



BOMBAY CHARTERED ACCOUNTANTS' SOCIETY

Empowering The Profession Across Bharat

International Yoga Day Celebration *Jointly with* *MABAP Foundation & BCAS Foundation*

Dear Members,

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

Topic	“Yoga and Its Benefits” Learn to exercise regularly to Maintain Bone and Muscle Strength to remain fit. Walking is not sufficient.
Day & Date	Sunday 21 st June 2026 Add event to Outlook Calendar
Time	7.00 am – 8.30 am
Faculty	Mr. Pradeep Thakkar (Accredited Yoga Teacher)
Venue	Shree Ghoghari Lohana Mahajan Bhavan, Next to Municipal Office (K West Ward), Behind BSES Hospital, S.V. Road, Opp. Andheri Railway Station & Bus Depot, Andheri West, Mumbai. Google Map Location
Registration Link	Registration through the link below is mandatory to facilitate the necessary arrangements 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 Special Arrangements: Chairs for those who cannot sit on the floor Embrace the path to a healthier lifestyle and experience the magic of yoga with us. See you there! Share this post with your family and friends to spread the joy of yoga and good health!

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)

For any assistance, please contact the BCAS Events Team at 7045019614



Human Resource Development Committee
Chairman : CA Mihir Sheth
Co-Chairman : CA Anand Kothari
Conveners : CA Dnyanesh Patade, CA Jigar Shah & CA Mansi Nagda

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Our mailing address is:

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