

HealthBeat

Quarterly Health Magazine Vol. 45, June 2026

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Redefining wealth
through less

The Full Cupboard,
The busy calendar &
the restless mind

*The art of having
just enough.*

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How less clutter
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Dear Readers,

Welcome to HealthBeat, Edition 45. Take a moment to pause with us. Life moves fast, and somewhere between chasing goals and meeting expectations, we often forget to ask a simple question. Is all this “more” really making us feel better?

In a world that constantly nudges us to do more, own more, and be more, have you ever stopped to ask if “more” really means better? We often find ourselves surrounded by things, yet searching for something deeper: clarity, calm, and a sense of purpose. That is where the idea of **Minimalism** gently steps in.

This edition is not about giving things up. It is about choosing wisely. It is about focusing on what truly adds value to your life and letting go of what simply adds noise. When we simplify our surroundings, schedules, and even our thoughts, we begin to create space for what really matters: meaningful experiences, healthier routines, and stronger connections.

But minimalism is more than just decluttering a closet or desk. It is a mindset. A way of asking simple, powerful questions: Does this serve me? Does this align with what I value? Through this lens, we explore how **intentional living** can bring clarity not just at home, but also in the way we work, think, and live every day.

In this issue, we look at how **decluttering** can improve both mental and physical wellbeing, and how **simplifying work processes** can help you focus on what truly drives results. We also take a closer look at **financial minimalism**, a refreshing perspective where spending less is no longer about restriction, but about freedom, control, and mindful choices.

Curious to see how this philosophy comes alive in different parts of the world? Our “Do You Know” section brings you insights from places where minimalism is not a trend, but a way of life.

As the monsoon approaches, we shift gears to help you stay healthy through the seasonal changes. From managing common monsoon illnesses to staying safe on the roads, we have you covered.

And for those who love to travel, we explore the **art of travelling light**, carrying less yet experiencing more. Because sometimes, the best journeys are not about what we take along, but what we discover along the way.

As you read through this edition, we invite you to slow down, reflect, and perhaps let go of a little. Because wellbeing is not always about adding more; sometimes, it is about making room for better.

*Stay well, stay mindful,
& enjoy the journey with us.*



Best regards,

Rakesh Jain
C.E.O

A story of minimalism at work

In a world that celebrates staying busy, being “always on,” and doing more than ever, there is a quiet shift happening. People are beginning to ask a different question, not *how much* they can do, but *what truly matters*. That is where minimalism at work begins, not as a trend, but as a smarter, more sustainable way of working.

*Saisha** had always been known as someone who got things done. Her calendar was packed, her inbox always full, and her to-do list never quite finished. On the surface, it looked impressive. But behind the scenes, it felt exhausting. Her focus was scattered, and her days felt like a constant rush.

One day, after sitting through yet another long meeting, she paused and wondered: *Is all of this really necessary?*

That one question sparked a change.

Understanding minimalism at work

Minimalism in work processes is not about doing less work. It is about doing the *right work*. It means simplifying tasks, removing unnecessary steps, and focusing on what actually adds value.

For *Saisha**, this meant rethinking her day. She began noticing how many tasks were driven by habit rather than purpose. Emails that did not need replies. Meetings that did not need to happen. Tasks that did not move anything forward.

Simplifying the way she worked

She started small. Meetings were questioned before being scheduled. Tasks were broken into simpler steps. Instead of juggling everything at once, she focused on one task at a time. Gradually, her workflow felt lighter and more intentional.



The real impact

As she continued, the results became impossible to ignore:

Improved focus: With fewer distractions, her attention became sharper

Better time management: Clear priorities helped her use time wisely

Greater efficiency: Work got done faster, with less confusion

Reduced stress: Simplicity brought a sense of calm

Healthier balance: She finally had time to pause and recharge

The biggest change, however, was how work *felt*. It was no longer overwhelming. It felt manageable.

Finding the right balance

Of course, not everything can or should be simplified. Some work requires depth and complexity. Minimalism is not about removing what matters, but about removing what does not. For *Saisha**, it became a habit of asking better questions. *Does this add value? Is this necessary? Can this be simpler?*

A smarter way forward

Over time, minimalism became more than a method; it became a mindset. It shaped how she approached work, managed energy, and made decisions. Because in the end, productivity is not about doing more. It is about doing what matters, with clarity and purpose. And in a world that constantly asks for more, learning to do less, but better, might just be the most powerful shift of all.

**The character in this story is entirely fictional; any similarity to real individuals or actual events is unintentional.*

The full cupboard, the busy calendar & the restless mind

why minimalism isn't about owning less. It's about living more

Open your wardrobe.
Plenty of clothes.
Yet somehow, nothing feels right to wear.

Your phone buzzes before you've finished your morning tea. Notifications pile up. Your to-do list grows longer. The weekend is filled with errands, commitments, and plans.

We have more convenience, more choices, and more possessions than any generation before us.

So why do we often feel overwhelmed?

The answer may not be in adding more to our lives. It may be in removing what no longer adds value.



Amit Agarwal

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Welcome to minimalism.

Before you imagine empty homes and bare shelves, let's clear up a common myth. Minimalism is not about deprivation. It's not about owning the least. It's about making conscious choices and creating space for what truly matters.

In many ways, it is intentional living in action. Although minimalism feels like a modern trend, the idea is centuries old. Ancient philosophers and Eastern traditions alike believed that freedom comes not from having more, but from needing less. Their message was simple:
when distractions decrease, clarity increases.

Today, that message feels more relevant than ever.

We live in a world that constantly asks for our attention. Advertisements tempt us to buy more. Social media encourages us to compare more. Technology keeps us connected all the time.

As a result, our lives can become crowded, not just with possessions, but with commitments, information, and noise.



For some people, minimalism means decluttering their home. For others, it means reducing screen time, protecting family time, saying "no" to unnecessary commitments, or simply slowing down enough to enjoy the present moment.

There is no universal rulebook.

The goal isn't to have fewer things.

The goal is to have more of what matters.

More meaningful conversations.

More peace of mind.

More health.

More time with loved ones.

More room to think, rest, and grow.

For years, success was often measured by accumulation: the bigger house, the fuller wardrobe, and the busier schedule.

Today, many people are redefining success differently. Not by what they can add, but by what they can let go of. Because not everything valuable can be bought, stored, or scheduled. Sometimes, the most important things in life need space to grow. As we explore the theme of Intentional Living in this edition, perhaps the question isn't, "What more do I need?"

Perhaps the better question is:

"What can I remove so that what truly matters can flourish?" After all, the richest life may not be the one filled with the most things. It may simply be the one with the fewest distractions.

The 24-Hour Intentional Living Challenge

Want to experience minimalism without rearranging your entire life?

Try any three of these today:

- ✓ Leave your phone outside the bedroom tonight.
- ✓ Delete one app you haven't used in months.
- ✓ Give away one item you no longer need.
- ✓ Spend fifteen minutes outdoors without headphones or distractions.
- ✓ Eat one meal without looking at a screen.
- ✓ Say "No" to one unnecessary commitment.

These may seem like small actions, but meaningful change often begins with small choices repeated consistently.

Minimalism helps us pause and ask a simple question:

What truly deserves my attention?

Take a quick reality check.

- ☐ Do you check your phone within minutes of waking up?
- ☐ Do you buy things simply because they're on sale rather than because you need them?
- ☐ Do you often feel busy but struggle to explain what keeps you busy?
- ☐ Do you own items you've forgotten you have?
- ☐ Do you postpone activities that genuinely make you happy?

If you answered "yes" to a few of these, you're not alone.

The good news is that intentional living doesn't require a dramatic lifestyle change. It begins with awareness.

Declutter for wellbeing:

How less clutter supports better health?

It started with one of those ordinary, slightly overwhelming days. You walk into your home, drop your bag, kick off your shoes, and pause. Something feels... off. Not dramatic, not chaotic, just heavy.

A chair quietly carrying a week's worth of clothes. Papers stacked in a "deal with later" pile. A kitchen counter slowly disappearing under things that do not belong there.

You shrug it off. Life is busy. This can wait.

But later that evening, you find it harder to focus. You feel more tired than you should. Even relaxing feels like effort. That is when it hits you. Maybe it is not just your schedule. Maybe it is your space.

The next day, you decide to try something simple. Not a full clean-up. Just one small corner. Fifteen minutes.

You clear a table. Wipe it down. Put things back where they belong. And somehow... it feels different. Lighter, calmer.

Almost instantly, your mind follows.

Because the truth is, clutter does not just sit quietly. It constantly competes for your attention. Every misplaced object adds a tiny mental note, which slowly builds into stress and overwhelm.

But when you begin to clear it, even in small ways, the benefits show up quickly:

Clutter and Stress: That *"messy but manageable"* space? It quietly raises stress levels. Visual clutter keeps your brain on overdrive, making it harder to relax. Clear the space, and almost instantly, your mind starts to feel calmer too.



Focus and Productivity: Less stuff, fewer distractions. A tidy space helps you think clearly, finish tasks faster, and actually enjoy ticking things off your list.

Emotional Wellbeing: Clearing even a small area can feel surprisingly uplifting. It brings back a sense of control, boosts confidence, and improves your mood.

Physical Health: Decluttering means cleaner air, better sleep, and fewer allergens. Plus, a bit of cleaning doubles as light exercise.

What started as clearing one small surface slowly turns into a **habit**. A shelf today, a drawer tomorrow. And with each step, your home begins to feel like a place that supports you, not drains you.

The biggest surprise?

Decluttering is not about perfection or throwing everything away. It is about creating space. Space to breathe, to think, and to simply feel better.

Sometimes, all it takes is one small clean-up to realise that a lighter home can lead to a lighter you.



Bedroom decluttering: Path to mental calm & restful sleep

Ever walked into your bedroom and felt instantly drained just looking at the mess? You are not imagining it. A cluttered space can overwhelm your mind just as much as it overwhelms your eyes.

Think of your bedroom as your personal **recharge zone**. When it is clean and organised, your brain gets a much-needed break from constant distractions. It becomes easier to focus, think clearly, and move through your day with a sense of ease. Too much clutter, however, keeps the mind active when all it really needs is rest.

Sleep, of course, is where the biggest difference shows. A calm and clutter-free space signals to your body that it is time to unwind. It helps you fall asleep faster and wake up feeling refreshed and restored.

There is another bonus. Decluttering often brings a surprising sense of achievement. Creating order in your surroundings can **boost your mood** and make you feel more in control. A cleaner space also means less dust and allergens, which supports **better health**.

The best part is that it does not have to happen overnight. Start small, stay consistent, and let your space slowly transform. Because sometimes, less clutter is all it takes to feel lighter, calmer, and more like yourself.



Which nation reflects the true essence of minimalism?

Minimalism is no longer just about clean lines and clutter-free homes. It is a mindful lifestyle choice that supports mental clarity, emotional balance, and **overall wellbeing**. By letting go of excess and focusing on what truly matters, we create space for calm, purpose, and healthier daily rhythms.

Across the world, minimalism is quietly shaping how people live. In **Japan**, it is rooted in ideas like *Wabi Sabi*, which finds beauty in imperfection, and *Ma*, the value of empty space. These concepts encourage us to slow down, stay present, and embrace simplicity in both our surroundings and daily routines.

In **Scandinavian** countries like **Sweden** and **Denmark**, minimalism feels warm and practical, with neutral spaces, functional design, and the belief that fewer things allow for richer experiences. In parts of **Europe**, including Germany and Belgium, the focus shifts to sustainability and mindful consumption.

In **India**, minimalism takes on a deeper, spiritual meaning through ideas like *Aparigraha* and *Santhosha*, encouraging contentment and letting go of both material and mental clutter.

At its core, minimalism reminds us that true wellbeing comes from living with intention, balance, and connection to what truly matters.



Carpooling: Where savings meet sustainability

Everyday routines often hold quiet opportunities for change. The daily commute, so often seen as a necessary inconvenience, is one of them.

As conversations around sustainability, rising living costs, and personal well being grow stronger, even this familiar journey is being reimagined.

Carpooling, once considered a simple logistical choice, is now emerging as a thoughtful way to bring balance, connection, and purpose into everyday life.

For many, the workday used to begin in quiet frustration. A solitary drive through dense traffic, eyes fixed on the clock, patience slowly slipping away. The commute felt like a daily drain on energy, time, and money. Then came a small shift with an unexpectedly large impact. The decision to **share the ride**.

What seemed like a minor adjustment soon unfolded into something far more meaningful. The car was no longer just a vehicle. It became a shared space filled with conversation, laughter, and a sense of ease that had long been missing.

The first noticeable shift was **Financial**. Commuting costs that once went largely unnoticed began to shrink. Fuel, tolls, parking, and maintenance, when shared, became far less burdensome. Over weeks and months, the savings quietly accumulated, often translating into meaningful annual gains. It was not about spending less for the sake of it, but about spending wisely. Carpooling brought predictability to daily expenses and allowed **better planning**, turning an **unavoidable cost** into a **manageable one**.

With fewer cars on the road, the drive itself began to change. Traffic felt lighter, the pace smoother. What once felt like wasted time slowly turned into something more intentional. Sometimes it meant catching up on a book, listening to music without distraction, or simply enjoying a moment of calm before the day began. The commute was no longer something to endure, but something to ease into.

There was also a subtle yet powerful shift in emotional wellbeing. Sharing the journey brought a sense of connection. Familiar conversations replaced long stretches of silence. The day began with human interaction rather than isolation. **Stress levels dipped, moods lifted, and the overall experience felt lighter**. It is often the smallest daily interactions that support mental wellness, and carpooling created space for exactly that.



Physical health benefits naturally followed. Less time navigating stressful traffic reduced fatigue and mental strain. Lower exposure to pollution during peak congestion supported better respiratory health. Starting and ending the day in a calmer state had a ripple effect on energy levels, sleep quality, and overall vitality.

Beyond personal benefits, there was a growing awareness of the larger picture. Each shared ride meant fewer vehicles on the road, **reduced fuel consumption, and lower emissions**. Cleaner air and quieter streets became part of the story. It was a simple habit that contributed to a healthier environment without demanding drastic lifestyle changes.

Carpooling gradually transformed from a practical arrangement into a mindful choice. It brought together **financial savings, improved health, environmental responsibility, and a sense of community** in a way that felt natural and sustainable.

In the end, the destination remained the same, but the journey took on a new meaning. It became lighter on the wallet, kinder to the mind and body, and warmer in spirit. Sometimes, meaningful change does not require a complete overhaul of life. It simply begins with sharing the ride and discovering that even the most ordinary routines can lead to extraordinary shifts.



Financial minimalism: Redefining wealth through less

Something is quietly changing in our cities. The race for the latest gadgets, trendy outfits, and perfect social media moments is slowing down. Instead, many are asking a simple question: *"Do I really need this to feel happy or successful?"*

More often than not, the answer is NO.

Welcome to **financial minimalism**. It is not about cutting back or missing out. It is about choosing what truly matters. Spending less on impulse and more on purpose. Owning fewer things but feeling more in control.

Part of this shift comes from real-life pressures like rising costs and uncertain careers. But it is also emotional. Chasing status can feel exhausting, while being in charge of your money feels empowering. That sense of control brings calm, clarity, and confidence.

The benefits build quickly. More savings, less debt, and fewer money worries. Even small habits like pausing before buying something or tracking expenses can change how you feel about money.

Today, the real status symbol is not what you buy. It is the freedom to choose. And sometimes, having less is exactly what helps you live more.



The night the lights started flickering

It started like any quiet, relaxed evening. You are unwinding when the living room lights flicker. Once... then again. Just enough to make you pause and wonder if your house is trying to tell you something.

You walk over to the switch, convinced it is just a loose bulb. Easy fix. But then you reach for the refrigerator and feel a tiny tingle. Strange. Not painful, just unexpected. You brush it off... until it happens again.

Here is the real story. Your house is not haunted. It is ungrounded.

In many homes, especially older ones, proper grounding is missing or incomplete. Think of grounding as your home's built-in safety exit. It allows extra electricity to flow safely into the earth. Without it, electricity looks for other paths, through appliances, metal surfaces, and sometimes even you.

That small tingle is not random. It is stray current with nowhere else to go. It may seem harmless, but it is your home's subtle warning sign.

And the risks can go beyond a mild shock. In the event of a short circuit or fault, the current can surge unpredictably, leading to severe electric shocks. These can affect the heart, nerves, and muscles, and in extreme cases, may even be Life-threatening.

It also means your surge protectors may not fully protect your devices. So, the next time your lights flicker, do not think ghosts. Think signals. Your home is not trying to scare you; it is trying to protect you.



The art of minimalist travel:

Less luggage with more experience

In a fast-paced world where travel often means packed itineraries and overstuffed suitcases, minimalist travel offers a refreshing pause. It is not about giving up comfort or adventure. Instead, it is about choosing clarity over clutter and experiences over excess. By simplifying the way, we travel, we open ourselves to deeper, more meaningful journeys.

Minimalist travel begins with a simple shift in **how we pack**. Rather than preparing for every possible situation, the focus moves to **essentials**. Versatile clothing, comfortable footwear, and a few thoughtful items replace heavy luggage. **Travelling light** brings an immediate sense of ease. Moving through airports, streets, and new destinations feels freer and far less stressful.

Yet, the true essence of minimalist travel goes beyond what is in the suitcase. It is about what fills the **experience**. Instead of collecting souvenirs, the focus turns to **collecting memories**. Sharing a meal with locals, exploring quiet streets, or simply pausing to take in the surroundings often creates far more lasting impressions. These moments stay with us far longer than any object ever could.

Mindfulness plays a powerful role in this way of travelling. With fewer distractions and less screen time, there is more space to connect with the present moment. The sounds of a bustling market, the calm of a sunset, or the rhythm of a new city become richer and more vivid when we are fully present.

Where we **stay** also shapes our experience. Choosing local guesthouses, homestays, or smaller accommodations often leads to more **authentic connections**. These spaces offer a glimpse into everyday life and culture while supporting local communities, making the journey more **meaningful**.



Minimalist travel also encourages **slowing down**. Instead of rushing through multiple destinations, spending more time in fewer places allows for a deeper understanding and appreciation. This slower pace not only reduces *travel fatigue* but also strengthens the connection to each destination.

Sustainability naturally fits into this approach. Walking, cycling, or using public transport reduces environmental impact while adding a sense of immersion. Conscious choices such as respecting local cultures and minimising waste help create a more responsible travel experience.

At its heart, minimalist travel is about **intention**. It is about letting go of what is unnecessary to make room for what truly matters. When the journey becomes lighter, both physically and mentally, the experience becomes richer, calmer, and more fulfilling.

*The next time you plan a trip, consider carrying a little less.
You may just discover that it allows you to experience a whole lot more.*

Are you a rainy season warrior?

Find your immune score



Think you are ready to tackle the monsoon like a pro? Take this fun quiz to discover your immune score. Are you a carefree puddle lover or a full-on rainy season warrior? Let's find out.

Hydration habits

- A. I sip clean, filtered water all day
- B. I drink enough, mostly
- C. Tea and coffee do the job

Street food temptations

- A. I play it safe with fresh, hot meals
- B. I indulge occasionally
- C. If it smells good, I'm in

After getting drenched

- A. Dry clothes and dry feet, immediately
- B. I dry up, but take my time
- C. I air-dry and carry on

Mosquito control

- A. Repellents, nets, and no stagnant water
- B. I try, but not consistently
- C. I ignore and deal with bites

Hygiene and rest

- A. Clean hands and good sleep, always
- B. Sometimes careful, sometimes not
- C. Who has time for that?

Score It! A = 2, B = 1, C = 0. Total out of 10.

Your Result

• 0 to 3: Puddle prone

Your habits may invite infections. Start small. Drink safe water, avoid risky food, and stay dry.

• 4 to 7: Drizzling defender

You are on the right track, but consistency is key. Focus on hygiene, dry clothing, and mosquito control.

• 8 to 10: Rainy season warrior

Impressive! Your smart habits keep you protected. Now inspire others to follow your lead.

P.S: This quiz gives you a fun snapshot, not a diagnosis. Feeling unwell? Trust a professional, not just your score.



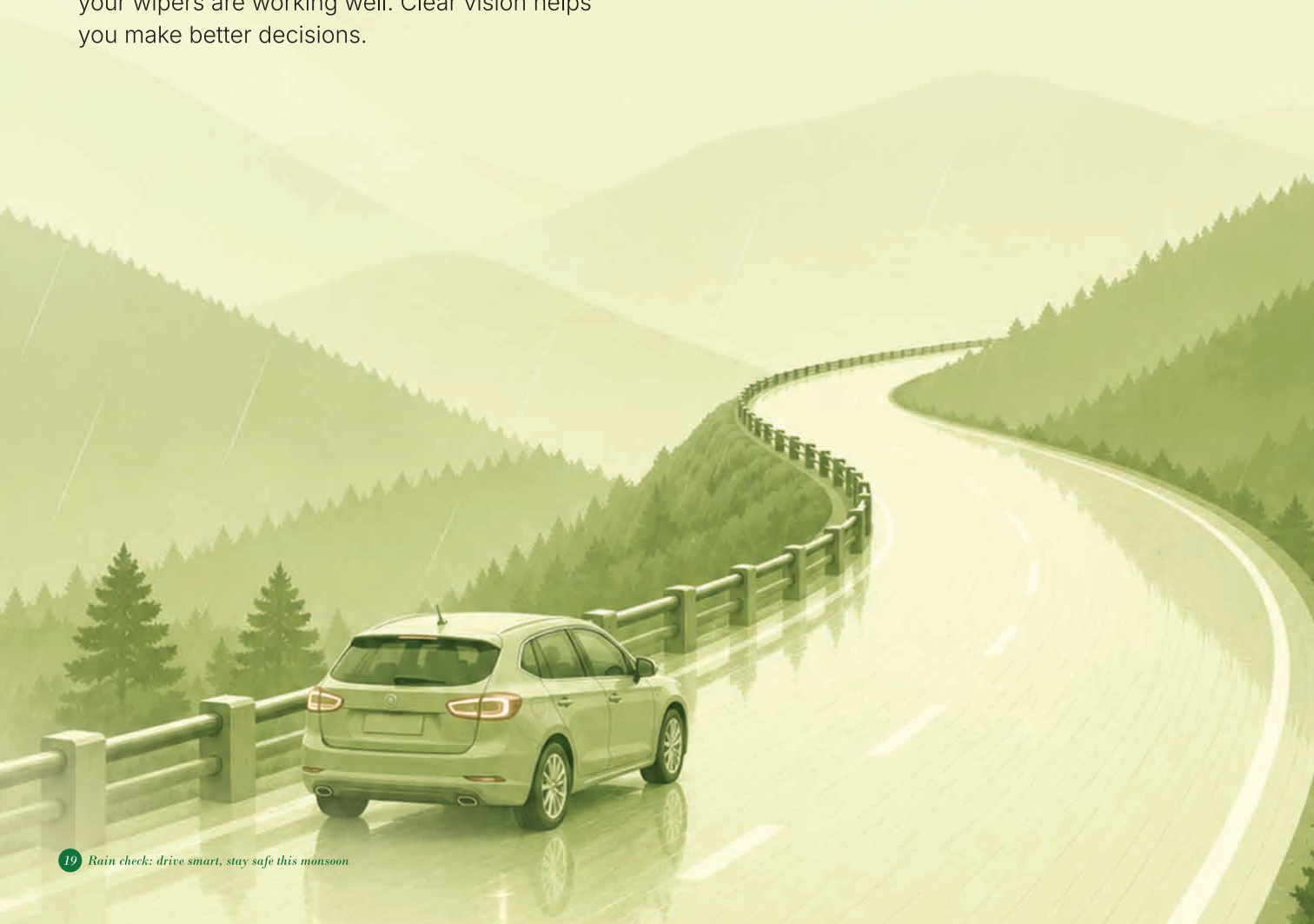
Monsoon driving is not about showing off skill, it is about staying aware and making safer choices. A calm, alert mindset can make all the difference when the roads turn unpredictable.

- **Slow down and stay steady:** Rain makes roads slippery, so ease off the speed. Driving a little slower gives you better control and more time to react.
- **Create your safety space:** Keep extra distance from the vehicle ahead. Wet roads increase braking time, so this gap becomes your invisible shield.
- **See clearly, be seen easily:** Turn on your headlights even during the day and make sure your wipers are working well. Clear vision helps you make better decisions.

- **Avoid risky water patches:** Do not take chances with waterlogged roads. That small puddle could hide big trouble.
- **Drive smoothly:** Gentle steering, soft braking, and gradual acceleration keep your drive stable. Imagine holding a cup of hot chai and keeping it spill free.
- **Stay focused throughout:** Avoid distractions and stay attentive. Rain demands your full attention at all times.

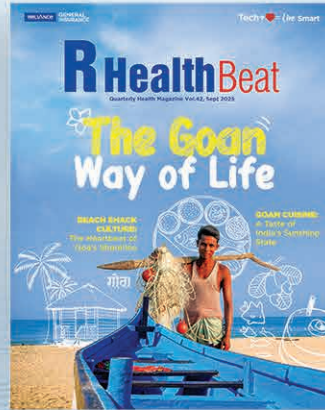
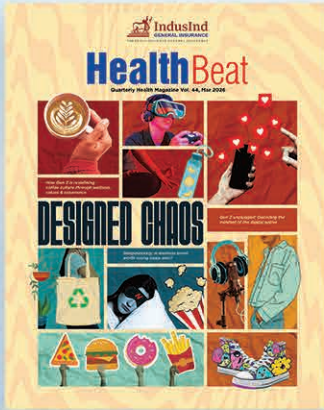
A safe journey matters most

Remember, reaching safely is always more important than reaching fast. Drive smart, stay patient, and let every journey end well.



Enjoyed the art of having just enough?

Here are more perspectives from our past editions.



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Less luggage with more experience

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