

MEDIA RELEASE

'International Yoga Day' celebrated at Vedanta, Goa

Panjim, 22nd June, 2015: With the world unitedly celebrating the first International Day of Yoga on June 21, Vedanta Limited in Codli, held a Yoga session led by Art of Living trainers, Mr. Santosh Godge and Mrs. Rima Kakodkar. Several employees of Vedanta participated in activities on relaxation, stretching and Suryanamaskar. The session concluded with guided meditations.

Prime Minister Narendra Modi on Sunday said, "Yoga has played a significant role in bringing the world together, cutting across differences of colour, class, creed. It is 'our collective gift to humanity', and also a means to enhance effective team work and ecological balance".

Speaking on the occasion, Dr. Sunil Kakodkar, GM – Group Medical Services said, "Yoga spreads the message of peace and is very beneficial to health. Yoga helps us refocus our attention in a stressful life. People need to have good health, to enjoy life as nothing else is as important as health. Despite stress and pressures in life, you need to proactively use your time to benefit your health."

After this initial training, Vedanta employees plan to make this initiative into a practice, for holistic improvement of their body and mind.

Photo Caption: Vedanta employees in Codli perform yoga to celebrate the International Day of Yoga.

About Vedanta Limited (Formerly Sesa Sterlite Ltd. /Sesa Goa Ltd.)

Vedanta Limited (Vedanta Ltd) is a diversified natural resources company, whose business primarily involves exploring and processing minerals and oil & gas. The Company produces oil & gas, zinc, lead, silver, copper, iron ore, aluminium and commercial power and has a presence across India, South Africa, Namibia, Ireland, Australia, Liberia and Sri Lanka.

Vedanta Ltd, formerly Sesa Sterlite Ltd. /Sesa Goa Ltd., is the Indian subsidiary of Vedanta Resources Plc, a London-listed company. Sustainable Development is at the core of Vedanta's strategy, with a strong focus on health, safety and environment and on enhancing the lives of local communities. Vedanta Ltd 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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