




International Women's Day (Exclusive for CA Female Members)

Organised by Women & Young Members Excellence Committee of ICAI & hosted by ICAI Navi Mumbai Branch (WIRC)


"Aspire Adapt Achieve - Pioneering Change, Setting Trends"


 CPE 2

 Topic: Theories on work life balance

 Speaker: CA Sujata Lohia

- Fitness test - BCA (Body Composition Analyser)

 Fitness activity - Zumba

 Health Check-up with Apollo Hospital

- BP

- RBS

- Height


- Weight


* Doctor Consultation

* HBCAR

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 Date: 8th March 2025, Sat

 Time: 08.00 am to 11.00 am


 Venue: Tungsten Fitness Club, Unit no. 07, Plot no. C-1, Sector - 23, Near Haware Mall Circle, Besides UCO Bank, Nerul, Navi Mumbai. 400706

https://maps.app.goo.gl/oYz2DGtjuKJhvx2b9?g_st=aw

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 Reg link: http://tiny.cc/WomensDay_8thMar_NM

Fees:

 Free for Branch Members who have paid Annual Membership Fee

👉 For Others: Rs. 177 (Rs 150 + 27 GST)

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Basic instructions for Zumba class:

1. Wear exercise clothes
2. Wear shoes
3. Carry water bottle
4. Carry napkin

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(Including Breakfast)

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ICAI Navi Mumbai