

BPA FILE

**Green in Focus :
Sustaining our
Future**

**March 2025 Edition
Newsletter**

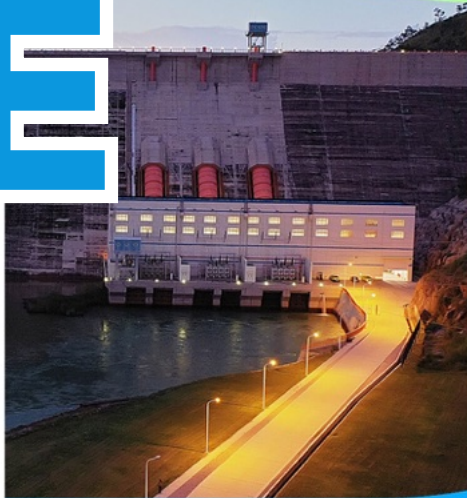


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Our Mission

To support socio-economic development through the utilization of natural resources for energy generation in a safe, reliable and cost-efficient manner.

Our Vision

To be the leader in the renewable energy industry in the sub-region.

Our Core Values

Safety
Innovation
Trust
Teamwork
Integrity
Commitment



Editor's Note

Dear Readers,

Welcome to the first quarter edition of our 2025 BPA File! Following the feedback from our first release for the year 2025, we are pleased to share more updates and inspiring stories from accross the BPA community over the past few years.

As we advance through the year, our commitment to excellence, innovation, and collaboration remains steadfast. This publication is not just a medium to share updates but also a platform to celebrate our successes, honour our dedicated team, and spotlight the impactful projects driving our mission forward.

This edition will highlight the latest endeavors of the new Acting Chief Executive Officer (CEO), Ing. Kow Eduakwa Sam, whose vision for BPA continues to inspire us all.

In line with his vision of promoting stakeholder engagement, the Acting CEO hit the ground running with a number of engagements including meeting with traditional leaders in the Bui enclave, visiting the various departments of the Authority to familiarize himself with staff, and visiting resettled communities.

We will also take a look at other fun activities in the Authority including the Corporate Football

League, our Ghana Month celebration, Foodie Friday and Birthday celebrations. From meaningful discussions to recreational events, these efforts strengthen our resolve to create a sense of unity and positivity.

We invite everyone to stay involved and contribute to future editions. Your stories, insights, and ideas make this newsletter a true reflection of BPA's values and aspirations. Whether it's celebrating a milestone, highlighting a successful project, or sharing a personal achievement, your experiences energize and inspire us all.

A heartfelt thank you to our dedicated Editorial Team for bringing this edition to life, and to you, our readers, for your continued support. Together, let's maintain this momentum and make 2025 a year filled with meaningful progress and shared success!

Warm regards,

Mawuli Fui KWADZOVIA
Editor-In-Chief BPA File



Message from the Ag. Chief Executive Officer

Ing. Kow Eduakwa Sam

Dear Colleagues, Partners, and Stakeholders,

I am honored to address you in my first message for the BPA File as Acting Chief Executive Officer. It is both a privilege and profound responsibility to lead a team that has been instrumental in leading the innovations and growth of Ghana's Renewable Energy landscape.

With a clear mission to generate and supply clean, reliable, competitive and sustainable energy, and a vision to be a leader in the country's green energy transition, we remain steadfast in our commitment to this national development agenda.

The Global Energy landscape is shifting, and climate change is no longer a distant concern, it is an urgent challenge that demands immediate action. At BPA, sustainability is not just a goal, it is a guiding principle. Our hybrid energy system, integrating hydro and solar power, is a clear testament of our dedication to balancing energy security with environmental responsibility.

In the years ahead, we will strengthen our resilience by optimizing our operations and developments. Expanding innovative solutions such as hybrid Solar PV systems with Battery Energy Storage Systems for dispatch and stability, and ensuring that our energy infrastructure remains robust in the face of climate change uncertainties.

Ghana's energy transition is gaining momentum, and BPA is committed to leading this transformation. The need for a diversified energy mix has never been more pressing. We will continue to expand our renewable energy portfolio, increasing our solar capacity, exploring wind energy potential, and incorporating cutting-edge technologies to enhance efficiency and reliability.

This transition is not just about keeping pace with global trends, it is about securing Ghana's energy future in a way that is sustainable, cost-effective, and forward-thinking.

As the cycle II target of Ghana's Renewable Energy Master Plan (REMP) closes this year, BPA is fully committed to meeting the national target of 195 MW of Utility Scale solar PV to be connected to the national grid.

We hope to leverage all viable strategic partnerships within the Ghanaian energy ecosystem through the fostering innovation and adhering to international and local best practices. As we accelerate the integration of Clean Energy into the national grid, it clearly portrays our commitment to the 2070 net-zero target.

The Authority aims to meet current energy demands while anticipating future needs, ensuring sustainable energy solutions.

The success of this journey relies on team dedication, partner support, and stakeholder trust. The Authority aims to drive Ghana's energy transformation and create a legacy of sustainability and innovation.

I look forward to working with you as we take BPA to new heights in 2025 and beyond as leaders in Renewable Energy.

Time with the Newly Appointed Deputy Chief Executive Officer, Engineering, Operations and Technical



Ing. Samuel Nimako Boateng
Deputy CEO, Engineering,
Operations and Technical

1. Can you tell us about your journey at Bui Power Authority and how it has prepared you for this role?

My journey at Bui Power Authority has been enriching and progressive.

Starting in 2009 as a Mechanical Engineer and gradually taking on leadership responsibilities, I have had the opportunity to learn the complexities of power generation, team building, and strategic planning. These experiences have shaped me into a well-rounded leader, ready for this new role.

2. What has been your most memorable experience working at BPA so far?

The most memorable experience for me was spearheading level A maintenance on all the Units at BGS in 2019.

This involved collaborative problem-solving and precise execution under considerable time constraints. Seeing the entire team come together to achieve success was incredibly fulfilling.

This level A maintenance involved dismantling the Units, conducting inspections, and replacing defective parts. While we were assisted by our Chinese counterparts, the main job was done by our Managers, Engineers, Technicians and Janitors at the Powerhouse.

Not forgetting the corporate affairs and other departments like OHES, ESD, and Finance (just to mention a few) who assisted in many ways to make the project a success.

3. What motivates you as a leader, and how do you approach decision-making?

My motivation comes from making a difference, empowering others, and driving meaningful results. I approach decision-making by consulting widely, considering available data, and aligning choices with our long-term vision and corporate values.

4. How would you describe yourself in three words?

Hardworking, proactive, and empathetic.

5. What challenges have you faced in your line of work and how have you overcome them?

Challenges such as tight project timelines, limited resources, and unforeseen technical difficulties have tested my resilience. I overcome these by fostering teamwork, encouraging innovation, and maintaining clear communication.

6. What role do you believe BPA staff play in achieving the company's goals, and how do you plan to engage them?

BPA staff are the backbone of our operations. I plan to engage them by creating more avenues for professional development, encouraging open dialogue, and recognizing outstanding contributions.

7. What advice would you give to young professionals aspiring to grow within BPA?

Stay focused, be eager to learn, take on challenges with a positive attitude, and always seek mentorship to help guide your career path.

8. How do you balance work and personal life, and what do you enjoy doing outside of work?

I prioritize efficient time management and ensure that I dedicate time to family and self-care. Outside work, I enjoy reading and listening to the news.

9. What message would you like to share with all BPA staff as you begin this new chapter as DCEO (EOT)?

Together, we can achieve remarkable milestones.

I encourage everyone to stay resolute, remain innovative, and continue working towards BPA's collective success.

Acting Chief Executive Officer of BPA, Ing. Kow Eduakwa Sam, engages staff at Bui Generating Station (BGS)

On February 25, 2025, Ing. Kow Eduakwa Sam, the acting Chief Executive Officer (CEO) of the Bui Power Authority (BPA), held an engagement session with the staff at the Bui Generating Station (BGS), situated between the Bono and Savannah Regions of Ghana.

The objective of this engagement was to familiarize Ing. Kow Eduakwa Sam with the BGS staff, to receive briefings on the plant's operations, and to offer him an opportunity to gain insights into the workings of BPA.

Ing. Kow Eduakwa Sam joins the Authority with extensive experience and dedication in the energy sector.



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In his address, he articulated his vision for BPA, emphasizing innovation, operational excellence, and a commitment to sustainable energy solutions. "Our collective success depends on embracing innovation and maintaining a steadfast commitment to excellence," he stated.

He encouraged open communication and collaboration across all departments, emphasizing the importance of each team member's role in achieving the Authority's



Staff Durbar with Acting CEO



Ing. Kow Eduakwa Sam, Acting Chief Executive Officer of Bui Power Authority, Engages Traditional Leaders to Strengthen Community Relations

As part of a three-day working visit to the Bui Generating Station (BGS) and its surrounding communities, the Acting Chief Executive Officer (CEO) of Bui Power Authority (BPA), Ing. Kow Eduakwa Sam, paid a courtesy call on traditional leaders in the area. This visit was in line with customary practices, enabling him to formally introduce himself to the Chiefs and opinion leaders following his appointment by the President of the Republic of Ghana. Additionally, the engagements aimed at strengthening relationships with key stakeholders and garnering support for BPA's initiatives.

Ing. Sam commenced his engagements with the Banda Traditional Council, where he was warmly welcomed by the Acting President, Nana Peh Aboatea II (Baamohene). The discussions with the Traditional Council were centered on fostering mutual cooperation, addressing community concerns, and exploring avenues for collaboration. Ing. Sam reassured the Council of BPA's unwavering commitment to community development and pledged to work closely with traditional authorities to address pressing issues.

Similar discussions were held with Nana Sakyameh Sinapim II, Chief of Banda Kabrono and elders where the Ag. CEO underscored the importance of maintaining a harmonious relationship between BPA and the communities.

In Bongase, Nana Ha-Yaw Bosom II emphasized the need for strategic local development initiatives that would drive sustainable progress in the area.



Visit by Management of BPA to Banda Traditional Area



Further engagements took place in Dokokyina, Bator Akanyakrom, and the Bui communities, where the significance of aligning BPA's activities with the aspirations of the resettled communities was highlighted.

The Acting Chief of Dokokyina, Nana Alex Krah and Queen mother of Dokokyina, Obaahema Maame Attaa Mary, advocated for enhanced social welfare programs, while Togbui Awuseagba Kpakpa II, Chief of Bator Akanyakrom stressed the importance of balancing cultural preservation with infrastructural growth.



At Bui, Nana Kwadwo Wuo II, Chief of the Bui stool land and Ebusuapanin Nana Yaw Ofori called for deeper collaboration between BPA and the local leadership to ensure inclusive and sustained development.

Highlighting the importance of stakeholder engagement, Ing. Sam stated, "Building strong relationships with our host communities is paramount. We remain committed to fostering inclusive development that brings lasting benefits to the people.



These engagements reaffirm BPA's dedication to meaningful dialogue, community empowerment, and sustainable development within the Bui enclave. By strengthening its partnerships with traditional authorities, BPA continues to position itself as a responsible corporate entity committed to improving the livelihoods of its host communities.

The Acting CEO was accompanied on this visit by the Deputy CEO for Engineering, Operations, and Technical Services, Ing. Samuel Nimako, along with other Directors and Senior Management Members of the Authority.

Visit by Management of BPA to Banda Traditional Area



Visit by Management of BPA to Bui Chief, Nana Kwadwo Wuo II



Visit by Management of BPA to Bui Chief, Nana Kwadwo Wuol II





Visit by Management of BPA to Dokokyina Traditional Council



Visit by Management of BPA to Dokokyina Traditional Council





Visit by Management of BPA to Bongase Chief, Nana Ha-Yaw Bosom II





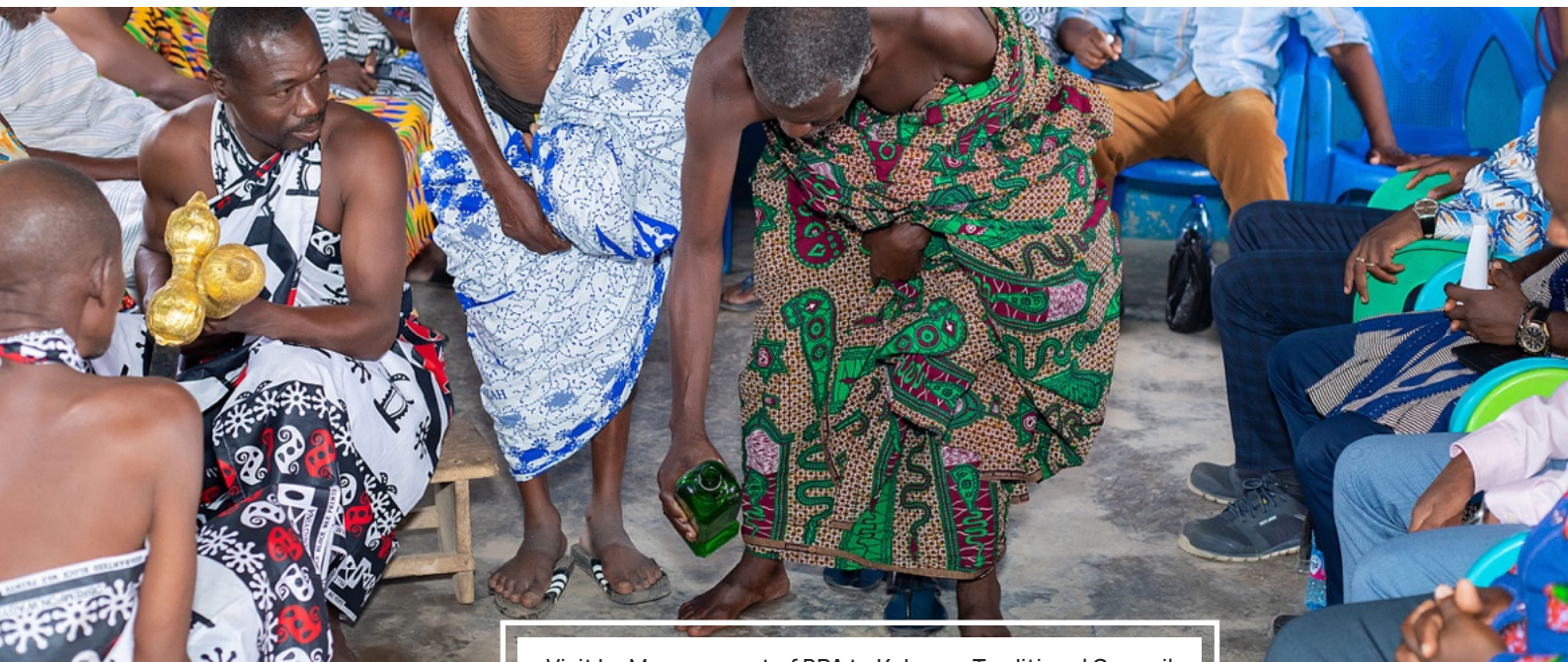
Visit by Management of BPA to Bongase Chief, Nana Ha-Yaw Bosom II





Visit by Management of BPA to Kabrono Traditional Council





Visit by Management of BPA to Kabrono Traditional Council





Visit by Management of BPA to Chief of Bator Akanyakrom, Torgbui Awuseagba Kpakpa II





Visit by Management of BPA to Chief of Bator Akanyakrom, Torgbui Awuseagba Kpakpa II



BPA Acting CEO Ing. Kow Eduakwa Sam Tour of Various Facilities within the Bui Generating Station

Demonstrating a commitment to operational excellence and innovation, the Acting Chief Executive Officer (CEO) of Bui Power Authority (BPA), Ing. Kow Eduakwa Sam, embarked on a three-day working visit to the Bui Generating Station (BGS) from February 26 to 28, 2025.

His visit focused on engaging with staff, strengthening BPA's strategic objectives, touring of facilities and inspecting ongoing projects.

Ing. Sam commenced his tour with a firsthand assessment of BPA's renewable energy advancements. He visited the Solar PV Farm and the Floating Solar PV Facilities, recognizing their critical role in diversifying the nation's energy mix.

His inspection extended to the 404-megawatt Bui Hydroelectric Plant, where he examined essential operational areas such as the Control Room, Turbine Pit, Dam Gallery, and Switchyard.

A key highlight of his visit was his interaction with operational departments, including the Renewable Energy, Engineering Services, and Power Operations teams. These discussions provided a platform for staff to exchange ideas, share challenges, and explore solutions to enhance efficiency and performance.

Beyond power generation, Ing. Kow E. Sam demonstrated a strong commitment to staff welfare and infrastructure development. He inspected the newly constructed Multi-Purpose Office Complex, the advanced Data Centre, and ongoing staff accommodation projects, reaffirming the Authority's dedication to fostering a conducive work environment.



Acting CEO's Meeting with Staff at the Power Operation Department

His visit also reinforced BPA's commitment to corporate social responsibility and environmental sustainability. He reviewed the Forest Resources Enhancement Project (FREP), a key initiative aimed at preserving biodiversity within the Bui enclave.

Additionally, he visited the BPA Green Academy, an institution dedicated to providing quality education for the children of staff within the BGS. Catering to students from crèche to Grade 6, the academy is equipped with modern facilities designed to foster an enriching learning environment for both students and educators.

Healthcare remains a priority on his agenda. At the BPA Hospital, which caters to both staff and the local community, he presented essential medical supplies, including patient privacy screens, lab



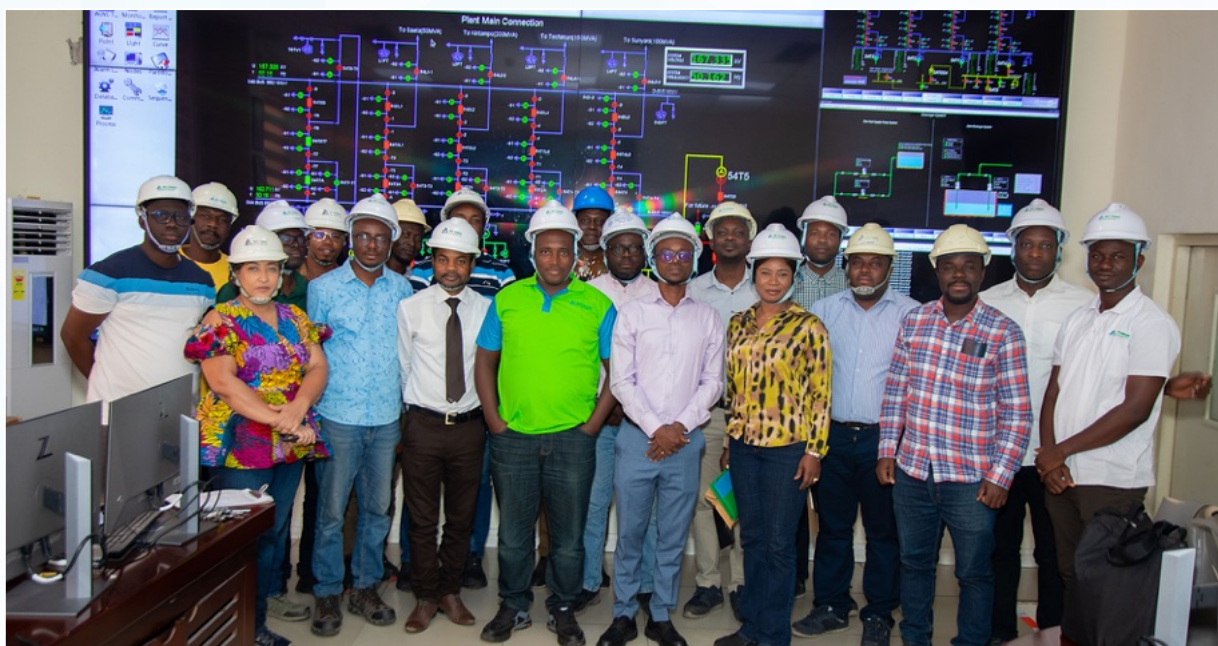
coats, gloves, and diathermy equipment, enhancing the hospital's capacity to deliver quality healthcare services.

Further extending his engagement, the Acting CEO visited the Bui Cashew Factory and the Bui Sugar Farm. During these inspections, he held discussions with project managers on progress, challenges, and future prospects.

Concluding his tour, Ing. Kow Sam lauded the dedication of BPA's workforce, encouraging continuous collaboration to propel the Authority toward even greater heights.



Acting CEO's Meeting with Staff at the Power Operation Department



Tour of Power Operations Department



Tour of Power Operations Department



Tour of Dam Crest



Tour of the Switch Yard



Tour of Warehouse at the BGS





Tour of Warehouse at the BGS





Acting CEO's meeting with Renewable Energy Department



Tour of Renewable Energy Department



Tour of Renewable Energy Department



Tour of the Multi-Purpose Office Complex



Tour of the Multi-Purpose Office Complex



Tour of BPA Green Academy



Tour and donation to BPA Clinic



Acting CEO's Inspection of on-going Staff Accommodation Project



Tour of BPA Forest Resources Enhancement Project



Acting CEO's interaction with BGS Ghana National Fire Service Personnel



Acting CEO's visit to Bui Cash-U Factory



Acting CEO's visit to the Sugar Cane Factory



Acting CEO's visit to the Game and Wild Life Commission





Acting CEO's visit to the Game and Wild Life Commission

Acting BPA CEO holds Management Retreat to Formulate Strategies

The Acting Chief Executive Officer (CEO) of the Bui Power Authority (BPA), Ing. Kow Eduakwa Sam, organized a two-day retreat with Directors and Unit Heads to review the activities of 2024 and formulate strategies for the current year.

The management retreat, held on March 4–5, 2025, at BPA Heights in Accra, served as a platform for comprehensive discussions, thoughtful reflections, and strategic planning. The focus was on improving efficiency, fostering innovation, and strengthening the Authority's commitment to excellence within the energy sector.

Speaking at the event, Ing. Eduakwa Sam emphasized the importance of collaboration in crafting innovative strategies, seizing opportunities, and

enhancing the Authority's potential for business growth.

He described the retreat as both successful and impactful, reaffirming the Authority's dedication to operational efficiency, pioneering innovation, and sustained growth.

"Furthermore, the retreat provided Departmental and Unit Heads an opportunity to articulate their visions, priorities, and strategic plans for 2025, ensuring alignment with the Authority's overarching objectives," he stated.

Participants engaged in the exchange of valuable insights, identified growth opportunities, and reaffirmed their shared commitment to fostering innovation and achieving operational excellence in the years ahead.





Management Retreat

International Women's Day

The theme for 2025 International Women's Day, "Accelerate Action," underscores the pressing need to hasten efforts toward gender equality. It highlights the importance of swiftly tackling systemic barriers and biases that women encounter in various aspects of life.

The aim is for individuals, communities, and organizations to implement effective strategies and amplify efforts to promote the advancement of women and challenge discrimination, ultimately accelerating progress towards a more equitable world.

In Ghana's renewable energy landscape, the contributions of women at Bui Power Authority (BPA) are not merely as partakers in the energy transition; they are trailblazers, innovators, and change agents, propelling Ghana toward a sustainable and inclusive energy future.

At the forefront of BPA's efforts, these women have led initiatives focused on uplifting and empowering women and girls in the communities around the Bui Generating Station. Through targeted programs, BPA has created opportunities for these women to engage in entrepreneurship and skills development, evidently improving their quality of life.

Women at BPA have played a pivotal role in ensuring that projects align with both energy production and environmental sustainability objectives. A notable example of their significant contributions is the floating solar

installation project, which highlights their technical expertise and leadership in advancing sustainable development.

The occasion was marked with heartfelt wishes from the staff to all women, encouraging them and pledging their support to expedite initiatives aimed at achieving an accelerated action.

Collectively, we can build a more equitable and just society by promoting gender equality and creating opportunities for everyone to reach their full potential. By cultivating an environment where individuals are evaluated based on their abilities and contributions rather than their gender, we can ensure a fairer and more inclusive world for all.





Ghana Day Celebration

Earlier this year, the Ghana Tourism Authority under the Ministry of Tourism, Culture and Creative Arts, launched the 2025 heritage month; an annual celebration aimed at showcasing Ghana's cultural heritage, creative industries and domestic tourism.

Following a directive from the office of the Acting Chief Executive Officer, Ing. Kow Eduakwa Sam, employees were encouraged to 'Wear Ghana' throughout the month of March. This exercise was climaxed by a vibrant Ghana Day celebration at the BPA Heights in Accra and at the Bui Generating Station.

The celebration was a vibrant display of tradition, showcasing the diversity and beauty of the Ghanaian rich culture. Staff of BPA were donned in colorful outfits as they represented the diverse regions across the country amidst singing and dancing to indigenous songs.

In his address, Ing. Kow Eduakwa Sam highlighted the importance of the Ghana month and encouraged staff to be proud of being Ghanaians. He also emphasized the fact that we are one people despite our different cultural backgrounds hence



looked forward to a stronger and more unified BPA.

The celebration continued with lots of merry making with variety of local foods, beverages and snacks, fostering a sense of unity and national pride.

The day also served to celebrate staff born in March, as it coincided with the last day of the month.

BPA remains committed to honoring and promoting the nation's cultural identity while fostering unity among its employees. This Ghana Day celebration was a testament to the Authority's commitment to national pride and corporate cohesion.



Ag. CEO of Bui Power Authority attends SIGA Breakfast Meeting

On Thursday, March 13, 2025, Ing. Kow Eduakwa Sam, the Acting Chief Executive Officer of Bui Power Authority, attended a breakfast meeting at the Kempinski Hotel in Accra.

The event, organized by the State Interest and Governance Authority (SIGA) for Chief Executive Officers (CEOs) of State-Owned Enterprises (SOEs), focused on enhancing efficiency, transparency, and performance optimization within SOEs.



The President of the Republic of Ghana, His Excellency John Dramani Mahama, graced the occasion, sharing his vision for SOEs as vital players in economic governance and national development.

A key highlight of the event was the launch of a comprehensive study on 16 major SOEs, which collectively manage a significant portion of state assets. Conducted by SIGA, the study aims to provide valuable insights into the financial and operational performance of these enterprises, offering recommendations for reforms and transformation.

SIGA's Director-General, Prof. Michael Kpessa-Whyte, reaffirmed government's commitment to corporate governance, accountability, and efficiency within the public sector. The discussions focused on improving the efficiency and profitability of SOEs, ensuring transparency, aligning their operations with national development goals, and strengthening corporate governance structures.

This engagement reflects the government's proactive approach to enhancing the performance and governance of SOEs in Ghana. Bui Power Authority is fully prepared to align itself with this transformative agenda.

The event also brought together senior government officials, ministers of state, and representatives from the World Bank in Ghana, highlighting the critical role of SOEs in the country's economic recovery and transformation.



SIGA Breakfast Meeting at Kempinski



The Right to Information (RTI) Desk

The Right to Information Act, 2019 (Act 989) is an important piece of legislation enacted by Parliament to operationalize the constitutional right of individuals to access official information held by public institutions and relevant private entities, subject to specific exemptions. The RTI Act fosters a culture of transparency, accountability, and democratic governance within the organization and beyond.

To ensure sustained awareness among staff regarding the provisions and implications of the RTI Act, the RTI Officer will utilize the BPA File as a platform to educate staff on their rights and responsibilities under the law. This initiative aims to mitigate potential breaches of the Act and promote compliance across all levels of the organization.

Timeline For Responding to RTI Requests

In accordance with Section 19 of the Act, only the Authority's designated RTI Officer is authorized to respond to applications submitted under the RTI framework.

As stipulated under Section 23 of the RTI Act, the RTI Officer is required to provide a written response to the applicant within fourteen (14) days of receiving the application. This response must clearly indicate whether access to the requested information will be granted or denied.

- If access is granted the notice must specify the form and manner in which the information will be provided, as well as any applicable fees for the reproduction of the requested materials.

- If access is denied, the notice must outline the reasons for refusal, citing the specific provisions of the RTI Act under which the decision is based.

It is important to note that if the RTI Officer fails to determine and respond to an application within the stipulated fourteen-day period, the request is deemed to have been refused. In such cases, the applicant retains the right to seek redress, initially through an appeal to the Chief Executive Officer.

Consequences of Non-Compliance

The RTI Act imposes strict penalties for non-compliance. Any Information Officer or public officer who unlawfully denies an individual's right to information commits an offense under the Act. Such offenses may result in a fine ranging from 250 to 500 penalty units, a prison term of up to three (3) years, or both.

Continued Awareness and Support

The BPA RTI Office remains committed to ensuring that all staff are well-informed about the RTI Act and its implications. For further details or inquiries regarding the implementation of the RTI Law within the Authority, please contact the Public Relations Unit for assistance.

The 2025 University of Ghana Corporate Football League

The 2025 University of Ghana Corporate Football League organized in collaboration with RITE Sports Services was launched on Tuesday, February 18, 2025, at the University of Ghana Stadium.

This league aims to enhance physical health and wellness among workers while fostering collaboration and networking within the university community and its partners.

Attending the launch were representatives from all 18 participating institutions, including staff from the University of Ghana, corporate organizations, and organized groups. The participating teams are

1. University of Ghana College of Humanities
2. Bui Power Authority
3. National Petroleum Authority
4. Ghana Civil Aviation Authority
5. Ghana Armed Forces Sports Club
6. Zenith Bank
7. Stanbic Bank
8. The Union Ghana
9. Ghana National Petroleum Corporation
10. University of Ghana College of Education
11. Telecel Ghana
12. Lancaster Accra
13. University of Ghana Central Administration
14. Media General
15. Forestry Commission
16. Ghana Football Association
17. University of Ghana College of Basic Applied Sciences
18. University of Ghana College of Health Sciences

The guest of honour, Hon. Kofi Iddie Adams, Minister for Sports and Recreation, and Member of Parliament for Buem Constituency, highlighted the importance of sports as a powerful tool for improving public health, enhancing workplace productivity, and fostering national unity. "This strategic approach aims to integrate sports into everyday life through recreational activities, encouraging mass participation and promoting community engagement," he stated. He praised the University for uniting various industries to focus on fitness, teamwork, and well-being. "Healthy employees lead to lower insurance and health care costs, reduced absenteeism, and increased overall workplace efficiency," he noted.

Hon. Kofi Adams also emphasized the importance of teamwork, discipline, and fair play for all teams participating in the games. He was hopeful that this event will mark the beginning of a movement towards a healthier, active and more productive Ghana

Match Fixtures

The 2025 University of Ghana Corporate League kicked off on Friday, February 21, with an exciting curtain-raiser match between the University of Ghana and the University of Professional Studies, Accra. The match started promptly at 4 pm and concluded with a 1-0 victory for the University of Ghana.

At the end of match week 1 and 2 The Union Ghana and Lancaster Accra emerged at the top of the Group A & B respectively with 3 points each.

BPA bounces Back from Opening Loss

In their debut match on February 28th, BPA faced a tough 2-0 defeat to opposing side Lancaster Accra. However, the team secured a thrilling 1-0 victory over Zenith Bank, earning them a crucial 3 points. The team's resilience and determination paid off, and we can't wait to see what's next for BPA.

Despite riding high on momentum from the previous win, BPA suffered a setback on Friday March 28, losing 3-1 to NPA in the on-going UG Corporate League.

Although the outcome wasn't in their favour, the team's spirit and determination remain unwavering and will bounce back stronger in the next match.

Friday Night Football

The League takes place every Friday from 6pm to 10pm at the University of Ghana Stadium until July 18, 2025.

University of Ghana Corporate Games





Staff Celebration for First Quarter 2025





NPG Executive Director pays Courtesy Call on Acting CEO of BPA

The Executive Director of Nuclear Power Ghana, Dr. Stephen Yamoah, and some of his management staff paid a working visit to the Acting Chief Executive Officer of Bui Power Authority (BPA), Ing. Kow Eduakwa Sam, at the BPA Head Office.

The visit sought to strengthen collaboration between the two institutions in advancing Ghana's Nuclear Power efforts.

During the meeting, Dr. Yamoah expressed appreciation for BPA's continued support as a key shareholder. He emphasized NPG's ongoing strategic efforts to ensure a stable and sustainable best alternative baseload power for the country.

Dr. Yamoah highlighted the potential of Small Modular Reactors (SMRs) with enhanced fuel cycles and underscored their ability to provide safer, more efficient, and adaptable energy solutions.





He further explained the different financing models and stressed the importance of securing sustainable financing through public-private partnerships and international investments to ensure the successful implementation of Ghana's Nuclear Power Project.

In response, Ing. Kow Eduakwa Sam reaffirmed BPA's commitment to provide support for NPG's initiatives within the Authority's mandate. He noted that Ghana's Nuclear Power option presents an opportunity for the country to become a regional hub for nuclear expertise that potentially creates an export market for clean power and technical services.

Ing. Sam further highlighted the long-term economic benefits of nuclear power, including industrial growth and enhanced energy security for Ghana and the sub-region.

Both leaders agreed on the need for sustained collaboration to drive Ghana's energy diversification agenda and ensure the realisation of the Transition milestones.

Nuclear Power Ghana (NPG) was established in 2018 as the Owner/Operator of Ghana's first proposed Nuclear Power Plant. In July 2019, NPG was duly registered under the Companies Code of Ghana as a Limited Liability Company. NPG is housed in BPA Heights II in Accra and has staff with various professional backgrounds seconded from the Volta River Authority, Bui Power Authority (BPA), and the Ghana Atomic Energy Commission (GAEC).

Health Tips

Taking care of your health is about small daily habits that keep you energized and focused. Below are effective tips to help you stay active, reduce stress and maintain a healthy work life balance.

Stay Hydrated

Drinking water throughout the day is crucial for maintaining energy levels and supporting bodily functions.

Make it a habit to carry a water bottle with you, and aim to drink at least 8 glasses of water a day. Hydration helps boost your mood, improve concentration, and maintain healthy skin.

Eat Balanced Meals

Fuel your body with a variety of whole foods—fruits, vegetables, lean proteins, and whole grains. Eating nutrient-dense meals can boost your energy, support immune health, and keep your mind sharp. A healthy breakfast, for instance, helps to maintain stable energy levels throughout the day.

Practice Mindfulness

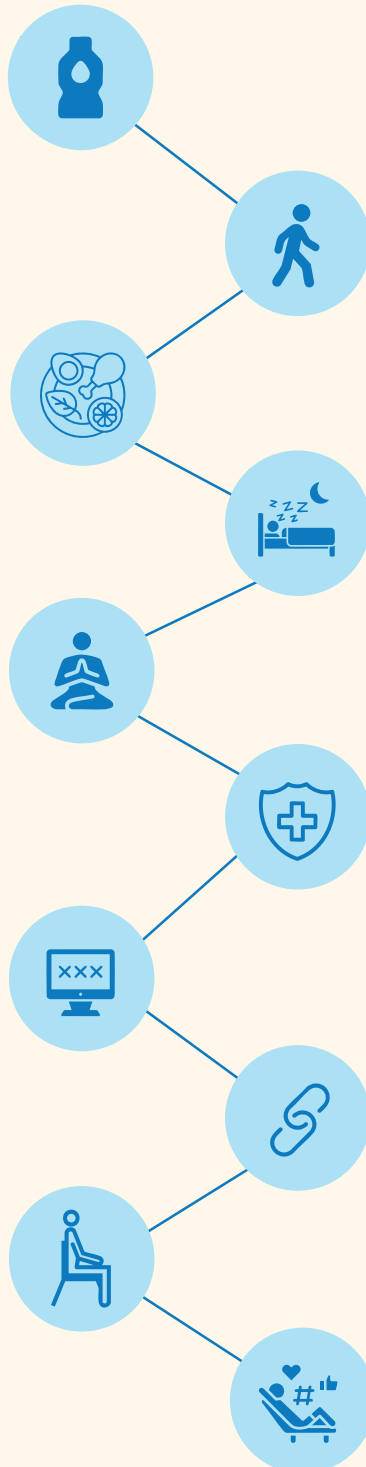
Mental health is just as important as physical health. Take time to practice mindfulness or meditation. Even just 5 minutes a day can help reduce stress, enhance focus, and improve emotional well-being.

Limit Screen Time

Spending too much time in front of screens can lead to eye strain and disrupted sleep patterns. Try to reduce screen time, especially before bedtime, to improve your quality of sleep and reduce digital eye fatigue.

Practice Safe Ergonomics

Whether you're working at a desk or on the field, maintain proper posture to avoid back and neck strain. Set up your workstation with ergonomic tools and adjust your position regularly to keep your body in a comfortable alignment.



Move Regularly

Sitting for long periods can lead to discomfort and health issues. Take short breaks every 30 minutes to stretch or walk around. Simple activities like standing, stretching, or walking for 5 minutes can increase circulation and improve focus.

Prioritize Sleep

Good quality sleep is essential for overall health. Aim for 7-9 hours of restful sleep each night. Consistent sleep patterns help reduce stress, improve mood, and increase productivity during the day.

Boost Your Immune System

Incorporate foods rich in vitamins C and D, such as citrus fruits, leafy greens, and fortified dairy, to support your immune system. Regular exercise and good sleep are also important for keeping your immune defenses strong.

Foster Social Connections

Strong social ties can improve mental health and longevity. Take time to connect with colleagues, friends, or family, even if it's a quick chat or a virtual meet-up. Positive relationships can help reduce stress and increase feelings of happiness.

Take Time to Unwind

Don't forget to relax. Hobbies, such as reading or spending time outdoors, can be excellent ways to unwind and de-stress. It's important to give yourself time to recharge to remain productive and healthy in both your work and personal life.

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