

Global Wires exits from Wuxi Jinyang Metal Products, China. Equipments relocated to India



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Summer brings more than heat, sweat and discomfort; it can bring dehydration, cramps, and in worst case - long exhaustion. During summer the excessive sweating and water loss will result in loss of water soluble vitamin B complex. To combat the heat, eat moderate quantity of food with a balanced mix of complex carbohydrates, fibers with vitamins & minerals. Drink plenty of fluids especially water, lots of it. Eating fruits and vegetables which are juicy and have large water contents are good choice during summer. Succulent fruits and vegetables are beneficial because of high water content, easy to digest and rich source of vitamin A, C and K. Likewise eating too much food and exercising too little will lead to health worries during summer. Reducing the daily calorie intake with a modest increase in daily exercise, leads to increased body metabolism and a reduction in stored fat. In short -

- Avoid fried food or fast food especially french fries, samosa, pizza, fried chicken, etc
- Avoid large meals especially late in the day. Instead have small and frequent meals
- Try not to eat in the two hours before bedtime.
- Sit up straight after meals to help digestion and avoid gastric juice reflux.
- Avoid hard liquor or aerated soft drinks instead of have healthy drink like butter milk, aam kaa panha, fresh fruit juice or kokam sherbet which can help to beat the heat.
- Avoid ice creams which are high in saturated fat and sugar, instead have fresh fruit custard, yogurt or curd mixed with fresh fruit which are more nutritious.

A few succulent fruits and vegetables that can be had during summer are -Succulent fruits:



- Water melon and its varieties like cantaloupe, honeydew, persian melon all are full of water with vitamin A & C, potassium and other minerals. They are low in calories and high in bioflavonoid, carotenoid and other plant pigments that help protect against obesity and cancer.
- Summer Squash (light yellow Colour) can be eaten raw or as soups and stews in mixed vegetables.
- Oranges- an excellent source of vitamin C a good source of folate, thiamine, and potassium. As an antioxidant vitamin C protects against cell damage by the free radicals produced when oxygen is used by the human body, and it may reduce the risk of certain cancers, heart attack, stroke and others diseases. Oranges also contain rutin, hesperidin, and other bioflavonoids, plant pigments that may help to prevent fat deposition. Fresh fruit provide a good amount of pectin, a soluble fiber that helps control cholesterol level and blood sugar.
- Grapes also contain ellagic acid thought to protect the lungs against environmental toxins. Select red or purple varieties which has maximum health benefits.

Succulent Vegetables-

- Cucumber, zucchini, doodhi, pumpkin, ridge gourd are all full of water with phytochemicals and bioflavonoids.
- Spinach: contains carotenoids are lutein and zeaxanthin, which help prevent macular degeneration which is the leading cause of blindness in old people. Cooking spinach helps to convert lutein into more bio-available forms. To enhance the carotenoid absorption, eat spinach with some heart healthy fat.
- Pumpkin: is a rich source of beta carotene, low calorie source of iron and potassium and has high fiber. Its seeds are a good source of protein, iron, zinc, B vitamin.

During summer, do not starve instead enrich your body with light meals. Consume a mix of vegetable broths or clear soup and with succulent vegetable salads. Salads made of stewed zucchini, caabage, lettuce, curd, cucumber and tomato.

Juices of fruits and vegetables to keep your body

hydrated. When buying juices choose the unsweetened varieties that don't have added sugar. Note juicing removes pulp and fiber and can be in high calories so choose carefully, read the labels before selecting

A few healthy mocktails to reduce the summer body heat are -



- Orange and cucumber mixed with ginger Juice
- Raw mango pulp, apple, pear mixed with carrot juice
- Chilled skimmed milk, apple mixed with bitter gourd Juice
- Wood apple (Bail) mixed with amla juice
- Mix of pineapple juice, orange juice, apple juice, banana and lemon juice
- Lemon pudina drink.

Refreshing water based summer drinks, which preferably should be carried with you, are

- Saatu thandai: Is common in North India. It's a mixture of ground lentil (channa), kurmurra powder, with sugar or a pinch of salt with glucose or electrol.
- Chaas: buttermilk with a dash of ginger and mint.
- Aam ka panha: raw green mango pulp with mint and mixed with sugar, glucose or electrol. Mango pulp is low in calorie, high in fiber and is a rich source of pectin and potassium.
- Shikanji: Lemon juice, mint, salt and sugar mixed with glucose or electrol..
- Fresh sugar cane juice
- Lassi: Made from thick curd
- Kokam sherbet: Common in Western India. Kokum mixed with electrol or glucose.
- Wood apple Juice is very good in summer. well.

Healthy Cooking - Quick recipes

Many people avoid cooking at home either because they feel that their cooking skills aren't up to par, don't have the time, prefer the taste and quality of meals eaten out or are scared of losing the nutrient value of the food being prepared. This should not be the case! An essential part of becoming a Healthier You is making healthy choices. Healthy eating means enjoying a variety of foods every day. One of the simplest and most effective healthy choices you can make is to know what you are eating. Shared below are three easy-to-make delicious recipes.

HEART DELITE (ANTI-OXIDANT PULAV)



Ingredients	Household Measures	Quantity
Bulgar wheat	¼ cup	50 gms
Quinoa	¼ cup	30 gms
Carrots, long cut	1 medium	30 gms
Capsicum, long cut	1 small	50 gms
Mint	Few leaves	Few leaves
Spring Onion greens	1 large	50 gms
Lemon Juice	¼ Tsp	¼ Tsp
Soy nuggets	¼	50 gms
French beans	5 – 6 no's	15 – 30 gms
Paneer	5 – 6 no's	15 – 30 gms
Peas	Half katori	10 – 15
Salt	To taste	To taste
Pepper	To taste	To taste

FOR DRESSING

Low fat curd	¼ cup	50
Ginger & garlic paste	¼ cup	30
salt	to taste	to taste

Method:

1. Sauté all vegetables.
2. Steam the bulgur wheat and Quinoa for 20 minutes in hot water, soak soy nuggets and roast it later.
3. Mix all ingredients.
4. Add dressing (low fat curd/lemon), toss lightly and serve immediately.

ENERGY (kcal)	185
CHO (g)	48
PROTEINS (g)	11.5
FATS (g)	2.9

Justification:

The anti-oxidant pulav is rich in Phytochemicals, Vitamin A and C, antioxidants like Beta-Carotene, Lycopene, Folate and Fibre. Thus aiding in a reduce risk for Chronic disease like heart disease.



HEART DELITE (ANTI-OXIDANT PORRIDGE) AMBA HALDI AACHAAR



Ingredients	Household Measures	Quantity
Daliya & Quinoa raw	½ cup	80 gms
Milk (Skimmed Milk Powder)	2 cups	400 ml
Jaggery	2 Tbsp	2 Tbsp
Elaichi	1 – 2	1 – 2
Figs	2 – 3	2 – 3
Almonds	6 – 8	6 – 8
Chironjee	10 – 12	10 – 12

Method:

- Roast Daliya (bulgar wheat) & Quinoa for 2 mins and steam it in pressure cooker.
- Mix 2 Tbsp SMP in 1 glass water (250 ml). Mix / Churn it to ensure no lumps are formed. Boil it in the similar way like we do to normal milk.
- Blend the steamed mixture of Daliya & Quinoa in milk and cook till it thickens. Keep stirring it to prevent it from forming lumps and getting burnt.
- Once the mixture is lukewarm (should not be hot), mix crushed jaggery, chopped figs, almonds and chironjee. Mix it well.
- Ready to consume.

ENERGY (kcal)	235
CHO (g)	62
PROTEINS (g)	18
FATS (g)	6.5

Justification:

The anti-oxidant porridge is a rich source of Vitamin B12, Vitamin E, essential fatty acids, good quality energy and protein. The amino acid will induce sleep, also it is a very healthy substitute for people who have craving for sweet.



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is a Clinical Nutritionist with more than a decade of proven experience in preventive and clinical therapies for Chronic Diseases like Thyroid, Obesity, Diabetes, High Cholesterol, Stroke, Blood Pressure, Kidney disorder, Liver disease, Constipation, Anaemia, Heart Attack, etc. Mail us your health queries on biologics24@yahoo.com

Ingredients:

Amba Haldi - the yellow, orange, or the pale kind.

Lemon - cut into pieces

Salt, Lemon Juice, green chillies - to taste

Enough Lemon juice to cover the cut Haldi.

Soak the haldi in some cold water for a few hours after peeling them. Use transparent gloves!



In a glass jar, add the cut lemon pieces, chopped haldi pieces, enough lemon juice to cover the haldi and salt to taste. Make sure to taste the brine mixture. It shouldn't be too salty or acidic. Cover and Shake the bottle gently. Leave out overnight in a cool place and put in the fridge the next day. In a matter of days, you will have a perfect crunch to the Haldi. Give the bottle a shake every other day for the lemon flavors to come through. Serve with any meal.

Justification:

The amba haldi is a perennial herb, acts as an appetizer, diuretic, anti-inflammatory, antiseptic, laxative. Modern studies exhibited anti-cancer activities, wound healing, piles, fever, diabetes, cough & throat irritation, wound & fungal infections. The presence of vitamin C will help to improve the absorption factor.

Note:

Do not peel and grate amba haldi. It should be stored in glass jar and not a plastic jar.

