

<u>FEI DUNIYA</u>





A PUBLICATION OF FEI CARGO LIMITED

FEI Duniya • Mumbai • Vol 5 / Issue 11 • April 2013 • Free Distribution

Quarterly Special

Rise above it!



LYING

JUDGEMENT CRITICISM



NEGATIVITY

INSECURITY

DOUBT

GOSSIP

INDIFFERENCE

INSULTS



CEO's Message

Hello friends,

My journey as a leader began in the year 1984 much before the birth of FEI. Adding another 24 years as a leader of FEI, my leadership skills have been polished through my own experience and by observation of others. Leadership is about sizing up the situation and constructing the appropriate suspense.

Let me explain some of the skills acquired.

TRUST: The most critical aspect is the ability to build trust on your team mates, irrespective of their position or designation. One good example of establishing trust is to lead by consensus than by command.

PERFORMING LEADER: There is a craving among every member of a team, at all levels, to see a performing leader. It is the leader's responsibility to motivate every teammate.

CONTRIBUTION NOT DESIGNATION: The former US President John Quincy Adams said "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." Ability to lead and contribute at the highest level, without carrying the tag of 'Captain' or 'Leader', is a trademark of a great leader.

MANAGE EXPECTATIONS: This is possibly the greatest challenge that every leader faces. You need to be consistent with your behavior, position on issues and your performance to exceed all the expectations which are made on you.

FAILURE AND THE FEAR FACTOR: Leaderships come with its own set of challenges. Decisions, big and small, backfire and as a leader you have to be able to take ownership and live with the decision made. Don't be afraid to fail, be afraid of not trying at all.

GUARDIAN OF VALUES: As a leader, you do not just represent your team, you represent FEI Family. A leader is the custodian of its values and associated behaviors in any organization or team. His or her behavior must be beyond reproach. The greatest joy for any leader is to see his young wards succeed in whatever realm they are part of – this success has to come while not compromising on our agreed value system.

Leaders and captains are found in the context of their team and environment. Each of you can bring out the leader in you – as the famous quote goes "Do not follow where the path may lead, instead lead and let the path follow.

Best personal regards, Pratap Nair

Junior Speak

Dear friends,

While in the USA, I read a very interesting article in the office of a company on whose tour bus we were travelling. I thought it was perfect for me to share it with you all since this is the start of a new financial year for us in India.

I don't know if you have read this before on the internet but I am sure it will be of help to all of us.

It has often been said that employees rarely quit companies. Instead, employees quit their managers or supervisors by leaving the company. Increasing positive feelings and reducing negative feelings will go a long way towards improving employee association.

Don't get angry or be rude and unfriendly. - Getting angry is easy. Anyone can do that. But getting angry in the right way in the right amount at the right time, that is hard. Your team will judge you by your actions, moods and behavior, not by your intent.

Don't send mixed messages to your employees or fool your team. - Keep your message simple, focused and prioritized. Don't hide information or say things you don't believe in.

Don't avoid taking responsibility for your actions. - You are the boss and are accountable and the buck stops with you. Lead by example.

Don't jump to conclusions without checking your facts first.

A few years ago, I watched in horror as a colleague of mine started screaming at an employee of his who had missed an important meeting that morning. After several minutes, the employee responded: "I apologize and should have contacted you. But, I just got back from the hospital as my mother has been diagnosed with terminal cancer."

Now here are the dos, which are even more important than the don'ts...

Do what you say you are going to do when you are going to do it. - There is no better way to communicate that you are accountable for your promises. Be responsive and return phone calls or emails on time.

Do publicly support your people. - Your disagreements and disappointment with your employees can be communicated later and in private. Nothing appears so hollow as your attempt to blame your team for failures.

Do recognize your team. - You can never underestimate the power of simple recognition for a job well done.

Do smile and laugh. - Have some fun. Be genuine; programmed fun and faked laughter is worse than doing nothing. When appropriate, laugh at yourself; it will humanize you.

I think most of us do all of the above and miss a few of them. By making an effort, I am sure all of us can carry out the do's and avoid the don'ts.

Also, ICE Awards is just around the corner and all of us together are better than any of us alone. So please come ahead and assist wherever you can

Best of luck to all of us for this year to better what we did last year.

Respectfully, Abhijeet

Index

Life Skills 04	Yoga Corner22
Lessons for Life 05	Remembering Shailaja 24
Story Corner 06	Hats off PKR ji25
Inspiration Corner	Tribute to Womanhood 26
H.R.Corner 10	Handy Hints Corner 28
Humour Corner 12	Did You Know? 30
Attitude Counts 14	Kid Zone 31
FEI & SNF Activities 15	Festival Corner 32
Wisdom Corner 16	Chef's Corner33
Poetry Corner 17	FEI Duniya34
Poetry Corner 17 Spiritual Corner 18	FEI Duniya 34 News Corner 36

Life Skills



That's Not My Problem

A mouse looked through a crack in the wall to see the farmer and his wife opening a package; what food might it contain?

He was aghast to discover that it was a mouse trap!

Retreating to the farmyard, the mouse proclaimed the warning, "There is a mouse trap in the house, there is a mouse trap in the house."

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell you this is a grave concern to you, but it is of no consequence to me; I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mouse trap in the house."

"I am so very sorry Mr. Mouse," sympathized the pig, "but there is nothing I can do about it but pray; be assured that you are in my prayers."

The mouse turned to the cow, who replied, "Like wow, Mr. Mouse, a mouse trap; am I in grave danger, Duh?"

So the mouse returned to the house, head down and dejected to face the farmer's mouse trap alone.

That very night a sound was heard throughout the house, like the sound of a mouse trap catching its prey. The farmer's wife rushed to see what was caught.

In the darkness, she did not see that it was a venomous snake whose tail the trap had caught.

The snake bit the farmer's wife.

The farmer rushed her to the hospital.

She returned home with a fever. Now everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

His wife's sickness continued so their friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

The farmer's wife did not get well, in fact, she died, and so many people came for her funeral. The farmer had the cow slaughtered to provide meat for all of them to eat.

So the next time you hear that someone is facing a problem and think that it does not concern you, remember that when the least of us is threatened, we are all at risk.

Lessons for Life

Run your own race

I was jogging one day and I noticed a person in front of me, about a I/4th mile ahead. I could tell he was running a little slower than me and I thought, well, I shall try to catch him. I had about a mile to go on my path before I needed to turn off.

So I started running faster and faster. Every block, I was gaining on him just a little bit. After just a few minutes I was only about 100 yards behind him, so I really picked up the pace and pushed myself. You would have thought I was running in the last leg of London Olympics. I was determined to catch him.

Finally, I did it! I caught and passed him by. I felt so good.

"I beat him" of course, he didn't even know we were racing.

After I passed him, I realized I had been so focused on competing against him that I had missed my turn. I had gone nearly six blocks past it. I had to turn around and go all the way back. Isn't that what happens in life when we focus on competing with co-workers, neighbours, friends, family, trying to outdo them or trying to prove that we are more successful or more important?

We spend our time and energy running after that and we miss out on our own paths to our God-given destinies. The problem with unhealthy competition is that it's a never ending cycle.

There will always be somebody ahead of you, someone with a better job, nicer car, more money in the bank, more education, a prettier wife, a more handsome husband, better behaved children, etc.

But realize that "You can be the best; you are not competing with anyone." Some people are insecure because they pay too much attention to what others are doing, where others are going, what they're wearing etc.

Take what God has given you, the height, weight and personality. Dress well and wear it proudly! You'll be blessed by it. Stay focused and live a healthy life.

There's no competition in DESTINY, run your own RACE and wish others WELL!!!

Without GOD, our week would be:

Sinday, Mournday, Tearsday, Wasteday, Thirstday, Fightday & Shatterday,

Remember seven days WITHOUT GOD Makes One W E A K

Story Corner

The chef and his daughter.

A daughter complained to her father about life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of struggling. It seemed that as soon as one problem was solved, a new one arose.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In one he placed carrots, in the second he placed eggs, and the last he placed ground coffee beans. He let them sit and boil, without saying a word.

The daughter sucked her teeth and waited impatiently, wondering what he was doing. In about twenty minutes he turned off the burners. He fished the carrots out, pulled the eggs out and then ladled the coffee out and placed them in three different bowls. Turning to her he asked. "What do you see?"

"Carrots, eggs, and coffee," she replied.

He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. She smiled as she tasted its rich aroma.

She said, "What's the point?"

He explained that each of the items had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong and hard. But after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hard.

The ground coffee beans were unique. However after they were in the boiling water, they had changed the water.

"Which are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Do you become weak, like a carrot, hard on the inside, like an egg, or do you change the circumstances, like the coffee beans?"

Lesson: There are different ways to react to hard situations.

Don't be weak or suppress things - change circumstances from within.





ANKITA CHAKRABORTHY (International Division, Mumbai)

Story Corner

Birbal caught the Thief



Once a rich merchant's house was robbed. The merchant suspected that the thief was one of his servants. So he went to Birbal and mentioned the incident. Birbal went to his house and assembled all of his servants and asked who stole the merchant's things. Everybody denied.

Birbal thought for a moment, then gave a stick of equal length to all the servants of the merchant and said to them that the stick of the real thief will be longer by two inches tomorrow. All the servants should be present here again tomorrow with their sticks.

All the servants went to their homes and gathered again at the same place the next day. Birbal asked them to show him their sticks. One of the servants had his stick shorter by two inches. Birbal said, "This is your thief, merchant."

Later the merchant asked Birbal, "How did you catch him?" Birbal said, "The thief had already cut his stick short by two inches in the night fearing that his stick will be longer by two inches by morning."



Question for Question

One day Akbar asked Birbal, "Birbal, can you tell me how many bangles are on your wife's hand?" Birbal said, "No, Huzoor, I cannot." "You cannot? Although everyday you see her hand, still you cannot tell how many bangles are on her hand. How is that?" said Akbar.

Birbal said, "Let's go to the garden, Your Majesty. And I will tell you. They both went down a small staircase which led to the garden. After reaching in the garden Birbal asked, "You climb up and down this small staircase daily, could you tell how many steps it has?"

Akbar smiled and then changed the subject.



VIVEK KRISHNAN (Corporate office)

Inspiration Corner

The value of time

Imagine there is a bank that credits your account each morning with \$86,400.

It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day.

What would you do?

Draw out every cent, of course!!!

Each of us has such a bank. Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is ticking. Make the most of today.

To realize the value of one year, ask a student who has failed his final exam.

To realize the value of one month, ask the parent of a premature baby.

To realize the value of one week, ask the editor of a weekly newspaper.

To realize the value of one day, ask a daily wage laborer who has a large family to feed.

To realize the value of one hour,

ask lovers who are waiting to meet.

To realize the value of one minute,

ask a person who has missed the train, the bus, or a plane.

To realize the value of one second,

ask a person who has survived an accident.

To realize the value of one millisecond,

ask the person who has won a silver medal at the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time. And remember that time waits for none.





SHEEN AJITH THOMAS (International Division)

Inspiration Corner

EXTRA ORDINARY STORY OF A ORDINARY GIRL

There's a saying, "when the going gets tough, tough gets going" This is a true story of my friend

Akshata, a simple but hardworking girl, shifted from Chittor to Jaipur to peruse her MBA. She belonged to a small happy family. Her father was a small businessmen, mother, -a housewife and a younger brother. Life was going good. Suddenly one day the unforeseen happened and her father passed away in a car accident, while Akshata was in her 3rd semester of MBA. They somehow managed to pay the final semester fees, but it was getting tougher day by day. Relatives turned strangers and her father's partner who was about to give them their share of business profits cheated them. They also could not claim it legally due to some gap in legal compliance.

By God's grace, Akshata got a job in Pune through college placement and shifted to Pune. The salary was not sufficient and nothing was going smooth, so she opted to leave that job and joined a KPO Job (night shift) so that she could utilize the day to make more money. She started giving tutions and selling ready made dress materials which she bought from the Jaipur wholesale market. When the response was good, she took a small shop in Pune at MG road on rent, which she and her brother managed during the day time. She worked for almost 18-19 hours a day and also travelled to Jaipur once every fortnight to get dress materials. Her hard work and dedication had to pay off. Her shop flourished! She then left the KPO job and got herself fully involved into this business.

Akshata is now a proud owner of a garment manufacturing unit where they have contracts with big brands for production of ethnic wear. She also has many outlets in malls across Pune.

Hard work, dedication, patience and positive attitude always pays off. Akshata is now married and plans to get settled in Singapore.

I wish her all the best in her life ahead!

Contributed by



BIJAYSHREE D. DEB (Corporate office)



Quotable Quotes

- Experience is the child of thought, and thought is the child of action. Benjamin Disraeli
- Don't wait for extraordinary opportunities. Seize common occasions and make them great.
 - Orison Swett Marden
- You miss 100% of the shots you don't take.
 - Wayne Gretzky
- Every artist was first an amateur.
 - Ralph Waldo Emerson

FEI Duniya Apr 2013

HR Corner

LUCK, SUCCESS AND ACHIEVEMENT...

Mr. Nair's Message for the Day GOOD MORNING FEI on 14th January 2013

"Nothing depends on Luck, everything depends on Work! Because even Luck has to Work"

I think this is an important statement which everybody has to give their thoughts to. It reminded me of a speech on LUCK and SUCCESS which I heard many years ago. Something that was said has stuck with me for all these years.

Wherever you go, you will hear this term "LUCK" that people use so casually as if it is something real, something substantial. However if this "luck" is possible to favour our expectations and could cause things to happen, then what causes luck? What is luck really?

Some people give definition to LUCK as: "That which happens to a person; an event, good or ill, affecting one's interests or happiness, and which is deemed casual; a course or series of such events regarded as occurring by chance; happening; fate; fortune; often, one's habitual or characteristic fortune; as, good, bad, ill, or hard luck. Luck is often used for good luck; as, luck is better than skill"

Chance, like winning the lottery are events, over which we have no control, other than buying a ticket. For example, the winner was "just lucky" meaning they contributed no skill or effort.

We all like to become lucky. The facts remains that you have no control over luck. But you could increase the probability of luck by increasing your chances through activities you have control over. The more opportunities you create the more chances you get and it is more appropriate to call success than luck.

It's usually others who bring you the luck. You need other people's support to achieve your goals: friends and family, colleagues employers and employees, suppliers and customers. More relationships maximize your chances. The same probability will then offer you more opportunities to get lucky. The stronger you are with knowledge and skills, the closer you will be to good fortune.

You have to convey who you are and what you want. Work on your language and presentation skills. I mean the use of words, ability to project and write clearly and simply but forcefully. Others respond to what they see and hear. So you got to show, be heard and make others feel.

You must always think:

I am smart, I am successful, I am happy and I can do it." Affirmation are ways of planting the seeds of success in your sub conscious, which helps you to think positively and to be more prepared for luck.

"Henry Ford" once said

"If you think you can, you can. And if you think you can't, you're right!"

You have a choice to make; give luck a chance to happen by practicing these habits and working harder to achieve things or simply do nothing but wait for luck to come.

Sure you can get lucky every once in a while and find an easy path to success. But will you be able to maintain that success or is it just a fluke. Will you be able to repeat it?

The willingness to do what is difficult is like having a key to a special private treasure room. Design a strategic plan which will make you very productive and concentrate on carrying out accordingly steps.

The nice thing about hard work is that it is universal and works in your favour in any situation. It doesn't matter what job you are in. Hard work can be used to achieve definite positive long term results. That is called "Achievement".

Sometimes, you will feel like attaining the goal is too tough and you can't reach it by your own. Many people out there are in the same situations with you. Don't think of giving up. You have friends and relatives by your side. Ask them for help. They will be willing to give you their hands and assist you to attain your goal. Learn to get together as a TEAM. (TOGETHER EVERYONE ACHIEVES MORE) If there is a need for time to try all possibilities, do it as well. But never forget the time management.

Enjoy your success. No matter how small it is. Just be aware that little successes stack up and become a huge one.

Always remember, "THERE ARE NO SHORT CUTS TO SUCCESS".

Mr.T.A. Samsudeen – FEI COLOMBO



HR Corner

Self Appraisal

As we are filling up the Mid Year Performance Appraisal, please read this really short and Meaningful story!!!!!! A MUST READ

A little boy went into a drug store, reached for a soda carton and pulled it over to the telephone. He climbed onto the carton so that he could reach the buttons on the phone and proceeded to punch in seven digits.

The store-owner observed and listened to the conversation:

The boy asked, "Lady, Can you give me the job of cutting your lawn? The woman replied, "I already have someone to cut my lawn." "Lady, I will cut your lawn for half the price of the person who cuts your lawn now." replied the boy.



The woman responded that she was very satisfied with the person who was presently cutting her lawn. The little boy found more perseverance and offered, "Lady, I'll even sweep your curb and your sidewalk, so on Sunday you will have the prettiest lawn in all of North Palm beach, Florida."

Again the woman answered in the negative.

With a smile on his face, the little boy replaced the receiver. The store-owner, who was listening to all, this, walked over to the boy and said, "Son... I like your attitude; I like that positive spirit and would like to offer you a job."

The little boy replied, "No thanks, I was just checking my performance and the job I already have. I am the one who is working for that lady, I was talking to !"

Are we also so sure about our self-appraisal....???

LOL Moment

Sam walks into his boss's office. "Sir, I'll be straight with you, I know the economy isn't great, but I have over three companies after me, and I would like to respectfully ask for a raise."

After a few minutes of haggling the boss finally agrees to a 5% raise, and Sam happily gets up to leave.

"By the way", asks the boss as Sa<mark>m is getting up, "which three compa</mark>nies are after you?"

"The electric company, water company, and phone company", Sam replied.



SANDESH KHALADKAR (Corporate office)

Humour Corner

Mind Blowing Interview

Interviewer: Tell me about yourself.

Candidate: I am Rameshwar Kulkarni. I did my Tele Communication engineering from BabanRao Dhole-Patil

Institute of Technology.

Interviewer: Babanrao Dhole-Patil Institute of Technology? I have never heard of this college before! Candidate: Great! Even I had not heard of it before getting an admission into it. Due to the cricket world cup, I scored badly in I2th. I was getting a paid seat in a good college. But my father said, "I cannot invest so much of money". So I had to join this college.

Interviewer: Ok. It seems you have taken 6 years to complete your engineering.

Candidate: Actually I tried my best to finish it in 4 years. But you know, these cricket matches and football world cup, and tennis tournaments. It is difficult to concentrate. So I flunked in 2nd and 3rd year. So in all I took 4 + 2 = 7 years.

Interviewer: But 4+2 is 6.

Candidate: Oh, is it ? You know I always had KT in maths. But I will try to keep this in mind. 4+2 is 6, good,

thanks. These cricket matches really affect exams a lot. I think they should ban it.

Interviewer: Good to know that you want cricket matches to be banned.

Candidate: No, I am talking about Exams!

Interviewer: Let's talk about technical stuff. On which platforms have you worked?

Candidate: Well, I work at SEEPZ, so you can say Andheri is my current platforms. Earlier I was at Vashi center.

So Vashi was my platform then.

Interviewer: And which languages have you used?

Candidate: Marathi, Hindi, English. By the way, I can keep quiet in German, French, Russian and many other languages.

Interviewer: Can you tell me about your current job?

Candidate: Sure, Currently I am working for Bata Info Tech Itd. Since joining BIL, I am on Bench. Before joining BIL, I used to think that Bench was another software like Windows.

Interviewer: Do you have any project management experience?

Candidate: No, but I guess it shouldn't be difficult. I know Word and Excel. I can talk a lot. I know how to dial for International phone call and use speaker facility. And very important – I know few words like – 'Showstoppers', 'hot fixes', 'SEI-CMM', 'quality', 'version control', 'deadlines', 'Customer Satisfaction' etc. Also I can blame others for my mistakes!

Interviewer: What are your expectations from our company?

Candidate: Not much.

- I. I should at least get 40,000 in hand.
- 2. I would like to work on a live EJB project. But it should not have deadlines. I personally feel that pressure affects natural talent.
- 3. I believe in flexi-timings.
- 4. Dress Code is against basic freedom, so I would like to wear t-shirt and jeans.
- 5. We must have weekends off. I will suggest Wednesday off also, so as to avoid breakdown due to overwork.
- 6. I would like to go abroad 3 times a year on short term (preferably I-2 months) assignments. Personally I prefer US, Australia and Europe. But considering the fact that there are Olympics coming up in China in the current year, I don't mind going there in that period. As you can see I am modest and don't have many expectations. So can I assume my selection?

Interviewer: Thanks for your interest in our organization. In fact I was never entertained so much before. Welcome to ------.

The fellow was appointed in a newly created section 'Stress Management' in the HRD of the biggest firm in India.

<u>12</u>

Humour Corner

5 most stupid questions people usually ask in obvious situations.

I.At the movies: When you meet acquaintances/friends...

Stupid Question:-

Hey, what are you doing here?

Answer:-

Don't you know, I sell tickets in black over here..

2. In the bus: A heavy lady wearing pointed high-heeled shoes steps on your feet...

Stupid Question:Sorry, did that hurt?

Answer:-

No, not at all, I'm on local anesthesia....why don't you try again.

3. At a restaurant: When you ask the waiter

Stupid Question:-

Is the "Butter Paneer Masala" dish good??

Answer:-

No, its terrible and made of adulterated cement. We occasionally also spit in it.

4. When a friend announces her wedding, and you ask...

Stupid Question:-

Is the guy you're marrying good?

Answer:

No, he's a miserable wife-beating, insensitive lout...it's just the money.

5. You are smoking a cigarette and a cute woman asks...

Stupid Question:-

Oh, so you smoke.

Answer:-

Gosh, it's a miracle... it was a piece of chalk and now it's in flames!!!

LOL Moment

A policeman was taking a vandalism report at a school when he was interrupted by a six year old girl. She looked up and down at his uniform and asked, "Are you a policeman?"

"Yes, I am," he said.

"My mother told me that if I ever needed help I should ask a policeman. Is that right?," the girl asked.

"Yes it is," said the policeman.

The girl extended her foot to the policeman and said, "OK, then, would you tie my shoe?"



NEELAM SAINI (FEI, Ahmedabad)

Attitude Counts

Heart of Gold!!!

It was a Sports Stadium. 8 girls were standing on a track for racing.

Ready! Steady! Bang!

With the sound of the pistol, all the girls started running. Hardly had they covered 10 to 15 steps, when one girl slipped and fell. Due to pain she started crying. When the other seven girls heard her, they all stopped running, stood for a while, turned back and ran towards her. All seven girls lifted the fallen girl, pacified her, joined hands together, walked together and reached winning post.

Officials were shocked. Many eyes were filled with tears. This is a real-life incident. The race was conducted by National Institute of Mental Health. All participants were mentally challenged. But they had a heart of gold. What did they teach us?

Teamwork | Humanity | Sportsman spirit | Love | Care | Equality

Success, at times, is not just about reaching your goals first! It is also about pulling through together as a team, and reaching the destination together!

NEVER GIVE UP

One day a young lady was driving along with her father.

They came upon a storm, and the young lady asked her father, "what should I do?"

He said, "keep driving". Cars began to pull over to the side, the storm was getting worse.

"What should I do?" The young lady asked again

"Keep driving," her father replied.

After a few feet, she noticed that eighteen wheelers were also pulling over. She told her dad, "I must pull over, I can barely see ahead. It is terrible, and everyone is pulling over!"

Her father told her, "Don't give up, just keep driving!"

Now the storm was terrible, but she never stopped driving, and soon she could see a little more clearly. After a couple of miles she was again on dry land, and the sun came out.

Her father said, "Now you can pull over and get out."

She said "But why now?"

He said "When you get out, look back at all the people that gave up and are still in the storm, because you never gave up, your storm is now over.

This is a testimony for anyone who is going through 'hard times'.

Just because everyone else, gives up. you don't have to. If you keep going, soon your storm will be over and the sun will shine, upon your face again.



MEGHA PANT (Corporate office)

FEI and SNF Activities



A team from FEI Mumbai participated in the Standard Chartered Mumbai Marathon 2013.





Mr. P. K. Ravindranath, eminent journalist, was honoured with the Lifetime Achievement Award for a Keralite, instituted by Shailaja Nair Foundation. This was presented during the third anniversary celebration of Kerala in Mumbai.





Shailaja Nair Foundation was happy to be associated with Zydus Cadila as they celebrated International Women's Day. The book She The Incredible was gifted to the participants and a brief description given at the event left all the participants eager to read the book.









FEI Cargo Ltd. was a proud sponsor of the Indo Italian Chamber of Commerce Soccer Team. The match was held on 9th March 2013, in Mumbai.

FEI Duniya Apr 2013

Wisdom Corner



Why We Shout In Anger

A Hindu saint who was visiting river Ganga to take bath found a group of family members on the banks, shouting in anger at each other. He turned to his disciples smiled and asked.

'Why do people shout in anger? Why do they shout at each other?

Disciples thought for a while, one of them said, 'Because we lose our calm, we shout.'

'But, why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner.' asked the saint

Disciples gave some other answers but none satisfied the others. Finally the saint explained...

When two people are angry at each other, their hearts drift apart. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance.

What happens when two people fall in love? They don't shout at each other but talk softly, because their hearts are very close. The distance between them is either nonexistent or very small.'

The saint continued, "When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they need not even whisper, they only look at each other and that's all. That is how close two people are when they love each other."

He looked at his disciples and said.

"So when you argue do not let your hearts get distant. Do not say words that create a distance, or else there will come a day when the distance is so great that you will not find the path to return."



SANDHYA NAIR (Corporate office)

Poetry Corner



Smiling.....

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner, and someone saw my grin,
When he smiled, I realized, I had passed it on to him.
I thought about that smile, and realized its worth...
A single smile, just like mine, could travel round the earth.
So if you feel a smile begins, don't leave it undetected,
Let's start an epidemic quick, and get the world infected...

Poet: Jackie Louise Eccles

The Hug

There's just no doubt about it, We scarcely could survive without it.

A hug delights and warms and charms - - - It must be why God gave us arms.

Hugs are great for fathers and mothers, Sweet for sisters, swell for brothers.

And chances are your favorite aunts, Love them more than potted plants.

Kittens crave them, puppies love them, Heads of State are not above them.

A Hug can break the language barrier, And make your travels so much merrier.

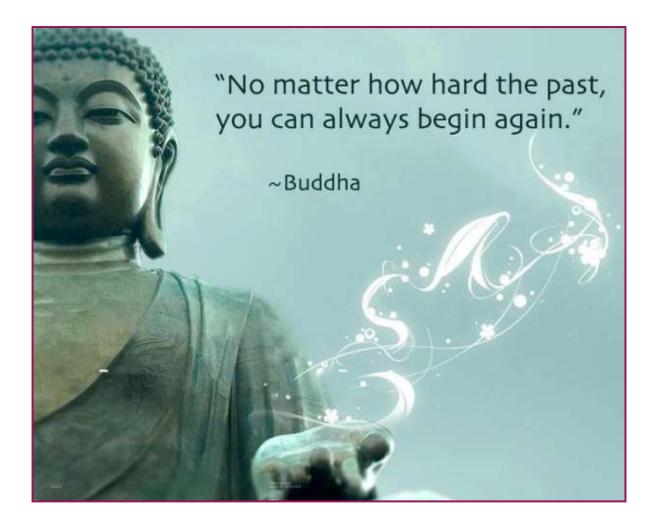
No need to fret about the store of 'em, The more you give the more there are of 'em.

So stretch those arms without delay,
And give someone a hug today.

~ Author Unknown ~



Spiritual Corner



Inspirational Sayings by Buddha

All that we are is the result of what we have thought. The mind is everything. What we think we become.

All wrong-doing arises because of the mind. If the mind is transformed can wrong-doing remain?

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

However many holy words you read, however many you speak, what good will they do, if you do not act upon them?

Even death is not to be feared by one who has lived wisely.

In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.

The only real failure in life is not to be true to the best one knows.

Spiritual Corner

World's Best Dad - Our Heavenly Father!!!

There was once a little girl who was learning how to swim. When it was her turn to dive into the pool, the swimming instructor told her to jump right in and he would catch her. The girl was scared and flatly refused. The instructor continued to coax and cajole her, assuring her that he would not let her drown. But the girl would not budge. Finally, the little girl's father stepped into the pool and went towards his daughter. He looked into her eyes, opened his arms wide and said, "Sweetheart, Daddy's here. I promise I'll catch you." Much to everyone's amazement, the girl dove right in, without any hesitation into her father's waiting arms. She knew he was someone to be trusted.

We are all blessed with an equally loving God who is our heavenly Father. His love is for us is just like a parent's love for a child. Forming a relationship with God becomes easy, when we begin to trust in God as our father.

- Like any parent, God wants nothing but the best for His children. He always has the best in store for us. He will make sure to provide for us, more than we can imagine.
- A parent makes sure that a child never lacks in anything. Our Father in heaven does the same. He promises to supply all our needs. All we have to do is approach our loving Father.
- A parent will never let any harm come to his child. God our Father protects us from all danger. If we put
 our trust in Him, he will keep us safe everywhere we go. We never have to feel lonely because his eye is
 always upon us.
- A parent forgives his child. It is often easy to fall into temptation and do something wrong. But if we repent and tell God we are truly sorry, then our Father is loving and kind and will forgive us our sins.

So when our heavenly Father asks us to take a leap, we can be rest assured He has his arms open wide to catch us and keep us safe. He is definitely someone we can trust.

Think it over...

- Prayer does not change God, but it changes him who prays. Søren Kierkegaard
- The value of consistent prayer is not that He will hear us, but that we will hear Him. William McGill
- We have to pray with our eyes on God, not on the difficulties. Oswald Chambers
- Prayer is not merely an occasional impulse to which we respond when we are in trouble: prayer is a life attitude. ~Walter A. Mueller





PRIYA PATRACHARI

FEI Duniya Apr 2013

Health Corner

The Last Half-Hour

It is very easy to overlook the last half-hour of the day, but it is actually one of the most important windows of opportunity for making your dreams a reality.

While you sleep, your subconscious mind goes to work and processes the information that you fill it with just before you go to bed.

Many people spend the final half-hour of their day watching TV in an attempt to relax. Unfortunately, most television executives seem to think that the best things we can watch just before we sleep are graphic images of violence and murder.

The question is, do you want your subconscious mind to be processing these disturbing images all night long?

The last half-hour of the day is an opportunity to give your subconscious mind 'homework' to complete while you are asleep.

The best way to use this opportunity is to find a quiet spot and and spend a few minutes reviewing your written goals. Next, plan the following day and write down what you need to do in your diary or planner.

This will also help you get to sleep because once you've written it down, you can just let it go and stop thinking about things. Finally spend a few minutes reading or listening to something inspirational.

When you finish your day in this way, you will find that you often wake up with new ideas and insights that your subconscious mind discovers while you are sleeping.

Exercise is Important

Why don't we do it?

- I don't have enough time.
- I get bored.
- There is no gym near my house.
- I don't like it.
- I am too tired.
- I don't know what to do.
- I need to take care of the family.

What is your excuse???





Prescription for a healthy heart

- Get a good night's sleep
- Stay slim
- Quit smoking
- Drink adequate water
- Avoid excessive consumption of sweetened drinks and alcohol
- Eat fruits and vegetables
- Take up stress-busting activities like a hobby or yoga

Health Corner

God's Pharmacy

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish, all before making a human. God made and provided what we'd need before we were born. These foods are best and more powerful when eaten raw. God left us a great clue as to what foods help what part of our body!

Sliced carrots look like the human eye with the pupil, iri and radiating lines. And yes, science now shows carrots are good for the eyes as they enhance blood flow to the eyes.





Tomatoes have four chambers and is red in colour. The heart is also red in colour, with four chambers. Research shows tomatoes are loaded with lycopine and are pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and research today shows grapes are also profound heart and blood vitalizing foods.





Walnuts look like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are like the neo-cortex. Walnuts help develop more than three dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and they look exactly like human kidneys.





Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.





Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, garlic, also helps eliminate waste.





VIDHI NAIR (Corporate office)

NAUKASANA – BOAT POSE

Yoga Corner

The word Nauka means 'boat' in Sanskrit. The body resembles a boat in the final posture that is why this Asana is named as **Naukasana**



Asana Sequence:

- Lie flat on the floor with your arms by your side.
- With exhalation lift both of your legs straight in the air and at the same time lift your upper body from the ground with your arms stretched out towards your legs.
- Hold the posture until you feel your muscles getting tired and slowly place your body back onto the floor.
- Increase the length of holding the yoga posture with each time you practice.

Remember:

- Do not bend legs at the knee.
- Release the Asana before you get pain in abdominal muscles.

Tips and Help:

- You can either increase the length of holding or the frequency of repetition.
- If you want to lose weight with yoga, you should repeat Naukasana more frequently and it will burn extra fat from your belly and thighs.

Do not practice Naukasana if

- You have heavy asthma
- You suffer from diarrhea or headache.
- Women should not perform the boat pose during menstruation.

Benefits of Naukasana

- Naukasana strengthens belly muscles as well as thigh muscles.
- Internally Naukasana is beneficial for kidneys, thyroid gland and prostate glands.
- Naukasana improves digestion and is a good exercise for training the belly.

Yoga Corner

The second 'pillar' of the Yoga exercises is PRANAYAMA

Pranayama is the conscious and deliberate control and regulation of the breath (Prana means breath, ayam means to control, to regulate). With each breath we absorb not only oxygen, but also Prana. Prana is cosmic energy, the power in the Universe that creates, preserves and changes. It is the basic element of life and consciousness. Prana is also found in food, therefore it is very important to have a healthy and wholesome vegetarian diet.

The conscious guidance of Prana in the body gives rise to an increase in vitality, physical detoxification and improved immunity, as well as the attainment of inner peace, relaxation and mental clarity.

In mythology it is said that the length of a person's life is predetermined by the number of breaths. The Yogi tries to 'conserve time' and lengthen life by slowing down the breath.

Effects of Pranayamas

Physical Effects

- Preservation of the body's health
- Purification of the blood
- Improvement in the absorption of oxygen
- Strengthening the lungs and heart
- Regulation of blood pressure
- Regulation of the nervous system
- Supporting the healing process and healing therapies
- · Increasing resistance to infection

Mental Effects

- Elimination of stress, nervousness and depression
- · Quietening of thoughts and emotions
- Inner balance
- · Release of energy blockages

Spiritual Effects

- Deepening of meditation
- Awakening and purification of the Chakras (energy centres)
- Expansion of consciousness



LOL Moment ©
I am in Shape....
Round is also a Shape.

FEI Duniya Apr 2013





Happy Birthday Shailaja Madam...

Shailaja Nair, our beloved Founder-Director was a friend, confidante and guide to everyone who knew her. She derived her strength through her faith in the Almighty. She always had a kind word and smile for anyone who needed it. She immensely enjoyed traveling and celebrating all festivals. Her zeal for life was an inspiration. Approachable, warm, affectionate and a lady with a heart of gold, she holds a fond place in the hearts and minds of the FEI family.

Forever in this heart of ours,

An everlasting bond.

For now until the end of time,

Are memories so fond.

Treasured in our heart you'll stay,

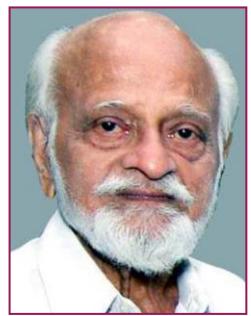
Until we meet again some day.

Hats off PKR ji!!!

PKR Sir, is how I addressed him. He was a fatherly figure to me and he treated me like one of his sons. I adored him for his many qualities; one being his closeness to Goddess Saraswathi.

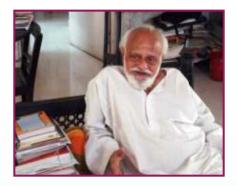
His knowledge on various matters often baffled me. Science, yoga, mathematics, films, novels, poetry, you name it. Our bonding and closeness grew during the days when the book "She – the incredible" happened. We sat together several hours making it and the longest was when we did the proof reading together – seven hours at a stretch. He was associated with us, as the Jury Head of ICE Awards 2011. In 2012 he was the Head of the Governing council, for ICE Awards.

His passion, enthusiasm and energy is seen to be believed. He did correct me on everything I said, wrote and wanted to do. And every time he did it, my adoration for him(only) increased. He was loved for his simplicity, frankness and fearless views on several controversial issues. His romantic self was hidden to many. Whenever Tara aunty narrated to me their love story, sir would be sitting next, blushing. He loved and respected his wife and believed in his children. Anuja was her dad's favourite and she lived up to his love for her. Show me a man who has 0% EGO and 100% SELF RESPECT and the first or the ONLY name that comes into my mind is – PROF P. K. Ravindranath. People who know him well vouch for this.



When FEI Cargo Ltd instituted Shailaja Nair Purashkar to honour a Keralite of a different kind, he was undoubtedly our first choice. Kerala in Mumbai was kind enough to join us in this noble cause and allowed us to do the presentation during their third anniversary celebrations. We were fortunate to honour him personally by presenting a cheque of Rs 1Lakh and a citation expressing his enigma. [thanks to the skill of Shri Satyanath ably supported by Mr Vijaykumar, the wordings on this citation became apt and to his liking]. I often asked him, as a son, to transfer Goddess Saraswathi into my tongue from his tongue. He left everything for the mankind. He left a legacy of knowledge and wisdom for the world through his many written books and thousands of his students. He succeeded in living a blessed and envious life. Love you and respect you, Sir, for what you were to me and my family. Will always treasure the memories of our association with lots of pride.





P. K. Ravindranath — a journalist, teacher, mentor, and a warm and endearing soul. Although words were his domain, no words will be sufficient to describe the kind of person he was. Anyone who came in contact with him will agree that he was an ocean of knowledge on a vast variety of subjects. He had a way with words like no other. His kind demeanor always made him approachable and it was a privilege to hear him speak. A journalist since 1952, he has witnessed firsthand the various changes that the print media underwent. He was the Chief of Bureau, The Times of India and The Matrubhumi, Mumbai; Press Advisor to the Chief Minister of Maharashtra and Director (Publications) Nehru Centre, Mumbai. In his twilight years, he was a visiting faculty at 6 different prestigious colleges in Mumbai.

His books include a 'A Slice of Life', 'lyer Weddings' biographies of Mr. Chandrashekhar, Mr. Sharad Pawar and six books on various aspects of Journalism. Mr. Ravindranath was also the editor of She The Incredible. 18th February was a sad day indeed. We will miss his presence a lot but he will always have a place in our hearts. The flame that he inspired towards the pursuit of the written word will never be extinguished.

FEI Duniya Apr 2013

Tribute to Womanhood

I. Rani Lakshmibai (Warrior Queen)

A devoted wife, a caring mother and most importantly an able ruler and warrior – these wre the attributes of Rani Lakshmibai also known as Jhansi ki Rani. A heroine of the Indian rebellion of 1857, she stands out as one who led the early battles against British colonialism.

Born into a Maharashtrian family as Manikarnika, she was raised by her father after her mother's demise when she was 4. She married Gangadhar Rao, the Raja of Jhansi, at the age of 14 and was given a new name Lakshmibai. Rani Lakshmibai adopted Anand Rao as son, when her own son died in 1851, at four months.

The general unrest in the country culminated in an uprising in 1857. With the British involved in suppressing this rebellion, Lakshmibai assumed powers again. She displayed her efficiency and leadership skills as she led her troops in battles that broke out in Jhansi. Rani Lakshmi fought back for two weeks and her army consisted of women as well who fought tooth and nail to protect their beloved Jhansi.

She died a warrior's death on 17 June 1858, in her attempt to defend Gwalior fort. Rani Lakshmibai's fight inspired countless freedom fighters who continued their fight. She remains an epitome of courage and bravery in the face of extremely difficult circumstances.



A PORTON

2. Kasturba Gandhi (Nation's Mother)

Kasturba Gandhi played an important role in her husband Mahatma Gandhi's struggle for India's independence. She not only managed the household and children during his absences from home but also actively supported him in his various protests and campaigns. Kasturba was born to a wealthy businessman from Porbandar and married Mohandas Karamchand Gandhi in 1883, when she was just 14 years old.

Ba, as she was affectionately called, travelled to South Africa in 1897 with him and actively involved herself in the Phoenix Settlement near Durban.

In 1913, she participated in protests against working conditions of Indians in South Africa. She was arrested and sentenced to three months hard labour. Back in India, in 1915 she assumed leadership in her husband's absence in prison. She defied social barriers of the time like caste distinctions.

She managed to hold her own with grace, courage and confidence despite being married to one of the most influential men in the country and who emerged as the Father of the Nation.

3. Madam Cama (Fiery Nationalist)

Madam Cama, or Bhikhaiji Rustom Cama, awakened patriotism in many, through her part in India's freedom struggle. She designed and unfurled the first flag of independent India.

She devoted her time and directed her energy towards charitable work. When famine and the bubonic plague spread in Bombay, in October 1896, she volunteered to be part of one of the many teams working out of Grant Medical College. In February 1905, she lent her support to the founding of Varma's Indian Home Rule Society. She became one of the cofounders of the Paris Indian Society.

She wrote and distributed literature on the struggle, coaxing many more to join in. Some of her works include Bande Mataram and Madan's Talwar.

On 22 August 1907, Cama attended the International Socialist Conference in Germany, where she spoke about the famine in India. She unfurled the "Flag of Indian Independence", as she appealed for human rights, equality and for independence from Great Britain.

She left most of her fortune to the Avabai Petit Orphanage for girls as well as an amount to the Framji Nusserwanjee Patel Agiary at Mazgaon, in South Bombay.



Tribute to Womanhood

4. Savitribai Jyotiba Phule (Social Reformer)

Savitribai Jyotiba Phule was a social reformer who actively fought for women's rights in India during the British Rule. She became the first woman teacher of the first women's school in India. She is also considered as the pioneer of modern Marathi poetry. In 1852, she opened a school for Untouchable girls. She was ultimately honoured by the British for her educational work.

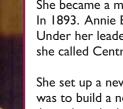
Moved by the plight of widows, the Phules fought against all forms of social prejudices. They opened up their reservoir of water to the untouchables. She worked relentlessly for the victims of plague, where she organized camps for poor children.

Savitribai's poems and other writings remain an inspiration to many. The Maharashtra government has instituted an award in her name for Women Who Work for Social Causes



5. Annie Besant (Irish - Indian Patriot)

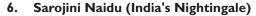
Annie Besant, prominent Theosophist, women's rights activist, writer and orator was a supporter of Irish and Indian self rule. She was born in 1847, in London in a family of Irish origin. She became a member of the Theosophical Society and came to India for the first time in 1893.



She became a member of the Theosophical Society and came to India for the first time In 1893. Annie Besant devoted much of her energy to India's freedom and progress. Under her leadership there was a decisive refocusing of activities on "The Aryavarta", as she called Central India.

She set up a new school for boys at Varanasi called the Central Hindu College. Its aim was to build a new leadership for India. She joined the Indian National Congress. In 1916 Annie launched the Home Rule League along with Lokmanya Tilak, demanding freedom for India. In December she took over as President of the Congress.

Until the end of her life, she continued to campaign for India's independence, not only in India but also on speaking tours of Britain. Besant remained a striking presence on speaker's platforms.



The Nightingale of India, Sarojini Naidu, was a child prodigy, a poet, an activist in the Indian struggle for independence, the first Indian woman to become the President of the Indian National Congress and the first woman to become the Governor of Uttar Pradesh state.

She was just 12 when she passed her Matriculation examination from Madras University in 1891, standing first in the entire Presidency. She wrote beautiful poetry on Indian themes and her collections include The Golden Threshold, The Bird of Time, The Broken Wing, etc.

Between 1915 and 1918 she traveled all over India and spoke on welfare of youth, dignity of labor, women's emancipation and nationalism. She was a great orator and her enthusiastic and passionate speeches inspired many to join the freedom struggle. In 1916, she took up the cause of the indigo workers of Champaran. She joined Mahatma Gandhi in the Salt March to Dandi.

This multi-faceted woman remains an inspiration to millions as she was during India's most crucial period – the struggle for independence.



- Extracts from She the Incredible, Published by Shailaja Nair Foundation

<u>27</u>

Handy Hints Corner

Granny's household hints

• Clutter equals dust

Having regular clear outs means you'll eliminate dirt and dust from your home, meaning less cleaning. Cut down on the amount of dust in your house by removing any clutter like old newspapers and magazines or piles of toys.

Shine with baby wipes

Every mum loves her baby wipes – but did you know that they are great at cleaning stainless steel appliances in the kitchen? If you prefer, wipe the appliance over with a piece of kitchen towel and a few drops of baby oil. Both ways will produce a lovely shine.

Vinegar is king

Forget toxic chemical cleaners, and try vinegar instead. If your cups are badly stained from tea and coffee, wipe the inside with white vinegar soaked into a sponge, it can also be used to clean glass and mirrors. If you want sparkling glass without too much hard work, mix white vinegar and water in equal quantities and keep in a spray bottle. Spray it on to your windows and mirrors then dry with crumpled up newspapers.

Clever carpet tip

If your furniture has left dents in your carpet, try this clever trick. Drop an ice cube in the dent and leave it overnight. As the ice cube melts, the nap will fluff up. In the morning you can mop up any excess water with some paper towel and the dent will be gone.

SOME HOME REMEDIES TO REMEMBER

- For indigestion due to over eating, have half teaspoon of raw tea leaf and gulp a glass of water over it.
- If you are suffering from running nose, have 1/4 tsp of pepper with half tsp of honey. Max of three times a day
- For severely blocked nose, heat 1/4 tsp of pure ghee ,wait till it is cool and using a nose dropper, put two drops in each nostril. It works like magic.
- In case of vomiting sensation or nausea, chew on some cumin or smell a cut lemon.
- A pinch of hing (asafoetida) mixed with a little water can be applied on the navel for gastric problems.
- If acidity and stomach problems, dry roast ajwain in a pan and once it crackles add one glass of water. Boil till it becomes half. Cool and have it three to four times a day.





DEEPALI KANDEKAR (FEI, Mumbai)

Handy Hints Corner

Document Dossier

Keep these essential papers in place and inform at least one family member so that your heirs don't have to run from pillar to post to inherit what is rightfully theirs.

1) Primary documents:

These include your birth certificate, marriage certificate, PAN card, passport, election ID card and now Aadhaar card.

Reason: Will be needed while transferring assets to your heirs.

2) Insurance details:

The purpose of life insurance will be defeated if your family is in the dark. Make a list of all the policies, mentioning the name of insurers, policy numbers, insured sums and the tenures. And also mention your insurance agent's contact details.

Reason: To register claim within the time frame

3) Pension documents:

If you have a pension account, mention the account number and nomination details. Give the pension account number with details of your employer. Possibly, try to keep Xerox copy of personal information page of the pass book where you get all details of nominee, etc.

4) Property papers:

All property-related documents should be in one place. If the property is mortgaged, keep photocopies. Mention the loan account number and the latest outstanding amount. If property is insured, mention policy coverage.

5) Bank account details:

Make a list of various bank accounts, giving the name of the bank, the account number, holding pattern and the nomination details.

6) Bank locker details :

Mention the name of bank, locker number, ownership pattern and whereabouts of the key. Maintain an inventory of items kept in the locker and update every time you operate it.

7) Demat account details:

Give the name of depository partner, demat account number and nomination details. If possible, keep updating the details of the securities in the demat account periodically.

8) Other investments:

Give details of the PPF account and folio numbers of other post office investments. Make a list of mutual fund investments, mentioning folio numbers, ownership pattern and nomination details.

9) Loans and Receivables:

If you have taken or given private loans to relatives or friends, mention the amount and the date by when these are payable/receivable.

Reason: To avoid confrontation in future

10) Online passwords:

Though these are to be kept secret, keep a list for emergency reference. Mention the website, the online ID and the password.



AJAY PARIKH (Corporate office)

Did You Know

SIX-YEAR-OLD CREATES RECORD OF SORTS

She is just six years old, studying in class two in a private school in Karimnaga, yet she has made an attempt to enter the Guinness record book by singing the National Anthem of 15 countries across the globe. Sounds impossible! But it is indeed a fact. In this busy and mechanical lifestyle, while many of us have forgotten to sing our country's anthem without mistakes, this child prodigy has been singing national anthems of 15 countries in 20 different languages.

In order to enter the Guinness Book of Records, tiny tot M.S.Y.K.G Franzonia had made an attempt by singing all the 15 countries' national anthems without any mistakes, amid a huge gathering and other dignitaries in Karimnaga town. The local Arora degree college management had organized the event to help the girl enter the record books and bring reputation to the district.

In the presence of a huge gathering, Franzonia flanked by her parents, M.Vijaya Bhaskar Rao and M. Shivanandini on the dais, sang the national anthems in a cheerful manner amid applause from audience. All the visitors at the event were standing throughout the programme to respect the countries and their anthems. Franzonia began with Pakistan's national anthem followed by Portugal, Canada, Thailand, Sri Lanka, Nepal, Germany, Malayasia, Croatia, Ukraine, China, Japan, South Africa, Saudi Arabia and India.

The bubbly girl says that her favourite place is school and plans to learn the national songs of all the foreign countries. She was thrilled to see all the visitors greeting her for her record performance.

Awesome Answers in IAS Examination-

Q. How can you drop a raw egg onto a concrete floor without cracking it? A. Concrete floors are very hard to crack! (UPSC Topper)

Q. If it took 8 men 10 hrs to build a wall, how long would it take 4 men to build it? A. No time at all it is already built. (UPSC 23rd Rank Opted for IFS)

Q. If you had 3 apples and 4 oranges in 1 hand and 4 apples and 3 oranges in the other hand, what would you have?

A. Very large hands. (Good one) (UPSC 11 Ranks Opted for IPS)

Q. How can a man go 8 days without sleep? A. No Problem, He sleeps at night. (UPSC IAS Rank 98)

Q. Bay of Bengal is in which state? A: Liquid (UPSC 33 Rank)

Interviewer said "I shall either ask you 10 easy questions or 1 really difficult question. Think well before you make up your mind!"

The boy thought for a while and said, "my choice is I really difficult question."

"Well, good luck to you, you have made your own choice! Now tell me this.

"What comes first, Day or Night?"

The boy was jolted into reality as his admission depends on the correctness of his answer, but he thought for a while and said, "It's the DAY sir!"

"How?", the interviewer asked.

"Sorry sir, you promised me that you will not ask me a SECOND difficult question!"

He was selected for IIM!



IMRAN SHAIKH (FEI, Mumbai)

Kidzone



Rising Star - Vedant Talashilkar

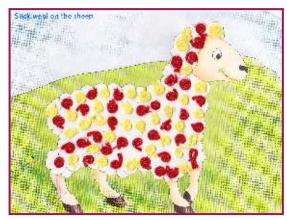
6 year old Vedant is the son of Mr. Sham P. Talashilkar of our Mumbai branch, studying at National English School, in the Sr. K.G standard, this youngster is fond of cars and bikes.

He is good in sports, especially cricket and loves to make new friends. He enjoys spending his holidays with his father.

Vedant is a studious child and completes his home work on time. We wish Vedant the very best as he fulfills all his dreams.

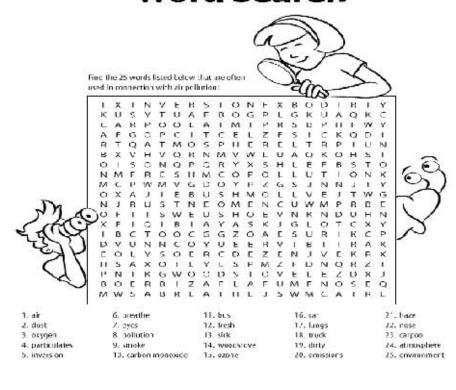
Quiz Time

- Which month has 28 days?
 Ans: All months have 28 days
- Name all numbers from 1 100 which have the letter 'A'? Ans: From 1 100 none of the spellings contain the letter 'A'.



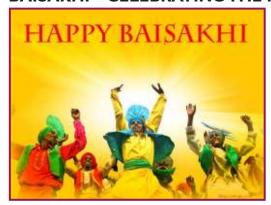
Contributed by Riya A. Shah, daughter of Mr. Amit Shah, FEI Baroda

Word Search



Festival Corner

BAISAKHI – CELEBRATING THE HARVEST



Baisakhi is a seasonal festival with a special accent. It is celebrated all over the State on the first of Baisakh. This is the time when harvest is gathered in and the farmer exults in the fulfillment of his year's hard work. Baisakhi marks the beginning of New Year, particularly in the northern part of India.

Considered a holy day, the devout celebrate Baisakhi with a dip in the holy rivers just around the break of dawn. In Punjab and the northern belt of India, farmers perform their own prayers and rejoice. For on this day, they commence cutting their harvest. The fields can be seen full of nature's bounty. Dressed in their typical folk attire, both men and women, celebrate the day with Bhangra and Gidda. Sweets are distributed, old enmities are forgiven and life is full of joy, merriment and everyone seems to belong.

Baisakhi, however, has had a new dimension added to it by Guru Gobind Singh. For it was on the day of Baisakhi in 1669, that he established the Khalsa Panth.

VISHU-THE DAY OF TOGETHERNESS

As a kid I remember Vishu as the festival that brings the whole family together. A time of praying, eating and lots of happiness. Amongst the 2 big festivals that the 'malayalees' celebrate, Vishu was more special not only because of the 'Vishukainetam' but also the

'Vishukani' that mom used to spend the whole night preparing for us to see, as soon as we wake up. Let me tell you a little more about the festival.

It is believed that at the Vishu pulari, (the dawn of the auspicious day of Vishu,) one should see the Vishukkani. Vishu kani, is a collection of several auspicious things such as grains, vegetables, fruits, lamp, flowers (specially the Kanikonna which is also the state flower of

Kerala), coconut, gold, mirror, Ramayanam or Bhagavatgita etc. set in a large uruli, a circular vessel (made of panchaloham - five metals), with the image of Lord Krishna, in the puja room. The setting of the vishukkani arrangement is done with great care the previous evening by the lady of the house. On the day of Vishu pulari, (dawn of Vishu day) it's a custom to wake up very early and go to the puja room with the eyes closed so that the first thing a person sees is the

glorious darshan of God with Vishukkani, reflected on the mirror. This ritual is known as Kanikanal. Another attractive feature of the festival is the grand sadya (feast).





VIJITHA AGARWAL (Corporate office)

GUDI PADWA – CELEBRATING NEW BEGINNINGS



Gudi Padwa which is the Marathi name for chaitra shukla pratipad. It is a Hindu festival which marks the beginning of the New Year.

On this day people set up Gudi on the right side of the main entrance of the house. It is a common belief that Gudi brings prosperity and good luck to the house. Gudi comprises of a pole or a bamboo stick on top of which is a upturned silver or copper pot which is decorated with a yellow cloth, flowers and mango leaves.

On this day people take a customary oil bath in the morning following which the house entrance is decorated with mango leaves and flowers. Various delicacies are served on this day most important being the pooran poli, poori and srikhnad. It is considered an auspicious day to start new ventures and to buy gold ornaments and property.



NITIN MULAY (FEI, Mumbai)

<u>32</u>

Chef's Corner

Ingredients:

- Sour curd Ikg
- Gram flour- I cup
- Water I litre
- Onions-2 chopped
- Garlic Ginger paste-I tablespoon Dry red chillies
- Pinch of hing
- Salt 2 tsp.
- Garam Masala I pinch

For Tadka (tempering):

- Cooking oil- 3 tablespoons
- Mustard (Rai) I teaspoon
- Fenugreek (Methi)-1/2 teaspoon
- Cumin seed (Jeera)- 1/2 teaspoon •
- 6-7 curry leaves

Pakoras (Dumplings):

- Gram flour 250 grams
- Sliced onions, green chillies
- fenugreek or spinach chopped
- salt I teaspoon
- red chilli powder 1/2 teaspoon
- oil to fry

Method

Heat oil in a pan. Add mustard, fenugreek and cumin seeds. Add paste of garlic and ginger. Add dry red chillies to it. Fry the paste till it gets brown. Keep aside.

For pakoras - Make batter with gram flour, add water, salt and spices. Beat well till it is light and fluffy. Add onion, chopped chillies and fenugreek or spinach leaves. Heat oil in a Kadai. Make pakoras.

In a mixer add curd, add gram flour and hing, water and blend it well, ensure no lumps in it. Add this to the fried ginger garlic paste mixture you prepared and kept aside. Add salt and spices to it. Bring it to a boil on low flame, cook for at least 35- 40 minutes, and stir frequently in between, many a times on boiling the mixture tends to overflow from the vessel so please keep a watch on it too. You will see the mixture getting little thick or till it coats the back of the ladle, (in panjabi kadhana means cooking on low flame for a real long time, and kadhi also needs the same.. Cooking on slow flame for long), now add the pakoras and curry leaves. Cover and keep it aside.

Kadhi goes well with boiled rice and also along with tandoori rotis with dollops of desi ghee on the tandoori roti.





REKHA CHAUDHARY (FEI, Delhi)

Payasam (Palada Pradhaman)

Ingredients:

- Milk 4 cup
- Water 2 cup
- Condensed milk I cup
- Butter I tbsp
- Ada I/4 cup
- Sugar 1/2 cup

Method:

- Put ada in boiling water (2-3 cups) and keep covered for 30 minutes.
- Drain completely.
- Heat butter in a pan and fry ada till ada turns pink. Keep aside.
- Add milk and water to a thick bottom pan.
- Bring to boil and add ada and reduce the heat to low medium and cook, stirring frequently, till milk is reduced by 2/3rd and ada is done, about 1-1 ½ hours (Colour of the pradaman will be a nice pink colour).
- Add Condensed milk and keep cooking for 5-10 minutes more
- Add sugar and mix well and remove from flame. Serve warm.



SMITA PILLAI (Corporate office)

FEI DUNIYA



FEI Duniya • Mumbai • Vol 5 / Issue 9 • February 2013 • Free Distribution



"In any race, it's not just the winner, but those who run the race also matter."





Birthdays RAJIV VANAVE

RAJESH MEGHRAJANI

VAIBHAV S. VELANKAR VARSHA VILAS THUBE BHIVA BABA KHANDEKAR RAJESH PAL SHIBI SAJIT REKHA CHAUDHARY K V RAVIKUMAR

05, February 05, Februaru

06, February 08, February 09. Februaru 13, February 15, February

04. Februaru

MUMBAI AHMEDABAD AHMEDABAD DELHI 16, February BANGALORE 25, February

AHMEDABAD

MUMBAI MUMBAI

MUMBAI

Wedding Anniversaries

ASHOK D. SHINDE SUPRIYA GHANEKAR VIJITHA U. AGARWAL AJAY B. PARIKH R. MURUGESAN BALAJI MUDALIAR ARVIND SINGH RAWAT SANJAY SAWANT SHAM P. TALASHILKAR ΔΟΙΤΥΔ ΤΕΙΜΔΕΥ

New Joinees

MAHESHA V.

HIREN D. PITHADIA

MUMBAI MUMBAI 09, February 11, February MUMBAI 11. Februaru TIRUPUR AHMEDABAD 12, February 13, February DELHI MUMBAI BANGALORE MUMBAI

14, February 15, February 22, February 25, February AHMEDABAD 28, February

BANGALORE

GANDHIDHAM

Birthday Boy

Rajesh joined FEI group in 1997 as the Branch in-charge of Ahmedabad office and he has never looked back... He not only takes care of various FEI branches and group operations across India, but he is also the Director in the

Humble beginner, quest for knowledge, Harinia beginner, quest lot knowledge, eagerness to grow are some of the qualities that helped him grow in our organization. He can be a good example for personal and professional growth in life and profession

We wish him a very happy birthday. We want each one of you to call him on 9327029735 and message him on rajesh@feicargo.net on this occasion.

FEI Duniya 🎋 Feb. 2013

FEI Duniua | February 2013 | RIM REGN No. MAHENG2008/25092 | DECL. No. 188/08 DECL DATE: 26.02.08

If there is one place in the riveting diversity of India where there is tangible beauty and a phenomenal feat like total literacy, it is Kerala. It is also known as God's own country. FEI branch in Kerala is situated in Kochi (earlier known as Cochin) – in Ernakulam distric



After the inception of Vallarpadam international terminal, the sea operation through Kochi port has increased. Coir, Cashews, spices etc. are the few commodities that are exported from this port to various parts of the world. Crockery items, furniture, machinery, medical equipments, disposables, crude oil, liquid chemicals, etc are imported to Kochi.

Kochi international airport is growing and many airlines are showing interest to fly directly into Kochi airport. This airport is the first one of its kind made under Public Private Partnership in India.

Our branch in Kochi is more than 15 years old and is equipped to handle all facets of freight forwarding and the following state of the

Kolkata

"Calcutta, the city of Joy, officially renamed to Kolkata was the capital of British India and now the capital of West Bengal.

It is also the birth place of Sri Rabindra Nath Tagore, Swam It is also the pirth piace of \$1 Rabindra Nath 10gore, Swami Vivekananda & Netaji Subhas Chandra Base to name a few. The famous Eden Gardens, Victoria Memorial & Howrah Bridge (one of the oldest bridges) are a few landmarks of Kolkata and of course, the sweet Rossogallas, Bengali's (as the native of Bengali) are also big fans of soccer and Cricket fremember our aggressive "Dada Sourav Ganguly").

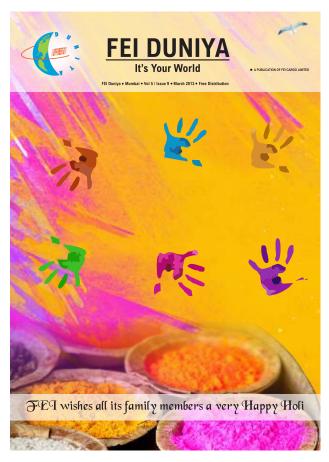


Jute, Tea, Leather, Fish Shrimps & Rice are the major export commodities from Kolkata, and metal scraps, chemicals and newsprints are the major imports to Kolkata. Considering the wide scope of business FEI opened its Kolkata branch in September 2007. The air shipments are executed through Netaji Subhas Chandra Bose Airport whereas the sea shipments are executed from both Netaji Subhas Dock (Kolkata) and Haldia Dock Complex (Deep water dock).

Kolkata branch also takes care of transshipment shipments to Nepal and Bhutan.

FEI Duniya Contributions. Email: feiduniya@feicargo.net. Published by the editorial board

FEI DUNIYA



M A R C H



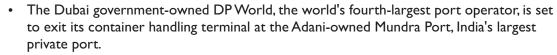


35

News Corner

Logistics

- If all of Maersk Line's containers were stacked on top of each other, they would reach approximately 4,500 km into the air. This is equivalent to the railway distance from Beijing to Shenzhen in China.
- Maersk Line containers move to and from the world's largest cities and mercantile centres every day, every hour. In its modern container fleet there are more than 200,00 refrigerated containers.
- Maersk Line is part of the everyday urban landscape in cities all over the world. It operates more than 1.9 million containers.
- If all of Maersk Line's container were placed one after the other, they would measure approx. 19,000 km. This is equal to the distance from Paris to Cape Town and back again.
- EMMA MAERSK is the worl's largest container vessel measuring 397 metres long, 56 metres wide and able to carry 11,000 TEU.
- EMMA MAERSK's hull is further streamlined below the waterline with a newly developed paint, saving an estimated 1,200 tons of bunker fuel per year.
- EMMA MAERSK's main engine, a 14-cylinder RT Flex, delivers 109,000 horsepower, equivalent to the output of 1,156 family cars.
- Maersk Line makes a port call every 12 minutes.







- The Centre has planned to set up cold storage facilities to avoid wastage of perishable food such as vegetables and fruits at 79 localities across the country.
- Union Minister of State for IT, Telecom and Shipping Mr. Milind Deora said the Union Government had decided to develop Visakhapatnam Port as a hub port.



- Cochin Shipyard Ltd on 8 January, 2013 launched the first fast patrol vessel, built for the Indian Coast Guard.
- The Commerce Department has launched a trade portal enabling exporters to access information related to various trade deals struck with countries and regions that could help them target potential markets.
- The Maharashtra Government has proposed a Mumbai-Bangalore industrial corridor, similar to the Delhi-Mumbai Industrial Corridor.
- New Mangalore Port has begun loading 250 export containers in a mainline vessel.
- The U.S. and European Union will begin talks later this year on a multi-trillion dollar free-trade pact to boost economic growth.
- The Port of Hamburg is strengthening its position as "Gateway to the World" for German exports.
- India is the 19th largest exporter with a s.hare of 1.7 per cent in the worldwide merchandise trade.



News Corner

National

- There has been a 20% increase in the number of Indian students who have applied to study in the United Kingdom in 2013 as against 2012 the third highest among all countries.
- 2. Indian space research organization (ISRO) has crossed another major milestone on February 25 by launching seven foreign satellites simultaneously at Sriharikota.
- 3. India could soon face a serious problem of air pollution like China. An analysis of government data has shown that pollution is the fifth leading cause of death in the country.
- 4. In many towns and villages across the country, government dispensaries and hospitals have the latest equipment but no doctors or nursing staff. Often government schools have students, but no teachers.
- 5. All antibiotics, TB drugs and other habit-forming medicines may soon come with a label warning users about the dangers of taking them without medical advice.
- 6. The Employees Provident Fund Organization agreed to increase interest rates paid to subscribers to 8.5% during the current financial year, compared to 8.25% last year.
- 7. The Union Cabinet will consider a bill providing for time-bound delivery of services like pensions, passports, caste certificates, ration cards and tax refunds. Defaults will attract a penalty of Rs 250 a day subject to a maximum of Rs 50,000.
- 8. Kendriya Vidyalayas, long known for quality education at affordable cost, will be offering accident and life insurance cover for all its students from the coming academic year.











International

- 1. Pakistan is planning to build a \$30 million amusement park with a zoo and adventure sports facilities in the town where Osama bin Laden was killed by US Special Forces.
- 2. Sixty days after his demise, sitar legend Pandit Ravi Shankar was honoured with the Lifetime Achievement Grammy award, which was jointly accepted by his musically gifted daughters Anoushka Shankar and Norah Jones.
- 3. A new device that can charge your mobile phone with a hot cup of coffee or a cold beer mug has been developed by a US company.
- 4. Facebook founder Mark Zuckerberg and his wife Priscilla Chan were the second-largest contributor in America last year as they gave away nearly half a billion dollars.
- 5. There is good news for Indian students who want to study at the London School of Economics and Political Science (LSE). LSE on Tuesday said it was introducing 50 new postgraduate scholarships for Indians.
- 6. In a first-of-its kind attempt, an Australian pilot plans a 16,898 kilometer historic trip from Sydney to London using fuel produced entirely from plastic waste.
- 7 A Nepalese climber, Chhurim Sherpa, became the first woman to scale Mount Everest twice in a single season, Guinness World Records said.
- 8. An Australian billionaire is getting ready to build a new version of the Titanic that could set sail in late 2016.
- 9. American researchers claimed to have cured an infant of HIV infection in a medical breakthrough that raises hopes for thousands of babies across the world who contracts the deadly virus in their mother's wombs.
- 10. Venezuelan President Hugo Chavez died after battling cancer for two years on 5th March, 2013.

News Corner

Business

- Thirty Indian software product companies have come together to form a new association, marking the first break from the omnibus IT industry body Nasscom.
- Dell, the world's third biggest maker of personal computers, is going private in a deal valued at \$24.4 billion, undertaking the biggest leveraged buyout since the financial crisis.
- The credit industry in the card country has been hit by a series of frauds over the past couple of months, a scam which could potentially impact a large number of credit card users in the days to come.
- China surpassed the US to become the world's biggest trading nation last year as measured by the sum of exports and imports of goods.
- American Airlines and US Airways announced an \$11-billion merger to create the 'largest airline whose fleet will be close to 1,000 planes and carry some 166 million passengers annually.
- One of the airline industry's most aggressive entrepreneurs and Air Asia founder Tony Fernandes has brought the Tata Group back into the airline industry after 60 years.
- Almost three years after it was first promised in the Union Budget of 2010-11, the Reserve Bank of India has allowed all private and public sector companies to apply for bank licences.
- This would be the biggest ever charity gesture shown in India. Azim Premji has transferred Rs 12,300 crore worth of personal shares to his trust that funds his philanthropic activities.
- Duty evasion or even attempted evasion of over Rs 50 lakh has now been made non-bailable.
- The country's largest non-life insurer New India Assurance has said that it will charge customers up to 5% lower rates for motor car insurance purchased online.
- Japanese consumer electronics giant Sony may be struggling globally, but India has emerged as the fastest growing market for the company in the world, ahead of the US, Europe and China.
- Hewlett-Packard has regained No.1 slot in the Personal Computers market share rankings. HP recently bagged the Uttar Pradesh government's massive order to supply 1.5 million laptops. coming academic year.

Sports

- The ICC gave its seal of approval to the day/night Test matches while leaving the member Boards to decide on the type and colour of the ball to be used.
- India maintained their No.1 spot in the ICC ODI Championship table while Virat Kohli retained his No.3 position among batsmen in the latest rankings.
- The International Olympic Committee dealt a crippling blow to wrestling, when its executive board decided to remove the sport from the 2020 Olympics.
- Arman Jaffer (14) hit 473 to become the highest scorer in the history of the Harris Shield.
- Serena Williams became the oldest woman to claim the world number one ranking when she reached the Qatar Open semifinals with a win over Petra Kvitova.
- Mushfiqur Rahim became the first Bangladeshi to crack a double-century while Nasir Hossain hit a maiden ton in the first Test against Sri Lanka.

Birthday Boy



Ananda Narayanan joined our Tirupur branch 5 years ago as a customs clearance executive. He has a Vision to grow with us and has been good at taking care of his responsibilities well. His commitment towards his profession and his sincere approach to his subordinates and customers give him a comfortable rapport within FEI family and with customers. He believes in doing his best and his wish factor and hard work brought him to this level, where he heads our Tirupur office today. He coordinates well with our Tirupur and Tuticorin offices to ensure our customers are met with top class service commitments.

Celebrations

All these amiable qualities make him, the perfect choice for Birthday Boy of the month. To convey your wishes to him, call on 9994503503



Birthdays

Name	Branch	Date
Ankush Thopate	Mumbai	l April
Dharmesh J Joshi	Mumbai	5 April
Vinu Anilkumar Pillai	(INTL) Mumbai	6 April
Imran Shaikh	Mumbai	8 April
Nilam G. Rane	Mumbai	10 April
J. John Abraham	Tuticorin	I I April
Savita Kadam	Mumbai	I I April
K B Radhakrishnan	Chennai	14 April
Ganesh Khobrekar	Mumbai	15 April
Vaishali S Jadhav	Baroda	17 April
Bijayasree Dey Deb	Mumbai	18 April
T.Ananda Narayanan	Tirupur	23 April



Wedding Anniversaries

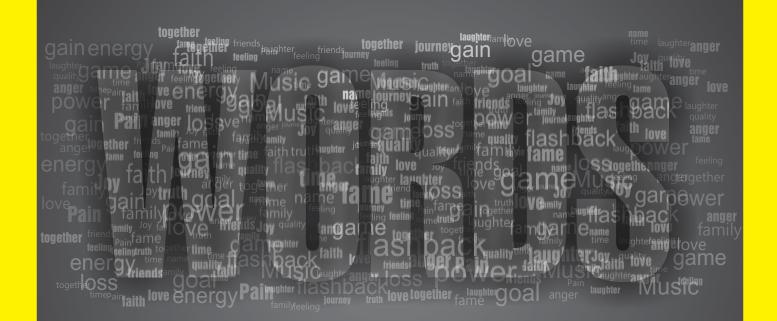
Name	Branch	Date
Sisira Perera	Colombo	3 April
Dilawar Inamdar	Mumbai	14 April
Rasik Vaghela	Ahmedabad	14 April
Muhammed Ameen	Kochi	15 April
Sandesh Jadhav	Mumbai	16 April
Satish W Rane	Mumbai	19 April
Vaibhav Keshav Malap	Mumbai	19 April
Kumar Gautam	Jaipur	21 April
Sudam A. Latpate	Mumbai	25 April
Avinash K. Golhar	Mumbai	29 April
Sopan Chaudhary	Mumbai	30 April

New Joinees

Name	Branch
Dharamraj. C	Chennai
Bharti Joshi	Mumbai
Deepika Jamwal	Delhi

Celebrate the power of





Words shape our lives in more ways than we can imagine. It is words that bring people in an organization closer together. Words that create an impact in the minds of an employer, employee and their families, forging a beautiful bond. And when these words appear in print, they remain in people's hearts and minds for a long time.

As ICE Awards turns 5, we are here again to celebrate the power of words.

In-house Communication Excellence Awards is a competition open to any organization that brings out an in-house magazine in any language, in the print medium. With exciting categories like Most Creative Name, Active Employee Participation, Imperative Content, Best Design and Layout and more, these magazines stand a chance to gain recognition and laurels. These magazines are assessed by an esteemed panel of jury members, all of whom believe in the power of print and its importance in internal communication.





For details visit, www.iceawards.in or write to contest@shailajanair.com / response@iceawards.in