



हिन्दुस्तान कॉपर लिमिटेड
HINDUSTAN COPPER LIMITED
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CMD'S MESSAGE

INTERNATIONAL DAY OF YOGA 2024

Dear Colleagues,

An invaluable gift from our ancient tradition, Yoga is a way to discover the sense of our oneness with the world and the nature. It symbolizes the union of body and consciousness.

International Day of Yoga is celebrated all across the world on 21st June. This year marks the 10th International Day of Yoga with the theme "Yoga for Self and Society."

As a holistic approach to health and well-being, on 11th December, 2014, the United Nations had proclaimed 21st June as the International Day of Yoga to enhance global awareness about the healing power of Yoga.

The essence of Yoga is to create harmony and balance – not only between the mind and the body but also in the human relationship across the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance.

When applied to communities and societies, Yoga offers a path to sustainable living in harmony with planet Earth.

Yoga creates a healthy and powerful society beaming with collective energy. In keeping with this spirit, the theme for this year is "Yoga for Self and Society."

I suggest that all of us enrich our lives by practising Yoga on a regular basis for greater mental, physical and spiritual well-being.

I wish you all Happy International Yoga Day 2024.

Ghanshyam Sharma
Chairman and Managing Director
21.06.2024

