



FEI DUNIYA

IT'S YOUR WORLD

Mumbai | Vol 16 | Issue 08 | January 2024 | A Publication of FEI Family | Free Distribution

**TODAY
IS THE FIRST BLANK PAGE
OF A 366 PAGE BOOK.
WRITE A GOOD ONE.**

**HAPPY NEW
YEAR**

2024



PUJA @ BANGALORE OFFICE



BANGALORE



BANGALORE

CHRISTMAS CELEBRATIONS @ FEI



BARODA



AHMEDABAD



AHMEDABAD



CHENNAI



HYDERABAD

CHRISTMAS CELEBRATIONS @ FEI



CORPORATE/MUMBAI



CORPORATE/MUMBAI



CORPORATE/MUMBAI



KOLKATA



DELHI



KOCHI



GANDHIDHAM

DESH KA FORM

In a vibrant and diverse democracy like India, the power to shape the nation's future lies in the hands of its citizens. One of the most impactful ways to exercise this power is by participating in the democratic process through voting. The first step towards becoming an active participant in the democratic journey is by filling out "Desh Ka Form," or the voter registration form. This essential document is the key to unlock your right to vote and contributing to the democratic fabric of the nation.

Why Become a Voter?

Voting is not just a right; it is a civic responsibility that empowers individuals to have a say in the decision-making processes that shape the nation. By casting your vote, you become a stakeholder in the democratic system, ensuring that your voice is heard on matters that affect you, your community, and the entire country.

Registering as a voter and updating your information in the voter list is crucial for a variety of reasons:

Influence Policy and Governance:

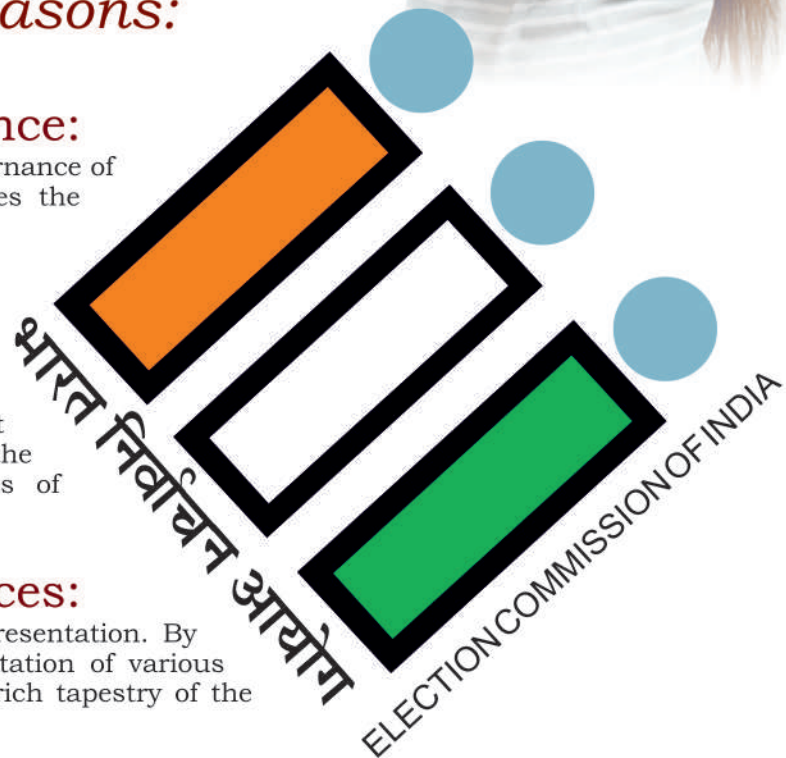
Voting allows you to influence the policies and governance of the country. Your choice at the ballot box shapes the direction and priorities of the government.

Civic Duty and Responsibility:

Being a voter is not just a right; it is a responsibility. It is your duty as a responsible citizen to engage in the democratic process and help uphold the values of democracy.

Representation of Diverse Voices:

A diverse nation like India requires a diverse representation. By becoming a voter, you contribute to the representation of various voices, ensuring that the government reflects the rich tapestry of the country.





How to Fill Desh ka Form:

Filling out the voter registration form is a straightforward process, and with advancements in technology, it has become more accessible than ever. Here's a step-by-step guide to help you fill "Desh Ka Form":

Online Registration:

- Visit the official website of the Election Commission of India or the National Voters' Service Portal.
- Fill in the required details accurately, including your personal information and address.
- Upload the necessary documents, such as proof of identity and residence.
- Submit the form online.

Offline Registration:

- Visit the nearest Election Commission office or Voter Registration Center.
- Collect the physical copy of the registration form.
- Fill in the details carefully, ensuring accuracy.
- Attach the required documents.
- Submit the form in person.

Updating Voter Information:

It's crucial to regularly update your voter information to ensure the accuracy of the voter list. Changes in address, marital status, or any other relevant details should be promptly reported to the Election Commission.

Conclusion:

"Desh Ka Form" is not just a piece of paper; it is a symbol of your commitment to the democratic values that India cherishes. By becoming a voter and keeping your information up to date, you play an active role in shaping the destiny of the nation. Empower yourself, be a responsible citizen, and let your voice be counted in the vibrant tapestry of India's democracy. Fill "Desh Ka Form" and pave the way for a brighter, more inclusive future for the country.



ATAL TUNNEL

Atal Tunnel (also known as Rohtang Tunnel, named after former Prime Minister of India, Atal Bihari Vajpayee) is a highway tunnel built under the Rohtang Pass in the eastern Pir Panjal range of the Himalayas on the National Highway 3 in Himachal Pradesh, India. At a length of 9.02 km, it is the highest highway single-tube tunnel above 10,000 feet (3,048 m) in the world. With the existing Atal Tunnel and after the completion of under-construction Shinku La Tunnel, which is targeted to be completed by 2025, the new Leh-Manali Highway via Nimmu–Padum–Darcha road will become all-weather road.

The tunnel reduces the travel time and overall distance between Manali and Keylong on the way to Leh. The route, which previously went through Gramphu, was 116 km (72.1 mi) long and took 5 to 6 hours in good conditions. A traveller now reaches the South Portal of the tunnel from Manali, a distance of 24.4 km (15.2 mi) in about 45 minutes, goes through the 9.02 km (5.6 mi) long tunnel in about 15 minutes, and reaches Keylong which is 37 km (23.0 mi) away in about 60 minutes. The new route via the tunnel brings down the total distance travelled to 71 km (44.1 mi) which can be covered in about 2 hours, a reduction of around 3 to 4 hours when compared to the earlier route. Moreover, the tunnel bypasses most of the sites that were prone to road blockades, avalanches, and traffic snarls.

The tunnel is at an elevation of 3,100 metres (10,171 ft) whereas the Rohtang Pass is at an elevation of 3,978 metres (13,051 ft). It was inaugurated by Prime Minister Narendra Modi on 3 October 2020. The cost of the entire project is ₹3,200 crore (US\$438 million). The tunnel was completed by the Border Roads Organisation (BRO) under Ministry of Defence.

Salient features of the Atal Tunnel are as follows:

- Length: 9.02 km (5.6 mi)
 - Shape (cross-section) of Tunnel: Horseshoe.
 - Finished width: 10.00 m (32.8 ft) at road level. (8m pavement and 1m footpath on both sides).
 - General altitude of the tunnel: 3,000–3,100 m or 9,840–10,170 ft.
 - Designated vehicular speed: 80 km/h (50 mph).
 - Temperature variation in the area: 25–30 °C (77–86 °F) during May–June, –30 to –20 °C (–22 to –4 °F) during Dec–Jan.
- Support system: Fibre-reinforced concrete (100–300mm or 0–10 inch thick) combined with rock bolt (26.50mm dia, 5,000–9,000mm or 200–350 inch long) has been used as the principal support system.
 - Tunnel ventilation: Semi-transverse system of ventilation.
 - A 2.25 m high and 3.6 m wide emergency tunnel is integrated in the tunnel cross-section beneath the main carriageway.

Safety measures

The tunnel was built using the New Austrian tunnelling method and has been equipped with a semi-transverse ventilation system, where large fans separately circulate air throughout the tunnel. A 2.250 m tall and 3.6 m wide emergency tunnel has been integrated into the tunnel cross-section beneath the main carriageway for evacuation during emergencies.

Fires inside the tunnel will be controlled within an area of 200 metres and fire hydrants are provided at specific locations throughout the tunnel. The tunnel also has a public announcement system to make important announcements in emergency situations for which loudspeakers are installed at regular intervals.

Heavy snowfall in the Rohtang Pass area is a major concern, especially on the approach roads to the main tunnel. To prevent any damage to the roads and to ensure the safety of the roads and tunnel users alike, avalanche control structures have been constructed. Since the Atal tunnel is likely to witness heavy traffic, CCTV cameras are placed at regular intervals in the tunnel which are connected to two monitoring rooms on both ends of the tunnel for vehicular management and pollution monitoring. Pollution sensors continuously monitor the air quality in the tunnel and if the air quality in the tunnel is below the desired level, fresh air is injected into the tunnel via two heavy duty fans on each side of the tunnel.

HAPPY HORMONES

Serotonin, Dopamine, Endorphins, and Oxytocin are key neurotransmitters that play crucial roles in regulating mood, pleasure, and overall well-being in the human body.

SEROTONIN: The Mood Stabilizer Function: Regulates mood, sleep, and appetite.

Importance: Low serotonin levels are associated with mood disorders like depression. Adequate levels contribute to a sense of well-being and happiness.

DOPAMINE: The Reward Molecule Function: Influences motivation, reward, and pleasure.

Importance: Dopamine is implicated in addiction, motivation, and reinforcement learning. Balanced levels contribute to a sense of accomplishment and satisfaction.

ENDORPHINS: The Natural Painkillers Function: Act as natural pain relievers and stress reducers.

Importance: Released during exercise, laughter, and other pleasurable activities, endorphins contribute to a sense of euphoria and alleviate pain.

OXYTOCIN: The Bonding Hormone Function: Facilitates social bonding, trust, and maternal behaviours.

Importance: Oxytocin is crucial for building social connections, trust, and emotional intimacy. It plays a role in forming strong relationships and maternal-infant bonding.

NEUROTRANSMITTER LEVELS:

Emotional Stability: Proper levels of these neurotransmitters contribute to emotional stability, preventing mood disorders and promoting overall mental health.

MOTIVATION AND REWARD:

Dopamine's role in the brain's reward system is vital for motivation, goal setting, and experiencing pleasure.

STRESS REDUCTION:

Endorphins act as natural stress relievers, promoting relaxation and resilience. Social Connection: Oxytocin fosters social bonds and relationships, enhancing the quality of interpersonal connections.

MAINTAINING BALANCE:

Diet and Exercise: Regular exercise and a balanced diet support the production and regulation of these neurotransmitters.

SLEEP:

Adequate sleep is crucial for serotonin production and maintaining overall neurotransmitter balance. Social Interaction: Positive social interactions and bonding activities stimulate oxytocin release.

NOVELTY AND CHALLENGES:

Engaging in new experiences and facing challenges can boost dopamine levels, contributing to a sense of accomplishment.

HOW TO HACK YOUR HAPPY HORMONES

DOPAMINE

The Reward Chemical

- Eating Food
- Achieving a Goal
- Complete a Task
- Self-Care Activities

OXYTOCIN

The Love Hormone

- Socializing
- Physical Touch
- Petting Animals
- Helping Others

ENDORPHINS

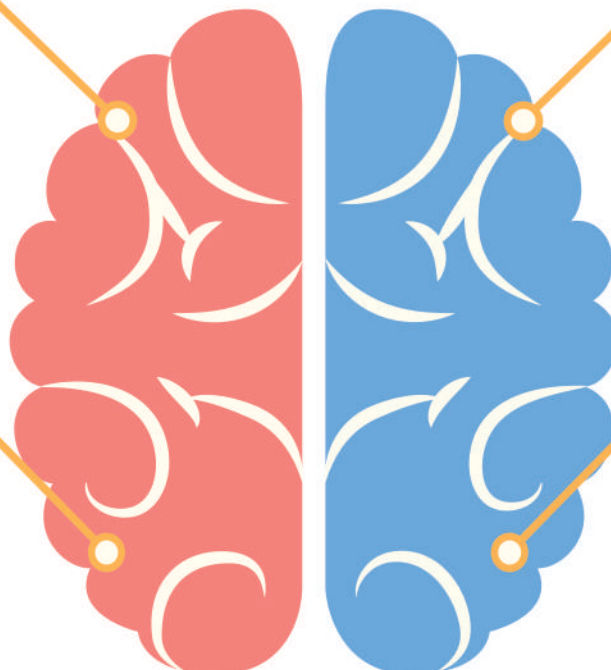
The Painkiller

- Exercising
- Listen to Music
- Laughter

SEROTONIN

The Mood Stabilizers

- Sun Exposure
- Be with Nature
- Mindfulness
- Meditation



RAM MANDIR AT AYODHYA

The Ram Mandir is a Hindu temple that is under construction in Ayodhya, Uttar Pradesh, India. It is located at the site of Ram Janmabhoomi, the hypothesized birthplace of Rama, a principal deity of Hinduism.

A ceremony, celebrating the commencement of the construction of Ram Mandir, was performed on the 5th of August 2020, by Indian Prime Minister Narendra Modi. The temple, currently undergoing construction, is being supervised by the Shri Ram Janmabhoomi Teerth Kshetra trust. The pran pratishtha (consecration) ceremony is scheduled for 22nd January 2024.

The original design for the Ram temple was devised in 1988 by the Sompura family of Ahmedabad. The Sompuras have contributed to the design of over 100 temples worldwide for at least 15 generations, including the Somnath temple. The chief architect of the temple was Chandrakant Sompura, and he was assisted by his two sons Nikhil Sompura and Ashish Sompura, who are also architects.

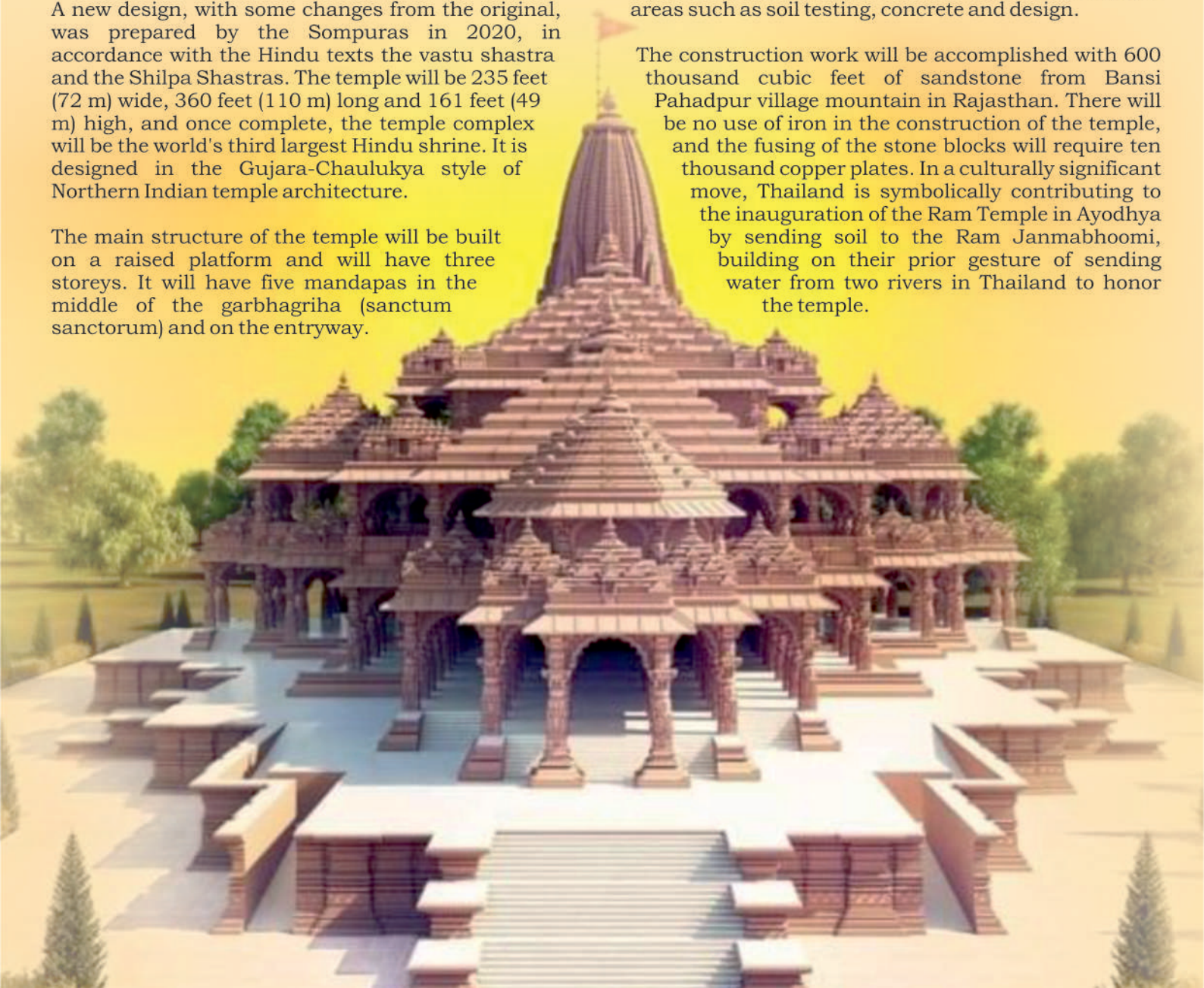
A new design, with some changes from the original, was prepared by the Sompuras in 2020, in accordance with the Hindu texts the vastu shastra and the Shilpa Shastras. The temple will be 235 feet (72 m) wide, 360 feet (110 m) long and 161 feet (49 m) high, and once complete, the temple complex will be the world's third largest Hindu shrine. It is designed in the Gujara-Chaulukya style of Northern Indian temple architecture.

The main structure of the temple will be built on a raised platform and will have three storeys. It will have five mandapas in the middle of the garbhagriha (sanctum sanctorum) and on the entryway.

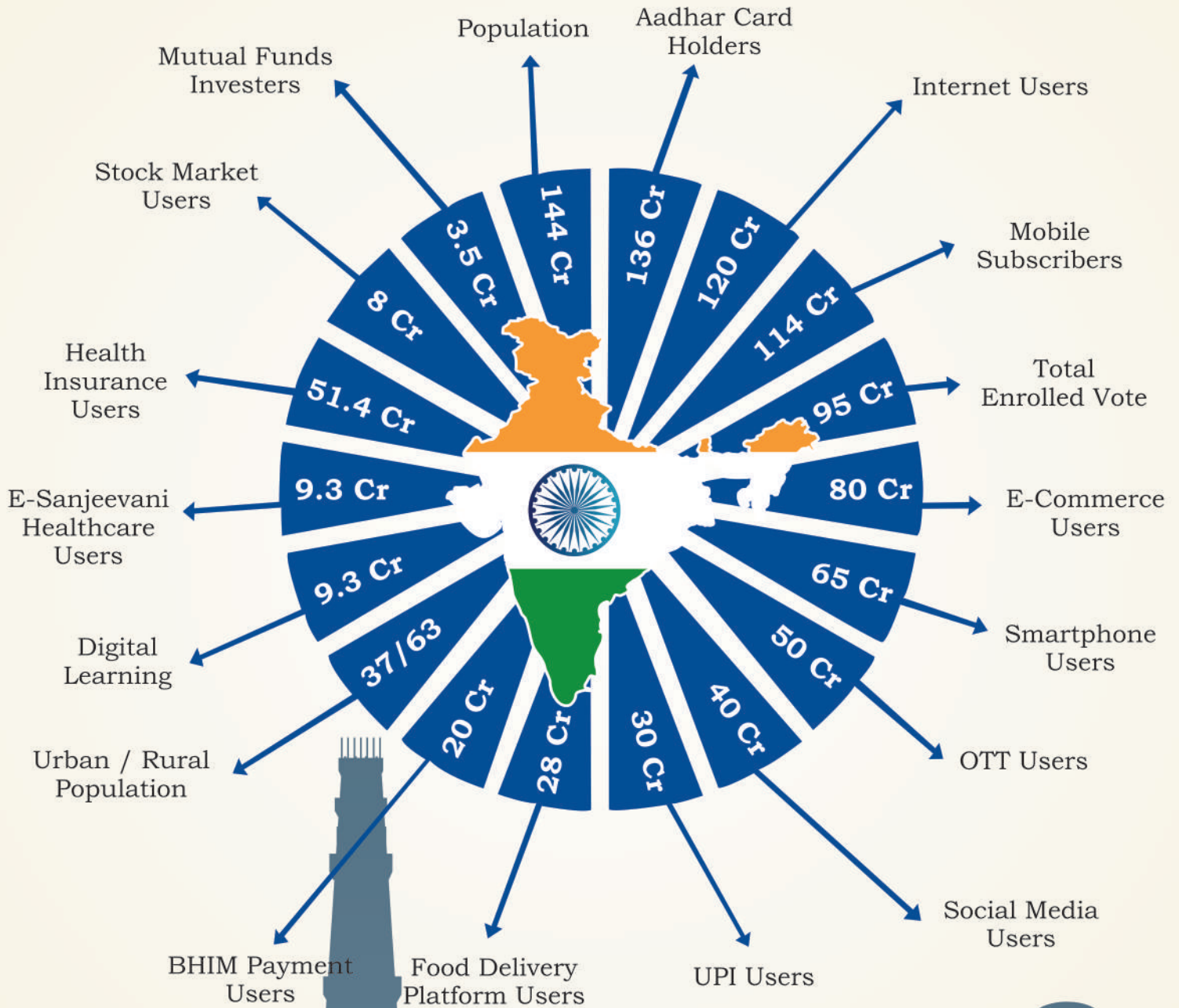
Three mandapas on one side shall be of Kudu, Nritya, and Rang, and the two mandapas on the other side will be of Kirtan and Prarthana. In Nagara style, the mandapas are to be decorated with shikhara.

The building will have a total of 366 columns. The columns will have 16 idols each to include the incarnations of Shiva, the 10 Dashavataras, the 64 Chausath Yoginis, and the 12 incarnations of the goddess Saraswati. The width of the stairs will be 16 feet (4.9 m). In accordance with scriptures dedicated to the design of temples dedicated to Vishnu, the sanctum sanctorum will be octagonal. The temple will be built in 10 acres (0.040 km²), and 57 acres (0.23 km²) of land will be developed into a complex with a prayer hall, a lecture hall, an educational facility and other facilities including a museum and a cafeteria. According to the temple committee, over 70,000 people will be able to visit the site. Larsen & Toubro offered to oversee the design and construction of the temple free of cost and became the contractor of the project. The Central Building Research Institute, National Geophysical Research Institute and the Bombay, Guwahati and Madras Indian Institutes of Technology are assisting in areas such as soil testing, concrete and design.

The construction work will be accomplished with 600 thousand cubic feet of sandstone from Bansi Pahadpur village mountain in Rajasthan. There will be no use of iron in the construction of the temple, and the fusing of the stone blocks will require ten thousand copper plates. In a culturally significant move, Thailand is symbolically contributing to the inauguration of the Ram Temple in Ayodhya by sending soil to the Ram Janmabhoomi, building on their prior gesture of sending water from two rivers in Thailand to honor the temple.



INTERESTING NUMBER ABOUT INDIA



WHAT IS BOXING DAY TEST?

WHY DAY AFTER CHRISTMAS HOLDS SUCH SIGNIFICANCE?

As 'Boxing Day' arrives, so does cricketing action, with Australia scheduled to take on Pakistan in the 2nd Test of the series while India are set to square off with South Africa in the opening match of the 2-Test assignment.

Every single year, cricketing bodies attempt to schedule important matches of global significance on this day, and the case this year is no different, with two big events scheduled. But what makes 'Boxing Day' so special in sports?

Boxing Day in sports marks the return of action to the pitch on the first day after Christmas. Every year, December 26 is referred to as 'Boxing Day' all across the world. But, the term 'Boxing' has little to do with its sporting interpretation.



What Is Boxing Day?

While the origin of the day is not known, a widely accepted theory suggests that the name stems from the tradition where wealthier people give a so-called "Christmas Box" containing money and gifts to servants and tradesmen the day after Christmas. The box used to be seen as a reward for a year of service.

Some also believe that Boxing Day comes from the post-Christmas practice of Churches placing boxes out their doors to collect money for the underprivileged members of society and light up their Christmas. Another theory states that it comes from Britain's proud naval tradition and the days when a sealed box of money would be kept on board for lengthy voyages. The box would be then given to a priest to be distributed to the poor if the voyage was successful.

What is Boxing Day in Cricket?

Cricket on Boxing Day isn't something new. The tradition dates back to the 19th century.

A Sheffield Shield match between Victoria and New South Wales at the Melbourne Cricket Ground back in 1865 is widely considered as the origin of Boxing Day matches in Australia. Event on Boxing Day, 2023, Australia are playing cricket against Pakistan at the MCG.

Over the years, Boxing Day Tests have become central to cricket boards' schedules across the world. More often than not, families and friends turn up to watch cricket matches in the stadiums.

Primarily, Australia and South Africa are the two nations where Boxing Day Test matches are religiously scheduled.



HOLIDAY LIST 2024 FOR FEI GROUP OF COMPANIES

| HOLIDAY | DATE | DAY |
|---|------------|-----------|
| Makar Sankranti/Pongal | 15/01/2024 | Monday |
| Republic Day | 26/01/2024 | Friday |
| Vasant Panchami | 14/02/2024 | Wednesday |
| Mahashivratri | 08/03/2024 | Friday |
| Holi | 25/03/2024 | Monday |
| Good Friday | 29/03/2024 | Friday |
| Gudi Padwa/Ugadi | 09/04/2024 | Tuesday |
| Chetichand/Id-UI-Fitr (Ramzan Id) | 10/04/2024 | Wednesday |
| Id-UI-Fitr (Ramzan Id) | 11/04/2024 | Thursday |
| Ram Navami | 17/04/2024 | Wednesday |
| Maharashtra Day | 01/05/2024 | Wednesday |
| Buddha Purnima | 23/05/2024 | Thursday |
| Bakri Id | 17/06/2024 | Monday |
| Muharram | 17/07/2024 | Wednesday |
| Independence Day | 15/08/2024 | Thursday |
| Raksha Bandhan | 19/08/2024 | Monday |
| Janmashtami | 26/08/2024 | Monday |
| Gopalkala | 27/08/2024 | Tuesday |
| Ganesh Chaturthi | 07/09/2024 | Saturday |
| Id-E-Milad | 16/09/2024 | Monday |
| Gandhi Jayanti | 02/10/2024 | Wednesday |
| Durga Puja | 09/10/2024 | Wednesday |
| Maha Asthmi | 11/10/2024 | Friday |
| Kojagari Purnima | 16/10/2024 | Wednesday |
| Dhanteras | 29/10/2024 | Tuesday |
| Diwali -Laxmipuja/ Karnataka Formation Day | 01/11/2024 | Friday |
| Diwali- Padwa/New Year | 02/11/2024 | Saturday |
| Guru Nanak Jayanti | 15/11/2024 | Friday |
| Christmas | 25/12/2024 | Wednesday |

The ones marked in Yellow are the 6 holidays when FEI will be completely shut .

Each of our team members will get a chance to choose 6 other holidays from the list with the approval of the branch leader, thus a total of 12 holidays in the year.

No branch/division can be completely shut on any of the other holidays other than those marked in Yellow.

There has to be some of your team members to manage the show.

This applies to all the branches and divisions in FEI .

Please inform the HRD at the start of every month which of your team members are taking their holiday on which day.

BIRTHDAYS

| | | |
|------|-----------------------|----------------|
| 01st | Ram Charit Yadav | Baroda |
| 05th | Sachin Mali | Bangalore |
| 07th | Gemini Ganeshan | Bangalore |
| 08th | Faarooq K. B. | Kochi |
| 09th | Sushant Lad | Corporate |
| 10th | Sankareshwari Esakki | Intl. Division |
| 10th | Biswanath Das | Kolkata |
| 11th | Munwwar Shaikh Anwar | Corporate |
| 11th | Sandhya Kumari | Delhi |
| 13th | Bhavik Solanki | Mumbai |
| 15th | Om Prakash Maurya | Delhi |
| 16th | M. Theva Anand Rajesh | Tuticorin |
| 16th | Aaditya Parab | Baroda |
| 17th | Jeroline Raj Dison | Tuticorin |
| 20th | Mohammed Ameen P M | Kochi |
| 20th | Ritu Dewani | Mundra |
| 20th | Sreerag R.G | Kochi |
| 24th | Dhruv narayan Mistry | Baroda |
| 24th | Vivek Doshi | Mumbai |

WEDDING ANNIVERSARIES

| | | |
|------|--------------------|----------------|
| 01st | Sheen Ajith Thomas | Intl. Division |
| 04th | Miti Joshi | Corporate |
| 16th | Anton Peter Lopes | PCL |
| 26th | Sanjoy Bose | Kolkata |
| 29th | Maruti Thali | Mumbai |
| 30th | Bhautik Patel | Ahmedabad |

NEW ADDITIONS TO THE FEI FAMILY

| | |
|-----------------------|----------------|
| Rashmi Pillai | Chennai |
| Michael Donald Colaco | Corporate |
| Sandeep Somurkar | Intl. Division |
| Smitha Venugopal | Intl. Division |
| Aby T K | Kochi |
| Darshan Gurav | Mumbai |

Congratulations
He  She



Mr. Akshay Joshi (Intl. Division)
and **Mrs. Aarti** are blessed with a baby boy.



Mrs. Deepali Pandhare (Corporate)
and **Mr. Paresh** are blessed with a baby girl.

CELEBRATIONS FOR THE MONTH

| Date | Celebrating |
|-----------------|------------------------|
| 13th (Saturday) | Second Saturday |
| 15th (Monday) | Makar Sankranti/Pongal |
| 26th (Friday) | Republic Day |