

from register summary in page 327 of the ATmega32 datasheet:
we find that the memory-mapped locations of each DDR are as shown in the table:

Register	Memory-mapped address
DDRA	0x3A
DDRB	0x37
DDRC	0x34
DDRD	0x31

\$1B (\$3B)	PORTA
\$1A (\$3A)	DDRA
\$19 (\$39)	PINA
\$18 (\$38)	PORTB
\$17 (\$37)	DDRB
\$16 (\$36)	PINB
\$15 (\$35)	PORTC
\$14 (\$34)	DDRC
\$13 (\$33)	PINC
\$12 (\$32)	PORTD
\$11 (\$31)	DDRD
\$10 (\$30)	PIND

2. SRAM vs Flash:

Feature	SRAM	Flash
Volatility	Volatile Memory	Non-volatile Memory
Usage	Variables	Program code
Speed	Fast	slower
Lifetime	Unlimited runtime use	High endurance
Modified During Runtime	No	Yes