



INSIDE

THE OAK



TOP 10
INDIAN APPS
#VOCAL FOR LOCAL

RAPID FIRE
WITH
SANJAY SHEMBEKAR



UNBOUND

KEEPING CULTURE ALIVE WHILE WFH

09
EDITION

AUGUST 2020

LONE OAK
SOLUTIONS



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PREFACE

COVID-19 has posed a challenging situation for the whole world, particularly with mass transmission and no cure. Most countries have seen lockdowns with various degrees of freedom (or lack of it). And the spread continues unabated. In this scenario, social distancing is the only effective way to prevent its spread. Work-from-Home was born out of this compulsion, as there is a concern of livelihood coupled with human safety. Many companies have gone for extended WFH programs. LOS too had to adapt to this change and despite the underlying constraints, we have managed to get everyone to work from the safety of our homes. The Team Members have risen to the task and made sure that all intended goals were achieved. Leaving the beautiful office was indeed painful. On the other hand, however, staying at home with near and dear ones, no commute (hence no exposure) and eating home food made this compromise look fair under the circumstances.

Since, this is an unprecedented situation, the big task was to maintain cultural continuity and that distances do not induce divide. Making sure that our values, mission, culture are still strongly ingrained in us was on the mind. From a totally interactive atmosphere in office, sharing lunches, playing games to being confined to our homes is truly a radical shift. But every adversity also brings opportunity. Team LOS again embraced this change – several Team Members had to make room for the ‘temp’ office in their homes, they bettered their performance; also staying connected, helping anyone who was in need and also interacting actively on Teams platform. With our partners David Weekley Homes providing all support and encouragement, Team LOS is going to see these times through with alacrity and look forward to those happy days in office again!

With this issue, we talk about how to maintain positivity and productivity away from the office setup, while never missing out on the fun activities that are a part of our culture. Our interactive columns are a testament that a lockdown cannot stop the conversations that usually happen over coffee.

Let us commend the ITO Committee for their efforts in bringing us content that is both informative and entertaining. Happy Reading!

-Aparajita Gaekwad

ITO COMMITTEE

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OUR VISION

why we exist?

To provide World-Class Services to our Partner

As an affiliate company, our vision dovetails into the vision of David Weekley Homes of “Building Dreams, 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.

OUR MISSION

How do we get there?

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.

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.

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.

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

E. 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.

I. 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.

P. 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.

C. 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.

LET'S CELEBRATE

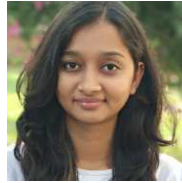
Birthdays



Prit Sheth
Division Services
03-Apr



Dhanshri Swami
Design Services
11-Apr



Diksha Sagar
Design Services
12-Apr



Shilpan Pradhan
Design Services
23-Apr



Harjitsinh Sindha
Design Services
25-Apr



Naresh Jangid
Architectural
Visualisation
30-Apr



Swati Bhogle
Architectural
Visualisation
10-May



Aayushi J. Shah
Division Services
17-May



Vishwa Shah
Design Services
18-May



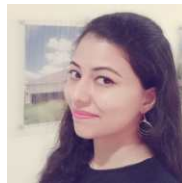
Chetan Patel
Information
Services
20-May



Vishal Kapadiya
Design Services
03-Jun



Bhaumik Patel
Design Marketing
04-Jun



Hetal Joshi
Architectural
Visualisation
06-Jun



Maitri Shah
Architectural
Visualisation
06-Jun



Hiral Joshi
Architectural
Visualisation
06-Jun



Sanjay Shembekar
General Management
09-Jun



Nupur Dasadia
Design Services
13-Jun



Sumit Saini
Architectural
Visualisation
18-Jun



Jitendra Patil
Information
Services
27-Jun



Rutu Panchal
Design Services
29-Jun

Promotions



Aditya Edve
Design Marketing
30-Jun



Aakash Raval
Design Services
Support Designer II



Shachi Saraiya
Information Services
Software
Developer IV



Vrajesh Bhavsar
Architectural
Visualisation
Lead Post Production
Artist



Dhvani Chauhan
Design Services
Plan Quality
Analyst II

Work Anniversaries



Aditi Pithava
Purchasing
Services
08-Apr
One year



Hetal Joshi
Architectural
Visualisation
03-Jun
One year



Hiral Joshi
Architectural
Visualisation
03-Jun
One year



Aarti Yadav
Division Services
03-Jun
One year



Isha Pandya
Division Services
03-Jun
One year



Tulsi Patel
Division Services
03-Jun
One year



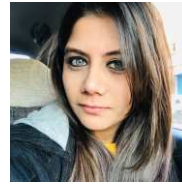
Simran Rajput
People Services
03-Jun
One year



Krupa Patel
Design Services
24-Jun
One year



Shachi Saraiya
Information
Services
16-Apr
Two Years



Aayushi Shah
Design Marketing
23-Apr
Two Years



Minal Mahajan
Design Services
01-May
Two Years



Sumit Saini
Architectural
Visualisation
01-May
Two Years



Dhanshri Swami
Design Services
04-Jun
Two Years



Harjitsinh Sindha
Design Services
04-Jun
Two Years



Aagam Sheth
Division Services
04-Jun
Two Years



Krutika Macwan
Division Services
04-Jun
Two Years



Brijesh Dalsaniya
Design Services
04-Jun
Two Years



Clifton Varghese
Architectural
Visualisation
04-Jun
Two Years



Rutu Panchal
Design Services
01-May
Three Years



Gunjan Patel
Design Services
01-May
Three Years



Medha Trivedi
Information
Services
01-May
Three Years



Urvi Shah
Design Services
01-May
Three Years



Vishal Kapadiya
Design Services
12-Jun
Three Years



Jitendra Patil
Information
Services
27-Jun
Three Years



Sanjay Shembekar
General Management
01-Jun
Four Years

Wedding Anniversary



Chetan &
Manisha Patel
Information Services
29-Apr



Swati &
Amit Bhogle
Architectural
Visualisation
06-May



Jitendra &
Monali Patil
Information Services
25-May



Devanand &
Poonam Singh
Architectural
Visualisation
04-Jun



Arjuna Award winner **Dhwani Chauhan** is one of our quieter ones, but that does not slow down her drive for excellence. She is always willing to help other Team Members, ask lots of great questions and open to new challenges to grow her abilities. We had a Team Member go on maternity leave and Dhwani took on a much bigger role in the department to keep our new plans checked along with still completing her tasks of reviewing plans after all the redlines have been completed. She completed more than her share of Revit Estimating Cut Sheets and assist with production files as needed. To top it all off, she is still remotely going to school full time for a bachelor's in civil engineering.



IS Impact Award winner **Deval Shah** has been learning the ins and outs of not just one product team but two, both Management/Support as well as our BOSS/Prebuild team and has proven he is a very fast learner since he started. In addition to that work he had his own stand-alone project on working on an integration point between Help Desk's ZenDesk software and Microsoft Dev Ops which the AppDev team uses to track development work. He has established himself as a great person on the team from which to seek technical help yet remains humble and soft spoken. He is not afraid to ask questions and make suggestions during team discussions and seeks to help improve the team and our software every day.



Devanand Singh won the AV Avenger's Award. He has been described as an inspiration by many. With his vast knowledge in the field, he has taught the Team various new techniques that has improved speed and accuracy. He has given new life to interior renderings with his vision. His confidence and knowledge have helped the Team bring these images up to the next level. He never misses any opportunity to take on a difficult task to ensure we are always pushing the envelope. At the beginning of the lockdown, he took initiative in establishing a workflow pipeline to ensure we kept work moving properly. His smile and jovial nature keep everyone in good spirits.



Vishakha Valera has been a huge asset to our Purchasing Services Team. Her willingness to jump in wherever the team needs her has been impressive. In a short time, Vishakha has learned our insurance process while becoming our resident expert on starts. She even became the sole Team Member to setup Lot Uniques for months, while keeping up her accuracy in her overall work. Vishakha asks great questions and has a thirst to understand more about LOS, DWH, and the industry as a whole. She is awarded the ACE Award.



Namrata Brahmhatt receiver of Spotlight Award has been a truly outstanding Team Member since day one. She has shown great initiative to grow and succeed, and her work demonstrates her clear desire to provide an accurate product. Namrata has shown an understanding of why and how things should be completed on plans, which is a direct result of the questions she asks. She welcomes feedback with a positive attitude and consistently applies it to further her knowledge, minimize errors, and performs her role to the best of her ability every day. We are truly proud of her ability to make decisions, multitask and increase production speed without sacrificing the quality of her work. Namrata is also a member of the CARE Team and multiple time participant in the quarterly magazine (Inside The Oak). She has written articles for the magazine and even proofreads the articles submitted from her peers.

WINNING WAYS



Vrajesh with his mother Kumud Bhavsar

Vrajesh Bhavsar won 'Team Member of the Quarter' Award for 1st Quarter of 2020. Vrajesh is Lead- Post-production Artist and is with LOS since August 2018. His family includes his parents and an elder sister.

With lockdown constraints, how did you celebrate winning 'Team Member of the Quarter'?

Nothing is more beautiful than a big smile on your mother's face because of you. Just after the meeting, I shared this news with my family, explained what the award is and why it is presented. Their eyes beamed with pride and happiness when I showed them the nominations and award from entire LOS team. Would have loved it even more had the award been received while LOS Team was physically present.

You are always proactive in the office. How do you squeeze out time for CARE, Excellence Meetings, ITO, and other Team Activities while still being on 'top of your work'?

To answer it in a few words, our work culture is what makes us so enthusiastic. The philosophy that LOS holds has made me more passionate. If you manage small things right, you can manage big things right too. And I always try to do my best in any given opportunity as it helps me to excel in my work along with my co-curricular commitments. Also, this defines our organisation's values, that are Excellence, Passion, Integrity and Commitment. (E.P.I.C).

What is the fondest memory you have with LOS?

A good first impression can work wonders. "Clap-line" and the welcoming smiles on the first day will always be one of my fondest memories at LOS. Team Outings and Celebrations also hold some beautiful memories.

We know you are big on physical fitness. How does your disciplined routine for physical fitness help you to be more disciplined towards your work too?

One of the important lessons I have learnt in physical education is "Discipline turns Ability into Achievement". Following the same discipline helped me to be more focussed, organised, timely, and efficient in my work.

What is the most positive outcome that you have seen from this entire work-from-home experience?

Home environment provided flexible schedule, more enjoyable and effective work-life balance which led to increased productivity for me. Also, zero commute saved a lot of money by eliminating vehicle fuel, maintenance, a professional wardrobe, food bought outside and many such little expenses. These savings added up and put more money back into the pocket, who doesn't like that!



Dhanshri Swami

KNOW YOUR CITY

Planetarium

Want to learn about virtual space? Look no further!!! The Sardar Patel Planetarium is a renowned destination housed in the heart of the city's "SayajiBaug" also known as "Kamatibaug".

Devoted to providing information and kindling interest in astronomy, the planetarium can boast of its structure which is modern and an iconic pyramid. And if you think the facade is magnificent, the inside is nothing short of spectacular. The hemispherical dome made with perforated aluminium, acts as an extreme-wide projection screen onto which images of stars, planets and nebulae are cast, leaving the 150 people seated in the audience completely enchanted.

With awe-striking video clips, state-of-the-art sound systems and

simulated views of the night sky and various celestial phenomena, the planetarium runs one hour shows on variety of topics in three languages which are grasped easily by visitors. The shows include Saur Pradarshan (Solar Exhibition) and various constellations in our galaxy. It is a major crowd puller captivating numerous people from all walks of life, especially those passionate or intrigued about the mysteries of our galaxy.

For children, the experience is quite fascinating, comparable to somewhere between a Disney ride, A PBS special or a sensory deprivation chamber. Using special telescopes with high power lens, they are able to gaze at the stars, that always seem to follow them around when they move. They appear as dazzling balls of light set in contrast

to a dark night sky which usually prompts a response of 'Thank you Science!'.

A Highly recommended place to those who have kids. You can spend some quality time and see the look of joy on the faces of your kids while they sponge all the information around them. It is truly an excuse to suspend disbelief, become fully immersed, and trust you are going to learn.

The planetarium's immersive environment offers a unique interface, where people brush up against hard science and learn about things we cannot see with the naked eye. A visit here will leave you with a feeling of being a child again, "wondering" about all the 'diamonds in the sky'.

Vishal Shah



THROW BACK



Scavenger Hunt

LOS Team played an online Scavenger Hunt where the Team had a lot of fun in quickly gathering a list of items that are usually found at home like a T-shirt, photo frame, novel or a loose button. The team had a great time running around hunting for objects.

Share your stories- Hobbies

Lockdown gave all of us an ample amount of time to pursue interesting hobbies! We were absolutely thrilled to hear the amazing stories. We were absolutely thrilled to hear the amazing stories that everyone shared.

Best out of waste

Never Refuse to Reuse! The ideas and creativity from Team Members are awe-inspiring.

Rate My Plate

Being in Lockdown, gave us a chance to master our culinary skills. Team Members accepted the challenge of not

only preparing some mouth-watering recipes but also plating it up like a chef! The Team rated all dishes and we got our TOP 5 Master chefs namely – Aayushi Shah (DM), Vishal Shah, Rishva Gandhi, Sukruti Gandhi & Medha Trivedi.

World Environment day

This Environment day we all got a chance to share our favourite plants/trees, that we have grown and nurtured in our surroundings and its significance to us.

International Yoga Day

Keeping up with tradition, LOS celebrated International Yoga Day by conducting an online Chair Yoga session. Our in-house yoga experts Mirangi Sheth and Mitesh Rathod guided the session by showing us effective yet gentle ways to improve strength and flexibility while sitting in a chair.

Pooja Parekh





Victor and
Lupe Velazquez

WEEKLY COLUMN

Victor started working with DWH six years ago as an intern in the Design Services Team and now has become the East Coast Design City Coordinator. He and his wonderful wife of four years, Lupe Velazquez both enjoy traveling and exploring new places.

Having highest number of cities under your belt, how do you manage to keep yourself organized while working with multiple cities having different specifications?

In the beginning, it was a challenge for both teams Florida and Mid Atlantic, due to different processes, different markets, different restrictions in all 9 cities. I was able to combine all our processes to make it work. Creating a community checklist, standard operating procedure, LOS task view and local task view, using Microsoft team planner, having points of contact duties per city, and finally having consolidated with our Design City Managers.

Was working from home a boon or a bane to you? What was your secret to stay on top of your work?

It was both. In a way I enjoyed working from home because I was able to save gas and was able to work earlier than usual and leave late as well. The part I disliked about having to work remotely was not being able to have face to face rapport with my team.

I was able to stay on top of my work by having daily huddles with the team and maintaining my One Notebook and keeping it up to date.

You have a great rapport with the team at LOS, sharing laughs and stories. Is there any incident that you would like to share with all of us?

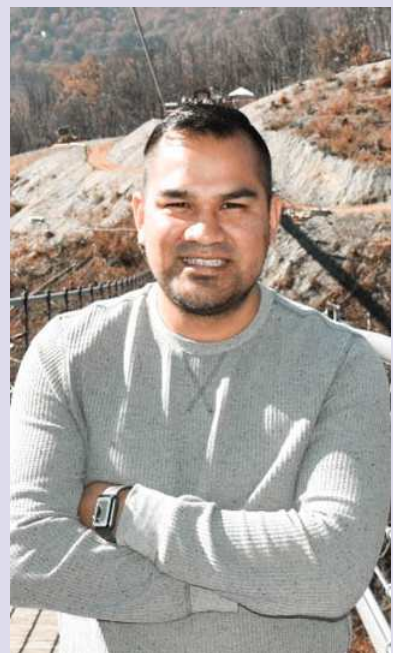
I have several that I enjoyed. Particularly (Aagam's, Aayushi's, Krishna's, Krutika's) call; Sanjay, Aparajita, and I were on board with a prank. We tricked our Team Members by informing them of a falsified complaint. Their reaction was priceless. My favourite part of it was seeing their reactions and the laughs that came after that.

Would you rather live near Disney World or your parents, back in Houston?

I will say going back to Houston, as family is my priority. Disney is a fun place to go, except during the summer!

Being fan of Ironman, what would you do if you could be him for a day?

I would probably spend the first 30 minutes just testing the new toy out. How fast I could go, how high I could fly, how the suit handles. While flying to Houston and Arkansas to see my family, I will have JARVIS do everything for me.



Victor Velazquez

-Abhilasha Dhake



Katy Despeaux

Would you like to share about the person who has inspired you the most professionally?

That is a tough question because there have been so many different people in my life that have inspired me. My first thought, since we are in the same field, is my Grandpa Larry, who was a landscape architect and a professor at Ohio State University. He is such a talented man and I have always been impressed by how he produces the most beautiful hand drawn renderings with such ease and speed. He inspires me to be creative.

My parents also come to mind because they continuously worked so hard (sometimes multiple jobs) while I was growing up but still managed to make sure my brothers and I had a great childhood full of adventure. They inspire me to work hard but play harder.

Then there is my husband who started his own business, he inspires me to take risks and believe in myself.

Lastly and the most inspiring to my career is my son, Cole. When I started my career at DWH I was pregnant with him and did not know it yet. As soon as I found out I was responsible for another human being my entire outlook on life changed. I have always been highly driven but becoming a mother pushed my drive into high gear. Now 10 years later not only Cole but also my step son Rylan and my daughter Samira, they all inspire me to be to do my best and to remember that at the end of it all the most important thing in life, is family.

Clifton Varghese

Katy Despeaux works with DWH for more than ten years now and currently is managing the Architecture Visualization and Design Marketing team. She and her husband Rhett both enjoy traveling and exploring new places.

Since DWH also has a typology in their houses, we could ask, 'if you were to buy a DWH house, what style would you buy it in?'

I am drawn to various architectural styles but ultimately my favourite is Modern Farmhouse. This style includes clean lines, sleek lighting, and sophisticated finishes while still incorporating the warm and cosy feel you get from the country farmhouse aesthetic. I am most fond of mixing old and new elements. There is something so beautiful about using historical design features and adding modern touches.

During the Pandemic, we got a lot of time to spend with our families. Can you share with us one of your favourite moments spent with your kids?

One of my favourite memories during the pandemic was when my Dad and I took my son Cole fishing. Those few hours we spent on the lake, soaking up the sun and fresh air is exactly what we needed. After not being able to go hardly anywhere for so long, it made our adventure that much sweeter. I think this experience has helped us see how important the simple things are and to be grateful for our time together.

We have a great work culture at DWH, what is the one thing about it that you missed the most working from home?

I have really missed our Excellence Meetings and various CARE events. Nothing beats gathering with your fellow Team Members to do good work and to celebrate that work. I am disappointed to miss out on traveling to visit LOS this year for that exact reason. Working remotely we can accomplish so much but I am certainly looking forward to interacting with LOS Team Members in person.

How do you see role of AV Team considering that in post-COVID era, digital marketing is expected to be the way forward?

I believe that the role of the AV Team is going to significantly expand. We are piloting a few projects that will allow our customers to see our homes like they never have before. One pilot includes Interior images of the Kitchen and Owners Bath with numerous color schemes applied. This allows our customers to not only see the space but also visualize how the different finish packages will come together in those spaces. We are also exploring digital virtual tours that will enable our customers to tour our homes without ever having to step outside. Digital marketing is certainly going to set us apart from our competitors and I cannot wait to see what the future holds for DWH and LOS. The sky is the limit!



Katy with her husband Rhett, children Rylan(12), Cole(9) and Samira(2)

WORK-FROM-HOME DIARIES



कुछ बहुत है इस पल मे
ना कर जुदा अपनो को अपनो से
एक ऐसा ही तो वक़्त आया है
जहां ज़रूरत है अपनो को अपनो से ।

ये दिन भी जल्द चले जाएंगे
ओर एक दिन आएगा नई सुबह लेकर
फ़िर से आएगा वो वक़्त जब आप मुस्कुराएंगे
और होगा वोही आपका सुहाना सफ़र ।

दिल से सोचो तो यही मौका है
अपनो से मिलने का
दिल से सोचो तो यही तरीका है
खुद से खुद मिलने का ।

कुछ लोग है जो भूख प्यास भूल के
अपनी जान पर खेल रहै है
कुछ लोग है अपने परिवार से दूर होके
दिन - रात एक कर रहे है ।

आओ एक साथ होकर उनके लिए कुछ करते है
कुछ न कर सके तो उनके लिए दुआ करते है

आओ एक साथ होकर उनको प्रणाम करते है
कुछ न कर सके तो उनको नमन करते है ।
कुछ ही दीनो में अजब गजब हो गया
जाने अंजाने बहुत कुछ खो गया

जो अपने हाथ मे नही था वो हो गया
लेकिन जो अपने हाथ मे है वो तू भूल गया ।
तू ख़ास है किसी के लिए
तू जीने की आस है किसी के लिए

बस इतना ही कहना चाहूंगा इन छोटे लब से
घर पे रहो क्योंकि ये घर और देश है सिर्फ आपसे ।

Written by
Vishal Shah

MIND OVER MATTER

“

**This is a time out, not a productivity crash course!
Learn a new skill or take care of yourself first, choose your fighter!**

”

Everybody's social media right now is filled with book recommendations, a movie someone watched, or a new recipe tried. But these continuous updates meant as entertainment, might at times bring on a sense of guilt about not being productive.

The word 'productive' is defined as yielding good results, benefits, or profits. When someone asks, 'what are you doing during this lockdown?', productivity is generally the underlying text. This quest for productivity has led many of us to believe that we are not doing enough but let me affirm you in saying, 'we are!'

Thriving in the ongoing scenario is a triumph.

Although most of us were fortunate enough not to be affected by the Coronavirus, it has impacted most of us in ways we might not be fully aware of yet.

Being able to survive the day without giving in to negative thoughts deserves more credit than it is being given right now.

Mental health activist and author Matt Haig had a similar message recently when he spoke out about the pressure to be productive during these times. "The current era is

dreadful enough without having to feel guilt that we aren't learning Greek and painting watercolours of daffodils". "If you brushed your teeth today, showered, ate something and spent ten minutes not looking at the news then well done it's an achievement."

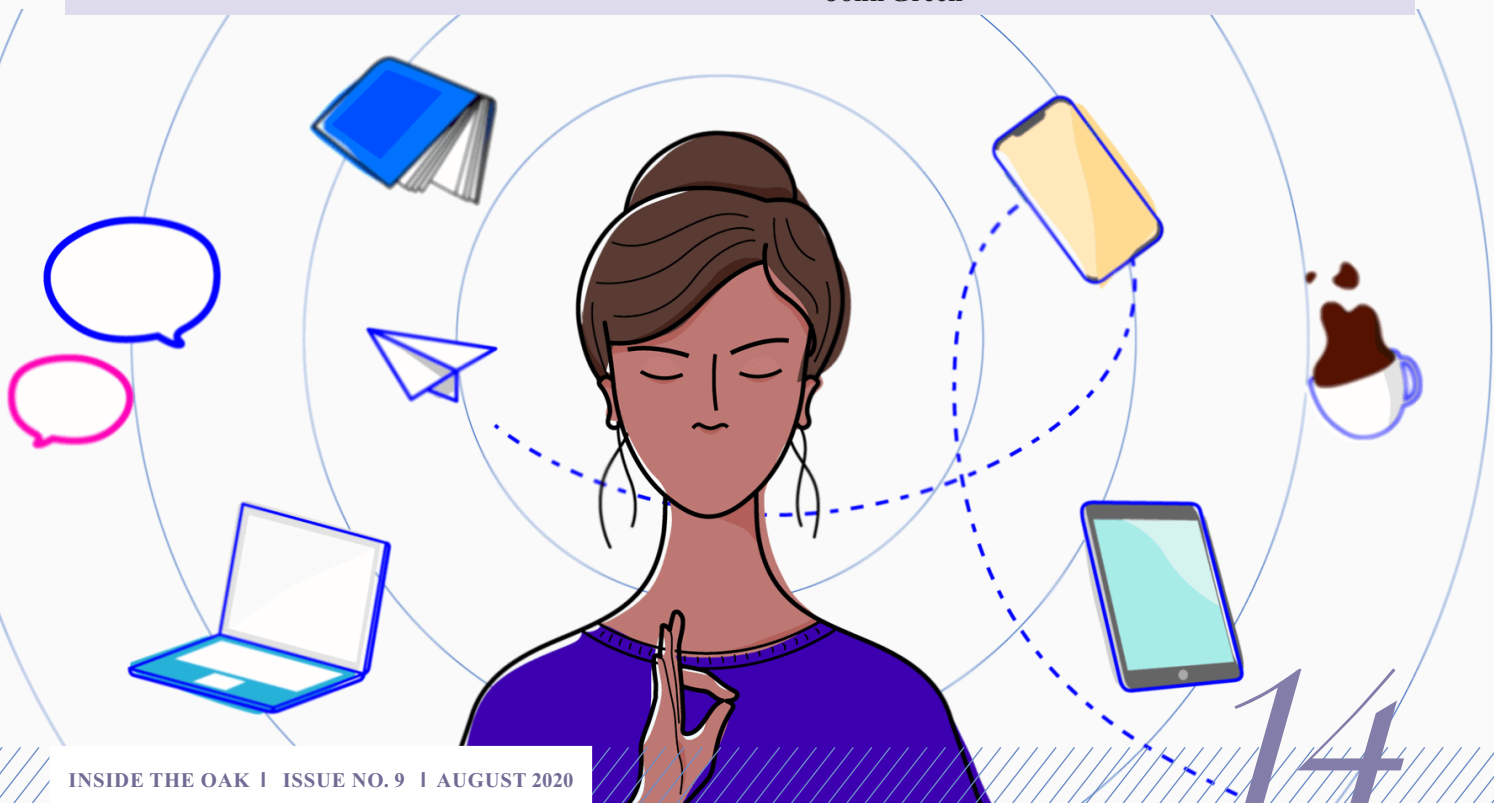
Recognise that you can go easy on yourself and do just enough but not strain yourself. Doing so is not only helpful, it is necessary. Like tapering before a marathon, by consciously scaling back when you need to during these weeks, you will come out on the other side stronger.

Many of us fight several battles every day, ones that are not posted on Instagram. There are others dealing with the lockdown one day at a time. It is vital to remember that we are not competing with one another about who gets more accomplished during this crisis. We are all surviving this together.

Someday, we are going to look back at these times when it felt difficult to breathe, and yet breathe we did.

"We just did an awesome job of not dying."

John Green



5 WAYS TO STAY SANE DURING THIS LOCKDOWN

While we wait for the Corona virus pandemic to blow over, here is how to keep yourself occupied with the small joys of life.



Get Your Daily Dose of Sunshine

If you have a balcony, spend your mornings there. Those who live in houses that have terraces or open spaces should make the most of them.

Keep Indoors Fresh

Slide the curtains, open those windows, and let your home breathe.



Not just clean. "Monica" clean.

A Germ-Free Home

This is the time for you to go full Monica-keep everything spotless clean and germ free.

Get Active

We may all be cribbing over the lack of house help at the moment but think about it this way-all the scrubbing, swabbing and stretching will keep you active and on your toes.



Redesign Projects

Your home is your haven. So, why not utilise this time to redesign?

Accomplishing things from old and forgotten to-do lists can give you an amazing sense of achievement.

Just put on some music and get cracking!"

I'll just want to end it few lines in Hindi

मिला है जो कुछ वक़्त, चलो इसका फायदा उठाते है। अंधेरा जो है भीतर, उसे धीरे - धीरे रोशनाते है।

'ध्वनि' अपने मनो की, चलो आज सुनते - सुनाते है।

-Dhanshri Swami

-Minal Gajare

GROUND POUND

BREATHING EXERCISES: PRANAYAMA

Given the current situation, many of us are trying to focus on improving our wellness, concentrating on boosting immunity, reducing stress, increasing energy, and fixing our sleep patterns. It is a great time to learn from our forefather who used Pranayama or Controlled Breathing as a way to maintain the balance between the mind and the body.

Pranayama has lot of physical and mental health benefits as well as spiritual too. It helps in weight loss, glowing skin, maintains proper functioning of lungs, boosts immunity, increases blood flow & slows the heart rate, creates positive aura, improved concentration, avoid/cure sleep disorders, relieves stress, improves nervous system, etc. Here are some exercises to help you 'Unbound' by regulating something as simple as breathing.



Bhastrika Pranayama

Take a deep breath through your nose and fill the lungs with air, simultaneously raise your hands up, then exhale with a hissing sound while pulling down your hands fast.

Do this only for 2-5 minutes. With this pranayama, the body is able to get the maximum amount of oxygen.

Bhramari Pranayama (Humming Bee Breath)

Sit straight in a Padmasana or Sukhasana and press your tragus with your thumb, your forehead with the index fingers and close your eyes with the remaining fingers.

Slowly start inhaling through both your nostrils deeply. Exhale with a humming bee sound like "hmmm", keeping your mouth closed. While making humming sound say 'Om' in soft humming sound. (Visualise the humming sound as 'Om')



Feel your body release impurities and experience positive energy.



Anulom Vilom Pranayama

Sit comfortably and close the right nostril with right thumb and breathe in from left nostril. Then close left nostril with ring finger and breathe out from right nostril.

Now alternate by taking a deep breath through your right nostril, closing that nostril and breathing out through the left nostril. Continue this for 5-10 minutes keeping in mind that your breathing should be up to the lungs and not the stomach.

Practicing Pranayama for 30-45 mins regularly, in a peaceful and calm environment just as the sun is rising through your windows, can almost feel like a cathartic release.

-Minal Gajare



Nupur Dasadia

I may not have gotten a chance to personally interact with a lot of you, but I am glad to have this opportunity to provide a glimpse of me.

I am Nupur Dasadia, born in Ahmedabad and brought up in Vadodara. Being a foodie, I enjoy eating and cooking various delicacies. Other than that, I enjoy sketching, listening to music and travelling. One location that I am ready to travel to any time, even though I have already been there 4 times, is Goa. There is something about sitting on a beach and getting lost in the waves, it leaves me soothed.



Nupur and her sister Dhyeya

WHAT YOU DIDN'T KNOW ABOUT

My family consists of my mother, my younger sister, and me. My father was a doctor, with whom I share similar personality traits. He passed away in November 2018 due to a severe brain stroke, it was the toughest situation for our entire family. My mother is the pillar of strength for all of us, it was her courage and strength that we were able to cope with this sudden loss. She is very gentle and understanding person and I am grateful to her for inculcating those qualities in me. Living a life that my father would be proud of and doing that happily, is my responsibility.

A philosophy that helps me lead a happier, calmer, and fulfilling life is 'Staying Positive'.

After my schooling, I was thrilled to get admitted in one of my dream schools, the prestigious, "The Maharaja Sayajirao University of Vadodara", for the diploma course in Architectural Assistantship. In college, my guiding principles were utmost dedication, hard work and perfection, all of these helped me perform to the best of my capabilities and in securing a position in the Top 3 of my batch.

Professionally, before becoming a part of LOS, I had worked with two other firms, where I worked on some State government projects, 3D Modelling and residential planning for cities in the state and a few projects for Goa, Bangalore and Hyderabad. To grow my career, I started looking for new opportunities, when one of my friends suggested 'Lone Oak Solutions' whose website clearly left a lasting impression on me.

On my first day as a Team Member, I was immensely overwhelmed with the warm welcome and genuine smiles I received from each and every team member, everyone who helped me and made the day one of my most cherished memories. I hope the plant I received continues to blossom as does my friendship with all of you. Even though most of my interaction with the team has been virtual, I have always felt as a part of the beautiful culture that defines LOS. I am excitedly waiting to be back in office and meet everyone in person.

As the quote goes, **"Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end"**.

Now, we're just hoping for the world to get better and be a safe place again as it was before. Aren't we?.

- Dhanshri Swami



RAPID FIRE WITH SANJAY SHEMBEKAR

The backbone of the team at LOS, Sanjay Shembekar joined 4 years back as the Chief Operating Officer with 30+ years of experience.

He has a wonderful family with his wife, Preeti and Sons - Pradyumna and Varun.

What is the one thing that excites you about coming to work every day?

Without doubt the whole Young LOS Team - full of energy, life, and smiles. I consider myself truly blessed! Ready to work on the weekends too.

What are the three things that make you more productive?

Delegation, Delegation, Delegation.

What is that one thing about the team at LOS you just cannot stop praising?

Just one thing! But that one thing would be the Talent (I really envy you all).

What job would you be terrible at?

Any job that needs patience and is monotonous (Lift Operator?)

If you found out that your internal monologue for the last week was audible, how much trouble would you be in?

Instead of this, I would be sitting on an electric chair.

How mischievous would your teachers say you were?

Do I look like that? No, I was a disciplined student. Believe me.

If life were a video game, what would be the two things you would like to have the cheat codes for?

Infinite lives and tons of money bags.

Would you rather go 30 days without coffee or your entire life without Poha?

There cannot be a life without Poha..

You already do the dishes at max. speed, what another household chore would you like to have a superpower to?

Do I? But the next one would be cooking.

What would be your first question after waking up from being cryogenically frozen for 100 years?

Has COVID-19 gone? If not, refreeze me.

If you could teleport to any famous landmark, which one would it be?

Kailash Mansarovar (I am getting old now)

Would you rather 'Around the world in 80 days' or 'Eat, Pray, Love'?

Around the world in 80 days while I Eat, Pray and Love.

If you were to win 'who wants to be a millionaire', what is the first thing you buy?

A DWH 'Imagination' Home!

What is the one area of expertise that everyone wants your advice on?

This is strange, I am not an expert, but many have sought career advice!

If for one day you could be the person that inspires you, who would you be?

I would like to be a soldier in the Indian Army at Siachen!



-Abhilasha Dhake

TM SPOTLIGHT

What is one item you could not live without?

Rutu Panchal:

Technically it's Air, Water, Food and Shelter - but it's pretty obvious!

My Spectacles : The world is totally blur to me without them!

My glasses are a 'Fashion statement' for me. I can see without them but I do squint a lot so I tend to wear them especially when I have to focus on something, like when working on my computer to ease the strain on my eyes. Not only are they functional but a pair of glasses can totally change your look, this is why I love having so many pairs to choose from!



If you could choose your age forever, what age would you choose?

Himanshu Parmar:

I would choose 24, Old enough to have freedom and not much responsibility.



If you could be a part of any Avengers movie, which character would you like to play?

Lokesh Jangid:

I would like to play Thor as his character is shown Loyal and Trustworthy in every movie. And I think these two things reflect in me.



As a kid, which cartoon show were you most excited about?

Poonam Chandra:

"I loved watching cartoons while growing up, undoubtedly, 'Tom & Jerry' is my favourite cartoon show since I was a kid. This duo is unbeatable and it's always fun to watch Jerry teasing Tom and chasing each other. A perfect combination of naughtiness, fun, mischief and selfless friendship"



Which is your favourite place that you have visited?

Dhaval Ghadge:

Goa is the best place I have visited so far. I had great fun when I visited with my friends. We visited some beaches and explored the Goa city over motorbike. It is a beautiful place and I had an amazing time there!



-Seema Mahto



If you could get an unlimited supply of food from one restaurant for the rest of your life, which one would it be?

Jayveersinh Gohil:

SUBWAY- eating as fresh as I look

During the lock-down, how late did you usually stay up to?

Arpit Nigam:

Well, I love to sleep but in this lock-down, I used to be awake till 2 to 3 am in the morning



TOP 10

Introduction

India is excelling in numerous fields today, and technology is no different. So, on the Nation's Independence Day, we bring to you a list of some great Indian apps that you use or could use on a near-daily basis.

Flipkart



Flipkart
"Sale so hot, no second thought!"

①

Founder :

Sachin Bansal, Binny Bansal (2007)

Users : 5,50,000 to 6,00,000 bookings daily.

Flipkart offers massive collection of more than 80 crore products from multiple categories, ranging from technology, fashion, and household items.



NewsHunt (DailyHunt)
"Kyun ki khud ki soch banao"

②

Founder : Virendra Gupta (2009)

Users : 330 million+

Nation's #1 biggest news sources and hyper-local correspondents to stay up to date with the latest and regional news 14+ Indian language from 2600+ media partners.



Aarogya Setu
"To alert you and keep you safe!"

③

Founder : Government of India (2020)

Users : 100 million+

"Contact tracing, Syndromic mapping, Self-assessment" digital service pertaining to the containment of COVID-19.



Myntra
"B'coz you don't do fashion, you are fashion."

④

Founder : Mukesh Bansal,

Vineet Saxena, Ashutosh Lawania (2007)

Users : 15 million+

A world of fashion trends, beauty & style hacks with more than 5 lakhs + products and 2500+ brands. Do not like something? No problem. Easy returns for 30 days.

hotstar

for who you are



HotStar
"Well let's make this weekend more fun for you"

⑤

Founder : Star India(2015)

Users : 300 million+

Disney+ Hotstar is an online video streaming platform offers over 100,000 hours of TV content and movies across 9 languages and covers every major sporting event live.



Book My Show
"B'coz I weekend"

⑥

Founder : Ashish Hemrajani (1999)

Presence : Over 650 Indian cities

Book movies, concerts, live events, and activities near you with a few easy clicks. Also check out Movie Show Timings, Schedules, and Reviews here.



Zomato
"Now, you don't have to face bhooekh"

⑦

Founder : Deepinder Goyal and Pankaj Chaddah (2008)

Users : 80 million+ monthly

Looking for a lip-smacking meal or just a nice place to have drinks with your friends? Check out the Zomato app.



OLA
"Ride safe, Reach fast!"

⑧

Founder : Bhavish Aggarwal, Ankit Bhati (2010)

Users : 1.5 millions+ 250 cities.

Ola has transformed how people travel in India offering services that range from peer-to-peer ridesharing, ride service hailing, car, and food delivery.

MapmyIndia

Map My India
"Sculpture who carved his spirit"

⑨

Founder: Rakesh Verma, Rashmi Verma (1992)

Achievements: 25 Years of Passionately Working Towards Making India Smart & Digital MapMyIndia is a great alternative to Google Maps pioneering in the creation of digital maps in India Also experience Advanced 3D maps, Navigation, IoT Tracking & Location Analytics.



Bringing Care to Health

1mg
"B'coz you are important"

⑩

Founder : Prashant Tandon, Gaurav Agarwal, and Vikas Chauhan (2013)

Users : 1000+ cities from licensed and verified pharmacies.

1mg is an online pharmacy and healthcare apps which allows users to buy medicines, book lab tests and schedule health check-ups.

Conclusion

Thanks to the strong sentiments around 'Vocal for Local', these apps are seeing not just more downloads but also greater interest from advertisers.

Experts say the growth for this segment has begun and is here to stay.

#Made In India
#Vocal For Local

-Vishal Shah

21



TRAVEL BLOG

GOA – Kyun ki... Dil Chahta hai!

Goa one of India's most popular highlights on the Western coast, the perfect blend of a hippy-paradise with swaying palms, rich heritage, scenic beaches, lively nightlife, and tropical surroundings. The Portuguese invaded Goa in 1510 and lasted for about 450 years, however in 1961 the Indian Army invaded and annexed Goa after a 36 hour battle, and the rest as they say... is history.

Where to stay?

GOA known as North and South Goa; the former being the place for a "happening" holiday, and the latter for a more relaxing respite from your hectic lifestyle. There is no dearth of accommodation here. From lavish resorts to pocket-friendly hostels or guest houses, you can find several options to suit your needs. However, if you are planning a trip during peak season, most of it will be occupied, and the prices will touch the sky, so book your hotel stay in advance.

How to reach there?

Goa is well connected with the rest of the country by flights, train, and road. I highly recommend taking a journey through Konkan Railway. You will see breathtaking falls and mist shrouded lush green jungle on this route.

Best Time to Visit

The appropriate time to visit is during winters (November to February). You can relax on the beaches, attend numerous music festivals, celebrate Christmas and New Year, and indulge in water sports. Do not miss the chance to visit during Carnival and International Film Festival mania. It will make you go bonkers and lost in the vivid colour celebration and honouring off-beat cinema from across the world.

Currency – All major currencies are accepted | **Language** - Konkani, Marathi, English and Hindi.

What to eat/try?

Goan cuisine and drinks are consumed at a typically laid-back pace, where you can spend couple of hours lounging in a sand-blown beach bar or on a palm-shaded restaurant terrace. Also, do try exciting drink which looks like a mere glass of water, but it is actually a cocktail of lemonade and alcoholic cashew feni (or fenny).

Some of the Recommended Places are Thalassa [La Plage] [Mum's Kitchen] Lila Café and Sita Pure Veg

What & Where to shop?

Goa market is perfect to unleash the shopaholic within you where you can pick up variety of beach wear, cashew nuts, Feni, local handicrafts, hats and if you like hippie stuff then some of those accessories.

Famous shopping places are Arpora Saturday night Flea Market | Panjim Market | Mapusa

Market Top places/things to see/do when you are in Goa See

1. Beaches

North Goa offers vibrant beaches like Baga Calangute, Anjuna, Arambol, Vagator and Candolim that necklace the northern coastline with tons of shacks buzzing with life, serving lip-smacking cuisines with cocktail & mocktail parties.

South Goa is rather mellow, with serene beaches like Colva, Palolem, Agonda and Galgibaga which are cut off from the world, but worth for some peace and quiet.

2. Forts

Chapora Fort aka Dil Chahta Hai Fort. Located on top of a hillock with slopes on all sides offers splendid views of the adjoining Vagator beach and overlooks the Arabian Sea from all angles.

Fort Aguada: Standing at the mouth of River Mandovi, presents a majestic sight. The colossal fort dates back to 1612 and is considered to be among the most iconic forts in Goa.

Other Noteworthy places to visit are Dudhsagar Waterfalls, Basilica de Bom Jesus in Goa and Se Cathedral Church. Some of the Nights Clubs like Club Tito's, Club Cabana, LPK Waterfront, Café Mambo, & Silent Noise Club.

Do

1. Indulge in water sports and Dolphin spotting: Diving, catamaran sailing, jet skiing, parasailing, and windsurfing, Dolphin circling in action tours keeps your heart racing and lets out the adventurer in you.

2. Try your luck at Casinos: The casinos feature several games with live entertainment and unlimited food and drinks while cruising on the high seas. Best casinos are Deltin Royale, Deltin Jack, Casino Carnival and Casino Pride.

3. Sunset Cruise: an hour-long trip, sailing down the river Mandovi with a wonderful experience of evening sunset and mesmerizing night view. During the cruise, you will get to enjoy Goan folk dance, Dekhni and Fugdi.

Interesting Facts

- It is the smallest state of India but has the highest per capita income
- Asia's only naval aviation museum is at Goa.
- The first medical school of India was established in Panaji, Goa
- Goa has a forest cover of 33% of total land mass.
- Goa offers Asia's first launch Floating Casino at Panaji.

- Vishal Shah

LIFESTYLE SURVEY

What is your proudest accomplishment during this lockdown?



10%
Video calling everyone in my contact list

16%
Getting acquainted with the walls

23%
Avoiding getting out of bed

21%
Nerding out on books and documentaries

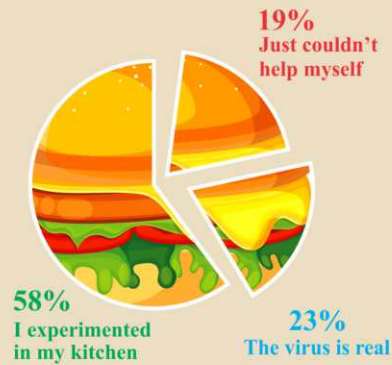
30%
Cooking up a storm

SALES

What genre of shows and movies are most recommended to you on Netflix?



Did you finally give into temptation and order food from a restaurant?



I would be a millionaire, if I got a penny for every time,



10% My mom asked me to fill the bottles

52% I daydreamed about taking a vacation

23% I opened the fridge expecting something new

15% I forgot why I entered a room

What trends are you guilty of falling prey to during the lockdown?



How many times was your video on during a work call?

19.2%
Nah! I did not even connect the camera

19.2%
It was a gamble

43.8%
I always look



Took 15 minutes before the call to look presentable
17.8%

The night before going back to the office, what thoughts would be running through your mind?

1%
Wait, I do not get another clap line?

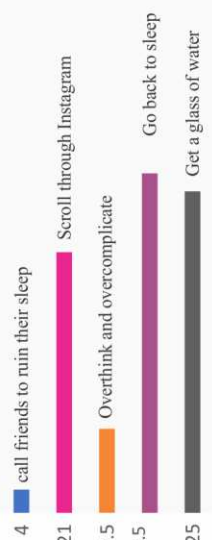
38%
Can't wear pyjama while working anymore

51%
All of the above

10%
Finally talking to people without asking 'can you hear me?'



When you wake up in the middle of the night, you



- Abhilasha Dhake



CLIFTON VARGHESE



MINAL GAJARE



SEEMA MAHTO



ABHILASHA DHAKE



DHANSHRI SWAMI



VISHAL SHAH



POOJA PAREKH