



THE AMERICAN COLLEGE, MADURAI

(An Autonomous Institution Affiliated to Madurai Kamaraj University)

Re-accredited (2nd Cycle) by NAAC with Grade "A", CGPA – 3.46 on a 4-point scale

Backlog Arrear Examination, March 2021

RPS 2201: YOGA: THEORY AND PRACTICE

Time: 3 Hrs

Marks: 60

Answer any FIVE of the following questions, each not exceeding 4 pages: 5 x 15 =75

1. Bring out the different types of *Yoga* in detail.
2. Explicate the special features of basic and advanced *Yogasanas* with examples.
3. How pranayama (breathe) is useful for *Yoga* practice? Explain.
4. Illustrate the structure of *Suryanamaskara* (sun salutation) with diagram.
5. Discuss some of the *Yogic* exercises and the cure of diseases.
6. Examine the practice of *Yoga* timings and diet specifications.
7. Elucidate the implication of *Yoga* in order to have a healthy life.
