

Dated: 04/09/2025

ENGAGEMENT OF YOGA & ACUPRESSURE SPECIALIST AT
HEAD OFFICE/ CORPORATE OFFICE, NEW DELHI ON CONTRACTUAL BASIS

Sr.No.	Particulars	Terms & Conditions
1	Basic Qualification	Graduation Diploma in Yoga Diploma in Acupressure
2	Experience	10 years of experience as Yoga & Acupressure Medical Consultant in any PSU Bank.
3	Working Hours & Days	03 days per week for 02 hours each. (Visiting Days & Timings shall be fixed by Bank as per convenience of staff.)
4	Period of Contract	Initially the period of contract shall be for 01 (one) year. The contract may be renewed for one year subject to satisfactory performance.
5	Termination of Contract	The contract is terminable with two months' notice from either side.
6	Remuneration	Will be finalised depending upon the suitability of the candidate.
7	Procedure for Selection	<ul style="list-style-type: none"> Applications received will be scrutinized by Bank. Shortlisted candidates will be called for an interview by email. Based on the interview, final selection will be done for engagement to the post of Yoga & Acupressure Specialist on contractual basis. Engagement Offer letter will be sent to the selected candidate by email. <p>If selected candidate refuses or does not accept the offer of engagement within stipulated timeline, next candidate from waiting list as per interview marks (in highest to lowest order) would be offered the engagement and like-wise.</p>
8	Job Role	<ul style="list-style-type: none"> Conducting yoga & acupressure sessions for employees to reduce stress and improve mental clarity. Developing customized wellness programs tailored to the bank's specific needs.



		<ul style="list-style-type: none"> • Providing guidance on breathing techniques, meditation and relaxation methods. • Assessing employee well-being and providing recommendations for improvement. • Guiding about preventive measures and to cure routine ailments related to eyes, cervical pain, spondylitis, lower back pain, Blood Pressure, Migraine, headaches, etc through acupressure & Yog thereby reducing dependency on allopathic treatment. • Maintaining accurate & confidential report for each staff who consults & seeks support. • Staying updated on best practices & research. • Any other task assigned by the Bank or assistance required by the Bank and its employees, etc.
9	Other Conditions	<p>a. Yoga & Acupressure Specialist will be allowed a maximum of 12 leaves in a calendar year. In case of absence other than on permissible leave, i.e. 12 in calendar year, the period of such absence shall be treated as on Loss of Pay. Leave will be available on pro-rata basis i.e. 1 for each month. However, a maximum of 04 unused accumulated leave can be used at a time.</p> <p>b. Yoga & Acupressure Specialist shall not be eligible for any benefit as available to Part-Time/ Full-Time employees of the Bank i.e. they will not be eligible for leave, leave fare concession, Provident Fund, Gratuity or any other terminal benefit, Bonus, Reimbursement of Medical expenses, Brief case, Newspaper etc.</p> <p>c. The engagement under the contract is temporary. No claim shall be made for regular employment on that basis at any stage or for pay and perks payable to regular employees.</p> <p>d. The Bank reserves the right to alter the duty hours and location at its discretion in case it becomes expedient to suit administrative and operative requirements.</p> <p>e. Any dispute arising on account of the contract shall be subject to the jurisdiction of the Courts of the Delhi.</p>

ਪੰਜਾਬ ਐਂਡ ਸਿੰਧ ਬੈਂਕ

(ਭਾਰਤ ਸਰਕਾਰ ਦਾ ਇੱਕ ਉਪਕਰਮ)

ਪ੍ਰ. ਕਾ. ਮਾਨਵ ਸੰਸਾਧਨ ਵਿਕਾਸ ਵਿਭਾਗ

ਦੂਸਰੀ ਮੰਜਿਲ, ਐਨਬੀਸੀਸੀ ਕੌਂਸਪਲੇਕਸ, ਬਲਾਕ III,
ਪਲੇਟ ਬੀ, ਈਸਟ ਕਿਦਵਾਈ ਨਗਰ, ਨਵੀਂ ਦਿੱਲੀ- 110023

ਈਮੇਲ:- ho.hrd@psb.co.in

ੴ ਸ੍ਰੀ ਵਾਗਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ



ਪੀ.ਐਸ.ਬੀ.

Punjab & Sind Bank

(A Government Of India Undertaking)

H.O. Human Resources Development Deptt

2nd Floor, NBCC Complex, Block III, Plate
B, East Kidwai Nagar, New Delhi- 110023

E-mail: ho.hrd@psb.co.in

		<p>f. Yoga & Acupressure Specialist shall maintain the strictest secrecy regarding the Bank's affairs and the affairs of its constituents and shall not divulge, directly or indirectly, any information of a confidential nature either to a member of the public or of the Bank's Staff, unless compelled to do so by judicial or other authority, or unless instructed to do so by a superior officer in the discharge of his duties.</p> <p>g. Yoga & Acupressure Specialist shall serve the Bank honestly and faithfully and shall use his/ her utmost endeavour to promote the interests of the Bank and shall show courtesy and attention in all transactions.</p> <p>h. Yoga & Acupressure Specialist shall not indulge in any act of sexual harassment of any individual at workplace.</p> <p>i. The contract is liable to be terminated if the Yoga & Acupressure Specialist is arrested for debt or on a criminal charge or is detained in pursuance of any process of law.</p> <p>j. The Bank reserves the right to raise the minimum eligibility standards etc. in order to limit the number of candidates to be called for interview. The decision of the Bank in this regard shall be final. The Bank will not entertain any correspondence with the applicants who have not been called for the interview.</p>
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Candidates are advised to thoroughly read this advertisement and satisfy themselves about their eligibility before submitting the application.

Interested candidates may send the application in the attached format as at Annex-I along with self-attested copies of PAN/AADHAR, educational qualification & experience certificates etc by Ordinary/Speed post so as to **reach us on or before 18.09.2025** super scribing the envelope **"Application for engagement of Yoga & Acupressure Specialist on contractual basis at Punjab & Sind Bank, Head Office/Corporate Office, New Delhi"** addressed to :-

The Deputy General Manager,
Punjab & Sind Bank,
H.O. HRD Department,
2nd Floor, Plate B, Block 3,
NBCC Complex, East Kidwai Nagar,
New Delhi, 110023.