

HSE Statistics Report – July 19

Benefits of Drinking Water

Our Body is 70% Water


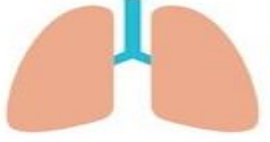








You should drink 8 glasses of water per day

However the amount should increase during summer season depending upon your activity



Benefits of Drinking Water

-  Better Productivity at Work
-  Proper breathing function
-  Lubricates Eyes
-  Prevents constipation
-  Prevents muscle cramps and makes it strong
-  Lubricates Joints
-  Good Skin
-  Proper digestion

Spetco June 2019 Winners

Awards	Name	Remarks
Best Drivers	Vishal Chhetri - 2472	WT
	Ali Fawy Mahmoud - 2463	SRP
	Ranjit Singh - 2551	WK
	Waris Khan - 1825	NK
	Shebin Baby - 2774	OFS
	Khalid Abdulkadir - 1842	Fab Shop
Spot the Hazard	Erfanulla Mohammad - 2686	Logistics
Best SOS	Monjeet Devnath - 2352	GSF
	Angel Anthony - 2063	GCP
	Asif Vachvache - 2104	GRIP
	Jahanzeb Khan - 2158	WK Maint.
	Rajesh Radhakrishnan - 2480	JPF
	Mohammed Reyazuddin - 2569	Fab Shop
	Mohamed Fathy - 1992	WT
	Yohannan Geevarghese - 1066	OFS
	Reynan Pedregosa- 2775	SRP
MD Waris Riaz Ullah - 2436	EPF-50	

Spetco Motivational Program

