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Press Release for immediate distribution

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

~ PNB Parivar embraces 'Yoga for One Earth, One Health' theme, promoting collective well-being and environmental consciousness ~



Image Caption: PNB MD&CEO Shri Ashok Chandra along with Executive Directors and PNB Parivaar at the 11th International Yoga Day celebration

New Delhi, 21 June 2025: 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 Shri Ashok Chandra, PNB MD & CEO, Executive Directors - Shri Kalyan Kumar, Shri Bibhu Prasad Mahapatra, and Shri 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, **Shri 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."
