WNS

WELLNESS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | What we aim to achieve | Ethical sourcing | Responsible procurement | Sustainable supply management |  |
| Āsana is one of the eight limbs of classical yoga, which states that poses should be steady and comfortable, firm yet relaxed, helping a practitioner to become more aware of their body, mind and environment. | Yoga is awareness about body mind and environment in steady and comfortable body postures with firm and relaxed techniques. | Responsible sourcing is awareness about knowing the source of what we use and responsibility towards how we use it. |  |  | Just as Yoga is the unison of Mind, body and soul, the Supplier Code of Conduct sets the boundary for our environmental, social and governance standards in DOING THE RIGHT THING ALWAYS. |
| SIRSASANA - Headstand An āsana in which you balance on your elbows, arms and head  śīrṣa = head  Known as the "King of āsanas" because of its many benefits, the Headstand is the first in the sequence. “Head-stand is a panacea, a cure-all, a sovereign specific for all diseases.”  Being upside down in this āsana helps the brain to draw abundant oxygen-rich blood from the heart. It is beneficial for memory and concentration, thereby helping with meditation practice. This posture facilitates better energy flow to the head area. The headstand energises the ājñā cakra and also channels energy to the maṇipūra cakra. | Regulation of the blood circulation |  |  | As a part of our supply management strategy, we are committed to strengthening the bottom of the pyramid in a comprehensive manner | Just as the circulatory system of the body regulates the overall body functioning, at WNS we have a stringent and robust screening mechanism for evaluating our business partners to and check their ethical compatibility in DOING BUSINESS THE RIGHT WAY |
| Sarvangasana – Shoulderstand An inverted pose, with the body resting on the shoulders  Sarva = complete  Considered to be the “Queen of āsanas”, Sarvangāsana strengthens the entire body. In this posture, the chin is pressed against the throat because of which the thyroid gland is regulated which in turn balances all other glands in the body assuring healthy functioning of all the body systems and organs.  The Shoulderstand removes the energy blockages from the neck area and relieves stress in the neck and shoulder region. It directs the energy to the solar plexus and stimulates the viśuddha cakra. | Balance and stability |  | Our Responsible procurement is shouldered by automation and digital repository, enabling a seamless and transparent process between the suppliers and our clients. |  | Resource Management and responsible consumption is at the core of our procurement strategy |
| **HALĀSANA – PLOUGH**  A pose with hands and feet on the floor resembling a plough  It's name is derived from the Sankrit word hala meaning plough. Halasana tones and invigorates the spine and corrects exaggerated lower back curvature (lordosis). It relieves problems like indigestion and constipation as the abdominal organs are massaged.  It removes energy blocks from the neck and back area. The maṇipūra cakra or the solar plexus is energised in this posture. | Flexibility and agility | As a part of our ethical sourcing commitment, our focus is to work closely with the communities, and plough back the economies of scale with vocational support. |  |  | Use of child labour and any kind of forced labour is prohibited in our supply chain. We subscribe to the principles of abolition of modern slavery and protection of human rights in accordance with International standards. We are committed to enforce the same with our Business partners as well. |
| **MATSYĀSANA – FISH**  Resting on the arms, arching the back and expanding the chest  matsya = fish  By adopting this posture, one will be able to float in water like a fish, hence the name matsyāsana.  This posture helps overcoming respiratory ailments like chronic bronchitis and asthma by promoting increased lung capacity and easier breathing.  Matsyāsana removes stiffness from the cervical, thoracic and lumbar regions, bringing an increase of blood a supply to these parts. The parathyroid, pituitary and pineal glands are stimulated. The anāhata cakra is activated in this posture and energy blockages are removed from the throat and neck region. | Rehabilitation |  |  | We are geared to draw synergies from some of our key service providers in leveraging their technological solution offerings for digital enablement of the supply chain | The Supplier Diversity Program is an initiative to promote and strengthen alternate sources of supply and build resilience and dynamism in the sourcing strategy. |
| **5. PAŚCIMOTTĀNĀSANA - SITTING FORWARD BEND**  Stretching the spine forward  paścima = west (the back of body) uttāna = stretched out  This simple looking posture is one of the most powerful and important of all the postures. It helps to ease the spinal compression caused by standing upright. Continued practice contributes greatly toward keeping the back supple, joints mobile, nervous system invigorated, and internal organs toned. It also helps in preventing diabetes by giving a natural massage to the pancreas. Paścimottānāsana releases the energies in the main nāḍīs (astral tubes) along the spine. It stimulates the maṇipūra cakra. | Strength and Endurance |  | Data security and digitalised procurement process is at the core of a resilient business |  | Our Know Your Business Partner program enables establishing the vendor credentials not only on their business prospects, but also understand the vulnerability of their business to legal and regulatory risks. |
| **BHUJAṄGĀSANA - COBRA**  Arching the upper body and expanding the chest  bhujanga = cobra  This is the first of the three backward bending postures in the series.  The arching of the spine in this posture increases flexibility, rejuvenates spinal nerves and brings a rich blood supply to the spine. It strengthens the neck and upper back.  The Cobra is especially beneficial for women as it relieves menstrual problems by exerting pressure on the pelvic organs.  The powerful contraction stimulates the maṇipūra cakra which channels energy to the rest of the body. | Alertness and sensitivity |  |  | We are poised to promote suppliers from diverse background with multitude of service options aiding flexibility to the size and the need of the business with utmost economic benefit. | Our Supplier Management program pro-actively deals with business risks that is likely to impact our commercial and operational dependency on our vendors. |
| **ŚALABHĀSANA - LOCUST**  Lying on the front with lifted legs  śalabha = locust  Śalabhāsana facilitates intestinal function, strengthens the abdominal walls and relieves sluggish digestion. The backward bending of the spine in this posture promotes flexibility of the cervical region and relieves lower back pain and sciatica.  This posture is very helpful in developing will power.  The stimulation of maṇipūra cakra in Śalabhāsana energises the rest of the body. | Accountability and transaprency | Our strong governance framework ensures that our suppliers are aligned to our value system.  All our transactions are at arm’s length and there is zero tolerance to any ethical issues with our suppliers |  |  | Engaging third party intermediaries and doing business that involves contacts with government officials, are subjected to additional layers of compliance checks as per our Anti Bribery and Anti Corruption program. |
| **8. DHANURĀSANA - BOW**  Balancing on the abdomen in the shape of a bow  dhanur = bow  Dhanurāsana combines and enhances the benefits of Cobra and Locust postures. By working on the entire spine, this posture brings flexibility to the cervical, thoracic, lumbar and sacral regions. It massages and invigorates the digestive organs which in turn helps relieving a host of ailments.  Another beneficial āsana for women as it relieves menstrual problems.  The Bow stimulates the maṇipūra cakra and energises the entire body. | Reliability |  |  | A strong supply management function provides the durability of a long lasting business solution to our clients | The Supply management function is the dipstick of our agility and preparedness addressing the diverse needs of our key stakeholders |
| **9. ARDHA MATSYENDRĀSANA – HALF SPINAL TWIST**  A twist for the entire spine  ardha = half matsya = fish eendra = king  This āsana is named after the great yogi Matsyendranath.  Half Spinal Twist mobilizes the vertebrae by rotating them in both directions, enhancing the mobility of the spine.  The abdominal organs receive a deep massage in this posture, thereby relieving digestive problems.  This posture allows a nourishing fresh blood supply to reach the roots of the spinal nerves and the sympathetic nervous system. Ardha Matsyendrāsana balances the left and right sided nāḍīs (astral tubes). | Strategic collaborations |  | Our procurement spends are regularly monitored to ensure that there is stability and flexibility in our business operations. |  | The risk assessment framework implemented through the Supplier portal plays the gate keeping role of scrutinising our vendors not only for their business requirement but also the cultural fit into highest ethical standards of doing business |
| **10. KAKĀSANA - CROW**  Balancing in a squatting position  kaka = crow  Kakāsana is very beneficial for strengthening the arm, wrists and shoulders and stretching the hips. Like all balancing postures, it increases the power of concentration and promotes mental and physical balance. | Community involvement |  | We believe in collective action and are signatory to the UN principles on prohibition of bribery and corruption |  | The Responsible sourcing tenets of our governance framework aims to achieve the long term vision of our organization towards building a corruption free business. |
| **11. PĀDAHASTĀSANA - STANDING FORWARD BEND**  Bending forward in a standing position  pāda = leg hastā = hand  Pādahastāsana mobilizes the joints of the body and stretches the spine making it elastic. It increases the blood supply to the brain and invigorates the nervous system.  The practice of Standing Forward Bend promotes perennial youth.  This posture releases energy in the main nāḍīs (astral tubes) along the spine and stimulates the svādhiṣṭhāna cakra. | Establishing strong cohorts | As a part of our commitment to Fair Treatment and for safeguarding the respect and dignity of the people with whom we work, WNS imposes absolute prohibition against human trafficking, child labour, forced labour or any kind of behaviour amounting to modern slavery |  |  | We believe in merit as the sole criterial for selection and promotion of our association with the vendors.  We provide equal opportunity in identifying vendors to partner with. |
| **12. TRIKOṆĀSANA - TRIANGLE**  A lateral bend resembling a triangle  trikoṇa = triangle  The lateral stretch in Trikonansa keeps the spine elastic and promotes hip and leg flexibility.  General circulation is invigorated, the liver and spleen are massaged and peristalsis of the digestive tract is increased.  The body becomes lighter and other asanas are improved.  This posture balances the left and right sided nāḍīs (astral tubes). | Community driven development goals |  |  | We monitor our corporate footprints towards consumption, impact and restoration of the natural resources that we use for our business. | Our vendors provide annual certification of their commitment to our governance framework.  We are committed to work as partners in progressing the Sustainable Development Goals for a fair business environment and a cleaner world. |