

B. Mus. (Honours) Examination, 2019
Semester-IV (CBCS)
Sangit-Bhavana (Common Paper)
Skill Enhancing Compulsory Course : SECC-2
YOGA

Time : 2 Hours

Full Marks : 25

Questions are of value as indicated in the margin

Answer **any five** questions

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| 1. Explain the relationship between Ayurveda and Yoga. | 5 |
| 2. Discuss about Yogic Diet. | 5 |
| 3. Describe Yoga Therapy and its application in the life style diseases. | 5 |
| 4. “Yoga may improve dance performances” –Explain in your own words. | 5 |
| 5. Prepare a Yoga schedule for your daily life. | 5 |
| 6. Describe the relationship between classical music and Yoga. | 5 |
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