
Vedanta marks International Day of Yoga

The company organizes yoga sessions, aligning with the directive of Hon'ble Prime Minister Narendra Modi

New Delhi, June 21, 2016: Vedanta Limited, India's leading diversified natural resources company, is observing the International Day of Yoga, raising awareness on the importance of a holistic well-being of every individual. Aligning with the directive of Hon'ble Prime Minister Narendra Modi, the company hosted sessions for the workforce in its various business locations.

“Vedanta is a company that considers the well-being of its employees and communities, and it is our priority to raise awareness among all our stakeholders on the benefits of Yoga. Maintaining work life balance is essential for all round well-being of individuals,” says Ms. Roma Balwani, President, Group Communications and Sustainable Development, Vedanta.

Vedanta's Sesa Goa Iron Ore business has organized Yoga sessions for its employees across all locations in the week of the International Yoga Day. The sessions are conducted by trainers from the Isha Foundation. Over 60 employees have as yet participated and in this week, more will participate in the Yoga sessions planned in the coming days.

At Sterlite Copper's business in Tuticorin, Tamil Nadu, employees were introduced to 'Upa Yoga', a simple yet powerful form of yoga, which relieves stress through exercise of joints and muscles. The session was conducted by trainers from the Isha Yoga Centre, on 18th June, 2016.

Vedanta's business unit, MALCO Energy Limited conducted a Yoga session for over 750 school students of 15 schools in Mettur, Tamil Nadu today morning. The session was held at the MALCO Vidyalaya campus, in which awareness on meditative practices was amplified.

Cairn India promoting Yoga at workplace at its corporate office and other units. Besides encouraging yoga at work place, an internal awareness initiatives was taken up which involved various ‘asanas’ that can be performed at the workstations of employees. Cairn India’s Ravva asset has also developed a “Stress Management Program” that includes identifying avenues of workplace stress and evaluating individual stress levels. The company provides training and counseling on yoga and meditative practices so that employees are able to holistically manage their physical and mental well-being. Employees are encouraged to continue their yoga practice after the training sessions have been completed.

Yoga is a 5,000-year-old physical, mental and spiritual practice with origins in India, which aims to transform both the body and the mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga.

The declaration came after the call for the adoption of June 21, as International Day of Yoga by the Hon’ble Prime Minister, Mr. Narendra Modi during his address to UN General Assembly on September 27, 2014. Till date, 190 nations including USA, China, UK and Russia have co-sponsored the resolution.

About Vedanta Limited (Formerly Sesa Sterlite Limited.)

Vedanta Limited is a diversified natural resources company, whose business primarily involves producing oil & gas, zinc - lead - silver, copper, iron ore, aluminium and commercial power. The company has a presence across India, South Africa, Namibia, Australia and Ireland.

Vedanta Limited is the Indian subsidiary of Vedanta Resources Plc, a London-listed company. Governance and Sustainable Development are at the core of Vedanta's strategy, with a strong focus on health, safety and environment and on enhancing the lives of local communities. The company is conferred with the Confederation of Indian Industry (CII) ‘Sustainable Plus Platinum label’, ranking among the top 10 most sustainable companies in India.

Vedanta Limited is listed on the Bombay Stock Exchange and the National Stock Exchange in India and has ADRs listed on the New York Stock Exchange.

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