



NEWSLETTER JUNE 2022

EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

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Etech's 12 Character Commitments

- INTEGRITY
- VALUING PEOPLE
- TEAM WORK
- ACCOUNTABILITY
- COMMUNICATION
- VISION
- ADAPTABILITY
- HUMILITY
- CREATIVITY
- TEACHABILITY
- POSITIVE INFLUENCE
- COURAGE

NATIONAL SAFETY MONTH

Each week throughout National Safety Month in June was an opportunity to make a difference in your home, work, and community. Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood.



HOW TO OBSERVE #NationalSafetyMonth

Get involved!

- Report repairs as they are needed
- Hold drills at home to help children know what to do in the event of fire, tornado, medical event & another natural disaster
- Volunteer to participate in community emergency preparedness events
- Put together a first aid kit
- Take a CPR class
- Teach someone to change a tire properly and safely
- Learn about proper storage and disposal of medications
- Take a defensive driving course
- Learn how to identify fall hazards in a home

Visit the National Safety Council [website](#) for tips and resources and use #NationalSafetyMonth to share on social media.

Wellness @ Etech

ETECH WELLNESS

STAY ACTIVE

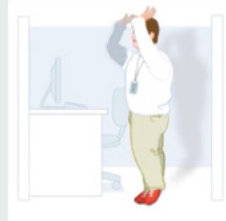
EASY EXERCISES YOU CAN DO AT WORK

A workout or short exercise at work may improve job performance, productivity and the overall workplace environment.

Benefits from staying active in general include:
Reduced stress, improved brainpower, better memory,
increased energy and improved creativity.



1



Raise the roof (20 reps)

While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding water bottles.

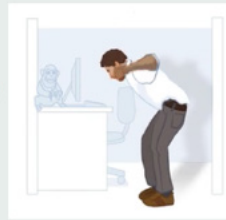
2



Triceps kick (20 reps)

While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.

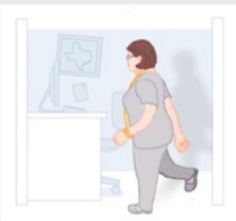
3



The Hulk (20 reps)

Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.

4



Hamstring curl (20 reps)

Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.

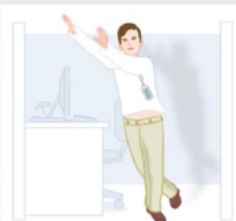
5



Knee lift (20 reps)

Just like hamstring curls, except you lift your knee up in front as your arms go down.

6



Hallelujah (20 reps)

Sweep arms above your head and down again as you step side-to-side. Actually yelling "Hallelujah!" is optional.

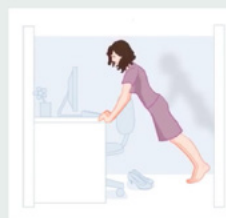
7



Punching (20 reps)

While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.

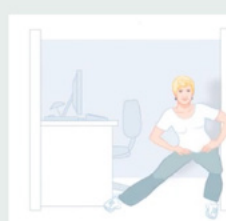
8



Desk pushup (10 reps)

Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.

9



Side lunge (10 per side)

Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.

Health Check-up@ Vadodara

Team Vadodara held Health Checkup Camp and the helpdesk in association with one of their banking partners HDFC Bank. 59 members took benefit of the health checkup camp, and a good number of employees got their queries resolved for the banking related questions.



International Yoga Day @ Etech

“Yoga is the journey of the self, through the self, to the self.” - The Bhagavad Gita

Team Gandhinagar celebrated the International Yoga Day on 21st June 2022. The theme of the year 2022 is Yoga for Humanity. Per one of the studies, approximately 250 million people were expected to take part in various events of Yoga on this day. Etech wellness team lead the Yoga sessions at GNR center. @Kush, @Sunanda, and @Himadri of wellness team demonstrated various postures of Chair Yoga that can be done even when one is sitting at desks. The 30 minutes session was a great stress buster; team members were charged post the simple exercises. At the end of the session, the Wellness Team explained benefits of these small exercise. Here are some glimpses of the session.



Team Vadodara - They celebrated the International Yoga Day on 21st June 2022. The theme of the year 2022 is Yoga for Humanity.



Father's Day @ Etech

"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." Which is why Father's Day was celebrated across Etech.

Team Rusk – Distributed food for the team celebrating the Father's Day



Team Jamaica – Each father was given a chance to grab a gift from our "Grab Bag" activity designated just for them as a little token of our appreciation and honor for being the best father to their children.



Team Dallas – Team celebrated the Father's Day by collecting all dads for cutting cake.



Employee Engagement activity @ Etech

Team Vadodara - They spent a day getting entertained & even entertaining the Children at the Don Bosco Snehalaya- Children's Home. They even distributed basics to the school.



Team Gandhinagar - They organized an Exhibition-Cum sale for the product's handmade by the people at the Anand Ashram. They Sale was a success & the happy faces can be noticed here.



Community Give Back Initiatives @ Etech

Team Rusk - On June 21, the center hosted a Carter Blood Care Blood Drive. During the drive, 24 donors registered, and 16 units of blood were collected. Thank you to all who donated!



Team Jamaica - Team was all buzzed with excitement to show their love and appreciation, where they donated toiletries to a worthy cause to the children who attended the Sandy Bay Basic school within our communities. Both teachers and students were very happy to receive the goodies that were presented to them, and they assured us that they're very grateful and that these items will go a long way.



Team Dallas - Team visited the Maple Lawn Elementary school for Field Day & distributed water bottles.



Team Nacogdoches - July 17th was the National United Way Day of Caring which is when Etech Nacogdoches provided a team of nine motivated individuals to help make a remarkable difference within our community! The team was assigned painting, sign refurbishing, and lawn care at the Nacogdoches Solid Foundation Association. The Solid Foundations mission statement is, "To serve as a catalyst for spiritual, educational, social, cultural and economic development, and to empower the youth to become productive members of the Nacogdoches community". Thank you to Michael Almazan, Denise Thompson, Corinna Yawn, Aaron Masten, Bradley Street, Raquel Rodriguez, Morgan Hayter, Maggie Davis, and Brent Flanick for your time and efforts.



Team Lufkin - On Friday June 17th, Lufkin Etech hosted a Blood Drive! A huge thank you to the East Texas Regional Blood center for coming out to our center. They had 8 successful donors who received a colorful beach towel.



Team San Antonio - Team donated the local children's home to help supply bathroom essentials such as shampoo, body wash, and lotion for the kids. Other donated items were toothbrushes, toothpaste, and baby wipes.



Team Vadodara - On this world environment day the team participated in submitting pictures of the pots & bottles designed by themselves & planted them in the office & home.



Etech Anniversary

Team Jamaica - Team celebrated 19th Anniversary of Etech by wearing Blue/Green and distributing cakes.



Team Rusk - Team celebrated by cutting the 19th Anniversary cake of Etech, dressing in Blue & green & having cool beverages in green & blue color.



Team Nacogdoches - Team celebrated by cutting the 19th Anniversary cake of Etech & sharing experiences.



Team Lufkin - Team celebrated the 19th anniversary on June 15th! Kaylene Eckels, David Carrizales and Melissa Wood joined the Lufkin center in celebrating by serving cake and punch! Everyone in the center celebrated in the break room and had a great time!



Team Dallas - Team celebrated by cutting the 19th Anniversary cake of Etech & having fun at work.



Team San Antonio - They celebrated the very 1st Etech Anniversary. They wore their favorite blue or green shirt and united in reflecting on why they love working at Etech. Delicious cake and punch were served to everyone in the center. Everyone had the chance to write testimonials about their experiences at Etech which was then used in a drawing to win Etech shirts! They had three winners



June Theme Week @ Lufkin

The last week in June, Lufkin Etech had a colorful week! They celebrated rainbow day, crazy sock day, one color day, and hat day. Thank you to everyone who participated and helped to spread joy.



Favorite Summer Hat Day @ San Antonio

What better way to kick off the first day of summer than with your favorite summer hat? Everyone in the center had the opportunity to wear their favorite hat. Those who took part looked CAP-tivating 😊 in their hats!



Pension Plan Sign Up @ Jamaica

On Friday June 24, Etech Global Services, Jamaica team partnered with JMMB to offer a pension solution to their team members, geared towards meeting their retirement goals. A Fund Sales & Support Officer visited the site to assist their Team Members in completing the JMMB Retirement Solutions Enrolment Forms, JMMB's Money line Setup, along with educating and informing the team members about the pension plan.



Father's Day @ San Antonio

The San Antonio Center celebrated all our wonderful fathers by providing donuts, cookie cake & cake, kolaches, and punch. All the fathers got the opportunity to share what they loved about being a dad.

