

FEI DUNIYA

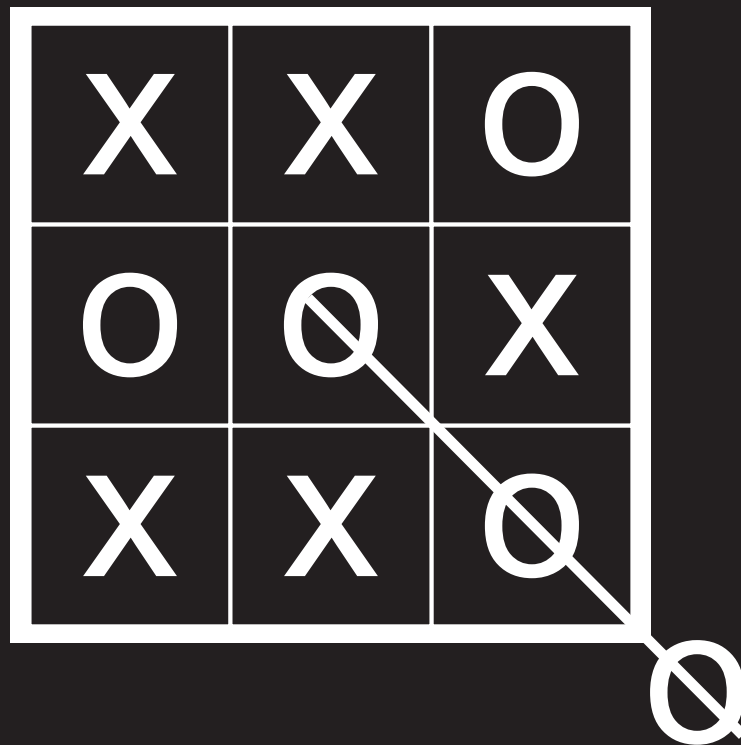


It's Your World

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Quarterly Special



**THINK
OUTSIDE
THE BOX**

CEO's Message

Dear Friends,

Yes, it is time for us to start thinking outside the box. When we think within, we think and do what so many other people have already been doing. If you want to be unique and different then thinking outside the box is the only way out. Perhaps you already know this fact; 95% of the world population is a wandering generality and a mere 5% is meaningfully specific. When you look around from this point of view, you will find the world filled with ordinary people, living ordinary lives with ordinary means. When you start thinking outside the box, people may start leaving you, since they are only comfortable doing whatever is normal and what has been happening for years. Please do not worry. This is the first sign of your success.



So from this very moment, be an out-of-the-box thinker and create things/ideas that no one else has created till date. This way you become different and you will be remembered for positive things, even after you leave your organisation or position or this very life itself.

Best personal regards,
Pratap Nair

Junior Speak

Dear Friends,

I was inspired by a quote that I read a while back, at the airport and I could not resist sharing it with you all. "The excitement of learning separates youth from old age. As long as you're learning you're not old." It's true that we keep learning all the time. But there's one thing that I feel is missing - excitement.

Excitement is being at the top of a roller coaster, not knowing what comes next.

Excitement is what we all feel an hour before the ICE Awards, just praying and hoping that all our efforts pay off and everything goes as planned.

As per the dictionary, even 'romance' is excitement, adventure and something real.

So why do we miss out on this excitement in everyday life?

We should start getting excited even for the small and simple things in life, as we come to work in the morning and go back home in the evening.

A new shipment, a new customer, a new trade lane, every little thing, must excite us. A colleague's absence is certainly challenging but we must find it exciting that we have the opportunity to handle dual responsibility. While a mistake might upset you, you should also be excited of having learnt something new. Excitement is so simple that we often miss the feeling.

Let us all try to be excited for Dusshera, Diwali, Christmas and New Year. I am sure there will be something exciting for each one of us.

I am excited for the newest member of the FEI Family.

If you agree with me, write to me over the next three months about things that have got you excited.

Have a great time and great celebrations my friends.

Best personal regards,
Abhijeet.

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The Vow

No matter how deep the sadness
or wide the pain,
I vow to live for a brighter day
will come again.

No matter how many mistakes I've
made in the past,
I vow to live and in the future avoid them,
surefooted and fast.

No matter how many tragedies
beyond my control take place,
I vow to live and stay my course
within this race.

No matter how poor or rich
I may ever be,
I vow to live and aspire to search
for the dignity in simplicity.

No matter how much a lover may pierce
the inner core of my heart,
I vow to live for like spring I'll get
a new start.

No matter how isolated and alone
I may feel,
I vow to live and do something for
someone else to heal.

No matter how hopeless my situation
may appear,
I vow to live and reflect until my
viewpoint is clear.

No matter what happens in this
life – good or bad
I vow to live, do my best, and just for
living – be glad.



Saying Grace...



Last week, I took my grand-children to a restaurant. My six-year-old grand-son asked if he could say grace.

As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Nana gets us ice cream for dessert. And liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my grand-son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my grand-son and said, "I happen to know that God thought that was a great prayer."

"Really?" my grand-son asked.

"Cross my heart," the man replied.

Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my grand-children ice cream at the end of the meal. My grand-son stared at his for a moment, and then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

At times, we forget the most important things in life, and saying grace is priceless, even if it is in a restaurant.

Contributed by-
Priyanka Sawant
FEI Mumbai



Relationship Corner

Let's take a moment...

Let's take a moment to focus on relationships in our lives. Not our relationships with material objects, for we certainly excel at those. We wake up in the morning and we check our phones. We finish work and rush home to our television programs. Whilst we're in the gym we listen to our iPod's. During commute, we play games on our phones. Right before bed, we like to get tucked-in with our television sets. So we clearly have all the time in the world to spend with technology!

However, when our friends need us or our parents tell us to settle down or our spouse wants to spend quality time with us, we merely say "we have no time!", "my life is chock-a-block" or "my schedule is packed". Why should we have real relationships when we can have virtual relationships with gadgets that talk to us, sing for us, play with us, are there for us whenever we want? And the best part is, when we don't need them, we can simply turn them off!

Yet, we are all empty inside. Although we may not admit it, deep down we know that technology is nothing but a substitute for love, companionship, friendship, togetherness, and interactions. Technology does not solve your problems, it complicates your life by making you think that you don't need anyone in your life.

Some of us are smart and are not satisfied by mere substitutes. We want the real thing. We want something more out of life, relationships and love. In order to attain that 'something more', we need to take a good look at our relationships with other human beings. Let us look at our interactions with our spouse, friends,

colleagues, parents and most importantly with ourselves.

Most people think relationships are a source of hurt, pain, tears, distress, and complications. Man has learnt how to build sky scrapers, highways, helicopters, towers, etc. But when it comes to building a relationship, not only has he failed, but also managed to cause a major breakdown in them.

A relationship is a pure, beautiful and positive exchange of energies between two people who have opened their hearts to each other. Now let us personalize this. Are our hearts really open? Or are we merely pretending? Do we let people inside or do we run at the first sign of struggle and pain? Please understand that if you don't let someone into your heart, you cannot have a relationship with them, as you are not letting yourself relate with them. By building a barrier or what we like to call 'protecting ourselves', we are alienating the other person. If you are not letting them in, then you are not relating to them. Therefore, there is no relationship!

Let us be true to ourselves. Even if there is pain, let us make a conscious effort to open our heart to someone we care about. They could be our children, parents, friends, or anyone else. Let us stop hiding and conquer our fears as we learn to give a little, live a little, love a little.

God Bless!

Contributed by-
Rati Krishna/ Lavina Madhubani



Relationship Corner

How much do you earn?

A man came home from work late, tired and irritated, to find his 5-year old son waiting for him at the door.

SON: "Daddy, may I ask you a question?"
DAD: "Yeah sure, what is it?" replied the man.
SON: "Daddy, how much do you make an hour?"
DAD: "That's none of your business. Why do you ask such a thing?" the man said angrily.
SON: "I just want to know. Please tell me, how much do you make an hour?"
DAD: "If you must know, I make Rs.100 an hour."
SON: "Oh," the little boy replied, with his head down.
SON: "Daddy, may I please borrow Rs.50?"



The father was furious, "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room."

The little boy quietly went to his room and shut the door.

The man had calmed down, and started to think: Maybe there was something he really needed to buy with that Rs.50 and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door. "Are you asleep, son?" he asked. "No daddy, I'm awake," replied the boy. "I've been thinking, maybe I was too hard on you earlier" said the man. Here's the Rs.50 you asked for."

The little boy sat straight up, smiling. "Oh, thank you daddy!" He yelled. Then, reaching under his pillow he pulled out some crumpled up notes. The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father. "Why do you want more money if you already have some?" the father grumbled. "Because I didn't have enough, but now I do," the little boy replied.

"Daddy, I have Rs.100 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

The father was crushed. He put his arms around his little son, and he begged for his forgiveness.

A reminder to all of us working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Our relationships are the most valuable gifts we have. Invest time in them.



Contributed by-

Vijendra Kumar
FEI Delhi

FEI and SNF Activities

Ganesh Chaturthi

MUMBAI



Ganpati Bappa visited our offices on 9th September and was welcomed with much devotion.

The next day, FEI family bid goodbye to their favourite deity with a promise that He would visit again next year.

AHMEDABAD



Blood Donation Drive



Shailaja Nair Foundation organised the annual blood donation drive on 14th September this year. We are thankful to all our supporters who came forward to offer a gift of life.



7 ridiculous myths about life insurance



You should never let insurance myths keep you from achieving your financial goals. Planning for eventualities like death and hospitalisation forms an important part of financial planning. By purchasing a life insurance cover, one can ensure support to the dependents of his/her family in the event of his/her death.

However, there are a number of myths associated with life insurance that should be set straight first:

Life insurance is a waste of money.

Life insurance is meant to provide protection from the eventuality of death. It takes care of a family's living expenses should the holder die young. It is more of a safety mechanism; it is to provide financial security to the dependents. Term policies that cover the risk of untimely death are cheap and also most ideal for providing life coverage.

Life insurance is for saving taxes alone.

This could probably be a selling point for agents but tax-saving is one of the many benefits life insurance offers. The main benefit is the provision of finances in case of the death of the policy holder. Taxes can be saved with other tax-saving instruments also, like mutual fund, ELSS, NSC, and public provident fund (PPF).

Planning for the financial needs of one's family in the event of his/her death is a must. Ideally, the cover should be for about 7 to 10 times the annual income of the bread-winner.

The young don't need life insurance.

The common notion that people die when they are old may be true to a large extent, but having the risk of death covered is definitely better than leaving dependents financially deprived.

In fact, a smarter move is to take the benefit of lower premium rates offered to the young. Also, you may find it difficult to take life insurance when you are old due to higher premium rates or being refused because of ill-health.

Life, medical covers are provided by employers.

Such covers are available only until you continue to work with the employer. Also, life insurance provided by employers may not adequately cover the living expenses of your family in the case of sudden, unexpected death.

It is advisable to buy medical insurance when one is young, as fresh medical insurance taken just prior to retirement could be refused on medical grounds. Critical illness policies help meet additional living expenses of the family members in case of a critical illness.

Attractive units for a limited period.

This is more of a sales gimmick in most cases. Most insurance products are designed in such a manner that all the major costs are incurred in the first few years and deducted from the premium. There are charges that the company wishes to recover over the entire tenure of the policy. So very less is actually invested in units.

It is, therefore, best to look at unit-linked insurance plans with an open mind and consider a commitment of periodic investment for the whole tenure of the insurance policy. Paying for a longer tenure could result in a more profitable plan.

Best to buy policy in a minor's name.

This emotional sentiment selling point has helped many in selling policies. Also, the premium paid on child policies may be much less than on a policy for an adult wanting the same coverage.

Do we really need life cover for a minor? A life insurance policy is taken to make the loss of income to the family good. Therefore, a smarter thing to do is to take a policy with a child as beneficiary or nominee and life cover to the bread-winner.

Pleasing relatives/associates is important.

Avoid taking policies just for the sake of satisfying your friends and relatives who are insurance agents. Also, avoid taking policies just to maintain your relationship with business associates such as bankers.

Insurance policies need to be taken based on your need. These days, online term insurance plans are approximately 50 % cheaper when compared with term policies taken through agents or brokers.

Having understood these myths, one can make insurance a very valuable and useful plan.



INSURANCE MYTHS

Attitude Corner

Perspective matters...

Things are the same over decades, but if we change our attitude they appear different and make a difference to our life.

Cigarette: A pinch of tobacco rolled in paper with fire at one end and a fool at the other!



Conference: The confusion of one man multiplied by the number present.



Compromise: The art of dividing a cake in such a way that everybody believes he got the biggest piece.

Tears: The hydraulic force by which masculine will power is defeated by feminine water-power!



Classic: A book which people praise, but never read.



Smile: A curve that can set a lot of things straight!



Diplomat: A person who tells you to go to hell in such a way that you actually look forward to the trip.



Optimist: A person who is falling from Eiffel Tower says in midway, "see, i am not injured yet!"

Miser: A person who lives poor so that he can die rich!



Politician: One who shakes your hand before elections and your confidence later.



So, whats your perspective... **are you ready to change?**

Don't judge ...it defines you!!

An Arab walks into a bar and is about to order a drink when he sees a guy close by wearing a Jewish cap, a prayer shawl / tzitzis and traditional locks of hair. He doesn't have to be an Einstein to know that this guy is Jewish. So, he shouts over to the bartender so loudly that everyone can hear, "Drinks for everyone in here, bartender, but not for that Jew over there."

Soon after the drinks have been handed out, the Jew gives him a big smile, waves at him, then says, "Thank you!" in an equally loud voice. This infuriates the Arab. He once again loudly orders drinks for everyone except the Jew. As before, this does not seem to bother the Jewish guy. He continues to smile, and again yells, "Thank you!"

The Arab asks the bartender, "What the hell is the matter with that Jew? I've ordered two rounds of drinks for everyone in the bar but him, and all the silly bugger does is smile and thank me. Is he mad?"

"Nope," replies the bartender. "He owns the place."

Judging a person does not define who they are, but it defines who you are.



Contributed by-
Vinu A. Pillai
Corporate Office



An Artist With A Language Of Her Own...

Painter **Prabha Shah's** story is a testament to the indefatigable human spirit and an inspiration to everyone to pursue one's dreams despite the odds. She did not let a speech and hearing impairment deter her. Born in Jodhpur, at the dawn of Indian independence, her journey was wrought with difficulty to reach where she is today. She credits her family for their unwavering support, in helping her overcome the odds.

Prabha believes that people and historical places live inside of her and she expresses these images in her art. Painting is her way of communicating with the world. With her keen observational skills, she translates all that she sees on canvas, infusing life into her paintings with shapes, forms and colours. Her colour palette springs from her roots in Rajasthan. She effortlessly combines the rustic images of Jaipur, merging them with the urban elements of Delhi, where she currently resides. She weaves a story in each frame, finding inspiration in her surroundings. She admits that she tries to stay close to the things she loves but can't own, through her paintings. Once she began painting, nothing else could hold her interest and life took on a new meaning and direction. She says that all her problems began to melt into thin air, once she started painting. Prabha believes she is fortunate enough to turn her hobby into her profession. There were times when she would paint for 18 hours a day. Despite being unable to hear, she found her own unique voice through her paintings.

In 1955, Prabha joined the Seth Anandilal Poddar School for the Deaf, Dumb and Blind. However institutes in those days were not equipped to handle the needs of the physically challenged. The apathy and ill-treatment by

the staff towards her and other students would have been enough to dampen one's spirit. But Prabha was not one to give up. After a long period of struggle, things slowly began to turn around. She enrolled at the Kanoria College for Women, where she met her first Guru, Bill Wheaton, a Canadian artist. He taught her to paint on canvas with oils and that is still her medium today. She was also an informal student at the University of Udaipur where she gained in-depth knowledge on art from the renowned P.N. Choyal.

She began painting professionally in the 1960s, at a time when artists could not hope to make a living out of painting. But her goal was clear. Her joy knew no bounds when she made her first sale in 1967. She has created over 500 paintings till date, with an average of 15 per year. Today, she works independently under the guidance of well-known painter Rameshwar Broota.

Her paintings adorn the living rooms and offices of several luminaries including Prof. M.G.K. Menon, N.M. Desai and Dilip Mehta. Her works also occupy a place of pride in several leading corporate houses, including Air India. Her paintings have also been displayed at exhibitions in UK and Canada. Famous art critic, Keshav Malik, is all praises for her, applauding her "dogged perseverance" and "persistence in pursuing her chosen muse with single-mindedness."

To sum up in her own words, "Emotional tension finds an outlet in the process of creation." It certainly rings true in Prabha's life as she defeated her physical impairment and insurmountable odds to become an inspiration to all.



A Marriage Celebration With A Difference

Recently at Chennai was an event to remember. The wedding ceremony of Ajay – Rajani. It set in motion, a social action with a classic difference! Want to know how? Now read this spectacular story!

The parents of the bride and groom had sent invitation cards with a difference.

There was a tag line which read: "Gifts welcome in cash only. Later to be given to NGO's."

This proved to be noble and soon became the talking point of the town! It didn't end there!

The parents invited over a 100 orphan children from a nearby shelter home and the first rows of the marriage hall were occupied by these children, as the close relatives and important guests graciously took the rear seats!

Soon after the ceremony, the new couple greeted every child and gave them gift packets and escorted them to the lunch hall. The couple sat with them as the children had a wonderful treat! The joy and excitement on

the faces of the young children left an indelible impression on all those present.

The announcement came that the gift money will go as a gift to three major NGO's and invited IDF team to receive the gift. The entire invitee crowd gave a thundering applause to the enlightened parents and couple for their remarkable devotion to social action!!!

Inspiring isn't it?

Can we follow these parents and Ajay – Rajini and set a new trend to look after the interests of the less – privileged, through a noble social initiative like this?

This can be a good trendsetter for India and the rest of the world!

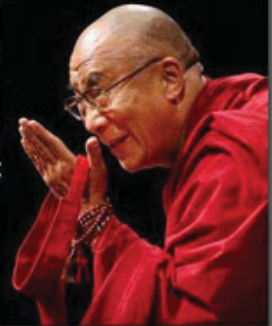
Be the change!!!

Contributed by-
Swamini Aradhanananda
Chinmaya Mission



**Rather live,
than merely
exist...**

The Dalai Lama, when asked what surprised him most about humanity, answered "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."



We often go through life on automatic mode, continuously repeating the same set of actions over and over again, day after day. We are merely going through the motions rather than making the most out of every moment we're alive. There are many ways to infuse a breath of freshness into our day-to-day living.

We should appreciate the great people and things in our life. So many times, we fail to notice the nice things others do for us until they stop doing them. Being grateful for what we have, and the people who love and care for us is the first step to happiness. We shouldn't forget to appreciate ourselves. Each of us is a unique creation and uniqueness is priceless.

Only we have the power to stop people's harmful and poisonous words from entering your heart and mind. We must not allow another person's negativity to seep into our life. By forgiving those who have hurt us, we can move on, instead of holding grudges. The first to apologize is the bravest. The first to forgive is the strongest. The first to move forward is the happiest. Our inner voice is our best friend. Let's choose to listen to our inner voice, not just the jumbled opinions of everyone else. It's

our road, and ours alone. Others may walk it with us, but no one can walk it for us. What we do today is important because we are exchanging a day of our life for it. So ensure that the price is worth it.

We should be thankful for all the troubles we don't have. We will always have to fight through some bad days to earn the best days of our life. Take a moment to enjoy the little things in life. Happiness is in the simplest of things.

Accept the fact that the past has gone. Let's not allow the past to steal our present and future. The past cannot be changed, forgotten, or erased. It can only be accepted. Embrace change and enjoy life as it unfolds. The hardest part about growing is letting go of what we were used to, and moving on. We might not end up exactly where we wanted to go, but eventually we will arrive exactly where we need to be.



Contributed by-
Varsha Jagdale
FEI Pune

Congratulations

Rugby Champ

Isham Jurangpathy from our Colombo office is one proud dad. His son **Ishaaq** is a student at Wesley College, Colombo, Sri Lanka. The school recorded its first ever major schools rugby title by clinching the Champions Trophy at the under 20 'Milo President Trophy knockout Rugby Tournament 2013'.

In their run up to the final, Wesley College beat the strong Science College outfit in the quarter final with a score of 20/17. With Ishaaq scoring two of the three tries, got them to enter the semi-finals.

In the semi-final, Wesley got the better of Dharmaraja College, with a convincing score of 22-13. Ishaaq was a treat to watch. His tackling was excellent, which enabled Wesley to score.

In the finals, the gallant Wesleyites beat Trinity College Kandy. Ishaaq scored the first try immediately after the first half, which led to an



avalanche of two more tries being scored within just 10 minutes.

At 17 years, Ishaaq is the youngest player in the team playing in his favorite position as Centre and has been a try scorer in every match they played.

With his dedication and determination, Ishaaq will have the opportunity of representing the National Youth Team and the Sri Lanka National Team in the future and keep the FEI flag flying high.

Incidentally Ishaaq was born on 23rd July 1996.

Podium once again



Our boy **Advait Deodhar** added another feather to his cap by securing a podium finish in the race held on 14th September. He came third in this race.

At the next day's race, he had some technical issues with his straight line speed and could manage only a 5th position.

But all in all, it was a good season for us and him at the MRF Ford 1600 season this year.

With two podium positions, one in Chennai and one at Delhi, he finished 5th in the overall championship standing this year which was very good for a rookie driver.

We, the FEI Family and Advait both look forward to a great racing year 2014.

Feather in the crown of FEI

FEI family is happy to announce that **Mr. K.B. Radhakrishnan**, FEI Chennai and Head, International Business, has been elected as committee member of the India-ASEAN-Sri Lanka Chamber of Commerce and Industry.



Mantras for Success

Steve Jobs, one of the modern world's most popular business leaders, will always be alive in the minds of millions. His personality and witty take on life is widely appreciated.

Here are his thoughts on:

Building Confidence - "We don't get a chance to do that many things, so everyone should be really excellent. Because this is our life. Life is brief."

Focus - "People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully."

Passion - "When I hire somebody really senior, competence is the ante; they have to be really smart. But the real issue for me is, are they going to fall in love with Apple? Because if they are in love with Apple, everything else will take care of itself."

Leadership Qualities - "So when a good idea comes, you know, part of my job is to move it around, just see what different people think, get people talking about it, argue with people about it, get ideas moving among that group of 100 people, get different people together to explore different aspects of it quietly, and, you know – just explore things."

Succession Planning - "I mean, some people say, 'Oh God, if [Jobs] got run over by a bus, Apple would be in trouble.' And, you know, I think it wouldn't be a party, but there are really capable people at Apple. My job is to make the whole executive team good enough to be successors, so that's what I try to do."



Contributed by-
Charu Lawrence
Corporate Office



Mind Your Manners: An Email Etiquette Checklist

E-mail is an important mode of communication in corporate life. There are certain rules that need to be followed to ensure professionalism in communication via mail.



Greetings and Send-offs

An email always begins with a sound introduction or with the recipient's name. This will let them know to whom they are speaking with. When you begin by acknowledging them by name (e.g. Hello, John Doe), you will let them know whom you intend on talking with. When you are done with an email, always finish by saying 'Thanks'.

Know When to Call

Not all communication has to occur through email. Once conversation begins to mention specifics, it may be wise to schedule a phone call. It is also respectful to pick up the phone when a meeting, scheduled by email, is cancelled.

Mind Your Punctuation

Professionalism involves knowing how to mind your punctuation, grammar and spelling. Use full-stops and question marks as required. Leave exclamation points to when your conversation is light-hearted, and you're familiar with the recipient.



The Clock is Ticking

When dealing with business, never keep them waiting. Waiting on an email can hold up progress on whatever project you are attempting to establish.



Frame the Perfect Subject Line

The first thing your recipient sees is the subject line. Frankly, they will determine the importance of an email by a subject line before reading its contents.

Reply vs. Reply-All

Nothing is more embarrassing than sending a mass email that was intended for only one recipient. Double check before sending.

Ask Before Attaching

The reason companies don't like large attachments is because companies are given a specified storage space they pay for. Your large attachment eats up their storage allowance. Before sending a large attachment, or multiple ones, always ask for permission from the recipient.



Rethink Your Font

Professional fonts to use are Times New Roman, Georgia, Veranda, Arial, Book Antiqua and Calibri.



Contributed by-
Imran Shaikh
FEI Mumbai

Health Corner

Nature is filled with colors in various tones and shades.

Colors are an integral part and play a very important role in our life...

They reflect their effects on our Mind, Body and Soul.



Contains lycopene, ellagic acid, quercetin, and hesperidin. These nutrients reduce the risk of prostate cancer and tumor growth. They lower blood pressure and LDL cholesterol levels. They also scavenge for harmful free-radicals and support joint tissue in arthritis cases.

Egs: strawberries, apples, watermelon, tomatoes, etc.

Contains beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. They reduce age-related macula degeneration and the risk of prostate cancer. Promotes collagen formation and healthy joints. They fight harmful free radicals and work with magnesium and calcium to build healthy bones.

Egs: oranges, mangoes, apricots, pumpkin and peaches

Internal role: through fruits and vegetables.

Contains chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. Helps reduce cancer risks, lower blood pressure and LDL cholesterol levels. They normalize digestion time, support retinal health and vision. They boost immune system activity.

Egs: spinach, broccoli, green grapes, cabbage, beans, cucumbers .

Contains lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Supports retinal health, lowers LDL cholesterol, boost immune system activity, improves digestion, improves calcium and other mineral absorption, fights inflammation, acts as an anti-carcinogens in the digestive tract.

Egs: Brinjals, figs, purple grapes, plums .

Contains beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels.

Egs bananas, potatoes, onions, cauliflowers and mushrooms.

The Gift of Life - Organ donation

"If something comes to life in others because of you, then you have made an approach to immortality." –says Norman Cousins

What is Organ donation?

It is the donation of biological tissue or an organ of the human body, from a living or dead person to a living recipient in need of a transplantation. This gives a ray of light to so many people who are awaiting a second chance at life.

Why should one donate?

When an important organ fails to function in a person's body, it could prove fatal for them. Timely organ transplantation could help save their lives. However, there is an acute shortage of people who pledge to donate their organs after death. If this imbalance is corrected and more people are made aware about organ transplantation, many precious lives can be saved.

Who can be a donor?

It is possible for almost anybody to donate organs and tissues, age, health and lifestyle no bar.

When can one donate organs?

It can be done when alive (in healthy state) or after demise. Important factors are where and how the donor dies and the condition of the organs and tissues. Specialists will assess the donor at the time of death to decide which organs and tissues are suitable for donation.

Which organs can be donated?

A deceased donor can donate kidneys, pancreas, liver, lungs, heart, intestinal organs. Therefore, a single organ donor can save upto 8

lives.

A live donor can donate kidney, liver ,eye.

Whom to inform?

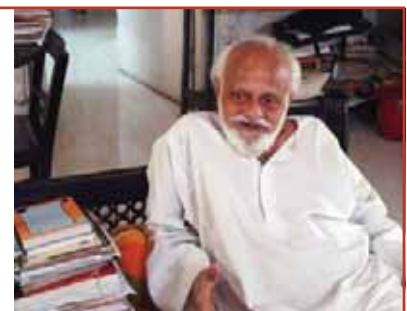
If a person is willing to donate his /her organs , it should be first informed to the immediate family members.

Where can one donate?

In India, there are several medical centres, hospitals and NGOs that have organ donation banks, where you could register to become a donor.

- ORBO (Organ Retrieval Banking Organisation), All India Institute of Medical Sciences, New Delhi
- Gift A Life, an initiative supported by the Apollo Institute of Transplant
- DORSO (Deceased Organ Retrieval Sharing Organization), an autonomous and recognized agency for the Delhi State Deceased Organ Retrieval Transplant Authority.
- Mohan Foundation, an NGO with offices in Chennai, Hyderabad, Visakhapatnam, Coimbatore, Chandigarh, Delhi NCR, Bengaluru
- Zonal Transplant Coordination Centre, Mumbai

Our inspiration behind this article was our good friend and well-wisher, **Shri P.K. Ravindranath**, head of Jury for ICE Awards 2011 and head of Governing Council 2012. He donated his eyes, skin and vital organs as well as his body, to a medical college, thus becoming a model to us all.



1900s - The first Indian feature film 'Raja Harishchandra' made by Dadasaheb Phalke, released on May 3, 1913, at the Coronation Theatre in Bombay. This was the era of silent films, with the classic theme of good triumphing over evil, with subtitles in Hindi and English. It was followed by Mohini Bhasmasur (which also released in 1913) Satyavan Savitri (1914) and Lanka Dahan (1914).

1920s - The first Indian love story, Dhiren Ganguly's Bilal Ferat released in 1921. The mythological theme was introduced in this decade with Kohinoor Studios' Bhakt Vidur from the Mahabharat. Fatima Begum who is considered as the first female filmmaker made Bulbul-e-Parastan in 1926. The 20s also saw the very first international co-production with Italy for Nala Damayanti in 1921.

1930s - The first talkie film Alam Ara released in 1931. It starred Prithviraj Kapoor, Master Vithal and Zubeida. The country's first dream girl Devika Rani began her career in the '30s. This period also saw the birth of stunt movies, pioneered by Homi Wadia and JBH Wadia.

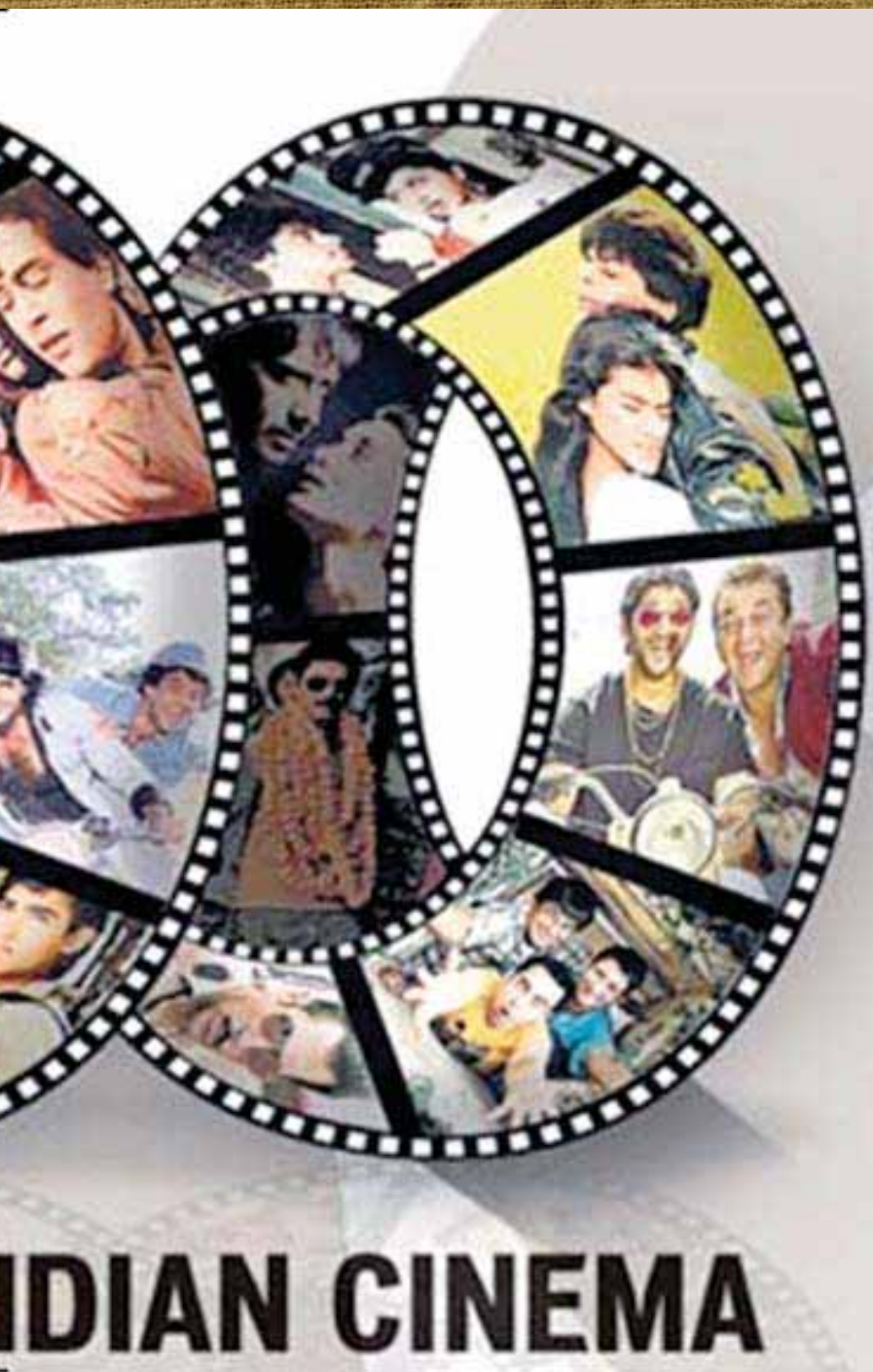
1940s - Kismet, written and directed by Gyan Mukherjee, and produced by Bombay Talkies released in 1943. It depicted the first double-role (Ashok Kumar) played by any Indian actor. In 1947, over 100 Hindi films were released.

1950s - Films from this decade are considered classics. Raj Kapoor's 1951 film Awaara is known for the chemistry between him and co-star Nargis. Other classics from this decade include Mehboob Khan's Mother India and V Shantaram's Do Aankhen Barah Haath. The themes touched upon in



this decade include heroism, grief, wonder, fear, laughter, serenity and more.

1960s - The 1960s is considered the golden decade in the history of the Indian cinema. The highlight being Mughal-e-Azam which took an entire decade to be made, before its release in 1960.



1970s - Sholay was released on August 15 1975. Ramesh Sippy's film is considered a blockbuster Hindi film, which continues to spawn spin-offs. It was the first Indian film to have a stereophonic soundtrack, and presented on the 70 mm widescreen format. The 70s gave saw the birth of the angry young man (Amitabh Bachhan).

1980s - This was the period of commercial cinema, with glitz, glamour and choreographed song and dance routines. Sridevi ruled the roost. Her 1986 film Naagin and 1989 film Chaalbaaz pushed her to the top position. Along with Madhuri Dixit who stood out with her performances in Tezaab (1988) and Ram Lakhan (1989), they were considered the two biggest stars of the time.

1990s - This decade heralded the arrival of King Khan. Shah Rukh Khan's 1995 film Dilwale Dulhania Le Jayenge with Kajol is considered an all-time hit and remains the longest-running film in the history of Indian cinema. Parallel cinema began in the late 1990s with serious content that focuses on the social and political climate of the country.

2000s - This decade saw India's stint at the Oscars, with Aamir Khan's Lagaan. It was in the 2000s that Bollywood grew extremely popular worldwide. Increased use of technology in Bollywood was seen with special effects, graphics and sound.

2010s - This decade now sees versatile subjects being covered. Cinema more close to reality which could connect to the public was made. Lots of real-life inspired stories of unsung heroes were a highlight of this era. There is also focus on aesthetic appeal.

And the journey still continues, cinema our biggest entertainment and source of connect will continue to be an inseparable part of our lives.

2013 - marks the centenary year of Indian cinema.

The 3 Relationships



I Can work on controlling my expectation which can relieve me from any hurt that can be caused.



I really enjoy listening to my teacher as he discusses even the most complicated subjects, in a very simple way I can understand. It looks very easy thing to do, when we hear him say. He was discussing on relationship and as usual I started thinking what I should implement. He put it in a nutshell by asking us to work on three relationships:

1. My relationship with myself.
2. My relationship with others.
3. My relationship with my God.

My relationship with myself:

I thought I can implement this easily as the only factor available here is myself. I just have to set targets in every role which I play. I can start with small, achievable goals, achieve them and keep rising in my own eyes. I can keep raising the bar every time I achieve, and keep patting myself for every milestone achieved. It is just a decision which I have to take and the entire control of this decision is with me.

So I concluded, "Oh! This is easy to implement."

My relationship with my god:

Anything good that happens we say 'Thanks' to God and whenever anything negative happens we easily say 'God is testing me', 'He is giving me an experience to learn', 'He is moulding me for something', etc. We always pass on the benefit of doubt to God and believe that everything would end beautifully at the end. Ultimately, my relationship with my God doesn't suffer at any point of time.

So again I concluded, "Oh, this is easy to implement!"

My relationship with others:

The entire drama in relationship begins with this. The minute we see a person we start a process. We start judging them, though we don't know anything about that person. Then we do everything to build that relationship. Oh! We stay an angel of a person as long as we are not sure whether the other also feels the same way. But once we get a glimpse of comfort, we reduce the gap slowly. Without our knowledge we keep expanding something called 'Expectation'.

When there is permanence in that relationship then this 'Expectation' becomes too difficult to handle. The more you love a person, the more hurt you get because you expect them to reciprocate love in a way you understand love and it becomes too suffocating over a period of time. Even with strangers, if they don't behave the way you expect them to behave, you get so worked up.

Then I realised, somebody else other than me, his actions, deeds, thoughts, on which I have no control, is involved in this – which makes the whole thing so complicated. But I have absolute control on my 'expectation'. This also plays an equal part in complicating the whole thing. I can work on controlling my expectation which can relieve me from any hurt that can be caused.

So I concluded, "Oh! This is not easy to implement, but I can start from where I can."

*courtesy- infinithoughts
(www. infinithoughts.com)*

Yoga Corner

Warrior Pose (Veerabhadrasana or Virabhadrasana)

This pose strengthens the arms, shoulders, thighs and back muscles, all in one go. This pose is named after Veerabhadra, a fierce warrior, an incarnation of Lord Shiva.

The story of the warrior Veerabhadra, as all stories from Upanishads, has a moral that adds value to our life.

Veera - vigorous, warrior, courageous; **Bhadra** - good, auspicious;

Asana - Posture

The asana is pronounced as Vee- Ra- Bha- Dra-aasana.



How to do Warrior Pose (Veerabhadrasana)

Veerabhadrasana or Virabhadrasana is one of the most graceful yoga postures and it adds beauty and grace to one's yoga practice.

1. Stand straight with your legs wide apart by a distance of at least 3-4 feet.
2. Turn your right foot out by 90 degrees and left foot in by about 15 degrees.
Checkpoint: Is the heel of the right foot aligned to the center of the left foot?
3. Lift both arms sideways to shoulder height with your palms facing upwards.
Checkpoint: Your arms should be parallel to the ground.
4. Breathing out, bend your right knee.
Checkpoint: Are your right knee and right ankle forming a straight line? Ensure that your knee does not overshoot the ankle.
5. Turn your head and look to your right.
6. As you settle down in the yoga posture stretch your arms further.
7. Make a gentle effort to push your pelvis down. Hold the yoga posture with the determination of a warrior. Smile like a happy smiling warrior. Keep breathing as you go down.
8. Breathing in, come up.
9. Breathing out, bring your hands down from the sides.
10. Repeat the yoga posture for the left side (turn your left foot out by 90 degrees and turn the right foot in by about 15 degrees).

Benefits of Warrior Pose (Veerabhadrasana)

- Strengthens and tones the arms, legs and lower back.
- Improves balance in the body, helps increase stamina.
- Beneficial for those with sedentary or deskbound jobs.
- Extremely beneficial in case of frozen shoulders.
- Releases stress in the shoulders very effectively in a short span of time.
- Brings auspiciousness, courage, grace and peace.

CAUTION

- Veerabhadrasana especially benefits pregnant ladies in their second and third trimester provided they have been practicing yoga regularly. Practice Veerabhadrasana while standing close to a wall so you can support yourself if required. However do consult your doctor before doing this yoga posture.
- If you have knee pain or arthritis, use some support at the knee to hold this yoga posture.

Variation

There are 3 variations in this asana.



Contributed by-
Sonali Nair
Corporate Office

Humor Corner

With age comes wisdom...

A guy is in his 70's and loved to fish. He was sitting in his boat when he heard a voice say, "Pick me up."

He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "Pick me up."

He looked in the water and there, floating on the top, was a frog.

The man asked, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up, then kiss me, and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous, because I will be your bride!"

The man looked at the frog for a short time, reached over, picked it up carefully and placed it in his shirt pocket.

The frog said, "Didn't you hear what I said? I said, Kiss me, and I will be your beautiful bride."

He opened his pocket, looked at the frog and said, "Nah. At my age, I'd rather have a talking frog."



Punjabi Confidence

Gurmukh: "Hello, President Obama. This is Gurmukh from Punjab. I called to inform you that we are officially declaring a war on you!"

Obama: "Well, Gurmukh, how big is your army?"

Gurmukh: "There is myself, Sukhdev, Bhagat, and the entire kabaddi team from Malpur. Some infantry equipment and Amrik's tractor is modified with shotguns, wings and the pind's generator."

Obama: "I have two million men in my army and 16,000 tanks and 14,000 armored personnel carriers, 10,000 bombers and 20,000 fighter planes."

Gurmukh: Huh, "I'll have to ring you back."
The next day...

Gurmukh: "I am sorry to tell you that we have had to call off the war."

Obama: Why the sudden change of heart?"

Gurmukh: "We've all had a long chat over a couple of lassi's, and decided there's no way WE CAN FEED TWO MILLION PRISONERS OF WARS!"

NOW THAT'S CALLED PUNJABI CONFIDENCE!!!



Humor Corner

BLAME IT ON DISNEY



Me? Behave?

As a child I saw **Tarzan** almost naked, **Cinderella** arrived home after midnight, **Pinocchio** told lies, **Aladdin** was a thief, **Batman** drove over 200 miles an hour, **Snow White** lived in a house with 7 men **Popeye** smoked a pipe and has tattoos, **Pac Man** ran around to digital music while eating pills all night & **Shaggy** and **Scooby-doo** were mystery solving hippies that always had the munchies.

So don't blame me for being wild,

Blame



KHAJJJAR – MINI SWITZERLAND



Once in a life time many of us have a dream to visit Switzerland. But how many of you are aware about the Mini Switzerland in India. Shocked to read it... Yes it's here...

On 7 July 1992, Mr. Willy T. Blazer, Vice Counselor and Head of Chancery of Switzerland in India, placed Khajjiar on the world tourism map by christening it as 'Mini Switzerland'. It is among the 160 locations in the world that bear topographical resemblance with Switzerland.

Khajjiar is a hill station in Chamba district in Himachal Pradesh, located approximately 24 km from Dalhousie. Khajjiar sits on a small plateau with a small stream-fed lake in the middle that has been covered over with weeds. The hill station is surrounded by green meadows and dense forests. It is about 6,500 feet (2,000 m) above sea level in the foothills of the Dhauladhar ranges of the Western Himalayas and snowy peaks can be seen in the distance. It is part of the Kalatop Khajjiar Sanctuary. It has a rare combination of three ecosystems: lake,

pasture and forest, all in one place.

The best entertainment in Khajjiar is to walk around the lake or to go for long walks in the thick pine forests. Another attraction is horse riding. There is a lake known as Khajjiar Lake, surrounded by saucer-shaped lush green meadows and a floating island.

A little away from the lake is the temple of Khajji Nag belonging to the 12th century AD. The sanctum of the temple has been beautifully carved from wood. This temple is dedicated to snake (Nāga) worship and there are some snake idols inside.

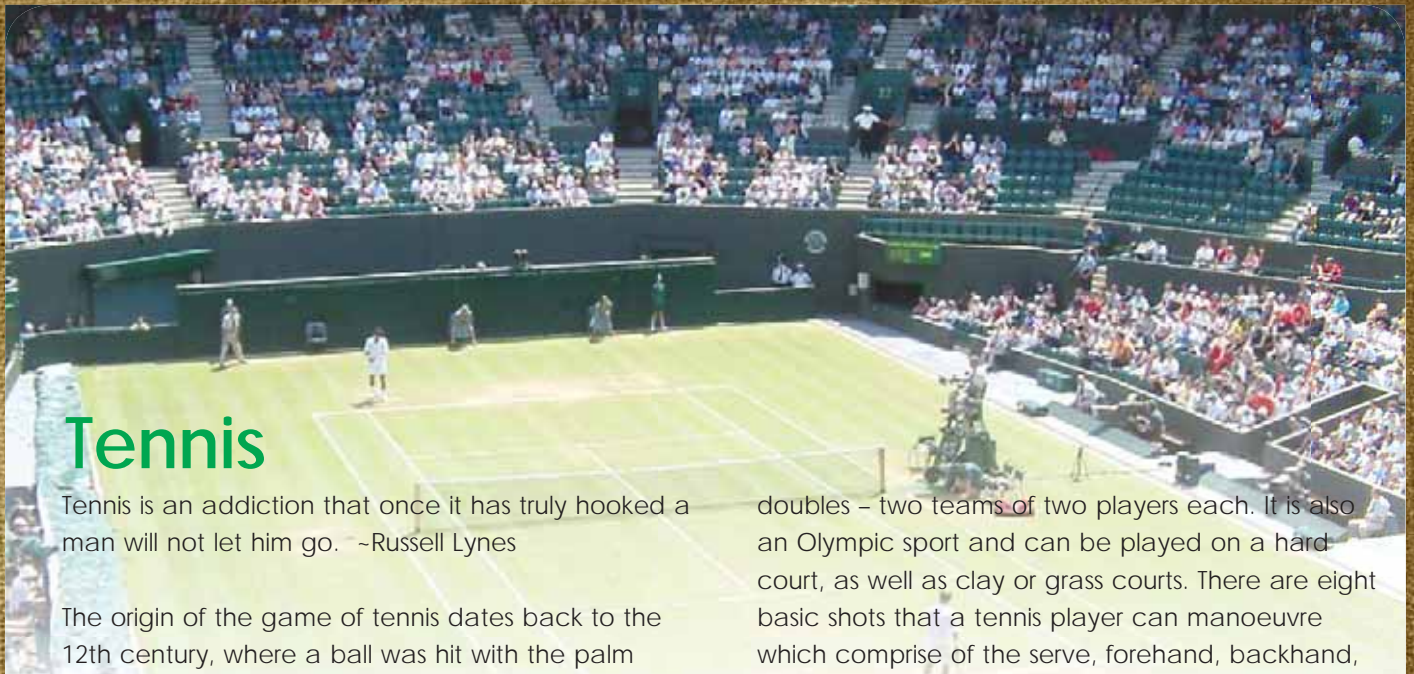
Season: April to October is the best time to visit this Mini Switzerland.

How to reach: Khajjiar is about one and a half hours from Dalhousie and Chamba by road, while Pathankot is the nearest railhead. Tourists could also take a flight to Gaggal airport and then proceed to Khajjiar by road.



Contributed by-
Sandhya Nair
Corporate Office

Sports Corner



Tennis

Tennis is an addiction that once it has truly hooked a man will not let him go. ~Russell Lynes

The origin of the game of tennis dates back to the 12th century, where a ball was hit with the palm of the hand, in northern France. Early connoisseurs of the game include Louis X and King Charles V of France and Henry VIII of England. Louis X is credited with being the first to construct indoor tennis courts, a trend which soon spread across Europe at all the royal palaces. The world's oldest tennis tournament is the Wimbledon Championships, which was first played in London in 1877.

In its modern avatar, tennis is played with a racquet used to strike the ball. It could be played as singles – one individual opponent against another; or

doubles – two teams of two players each. It is also an Olympic sport and can be played on a hard court, as well as clay or grass courts. There are eight basic shots that a tennis player can manoeuvre which comprise of the serve, forehand, backhand, volley, half-volley, overhead smash, drop shot, and lob. The most popular and prestigious Grand Slam tournaments include the Australian Open, French Open, Wimbledon and the US Open.

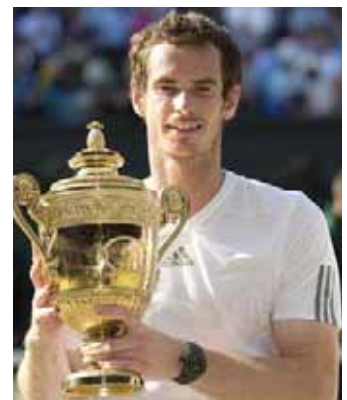
Tennis greats include Bill Tilden, Donald Budge, Björn Borg, Pete Sampras, Andre Agassi, Boris Becker, Rafael Nadal, Roger Federer, Novak Djokovic, Andy Murray, Margaret Court, Billie Jean King, Steffi Graf, Martina Navratilova, Martina Hingis, Monica Seles, Serena and Venus Williams, and many more who've had illustrious careers.

Andy Murray

Andy Murray has been the toast of the 2013 tennis season, as he broke and created several records. He began the season defending his Brisbane International title by beating Grigor Dimitrov. At Australian Open, he beat Roger Federer in the semi-finals, taking his total of Grand Slam match wins to 106, matching that of tennis legend Fred Perry.

Later in the season, he reached the quarterfinals of the Indian Wells but lost to Juan Martin del Potro. He went on to win the Miami Masters beating David Ferrer, a victory which skyrocketed him to the No. 2 position in world rankings, overtaking Roger Federer.

Murray's crowning glory this season was winning his first Wimbledon title against Novak Djokovic. This win also ended Britain's 77 year drought, giving them a champion they can call their own, since Fred Perry's victory in 1936.



Contributed by-
Priya Patrachari

Kids Corner (Adults)

Quiz for Bright People.



Only straight questions with straight answers. Try it.

1. One sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Only three words in standard English begin with the letters 'dw' and they are all common words. Name them.
6. There are 14 punctuation marks in English grammar. Can you name at least half of them?
7. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
8. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

ARE YOU THE BEST IN MATH? TRY THIS!!

I have Rs. 50 with me.	
Spent	Balance
20	30
15	15
9	6
6	0
Total 50	Total 51

(Answers on page- 37)

Dear Sir,

On the journey started about three years back, we achieved a major milestone today. At about 4.45 pm today, our 1 MW turbine is rolled successfully on the steam generated from our solar fields - parabolic trough and linear fresnel.

We thank you for your support and being with us all the way. Without which, it would have been an impossible task.

Sincerely yours,

Rajkumar Nehra

Project Manager

Dept. Energy Science & Eng. (IIT Bombay)

Dear Sir / Madam

I get an opportunity to read FEI Duniya when I visit my daughter Sheen. I am a witness to its growth and improvement in content and style over the years.

Its news and views on men, matters and memoirs are all rounder, touching all areas of human life: material, physical, mental and spiritual.

Adapting a quote from J Q Adams, I may say it inspires a reader to learn more, do more, dream more and become more.

In a world where periodicals are becoming an endangered species the ICE Awards is a very positive and proactive step to promote the print medium as a means of internal communication.

Moreover the ICE Awards is a fitting reward to the "unsung" heroes who struggle hard to publish such magazine. Hats off to them.

I wish FEI and FEI Duniya every success.

Prof. Graceamma Thomas

Kottayam, Kerala

(Mother-in-law of Mrs. Sheen A. Thomas)

Dear Mr. Radhakrishnan,

I wish to congratulate the management of FEI for bringing out 'FEI DUNIYA' regularly with interesting and impressive articles presented by its own team on different aspects.

I must appreciate you for narrating your heartfelt 'dinner date' with your beloved mother in your "Time Waits For No One" under Inspiration Corner.

My compliments to all of them, who have been contributing excellent articles on various topics and FEI for encouraging them.

Kind regards,

P. Gopalakrishna

Secretary

India-ASEAN-Sri Lanka Chamber of

Commerce & Industry

Chennai

Hello Mr. Pratap, / Mr. Abhijeet,

This is Vilas Thube (Varsha's Father). Recently I got an opportunity to visit your Baroda office with my other daughter Sonal.

I met Mr. Amit, Ms. Vaishali and Mr. Aditya and I must say that you have nice staff at your Baroda office. It was a great pleasure to meet them all. They also helped me out to find a Hostel for my daughter.

Feeling nice that my daughter Varsha is a part of such great family...

Best wishes & regards for your Organization.

Vilas Thube

Festival Corner



Dussehra also known as Vijayadashami, is one of the most important Hindu festivals celebrated in various forms, across India, Nepal and Bangladesh.

The name Dussehra is derived from Sanskrit Dasha-hara literally means removal of ten referring to Lord Rama's victory over the ten-headed demon king Ravana. The day also marks the victory of Goddess Durga over the demons Mahishasur. The name Vijayadashami is also derived from the Sanskrit words 'Vijaya-dashmi' literally meaning the victory on the dashmi (Dashmi being the tenth lunar day of the Hindu calendar month).

The story goes that Prince Rama of Ayodhya undertook fourteen years of exile. In the last year of his wandering, Ravana the king of Lanka carried away his consort, Sita. This resulted in a war between Rama and Ravana. In the end Ravana, his son Meghnat and his powerful brothers were killed and Mother Sita was freed.

This day is celebrated as Dussehra all over India. The Ramilla is enacted in a very big way for ten days continuously. On the last day, effigies of Ravana, Meghnath and other demons stand head and shoulders above the rest of the crowd. They are made of bamboo sticks and coloured papers. They are stuffed with high-powered crackers. With the fall of the sun, these effigies are ignited (kindled). The deafening sound of the burning effigies sends a wave of thrill and excitement in every heart. Their ashes and half-burnt bamboo sticks are considered to be exceptionally sacred. People gather them and preserve them.

People return home with great satisfaction. Thus the festival comes to a happy ending, giving the message of virtue and goodness.

This year Dussehra falls on **13th October**.



Diwali known as the 'Festival of Lights' is celebrated to commemorate the return of Lord Rama after 14 years of exile. It begins with Dhanteras and ends with Bhau-beej. **Lakshmi puja**, the most important Day is conducted to honour the Goddess of Wealth and seek her blessings.

This year Diwali falls on **3rd November**.

Christmas (25th December) celebrates the birth of Jesus. It is a day to thank God for sending His Son to save mankind. The Day commences with church services and Carols. In the Christmas colors **red** symbolizes the blood of Jesus, **green** stands for eternal life and **gold** symbolizes royalty and also the first gift that Baby Jesus received.



Chef's Corner

Bhajani Chakali

Chakali is one of the favorite delicacies made during the festive season, esp during Diwali. Different varieties of chakali are made across India, and also called by various names. Chakali in Maharashtra is made from bhajani (mixed flour).

TO MAKE CHAKALI WE HAVE TO MAKE THIS BHAJANI (FLOUR) .

Prepare Bhajani:

Serves : approx. 1 kg

Ingredients:

2 cup Chana Dal
2 cup white Rice
20 Grams Cumin seeds (approx 1-2 tbsp)
Handful of Coriander seeds

Method:

Wash the dal and rice separately and drain water. Spread over a cloth and let it dry in the shade, not in direct sunlight. Dry roast dal separately on medium heat, until golden brown. Dry roast rice till brown. Then roast Cumin seeds and Coriander seeds until aromatic. Let all roasted items cool down. Mix all and grind to fine powder. This Blended Flour is used to make Chakali.

To prepare the chakali:

Ingredients:

1 cup chakali bhajani (Chakali Flour)
1 cup water
1 tsp Asafoetida Powder
2 tsp Sesame seeds
½ tsp Carom Seeds (Ajwain)
1 tbsp Red Chili Powder
1 tbsp Oil
Salt to taste
Oil for deep frying

Method:

In a deep and medium saucepan, heat 1 cup water. Add Asafoetida Powder, Sesame seeds, Carom Seeds, Red Chili Powder, Oil and salt. Give a nice stir. Bring the water to boil.

Once water starts boiling, add Chakali Bhajani and mix vigorously. Turn off the heat and cover saucepan with lid for 20 minutes.

After 20 minutes, transfer the Bhajani dough to plain surface or in the plate. Use little lukewarm water to knead the dough. Make a soft dough.

Grease Chakali Press utensil from inside with little oil. Stuff enough dough in it.

Press and move into circular motion to make small Chakalis.

Keep the oil to heat while you prepare the chakalis.

Very gently lift the chakalis one at a time and put them in to hot oil.

Deep fry Chakali on medium to high heat, until golden.

Drain and put on paper towel to remove excessive oil.

Serve the fresh crunchy chakalis along with tea as a evening snack.

Tips:

Keep Chakali in Airtight Container after cooling. Always use old rice for the bhajani.



Contributed by-
Sonali Nair
Corporate Office



FEI DUNIYA
It's Your World

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Happy Independence Day

AUGUST 2013

FEI Family



Ms. Deepika Jamwal, FEI Delhi, and husband Mr. Babit in a sweet picture together.



Mr. K. B. Radhakrishnan, FEI Chennai, spends quality time with wife Ms. Nirmala and kids Harikrishnan and Pranav during his trip to Kanyakumari.



An engagement picture of Mr. Jyotendra Pandya, FEI Baroda, with Ms. Rudhni.



Ms. Bijayashree D. Deb, Corporate office, ready for a snap with husband Mr. Hirak and little prince Ujaan.



Ms. Mansi Jani, FEI Ahmedabad, celebrating the birthday of her angel Dyanishi with newly born baby Saanvi and husband Mr. Chintan.



A picture of the newly wed couple - Mr. Rakesh Rehwal, FEI Ahmedabad, and wife Ms. Rekha.

HAPPY BIRTHDAY!

Vinod Pal

- Co-operative... Arvind Singh
- Honest and Trustworthy... Rekha Chaudhary
- Keeps the work atmosphere light... Deepika Jamwal
- Simple and good hearted... Gajraj Singh
- Solution seeker... Imran Khan
- Sincere... Subhash Chander
- Respectful towards others... Vijendra Kumar
- Very calm and eager to learn and do things... K.B. Radhakrishnan
- Always welcomes work with a smiling face... Rajesh Mehta
- Extremely Hard Working... Aditya Tewari

Birthdays

Ankita Chakravorty	Mumbai	1st Aug
Mahesha V.	Bangalore	2nd Aug
Essakkiappan P.	Tuticorin	4th Aug
Bharu Joshi	Mumbai	5th Aug
Ashok Jha	Mumbai	6th Aug
Vineeth K.V.	Kochi	6th Aug
Avinash Gollur	Mumbai	8th Aug
Deepak Chirkar	Mumbai	9th Aug
Ummedbhadur R.Verma	Baroda	9th Aug
Stam P.Talshikar	Mumbai	19th Aug
Avaneesh Rai	Mumbai	20th Aug
Vinod Pal	Delhi	20th Aug
Gaurav Javeri	Ahmedabad	21st Aug

Wedding Anniversaries

T.Ananda Narayanan	Tirupur	26th Aug
B. Lakshmanan	Chennai	31st Aug

New Joinees

Amol Doshi	Pune
Usha R. Korde	Corporate Office

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Do take time to visit these websites:
www.feicargo.in, www.vishalrajnair.com, www.kongreets.in, www.dorcasilalmsom.com, www.bijoyclub.com, www.thetraveltips.com

"Let's Celebrate"

Attitudes are changing, Temperaments are changing, People are changing. And yes, the world is changing, too! (Mother Nature is good enough). In the changing face of reality, we realize, that our commitment to impeccable quality and service will always remain constant.

May this festive season bring you incredible success and happiness!

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FEI DUNIYA
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Teacher's Day

"A teacher affects eternity; he can never tell where his influence stops." - Henry Adams

S E P

An Eternal Ode to Guru
Indian mythology states that, Lord Shiva reveals to Parvati the inner secrets of the quest for Supreme Knowledge and the indispensability of a Guru in this journey. The 'Sampoorna Guru' (Absolute Guru) is none other than the Supreme Brahman (The Almighty) and it is before this all-encompassing power that Siva reverentially bows.

The truths revealed by Shiva to Parvati years ago stand greatly relevant even today. In the present times, the Kali Yuga, the 'Guru Marga' (the way of the Guru) is the path to Self-Realisation. We need the guidance of teachers and mentors in all walks and stages of life and also the Divine presence of the 'Sampoorna Guru' to complete our life's karmic planes.

Guru, Teacher, Mentor is placed above all other relations in life.

5th September is celebrated as Teachers' Day as a mark of respect to Dr. Sarvapalli Radhakrishnan, who was a staunch believer of education, and was a well-known diplomat, scholar and the President of India. When he was approached by his students and friends with a request to allow them to celebrate 5th September, his "Birthday" he replied saying, "Instead of celebrating my birthday separately, it would be my proud privilege if September 5th is observed as Teacher's Day". The request showed Dr. Radhakrishnan's love for the teaching profession. From then onwards, the day has been observed as Teacher's Day in India.

We should always respect our teachers. Teachers need encouragement and support from the community to feel that their devotion to students is appreciated.

"A good teacher is like a candle - it consumes itself to light the way for others."

Teachers Day around the World

Afghanistan	October 15th
Argentina	September 11th
Australia	Last Friday in October
Bangladesh	October 4th
Canada	October 5th
China	September 10th
Germany	October 5th
Hong Kong	September 10th
Maldives	October 5th
Nepal	Full moon day of Nepali month Ashad
New Zealand	October 29th
Pakistan	October 5th
Singapore	First Friday of September
Thailand	January 16th
United Kingdom	October 5th
World's Teachers Day - October 5 th	

- "The mediocre (Moderate) teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." - **Contributed by T. A. Samsudeen**
- A TEACHER takes the HAND, opens the MIND and touches the HEART - **Contributed by Varsha Jagdale**
- "The best teacher is the one who suggests rather than dogmatizes, and inspires his listener with the wish to teach himself." - **Edward Bulwer-Lytton**

Happy Birthday

Neha Jain

Respectful and honest - Smita Pillai
Responsible and loving - Pratap Nair
Simpleton strong smiling personality - Sonali Nair
Good learner - Sandhya Nair
Pleasant nature - Vinu Pillai
Focused - Virek Krishnan
Passionate with wheels on her feet - Vidhi Nair
Simple but prompt - K. B. Kulkarni

Welcomes pressure with a smile - Vijitha Agarwal
Dedicated - Sheen A. Thomas
Hard working - Megha Pant
Never forgets to wear a smile on her face - Sandesh Khaladkar

Birthdays

Dhanashree Ghatge	Baroda	1, Sep
Sumit Jain	Mumbai	6, Sep
Sanjay Kumar Bose	Kolkata	9, Sep
Smita S. Pillai	Mumbai	10, Sep
S. Saravanan	Chennai	12, Sep
Jaysingh Bande	Mumbai	15, Sep
Pratik M. Vaghela	Ahmedabad	15, Sep
Neha Jain	Mumbai	18, Sep
M. G. Satheesh	Bangalore	18, Sep
Pranpati Pathak	Mumbai	20, Sep
Priyanka S. Sawant	Mumbai	21, Sep
Indravadan Mesariya	Baroda	27, Sep
V. Palavesh Krishna Kumar	Tuticorin	27, Sep
Shani Ismail	Colombo	28, Sep

Wedding Anniversaries

Vinu A. Pillai	Corporate Office	16th Sep
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New Joinees

G. Sudarson	Chennai
Ramesha N.	Bangalore
Rajesh HT	Bangalore
A. M. Murali	Bangalore
Vipya T	Bangalore
Bhaskar Rao D. K.	Bangalore
Malikarjuna AN	Bangalore

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Anyways.....

- ❖ People are illogical unreasonable and self-centered; love them anyway.
- ❖ If you do good, people will accuse you of selfish ulterior motives; do good anyway.
- ❖ If you are more successful than many of your close friends, you will win false friends and true enemies; don't feel bad, succeed anyway.
- ❖ The good that you do today, will be forgotten tomorrow; do good anyway.
- ❖ Honesty and openness makes you vulnerable and people take advantage of you; be honest anyway.
- ❖ The biggest man with the biggest ideas can be shot down by the smallest man with the smallest mind; think big anyway.
- ❖ People favour underdogs but follow only top dogs; fight for a few underdogs anyway.
- ❖ What you spend years building, may be destroyed overnight; build anyway.
- ❖ People really need help, but may attack you if you help them; help them anyway.
- ❖ Give the world the best you have and they will kick you in the teeth; give the world the best that you have anyway.



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

Sea ports of India

The nine coastal Indian states Gujarat, Maharashtra, Goa, Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Orissa and West Bengal are home to all major and minor ports of India. The major Indian Ports handle a large volume of cargo traffic and container traffic. Read on to find out more about a few of our country's important sea ports.

Kandla Port- Gujarat: This port is situated on the Gulf of Kutch, near Gandhidham. It is also the first special economic zone in India as well as in Asia. Kandla Port is hub for major imports like petroleum, chemicals and iron also export grains, salt and textiles.

Nhava Sheva- Maharashtra: This port is also known as Jawaharlal Nehru Port and is the largest container port in India. JNPT is the king port of Arabian Sea at west coast and handles a large volume of international container traffic and domestic cargo traffic. The major exports are textiles, carpets and imports are machinery, vegetable oils and chemicals.

Mumbai Port - Located in the mainland of west Mumbai, it boasts of a natural, deep-water harbour. This port handles bulk cargo traffic with its four jetties for handling liquid chemicals, Crude and petroleum products.

Marmagao port- Goa: Located in South Goa, it is one of the

leading ports for export of iron ore and raw materials. This natural harbour of Goa is one of India's earliest modern ports.

Panambur Port- Karnataka: Also known as the New Mangalore Port, it is a deep water all weather

port and the only major port of Karnataka. It exports major commodities like manganese, granite stones, coffee and cashew. Main imports include timber logs, LPG, petroleum products and cargo containers.

Cochin Port- Kerala: The port of Cochin lies on two islands of Willingdon and Vallarpadam, the largest container transshipment

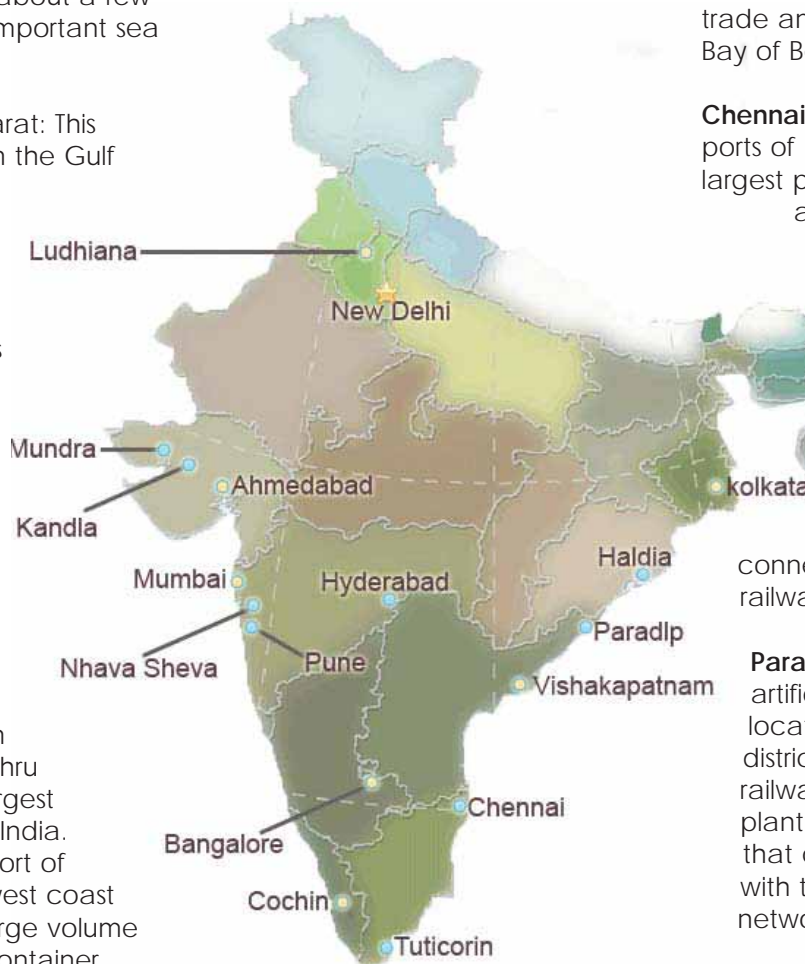
facility in India. Kochi Port is equipped with maritime facilities Cochin Shipyard, Kochi Refineries and Kochi Marina.

Tuticorin Port- Tamil Nadu: Tuticorin Port is an artificial deep-sea harbour and one of the 12 major ports of India. It is an all-weather port, used for maritime trade and pearl fishery on the Bay of Bengal.

Chennai Port - One of the oldest ports of India and the second largest port in the country, it is a hub port for cars, big containers and cargo traffic in the east coast of India. Chennai Port terminals have lighthouses, Intra port connectivity, pipelines and railway terminus.

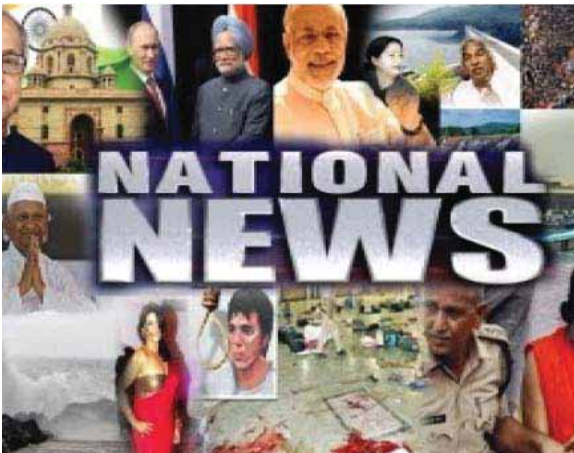
Paradip Port- Orissa: This artificial, deep-water port is located in the Jagatsinghpur district of Orissa. It has its own railway system, coal handling plant and a national highway that connects the port with the rest of Indian road networks.

Haldia port- West Bengal: Haldia port or Calcutta Port is a major seaport situated near the Hooghly River. It receives bulk cargoes of chemicals, petro-chemicals and oils. This port is also a base for the Indian Coast Guard.



Contributed by-
Sheen A. Thomas
International Div.

News Corner



NATIONAL NEWS

1. India has witnessed the sharpest appreciation in real estate prices in the last couple of years, according to data from the Global Property Guide, an organisation which collates real estate data from across the world.
2. India has lost around 20% of its languages in the past five decades, a survey by the Vadodara based Bhasha Research and Publication Centre has revealed.
3. Aadhar card is not a must for availing services like opening bank account, getting admissions in school and obtaining passports, planning Minister Rajeev Shukla informed the Parliament.
4. Fruits, grains and vegetables worth Rs. 44,000 crore are lost every year due to lack of adequate storage infrastructure, the government told the Parliament.
5. With the successful launch of Rukmini, the 2,650kg GSat-7 communication satellite to be used by the Indian Navy, India is now a member of the exclusive club of nations operating dedicated military satellites.



INTERNATIONAL NEWS

1. China is building the world's highest altitude civilian airport close to Tibet as part of a plan to develop infrastructure in the strategic Himalayan region.
2. The founder CEO Jeff Bezos of Amazon has bought over the famous newspaper in US, The Washington Post for USD 250 million.
3. A street in Canada's Winnipeg city has been named after Mahatma Gandhi on the occasion of India's 67th Independence Day.
4. Britain's Oxford University, one of the world's most prestigious educational institutions, may be risking its scholarly reputation in favour of commercial interests by courting the rich but academically weaker overseas students.
5. Many spices from India, the largest exporter of cooking ingredients to the US, have come under scanner of the health watchdog FDA for being susceptible to Salmonella bacteria contamination.
6. President Hamid Karzai of Kabul issued a historic legislative decree reserving a special seat for Sikh and Hindu Afghan nationals in the lower house of the country's parliament.



BUSINESS NEWS

- New India Assurance, India's largest non-life insurer has decided to stop charging additional premium for those with diabetes and hypertension under its revised health insurance policy.
- The government has named chief economic advisor Raghuram Rajan as the new Reserve Bank of India Governor for a term of three years.
- Hero MotoCorp is set to open factories in North and Latin America, the first instance of the Indian two-wheeler major looking at starting full-fledged manufacturing abroad.
- Gold imports by India, the world's largest buyer, more than doubled in the second quarter of 2013 after a slump in prices in April spurred demand for bars and coins.
- The UK pound for the first time breached the 100 mark - making it the first currency to hit a century maintaining its edge over the greenback.
- The Centre is likely to propose a higher levy for the super rich under the new direct tax law, including a 35% tax on those earning over Rs. 10 crore and a heavier burden for people with over Rs. 50 crore.



SPORTS NEWS

- India won bronze in the Junior Women's world cup in Germany on 4th August, becoming the first women's hockey team from the country to win a World Cup medal.
- Rajan Sodhi, the ace shooter was selected to receive the prestigious Rajiv Gandhi Khel Ratna Award this year. Cricketer Virat Kohli and shuttler P. V. Sindhu will receive the Arjuna Award.
- Usain Bolt clinched a third gold, in the 4x100m relay, in Moscow taking his all-time tally to eight, becoming the most successful athlete in world championship history.
- India has retained its top position in the ICC ODI team rankings table, while Virat Kohli remained the highest-ranked Indian batsman at the fourth spot in the latest list issued.
- England agreed to host India for five Tests, for the first time in 50 years, when the team lands in London for a long series which will also include five ODIs and a Twenty20 International next year.
- Li Na became the first Chinese player to reach the semi-finals of a US Open when she beat Ekaterina Makarova in the quarterfinals.

LOGISTICS NEWS

- The Government is in a hurry to privatize six of India's airports despite two of them having been extensively modernized recently and the not-so-good experience of handing terminals over to private control.
- The Finance Ministry is pushing for a cut in duty drawback rates as the realization of exporters has gone up due to depreciation of the rupee.
- Sri Lanka launched a China-funded port which will be the island's biggest and is intended to make Colombo a strategic shipping hub along the world's most lucrative trading route.
- The Government of India along with the Indian Waterways Authority of India has chalked out projects with the specific objective of transportation of cargo by the inland water transport mode.
- The Chennai Port plans to convert the Jawahar Dock (East) berth into a small container terminal.
- Latin American countries like Brazil, Chile and Mexico are looking at ways to diversify trade with India by cooperating in the technology, pharmaceuticals, chemicals, mining and energy sectors.



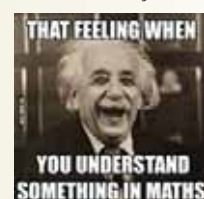
Answers to Quiz - A

1. Boxing.
2. Niagara Falls (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Asparagus and rhubarb.
4. Strawberry.
5. Dwarf, dwell and dwindle
6. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
7. Lettuce.
8. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

QUIZ - B

Where did the **one rupee** come from???

If you know the answer, mail it to feiduniya@feicargo.net



Celebration Corner

Love her sincerity towards her work.
Sheen Ajith Thomas

Charu's spirit of growing up in terms of responsibility and knowledge ensures her growth in the organisation.
Pratap Nair

Always smiling and most reliable quick learner.
Sandesh Khaladkar



Beautiful combo of aspiration and humility. She aims to fly while not losing her roots.
Sonal Nair

Courteous, friendly and always smiling.
Ankita Chakravorty

Very compassionate and hardworking.
K. B. Radhakrishnan

Happy Birthday CHARU LAWRENCE Birthdays in Oct. 2013

Mallikarjuna A. N.	Bangalore	1st Oct	Deepak O. Saini	Mumbai	18th Oct
Sandeep V. Sawool	Mumbai	4th Oct	Usha R. Korde	Corporate Office	19th Oct
G. Sudarson	Chennai	4th Oct	Jyotendra Pandya	Baroda	21st Oct
Mansi C. Jani	Ahmedabad	5th Oct	Santosh Kumar Tayde	Ahmedabad	23rd Oct
Baban Shinde	Mumbai	6th Oct	Rasik Vaghela	Ahmedabad	23rd Oct
Charu Lawrence	Corporate Office	6th Oct	Vivek Krishnan	Corporate Office	23rd Oct
Vaibhav K. Malap	Mumbai	12th Oct	Ashok D. Shinde	Mumbai	26th Oct
Jagdish Maurya	Mumbai	12th Oct	Subhash Chander	Delhi	27th Oct
Sachin Naik	Mumbai	16th Oct			

Wedding Anniversaries

Vinod Pal	Delhi	2nd Oct
Smita S. Pillai	Corporate Office	24th Oct
Dipak Bhavsar	Ahmedabad	26th Oct
K. B. Radhakrishnan	Chennai	28th Oct
Abhijeet and Vidhi Nair	Mumbai	31st Oct

New Joinees

Ankit Rai	Ahmedabad
Sheetal U. Salian	Mumbai
Ashoka Battappady	Mumbai
Lokesh Bhatiya	Baroda
Sandeep Kumar Upadhyay	Corporate Office
Velji Pingol	Gandhidham

Blessed to be in the land of celebrations...
where joy, happiness and energy have no
boundaries.

Festivals don't end with a season, but are
here to stay with a reason..



Vijaydashmi
teaches that right always
wins over wrong.



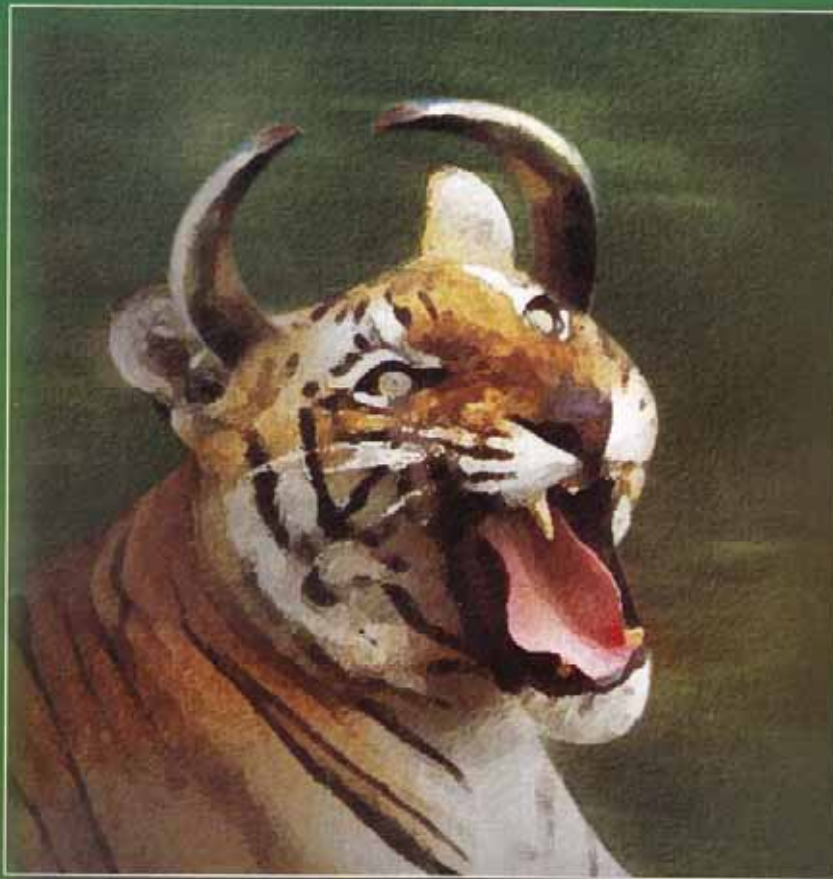
Diwali
teaches that victory should
always be celebrated.



Christmas
teaches us to celebrate love,
peace and gratitude.

Taking these very reasons into consideration,
FEI family takes this opportunity to wish all its customers, vendors
and all our well-wishers

A very happy, fulfilled and beautiful festive season which continues
through the months of October, November and December.



An artist's impression of our proud Indian values

Lead with humility – our core values teach us to be aggressively efficient, and remain sensitively human at the same time.

Quite naturally then, our passion for logistics is an art. A medium that goes beyond the austerity of commerce. A canvas that portrays relationship above anything else.

Our work has impressed our customers and critics alike. And we have regaled in the beautiful colors of trust, like a true Indian.

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