



NEWSLETTER AUGUST 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

Wellness @ Etech

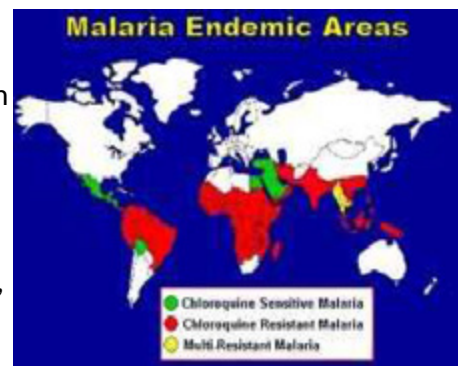
OVERVIEW

Malaria is one of the most common diseases found in the tropical and sub-tropical regions. It is basically caused by protozoan parasites of the genus Plasmodium. It is the female Anopheles mosquito that carries the malarial parasites. When it bites a person, the parasites enter the body, wherein they multiply and spread. Malaria mostly affects people with a weak immune system or those living in unhealthy living conditions.



At the time of independence malaria was responsible for an estimated 75 million cases and 0.8 million deaths annually. Government of India launched the National Malaria Control Programme (NMCP) in 1953. DDT spraying resulted in a sharp decline in malaria in all areas under spray. Malaria in India is unevenly distributed. In most parts of the country about 90% malaria is unstable with relatively low incidence but with a risk of increase in cases in epidemic form every

7 to 10 or more years. Intermediate level of stability of malaria transmission is maintained in the plains of India in the forests and forest fringes, predominantly tribal settlements in eight states (Andhra Pradesh, Jharkhand, Gujarat, Madhya Pradesh, Chhatisgarh, Maharashtra, Orissa and Rajasthan).



Clinical presentation: Early symptoms

1. Headache
2. Malaise
3. Fatigue
4. Nausea
5. Muscular pains
6. Slight diarrhea, Slight fever, usually not intermittent could be mistaken for influenza or gastrointestinal infection

Drugs used to treat Malaria: Amiodaquine Quinine, Quinidine Mefloquine, and Halofantrine Lumefantrine.



Precautions:

- Do not allow water to stagnate anywhere. This will allow Anopheles mosquito to reproduce. Water bodies should be sprayed with mosquito repellent sprays.

- Keep your home airy, clean, dry, and hygienic. This prevents mosquitoes from entering your house. Use dettol, phenyl, etc. for cleaning your house and toilets.
- Wear long pants and full-sleeved shirts while traveling.
- Use mosquito repellants while sleeping. In case you are allergic to the mosquito repellant, then you can use bed nets or mosquito nets.
- Take a light diet without much cooking and without much oil and spices.
- Include green leafy vegetables in your diet.



Featured Home Remedy: Malaria

Boil 1 glass of water with 1 teaspoon of Cinnamon powder added to it. Drink this after adding a dash of pepper powder and honey.

Ingredients

- Cinnamon powder
- Pepper powder
- Honey

Other Home Remedies:

- Extract some fresh lemon juice from one slice of half-cut lemon, and you need to add it into one cup of lukewarm water. Consumption of this lemon treated water by slow sipping helps to control the rising of temperature in the initial period of fever.
- Grapefruit in raw condition or in the form of juice helps to control the intensity of the infection; it is an effective and useful easy herbal remedy for malaria. Other than grapefruits, orange and apples are other good options for the recovery of malaria patients.
- Basil leaves are a good herbal remedy for malaria. You need to make some basil extracts [out of 12-15 leaves] and add 1-2 teaspoon of black pepper to it. The patients who suffer from initial stages of malaria mostly obtain great relief from this remedy.



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Health @ Etech

High Blood Pressure and Stroke Awareness Month

High blood pressure—also known as hypertension—is a major risk factor for heart disease. Young and middle-aged women may think of high blood pressure as something that happens later in life, but high blood pressure can occur at any age and during pregnancy. Women should have their blood pressure checked at least once a year and talk to a health care provider about what their numbers mean for them.

A stroke— is when blood flow to a part of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. Stroke is a medical emergency. It's important to get care as soon as possible. Some treatments for stroke work only if given the first three hours after symptoms start. A delay in care can raise the risk of permanent brain damage or death.

What you can do to reduce Stress and risk of a Stroke:

- **Healthy lifestyle choices.**
 - » You can help prevent stroke with healthy lifestyle choices.
- **Healthy diet.**
 - » Choosing healthy meal and snack choices can help prevent stroke. Eat plenty of fresh fruits and veggies. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can prevent high cholesterol. Limiting salt in your diet can also lower your blood pressure. High cholesterol and high blood pressure raise your chances of a stroke
- **Healthy weight.**
 - » Being overweight or obese increases your risk for stroke. To find out if your weight is in a healthy range, doctors often figure out your body mass index (BMI). If you know your weight and height, you can calculate your BMI at the Centers for Disease Control and Prevention's Assessing Your Weight website. Doctors sometimes also use waist and hip measurements to measure excess body fat.
- **Physical activity.**
 - » Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General suggests two-and-a-half hours of moderate-intensity aerobic physical activity, like a brisk walk, each week.
- **No smoking.**
 - » Cigarette smoking greatly increases your chances of having a stroke. If you don't smoke, don't start. If you smoke, quitting lowers your risk for stroke. Your doctor can suggest ways to help you quit.
- **Limited alcohol.**
 - » Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one.
- **Get Enough Sleep.**

Health Fair @ Jamaica

They held a free eye screening for the team.



Nacogdoches Boys & Girls Club Bingo Fundraiser

The annual Boys & Girls Club Bingo Fundraiser for Nacogdoches was well attended by many leaders and friends on August 27, 2022. This organization provides after school and summer programs for many children in Nacogdoches County. From January to July of this year, they already provided over 34,000 meals to members. During 2021, they provided services to an average of 700 local youth every day. Etech is proud to support the Boys & Girls Clubs of Deep East Texas.



Employee Engagement activity @ Etech

Team Jamaica - Tuition Reimbursement Awards - Winter 2022 Tuition Reimbursement Recipients were presented with awards on August 24, 2022. Shannan Williston, Raccine Nelson and Jessica Campbell are students at the University of the West Indies and at the University of Technology Respectively. Shanann and Jessica have reapplied for the Winter Semester and have both expressed their gratitude for this award. This is Raccine's Last Semester in University. Congratulations to her!



**Team Lufkin –
Funday Great Fun**
game played of
hitting the bucket
with a ball to drown
the team



Team Rusk – More than a Backpack The team distributed the backpack along with the stationery to the team members



Team San Antonio – Anything but Sand, Sandcastle competition Who said you need to go to the beach to build sandcastles? Etech San Antonio held their first sandcastle competition with a little twist. Everyone was encouraged to create a sandcastle out of anything but sand to enter the contest. The winner of the competition was Nancy Bowden, one of our receptionists! Nancy built her castle with brown sugar, ice cream cones, three cakes, Rice Krispies, Teddy Grams, and gumballs. How creative!



Team Vadodara – Pizza Treat to the Facility team - The center organized a Pizza treat for the facilities team.



Community Give Back Initiatives @ Etech

Team Dallas -
They distributed the stationery supplies to the Maple Lawn Elementary School.



Team Gandhinagar – They decorated the 1st floor cafeteria with the Backlit poster for the facilities as an update.

Facility Update - GNR 1st Floor Cafeteria

Backlit Posters were placed to increase the aesthetics



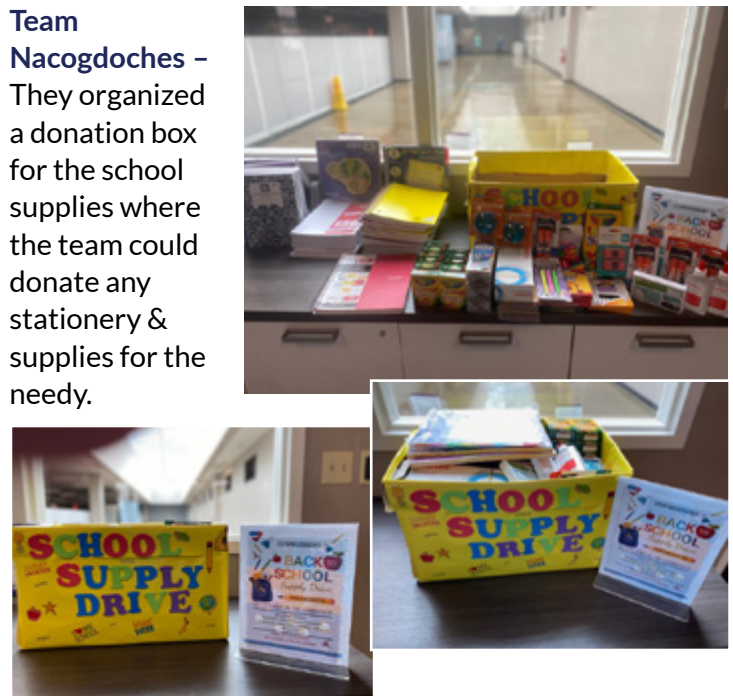
Team Jamaica - The team in association with the Chime Campaign presented toiletries and other supplies to the Refuge of Hope Shelter in Montego Bay. Refuge of Hope Shelter is operated by Open Heart Charitable Mission through a memorandum of understanding (MOU) with the St James Municipal Corporation. Our Chime clients provided a generous and well received donation to the initiative. The donated items included a wide variety of personal care items including rags, combs, toothbrushes, toothpaste etc. An appreciative shelter manager at the facility, Junice Norman, expressed that due to the nature of the work done at the shelter, toiletries and other items are always needed. They were given a complete tour of the compound which includes housing and farming. Junice noted that the individuals at the shelter are being taught basic life skills in addition to a training program which includes farming, needlework, arts and crafts, and basic reading and writing skills. Individuals at the shelter were overjoyed for the love and support shown by our staff and clients and we are happy to have been able to assist with this worthy cause.



Team Lufkin – They organized a blood donation drive to serve the society.



Team Nacogdoches – They organized a donation box for the school supplies where the team could donate any stationery & supplies for the needy.



Team Palm Beach - Center donated school supplies to Lake Park Elementary as part of its Give back program for the month of August. HR Manager Oliver Grandez delivered the donated supplies.



Team Palm Beach - Etech San Antonio partnered with Henry B. Gonzalez Elementary School for a supply drive. Everyone in the center donated notebooks, folders, pens, pencils, markers, crayons, glue, and erasers just in time for the new school year.

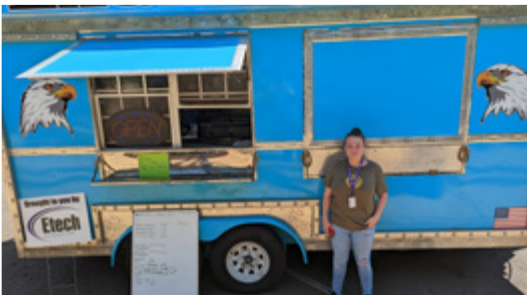


Team Vadodara - Team visited Friends Society - (One of the key activities they execute is providing basic education for Economically Underprivileged Neighboring Community kids in the evening from 5 pm to 7 pm. Education to standard 3rd till standard 10th students is provided from Monday to Saturday). They also distributed Set of 30 Notebooks, Pen, Pencil, Color Crayons & water bottles and Mango juice, chocolates, Cookies & healthy pack of Milk Choco.



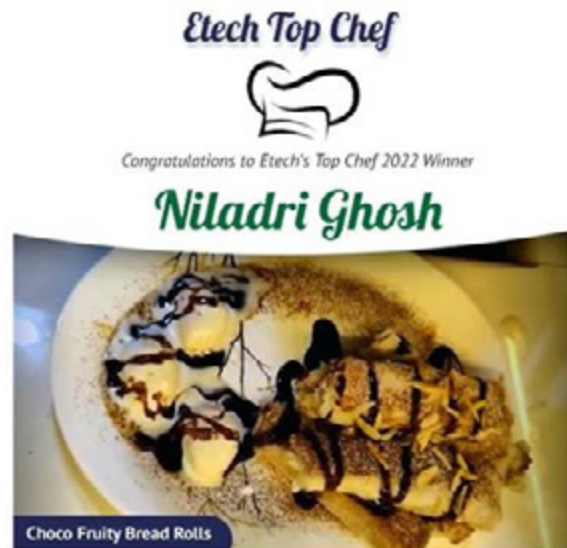
Food Truck @ Rusk

They organized to get a food truck to the center for the team members to enjoy for the day



Etech Top Chef

Congratulations to **Niladri Ghosh** who has been named **Etech's 2022 Top Chef!**
Look for the video coming soon on Etech's social media!



Color code Dressing @ Dallas

The team rolled out color code dressing for the week. Look at the colorful pics.



Emancipendence Celebration @ Jamaica

It was Independence time again and Jamaica celebrated 60 Years of independence with lots of events eg. Festival Queen Coronation, Festival Song Contest, Grand Gala, Float and Street Parade and many other exciting events.



Pie in the Face raffle @ Lufkin

The team played the Pie on the face raffle. The pictures here make me excited to participate un the same.



National Trail Mix Day @ Nacogdoches

Etech Nacogdoches Celebrated National Trail Mix Day on August 31st. Individual bags of trail mix were provided to onsite employees as well as maps of local trails in the Nacogdoches and Lufkin area. Thank you to everyone who was able to participate.



National Lemonade Day @ Palm Beach

Palm Beach celebrated National Lemonade Day on 19th August. The agents were able to enjoy various flavored lemonade drinks throughout the day.



Theme Week @ Rusk

The team celebrated the theme wearing different colors & games for the week. The pictures look wonderful



Winning Culture Survey Task Force Spirit Week @ San Antonio

During August, the San Antonio center's Winning Culture Survey Task Force organized a spirit week. Theme days are highly requested in San Antonio, so the WCSTF organized a crazy sock day, twinning day, nerd day, and character day.



Independence Day @ Gandhinagar & Vadodara

"The greatness of a culture can be found in its festivals." - Siddharth Katragadda.

India kickstarts festive vibes from this year of the calendar and along with the kickoff, of the festive season, we celebrated India's Independence day. Happy Independence Day to all members.



Rakhi Celebration @ Gandhinagar & Vadodara

The biggest celebration where the siblings show the love for each other & make the bond stronger when the sisters tie the Rakhi to the brothers.



Street Smart 2022 @ Gandhinagar

The CSR Team at Gandhinagar organized the Mega Event – Street Smart 2022 – on August 15, 2022. The event witnessed a footfall of 1500+ Children and Adults in spite we had heavy rainfall. They were prepared with more than 20+ games & activities, 2 hours of performances on the stage, and a fun filled celebration. The event started with heavy downpour; and a March Past by volunteers of aProCh and Etech. This happened on a street that is generally only for Vehicles, food carts, and Street Side Shopping on any other day.

Etech was highly appreciated for organizing this event by the parents of children who participated, we all deep down our heart, felt the pride of living Etech's vision – to make a remarkable difference for each other. They witnessed so many adults, especially parents of the children who were invited for this event, take active participation relived their childhood. Many participants asked them about what Etech does and what is the line of business we cater to. This was not just to understand the business, but to know more about an organization that truly believes in making a remarkable difference.

The CSR Team would like to thank all the volunteers who made this happen. To organize an event keeping weather conditions in mind, of the stature in any way wasn't an easy job; it would not have been possible without our team members' support. A special mention to Shri Arun Rajyaguru ji (father of Deep Rajyaguru, Trainer Apprentice, VZ Mobility) who is famous Gujrati movie star and a well-known singer for gracing us with his presence and wonderful performance.

