

**This Issue**Commandos Pen **“Wellness (Physical and Mental) at AAPNA” P.1, 2, & 3**Team Spotlight **P.4**Know your Crew & HRD Column **P.5**Birthday Scouts & Upcoming Events **P.6**

It's just a beginning for me in AAPNA. But I wanted to share few thoughts on the wellness and its productivity started at AAPNA. During this pandemic, health is the most important aspect which everyone has, as their top priority. There is a well knowing saying " Health is wealth, which clearly states that a wealthy man with poor health is worse than a poor man with good health. Here, AAPNA is taking care for all its commandos by arranging many sessions on health ki paathshala, yoga sessions, several competitions etc. It gives me full enthusiasm to participate and win exciting prizes. It keeps me fit and leads to high energy during the day.

-Rashi Gupta**What you to do for your Well-Being.**

Health is the most important aspect of our life. I try my best to keep myself fit and healthy while doing some yoga and take healthy foods with more vegetables and fruits. I also make some time to do Zumba exercises to keep myself active all day. So basically, for my well-being, I intake healthy dietary food with regular exercises, walking and a good sufficient sleep which keeps my brain healthy.

What are the benefits.

Benefits would be – fully energetic and active all day long with minimal health issues.

Ways to Stay Healthy at Work.

Drink enough water, eat healthy food, have a regular stretch, avoid consecutive long days, take a short walk during lunch break.

Wellness Trends that you might know.

Healthy thinking, getting a good and sound sleep, living a healthy lifestyle with timely eating.

-Tejeshwini J

Wellness (Physical and Mental) at AAPNA



Wellness is something which should run parallel with the success of a person. Sometimes it happens, to get success we do not care about our self /our health. We should care for our self to have happy and healthy journey towards the success. Complete wellness means, along with physical health we should take care of our mental health as well.

Exercise and meditation can keep us physically well, but we should also have happy time with friends and family to maintain the work-life balance, these things keep us mentally well.

Sometimes it happens with me, I have workload and less time to complete that, in hurry I become puzzled what to do, even if I know things well, I fear that things may go wrong, then at that time, I relax myself for 5- 10 mins and resume the work with fresh mind again. This helps me a lot in doing my work well.

It's just few months that I have spent in AAPNA. But the working environment and different initiatives taken by AAPNAites helps me to be physically and mentally well.

-Deepika Soni



I work out every day for my well-being. The main benefit of gym is – it helps me to stay fit / energetic and helps me to get relieve from mental stress.

Since we are operating permanently from our home, we are continuously sitting on a chair for 8-9 hrs daily in the same posture to do our work. Due to this we are gaining some undesirable weight and can also cause neck and back pain. But if we add at least half an hour of gym in our daily routine, then we can rid-off from such issues. With regular gym / exercises our body will be fit. This also enables us to manage our weight and stay in good posture. With good health and fresh mind, we can be more productive and responsive.

Wellness Trends (Home Workout) Tips –

Stretching up your body for 2-3 mins.

On spot running for 2-5 mins.

Minimum 10-15 push-ups in a day

5-10 chin-ups in a day.

***Fun Fact –** Gym helps you to look Good / Handsome. 😊

-Vinay Satsangi



My formula for being active and fit is do some exercise and eat healthy food. That's all.

Before Covid I used to go to gym but due to Covid gyms are closed for a long time, so I have started doing exercises at home. It keeps me active all day and it's a good start for my day.

There are many apps for workouts. You can give a try to cult fitness, adidas workout and many more which helps a lot to start because it has workouts for 15 minutes as well, in case you are short of time.

There are many ways to stay healthy at work which I have also applied for myself too. You can do some stretching during your work hours it only takes 5-10 minutes, you should walk after 1-1.5 hours of sitting and stay hydrated drink plenty of water and eat healthy food.

Eat healthy Stay healthy!

-Karan Midha



“Wellness (physical and mental) at AAPNA.” - As physical well-being helps our body to stay strong in the same way mental fitness helps us to achieve and maintain a state of good mental health. To attain physical and mental health, I meditate and walk approximately 40-50 minutes a day. It helps me increase my concentration, stabilize my thinking process and keeps myself physically active. To me, mental and physical health are equal elements of overall health.

-Kabita Chiral

Wellness (Physical and Mental) at AAPNA



It is very encouraging that wellness, both physical and mental is being emphasized at AAPNA. This is a habit everyone must inculcate in our fast paced, stressed life to counter the stress itself.

I follow a balanced mix of physical and mental workout (Yoga/Pranayam). I admit it is not easy but the feeling it gives for rest of the day is the prime motivating factor.

For giving our best professionally and personally, mental and physical fitness plays a vital role, which often works in the background and hardly appears a contributing factor.

With so much information available there are many routines that can be included but a professional advice to pursue any routine is way to go.

Thanks!

-Brajendra Singh



I believe physical activity can improve your mental well-being. Being physically active means moving your body and working your muscles: for example, by walking, running, dancing, swimming, doing yoga and meditation or gardening.

Being active helps you boosting your self-esteem and to concentrate as well as sleep and feel better. There is nothing bad in it, as many of us can do all this for free!

Being active doesn't have to mean taking out an expensive gym membership 😊 or running marathons. It's all about finding an activity you enjoy and can give you a goal to aim for and a sense of purpose. It can also be great to meet people, taking a break from daily chores of life and gain some confidence.

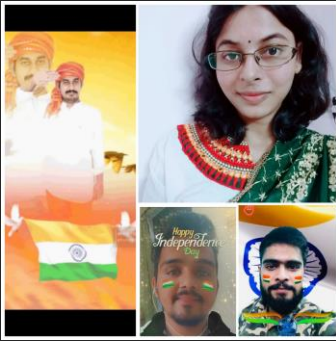
In **AAPNA**, I believe many of us are following the commando theme which basically encourage us in being fit and always ready for new task/jobs. To stay fit and healthy, everyone must follow a routine in their daily life that will help them to remain fit. This will surely motivate people and will help them in their daily deliverables. The other benefits I can think of are –

- Less stress and tension
- Can say a natural energy booster
- Sense of achievement
- People will be more focused on their deliverables
- Less frustration and anger
- Healthy appetite
- Fun lover.

There is still a lot I can accommodate on this, but I think this should suffice and can help in getting the task done 😊.

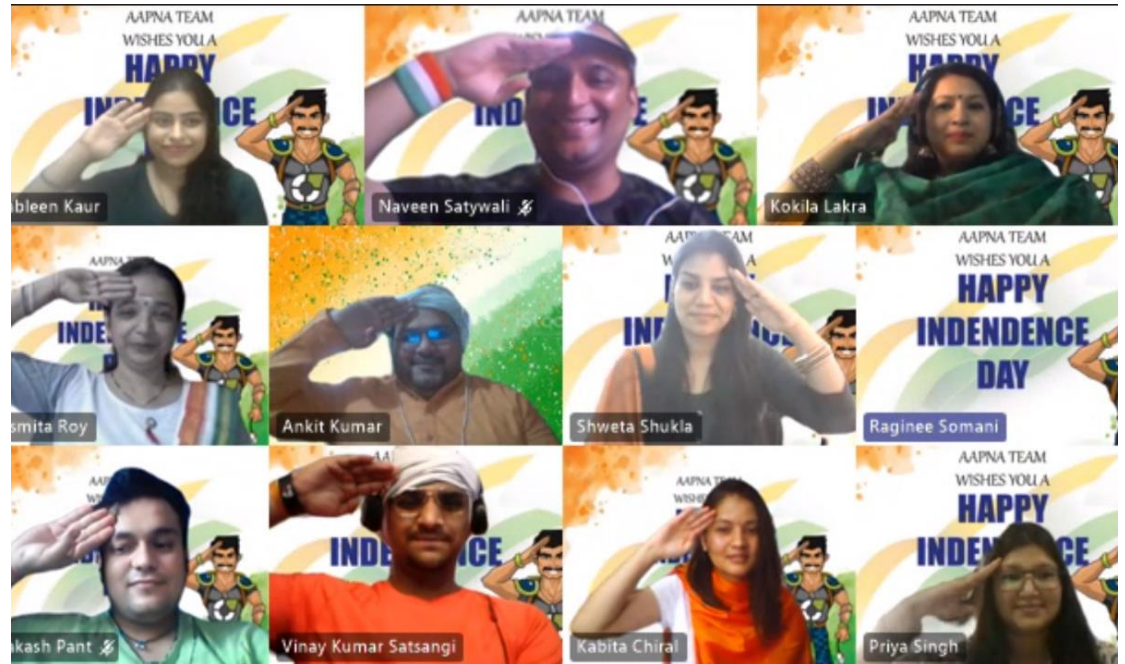
-Dhananjay Bhagwat

TEAM CONNECT



“A Reel to the Virtual World...”

TEAM SPOT LIGHT



Rewards & Recognitions

Let's take a moment off to congratulate our new monthly heroes:

WARRIOR OF THE MONTH –Mohd Farhaan– For successfully handling all the issues on CX project and for managing helpdesk tickets with quick response.

AAJ KA BAZIGAR: Manish Gupta- For receiving excellent client feedback.

SPOT TEAM AWARD – Power Automate Team- For picking up new technologies and started work on new customer.



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Sachin Shah

“Myself Sachin Shah. I had worked in 3 organizations H.G.D, H.R.P and L&T, after that I had started my own company SWASTIK IT Solution. I am an expert in maintenance, I can read and understand existing code fast. I am interested to work in latest technology where I can prove myself with new technology. I love to read about investment and share market. I am good in engendering knowledge.”



Harish Mopuri

“Hi, I am Harish. Joining AAPNA as Consultant. I have worked for 3 years as a SharePoint Developer in Yuga Solutions Pvt. Ltd. My hometown is Tirupati which is famous for Balaji Temple (Tirumala Tirupati Devasthanams). I am a person with high determination and enthusiast to know new things, analyze things to execute in proper manner. Overall, I always look for opportunity where I can learn and give my best. I had heard some great things about AAPNA, and I can't wait to work with you all.

HRD Column

Well-being is a positive outcome. It can be described as judging life positively and feeling good, healthy, and full of energy. Wellness is more than being free from illness, it is the spirited process of change and growth that lasts for a lifetime. Wellness addresses the broader spectrum of your body encompassing the overall balance of your physical, mental, and spiritual well-being. It speaks to the way you live your everyday life. It is not an end to be achieved, rather it is a lifestyle that you adopt.

We at AAPNA are in total sync with the Wellness of AAPNAites. We have some initiatives in place to cater the same.

- **Flexibility**- We have flexible working hours which means better work life balance for our team. AAPNAites can start and end their day as they choose, as long as their work is complete and leads to strong outcomes. This control over your work schedule can be invaluable when it comes to attending to the needs of their personal life.
- **Open Door Policy**- It's important not to shun any opinion of a resource, irrespective of their gender or age. Make them a part of the strategy and planning in the organization. And that's exactly what AAPNA does through its Open-Door Policy. Where your team feel comfortable approaching their manager or anyone in the organization to discuss any issue which results in uplifting their mood.
- **Chit Chat with Abhijit**-that we conduct every Thursday, informal connect with Abhijit, to chat with his dear team, his own way of connecting with one and all.
- **BREAKS are important...** Office breaks are something we surely miss especially together with our colleagues. In trying to capture the essence of this part of AAPNA's daily routine... we have come up with "**Virtual Coffees and Chats**" for some friendly, non-work conversation. The best platform to know cross team members and to build friendships that may not have otherwise grown.
- **Fundoo Friday** - something refreshing and fun to make the work more enjoyable that will leave us with high energy and spirit, to have some fun and team connect outside work.
- **Fit to Fitness**- A week challenge to induce some enthusiasm and fun to our fitness game.
- **Wow Wednesday**- A team building activity day with some fun and mind-boggling team games.
- **Yoga Session**- To provide many mental and physical benefits. to get your heart pumping and blood flowing through dynamic movements and poses. Helping to create healthy and less-stressed environment.
- **Weekend Activities**-To build stronger relationships which will in turn improve engagement and morale we have our weekends activities in place that will take place on weekends/weekdays, another chance to connect with AAPNAites and build their relationships within the team and outside of the project deliverables.

Maintaining an optimal level of wellness is absolutely crucial to living a higher of quality life. Your body is a direct reflection of what's going on in your mind. Knock it off with all the talk of 'The Terrible Too's'; too busy, too tired, too hard, too early etc. Your future is wide open, and you can create it by what you chose to do.



Birthday Scouts

Chandan-2nd
Shakti-3rd
Rahul Shaw-4th
Akshay-5th
Atul-8th
Shweta, Shikha-9th
Hema-13th
Devendra, Farhaan-14th
Nitesh, Susmita-15th
Anupama, Jagan-17th

Vikram-20th
Rakhi-22nd
Bandana-23rd
Niraj-25th
Chittaranjan-26th
Murali-29th



Upcoming Events

- **Fundoo Friday 17 September, 4:00 p.m.**

Get ready for fun time with AAPNA bandaaz – **Tambola**

- **Town Hall - 24 September, 4:00 p.m.**

The reward and recognition time for all the hard work, team connect and few surprises.

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AAPNA Infotheek Pvt Ltd

Lasting Relationship – Technology – Extreme Quality

“The difference between a great place to work is a good company or a great company”- AAPNA -Great Place to Work... Food for thought for next Edition