



CONNECT

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From the desk of Management

Dear all SPACEans ,

Warm Greetings to the family of SPACE.

As we have embarked on our journey in the year 2025, it seems that we would have yet another year of growth and excitement. This year 2025 would be very significant in our journey of over two decades as we all have committed it to be the **LEARNING Year**. SPACE lays huge emphasis on continuous learning and firmly believes that all the progress we aim to achieve in our lives is only possible by learning and acquiring new and transformative skills that bring meaning to our lives and wellness to our communities. As a part of the initiative a daily training program of YOGA was initiated under the guidance of Shri Kasinath Garu for all the employees. Swami Vivekananda, the spiritual genius of commanding intellect and power has often propagated that “YOGA is the manifestation of the Divinity already in the Man”. We can also take inspiration from one of the most profound teachings in the highly revered Bhagavad Gita which says “Yogo Bhavati Dukha - ha” - one can mitigate all worldly pains by practicing YOGA system. Patanjali Maharshi – Father of Modern Yoga starts his sutras with half a sentence “Atha yoga anushasanam” which means “Now YOGA”. In a way, he is saying, “If you still think your life will become better with a new house, a new partner, a new car, more money, or whatever else, it is not yet time for yoga”. If you saw all that and you realized that it does not fulfil your life in any way: “...and now, Yoga.”

We are glad that the company has decided to sponsor all the project managers to obtain PMP and Lead Auditor certifications in the current year. Various in-house training programs comprising Technical as well as Non Technical modules like Communication, Team Building, Leadership etc are designed and being imparted to all the employees by our TSG and HR departments . We are confident that these initiatives will be of immense help to all the employees in achieving their professional and Personal goals and hopeful of everyone’s commitment and involvement.

In Love , Light and Laughter

Company Updates

The year 2025 has been designated by the organisation as the "**Learning Year**" with an emphasis on improving knowledge and skills for all the members at SPACE.

As part of this initiative, the Management has implemented Online Yoga sessions that run from 5:30 am to 6:30 am every morning.

Regular in-house training programs are being conducted at all sites to enhance employees' technical and soft skills.

Additionally, the Management is also offering **ISO Lead Auditor** and **Project Management Professional (PMP)** certification to the Project Managers. These certifications are recognized as valuable for professionals in fulfilling their responsibilities in both PMC and QA/QC mandates.

The following individuals are pursuing Project Management Professional (PMP) Certification:
Mr. D. Praveen Kumar, Mr. Ajay A.S, Mr. G.V. Sandeep, Mr. C. Kumar Siva Sankar, Mr. Sandeep Mamillapalli, Mr. Shyam Sandeep Kumar

The following individuals are pursuing ISO Lead Auditor Certification:
Mr. Shirdi Srinivas, Mr. K.M. Amarnath, Mr. Kumar Satyanarayana, Mr. Bolaveni Srinivas, Mr. T. Manikrishna



In-house training programs

“Leadership and learning are indispensable to each other.”
John F. Kennedy

Promotions



Mr Shyam Sandeep Kumar
Project Manager,
A2A Homeland
Hyderabad

Mr. Shyam Sandeep had joined SPACE as Construction Manager and in a span of one year he has been promoted to the post of Project Manager.



Mr. Satish Ramalingam
Construction Manager
LivingTree, Bengaluru

In February 2025, Mr. Satish, who began his career with SPACE as a Senior Project Engineer, was promoted to Construction Manager after contributing to multiple projects.



Mr Kanuka Naresh
Manager Services,
A2A Homeland
Hyderabad

Mr. Naresh had joined SPACE as Sr. Project Engineer and has been promoted to Manager Services in the month of February 2025.



Mr. Md Salman Choudhary
Sr. Project Engineer
LivingTree, Bengaluru.

Mr. Salman has joined SPACE as Project Engineer. His efforts and commitment to work were recognized, and he has been promoted to Senior Project Engineer in the month of February 2025.

A Memorable Trip to Kerala

We embarked on a family trip to Kerala, a picturesque state in the south of India. It was a trip that would be etched in our memories forever. Our journey began on the 25th of December, filled with excitement we boarded the flight to Kochi, our first destination.

At Kochi, we were greeted by our guide, Naisam, who spoke multiple languages. Naisam's warm welcome set the tone for our entire trip. We checked into Hotel Ebenezer Plaza and quickly realized that Kochi's climate was warmer than we had anticipated. Despite the heat, our spirits remained high as we prepared for the adventures that awaited us.

On the second day, our family set out to explore the magnificent Athirappally Waterfalls. The cascading waters, and the beauty of the falls made the heat bearable. Wearing light clothing and caps, we enjoyed the scenery. As the day progressed, we made our way to Munnar, a land of lush tea and spice plantations. Our accommodation at The Whispering Meadows was charming, with the morning vibe being especially relaxing. The sound of birds chirping and a breathtaking view of the sunrise from the top floor rooms made our morning a delightful experience. The third day was dedicated to sightseeing in Munnar. We visited the Mattupetty Dam, admired the lake views, and strolled through the enchanting Rose Garden. The garden was filled with exotic flowers. (A quick tip: navigating the steep pathways would be easier with comfortable footwear). Though we had planned a visit to Eravikulam National Park, heavy traffic forced us to skip it.



Athirappally waterfalls



Kalaripayattu Show

On the fourth day, our journey led us to Thekkady. En route, we visited a Spice Garden, where we learnt about nutmeg, clove and cardamom plants. Our stay at Hotel Elephant Route was cozy and comfortable, with fully wooden furnished rooms offering breathtaking landscape views. Here we attended the cultural shows including Kalaripayattu (an Indian martial art that



Pattumala Velankanni Matha Church

originated in Kerala) and a captivating Kathakali Dance show. The day ended with a relaxing Ayurvedic massage at Ayur Mithra Treat, and a surprise visit from monkeys on our room's balcony added a touch of wildlife adventure.

On the morning of the fifth day, we visited "Pattumala Velankanni Matha Church" for prayer. Built on hills in a scenic area between Thekkady and

Alleppey this church is well-maintained and requires climbing stairs to reach. The view from the top is stunning and perfect for clicking pictures. There is also a meditation center on-site. It's a great stop for memorable experiences in Kerala. Later, we went to the tea gardens, a beautiful and peaceful place surrounded by mountains. This was one of the best places we

visited, and I highly recommend to everyone. The later part of the day brought us to the serene backwaters of Alleppey, where we experienced the magic of a houseboat stay. Boarding Joshua's Ark Houseboat, we enjoyed delicious meals and a relaxing cruise. The highlight of the day was a fast boat ride that provided an adrenaline rush and unforgettable fun. On the final day, we explored Fort Kochi, a charming seaside area with colonial architecture. We visited St. Francis Church (the original burial site of explorer Vasco da Gama),

Chinese fishing nets and savored traditional Kerala snacks at local cafes. And, finally with hearts full of joy and minds brimming with cherished memories, we bid goodbye to Kerala and our wonderful guide, Naisam.



Houseboat at Allepey

Kerala had captivated our hearts with its natural beauty, rich cultural experiences, and warm hospitality. As we headed to airport, we knew we would return someday to relive the magic of this enchanting place.

This trip was even more special to me as I had taken my mother for whom this was a first-time experience in flight. Witnessing her excitement and joy as she marveled at the wonders of Kerala added a profound layer of meaning to my journey. Each new destination became a cherished memory, not just for its natural splendor but for the shared moments of discovery and delight.

Travel Tip: For a more peaceful experience, avoid traveling during peak tourist season (mid-December to mid-January). The best time to visit would be from September to early December or February to April.

Kumar Siva Sankar
PM, My Home Apas

Santa Banta



Santa was flying to Chandigarh from Pune. He was allotted a middle seat but decided to take the window seat instead, which had been allotted to an old lady. The lady requested Santa to exchange the seats and let her sit on the seat allotted to her. He refused, saying, 'I want to see the view from the window.'

The old lady complained to the air hostess who requested Santa to sit on his allotted middle seat. Santa was adamant and bluntly refused. The air hostess went up to the co-pilot. He too came and requested Santa, but in vain. Finally, the captain of the aircraft came. He whispered something in Santa's ears. Santa immediately vacated the window seat and took the middle seat. Astonished, the air hostess and the co-pilot asked the captain what he had said to Santa. The captain replied: 'Nothing, I just told him that only the middle seats will go to Chandigarh. All others were going to Jalandhar.'

Technical Platform

Optimizing Sustainability in High-Rise Buildings: Selecting the Right STP Technology and Regulatory Compliance

In the context of rapid urbanization, high-rise buildings demand efficient and space-saving Sewage Treatment Plants (STPs) to manage wastewater sustainably. This article explores optimal STP technologies and the importance of adhering to Indian regulatory standards.

What is a STP?

A Sewage Treatment Plant (STP) is a crucial infrastructure component that treats wastewater to meet environmental norms for safe discharge or reuse. In high-rise buildings, where space is a premium, selecting the right STP technology is paramount.

Optimal STP Technologies for High-Rise Buildings:

Given the space constraints and the need for high-quality treated water, certain STP technologies stand out:

Membrane Bioreactor (MBR):

- MBRs combine biological treatment with membrane filtration, resulting in exceptionally high-quality effluent.
- Their compact design makes them ideal for high-rise buildings with limited space.
- MBRs produce treated water suitable for various non-potable reuses, significantly reducing freshwater consumption.
- This technology is considered amongst the most efficient, and reliable for high rise buildings.

Moving Bed Biofilm Reactor (MBBR):

- MBBRs are robust and can handle fluctuating wastewater loads, which is common in high-rise buildings.

- They require less space compared to conventional activated sludge processes
- MBBRs are relatively low-maintenance reducing operational costs.
- This technology is also a very good option, and is more robust than ASP.

Sequential Batch Reactor (SBR):

- SBRs can be designed in a very compact foot print, and can handle variations in flow.
- They provide good quality water, and are a good option when space is limited.

Regulatory Compliance: CPCB Norms and IS Codes:

Central Pollution Control Board (CPCB) Norms:

- CPCB standards dictate the permissible levels of pollutants in treated wastewater, ensuring environmental safety.
- Compliance with these norms is mandatory for all STPs.

Indian Standards (IS) Codes:

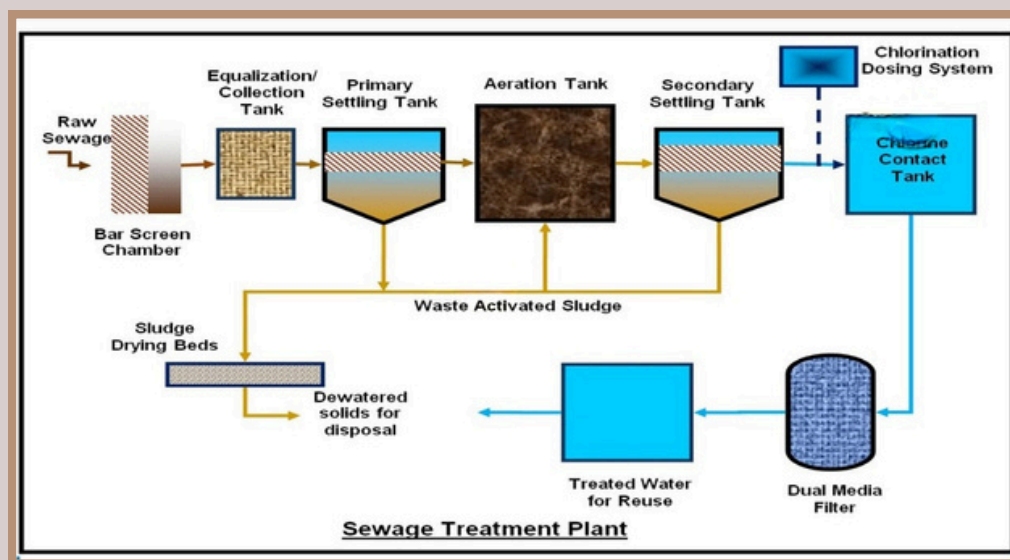
- IS 1172:1993: Provides guidelines for water supply, drainage, and sanitation.
- IS 3025: Outlines methods for testing water and wastewater parameters.
- Adhering to IS codes ensures quality and safety in STP design and operation.

Advantages of STPs in High-Rise Buildings:

- **Water Conservation:** Enables significant water recycling, reducing reliance on freshwater.
- **Environmental Protection:** Minimizes pollution of water bodies.
- **Space Efficiency:** MBRs and MBBRs offer compact solutions.
- **Regulatory Compliance:** Ensures adherence to CPCB and IS standards.
- **Improved Hygiene:** Reduces the risk of disease transmission.

Disadvantages of STPs in High-Rise Buildings:

- **Initial Investment:** Advanced technologies like MBRs can have higher upfront costs.
- **Skilled Maintenance:** Requires trained personnel for optimal operation.
- **Energy Consumption:** Some advanced systems require significant energy.
- **Odor Control:** Proper design and maintenance are crucial to prevent odors.



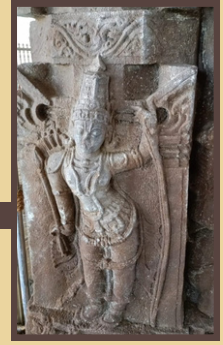
Conclusion:

For high-rise buildings, MBR and MBBR technologies offer the most efficient and space-saving solutions for wastewater treatment. Prioritizing regulatory compliance with CPCB norms and IS codes is essential for sustainable and responsible urban development. By investing in appropriate STP technology and ensuring proper maintenance, we can create greener and healthier urban environments.

K M Amarnath
TSG manager, HO

“Learn continually. There’s always ‘one more thing’ to learn!”
Steve Jobs

A Hidden Gem



It was a warm April day. We embarked on our journey from Tirupati to Hyderabad by car, eager to cover the 580 kilometers to our destination. Our goal was to travel as far as possible before the sun's rays became too intense.

My niece regaled me with stories of the sumptuous meals she had enjoyed at the famous Adayar Ananda Bhavan, her eyes sparkling with excitement and anticipation. Her enthusiasm was contagious, and soon I found myself looking forward to the culinary quest that awaited us.

The striking bright interiors of Ananda Bhavan were welcoming. We placed our order for food and eagerly awaited the dishes to arrive. After savoring the mouthwatering dishes and purchasing some of their special spice powders, We resumed our journey, eager to cover the miles ahead. The dry, barren lands stretched out before us, with trees that usually provided shade now yearning for water to quench their thirst.

The road ahead seemed endless, stretching like a ribbon through the parched landscape. We passed by small villages. The landscape began to change and gradually we were amidst bustling traffic of 'Vontimitta', a small village in Kadapa district. We tried our best to cut through the vehicles and move forward and suddenly all our eyes concentrated on an old temple, its grandeur standing tall amidst the din of modernity. We slowed down and started discussing among ourselves if we should be visiting the temple. From the signages displayed, we understood that it was a temple dedicated to Lord Rama and since Sri Rama Navami was around the corner, we unanimously decided to visit the temple.



As we approached the entrance, the intricate carvings and the ancient stone structure left us in awe. The air was thick with the scent of incense and the sounds of devout prayers.

Architecturally elegant this temple called "Sri

Kodanda Ramaswamy Temple" is the largest in the region and is built in Vijayanagara style of architecture. The temple is said to be the only Rama temple in the country without Anjaneya beside the main deity. It has idols of Rama, Sita and Lakshmana carved on a single rock.

The local belief is that the temple have been built by Vontudu and Mittudu, two robbers who reformed and later turned into devotees of Lord Rama, after which they turned into stone. The idols here are believed to have been installed by Jambavantha, the bear king who helped Lord Rama in his mission to Lanka.

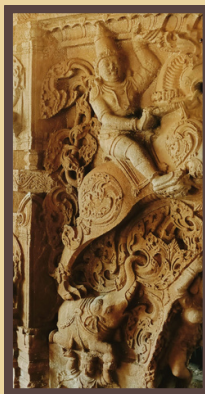
According to the legend, Rama, Lakshmana and Sita spent some time here in the forest during the period of their exile. Once to quench the thirst of Sita, Rama shot an arrow deep into the earth, upon which sweet water gushed out. Later, with this perennial water spring, two small tanks named Ramathirtham and Lakshmanathirtham were formed.

These interesting stories add an additional layer of sacredness and mythology to the temple's already rich tapestry of history and devotion.

Few temples in the country can rival for the sheer magnificence and beauty of its intricate carvings and fineness of finishing. In fact, the well-known French traveler, Jean Baptiste Tavernier, described the Temple as one of the grandest pagodas in the whole of India.

Our visit at the temple was prolonged by the visual treat and the history connected to it, but we had no regrets about the time we spent there.

*PS: Information about the temple is collected from localites and from internet.



The serenity we felt was inexplicable, a stark contrast to the bustling traffic we had encountered earlier. We left with hearts full of reverence and minds enriched with the timeless stories and architectural marvels we had just witnessed. Our visit to the Sri Kodandarama Swamy temple became a cherished chapter in our journey, one that we knew would stay with us forever.



Ar.Smitha Kasturi
HO

A fun challenge for you! Stroop task

Your task is to read the color names out loud (or in your mind) without reading the word itself. For example, if the word “red” is written in blue, say “blue,” not “red.” If you think you're a genius, answer it in one go within 10 seconds!

Let us know how you did!

Vyshnavi,
HO



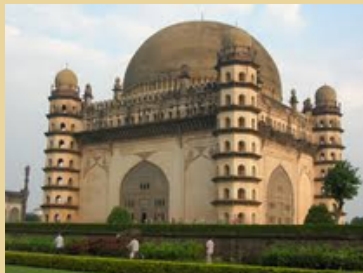
Were you aware of

The Great Wall of India

The "Great Wall of India" refers to the 36-kilometer (22-mile) long wall surrounding the Kumbhalgarh Fort in Rajasthan, India, which is considered the second-longest continuous wall in the world after the Great Wall of China.

A well-kept secret, the Kumbhalgarh Fort is a UNESCO World Heritage Site and a hidden gem of Udaipur. This impressive structure was built in the 15th century by Rana Kumbha and has stood the

test of time, witnessing numerous battles and historical events. The wall is a testament to the architectural brilliance of that era, and its robust construction has earned it a place in the annals of history.



The Largest Dome in India

The Gol Gumbaz in Bijapur, Karnataka is the tomb of Mohammed Adil Shah and boasts the distinction of having the second-largest dome in the world, surpassed only by St. Peter's Basilica in Rome.

A particular attraction in this monument is the central chamber, where every sound is echoed seven times. Another attraction at the Gol Gumbaz is the Whispering Gallery, where even minute sounds can be heard clearly 37 meters away.

The Oldest Stone Monument in India

The Great Stupa at Sanchi, one of the oldest stone structures in India, stands as a testament to the rich historical and architectural heritage of the country. This iconic monument was originally commissioned by the Mauryan emperor Ashoka in the 3rd century BCE. Located on a hilltop at Sanchi Town in the Raisen District of Madhya Pradesh,

The Great Stupa at Sanchi is not just an architectural marvel; it is also a symbol of the spread of Buddhism in India. Emperor Ashoka, who embraced Buddhism after the

Kalinga War, initiated the construction of this stupa to preserve and disseminate the teachings of Buddha. The stupa enshrines the relics of Buddha and serves as a pilgrimage site for Buddhists around the world.



New Joiners



Hello, I'm Anisetti Srikanth, working at My Home Akrida. I am Graduate Civil Engineer from Eluru. I enjoy playing cricket and volleyball.



Hello, I am Aakash from Chilkaluripeta, Guntur. I hold a graduation in B.Tech Mechanical Engineering. My interests include cooking food, playing cricket, watching web series.



Hi there I'm from Rangareddy district and my name is Bangaru Naresh. I have graduated with a B.Tech in EEE. i am currently deployed at The VUE. I like playing with my daughter. In addition, I like to play cricket and listen to music. Acquiring fresh knowledge keeps me engaged.



Hello, I am Mintazir Ali, a B.Tech Civil graduate from Srinagar. My hobbies include reading books & Playing cricket. I have rejoined SPACE and currently deployed at A2A Homeland.



Hi, I'm Veera Raman, from Thoothukudi, TN. I've earlier served for a few SPACE projects, and I'm happy to be back with the company. Among my pastimes are watching TV shows and movies and playing cricket.



I'm Addakula Praveen Kumar from Gadwal. I'm Currently deployed at VERTEX Florenza as Senior PE. I hold a graduation in EEE. My hobbies include Playing chess and watching TV.



Hola, I'm Haseen Ibrahim from Bihar, a graduate in Civil Engineering. I'm currently working at SOTS project. Travelling, reading books and cooking interests me.



Hi, my name is Md. Farroq Zunnain, I'm from Bidar, the crown city of Karnataka. I'm a Civil Engineering graduate working as a professional at "SPACE" in the City of Nizams, I'm enjoying my bachelor's life while learning and growing. Right now, I'm working on The VUE project.



Hi, I'm Mahfuz Alam, a Bihar native. At present, I am employed at The VUE project and possess a diploma in civil engineering. I like to watch movies, watch cricket, and learn new things every day.



Hey I'm Karanam Mohan Venkata Krishna from Guntur. My hobbies include Games like cricket, football & badminton. I hold a Post Graduation degree in Construction Management. I'm currently deployed at A2A Homeland project.



Hey there, I'm Matsa Nagaraju from Vizianagaram. I like watching movies (love stories) in my free time. My favorite place is Araku. I'm currently working at My Home Apas project.



Hi I'm Santosh Kumar Senapati from Barhampur, Odisha. I hold a graduation degree in Mechanical Engineering. I'm Currently deployed at A2A Homeland project as a Senior PE Services. My hobbies include playing cricket & reading stories.



Hello I'm Tribhuwan Mahto from Jharkand. I'm Currently deployed at JCPE project. I am a graduate in Electrical Engineering. I am an all-rounder in cricket.



Hello All, I'm Vanga Suresh from Jagityal. I hold a graduation in B.Tech Civil Engineering. I love to play cricket and in my free time i enjoy watching movies. I'm currently working at A2A Homeland project.



Hey, I'm Mohammed Razzaq Ur Rahman from Hyderabad. I am currently deployed at My Home Apas. My interests include swimming, working out at the gym, browsing for technical data, and learning new things. I enjoy eating schawarma.



Hi I'm Muthuvinayagam from Tenkaasi, Tamilnadu. I hold a degree in B.Tech EEE and currently working at LivingTree project. Spending quality time with family and cooking is what i enjoy the most.



Hello there, I'm Putta Sreekanth Reddy, I'm currently working at the My Home Sayuk project. I completed my graduation in Civil Engineering. I'm from Kadapa. Beyond work, I enjoy playing cricket and shuttle, watching movies, traveling, and listening to music. These hobbies keep me refreshed and energized.



Hello, I'm Rajaram Naveen. I'm currently deployed at My Home Akrida as a Senior engineer. I hold a Post Graduation in Electrical Engineering. I enjoy taking road trips.



Hi I'm Arepalli Siva Naga Durga Malleswara Rao from Vizianagaram. I hold a graduation degree in Electrical Engineering. I'm currently deployed at SOTS project. I like watching movies during my free time.



Hey there, I'm Adharsh Papani from Nalgonda, Chityala. I enjoy watching movies in my free time. I hold a graduation degree in Civil Engineering. I'm currently deployed at My Home Apas project.



Hi I'm Mohd. Abdul Lughman from Raichur district, I hold a graduation in Civil Engineering and Post graduation in Computer Aided Structural Engineering. I like to keep myself fit and so I go to gym regularly, I am an all-round cricket player who has captained under 12 & 15 teams. I'm currently deployed at LivingTree project.



New Beginnings



Housewarming Ceremony of
Mr. G. V. Sandeep



Housewarming Ceremony of
Mr. Bolaveni Srinivas

SPACE family congratulates Mr. G.V. Sandeep and Mr. Bolaveni Srinivas on purchasing their new home! A momentous and significant milestone in their life.

We wish their abode be filled with joy, love, and countless cherished moments, may it be a sanctuary where friendships blossom, laughter resonates, and memories are created.



We are thrilled to share the joyous news of our colleague Mr. V. Jaya Phani Kumar Varma's wedding! It is a momentous occasion.

As he and his bride step into this new chapter, we extend our heartfelt wishes for a future filled with love, laughter, and beautiful memories.

Tenured SPACeans



L to R Mr. Mohd Shareef, Mr. Srinivas Reddy, Mr. Bikshapati

The Office Support Staff's long-term association and unwavering dedication deserve our heartfelt appreciation and recognition.

They have been with SPACE for more than a decade. Their long-term association is a testament to their loyalty and commitment.

We honor their dedication and the positive impact they have had on our workplace culture.

Solve me

$$\text{😊} + \text{😞} = 13$$

$$\text{😊} \times \text{😞} = 42$$

$$\text{😞} - \text{😊} = 1$$

$$\text{😞} = ?$$

Story Time

Three bricklayers were working on a construction site. A passerby approached them and asked, “What are you doing?”

The first bricklayer replied with a sigh, “I’m just laying bricks. It’s a mundane job, and I can’t wait to finish.”

The second bricklayer responded more enthusiastically, “I’m building a wall. It’s hard work, but it pays the bills, so I’m grateful.”

The third bricklayer looked up with a smile and said, “I’m creating a masterpiece. Each brick I lay brings me closer to building a magnificent structure that will stand the test of time.”

This simple story highlights the power of perspective and attitude towards work. It shows that regardless of the job’s nature, finding purpose and passion in what you do can transform it from a mere task into a fulfilling and meaningful endeavor.

Wait...What?

An old age carpenter nearing his retirement talked to his boss to tell him that he’d want to end his career to spend more time with his family. His boss was saddened by this since the old man was a good and reliable employee.

Thinking that since he was about to retire, his boss requested that the carpenter do one more favor for him: build just one more house.



Already losing his passion for carpentry, the old man reluctantly accepted his boss’ request and build the house half-heartedly. He used cheap materials and made a mediocre finishing; a complete opposite to his once dedicated nature.

When he finished the house, the boss came to look at it and handed the old man a key. The boss told the carpenter that this house is his gift to him as a sign of gratitude for his years of service. Astonished by his boss’ generosity, the carpenter regretted his actions. If only he knew that this would belong to him, he would have put his usual effort into making the house.

Moral of the Story:

Just like the carpenter, we sometimes tend to underperform when disheartened. When an opportunity comes, your attitude and choices on how to do it will greatly affect your results. Remember to always put your best foot forward so you won’t regret it in the end.

A Story of Teamwork

In a city, a group of engineers was assigned to build a crucial bridge over a river. The deadline was tight, and the design was complex. As construction progressed, unexpected monsoon rains caused severe delays. The project manager was under pressure.

One evening, while inspecting the site, manager noticed something alarming— one of the foundation piles had shifted due to the water currents. If left unchecked, the entire bridge could collapse before it was even completed. He immediately called an emergency meeting. His team, exhausted from long shifts, hesitated at first, but then they brainstormed solutions.

A young engineer suggested reinforcing the pile using a new soil stabilization technique. Another colleague, proposed a temporary diversion of the river's flow. They worked overnight, each playing their part, from calculations to on-site execution. When the sun rose, the pile was secure. The project continued, and the bridge was completed on time.

At the inauguration, Manager looked at his team and said, “This bridge is not just made of concrete and steel; it’s built on the spirit of teamwork, resilience, and innovation.

Moral of the Story:

Success in any workplace is not about individual brilliance but about collective problem-solving, dedication, and adaptability.

K.Dileep Kumar
PE, My Home Apas

Talent wins games, but teamwork and intelligence win championships.
Michael Jordan

Recipe Time



Moong Dal Chaat:

Moong dal is a rich source of protein and helps you keep full for longer. It is a refreshing and healthy snack to have on your weight loss journey.

Ingredients

One cup of moong dal,
one cup of water,
one chopped onion,
one chopped tomato,
one chopped green chilli,
a few coriander leaves,
a few pieces of raw mango,
a few seeds of pomegranate,
some sev, half a lemon, and salt and pepper to taste



Method:

Soak Moong Dal, Take a bowl and add one cup of moong dal with one cup of water. Keep them soaked for atleast five hours or overnight.

Take soaked moong dal and add water to cover it. Boil the dal for about 15 minutes until it becomes soft.

Take a bowl and add moong dal with chopped onions, tomatoes, green chilli, and coriander leaves. Combine it well with salt and pepper.

Garnish the chaat with lemon juice and some sev on top for a crunchy taste. You can also add raw mango to it.

Seve the chaat with pomegranate seeds and lemon juice on top. Enjoy this crunchy and tangy moong dal chaat.

Information credits - This information is taken from the NDTV Food.

Interesting Facts about Food

- Honey never goes bad.

Honey can be kept forever. Seriously, you never have to throw honey out. In fact, honey was found in King Tut's tomb that was still good to eat.

- At an Indian buffet, average calories consumed is 2,500.
(The only prize here is a belly and a bigger pant size.)

- While most people think of peanuts as nuts, they are actually legumes.
- Cashews are not nuts. They are actually seeds.

Capture the moment



Captured by Aakash.A
Location: Chilkaluripeta



Captured by Smitha Kasturi
Location: Pondicherry



Captured by Praneetha
Location: Kashi Vishwantah Temple



Captured by Praneetha
Location: Amarnath