



iSquareSoft

Innovative & Unwavering

COLLATE. INNOVATE. TRANSFORM.

i CONNECT

Magazine

A Journey Beyond Innovation



www.isquaresoft.com

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MD'S MESSAGE

Dear Team,

I want to take a moment to convey my deepest appreciation for your unwavering dedication and outstanding efforts. Our shared journey has been nothing short of remarkable, and together, we've achieved great milestones.

I encourage each of you to continue nurturing your professional growth, collaborating with your colleagues, and striving for excellence in all you do. Together, we have the strength to overcome any challenge and reach new heights.

I extend my sincere gratitude for being part of the I Square Soft family. Your contributions have been invaluable, and I am truly honored to lead this exceptional team.

Let us embrace the future with unwavering determination, a thirst for innovation, and a shared commitment to excellence. Together, we will shape a brighter and more promising tomorrow.

Warm Regards,



Karan Reddy
Managing Director, I Square Soft



Employee Engagement Activity



I Square Soft recently organized a delightful **"Pot Painting Session"** for its employees. This event, held within our office premises, encouraged creativity and teamwork. Professional artists guided participants, and a wide range of paint colors allowed for unique creations. The session promoted team building and offered prizes for the most creative pots, adding a fun and artistic touch to the workplace.

Employee Appreciation



Sreedhar

Sreedhar is an invaluable asset when it comes to navigating tough deadlines with limited time and resources. His unparalleled ability to attract and assemble top-tier talent from the market sets him apart. Not only is he a diligent and hard-working individual, but he also consistently goes above and beyond to deliver results within the given time-frame. As an individual contributor, Sreedhar's track record is amazing, making him the ideal choice for any venture that demands excellence, efficiency, and success.



Samah

Samah has proven to be an exceptional and consistent performer within our team. Her unwavering commitment in meeting deadlines and delivering results is truly commendable. The team has come to trust and rely on her expertise and dedication to ensure that deadlines are not only met but also surpassed. Samah's valuable contributions have undoubtedly played a significant role in the team's success, making her an indispensable asset in our collaborative efforts.



Akhil

Akhil is an outstandingly energetic professional who excels in managing accounts and plays a vital role in guiding the team towards recruiting the best talent. With a remarkable ability to act swiftly, he consistently accomplishes tasks within the given time frame, demonstrating his commitment to efficiency and excellence.



Fernandez

Fernandez is an energetic and driven individual with a strong passion for achieving his goals. He excels at completing tasks within deadlines and is reliable for sourcing information quickly. With his friendly and adaptable nature, he can easily gel up with everyone in a short period. Managers and team leaders trust and rely on him for his active and proactive approach to work.



Reshma

Reshma's passion for her work is truly inspiring. She approaches tasks with unwavering enthusiasm and consistently closes positions within tight deadlines. Her dedication and energy make her a reliable and valued team member, motivating others to perform at their best. Her passion for excellence is a driving force that elevates the team's performance and fosters a culture of success. With her remarkable dedication and zeal, her contributions are sure to lead to even greater achievements in the future.



Suneetha

Suneetha excels in remote work, demonstrating dedication and exceptional proficiency in niche skills. Her ability to adapt and thrive in a remote work environment is remarkable. Additionally, she shows a strong commitment to sharing profiles for both weekday and weekend drives, demonstrating her strong work ethic and eagerness to contribute to the team's success.

Pallavi's Passion



Painting for me is not just colors, but its my source of happiness. Painting has changed my life in many ways. I love playing with colors. I enjoy giving shape to my ideas on the canvas. I was greatly inspired by my brother Srinivas who does traditional Mysore paintings, who himself was inspired by the great artist BKS Varma. I also love doing mandala art and other different forms of canvas paintings. Recently I have started loving wall painting, it has given an outlet to channelize my artistic curiosity and love for different art forms.

- Pallavi, IT Recruiter



I was born in the picturesque city of Mangalore and grew up in Bangalore. A devoted writer, I take pleasure in jotting down my emotions and musings whenever the opportunity arises. I fall somewhere between an introvert and an extrovert;

My professional journey commenced as a lecturer, a role I embraced for a span of 4 years. Subsequently, I transitioned into the field of HR. I've now spent 6 years as an engagement specialist and H'R professional. Presently, I have been a part of I Square Soft for almost 9 months, and I'm thoroughly immersed in my role, continuously learning the multifaceted aspects of people management

Sonal Lobo

HRBP

Dream Destination

Switzerland, Scotland

A thing people don't know about you
I have aerophobia.

What makes you smile spontaneously
Writing

Can be found doing, while not working
Watching Malayalam movies

Best compliment received

A 94-year gentleman sent me a mail, complimenting me on my writing. I still cherish that mail and it always boosts my morale when I feel low.

Unforgettable experience

Publishing my first book.

Favorite eat out

Whichever place Has chicken in its menu, that's my favorite place.

Superpower that you wanted to possess:

Eat without cooking.

Song that is in your mind
all the time

Until I found you





I Square Softs' 18th Anniversary Celebration

I Square Soft Joyfully Marked Its 18th Year Milestone, Reflecting On A Remarkable Journey That Began With A Small Team And Persevered Through Initial Challenges. Through The Years, The Company's Determination And Adaptability Allowed It To Seize Market Opportunities And Undergo Significant Upgrades, Resulting In Its Current Success. The Celebration Serves As A Testament To I Square Soft's Enduring Spirit, Innovation, And Transformative Growth, Inspiring Entrepreneurs And Businesses Alike To Persist And Evolve Their Visions Into Prosperous Realities.



FUN



LAUGH



FUN



JOKES



GAMES





SHE’S A QUEEN

*She is bright, rarely is she quiet
when she stares it signals things aren’t right.
She is happy, she is chirpy.
She is the one who is always bubbly.
Heads turn when she walks in.
Hearts skip when she winks.
She is a lioness, the queen of the jungle.*

*She is fierce, she is wild
she will love you like mad but never tell you why.
Give her no less, and then can you expect more.
Make her a bed of flower
you will gain her favor
shower her with gifts and presents
That’s when you can enjoy her real presence.
She is a lioness, the queen of the jungle.*

*She dazzles like a sun
having her around, you will want none
she keeps you on your toe
make her your friend, but don’t let her turn into
your foe.*

*She is a lioness, queen of the jungle.
She melts like snow
When your real love she knows
Never let her feelings down
Because when the lioness frowns, then your life
drowns.
In her, you will find perfection.
Everywhere she leaves a lasting impression
She is the leader of the pack
You can never confine her to the sack.*

*She is a lioness
She is a queen
And she will always win.*



A POEM BY SONAL LOBO



My fervent desire to assist others has led me to my current position. Hailing from a family of educators, I was instilled with a strong sense of ethics and the importance of valuing those around us. My journey began as a software engineer, but I soon realized my true calling was to aid individuals in securing employment and fostering happiness. This realization ultimately led me to my current role as an account manager, where I have developed a passion for the job and expanded my knowledge across various management disciplines. My life’s motto is to allow others to live and love, and I strive to embody this principle in all aspects of my life.

Sreedhar R
Account Manager

Dream Destination

I Prefer hill stations because of the weather the picturesque landscape, lush greenery and cascading waterfalls.

A thing people don’t know about you

I enjoy conversing with individuals who exhibit a polite demeanor and possess extensive knowledge in fields such as History, Astronomy, Science, and the Human Body.

What makes you smile spontaneously

I enjoy watching animals playing around. I am satisfied the most when I meet my friends and have a hearty conversation.

Can be found doing, while not working

Engaging in reading news, exploring astronomical discoveries, and indulging in books.

Best compliment received

Hardworking and was awarded the title of Best Employee SAP Consultant at my previous company.

Unforgettable experience

While at the client location, we encountered server issues and missing enhancements on the front-end portal for our new custom enhancements. It took two days to address the problem and get everything successfully live on the SAP Production servers.

Favorite eat out

Good Vegetarian Hotels

Superpower that you wanted to possess:

I wish to have the superpower to bring happiness to everyone and possess the ability to heal those in need.

Song that is in your mind all the time

All the Love



Employee Engagement Activity

I Square Soft recently held a rejuvenating **"Yoga Session"** for its employees. This initiative, conducted by certified instructor, aimed to promote physical and mental well-being. The session encouraged inclusivity, stress relief, and team bonding, reflecting the company's commitment to employee wellness.





I was born in dubai, raised in colombo, sri lanka and after staying in different countries for more than half my life, now i have finally settled down in my motherland.
I am an introverted extrovert, i enjoy my alone time, at the same time i'm social and bubbly with people im comfortable with.

I enjoy watching anime, and thats what i do during most of my free time.
My career started with i square soft 1 year back as a hr recruiter. I have matured through out this one year in ways i never imagined and grown so much as a professional. They have provided me with lots of support and pushed me to surpass my limits.

Samah
HR Recruiter

Dream Destination
London

A thing people don't know about you
I get a dimple when I cry

What makes you smile spontaneously
Reminiscing about the past beautiful moments never fails to put a smile on my face.

Can be found doing, while not working
During my free time, you can often find me watching anime.

Best compliment received
Nice smile

Unforgettable experience

Going to watch movie alone for the first time is unforgettable experience for me.

Favorite eat out
Taco Bell

Superpower that you wanted to possess:
Telepathy

Song that is in your mind all the time
Dandelions

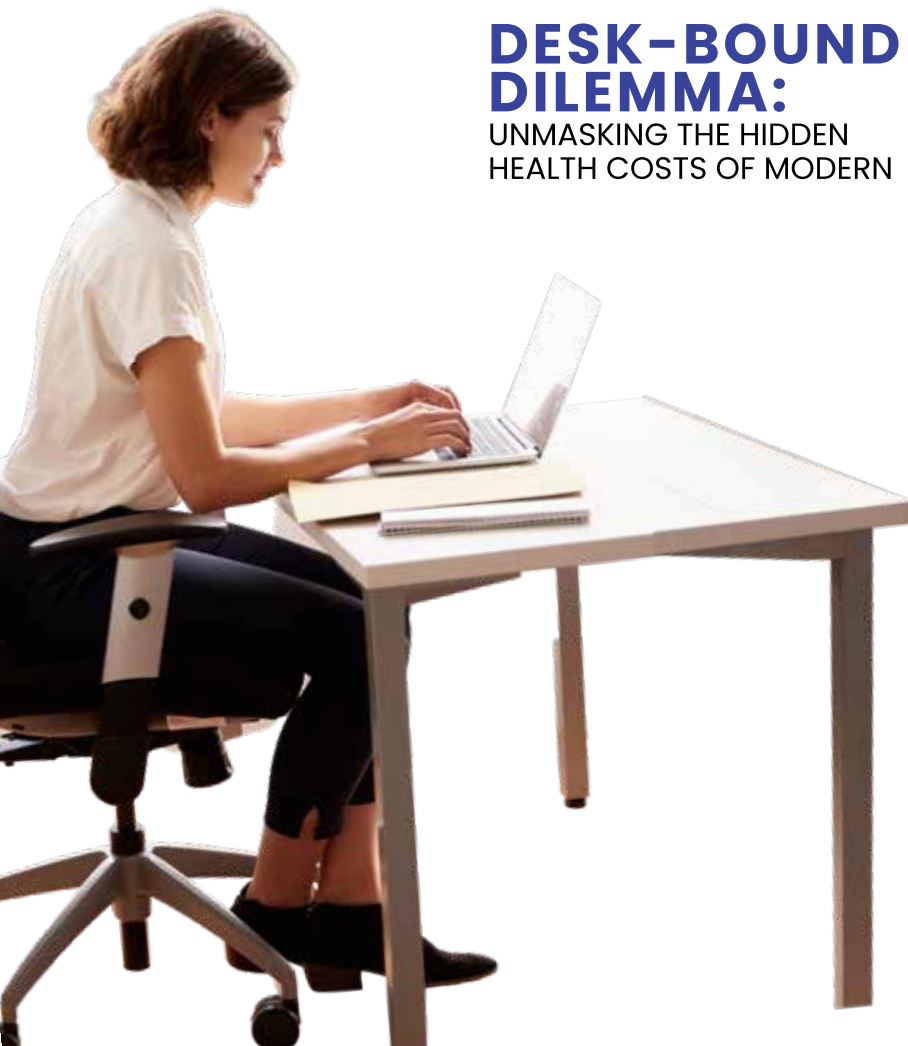


INDEPENDENCE DAY CELEBRATION



SIDE EFFECTS OF SITTING TOO LONG

**DESK-BOUND
DILEMMA:**
UNMASKING THE HIDDEN
HEALTH COSTS OF MODERN



We Find Ourselves Bound To Our Desks, Caught In A Cycle That Takes A Toll On Our Well-Being. This Relentless Captivity Is Exacting A High Price On Our Health.

In our youth, we learned the saying, “All work and no play makes Jack a dull boy.” Yet as we’ve grown, we seem to have forgotten its wisdom. Our relentless pursuit of ambitious goals and heavy workloads has left little time to look away from our screens. Some of us are so absorbed in our duties that we eat at our desks. We hope our efforts will yield bigger paychecks and promotions.

Undoubtedly, our desk jobs, demanding hours of sitting, help us meet financial needs but come at the cost of our health. Each day brings new physical discomfort, with different body parts in pain. Frequent complaints about back pain and stiff necks can be traced back to these long hours. Many are unaware that this sedentary lifestyle not only invites diseases but also worsens existing health issues.

Research consistently links prolonged sitting to various health concerns, including obesity, cancer, and high blood pressure. Sitting has become the modern-day equivalent of smoking. We’re tied to our desks, trapped in a cycle that erodes our well-being. This relentless captivity exacts a high price on our health.

Extended Periods Of Sitting Can Have Detrimental Effects On Your Well-Being. It Exposes Your Body To Significant Health Risks That Gradually Weaken And Diminish The Strength And Flexibility Of Various Body Parts. The Following Are The Most Common Side Effects Associated With Prolonged Sitting:

1. Back Problems:

Have you ever experienced back pain after sitting for extended periods? It’s a common occurrence. Office chairs, lacking proper spinal support, can be detrimental to your spine. Eventually, you may develop back problems that negatively impact your overall health.

2. Stiff Neck & Shoulders:

The neck and shoulders bear the brunt of work stress, especially when tasks accumulate. However, stiffness can also arise from prolonged screen time. Given that a significant portion of your day is spent at work, your spine is affected.

3. Tight Hips:

Maintaining the same posture for prolonged periods can lead to tightness in your hip flexors. The muscles in this area become relaxed and less active due to long hours of sitting. Consequently, these muscles weaken and shorten over time.

4. Weak Legs & Glutes:

Experiencing leg pain after sitting for too long shouldn’t come as a surprise. Lengthy periods of sitting can cause fluid buildup in the veins, leading to swelling and strain. This condition can increase the risk of varicose veins or spider veins. Additionally, you may experience numbness and tingling in your legs and feet.

5. Other Health Risks:

Extended sitting carries serious health risks, including obesity and cancer. Prolonged sitting can elevate cholesterol and blood pressure levels, making you more susceptible to cardiovascular diseases. 1. Back Problems: Have you ever experienced back pain after sitting for extended periods? It’s a common occurrence. Office chairs, lacking proper spinal support, can be detrimental to your spine. Eventually, you may develop back problems that negatively impact your overall health.

At Work: How to Avoid Long Sitting Hours

Balancing work and financial responsibilities necessitates continued employment, but there are steps you can take to minimize health risks and safeguard against illnesses.

1.Opt for the stairs

Instead of relying on the convenience of an elevator, opt for the healthier alternative of using the stairs to reach your office floor. This simple adjustment not only improves cardiovascular health and strengthens muscles but also surpasses jogging in calorie burn. It’s an excellent way to achieve a daily step count of 10,000 and promote fat loss.

2.Incorporate short walks into your routine

Combat the adverse effects of prolonged sitting in the office by incorporating regular short walks into your daily routine. Taking frequent breaks from extended periods of sitting improves blood circulation and prevents fluid buildup in the muscles. Implement a simple rule: for every hour of sitting, take a small 10-minute break to stretch your legs and rejuvenate.

3.Maintain correct sitting posture

Often, we unconsciously slouch or lean on our desks, posing risks to our spinal health. To maintain proper posture, consider utilizing medical aids and pain-relief supports such as lumbar support or a tailbone cushion. These supports assist in maintaining the natural curvature of your spine while providing optimal back support, promoting a healthier and more comfortable sitting position.



At Home: How to Fix a Sedentary Lifestyle

Small details make a difference. Here are some lifestyle changes to incorporate to combat the health risks associated with extended periods of sitting :

1. Do yoga

Including yoga in your daily routine can have a significant impact on your well-being. Even a short stretching session each day can positively affect your health. Try to find a moment in your busy schedule to practice yoga, and even a few rounds of Surya Namaskar can bring about great benefits. If you’re unable to allocate time during the day, you can still do some yoga poses while sitting in your chair. Alternatively, make an effort to stretch your body whenever possible.

2.Eat Healthy

Improve your eating habits Taking steps towards a healthier diet can have a significant impact. Ensure your meals include ample protein and fiber. Increase your intake of fruits and vegetables while limiting your consumption of sugar. Additionally, make a commitment to drink more water. Ideally, adults should consume 3-4 liters of water per day.



Develop Healthy Habits

To prevent reaching a stage where physical activity becomes an absolute necessity, it's important to incorporate a hobby that keeps you consistently moving. Engaging in regular physical activity is vital for combating the adverse effects of a sedentary lifestyle. Here are some activities that will help you stay active and counteract the negative consequences:

1.Explore Zumba Classes

Zumba offers a perfect blend of dance and aerobics, making it an enjoyable and effective way to burn calories while boosting serotonin levels, which contribute to feelings of happiness and well-being. If dancing doesn't appeal to you, there are alternative options like power jogging, biking, or swimming. Choose the activity that brings you the most joy, as it increases the likelihood of maintaining consistency.

2.Cultivate a Garden

Gardening is far from being a low-effort activity—it actually provides an engaging and physically rewarding experience. Getting your hands dirty in the soil not only keeps you active but also brings mental satisfaction. Being in close proximity to plants can even enhance your pheromones. The best part is that you can start gardening on a balcony or in your own backyard, regardless of available space.

Taking proactive measures to avoid prolonged periods of sitting is crucial to prevent these issues from worsening as you age. Don't let your body become a breeding ground for diseases; treat it like a temple and replace unhealthy habits with healthier ones.



I was born in Durgapur, an industrial city located in the state of West Bengal. I am an accomplished Talent Acquisition Executive with a proven track record in the staffing and recruiting sector. My expertise lies in IT Recruitment and strategies, Social Media engagement, Sourcing top talent, and Screening potential candidates. I hold a strong foundation in human resources and possess a Bachelor of Technology (B Tech) Degree with a specialization in Electrical Engineering, obtained from Dr BC ROY ENGINEERING COLLEGE.

My natural inclinations include quick responsiveness, a genuine concern for others, and a knack for problem-solving. I am recognized for my kindness, sincerity, and emotional depth. I am characterized by my unwavering determination and resilience, as I do not easily give up when faced with challenges.

Deep Singh
Account Lead

Dream Destination
Europe

A thing people don't know about you
Despite generally being a jolly and friendly person, there are occasions when I can become arrogant, particularly when it pertains to matters of significance.

What makes you smile spontaneously
Watching Taarak Mehta ka Ooltah Chasma

Can be found doing, while not working
In my free time, I love to cook and try out new recipes, constantly expanding my cooking abilities and exploring different flavors.

Best compliment received

I was praised by my boss for successfully cultivating strong relationships with my clients, which I consider the best compliment I have received.

Unforgettable experience

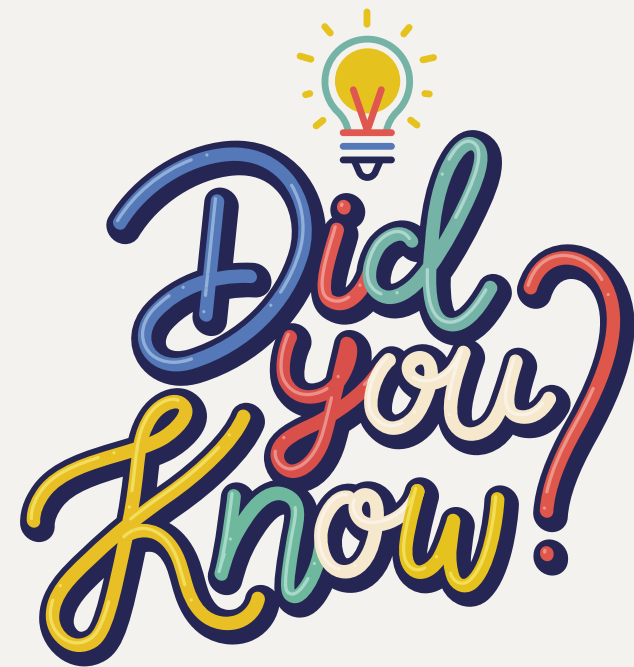
A truly unforgettable experience was when my entire family gathered to celebrate my brother's wedding. The joyous occasion brought us all together, creating lasting memories filled with love and happiness.

Favorite eat out
Handi Mutton

Superpower that you wanted to possess
Flying in Air because of Bangalore Traffic

Song that is in your mind all the time
Punjabi songs





Potatoes were the first vegetable to be grown in space.



The world's first computer mouse was wooden, not plastic.



The only muscle that never tires is the heart.



A shark is the only known fish that can blink with both eyes.



Did you know your body loses up to 8 percent of water on a flight.



"Dreamt" is the only english word that ends with the letters "mt".

Employee Engagement Activity

i Square Soft's Creative **#DIY PAPER BAG** activity Session was just another activity we had at work for our employees as a way to promote engagement and create a fun-filled atmosphere. The event brought a sense of joy and camaraderie to our workplace, allowing employees to unwind, connect with one another, and take a break from their regular work responsibilities.



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