



THE INSTITUTE OF
CHARTERED ACCOUNTANTS OF INDIA
MUSCAT AND KUWAIT CHAPTER

Invites You For Virtual Meeting On

Gyan Yoga Meditation



Smita Jayakar

Spiritual Healer, Meditation Expert,
Transformative Speaker,
Spiritual Diet Expert, an Artist
and Social Worker

JUNE 21 - 23 2021

6:30 PM TO 8:00 PM (OMAN TIME)
5:30 PM TO 7:00 PM (KUWAIT TIME)

DAY 1

Inauguration for Yoga Day
Smita Jayakar

**"TACKLING DIGITAL FATIGUE" AND
THE EMBARKING OF THE NEW ERA
IN BUSINESS (NWB) AND ITS
FUNCTIONING (NWF)**

Register in advance for this webinar:
<https://us02web.zoom.us/join/register/WN10GmF19KzQZySqsimi785A>



**CA Siddharth
Satapathy**

Certified Yoga Instructor,
Art of Living Faculty at
Art of Living, Oman



**Ms Shubhashree
Satapathy**

Certified Yoga Instructor
International Faculty and
Chapter Coordinator of
Art of Living, Oman



**Ms Prema
Nagesh**

Founder of Vyarniti Yoga

DAY 2

**YOGA STRETCHES AND
MEDITATION**

By CA Siddharth Satapathy and
Subhashree Satapathy

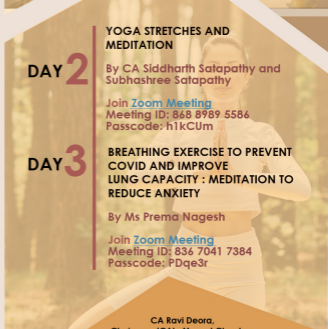
Join [Zoom Meeting](#)
Meeting ID: 868 8989 5586
Passcode: h1kCUM

DAY 3

**BREATHING EXERCISE TO PREVENT
COVID AND IMPROVE
LUNG CAPACITY : MEDITATION TO
REDUCE ANXIETY**

By Ms Prema Nagesh

Join [Zoom Meeting](#)
Meeting ID: 836 7041 7384
Passcode: PDqe3r



CA Ravi Deora,
Chairman, ICAI , Muscat Chapter

CA Deepak Bindal,
Chairman, ICAI , Kuwait Chapter

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