



MY DVC - MY VOICE

— HR Newsletter —

AUGUST 2026



OUR PEOPLE
Strength of DVC



OUR PURPOSE
Sustainable Growth



OUR CULTURE
Innovate & Collaborate



OUR COMMITMENT
For a Better Tomorrow

Damodar Valley Corporation

Powering the Nation | Empowering the Valley

What's inside?



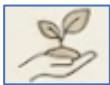
HR Insights



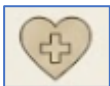
Employee Corner



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Executive Director (HR)

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From the Editors

Powering Progress, Empowering People

Dear Readers,

Welcome to the August edition of **"My DVC – My Voice."**

August is a month that fills us with pride. The tricolour flying high on Independence Day reminds us of the freedom we enjoy today and the Responsibility we carry as citizens of this great nation.

At DVC, the occasion was marked with enthusiasm across our projects and offices, reminding us that nation-building is not just a responsibility—it is something we contribute to every day through our work.

This month also gave us another reason to celebrate—National Sports Day. The spirit of sports was seen across DVC, with employees coming together to participate, compete and enjoy the game. Beyond winning and losing, sports teach us something equally important—teamwork, discipline, resilience and the joy of being part of a team.



This edition brings together many such moments from across DVC. From CSR initiatives in education and environmental conservation to health and wellness programmes, our stories reflect the many ways in which DVC connects with its people and the communities around its projects.

We also feature the inspiring mountaineering initiative supported by DVC, where a local team from the Andal–Asansol region set out for the high Himalayas. Their journey is a reminder to dream bigger, take on challenges and keep moving forward.

What makes these stories special is the people behind them—employees, community members, students and partners who contribute with enthusiasm and purpose. These are not just activities on a calendar; they are moments that bring people together and make our DVC family stronger.

As we turn the pages, I hope this edition brings back some familiar memories, introduces you to new initiatives and, most importantly, makes you feel connected to the larger DVC family.

Here's to celebrating our nation, staying active, supporting our communities and continuing to grow together.

We hope you enjoy reading this issue as much as we enjoyed putting it together. Keep sharing your thoughts and stories with us. After all, this is your Newsletter and let's keep the conversation going!

Happy Reading!



From The Editorial Team
MY DVC - MY VOICE



People Behind the Power.

From managing employees to enabling people, performance and purpose

The power sector is undergoing a significant transformation. Technology, digitalisation, renewable energy, automation and changing business requirements are reshaping not only the way power is produced and managed, but also the way organisations manage their people.

In this changing environment, HR has an increasingly important role to play. The HR function is gradually moving beyond traditional personnel administration towards a more employee-focused approach—one that places greater emphasis on engagement, capability building, well-being, inclusion, recognition and future readiness.

For an organisation like Damodar Valley Corporation (DVC), with employees working across power stations, mines, projects, offices and field locations, this changing HR landscape offers an opportunity to strengthen the employee experience while continuing to meet organisational goals.

1. Employee Experience: Every Interaction Matters

Employee experience is not created by one policy or one programme. It is built through the everyday experiences of an employee. A timely response to an HR query, a transparent process, appreciation for good work, a supportive supervisor, easy access to information or an opportunity to share an idea—all contribute to how an employee experiences the organisation. For HR, the focus therefore needs to move from: “Have we completed the process?” to “Was the process helpful for the employee?” This small change in approach can make HR services more responsive, accessible and employee-friendly.

At DVC, we can continue to work towards simpler processes, better communication, easier access to HR information, timely responses and regular feedback from employees.

And when employees give feedback, it is equally important to tell them what happened afterwards.

Listening is important. Closing the loop is even more important.

2. Employee Voice: Listen Before You Act

Employees are often the closest to the actual challenges faced at the workplace. Whether it is a technical location, project site, office or township, employees see practical issues that may not always be visible from the administrative level. A strong HR function therefore needs to create opportunities for employees to speak, suggest and participate.

A simple approach can be: ASK → LISTEN → UNDERSTAND → ACT → COMMUNICATE

Feedback can be about facilities, welfare, training, HR services, digital systems, work environment, career development or work-life balance. But asking for feedback should not become a routine exercise.

People are more willing to speak when they know that someone is listening.

3. Continuous Learning: Preparing People for Tomorrow

The skills required in the power sector are changing rapidly. Artificial Intelligence, automation, data analytics, digital systems, renewable energy, modern project management and evolving regulatory requirements are creating new learning needs. In such an environment, training cannot remain an event-based activity. The objective should be to create a culture of: **LEARN → APPLY → SHARE → RELEARN**

An employee attending a training programme should ideally bring something back to the workplace—a new skill, a better method, a new idea or a different perspective.

For DVC, the focus can be on: Competency-based training, Future skill identification, Mentoring and knowledge sharing, Cross-functional learning, Digital and AI awareness, Leadership development, Sharing practical learning from training programmes. Capturing and transferring the knowledge of experienced employees.

4. Recognition: Appreciation is a Powerful Motivator

Every employee wants to know that their contribution matters. Recognition does not always have to be financial. A letter of appreciation, recognition by a senior officer or an opportunity to showcase good work can have a strong positive impact. For a large organisation like DVC, there are countless examples of employees going beyond their routine responsibilities—in operations, maintenance, safety, administration, HR, finance, CSR, projects and community engagement. A stronger culture of recognition can help reinforce the behaviours an organisation wants to encourage like Innovation, Safety, Teamwork, Service, Integrity, Learning and Excellence. Recognition should therefore not be limited to annual awards. Appreciation can become part of everyday organisational culture.

5. Well-being: From Welfare to Whole-Person Care

Employee welfare has always been an important part of the DVC work culture. Today, however, the concept of well-being is becoming broader. A healthy workplace looks beyond physical health and considers: Physical Health + Mental Well-being + Safety + Work-Life Balance + Financial Well-being + Positive Work Culture. This is particularly relevant in the power sector, where employees may work in operationally demanding and geographically diverse environments. For DVC, employee well-being can be strengthened through a combination of: Health and preventive-care initiatives, Awareness programmes on nutrition and healthy lifestyles, Mental well-being and stress-management awareness, Sports and recreational activities, Family-oriented engagement initiatives, Safe and supportive workplaces, Greater awareness of available employee welfare facilities.

6. Inclusion and Equal Opportunity

The future workforce will be increasingly diverse in terms of age, experience, gender, skills and expectations. HR therefore has an important role in creating a workplace where every employee gets a fair opportunity to: Learn → Contribute → Grow → Lead

For DVC, this means continuing to encourage:

- Equal opportunities.
- Women's participation and leadership.
- Merit-based career development.
- Inclusive workplace practices.
- Respectful workplace behaviour.
- Opportunities for younger employees to learn from experienced professionals.

Diversity is not simply about numbers. It is about ensuring that different voices are heard and valued.

The changing HR landscape can be summed up in five simple words:

LISTEN — Understand what employees need.

DEVELOP — Build skills for today and tomorrow.

RECOGNISE — Appreciate contribution and good work.

SUPPORT — Give importance to employee well-being.

EMPOWER — Create opportunities to take responsibility and grow.

As DVC continues its journey towards a more digital, efficient and future-ready organisation, our greatest strength will continue to be our people.

नारी! आओ बोलो

वर्षों से जो बंद पड़े हैं उन नयनों को खोलो
नारी ! आओ बोलो, नारी आओ बोलो
अब तक जो बुर्कों के पीछे , अब तक जो पुरखों के पीछे
अब तक जो मरघट के पीछे , अब तक जो घूंघट के पीछे
ढाँप रही हो अपने मुख को, छोड़ के पर्दे बोलो

नारी ! आओ बोलो

सबसे पहला प्रश्न करो उन माताओं से जाकर
रोइ जो लड़की होने पर, हँसी पुत्र को पाकर
नारी होकर नारी को ही छोटा समझा सबने
नारी होकर नारी ही क्यों लगी हृदय को चुभने
भेद किया क्यों तुमने जब ना भेद किया था रब ने
नंगा भेज दिया था दोनो को ही तो कुदरत ने
दूध माँगते पुत्र तो क्या हम रक्त तुम्हारा पीती
दोनों के आहार एक से हम भी यूँ ही जीती
पूछो सबसे भेद किया जिन्होंने भी शिक्षा में
लड़की को चूल्हे पर भेजा, लड़के को कक्षा में
पूछो उनसे भी जिन्होंने दोनों को पढ़वाया
लेकिन घर में लड़की से ही घर का काम कराया।
नर को दी आज्ञा दी उतनी नारी को क्यों दी ना?
दोनों को ही एक सा रहकर, क्यों न सिखाया जीना
क्या ईश्वर भी पक्षपात से जन्मा है तुम सब का
या फिर सारा किया धरा ये है मर्दों के मन का
अंतिम प्रश्न करो खुद से ही किसके संग खड़ी हो
अपने पथ पर हो या पुरषों के पथ पर चलती हो
शिव के तीन नयन सोने दो , अपने दो तो खोलो

नारी ! आओ बोलो नारी ! आओ बोलो



श्री पवन कुमार (568422)
वरिष्ठ प्रबंधक (एम)
सुरक्षा विभाग
चंद्रपुरा ताप विद्युत स्टेशन(CTPS)
दामोदर वैली कॉर्पोरेशन (DVC)

दामोदर का सिर-मौर

'हम आए हैं जहाँ से, वहाँ का जहाँ कुछ और है,
ऊर्जा की जननी दाघानि, दामोदर का सिर-मौर है।

माँ की दीया-ढिबड़ी तले जो नई रोशनी की फ़िक्र उभरी,
हरियाली छाई चहुँ ओर तब, शुरू हुआ विद्युत का दौर है।

काबू किया सैलाब को, आँसू मुस्कान में हुए तब्दील,
डीवीसी का हर एक सफ़र, बेहद काबिले-गौर है।

जुलाई सात संग अठहत्तर का जोड़ है बेजोड़,
ऐलान-ए-बुलंद सौर ऊर्जा का, यह फ़िक्र खास तौर है।

तकनीक नई अपनाकर स्वच्छ ऊर्जा फैलाने का हुनर,
लक्ष्य की ओर बढ़ता हमारा, यह रास्ता कुछ और है।

सत्यनिष्ठा, नैतिकता और निगम के मान-सम्मान संग,
मंज़िल पाने का यह जुनून, यह इरादा कुछ और है।

सामाजिक-आर्थिक विकास से चमकाएँगे हम हर डगर,
जन-जन की सेवा का यहाँ जज़्बा कुछ और है।

अडिग क़दमों से हर अँधेरे को मात देंगे मिलकर हम,
'शाकिर' रोशनी फैलाने का यह मज़ा कुछ और है।'

 मु. इस्माईल मियाँ 'शाकिर'

हिंदी अधिकारी

दुर्गापुर इस्पात ताप विद्युत
केंद्र

Independence Day Celebrations



BTPS



Maithon



Kolkata



RTPS



Hazaribagh



Konar

DTPS



MTPS



Tubed
Mines



DSTPS



CTPS



KTPS



Panchet



New Delhi



Ranchi

Training & Awareness



A program on “Power Plant Familiarization and Demonstration on Simulator” was conducted on 22 August 2026 for AMC/ARC personnel. The programme aimed to provide participants with a better understanding of power plant operations, safety practices and the functioning of key systems through practical exposure and simulator-based demonstration.

On 25th August, 2026 DVC, Mejia Thermal Power Station (MTPS), organised an awareness programme on the New Labour Codes for contractors and contract workers.

The programme was conducted in two sessions and focused on key provisions, workers’ rights, welfare measures and statutory responsibilities. Shri K. C. Sahu, Dy. Chief Labour Commissioner (Central), Asansol, and Shri Shitangshu Taye, Regional Labour Commissioner (Central), Asansol, addressed the participants and clarified their queries on the practical implementation of the Labour Codes. The interactive sessions helped strengthen awareness, statutory compliance and understanding of workers’ rights.



An *Awareness Programme on Road Safety & Traffic Rules* was successfully organized on *07 August 2026 at the Auditorium of DVC MTPS. The programme was organized by **Damodar Valley Corporation (DVC), MTPS in association with Gangajalghati Police Station*. The objective of the programme was to promote awareness among employees and members of the community regarding safe road practices, responsible driving behaviour, and strict adherence to traffic rules to reduce road accidents and enhance public safety. The programme was graced by the distinguished presence of **Shri Vijaya Nand Sharma, Project Head & Chief General Manager, DVC MTPS, and Shri Satyanarayan Mukherjee, Hon'ble MLA, Chatna.



डीएसटीपीएस में राजभाषा हिंदी कार्यशाला एवं 'राजभाषा प्रबोधिनी' के द्वितीय संकलन का विमोचन

डीवीसी के दुर्गापुर इस्पात ताप विद्युत केंद्र (डीएसटीपीएस) में राजभाषा कार्यान्वयन उप-समिति के तत्वावधान में अधिकारियों के लिए एक दिवसीय राजभाषा हिंदी कार्यशाला का आयोजन किया गया। कार्यशाला में विभिन्न अनुभागों के 40 अधिकारियों ने भाग लिया। इस अवसर पर 'राजभाषा प्रबोधिनी – हिंदी कार्यशाला का प्रेरक पथ' के द्वितीय संकलन का भी विमोचन किया गया। कार्यक्रम का शुभारंभ दीप प्रज्ज्वलन के साथ हुआ। अतिथि वक्ता श्री दीपक साव, सहायक निदेशक (राजभाषा), हिंदी शिक्षण योजना, आसनसोल केंद्र, राजभाषा विभाग, गृह मंत्रालय ने शासकीय पत्राचार, टिप्पणी एवं आलेखन में सरल और प्रभावी हिंदी के व्यावहारिक प्रयोग पर मार्गदर्शन दिया। श्री अनिल कुमार जैन, मुख्य महाप्रबंधक एवं परियोजना प्रधान, डीएसटीपीएस ने हिंदी को दैनिक कार्यालयीन कार्यों का सहज हिस्सा बनाने पर जोर दिया। श्रीकांत गेडेला, उप महाप्रबंधक (मानव संसाधन) एवं श्री सुखदेव खाँ, वरिष्ठ महाप्रबंधक (ओएंडएम) ने भी प्रतिभागियों को कार्यशाला से प्राप्त सीख को अपने नियमित कार्यों में अपनाने के लिए प्रेरित किया। कार्यशाला के दौरान प्रतिभागियों ने कार्यालयीन हिंदी से जुड़े अपने अनुभव और चुनौतियाँ साझा कीं तथा व्यावहारिक अभ्यास में भाग लिया। अंत में प्रतिभागियों को 'राजभाषा प्रबोधिनी' की प्रतियाँ एवं प्रमाण-पत्र प्रदान किए गए। कार्यशाला का उद्देश्य कार्यालयीन कार्यों में हिंदी के प्रयोग को सरल, सहज और प्रभावी बनाना तथा अधिकारियों को व्यावहारिक रूप से सक्षम करना रहा।



NATIONAL SPORTS DAY 2026

DVC CELEBRATES NATIONAL SPORTS DAY WITH FITNESS AND TEAM SPIRIT

Damodar Valley Corporation (DVC) celebrated National Sports Day 2026 with enthusiasm across its stations and projects, commemorating the birth anniversary of legendary hockey player Major Dhyan Chand. The celebrations promoted fitness, teamwork, discipline and sportsmanship among employees, students, CISF personnel and local communities.

At **BTPS**, a three-day sports programme featuring Carrom, Football, Badminton and Chess was organised, including an Inter-School Badminton Tournament. **DSTPS**, Andal observed the day with the Fit India Pledge, Fitness Walk, Tug of War, Throw Ball and various races. **KTPS**, Koderma engaged children and families through Spoon & Marble Race, Musical Chair and Table Tennis, while **MTPS** hosted a Volleyball Match at DAV School. **DTPS** organised a Badminton Tournament for employees, and **Hazaribagh** conducted the Fit India Pledge and fitness activities. At **Tubed Coal Mines, Latehar**, the theme “Ek Ghanta, Khel Ke Maidan Mein” encouraged participation in sports, along with distribution of sports equipment to local schools and clubs under CSR. At **RTPS**, a Football Tournament was organised with local schools on 28 August 2026, with Gogra High School emerging victorious over Naragoria D.D. High School by 2–0. At Narayana School, DVC, RTPS, the celebrations included felicitation of Major Dhyan Chand, student speeches, Sports Pledge, Mass PT and the National Anthem. A Tug-of-War Competition for DVC employees and CISF personnel, with separate male and female teams, further added to the spirit of camaraderie and healthy competition. The celebrations across DVC reaffirmed the Corporation’s commitment to fostering a healthy, active and inclusive workplace and community through sports and fitness.



PLAY MORE. STAY FIT. GROW TOGETHER.





Creche/Day Care Facility *Inaugurated* at MTPS



Mrs. Shalini Pandey, President, DVC Women's Association, inaugurated the Creche/Day Care Facility at Mejia Thermal Power Station (MTPS). The initiative is a thoughtful step by DVC towards creating a **family-friendly** and **employee-centric** workplace, helping employees balance their professional responsibilities with the needs of their young children. It also reinforces DVC's commitment to **employee well-being** and compliance with the **Code on Social Security, 2020**.



A small step today for happy children,
a big stride towards a caring workplace.



INAUGURATION DETAILS



28 August 2026
Friday



04:17 PM



Mejia Thermal Power Station (MTPS)
DVC, Mejia, West Bengal

A safe, engaging and joyful
space for our little ones
to learn, play and grow.



Caring Today. Growing Together.

DVC FUELS THE SPIRIT OF ADVENTURE

FROM ANDAL TO THE HIGH HIMALAYAS



SCALING JAGATSUKH PEAK, HIMACHAL PRADESH

DVC SUPPORTS THE ANDAL-ASANSOL MOUNTAINEERING TEAM

DVC, DSTPS, Andol extended CSR support to a 22-member mountaineering team from the Andol-Asansol region, organised by Gopalpur RUTAPAS Adventure Club, Asansol. As a gesture of encouragement, the team was provided with DVC-logo T-shirts and caps, along with the DVC Flag and Banner. The team will carry the DVC identity with them as they take on the challenging Himalayan terrain.

Scheduled from 29 August to 14 September 2026, the expedition includes a trek to Deo Tibba Base Camp and an attempt to summit Jagatsukh Peak (5050 m) in Himachal Pradesh. Beyond the climb, the initiative is about encouraging courage, teamwork and the spirit of adventure, while giving local mountaineering talent an opportunity to aim higher. DVC is proud to support the team and wishes all the participants a safe, successful and memorable expedition.

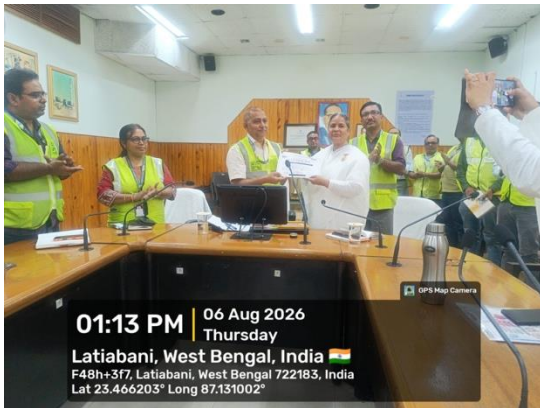


Climb high. Dream bigger. Carry the DVC spirit to the summit!

Nasha Mukht Bharat Abhiyaan



Building a Healthier, Stronger and Drug-Free India



Under the *Nasha Mukht Bharat Abhiyaan*, a flagship programme of the Government of India, a de-addiction awareness session was conducted yesterday at MTPS.

नशा मुक्ति जागरूकता कार्यशाला आयोजित



“10 करोड़ नशा मुक्ति प्रतिज्ञा महाअभियान” के तहत बुधवार को डीवीसी मैथन में अधिकारियों के लिए नशा मुक्ति जागरूकता कार्यशाला आयोजित की गई। कार्यक्रम में परियोजना प्रधान श्री सुबीर कुमार साहा सहित अन्य अधिकारी उपस्थित रहे।

ब्रह्माकुमारी चिरकुंडा सेवाकेंद्र के बीके पिंगी दीदी, बीके अनीता दीदी, बीके शुभो एवं बीके मुकेश भाई ने कार्यक्रम में सहभागिता की। मुख्य वक्ता बीके शुभो ने नशे के स्वास्थ्य, मानसिक संतुलन, कार्यक्षमता और पारिवारिक जीवन पर पड़ने वाले दुष्प्रभावों के बारे में जानकारी दी तथा नशे से दूर रहने के व्यावहारिक उपाय साझा किए।

कार्यक्रम के अंत में अधिकारियों ने नशे से दूर रहने और स्वस्थ एवं सकारात्मक जीवन जीने की प्रतिज्ञा ली। कार्यशाला का संदेश स्पष्ट रहा—नशा मुक्ति की शुरुआत स्वयं से होती है।



As part of the Nasha Mukht Bharat Abhiyaan, a pledge-taking ceremony was organised at Panchet, where employees and participants came together to reaffirm their commitment to staying away from substance abuse and promoting a healthy and responsible lifestyle.

DVC CSR & Community Impact

MTPS Promotes Green Initiatives Through CSR

Bagda Village, Gangajalghati: DVC's Mejia Thermal Power Station (MTPS) organised a Social Forestry, Afforestation and Plant Distribution Programme at Bagda Village under its CSR initiative, promoting environmental sustainability and community participation.

The programme was led by Shri V. N. Sharma, CGM & HoP, MTPS, along with senior DVC officials, local representatives, Gram Panchayat members and villagers.

The initiative reflects DVC's continued commitment to greener communities, environmental awareness and sustainable development.



Awareness Programme on Prevention of Dengue and Malaria

DVC, under its **CSR initiative**, in collaboration with **B.P. Neogi Hospital**, organised a health awareness programme at **Bathanbari village, West Bengal**, on the prevention of dengue, malaria and other mosquito-borne diseases. Students, teachers and villagers were sensitised on the **causes, symptoms, preventive measures and importance of timely treatment**. Emphasis was placed on cleanliness, preventing water stagnation, eliminating mosquito breeding sites and adopting precautions such as using mosquito nets and protective clothing.

Dr. Kaushlendra Kumar highlighted the importance of community participation, regular sanitation and early identification of symptoms in controlling mosquito-borne diseases. To reinforce the health messages, an engaging **street play and drama** were organised, highlighting cleanliness, prevention of waterlogging, protection from mosquito bites and timely medical consultation.

The programme witnessed enthusiastic participation, with attendees pledging to contribute towards creating a **clean, healthy and mosquito-free environment**.



DVC CSR & Community Impact

Damodar Valley Corporation (DVC), Koderma Thermal Power Station (KTPS), organised a General Health Camp-cum-Awareness Programme on Water-Borne and Vector-Borne Diseases at Kariyawan Panchayat under the command area of DVC KTPS as part of its CSR initiatives. The programme aimed to promote preventive healthcare and create awareness among the local community about the causes, prevention and control of water-borne and vector-borne diseases. The event was well organised and coordinated by Sri Koushik Roy, Manager-HR, and Sri Anupam Tiwari, with valuable support from Dr. Priya Ranjan and his medical team. Local residents actively participated in the programme and availed healthcare services and medical guidance. As part of the initiative, essential medicines and bleaching powder were distributed among the local people to support community health, hygiene and disease prevention. The initiative reflects DVC KTPS's continued commitment towards community welfare, preventive healthcare and sustainable development in its command area through meaningful CSR interventions.



गलमारा विद्यालय में सिकल सेल एनीमिया एवं वेक्टर-जनित रोगों पर स्वास्थ्य शिविर आयोजित

मैथन, 20 अगस्त 2026: दामोदर घाटी निगम (DVC) की CSR इकाई और बी.पी. नियोगी अस्पताल द्वारा मंगलमारा विद्यालय, झारखंड में सिकल सेल एनीमिया और वेक्टर-जनित रोगों (डेंगू, मलेरिया) पर जागरूकता व स्वास्थ्य जाँच शिविर का आयोजन किया गया।

- **जाँच व भागीदारी:** विद्यालय के 51 छात्र-छात्राओं ने शिविर में भाग लिया। झारखंड सरकार द्वारा उपलब्ध कराई गई किट से विद्यार्थियों की सिकल सेल एनीमिया जाँच की गई।
- **जागरूकता:** डॉक्टरों व स्वास्थ्यकर्मियों ने बच्चों को संतुलित आहार, व्यक्तिगत स्वच्छता, मच्छर जनन रोकथाम और समय पर उपचार का महत्व समझाया।
- **CSR दृष्टिकोण:** CSR प्रबंधक डॉ. कौशलेन्द्र कुमार ने कहा कि डीवीसी का उद्देश्य स्वास्थ्य और शिक्षा के माध्यम से समुदाय का सतत विकास करना है। बच्चों में समय रहते रोगों की पहचान और जागरूकता से स्वस्थ समाज का निर्माण संभव है।

शिविर के अंत में विद्यार्थियों को स्वच्छता और नियमित स्वास्थ्य जाँच का संकल्प दिलाया गया।



DSTPS STRENGTHENS SCHOOL INFRASTRUCTURE THROUGH CSR

Durgapur Steel Thermal Power Station (DSTPS), DVC, extended CSR support to 12 government primary and high schools in the surrounding areas, helping them create more organised and functional learning spaces.

The initiative provided 12 steel almirahs, 12 file cabinets and 24 bookshelves/racks to support the safe and systematic storage of books, academic resources and school records. The materials were handed over by Hon'ble MLA, Raniganj Vidhan Sabha, Shri Partha Ghosh, in the presence of Shri Anil Kumar Jain, Head of Project, DSTPS, and Shri Srikanth Gedala, DGM (HR), DSTPS.

The initiative reflects DVC's continued commitment to supporting local schools, enabling educators and creating better learning opportunities for children in the communities around its projects.



RTPS SUPPORTS DIGITAL LEARNING THROUGH SMART CLASS INITIATIVE

As part of its educational development programme, EMPC, RTPS provided a Smart Class facility to Raghunathpur G.D. Lang High School, supporting digital learning and improving access to technology-enabled education.

The facility was inaugurated by Shri Somnath Sarkar, GM (O&M), RTPS. The initiative reflects DVC's commitment to strengthening education and creating better learning opportunities for students.





GUIDE TO A DIGITAL DETOX



WHAT IS A DIGITAL DETOX?

Reducing screen time and reconnecting with the physical world.



1 RECOGNIZE THE NEED



Signs:

- Constant checking
- Difficulty sleeping
- Reduced productivity
- Anxiety or irritability

2 PLAN YOUR DETOX



- Set realistic goals
- Define duration
- Notify others

3 DIGITAL DETOX STRATEGIES



- Unsubscribe from non-essential emails
- Silence notifications
- Keep phones out of the bedroom

4 ENGAGE IN SCREEN-FREE

Go for a walk, read a physical book, enjoy hobbies, meditate or practice mindfulness



ENGAGE IN SCREEN-FREE ACTIVITIES



Go for a walk



Read a book



Explore hobbies



Meditate

5 TIPS FOR SUCCESS



- Find alternatives
- Set limits for apps
- Have a 'no-phone zone' during meals

6 BENEFITS OF A DIGITAL DETOX



Improved sleep quality



Increased focus & productivity



Lower stress levels



Better relationships



Create healthy boundaries and find your balance, or **TAKE BACK CONTROL AND RECONNECT WITH LIFE.**



Less screen, more life.



Be present in the moment.



Refresh your mind, recharge your life.

Detox Today,
Live Better Tomorrow!





BUSINESS QUIZ!

FREEDOM & INDIA QUIZ CHALLENGE



How well do you know the story behind our Independence?

Think you know India's freedom journey? Take the challenge!

1



Which historic speech was delivered by Jawaharlal Nehru on the midnight of August 14–15, 1947?



2



Who gave the famous slogan, "Swaraj is my birthright and I shall have it"?



3



What was the name of the boundary line drawn between India and Pakistan during Partition in 1947?



4



Who wrote India's National Song, "Vande Mataram"?



5



At which session of the Indian National Congress in 1929 was the resolution for 'Purna Swaraj' passed?



6



Which woman freedom fighter is famously known as the "Nightingale of India"?



7



Who was the first person to hoist an Indian flag abroad during the freedom struggle?



8



Which movement began with Mahatma Gandhi's famous Dandi March in 1930?



9



Who designed the Indian National Flag in its present basic form?



10



Which revolutionary famously said, "Inquilab Zindabad"?

INQILAB
ZINDABAD

QUIZ RULE



Please rely on your own knowledge —
**no Google search or
AI tools while answering.**
Let's keep the challenge
fun and fair!



All DVC employees eager to participate may send their answers to dvchrnewsletter@gmail.com at the earliest.

Winners will be decided on the number of correct answers and on fastest answer first basis. Every entry must be accompanied by name, designation, department and place of posting and photograph if possible.

Winners with answers would be featured in the next edition of the HR Newsletter. We will appreciate your valuable feedback on the Business Quiz.



WINNERS of last Business QUIZ!!



Md. Kashif Rizvi
Manager (Elec.)
DSTPS

Rakesh Kumar
Manager (Elec.)
BTPS



Suman Bhattacharyya
Dy. General Manager (Elec.)
Vigilance, HQ





A Note from the Newsletter Team!

We hope you enjoy going through this edition as much as we enjoyed creating it for you! Our team is committed to bringing you meaningful and engaging content, and we truly value your thoughts, ideas, and creativity — so keep them coming!.

👉 Be a Part of MY DVC – MY VOICE

All **DVC employees** are invited to contribute to the HR Newsletter. Share your experiences, achievements, ideas, photographs, or news from your station in **English or Hindi**.

◆ **Articles:** Up to **250 words** in Word format

◆ Selected entries will be featured in the newsletter along with the contributor's photograph

◆ Please mention your **name, designation, department, and place of posting**

◆ Entries are shortlisted by the Editorial Team.

💬 We Value Your Feedback

Have suggestions or ideas to make the newsletter better? We'd love to hear from you!

✉ Send your contributions and feedback by the **22nd of every month** to:

dvchrnewsletter@gmail.com

🎬 Behind the Scenes.

(Apurva Raj Singh, Buddhagaya Bharat Sorde, Dipinti Jayaswal, Monalisa, Rakhi Kumari, Ravi Shankar Kumar)

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📖 Happy Reading!