

**ORIENTATION CAMP C3
EVALUATION PART-A**

PERSONALITY DEVELOPMENT

ABOUT THE SPEAKER:

The speaker for the topic “**PERSONALITY DEVELOPMENT**” is “**SRI GOKULAMUTHU JI**”.

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What is personality???



Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving.

The ancient Indian model of human beings. “Personality”, given in the Upanishads, consists of the ‘five’ sheaths. They are ‘Annamaya’, ‘Pranamaya’, ‘Manomaya’, ‘Vijnanamaya’, and ‘Anandamaya’. ‘Annamaya’ represents that segment of the human system which is nourished by ‘anna’, i.e. food. ‘Pranamaya’ is that segment which is nourished by ‘prana’, i.e. ‘bio-energy’. ‘Manomaya’ is the segment nourished by ‘education’. ‘Vijnanamaya’ is nourished by ‘ego’ and ‘Anandamaya’ is the segment nourished by ‘emotions’.

The Upanishads explains the same thing using an example of a chariot. The body is the chariot and you are the passenger in the chariot. The horses are the sense organs and the intellect is the charioteer and the mind which connects the intellect to the sense organs is the rein by which the charioteer can control the horses. The horses go on the road and road can be related to the world.



You Are Responsible!!!

“Responsibility is the price of freedom”

- ✓ Senses are greater than sense objects: mind is greater than senses: intellect is greater than mind: the person is greater than intellect.

- ✓ You should be master of all senses and mind. The body, health, intellect, emotions are instruments you have free will and responsibilities for your decision.
- ✓ Parrot in Cage story:

Conclusion: The parrot was freed but it again comes back to cage and ask for freedom, because it cannot take responsibilities of own life like searching for its own food, protect itself from predators, it does not deserve freedom “ Most people do not really want freedom, because freedom assumes responsibility and most people are afraid of that “.
- ✓ Responsibilities and freedom come together.
- ✓ Real freedom is body and mind are under your control. It is not of but from senses and body
- ✓ Fire, mind, anything under your control is friend not under control is enemy.
- ✓ Be willing to put in hardwork, keep your body and mind under your control u will achieve your goals.



Goal and Milestone:

If you are given Rs. 1000000 , how will you spend it?

All possible answers can be categorised in four category-PURSHAARTHA(the goal of human being):

- Artha-wealth, security ,business
- Kaama-Pleasure , entertainment, business
- Dharma-charity, donation, social service
- Moksha-dispassion, freedom

Purshaartha is indicated in Indian flag:

Artha and Kaama is indicated by green,

Dharma is indicated by white;

Moksha is indicated by saffron on the top.

It also shows what is higher, like Dhama is higher the artha and kamma i.e., prosperity

While Moksha , the final goal of life is highest.

What is something that gives real happiness?

“Real fulfilment of life is in serving the people around you by doing your duties happily with dispassion and freedom”

Pursue Dharmic Desires:

Dharma, Artha, Kama, Moksha are the four purusharthas indeed the qualities and objectives of the supreme self and god and since an individual is a reflection and manifestation of god, it is the rightful pursuit of a person to fulfill these four Purusharthas. In fact, it is both your individual and soul purpose. With these goals and milestones you are free to pursue your Dharmic desires.

Have your goals and have your pursuits, pursue your goals and means, everything is fine subject to three conditions; subject to which we can pursue whatever we can want.

Goals and means should be :

1. Legal and Ethical.
2. Moderate - You should know the priorities in life.
3. Non-Binding - we should be able to face the Success and Failure.

Goal and Process:

1. Define your goal in the present tense as it would be when you have achieved it.
2. Visualize what you would be to achieve it.
3. Visualize what your daily routine would be.
4. Start aligning your current habits to that. This is the proven approach to attain your goals.

Humans has 4 relationships:

- 1) God (Divine towards god)
- 2) World (World of situations around us)
- 3) Myself (Individual)
- 4) Others (People in our life)

Qualities to develop:

- See the divine university in all diversity.
- Maintain equanimity under all situations.
- Keep your senses and mind under control.
- Engage in the welfare of the living being.
- Life will have ups and downs, Take them equally and go forward.
- Always give and take.



Maintain Equanimity

- We should maintain equanimity in all situations.
- Life will have ups and downs, There will be pressure, pain, gain or loss, success too. But we should maintain the equanimity in all situations.

Maintain self-discipline

- The equality of your life depends on the quality of mind
- We should have control on our mind
- We should practice moderation in food, rest, work, etc.

Serve people

- We should always engage ourselves in the welfare of the living being.
- We should be non-hating , friendly and compassionate towards all living being.
- Serve underprivileged people without expecting anything in return.



Conclusion:

Most notable to personality development is insecure attachment, of which unconsciously develops a negative view-of-self that fosters a mindset filled with irrational thoughts of inadequacy and worthlessness, and that diminishes resilience, which inevitably effects all the dimensions of personality and changes the course of one's life.