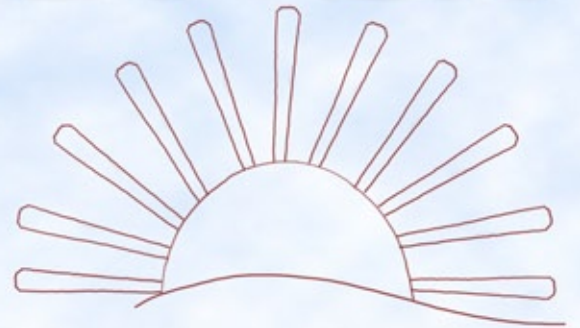




Monthly Magazine
August Edition

AQUA D' EXPRESS



Aqua Designs





MD's Desk

Dear Associates,

I would like to thank the associates who took part in the Community Development Activities on 15th of August. The inmates of the school (Panchayat Union Middle School, Poochi Albipattu, Tiruvallur District) were very much happy after the distribution of the Geometry/Pencil boxes to all the children. The teachers welcome the move of using the computer donated by Aqua Designs to teach the children on various topics. Our associates will be visiting the school on weekly basis to study & cater to the needs of the students on various subjects.

The internal audit was conducted in our office in a very elaborate way with the help of Mr. Prabakar and it has opened many avenues for continual improvement. I request all to submit the corrective action plan with time frame.

Regarding projects we need to successfully close most of the ongoing projects before 15th of October & I can see the teams working towards it.

Wishing You All The Best

Regards,



S. Subakar
Managing Director

CONTENT

MD's Desk	1
Organisational News	2
HR News	2
Projects	3
Plans for Personal Excellence	3
Do You Know ?	4
MBR based Sewage Treatment	6
Mother's love	7
New Comer In Aqua Designs	7

Organisational News

The First Internal Quality Audit of this financial year has been initiated. Our Management has decided to conduct the audit in an elaborate manner with the experienced auditors as a way forward for continual improvement for both the organization and individual. The main aim of conducting internal audit is to develop systemization & continual improvement.

“Internal Audits are a Quality Management System’s best friend. Audit findings lead to great improvement in the effectiveness and efficiency of the system”

HR News



As a part of Community Development Programme, Aqua Designs has celebrated the 60th Independence Day in a unique way by Planting 60 Saplings in a Panchayat Union Middle school. We have taken the initiative for their exposure to the computer era by presenting a System with numerous facilities like teaching aids & even to play nursery rhymes in the regional language for them to understand well. We also distributed Pencil boxes & Geometry Boxes for all the school children during the occasion. The enthusiasm & joy expressed by the children knew no bounds on this gesture exhibited by us



PROJECTS

Visteon

A fortune 500 company in India established in the march 1997 as a JV of Visteon corp, USA Visteon Automobile system private limited., (VASI) has established as a key player in the market, in a short span of 5 years. They are the primary suppliers of auto component to Ford India and also a key supplier to Maruti Udyog and Toyota Kirloskar motors. Aqua Designs has installed a water treatment plant with UF/RO and the plant is under commissioning.

Plant: Ultra Filtration with Reverse Osmosis System

Asian Paints

Asian Paints becomes the 10th largest decorative paint company in the world. presently in 23 countries with 27 manufacturing location over 2500. Asian paints aim to become the 5th largest decorative paint company in the world. Aqua Designs has installed an effluent recycling plant where the commissioning is going on.

Plant: Effluent Recycling Plant

United Breweries

United Breweries Limited, the flagship company of the UB Group, the Beer business has gone on to become the undisputed 'king' in the Indian beer market. Quality and hygiene are the key elements of the United Breweries' manufacturing philosophy. To this end, the Central Scientific Laboratory (CSL), headquartered at Bangalore sets standards for all its breweries. Aqua Designs has successfully installed a WTP at United Breweries Limited – Rajasthan.


Plans for Personal Excellence

Decision Making Skills



Decisions are an essential part of life and decision makers are responsible for making a judgment. Making a decision takes you through a whole process of initial deliberation to the final implementation. Reaching the right decision in every situation is an ambition that is well worth striving to achieve.

A decision is usually a choice between various feasible alternatives. Making a decision raises the pros and cons between the courses of action for which a choice has to be made. You make many decisions throughout the tenure in an organization and experience the consequences of those decisions. If a project does not get completed or runs into problem, then it is part of the learning process.

Components of the decision – Making Model 

1. Learn about process:

The first component of the model is an opportunity to determine an individual's needs, wishes, characteristics, strengths, weaknesses etc., before making any decision it is a learning process.

2. Generate Choices:

The second component of the model provides an individual with an opportunity to expand this list of choices and possibilities before making a decision that affects his life.

3. Develop/Know Criteria:

The third component of the model allows an individual to analyse or evaluate all his choices to identify what he likes or does not like about each of

them. Here, the pros and cons of the decisions are identified.

4. Set Goals

The fourth Component of the model is an opportunity to envision the final outcome of one's decision.

5. Make a plan

The fifth component of the model is about answering the question of how the goal will be realized. Planning involves breaking down the goal into manageable, action-oriented steps.

6. Monitor Progress:

The decision model does not end with acting on the plan. While acting on the plan, information may be discovered, events may happen, energy may dwindle all kinds of things happen when carrying out a plan. The final step in the model provides an evaluation point in the decision process and establishes a direction for what to do next.

A person's success in a decision is not defined by the completion of project or an activity. It is defined by whether he has experience and evaluated the consequences for his decisions while participating in the decision making process.

Do You Know?



Water Fasting

Fasting in its strictest sense is the total abstinence from anything considered food, and that's anything but water. There are modified fasts such as a juice fast, i.e.,

consuming nothing but fruit and/or vegetable juices or a fruit fast, consuming nothing but raw fruits.

The meaning of fasting consists, in the first place, in abstinence, in self-denial, in forcing oneself to do not only what is pleasing to our body and soul. The

meaning of fasting lies in controlling one's egoistic desires, in submission to something other than the continuous dictates of the self-loving ego.

There are different kinds of fasting, among them - water fasting. Apart from what has been stated above, water fasting is a powerful tool for cleansing toxins, losing weight and self-reflection.

The benefits of fasting

Throughout history fasting has been used for cleansing the mind, body and soul. Most religions believe in fasting during times of prayer and meditation. There are different types of fasts that people can do. The most common fast is done for cleansing.

Impurities naturally accumulate in our bodies due to diet, lifestyle, environmental factors and normal metabolic function. Regardless of the reason, it is vitally important to remove them to lower the toxic damage that might occur. While digesting food, the body uses most of its energy to process the nutrients that are in the food. During a fast, the body can take a break from this process and can more easily fight infection and can then help the body purge toxins that have been stored up in the cells over time.

Digestion uses about 50% of our vital energy to breakdown the food we ingest. The remainder is used for every other life operating process. Therefore, when one fasts, greater amounts of the energy resources are available for bodily hygiene. Fasting is a wonderful way to expedite the ability to transition with more ease.

During fasting, the mental and physical senses are heightened, and often there can be a feeling of euphoria, especially during longer fasts. This is due to the elimination of the emotional dependence on food, exclusion of stimulating foods like caffeine, processed sugars and trans-fatty acids, all of which can have a devastating effect on delicate emotions. The spiritual benefits of fasting may not be scientifically documented but they are numerous. It prompts us to prayer which is communion and fellowship with our creator. That communication opens us to hear His calling on our lives, or the

answers we may be seeking in a questionable situation are much clearer.

Benefits of water fasting

During water fast, all food intakes are stopped and only purified water is drunk.

Healing: Water fasting cleanses the body aggressively removing toxins rapidly. Water fasting can be more beneficial in combating more persistent forms of cancer as it cleanses the tissues aggressively.

Weight-loss: Together with juice fasting, a few days on water occasionally will intensify the fast and assist with weight-loss if you have a slow metabolism.

Tips on water fasting

- Water fasting demands mental preparation. If you are fasting for the weekend clear the calendar. The less pressure and responsibility you have during water fast the better.
- The week before your fast, drink fresh juices and eat mostly raw fruits and vegetables to cleanse the body so that the detoxification during water fasting will be less aggressive.
- Avoid water straight from the faucet. Distilled water is the best for cleansing because of its inherent, magnetic properties and ability to absorb and suspend large quantities of toxins, flushing them from the body.

To ease into water fasting, we recommend juice fasting with periods of water fasting. For example 3 days on juice, 2 days on water, 5 days on juice, then 3 days on water. You can juice fast when you have to work and water fast on the weekend when you can rest.

A word of caution

- Water fasting is not recommended for a first fast as toxins are released into the blood very quickly. This can be a problem if you are toxic and have never fasted before. The quicker your

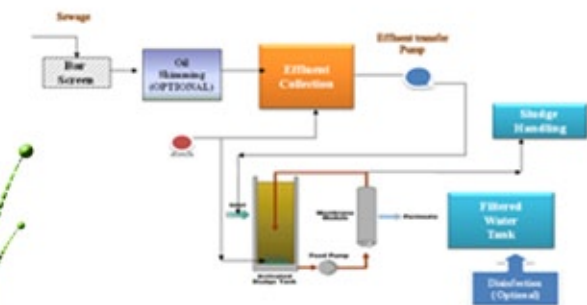
metabolism the harder it will be to water fast. If your metabolism is slow you will usually find water fasting easy, unless you are toxic.

- It is not advisable to water fast under the conditions of hyperglycemia, hypoglycemia, schizophrenia or a chronic heart condition.

Be careful of dizziness and black outs. The heart is resting as much as it can during water fasting. Before you stand up, take one or two deep breaths to get the heart pumping. If you start to black out, sit down or crouch down on one knee.

Next Generation – MBR based Sewage Treatment

Aqua Designs has always been in the fore front of global technology in the field of water and waste water treatment. As a part of continual efforts, to introduce the latest technology in the field of sewage treatment, Aqua Designs has already successfully installed a MBR based Sewage Treatment Plant in a software park near Chennai and it is operational for the past one and half year. Aqua Designs is also poised to receive some more prestigious contracts and will be shortly establishing more MBR based STP units.



MBR technology is a radical different approach to sewage treatment from the conventional system. Conventional systems rely on microbial degradation followed by settling mechanism to separate the biomass from the treated water. MBR technology involves utilizing latest generation membranes giving UF range to separate the biomass and produce a treated water quality that is far superior than conventional system. In layman's words, MBR

involves an absolute barrier filtration using 0.02 micron rated membranes. The function of the membrane is to extract out good quality water from the mixture of biomass and water present in the Aeration Tank. As this system can handle much higher levels of biomass in the Aeration tank, it makes the plant very compact, produces a highly digested sludge which can be easily treated and used as manure. The treated water from the MBR can be recycled to several utility applications, toilets and gardening.



MOTHER'S LOVE

When you were 1 year old, she fed you and bathed you. You thanked her by crying all night long.

When you were 2 years old, she taught you to walk. You thanked her by running away when she called

When you were 3 year old, she made all your meals with love. You thanked her by tossing your plate on the floor.

When you were 4 years old, she gave you some crayons. You thanked her by colouring the dining room table.

When you were 5 years old, she dressed you for the holidays. You thanked her by plopping into the nearest.

When you were 10 years old, she drove you all day from soccer to gymnastic to one birthday party after another. You thanked her by jumping out of the car & never looking back.

When you were 15, she came home from work looking for a hug. You thanked her by having your bedroom door locked.

When you were 20, she asked whether you were seeing anyone. You thanked her by saying "It's none of your business".

When you were 25, she helped to pay for your wedding, and she cried and told, how deeply she loved you

You thanked her by moving halfway across the country.



When you were 30, she called with some advice on the baby. You thanked her by telling her, things are different now.

When you were 40, she called to remind you of a relative's birthday. You thanked her by saying, you were "Really busy right now".

When you were 50, she fell ill and needed you to take care of her. You thanked her by reading about the burden, parents become to their children.

And then, one day, she quietly died. And everything you never did came crashing down like thunder on your HEART.

IF SHE'S STILL AROUND, NEVER FORGET TO LOVE HER. MORE THAN EVER.

AND IF SHE IS NOT, REMEMBER HER UNCONDITIONAL LOVE AND PASS IT



ON....

ALWAYS REMEMBER TO LOVE THY MOTHER, BECAUSE YOU HAVE ONLY ONE MOTHER IN YOUR LIFE TIME!!!!!!



New Comer In ADIL Team



Standing L to R:

- Bhaskar Asst Manager – Accounts
- Suthakaran Executive – Stores
- Thiagarajan Engineer Trainee - E & I
- Karthi Electrician – E&C
- Kalaivendan Electrician – E&C
- Justin Kanagaraj Sr.Executive – Accounts
- Anandhan Executive – Purchase





Aqua Designs India Limited
BRINGING PURITY TO YOUR LIFESTYLE

"DO ME A FAVOR,
BE A WATER
SAVER!"

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