

WELCOME TO OUR

Newsletter

HEY, HOW ARE YOU?

Month Star



Mr. Shivanka Thiranagamgi

27, DECEMBER

Happy birthday!

Shivanka Thiranagamgi

"THANK YOU FOR YOUR EFFORTS AND CREATIVITY WITH US. WISHING YOU A YEAR FILLED WITH HAPPINESS AND SUCCESS"

To every man: You are the pillars of strength and generosity, carrying life with wisdom and courage, and spreading comfort with your presence. Thank you for every quiet yet powerful role you play. Wishing you a year as remarkable as you are!

19, NOVEMBER

HR Massege

DIABETES

Diabetes is a chronic condition that affects how the body processes blood sugar (glucose), leading to higher-than-normal levels.

Causes:

1. Type 1 Diabetes: An autoimmune disorder where the body attacks insulin-producing cells in the pancreas.
2. Type 2 Diabetes: Insulin resistance caused by obesity, lack of physical activity, and genetic factors.
3. Gestational Diabetes: Develops during pregnancy due to hormonal changes.

Symptoms:

- Excessive thirst.
- Frequent urination.
- Extreme hunger.
- Unexplained weight loss.
- Fatigue and lack of focus.
- Slow-healing wounds.

Prevention:

- Maintain a healthy diet rich in vegetables and protein, with limited sugar intake.
- Exercise regularly (at least 150 minutes per week).
- Keep a healthy weight.
- Monitor blood sugar levels, especially if you have a family history of diabetes.

Awareness and balanced habits are the key to preventing and managing this condition.



"COFFEE IS NOT JUST A DRINK! IT'S A MOMENT THAT REORDERS YOUR THOUGHTS AND ADDS WARMTH TO YOUR DAY. CHOOSE IT WITH LOVE!"

"How to Choose Your Coffee at the Office?"

Choosing your coffee depends on your mood and energy needs:

1. **Espresso or Black Coffee:** Perfect for a strong caffeine boost to start the day or during meetings.
2. **Latte or Cappuccino:** Ideal for focus time or creative work.
3. **American Coffee:** A light and refreshing choice to kickstart your morning.
4. **Mocha or Iced Coffee:** Great for an afternoon break or a quick energy boost.
5. **Decaf Coffee:** A lighter option if you want to skip the caffeine.

"Pick your coffee to match your day and recharge with ease!"

