

TRITON TIMES

NEWS OF THE MONTH - MAY 2024



Introducing Tritobond CA 100

SUGAR
THE WHITE VILLIAN

WORLD NO
TOBACCO DAY

TRAINING FORUM



✦ R&D Team

Announcing Our New Range of Carpet Adhesives:

Prasath Gnanamuthu

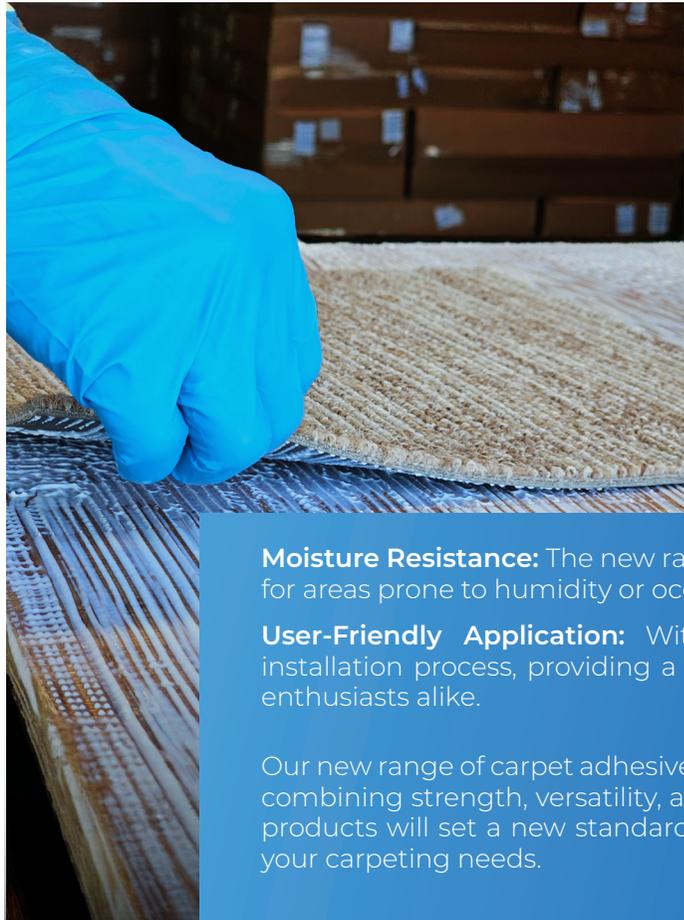
R & D Manager

We are excited to introduce our latest innovation in flooring solutions: a new range of high-performance carpet adhesives designed to meet the diverse needs of both residential and commercial applications. This cutting-edge product line is developed by our expert R&D team, ensuring top-quality adhesion, durability, and ease of use.

Tritobond CA 100, carpet adhesive is a high performance, water based, solvent free, acrylic polymer designed for the installation of most interior carpets. The high strength formula is water resistant. Tritobond CA 100 has good bond strength and a long open time. It is easy to trowel, and odorless when dry and permanently tacky.

Applications:

Product designed for adhering floor coverings specially carpet tiles with felt, bitumen, PVC, and other polymer backings. Suitable for surfaces like concrete, cementitious screeds, asphalt, terrazzo, chip-board, hardboard, and plywood.



Key Features

Superior Bond Strength: Our carpet adhesives provide exceptional bond strength, ensuring carpets remain securely in place even in high-traffic areas.

Versatility: Suitable for a variety of carpet types and backings, our adhesives can be used with both traditional and modern carpet installations, including tiles and broadloom.

Fast Drying Time: Designed for efficiency, these adhesives feature quick drying times, allowing for faster installation and reduced downtime.

Eco-Friendly Formula: Committed to sustainability, our adhesives are formulated with low VOC emissions, making them safe for indoor environments and contributing to healthier air quality.

Moisture Resistance: The new range includes options with enhanced moisture resistance, ideal for areas prone to humidity or occasional spills.

User-Friendly Application: With easy application methods, our adhesives simplify the installation process, providing a smooth and hassle-free experience for professionals and DIY enthusiasts alike.

Our new range of carpet adhesives represents a significant advancement in flooring technology, combining strength, versatility, and environmental consciousness. We are confident that these products will set a new standard in the industry and provide unparalleled performance for all your carpeting needs.



Article by Joyel D' Cruz

World No Tobacco Day



The Harmful Effects of Tobacco and How to Avoid Them

World No Tobacco Day, observed annually on May 31st, is an initiative by the World Health Organization (WHO) to raise awareness about the harmful effects of tobacco use and to encourage individuals worldwide to reduce or quit tobacco consumption.

The Bad Influence of Tobacco

Tobacco use is one of the leading causes of preventable diseases and deaths worldwide. The influence of tobacco extends beyond individual health, affecting society, the economy, and the environment.

Health Impact: Tobacco contains numerous harmful chemicals, including nicotine, which is highly addictive. It leads to serious health issues such as lung cancer, heart disease, stroke, respiratory diseases, and complications during pregnancy.

Social Influence: Tobacco uses often begins in adolescence, influenced by peer pressure, advertising, and parental smoking. Once established, it becomes a lifelong habit that is difficult to break.

Economic Burden: The healthcare costs associated with treating tobacco-related diseases are immense. Additionally, loss of productivity due to illness and premature death further strains the economy.

The Disadvantages of Tobacco on the Body

Respiratory System: Smoking damages the airways and alveoli, leading to chronic obstructive pulmonary disease (COPD) and increased susceptibility to infections like pneumonia and tuberculosis.

Cardiovascular System: Nicotine raises blood pressure and heart rate, contributing to the hardening of arteries (atherosclerosis), which can result in heart attacks and strokes.

Cancer: Tobacco use is a major cause of various cancers, including lung, throat, mouth, esophagus, pancreas, bladder, and kidney cancer.

Reproductive Health: Smoking can lead to infertility, complications during pregnancy, and harm to the fetus, including low birth weight and birth defects.

Oral Health: Tobacco stains teeth, causes bad breath, and increases the risk of gum disease and oral cancer.

How to Avoid Tobacco Use

Education and Awareness: Informing people, especially youth, about the dangers of tobacco use is crucial. Campaigns and school programs can help raise awareness about the harmful effects of smoking.

Policy Measures: Governments can implement policies to reduce tobacco consumption, such as higher taxes on tobacco products, strict regulations on advertising, and smoke-free laws in public places.

Support Systems: Providing support for those trying to quit smoking is essential. This can include counseling, nicotine replacement therapies, and prescription medications.

Healthy Alternatives: Encouraging healthy lifestyle choices such as regular exercise, balanced diet, and stress management techniques can reduce the likelihood of tobacco use.

Community Programs: Local communities can offer cessation programs and support groups to help individuals quit smoking and stay tobacco-free.



No Tobacco Day. _____

World No Tobacco Day serves as a crucial reminder of the detrimental effects of tobacco on health and society. By raising awareness, implementing effective policies, and providing support for quitting, we can reduce the prevalence of tobacco use and improve public health.

**Thomas Sunny**

Triton Middle East L.L.C

"SUGAR - THE WHITE VILLAIN"

“ In the hierarchy of self-destructive behaviors, indulging in excess sugar is the easiest trap to fall into, yet the hardest to escape from. ”

It's commonly said that too much of anything can be harmful, and that includes sugar. Once simply considered a sweet indulgence, sugar is now recognized as an addiction and a leading contributor to various health issues troubling modern society. Despite this awareness, our consumption of sugar continues to rise. Scientific research has revealed that sugar doesn't just harm the body; it also has a harmful impact on mental well-being, making its effects even more dangerous.

The UAE boasts one of the highest diabetes rates globally, reported at 18.7 percent, and projections suggest it could reach 21.4 percent by 2030. According to the International Diabetes Federation, in 2021, approximately 12.3 percent of the UAE's adult population, nearly a million people, were diagnosed with diabetes.

What is Sugar?

Chemically, sugars are simple carbohydrates composed of carbon, hydrogen, and oxygen atoms that occur naturally in some foods, such as fruits and vegetables. It is also used in the processed food industry to enhance flavor, color, volume, and texture in various food products. The production of table sugar involves multiple stages of refining sugar cane juice, resulting in the loss of essential nutrients such as calcium, iron, and phosphorous present in the original juice.

Sugar addiction

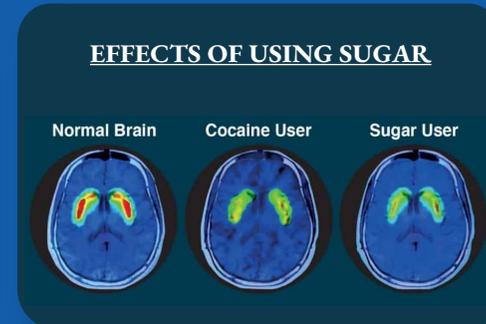
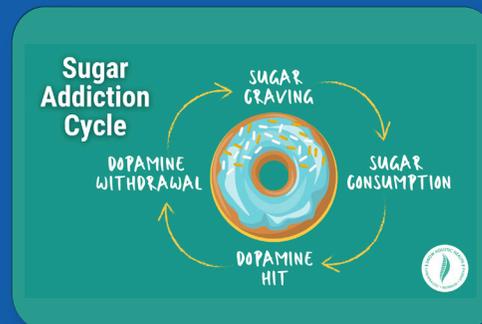
Sugar addiction refers to really liking and wanting sugary foods and drinks so much that it's hard to control how much you have. It's not officially observed as a medical problem like addiction to drugs, but some experts think the way our bodies and minds react to sugar is like how we react to addictive substances.

For many, having a little sugar stimulates a craving for more. And that's because sugar has drug-like effects in the ventral tegmental area (VTA), one of the principal dopamine-producing areas in the brain, or the brain's reward center. Over time, repeated consumption can lead to tolerance, requiring larger amounts of sugar to achieve the same pleasurable effects.

How sugar addiction develops

Sugar addiction can develop through a combination of physiological, psychological, and environmental factors. Here's how it typically unfolds:

- **Initial Exposure :** It often begins with the regular consumption of foods and beverages high in added sugars, such as candies, sodas, pastries, and sweetened snacks. These items are readily available and widely marketed, making them easily accessible and interesting.
- **Neurological Response :** Sugar has that rare ability to create a short-term spark of energy in the body. When sugar is consumed, it triggers the release of neurotransmitters such as dopamine in the brain's reward center. Dopamine is associated with pleasure and reward, creating feelings of excitement and satisfaction.





BEAT THE SUGAR RUSH

11.8%
of UAE
population
was **diabetic** in
2017



FEBRUARY
HEALTH
MATTERS



15TH
UAE's rank in
prevalence
of **diabetes**
worldwide



1M
People in
UAE live
with the
disease



2.2M
people in UAE
forecast to
have **diabetes**
by 2040

→ Reinforcement

The pleasurable feelings experienced after consuming sugar boost the behavior, leading to repeated consumption to reproduce those sensations. Over time, individuals may develop a tolerance to sugar, requiring larger amounts to achieve the same level of satisfaction.

→ Cravings and Dependency

As sugar intake increases, your brain gets used to it and starts needing more to feel the same pleasure. This happens because your brain adjusts by reducing the number of receptors for the chemical dopamine, which makes you feel good. So, you end up craving more sugar to compensate for the diminished response, leading to a cycle of dependence.

→ Environmental Factors

Environmental factors such as food availability, social influences, cultural norms, and marketing tactics can also play a significant role in the development and maintenance of sugar addiction. Constant exposure to sugary foods and beverages in the environment can increase addictive behaviors.

→ Psychological Factors

Feeling stressed, bored, anxious, or sad can also make you crave sugar more. Some people turn to sugary foods to handle these feelings, either to feel better or distract themselves from negative emotions.

On a cellular level, an excessive amount of sugar can age the body fast and strain every organ. Some studies suggested sugar may be as addictive as cocaine. Overall, sugar addiction develops through a complex chemistry of psychological, biological, and environmental factors, making it challenging to overcome without intervention and behavioral changes.

Next Month: Adverse effects of Sugar & foods that spike blood sugar levels.



May 2024 12:56 pm

Training Forum

Email Etiquette Training at the Workplace:

In the Month of May, our training program centered around the “Email Etiquette at work”.

Effective communication is a cornerstone of workplace efficiency and professionalism. This training program is arranged to enhance the employees' digital communication skills.



The training session covered a variety of crucial topics. These included the importance of using appropriate subject lines, the necessity of a professional tone, and the need for clarity and brevity. Employees were also reminded of the significance of proper grammar and punctuation, as well as the impact of email formatting on readability.

Key Take Aways :

- Importance of email etiquette in professional communication
- Structure of an email
- Best practices for email communication
- Common Mistakes

In conclusion, the email etiquette training session was a valuable initiative that highlighted the significance of effective email communication in the workplace. As our company continues to grow, maintaining high standards of email etiquette will be crucial in ensuring smooth and professional interactions both internally and externally.

More Details - www.triton.me