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FROM THE MD'S DESK

Dear Colleagues,

It gives me great pleasure to be part of the Archi Medes Family.

I wish every member of the family a great present and future at Archi Medes.

Archi Medes is the only organisation in India who can proudly stand out and say that we are "specialists in building healthcare infrastructure in India through scientific architecture".

Unlike many trades, understanding hospital / healthcare architecture requires in-depth knowledge about medical practices along with building codes. It is like an architect doing half medicine to achieve the desired results.

I appreciate & proud to be part of such family where learning is continuous and the respect in the industry growing with time from project to project.

We all at Archi Medes have a dream to make ArchiMedes a Global entity with maximum numbers of Indian Doctors working worldwide including the developed countries like US & Europe.

This News Letter is to share what we commonly understand, innovate, achieve & celebrate in the process of building good hospitals for the humanity.

I wish you all again the very best and look forward to see newer milestones together as a family

Sincerely Yours,

Sasidhar Cherukuri

Archi Medes Philosophy



During the last one and a half decade, the healthcare industry in India, as well as in the other parts of the world, has witnessed astounding growth which is unprecedented in scale, speed and complexity. Development of new medical technology; new research findings and acquisition of greater understandings of patients' needs and experiences; the rapidly increasing market demand for high quality, sophisticated healthcare services; lightening speed advancements in information technology coupled with the softening of national and international boundaries with respect to knowledge transfers; new findings, experiences and innovations in healthcare facilities operations and management methodologies; the opening up and steady growth of the healthcare insurance sector all these developments have fuelled the rapid growth of this industry.

It is against this backdrop of mindboggling and exciting advancements in medical technology and healthcare delivery methodologies that we at Archimedes commit to provide quality healthcare facilities planning and design consultancy services comparable to the best in the industry anywhere in the world.

We believe that every facility, however large or small, possesses its own unique characteristics and must be understood from a holistic perspective. It is our endeavor to pool in our *multi-disciplinary* intellectual resources to provide our clients with the most appropriate recommendations and design solutions specifically tailored to each client's needs and objectives. We strongly encourage active participation of not only our co-professionals and subconsultants but also that of our clients and

end users throughout the project planning, design and implementation process.

We acknowledge and address the complexities of financial planning, functional space programming, medical architecture and the myriad issues pertaining to operations & management of any healthcare facility. It is our endeavour to address the entire spectrum of these issues through a well integrated and well-informed approach. We lay great emphasis on pre-design analysis of project feasibility, market demands, regional epidemiology, technological and social environment of the region in which a project is conceived.

Extensive research and studies have established beyond doubt that the ambience of a healthcare facility plays a largerthan-life role in the healing process. The physical environment of any facility has a profound psychological impact on the users. It is with this awareness that we at Archimedes lay special emphasis on designing interior and exterior spaces that elevate the human spirit. Carefully crafted spatial volumes, building forms, pleasing colors and textures that soothes the senses are what we strive to achieve in our projects.

Our Infrastructure

Archi Medes (I) Consultants Pvt. Ltd. Offers specialized consultancy services having presence across the country in Healthcare Architecture, has offices in Ahmedabad, Delhi and Bangalore. Our human resource is an all-star workforce that not only epitomizes our company's mission but also has the skills to realize it. We provide quality architectural designs, with the support of highly specialized Architects, Architectural Assistants, Interior Designers, 2D & 3D Visualisers, Project and Construction Management Engineers, Doctors and support staff known for quality and professionalism.



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World's Beautiful Hospital

Sharp Memorial Hospital, San Diego, CA, USA



Often compared to a high-end department store or hotel, this hospital's design is a sharp contrast to the sterile white walls and big bulky equipment that often comes to mind when we think of large medical



facilities. Equipped with a separate set of elevators for patients or medical staff and the public, as well as a rooftop garden, all private rooms with pull-out couches for guests, and museum-quality paintings adorning the walls, patients and their families may be tempted to stay longer just for the fun of it.

- Compilation - Sridhar

Innovations in Industry

Kinetic Glass (Living Glass)



The fact that your home was looking out for your health would be a pretty comforting thought. Living glass does just that by monitoring CO2 levels in the air around you.

Living Glass, which was developed by architects Soo-in Yang and David Benjamin, is a smart material is a transparent surface that automatically opens and closes gill-like slits in response to human presence to control the air quality in the room.

The surface is embedded with wires that contract due to electrical stimulus. This allows the 'gills' to regulate air quality by 'breathing the air'.

Carbon Fiber



Carbon fiber is an extremely strong, lightweight material. It's five times as strong as steel, two times as stiff, yet weighs about two-thirds less.

Carbon fiber is made up of carbon strands that are thinner than human hair. The strands can be woven together, like cloth, and then that can be molded to any shape you might want. In addition to being strong, carbon fiber is also flexible, so it's the perfect material for construction projects in areas with that are exposed to hurricanes and tornados.

Self Repairing Cement

It may seem that most of these materials have been designed to replace concrete, but cement is itself still evolving. New self-healing cement is currently being developed which has the ability to repair its own cracks.

This cement is mixed with microcapsules that release a glue-like epoxy resin that will automatically repair any cracks that form in the sidewalk or roadway. In addition this cement will have the ability to regulate heat. Phase-change materials that can absorb or release large amounts of heat



have also been included in the ingredients.

With this material we would be able to save energy by developing buildings that can control their own temperature, and save money on repairs as well.

- Ram Avatar

Role of Colour

Colours impact our lives in more ways than one. Manifested in all seven forms of art, colours play a key role in brand recognition and remind us of places - Airports, Hotels, A Holiday, Modes of transport and festivals. While colours of the sky, the trees and the flowers bring us closer to nature, each colour carries with it a specific memory, feeling and a power to influence. So, when asked what comes to their mind when they think of **Hospitals**, most people talk about a peculiar smell, the openness or darkness of that space and a particular mention of colours

Hospitals wall are usually covered in colour such as **White**, **Green**, **Blue**. There is an explanation behind these choice.

White is the most common colour to be seen on a hospital wall. And that is due to the peaceful and calm mood it provides. Other reason for choosing it is the fact it denotes cleanness. It implies sterility. Which has the effect of making patients feel reassured .That is why Doctors and Nurses wear white uniforms. Blue & Green are considered to be the most relaxing and refreshing colour. Promoting peaceful atmosphere which encourages concentrations.

Designers, Psychologists & feng - shui experts they all tend to consider that shades of blue & green make us feel calmer, more balanced and less emotional. Because green has calming effect on our nerves. The surgeon wears green scrubs for the same reason.

- Rupali

4,600-year-old pyramid restored



Leading international engineering and preservation firm CINTEC Worldwide has completed a complex restoration project at the Pyramid of Djoser in Egypt. The company was called upon by the High Council of Egyptian Antiquities after the pyramid - which was completed in 27th century BC - was threatened by collapse.

The Pyramid of Djoser is a step pyramid and was built by the vizier Imhotep for Pharaoh Djoser. It originally comprised of six mastabas (rectangular, flat-roofed tombs) stacked in decreasing size to a height of 62m. Clad in polished white limestone the pyramid measured 109m x 125m at the base and was designed to facilitate the Pharaoh Djoser to a successful afterlife. Beneath the pyramid structure is a 6km network of tunnels.

French architect Jean-Phillipe Lauer was the first man to excavate the pyramid and reconstructed sections of it for architectural and archaeological study however a severe earthquake in 1992 caused significant damage to the pyramid and the burial chamber partially collapsed. As a result the central chamber was also in danger of collapsing. The burial chamber had been comprehensively robbed by the time it was discovered by Lauer. After Pharaoh Djoser was laid to rest his in his burial chamber its one opening was closed

with a 3.5tonne block of granite. Internally the vault was constructed of four courses of granite and Lauer gauged that alabaster existed previous to this.

To save what's left of this monumental structure, CINTEC used its Waterwall technology of self-inflating air-filled bags to prevent the ceiling collapsing and strengthened the central chamber with its patented anchoring and reinforcement system. "Though each project presents a different set of challenges, CINTEC uses solid engineering principles and creative thinking to develop effective restoration solutions," said Peter James, Managing Director of Cintec Worldwide. "We are very excited to have applied our expertise to the Step Pyramid project."

Inspiring story of Naresh Fulan

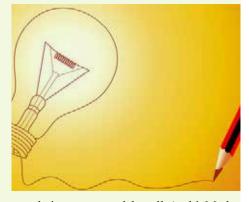
Mr. Naresh Fulan is a 36-year-old young man from Rajasthan. He worked as a cook in a small hotel before joining Archi Medes. It was first time he saw a computer in his life after joining Archi Medes and initially was even afraid to touch computer. He got appointed as an office boy in Archimedes in 2006.

Mr. Naresh use to serve tea, clean tables and do other housekeeping work. During that time he developed interest in computer work. He was very curious to know more about the work and even learned how to work in excel spreadsheet.

Looking at his curiosity, Archi Medes team suggested him to do course in Autocad. Mr. Pranav Gandhi helped him get admission in Khodiyar CAD Center in 2012. Every morning from 7 0'clock till 8 o'clock he use to learn Autocad and then come back to the office. He completed the Autocad course in 2 months.

Slowly the courage of Naresh began to grow. He used to give opinion looking at drawing and was glad to see if he had given a right one. It is amazing to know that he had designed his own home.

Mr. Naresh had an ambition to grow and had a very hard working character, so he



was being supported by all Archi Medes team.

With hard work and determination, Mr. Naresh became a draftsman in May 2013. Today Naresh enjoys his job and we wish that he crosses all the milestones and get more success in life.

Mr. Naresh remembers all Archi Medes team for their extended support towards him for his successful journey.

From this we get a clear message that Archi Medes supports those who are dedicated, determined, and oriented for their life to become a successful professional. As in the words of Babe Ruth "It's hard to beat a person who never gives up."

- By Binu Sarath Babu

The One Who Always Fears, Have Tears

"I will loose my job", "My partner is going to betray me in my profession", "and I will have loss in my business", "Income tax officers are going to raid on my company".

Which are Illusion of life these types of above feeling when comes in anybody's mind, He/She starts fearing and feels like I cannot handle any task.

These Problems results in tensions in one's mind, due to which one starts Loosing the immunity and diseases like cancer, heart attack etc. may happen."

These are the things which makes us weak and stops from moving on. We loose our confidence and this makes our mind weak and we gain diseases like heart problems, blood pressure problems etc. Due to all these things, one may also loose the position he/she is actually standing on. So, one should always think to avoid these dizzy feelings which comes in our mind, because thinking for the future is good but making our lives bitter and ourselves as a diseased one cannot make our future better.

- By Anil Prajapati

Green Building for Sustainability

Green Building is a design and construction process that promotes the economic health and well-being of your family, the community, and the environment. A smart step toward economic rewards, Green Building also has positive social and environmental ramifications that assert commitment to the future and the way we live for years to come.

A green building is designed to conserve resources and reduce negative impacts on the environment-whether it is energy, water, building materials or land. Compared to conventional construction, green buildings may use one or more renewable energy systems for heating and cooling, such as solar electric, solar hot water, geothermal, bio mass, or any combination of these.

Green Design for Sustainable environment

This is a term used in the building, furnishings, and product industries to indicate design sensitive to environmental-friendly, ecological issues. Sustainability design components towards achieving ZERO ENERGY ARCHITECTURE

Sustainability design components can be broadly described as below:

- Regional aspects, climatic response, Building Orientation and Massing
- 2. Site Specific criteria & use of recycled materials
- 3. Selection of Spatial Elements and Materials for Distribution centre Ware House Design for Passive Architectural Energy for cooling
- 4. Ventilation for indoor Environment
- 5. Energy Efficiency/conservation Lighting
- 6. Selection of Construction Materials (Sustainable)
- Energy Efficient Landscape Design & Native planting, Pathways, Green roof
- 8. Waste Water for recycling & Rainwater harvesting

- Ojas Trivedi

Post Tensioning Buildings

ARCHI NEWS



Post tensioning buildings are very popular in the world. In India we can find many buildings around us.

Post tensioning is an integral part of any structure and it is essential to the end-user to reduce cost of foundation, concrete of beam and slab, steel, and time of construction.

For a quality product, Standards to follow for Post tensioning installations are to be match with BS EN ISO 9001:2000 accredited and also regularly audited by third party inspection for clients and engineers for assurance that processes and products are in place properly for quality. For this process tendons are required. Tendons are placed in required position on site before concreting. Number of tendons are used as per design requirements and site conditions as follows.

1. Bonded tendons for buildings:

These systems are commonly used in all types of building structures. The ducts and anchorages are rectangular so as to maximize the eccentricity and therefore

the efficiency of the tendon at the critical points of the structure. Anchorages and ducts are available for tendons comprising up to 5/12/9 and 4/15/7 strands. Where access to the slab edge is not possible at the time of stressing the stressing access is gained using top pockets.

2. Unbonded tendons for buildings:

This system comprises of single strand anchorages and plastic coated strands - the ducts and the grouting process are eliminated. It benefits from being more adaptable on site - the strands can be deviated around service holes and curved in plan on more complex floor plates. This system is not delayed by cold weather during construction as grouting is not required.

3. Multi-strand bonded tendons:

This system is used in large transfer beams, bridges, power stations and circular tanks. It comprises of large square anchorages, circular ducts in galvanized steel or plastic and a group of strands which are stressed simultaneously.

In buildings, forming holes in post tensioned slabs, after construction, is perfectly possible providing proper methods are adopted. The positions of the tendons are often marked on the slab soffit or the top of the slab to make this easier.

Post Tensioning is becoming increasingly popular for multi storied architectural or highly serviced buildings due to the advantages it brings over reinforced concrete and it is also well suited to projects with exposed soffits or cement replacements.

- Kartik Raval

Valuing Others



Pay attention and really listen to others what they tell and what they are trying to express.

Don't make any assumptions of how they feel or how they react

Don't be destructively generous. Allow others to exersice their right of responsibility.

Sarcasm and critism is dirty fighting Don't play manuplative games. Be honest, clear and straight forward.

Be careful while using words like 'why', 'whynot' as they may be more commanding, demanding rather than requesting.

Don't be tentative; don't come to any assumptions or exgerration.

If you fight fight fair.

- Anusha



Translucent Concrete

Translucent concrete (also: light-transmitting concrete) is a concrete based building material with light-transmit properties due to embedded light optical elements – usually optical fiber. Light is conducted through the stone from one end to the other. Therefore the fibers have to go through the whole object. This results into a certain light pattern on the other surface, depending on the fiber structure. Shadows cast onto one side appear as silhouettes through the material.



Translucent concrete is used in fine architecture as a façade material and for cladding of interior walls. Light-transmitting concrete has also been applied to various design products

Several ways of producing translucent concrete exist. All are based on a fine grain concrete (ca. 95%) and only 5% light conducting elements that are added during casting process. After setting, the concrete is cut to plates or stones with standard machinery for cutting stone materials.



Translucent concrete has been first mentioned in a 1935 Canadian patent. But since the development of optical glass fibers and polymer based optical fibers the rate of inventions and developments in this field has drastically increased. There have also been inventions that apply this concept to more technical applications like fissure detection. In the early 1990s forms like translucent concrete products popular today with fine & layered patterns were developed.

- Himanshu

All About Glass

Glass in buildings controls light, saves energy provides natural lighting and harmonizes the structure with its surroundings. With tall glass buildings dottings the Indian skyline, we look beyond their sophistication and bust the myths that surround the material.

MYTH: GLASS IS NOT 'GREEN'

FACT: Glass has a high embodied energy due to which it needs to be used smartly at the right place, in the right way and in the right proportion to control solar and thermal heat in the interiors. It helps maintain an even temperature, bringing down air conditioning costs. Being completely recyclable and non-toxic in nature, it satisfies all the ecological parameters.

MYTH: CAN ANY GLASS BE USED ANYWHERE?

FACT: It's important to choose glass that gives high performance without compromising on aesthetics. High performance glass helps cut down excessive glass and brings in abundant natural daylight (instead of depending just on artificial lighting), thus reducing electricity and cost.

MYTH: GLAZED GLASS INCREASES POWER BILLS.

FACT: By opting for the right kind of glass and glazing, energy consumption can be lowered. In India, glass glazing has

become an industry in itself, with a host of companies providing a plethora of options from the type of glass used to the glazing. Glass glazing in buildings depends on individual requirements. Curtain walling, structural glazing ,bolt glazing or spider glazing ,fix-supported glazing ,cable glazing and suspended glazing are some types of glass glazing available.

MYTH: GLASS CAN BE USED ALL AROUND A STRUCTURE.

FACT: The size, quantity, and the area of glass should be relative to both the floor area and the solid wall area. In an ideal situation, the quantity of glass needs to be restricted to 30% of the surface area of the building.

PS: There are new forms of glass that can help make buildings 'eco smart', Tempered glass ,laminated glass ,coated glass and insulated glass units(double glazed, triple glazed) are some of these forms. Then there is 'gen-next' glass ,or spectrally selective glass ,which consists of 'intelligent' glass units that selectively allow and reject different wavelengths of solar radiations, resulting in a better inflow of natural light with considerably reduced heat emissions. Laminated glass ,as we know ,can reduce external noise, resulting in a calmer atmosphere inside. But the biggest advantage of using the glass is that it reduces the weight on the foundations and makes for a lighter and more sustainable building.

- Compiled by Trisha - Ref. Design Today, Oct 2009

Work Place Values

Values are the bed-rock of any organisation culture. These values produce a sense of direction for employees and guide their day-to 0day behaviour. Different organisations have different values based on their policy. But there are some intrinsic values which form or should form the base of all organisation.

All these five elements has an important value for career growth, which helps in improving performance, punctuality and minimum waste of time allow one to do a job more thoroughly, pain staking and effectively.

The courage to admit ones mistakes and to accept correction in the right spirit and it is necessary to have a open mind to new ideas and realities.



Patience and perseverence pays in the long run.It brings the mind of trying over and over again till u succeed you goal.

Giving up is one way for reaching your success.

- Anusha



Good Night's Sleep

There's nothing quite like the refreshment of a good night's sleep; conversely there is much misery which comes from a restless night. The whole of the next day can be disturbed by a bad night as the poor sleepless one drags him or herself through the day snapping at friends and colleague alike. Hopefully the problem can be solved quickly so the next night is not so bad, because entrenched bad sleeping habits may lead to serious problems.

Why do we have bad nights? In some cases it is because of some traumatic event or emotional upset which deprives us of sleeping. A good example would be if we are waiting for someone who is late coming home or we are anticipation a serious examination, or worried about some event which will occur the next day. The event may equally be something we are looking forward to, like a party or a celebration, so we cannot get to sleep for thinking about it. These bad nights are limited by the temporary nature of the events which cause them.

Anxiety is a great thief of sleep, and may settle into a pattern where the sufferer gets a bed and to sleep only to awaken in the early hours of the morning. This sort of chronic patterns may go on for a long time, and is serious health issue. Opinions differ on the best way to handle this sort of sleep deprivation. The early morning is probably no time to try to resolve the issue which is causing the concern. The immediate solution at the 2 am may be to get up and move around a little and then return to bed. ready to sleep. This method is advocated by people who have running nightmares about their problems if they just lie in bed and try to get back to sleep.

People may lose sleep because they are in greater or lesser degree of pain. Here the problem becomes medical, and is beyond the scope of this article. Suffice it to say that a whole array of medicine is out there, and should be administered by experts.

People may find it hard to sleep because they are too hot or too cold. In hot, airless conditions even a standard fan will help immensely and if there is a ceiling fan it should be set to more the air gently. Many people prefers to sleep with a window open to allow plenty of fresh air into the room, although in some place the fresh air into the room, although in some places the fresh air may be accompanied by noise and mosquitoes.

The topic of bedding is often neglected. Bed clothes should be light and lean, and in summer they should be minimal. In winter people can resort to heavier blanket, best used to heat the bed before anyone gets into it and then turned off. It is quite easy overestimating the number of blankets needed in winter.

Finally, one must consider the part that habit plays in our lives, and our sleep. People often claim they cannot sleep ion a strange bed when we settle down for the night a powerful part of us demands to feel secure, and to know that nothing has changed since last time we slept lead me to my bed!

-Rajeshwari



Mamata...an unconditional love - Sketch by Riddhi Panelia



Sketch by Krati



Architectural Puzzle

This is a very interesting puzzle, let's check your knowledge on architecture....Please identify the architects by his work, his style and character of his architecture.

NAME THE ARCHITECTS

- 1. He is the winner of Pritzker prize 1983. He is the father of modern transparent pyramid structure. He was born in China but studied at the premier universities like University of Pennsylvania, Massachusetts Institute of Technology and Harvard Graduate School of Design
- 2. He is one of the pioneer of Modern Architecture. He has explicitly used the golden ratio in his Modular system for the scale of architectural proportion. He has designed a city in India, and three of his master piece are located in western Indian city called Ahmedabad
- 3. She is the first woman architect who has won the Pritzker prize. Her design ideology and building reflects her personality and character. She is from the country which is under war from last many years.
- 4. He is a Spanish architect and sculptor who has also studied Structural design and anatomy subjects. Many of his works are based on human anatomy. His one of the building represents the human eye
- 5. He is an Indian Architect and Philosopher who has been noted worldwide for his contributions to the evolution of architectural discourse in India. He has also been awarded by "Padma shri" by government of India. He has worked with the world renowned architect "Le Corbusier"

Answers: 1. M. Pie 2. Le Corbusier 3. Zaha Hadid 4. Santiago Calatrava 5. B.V. Doshi

- Pranav Gandhi



World Environment Day 2013: 'Eat with ecology in mind'

The theme of the World Environment Day, on June 5, this year has been decided as 'Think, Eat and Save'.

The aim behind keeping this theme for the special day is to discourage the wastage of food and to promote the food loss campaign, encouraging people to reduce their food print. With the promotion of this theme on June 5, the environment lovers will persuade people to think before eating and hence contributing in saving the environment.

As per the UN Food and Agriculture Organization (FAO), every year around 1.3 billion tons of food is wasted across the world. If the similar amount of food could be saved, it could serve the whole of sub-Saharan Africa.

Environmentalists claim there was an urgent need to create awareness among people about the food wastage in the world. They said people should be made aware about the environmental impact of the food choices they make. As per the experts one-third of the global food production is either wasted or lost. Food waste is an enormous drain of natural resources and hence a contributor to negative environmental impacts.

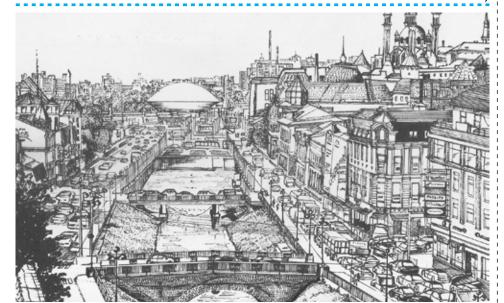
On the World Environment Day this year, the city denizens will be asked to take corrective measures right from their homes and reduce food wastage, save money, minimize the environmental impact of food production and force food production processes to become more efficient. As per the experts, every one should select foods

that have less environmental impact, such as organic foods that do not use chemicals in the production process.

Globally, around 25% of the deaths World Environment Day has received tremendous support from the public, non-profit organizations and governments around the world. Various awareness campaigns - beach clean-ups, concerts, exhibits, film festivals, community events and much more – are organized to spread the message, which is to improve the quality of life of all living beings on this planet without harming nature. All the activities of World Environment Day are carried out to spread eco-awareness and increase green footprint. Each year, World Environment Day is hosted in a different city with a different theme for one week that kicks off on June 5. A World Environment Day theme is selected along with an Environment Day slogan, which aims to emphasize the importance of protecting our planet and promote an understanding that they each individually can play a significant and effective role in tackling environmental issues.

With blogs becoming an effective means of communication, on World Environment Day, the UNEP has started organizing blogging competitions to encourage people to protect the environment. Thousands of entries were received this year from different parts of the world. After reviewing all entries, budding engineer, Ximena Prugue of Florida, USA, was declared the winner for her blog on the effects of deforestation in rural India.

- Mukesh Chaudhary



- Sketch by Pramod



- Digital art by Muralidhar

Would you be proud to wear your browser history?



Would you be embarrased if your boss or your peers saw where you've been going?

Our company allows reasonable personal use of the Internet, however there are a lot of bad things that can happen if you use the Internet irresponsibly here at work.

Harassment

Viewing inappropriate content, such as pornography, hate or violence, can create an environment that is hostile and offensive for your co-workers, and can damage our reputation.

Viruses

Visiting less than reputable websites can lead to viruses, spyware, or other malicious software getting into our network.

Service Interruptions

Large downloads and streaming audio and video can suck up network resources that other employees need to do work and service customers.

Productivity

Frequent online browsing, shopping, and chatting can get in the way of getting your work done, and often leads to resentment from your coworkers.

- Pankaj Kumar Mahato



- Sketch by Rupali



Birthday Celebrations



- Saravanan - April 9



- Bharatgiri Goswami - Feb 23



- Pranitha - May 15



- Heema Gajjar - Jan 13



- Lita Jerus - June 24



- Naresh Fulan - August 15



- Ritu - March 7



- Vaishali - July 21



- Perumalraj - July 3



- Pritish Ghose - July 2



- Shashidhar & Rajesh - June 6 & 7



- Ramakrishna - June 27



- Muralidhar - July 16



- Kavitha - nov 6



- 1st Floor Pooja