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### **Indian Bank celebrates International Day of Yoga**

**CHENNAI, June 21<sup>st</sup> 2023:** Indian Bank, today, observed the 9<sup>th</sup> International Day of Yoga by organising Yoga sessions at its various offices pan-India.

At Corporate Office, Chennai, Executive Directors of the Bank – Shri. Imran Amin Siddiqui, Shri. Mahesh Kumar Bajaj and Shri. Ashutosh Choudhury – led the yoga session, which was conducted in collaboration with Krishnamachari Yoga Mandiram and wherein senior officials of the Bank practiced the Common Yoga Protocol (CYP).

As part of the celebrations, Bank also organised a talk on 'Stress Management and encouraged its employees, including new recruits, to embrace and adopt yoga to reap its benefits.