

# FEI DUNIYA



IT'S YOUR WORLD

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*With trust  
even silence is understood.*

*Without trust  
every word is misunderstood.*

*Trust is the soul  
of relationships.*



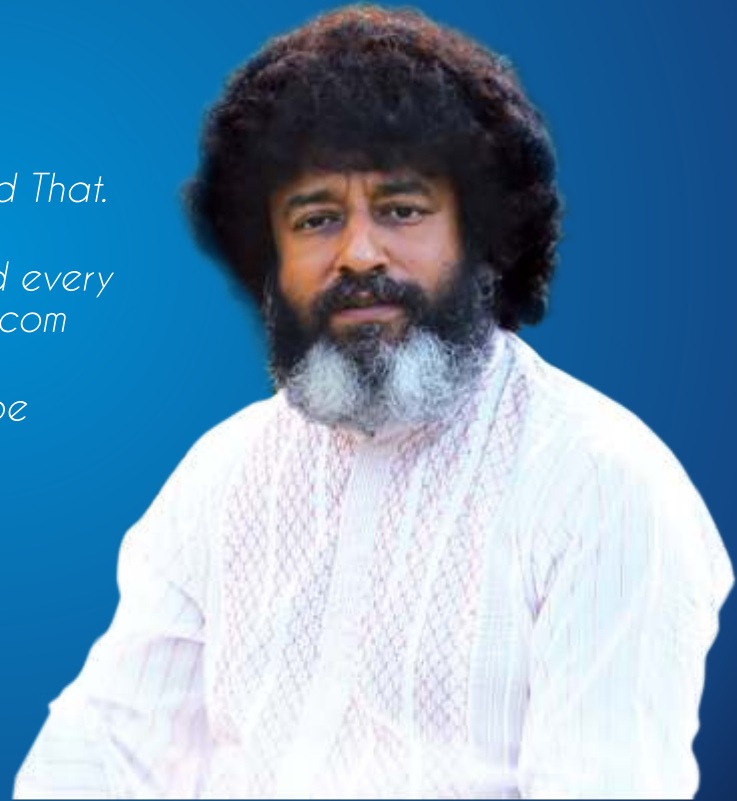
...  
mahātrīa

Mahatria Ra...

*A spiritual master who believes in This and That.*

*His discourse can be heard and watched every Sunday at 7:00 am on [www.infiniteism.com](http://www.infiniteism.com)*

*Also follow him on twitter and youtube*



INSPIRATIONAL QUOTES

“

Only when you have a vision for tomorrow, you will find power and purpose in your today's work.

”

“

Every tree, every flower, has a season. Everyone will experience spring in their lives, not just once, but over and over.

”

“

Yes to 3 A's:  
Accept, Adjust, and Appreciate.  
No to 3 C's:  
Never Criticize, Condemn, or Complain.

”

“

God has given us a gift of 86,400 seconds in a day. Have you used one to say 'Thank you'?

”



## FOOD AS PHARMACY?

### SEPARATING MYTHS FROM FACTS

FOOD is defined as, "a substance that people and animals eat or drink, and plants absorb, to maintain Life and Growth."

Compare this to what is available at PHARMACIES - "any substance, which ever source it is derived from, is a product which is able to change or modify the body's own nature and how it works".

These substances are therefore meant to be used in circumstances when the body is displaying dysfunction or abnormal behaviour.

If FOOD and what we obtain from a PHARMACY, have such clear definitions and differences in their function and role in our body, then what and where is the confusion?

We will, thus, see the role and consequences of both Food and certain foods considered as Medicines, to clear this confusion. Both cannot be interchanged.

Digestion, absorption, assimilation and utilization of nutrients, are the body's most energy intensive and involved functions, with not one or two, but 10 organs at play, during digestion.

This is a finely tuned, highly specialized process. It converts inert substances such as minerals and vitamins from food to electromagnetically and chemically charged substances.

When this process is misunderstood, and food gets fragmented, into garlic cloves and haldi shots, or kombucha and curcumin tablets, or liters of water and coconut oil, then this entire process goes haywire. When food is not consumed as food, rather as isolated compounds, we are putting the final product in place of the raw material. And that breaks down the whole process itself!

Its long term consequences are what we see as indigestion, lack of absorption, deficiencies, bloating, excess acid in the gut, irritation and inflammation.

Since we focus, more and more, only on the short-term effects of our actions, and don't link the long-term consequences, we end up with fragmented actions, that neither give nourishment (role of FOOD), nor aid dysfunction (role of MEDICINE), instead leave the body in inflammation.





## MUMBAI ADDS ANOTHER FEATHER TO ITS CAP!

The Mumbai international airport has shattered its own world record of handling most flight movements in 24 hours. The airport, which is the busiest single runway airport in the world, handled 1,003 flights on 5th June 2018.

The previous record was also held by the Mumbai airport which handled the landing and departures of 980 flights in February this year.

London's Gatwick airport is the distant second on the list with over 800 flight movements per day.

The sudden upsurge in the number of flights operating from the Mumbai airport was a result of a storm that led to delays and diversions. Many flights were spilled over to the next day increasing the number of flight movements at the airport.

The Mumbai International Airport Limited confirmed that it was the highest-ever traffic handled by the airport in a single day.

In 2017, the airport had handled 969 flights in a 24-hour period, which was also a world record for an airport operating only one runway at any given point of time.

The Mumbai airport has two runways, but it can operate only one at a time. There are two crossing runways -09/27 (the main) and 14/32 (the secondary runway). The primary runway can handle 48 arrivals and departures per hour. The secondary runway can handle 35 flights per hour.

In 2017-2018, the airport handled 48.49 million passengers.





# CORRECT USE OF AC

Most people have a habit of running their ACs at 20-22 degrees and when they feel cold, they cover their bodies with blankets. This leads to double loss. How?

Do you know that the temperature of our body is 35 degrees celsius? The body can tolerate temperature ranging from 23 degrees to 39 degrees easily. It is called human body temperature tolerance.

When the room temperature is lower or higher, the body reacts, by sneezing, shivering, etc.

When you run the AC at 19-20-21 degrees, room temperature is much lower than the normal body temperature and it starts the process called hypothermia in the body which affects blood circulation, whereby, blood supply in some parts of the body is not adequate. There are many disadvantages in long term, such as arthritis. Most of the time since there is no sweating when AC is ON, the toxins of the body cannot come out and in the long term, cause risk of many more diseases, such as skin allergy or itching, high blood pressure etc.

When you run AC at such low temperatures, its compressor continuously works on full energy, even if it is 5 stars, excessive power is consumed & it blows money from your pocket.

Hence what is the best way to run AC? Set up temperatures for 25 degrees.

It is always better to run AC at 25+ degrees and put the fan on at slow speed. Another advantage is that the AC will consume less electricity, which will ultimately help reduce the effects of global warming. How?

Suppose you save about 5 units per AC per night by running AC on 25 degrees and other 10 lakh houses also do like you then we save 5 million units of electricity per day.

Please consider the above. Keep your body and environment healthy!

## KAIZEN STORY: TIGER IN THE TOILET

Once a stranded tiger entered the washroom in a corporate office and hid in a dark corner. Since there were people outside the washroom through the day, the tiger was afraid to come out.

Many people frequented the washroom, but the frightened tiger didn't touch anyone. However, after four days it couldn't bear hunger anymore, so it caught a man who had come in, and ate him.

This man happened to be an Assistant General Manager in the organization, but nobody noticed his disappearance.

Since nothing untoward happened, the tiger became bolder and after two days caught another man and ate him.

This man was the General Manager of the organization.

Still, nobody worried over his disappearance (Some people were even happy that he was not seen in the office).

Next day, the tiger caught the Vice President who was a terror in the organization.

Again nothing happened. The tiger was very happy and decided that this was the perfect place for him to live.

The very next day the happy tiger caught a man who had entered the washroom while balancing a tray of teacups in one hand.

The frightened man fell unconscious. Within fifteen minutes a huge hue and cry ensued, and everyone in the office started looking for the man. The search team reached the washroom, flushed out the tiger and saved the unconscious man. He was the tea boy in the office.

### Moral of the Story

It is not the position, but our usefulness to others that makes us lovable and respectable. If your subordinates are happy in your absence that means you are not a perfect leader.


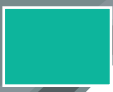

Acknowledgement: From the book 'Tiger in the Toilet'.



## DID YOU KNOW?

Ever noticed the different colours on road milestones? What do these colours mean?



-  Yellow colour: While traveling, you might have seen YELLOW and WHITE colored Milestones. This means you are on a NATIONAL HIGHWAY.
-  Green colour: While travelling, if you spot GREEN striped Milestones, it means you are travelling on STATE HIGHWAY.
-  BLACK, BLUE and WHITE COLOUR: if you spot the BLACK, BLUE and WHITE colour Milestones on the roadside, it means you are travelling in a city or district.

## RIDDLES:

1. Using only the four letters below, create a seven-letter word.  
- U M N I

--	--	--	--	--	--	--

2. A Z B Y D W G T ? ?  
Which two letters come next?

3. Brothers and sisters I have none but this man's father is my father's son.  
Who is the man?

4. I'm tall when I'm young and I'm short when I'm old. What am I?

5. You can drop me from the tallest building and I'll be fine, but if you drop me in water I die. What am I?



- 1. minimum
- 2. K P. (There are two alternate sequence. Starting at A, ABCDeGhijK; starting at Z, ZYxWvUtsrP.)
- 3. The man is my son
- 4. A candle
- 5. Paper

## FEI & SNF ACTIVITIES

A NEW JOURNEY OF LOVE  
AND COMPANIONSHIP BEGINS



FEI Family congratulates **Mrs. Leena** (FEI-Mumbai) and **Mr. Kunal Gamre** for their wedding.



**Mr. Devkanth Pondhe** (FEI Bangalore) and **Mrs. Madhulika** are blessed with a baby boy

It's a boy!

## CONGRATULATIONS



Our heartiest congratulations to **Mr. Shreyas**, s/o **Mr. Lahu Mulay** of our Mumbai office. He scored **55%** in 12th standard.



Our heartiest congratulations to **Mr. Tejas**, s/o **Mr. Sanjay Sawant** of our Mumbai office. He scored **85.40%** in 10th standard.



Our heartiest congratulations to **Ms. Zuleika**, d/o **Mr. Pervez Tatory** of our Mumbai office. She scored **83%** in 10th standard.



Our heartiest congratulations to **Mr. Samridha**, s/o **Mr. Sanjoy Kumar Bose** of our Kolkata office. He scored **62.71%** in 10th standard.





## FOUNDER'S BIRTHDAY CELEBRATIONS

FEI, in fond remembrance of **Mrs. Shailaja Nair**, celebrated her birthday across all branches on 23rd June. With tear-filled eyes, we remembered the memorable moments spent with her.

The Corporate/Mumbai office organised a game of Antakshari, which not only gave us a fun-filled time, but helped us discover a surprising pool of talent.

### FEI Corporate/Mumbai



## FEI Ahmedabad



FEI Ahmedabad echoed with melodies, as they arranged an Antakshari game as well.



FEI Ahmedabad organised a visit and dinner at the Satya Jivan Leprosy Sangh and Spring Life of Foundation.

## FEI Gandhidham



## FEI Kochi



## FEI Delhi



## FEI Hyderabad



FEI Hyderabad enthusiastically celebrated International Yoga Day on 21st June.



**Dear Kunjan,** you share your birthday with Colonel Sir George Everest, a British surveyor and geographer who served as Surveyor General of India from 1830 to 1843. He is best known for having Mount Everest, the highest mountain on Earth, named in his honour.

A friend, a teacher, a sister. You are dedicated, well organized with work and your attitude towards learning new things from everyone makes you unique. Wishing you a very happy birthday my Guju Bhen. May all your dreams come true. - **Krunal. K**

Your ability to listen to others' ideas with concern and an open mind creates positivity in the office. May this profession bring you achievement and numerous positive minutes! Happy birthday! - **Mansi Jani**

You are less like a colleague and more like a friend. Always helpful. Glad to have a team mate like you... Happy b'day dear...stay blessed. - **Sheen Ajith Thomas**

You have so much potential to reach the top in your professional life, something is missing, try to find out and overcome in this year. You are my best colleague, wish you a Happy Birthday. - **Rajesh Meghrajani**

Happy Birthday, Kunjan. Continue to spread the positive aura that you carry. - **Abhijeet Nair**



**Birthday girl**

**Ms. Kunjan Bhatt**

## BIRTHDAY BOYS/GIRLS

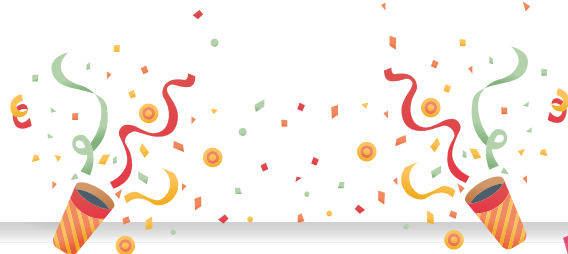
Gajraj Singh	Delhi	01st
Chowdappa J. T.	Bangalore	01st
Tharaka Perera	Colombo	02nd
<b>Kunjan Bhatt</b>	<b>Ahmedabad</b>	<b>04th</b>
Arvind Singh	Delhi	04th
Ravindran Warriar	Corporate	07th
P. S. Murthy	Hyderabad	09th
Navnath Gaikwad	Mumbai	09th
Poonam Kuttan	Mumbai	11th
Vandana Bamaniya	Mundra	13th
Renu Gurdasani	Mumbai	17th
Atul Kane	Mumbai	17th
Pranay Tembhone	Mumbai	17th
Shivaswamy. C	Bangalore	18th
Pavithra. N	Chennai	18th
Sagar Virwani	Mundra	19th
Vipendra Mandal	Corporate	21st
Akshay Bhise	Pune	25th
Jyothi. N	Bangalore	25th
Hemant Chaudhary	Ahmedabad	30th

## THEY TIED THE KNOT

Chowdappa J. T.	Bangalore	01st
Sachin Mali	Bangalore	13th
Ashok Garje	Mumbai	16th
M. Theva Anand Rajesh	Tuticorin	16th

## NEW JOINEE

Prashanth Abraham	Bangalore
Gayathri Nair	Corporate
Komal More	Corporate
Shriram Kulkarni	Corporate
Shrushti Lad	Corporate
Papiya Mukherjee	Kolkata
Vivek S. Sane	Mumbai



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A-103, Mangalya, Marol Maroshi Road, Andheri (E), Mumbai - 400 059 Tel: +91-22-4236 9911

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