



Press Release

Hindustan Copper celebrates International Yoga Day 2022

Kolkata, 21st June 2022: Under the aegis of the Ministry of Mines, Govt. of India, Hindustan Copper Limited joined the global fraternity from Kolkata in grand celebration of the 8th International Day of Yoga, along with GSI, NALCO, IBM and MECL. The number of participants exceeded 500.



Shri Arun Kumar Shukla, CMD, HCL, addressing the gathering on IDY 2022



Shri Sanjay Panjiyar, D(Op), HCL, read out the message of Hon'ble Minister of State of Coal & Mines, Shri Raosaheb Dadarao Danve on IDY 2022



Yoga session in progress

The event was graced by the Chairman and Managing Director of HCL, Shri Arun Kumar Shukla, Director (Operations), Shri Sanjay Paniyar, Director (Mining), Shri Sanjiv Kumar Singh, CVO, Shri Subrata Sarkar along with Shri M. M. Powar, Additional Director General, GSI, Shri Sudipta Basu, Group General Manager, Nalco, Shri Rituparna Majumdar, Regional Mining Geologist, IBM, among others.

The speech of Hon'ble Prime Minister, Shri Narendra Modi, telecast from Mysuru was watched by the gathering on Live TV.

Shri Arun Kumar Shukla, CMD, HCL, read out the message of Shri Pralhad Joshi, Hon'ble Minister of Parliamentary Affairs, Coal and Mines, Govt. of India, on the International Day of Yoga. Shri Sanjay Panjiyar, D(Op), HCL, read out the message of Hon'ble Minister of State of Coal & Mines, Shri Raosaheb Dadarao Danve on the International Day of Yoga 2022.



Shri Sanjiv Kumar Singh, Director Mining, HCL, offering the vote of thanks on IDY

Demonstration of Yoga based on Common Yoga Protocol, as advised by the Ministry of Ayush, was conducted which was followed by Prabhat Pheri to generate awareness

among the public about the benefits of Yoga. Shri Sanjiv Kumar Singh, Director Mining, HCL, offered the vote of thanks.

Later, HCL also conducted Online Yoga Session for students of local schools. International Day of Yoga 2022 was also celebrated in all the units of HCL with great fervour.

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.



HCL's Prabhat Pheri on IDY to generate awareness about Yoga