POSITIVE VIBES (4) MENTAL

SoftCloudians - 2022

HEALTH



oftClouds

BRIAN FRIEDMAN

GVP - Sales

- INSURING & Being AWARE of ours & others well being
- · Lending an EAR when needed
- Providing GUIDANCE for professional help when needed



UDAY JAVANGULA

Product Manager

- Maintaining physical FITNESS
- Connecting with PEOPLE
- Managing stress with HOBBIES



VAANI SHUKLA

Software Engineer

- Staying ACTIVE
- SOCIALIZING
- Spending time in NATURE



- Express what you feel INSIDE
 - Live your PRESENT
- · EAT well & stay FIT



RESHMA R

Software Engineer

- Talk to someone you trust
 Look after your physical health
- Focus on positivity



VICTOR LEE

Finance Manager

- Do what you LOVE
- Cultivate a positive MINDSET
- Sounds selfish, your #1 priority is YOU



KIRAN RAJENDRAN Architect

Build healthy RELATIONSHIPS

- 3333333333333
- TRAVEL often
- Be GENEROUS & HELP others



RAJAT GOEL

Project Manager

- Rest, refresh, restore
- Think, feel, connect & function
- Binge watching, mountain biking



AMIT KUMAR

DevOps Engineer

- Good & faithful RELATIONSHIPS
- Be GENUINE & CANDID
- New LEARNINGS



MAHESH DESHPANDE

Software Engineer

- · Good physical HEALTH (exercises,
- Good physical HEALTH
- MENTAL calmness (meditation)
- Better HABITS (Healthy food)