# Philosophy, Yoga and Human Destiny


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# Value Education for Personality Development

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**Abstract**

*Personality Development is defined as the process of developing and enhancing one's personality and is the aggregate of memories and incidents in an individual's entire life span. Psycho-physical and socio-cultural factors, family background, financial background, financial conditions, genetic factors, situations and circumstances also contribute to an individual's personality. For developing the personality of an individual, there is need to inculcate the value education among individuals. In reality, value education is a matter of educating the feelings, emotions and as a matter of developing appropriate behavior and habits. It is the `training of the heart' and consists in developing the right feelings and emotions among individuals. `what is' as with `what ought to be' and `what ought to be done', are the prime involving inculcation of certain virtues and habits. There are different dimensions to guide the value education. Today, there is crisis in adopting values education in 21st century but there is dire need to adopt in practical life. The attitudes and values of discipline, cooperation, communication skills etc. enable them to develop healthy interpersonal relationships in society which in turn facilitate their better adjustment in the practical life. So, value education helps to develop the personality of individuals.*

Personality Development is defined as the process developing and enhancing one's personality and is the aggregate of memories and incidents in an individual's entire life span. Psycho-physical and socio-cultural factors, family background, financial background, financial conditions, genetic factors, situations and circumstances also contribute to an individual's personality. When any person behaves in the society reflects the personality of an individual's personality.It helps an individual to gain confidence, develop positive attitude and generate high-esteem. It includes physical, mental, intellectual and spiritual growth all together.Many psychologists viz., Sigmund Freud, Jean Piaget, William James and Erik Erikson have defined many personality development theories which has threw light on the complex nature of human personality. Personality cannot be judged in isolation and there are many factors that