

Vedanta Aluminium Puts Mental Well-being at the Heart of Work

Bhubaneswar: Mental well-being shapes how individuals navigate everyday life, build relationships and respond to challenges. Yet conversations around mental health are not always easy, particularly in professional environments where personal concerns often remain unspoken. Beyond access to counselling

and professional guidance, creating a healthy workplace means fostering an environment where people feel heard, respected and comfortable seeking help when they need it. This World Mental Health Day, the UN 2026 theme 'Lived Experiences Heard: Real Voices, Real Change' brings the importance of listening

and understanding individual experiences to the forefront. As workplaces continue to evolve, organisations are increasingly recognising that employee well-being extends beyond physical health. It is shaped by the support people receive, the relationships they build, and the confidence that they

can reach out when challenges arise. A key focus area has been ensuring that professional guidance is available when needed. At Vedanta Aluminium's Jharsuguda operations in Odisha, a digital wellness programme currently supports more than 2,900 employees and extends services to their family members.