

# MONTHLY NEWS LETTER

31 January 2025

HEAVY HAUL INSTITUTE, DFCCIL, NOIDA

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## Message from General Manager/T & R

As we step into the new year, 2025, we reflect on the milestones achieved in the first month. We proudly signed an MoU with Gati Shakti Vishwavidyalaya and look forward to a collaboration with South Asian University to enhance education and research.

We have also successfully trained a fresh batch in the OP&BD Department, focusing on station operations, and conducted a two-day workshop by HR/DFCCIL. Our MD and Director OP&BD interacted with the trainees, inspiring them for the road ahead.

To ensure a balanced and engaging environment, we organized a movie session and a Run for Fun activity, which was actively participated in by trainees and DFCCIL staff. Additionally, a Stress Management class was conducted to help trainees manage work pressures and maintain a healthy work-life balance.

We provided trainees with an opportunity to visit the DMRC OCC and celebrated the 75th Constitution Day with the DFCCIL family, strengthening our bond as a team.

As we continue this journey, we remain committed to providing learning, growth, and opportunities to all our trainees throughout the year.



Col. Mayank Upadhyaya  
General Manager/Training & Research

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**In this newsletter  
you can expect:**

SPECIAL VISIT

SPECIAL DAY

SPECIAL EVENTS

SPECIAL CLASSES

SPECIAL SESSION

ANY ADDITION

### DO YOU KNOW

➔ Zeno's Paradox (Achilles and the Tortoise):

In a race, Achilles gives the tortoise a head start. Zeno argues that Achilles can never overtake the tortoise, because every time he reaches the point where the tortoise was, it has moved slightly ahead. This paradox illustrates a flaw in our intuitive understanding of infinity.

➔ The Paradox of the Cretan Liar:

A Cretan says, "All Cretans are liars."  
If the statement is true, then the Cretan is a liar, which means the statement is false. But if the statement is false, then it must be true.



# HIGHLIGHTS



## MoU Signed Between GSV and CHHRR&D

On January 3, 2025, Gati Shakti Vishwavidyalaya (GSV) and the Centre for Heavy Haul Rail Research & Development (CHHRR&D) signed an MoU for research, development, and knowledge exchange in rail, logistics and transportation sector. The agreement was signed by Shri Praveen Kumar, MD/DFCCIL, and Shri Manoj Chaudhary, Vice- Chancellor/GSV.



## Executive OP&BD Training

On January 3, 2025, after assessment, 107 Executive OP&BD successfully completed 90 working days of initial training. Following this, they were relieved for line training, marking the next phase of their professional development.



## Workshop at HHI

On January 2nd and 3rd 2025, DFCCIL/CO HR Department conducted a two-day workshop on RTI, pay fixation, and court case handling, enhancing participants' professional skills.



## Visits South Asian University

On January 4, 2025, Shri Praveen Kumar, MD DFCCIL, along with GM/Training & Research, and GM/Corporate Communication, visited South Asian University (SAU) and interacted with Prof. K.K. Aggarwal, President, SAU. They discussed educational collaboration and jointly launched the SAU Website.



## Director OP&BD Interaction

On February 7, 2025, the Director (Operations & Business Development) interacted with the newly joined batch of Executive/Jr. Executive (OP&BD) from February 6, 2025. He delivered a lecture on Operations & Business Development in DFCCIL and Container Traffic, providing valuable insights into the sector.



## MD/DFCCIL Interaction

On January 10, 2025, Shri Praveen Kumar, MD DFCCIL, had a one-on-one interaction with the newly joined batch of Junior Executive/Executive trainees, motivating them and sharing valuable insights. After the session, he led a plantation drive, reinforcing DFCCIL's commitment to sustainability.



## Movie Session for Trainees

On January 11, 2025, a movie session titled "I Want to Talk" was organized for the DFCCIL trainees. The film highlighted the importance of communication, teamwork, and leadership, offering both entertainment and valuable insights for personal and professional growth.



## Trainees Visit DMRC OCC

On January 18, 2025, DFCCIL trainees visited the Delhi Metro Rail Corporation (DMRC) Operations Control Centre (OCC). The visit provided valuable exposure to the advanced systems and operations of metro services, offering trainees practical insights into urban transportation management and control processes.



## Lecture on Stress Management

On January 20, 2025, Shri Hari Krishna delivered an insightful lecture on Stress Management to DFCCIL trainees. The session focused on practical techniques to manage stress in both personal and professional life, helping trainees develop healthier coping strategies and improve overall well-being.



## Run for Fun Activity

On January 25, 2025, a Run for Fun activity was organized in the presence of Shri Praveen Kumar, MD DFCCIL. The event saw active participation from all trainees and DFCCIL staff, promoting fitness, team spirit, and overall well-being. The initiative was well-received, reinforcing the importance of physical activity in maintaining a healthy work-life balance.



## Celebration of 75 Years of Constitution

On January 26, 2025, DFCCIL celebrated 75 Years of the Constitution at HHI. Shri Praveen Kumar, MD DFCCIL, hosted the National Flag, followed by a cultural program with active participation from both DFCCIL and HHI teams. The event concluded with the release of balloons and pigeons, symbolizing peace and unity, marking a significant and joyous occasion for all involved.