



**BOMBAY
CHARTERED
ACCOUNTANTS'
SOCIETY**

INTERNATIONAL YOGA DAY CELEBRATION **{BCAS jointly with MABAP Foundation}**

Dear Members,

The Human Resource Development Committee of BCAS, in collaboration with MABAP Foundation, invites you and your loved ones to celebrate International Yoga Day with us!

Topic	“Yoga and Its Benefits” (Learn and Practice simultaneously) Learn to exercise regularly to Maintain Bone and Muscle Strength to remain fit. Walking is not sufficient.
Day & Date	Saturday 21 st June 2025 Add event to Outlook Calendar
Time	7.00 am – 8.30 am (Followed by Breakfast)
Faculty	Mr. Pradeep Thakkar (Accredited Yoga Teacher)
Physical Venue (First Come First Served Basis Limited to capacity of the venue)	Saphire Banquets, Prestige Veg. Treat, Opp. McDonald's, Sahar Road, Opp. Andheri Railway Station, Andheri East, Mumbai 400069 Google Map Location
Virtual	Online Zoom Link that will come in your registered email. Please enter correct email in your registration form
Who can attend	Anyone Interested in the subject.
Registration Link	Click Here
Highlights:	Learn and practice common yoga asanas suitable for all ages - Discover the benefits of yoga for flexibility, strength, and overall health - Get tips to manage osteoarthritis, knee pain, blood pressure, diabetes, and more What to Bring: Yoga Mat/Dhari Dress Code: Loose, comfortable clothing

	<p>Special Arrangements: Chairs for those who cannot sit on the floor</p> <p>Embrace the path to a healthier lifestyle and experience the magic of yoga with us. See you there!</p> <p>Share this post with your family and friends to spread the joy of yoga and good health!</p>
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Brief Profile of Faculty:

Pradeep Thakkar: Accredited Yoga Teacher having Experience of Many Decades.

Program Coverage

What you will learn: Exercises for Bone and Muscle Strength and much more.

Key Takeaways

To Learn important yoga exercises to remain fit especially in bone and muscle strength.

Who can benefit

Everyone benefits from learning and practicing Yoga exercises. (Those under medication have to take precautions advised by the doctor)



Human Resource Development Committee
Chairman: CA Mihir Sheth
Convenors: CA Dnyanesh Patade, CA Jigar Shah & CA Utsav Shah
Coordinators : CA Gracy Mendes & CA Vinod Jain



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