

STEEL INSIGHTS 2025

EDITION: APR'25-JUN'25



APRIL TO JUNE 2025

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FROM THE EDITOR'S DESK

A decorative blue wavy line that curves from the left towards the right, positioned below the 'FROM THE EDITOR'S DESK' header.

Dear Colleagues,

Greetings to the team Hero Steels Ltd.

As we delve into the pages of this edition, you will discover the remarkable strides we have taken to innovate, inspire and impact the industries we serve.. From innovation to impactful CSR initiatives, we underscores our commitment to excellence and dedication.

As we move forward, we remain committed to providing excellent customer service and support as a means of generating new marketing and sales opportunities.

Looking back, I am filled with immense pride to share with you the remarkable accomplishments and recognition that our Company has achieved over the past quarter.

As we enter the next quarter, let us continue to strive for higher goals and greater customer satisfaction. Let us also uphold our social responsibility and environmental sustainability. We have a bright future ahead of us and I am confident that we will overcome any obstacles that may come our way.

Thank you for your unwavering commitment and dedication. I am proud to lead this exceptional team and confident that our united efforts will lead to even greater accomplishments.

Stay Safe and Healthy!

Jitendra Kumar Sharma
Executive Director



Dear Colleagues,

Greetings to the Team!!

I hope you and dear ones are safe.

This edition of Reach-Out are the highlights of some engagement activities like Health check-up camps to keep employee health records, festivals celebration's highlights .

We plan to continuously upgrade and improve the e-magazine to meet the needs and expectations of all of you and make this an extremely popular e-platform.

I wish you a happy and enjoyable reading!!

Best Wishes,

**Vishal Kumar
Assistant General Manager
Human Resources**

NEW JOINEES



MR. VINOD PAL
HELPER
OPERATIONS



MR. AKSHAY MUNJAL
MANAGEMENT TRAINEE
FINANCE & ACCOUNTS



MR. RITESH KUMAR
GRADUATE ENGINEER TRAINEE
TUBE PLANT



MR. HEMANT KASERA
GRADUATE ENGINEER TRAINEE
OPERATIONS



MR. NAVEEN
HELPER
OPERATIONS



MR. VISHNUDUTT
HELPER
OPERATIONS



MR. SURESH KUMAR TIWARI
HELPER
OPERATIONS



MR. LOVEPREET SINGH
CARPENTER
ENGINEERING & SERVICES



MR. SANJAY KUMAR
PAINTER
ENGINEERING & SERVICES

NEW JOINEES



MR. HARISHANKAR TIWARI
ASSITANT OPERATOR
OPERATIONS



MR. MAYANK
DRIVER
SECURITY & TRANSPORT



MR. SAGAR RATTAN
EXECUTIVE ASSISTANT
DIRECTOR'S OFFICE



MR. MOHIT KUMAR
ASSISTANT ENGINEER
QUALITY ASSURANCE



MR. AKASH KUMAR PURI
TRAINEE
ENGINEERING & SERVICES



MR. AVINASH SINGH
TRAINEE
ENGINEERING & SERVICES



MR. YASH JINDAL
GENERAL MANAGER
OPERATIONS



MR. RANJAN KUMAR
ONLINE CHECKER
TUBE PLANT



MR. MANCHUN KUMAR
WELDER
TUBE PLANT

NEW JOINEES



MR. AJAY PAL SINGH RANA
OFFICER
HUMAN RESOURCES



MR. NARINDER PAL
ELECTRICIAN
ENGINEERING & SERVICES



MR. VISHAL MISHRA
SENIOR FITTER
ENGINEERING & SERVICES

Welcome



EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations





EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations



SEWA NIVRITI



“A moment to celebrate the invaluable service and countless contributions. Though now retired, their legacy lives on - continuing to inspire us every day.”



Learning & Development

Internal & External
Sessions



**To equip employees to
be well groomed,
professional and enable
them to imbibe the
values of Hero Steels**

Learning & Development





At Hero Steel, we believe our greatest asset is our people. Our robust Training and Development initiatives are designed to empower every employee, from the shop floor to the executive suite, to reach their full potential.

We invest in continuous learning through diverse programs, workshops, and skill-enhancement camps. This isn't just about professional growth; it's about fostering a culture of innovation, adaptability, and excellence. By equipping our team with cutting-edge knowledge and skills, we ensure they thrive in an evolving industry while driving the company's success.



WORKSHOP ON DESIGN THINKING





“On the 3rd Friday of every month, our team transforms the workplace into a stage: teams go head-to-head in Antakshari & other team building activities.

Within minutes, colleagues across departments are laughing, cheering & connecting. It's the perfect high energy break: relaxing, inclusive and memorable.”



Friday Fiesta



"Exploring the rich cultural tapestry of Haridwar together, fostering deeper bonds beyond the workplace. A memorable spiritual retreat."



Haridwar Trip



Feeling Our Team Spirit.



Vaisakhi Celebrations



At Hero Steels, we believe that festivals are not just about tradition - they are about people, pride and participation. We proudly embrace the rich tapestry of our employees' cultural heritage. Our annual Vaisakhi celebration is a testament to this commitment.

Employees came together in the heart of our workplace to soak in the cultural energy and celebrate unity. We captured the moments with group photos, reflecting the joy and spirit of Vaisakhi.



WORLD
Environment
DAY





International Yoga Day



A STEP TOWARDS WORKPLACE WELLNESS

ON INTERNATIONAL YOGA DAY, HERO STEELS ORGANIZED A UNIQUE YOGA DAY CAMP LED BY EXPERT TRAINER *MR. ASHUTOSH BHATT, WHO TAUGHT EMPLOYEES SIMPLE YOGA TECHNIQUES THAT CAN BE PRACTICED WHILE SITTING ON A CHAIR AT THEIR WORKSTATIONS. THESE INCLUDED **DEEP BREATHING, **NECK ROLLS, **SHOULDER ROTATIONS, **SEATED SPINAL TWIST, AND **EYE RELAXATION EXERCISES* – ALL AIMED AT IMPROVING MENTAL HEALTH, REDUCING STRESS, AND ENHANCING FOCUS. THE SESSION RECEIVED ENTHUSIASTIC PARTICIPATION FROM ALL DEPARTMENTS AND REMINDED EVERYONE THAT WELLNESS CAN BEGIN RIGHT AT THEIR DESK. WITH THESE EASY AND EFFECTIVE CHAIR YOGA TECHNIQUES, THE CAMP PROMOTED A CULTURE OF MINDFULNESS AND BALANCE AT THE WORKPLACE. IT WAS A REFRESHING STEP TOWARDS BUILDING A HEALTHIER AND MORE PEACEFUL WORK ENVIRONMENT.





FIBRO SCAN CAMP



*"Beyond the workplace, caring for
long-term well-being. Our FibroScan
Camp initiative."*



GENERAL & CARDIAC CAMP



Hero Steels Limited organized an on-site medical camp exclusively for employees. Healthcare professionals conducted ECGs for those at cardiac risk and offered one-on-one consultations to address individual health concerns.



OPEN HOUSE MEETING





**REWARD & RECOGNITION –
CERTIFICATE OF APPRECIATION**

WINNERS OF QUIZ & PEHCHANO





MR. SANJEEV KUMAR
HUMAN RESOURCES



MR. AJAY PAL SINGH RANA
HUMAN RESOURCES

Sanjeev Kumar on Ajay Pal Singh Rana

"Ajay has been with us for only a short time, yet he has quickly made a significant impact on the team. From the very beginning, he has demonstrated dedication, professionalism, and a proactive approach to every task.

He consistently approaches challenges with confidence and a collaborative spirit, making him a valued team member.

We are pleased to have Ajay on board and look forward to his continued contributions and growth within the team."

Ajay Pal Singh on Sanjeev Kumar

"Working with Mr. Sanjeev Kumar has been a truly enriching experience. His calm leadership and insightful guidance inspire us everyday.

Always approachable, he exemplifies professionalism while fostering a culture of empathy and trust.

A true mentor — I'm grateful to learn under his steady hand."

स्वाभिमान

स्वाभिमान का अर्थ है — अपने सम्मान, आत्मसम्मान और मर्यादा के प्रति जागरूक रहना। यह किसी भी मनुष्य के चरित्र की सबसे बड़ी पूंजी होती है। स्वाभिमान हमें अपने कर्तव्यों, अधिकारों और आत्मबल का बोध कराता है। जिस व्यक्ति में स्वाभिमान होता है, वह कभी अन्याय, अपमान और अधर्म के सामने नहीं झुकता। स्वाभिमान मनुष्य को आत्मनिर्भर, निडर और दृढ़ बनाता है। जिस व्यक्ति के पास स्वाभिमान होता है, वह किसी भी परिस्थिति में अपने सिद्धांतों से समझौता नहीं करता। वह अपने परिश्रम, ईमानदारी और सच्चाई के बल पर जीवन में आगे बढ़ता है। स्वाभिमान से ही व्यक्ति को आत्मगौरव की अनुभूति होती है।

एक स्वाभिमानी व्यक्ति समाज में सदैव सम्मान प्राप्त करता है। स्वाभिमानी व्यक्ति न केवल अपने लिए बल्कि समाज और देश के लिए भी प्रेरणा का स्रोत बनता है। स्वतंत्रता सेनानियों के संघर्ष में भी स्वाभिमान की भावना प्रमुख रही। महात्मा गांधी, भगत सिंह, नेताजी सुभाष चंद्र बोस आदि ने अपने स्वाभिमान के लिए कठिन से कठिन परिस्थितियों का सामना किया। स्वाभिमान और अहंकार में बड़ा अंतर है। स्वाभिमान हमें विनम्र, संयमी और सजग बनाता है, जबकि अहंकार व्यक्ति को घमंडी और अंधा बना देता है। हमें हमेशा अपने आत्मसम्मान की रक्षा करनी चाहिए, लेकिन कभी भी घमंड में नहीं पड़ना चाहिए। स्वाभिमान जीवन का सबसे बड़ा गहना है। इसके बिना मनुष्य का जीवन दिशाहीन हो जाता है। हमें हमेशा अपने कार्यों में ईमानदारी, सत्य और नैतिकता का पालन करते हुए अपने स्वाभिमान की रक्षा करनी चाहिए। यही सच्चा जीवन है।

RAKESH KUMAR
SAFETY OFFICER

Introduction

- Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.
- Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention.
- People with COVID-19 have a wide range of symptoms ranging from mild symptoms to severe illness.
- Symptoms may appear 2-14 days after exposure to the virus.
- Symptoms may start as mild, and some people will progress to more severe symptoms.
- TRANSMISSION: The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols.
- It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover or if you feel unwell.

Possible symptoms include:

- Fever or chills.
- Cough.
- Shortness of breath or difficulty breathing.
- Sore throat.
- Congestion or runny nose.
- New loss of taste or smell.
- Fatigue.
- Muscle or body aches
- Headache/Nausea /vomiting/Diarrhoea

Look for emergency warning signs* for COVID 19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Depending on skin tone, lips, nail beds and skin may appear pale, grey, or blue.
- COVID 19 AND FLU
- Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (SARS-CoV-2) first identified in 2019. Flu is caused by infection with an influenza virus.
- Compared with flu, COVID-19 can cause more severe illness in some cases
- Compared to people infected with influenza virus, people infected with SARS-CoV-2 may take longer to show symptoms and may be contagious for longer periods of time.

In Short

The NB.1.8.1 sub variant of Omicron is spreading rapidly in India and other countries. The variant has been known to evade immunity.

NB.1.8.1 is a sub variant of Omicron spreading in India and China

- It is about 1.5 times more contagious than previous variants. The current strain of the COVID-19 virus as reported by INSACOG data, are protein mutations of the JN.1 virus.

- Current cases are mostly mild but surveillance is needed.
- **RISK FACTORS**; an increased risk of being hospitalized with COVID-19
 - Age>65, pregnancy, smoking, person with organ or stem cell transplant.
 - HIV/AIDS
 - Co-morbidities like Diabetes and hypertension
 - Drug abusers(alcohol, cocaine ,opioids
 - Obesity and stroke
- **COMPLICATIONS OF COVID**
 - Pneumonia, ARDS, Blood clots, pulmonary embolism
 - deep vein thrombosis, myocarditis, cardiac arrest,
 - Multi-system inflammatory syndrome in children.
- **DIAGNOSIS & TESTING**
 - RT PCR (NASAL SWAB /THROAT SWAB)
 - Rapid Antigen Test

Treatment: Covid 19 can be treated with antiviral medications. These medications can reduce the risk of severe illness and long Covid. In severely ill and hospitalised cases may require –

- Monoclonal Antibody treatment
- Supplemental oxygen
- Corticosteroids
- Mechanical Ventilation

Recovery Time: Many people recover from symptoms like congestion, sore throat and cough in about two weeks.

But tiredness, shortness of breath and other symptoms can linger for weeks or even months afterwards.

- Person can be contagious with COVID from a couple of days before symptoms start to about eight to 10 days after.

Emergency cases if there is Difficulty in breathing, chest pain, severe leg pain, signs of DVT (deep vein thrombosis), blue discoloration of nails & lips (cyanosis) and confusion.

Preventive Measures:

- Wash Your Hands Often. Scrub with soap and water for at least 20 seconds. ...
- Improve Ventilation. ...
- Disinfect frequently touched surfaces
- Stay Home if You Feel Unwell. ...
- Wear a Mask.
- Keep physical distance of at least 1 metre from others, even if they don't appear to be sick. Avoid crowds and close contact.
- Avoid touching your eyes, nose, and mouth –especially when you are sick.
- Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings.
- Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze
- Practice cough hygiene.
- Dispose of used tissues immediately and clean hands regularly.
- If you develop symptoms or test positive for COVID-19, self-isolate until you recover.
- Do not spit here and there use spittoons.



SEARCH RIDDLES

Q.1 How many JIB cranes does HSL have?

- a) 4 b) 5 c) 2 d) 3

Q.2 How many certified first' aiders are there in HSL ?

- a) 15 b) 25 c) 20 d) 10

Q.3 What do you mean by HPH ?

Q.4 Who is the writer of "THE MAKING OF HERO" ?

Q.5 What was the old name of Hero Steels?

The first three correct entries will get exciting gifts.....



PEHCHANO



You have to recognize the photo and email to deekshasharma@herosteels.com with name of area and what it is of.

The first three three correct entries will get exciting gifts.....



Upcoming Events to Look Forward To

Key Dates and Activities to Remember

Engagement Opportunities for All Employees.

- **RAKHI MAKING COMPETITION**
- **INDEPENDENCE DAY CELEBRATION**
- **TEAM BUILDING ACTIVITIES (FRIDAY FIESTA)**
- **ENGINEERING DAY CELEBRATION**
- **OPEN HOUSE MEETING**
- **HEALTH TALK & MEDICAL CHECKUP CAMP**

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 Reach out.

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

You can share your valuable **FEEDBACK** with us at:

vishalkumar@herosteels.com

deekshasharma@herosteels.com