



Press Release for immediate distribution

PNB celebrates 12th International Yoga Day with Focus on Healthy Ageing and Holistic Well Being

~ PNB Parivar embraces 'Yoga for Healthy Ageing' theme, promoting lifelong wellness and healthy living~



New Delhi, 22 June 2026: Punjab National Bank (PNB), India's leading public sector bank, celebrated the 12th International Yoga Day with enthusiastic participation from employees across the country, aligning with this year's global theme — **"Yoga for Healthy Ageing."** The PNB Parivar came together across various zones, circles and the Head Office to participate in yoga sessions aimed at fostering physical fitness, mental well-being and healthy lifestyles.

The yoga session was led by renowned expert in Yoga, Acupressure, and Naturopathy, Dr. K.K. Jha and was attended by Shri Ashok Chandra, MD&CEO, PNB; Executive Directors – Shri Bibhu Prasad Mahapatra, Shri Amit Kumar Srivastava along with CGMs, GMs and staff members from across the Bank. Yoga sessions were conducted at various offices and virtually connected with practices on asanas, pranayama, meditation and relaxation techniques that help improve flexibility, strength, balance and overall health at every stage of life.

The celebration underscored the importance of yoga as a timeless practice that supports healthy ageing by enhancing physical vitality, reducing stress, improving mental resilience and promoting a balanced lifestyle. Through its active participation, PNB reaffirmed its commitment to employee wellness and the creation of a healthier and more productive workplace.

Addressing the staff members on the occasion, **Shri Ashok Chandra, MD&CEO, PNB**, said: " *This day reminds us that even a small investment in our health each day can make a significant difference. A 30-minute walk, followed by 15–20 minutes of yoga and a few minutes of mindful breathing, can help improve fitness, reduce stress and enhance overall well-being. Yoga is more than a form of exercise, it strengthens the body, sharpens the mind and uplifts the spirit. At PNB, we believe that employee well-being is key to organisational excellence, and by embracing yoga as a way of life, we can build a healthier, more productive and resilient society.*
