

26<sup>th</sup> Nov 2024

# BALCO TODAY



## BALCO Organised Free Cancer Detection & Consultation Camp

Ensuring Early Detection for Better Outcomes!



# Don't miss another update from **BALCO!**

Join the Exclusive  
**WhatsApp  
Channel**  
**Now!**



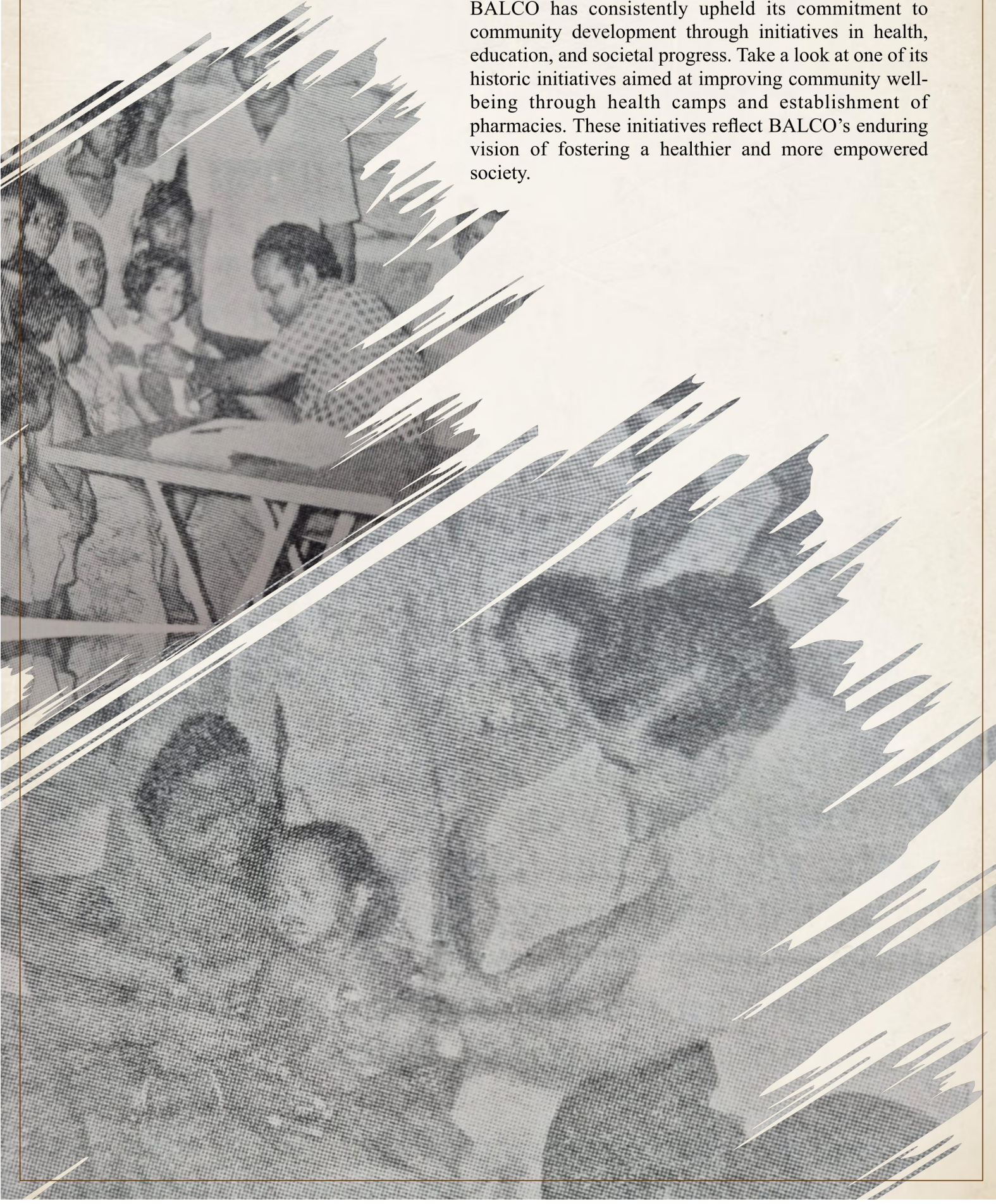
SCAN HERE TO JOIN





# यादों का एक खूबसूरत सफर

BALCO has consistently upheld its commitment to community development through initiatives in health, education, and societal progress. Take a look at one of its historic initiatives aimed at improving community well-being through health camps and establishment of pharmacies. These initiatives reflect BALCO's enduring vision of fostering a healthier and more empowered society.





Hospital organised a 4-day free cancer detection and consultation camp for various types of cancers like breast, cervical and head & Neck. The camp aimed to promote awareness, early detection, and prevention of cancer in the community through Expert led sessions, OPDs & screenings via Mobile Cancer Detection Van with over 140 community members and BALCO employees gaining the benefits.













































# STAY ALERT AGAINST DENGUE AND PROTECT YOUR FAMILY



## Precautions to Prevent Dengue

- Avoid stagnant water in and around your home
- Cover all water tanks, containers, and drainage points
- Clean water coolers, utensils, and containers regularly
- Wear clothing that covers the body to prevent mosquito bites



Precautions to Prevent Dengue

## Symptoms of Dengue Fever

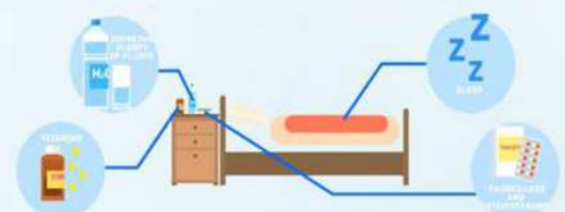
- High fever
- Severe headache and body pain
- Muscle and joint pain
- Skin rashes
- Pain behind the eyes
- Nausea and vomiting



Symptoms of Dengue Fever

## What to Do If Dengue Occurs

- Seek medical advice immediately
- Drink plenty of water
- Consume nutritious food
- Get plenty of rest



What to Do If Dengue Occurs



***FOLLOW KALINGA LANCERS ON***

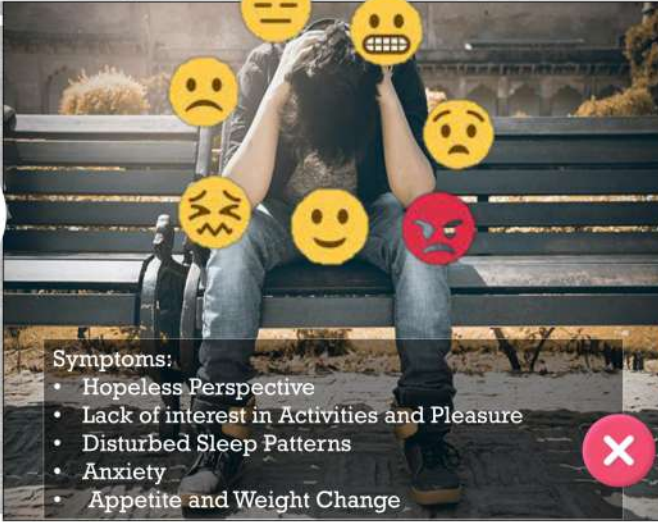




## Identify Depression !

### अवसाद को पहचानें ।

Hidden Signs:



सही अवसाद को पहचानें और पेशेवर मदद लें।



**Wrong**  
Person in depression.

**गलत**  
व्यक्ति अवसाद में है ।

#### Don'ts

- ◆ Don't Ignore Symptoms
- ◆ Avoid Self-Medication
- ◆ Don't Compare Yourself to Others
- ◆ Avoid Negative Self-Talk
- ◆ Don't Hesitate to Communicate

#### गलत

- ◆ लक्षणों को नजरअंदाज न करें
- ◆ अपने आप दवा लेने से बचें ।
- ◆ दूसरों से अपनी तुलना न करें
- ◆ नकारात्मक आत्म-चर्चा से बचें
- ◆ संवाद करने में संकोच न करें

**Right**  
Identify depression and seek profession help

#### Do's while Depression

- ◆ Take Care of your body
- ◆ Stay Connected with Others
- ◆ Get outside and move your body
- ◆ Keep healthy routine
- ◆ Eat healthy foods & drink plenty of water

#### डिप्रेशन में क्या करें

- ◆ अपने शरीर की देखभाल करें
- ◆ दूसरों के साथ जुड़े रहें
- ◆ बाहर निकलें और अपने शरीर को हिलाएं
- ◆ स्वस्थ दिनचर्या रखें
- ◆ भोजन खाएं और खूब पानी पिएं



# MEDIA CORNER







# Team BALCO Today

Conveys Heartiest Greetings To

26<sup>th</sup>  
Nov  
2024

Anil Kumar Patnaik  
Prateek Hatwalne

Infrastructure  
Legal

27<sup>th</sup>  
Nov  
2024

J P Jangade  
Chitrabhan Prasad Dewangan  
Amar Kumar  
Rajani Pandit  
Jeevan Lal Shrivastava  
Puneet Kumar Dewangan  
Veena P Kumar

Pot Room  
Power-3  
Pot Room  
Marketing  
SRS  
Pot Room  
Project

HAPPY  
*Birthday*

TO YOU!





### Effective Strategies to Improve Employee Engagement



Ensure a great onboarding experience



Provide relevant career development opportunities



Empower employees to discover their potential



Appreciate their individual & combined achievements



Promote open, honest & transparent communication

### R & R CATEGORY

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



HOW TO..... **BOOST**   
**PEOPLE**  
 **ENGAGEMENT**

Share your ideas through  
Idea@Balco Mobile App/ Portal  
using this link  
<https://idea.balco.in:8047/dr/login>  
Use tag word #PID# before  
mentioning ideas



To Login in Idea @Balco





# BALCO CENTRALIZED

## Security Operation Center



### INCIDENT

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



### ISSUES

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



### VIOLATIONS

Unsafe Act, Unsafe Conditions  
Traffic



### SUSPICIOUS MOVEMENT

Person Behaving/Acting in  
Suspicious Manner



### YOUR ABSENCE AT HOME

Away on Holidays for Few  
Days

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 -**

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8830960726