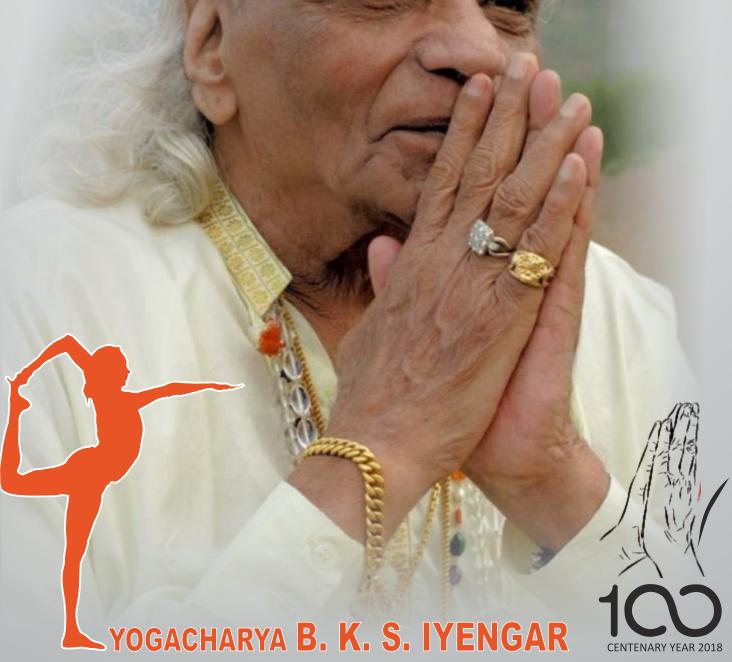
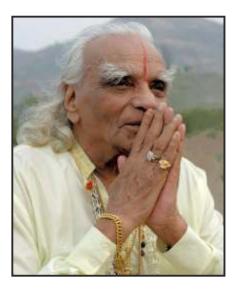
FEI DUNIYA



IT'S YOUR WORLD

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The Path to Holistic Health: **B.K.S. lyenger**

Yogacharya BKS lyengar, whose 100th birth anniversary was celebrated on December 14, was among those gurus who handed down traditional knowledge to generations of yoga learners.

Guruji, after a short apprenticeship under T Krishnamacharya from Mysuru, settled down to teach in Pune in 1938 with just two regular students. After 81 years, there are over 500 lyengar yoga centres on six continents with its Mecca at Ramamani lyengar Memorial Yoga Institute in Pune.

"His personality was so intense," says certified lyengar Yoga teacher and research scientist Roger Cole, "that he literally kind of reached across the world and touched people who he never met. He was completely, into yoga. Even though he didn't teach every style [of yoga], he has influenced every style." When it comes to describing the life of lyengar, "extraordinary" is surely a fitting adjective.

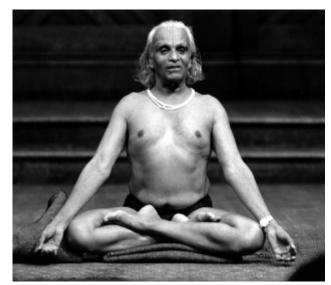
"He set the foundation, he brought [yoga] to the West, and he made it accessible. He broke through the doors and said to the Western world, 'Practice this, and your life will change.' I don't think there was anyone who was strong enough to spread [yoga] and to open all of those doors the way he did."

"No one can teach like [lyengar], no one can do what he did. If we simply try to copy, we'll fail, because his teachings didn't come from a book or set of rules, they came from direct experience. The thing that's really going to spread—his true influence—is the inspiration that people got when they studied with him."

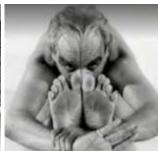
His commitment to his practice at every stage of his life, from when he was in his 20s right up to his 90s, made lyengar stand apart from others.

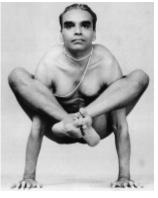
"His life was a very simple one, based on practice," recollects Walden, "and in the last years of his life, his practice was a very devotional practice. He would share with us that through asana he would experience divinity, and that's why he did asana.

He would always humbly credit all his achievements to his yoga. But the blissful union of one's body, mind, breath and self-needed an lyengar to bring it to light.

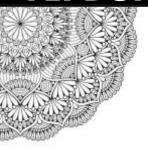




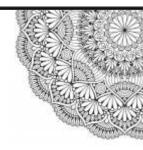
















SAHASRARA CHAKRA – (CROWN)

Sahasrara = thousand, infinite
The mantra sound that corresponds to the Crown is OM.



\mathcal{A}_{gya} Chakra – (Eyebrow)

Agya = command, knowledge
The mantra sound that corresponds to the Eyebrow is OM.



(Throat)

visha = impurity, poison, suddhi = purify
The mantra sound that corresponds to the
Throat is HAM.



Anahata chakra – (Heart)

Anahata nada = eternal sound the sound OM
The mantra sound that corresponds to the Heart is YAM.



Manipura Chakra - (Navel)

mani = jewel, pura = place, city
The mantra sound that corresponds to the Navel is RAM.



Svadhishthana Chakra – (Lower Abdominal) sva = Self. shthana = place

The mantra sound that corresponds to the Lower Abdominal is VAM



Wuladhara Chakra (Root)

mula = root, adhara = base, foundation
The mantra sound that corresponds to the root chakra is LAM.















SNF & FEI ACTIVITIES



WE successfully hosted the 14th Global Conference of CLC Projects in Mumbai from 30th November to 2nd December at The Lalit. The conference saw participants from all across the world meeting and discussing business opportunities. THE FEI team was well appreciated for the good support extended to the CLC team.





A Journey of Love and Companionship Begins



it's a girl





FEI Family congratulates

Mr. Lalit Monde

(FEI Mumbai) & Mrs.Supriya

for their wedding.



FEI Family congratulates

Mrs. Prachi Joil

(FEI Corporate) & Mr.

Abhay for their wedding.



Mr. M. G. Satheesha (FEI Bangalore) and Mrs. Meena are blessed with baby girl.

Achievements!

HERO OF THE MONTH:

FEI has been blessed to have a family like atmosphere at office with different kind of family members – each one working hard to make FEI a globally renowned company.

One such member that we must mention about is our **Mr. Bhavin V. Visavadia.**

Bhavin was sent to a Supplier's Meet which is organized by reputed defense **Public Sector Undertaking (PSU)**. This annual supplier's meet is arranged in order to address and find solutions to grievances of various suppliers and service providers which is headed by dignitaries, team of directors and vigilance chief.

On such a platform, with an attendance of more than 100 participants, Bhavin took up our issue of non-payment from a couple of customers. He spoke in depth about the difficulties we face cause of this.

His effort was appreciated by one of the directors and our case was taken on fast-track. This helped us recover one of our long pending payments immediately.

We look up to family members like Bhavin who consider the organization as there own and are ready to take up responsibilities for the smooth running.

Three cheers for our Hero!!!

The following branches achieved their "Collection Target" given to them by the Corporate Office for the month of November:

Name of the Branches	November
Ahmedabad	~
Baroda	~
Chennai	~
Hyderabad	~
Gandhidham	~
Tuticorin	~

We Congratulate the branch head and their team for achieving the targets.



WE AT FEI FAMILY EXTENT OUR DEEP CONDOLENCE



Mrs. Bharti Shivaji Thange Mother of Mrs. Snehal Mokashi (FEI Mumbai) (1957 - 2018)



Mr. Mohammed Siddique PA Father of Mr. Mohammed Ameen (FEI Kochi) (1943 - 2018)



Mr. Samjibhai Kherajbhai Pingol Father of Mr. Velji Pingol (FEI Mundra) (1967 - 2018)

CHAIRMAN'S MESSAGE

FEI is a deeply routed organisation. It's difficult to even dream to see it in a bad shape.

I have given my heart, soul and everything into it. My family has done all the sacrifices which is beyond imagination for most of you. During our initial years of creating the organisation, I hardly ever invested time or money on my wife and my only son. There were no holidays and no personal time. We hardly met as a family. We also had no free money with us, since whatever was created were put back in to business. So, Abhijeet grew up without any great contribution from his daddy. Shilu kept waiting for that quality time, vacations etc from me.

We went for a few days to Kerala to meet my parents. This was our only vacation or break. No complaints! Many people came in to our life and some of them helped us grow and in the process grew themselves and when they did not like one thing that I did with them (for their own good), they left us forgetting all that we had done for them. Some even went to the extent of making our life difficult or trying to take vengeance on us. Many things that we did or are doing (them included) was done silently and with purest of intentions. I will not talk about and what we have done, since I remember what my mother used to tell us; whatever your right hand does, your left hand should not know. FEI is God's organisation, I was only running it until recent times and now Abhijeet has taken over. Before I made this very important decision, I did consider a few people from within and outside our organisation.

I couldn't find someone who was more eligible than him. He doesn't hate anyone, he is not partial to anyone. He is neither very close to anyone or away from any one. He may not be knowing everything, but he will learn the way I have learned. I am sure he will take FEI to greater heights and will spread it beyond the shores of India. When someone is good and doesn't wish anything bad for anyone and gives his very best, like Paulo Coelho said, 'The entire cosmos will come to assist Abhijeet.'

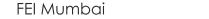
Thanks a lot. I take this opportunity to wish each one of you and your family a Merry Christmas and a very Happy New Year.

Regards Pratap Nair

Christmas & New Year celebration at FEI - Delhi & FEI - Mumbai offices.











FEI Delhi

HOLIDAY LIST 2019

Holiday	Date/Day	Branches												
		Ahmedabad	Bangalore	Baroda	Chennai	Delhi	Gandhidham	Hyderabad	Kochi	Kolkata	Mumbai	Pune	Tirupur	Tuticorin
Makar	14th Jan/Mon	Closed		Closed			Closed	Closed						
Sankranti Pongal	15th Jan/Tue		Closed		Closed								Closed	Closed
Republic Day	26th Jan/Sat							Closed						
	,		Closed											
Mahashivratri	04th Mar/Mon					Closed		Closed						
Holi	21st Mar/Thu	Closed		Closed		Closed	Closed			Closed	Closed	Closed		
Gudi Padwa/ Ugadi	06th Apr/Sat		Closed								Closed	Closed		
Ram Navami	13th Apr/Sat					Closed								
Vishu	15th Apr/Mon								Closed					
Good Friday	19th Apr/Fri		Closed		Closed	Closed		Closed	Closed				Closed	Closed
Maharashtra Day	01st May/Wed										Closed	Closed		
Buddha Purnima	18th May/Sat		Closed		Closed	Closed			Closed				Closed	Closed
Ramzan (Id'ul Fitr)	05th Jun/Wed		Closed		Closed				Closed	Closed	Closed	Closed	Closed	Closed
Bakrid (Id'ul Zuha)	12th Aug/Mon							Closed		Closed				
Independence Day	15th Aug/Thu						(Closed						
Janmashtami	24th Aug/Sat	Closed		Closed			Closed				Closed	Closed		
Ganesh Chaturthi	02nd Sep/Mon		Closed		Closed			Closed			Closed	Closed	Closed	Closed
Moharram	10th Sep/Tue				Closed			Closed	Closed	Closed			Closed	Closed
Onam (Thiruvonam)	11th Sep/Wed								Closed					
Gandhi Jayanti	02nd Oct/Wed	Closed												
Maha Navami	07th Oct/Mon		Closed		Closed				Closed	Closed			Closed	Closed
Dussehra	08th Oct/Tue	Closed												
New Year (Diwali)	28th Oct/Mon	Closed		Closed			Closed			Closed				
Bhai Dooj	29th Oct/Tue	Closed		Closed		Closed	Closed			Closed	Closed	Closed		
Sardar Vallabhbhai Patel Birthday	31st Oct/Thu	Closed		Closed			Closed							
Guru Nanak Jayanti	12th Nov/Tue	Closed		Closed		Closed	Closed	Closed						
Christmas	25th Dec/Wed	Closed												



Birthday boy

Mr. Aakash Patil

Dear Aakash, you share your birthday with **Oprah Winfrey**, an internationally influential self-made billionaire African-American woman. She hosts "The Oprah Winfrey Show" has won Emmy for Outstanding Talk Show'. In 2013, she was awarded the 'Presidential Medal of Freedom'.

You are an awesome friend, mentor in my life, thanks for being a wonderful brother. On this special day, I wish you a "Happy Birthday" and God bless you. - **Chandani Dixit**

Extending my best wishes for our Aakash Patil. He is very soft spoken and helpful in nature. - **Imran Khan**

Our job is not always comfortable, but working with you is pleasant. You are calm and relaxed, even under stress you one cheerful – all the love on your birthday. - **Vipendra Mandal**

Akash is a silent observer and is great at understanding and implementing different work systems. He has his comfort zone that he loves to be in.. Simple, helpful and hard working – that's Akash.

- Vidhi Nair

Shy boy with a smile always. Hard working & ready to learn. I wish him all the best for the years to come. - **Smita Pillai**

BIRTHDAY BOYS/GIRLS

Asgar Hamidon	Colombo	01st
Subhash Singh	Delhi	01st
Manohar Singh Mehra	Delhi	01st
Subhash Thube	Mumbai	02nd
Sachin Mali	Bangalore	05th
Madan Shinde	Corporate	07th
Vinod Kumar	Delhi	07th
Komal More	Corporate	10th
Santosh Nair	Mumbai	11th
Pramod Prajapati	Ahmedabad	11th
Om Prakash Maurya	Delhi	15th
Aaditya Parab	Baroda	16th
M. Theva Anand Rajesh	Tuticorin	16th
Ajay S.	Bangalore	18th
Liju Pillai	Gandhidham	19th
Muhammed Ameen	Kochi	20th
Ritu Dewani	Mundra	20th
Ashish Kadam	Ahmedabad	24th
Aakash Patil	Corporate	29th

THEY TIED THE KNOT

Sheen Ajith Thomas	Corporate	01st
Isham Jurangpathy	Colombo	04th
Jayshree Barot	Corporate	20th
Sanjoy Kumar Bose	Kolkata	26th
Vinod Kumar	Delhi	28th
Rajesh Meghrajani	Ahmedabad	29th

NEW JOINEE



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