

FEI DUNIYA

IT'S YOUR WORLD



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Mantra for
2020
POSITIVITY,
URGENCY
AND
INVOLVEMENT
IN
EVERYTHING
WE DO...

HAPPY NEW YEAR

MY DEAR FEI FAMILY MEMBERS,

Wish you and your families, a very happy, healthy and prosperous new year.

As this new year marks a new beginning I would like to take this opportunity to thank each one of you for your contribution last year. Last year has been a good year as far as realisation of our mistakes and corrections in our process are concerned. The new software is one of the examples.



Abhijeet Pratap Nair
(FEI Group of Companies)

We have a few important projects coming up in 2020 and I am sure that with all your dedication and determination, we will be able to start those in time and run them successfully. Adapting to the changing business scenario and innovating new business ideas and getting them implemented on time is a must for our existence and growth.

I thank you all for your support and hope this relationship continues, and we achieve success together.

I pray, with the beginning of this New Year, let our efficiency grow tenfold to give optimum results to our group (and in our professional growth).

Our smart efforts (let us say bye to hard work) has to be the reason for our success in 2020 and it is time to start with new spirit and start setting new targets (for you personally, for your division, department and for the organisation) in this New Year. May this year be a wonderful surprise for all of us, our vendors, customers and also for our competition.

We will look forward to more success stories to write about and new accomplishments to make.

Our Mantra for 2020, is
Positivity, Urgency
and **Involvement**
in **Everything we do.**



The Magic of Santa Claus!!!

I remember my first Christmas adventure with Grandma. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb: "There is no Santa Claus," she jeered. "Even dummies know that!"

My Grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me. "No Santa Claus?" she snorted... "Ridiculous! Don't believe it. That rumour has been going around for years, and it makes me mad, plain mad!! Now, put on your coat, and let's go. "Go? Go where, Grandma?" I asked. I hadn't even finished my second world-famous cinnamon bun. "Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything.

As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days. "Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping.

I was just about thought out, when I suddenly thought of Bobby Decker. He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobby Decker didn't have a coat. I knew that because he never went out to recess during the winter. His mother always wrote a note, telling the teacher that he had a cough, but all kids knew that Bobby Decker didn't have a cough; he didn't have a good coat. I fingered the ten-dollar bill with growing excitement. I would buy Bobby Decker a coat!

I settled on a red corduroy one that had a hood to it. It looked warm, and he would like that.

"Is this a Christmas present for someone?" the lady behind the counter asked kindly, as I laid my ten dollars down. "Yes, ma'am," I replied shyly. The nice lady smiled at me and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat (a little tag fell out of the coat, and Grandma tucked it in her Bible) in Christmas paper and ribbons and wrote, "To Bobby, From Santa Claus" on it. Grandma said that Santa always insisted on secrecy. Then she drove me over to Bobby Decker's house, explaining as we went, I was now and forever officially, one of Santa's helpers.

Fifty years haven't dimmed the thrill of those moments spent shivering, beside my Grandma, in Bobby Decker's bushes. That night, I realized that those awful rumours about Santa Claus were just what Grandma said they were -- ridiculous. Santa was alive and well, and we were on his team.

I still have that Bible, with the coat tag tucked inside: \$19.95...That store clerk was one of Santa's helpers, too!

***May you always have LOVE to share, HEALTH to spare
and FRIENDS who care.***

And may you always believe in the magic of Santa Claus!



HORMONES OF HAPPINESS.

As I sat in the park after my morning walk, my wife came and slumped next to me.

She had completed her 30-minute jog. We chatted for a while. She said she is not happy in life. I looked up at her in sheer disbelief since she seemed to have the best of everything in life.

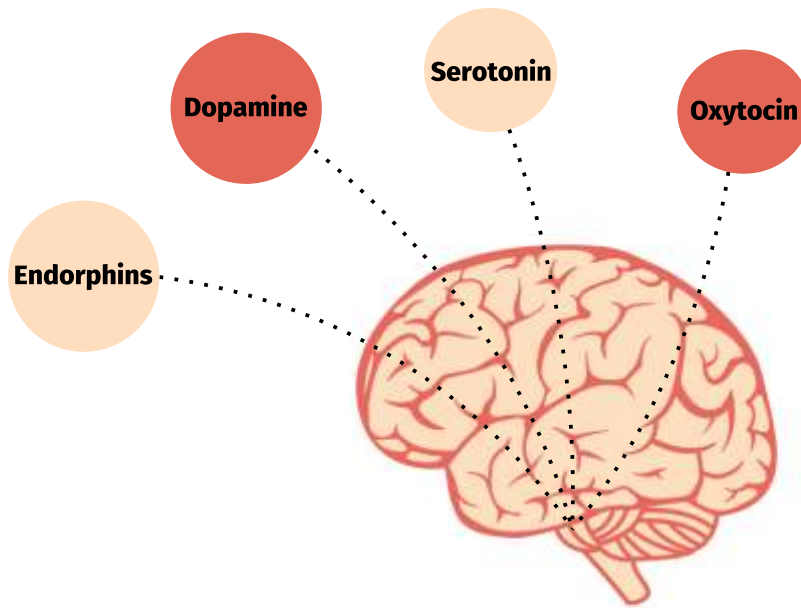
"Why do you think so?" "I don't know. Everyone tells I have everything needed, but I am not happy.

"Then I questioned myself, am I happy? "No," was my inner voice reply. Now, that was an eye-opener for me.

I began my quest to understand the real cause of my unhappiness, I couldn't find one.

At last my doctor friend gave me the answer which put all my questions and doubts to rest.

The doctor said, there are four hormones which determine a human's happiness -



It is important we understand these hormones, as we need all four of them to stay happy.

Let's look at the first hormone the **Endorphins**.

When we exercise, the body releases endorphins. This hormone helps the body cope with the pain of exercising. We then enjoy exercising because these endorphins will make us happy.

Laughter is another good way of generating Endorphins.

We need to spend 30 minutes exercising every day, read or watch funny stuff to get our day's dose of endorphins.

The second hormone is **Dopamine**.

In our journey of life, we accomplish many little and big tasks, it releases various levels of Dopamine. When we get appreciated for our work at the office or at home, we feel accomplished and good, that is because it releases Dopamine.

Now, do we realize why we become happy when we shop?

The third hormone **Serotonin** is released when we act in a way that benefits others.

When we transcend ourselves and give back to others or to nature or to the society, it releases Serotonin. That is because we will use our precious time to help other people via our answers or articles.

The final hormone is **Oxytocin**, is released when we get close to other human beings.

When we hug our friends or family Oxytocin is released.

Similarly, when we shake hands or put our arms around someone's shoulders, various amounts of Oxytocin is released.

So, it is simple, we have to exercise every day to get Endorphins, we have to accomplish little goals and get Dopamine, we need to be nice to others to get Serotonin and finally hug our kids, friends, and families to get Oxytocin and we will be happy.

When we are happy, we can deal with our challenges and problems better.

Now, we can understand why we need to hug a child who has a bad mood.

So to make your child more and more happy day by day ...

1. Motivate him to play on the ground -Endorphins
2. Appreciate your child for his small big achievements -Dopamine
3. inculcate sharing habit through you to your child -Serotonin
4. Hug your child -Oxytocin

*Have a
Happy
Life*

Give up — to — go UP!!

At the bottom of an old pond lived some grubs who could not understand why none of their group members ever came back after crawling up the lily stems to the top of the water.

They promised each other that the next one who was called to make the upward climb would return and tell what had happened to him.

Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and fell asleep. When he woke up, he had undergone a glorious transformation. He had developed beautiful wings and a long tail. He had become a dragon fly. He flapped his wings and tried to fly. Took a flight, swooping and turning in the large skies he felt on top of the world.

Flying back and forth over the pond, he peered down at his friends below. Then he realized that even if they could see him, they would not recognize such a radiant creature as of their own.

He was different. He was new. He had changed forever and grown beyond their comprehension. One has to give up to go up. Once you grow up, the downward world ceases to exist and a new world is formed.

By **Walter Dudley Cavert**

BIRTHDAY GIFT:

Dear all,

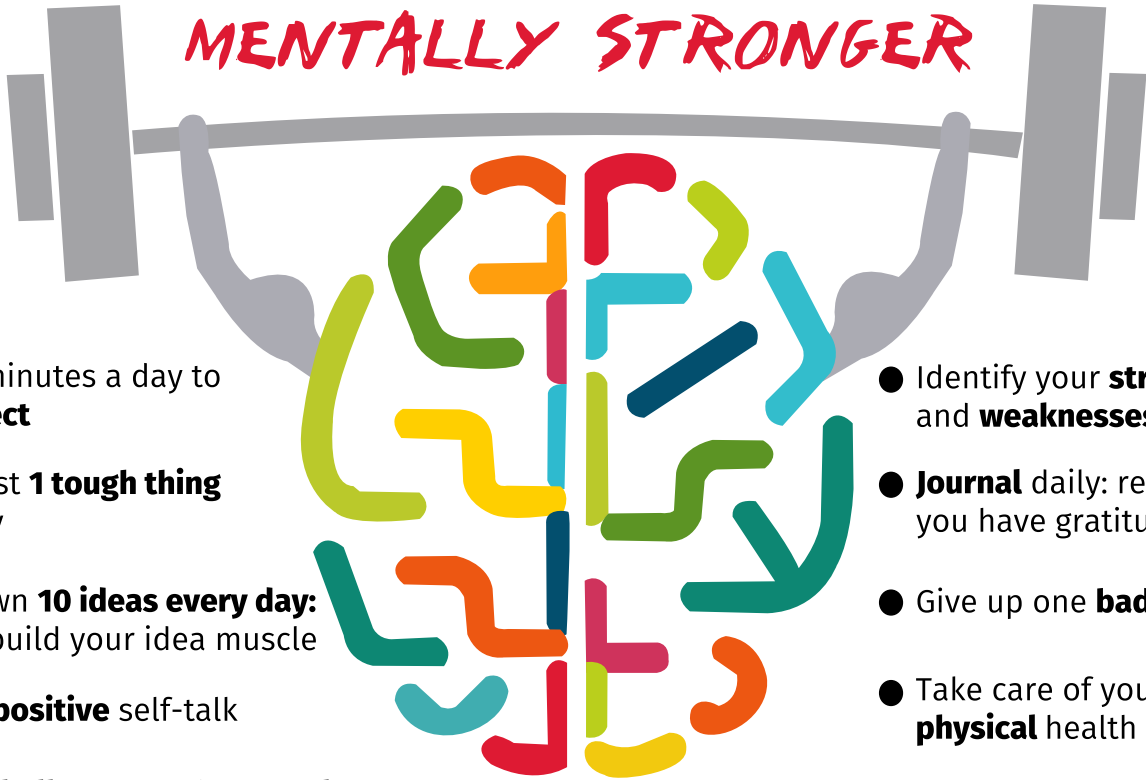
Every month we have a ritual of choosing the birthday boy/girl and wishing them through our FEI Duniya.

While we still continue the tradition, from this month onwards we will also present them with a gift.

A **cheque** worth **Rs. 5000** will be handed over to them on their birthday along with the FEI Duniya, card and flowers.

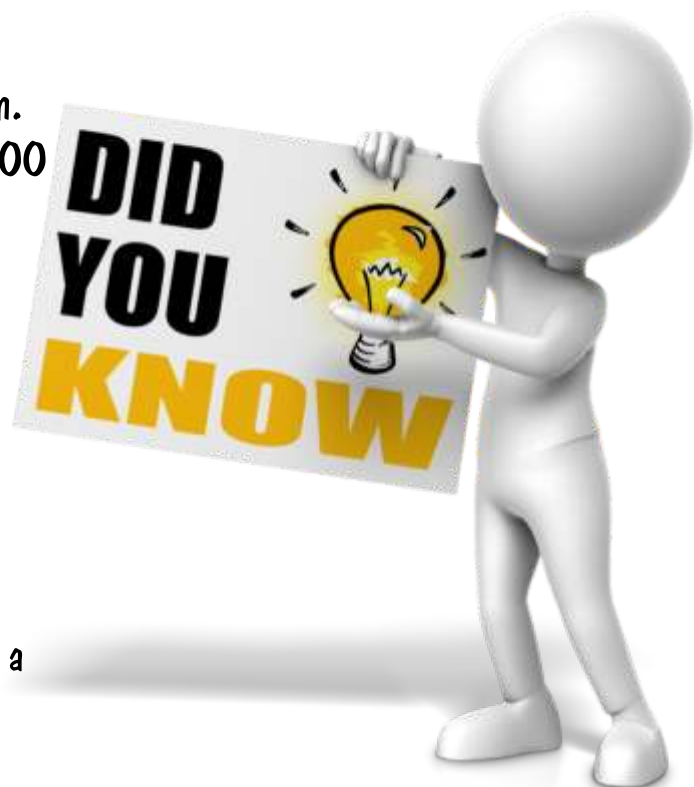


10 WAYS TO BECOME MENTALLY STRONGER



- Take 15 minutes a day to **self-reflect**
- Do at least **1 tough thing** every day
- Write down **10 ideas every day**: this will build your idea muscle
- Develop **positive** self-talk
- Identify **challenges** and set **goals**
- Identify your **strengths** and **weaknesses**
- **Journal** daily: record what you have gratitude for
- Give up one **bad habit**
- Take care of your **physical** health
- Create a healthy **environment**

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- A third of world's languages are spoken in Africa.
 - Coffee is grown commercially in Hawaii.
 - 90% of the world's fresh water is in Antarctica.
 - A full moon is nine times brighter than a half moon.
 - The Chinese built the first suspension bridges in 300 AD.
 - Antarctica is the largest desert in the world.
 - Did you know that there are no polar bears in Antarctica? Yes, they are in Arctic.
 - Over 200 languages are spoken in Europe!
 - The oldest state in the world is San Marino.
 - When Columbus discovered the Americas, it was already inhabited by 90 Million people, which was a third of the world population.



OUR CONDOLENCES WITH THE FAMILIES



Late. Hirabai Dabhade mother of **Mr. Raju Dabhade** from Mumbai office passed away on 07th December 2019



Late. A. S. Tayde father of **Mr. Santosh Tayde** from Ahmedabad office passed away on 14th December 2019



Ken Hamanaka

(October 15th, 1931 - November 29th, 2019)

Ken Hamanaka of Ken Hamanaka Co., Inc. from the HTFN Family, passed away on November 29, 2019. FEI Family stands in grief and our thoughts are with the family during this difficult time.

FEI FAMILY PAYS TRIBUTE TO



Dr. Shriram Lagoo

*(16 November 1927 – 17 December 2019)
was an Indian film and theatre actor,
in Hindi and Marathi,
in addition to being an ENT Surgeon.*

He was known for his character roles in films. He acted in over 250 films including Hindi and Marathi films as well as Hindi, Marathi and Gujarati plays, and directed over 20 Marathi plays.

He was considered one of greatest actors of Marathi stage during the second half of twentieth century.

He won the 1978 Filmfare Best Supporting Actor Award for the Hindi film Gharaonda. His autobiography is titled Lamaan (लामाण), which means "the carrier of goods".

Shriram Lagoo was born in Satara district, Maharashtra and was the eldest of four children. He attended Bhawe High School, Fergusson College (University of Pune) and B.J. Medical College (University of Pune), India and received MBBS & MS degrees- both medical degrees.

His wife, Deepa Lagoo, is also a noted theatre, TV, and film actress. He had two sons and a daughter.

He was also very vocal and active in furthering progressive and rational social causes, for example in 1999, he and social activist G. P. Pradhan undertook a fast in support of anti-corruption crusader Anna Hazare.

Shriram was a known non-religious rationalist. He was actively associated with the Anti-superstition movement in Maharashtra.

Dr Lagoo was cremated with full state honours by the Maharashtra government with a 21 gun salute.

PUJA @ AHMEDABAD OFFICE



PUJA @ PUNE OFFICE



FEI MUMBAI & CORPORATE BRINGS IN NEW YEAR 2020





Aaditya Parab

Dear Aaditya, you share your birthday with **Dr. Subhash Mukhopadhyay** who was an Indian Bengali scientist and physician who created the world's second and India's first child using IVF.

Aaditya is fully dedicated to his work & ready to take on new tasks. His work always shows accuracy & his experience in it. We wish him all the best for future coming year. - **Nawal Kishore**

Friendly, smart & good co-worker. Wishing you a very happy birthday and have a great year ahead. - **Preeti Prasad**

Easy to work with and understands what we convey. A nice human being. - **Lahu Mulay**

Charming, hardworking & friendly, May God give him all the happiness & success. - **Smita Pillai**

Aaditya has been a go getter and extremely capable person. Starting with accounting he became in-charge of the most important customer of the branch. He did not get the right platform during his formative years. We realised and to a large extent have succeeded in rectifying the same. Very soon we intend introducing him to sales etc. to bring in all his latent qualities to use. Wish this youngster all the very best professionally and personally. Happy birthday. - **Abhijeet Pratap Nair**

BIRTHDAY BOYS/GIRLS

Manohar Singh Mehra	Delhi	01st January
Muniraju E.	Bangalore	01st January
Sachin Mali	Bangalore	05th January
Madan Shinde	Corporate	07th January
Komal More	Corporate	10th January
Sankareshwari Esakki	Mumbai	10th January
Pramod Prajapati	Ahmedabad	11th January
Santosh Nair	Mumbai	11th January
Aaditya Parab	Baroda	16th January
M. Theva Anand Rajesh	Tuticorin	16th January
Ritu Dewani	Mundra	20th January
Mohammed Ameen	Kochi	20th January
Ashish Kadam	Ahmedabad	24th January

THEY TIED THE KNOT

Sheen Ajith Thomas	Corporate	01st January
Shrushti Lad	Corporate	05th January
Jayshree Barot	Corporate	20th January
Sanjoy Kumar Bose	Kolkata	26th January
Rajesh Meghrajani	Ahmedabad	29th January
Maruti Thali	Mumbai	29th January
Jitendra Rehwani	Ahmedabad	30th January

NEW JOINEE

Mahesh Chokshi	Ahmedabad
Advait Bakre	Corporate
Shrinivas Iyer	Corporate
Sankeshwari Essaki	Mumbai