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**Press Release for Immediate Distribution**

## **Punjab National Bank Celebrates 9th International Yoga Day**

*PNB Parivar commemorates the theme of "Yoga for Vasudhaiva Kutumbakam" towards oneness of mental and physical being*

**New Delhi, June 21, 2023:** Punjab National Bank (PNB), nation's leading public sector bank, celebrated the 9th International Yoga Day to encapsulate the collective aspiration for "One Earth, One Family, One Future." On this day, the PNB Parivar came together and took part in multiple early morning interactive yoga sessions focusing on stress management, relaxation techniques, and breathing exercises across all the zones, circles and at the PNB Head Office.

Following this year's theme, "**Yoga for Vasudhaiva Kutumbakam**" or "**Yoga for the Welfare of All as One World-One Family**", PNB focuses on embodying the essence of Yoga, which connects and unites everyone.

Congratulating the staff members for the 9<sup>th</sup> International Yoga day celebration, **Shri Atul Kumar Goel**, MD & CEO of PNB, said: "Consistent growth of an organization is a reflection of the harmony within its employees and systems. The purpose of yoga is to maintain a healthy mind and body which further ensures efficiency. Hence, further to PNB's commitment towards the social, mental, and physical well-being of its employees, we reaffirm ourselves to make this practice a daily part of our routine to achieve holistic development. "Vasudhaiva Kutumbakam" is a Sanskrit phrase that translates to "the world is one family" and this also resonates with our motto of "One Team, One Dream"

The yoga session was attended by Shri Atul Kumar Goel, MD & CEO, Executive Directors - Shri Vijay Dube and Shri Binod Kumar, CGMs, GMs, Zonal Managers, Senior Executives and other staff members. The employees showed participation in their complete capacity either at the head office or virtually.

PNB's yoga day celebration this year marks a stepping stone towards building a harmonious society by inculcating and spreading the disciplines of an ancient Indian practice of Yoga for the overall well-being of the community.

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