



**कॉर्पोरेट सम्प्रेषण विभाग      CORPORATE COMMUNICATIONS DEPT**  
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**प्रेस विज्ञप्ति/ PRESS RELEASE**

**21.06.2021**

### **INDIAN BANK CELEBRATES INTERNATIONAL DAY OF YOGA**

Indian Bank celebrated 7<sup>th</sup> International day of Yoga across the country on 21.06.2021. Staff along with their family members were participated in the International Yoga Day celebrations. From Corporate Office, Chennai, Indian Bank organized a webinar on Yoga and Yoga practices in association with Isha Yoga Foundation, Coimbatore.

In his message, Sadhguru Shri Jaggi Vasudev, Founder – Isha Foundation, Coimbatore explained the vast benefits of the Yoga and urged all to practice it daily for healthy life style. He said that Yoga is a 15,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. Shri K Ramachandran, Executive Director, Indian Bank also highlighted the importance of yoga. He said that Indian Yoga which is practiced in its various forms is slowly garnering popularity across the globe. Scientific research has proven that Yoga can help reduce stress levels, increase awareness, build immunity, and strong physical and mental health. The idea of International Yoga Day was conceived by our Honourable Prime Minister Narendra Modi, who proposed the concept on September 27, 2014, during his speech at the UN General Assembly. In the words of our PM “Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being

The virtual yoga programme was live streamed in Bank's YouTube channel and also was webcasted. This was attended by Ms Padmaja Chunduru, MD & CEO, other Executive Directors Shri V V Shenoy and Shri Imran Amin Siddiqui, Executives, Staff, their family members and Customers of the Bank pan India.

## INDIAN BANK CELEBRATES INTERNATIONAL DAY OF YOGA

### International Day of Yoga (IDY) SPECIAL

Webinar on Yoga by **Isha Foundation**, Coimbatore | 21.06.21

इंडियन बैंक Indian Bank

इलाहाबाद ALLAHABAD

आपका अपना बैंक, हर कदम आपके साथ  
YOUR OWN BANK, ALWAYS WITH YOU



YOGA demonstration was given by **SADHGURU Shri. Jaggi Vasudev** and his team members.



Executives, other Staff Members besides general public joined virtually.