I can write this in the math region:

$$I_a := I_1 + I_2 + I_o$$

$$I_b := a^2\, I_1 + a \cdot I_2 + I_o$$

$$I_c := a\, I_1 + a^2 \cdot I_2 + I_o$$

However, there seems no way of writing this in the text region. The text region does not seem to have subscript or superscript.

So in text it becomes

Ia:=I1+I2+I0

Is there a way to write sub and super script in the Text region?