



Sanjay Gupta is Assistant General Manager – HR in Aditya Birla Group (Mining Business). He is MBA HR from Global Next University Malaysia, PG Diploma in HR from Bhatiya Vidya Bhawan, and Diploma in T&D from ISTD New Delhi.

Sanjay was born in India in the City of Joy, Kolkata, near Belur Math, a place known for the great spiritual leader Swami Vivekananda. Though he got his formal education in India and abroad, he has learnt more from the experience he earned during his tenure as an HR professional and delivering his services in many manufacturing companies like Hindalco, UltraTech Cement, and Essel Mining – all Aditya Birla Group Companies. He has an experience of 24+ years in large manufacturing set up in India.

He has been the recipient of two awards from Apex India and Government of Haryana Ministry of Labour & Welfare.

In academics, he was always a mediocre student. In professional life too, he was an average performer. But one thing which is very close to his heart is Being Yourself. He used to enjoy his loneliness.

Later on, during COVID-19, his organization (Aditya Birla Group) started a series on Mindfulness which means being in the present, being in the moment, being non-judgemental. Practice of mindfulness brought complete change in his life and enhanced his performance and personal productivity.

Sanjay will be speaking about Mindfulness in this session.