

Date	Headline	Publication	Edition	Page	Source
Jun 25, 2025	Event - PNB	The Financial Express	<a href="#">2Editions</a>	36	Bureau

EVENT—PNB

PNB celebrated the 11th Int’l Yoga Day, with a focus on the theme, “Yoga for One Earth, One Health”. The PNB Parivaar united across various zones, circles, and the PNB Head Office, participated in interactive yoga sessions conducted within eco-friendly environments. These sessions emphasized stress management, relaxation techniques, and breathing exercises, reinforcing the bank’s commitment to holistic well-being. The yoga session was attended by Ashok Chandra, PNB MD & CEO, EDs Kalyan Kumar, Bibhu Prasad Mahapatra, & D. Surendran, along with CGMs, GMs, & other staff members across all zones.



Date	Headline	Publication	Edition	Page	Source
Jun 25, 2025	Event - PNB	The Indian Express	<a href="#">Delhi</a>	18	Bureau

EVENT—PNB

PNB celebrated the 11th Int’l Yoga Day, with a focus on the theme, “Yoga for One Earth, One Health”. The PNB Parivaar united across various zones, circles, and the PNB Head Office, participated in interactive yoga sessions conducted within eco-friendly environments. These sessions emphasized stress management, relaxation techniques, and breathing exercises, reinforcing the bank’s commitment to holistic well-being. The yoga session was attended by Ashok Chandra, PNB MD & CEO, EDs Kalyan Kumar, Bibhu Prasad Mahapatra, & D. Surendran, along with CGMs, GMs, & other staff members across all zones.



Date	Headline	Publication	Edition	Page	Source
Jun 22, 2025	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Environmental Wellness	Free Press Journal	<a href="#">Mumbai</a>	9	Bureau

## Punjab National Bank



Punjab National Bank (PNB), India's leading public sector bank, celebrated the 11th International Yoga Day with a focus on the

theme -- Yoga for One Earth, One Health. The PNB Pari-vaar united across various zones, circles, and the PNB Head Office, participated in interactive yoga sessions conducted within eco-friendly environments. These sessions emphasised on stress management, relaxation techniques, and breathing exercises, reinforcing the bank's commitment to holistic well-being.

The yoga session was attended by Ashok Chandra, PNB MD & CEO, Executive Directors - Kalyan Kumar, Bibhu Prasad Mahapatra, and D. Surendran, along with CGMs, GMs, and other staff members across all zones. Further, holding up the spirit of the day, all zonal offices and circle offices registered for Yoga Sangam 2025 through the official Ministry of Ayush portal.

In line with this year's theme -- Yoga for One Earth, One Health -- PNB highlighted the profound connection between individual wellness and environmental stewardship. The event called attention upon how yoga practices foster personal, physical and mental health while cultivating awareness of a shared responsibility toward Mother Earth.



Date	Headline	Publication	Edition	Page	Source
Jun 22, 2025	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Environmental Wellness	The Public Side	<a href="#">Jaipur</a>	3	Bureau

## PNB celebrates 11th International Yoga Day with Focus on Global Unity and Environmental Wellness

The Public Side

**New Delhi:** Punjab National Bank (PNB), India's leading public sector bank, celebrated the 11th International Yoga Day with a focus on the theme- Yoga for One Earth, One Health. The PNB Parivaar united across various zones, circles, and the PNB Head Office, participated in interactive yoga sessions conducted within eco-friendly environments. These sessions emphasised on stress management, relaxation techniques, and breathing exercises, reinforcing the bank's commitment to holistic well-being. The yoga session was attended by Ashok Chandra, PNB MD & CEO, Executive Directors - Kalyan Kumar, Shri Bibhu Prasad Mahapatra, and D. Surendran, along with CGMs, GMs, and other staff members across all zones.

Further, holding up the spirit of the day, all zonal offices and circle offices registered for Yoga Sangam 2025 through the official Ministry of Ayush portal. In line with this year's theme -- Yoga for One Earth, One Health -- PNB highlighted the profound connection between individual wellness and environmental stewardship.

The event called attention upon how yoga practices foster personal, physical and mental health while cultivating awareness of a shared responsibility toward Mother Earth. Addressing the staff members on the 11th International Yoga Day celebration, Ashok Chandra, MD & CEO, PNB, said: "Yoga, one of India's most ancient and revered practices, has successfully gained global recognition through UN's International Yoga Day, celebrated annually on this day. This year's theme, 'Yoga for One Earth, One Health', beautifully highlights how our personal well-being is deeply connected to the health of our environment. By incorporating simple habits like Suryanamaskar, Pranayam, meditation or even chanting 'Om' just few times a day, we can significantly enhance our mental and physical wellness. In today's fast-paced life, yoga serves as a powerful tool to align the body, mind and soul — helping us become healthier individuals and more conscious stewards of the planet.

A healthy individual in a healthy environment is key to building a thriving organisation and a better future for all."