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नीपको न्यूज

NEEPCO NEWS

49th

FOUNDATION DAY
EDITION



सम्पादक मंडल की ओर से

संपादक मंडल नीपको न्यूज़ के स्थापना दिवस विशेषांक में अपने सभी पाठकों का हार्दिक स्वागत करता है।

नए वित्तीय वर्ष की शुरुआत और एक विद्युत उत्पादक कंपनी के रूप में हमारी यात्रा की निरंतरता, नवीनता और दृढ़ता का संयोजन, हम सभी को आत्मविश्वास और गर्व की भावना से भर देती है।

नवीकरणीय ऊर्जा के क्षेत्र में प्रवेश के बाद, आज हमारे पास भारत सरकार के नवीकरणीय ऊर्जा के लिए महत्वाकांक्षी लक्ष्यों और 2070 तक शुद्ध शून्य उत्सर्जन प्राप्त करने के व्यापक लक्ष्य को साकार करने और उसमें योगदान देने हेतु नए सपने एवं आकांक्षाएं हैं।

संपादक मंडल उन सभी लोगों के प्रति आभार प्रकट करता है जिन्होंने इस अंक को विशेष बनाने के लिए महत्वपूर्ण योगदान दिया और तस्वीरें एवं रिपोर्ट साझा की। हमें आशा है कि यह पत्रिका सूचना, अद्यतन जानकारी और समाचार साझा करने के साथ-साथ महत्वपूर्ण नीतियों और निर्णयों को भावनात्मक तरीके से संप्रेषित करने के लिए एक मंच के रूप में काम करती रहेगी।

संपादक मंडल इस खुशी के अवसर पर सभी कर्मचारियों को हार्दिक शुभकामनाएं देता है।

From the Editorial Board

The Editorial Board warmly welcomes all its readers to the Special 49th Foundation Day edition of NEEPCO News.

The beginning of the new fiscal Year and the continuation of our odyssey as a power generating Company, a combination of newness and persistence, fills all of us with a sense of confidence and pride.

Having made our foray in Renewable Energy with 300 MW in 2024, today we have new dreams and aspirations to be able to contribute towards realizing the Government of India's ambitious targets for renewable energy and the overarching goal of achieving net zero emissions by 2070.

The editorial board is thankful to all those who contributed and for sharing photographs and reports to make this edition a special one. We hope that the magazine will continue to serve as a platform for sharing information, updates and news as well as to communicate important policies and decisions in an empathetic manner.

The Editorial Board extends its best wishes to all employees on this joyous occasion.

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अध्यक्ष एवं प्रबंध निदेशक का संदेश MESSAGE FROM CMD



प्रिय साथियों,

नीपको परिवार के प्रत्येक सदस्य को 49वें स्थापना दिवस के अवसर पर हार्दिक बधाई। पूर्वोत्तर के विकास में निहित लेकिन राष्ट्रीय महत्वाकांक्षाओं से प्रेरित इस महान संगठन का हिस्सा बनकर मैं हर्षित हूँ।

हाल के दिनों में हमने साथ मिलकर महत्वपूर्ण उपलब्धियां हासिल की हैं। कोपिली पावर स्टेशन की तीन यूनिटों को ग्रिड में वापस संयुक्त करने के अलावा, हमने अरुणाचल प्रदेश में 2626 मेगावाट की जलविद्युत परियोजनाओं के विकास के लिए समझौता ज्ञापन पर हस्ताक्षर किया है एवं उनके विकास के पथ पर अग्रसर हैं। इसके अलावा, हमने बीकानेर में 300

मेगावाट की सौर परियोजना के विकास पर कार्य प्रारम्भ किया है, जो कंपनी के विस्तार एवं क्षमता वृद्धि करने में मदद करेगा।

हमने देश के ऊर्जा क्षेत्र में स्वयं की प्रमुख भूमिका को स्थापित करने के लिए नई ऊर्जा, जोश और समर्पित एकाग्रता के साथ कार्य करना शुरू कर दिया है।

मैं सभी कर्मचारियों और उनके परिवार के सदस्यों को उनकी प्रतिबद्धता और सहयोग के लिए अपनी शुभकामनाएं व्यक्त करता हूँ।

गुरदीप सिंह, अध्यक्ष एवं प्रबंध निदेशक - नीपको लिमिटेड

Dear colleagues,

Congratulations to each member of the NEEPCO family on the occasion of the 49th foundation day. I am happy to be part of this great organization rooted in the development of the North-East but driven by national ambitions.

Together, we have achieved significant milestones in the recent past. Apart from bringing three Units of Kopili Power Station back to the grid, we have signed MoAs for the development of 2626 MW of hydro projects in Arunachal Pradesh and are on track for their development. In addition, we

have started work on the development of a 300 MW solar project in Bikaner, which will help the company spread its wings and realize its potential.

We have started working with fresh energy, vigour, and dedicated focus to establish ourselves as the dominant player in the country's power sector.

I extend my best wishes to all employees and their family members for their commitment and support.

Gurdeep Singh, CMD - NEEPCO Ltd.



CORPORATE NEWS



Shri Bhaskar Goswami, GM(E/M) assuming office as the HoP of Kameng Hydro Power Station on 1st January 2024.



Shri Opang Ering, GM (Tech) on assuming office as the HoP of Assam Gas Based Power Station, w.e.f. 01.01.2024.



Shri Jeetendra Lal Das, CGM (Tech) taking over charge from Shri N. Basumatary, CGM (Tech), AgGBPS



Handing and taking over charge of HoP, KHPS in between out going & incoming HOP.



For development of Solar projects in Uttar Pradesh, Shri H. Bharali, Chief General Manager and Head of Renewable Energy met Shri Anupam Shukla, IAS, Special Secretary, Energy and Director, UP New and Renewable Energy Development Agency at Lucknow on 28.02.2024. NEEPCO is in the process of acquisition of lease land for development of 300 to 500 MW Solar projects in UP.

MoUs SIGNED

An MoU was signed between NEEPCO and Rail India Technical and Economic Service Ltd. (RITES) on 22nd December 2023 for Project Management Consultancy beginning from concept to commissioning, in connection with the new rail connectivity, up-gradation/ renovation including construction of Railway connectivity and other infrastructure required for logistics including Rapid Loading System (RLS/SILO) / Conveyor system at various places, for the Siang Basin hydro-power projects of NEEPCO.



An MoU is signed between NEEPCO and IIT-Roorkee on 28.03.2024 at New Delhi for technical support and consultancy for upcoming renewable energy, green hydrogen and pump storage hydro projects of NEEPCO.



An MoU was signed between NEEPCO and Garden Reach Shipbuilders and Engineers Ltd. (GRSE) on 11th January 2024 for manufacture, supply, transportation and launching of bailey/ bailey suspension/ steel girder (modular) bridges for the upcoming projects of NEEPCO.



An MoU was signed between NEEPCO and NPTI, Faridabad under Ministry of Power by Maj Gen R.K Jha, AVSM** (Retd.), Director (Personnel), NEEPCO and Dr. Tripta Thakur, Director General, NPTI on 23.02.2024



NEEPCO and School of Internal Security and Police Administration under the aegis of Rashtriya Raksha University (SISPA, RRU) entered in a Memorandum of Understanding (MoU) on 29.02.2024 at Rashtriya Raksha University, Gandhinagar, Gujarat.

REVIEW OF ERP IMPLEMENTATION



Director (Personnel) at Yash Technology regional HQ at Pune for a total review of ERP implementation, with the top Management of Yash. He was accompanied by Ms M.G Marbaniang, GM (IT) FC (HCM). PWC consultant also attended the review meeting.

RENEWABLE ENERGY



In a major thrust towards achieving Government of India's ambitious Renewable Energy capacity addition target and the goal of Net Zero by the year 2070, NEEPCO has placed an EPC award of ₹1585.49 crores to develop 300 MW ISTS connected Solar PV project at Bhanipura, Bikaner, Rajasthan. It will be commissioned in 17 months with annual generation of 762.30 MU. The power from this project shall be evacuated from the Bikaner-11 Sub-Station of Powergrid.

On the 22nd March 2024, NEEPCO signed the contract agreement with M/S Waaree Renewable Technologies Limited marking the commencement of the project that will see the installation of a 300 MW Solar Power Plant at Bhanipura, Bikaner, Rajasthan.

INDUCTION PROGRAMMES



Induction Programme for the Junior Engineers, Security Officer (FTB) and Safety Officer (FTB) at Corporate Office



KaHPS on 9th January 2024



Enroute to Bichom Dam via Tenga Dam on 8th January 2024



At PHPS Power Station, Sopo



DGM(E/ M) briefing the trainees on the Plant Electrical Maintenance & Switchyard of the Power Station, AGBPS



2nd Batch of Executive Trainees at AGBPS

CELEBRATIONS

NEW YEAR

KaHPS



CORPORATE OFFICE



REPUBLIC DAY

CORPORATE OFFICE, SHILLONG



NEEPCO BHAWAN, GUWAHATI



NEW DELHI



KHPS



PLHPS



DHPS



KaHPS (KIMI, BICHOM & TENGA)



PHPS



THPS



AGBPS



AgGBPS



WAH UMIAM III, MEGHALAYA



TGBPS



NATIONAL YOUTH DAY

National Youth Day 2024 is celebrated on January 12th to honour the birthday of Swami Vivekananda, one of India's greatest spiritual and social leaders. The day is dedicated to inspiring young minds, promoting education, and encouraging community service.



At VKV, Nirjuli

NATIONAL SAFETY DAY 2024

Theme: Focus on Safety Leadership for ESG Excellence

KaHPS



AGBPS



KHPS



PHPS



AgGBPS



HR UPDATE



In-house training on disaster - preparedness and response organised by State Disaster Response Force (SDRF) on 7th February 2024 at DHPS.



Awareness Programme on Shram Suvidha/Samadhan portal and meeting with principal employer/contractors taken by Dy. Chief Labour Commissioner (C) Guwahati on 12 January 2024 at THPS.



Conciliation meeting/ joint discussion between union members/ contractors and KHPS management in presence of CLC on 16.1.2024 at Guwahati.



Director (Personnel) speaking at the Re-Skilling / Re-Training Program for 22 employees at NPTI (NER) on the 9th January 2024.



NEEPCO participated in the National Conference on "Shaping a Sustainable Future of India with Green Power" organised on 18.03.2024 at Jaisalmer by the National Power Training Institute (NPTI) Eastern Region in partnership with ERPC,CEA. In his keynote address Director (Personnel) highlighted that NEEPCO has been a frontrunner in this transition-actively investing in and implementing renewable energy projects across the Northeast and beyond.



KaHPS organises a One day Workshop on Mental Health and well being session for employees to foster a Mentally Healthy Workplace with Resource Person, Smt. Priyanka Bhattacharjee, MA (GU-Gold Medalist), M. Phil. (RCI-Gold Mentalist), CIG,Consultant Clinical Psychologist, Apollo Hospitals, Guwahati & Founder, PsychSpace.

PANEL DISCUSSION ON THE CHANGING ENERGY SCENARIO

Dr. Diganta Borah, Head of Training, participated in the panel discussion on the "Changing Energy Scenario," at the Power HR Summit held on the 24th February 2024.



GENERAL SAFETY AWARENESS PROGRAMMES

Safety Awareness training programmes were organized in various locations, the programme being one of the HRM MOU targets of NEEPCO for the financial year 2023-24.

AGBPS



PHPS



THPS



TGPS



GUWAHATI



CSR UPDATE



Construction of pavement at Cicia Bokuloni Playground by AGBPS.



Benches handed over to Sukhamoy H. S. School, Usha Bazar and Subrai Vidya Mandir, Malabati Pata, Lembuchhara, Tripura West during March 2024.



Certificate of Appreciation of National Safety Council of India awarded to NEEPCO for its Power Plant Agartala Gas Based Power Plant, Agartala. This for achieving all the compliance measures and zero incidents occurred during the last three years



Visit of School students of Dhanpur, Sepahijala, Tripura to project site at TGBPS.



3 months Skilled Development Training Programme for 20 unemployed youths of Old Agartala R. D. Block through CIPET, Ministry of Chemical & Fertilizers, Govt. Of India.

EVENTS



Study Visit of the Parliamentary Standing Committee on Energy at Kolkata on 6th January 2024.



Shri Krishna Pal Gurjar, Hon'ble Union Minister State for Power and Heavy Industries, Govt. of India visited Dimapur, Nagaland to review the various schemes run by the Central Government. The Hon'ble Minister was received at Dimapur by the senior officials of DHPs, NEEPCO on 7th January 2024.



Independent Directors of NTPC at PHPS Dam site, Jampa on 3rd January 2024



The NERPC team comprising of officers from NERPC, NERLDC and Power Grid visited AGBPS, on 22.02.2024 to review Mock Black Start Exercise & Renovation works of AGBPS



Shri B. Goswami, ED (O & M) and Shri R. Bhuyan, GM - NTPC visited AGBPS on 12.03.2024



Shri Bijit Kr. Goswami, ED (O&M), visited DHPs, on 23/02/2024 to review the progress of DHPs and specifically power house of DHPs.



The Director (Technical) Shri Ranendra Sarma visited AGBPS, w.e.f.03.03.2024 to 04.03.2024

DIRECTOR (PERSONNEL) CONNECTS WITH PLANTS



Maj Gen RK Jha, AVSM** (Retd), Director (Personnel) and Smti Anupama Jha during their maiden visit to KaHPS, Arunachal Pradesh on 09.01.2024.





Director (Personnel)
inaugurating the Annex Office
Building at KaHPS.



Doyang Hydro Power Station on 18.01.2024



Inspecting New Guesthouse Complex (under construction)
at Tezpur on 12 Jan 2024.



Director (Personnel), Maj
Gen Rajesh Kumar Jha
has been awarded Bar to
Ati Vishisht Sewa Medal
(AVSM) on 26 Jan 2024
by Hon'ble President of
India. He was awarded
the coveted AVSM earlier
also by the President
on 26 Jan 2021 for his
distinguished service of
exceptional order.



Director (Personnel) encapsulated the crucial topics of national importance highlighting the security and strategic significance of the NER in his address at the induction program of ACS and APS officers Batch 2024 at Assam Administrative Staff College, Guwahati on 8th March 2024.



Shri Nanda Basumatary, CGM, along with his team called on Hon'ble Tourism Minister of Tripura, Shri Sushanta Chowdhury to apprise him about the contributions made by NEEPCO in power generation and beyond.



Director (Personnel) interacted with the Executive Trainees of CPSEs under Ministry of Power at the Foundation Course organised by NPTI at GNEC, IIT, Roorkee campus, Greater Noida on 15 March 2024.

QSHE UPDATE

The updated status of ISO Certification in the Corporation

- Whole of NEEPCO (presently 16 locations) is certified under the Quality Management System (QMS) in the standard of ISO 9001: 2015, Environment Management System (EMS) in the standard of ISO: 14001:2015 and Occupational Health & Safety Management System (OHSMS) in the standard of ISO 45001:2018, collectively referred to as the Integrated Management System (IMS),
- Whole of NEEPCO (presently 15 locations) is certified under Information Security Management System (ISMS) in the standard of ISO 27001:2013, and
- 291 MW Assam Gas Based Power Station (AGBPS) is certified under Energy Management System (EnMS) in the standard of ISO 50001:2018
- A General Safety Awareness Program was held at AGBPS, NEEPCO LTD BOKULONI on 12.01.2024 amongst the employees of AGBPS. The awareness program was conducted by Mr. T. Ali, Sr. Manager Safety of AGBPS.
- Conciliation meeting/ joint discussion in between union members/ contractors and KHPS management in presence of Dy CLC on 16.1.2024 at Dy CLC office Guwahati. With the Settlement and the matter closed.



WIPS 34TH NATIONAL MEET



The 34th National Meet of Forum of Women in Public Sector (WIPS), under the aegis of SCOPE was held at Bangalore w.e.f 12th to 13th February, 2024. 18nos. of Women employees of NEEPCO from different locations viz Shillong, Guwahati, PHEP, KaHPS, AgGBPS, KHPS, PLHPS, THPS, AGBPS, DHPS attended the MEET. The National Meet primarily focus on Women as

a key drivers of sustainable growth. The Inaugural Session was graced by Her Highness Smt. Pramoda Devi Wadiyar, Maharani, Wife of HH Shri Srikantadatta Narasimharaja Wadiyar as Chief Guest and Shri Atul Sobti, DG, SCOPE in presence of the WIPS Members and large number of Women Employees of different PSUs from various parts of the country.

The Panel discussions by the Experts in various field offered valuable insights and chance to learn. The imminent experts in the various Panel Discussions were namely, Ms Sangeeta Ramrakhani, Dir(P), CWC, Ms Kalyani Sethuraman, IRAS, CVO, HAL, Ms Geeta Varadhan, Director of Spl. Project (Retired), ISRO, Prof. L. Gomati Devi, Vice Chancellor, Maharani Cluster University, Shri Mihir Kanti Mishra, CEO (BC), HAL and many more.

The Meet provided great networking opportunities as well to the Women.

CELEBRATION OF INTERNATIONAL WOMEN'S DAY



BIDDING ADIEU



Shri Tiken Baro, Asstt-III (WC), PHPS



Shri D. Deka (Adhoc Teacher) NEEPCO KG School, PHPS



Shri Sujit Das, Asst. Accounts Officer, TGBPS.



Shri Ranjit Debnath, Manager (E/M), Shri Haren Kakoty, Sr. ES, Smt. Gopa De, Sr. ES and Niranjan Hazong, Hawaldar, KHPS.



Shri Mridhul Bharali, Sr. Manager (C), PHPS.



Shri Nabam Heri, Sr. Office Attendant, PHPS



Shri D.K.Saikia, HoP, KHPS

NEECPO News wishes all our superannuated colleagues good health and happiness.

SPORTS UPDATE



Bishan Thapa, Manager(Hindi),KHPS and Reuben Palian, Asst, Shillong bagged the 1st Runner's Up prize and A.M. Laskar, Manager(E/M), PHPS and Toi Bam, Asst Engr(Civil), PHPS, the 2nd Runner's Up prize in the Men's Doubles in the 28th ICPSU Badminton Tournament



NEEPCO Chess Team participated in the 29th ICPSU Chess Tournament. Shri Biswajit Phukan, DM(E/M), AGBPS received 2nd Runner Up Prize in the individual event

INTER - PROJECT T-20 CRICKET TOURNAMENT

NEEPCO organized the Inter -Project T-20 Cricket Tournament w.e.f. 6th to 12th February 2024 at NFRSA Railway Stadium Ground, Maligaon, Guwahati, Assam.

The Tournament was inaugurated by Shri Ranendra Sharma, Director (Technical) in the presence of Shri K.P. Singh, Chief Vigilance Officer (CVO), Executive Director P(Hydro) and

other senior officers were also present during the Opening Ceremony on the 6th February 2024.

Players/participants from Shillong, Guwahati, AgGBPS/ TGBPS, DHPS, PHPS, KaHPS, KHPS, AGBPS had participated in the tournament.





RESULT: Guwahati Team emerged Champions.

Runner's Up: Shillong Team.

Man of the Match: Shri Bhaskarjyoti Barman, Guwahati.

Best Fielder of the Tournament: Shri Gautam Sharma, Guwahati.

Best Bowler of the Tournament: Shri Bhaskarjyoti Barman, Guwahati.

Best Batsman of the Tournament: Shri Dibyajyoti Bharali, AGBPS.

Man of the Series: Shri Vijay Prajapati, Guwahati.



NEEPCO participated in the Inter CPSU T-20 Cricket Tournament hosted by NHPC Limited under the aegis of Power Sports Control Board held at TERI Ground, Gurugram (Haryana) w.e.f. 19 th to 24 th February 2024.



HEALTH & WELLNESS

COVID 19 PANDEMIC & TEAM NEEPCO
THE ROLE OF MEDICAL WING

Dr. Saumya Shankar Chowdhury
Deputy General Manager (MHS)

Alone we can do so little; together we can do so much

INTRODUCTION

The COVID 19 SARS COV2 pandemic period is considered from the day the index case was reported on 30.01.2020 in Wuhan, China to 5th May 2023 when it was perceived that the situation was controlled and no longer a public health emergency of international concern. These three long years was a trying time for the world and yet with new terms as 'new normal', we managed to come out through the period if not unscathed, with new experiences of a lifetime. India had 45 million cases and half a million deaths officially. It is widely feared that the actual number of cases and deaths might have been more. Caught in the midst of a pandemic, NEEPCO, an important PSU operating largely in the North East didn't stop operations even for a day and bravely faced the challenges head on with an amazing team effort in the face of an unpredictable adversity and came out triumphs on all fronts.

Review of literature

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a strain of coronavirus that causes COVID-19, the respiratory illness responsible for the COVID-19 pandemic. The virus previously had the provisional name 2019 novel coronavirus and has also been called human coronavirus 2019 (HCoV-19 or hCoV-19). First identified in the city of Wuhan, Hubei, China, the World Health Organization designated the outbreak a public health emergency of international concern



from January 30, 2020, to May 5, 2023.. SARS-CoV-2 is a positive-sense single-stranded RNA virus that is contagious in humans.

Epidemiological studies estimate that in the period between December 2019 and September 2020 each infection resulted in an average of 2.4–3.4 new infections when no members of the community were immune and no preventive measures were taken. However, some subsequent variants have become more infectious. The virus being airborne, primarily spread between people through close contact and via aerosols and respiratory droplets that are exhaled when talking, breathing as well as those exhales produced from coughs and sneezes. It enters human cells by binding to angiotensin-converting enzyme 2 (ACE2), a membrane protein that regulates the renin-angiotensin system. It caused a massive involvement of the body's immune system causing fibrosis in the lungs and multi organ failure. Vaccines developed during the course of the pandemic and mass immunisation ensured the return to normal.

There were multiple waves with almost everyone getting





infected by the 'Omicron' variant in the second wave. Cases in NEEPCO were present from June 2020 to May 2022.

The efforts of the North Eastern Electric Power Corporation might seem as following standard operating protocols and guidelines but from ground zero it was the COVID warriors who took dedication and team work to a different level. This article is a small attempt to record for posterity some if not all events which successfully helped to tide over the global crisis with respect to the corporation.

BACKGROUND

NEEPCO operates plants /power stations in the states of Assam, Arunachal Pradesh, Mizoram, Nagaland and Tripura. Most of them are located in remote locations with poor roads which deteriorate in rainy seasons. Every unit had a functioning Medical Wing and Health centre with the basic equipment and manpower. During the pandemic NEEPCO had ten doctors and twenty nine paramedical staff across 11 locations including Shillong and Guwahati (Table 1). Every state had its own guidelines drawn from the standard operating protocols from the Government of India and every plant had to follow the guidelines issued by the respective local administrations. NEEPCO being under the Ministry of Power also had a few officials including doctors as Nodal Officers for COVID 19 in their respective states where they were posted.

COVID 19 and NEEPCO

The events which unfolded during the pandemic with the



Testing & Vaccination

corporation triumphing against all odds in battling the pandemic can be summarised as below:-

The Initial Days:

SURVEILLANCE:TEMPERATURE CHECKING:QUARANTINE

The NEEPCO management had taken cognizance of the worldwide situation before the SOPs were in place. Doctors of the various stations particularly KHPS, DHPS, Tripura had started giving advisories on masks, sanitiser use and educating about the spread of infections through aerosol as early as 03 March 2020. The Honourable Prime Minister announced the first lockdown and immediately the government issued guidelines to follow in all offices/stations. The District and local administration swiftly started the quarantine of individuals arriving from other parts of the country and a database was generated. The HR, security and medical team under instructions from the HOPS followed the protocols and with effective coordination and team work ensured adequate monitoring and surveillance. Around 1700 persons were quarantined in the first wave (TABLE 1)

KEY DECISIONS: THE LOCKDOWN

The Lockdown was enforced nationwide announced by the honourable Prime Minister on 25th March 2020. NEEPCO went on a war like preparation to ensure that the same was enforced across all its power stations as a coordinated team effort. Different states had added protocols with regards to the local administration taking into consideration the topography and the infrastructure. As the infrastructure in remote areas were not up to the mark for tackling COVID cases as most cases would then require ventilators if they became severe, the protocols of quarantine were stricter in those areas.



A high level COVID monitoring team was set up in the corporate office where doctors and HR team had to report on a format daily to the core team regarding the number of beds available, sanitizers and masks donated, hand washing awareness camps, beds set up for quarantine and rations donated. The information was monitored on a daily basis by senior official of the Ministry of Power.

The need of the hour was surveillance and identifying beneficiaries who would have disastrous effects if affected by the virus. Basing on SOPs NEEPCO identified and allowed work from home of employees suffering from comorbid conditions and physically challenged beneficiaries and employees.

THE TEAMS IN GROUND ZERO

The HR team organised donation programmes for local population like handing out sanitisers, masks and rations to the needy across all stations and offices. The Security Wing ensured extremely strict surveillance and no person were allowed without masks or checking for temperature. The technical and Civil wing ensured uninterrupted civic amenities. Regular cleaning, spraying of disinfectants and sanitising offices and power station control rooms ensured that in the initial phase not a single case was reported till August 2020 from the work force. Around 35000 masks, 3000 litres of sanitisers and rations to over 5000 beneficiaries benefiting 30000 local population were distributed by the team. Local administration, PHCs, police personnel and volunteers received around 1300 PPE kits as well (TABLE 2).

The IT team ensured uninterrupted communication and video conferencing across all stations with top management in touch with ground zero. The Health Centers were not found wanting and the doctors and paramedical staff of the Corporation ensured that the Health Centre also functioned round the clock for other cases as well. The basic equipment were adequate and by the peak of the pandemic there were a cumulative 142 big oxygen cylinders and 18 oxygen concentrators available for ready use apart from well stocked

gloves, masks, sanitisers and lifesaving medicines. (See Table 1 and Table 2)

COVID TESTING AND AWARENESS CAMPS

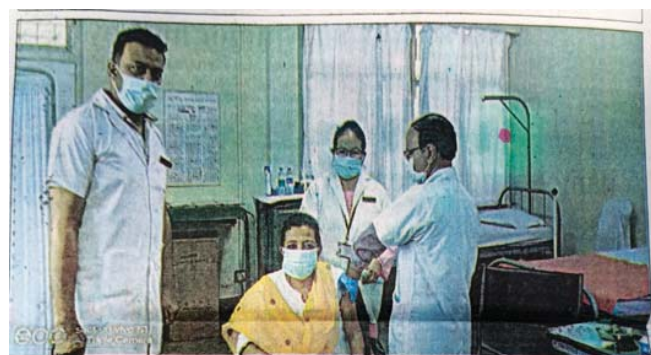
The initial phase started with the COVID testing sessions which were conducted in various places across NEEPCO in collaboration with the respective state governments and strict monitoring across all stations organised by the respective medical wings. Across the pandemic a total of 75 awareness camps were conducted where the chain of transmission and basic rules of hygiene were discussed along with new terminologies. A total of 129 testing sessions were conducted across the Corporation. RAT was done on the spot and samples were sent for RTPCR. Through the entire period around 500 positive cases were detected in those camps/sessions out of a total of 916 positive cases of the corporation which includes employees, dependants, contractual workers and visitors on special assignments and local fringe population as well. (See Table 1 and Table 2)

HOME TREATMENT

Out of the 916 positive cases around 782 got home treatment and most of them were under the care of NEEPCO doctors. The treatment by a family physician who is well versed with the medical history of the patients is always a great advantage. As most of the patients were known to their respective doctors, the reassuring feeling helped in quick recovery and prevented cases from being referred to higher centers. Cases requiring higher care in hospitals like moderate to severe cases totalled 134.

TELECONSULTATIONS and MEDIA

The biggest learning tool was about the power of information technology in the pandemic. Not only the IT team worked round the clock to ensure effective communication patients used social media to reach out to their doctors. Teleconsultation and prescriptions over Whatsapp/Telegram/E mail/sms benefitted not less than 5000 beneficiaries across NEEPCO. Our doctors were also invited as panellists in international



covid vaccination camp was conducted by RK Nagar sub center in NEEPCO health center, RC Nagar. The mp was conducted by state government's health team and assisted by NEEPCO consisting of community health officer Madhumita Debnath and vaccinator Benu Ch Sil. Dr SS Chowdhury, Deputy General Manager medical health services, NEEPCO Tripura and Covid 19 nodal officer for NEEPCO Tripura said, 130 persons from

Random testing detects five COVID-19 cases in NEEPCO Doyang

WOKHA, JUNE 23 (MEXN): Random sample testing for COVID-19 was conducted at North Eastern Electric Power Corporation Limited (NEEPCO) Doyang after a positive case was detected recently.

The office of Chief Medical Officer, Wokha in a press release said that a medical team led by District Surveillance Officer, Dr William Humsae conducted random sample testing at NEEPCO, Doyang on June 23. The team took 42 samples, out of which five were found to be positive.



A health worker during the random sample testing for COVID-19 conducted at North Eastern Electric Power Corporation Limited (NEEPCO) Doyang on June 23. (Photo Courtesy: CMO office Wokha)

The positive persons were consulted by Dr Mhanchan Kithan, Zonal Leprosy Officer Wokha who advised them to self isolate and handed over medicines.

Dr Dipul Haloi, Medical Officer in charge of NEEPCO Health Centre Doyang said his medical staff is carrying out awareness drive on COVID-19 and they are trying to achieve 100 percent vaccination by July 31.

NEEPCO official, LY Khyman assured full cooperation in contact tracing and other COVID related activities.

Media clippings

webinars. There was ample media coverage of vaccinations, awareness sessions as well as surge in cases in the plants.

VACCINATIONS

The only solution to stop a pandemic as per the principles of epidemiology is development of a vaccine. It was not until 16 January 2021 that Manish Kumar, a sanitation worker officially received the first dose of COVID Vaccine in India. Vaccines were administered through the state government and most centers in NEEPCO could hold vaccinations sessions organised by the medical wing. The first vaccination camp in NEEPCO was in March 2021. As per data available around 14000 cumulative doses (Table 2) were administered in camps meant for NEEPCO for three doses. The corporation recorded around 97% vaccination for all beneficiaries across 53 camps during the pandemic.

CONCLUSION

There was not a single day when power generation was affected by the pandemic. In spite of the lockdown, the NEEPCO work force toiled night and day in a nation building exercise battling all difficulties. A cross disciplinary team effort ensured that casualties were almost nil. In the face of adversity NEEPCO fought against all odds and came out in flying colours.

References:

COVID 19 DATA NEEPCO HR COORDINATION, HEALTH CENTERS/ MEDICAL WINGS

<https://www.ncbi.nlm.nih.gov/books/NBK554776/>

<https://dashboard.cowin.gov.in/>

The Hindu, January 16, 2021 04:22 pm ; First Vaccination

PANEL DISCUSSION (ONLINE)
On
COVID-19 Crisis and Challenges in Education, Health and Society
ORGANISED BY

Department of Geography, Gauhati University

<p>Chief Guest</p>  <p>Dr. Pratap Jyoti Handique Vice-Chancellor Gauhati University</p>	<p>Panelist</p>  <p>Dr. Venkat Pulla Foundation Professor of Strengths Based Social Work Practice, Brisbane Institute of Strengths, Australia</p>	<p>Panelist</p>  <p>Dr. Indrani Hazarika CA, Divisional chair of Business program and Curriculum chair of Accounting programme UAE</p>	<p>Panelist</p>  <p>Dr. Saumya Shankar Chowdhury Deputy General Manager (Medical & Health Services) NEEPCO</p>
<p>Convener & Moderator</p>  <p>Dr. Madhushree Das Professor & Head Department of Geography Gauhati University</p>			
<p>Date - 30 June, 2020 Time - 3:00 PM onwards WEBINAR PLATFORM : GOOGLE MEET</p>			
<p>All the students and research scholars of Gauhati University and interested people are requested to participate.</p>			



COVID Awareness in NEEPCO and world-wide

SLNO	STATION	POSITIVE CASES(RAT POSITIVE/RT PCR POSITIVE)	HOME TREATMENT UNDER NEEPCO DOCTORS	TREATING PHYSICIAN WITH DESIGNATION (AT THAT PERIOD)	REFERRED CASES ADMITTED IN COVID CENTRE/HOSPITALS	FULLY RECOVERED	REMARKS	NUMBER OF PERSONS QUARANTINED IN THE first wave	TOTAL PERSONS VACCINATED
01	AGBPS	134	102	DR MUNINDRA SALO,DGM MHS	32	134		245	2331
02	SHILLONG	45	34	DR MRS AKA MAO,GM(MHS)	11	43	TWO CASES OF DEATHS*	DATA NOT AVAILABLE	887
03	GUWAHATI	74	61	DR N SONOWAL BORAD,GM(MHS)	13	74		NO DATA AVAILABLE	1298
04	THPS	34	21	DR B R DAS ,DGM MHS	3	34		107	605
05	AgGBPS	96	79	DR S S CHOWDHURY,DGM MHS	17	96		288	2886**
06	DHPS	34	31	DR DIPUL HALOI,DGM MHS	3	34		87	1226
07	PHPS	123	101	DR KANCHAN DOLEY,DY CMO	22	123		123	988
08	KaHPS	101	79	DR H BARMAN,SR MO	22	101		233	1100
09	RHPS	109	88	DR NITIN MUGLI,DY CMO	21	21		139	900
10	TGBPS	87	69	DR S S CHOWDHURY,DGM MHS	7	69		126	434**
11	KHPS	79	66	DR A HOJALCMO	3	3		354	1447**
TOTAL		916	782		134	914		1702	14,102

COVID TREATMENT IN NEEPCO TIME PERIOD :-01.04.2020 TO 31.08.2022

CUMULATIVE POSITIVE CASES; SOURCE 1) HR COORDINATION 2) NODAL OFFICER DATA (INVOLVES CONTRACTUAL WORKERS, SUPERANNUATED AND FAMILY MEMBERS);

VACCINATION INVOLVES LOCAL POPULATION IN PLANTS/STATIONS;

VACCINATION INCLUDES THREE DOSES INCLUDING BOOSTER

*PATIENT EXPIRED AFTER PROLONGED ILLNESS OF CHRONIC DISEASES

** INCLUDES CAMPS N THE VICINITY

SL NO	STATION/OFFICE	MASKS DONATED	PPE KITS	SANITIZERS	RATIONS/AID (NUMBER OF BENEFICIARIES)***	VACCINATION CAMPS **** AND PERCENTAGE OF TARGET POPULATION COVERED	AWARENESS CAMPS	COVID TESTING SESSIONS	QUARANTINE BEDS FOR POSITIVE CASES	OXYGEN CYLINDERS TYPEJumbo type	OXYGEN CONCENTRATORS
01	AGBPS	1680	145	531/500 ML	1405	8 & 99%	12	20	8	12	2
02	AgGBPS	2300	200	240	630	8 & 98%	8	14	10	10	2
03	KHPS	11627	180	340	340	6 & 98%	6	12	8	12	2
04	KaHPS	1500	180	220	450	6 & 99%	6	13	8	16	2
05	DHPS	2500	300	1362	400	5 & 98%	8	12	6	12	1
06	PHPS	1280	130	170	560	6 & 97%	6	10	8	20	2
07	RHPS	7800	120	250	760	6 & 97%	5	10	12	27	2
08	TGBPS	1280	80	120	180	3 & 99%	5	12	4	8	2
09	THPS	1580	80	80	450	3 & 100%	4	8	6	8	1
10	GUWAHATI	2300	120	170	560	4 & 99%	7	12	12*	13	1
11	SHILLONG	1300	NA	120	NA	6 & 97%	8	6	NA	4	1
12	DELHI	360	NA	NA	NA	100%	NA	NA	NA	NA	NA
13	KOLKATA	240	NA	NA	NA	100%	NA	NA	NA	NA	NA
TOTAL		35687	1495	2792	5705	53 & 97%	75	129	82	142	18

Table 2:-COVID RELATED ACTIVITIES BY TEAM NEEPCO IN STATIONS/OFFICES OF NEEPCO 01.01.2020 TO 31.08.2022 SOURCE HR COORDINATION;RESPECTIVE MEDICAL WINGS/OFFICES

NA-NO DATA AVAILABLE *MADE AVAILABLE FOR THREE MONTHS IN ARYA INN IN PEAK COVID TIME MAY-JULY 2020

*** INCLUDES PHILANTHROPIC DONATIONS BY WOMEN ORGANISATIONS/UNIONS/NRC for LOCAL /NEEDY POPULATION **** INCLUDES CAMPS IN STATE GOVT CENTRES FOR NEEPCO BENEFICIARIES/WITH HELP OF NEEPCO COVID TEAM

KEY FOR TABLES

PPE-PERSONAL PROTECTIVE EQUIPMENT

IT-INFORMATION TECHNOLOGY

HR-HUMAN RESOURCE

AgGBPS-AGARTALA GAS BASED POWER STATION,TRIPURA

AGBPS-ASSAM GAS BASED POWER STATION, ASSAM

DHPS-DOYANG HYDRO POWER STATION, NAGALAND

KHPS-KOPILI HYDRO POWER STATION,ASSAM

KaHPS-KAMENG HYDRO POWER STATION,ARUNACHAL PRADESH

PHPS-PARE HYDRO POWER STATION, ARUNACHAL PRADESH

RHPS-RANGANADIHYDRO POWER STATION ARUNACHAL PRADESH

THPS,TUIRIAL HYDRO POWER STATION,MIZORAM

YOGA AND HEALTH

Dr Munindra Saloi

DGM(M&HS), AGBPS

Yoga originated in ancient India about 5000 years ago. The Rigveda has a mention of Yoga. Maharshi Patanjali had systematically codified it in Yoga Sutra. Later, Swami Vivekananda had introduced Yoga to the Western world. Nowadays Yoga has gained worldwide popularity for the immense health benefit in practicing it.

In 2015, the United Nations General Assembly has declared 21st June as International day of Yoga.

The modern medicine has also acknowledged the role of Yoga on our health. We may prevent and alleviate many illnesses by regularly practicing yoga.

The Yoga is very helpful for Cervical spondylitis and Lumbar spondylitis. The back-stress exercises in Yoga poses like bhujangasan massage our spinal cord and relieve the back pain. Yogasana eases the tender and pain of joints in arthritis. The American College of Physicians also recommends yoga as a first-line of treatment for chronic low back pain. The main advantage of yoga over other physical exercises is that it makes our body flexible as well as strengthens the joints and muscles. The slow movements and deep breathing exercises increase blood flow and warm up the muscles, while holding a pose can build strength. Yoga is very helpful for improving flexibility and removing stiffness of joints in elderly person.





Yoga also helps in balancing our body. The tree-pose (brikhshasan) improves balance and cerebellar function of brain.

The pranayama or breathing exercises are very helpful in reducing stress and anxiety. Pranayama has profound affect in many cardiac ailments including hypertension. It is thought that yoga restores the baroreceptor sensitivity in our body which helps in the regulation of blood pressure. Regular practice of Yoga also lowers the lipid and prevent coronary heart disease. Yoga also lowers the blood sugar level in non-insulin dependent diabetes mellitus. Nowadays many cardiac clinics advise people with heart diseases to practice yoga.

Yoga helps in maintaining our mental health. It is very helpful in the cure of depression and anxiety neurosis and refreshes the mind. Regular practice of yoga removes insomnia or inability to sleep. Many psychiatrists advocate yoga and meditation for good mental health.

Regular practice of yoga also boosts our immunity to fight the infectious diseases. The breathing exercises increases our lung capacity and helps in bronchial asthma and sinusitis. During Covid pandemic many people had started practicing yoga to improve lung function.

Researchers had studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fitness. Many researches are still undergoing to explore the role of yoga on our health and its disease modifying capacity.

The practice of yoga improves the quality of life by alleviating the pain of diseases and refreshing the mind. Acknowledging the role of yoga on our health, the World Health Organization with the help of AYUSH Ministry, Govt of India has developed a mobile app "WHO mYoga" to teach practice of yoga.

We should make the habit of practicing yoga daily to keep fit and healthy both physically and mentally.

HINDI SECTION



अधिवर्षिता की आयु पूरी कर निगम से सेवानिवृत्त हो रहे श्री अरुण कुमार प्रधान, प्रबंधक (हिंदी) द्वारा निगम के कार्यों में उनके योगदान हेतु सम्मानित करने के लिए 21 फरवरी 2024 को कारपोरेट कार्यालय, शिलांग में एक सेवानिवृत्ति समारोह का आयोजन किया गया। इस अवसर पर मेजर जनरल राजेश कुमार झा, एवीएसएम (सेवानिवृत्त), निदेशक (कार्मिक) ने श्री प्रधान के योगदान की सराहना की और निगम की ओर से स्मृति चिन्ह भेंट किया।



दिनांक 26.02.2024 से 27.02.2024 तक इंडिया हैबीटाट सेंटर, लोधी रोड, नई दिल्ली में दो दिवसीय राजभाषा उत्सव समारोह आयोजित किया गया, जिसमें नीपको लिमिटेड, नई दिल्ली कार्यालय की समन्वयक की भूमिका रही। इस दो दिवसीय राजभाषा उत्सव आयोजन में मेजर जनरल राजेश कुमार झा, एवीएसएम* (सेवानिवृत्त), निदेशक (कार्मिक), नीपको लिमिटेड ने श्रीमती अशुली आर्या, वरिष्ठ आई ए एस, सचिव (राजभाषा) के साथ मंच साझा किया। निदेशक (कार्मिक) ने राजभाषा हिन्दी विषय पर अपने व्याख्यान में बताया कि प्रयोग में हिंदी सहज और सरल होनी चाहिए।

सभी को संबोधित करते हुए मेजर जनरल राजेश कुमार झा, एवीएसएम* (सेवानिवृत्त), निदेशक (कार्मिक) ने नीपको की स्थापना से लेकर अब तक बिजली उत्पादन क्षमता के संवर्धन और पूरे नॉर्थ ईस्ट के संबंध में सभी को अवगत कराया। निदेशक (कार्मिक) ने सभी आयोजक कार्यालय के प्रतिनिधियों को शॉल एवं गुलाब का फूल देकर सम्मानित किया।



दिनांक 09.01.2024 को असम गैस आधारित विद्युत स्टेशन, नीपको लिमिटेड बोकुलोनी में एक दिवसीय हिंदी कार्यशाला का आयोजन किया गया



नीपको कारपोरेट कार्यालय, शिलांग को वर्ष 2022-23 के लिए नगर राजभाषा कार्यान्वयन समिति, शिलांग-2 द्वारा प्रथम पुरस्कार प्रदान किया गया।



नीपको कारपोरेट कार्यालय द्वारा 9.8.23 को नराकास, शिलांग-2 के संयुक्त तत्वावधान में आयोजित स्लोगन लेखन प्रतियोगिता के प्रोत्साहन पुरस्कार विजेता श्री टी. बी. क्षेत्री, वरिष्ठ कार्यपालक पर्यवेक्षक एवं सुश्री जेनेत नामपुरई, सहायक (एसजी), विधि को भी इस कार्यक्रम में पुरस्कृत किया गया।



निगम के कारपोरेट कार्यालय में 18 मार्च, 2024 को एक दिवसीय हिंदी कार्यशाला का आयोजन



निगम के कारपोरेट कार्यालय में 18 मार्च, 2024 को एक दिवसीय हिंदी कार्यशाला का आयोजन किया गया। कार्यक्रम के उद्घाटन सत्र में श्री दीपांकर बरुआ, मुख्य महाप्रबंधक (सिविल) एवं अध्यक्ष राजभाषा कार्यान्वयन समिति, कारपोरेट कार्यालय, श्री विजय कुमार, मुख्य महाप्रबंधक (मानव संसाधन), राजभाषा एवं अन्य वरिष्ठ अधिकारी उपस्थित थे।

कार्मिकों को हिंदी में कार्यालयीन कार्य करने में आ रही कठिनाइयों को दूर करने के उद्देश्य से आयोजित इस कार्यशाला में संकाय सदस्य के रूप में श्रीमती संचिता चक्रवर्ती, हिंदी अधिकारी, निग्रिम्स, शिलांग को आमंत्रित किया गया था।

राजभाषा कार्यान्वयन समिति, कारपोरेट कार्यालय, शिलांग की चतुर्थ बैठक



राजभाषा कार्यान्वयन समिति, कारपोरेट कार्यालय, शिलांग की वर्ष 2023—24 की चतुर्थ बैठक श्री विजय कुमार, मुख्य महाप्रबंधक (मानव संसाधन), राजभाषा की अध्यक्षता में 21 मार्च, 2024 को संपन्न हुई। बैठक में राजभाषा के प्रगामी प्रयोग को बढ़ावा देने हेतु महत्वपूर्ण मदों पर चर्चा की गई।



North Eastern Electric Power Corporation Ltd.

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