

FEI DUNIYA



IT'S YOUR WORLD

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KARMA

DOESN'T SPARE ANYONE



CELEBRATING UNCOMMON PEOPLE

Told by Trupti Hatiskar.

"I studied at a BMC school until the 5th Grade, but because we were so poor, both my parents took up full time jobs and I had to drop out of school to take care of my younger siblings and manage the house.

After 3 years of housekeeping and yearning for education, I managed to convince my mother to let me enrol in night school. Everyday, I would wake up early to finish off the housework, clean and bathe my siblings, cook, do my homework and then go off to night school.

Even though I was intimidated to be the only girl in my class at night school, I used it as motivation to work harder. So I studied hard and came first in not only my class, but I broke all records in my school's history — that day my parent's understood why.

During this time I even juggled a part time job, where I made 150 Rupees a month — a huge amount for our family — although strenuous, these initial years of my life gave me the courage to believe in my vision.

I got into college- the first person to do so in my family. I realised I had a knack for teaching so I decided to get my Diploma in Education which took 2 more years — and immediately after my graduation I got a job as a primary school teacher at a private school!



'Humans of Bombay', the popular Facebook page, was an initiative by Karishma Mehta inspired by the 'Humans of New York', which intended to bring powerful stories of ordinary people before the world. Here is an excerpt of a story, of someone who is like us in many ways, yet so extraordinary.

I ended up marrying my friend from night school — and together the two of us started our lives from scratch from a small 10 by 8 room in a chawl. We couldn't afford any help, so I would cook, my husband would clean and then have a full day of work — we saved every penny. Since the beginning I set aside a portion of my salary to buy books and stationery for children who couldn't afford it. On weekends, my husband and I picked one rural village to go to, to spread awareness about education — we helped adivasi villages like Vikramgad set up their schools.

Slowly, with time we were able to afford our own house — small, but very cozy and that day was the happiest day, because in every way, we did it together — I became the strong, independent woman I always dreamt of being.

Along the way I've authored 6 books and received several awards, but my biggest victory is in the fact that today, I sponsor the complete education of 10 students, just like me — who want to study, but can't afford it. From a chawl to our home, from being a drop out to being a teacher myself, from night school to winning a National Award...I did it, only because I was the 'stubborn' girl who wouldn't give up."



TIPS FOR GOOD MENTAL HEALTH

1. Talk to your doctor.

The first step of any health transformation is to consult a medical professional.

2. Practice gratitude.

Expressing what you're thankful for - from your dog to your favourite song on the radio - will improve your mental well-being.

3. Try meditation.

Try just setting aside five minutes for meditation when you wake up or before you go to bed. You'll likely either start or end your day on a positive note.

4. Learn to say no.

Burnout happens easily -- in the office and outside of it. Make sure to spend some time alone and prioritize your well-being. If you don't want to go to a party, don't do it. If you feel overwhelmed by your workload, speak up. Self-care is not selfish.

5. Exercise at least a few times per week.

When you exercise, your brain releases the feel-good chemicals, giving you an instant mood boost. Group walks in nature can help ease depressive symptoms.

6. Lean on your support system.

Spending time with your friends can reduce stress. Spend as much time as possible with your loved ones, whether it's going to dinner or just watching a movie together.

7. Educate yourself.

Learn as much as you can about what you're dealing with or what your loved ones are experiencing.



8. Adopt a well-balanced diet.

Try incorporating fruits and vegetables in your diet more often along with brain-boosting foods like walnuts and spinach.

9. Listen to sad music/Cry it out.

Go on, sing (and listen to) the blues. Letting yourself indulge in sad melodies or a good cry can help boost your mood.

10. Travel.

Planning a vacation can increase your overall happiness as you anticipate your trip. Being near the ocean can make you calmer.

11. Sleep more.

Sleep deprivation can make it difficult for someone to regulate their emotions. Try going to bed just 10 minutes earlier every night and work your way up to a healthy amount of sleep.

12. Do a digital detox.

Scrolling Facebook may lead to internal social comparison. Ditch those devices every so often for the sake of your mental health.

13. Express kindness toward someone else.

When you do a good deed for others, that makes them happier, which in turn makes you happier, too. Even the smallest gesture can make a difference.

14. Write in a journal.

Putting pen to paper can be a liberating experience. It helps clear your mind.

15. Talk to others about mental health.

The only way our culture is going to be eradicated from the stigma of mental illness is if the conversation continues. You can be a part of that change.

SURPRISING FACTS

Facts

1. Cockroaches can live for weeks without their heads until they die of hunger.
2. Some mammoths were still around when the Egyptian pyramids were being built.
3. A bee can sting another bee. They can sting a bee from another colony if they attack. The queen bee can sting her rivals and other queens to death, even if they're just developing.
4. Airplane food isn't very tasty since our sense of smell and taste decrease a lot during flights because of low pressure and dryness.
5. The average 4-year-old child asks almost 400 questions a day.
6. Cleopatra lived closer in time to the first Moon landing than to the building of the Great Pyramid.
7. If you were to remove all the empty space from the atoms that make up every human on Earth, the entire world population could fit into an apple.
8. Humans share 50% of their DNA with bananas.
9. The total weight of all the ants on Earth is comparable to the total weight of all the humans on the planet.
10. You're more likely to become the President than you are to win the lottery.
11. 90% of the world's population lives in the Northern Hemisphere.



INSPIRATIONAL QUOTES

“ DESTINY depends on the strength of your desires. If you cry at trouble, it grows double. If you laugh at trouble, it disappears like a bubble... ”

“ " When you challenge people... You will lose one day... When you challenge yourself... you'll win everyday " ”

“ "TRUTH" is like a Surgery It Hurts, But it Cures...! "LIE" is like a Pain Killer It gives Immediate Relief , But It gives Side Effects Later...! ”

JALALUDDIN RUMI

Beautiful answers by Turkish Poet Jalaluddin Rumi to questions asked by his disciple!

What is Poison?

Anything which is more than our necessity is Poison. It may be Power, Wealth, Hunger, Ego, Greed, Laziness, Love, Ambition, Hate or any other thing.

What is Fear?

Non-acceptance of uncertainty.
If we accept that uncertainty, it becomes adventure...!

What is Envy?

Non-acceptance of good in others.
If we accept that good, it becomes inspiration...!

What is Anger?

Non-acceptance of things which are beyond our control.
If we accept, it becomes tolerance...!

What is Hatred?

Non-acceptance of a person as he is.
If we accept a person unconditionally, it becomes LOVE...!!

The power of positive thinking is vital for success. After you learn how to think positive, you will notice amazing changes all around you. Your brain will actually begin to operate in a state of free-flowing feel-good hormones called endorphins, which will make you feel lighter and happier. You'll also notice a major boost in confidence and will feel more capable of taking on new assignments and challenges that might have previously been outside your comfort zone.

By reducing your self-limiting beliefs, you will effectively release your brakes and experience growth like you never imagined. Essentially, you can change your entire life simply by harnessing the power of positive thinking.



WE AT FEI FAMILY WILL MISS YOU



Smt. Sulabha Sakharam Ghatbane
(Mother-in-law of Rashmi Ghatbane - FEI Mumbai)
1951 - 2018

It is rare to find souls like her, who only see the good in others. She was a person with so much happiness, empathy and kindness, that her ever-smiling face will always be a source of comfort for us. Though her physical presence is greatly missed, we still feel her blessings with us. She will continue to inspire and guide us in every step of ours.



SNF & FEI ACTIVITIES



Miss. P. Pravalika, daughter of **Mr. Ramesh Panthulu** (FEI-Hyderabad) passed her HSC board exam with **92 %**



Mrs. Vidhi and Mr. Abhijeet Nair (FEI-Corporate) are blessed with a baby boy.



Mr. Vishal Sanas (FEI-Mumbai) and **Mrs. Reshma** are blessed with a baby girl.

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Birthday girl
Ms. Preeti Prasad

Dear Preeti, you share your birthday with **Novak Djokovic**, a Serbian professional tennis player who was ranked World No. 1.

"Self determined, focused, hardworking. Its fun working with you. Wishing you all success and happiness in life." - **K. Krunal**

"A very good learner & ready to take new responsibility every time." - **Nawal Kishore**

"Hard working & performs every responsibility with a smiling face. Great colleague to work with." - **Saurabh Kumar**

"You have lot of positive energy with right attitude, keep this sprit always alive. Wish you a Happy Birthday." - **Rajesh Meghrajani**

BIRTHDAY BOYS/GIRLS

M. Karthikeyan	Chennai	01st
Basanta Pradhan	Corporate	02nd
Ramesh Panthulu	Hyderabad	02nd
Satish Kumar	Delhi	02nd
Rashmi Ghatbane	Mumbai	03rd
K. Suresh	Chennai	04th
G. Sony Priya	Bangalore	04th
K. Krunal	Intl Division	04th
Laxman Chavan	Mumbai	05th
P. Naresh	Hyderabad	07th
Leena Kamble	Mumbai	09th
Awdhut Pawale	Corporate	09th
Maruti Thali	Mumbai	11th
Kumar Gautam	Jaipur	15th
Nawal Kishore	Baroda	19th
Sagar Naykodi	Mumbai	22nd
Preeti Prasad	Baroda	22nd
Dattatray Shinde	Mumbai	26th
Mamata Pendurkar	Corporate	26th
Rajendra Jadhav	Mumbai	28th
Jittu John	Kochi	30th
Vivek Negi	Delhi	30th
Anet Celine	Chennai	31st
Kartikarani Pillai	Corporate	31st

NEW JOINEE

Kartikarani Pillai	Corporate
Poonam Kuttan	Intl. Division
Vishwambhar Morye	Mumbai
Joan D'Souza	Mumbai

THEY TIED THE KNOT

Lahu Mulay	Mumbai	01st
Jaysingh Bande	Mumbai	01st
Nitin Mhatre	Mumbai	01st
Sachin Naik	Mumbai	01st
Sampat Andhale	Mumbai	02nd
Subhash Singh	Delhi	03rd
Subhash Chander	Delhi	03rd
Santosh Jadhav	Mumbai	04th
Dadabhau Ghule	Mumbai	04th
Dattatra Muley	Mumbai	04th
Satish Kumar	Delhi	06th
Hemant Chaudhary	Ahmedabad	08th
Mamata Pendurkar	Corporate	08th
Rajendra Jadhav	Mumbai	08th
Dharmesh Joshi	Mumbai	09th
Pervez Tatory	Mumbai	10th
Renu Gurdasani	Mumbai	10th
Dilip Atkari	Mumbai	11th
Awdhut Pawale	Corporate	11th
Rajeev Shukla	Delhi	11th
Baban Shinde	Mumbai	12th
Ghaininath Pakhra	Mumbai	13th
Biju Thomas	Hazira	13th
Mital Buch	Mundra	16th
Bondada Mangaraju	Hyderabad	16th
Velji Pingol	Mundra	17th
Ganesh Dhokane	Pune	17th
Ramesh Panthulu	Hyderabad	17th
Rekha Chaudhary	Delhi	18th
Nawal Kishore	Baroda	20th
M.G. Satheesha	Bangalore	20th
Sandesha S. R.	Bangalore	21st
Raju Dhabade	Mumbai	23rd
Atul Kane	Mumbai	23rd
Vijay Talawadekar	Mumbai	24th
Indravadan Mesariya	Baroda	24th
Pramod Prajapati	Ahmedabad	26th
N Krishnama Chary	Hyderabad	29th
Sagar Naykodi	Mumbai	30th