplemented by the parental education, otherwise the child becomes a victim of lopsided development.

It is only by combined effort and synthesis of right type of schooling and the training at home that we can really lead to total development of personality.

It is parents who can only be real custodians of child's over all welfare.

4. **Teachers role in the personality development:** The centre of our personality is our divine self the atman. When one realizes the atman, then all our thinking, feeling and willing would get integrated easily. Only when we are integrated around the atman or our Divine centre then only we get a ***harmonious personality*** for teaching effectively.

To bring harmony in personality we should have proper development and coordination among the various parts and limbs of the body, i.e., mind thought, emotions and will, this alone brings strength, peace and harmony to individual.

Personality development is essential for teachers for gaining true inner peace and fulfillment. The only teacher is who can immediately come down to the level of the students, and transfer his soul to the students soul and see through the students eyes and hear through his ears and understand through his mind.

As teachers we can teach Personality development to others only if we sincerely believe in what we teach. Our own example matters most. As teachers we feel rewarded for the opportunity that we were privileged to have, as the light we, the teachers and the taught, lit together will continue to burn in the young lives we have had the privilege to teach.

***Values cannot be taught: they only be caught***



**Positive attitude:** Positive thinking is a major aspect about personality development, this can help to alter the results and actually get positive results. It is always a fact that successful men are positive and positive men are successful. They deliberately feed their mind with positive thought on a regular basis. They also work on improving the other 90% of their responsibility, they are ethics, motives, beliefs, values, judgments and character which is not visible to others.

**Strength is life:** The message that personality development gives to a person is be bold when you lose and be calm when you win. The more pain you get in life you become more valuable. When a person enjoys both success and failure then he has a strong personality. His thoughts and actions inspires others also.

## 5. Conclusions

A Developed personality is a synthesis of a harmonious balance of conflicting and even contradictory facets of one's inner self, which wins over tendencies forwards destructive choices and always promotes thoughts, words and deeds.

The serene person who is absorbed in God, living thus in peace, is the true renunciation, maintaining an even mind in heat, and cold, pleasure and pain, honor and disgrace marks the spiritually mature. Maintaining physical, mental, and intellectual balance no matter how difficult the challenge, leads to permanent cheerfulness, which is the sure sign of yogi.- *Bhagavad Githa VI.7*

The five important factors which mainly influence the personality development are:

Self-confidence

Self- Control

Self- Reliance

Self- Sacrifice

Self- Realization.

For the development of personality every human being has to develop observation and perception capacities. As most advanced creature on the planet earth he has the capability of thinking and judging. So every human being has to observe the nature to develop the personality, at the same time he has to inculcate the thing that he must be kind to the fellow human beings and has to treat everyone in brotherly hood. "Doing is very good but that comes from thinking. Fill the brain therefore with high thoughts, highest ideas, place them day and night before you, and out of that will come great work"- Swami Vivekananda.

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