



# REACH-OUT

E-Magazine

JUNE – JULY 2020



DIFFICULT  
ROADS  
LEAD TO  
BEAUTIFUL  
DESTINATIONS

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# CONTRIBUTION

 <b>Vision &amp; Concept</b>	:	<b>HUMAN RESOURCES</b>
 <b>Editor</b>	:	<b>Mr. Deepak Jain – HRD</b>
 <b>Co-Editor</b>	:	<b>Mr. Dinesh Kumar - HRD</b>
 <b>Facilitating Team</b>	:	<b>Mr. Jai Sharma - Admn.</b> <b>Mr. Asis Jethi - Safety</b>



**Mr. Dinesh Kumar  
(HRD)**



**Mr. Asis Jethi  
(Safety)**



**Mr. Jai Sharma  
(Admin.)**

**Interested Team Members Welcome to be a part of Facilitation Team !!**

## TAKE A LOOK INSIDE THE EDITION

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## CEO'S DESK



Dear Colleagues,

**Mr. Madhur Gupta**  
Chief Executive Officer

**Greetings to the Team-Hero Steels Limited**

**The coronavirus outbreak has impacted every business worldwide, and the steel industry has been no exception.**

**As Global concern about the covid-19 outbreak grows, we're doing our best to keep everyone safe at workplace while also minimizing the disruptions to our day to day operations.**

**In accordance with the stated guidelines as given by ministry of Home affairs (MHA) and the relevant local authorities, we are ensuring all the necessary health and safety protocols in our facility, for all stakeholders.**

**We also realize that employee stress and anxiety is heightened during this time. Balancing the strains of normal life during the crisis has been difficult for all of us. Consistent, frequent, and transparent communications to our staff remain vital. To further support our team members and to engage them in this time, we've done virtual mental health seminars and virtual personality development training sessions.**

**HSL is committed to these priorities of ensuring the health and safety of our employees and family members.**

**Please know that I am here for you.**

**Stay safe and well.**

**Madhur Gupta**  
Chief Executive Officer



## EDITOR'S DESK

Dear Colleagues,

Greetings to the Team-Hero Steels Limited



**Mr. Deepak Jain**  
**AGM – HRD**

We are glad to release the current issue of Reach-Out E Magazine.

This Magazine is to inform, engage, inspire and entertain a diverse readership by presenting an intimate, timely and honest portrait of the Company -- its people, its programs, its activities, its resources and its mission.

By maintaining the respect and interest of its readers, the magazine aspires ultimately to inform their opinion and to strengthen their commitment to its welfare.

Let's contribute and enrich our knowledge!!

Stay Safe, Stay Happy!!

Warm Regards,  
Deepak Jain

# AUGUST BIRTHDAYS



Name	Depart Name	Birthday
CHINTA HARAN PANDEY	MILL	01-Aug
TARA DATT PANT	MATERIAL HANDLING	01-Aug
AYODHYA PRASAD	ANNEALING	01-Aug
DEEPAK BHANDARI	ACCOUNTS	02-Aug
SUKHVINDER GURU	MARKETING	02-Aug
GANPATI CHATURVEDI	MAINTENANCE	02-Aug
JASHANDEEP SINGH GILL	SYSTEMS	03-Aug
RAMESH SINGH CHAUHAN	PRODUCTION	04-Aug
PARKASH SINGH	PACKING	05-Aug
RAM LAKHAN	PACKING	05-Aug
RAMESH KUMAR PANDEY	CTL	05-Aug
JITENDRA KUMAR SAH	BILLING	06-Aug
DEEPAK KUMAR	MAINTENANCE	06-Aug
HUKAM RAM	SECURITY	08-Aug
SATINDER SINGH	TUBE PLANT	10-Aug
SANJEEV KUMAR	MATERIAL HANDLING	11-Aug
SHYAM BIHARI GAUR	ANNEALING	12-Aug

VIRENDRA CHAUHAN	MATERIAL HANDLING	12-Aug
SAROJ KUMAR	CIVIL	12-Aug
VINOD KUMAR	ACCOUNTS	12-Aug
HARMAIL SINGH	ELECTRICAL	14-Aug
SANGAM KUMAR PRAJAPATI	CTL	15-Aug
NAND LAL	CRS	15-Aug
ANIL KUMAR GIRI	CRS	15-Aug
ANOOP KUMAR	STORE	15-Aug
ATUL KUMAR	PRODUCTION	16-Aug
PAWAN KUMAR	CTL	25-Aug
BANSI LAL PAL	CRS	25-Aug
GURDEEP SINGH	ELECTRICAL	26-Aug
ARVIND TIWARI	ACCOUNTS	26-Aug
HARSH THAKUR	QUALITY ASSURANCE	31-Aug

## JULY-BIRTHDAY-GLIMPSES



Happy  
Birthday!



## TRAINING PROGRAMMES – JUNE & JULY 2020

Training Programmes on various topics were conducted by Team Leaders to enhance learning and application of Knowledge among other team members.

In all 318 Man-hours training were imparted as per Identified Needs of the employee during the month of June - July 2020.



Sr. No.	Program	Date of Session	Faculty	Total No. of Participants	Total No. of Training Hours
1	Smart Manufacturing	01-Jun-20	Dr Bhupesh K Lad.	3	3
2	Self Renewal : Physical & Mental Dimensions	02-Jun-20	Mr Dilbagh Singh	14	28
3	Modernize your IT Strategy	03-Jun-20	Mr Deb Deep Sengupta	3	3
4	Solution Thinking	04-Jun-20	Mr A R Ramesh	16	32



5	Sahaja Yoga	09-Jun-20	Mr Pankaj Chopra	22	33
6	Sahaja Yoga	10-Jun-20	Mr Pankaj Chopra	8	12
7	Leadership: Creating Values for Others	13-Jun-20	Mr Suneel Keshwani	16	24
8	Influencing Skills	20-Jun-20	Ms Rashmi R	18	36
9	Emotional Intelligence	27-Jun-20	Ms Rashmi R	17	34
10	Negotiation Skills	04-Jul-20	Mr AR Ramesh	14	28
11	Building Interpersonal Relationships	11-Jul-20	Mr Yesudass Amos	17	34
12	Zoom Zumba	19-Jul-20	Ms Anjali Thacker	10	20
13	Covid-19 awareness training for security personnel	20-Jul-20	Mr Asis Jethi	9	9
14	Business Etiquette and Mannerisms	25-Jul-20	Mr Parag Dahiwele	11	22
<b>Total</b>				<b>178</b>	<b>318</b>

## RETIREMENT AND FAREWELL

1. Mr Chhotey Lal – Mr Chhotey Lal from Electrical department served 28 years with Hero Steels Ltd. He retired on 30<sup>th</sup> June 2020.
2. Mr Balwant Singh – Mr Balwant Singh from Accounts department served 27 years with Hero Steels Ltd. He retired on 7<sup>th</sup> July 2020.

## SOME GLIMPSES OF RETIREMENT



HAPPY RETIREMENT

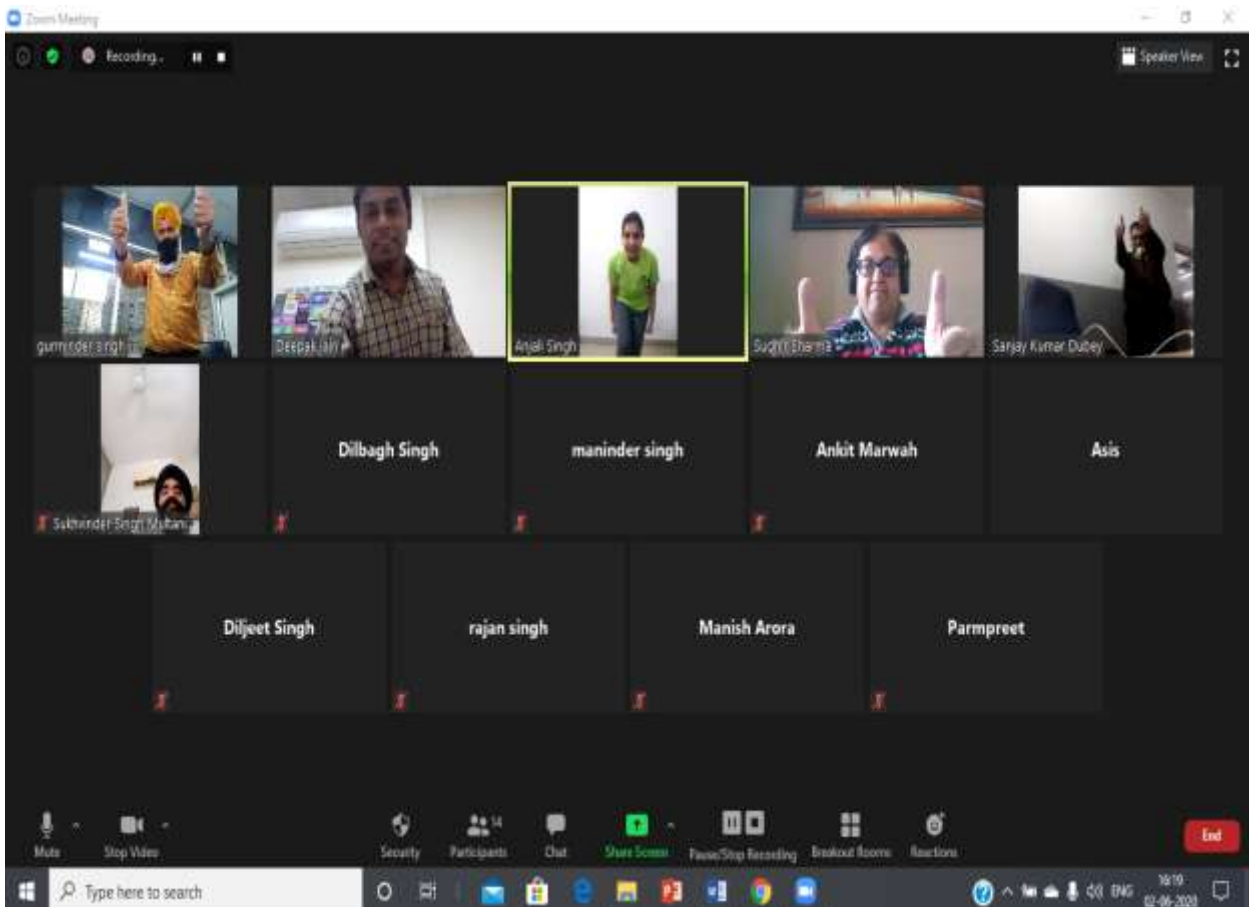
## NEWS UPDATES

At Hero Steels Ltd., the learning spectrum is as wide as possible for comprehensive development of employees. Different training sessions were planned and scheduled during the month of June and July.

### Online Session on Self Renewal: Physical & Mental Dimensions

By: Mr. Dilbagh Singh

02<sup>nd</sup> June, 2020



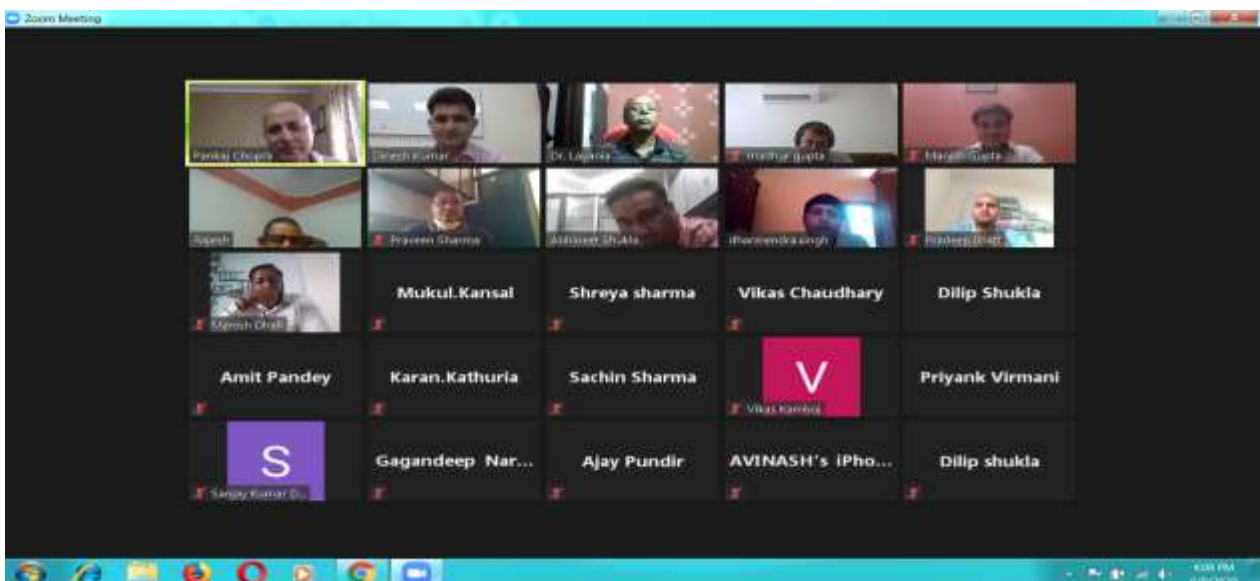
## Online Session on Solution Thinking By: Mr. A R Ramesh

04<sup>th</sup> June, 2020



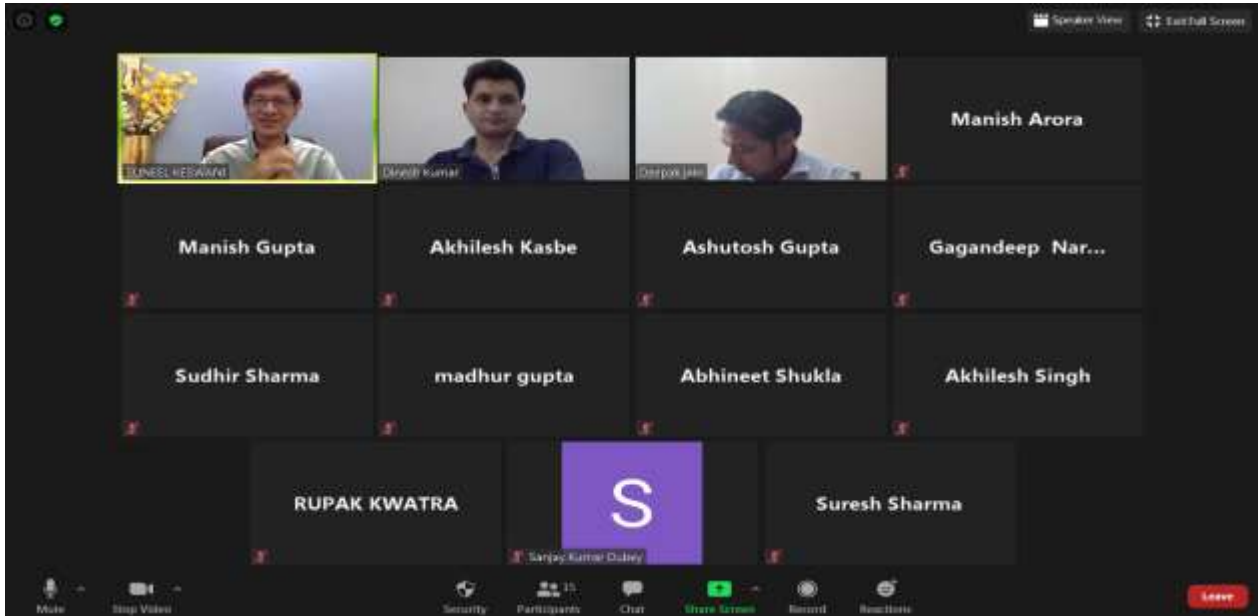
## Online Session on Sahaja Yoga By: Mr. Pankaj Chopra

09<sup>th</sup> - 10<sup>th</sup> June, 2020



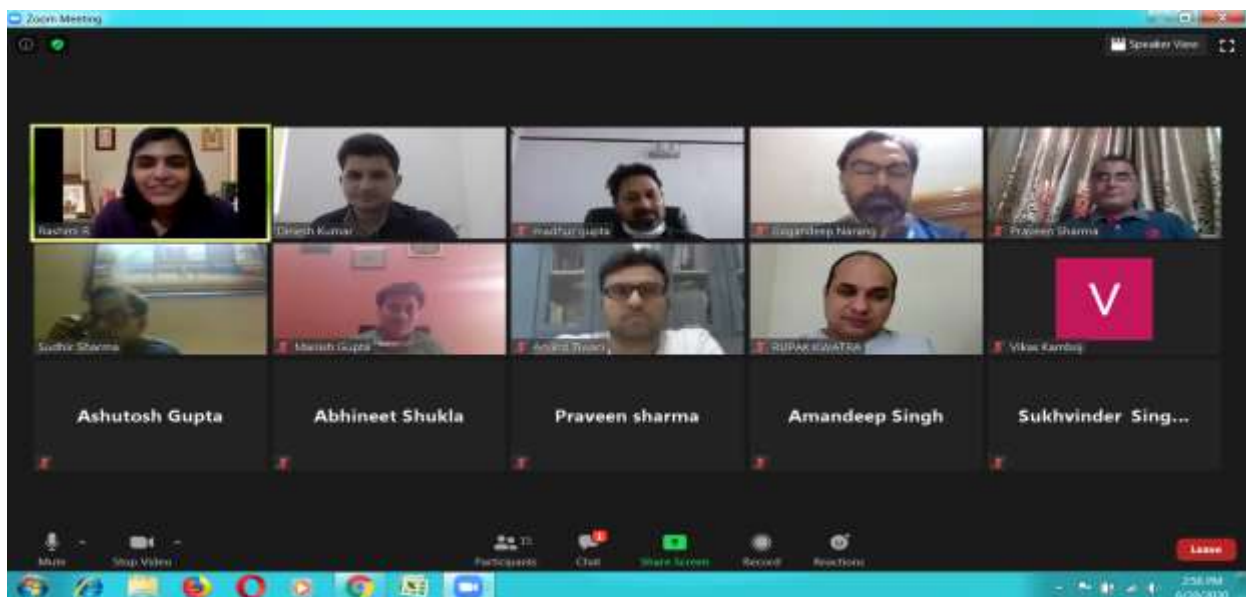
## Online Session on Leadership: Creating Values for others By: Mr. Suneel Keshwani

13<sup>th</sup> June, 2020



## Online Session on Influencing Skills By: Ms. Rashmi R

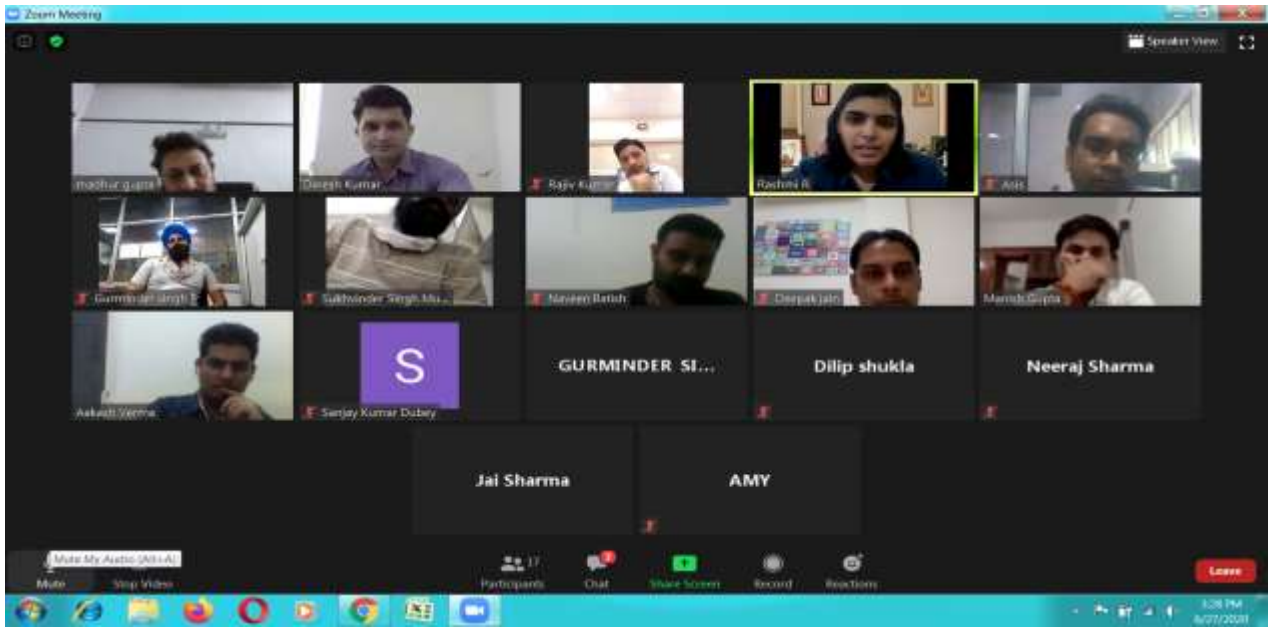
20<sup>th</sup> June, 2020



## Online Session on Emotional Intelligence

By: Ms. Rashmi R

27<sup>th</sup> June, 2020



## Online Session on Negotiation Skills

By: Mr. A R Ramesh

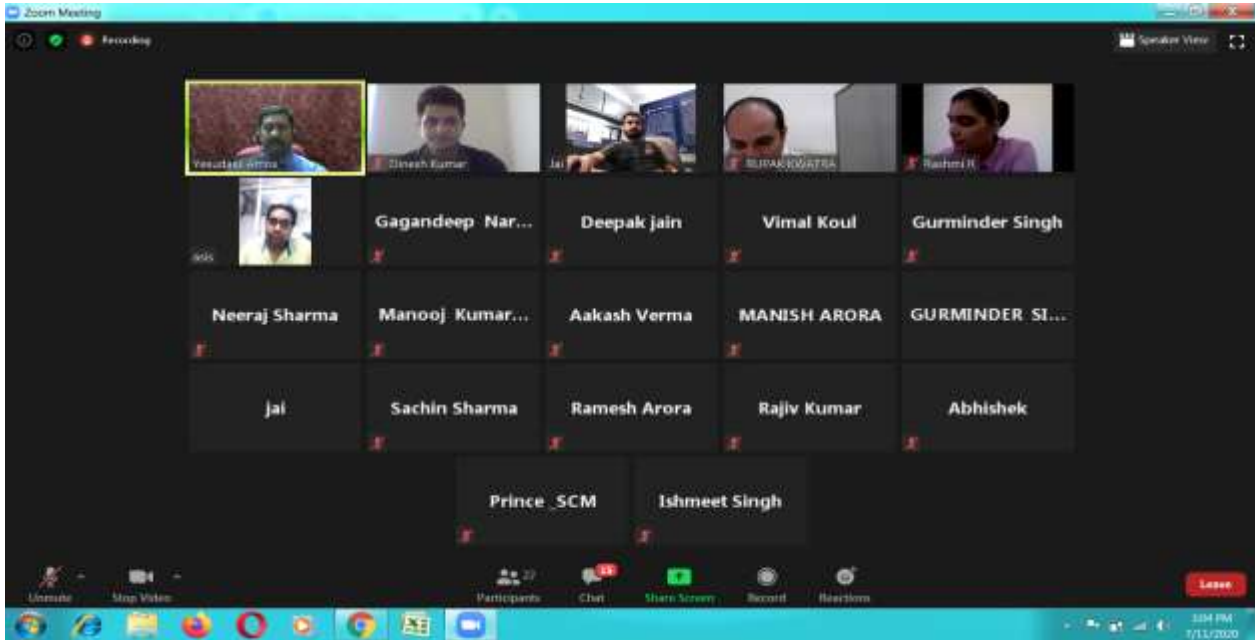
4<sup>th</sup> July, 2020



## Online Session on Building Interpersonal Relationships

By: Mr. Yesudass Amos

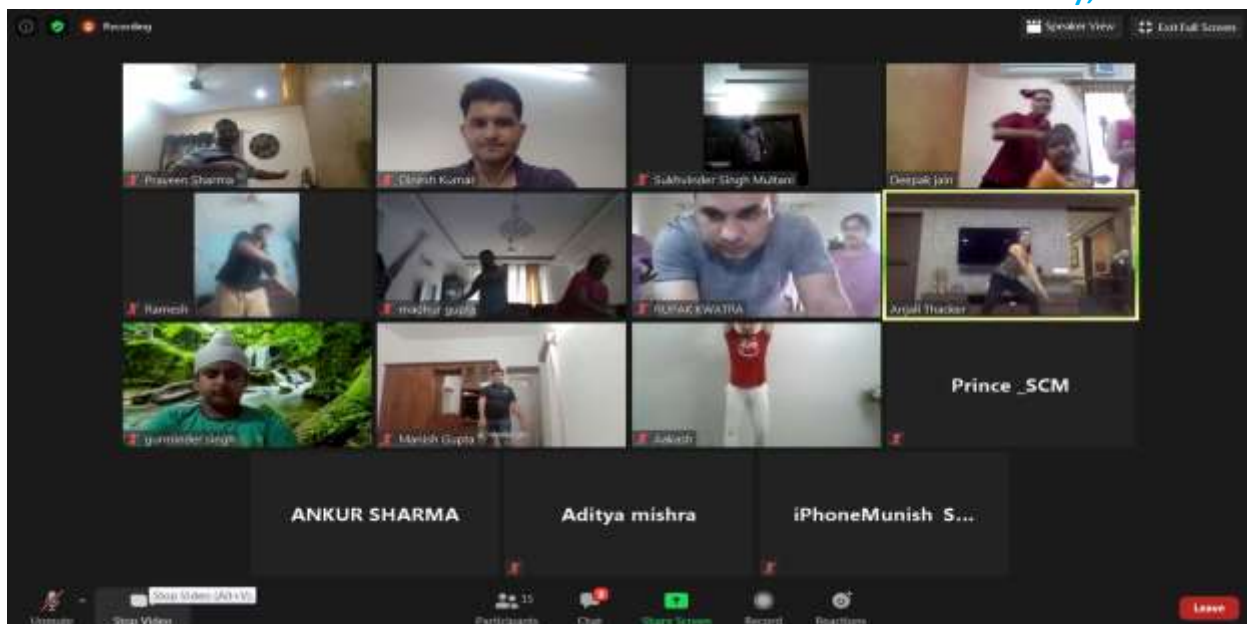
11<sup>th</sup> July, 2020



## Dancing Session (Zoom Zumba)

By: Ms. Anjali Thacker

19<sup>th</sup> July, 2020



### Covid 19 Awareness Session for Security Personnel

By: Mr. Sukhvinder Singh Multani & Mr. Asis Jethi

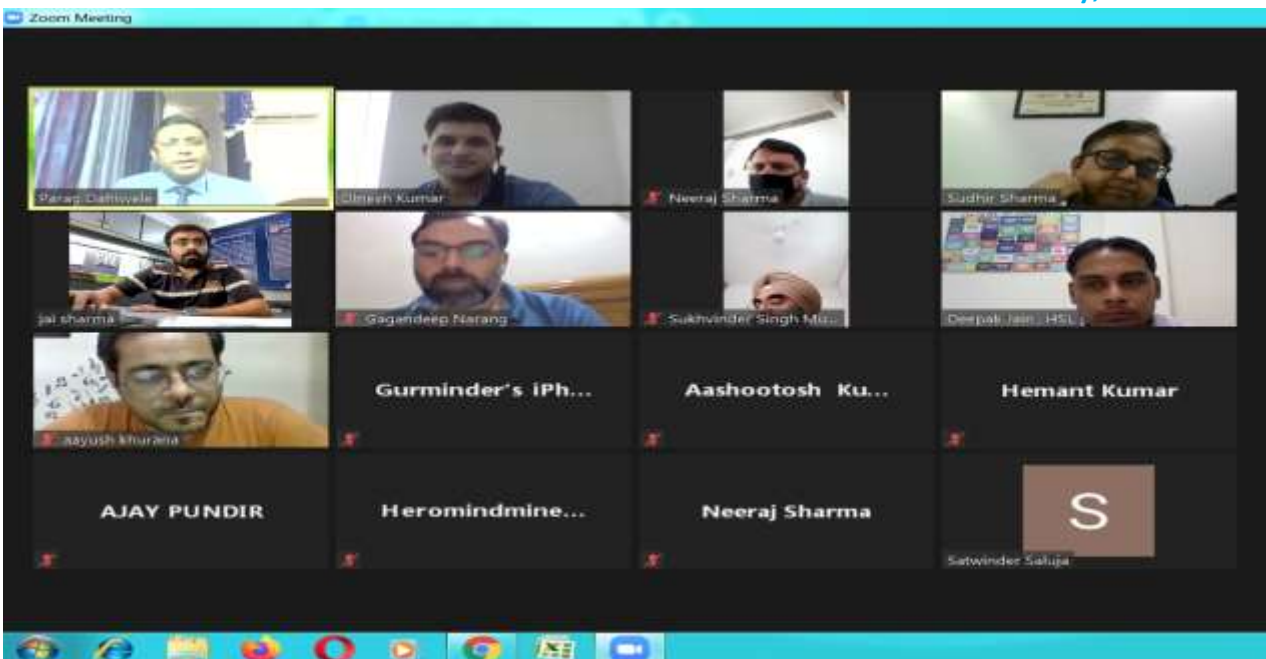
20<sup>th</sup> July, 2020



### Online Session on Business Etiquette and Mannerisms

By: Mr. Parag Dahiwele

25<sup>th</sup> July, 2020





# WAYS TO KEEP YOUR BLOOD PRESSURE UNDER CONTROL

## ब्लड प्रेशर को नियंत्रित करने के कुछ आसान उपाय



1.

पोटैशियम और फाइबर युक्त  
आहार का सेवन करें।

2.

खूब पानी पियें, नियमित रूप  
से व्यायाम करें।

3.

धूम्रपान न करें, शराब का सेवन  
कम करें।

4.

खाने में प्रतिदिन 1500 मिलीग्राम  
से भी कम नमक का प्रयोग करें।

5.

तनाव से बचें, शरीर का वजन  
कम करें।

# The Eight Dimensions of Wellness



**Intellectual Wellness:** engaging in creative, stimulating mental activities (academic and otherwise), striving for personal growth and a willingness to seek out and use new information, making sound decisions and thinking critically, openness to new ideas; motivation to master new skills; a sense of creativity, and curiosity

**Activities include:**

- Taking a non-required course or workshop
- Learning a new skill or picking up a hobby
- Reading (not for class)

**Occupational Wellness:** personal satisfaction and enrichment in one's life through work, seeking opportunities to grow professionally and to be fulfilled in your "job" whatever that may be, preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life

**Activities include:**

- Creating a vision for your career goals
- Visiting a career planning/placement office and use the available resources (e.g., making an appointment with Career Services)
- Talk to a professor about career options

**Environmental Wellness:** enjoying good health by occupying pleasant, stimulating environments that support wellbeing; trying to live in harmony with nature by understanding the impact of your actions on nature; taking initiative to protect your environment

**Activities include:**

- Picking up trash around campus
- Being aware of earth's natural resources and their respective limits
- Recycling and using biodegradable materials when possible

"Wellness is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions and heightened life satisfaction." (Swarbrick, 2006)

As a holistic and multi-dimensional approach to a healthy lifestyle, the wellness model encourages that students strive to achieve a balance between these dimensions of wellness.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

**Physical Wellness:** healthy eating, sleeping, physical activity, avoiding or reducing drug and alcohol use, identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm (safe sex, wearing helmets, etc.)

**Activities include:**

- Exercising for at least 30 minutes per day
- Getting adequate rest (e.g., sleep more than 6 hours per night)
- Controlling your meal portions (e.g., eating in moderation)

**Multicultural Wellness:** awareness of your own cultural background and becoming knowledgeable about, respectful of, and sensitive to the culture of others

**Activities include:**

- Attending a diversity lecture or event (e.g., participating in an OID event)
- Joining and being an active member in a club that promotes multiculturalism
- Taking the initiative to learn about the cultures of your peers

**Social Wellness:** learning good communication skills, developing safe intimacy with others, connecting and contributing to one's community, living up to healthy expectations and demands of our social roles, creating a support network of friends, colleagues and family members, showing respect for others and yourself, building a sense of belonging

**Activities include:**

- Intentionally seeking out others to get acquainted (e.g., having a meal with someone from another dorm)
- Getting involved in a social event
- Contributing to the community (e.g., Community Engagement events)

**Emotional Wellness:** awareness and acceptance of one's feelings and cognitions, coping with and expressing emotions in a healthy and adaptive manner

**Activities include:**

- Practicing stress management techniques
- Meditating
- Seeking help when feeling sad or overwhelmed

**Spiritual Wellness:** search for meaning and purpose in human existence; possessing a set of guiding beliefs, principles, or values that help give direction to one's life, willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood through nature, art, music, religion, meditation, or good deeds performed for others

**Activities include:**

- Exploring/contemplating your spiritual side
- Allowing yourself and those around you the freedom to be who you/they are
- Worshiping

[www.facebook.com/harveymuddwellness](http://www.facebook.com/harveymuddwellness)

Contributed By : Mr Sachin Sharma (Purchase)

# BUDDY TALK



In this section, we would get the opportunity to know about two personalities who shall be employees of the Hero Steels Ltd. These employees will share and introduce each other to the fellow colleagues.



**Mr. Manish Uniyal**  
Executive – Systems



**Mr. Jai Sharma**  
Officer - Admin

### **Mr. Jai Sharma on Mr. Manish Uniyal**

With Manish, I cannot exactly recall when we became friends. Manish, a great asset to any company, always ready to put his energy and time to get the job done. He is very nice and helpful person. He always comes with a happy face.

He is passionate about badminton. He is friendly, witty; full of enthusiasm and always there to give you good ideas. I wish him good luck for all his endeavors.

### **Mr. Manish Uniyal on Mr. Jai Sharma**

Whenever I talk about good Friends his name flashes into my mind. He is a good friend of mine and always ready to help apart from his professional life. He is an honest and trustworthy person.

He being a friendly nature holds a good bonding with everyone. He is a type of person who is ready to talk on any topic (talkative one).

As a profession vice he tackles/handles the problem in better way and has good management quality.

He takes stand for right and wrong. He loves to travel and a nature lover. I wish him lots of success and a bright future ahead.

**New Additions in the family...  
Hearty Congratulations from the Hero Family!**



**Mrs. Upadhyay with New Baby Girl “Aarohi Upadhyay”**

**Hearty Congratulations to Mr Shashikant Upadhyay – Tube Plant. He has been blessed with a baby girl on 03<sup>rd</sup> June 2020. He has named his little princess as Aarohi Upadhyay.**



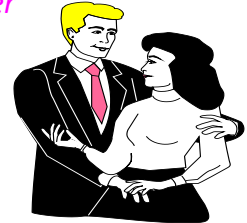


**...Nuptial Ceremony...**

*Best wishes to the bride and groom. May their love grow richer*

*and their marriage stronger and may they find much joy,*

*all the way as they build their life together, day by day.*



**Mr. Manmandir Singh  
(Quality Assurance)**



got married with

**Ms. Manpreet Kaur**  
in the month of July, 2020

## SAFETY POSTER & SAFETY SLOGAN COMPETITION WINNERS

PARTICIPANTS:- EMPLOYEES & FAMILY MEMBERS

1. Mr Raj Bahadur Singh - Security
2. Mr Sanjay Kumar Mishra - Security
3. Mr Yashwant Singh Rajput - Admin
4. Mr Tara Datt Pant - Material Handling
5. Mr Pardeep Kumar - Electrical
6. Mr Sanjiv Kumar - Rewinding



## Test your Knowledge

Name the countries to which the following companies originally belong to?

1. Volvo –
2. Philips –
3. TCL China –
4. Ericsson –
5. Bata –
6. Bridgestone –
7. Moser Baer
8. Amkette -

Email the right answers at [dineshkumar@herosteels.com](mailto:dineshkumar@herosteels.com)

The first three correct entries will get exciting gifts.



## Suggest/ Tell us Why, What, How....

*Share with us your creativity.*

*We invite write-ups, art work, sketches, poetry etc. from all and it will be featured in our next edition of the Reach out.*

*We would encourage your participation in sections “Buddy Talk” and articles for “Lifestyle & Well Being”.*

You can Share your valuable **FEEDBACK** with us at: [dineshkumar@herosteels.com](mailto:dineshkumar@herosteels.com) & [jaindeepak@herosteels.com](mailto:jaindeepak@herosteels.com)

