

5<sup>th</sup>  
July 2025



# BT BALCO TODAY

## SIGHTS, INSIGHTS & HEIGHTS



**Transforming the Workplace  
for a Healthier Tomorrow**  
Emotional Well-Being Workshop at BALCO





BALCO hosted an emotional well-being workshop for its business partners, with over 40 participants coming together to engage in meaningful dialogue around stress management at the workplace. The session focused on key aspects such as emotional intelligence, empathy, time and stress management, and how it can support a healthier work-life balance. By engaging them with real-life scenarios, participants explored common emotional responses and discovered more constructive ways to navigate challenges. The workshop highlighted the power of emotional resilience and reinforced BALCO's commitment to cultivating a culture of well-being across all partnerships.



















# Healthy Food Swaps For Monsoon

**This monsoon season, stay nourished and safe with smart food choices.**

## Swap This



Deep  
Fried Pakoras,  
Bhajiyas



Street Chaat  
(Pani Puri,  
Bhel Puri)



White Rice or  
Fried Rice

## With This



Steamed Corn,  
Grilled Paneer, or  
Baked Snacks



Homemade Chaat  
with Boiled Chana &  
Veggies



Khichdi with Ghee  
and Jeera or Millet  
Pulao

**Steam it, Sip it, Spice it right, Keep your belly warm and light !**



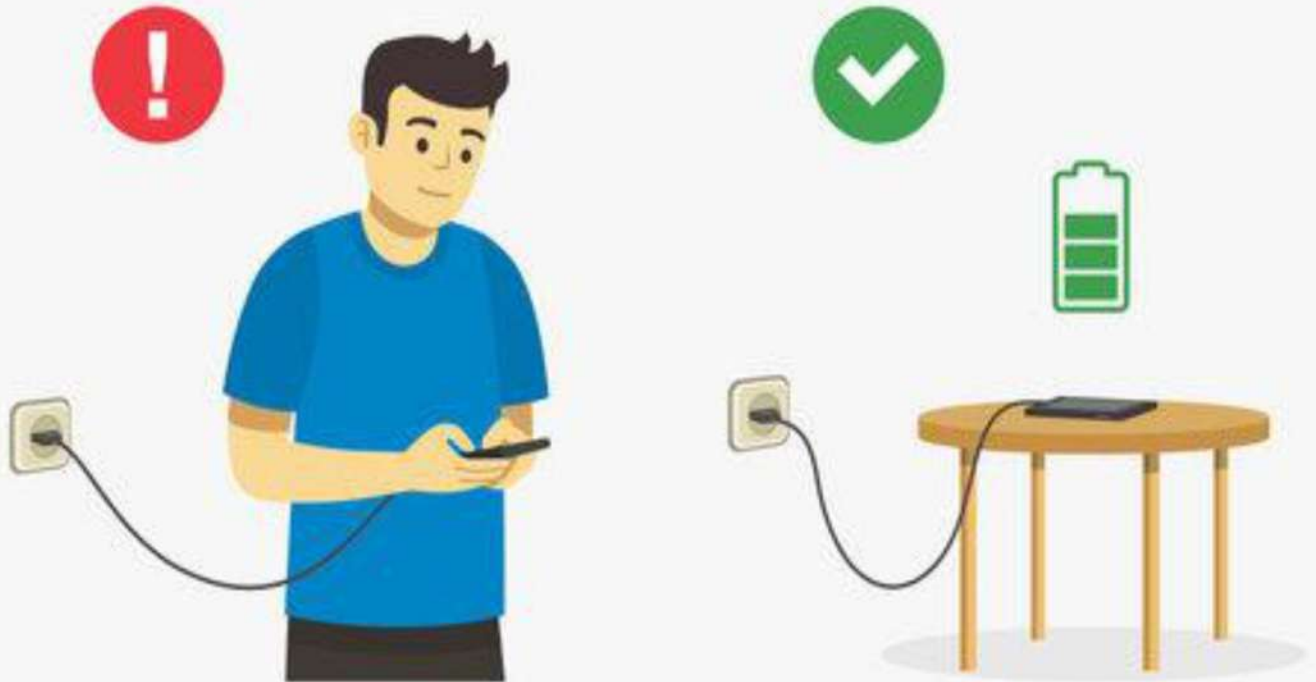




# SAFETY CORNER

## Caution! While using Mobile सावधान! मोबाइल इस्तेमाल करते समय

**DO NOT USE YOUR DEVICE  
WHILE CHARGING**



### Correct

Avoid overcharging the battery. When the battery is fully charged, remove it from the charger.

### सही

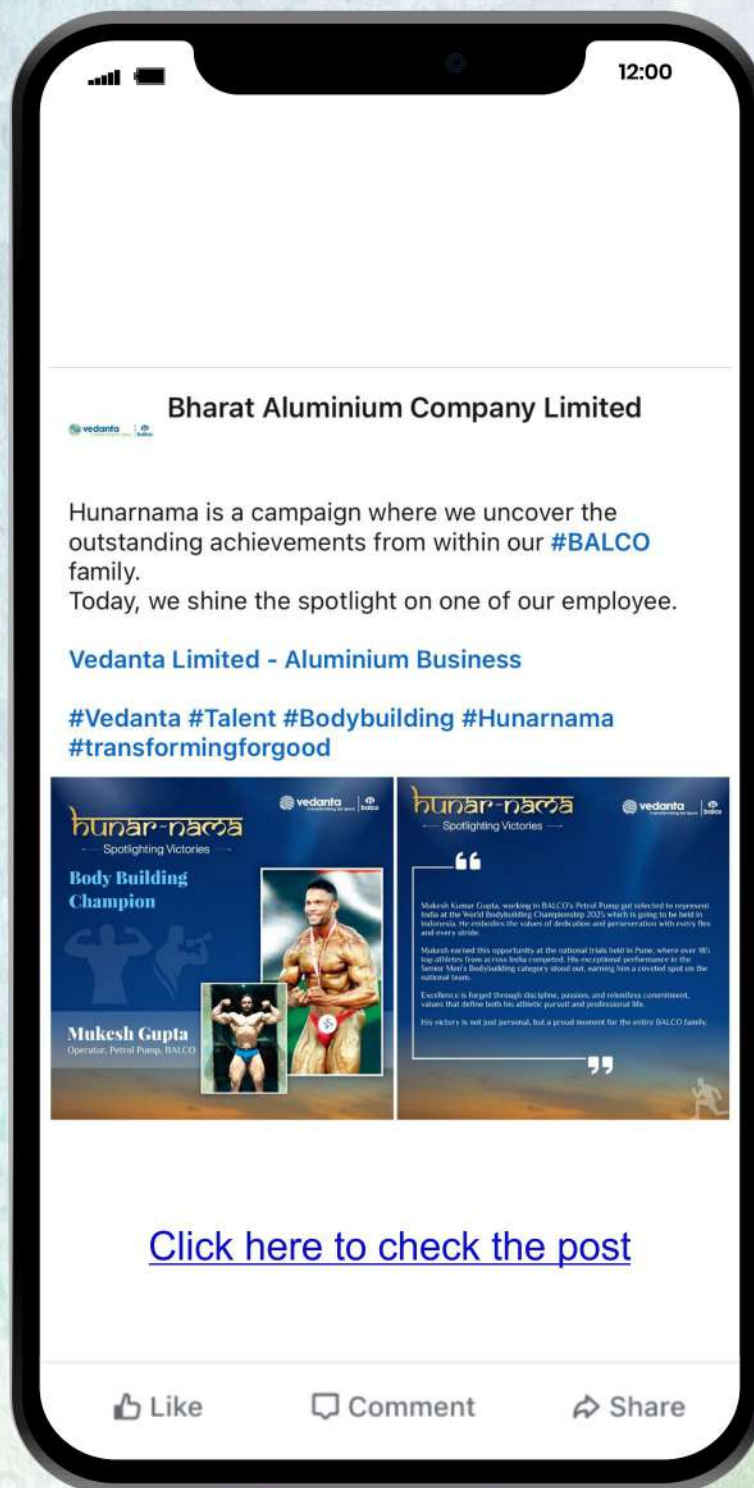
बैटरी की अत्यधिक चार्ज करने से बचें।  
जय बैटरी पूरी तरह से चार्ज हो जाए, तो उसे  
चार्जर से हटा दें।

### गलत

मोबाइल फोन को चार्ज करते समय उसका उपयोग



# MEDIA CORNER





# MEDIA CORNER





# Team BALCO Today

Conveys Heartiest Greetings To

**Saturday**  
**5<sup>th</sup>**  
**July 2025**

Rupesh Kumar  
Jalandhar Nayak  
Rupesh Kumar Gupta  
Sandeep Kumar Vishwakarma  
Vasu Degala  
Mayuri Kumari Sahu  
Akshay A Atre  
Sushmita Sahu  
Ved Prakash Deshmukh  
Surendra Kumar  
Kundan Yadav

Pot Room  
QA & Tech  
Pot Room  
Pot Room  
Pot Room  
Pot Room  
Pot Room  
GAP  
Commercial  
Pot Room  
Commissioning

**Sunday**  
**6<sup>th</sup>**  
**July 2025**

Ashish Kumar Upadhyay  
Sukant Barai  
Simran Prasad  
Abhisek Panda

Pot Room  
Pot Room  
Commissioning  
Commercial

**Monday**  
**7<sup>th</sup>**  
**July 2025**

A L Adiley  
Bishwa Deep Mohanta  
Chandra Prakash Singh  
D Dhayanandh  
Salik  
Ishwari Prasad Verma  
Vinay Kumar Gupta  
Ranjan Kumar Mishra  
Lalita Lathare  
Digvijay  
Prince Kumar  
Jaishree Vaishnav  
Jain Anshika

Pot Room  
Foundry  
Pot Room  
Commissioning  
Sheet Rolling Shop  
Coal Commercial  
Pot Room  
Pot Room  
Stores  
Pot Room  
Coal Mines  
Commissioning  
HSE

**HAPPY**  
*Birthday*  
**TO YOU!**



# Idea Theme for July'25

Asset Care & Equipment Reliability Improvement



Place your appliances in safe hands



## R & R CATEGORY

1. Best Idea of the month
2. Max. Idea Generator
3. Quick 5 Ideas

Share your ideas through Idea@Balco  
Mobile App/Portal

<https://idea.balco.in:8047/dr/login>

Use tag word #Asset# before  
mentioning ideas

Download App from play store





# BALCO CENTRALIZED

## Security Operation Center



### INCIDENT

Theft, Threat, Vandalism, Fraud  
Malpractice, Wild Animal Attack



### VIOLATIONS

Unsafe Act, Unsafe Conditions  
Traffic



### YOUR ABSENCE AT HOME

Away on Holidays for Few  
Days



### ISSUES

Traffic Jam, Card Not Working  
Lack of Support at Entry Gates




### SUSPICIOUS MOVEMENT

Person Behaving/Acting in  
Suspicious Manner

We Are Manned 24x7 & Available At:

 **9179083488, 7759252655**

 **BALCO.SOC@Vedanta.co.in**

Sec\_rity is incomplete Without "U"



# DO SHARE YOUR

interesting pieces with us like

- ◆ Poem ◆ Sketch ◆ Drawing
- ◆ Art content ◆ Own Articles
- ◆ Photograph with good captions
- ◆ Success / Inspirational stories
- ◆ Travel Story
- ◆ Balco Plant Events
- ◆ Achievements etc.

We will try to capture them in

## BALCO TODAY

**YOU CAN REACH OUT TO US -**

Shivani Pachori  
8830960726

Jhalak Shastri  
747 701 3030