

ICAI DOHA CHAPTER



The ICAI Doha chapter celebrated International Yoga Day with a session titled 'Stretch and Shine - Yoga with Neha'. Around 50 participants, including members and their families, were guided by certified trainer Neha Singh through a series of asanas, breathing exercises, and guided meditation suitable for all ages and fitness levels. A quiz followed, testing participants' knowledge about yoga history, poses, and its impact on health.

