

Safety Excellence Journey at Global Wires



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It is proven that unhealthy food habits and physical inactivity are two of the major factors for Diabetes, High Blood pressure, High Cholesterol, overweight/obesity and for the other major chronic diseases such as cardiovascular diseases and cancer.



Sitting is killing you

A combination of walking, jogging, running, climbing stairs, skipping, kickboxing, yoga, cycling and other recreational activities help person stay self confident, healthier, happier and more productive

- Reduce the risk of heart diseases, incidence of stroke, developing diabetes, high blood pressure.
- Alleviate feeling of depression and anxiety and ensure sound sleep.
- Regulate the metabolism.
- Maintain healthy bones, muscles and preventing osteoporosis / arthritis.

increases flexibility, strengthens muscles, bones and joints, tones body.

It increases the number of calories you expend and helps better blood circulation in your body and reduce weight.

It increases the body's demand for oxygen and strengthens your heart, lungs and muscles to work more efficiently.

Decreases body fat and risk of osteoporosis and increase muscles mass.

Walking should be done at the right pace which is fast yet not very tiring.

more resourcefully, thereby paving way for increased fat metabolism.



Benefits of cycling - cycling diminish the risk of coronary heart diseases and reduce the risk of other health problems like stroke, diabetes and blood pressure control.



Benefits of walking - It is suitable of all age groups and its benefits are many.

Regular brisk walking relaxes the mind, relieves stress, alleviates depression and anxiety, and ensures proper sleep,



Benefits of Dancing - aerobic dancing not only helps in keeping one in shape, but is also a fun time activity. Aerobics helps in utilizing oxygen



Benefits of jogging - prevents bone and muscle loss that occur, as age advances. Jogging helps avert diseases

like breast cancer, heart attack, diabetes hypertension and help to improve the immune system.



Benefits of swimming - it ensures healthy heart and lungs and enhances flexibility of the joints. Swimming benefits pregnant women and those with arthritis and back pain problems. A major advantage of swimming is that it minimizes the risk of injuries.

Exercise at home - Exercising at home is one of the easiest options since it can be combined with other activities such as watching TV, gardening etc here are some easy methods to stay physically active at home.

- If you have small kids play with them at home /garden / playground
- Housework and gardening.
- Standing up while talking on the telephone.
- A short walk before breakfast and after dinner or both is highly recommended.
- Walking or cycling to nearby place instead of driving.
- Spending a few minutes pedaling on your stationary bicycle while watching TV.



- Stretching, squatting or bending to pick up items as much as possible to keep flexibility levels high.
- Grinding spices or Sabji masala with old stone technique instead of using mixer grinder (stone technique can store spices nutrients which is max lost during machine grinding)
- Exercise at Office- Since work takes up most part of the day, it is crucial to keep oneself physically active so that they do not become inactive or deskbound. Here are some ways to keep oneself physically active even while at office.
- Discussing projects with colleagues while taking a walk.
- Standing while talking on the telephone.
- Walking to the other room to speaking with colleagues rather than using the intercom.
- Taking the stairs instead of the elevator.
- Participating in all recreational activities.



- Walking around the office building during lunch.
- Getting off the bus a few blocks early and walks the rest of the way to work or home.
- Standup and stretch arms and legs every one hour
- Stop exercising if you note any of the following-
- Excessive shortness of breath, ankle swelling, joints, muscles or ligament pain, dizziness, nausea, chest neck jaw, teeth shoulder or arm pain, excessive fatigue that lasts more than

an hour after you finish.

- Avoid exercise before meals. Not enough food or too much physical activity can cause your blood glucose to drop too low.

Other healthy habits

- Don't drink more than three small cups of tea or coffee in a day as it makes you feel jittery, dull, dehydrated and affects your sleep. If taken with your meals, tea and coffee inhibit the absorption of iron. Alternatively you can drink healthy drinks like green tea, white tea, lemon tea and fruit juices.
- Today we live, travel and work in air conditioned environment. This prevents normal sweating and body adjusts for low water consumption hence we don't feel thirsty. In the long run, not drinking enough water can cause constipation, indigestion, gas, increased hunger pangs, dehydration and can make your skin look dull too. Drink a glass of water at 2 hours interval. Initially you may feel excessive urination but after few days your body will retain the water.

Get out of your chair



Dr. Nupur Krishnan
- Director (Bio-Logics Healthcare)
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.
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Health Awareness Program at CRC – West

CRC – West conducted an awareness program on Nutrition and Health. Dr. Nupur Krishnan addressed the officers, she explained how a slight modification in our daily food habits can prevent the occurrence of many diseases. She focused on the myths and facts related to cooking oil, misguiding food labels and created awareness about ill effects of the usage of supplements in daily life. She also shared her knowledge on methods to prevent and cure ailments like Heart Attack, Cholesterol, Obesity.



Consumer Stores opened in Tarapur



TISWISH ACTIVITIES



TISWISH celebrated Diwali with a sweets and namkeen competition



TISWISH celebrated children's day with a visit to the CAMLIN plant with children



TISWISH members organised a picnic to the SILENT VALLEY Resort.



TISWISH donated Borewells to the villages of Vangaon and Varangade.