

BITS & PIXELS

NDZ newsletter, Issue- July 2020



HEALTH IS WEALTH

#HR SPEAKS

Progress, not perfection.

The mind is a powerful thing. When you fill it with positive thoughts, the world starts to change.

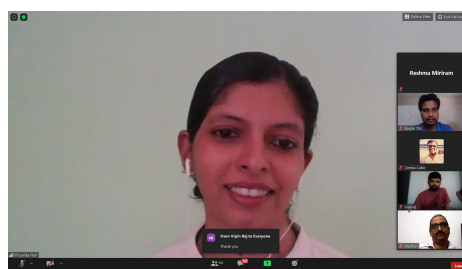
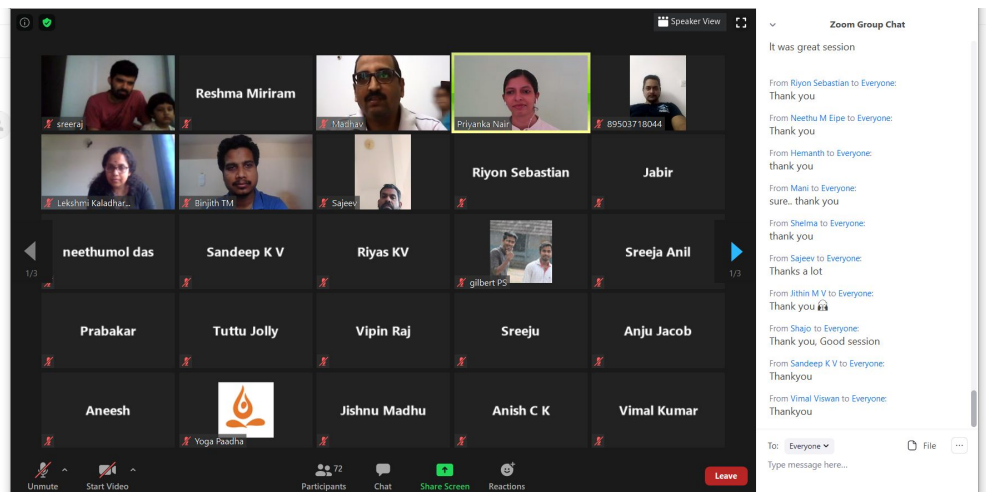
Everyday might not be good but there is something good in every day.

-Lekshmi Kaladharan



We live in an increasingly connected yet disconnected world. Connected through technology with each other but truly disconnected from ourselves. It comes as no surprise then, that we need to invest more time for our physical, mental and emotional well being. With the guidance of Isha Foundation, the HR department hosted an Online Health and Wellness Session for all NDZians via Google Meet. The session highlighted the importance of boosting one's immunity and we practiced various breathing exercises called "Simha kriya" to enhance the lung capacity.

The instructor also explained the concept of Inner Engineering- An experiential approach to inner transformation, which will be very fruitful to us in these challenging times. We thank the HR department for organising this eye-opening session that shed light on the importance of boosting our health and immunity...



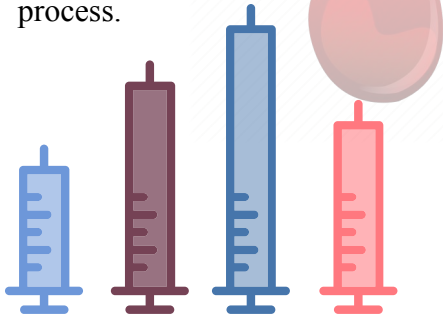
Glimpses from the Health and Wellness Session



DOCTOR'S DAY

July 1 being International Doctor's day, we express our gratitude to all doctors and health workers all over the world, for their front line fight against the pandemic. This has been a time where they stepped out of the shadows and into the spotlight.

They have selflessly served and cared for their communities despite the dire shortage of equipments, staff and PPE kits, risking their lives in the process.



CERTIFICATIONS

This lockdown period gave us plenty of time to upskill ourselves in terms of knowledge, which will further help us in our work. Many of us utilized this time to take valuable certifications. Here we are mentioning NDZians who grabbed some relevant certifications to their achievements.

Vishnu Divan T.

- Anaplan Level 1 model building certification

Nivedh K. P.

- Anaplan level 1 model building certification.

Praveen Kumar

- Google Developers Certification of Participation 30 Days of Kotlin Campaign
- Java Programming: Complete Beginner to Advanced (Udemy)
- Google Ads Display Certification
- Udemy Kotlin Fundamentals with Android Studio (Udemy)
- Google Ads Apps Certification
- Learn Cloud Computing from Scratch for Beginners (Eduonix Learning Solutions)

Riyon Sebastian

- Node.js API Masterclass With Express & MongoDB
- React: Securing Applications

Congratulations guys. Doing all of the extra work while continuing in your full-time position is exceptionally ambitious and takes a lot of effort and dedication on your part. We are so proud of you for setting your sights high.

TRIVIA

Get your minds working and enlighten yourself with the following tech trivia.

The English word for red panda is 'Firefox' which is where the browser gets its name from – this means the Firefox logo is actually a red panda, not a fox!

Amazon.com was previously known as Cadabra.com

The world's first web page went live in 1991. This page was dedicated to informing the public about the World Wide Web. Today, it primarily serves as a historical archive: [Click here](#) to visit the page

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