

04  
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INSIDE  
THE OAK



teamwork

MAKES THE DREAM WORK

LONE OAK  
SOLUTIONS







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## PREFACE

Theme of *Inside The Oak* this quarter is 'Teamwork'. It is integral to our vision and the genesis of our company, as we partnered with David Weekley Homes in pursuit of the noble journey.

Our guest for *Weekley Column* this time is Craig Jones, who was behind the strategic initiative of starting LOS and happens to visit LOS for the first time after the company started functioning. We are thrilled to meet him and know more about him.

'What you didn't know about...' this time features one of the first Team Members of Design Services and Information Services team – Mudra Joshi and Medha Trivedi. One thing they share in common is their passion for trekking and you are sure to discover various facets of them.

Our regular columns includes: *Holi* festival which brings out the child in us, plan for *CARE* initiatives 2019, Architectural wonder and India's pride - *Statue of Unity*, LOS stars (*3 Cheers*), tasty recipes in *Food-o-logy*, India's national game - *Hockey*, something to reflect upon 'Mindfulness' and not to be missed sketches by Sneha.

You are also to find about the winners of Crossword from last *Inside The Oak*; Congratulations to the winners! This time, our ITO team brings to you a Word Search. (A hint - you will find all the answers to the clues, if you have read this newsletter thoroughly).

Lastly, would like to congratulate the ITO committee of this quarter for their excellent effort in compiling this great piece of work - *Aagam Sheth, Anju Chaudhary, Bansuri Patel, Dhvani Dave, Namrata Brahmhatt, Pooja Parekh, Sunil Makhija and Urvi Shah*.

I'm sure you are going to enjoy reading this one! We'd love to hear your feedback, so please do send some.

**Alone we can  
do so little.  
Together we can  
do so much.**

- Aparajita Gaekwad, Editor





# OUR VISION

To provide World-Class Services to our Partner

As an affiliate company, our vision dovetails into the vision of David Weekley Homes of "Building Homes and Enhancing Lives". We endeavour to provide them our services – by being proactive, on-time and of high quality. This in essence captures the expectations and deliverables, and this is our DNA.

# MISSION

The mission statement with acronym of P.A.T.H. is our roadmap / GPS which will lead us to our ultimate goal.

**P Performance Oriented and Proactive:** Each team member at LOS has a clarity of purpose and has clearly defined goals; success orientation defines our team and by being Proactive we control our situation and act in anticipation to avoid pitfalls. Performance is a way of life at LOS.

**A Accurate and On-time Services:** Our team takes pride in producing output that is accurate without losing the sight of committed timelines. The work culture of quality and timeliness ensures that we meet the expectations of our customers every single time.

**T Trust in Teamwork:** Team LOS believes in collective success. We inculcate the climate of trust in individuals and team. We see Team work and Trust as a success multiplier. We seek support and provide support to build a winning team.

**H Happy and Harmonious Work Culture:** LOS is developing a culture of Harmony that makes us a happy work place. We rise above our differentiators of knowledge, age, experience, hierarchy etc. and this makes us one homogenous force that brings success and breeds success. We are one big family where each member is a key constituent that supports the structure.

# OUR VALUES

**Excellence:** The best there is – we set high standards and intend to meet the expectations of our customers by being at our best. We continually learn new skills, update knowledge that keeps us ahead of the curve and set high performance standards for ourselves.

**Passion:** Team works with passion – with the mind and soul. The passion energises our efforts to provide high quality services which is intended to bring customer delight.

**Integrity:** Team LOS believes in 'doing-the-right-thing'; it has high moral obligation to the company, stake holders, society etc. to ensure that our work practices meet the best ethical standards. We have a work culture of zero tolerance when it comes to the issue of Integrity.

**Commitment:** This is like an unwritten contract where we ensure our customers of our highest commitment to deliver value and expected performance. Each team member is dedicated to meet this expectation.

# 3 CHEERS



It gives us immense pleasure in congratulating **Namrata** as she received Gold Plate Award by Gujarat University, which was presented to her by Chairman of Sardar Vallabhbhai Patel Institute of Technology Shri Bhaskarbhai Patel for the Academic Excellence in Bachelor of Architecture. We are very proud of being associated with such excellent Team member.



LOS congratulates **Krutika** as she was awarded Paramount Gold Medal from Maharaja Sayajirao University of Baroda for excellence in Bachelor of Civil Engineering. She was also awarded with Shri R.C. Modi Merit Medal by Institute of Engineers (India) for securing highest score in Environmental Engineering. LOS is extremely proud of her achievement and wishes her more success in years to come.



LOS applauds **Mitesh** as he represented India culturally, socially & educationally at "Yowun Puraya – The City of Youth" held at Sri Lanka. It is leadership & outward bound training programme bringing together 7000 Sri Lankans & 100 International Participants with a purpose to motivate young people to contribute to National Development. Mitesh got selected for the event based on experience he had as a social worker in past few years.

Join us in congratulating **Meet** as he received Gold Medal for securing First Rank in Final Semester of Bachelor of Architecture at Sardar Vallabhbhai Patel Institute of Technology. He was also awarded with Gold Medal & Certificate of excellence by Gujarat Institute of Civil Engineers & Architects for the same. It is our honour to have such great talent as a part of our team.



He had a great opportunity to meet and have a brief discussion with the **Prime Minister of Sri Lanka – Ranil Wickremesinghe and Cabinet Minister of Youth Affairs-Sagala Ratnayaka.**

He also had opportunity to attend the live session at Parliament of Sri Lanka.

He was invited to **High Commission of India, Sri Lanka by Stephen Mani, I.F.S (Deputy Head – Political Affairs) & by Neetin Yoela (Visa head & first Secretary to high commissioner).** LOS feels proud to have such a team member who is extremely devoted in social work.

- Namrata Brahmabhatt





# LET'S CELEBRATE



# 06

## BIRTHDAYS



Jignesh Prajapati  
Design  
Services  
15-Jan



Aagam Sheth  
Design  
Services  
20-Jan



Megha Joshi  
Design  
Services  
21-Jan



Mudra Joshi  
Design  
Services  
21-Jan



Hari Krishna Barot  
Architectural  
Visualisation  
23-Jan



Parth Pandya  
Architectural  
Visualisation  
25-Jan



Sukruti Gandhi  
Information Services  
26-Jan



Krutika Macwan  
Design Services  
01-Feb



Saurabh Chauhan  
Information Services  
04-Feb



Jincy Lalpurwala  
Design Services  
06-Feb



Tanmay Golwalkar  
Architectural  
Visualisation  
10-Feb



Sunil Makhija  
Design Services  
11-Feb



Kaushik Shekhat  
Architectural  
Visualisation  
12-Feb



Namrata  
Brahmbhatt  
Design Services  
13-Feb



Riddhi Gupta  
Architectural  
Visualisation  
26-Feb



Himanshu Parmar  
Architectural  
Visualisation  
01-Mar



Vrajesh Bhavsar  
Architectural  
Visualisation  
02-Mar



Megha Tulsyani  
Design Services  
06-Mar



Medha Trivedi  
Information  
Services  
08-Mar



Urvi Shah  
Design Services  
09-Mar



Shivani Sinha  
Architectural  
Visualisation  
11-Mar



Clifton Varghese  
Architectural  
Visualisation  
11-Mar



Jayanti Upadhyay  
Information  
Services  
29-Mar



Sneha Verma  
Architectural  
Visualisation  
31-Mar



Naresh Jangid  
Architectural  
Visualisation  
31-Mar

## WORK ANNIVERSARIES



Dipsa Parikh  
Design Services  
05-Feb



Mirangi Sheth  
Design Services  
05-Feb



Aparajita Gaekwad  
General Management  
06-Feb



Radhika Marathe  
Design Services  
07-Feb



Shilpan Pradhan  
Design Services  
07-Feb



Saurabh Chauhan  
Information Services  
07-Feb



Jayanti Upadhyay  
Information Services  
12-Feb



Riddhi Gupta  
Architectural  
Visualisation  
19-Feb



Megha Joshi  
Design Services  
06-Mar



Mudra Joshi  
Design Services  
06-Mar



Ushma Ahuja  
Purchase Dept  
12-Mar

## WEDDING ANNIVERSARIES



Radhika &  
Aditya Marathe  
19-Jan



Vishwa &  
Darpan Shah  
22-Jan



Gunjan &  
Dharmen Patel  
24-Jan



Krunal &  
Nidhi Pancholi  
26-Jan



Vishal &  
Shailee Shah  
29-Jan



Saurabh &  
Monica Chauhan  
12-Feb



Prashant &  
Bhumi Patel  
13-Feb



Aayushi &  
Hetul Shah  
18-Feb



Minal &  
Parth Gajare  
20-Feb



Riddhi &  
Priyank Gupta  
22-Feb



Vishal &  
Trupti Kapadiya  
09-Mar



## PROMOTIONS



Pooja Parekh  
General Management



Manasi Shah  
Purchase Dept



Radhika Marathe  
Design Services



Vishal Kapadiya  
Design Services



Chirag Shah  
Information Services



Saurabh Chauhan  
Information Services



Jayanti Upadhyay  
Information Services



Riddhi Gupta  
Architectural  
Visualisation



Harshad Dave  
Information Services

## NEW JOINEES



Prashant Patel  
Information Services



Rishva Gandhi  
Design Services



Shivani Sinha  
Architectural  
Visualisation



Himanshu Parmar  
Architectural  
Visualisation



Tanmay Golwalkar  
Architectural  
Visualisation



Swati Bhogle  
Architectural  
Visualisation



Harikrishna Barot  
Architectural  
Visualisation

- Anju Chaudhary

Humble, honest, helping and hardworking... these are some words that come to your mind when we speak of Dhaval. It was, therefore, no surprise that Dhaval won the TM of Q award, with adulations pouring in from majority of Team Member's.

Dhaval Ghadge is working dedicatedly with Lone Oak Solutions for last one & half years as Office Assistant. He brings with himself some great experience of 5 years which he showcases in his work. His family comprises of his parents and himself. He likes to spend some quality time with family on weekends and go out with friends for leisure.

## WINNING WAYS

I think it is my duty to be regular and punctual for my job. So, I am just performing my duty.

Dhwani caught up with Dhaval after this recognition:

**How did you celebrate the achievement?**

After receiving the award, first thing I did was, I thanked god for making me this capable. Then, the second thing was, when I went home and informed about the achievement to my parents, they were very happy and proud of me.

**What inspires you for being punctual and regular?**

I think it is my duty to be regular and punctual for my job. So, I am just performing my duty.

- Dhwani Chauhan

**Throughout the day what is the one task that you enjoy doing the most?**

There is nothing as such. I enjoy every task I perform no matter what it is. But the activity I enjoy the most of all is preparing for quarterly excellence meeting as every time there is a new theme and I get to learn new things from all the creative Team Members of LOS.

**We got to know that you haven't taken a single sick leave since a year and a half! What is the secret to your fitness?**

Ha Ha Ha...It is very simple - good food, good thoughts, a happy and smiling face are some basic elements which I apply.

**Team here calls you "Back stage hero" behind all the team bonding activities and celebrations. What do you think about this?**

I don't know if I am 'Back Stage Hero', but if I am to be a 'Back Stage Hero' then I guess the reason is just my helping nature. I like to help others not only for such activities, but I generally like to be of any support wherever possible.

**Tell us about your Most memorable Moment with LOS.**

So, my best moment with LOS was winning the 'Team Member of the Quarter' award and to see everyone cheer and applaud for me. It was so special because it is the first award I have received in my professional career and I'm happy that I was recognised for the efforts I put to my work.



# CARE

## BLOOD DONATIONS DRIVE



We organized Blood Donation Drive on 15th of March 2019 in association with a local Blood Bank.

To extend the outreach of the drive, we invited companies in our neighborhood besides friends and family.

65 units of blood was collected in this drive with participation by more than 80 donors.

Certificates were presented to donors for their valuable contribution.

## BOOK DONATION DRIVE

We are collecting books from various individual donors of Vadodara and will donate to libraries of government school.

## SCHOOL BAG-KIT DONATION

Through this initiative, we want to encourage education and help needy children to have a good start to the new year of school.

These above initiatives shall be presented to management team for approvals. The Team Members are very excited about participation in these activities and make a difference.

- Urvi Shah



For CARE 2019, Two groups were formed to look at various initiatives. These are divided in 2 projects.

## SCHOOL

The school that we have identified functions for mentally and physically challenged children and some adults ranging from five years to thirty years of age. We are going to support them by providing water proofing of roof, develop a physiotherapy room and paint the school.

## SEASONAL DRIVE

This drive is a superset of many sub drives such as, tree plantation drive on World Environment day; and Tarpaulin sheet, mosquito net, sanitary napkin to the underprivileged. Focus of these drives is to promote healthy and hygienic living to those who are not able to afford it.

## ANGANWADI

Anganwadi is a type of rural child care center in India and for underprivileged children of society. They were started by the Indian government as part of the Integrated Child Development Services program to combat child hunger and malnutrition. It is pre-school educational set-up as well as a place where pregnant women are made aware about their pre and post pregnancy care.

As a part of this project, we aim to develop interior and exterior area of few Anganwadis situated around Vadodara, which includes making interactive walls, providing educational games and developing exterior play area.

# EXCELLENCE MEETING

Our Excellence meeting for Quarter - 4 2019 was held on February 11, 2019 at Lone Oak Solutions LLP.

"BACK TO SCHOOL" was the theme for this Quarter where the committee did an amazing job of creating an ambiance of actual class room! Like in a school, each TM was given a roll number and an identity card with House colours which were allotted in Yellow, Green, Red and Blue. TMs were seated accordingly. The opening for the theme was "Quarter 4 has flown by so fast and a new quarter will begin at Last".

Like every quarter, we had presentations by DWH & LOS managers. **Amit** provided the progress made till date that is the performance metrics for both DWH, while **Andy** spoke about the achievements and Care Activity carried out by DWH TMs, **Marcus** shared the information on Team of the Quarter as well as Team Member of the Quarter in DWH and **Sanjay** presented the metrics for LOS, future plans of LOS and the session concluded by announcement of Team Member of the Quarter of LOS, which was very well anticipated and applauded by Team Members.



The progress which were made till the end of Q4 2019 were as follows:

- + Production team completed **398 projects** with an average completion period of 7.65 days where as the goal is to complete each file in 8 days.
- + People Service Team hired **38 New TMs** in 2018 with total Headcount of 80 Tms

LOS Team had a wonderful experience of coming 'back to school' and were nostalgic of their childhood memories.

- + New Teams formed during the year- City Team, Purchase Team and Help Desk.
- + Arch Vis Team achieved a milestone by completing **500+ Images**.
- + Marketing Team achieved a milestone by completing **700+ Interactive Floor Plans**.



**Special Thanks to the Excellence Committee -**  
Khushboo shah,  
Ushma Joshi, Minal Gajare,  
Jitendra Patil, Bhaumik Patel,  
Sumit Saini

- Aagam Sheth



# THROW BACK



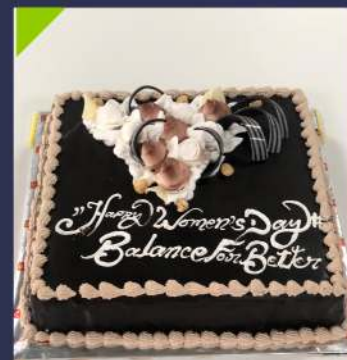
## SPORTS WEEK 2019

LOS conducted its Second Annual Sports Meet by organizing in-door competitions of Table Tennis, Foosball, Carrom & Chess and outdoor Cricket tournament. Team members participated in all games enthusiastically and played with a great sportsman spirit. We congratulate all the winners for their fantastic performance.

## INTERNATIONAL WOMEN'S DAY

The women gang was welcomed to LOS by a lovely note, roses & chocolates. Our men's squad made a surprise video dedicated to girls and they also hosted a fun game of 'Musical Chair' followed by cake cutting.

- Pooja Pothiwala



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# KNOW YOUR CITY

## INTRODUCTION

The **Statue of Unity** is a colossal statue of India's Ironman - Statesman and freedom fighter **Sardar Vallabhbhai Patel** (1875-1950). He was the first Home minister of independent India and the chief adherent of Mahatma Gandhi.

**Statue of Unity is the Tallest Statue in the world with height of 182 mt (597 ft.).** It is designed by Indian sculptor **Ram V. Sutar**. The project was announced by Narendra Modi the then Chief Minister of Gujarat on 7th October 2010 to mark the beginning of his 10th year as the Chief minister of Gujarat.

Larsen and Toubro (L&T) received the contract for ₹2,989 crore (US\$420 million) and started the project. In October 2013 and was inaugurated by Indian Prime Minister Narendra Modi on 31 October 2018 on the 143th anniversary of Patel's birth.

## FEATURES

The Statue of Unity is the world's tallest statue at 182 metres (597 ft). It rises 54 metres (177 ft) higher than the previous record holder, the Spring Temple Buddha in China's Henan province.

The previous tallest statue in India was the 41 m (135 ft) statue of Hanuman at the Partial Anjaneya Temple near Vijayawada in the state of Andhra Pradesh.

The monument is constructed on a river island named Sadhu Bet, 3.2 km (2.0 mi) away from and facing the Narmada Dam downstream.

The statue is divided into five zones of which only three are accessible to the public. From its base to the level of Patel's shins is the first zone which has three levels and includes an exhibition area, mezzanine and roof. Zone 1 contains a memorial garden and a museum.



- Anju Chaudhary

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**Statue of Unity is the Tallest Statue in the world with height of 182 (597 ft.).**

## DESIGN

After studying numerous statues of Patel across the country, a team of historians, artists, and academics chose to proceed with a design submitted by the Indian sculptor, Ram V. Sutar.

earthquakes measuring 6.5 on the Richter scale which are at a depth of 10 km and within a radius of 12 km of the statue.

The total height of the structure is 240 m (790 ft), with a base of 58 m (190 ft) and statue of 182 m (597 ft). The height of 182 was specifically chosen to match the number of seats in the Gujarat Legislative Assembly.

The head is up, a shawl flung from shoulders and hands are on the side as if he is set to walk. The statue is built to withstand winds of up to 180 kilometres per hour (110 mph) and

## CONSTRUCTION

A consortium comprising **Turner Construction, Michael Graves and Associates and the Meinhardt Group** supervised the project. It took 56 months to complete. The outer façade is made up of 1700 tonnes of bronze plates and 1850 tonnes of bronze cladding which in turn comprise 565 macro and 6000 micro panels.



# WEEKLY COLUMN

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**Craig Jones is Senior Vice President Business Services of David Weekly Homes and has been with this company since last 14 years. Craig has two kids, Maggie and Duncan. Duncan is a Freshman at Baylor University and Maggie is a high school Sophomore.**



**+ We understand that you were behind the strategic initiative of starting LOS. How did the thought process start?**

We have been partnering with XS Cad out of Mumbai for many years. Although this has been a good relationship, we wanted to improve. In meetings with Mr. Weekley and Boxer Properties they discussed how they started their own company in Vadodara and had been excited with the results. Having team members who worked directly for them was much more rewarding from a professional and financial perspective. Another benefit of having our own company is that we could explore other areas. XS Cad is limited to drafting/design support, and we needed help with Drafting, IS and Purchasing. These are some of the primary reasons to start Lone Oak and we could not be happier with

the progress and success to this point.

**+ What challenges did you foresee? In your view, how did the process go?**

Our biggest concern was attracting and keeping top level talent. In this regard, we have been very pleased with the process and progress to date. We believe we have the best team in Vadodara!

**+ How would you describe 'TEAMWORK' as an essential element of a success?**

Everything happens because of a Team, not in spite of it. I believe in a leadership style that is best described as leading with questions. It is important for a leader to guide and challenge their team. The Team is much smarter, much more flexible, much more capable of accomplishing goals than any

Individual. We all participate in teams and I think it is important for each of us to play different roles in the different teams we work with.

**+ Culture has been one of the reasons DWH has been successful. Can you throw some light on how the cultural continuity is maintained?**

Culture is like raising children. It is something that you have to think about on a daily basis. It is very important to be consistent and intentional about every interaction you have with your fellow team members. Consistent reinforcement is critical to maintain a strong culture. This reinforcement includes activities such as planned encounters, growth reviews and Quarterly Meetings. We must all hold each other accountable for maintaining our culture.

**+ Share your experience of your first visit to Vadodara.**

This will be my second visit to Vadodara, and I can tell you, from my perspective, it is a wonderful place to visit. Everyone is friendly and outgoing. I travel all over the United States to the 20 different cities we do business in and I can honestly say that the people of Vadodara are the friendliest that I meet on any of my visits.

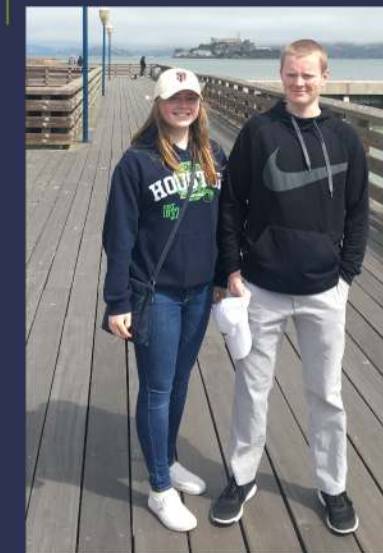
**+ What would LOS look like in ten years from now?**

I would expect LOS to continue to grow and play an ever-growing role in supporting the David Weekly Homes business.

**+ What do you enjoy doing on weekends?**

I am an avid runner, just completed the Tulsa Marathon last November, and I enjoy golfing with friends. In addition, I love to listen to music and cook. My daughter and I often go out to the latest movie.

- Urvi Shah



Maggie and Duncan



Craig with his brother at Tulsa Marthon



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# WHAT YOU DIDN'T KNOW ABOUT...

Best preface about self, my friends believe me to be intelligent visionary and sometimes silent-speaker as I am mostly found quiet at my desk, but I share lot of non-conventional discussions at random moment. I am Medha Trivedi, youngest in my family and excellently adept at getting others to do things for me. My family consist of my father who works in reliance industries, alpha mom who used to work with reliance industries for 25 years in R&D department, around 5 years in Alstom as H.O.D of Quality Assurance and currently as a consultant for six sigma-based projects and my elder sister a tutor of CA(US equivalent of CPA) applicants. All in all, I have seen my family running extra miles to raise each other high every moment.

Ever since I can recall, I was groomed to be independent by thoughts and self-efficient by actions. Since my school days I was deeply interested in selective healthy debates and elocution competition. My father says if I weren't an IT engineer, I would have been a lawyer, and believe me I would have been damn good at that. As I grew older, I had acquired a keen interest in studying Cognitive Psychology and I still find it fascinating getting into depth of people's personality traits followed by their behavioral patterns. Moreover, I am a veritable book-worm and intensely inclined towards reading novels of mystifying crime stories that keep me on my toes being detective in my virtual mind. Something that I am extremely fond of is trekking expeditions. More than expeditions and adventurous journey, interaction with random unknown people from various parts of the world and learn their distinguishable culture, intricate lifestyle, thought process and mindset is more captivating. It contextualizes the fact that – it's so much to learn from the entire world and still we have just started gives me a kind of adrenaline rush to keep on exploring and hiking new heights.

Touching my professional front, I believe one should put up their inherent skills in their pursuit to have a happy and content work life. Likewise, I was habituated to analyze details while taking any and every smallest decision of my life and eventually took tini-tiny steps for the same. I am heartily grateful to Lone Oak Solutions and my managers in DWH who accredited my passion for data analytics and gave an opportunity to get hands on experience in the same field even though I was recruited as a software developer. I always preferred working with people who not only are passionate and excellent in their work but also who are empathetic in sharing their knowledge with an intent to grow along with the team members; Success is best when it's shared. Good news! I have been working with a most valuable team where it more feels like growing in various aspects. Being kept in variety of pots from time to time, I have received enough elbow room, absorbing multiple skills that can prove beneficial to me at any point of time in my life.



MEDHA TRIVEDI



“I will like to conclude on the phrase that, **No one can whistle a symphony, it takes a whole orchestra to play it. Hence, one can succeed best and quickest by helping others to succeed.**”



MUDRA JOSHI

## DREAM-BELIEVE-ACHIEVE

Once in one of my hiking expeditions, I was lost with two injured and five amateur trekkers on an unseen trail. We had no torches, food or drinks. Although, mountaineering always pushed me physically and mentally to realize my limits, still those five hours in dark with an eleven Kg backpack rack made me apprehend the importance of 'trust in self' and 'team-work'. As a squeal,

'Together-Everyone-Achieves-More'.

“You don't have to prove confidence; when you have it, it will show. Real confidence is quiet, tactful, civil and humble’.”

This quote resonates with me. Being a self-reliant individual; I, Mudra Joshi, believe in balanced and adventurous lifestyle. Affectionately addressed as Tessy by my friends and family, I grew up in Baroda with 3 siblings, one twin sister and two younger brothers. My father was a diligent, empathetic and courageous man. He believed in honoring his commitments with integrity. He taught me to be self-sufficient in life. Being a forthright and intelligent lady, my mother is my best-friend. I learnt to work hard with no fuss from her. My favorite times with family is cooking, watching cricket matches and tripping together.

During my college days, graduating as a gold-medalist was one of the most glorifying moments of my engineering career. Although, interest in extra-curriculum always overshadowed the academic stress for me. I used to be a competent commander in my NCC time. Besides this, after completion of my scouts training, I passed with flying colors and became a Rajya-Puraskar awardee guide. Born in plains, I unusually discovered my love for mountains in an adventitious trip to North India. Ever since, I participated and organized several trekking expeditions in Himalayan ranges. While in mountains, I learnt that, in tough

times, there is no turning back, we must take audacious decisions and set higher goals for ourselves. Moreover, my other interests include dancing and listening songs. I pursued dance professionally for 5 years. Being a dancer, music has always been a companion to me. Out of all the outstanding composers, Coldplay is one of my favorite bands. Overall, I wish to wander, roam, travel, explore, learn and discover. My aim is to conquer more and more peaks personally and professionally.

As an ambitious young professional, I was glad to commence my career with Lone Oak Solutions. I firmly believe that loyalty towards ones' work is a very basic trait that an employee must possess. Highlights of my journey at Lone Oak career is being in conversion team, C.A.R.E, SVIT's Recruitment drive and the time when we all worked in small grey space. I am grateful that Marcus has always seen great potential in me. He gave me chances to face more challenges and has always been a great resource of knowledge for me. Furthermore, I take pride in working for the underprivileged which is the current theme of C.A.R.E project. On top of this, going back to my school was a walk down the memory lane. It was a moment of honor. LOS has given me endless memories, prominent opportunities and valuable lessons which I will preserve and cherish in my future endeavors.

As there is a whole world to see and nothing to lose, I am ready for all the mistakes and experiences that will make this journey, a life changing adventure.

- Aagam Sheth



# MIND OVER MATTER

Mind over matter is more than just an interesting turn of phrase to describe the power of thoughts.

Traffic jams. Job woes. Visits from the in-laws. Life is full of stress, and more often than not, people feel it physically as well as mentally.

Although the stress response begins in the brain, it is a full-body phenomenon. When someone encounters a threat — real or imagined — the brain triggers a cascade of stress hormones. The heart pounds, muscles tense, and breathing quickens.

One of the best ways to counter stress is to pay attention to what is going on. That may sound counterintuitive, but paying attention is the first step toward cultivating mindfulness

## Mindfulness

### The Opposite Of Multitasking

Multitasking has become a way of life. People talk on a cell phone while commuting to work, or scan the news while returning e-mails. But in the rush to accomplish necessary tasks, people often lose connection with the present moment.

Mindfulness is the opposite of multitasking. The practice of mindfulness, which has its roots in Buddhism, teaches people to live each moment as it unfolds. The idea is to focus attention on what is happening in the present and accept it without judgement.

“The mind is everything. What you think you become.”  
- Buddha

## Art of Achieving Mindfulness



Mindfulness is a powerful therapeutic tool. Studies have found, for example, that mindfulness techniques can help prevent relapse in people who have had several past episodes of major depression. Mindfulness techniques can help alleviate anxiety and reduce physical symptoms such as pain or hot flashes.

“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.”

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## DO-IT-YOURSELF METHODS

### 11 Things you can do to achieve mindfulness

- Making Peace with Yourself
- Aiming Towards Targets
- Avoiding Distractions
- Knowing All About Yourself
- Concentrating On Improvements
- Knowing Your Worth
- Educating Yourself- Being Useful and Informative
- Positivity
- Physical Strength
- Learning From Downfalls and Failures,
- Follow Your Passion

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.”



Mind over matter, places consciousness above physicality. Let consciousness rule.

- Aagam Sheth

Do not dwell in the past don't dream of the future concentrate the mind on the present moment.

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# FEST ZEST



Let's spread colours of joy and sprinkle happiness with the festival of Holi.

Holi, being a festival of colours signifies the arrival of spring and end of winter. It is celebrated predominantly in India and Nepal but has also spread to other Asian regions and to parts of the Western world through the diaspora from the Indian subcontinent. The purpose of this jovial day is to blossom love, joy and forgive to mend broken relationships.

Holi has its cultural and scientific reasons to celebrate. In India every state has its own way of celebrating this festival. The Holi of Mathura is extremely famous. It starts a week before the actual festival and attracts enthusiastic people from far off places. It is a tradition that dates back millenniums and the one which brings out the child in everyone.

It starts with celebrating a festive day which specify the rise of spring harvest season. It spans for two days in a row, starting from the evening of the Purnima (full moon day), which falls in the middle of March in Gregorian calendar. The first evening is known as 'Holika Dahan' (burning of demon) where people gather, perform religious rituals in front of the bonfire and pray for their internal sins to get vanished in fire. Heat during Holika Dahan kills bacteria in our body which promotes good health. The next day is celebrated as 'Dhuleti' which involves playing with colours and water, where people smear each other.

The morning of this day is always awaited in much anticipation, especially by kids. They throw coloured water with water guns on their friends, family and strangers as well. The frolic and fight with colours take place on open streets-parks, outside of temples and houses. Squads carry musical instruments play around singing and dancing. We can find crowd with their faces and hair coloured in almost unidentifiable state. People visit their family and frenemies to throw colours on each other. They laugh, chit-chat and share Holi delicacies and some customary drinks.

- Urvi Shah

# 20

# GROUND POUND

## HOCKEY

Hockey is a popular game and known as the National Game of India. India has been the world champion in the field of hockey for many years. India has made an excellent record in the field of hockey after winning the Six Olympic Gold Medals and various consecutive matches.

The period between 1928 to 1956 is known as the Golden Era of Indian hockey. During that golden era, India had actively participated and played 24 Olympic matches, and won all the matches scoring 178 goals and conceding only 7 goals. Since then, it continued to be the champion till it lost in Rome Olympics. India regained the Gold medal at Moscow Olympics in 1980. Major Dhyan Chand was a famous hockey player of the golden era and known as the "Wizard of hockey" because of his outstanding achievement.



There are 11 players in each Team (Divided as five forwards, two full backs, three half backs, and a goal-keeper)

It is played in two halves of 35 Mins. With an interval of 5 to 10 Mins.

The pitch on which field hockey is played has a length of 299 feet and a width of 180 feet.

Players of a team in this game aimed to make maximum goals against Opponent's team by putting a ball into opponent's goal post using hockey stick.

- Dhvani Chauhan

# 21

Hockey is not a one man show, it's a Team Effort. Although it's possible for one hockey player to be the superstar of the team, this sport makes it impossible for a team to win unless they play together. Everybody needs to be on the same page to make it all better.

After all, there's no "I" in "Hockey".

Hockey is played both by men and women. Indian Men's Hockey Team was the winner of the Hockey World Cup in 1975 held in Kuala Lumpur, Malaysia. The Indian Women's Hockey Team won Gold Medal in 2002 Commonwealth Games held in Manchester, England.

The following Trophies are associated with the game of hockey: Dhyan Chand Trophy, Lady Ratan Tata Trophy (Women), Nehru Trophy, Scindia Gold Cup and Rangaswami Cup.

Now this game has also been popular in other countries such as Holland, Germany, Australia, England, etc.

### Benefits of Playing Hockey:

**Develops the spirit of Teamwork:** Playing with a team of 11 People develops a sense of Teamwork as everyone works towards successful achievement of goals and victory.

**Setting Goal:** The players are encouraged to develop their techniques, work on their game and set future goals.

**Brain Boost:** Hockey demands good decision-making and honing these skills on field can also be transferred to everyday life.



# FOOD-<sub>0</sub>- LOGY



## GAJAR KA HALWA

PREP TIME	COOK TIME	TOTAL TIME
10 mins	1 hr	1hr 10 mins
Course	Cuisine	Serving
Dessert	Indian	4 People

### INSTRUCTIONS

- Rinse, peel and grate the Carrots either with a handheld grater or in a food processor.
- Heat the ghee and fry the carrots for about 5 Mins over low/medium heat, stirring constantly.
- Add the fried carrots and milk in a heavy bottom pan and cook on low heat until all the milk is absorbed.
- Add sugar and Cardamom powder and Cook for another 4-5 Mins. Keep stirring in between.
- Garnish with Cashews, almonds and Raisins(optional).
- Serve hot, warm or cold.

### INGREDIENTS

- 4 carrots
- 3 to 4 Tablespoon Clarified butter
- 4 Tablespoon sugar
- 2 Cup Whole Milk
- 1 Tablespoon cardamom powder
- 1 Tablespoon Raisins (optional)
- 7 to 8 Whole Cashews
- 7 to 8 Almonds



### TIPS

- Use Fresh and Juicy Carrots.
- Use full fat milk or whole milk.
- Gajar(Carrot) ka halwa stays good in refrigerator for almost about a week.

## VADAPAV (INDIAN BURGER)

PREP TIME	COOK TIME	TOTAL TIME
20 mins	20 mins	40 mins
Course	Cuisine	Serving
Snack	Indian	2 People

### INSTRUCTIONS

- Take oil in a pan, add mustard seeds and fennel. Roast together.
- Add onion and Green chilli-garlic paste and saute well.
- Now add boiled potatoes, turmeric powder, salt, red chilli powder and coriander leaves.
- Mix them well and add lemon juice. Saute to make a paste.
- Put oil in a pan and add garlic along with red chilli, white sesame seeds and desiccated coconut.
- Mix them well and add roasted peanuts and half a tsp each of salt and red chilli powder. Mix well.
- Now add tamarind and grind all the ingredients together to get a paste.
- Next, take a bowl and add gram flour, soda, a tsp each of salt and red chilli powder.
- Add some water and mix thoroughly to make a batter.
- Take the prepared masala paste and make small ball of it.
- Dip the balls completely in to the batter and deep fry in the pan.
- Fry till golden brown.
- Put some green chillies in the pan to fry for a while.
- Take buns and put green chutney, masala paste and the fried masala balls (pakodas) between them.
- Serve with the garnishing of fried green chillies on top of it.

### INGREDIENTS

- 2 Tbsp Oil
- 1 tsp Mustard seeds
- 2 tsp fennel
- 1 Onion
- 2 Potato (boiled)
- 4 Green chillies
- 2 tsp Salt
- 2 cup gram flour
- 9 Garlic cloves
- 5 Red chillies
- 1/4 Cup Soda
- 1 to 2 Tamarind
- 2 tsp Lemon juice
- 2 tsp Peanuts(roasted)
- 1 Cup Dessicated coconut
- 1 tsp Turmeric powder
- 2 tsp Red chilli powder
- 2 tsp Coriander leaves
- 2 tsp White sesam seeds
- 2 tsp Green Chilli-Garlic paste
- 2 Buns

- Dhvani Chauhan



## BEAT OF LOS

Every darkness has a way  
Every person has a say  
There's a new sunshine everyday  
This is the beat of LOS  
A building we stepped into  
Became a family on the way to  
Be it a noble cause or some celebration  
May LOS get all the ovation

It shares our joy and our sorrow  
LOS makes the Builders of tomorrow  
So sing to the beat of LOS  
Here learning shapes, the mind  
Beyond work a lot we find  
Our colleagues, our greatest asset  
Unity is our biggest Strength

- Priyanka

## SOLUTIONS

Let's talk about problems, before you go on solutions! Now there are issues that doesn't have any solutions! And there will be places where you get stuck.

Well! That cannot be truth of your life...

**"IF THERE IS A WAY IN, THERE IS A WAY OUT"**

Let's think about the worst possibility - Failure! That's it, no big deal! Isn't it always better to try and fail rather than accepting the failure? Success is failure turned inside out. And not only that, you also get the satisfaction of trying your best. You don't need to satisfy everyone's expectations. Make sure you satisfy yourself. In the end, what matters is 'YOU', right? Do whatever that makes you happy. And if at all you fail, remember one thing...

**"EVERYDAY IS A NEW BEGINNING"**

- Urvi



- Sneha

## WORD SEARCH

- Marathon Completed by Craig last November
- The name by which Sardar Vallabhbhai Patel was popularly known as
- One thing that you can do to achieve mindfulness
- A country which hosted 1975 hockey world cup
- Recent CARE activity (donation drive) conducted at LOS
- 2nd main Ingredient after carrot in Gaajar ka Halwa
- One of the trophies given for Hockey
- Theme of ITO

E	X	C	E	L	D	R	I	G	H	T
T	U	L	S	A	N	R	B	U	O	E
A	E	F	E	Q	O	V	I	N	M	A
T	M	A	U	N	B	S	Z	V	E	M
I	A	K	M	A	L	A	Y	S	I	A
D	I	A	I	W	O	K	T	A	D	Z
E	N	P	L	O	O	C	I	P	E	Y
M	O	L	K	R	D	R	B	H	E	R
S	C	I	N	D	I	A	K	I	N	D

### Winners of Crossword from ITO III

- 1.Nidhi Bhatt
- 2.Shachi Saraiya
- 3.Rishva Gandhi

### Answers

- 1.Commitment
- 2.Teamwork
- 3.Abhishek
- 4.Pooja
- 5.Jignesh
- 6.Nicholas
- 7.Dallas
- 8.Calibre

- Anju





Anju / Namrata / Dhwani / Urvi / Aagam / Bansuri / Sunil