



**MANGALORE UNIVERSITY**  
**MSc YOGIC SCIENCE**

**YSE457 YOGA FOR PERSONAL HEALTH**

**Learning Objectives:**

- To know the use of Yoga for health.
- To know the meaning and historical development of Yoga.
- Knowledge of different schools of Yoga.
- Concept of food and health.

**Learning Outcome:**

The student will be able to

- Describe Yoga with meaning, historical development and such points.
- Understand of Ashtanga Yoga.
- Explain different schools of Yoga and their application for personal health.
- Understanding and application of food for health.

<b>I</b>	<b>Origin and Historical study of Yoga</b>	<b>12 Hrs</b>
	1) Yoga-Meaning, Definition, Aim, Concepts, Misconcepts.	
	2). Origin and Historical development of yoga and yogic texts up to Patanjali	
	3) Historical development of yoga in the period of Patanjali and Post Patanjali.	
	4) Astanga yoga	
<b>II</b>	<b>Schools of Yoga</b>	<b>12 Hrs</b>
	1) Hathayoga	
	2) Karmayoga	
	3) Jnanayoga	
	4) Bhaktiyoga	
<b>III.</b>	<b>Concept of Food and Health</b>	<b>12 Hrs</b>
	1. Nutrition –Macro nutrients in diet – Carbohydrate, Protein, Fat	
	2. Nutrition –Micro nutrients in diet - Vitamins, Minerals	
	3. Concept of Mitahara and Pathyapathya, Concept of Food and Triguna	
	4. Health – Definitions according Indian System and Modern System	

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