

STEEL INSIGHTS 2025

EDITION: JULY'25-SEP'25



JULY TO SEPTEMBER 2025

CONTENTS

1. Editor's Desk
2. Parichay
3. Birthday Bash
4. Sewa Nivriti
5. Learning Highways
6. Celebrations
7. Lifestyle & Well- being
8. Rewards & Recognition
9. Buddy Talk
10. Journals
11. Quiz & Pehchano
12. Highlights of Upcoming Events
13. Suggestions



FROM THE EDITOR'S DESK

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, training 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**

Welcome our new TEAM MEMBERS!

We're excited to welcome new team members to the Hero family! Their fresh ideas and expertise will make our team even stronger as we continue to grow together.

Let's give them a big round of applause and a warm welcome! 🙌🎉

NEW JOINEES



MR. SATYENDRA PRASAD
WELDER
ENGINEERING & SERVICES



MS. SIMRAN SINHA
EXECUTIVE
SALES & MARKETING



MR. GURDEEP SINGH
ELECTRICIAN
ENGINEERING & SERVICES



MR. PARDEEP RITWAL
CHIEF SECURITY OFFICER
SECURITY & TRANSPORT



MR. AMAN KUMAR
DEPUTY MANAGER
OPERATIONS



MR. RAJESH CHANDER
MOTOR WINDER
ENGINEERING & SERVICES



MR. ABINASH
ENGINEER
QUALITY ASSURANCE



MR. RAJESH KUMAR
GRADUATE ENGINEER TRAINEE
OPERATIONS



MR. MANPREET SINGH
ASSISTANT ELECTRICIAN
ENGINEERING & SERVICES

NEW JOINEES



MR. AKASHDEEP SINGH HUNDAL
ASSISTANT ELECTRICIAN
ENGINEERING & SERVICES



MS. RUCHI SAXENA
SENIOR ENGINEER
QUALITY ASSURANCE



MR. SAHIB SINGH
TRAINEE
SALES & MARKETING



MR. AJAY SINGH
DIPLOMA ENGINEER TRAINEE
OPERATIONS



MR. ANOOP PANDAY
SENIOR EXECUTIVE
SALES & MARKETING



MR. SANDEEP KUMAR
SAFETY OFFICER
ADMINISTRATION



MS. HARPREET KAUR
OFFICER
ADMINISTRATION



MR. VIKAS TIWARI
HELPER
OPERATIONS



MR. ANMOL MEHTA
SENIOR ENGINEER
ENGINEERING & SERVICES



EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations





EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations





EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations





EMPLOYEES ENGAGEMENT ACTIVITIES

Birthday Celebrations



SEWA NIVRITI

“Today we honor a lifetime of service and immeasurable contributions. Though retirement marks a new chapter, their legacy endures—an everlasting source of inspiration that guides us each day.”



Learning & Development



We believe learning is the key to growth and success. Through our Learning & Development programs, we empower employees to enhance their skills, gain new knowledge, and unlock their potential. These trainings inspire innovation, confidence, and continuous improvement—helping every individual to grow while driving the success of our organization. Together, we learn, grow, and achieve more every day.

Learning & Development





Learning & Development



RTRA 00

47

TR



▶ 9

RTRA 00

47

TR



▶ 9



Friday Fiesta

RTRA 00

47

TR



▶ 9

RTRA 00

47

TR



▶ 9

“Every 3rd Friday, work takes a backseat as fun takes the spotlight! From hilarious games to lively team challenges, the office buzzes with laughter, bonding, and unbeatable energy. It’s not just a break—it’s where memories are made and teams grow stronger together.”

RAKSHA BANDHAN



We observed Raksha Bandhan with joy and unity through a Rakhi Making Competition. Employees showcased their creativity, and winners were awarded for their beautiful designs. It was a wonderful celebration of togetherness and festive spirit.



**UNITY IN
DIVERSITY**

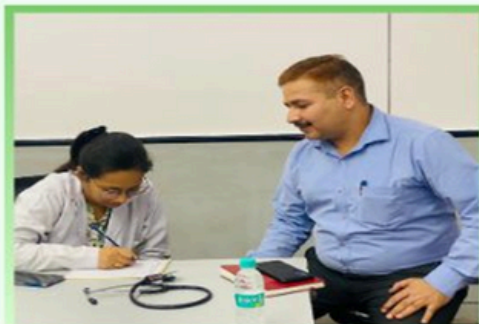
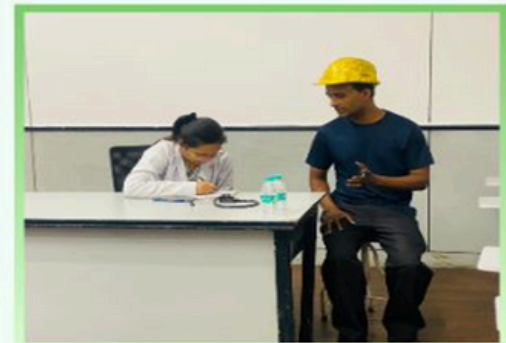
**CELEBRATED
INDEPENDENCE
DAY**



HEALTH IS MORE IMPORTANT THAN ANYTHING



H O M E O P A T H Y



Homeopathic
Camp



HERO
STEELS LIMITED

EYE CHECK-UP CAMP 2025



OUR COMPANY ORGANIZED A FREE EYE CHECK-UP CAMP FOR EMPLOYEES, ALONGSIDE COMPLIMENTARY CONSULTATIONS, WE PROVIDED FREE MEDICINES TO THOSE IN NEED. THE CAMP HELPED MANY EMPLOYEES BECOME AWARE OF THEIR EYE HEALTH, IDENTIFY ISSUES EARLY, AND TAKE PREVENTIVE CARE.

OPEN HOUSE MEETING

EACH MONTH, OUR OPEN HOUSE MEETING BRINGS EVERYONE TOGETHER TO DISCUSS PROGRESS, SET NEW GOALS, AND HONOUR EMPLOYEES FOR THEIR REMARKABLE ACHIEVEMENTS.



WINNERS OF QUIZ & PEHCHANO





**REWARD & RECOGNITION –
CERTIFICATE OF APPRECIATION**



MR. RAJIV DEPLA
TUBE PLANT



MR. SHASHIKANT UPADHYAY
TUBE PLANT

MR. RAJIV DEPLA TO MR. SHASHIKANT UPADHYAY

"Enjoyment isn't just a bonus—it becomes the rhythm of work when you're surrounded by the right people. When collaboration meets understanding, productivity becomes passion.

Having someone who gets your goals and your quirks makes even the busiest days feel lighter. Work transforms into joy when your colleague not only understands your vision but walks beside you to build it."

MR. SHASHIKANT UPADHYAY TO MR. RAJIV DEPLA

"When he joined Hero, he came from a different work domain, and the nature of this role was entirely new to him. However, he quickly adapted by leveraging his existing skills and demonstrated a strong learning curve. He took a particular interest in CTL, which had been a challenge area for the team, and made significant strides in understanding both the theoretical and practical aspects of the work. His contributions led to noticeable improvements in CTL operations.

In addition to his core responsibilities, he brings valuable skills in data analysis and presentation, which have enhanced team decision-making and communication. His collaborative and helpful nature makes him a reliable team member and a positive influence on the work environment."

विनम्रता

विनम्रता किसी व्यक्ति की सबसे बड़ी शक्ति होती है। यह वह गुण है जो न केवल हमारे व्यक्तित्व को सुंदर बनाता है, बल्कि समाज में हमारे लिए सम्मान और आदर भी अर्जित करता है। विनम्र व्यक्ति हमेशा दूसरों की भावनाओं का सम्मान करता है और अपने व्यवहार में नम्रता और शालीनता बनाए रखता है।

विनम्रता का अर्थ यह नहीं कि हम अपने अधिकारों का त्याग कर दें, बल्कि इसका अर्थ है कि हम अपने ज्ञान, कौशल और शक्ति का उपयोग अहंकार या गर्व के बजाय सद्भाव और सहयोग के लिए करें। एक विनम्र व्यक्ति अपनी उपलब्धियों को घमंड के साथ नहीं दिखाता, बल्कि दूसरों की सराहना करता है और मदद के लिए हमेशा तैयार रहता है।

विनम्रता न केवल हमारे व्यक्तित्व को निखारती है, बल्कि समाज में हमारे लिए सम्मान और विश्वास भी लाती है। यह एक ऐसी शक्ति है जो शब्दों से नहीं, बल्कि कर्मों से दिखती है। इसलिए, जीवन में विनम्रता अपनाना केवल एक गुण नहीं, बल्कि एक अमूल्य साधन है, जो हमें सच्ची सफलता और संतोष दोनों देता है।

BRONCHIAL ASTHMA

DEFINITION: Asthma is a condition that causes airways to swell, narrow and fill with mucus. This can make it hard to breathe or cause other symptoms, like chest tightness, cough and wheezing. Common asthma triggers include allergies (like pets or pollen), smoke, cold weather, exercise, strong smells and stress. Asthma attacks can be fatal if not treated.

Types of asthma

- **Allergic asthma:** when allergies trigger asthma symptoms
- **Cough-variant asthma:** when the only asthma symptom is a cough
- **Exercise-induced asthma:** when exercise triggers asthma symptoms
- **Occupational asthma:** when substances breathe in at work place causes to develop asthma or trigger asthma attacks
- **Asthma-COPD overlap syndrome (ACOS):** when the both asthma and COPD (**chronic obstructive pulmonary disease**).

Asthma causes:

- Live with allergies or eczema (atopy)
- Exposed to toxins, fumes or second hand or third hand smoke (residue left behind after smoking), especially early in life
- Having a biological parent with allergies or asthma
- Repeated respiratory infections (like RSV) as a child.

Symptoms of asthma include:

- Shortness of breath
- Wheezing
- Chest tightness, pain or pressure
- Cough

Asthma triggers:

Asthma triggers are anything that causes asthma symptoms or makes them worse. Common triggers include:

- **Allergies:** pollen, dust mites, pet dander, other airborne allergens
- **Cold air:** especially in winter
- **Exercise:** especially intense physical activity and cold-weather sports
- **Mold:** even if you're not allergic
- **Occupational exposures:** sawdust, flour, glues, latex, building materials
- **Respiratory infections:** colds, flu and other respiratory illnesses
- **Smoke:** smoking, second hand smoke, third hand smoke
- **Stress:** physical or emotional
- **Strong chemicals or smells:** perfumes, nail polish, household cleaners, air fresheners
- **Toxins in the air:** factory emissions, car exhaust, wildfire smoke.

Asthma can cause severe flare-ups that don't get better with treatment ([status asthmaticus](#)). This can be fatal if one can't get enough oxygen to main organs and tissues.

DIAGNOSIS AND TREATMENT:

Allergy blood tests or skin tests: These tests can determine if an allergy is triggering Bronchial asthma symptoms.

Complete Blood count: Absolute eosinophil and immunoglobulin E (IgE) levels and target them for treatment if they're elevated. Eosinophils and IgE levels can be elevated in certain types of asthma.

Spirometry: A common lung function test that measures how well air flows through lungs.

Chest X-rays or CT scans: These tests can help further to look for causes of Asthma symptoms.

Peak flow meter: This can measure how much airways are restricted during certain activities.

TREATMENT

The best way to manage asthma is to avoid any known triggers and use medications to keep airways open.

Treatment includes:

Maintenance inhalers: These usually contain inhaled steroids that reduce inflammation. Sometimes, they're combined with different types of bronchodilators (medicines that open airways).

A rescue inhaler: Fast-acting "rescue" inhalers can help during an asthma attack. They contain a bronchodilator that quickly open the airways. For example: Albuterol.

A nebulizer: Nebulizers spray a fine mist of medication through a mask on the face. Nebulizer can be used instead of an inhaler for some medications.

Leukotriene modifiers: A daily pill is prescribed to reduce asthma symptoms and risk of an asthma attack.

Oral steroids: A short course of an oral steroids is used for flare-up cases.

Antihistamines: Antihistamine drugs such as cetirizine, Loratadine, fexofenadine (Allegra®) or other allergy medications are given in cases having allergic asthma.

Biologic therapy: Treatments like monoclonal antibodies might help in cases of severe asthma.

Bronchial thermoplasty: If other treatments don't work, then one may go for bronchial thermoplasty. In this procedure, a pulmonologist uses heat to thin the muscles around the airways.

- **PREVENTIVE MEASURES:**

- **Reduce Indoor Allergens:**

Use allergen-proof covers for mattresses and pillows, vacuum with a HEPA filter, and wash bedding in hot water to kill dust mites.

- **Control Mold and Dampness:**

Fix leaky faucets and use fans or open windows to keep bathrooms dry to prevent mold growth.

- **Maintain Air Quality:**

Use air purifiers to clean the air and ensure good ventilation to reduce allergens.

Monitor and Manage Outdoor Air Quality

- **Check Air Quality Forecasts:** Pay attention to daily air quality updates and pollen counts.

- **Limit Exposure:** On days with poor air quality, stay indoors and avoid strenuous outdoor activities.

Prevent Infections

- **Get Vaccinated:** Stay up-to-date on your Influenza and Pneumonia Vaccinations to reduce the risk of respiratory infections that can worsen asthma.
- **Practice Good Hygiene:** Wash your hands frequently to prevent the spread of viruses.

Adopt a Healthy Lifestyle

Maintain a Healthy Weight: Being significantly overweight can worsen asthma.

Exercise Safely: Engage in asthma-friendly, low-impact exercises to improve lung function and stamina.

Eat a Healthy Diet: Follow a healthy diet, rich in fruits and vegetables.

DR. RUCHIKA DHILLON
MEDICAL OFFICER





SEARCH RIDDLES

Q.1 Which chemical used in pickling at HSL?

Q.2 "What are the 5 Japanese terms for 5S methodology?"

Q.3 "What is the meaning of 'Hi' in 4Hi, 2Hi, and 6Hi?"

A. High B. Hydraulic C. Heat D. Heavy

Q.4 "What was the total dispatch for last month?"

A. 14156 B. 14256 C. 15156 D. 15256

Q.5 "What is the full form of HIRA in safety?"

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.

- **TEAM BUILDING ACTIVITIES (FRIDAY FIESTA)**
- **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