

28th
May 2025

 **vedanta**
transforming for good

 **balco**

BT BALCO TODAY

SIGHTS, INSIGHTS & HEIGHTS



**BALCO Empowers
85000+ Individuals
Through Menstrual
Friendly Practices**



CHAIRMAN CORNER



Anil Agarwal
@AnilAgarwal_Ved

Iss weekend, apni family aur bachpan ke dost Ajay Anand ke saath Dharamshala jaana hua. Ajay aur main Bihar mein pale-bade... wahi dharti jahan Buddha ko gyaan mila.

Bachpan mein Bodh Gaya ke aas-paas cycle chalayaa karte the... aur aaj saalon baad, saath mein Dalai Lama ji ke mandir tak chale gaye. Bachpan ke doston se zindagi ke kisi bhi mod par milna hamesha khaas hota hai, aap phir se beete hue daur ko jeene lagte hain.

Dharamshala ke har kone mein ek alag shanti aur sukoon hai. His Holiness Dalai Lama ji ka aashirwaad jaise har jagah mehsoos hota hai. Temple ke andar ek gehri shaanti hai, jo sirf sunayi nahi deti, mehsoos hoti hai.

Har baar yahan aakar mujhe yeh ehsaas hota hai ki asli safalta wohi hai jo aapke andar ke sukoon ko dhoondhne mein aapki madad kare. Dharamshala ki vibrations insaan ko andar se majboot banati hain—ek behtar insaan banne ki

majboot banati hain—ek behtar insaan banne ki taraf le jaati hain.

Kabhi mauka mile, toh Dharamshala zaroor jaaiye.



Anil Agarwal

Chairman, Vedanta Limited



Supporting Green Periods

As a part of commitment to sustainable menstrual hygiene, BALCO launched the 'Stitch your own pad' campaign under Project Nayi Kiran educating women on making their own reusable cloth pads. The campaign also encourages employee volunteering, fostering eco-friendly practices in the community.





Maa Beti Saas Bahu Samelan

The 'Maa Beti - Saas Bahu Samelan' aims to bring generations together for a candid and impactful conversation around menstruation. Using a creative twist on the traditional game of Snakes and Ladders, this gamification encourages open dialogue between mothers, daughters, and mothers-in-law fostering intergenerational understanding.





Ratri Chaupal

An innovative approach to inform, educate and entertain the communities by screening thought provoking films around menstruation. Events like these help in sparking conversation, breaking taboos associated with periods in an engaging way.





Chai Pe Charcha

A community engagement session led by nutrition experts emphasizing the importance of a balanced diet in combating anemia. These sessions are followed by routine health check-ups conducted by gynecologists developing healthier communities.





Awareness Campaigns

BALCO has conducted multifaceted awareness campaigns to drive education and acceptance in the community through street plays, visual aids, and interactive session, spreading crucial information, challenging stereotypes, and emphasizing the importance of menstrual health management





Safe Space Campaign

BALCO has also initiated campaigns to create safe spaces marking clinics, medical shops, local shops and schools into judgement-free zones for distribution menstrual products and open conversations.



Women At The Workspace



Ananya Pradhan

On days when my body needs rest more than routine, the option to work from home feels like a quiet act of care. It allows me to breathe, pause, and power through—on my own terms. Grateful to BALCO for making space for comfort without compromise.



Samiksha Bahre

I am really happy with the facilities here! The sanitary pad vending machines are really helpful, and the washrooms are clean and well maintained. Plus, the vending machines for snacks and drinks are so convenient. The attention to detail is impressive, and it's clear that the team cares about providing a great experience.

Men Creating a Safe Workspace



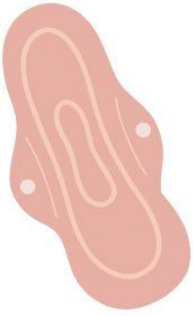
Raghuwar Singh. Rathore

Creating safe workplaces means recognizing all aspects of human experience—including menstruation. It's time we lead with empathy, not discomfort.

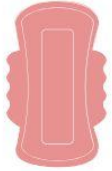


Vivek Rajan

When men stand as allies, not just as witnesses, and promote an environment of safety & understanding such that women can comfortably manage their menstrual hygiene without hesitation or stigma. We truly build a workplace that is inclusive, respectful and empowered.



MENSTRUAL HEALTH TIPS



CHANGE SANITARY PRODUCTS REGULARLY

Replace pads, tampons, or menstrual cups every 4–6 hours to prevent infections and bad odor.



USE CLEAN & SAFE MENSTRUAL PRODUCTS

Choose products that suit your body — whether disposable or reusable — and ensure they are clean and hygienically stored.



KEEP YOURSELF CLEAN

Clean yourself with plain water or mild, unscented soap daily. Everyday baths help you stay away from bacteria's & viruses.



DISPOSE OF SANITARY WASTE CORRECTLY

Wrap used pads or tampons in paper and dispose of them in a dustbin. Never flush them down the toilet.



Wear Comfortable, Breathable Clothes

Cotton clothes help in maintaining airflow and reduce the risk of irritation and infections.



TRACK YOUR MENSTRUAL CYCLE

Use a diary or app to keep track of your cycle. This helps you be prepared and spot irregularities early.



EXERCISE & REST WELL

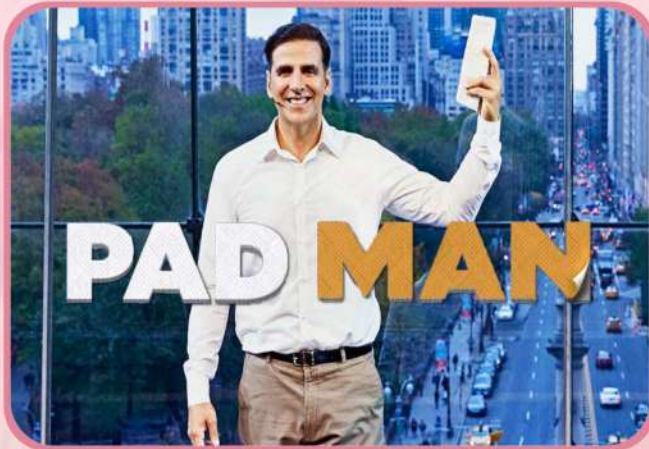
Light physical activity can reduce cramps and mood swings, but ensure you get adequate rest too.



CONSULT A DOCTOR IF NEEDED

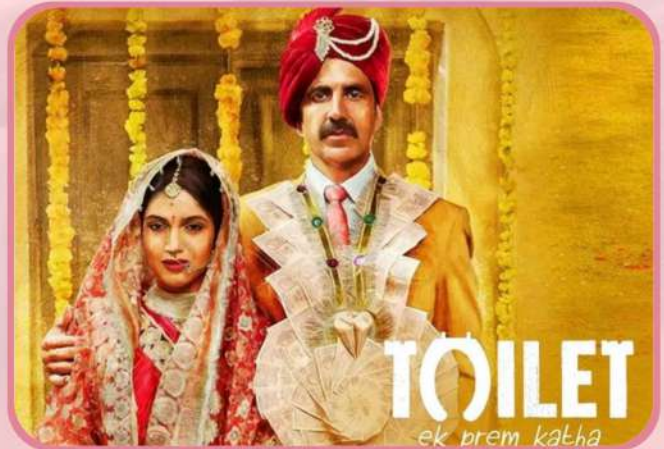
If you experience severe pain, irregular cycles, or unusual discharge, don't hesitate to seek medical advice.

Media Recommendations



Padman

Directed by R. Balki



Toilet: Ek Prem Katha

Directed by Shree Narayan Singh



Sarika – Dondro ki Nayi Kiran

A public awareness campaign on menstrual health Vedanta Aluminium Businesses



Break The Taboo. Period

A Social Awareness Drama
Short Film | Pocket Films



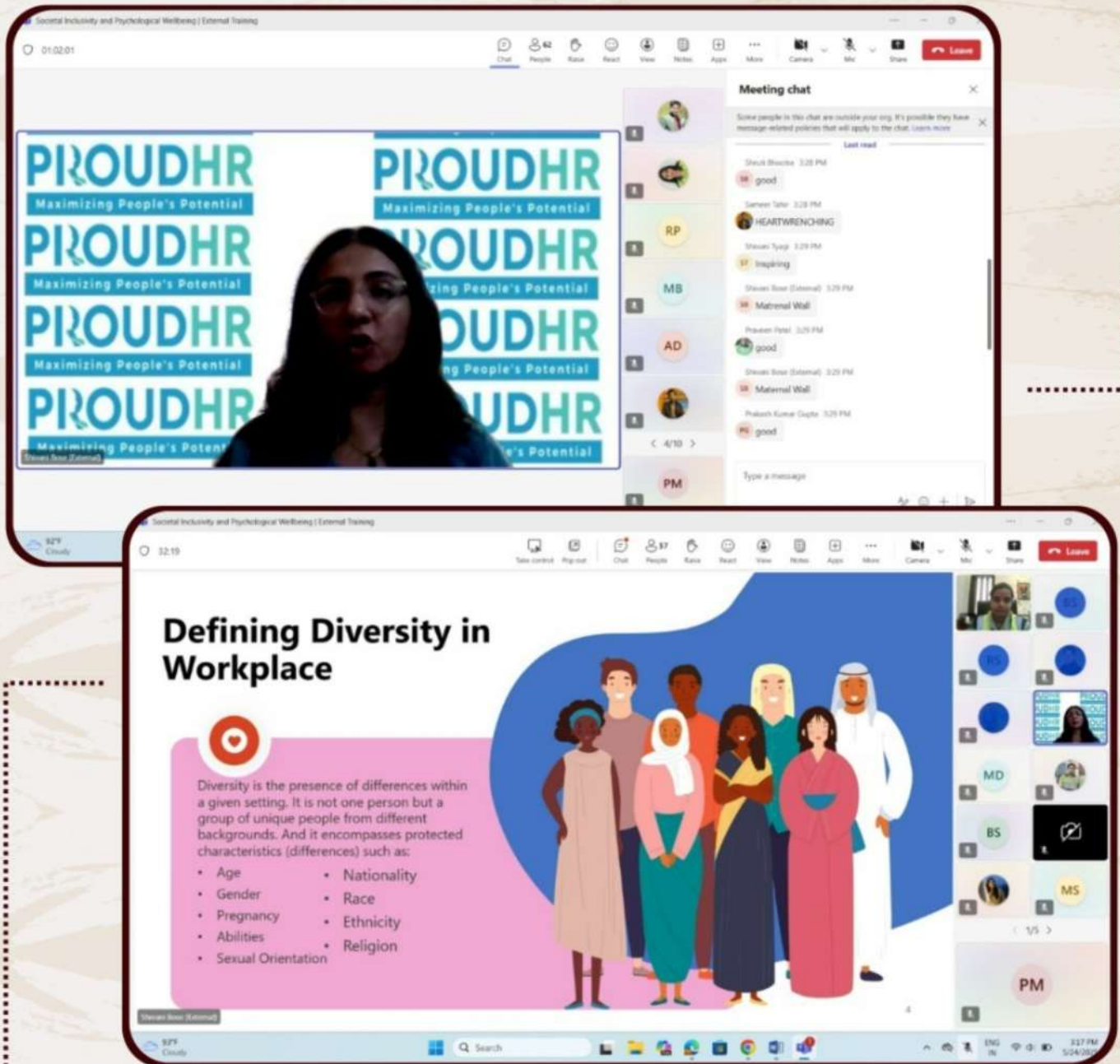
This Daughter's Day, tell your sons it's just a period
Stayfree India



Whisper Presents Keep Girls
In School | Whisper India

Building an Inclusive & Mindful Workplace

At BALCO, we recognize that diversity and inclusion are essential for a thriving workplace. Our recent session on Societal Inclusivity and Psychological Well-being, led by Mrs. Shivani Bose, provided valuable insights on building a respectful and empowering culture. Together, we're working towards a workplace where every voice is heard and every individual feels valued.



Making Appointments is so much easier with BALCO's e- Health Application!

Follow the steps to register now!

STEP 1

Install the BALCO
eHealth mobile
application

STEP 2

Enter the registered
Mobile Number & OTP to
successfully log in to the
application

STEP 3

Click on Appointments,
then +New, followed
by entering details
and submit

Your
appointment is
**Successfully
booked!**



Scan here to download the
Android application.



Click here to register now!





Summer

• Style Essentials •

Here's your go-to checklist to breeze through the heat with comfort!



Wear Light Colors

Opt for whites, pastels, and soft tones. These shades reflect sunlight, helping you look fresh all day.



Breathable Fabrics

Opt for natural fabrics like cotton and linen they keep your skin breathable.



Sunscreen

Make sunscreen a part of your routine, whether you're indoors or outdoors, it protects your glow.



Sunglasses

Opt for UV-protected sunglasses to safeguard your eyes from harmful rays.



Hydration

A water bottle is your best friend to beat the summer heat.

SAFETY CORNER

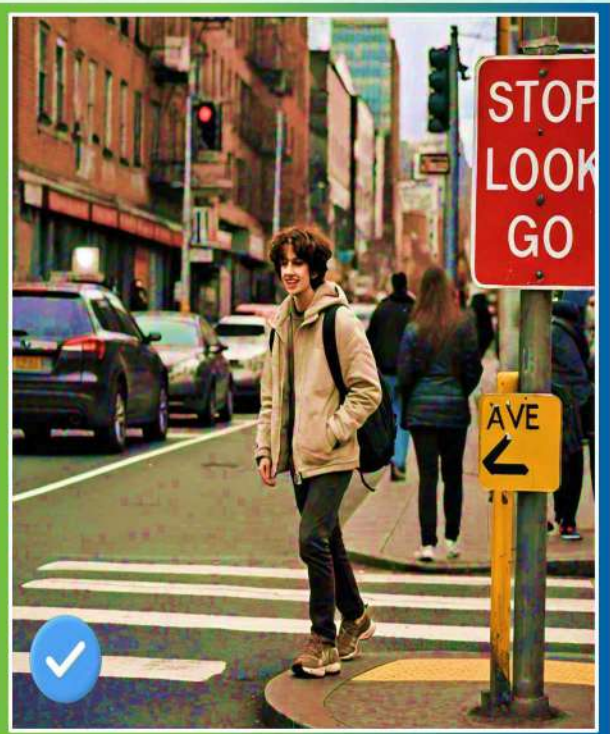
How to Cross the Road?

सड़क कैसे पार करें ?



Incorrect
Person is watching
mobile and
crossing the road

गलत
व्यक्ति मोबाईल देख रहा है
और सड़क पार कर रहा है।



Correct
To cross the road, stop
at a crosswalk, look both
ways and then cross when
it is safe.

सही
सड़क पार करने के लिए जेबरा
क्रॉसिंग पर रुकें, दोनों तरफ देखें
और फिर सुरक्षित होने पर पार करें।

MEDIA CORNER



Bharat Aluminium Company Limited



Observing International Day of Biological Diversity in collaboration with **The Animal Care Organization (TACO)**, **#BALCO** organised awareness sessions on sloth bear conservation and safe human-animal interaction. With 300+ participants, the event featured insights from forest officials, veterinarians, NGOs, and panchayat leaders to promote coexistence and wildlife protection.

Vedanta Limited - Aluminium Business

**#Vedanta #TransformingThePlanet
#TransformingForGood**



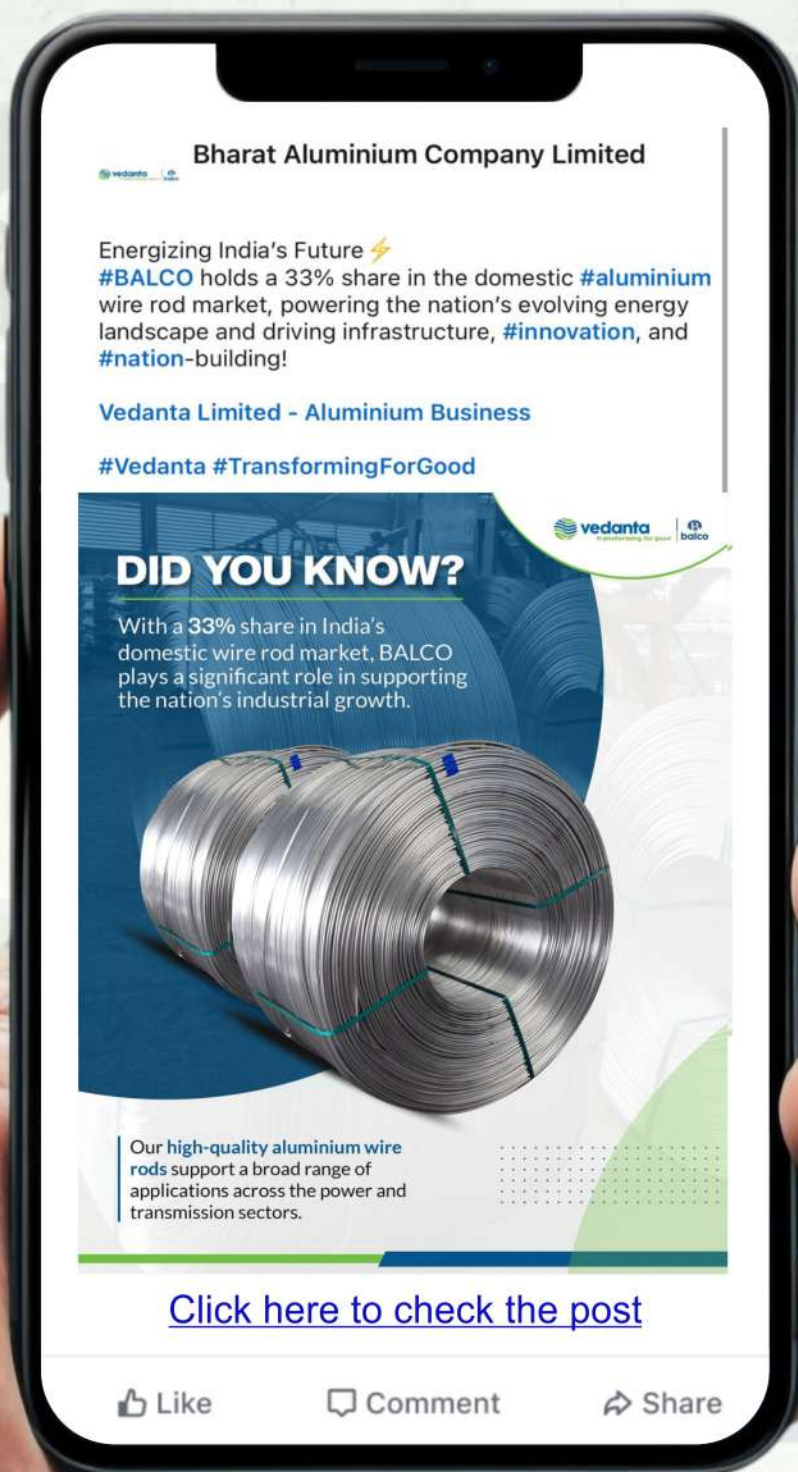
[Click here to check the post](#)

Like

Comment

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MEDIA CORNER



Team BALCO Today

Conveys Heartiest Greetings To

Wednesday

28th

May 2025

Chandrakant Lahare

Bake Oven

Gopal Ravindra Shirsath

Commissioning

Podishetty Srinija

Commissioning

Thursday

29th

May 2025

Praveen Kumar Das

GAP

Sraddhaa Mishra

Commissioning

Chandan Pattanayak

Commissioning

Happy
BIRTHDAY

To You

Idea Theme for May' 25

Waste to Wealth



vedanta
transforming for good



WASTE TO WEALTH



Reduce

lowering the amount of waste produced

Reuse

using materials repeatedly

Recycle

using materials to make new products

Recovery

recovering energy from waste

Landfill

safe disposal of waste to landfill



IDEAS



PLANNING



PROCESS



BRAINSTORM



SOLUTION

CREATIVITY INNOVATION



Login in **!idea@Balco**

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
using this link

<https://idea.balco.in:8047/dr/login>
Use tag # W2W# before mentioning
the ideas

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 -

Ritesh Siraj
9911836450

Shivani Pachori
8830960726