

B.Mus. (Honours) Examination, 2018
Semester-III (CBCS)
Skill Enhancing Compulsory Course (SECC-1)
(Yoga)

Time : 2 Hours

Full Marks : 20

Questions are of value as indicated in the margin

Answer **any four** questions

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|---|---|
| 1. Discuss about the History of Yoga in India. | 5 |
| 2. Explain Indian Philosophy (Bharotiyo Darsan) and specially Yoga Darsan. | 5 |
| 3. Describe modern development of Yoga in the present world. | 5 |
| 4. Explain how Yoga practice improve music performance from your own experiences. | 5 |
| 5. Describe five Yoga asanas with diagram and its benefit. | 5 |
| 6. Describe five Pranayamas with diagram and its benefit. | 5 |
