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## MINERAL (AUCTION) AMENDMENT RULES, 2024



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# MINERAL (AUCTION) AMENDMENT RULES, 2024

The Indian Government has amended the mineral auction rules through a notification of the Mineral (Auction) Amendment Rules, 2024. The changes aim to improve transparency, promote competition and boost state revenue from mineral auctions.

## **Capping upfront fees**

The amendments introduce an upper limit of Rs 500 crore on the one-time upfront payment made by the successful bidder for a mineral block. Earlier, there was no cap which led to aggressive upfront commitments. The cap provides flexibility to bidders.

## **Restricting affiliate bidding**

To minimize anti-competitive practices, the new norms bar corporate affiliates from bidding for the same mineral block. The rules define an affiliate as an entity controlled by another bidder for that specific auction. Any affiliate bids made will also be publicly disclosed to ensure level playing field.

## **Facilitating exploration licensing**

The amended rules enable state governments to directly grant exploration licenses (EL) via auctions. The license holder can explore mineral reserves before potential mining leases. This boosts upfront investment in comprehensive mineral exploration.

## **Standardizing EL safeguards**

The revisions set a uniform performance security deposit of Rs.2 crore

for exploration permits spanning 500-1000 square kilometers. This standardization provides clarity to potential EL bidders regarding financial commitments beforehand.

## **Empowering states on revenue sharing**

State governments will now define the maximum percentage share of auction premiums payable to them once commercial mining begins under the exploration license. This enhances states' rights over revenue sharing from eventual mineral production after preliminary exploration.

## **Attracting investment interest**

By reducing upfront payment burdens and enhancing exploration policy certainty, the auction rule changes aim to attract greater private participation. Competitive efficiency through restrictions on affiliate bidding should also enable level playing field for investors.

## **Bolstering transparency**

The latest amendments are in line with India's mineral sector policy orientation towards transparent and competitive mechanisms for subsoil resource allocation. Publicly disclosing affiliate bids reinforces transparency objectives.

## **Implementation is the key**

The policy provisions updating India's mineral auction framework incorporate long-standing regulatory reform demands. Their on-ground implementation will now need monitored, especially decentralization of exploration permitting and states' revenue share decisions.

**Source: [mines.gov.in](https://mines.gov.in)**

# 500 NON-COAL MINERAL BLOCKS TO GO UNDER THE HAMMER BY FY26

In 2023, the government auctioned 24 iron ore mineral and 20 blocks of limestone.

The ministry of mines has set a new target to put 500 blocks of minerals on auction by 2025-26 which will include rare earth elements (REEs) and precious metals, a goal that was earlier envisaged to be achieved by 2024-end.

“The target was to put 500 blocks on auction (by 2024), but due to Covid it cannot be done,” Union Minister for Coal and Mines Pralhad Joshi said while addressing reporters adding that the government will now strive to reach the target by 2025-26.

The minister also informed that 368 blocks have been auctioned so far and some more notice inviting tenders (NITs) are in pipeline.

The government began auctioning mineral blocks in the year 2015-16.

“As many as 35 offshore mineral blocks have been given to states,” Joshi said urging states to expedite the auction of the blocks. Furthermore, in its recent meeting with

the mining ministers of states, the centre handed over 37 G4 geological memorandum to the states.

The government has also successfully auctioned 76 mineral blocks last year till December, 30 of which were auctioned for Mining Lease and the remaining 46 auctioned as Composite Licence – with which an entity can explore the resource and get a lease to commercially extract minerals.

In 2023, the government auctioned 24 iron ore mineral and 20 blocks of limestone.

Of the 37 G4 geological memorandum handed over to states, 5 belongs to critical minerals, the minister said.

The government had last year launched the first ever auction of critical and strategic minerals for 20 such blocks including 5.9-million-tonne lithium reserves discovered in Reasi district of Jammu & Kashmir in an attempt to boost exploration of indigenous mineral reserves and further reduce their import dependency.

Earlier, the mines ministry has also said that it will put up over 100 critical mineral blocks on auction before February and 15 offshore blocks in March.

**Source: Financial Express**

# COAL INDIA TO ADD NEW MINES, EXPAND EXISTING ONES TO MEET HIGH DEMAND

The miner plans to start operations at five new mines, with a combined annual capacity of 14.3 million tons, in the next fiscal year, Prasad said

State-run Coal India plans to start operations at five new mines and expand capacity of at least 16 existing ones to address growing demand for the fuel, its chairman told Reuters on Wednesday.

India has increasingly relied on coal to address record power demand in recent months, with the rise in coal-fired power output outpacing renewable energy growth for the first time since at least 2019.

A record output by Coal India - the world's largest coal miner whose profits and share price have surged since early 2023 - is set to boost inventories at power plants running on domestic coal by 16.1 per cent year-over-year to 40 million metric tons by end-March, Coal India Chairman P.M. Prasad said in written response to questions.

The company is on track to exceed its production target for the second straight year during the fiscal year ending March, Prasad said, after failing to achieve its output goals for 16 straight years.

Coal India aims to boost output by more than 7 per cent to a record 838 million tons for the next fiscal year that starts April 1, with initial stockpiles at 80 million tonnes, over 15 per cent higher from a year earlier.

The miner plans to start operations at five new mines, with a combined annual capacity of 14.3 million tons, in the next fiscal year, Prasad said. Coal India's revenue growth has outpaced an increase in costs in the recent years, but spending surged nearly 20 per cent each in 2022 and 2023. Prasad expects higher outsourcing of mining and "natural" average annual attrition of 12,000-13,000 employees to help manage expenses.

The company currently has over 220,000 people on its payrolls.

The miner has awarded nine projects with annual capacity of 83 million tons to private companies, with another two projects capable of producing 32 million tons likely to be awarded before March-end, Prasad said. The company, which has been building solar and coal-fired power generating plants in efforts to diversify, is scouting for lithium assets in Australia, as India looks to secure access to minerals critical to the energy transition.

"We are participating in exploration of lithium assets in Australia that are currently under development stage, and potential long term assets," Prasad said, adding that preliminary talks with Australian companies are ongoing.

He declined to give further details.

Last year's decline in global coal prices from 2022's historic highs prompted Indian traders and users to increase imports of thermal coal, which rose 9.4

per cent to 176.3 million tons in the year ended December 2023. Non-power users were avid buyers of imported coal, Prasad said.

Meanwhile, lower seaborne coal prices have resulted in a decline in Coal India's margins on what are usually lucrative spot auction sales, though volumes offered through auctions rose nearly 80 per cent to 73 million tons in the ten months ended January.

The company is on track to auction about 20 per cent of its output for the year that ends March, and will continue to offer between 10 per cent and 20 per cent of its production through auctions, said Prasad, a long-time insider who was promoted to chairman in July.

**Source: Business Standard**

# INDIA TO LEVERAGE US-LED MINERALS SECURITY PARTNERSHIP TO HELP PSUS SECURE CRITICAL MINERAL ASSETS ABROAD

*PSUs such as Coal India Limited, NLC India Ltd, and NTPC Ltd, representatives of whom were present at the meeting, have expressed interest in securing lithium, cobalt, and graphite assets overseas.*

The Union Mines Ministry has proposed to circulate critical mineral block proposals received by partner countries in the US-led Minerals Security Partnership (MSP) with central public sector undertakings or PSUs to allow them to acquire critical mineral assets abroad.

The ministry has also recommended that PSUs give a clear financial mandate to relevant subsidiaries to expedite the acquisition process in a meeting held on October 30, 2023. PSUs such as Coal India Limited, NLC India Ltd, and NTPC Ltd, representatives of whom were present at the meeting, have expressed interest in securing lithium, cobalt, and graphite assets overseas.

During the meeting, VL Kantha Rao, Secretary, Ministry of Mines, "assured to provide every possible help" to PSUs in the acquisition of critical mineral assets abroad, which includes circulating details of some block proposals received through the MSP, according to the minutes of the meeting accessed by The Indian Express through the RTI. India joined the MSP in June, 2023 during Prime Minister Narendra Modi's visit to the US.

The MSP is a US-led collaborative effort involving thirteen countries including the UK, Australia, France, and Germany, and the European Union, which aims to catalyse public and private investment in critical mineral supply chains globally. The collaboration is currently engaged in fostering a critical minerals and metals cooperation forum for the sharing of expertise, building a robust battery materials supply chain, and jointly developing a minerals processing facility in South America.

Kantha Rao also recommended the financial empowerment of relevant subsidiaries to "facilitate timely execution upon receipt of viable proposals". He gave the example of ONGC Videsh Limited, which is a wholly-owned subsidiary and overseas arm of upstream petroleum major Oil and Natural Gas Corporation Limited (ONGC) tasked with exploring and developing oil and gas reserves overseas. He also referred to NTPC Mining Limited, a wholly-owned subsidiary of NTPC, which currently operates the thermal power utility's coal mining business in India.

In the meeting, M. Nagaraju, Additional Secretary, Ministry of Coal, which oversees Coal India Limited (CIL) and NLC India, informed that the two PSUs are interested in acquiring critical mineral blocks overseas and sought the ministry's and KABIL's assistance on the same. KABIL is a central public sector enterprise (CPSE) under the mines ministry, which on January 15 signed an

agreement with a state-owned company in Argentina to explore and develop five lithium blocks in the South American country.

Asheesh Kumar, General Manager at CIL, added that the PSU is interested in securing lithium and cobalt blocks in Australia. In March 2023, two lithium and three cobalt blocks had been identified by the Union Minister of Coal and Mines and the Australian Minister for Resources for investment by KABIL, according to a report available on the mines ministry's website. Both CIL and KABIL did not respond to a query seeking clarification on the scope of their engagement with each other in exploring critical mineral projects in Australia.

Kumar also added that CIL will focus on Chile, Bolivia, and Argentina as well for securing critical mineral assets.

NTPC is looking at acquiring lithium, cobalt, graphite, and high-purity limestone assets abroad through its subsidiary NTPC Mining Limited. During the meeting, Steel Authority of India Limited (SAIL) representatives expressed interest in acquiring coking coal, limestone, and iron ore assets overseas for captive use. Since these minerals are not included in the list of thirty critical minerals identified by the mines ministry, Kantha Rao recommended SAIL to also explore the potential of investments in critical minerals abroad within the Steel Ministry, which owns the PSU NTPC and SAIL did not respond to a query seeking comments on their critical mineral plans.

On January 18, CIL announced plans to enter the mining of critical minerals in India beginning with the exploration of a lithium block it expects to get from the central government. In 2023, CIL had also amended its Memorandum of Association (MoA) to include non-ferrous and critical minerals, in line with the PSU's growing commitment towards critical minerals. Previously, NLC India had also expressed interest in participating in the ongoing auction of twenty critical mineral blocks launched by the mines ministry in November, 2023.

During the meeting in October, Kantha Rao also recommended ministries and PSUs interested in critical mineral assets overseas to engage international consultants to "conduct in-depth studies, compile comprehensive reports, and oversee due diligence procedures for prospective projects". He also added that PSUs should maintain a communication channel with Indian missions abroad as embassies can ensure the smooth acquisition of overseas projects.

**Source: Money Control**



# EXCLUSIVE: HINDALCO EYES LITHIUM, NICKEL MINES IN INDIA; TO ENTER CRITICAL MINERALS MINING: MD SATISH PAI

Aditya Birla Group flagship Hindalco Industries is mulling entering exploration and mining of critical minerals, including lithium, graphite, copper and nickel, Managing Director Satish Pai told Moneycontrol in an exclusive interview. The move comes as metals and mining firms look to tap surging demand for electric vehicles (EV) battery materials in the Indian market.

“We have taken the documents for many of the mines that are coming. The auctions are happening. So we are interested, we have looked at lithium, graphite, nickel and copper that seems to come with nickel in some mines,” Pai said.

“One thing we have realised is that India is very largely under explored, so there’s a lot of potential. So we are actually taking our mining expertise, starting to look at the mines from an exploration point of view as well,” he said. Apart from Hindalco, Coal India, Hindustan Zinc and Jindal Power are among the companies weighing submitting bids for the critical mineral blocks, highlighting healthy interest from the state-owned and private players of the industry.

Hindalco, which is an industry leader in aluminium and copper, has been pushing to enter the EV space through partnerships and new manufacturing facilities. The India electric vehicle market size is projected to grow from \$3.21 billion in 2022 to \$113.99 billion in 2029, according to a report by Fortune Business Insights.

In December, the aluminium producer announced its plan to set up a battery foil manufacturing facility at Sambalpur in Odisha with an investment of Rs 800 crore. The facility, to be commissioned by July 2025, will initially produce 25,000 tonne of aluminium foil, which forms the backbone of lithium-ion and sodium-ion cells.

“The EV space is very interesting for us.. because to lightweight the vehicle a lot of body parts will go into aluminium. For Novelis, the biggest growth has been EVs because they make doors and bumpers,” Pai said, adding that the company is trying to set up contracts and qualify its aluminium foil with battery manufacturing firms.

The company has also connected with Korean battery manufacturers to qualify its aluminium foil. “We are using our Mouda plant, which makes foil, to get the foil qualified so that when the new plant comes up we will be able to tap into battery manufacturing,” Pai added.

Novelis’ Bay Minette project

Hindalco’s stock slid on February 13 after its US-based subsidiary Novelis revised guidance for the cost of its Bay Minette project. Novelis said on February 12 that Bay Minette project costs would see a 65 percent increase and a one-year delay. It projected the cost at \$4.1 billion and expected it to be commissioned by the calendar year 2026 or the second half of FY27.

“Only when we did the engineering plans in detail, the budget went up. The cost increased due to the civil and construction costs,” Pai said during a post-earnings call with reporters. The cost of the project has risen 30-40 percent to \$7,000 per tonne.

Pai said the company may plan to fund the capital expenditure through bridge loans but did not specify the amount. Asked if the capex plans will impact the cash flow, he said, “Yes, it will impact the cash flow but over the next three years we will be generating a lot of cash.”

A bridge loan is a type of gap financing arrangement wherein the borrower can get access to short-term loans to meet short-term liquidity requirements.

By: Aishwarya Nair  
Source: Money Control

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## TURKEY GOLD MINE: NINE WORKERS MISSING AFTER LANDSLIDE

Video from the scene appeared to show a torrent of mud sweeping through the valley where the Cople mine is located.

Interior Minister Ali Yerlikaya said the nine were believed to be trapped in the mine, adding that rescuers from neighbouring provinces were assisting.

The mine is operated by the Anagold Mining company.

In a statement, the company said the landslide occurred at 14:28 local time (11:28 GMT). It added it had immediately “activated its emergency plan and informed relevant public institutions and organisations”.

Ayhan Yuksel, president of the chamber of mining engineers, told the BBC’s

Turkish service that cyanide stored in the mine could contaminate the surrounding area following the landslide.

In 2022, an accident at the same mine saw around 20 tonnes of a solution containing cyanide spill, raising fears the nearby Euphrates river would be affected.

The mine is located in Erzincan province, around 90km (55 miles) from the provincial capital Erzincan city, and over 600km east of Ankara.

There have been a string of mining accidents in Turkey in recent years. In 2022, an explosion in a coal mine killed 42 people.

Source: BBC

# COAL INDIA LTD EYES LITHIUM, RARE EARTH MINES FROM GOVT

As part of its diversification plans, state-run Coal India Ltd (CIL) plans to acquire rare earth and critical mineral mines including lithium directly from the government, in addition to bidding for Jammu & Kashmir's lithium reserves in upcoming auctions.

"Coal India is looking to directly take certain rare earth mines. Given that it is a PSU, it can apply for certain mines directly. And it is also expected to take part in the (J&K) auctions," said a person aware of the developments.

The company would be able to apply for mines reserved for government companies or corporations. In both the Mines and Minerals (Development and Regulation) Act and Offshore Areas Mineral (Development and Regulation) Act, provisions have been made to grant mineral concessions without competitive bidding to government companies on payment of such amount as may be prescribed by the Centre for such reserved areas.

Queries mailed to CIL remained unanswered till press time.

The company's plans to foray into domestic critical mineral assets comes with the government's new focus in the segment. CIL has already been looking into acquisition opportunities for critical mineral mines abroad.

In its annual report for FY23, the company had said: "We are exploring the acquisition of lithium, cobalt, and nickel assets abroad and have amended our Memorandum of Association (MoA) to include non-ferrous and critical minerals. We are currently identifying suitable overseas assets for mergers and acquisitions."

On prospects of acquisition of foreign critical mineral assets, another person said on the condition of anonymity that CIL is having deliberations with prospective overseas partners and agreements are expected soon.

India is a net importer of critical minerals and in a bid to boost domestic mining, the government last year passed the Mines and Minerals (Development & Regulation) Amendment Bill, 2023 wherein it introduced exploration licence for deep-seated and critical minerals.

In June, the ministry of mines came up with a list of 30 minerals critical to India's economy—antimony, beryllium, bismuth, cobalt, copper, gallium, germanium, graphite, hafnium, indium, lithium, molybdenum, niobium, nickel, PGE (platinum-group elements), phosphorous, potash, REE (rare earth elements),

rhenium, silicon, strontium, tantalum, tellurium, tin, titanium, tungsten, vanadium, zirconium, selenium, and cadmium. Rare earth elements include neodymium, praseodymium, dysprosium, europium, yttrium, and terbium. Several of these minerals are key for energy transition, defence, and telecom equipment manufacturing.

Lithium, in particular, is among the highest in demand given its use in batteries—for mobile phone, electric vehicles and grid-scale storage systems, for which India is completely import dependent, mostly from China.

The Geological Survey of India (GSI) last year found lithium reserves of about 5.9 million tonne in J&K. These blocks are likely to be put up for auction next month.

Another block in Chhattisgarh would also be auctioned in February. More lithium reserves have been discovered in Rajasthan and Jharkhand.

In July 2023, union minister of mines Pralhad Joshi had told Parliament that in FY24, the GSI has undertaken about 122 critical mineral exploration projects.

CIL's diversification plans are spread across multiple segments, including renewable energy, thermal power, coal gasification, coal bed methane (CBD) projects, fertilizer and aluminium business.

Although in the near-to-medium term, coal production is set to increase, production of the mineral is likely to plateau in the longer run post 2045 and eventually stop, which would need the world's largest coal mining company to look for newer avenues.

Ritabrata Ghosh, vice-president and sector head, corporate sector ratings, ICRA said: "There is immense opportunity in diversification towards critical minerals as seen in countries like Australia and China, which have rapidly ramped up production. However, given the limited exploration carried till date, India's lack of domestic availability of world-class deposits of critical minerals like lithium, nickel cobalt, and others remains a concern from the energy security perspective. Further, the technology to extract lithium from clay deposits, as found in Jammu & Kashmir, is not yet proven commercially. We may have to wait and see how things evolve."

Source: Live Mint

# AFTER MINING CURB, POST-FACTO FOREST CLEARANCES NEXT?

In the memos, the ministry also laid out penalties for various categories of such violations, and remediation measures where needed

The Supreme Court's January 2 order staying two office memos of the environment ministry that allow post-facto clearance of mining projects that did not have the required environmental clearance when they commenced work has raised questions about the status of these operations, and also whether the top court could adopt a similar approach while dealing with post-facto forest clearances.

The January 2022 and July 2021 memos detailing the standard operating procedure for handling of projects in violation of the Environment Impact Assessment Act 2006, were aimed at regularising several projects that had broken the law, started project work without clearance or expanded their project without an environmental nod. The goal was to expeditiously get violators under the regulatory regime, according to the memo.

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In the memos, the ministry also laid out penalties for various categories of such violations, and remediation measures where needed.

Vanashakti, an NGO based in Mumbai moved SC in 2022 against the SOP which goes against the very principle of prior environmental clearance. "The petitioner was constrained to directly approach SC as the Impugned SOP dated 07.07.21 was stayed by the Madras HC, however Hon'ble SC in *Electrosteel Vs Union of India*, held that the interim stay granted by the Madras HC vide Order dated 15.07.2021 would have no application in territories beyond the territorial jurisdiction of Madras High Court," Vanashakti said in a statement. In 2022, the ministry issued another OM stating that the Madras High Court order was not applicable to the entire country but only to the jurisdictional areas of Madras High Court.

"Consequently, though the Impugned SOP dated 7.07.2021 remains for the State of Tamil Nadu, it is operating through the rest of the Country. Thus, in order to avoid the lengthy process of approaching 24 other High Courts so as to get the impugned SOP stayed in all the states, the Petitioner is constrained to approach the SC directly," the NGO's statement added.

"This Supreme Court's order pertains to matters related to environmental clearances granted by the government under EIA Notification 2006. In the clearance of ex post facto cases, the precautionary principle is entirely ignored. Initially, based on the documents submitted as part of the EIA process, the government assesses whether a particular activity should be permitted and how it will affect the environment. Only if the activity is unavoidable and lacks alternatives should it be allowed, and even then, with measures to cause minimal environmental impact. The restoration and polluters-pay principles should only be considered as a last resort when the activity and its environmental impacts are unavoidable and absolutely necessary. What was once an exception has now

become standardized through the SOP," said Debadityo Sinha, Lead- Climate & Ecosystems, Vidhi Centre for Legal Policy.

"It raises questions about how to prevent or restore damages for violations. When such policies set a precedent, they inevitably become common practice. The government is not the owner; they are custodians of forests, and environmental protection is their constitutional duty. We need to examine how this order will impact ex post facto clearances already granted based on the OM once the SC order is available," he said.

"This is a critical development given that post facto approvals have increasingly been embedded in India's environment regulatory framework. How the government responds to this legal challenge and the court's view of it will shape the relevance impact assessment and public participation methods that were designed to be good practice in the investment, planning and operationalisation of industrial and infrastructure projects," said Kanchi Kohli, legal and environment policy researcher.

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Union environment ministry officials said they will have to go through the order before responding to it.

The court's stay is also important because the ministry continues to grant ex post facto clearances in forest matters also. HT reported on December 28 that the ministry will consider ex-post facto clearance for various non-forest projects that have come up in the Aravallis. Interestingly, in March 2022, the Supreme Court ruled that ex post facto green clearances can be granted in exceptional circumstances even after taking into account all environmental impacts, setting aside an order of the National Green Tribunal on closure of industries running without prior approval. A bench comprising Justices Indira Banerjee and JK Maheshwari observed that the Environment (Protection) Act, 1986, did not absolutely prohibit the grant of ex post facto environmental clearance.

"Ex post facto environmental clearance should not be granted routinely, but in exceptional circumstances taking into account all relevant environmental fac-



tors,” the court’s order said while hearing an appeal filed by Pahwa Plastics Pvt. Ltd against an NGT order which said that the firm’s manufacturing units, which did not obtain prior environmental clearance, could not continue to operate.

On Tuesday, a bench of justices BR Gavai and Sandeep Mehta stayed the office memos on NGO Vanashakti’s petition. It sought the government’s response and posted the matter for the next hearing after four weeks. Senior advocate Gopal Sankaranarayanan, who appeared for Vanashakti, told the court that the July 2021 order provided for the SOP for ex-post facto clearance for projects that fall foul of the EIA notification.

Sankaranarayanan said EIA mandates a prior approval before the commencement of any activity. He added this is a “non-derogable” requirement under the law. Sankaranarayanan cited Supreme Court orders seeking to balance the goals of sustainable development and environmental protection.

The court said a post-facto clearance regime could not co-exist with one that required prior clearances.

“The effect of the order of the Hon’ble Supreme Court dated 2/1/2024 staying the O.M dated 28/1/2022 is that the process of grant of ex post facto clearances across the country for all sectors remains stayed,” Vanashakti said in a statement.

“Most lessees got their ex post facto clearances based on this OM. Now if there is a stay then their operations close and the window open for new lessees who could have been regularised is also closed. During this interim period of stay, mineral production in the country will also be impacted. We do not know the exact number of mines that will face this stay order,” said B K Bhatia, Additional Secretary General, Federation of Indian Mineral Industries.

By Jayashree Nandi  
Source: Hindustan Times



# LOVE YOURSELF WELL THIS FEBRUARY: A MONTH OF SELF LOVE AND WELLNESS

As the season transitions and love fills the air lets embrace the rhythm of wellness this february. It may be a moment of mindfulness, a nourishing meal, or a heart pumping workout, by taking time to honor our wellbeing, lets extend that love to ourselves by prioritizing self care. These small acts of self love paves the way to a long term health and happiness. This february, let's make wellness a priority, nurturing our bodies, mind, and spirits with kindness and compassion. The month of february, often associated with love and affection, presents an opportunity to turn that affection inward and prioritize our wellness.

Here are some tips and insights to guide on a wellness journey this february.

## **Embrace seasonal self-care**

Moving through the cold days can leave us feeling sluggish and unmotivated, but it's crucial to embrace the season and find joy in its unique offerings. Fresh air and sunlight can do wonders towards mood and well-being.

## **Prioritize heart-healthy habits**

The month of february is an excellent opportunity to focus on heart health. Along with heart healthy foods into our diet such as leafy greens, omega 3 fatty acids, nuts, consider adding regular cardiovascular exercise to ones routine to strengthen heart and improve circulation, because a healthy heart is the foundation of overall wellness.

## **Cultivate mindfulness and gratitude**

Due to the hustle bustle of daily life, it's easy to forget to pause and appreciate the present moment. Daily mindfulness practise through meditation, deep breathing, along with cultivating an attitude of gratitude shifts ones perspective and fosters a sense of contentment and well-being.

## **Nourish your relationships**

Month of february focuses on romantic love, but don't forget to nurture all your relationships, whether it's family, friends, or colleagues. Strong social connections are vital for our emotional well-being and can bring immense joy and fulfillment to our lives.

## **Practise self-compassion**

Finally, remember to be kind to yourself this february. set realistic goals, acknowledge your accomplishments, and don't be too hard on yourself when things don't go as planned. Self-compassion is the foundation of self-care and allows us to approach challenges with resilience and grace.

As we navigate the month of february, lets prioritize our wellness by nurturing our minds, bodies, and soul with love and intentionality, we cultivate a lasting sense of well-being that extends far beyond the confines of this month of love.

## **ABOUT AUTHOR**

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