



प्रका : कॉर्पोरेटसम्प्रेषणविभाग  
**CO: CORPORATE COMMUNICATIONS DEPARTMENT**

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21.06.2024

**Indian Bank observes International Day of Yoga**

**Chennai, June 21<sup>st</sup> 2024:** Indian Bank, observed the 10<sup>th</sup> International Day of Yoga with the central theme, 'Yoga for self and society'. Embracing the spirit of IDY 2024, Yoga Workshops were organised Pan-India in various offices of the Bank, wherein staff members as well as their family members practised Yoga as per CYP (Common Yoga Protocol).

Shri S L Jain, MD & CEO, led the IDY celebrations held at Zonal Office, Coimbatore. In his address, Shri Jain emphasized the importance of Yoga in fostering personal well-being.

At Chennai, the celebration was organised in coordination with Iyengar Yoga Dipam. Shri Ashutosh Choudhury, Executive Director along with Shri Brajesh Kumar Singh, Executive Director, and other senior officials of the Bank participated in the event and performed various yoga-asanas.

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