

TRITON TIMES

NEWS OF THE MONTH - JULY 2024

CELEBRATING EXCELLENCE -
Performer of the Quarter (Q2)

**"FACTS ON ALCOHOL
CONSUMPTION"**

**HOW TO START HEALTHY
MORNING ROUTINE**

**TIPS FOR
NO SUGAR DIET**

**"Successful Medical Camp
for Employee Welfare"**

**Enhancing Production
Capacity by 50%**

TRAINING FORUM

**Benefits of Anger
Management Training:**



Celebrating Excellence:

Announcing the Performer of the Quarter (April – June 2024).

In any organization, recognizing and celebrating exceptional performance is crucial for fostering a motivated and high-achieving workforce. We are thrilled to announce our Performer of the Quarter, an individual who has gone above and beyond in their role, setting a benchmark for excellence and dedication.

Award Winners : Rudain Nangarath | Mohd. Fairouz Vishakh Sukumaran | Prasath Mathiyalagan | Khari Lal Parajuli

The Performer of the Quarter award serves as a reminder of the remarkable talent within our organization. By celebrating individuals who go above and beyond, we not only acknowledge their contributions but also inspire others to reach new levels of excellence. Congratulations to all on this well-deserved recognition. Your hard work and dedication set a shining example for us all. Here's to continued success and many more achievements in the quarters to come.



Enhancing Production Capacity by 50%:

The Benefits of Upgrading Production Equipment in a Competitive Market":



In today's competitive manufacturing environment, scaling up production capacity is often essential to meet rising market demands and stay ahead of competitors. One effective strategy to achieve this is by enhancing production capacity by adding new production equipment. This article discusses the benefits and implications of boosting production capacity by 50% through the installation of an additional equipment alongside the existing ones.

The proposed upgrade involves the installation of new high-capacity equipment to enhance production capabilities. This strategic addition aims to enhance the overall production capacity without drastically altering the existing setup. Here are the key benefits of this approach:

Increased Batch Size: With the additional equipment, the facility can handle larger order volumes, thereby augmenting the total capacity by 50%. This enhancement allows our factory facility to handle larger orders and achieve quicker order turnaround times.

Operational Flexibility: The larger capacity provides flexibility in production scheduling. It allows the facility to manage different order sizes more efficiently, catering to varying customer requests and reducing downtime.

Cost Efficiency: Integrating the new high-capacity equipment is a proven and cost-effective solution compared to adding multiple smaller units. It reduces the need for extensive modifications to the current infrastructure and minimizes the investment required for additional equipment.

Enhanced Productivity: The new equipment will streamline the production process, reducing the time and labor required. This leads to improved overall productivity and faster turnaround times.

Commencement of Production in July

With the installation phase completed, added production output is available from July 2024. The increased capacity is expected to significantly boost the company's output, allowing it to cater to a larger market and reduce lead times for customer orders. A special note of appreciation goes to our dedicated technical and maintenance teams for their exceptional work in ensuring the successful installation of this equipment. Their expertise and commitment have been instrumental in this achievement.



Prakash Kuppuswamy
Triton Middle East L.L.C

"Facts on Alcohol consumption"

Alcohol is a toxic and psychoactive substance with dependence producing properties. In many of today's societies, alcoholic beverages are a routine part of the social landscape for many in the population. This is particularly true for those in social environments with high visibility and societal influence, nationally and internationally, where alcohol frequently accompanies socializing. In this context, it is easy to overlook or discount the health and social damage caused or contributed to by drinking.

Alcohol consumption contributes to 3 million deaths each year globally as well as to the disabilities and poor health of millions of people. Overall, harmful use of alcohol is responsible for 5.1% of the global burden of disease. Harmful use of alcohol is accountable for 7.1% and 2.2% of the global burden of disease for males and females respectively. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10% of all deaths in this age group. Disadvantaged and especially vulnerable populations have higher rates of alcohol-related death and hospitalization. - Source WHO

Long-Term Effects of Alcohol on the Body :

When you drink excessively and over long periods of time, the long-term effects of alcohol can potentially damage many vital organ systems in your body. These health risks include

Pancreatic health risks, including vitamin deficiencies : Alcohol is associated with vitamin deficiencies due to malabsorption and poor dietary intake. Chronic alcohol consumption may contribute to developing pancreatitis, which means inflammation and blood vessel swelling of the pancreas. This can harm your ability to digest food and absorb nutrients.

Immune system risks : Drinking too much for too long can impair your body's ability to fight infection and disease.

Musculoskeletal health risks : Alcohol can weaken your bones, causing an increased risk of fractures and broken bones. High levels of uric acid and gout are more common in people with alcohol use disorders.. - Source American Addiction Centers



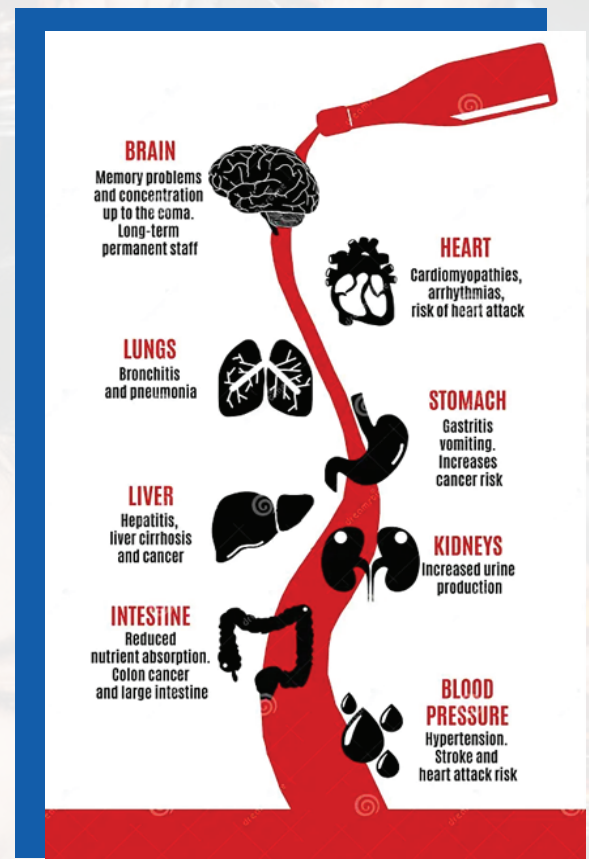
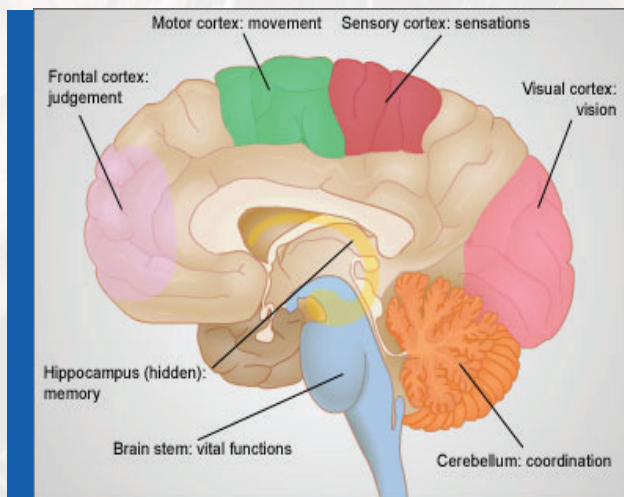
Liver health risks : Your liver is a strong organ, but it cannot keep up with the long-term effects of alcohol, which increases the risk of:

- **Fatty liver** (steatosis)
- **Alcoholic hepatitis**
- **Fibrosis**
- **Cirrhosis**
- **Liver cancer**

Cardiovascular health risks : In addition to the previously mentioned cardiovascular effects and risk of heart damage, excessive alcohol use can raise your cholesterol levels.

Brain health risks : The long-term effects of alcohol on the brain can cause an impact on memory, learning, and behavior. Alcohol abuse can result in :

- **Brain shrinkage.**
- **Loss of grey matter.**
- **Loss of white matter.**



Increased likelihood of cancer : The development of many different types of cancers can be influenced by alcohol, a known carcinogen. Clear evidence suggests that heavy alcohol use (particularly in association with smoking) can affect the development of and increase the risk of breast, liver, esophageal, head and neck, and colorectal cancer. Emerging evidence is also pointing to an increased risk of melanoma, prostate, and pancreatic cancer. The National Cancer Institute reports that alcohol can increase the risk of head and neck cancer by at least 2-3 times in people who have 3.5 or more drinks per day.

How to help someone stop drinking

Alcohol abuse and addiction doesn't just affect the person drinking- it affects their families and loved ones, too. Watching a family member struggle with a drinking problem can be as heartbreaking-ly painful as it is frustrating. But while you can't do the hard work of overcoming addiction for your loved one, your love and support can play a crucial part in their long-term recovery.

Overuse of Alcohol	
Harmful Events:	Medical Issues:
• Motor vehicle crashes • Drownings • Falls • Violence • Suicide • Alcohol poisoning • Risky sexual behavior	• Liver disease • Cancer • Heart disease • High blood pressure • Digestive issues • Memory problems • Depression



Talk to the person about their drinking: Express your concerns in a caring way and encourage your friend or family member to get help. Try to remain neutral and don't argue, lecture, accuse, or threaten.

Learn all you can about addiction : Research the kinds of treatment that are available and discuss these options with your friend or family member.

Take action : Consider staging a family meeting or an intervention, but don't put yourself in a dangerous situation. Offer your support along each step of the recovery journey.

Don't make excuses for your loved one's behavior : The person with the drinking problem needs to take responsibility for their actions. Don't lie or cover things up to protect someone from the consequences of their drinking.

Don't blame yourself : You aren't to blame for your loved one's drinking problem and you can't make them change.

Advantages of Quitting Alcohol

- My relationships would probably improve.
- I'd feel better mentally and physically.
- I'd have more time and energy for the people and activities I care about.
- I'd have to find another way to deal with problems.
- I'd have to face the responsibilities I've been ignoring.

Tips for cutting down on Sugar

Article By:
Thomas Sunny



"Sugar - The White Villain"

Part 3



Consume more protein

Proteins are easier on blood sugar and help you feel full for longer. Include protein-rich whole foods like meat, fish, eggs, full-fat dairy products, avocados, and nuts in your diet to reduce sugar cravings effectively.

Find smart substitutions

By incorporating substitutes and strategies like having fruits, staying hydrated & mindful eating, you can gradually reduce your dependence on sugar while still enjoying a varied and satisfying diet

Take small steps

Try making one small change at a time and give yourself time to adjust to the new routine before attempting another change in behavior. It may take several weeks or even several months to reduce your desire to eat sugar but if you take small steps and are consistent, it will happen.

Read labels

Added sugars are typically listed under total carbohydrates on food labels. This transparency helps consumers make informed choices about their dietary intake.

Health benefits of NO SUGAR diet



→ **Increased energy**

When you are on a low-sugar diet, you only consume slow-burning carbohydrates and proteins. They sweeten our taste buds and fuel our bodies for increased energy without experiencing a blood sugar crash.

→ **Reduced risk of serious diseases**

Reducing sugar intake, engaging in exercise like cardio, and eating a healthy diet can improve your heart's health, immune system, and physical health in general, reducing your risk of serious diseases.

→ **Weight loss and weight management**

High-sugar diets are particularly associated with belly fat – visceral fat, and it is the gateway to chronic diseases like diabetes and various heart conditions. A sugar-free diet will burn down fat and maintain a stable weight.

→ **Fewer cravings**

When you cut back on your sugar intake, the dopamine level in the body returns to its normal state and reduces cravings

→ **Healthier skin**

Healthier skin is one of the sugar-free diet benefits. When you reduce your sugar intake, your body tends to age slower.

→ **Improved cognitive health**

Reducing your sugar intake does not only reduce the risk of neurodegenerative disorders such as Alzheimer's, but it also builds your cognitive health and improves focus.

→ **Better memory and learning skills**

Insulin is a hormone that enhances synaptic connections. It affects the BDNF (Brain-Derived Neurotropic Factor), which is critical in memory and learning. A no-sugar diet will take all these away and enhance your memory and learning ability.



Conclusion

By changing your habits, you can trick your brain into consuming less sugar. It really is a matter of preparation, being more aware, and taking small steps. 30-day no sugar challenges are a popular way to cut back on added sugar, and there's no doubt that reducing your intake of added sugar can improve many aspects of your health.



Article by Hilda P. Alarcon

How To Start A Healthy Morning Routine For A Successful Workday

Preparing a morning routine as an employee can significantly enhance your readiness and productivity throughout the workday. Here's a straightforward guide to crafting a morning routine that sets a positive tone and prepares you for a productive day at work:

Wake Up Early :

Aim to wake up at a consistent time each morning to establish a routine that aligns with your work schedule.

Hydrate :

Start your day by drinking a glass of water to rehydrate your body after a night's rest.

Stretch or Exercise :

Engage in light stretching exercises or a short workout session to wake up your muscles and boost your energy levels.

Personal Care :

Attend to personal grooming tasks such as showering, brushing your teeth, and dressing comfortably for work.

Mindfulness Practice :

Take a few minutes for mindfulness meditation or deep breathing exercises to center your mind and reduce stress.

Healthy Breakfast :

Eat a nutritious breakfast with protein, fiber, and healthy fats to fuel your body and sustain your energy levels throughout the morning.

Review Your Schedule :

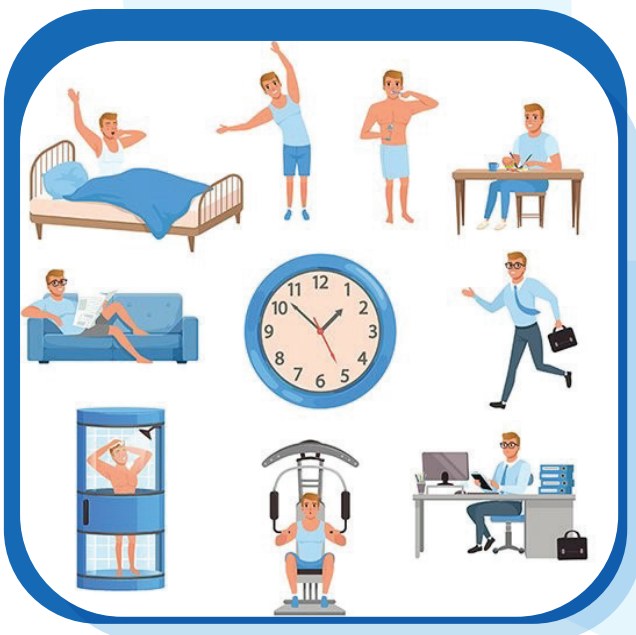
Check your calendar and to-do list to prioritize tasks and plan your day accordingly.

Set Goals :

Identify 1-2 key goals or tasks you want to accomplish during the workday to maintain focus and productivity.

Plan Your Commute :

If you commute to work, plan your route and departure time to ensure you arrive punctually and stress-free.





Stay Informed :

Spend a few minutes catching up on news or industry updates to stay informed and engaged.

Review Professional Development :

Consider reading a relevant article or book chapter related to your field to enhance your professional knowledge.

Connect with Loved Ones :

Take a moment to connect with family members or loved ones through a quick conversation or a thoughtful message.

Leave Time for Contingencies :

Allow buffer time in your morning routine to handle unexpected events or delays without feeling rushed.

Gather Essentials :

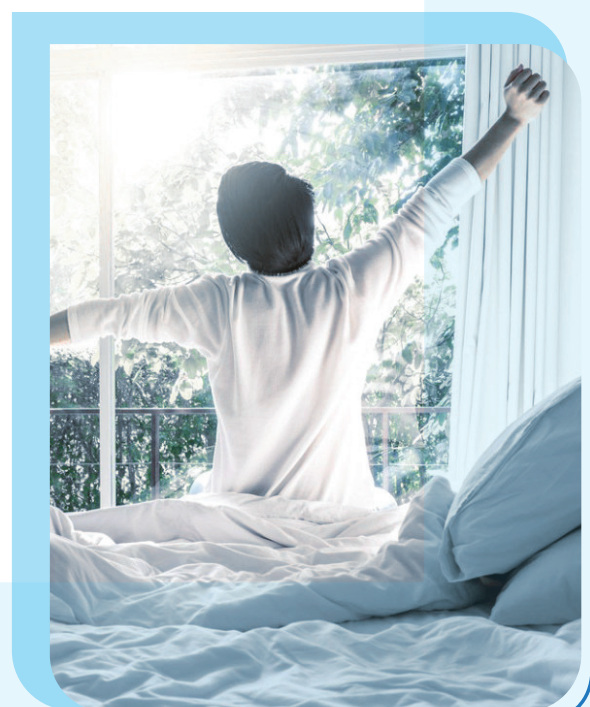
Gather all necessary items such as your work bag, keys, and any documents or materials you need for the day.

Visualize Success :

Spend a moment visualizing a successful and productive day ahead, focusing on positive outcomes and achievements.

Conclusion

By incorporating these steps into your morning routine, you can establish a structured and purposeful start to your day as an employee. This approach enhances your preparedness and productivity and promotes a positive mindset that can contribute to long-term success in your professional endeavours.





Training Forum

Mastering Emotions:

The Importance of Anger Management Training.

In July, our soft skills training program focused on the essential theme of "Anger Management." In the fast-paced, high-stress world we live in today, emotions can run high, often leading to outbursts that can damage relationships, careers, and personal well-being. Among these emotions, anger is one of the most potent and potentially destructive. Anger, if left unchecked, can wreak havoc on both personal and professional fronts. This is why anger management training is not just beneficial but essential. The training covered a variety of crucial topics, including Understanding Anger, Self-Awareness, and Relaxation Techniques.

Benefits of Anger Management Training:

- Improved Relationships
- Enhanced Work Performance
- Better Physical Health
- Increased Emotional Intelligence



Conclusion :

In a world where stress and frustration are commonplace, anger management training provides invaluable tools for navigating life's challenges with grace and composure. By fostering self-awareness, teaching relaxation techniques, and promoting effective communication, anger management training can transform lives. It enables individuals to harness the energy of their anger, directing it towards positive and constructive outcomes. In essence, anger management training is not just about controlling anger; it's about mastering one's emotions and, by extension, mastering life itself.

“Successful Medical Camp for Employee Welfare”



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EDITION

As part of its employee welfare program, the company management recently organized a medical camp to provide free healthcare services to all the staff members. Held on July 30th, 2024, the camp featured consultations, blood pressure monitoring, sugar tests, and blood group identification.

The event received positive feedback from the staff members, highlighting the company's commitment to employee health and welfare. This medical camp is one of many efforts by the company to support its workforce and promote a healthy work environment. Future employee welfare activities will continue to focus on health, well-being, and work-life balance, further enhancing job satisfaction and productivity.

More Details - www.triton.me