



NAV URJA

Adhunik Power & Natural Resources Limited

E-Bulletin

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Rally for green

EARTH

WED celebration report @ Page-2



WORLD Environment Day



Over 105 cyclists comprising school students paddled to takeout a cycle rally to spread the message for green and clean environment. The employees and officials of Adhunik Power & Natural Resources Limited (APNRL), Padampur, villagers of vicinity and labours of contracting agencies joined the spree to save environment on World Environment Day on 5th June, 2024.

The convoy of cyclists paddled about five kilometers to spread awareness for environment. The rally was flagged off by Chief Guest on the occasion, Shri Nirmal Kumar Agarwal. Overjoyed cyclists full heartedly completed the rally distance with all enthusiasm. Later on, sapling plantation and distribution drive was followed by cycle rally at the Plant premises. About 220 saplings have been planted while 450 saplings distributed on the occasion. Director, Shri Nirmal Kumar Agarwal followed by Mr. M N Singh and other senior officials have planted the saplings the very first. Besides them, other senior officials Mr. Rajesh Sharma, Mr. NSP Rao, Mr. Sanjeev Choudhary, Mr. Ajay Manohar Bangde, Mr. Amal Baidya, Mr. S K Parvez, Mr. Manoj Acharya, Mr. Prakash Dhar, Mr. Vikash Singh, Mr. Amit Singh, Mr. Amulya Sethi and Mr. Ashok Singh with other employees also Planted saplings. Welcome address delivered Mr. Kamlesh Kumar while vote of thanks proposed by Mr. S K Parvez.

Later on, Mr. Kamlesh Kumar of Environment department have conducted numbers of environment supporting contests like quiz, poster making and slogan writing for the employees and their family members which's winners and runners-up were awarded on the day of Environment day celebration.



Inhale peace, exhale stress, find your inner bliss, feel truly blessed

The 10th edition of International Yoga Day was celebrated with great enthusiasm at APNRL, Sankalp Bhawan. This annual event, observed every year on June 21, aims to raise awareness about the ancient practice of yoga and its benefits for physical and spiritual well-being.

This year's theme, "Yoga for Self and Society," highlighted the crucial role of yoga in enhancing the overall well-being of women. It underscored yoga's transformative impact on women's lives, emphasizing empowerment through physical, mental, emotional, and social dimensions.

The event was inaugurated by CEO Mr. Arun Kumar Mishra, who lit-up lamp and spoke about the importance of incorporating yoga and



physical exercise into daily life. Approximately 70 employees, including contract staff, participated during the yoga session. Seniors and HoDs' of the company joined the session with great enthusiasm. The yoga session was led by instructor Mr. Ashish Ran-

jan wherein Participants learned how yoga embodies the unity of mind and body, and the event successfully raised awareness about the myriad benefits of yoga. The function concluded with a vote of thanks by Mr. Sanjeet Kumar Sinha.

Beware:

Hypertension is silent killer

Complaints of high blood pressure have become increasingly common, posing a significant health issue for many individuals. Poor dietary habits, deteriorating lifestyles, and unnecessary stress in daily routines are contributing to this invisible health threat. In response, the APNRL Medical Services department organized a symposium and health talk to address this serious concern.

The health talk was dedicated to World Hypertension Day and featured Dr. Sritam Acharya from Meditrina Hospital, who was specially invited to share his expertise with the attendees. Dr. Acharya discussed the causes and remedies for hypertension, answering numerous questions from participants and dispelling common misconceptions. Dr. Acharya emphasized that hypertension is not limited to the elderly; young people are increasingly affected by high blood



pressure. He highlighted the severe consequences of untreated hypertension, which can lead to other serious health issues and potentially increase the risk of death. This underscores why hypertension is often referred to as a "silent killer."

The key takeaway from the symposium was that hypertension can be

managed through regular physical activity and stress reduction.

Dr. Sritam Acharya's insights were aimed at encouraging employees to adopt healthier lifestyles to mitigate the risks associated with high blood pressure.

World Hypertension Day is observed annually on May 17 to raise awareness about hypertension, also known as high blood pressure.

This condition is often called a "slow poison" due to its numerous side effects and asymptomatic nature.

The health talk concluded successfully, with significant contributions from Dr. G. P. Murmu of Medical Services (Adhunik Power) and Manjeet Singh of the Human Resources department, who took the initiative to organize this informative event.



HoDs' of various departments assembled at the worship ceremony organized for installation of newly VGF1A at Crusher house (CHP).



APNRL Liaison Head Mr. Rajesh Kumar Singh attended football match as a Chief Guest organised on the occasion of Hool Divas at Padampur village ground. He appreciated the efforts put by players during the match and boosted their morale. The match was hosted by Sidhu-Kanhu smarak samiti, Padampur at Padampur village playground.



Blood Pressure (BP) check-up drive had been carried out by medical services department for employees.



JULY BIRTHDAY OF EMPLOYEES

APNRL wish you a very HAPPY BIRTHDAY. May God bless you all with good health & prosperity and your sincerity & hard work result in greater success for you.

Sl. No.	Name	Code	Date
1	Mr. Shatrughan Singh	302163	01 July
2	Mr. Ashutosh Singh Yadav	302380	01 July
3	Mr. N. Surya Prakash Rao	302761	01 July
4	Mr. Sagar Shrivastava	302871	01 July
5	Mr. Wasim Akram	303009	01 July
6	Mr. Md. Manowar Rabbi	302764	02 July
7	Ms. Paneshwari Kumari	302453	03 July
8	Mr. Sagram Tudu	302614	03 July
9	Mrs. Surajmani Baskey	302493	04 July
10	Mr. Anil Kumar Rajak	302792	05 July
11	Mr. Kumar Gaurav	302845	05 July
12	Mr. Ajay Kumar	302170	05 July
13	Mr. Paras Nath Singh Yadav	302537	09 July
14	Mr. Rajesh Kumar Sharma	302997	09 July
15	Mr. Vinay Kumar Singh	408121	10 July
16	Mr. Rakesh Kumar Mahato	302619	10 July
17	Mr. Lalit Mohan Singh	302428	10 July
18	Mr. Lalchand Rawani	302812	10 July
19	Mr. Sudhansu S Panda	302961	10 July
20	Mr. Budhadev Mahato	302712	10 July

Sl. No.	Name	Code	Date
21	Mr. Karu Tilka Majhi	302682	12 July
22	Mr. Kunwarpal Singh Tomar	302451	14 July
23	Mr. Adi Reddi Mohan Kumar	303035	15 July
24	Mr. Sachin Kumar Singh	303002	15 July
25	Mr. Ranjit Singh Sardar	302719	16 July
26	Mr. Ravindra Nath Tudu	302700	17 July
27	Mr. Rishikesh Kumar	303001	17 July
28	Mr. Raj Mohan	302783	18 July
29	Mr. Chinta Haran Singha	302648	18 July
30	Mr. Arun Kumar	302041	18 July
31	Mr. Brajesh Tiwari	408130	20 July
32	Mr. Ranjit Besra	302663	21 July
33	Mr. Bhavesh Sahu	302133	22 July
34	Mr. Imran Ali Siddiquei	302948	24 July
35	Mr. Manjeet Singh	302955	24 July
36	Mr. Gobindo Ghosh	302259	25 July
37	Mr. Kalipada Singh Sardar	302628	27 July
38	Mr. Dipak Kumar Das	302731	30 July
39	Mr. Vijay Kumar	302492	31 July

For any information, suggestion & feedback mail to:

baljeet@adhunikpower.co.in