

I Origin and Historical study of Yoga 12 Hrs

- 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

II Schools of Yoga 12 Hrs

- 1) Hathayoga
- 2) Karmayoga
- 3) Jnanayoga
- 4) Bhaktiyoga

III. Concept of Food and Health 12 Hrs

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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