

Name - Miss. Sanika Bam

Designation- Assistant professor

Subject - Music & Yoga

Email Id - Sanikabam83@gmil.com

Academic Credentials - M.A. Yoga , M.A. Music

Area of Interest -

- 1) Music and yoga Therapy
- 2) Indian classical music
- 3) Music and yoga for stress management
- 4) Yoga and wellness
- 5) Hatha and Ashtang Yoga

