



TEAM WORK PAYS OFF: CERTIFICATE CEREMONY

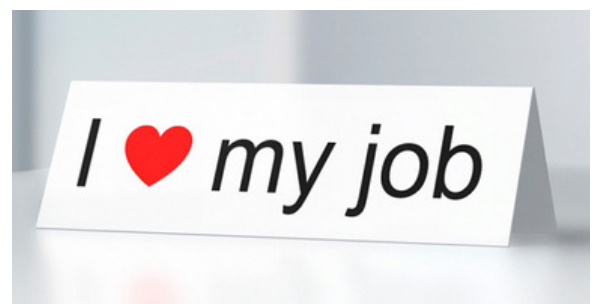
Saturday, 27th July, 2019 was an unusually rainy day. Transportation was an issue. Many streets were clogged and making way through them was an ordeal. But that did not dampen Team ETASHA's motivation nor did it deter any of the trainees from making all possible arrangements to somehow reach the venue (Khanpur, Tigri). Where communication was a challenge, WhatsApp came to rescue – each and every task and movement was coordinated via WhatsApp. Everyone knew their exact positions and precisely what to do when. The seating arrangement for the alumni was planned in such a way that every batch was lined up together. There was a separate registration desk for alumni and current trainees which made for a seamless movement of the audience. The guests and partners too, despite all the commotion due to the rain, reached dot on time. It was for the first time when ETASHA witnessed a full house in a Certificate Ceremony. Most encouraging was to see many parents and families who came along to support and be a part of this proud moment with their wards. The Chief Guests Subrata Sil, VP Macawer Beekay; Sonal Sehgal, Director Global Honey Bee; Anurag Agarwal, Volunteer from TCL; Daljeet, Filmmaker; Sneha Pathak, Naturopathy Practitioner were in awe of the ceremony. Meenakshi Nayar, President ETASHA Society applauded each and everyone's efforts and marked this event as a prominent milestone in the history of ETASHA.

WHEN WORK BECOMES FUN

It's totally normal for all of us to experience dips in motivation, but it becomes a problem when we are constantly feeling low at work place. How to deal with this situation? Here are some expert tips:

POSITIVE ATTITUDE

Strive for positive reinforcement as much as possible. Yes, there may be a time when unpleasant behaviour or results can affect our moods and temperament. But this is exactly the time to disengage yourself from the situation and connect with the purpose of your life and motivation to carry on. This will help you reflect on your priorities and help you cut the mental clutter.



FOCUS ON THE BIG PICTURE

There are always small tasks that may seem insignificant. However, it's these small tasks and jobs that play a large role in the productivity and success of your company. And only when you carry on with enthusiasm and joy, will you be able to enjoy your work and grow in the organisation.



STAY HEALTHY AND RELAX

That may seem like common sense now, but you'd be surprised how many of us neglect to take care of ourselves. Ensure a good night's sleep and do get regular exercise. Good health is a big motivation factor!

ETASHA TRAINEE RAISES THE BAR FOR PROFESSIONAL EXCELLENCE

Vikash is the youngest among six brothers, and his parents just about earn a living to sustain the family. Vikash joined ETASHA at a time when he didn't know what to do in life. With ETASHA's four-month rigorous employability skills training, vision and mission orientation classes, confidence building and grooming and etiquette sessions, he turned into a fine professional. He joined Mc Donald's food chain and within the first two months, won the Employee of the Month Award.

ETASHA CONGRATULATES VIKASH FOR HIS PERSEVERANCE AND DEDICATION!



PICK YOUR BRAIN - AUG 2019



1. What is the meaning of the word CLOGGED?
2. India's External Affairs Minister passed away recently. What was the name of the Minister?
3. ETASHA has recently opened a new centre. Where is it located?

Send in your correct answers to etashatraineeg@gmail.com by Aug 26th, 2019. The 1st Alumni to respond with All Correct Answers will get a Prize at the Alumni Meet on 28th Aug, 2019.

"I am very happy to inaugurate ETASHA Times - a quarterly link between ETASHA and our cherished alumni. I hope this newsletter will become a means to learn and grow for each one of us."

Meenakshi Nayar
President - ETASHA Society

Alumni Meet on Aug 28th at CDC I- Madanpur Khadar center, 12 pm onwards.
We will host an Interactive Session on Cyber Security & Money Management.

WE HOPE YOU LIKED THIS ISSUE. PLEASE SEND IN YOUR FEEDBACK AT
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