



NEWSLETTER

FEBRUARY 2023

EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

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National Heart Health Month

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

Follow these steps for heart health:

1. **Take up a heart-healthy habit-** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.
2. **Educate yourself-** Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
3. **Get your cholesterol tested-** If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should adjust your diet.

To observe National Heart Health Month Has use the hashtags below:

- **#SelfcareSunday** Set yourself up for success by creating a self-care checklist for the week.
- **#MindfulMonday** Know your heart stats, including blood pressure numbers.
- **#TastyTuesday** Enjoy a delicious, heart-healthy recipe.
- **#WellnessWednesday** Get your heart into your wellness routine.
- **#TreatYourselfThursday** Treat yourself to some fun and relaxation.
- **#FollowFriday** Share who inspires you to live a heart-healthy lifestyle.
- **#SelfieSaturday** Post a selfie with your favorite way to take care of your heart.

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Wellness @ Etech

Team Rusk - The Benefits team organized an It is Time Texas Community Challenge Walk for the Rusk center on February 11, 2023. Participants braved the cold weather to enjoy a brisk walk, in downtown Rusk beginning at the Etech center, going through the historic Rusk footbridge, and wrapping around the square to end in front of Etech.



Team Jamaica - The team conducted a wellness activity; employees were engaged in an initiative aimed at improving their heart health.



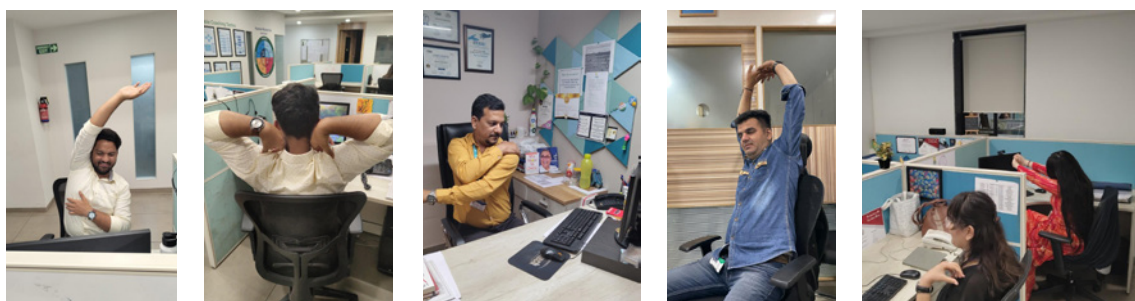
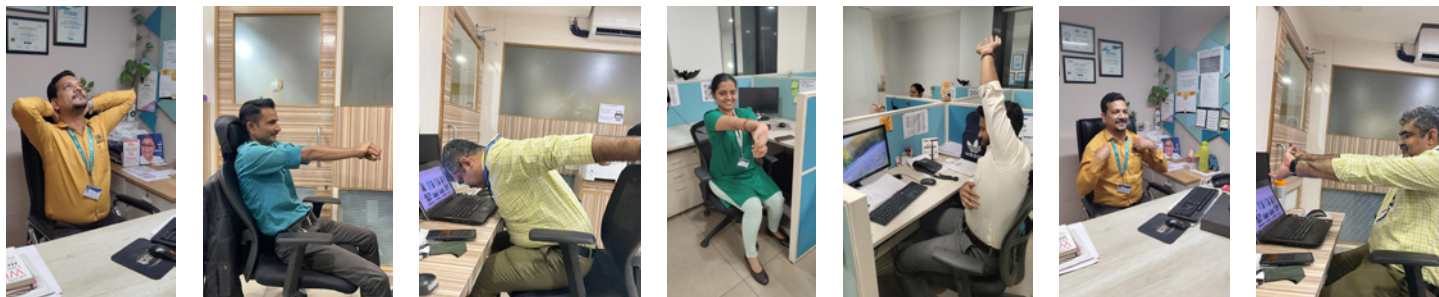
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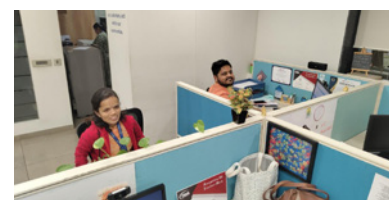
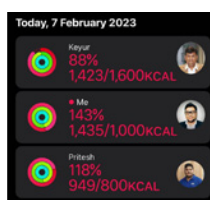
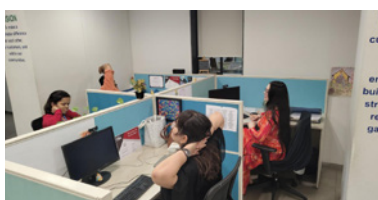
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Team India - Monthly wellness calendar was shared with activities related to wellness on each day of February for the health benefits of the team members.



22nd Feb
Incorporate
Deskercise In
Your Work
Routine



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Take The Challenge To Complete Daily Activity.

(Don't Worry, If You Don't Complete Each Day's Activity. Just Do Your Best)

Adopt A Few Simple Habits That Will Put You On The Road To Heart Healthy Lifestyle

1st Feb To Walk More Eat Five Servings Of Fruits and Veggies	2nd Feb Do 15 Squats	3rd Feb Schedule Your Annual Body Check-up	4th Feb Park Your Vehicles At A Distance At Offices, Stores etc. & Try To Walk More	5th Feb Sport Red For National Wear Red Day	6th Feb Make Today A Salt Free Day. Add spices & Herbs Instead of Salt
7th Feb Make A Heart Healthy Snack	8th Feb Do An Extra 10 Minutes Of Physical Activity Today	9th Feb Head To Bed For 8 Hours Of Complete Sleep Today	10th Feb Aim For 30 Minutes Of Physical Activity Today	11th Feb Calculate Your Body Mass Index (BMI)	12th Feb Limit Distractions During Mealtimes
13th Feb Drink At Least 2 Liters Of Water Today	14th Feb Plan A Heart Healthy Meal/Activity For Your Loved Ones	15th Feb No Non-Veg Sunday (Give It A Try)	16th Feb Stress Less. Practice Mindful Meditation Today	17th Feb Swap Sweets For A Piece Of Fruit	18th Feb Add A Stretch Break To Your Calendar To Increase Flexibility
19th Feb Share Funny Videos / Jokes That Makes You Laugh	20th Feb Dance To Your Favorite Song (Alone Or In Groups)	21st Feb Plan Your Meals For The Week With Healthy Heart Recipes	22nd Feb Incorporate Deskercise In Your Work Routine	23rd Feb Start Your Day With Healthy Breakfast	24th Feb Measure Your Waist
25th Feb Brisk Walk For 30 Minutes To Get Your Heart Going	26th Feb Make Half Of Your Lunch & Dinner Plates Vegetables	27th Feb Call Your Relative And Ask About Your Family Medical History	28th Feb Make One Personal Healthy SMART Goal To Achieve By March 31		

Send Us Pics OF Your Daily Activity

(jatin.vaishnav@etechtexas.com & Parvez.Mansoori@etechtexas.com)



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Team Global – Etech wanted to help each member who is finding it difficult to stick to their new year health goals. They provided a solution for everyone, Etech's Wellness experts were available to help everyone to stay healthy. Healthy lifestyle is a need of an hour. But we often get stuck due to lack of guidance by the expertise. Members had to book a session to get guidance.



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Employee Engagement activity @ Etech

Team Jamaica - Throughout the month of February, the Jamaica Centre was buzzing with excitement in anticipation of our first ever Annual Sports Day. The event was divided into three rounds, held on February 10, 17 and 28, respectively. Employees were placed on either the green, red, blue, or yellow team where they competed in various events such as bun eating, soda drinking, hoops, 50- and 100-meter dashes, math race, dominoes, etc.

THE COMMUNITY ACTION OUTREACH
GROUP AND HR JAMAICA
PRESENT

SPORTS DAY 2023

COME AND SUPPORT YOUR TEAM MEMBERS IN ACTION!

ROUND 1	ROUND 2	ROUND 3
OPEN ROUND	SEMI-FINALS	FINALS
Friday, Feb. 10	Friday, Feb. 17	Friday, Feb. 24

SODA DRINKING | BUN EATING | MATH RACE | DOMINO GAME
50 METER DASH | 100 METER DASH | NEEDLE AND THREAD
3 LEGGED RACE | LIME & SPOON | TUG OF WAR | DANCE-OFF

FOUR TEAMS FIGHT TO THE FINISH!

wear your
colours to
support
your
team!

YELLOW TEAM	RED TEAM	GREEN TEAM	BLUE TEAM
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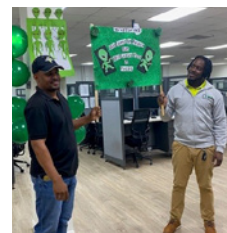
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Team Rusk - The Rusk center celebrated Mardi Gras during the week of February 20, 2023 to February 24, 2023. Lots of fun was had with dress up days, a King Cake, and a Gumbo fundraiser for the Work Life Balance Fund. Laissez les bons temps roller or let the good times roll!



Team Lufkin - The month of February, Lufkin Etech played a candy guessing game. They had a jar filled with chocolates at the front desk, and employees were able to place a guess on how many candies they thought were in the jar. They had guesses from 45 all the way to 300! Congratulations to Avore Lee for guessing the closest number without going over! He guessed 109 pieces, and there was a total of 111, so he was close.



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Team Dallas - Team organized a fulfilled games session for the employees.



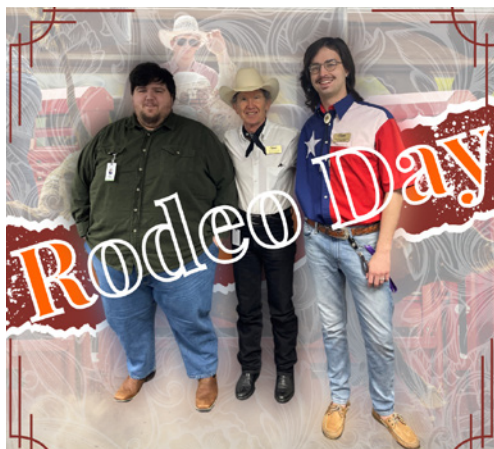
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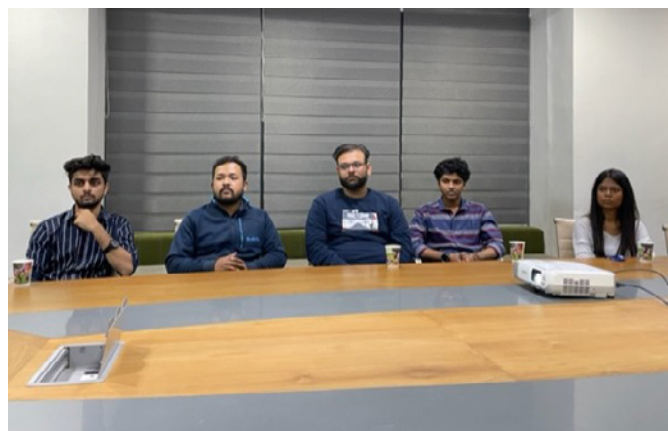
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Team San Antonio - The San Antonio center Winning Culture Survey Task Force hosted a theme day to kick off the rodeo season by asking employees to wear their favorite Western and Rodeo attire.



Team Gandhinagar - HR team of Gandhinagar met the new team members to have a session of getting to know them over a cup of coffee.



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Give back Initiative @ Etech

Team Jamaica - At Etech we love to take care of our people within our communities. Etech employees were asked to donate newborn baby items for the babies who were housed at the Women's Centre Foundation of Jamaica. It was a heartwarming time collecting and putting together the items to-be donated to the new mothers. We were thrilled to have been a part of this worthy cause.



Team Rusk - Rusk held a Giveback fundraiser in February selling chocolate covered strawberries and pretzels made by Charlotte Rasmussen. The proceeds from this Giveback fundraiser will be put towards purchasing much needed supplies for the Plyler Memorial Park adopted by Etech. The park is located on the Rusk square next to the Etech building and is described as a memorial park created by Jeannie Plyler to honor her late husband Dr. Charles Grady Plyler and other community members.



Team Lufkin - Monday, February 27th, Lufkin Etech hosted a blood drive. Thank you to East Texas Regional Blood Center for coming out and making everything possible and a special thank you to all the employees who signed up to donate! What a REMARKABLE way to give back to our community!



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Team Dallas – Team has gone a mile ahead to give back the society in many ways. They conducted various events like donation of books for the Hope's door new beginning center, Donation of the men's use products & distribution of water bottles at The Bridge – homeless recovery center.



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Team Palm Beach - Making an impact in our communities is a responsibility that our Palm Beach center takes seriously. This month, Etech partnered with Delilah's Second Chance Animal Rescue. They are a non-profit animal rescue organization that specializes in saving, rehabilitating, and placing dogs in forever homes. They are committed to saving all fur babies and giving them a second chance at a good life in a loving home. Palm Beach center donated food and toys to help in this wonderful mission. Etech Palm Beach is proud of giving 5 hours to help support such a wonderful organization that works tirelessly in our community.



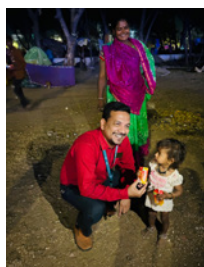
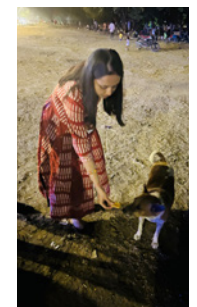
Team Vadodara - CSR team Etech celebrated #EtechRotiDay on Valentine's Day. They wanted to ensure that while they celebrate this day with each other and our loved ones, they do not miss out the less privileged and share a bit of love with a dash of humanity with them. They want to thank our Etech family for always being together & support by contributing money or the food or in any way they can. They catered 100 needy ones.



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Team San Antonio - In the spirit of kindness and love, for our February give back, the San Antonio Center created custom made Valentine's Day cards with motivational words for the children at the St. PJ's children's home. The cards were well received. 14 Valentine's Day Cards were donated.



Team Nacogdoches - When looking towards the future, nothing puts the world into focus better than a pair of prescription glasses. During the month of January and February, Etech Nacogdoches partnered with Texas Lions Eyeglasses Recycling Center and Nacogdoches Eye Associates to make a remarkable difference by encouraging employees to donate gently used prescription or reading glasses. Once collected, volunteers at the Lions Club clean, sort by prescription strength, and package the glasses to be sent to their new home. Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact. Imagine if your old prescription could help a child read. Thank you to all who donated!



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Spandan @ Gandhinagar

The management organized Spandan for February 2023- "Know your Company". HODs from all the departments addressed the team for 7 to 10 minutes and talked about their department and the future. Team members enjoyed the session wherein we had multiple activities, TMs won DFDs as well.



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Basketball @ Nacogdoches

A lot is happening at Etech! We are committed to making a remarkable difference for each other, our customers, and in our communities. Etech supports East Texas Basketball Team.

What an exciting Lumberjack basketball game against Tarleton State University, SFA took home the win 65-60, and Etech was proud to sponsor that game! Making a Remarkable Difference by supporting the community, one day and event at a time.



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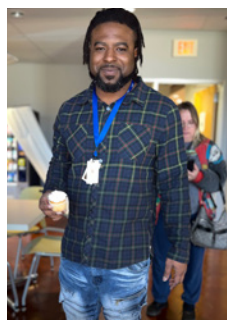
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Valentine's day @ Etech

Team Dallas - Valentine's Day celebration was done for the team members by distributing cupcakes & candies.



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Team Jamaica – On Valentine's Day, the ladies of Etech were treated to gift pouches filled with chocolate and sweets.



Team Lufkin - Lufkin Etech celebrated Valentine's Day by having a theme week. They had a variety of fun dress up days, from wearing pink and red, to dressing for a date. Thank you to everyone who helped spread the love! Team sold Candy Grams for \$1 apiece. They sold a total of 34 candy grams! They handed them out on February 14th. All proceeds went towards our community give back.



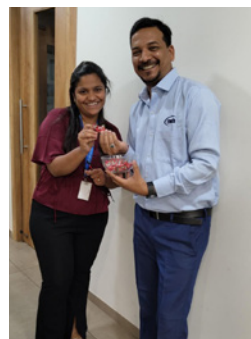
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Team India - Team had Chocolate Day and Red Day dress code to celebrate.



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Team Palm Beach - Palm Beach Center celebrated Valentine's Day by enjoying some sweet treats in our Break Room. Employees took some time to enjoy some great tasting cupcakes.

Team San Antonio - To celebrate Valentine's Day and to spread some kindness, the San Antonio Center provided Hershey's Chocolate Kisses in the breakroom for all employees enjoy.



Madden 23 Tournament @ San Antonio

The Work-Life Balance Team at the San Antonio Center hosted an Etech "Bowl" event on 2/10/23. This was a video game tournament where participants played Madden for the chance to become the San Antonio Etech Game Champion. The winner of the tournament was Dylan Achenbach.



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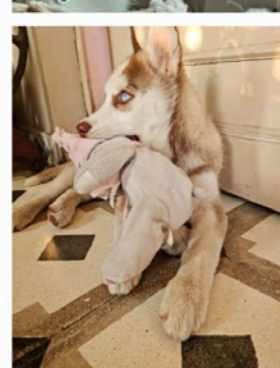
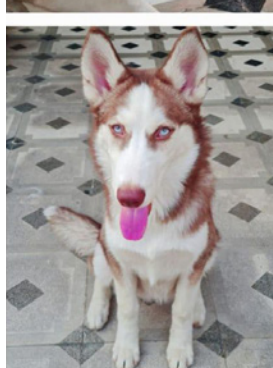
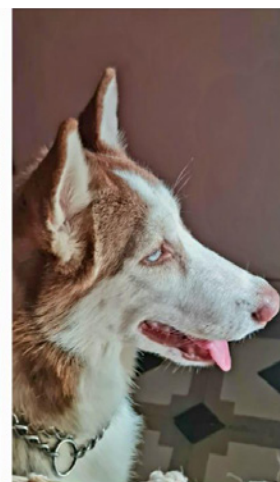
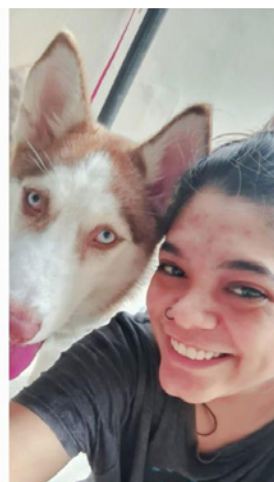
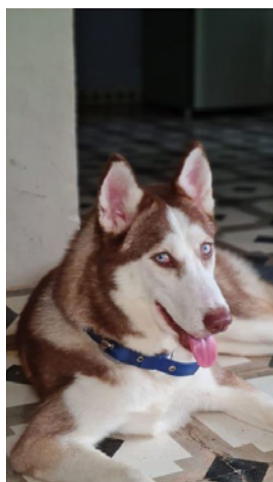
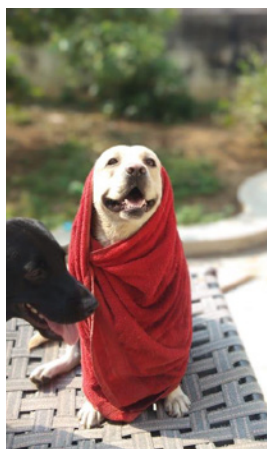
Word of Kindness @ San Antonio

Throughout February, everyone at the San Antonio center had an opportunity to write a kind note that would be hand delivered to their coworkers. Not only did this bring a sense of togetherness, but it was an excellent way to spread kindness.



Love your pet @ Etech.

Team India - Team India was asked to share videos of their pets and a competition was rolled out. One winner from each location of India centers were selected.



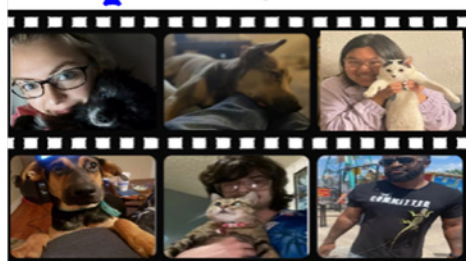
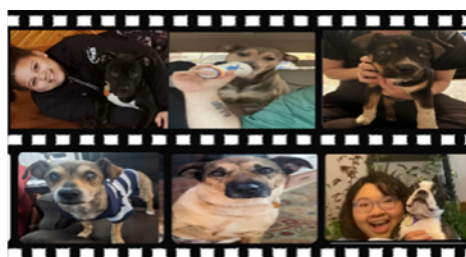
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Team Rusk - On February 20, 2023, Etech Celebrated Love Your Pet Day by accepting photo submissions of employee's pets. Etech has a wide variety of pets to love including dogs, ferrets, snakes, and lizards! Pets offer us comfort and make our homes feel more inviting and welcoming. It's so amazing that pets bring a smile instantly to anyone's face and bring so much joy to the household. Often the pet owners are busy with their families, jobs, and day-to-day activities that they may not spend much time with their pets. National Love Your Pets Day makes for the perfect occasion to give all the love and attention to the pets in your house; this day focuses on loving your pet. We pet owners share a common trait: the desire and ability to shower our pets with all the love and affection, and hence, we can all come together and celebrate their existence on National Love Your Pet Day. February 20 is the day every year when we celebrate the National Love Your Pet Day to embrace our love for pets like guinea pigs, pups, dogs, and cats. Pet animals show their love in many ways, keep us calm, reduce blood pressure, and help our well-being. Love your pet on February 20 as it helps to improve your relationship with the dog, cat, and other pet friends.



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Announcement @ Etech

Etech has always been committed to the development of its people and supports the vision of making a remarkable difference for each other, our customers, and within our communities. Living our vision requires talented people who are passionate about developing others and equipping them to accomplish great things. It is amazing to be a part of an organization that places “Valuing People” as one of its core character commitments.

With that spirit in mind, we take immense pleasure in announcing the new addition of Omkar Simpi to our Gandhinagar Training and Development team. Omkar was born & raised in Gandhinagar. He joined Etech in March 2021 as a customer experience specialist. He worked for multiple campaign & has now got selected as a Training Apprentice in February 2023. Omkar is a dog lover. He loves to make canvas painting & sketches. In his leisure time he loves to play games & binge watch sitcoms. His favorite quote is “One must get better today than yesterday.”



Team Dallas celebrated 1 year anniversary of Flora Kamau.

