

emCONNECT

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emCONNECT

AN EMVIGO TECHNOLOGIES EMPLOYEES INITIATIVE

“DOING WHAT YOU ENJOY & ENJOYING WHAT YOU DO”

A career means different things to different people. To some, it is an end point: It is a statement of ambition, for instance, I must become the CEO of this company. To others, it means the landmarks on the way: I must become regional manager in two years and GM in three years thereafter. To most, it is a combination. But, these are all ‘destinations’ and not the ‘journey’.

To the wise, it means the enjoyment and experiences of work. A career is not a destination, it is the journey. So what kind of a journey must you have? The answer is, ‘a journey which you enjoy’. You can excel with consistency only at tasks that you enjoy. Conversely, you cannot excel with consistency at tasks that you do not enjoy. Enjoyment does not mean that the task is easy, or that you know how to do it, quite the reverse.

You enjoy doing things that challenge you sufficiently, yet are instructive to you, that engage you. For instance, selling to a difficult customer, debugging a production issue, configuring a least costly solution to a problem, etc. It is engaging to you for your own reason, some others may hate the same tasks.

IMPORTANT WAS THE JOURNEY, NOT THE DESTINATION.

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The story Behind Santa Claus

Santa Claus, also known as Father Christmas, Saint Nicholas, Saint Nick, Kris Kringle, or simply Santa, is a legendary character originating in Western Christian culture who is said to bring gifts on Christmas Eve of toys and candy to well-behaved children, and either coal or nothing to naughty children.

He is said to accomplish this with the aid of Christmas elves, who make the toys in his workshop at the North Pole, and flying reindeer who pull his sleigh through the air.

In the United States and Canada, children traditionally leave a glass of milk and a plate of cookies intended for Santa to consume; in Britain and Australia, sherry or beer, and mince pies are left instead. In Denmark, Norway and Sweden, it is common for children to leave him rice porridge with sugar and cinnamon instead. In Ireland it is popular to leave Guinness or milk, along with Christmas pudding or mince pies.

After the children have fallen asleep, parents play the role of Santa Claus and leave their gifts under the Christmas tree. Tags on gifts for children are sometimes signed by their parents "From Santa Claus" before the gifts are laid beneath the tree



Christmas Fun @ EMVIGO

Jingle all the way!! Christmas isn't a season. Its feeling and excitement. Its time to Christmas celebration at office with colleagues who are just like family and yes Emvigo Technologies can't miss any single festival to celebrate

Christmas is that wonderful time of the year when people get together with their loved ones and celebrate with pomp and gaiety. It is the perfect opportunity to get closer to your employees and start afresh with new goals for the New Year.

Merry Christmas!

The season of Joy and Restoration

Celebrating Christmas in your office can harbour new relationships, build existing ones, and do wonders for your workforce as a whole. It can provide respite to your employees from workplace stress and create harmony among everyone in the workplace.

It will also serve as the best opportunity to reward and appreciate your employees for all their hard work in the past year.



KOCHI DIGEST



Emvigo Technologies to celebrates a 'Green Christmas'

'Emvigo Technologies' a UK-based IT company in Kochi, is making a difference this festive season by installing an eco-friendly Green Christmas tree. Installed on December 18, the eight-ft tall tree is made completely out of old newspapers. About 15,000 used newspaper rolls were used for the making of the tree, and 300 paper crafted stars and decoration trinkets have been hung on it. The tree will be on display till January 15. One of the major objectives behind this unique celebration plan is to spread the message reduce, reuse and recycle.



GREEN, NOT JUST ON PAPER

Setting an innovative example for celebrating Christmas, members of Emvigo, a Kochi-based IT firm, creating an eco-friendly Xmas tree with 15,000 newspaper rolls. The entire process, which will be completed by Wednesday, took 500 hours of work by 75 employees. As many as 300 handmade decorations were used | ARUN ANGELA





Christmas Memories with Envigo Family

Although Christmas is celebrated by companies in many countries throughout the world, it all comes down to personal and cultural preferences whether to celebrate it or not. And even though planning a Christmas party can prove to be a stressful and expensive task, doing so can greatly benefit employers and their employees alike.

Stem Cell Awareness Day!!

What is Stem Cell Donation

EMVIGO join hands with DATRI to support the noble cause.

We proudly say our employees are real samaritan and potential life savers!!

Stem cells are special cells produced by bone marrow (a spongy tissue found in the centre of some bones) that can turn into different types of blood cells. The 3 main types of blood cell they can become are: red blood cells – which carry oxygen around the body. white blood cells – which help fight infection.

Peripheral blood stem cell (PBSC) donation is a nonsurgical procedure to collect blood-forming cells for bone marrow transplants. Peripheral blood stem cell (PBSC) donation is one of two methods of collecting blood-forming cells for bone marrow transplants. ... PBSC donation is a nonsurgical procedure, called apheresis.



Benefits of Blood Donation

Blood is life

If a doctor selects you as a match for a patient, you may be asked to donate bone marrow or cells from circulating blood (called PBSC donation). Patients need donors between the ages of 18 and 60 who meet health guidelines and are willing to donate to any patient in need.

Advancements in stem cell therapies and tissue engineering hold great promise for regenerative medicine. Stem cell transplantation is a kind of medicine for cancer; today high doses of chemo are used, along with radiation therapy, to destroy all of the cancer also killing the stem cells in the bone marrow. Advantage of autologous stem cell transplant is that the patient will be getting his/her own cells back, and will help him to start a new life safe from diseases like cancer.





Nimisha Thomas

7 simple ways to drink more



Your body is about **70% water,**
and drinking enough of it is vital for optimal health

Water plays many roles in your body, including maintaining our electrolyte balance and blood pressure, lubricating joints and ligaments, regulating body temperature, and promoting cell health

While everyone knows that it's important, doing so can be difficult at times.

[Here are 12 simple ways to drink more water.](#)

#1

Understand your fluid needs

Before you decide to drink more water, you have to understand your body's fluid needs.

A common recommendation for daily water intake is 64 ounces (1,920 ml), or 8 cups, but this is not based on science.

The National Academy of Medicine (NAM) recommends a minimum of 125 ounces (3,700 ml) for men and 90 ounces (2,700 ml) for women about of fluid per day.





Thousands Have Lived Without
Love
Not One Without
Water

#2

Set daily goals (backed by action, of course)

Setting a daily water intake goal can help you drink more water.

To be effective, goals should be SMART, which is an acronym for the following criteria:

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**ime-bound

For example, one SMART water-consumption goal might be to drink 32 ounces (960 ml) of water per day. It can also help to record your progress, which can keep you motivated to achieve your goal — Make it a habit.

#3

Mans best friend is a water bottle!

Keeping a water bottle with you throughout the day can help you drink more water.

When you have a reusable water bottle, you can easily drink water in any setting, whether you're running errands, traveling, or at home, work, or school.

Keeping a water bottle handy can also serve as a visual reminder to drink more water. If you see the bottle on your desk or table, you will constantly be reminded to drink more.

Plus, it's better for the environment than relying on single-use plastic water bottles.

#4

Set reminders (dont snooze!)

You can also set reminders to drink more water using an app or the alarm on your smartphone or smartwatch, or set a reminder to finish drinking your current glass of water and refill it every hour.

These reminders can help you increase your water intake, especially if you struggle with being forgetful or too busy to drink.

#5

Eat more foods high in water

One simple way to get more water is to eat more foods that are high in water. Fruits and vegetables that are particularly high in water include

- **Lettuce:** 96% water
- **Celery:** 95% water
- **Zucchini:** 95% water
- **Cabbage:** 92% water
- **Watermelon:** 91% water
- **Cantaloupe:** 90% water
- **Honeydew melon:** 90% water

In addition to their high fluid content, these fruits and vegetables are packed with vitamins, minerals, and antioxidants that promote your overall health.

#6

Drink one glass before each meal

Another simple way to increase your water intake is to make a habit of drinking one glass of water before each meal. If you eat 3 meals per day, this adds an extra 3 cups (720 ml) to your daily water intake.

#7

Start & end the day with WATER!

An easy way to boost your water intake is to simply drink one glass when you wake up and another before you go to bed.

A glass of cold water in the morning may help wake you up and boost your alertness (28Trusted Source).

Plus, drinking water before bed can keep you from waking up with a dry mouth and bad breath

Yes!

water is really important!

NAM estimates that most people need minimum 2,700–3,700 ml of fluid per day

With our busy lives, this is surely hard, but Following these 7 simple tips can help you achieve this





”

**Children are the world's
most valuable resources & it's
best hope for the future**

John F Kennedy



Children's Day

The day is a reminder that every child deserves education, nurturing and the best of everything. They are the building blocks of the nation and hence, the future of the nation depends how well they are brought up. To those who are now an adult, keep the kid inside you alive!

Children's day is a tribute to childhood celebration.

Treasuring the Precious Moments With Children @ Mother Theresa Convent.







The Greatest Glory
is not in never failing

But in Rising every time we fall

最大的榮耀 不跌倒
但在上升 每次我們跌倒

孔子

Write your

Success Story



Nithin Alex

3 Life Changing Tips

The **Ingredients**

To some, when they think of success, they imagine wealth; others want power; some just want to make a positive impact on the world.

All of these are perfectly valid, indeed success is a concept that means different things to different people. Though no matter what success is to you, it almost certainly isn't something will come easily.

There are countless guides and books to being successful, however, as success is personal and unique to each individual. Therefore following the advice of a single individual can often be unhelpful. With this in mind, considering the advice of a great many people, people whose ideas of success were different both to each other, and quite possibly, to you can be a good alternative.

What follows is a list of 7 of the best pieces of advice from some of the most successful people who have ever lived. If you want to learn how to be successful, these tips are essential:



**Have the Courage
to follow your heart and intuition**

They somehow know what you want to become



Always dream **Big**

“

If you can dream it, you can do it. so why not dream big

-Walt Disney

Never fear **Failure**

“

Don't fear failure, In great attempts it is glorious even to fail

-Bruce Lee

Believe in **Yourself**

“

Your mind is your limit. That's why you should always believe in it

-Arnold Schwarzenegger

You dont pay taxes for dreams

There are few artists as influential as Michaelangelo. Today centuries after his death, his work still inspires and connects to people.

Imagine then, if he decided not to work as an artist. Being a successful artist has always been extremely difficult, imagine if he decided to give up this ambition in favour of something easier? Oftentimes, people often decided to put their dreams aside for something more “realistic”.

Try again, Fail Better

Thomas Edison inventing the light bulb was the result of several hundred failed attempts. In an interview, he was asked “How do you feel after all of your failed attempts?”

His response was great, He said;

"I didn't fail, I learned hundreds of ways not to invent the lightbulb"

He saw each “failure” as a lesson. From that lesson he learned what won't work. Pay attention to your failures, study them. Perhaps then you'll learn how to succeed.

Ignore the neysayers

Success has to be something you can imagine yourself achieving. It means believing that you CAN do something –

that it is within your ability. When you believe in yourself, you can overcome self-doubt and have the confidence to take action and get things done.

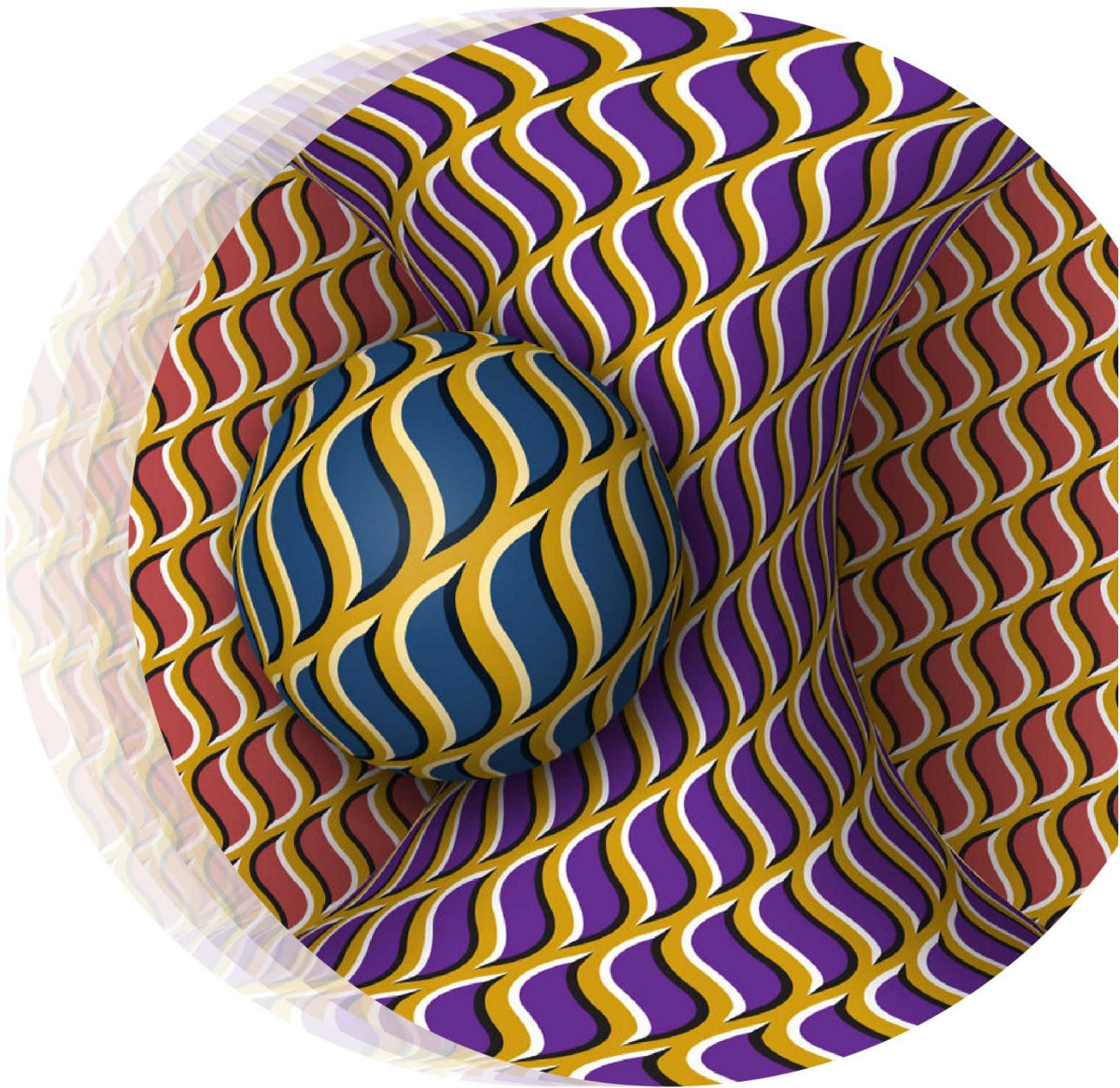
the moment you cease believing is the moment these dreams fall away.

Optical Illusions

When Your Brain
Can't Believe Your Eyes



Ashly Prakash



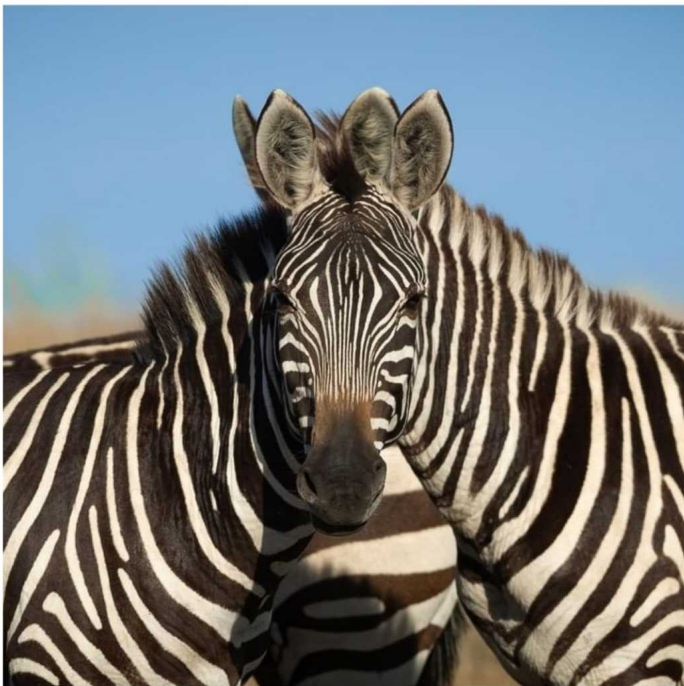
Curious images known as **optical illusions** prove seeing isn't always believing.

Look at an optical illusion

and you may think you're seeing things

Such as a curved line that's actually straight, or a moving object that's standing still. You wonder if your eyes are playing tricks on you. It's not your eyes. An illusion is proof that you don't always see what you think you do because of the way your brain and your entire visual system perceive and interpret an image.

Visual illusions occur due to properties of the visual areas of the brain as they receive and process information. In other words, your perception of an illusion has more to do with how your brain works -- and less to do with the optics of your eye.



The Floaters

such as a curved line that's actually straight, or a moving object that's standing still. You wonder if your eyes are playing tricks on you. It's not your eyes. An illusion is proof that you don't always see what you think you do because of the way your brain and your entire visual system perceive and interpret an image.

They aren't that bad after all

While some illusions may pose a safety threat, others may actually be used as safety measures. On Chicago's Lake Shore Drive, for example, visual illusions have been used to control drivers' speed on a hazardous curve. Stripes on the road are painted closer together as drivers approach the sharpest part of the curve. The illusion makes drivers think they're speeding up, so they slow down and, it's hoped, have fewer accidents. Illusions can offer scientists new insights on how vision and the brain work -- and are more than intriguing parlor tricks. "They widen the mental horizons and make it clear that things are a little different than they seem," Bach said.

Beyond their amusement value, one researcher speculated that illusions may also serve an evolutionary purpose.



Georgie Leslie



"Empty your mind, be formless, shapeless like water.

*You put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle.
You put it into a teapot, it becomes the teapot. Now water can flow or it can crash.*

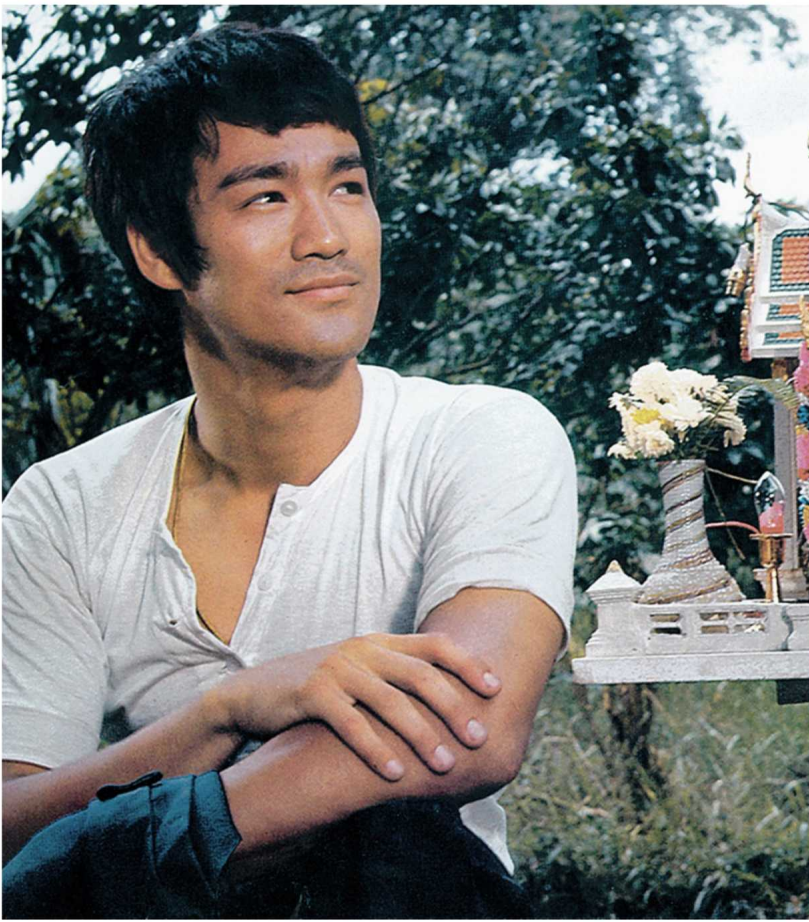
Be water, my friend."

Bruce Lee

“清空您的头脑，像水一样变得无形，无形。”

你把水倒进杯子里，它就变成杯子了。您将水放入瓶中，它就变成了瓶。您将其放入茶壶中，便成为茶壶。现在，水可以流动或崩溃。

是水，我的朋友。”



The King of Kung Fu

Bruce Lee

Who is Bruce Lee?

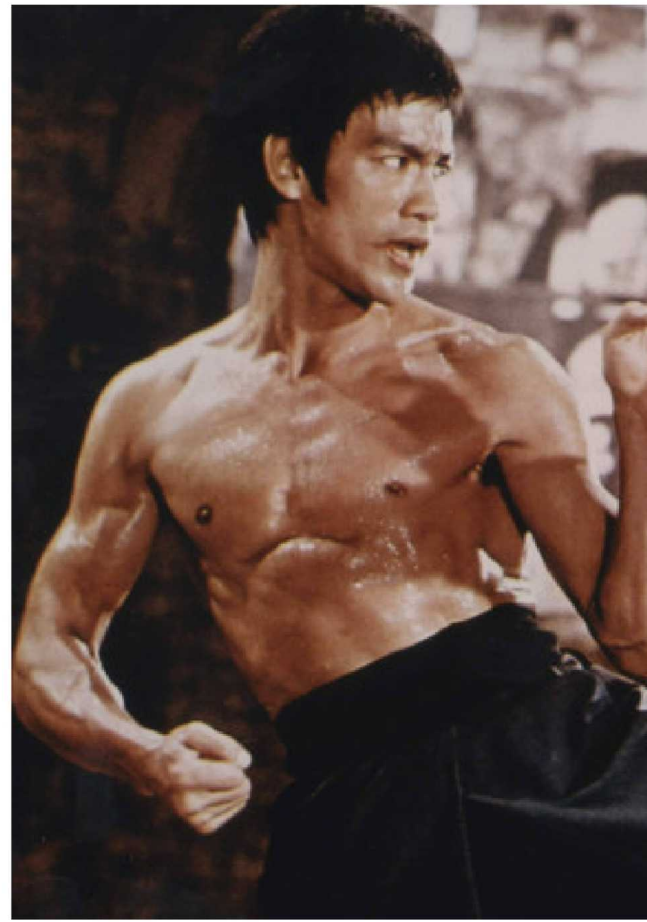
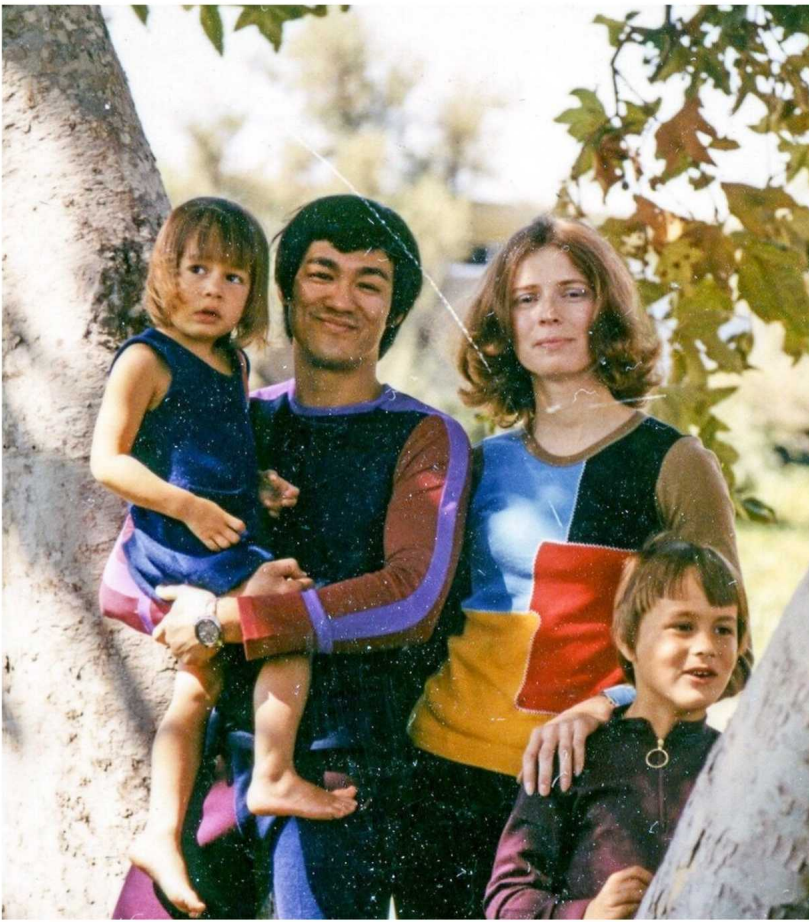
Bruce Jun Fan Lee (Lee Siu Loong) was a Chinese-American martial artist, actor, director, martial arts instructor and philosopher. He was the founder of Jeet Kune Do, a hybrid martial arts philosophy drawing from different combat disciplines that is often credited with paving the way for modern mixed martial arts (MMA).

Lee is considered by commentators, critics, media, and other martial artists to be the most influential martial artist of all time who bridged the gap between East and West. He is credited with helping to change the way Asians were presented in American films.

Early Life and Kung Fu

Bruce Jun Fan Lee was born in the hour of the Dragon, between 6 and 8 a.m., in the year of the Dragon on November 27, 1940 at the Jackson Street Hospital in San Francisco's Chinatown. Bruce was the fourth child born to Lee Hoi Chuen and his wife Grace Ho.

Bruce Lee was an accomplished child actor appearing in more than 20 films. After Lee was involved in several street fights, Lee's friend William Cheung introduced him to Ip Man but he was rejected from learning Wing Chun Kung Fu. In 1958, Lee moved to Seattle in 1959 to continue his high school education,



Martial Arts in the Western World

From 1966 to 1967, Lee played the role of Kato in a TV series titled *The Green Hornet*. *The Green Hornet* introduced the adult Bruce Lee to an American audience, and became the first popular American show presenting Asian-style martial arts.

Lee played his first leading role in *The Big Boss* (1971), which proved to be an enormous box office success across Asia and catapulted him to stardom. He soon followed up with *Fist of Fury* (1972), which broke the box office records set previously by *The Big Boss*. For his third film, *Way of the Dragon* (1972), he was given complete control of the film's production as the writer, director, star, and choreographer of the fight scenes.

In November 1972 Warner Brothers offered Lee the opportunity to star in *Enter the Dragon*. *Enter the Dragon* would go on to become one of the year's highest-grossing films and cement Lee as a martial arts legend. It was made for US\$850,000 in 1973.

The Tao of Jeet Kun Do

Jeet Kune Do originated in 1967. After filming one season of *The Green Hornet*, Lee found himself out of work and opened The Jun Fan Gung Fu Institute. The controversial match with Wong Jack Man influenced Lee's philosophy about martial arts. Lee concluded that the fight had lasted too long and that he had failed to live up to his potential using his Wing Chun techniques.

He took the view that traditional martial arts techniques were too rigid and formalized to be practical in scenarios of chaotic street fighting. Lee decided to develop a system with an emphasis on "practicality, flexibility, speed, and efficiency".



Lee emphasized what he called "the style of no style". This consisted of getting rid of the formalized approach which Lee claimed was indicative of traditional styles.

Lee felt that even the system he now called Jun Fan Gung Fu was too restrictive, and it eventually evolved into a philosophy and martial art he would come to call Jeet Kune Do or the Way of the Intercepting Fist.

Legacy of Bruce Lee

On May 10, 1973, Lee collapsed during an automated dialogue replacement session for Enter the Dragon at Golden Harvest in Hong Kong.

Suffering from seizures and headaches, he was immediately rushed to Hong Kong Baptist Hospital, where doctors diagnosed cerebral edema. They were able to reduce the swelling through the administration of mannitol. The headache and cerebral edema that occurred in his first collapse were later repeated on the day of his death.

Lee is considered by commentators, critics, media, and other martial artists to be the most influential martial artist of all time and a pop culture icon of the 20th century, who bridged the gap between East and West. The concept of mixed martial arts was popularized in the West by Bruce Lee via his system of Jeet Kune Do. Lee believed that "the best fighter is not a Boxer, Karate or Judo man. The best fighter is someone who can adapt to any style, to be formless, to adopt an individual's own style and not following the system of styles."

Even after about half a century of his death, Bruce Lee's name is still remembered. His philosophy of martial arts and life continue to inspire millions around the globe. Numerous renowned UFC fighters like Mike Tyson, Conor McGregor and Manny Pacquiao have cited Lee as their inspiration, with several referring to him as the "godfather" of MMA.



Emvigo Diwali

Diwali is celebrated all over India although for each faith it marks different historical events and stories, but nonetheless the festival represents the same symbolic victory of light over darkness, knowledge over ignorance, and good over evil

One of the widely known story behind the festival links to the legend in the Hindu epic Ramayana, where Diwali is the day Rama, Sita, Lakshman and Hanuman reached Ayodhya after a period of 14 years in exile after Rama's army of good defeated demon king Ravana's army of evil.

Diwali represents the same symbolic victory of light over darkness, knowledge over ignorance, and good over evil

At workplaces, Diwali calls for that extra edge of celebration and festivity. We celebrated by sharing Diwali sweets with employees, decorating the workstations using diyas (lamp) and lights. Everyone equally participated in decorating and sharing the sweets among each other.

Our Diwali celebration included everyone created sweet memories and rejuvenated the bond between the team





WELCOME!

Oct - Dec 2019



NIDHEESH HARI



SONIA RACHEL THOMAS



NIMISHA THOMAS



ATHIRA V PILLAI



NAVEEN NARAYANAN



MANOJ P RAJAN

WELCOME!

Oct - Dec 2019



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