

Issue

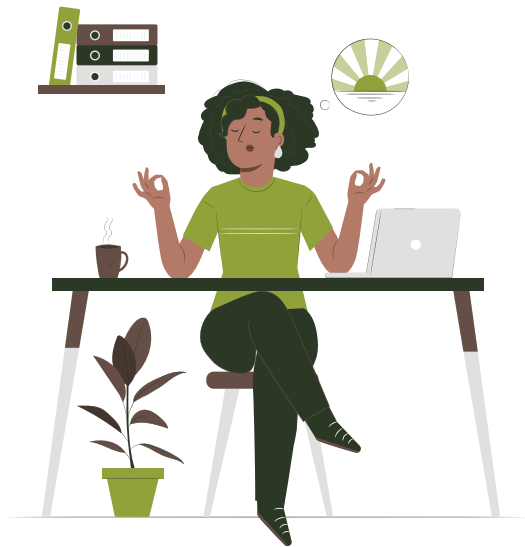
34

June 2023

# AAPNA Times

Monthly Journal of AAPNA Connect

## Mental and Physical Wellness @AAPNA



### This Issue

Tech Paparazzi P.1

Mental and Physical Wellness P.2 - 4

Know your Team P.5

Rewards & Recognitions P.6

Fun Element @ AAPNA P.7

Recommendations of the month P.7

Team Engagement P.8

Upcoming Events P.9

## Tech Paparazzi



Ajay Vir Kaith

Power BI

In today's data-driven world, organizations are constantly seeking ways to extract meaningful insights from vast amounts of information. Power BI, a powerful business intelligence tool developed by Microsoft, has emerged as a leading solution for data analysis, visualization, and reporting. With a simple drag-and-drop interface, users can transform raw data into visually appealing and meaningful representations. One of Power BI's strengths lies in its ability to connect to a wide range of data sources, both on-premises and in the cloud. It seamlessly integrates with popular data platforms such as Microsoft Excel, SQL Server, Azure, SharePoint, Salesforce, and many more. In today's mobile-centric world, Power BI provides native mobile apps for iOS and Android devices. Users can access their dashboards and reports on the go. Power BI has emerged as a game-changer in the field of business intelligence, enabling organizations to transform their data into actionable insights.



Nisha Kumari

I would like to express my gratitude to AAPNA team for their commendable initiative in improving our health. I am someone who genuinely enjoys working out. I have been diligently participating in the daily plank challenges and I noticed remarkable changes in myself. The AAPNA program has proven to be highly effective for me, not only in terms of physical transformation but also in strengthening my mental health. I would like to encourage all AAPNA members to actively participate in any health programs initiated with great enthusiasm.

I strongly believe that in addition to our daily routine, it is important to allocate some dedicated time for our health as well.

Thank you once again, @AAPNA, for this incredible opportunity. 😊



Buddha J

I would like to express my sincere gratitude to the HR team for organizing the recent physical activity initiative. I am extremely pleased to have participated in all the challenges, and it was inspiring to witness the majority of our Commandos actively taking part as well. I want to express my appreciation for their enthusiasm and commitment.

Engaging in regular exercise is undoubtedly beneficial, but these challenges have demonstrated that exercise goes beyond merely transforming our bodies. It has the power to influence our mindset, attitude, and overall mood. Personally, I have been going to the gym regularly, but at times even when I don't go to gym I never forgot to participate in the challenges. The impact has been remarkable, as I now feel a heightened sense of flexibility in my body.

Once again, I would like to extend my heartfelt thanks to the HR team and AAPNA for organizing this initiative.



**Rohit Gupta**

I would like to appreciate for the incredible health initiatives undertaken by the organization. These initiatives have proven to be immensely beneficial, not only for physical well-being but also for mental health as well.

The plank and the push-up challenges have been instrumental in improving muscle strength, endurance, and flexibility. These exercises target various muscle groups, enhancing overall body strength and stamina. Additionally, they have been effective in increasing flexibility, allowing for better mobility, and preventing muscle imbalances.

The introduction of yoga initiatives is also praiseworthy. Yoga provides a holistic approach to wellness, improving flexibility, balance, and strength. Moreover, it has proven to be a powerful tool in reducing stress and promoting mental well-being.

Personally, I had the privilege of participating in these health initiatives, and the experience has been remarkable. Engaging in the plank challenge and push-up challenge has significantly improved my physical strength and stamina.

Furthermore, incorporating yoga into my routine has brought about a sense of calmness and mental clarity. It has provided a valuable outlet for relaxation and stress reduction.

I am grateful to AAPNA for these initiatives and look forward to continuing my journey towards improved health and well-being.



**Sonil Shrivastava**

Wellness is crucial for our overall well-being, encompassing physical, mental, emotional, and spiritual health. It involves making conscious choices for a balanced lifestyle like-

**Physical Health:** Regular exercise, nutritious diet, and sufficient rest are essential. Physical activity maintains weight, strengthens the immune system, improves cardiovascular health, and boosts energy levels, releasing mood-enhancing endorphins.

**Mental and Emotional Well-being:** Practices like meditation, mindfulness, and self-care manage stress, anxiety, and enhance cognitive function. Building healthy relationships, seeking support, and fostering a positive mindset contribute to mental and emotional well-being.

Having said that, AAPNA's health initiative is admirable, promoting overall wellness and a balanced lifestyle. Personally, I had the opportunity to participate and experienced tremendous benefits. Engaging in regular exercise, including the plank and push up challenge, improved my core strength and alleviated lower back issues. It became a motivating part of my daily routine, positively impacting my physical and mental well-being. The initiative reminded me of the importance of self-care, establishing work-life balance, and embracing lifelong learning. Celebrating milestones such as consistent exercise, healthy eating habits, mindfulness practices, and prioritizing self-care reinforced the significance of wellness as a lifelong journey. It's crucial to recognize and celebrate our individual progress while embracing the unique path to well-being.

This initiative by AAPNA has truly enhanced my overall health and well-being, and I'm grateful for the positive impact it has had on my life.



Rahul Shaw

My sincere appreciation for the excellent initiative taken by AAPNA through the "PLANK CHALLENGE" to enhance the well-being of its members. Undoubtedly, incorporating "the plank" into our daily routines is one of the finest methods to strengthen our core muscles while being incredibly convenient. It also offers significant benefits for our lower back health.

Personally, I derived immense enjoyment from engaging in these plank exercises, and they have become an integral part of my everyday life. Witnessing the positive impact, it had on my strength was truly motivating. I am genuinely amazed by this initiative.

Furthermore, push-ups have proven to be particularly effective in strengthening the muscles surrounding the shoulder joints. They have not only increased the size of my arms and upper body, including the biceps, core muscles, triceps, anterior deltoids, and lower body muscle groups, but they have also significantly enhanced my core strength. I have even noticed an improvement in the number of push-ups I can perform efficiently. I am grateful for the upcoming push-up challenge and for the recognition of this health initiative.

It has helped me improve my core strength, surpassing my previous expectations.

"Take care of your body. It's the only place you have to live." - Jim Rohn.



“



## Leaders Retreat

Arushi Vijay

It was a remarkable team retreat that combined adventure, personal growth, and bonding experiences. The retreat fostered connections among team members through introductions and shared stories. Exciting activities such as rafting on the Ganges River brought the team together to overcome challenges. The retreat also included learning and development sessions covering various topics to enhance professional skills. Immersion in the local culture, including participating in the Holi festival and witnessing the Ganga Aarti ceremony, added depth to the experience. Exploring the surroundings and enjoying informal moments further strengthened the team's bonds. The retreat left a lasting impact, equipping the team with stronger relationships, newfound skills, and a shared purpose. It was a transformative experience that will continue to shape both individuals and the team as a whole.

”



# Rewards & Recognitions



Let us take a moment of to congratulate our new monthly heroes:

## WARRIOR OF THE MONTH



### Swati Gupta-

Doing best in her Product Owner role and always available for clarifying any product related queries to team .

## AAJ KA BAAZIGAR

**Deepika Soni** : Whenever I am in trouble in title closing company, there is only one person I turn to and she is Deepika. There was a production issue which was an Infrastructure problem. The client was getting frustrated, the CMS team was not able to handle that and I brought Deepika in the meeting. She was bang on target and was able to help identify the issue and was instrumental in final resolution

**Neha Rawal** - Neha played a crucial role in delivering high-quality work to data digitization by effectively coordinating with key stakeholders, including vendors. Her dedication in ensuring the quality of deliverables were greatly appreciated by the client, who commended her efforts multiple times.

**Simran Gupta** - Taking ownership of multiple tasks, working independently and delivering with minimum supervision

## SPOT TEAM AWARD

**Mera Moniter Team-** Excellent progress over past several weeks now, releasing key features and working with Aasif and Susmita for rollout at AAPNA with everything we need to replace TimeChamp.

This certificate is presented to  
(Hardik Shah, Manish Gupta, Archit Kumar Shrivastava, Jatin Mangla, Tanuja Pandey, Aman Kumar, Jagesh Singh Fartiyal, Pratham Jain, Sankalp Agarwal, Anil Garg)





"Friday evenings at AAPNA are always a blast, where we take a break from the usual routine and dive into a world of fun and laughter with exciting games. One Friday, we played a game called 'Story Board' where the participants had to make a story with a hint of pictures drawn from a sentence given by the host.

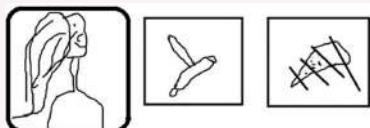
The game went like this: a random participant was given a sentence, and their task was to draw a few pictures based on that sentence. Rest of the team had to guess the sentence or come as close as possible. But here's the twist - the drawings had to fit into three tiny boxes, just like the doodles we used to create as kids on walls, books, and even floors!

**Picture this:** Everyone huddled together, trying to make sense of the hilarious drawings. The laughter was contagious as our artistic skills were put to the test. We'd shared our masterpieces, and the team would unleash a flurry of guesses, accompanied by stress-releasing Ha Ha's, Ho Ho's and Hee Hee's. Here's an example of our inner Picasso-

The conclusions ranged from "She is eating pizza" to "She is making roti" and even "**She ordered pizza and garlic bread.**" The excitement grew as the team tried their best to unravel the secret behind the drawings. But the actual sentence that inspired the artwork was revealed: "She ordered pizza and shared it with her best friend!" Cue the uproar of laughter and joyful cheers.

This hilarious game session served as a reminder that within each of us resides a playful child, sometimes buried beneath the weight of daily challenges. It's important to keep that child alive and let it out to play every now and then. So, my advice to all of you is to embrace your inner child and keep the spirit of fun and laughter alive within you. Cheers to more unforgettable moments like these at AAPNA!"

Susmita Roy



## Recommendations of the Month

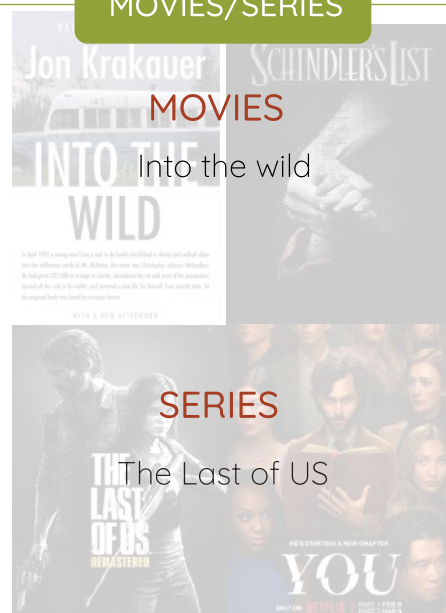


### BOOKS

**The Alchemist**  
Paulo Coelho

**The Diary of Anne Frank**  
Anne Frank

### MOVIES/SERIES



# Team Engagement



We hope this newsletter finds you in good health and high spirits. As we bid farewell to the month of June, we would like to take a moment to reflect on the key highlights and initiatives that brought us closer as a team. From embracing a healthier lifestyle to fostering strong bonds, June was indeed a remarkable month for all of us.

In line with our commitment to resource well-being, we introduced several exciting yoga initiatives throughout the month. Four teams, namely Yoga Warriors, Chakra Champions, Pranayama Pandas, and Asana Avengers, competed in the OM AT HOME Challenge. This challenge involved a series of yoga asanas shared with video links, allowing teams to practice, share videos, and earn scores!

These asanas helped our commandos unwind, destress, and strengthen their bodies and minds. It was heartening to see so many of you actively participate and reap the benefits of this ancient practice. We encourage you to continue incorporating yoga into your daily routine even beyond June. Additionally, on June 21st, we celebrated International Yoga Day with great enthusiasm and reverence. Our virtual event saw resources from different teams coming together to engage in a collective yoga session, including Laughter, Yin, Restorative, and Yog Nidra forms. Witnessing the unity and participation was truly inspiring. We thank everyone who contributed to making this event a grand success.



Building strong connections and fostering a positive work environment has always been a priority for AAPNA. To further nurture these bonds, we introduced theme-based coffee sessions during the month of June. Each day's coffee sessions featured a variety of games such as crosswords, riddles, Fundoo Friday, Bollywood special, and spot the difference! The feedback we received from these sessions has been overwhelmingly positive, and we hope they continue to cultivate new ways to help the teams collaborate virtually!

Since we are 100 percent virtual company now, it has become vital to ensure that teams stay connected and motivated. We took the initiative to host commandos through an initiative called AAPNA MILAP 2023 this month! Our commandos from Bihar and Andhra Pradesh met for a weekend lunch on June 24th and had a good time together! These interactive sessions allowed teams to discuss ongoing projects, exchange ideas, stay updated on company-wide developments, and connect on a personal level too!

We appreciate the active participation of everyone involved and hope that these health initiatives, physical meets, and coffee connects continue to foster a sense of unity and collaboration within our organization!

As we step into the new month, we carry forward the momentum gained from June's initiatives. July promises to bring forth new opportunities to further enhance our well-being, teamwork, and personal growth. Stay tuned for more exciting announcements, virtual events, and initiatives in the weeks to come.

## Upcoming Events



The theme for the wellness calendar for July is Sleep – Sound & Deep!



Sleep – understanding the power of a good sleep – awareness drive.



Regime for ‘A GOOD NIGHT SLEEP’



Diet and Sleep – what’s the connection?



To Do or Not to do: List for a sound sleep.



The Emoji Game: Creativity at its best