

Azadi Ka Amrit Mahotsav Activity

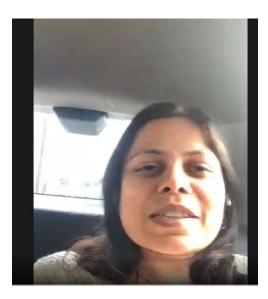
<u>"Sky High- Symposium -2 Virtual CPE Meeting</u> (VCM)" conducted by Women Members Empowerment Committee of ICAI on 13th April 2022

As part of country wide Azadi ka Amrit Mahotsav initiatives, envisaged by Government of India, to commemorate and celebrate 75 years of India's Independence, the Women Members Empowerment Committee (WMEC) of ICAI organized "Sky High- Symposium -2 Virtual CPE Meeting (VCM)" on 13th April 2022.

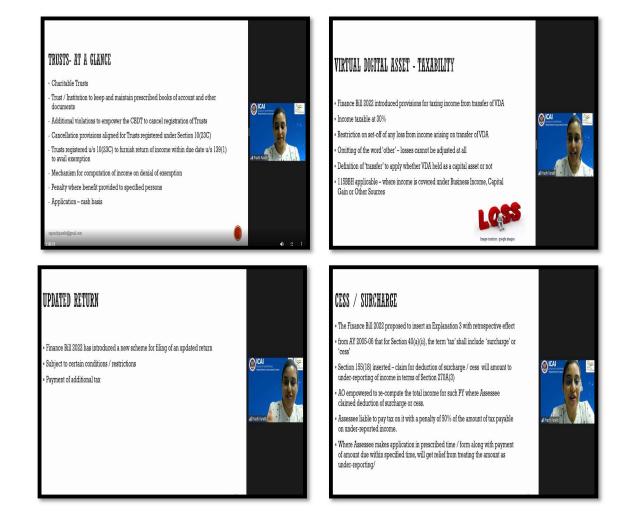
CA. Prachi Parekh from Mumbai and Ms. Ranjana Tripathi from Ahmedabad were the speakers of the said VCM. Coordinators for the day were CA. Shreya Jain and CA. Diti Shah.

The program was conducted by CA. Sripriya Kumar- Chairperson, WMEC and CA. Priti Savla- Vice- Chairperson, WMEC.





The VCM covered discussion on Amendments in Finance Act, 2022. Deliberations were made on topics like Trusts, Financial Literacy & Independence, Crypto Tax, Virtual Digital Assets, Cess/Surcharge, Updated return, etc.



The VCM also covered session on Managing Stress Level. Some of the topics discussed were –Stressed Reversed, Roots of Stress, Changes required to reduce stress, Mudras, etc.





## **ROOTS OF STRESS**

- NOT ABLE TO SURRENDER
- SEEKING VALIDATION
- FOLLOWING THE CROWD
- NO ME TIME

SUPREME-MAGIC-BEGIN-NOW

- NO PHYSICAL EXERCISE
- MEDITATION NOT A PART OF YOUR LIFE
- TOO WISE AND NO INNOCENCE
- LIVING AND INTERACTING WITH TOXIC PEOPLE



13-04-2022

4

## CHANGES -MY DESSERT LONG TERM STAY





The VCM concluded by giving Vote of Thanks to the Speakers and the participants.

## Glimpses of the Virtual CPE Meeting held on 13th April 2022





