

ICAI Muscat Chapter marks Yoga Day with Sun Salutation Challenge

The Institute of Chartered Accountants of India (ICAI)-Muscat Chapter organised a Sun Salutation Challenge on June 19 in association with the Embassy of India, Muscat, as part of celebrations marking the International Day of Yoga 2026.

The event, held under the sponsorship of the College of Banking and Financial Studies (CBFS), attracted more than 50 participants, including chapter members and their families, who collectively completed more than 3,000 Sun Salutations.

A key highlight of the event was the participation of H E Prashant Pise, Ambassador of India to Oman, who joined the challenge alongside members. The occasion also marked his first public address in Oman since assuming office as ambassador.

The programme was organised in line with this year's Inter-



The event, held under the sponsorship of the College of Banking and Financial Studies, attracted over 50 participants

national Day of Yoga theme, 'Yoga for Healthy Ageing', which focuses on the role of yoga in promoting physical, mental and emotional well-being throughout life. Organisers said several first-time participants took part in the

challenge after completing eight weeks of preparatory training sessions conducted by the chapter to help build stamina and confidence.

The event was attended by chapter members, families and

volunteers, and included support from judges S M Arunachalam and Resham Kundani.

The challenge highlighted community participation and growing awareness of holistic wellness while encouraging healthy lifestyles among members. The ICAI-Muscat Chapter operates under the sponsorship of CBFS, which supports its professional development and community engagement initiatives.