



FEI DUNIYA

IT'S YOUR WORLD

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WRITE YOUR
GOALS WITH *pen,*

BUT YOUR STRATEGIES
TO ACHIEVE IT WITH *pencil.*





Republic Day
Celebrations



Hyderabad



Gandhidham



Vadodara



JNPT Warehouse



Chennai



Kochi



Chennai



Kolkata



Delhi



Mumbai

THIS IS THE ONLY COUNTRY ON EARTH

that grows all its food and imports nothing.



There is just one country in the world that produces all the food it needs to feed its entire population. It does not depend on imports for any essential food category.

Can you guess which country it is?

Surprisingly, it is a small nation where nearly 40% of the population is of Indian origin; people whose ancestors were sent there generations ago and who are now permanent residents.

While millions across the world struggle with food insecurity, this country has achieved complete food self-sufficiency. The answer is Guyana, located in South America.

A Small Nation With A Unique Population

Guyana has a total population of around 800,000, of which approximately 320,000 to 350,000 people are of Indian descent. During the 19th century, when India was under British rule, large numbers of people from Uttar Pradesh, Bihar, and nearby regions were sent to Guyana to work on sugar plantations.

In terms of land area, Guyana is roughly the size of Gujarat, yet the population difference is striking. Gujarat is home to nearly 60 million people, while Guyana has fewer than one million.

Forests, Geography And Natural Advantage

Around 85% of Guyana is covered by dense and difficult rainforests, much of which remains untouched. Despite this, the country has quietly achieved something no other nation has managed, complete self-sufficiency in all essential food categories. Guyana lies between one and nine degrees north of the equator, giving it warm temperatures,

heavy rainfall, high humidity, and extremely fertile clay-rich soil. Over thousands of years, this soil has been enriched by sediments from the Amazon river system, creating ideal conditions for agriculture. This remarkable achievement was highlighted in a groundbreaking study published in the journal 'Nature Food'. The research analysed 186 countries and concluded that, in theory, any nation could feed its population through domestic production if it chose to do so.

What makes Guyana exceptional is that everything its people consume is produced locally. Fruits, vegetables, grains, dairy, meat, fish, legumes, nuts, and seeds are all grown or produced within its borders.

All 7 Essential Food Categories Produced Locally

- Guyana produces all seven essential food categories, something no other country currently does:
- Grains and starchy foods: Rice is a major crop, with production exceeding domestic Needs.
- Legumes, nuts and seeds: Lentils, soybeans, peanuts and various seeds
- Fruits: A wide range of locally grown produce.
- Vegetables: Wide range of locally grown veggies.
- Dairy: Milk and cheese.
- Meat: Chicken, pork and beef.
- Fish: Both freshwater and marine varieties.

This entire food system supports a population of just 800,000 people.

Life In Guyana's Markets

A visit to any market in Georgetown, the capital city, reveals stalls overflowing with local rice, fresh vegetables, fish, fruits and other produce, most of it grown entirely within Guyana.

The country is not isolated from the world and continues to trade like any modern nation. However, its defining strength is that it can meet all food needs from its own land and water.

How Other Major Countries Compare

Even major agricultural powers have not achieved this level of self-sufficiency:

United States: Fully self-sufficient in only four food categories.

United Kingdom: Self-sufficient in just two.

China and Vietnam: Self-sufficient in six, but still import dairy or legumes.

Why India Is Not Fully Self-sufficient?

India performs strongly in many areas: Self-sufficient in rice and wheat, and a major exporter. World's largest dairy producer. Third-largest fish producer, meeting domestic demand. Second-largest producer of fruits and vegetables. However, India still depends on imports for certain categories: Legumes and pulses: Imports around 10-15% Nuts and oilseeds: Imports 55-60% of edible oils

Government Investment And Agricultural Expansion

In recent years, Guyana's government has increased its agriculture budget by an extraordinary 468%. The country has moved beyond traditional crops like rice and sugar to include maize, soybeans, and dairy production.

If global trade were to stop today, Guyana would be the only country capable of feeding its population a balanced diet entirely on its own.

Farming Without Destroying Nature

Unlike many South American nations that clear forests for farming and livestock, Guyana has preserved over 85% of its original forests. It has maximised food production without exhausting soil nutrients or destroying its ecological balance.

Continuous investment has been made in irrigation, drainage systems, processing facilities, infrastructure, and farmer education, allowing productivity to rise sustainably.

Indian Food Culture In Guyana

Guyana's Indian heritage is strongly reflected in its cuisine. One of the most popular dishes is dal puri, a soft roti stuffed with yellow lentils, turmeric and cumin, remarkably similar to dishes from Bihar and eastern Uttar Pradesh.

Street food includes kadhi and bhajia, gram-flour fritters served with mango chutney, much like Indian pakoras. Bara, similar to South Indian vada or North Indian dal vada, is also common.

Roti is a daily staple. Sada roti resembles a simple tawa roti, while the famous 'bash-up-shirt' roti is soft and layered, named because it looks like a torn shirt.

Curries, Ritual Meals And Sweets

Guyanese curries use Indian spices such as turmeric, coriander and cumin, with dishes like chicken curry, duck curry and paneer curry. These are often spicier due to the use of local Caribbean peppers.

A special dish called 'seven bhaji' is prepared during Hindu weddings and religious events. Served on banana leaves, it includes seven vegetables such as pumpkin, potato, drumstick and spinach, along with rice and dal puri, similar to South Indian sadya or North Indian bhandara meals. For desserts, 'permigi' resembles Indian sevai or kheer, while a sweet similar to shakkarpore is simply called 'mithai' in Guyana.

Guyana's story is not just about food, it is about planning, sustainability, cultural continuity and balance. Without drawing global attention, this small nation has achieved what no other country has: the ability to fully feed its people from its own soil while protecting its natural heritage.



THE NORTHERN LIGHTS

(aurora borealis)

The Northern Lights, or Aurora Borealis, are one of nature's most captivating spectacles — a mesmerizing display of glowing colors that dance across the polar night sky. They occur primarily in high-latitude regions near the Arctic Circle, including Norway, Sweden, Finland, Iceland, Canada, and Alaska. The name “Aurora Borealis” comes from the Roman goddess of dawn, Aurora, and the Greek word Boreas, meaning “north wind.”

The phenomenon occurs when charged particles from the sun, carried by the solar wind, collide with gases in Earth's upper atmosphere. These particles are guided by Earth's magnetic field toward the polar regions, where they interact with oxygen and nitrogen molecules. The resulting energy release creates shimmering waves of color — typically green, pink, red, violet, and sometimes blue — depending on the type of gas and altitude of interaction. Green, produced by oxygen about 100 kilometers above Earth, is the most common hue.

The intensity and visibility of the Northern Lights vary with solar activity. During periods of high solar storms or “coronal mass ejections,” auroras become brighter and can even be seen farther south than usual. The best time to witness them is during winter months, from late September to early April, when skies are dark and clear.

Beyond their scientific wonder, the Northern Lights hold deep cultural and spiritual significance. Indigenous peoples of the Arctic, such as the Sami, Inuit, and Cree, have long revered the lights, seeing them as ancestral spirits, celestial messages, or signs of good fortune.

Today, the Northern Lights attract travelers and photographers from all over the world, offering a profound reminder of the beauty and mystery of the natural world — where science and magic meet in the dance of light across the northern sky.



THE POWER OF A *parent's tongue*

A story is told about a young Thomas Edison who came home one day with a paper for his mother. He told her, My teacher told me to give this paper only to my mother.

Thomas' mother read the note and her eyes filled with tears. Thomas asked his mother what the note said, and she read aloud,

Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself.

And that's exactly what Thomas' mother did; she home-schooled her child with devotion and dedication. As the story goes, many years later after Thomas Edison's mother passed on, and he was now one of the world's greatest inventors, he found a folded paper among other family items. He opened the very same paper that had been handed to him to give to his mother and read the following message:

"Your son is mentally ill. We won't let him come to school anymore."

At that moment, Edison realised what his mother had done for him so many years ago. He wrote in his diary: "Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century."



The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Can you imagine what might have happened to Thomas Edison if his mother had read to him the reckless and hurtful words written by his teacher? He might never have invented the light bulb or made his many other contributions to society.

Thank God for the wisdom and wise words of his mother! She created the context in which her son could grow to his full potential.

Let's take this message to heart and resolve to use our words for healing today. You might be a parent, what do you say to your children.... You might be a teacher, what do you say to your student... especially the ones that are not really performing well presently..

What do you say about your parents, family, boss, subordinate, leader, colleague, follower.... Just as hurtful words can cause uncontrolled damage for life, so can wise words positively affect a person for life. May the words you use today change a life for the better.





BRITISH AIRWAYS

boeing 747

British Airways Flight 9—a Boeing 747 carrying 263 people—was cruising peacefully at 37,000 feet over the Indian Ocean when the night sky began behaving strangely.

First came St. Elmo's fire—an eerie blue glow crackling across the cockpit windows like electricity dancing on glass.

Then shimmering streaks appeared along the wings, as if the aircraft were trailing sparks through darkness.

Captain Eric Moody and his crew had never seen anything like it. Beautiful. Unsettling. Wrong.

Then came the engine failure alarm.

Engine four had failed.

Before they could process that, engine two quit.

Then engine one.

Then engine three.

In less than 90 seconds, all four engines on British Airways Flight 9 had stopped.

Complete. Total. Silence.

At 37,000 feet.

A commercial jet losing one engine is manageable—they're designed to fly on three, or even two.

Losing two engines is a serious emergency requiring immediate landing.

Losing three engines is catastrophic but theoretically survivable.

Losing all four? That's not supposed to happen. Ever.

Yet here was Captain Moody, flying a 300-ton glider with 263 souls aboard, no engines, no power, and no idea why? The 747 was descending—13,000 feet lost in 23 minutes—and below them was the Indian Ocean and the mountainous Indonesian coastline.

They had minutes to figure out what had happened and somehow restart the engines before the aircraft became unflyable.

"Ladies and Gentlemen..."

In the cabin, passengers saw sparks outside their windows. Oxygen masks dropped. The cabin filled with acrid smoke that smelled like sulfur.

People began writing farewell notes to loved ones.

Then Captain Moody's voice came over the intercom—calm, almost casual, with classic British understatement:

"Ladies and gentlemen, this is your captain speaking. We have a small problem. All four engines have stopped. We are doing our damndest to get them going again. I trust you are not in too much distress."

That announcement would become one of the most famous in aviation history—not just for its legendary understatement, but because what followed was even more remarkable.

In the cockpit, controlled chaos spread.

Co-pilot Roger Greaves' oxygen mask had broken, leaving him gasping for breath in the thin air at high altitude. Moody immediately descended—trading precious altitude for breathable air to save his co-pilot.

Flight Engineer Barry Townley-Freeman worked frantically through restart procedures while Senior First Officer Barry Fremantle handled communications with Jakarta air traffic control.

They tried restarting the engines.

Nothing.

Again.

Nothing.

They tried different procedures, different combinations, everything in the manual and things that weren't.

Ten attempts. Twelve. Fifteen.

Each failure meant less altitude, less time, less chance of survival.

The aircraft descended through 15,000 feet. Then 14,000. Then 13,000.

At some point, they'd be too low to restart safely even if the engines came back.

They were running out of sky.



And then at 13,500 feet—with Jakarta's mountainous terrain looming in darkness below—engine four suddenly coughed, sputtered, and roared back to life.
Then engine three caught.
Then engine one.
Finally, engine two.
All four engines, dead for 13 minutes and 13,000 feet of descent, had somehow restarted.
The relief in the cockpit was overwhelming. They had power. They had control. They could fly again.
But they weren't safe yet.

The volcanic ash that had choked the engines had also sandblasted the cockpit windscreen.
The windows weren't just dirty—they were opaque, abraded to translucence by millions of tiny ash particles traveling at 500 mph.
Captain Moody could barely see through them. Landing would require threading the aircraft through Jakarta's airspace, lining up with a runway, and touching down—all while essentially flying blind.
They used side windows for glimpses. They relied heavily on instruments. They followed radio guidance from Jakarta approach.
And somehow, impossibly, Captain Moody brought the crippled 747 down safely at Halim Perdanakusuma Airport.
All 263 passengers and crew walked away.

Only after landing did investigators discover what had happened:
Mount Galunggung in Java had been erupting for months. On June 24, 1982, it sent a massive ash cloud into the atmosphere—8 miles high, spreading for hundreds of miles.
Flight 9 had flown directly through it.
Volcanic ash is pulverized rock—essentially tiny shards of glass suspended in air. It's invisible to weather radar. It's nearly impossible to see at night.
And when jet engines running at 1,000+ degrees ingest it, the ash melts, coating internal components and choking the engines completely.
The engines restarted only because Moody's descent brought them below the ash cloud, where cooler air allowed the melted glass to solidify and break off, clearing enough space for engines to function.
It was luck as much as skill—but the skill kept them alive long enough for the luck to matter.

British Airways Flight 9's near-disaster changed aviation forever.
Before 1982, volcanic ash clouds were considered a minor nuisance, not a major threat.
After Flight 9, everything changed:

- Global volcanic ash detection systems were established.
- Airlines receive real-time alerts about eruptions.
- Flight paths are immediately rerouted around ash clouds.
- Pilots are trained specifically for ash encounters.
- The International Airways Volcano Watch was created specifically because of this incident.

Captain Moody's experience—and his crew's quick thinking under impossible pressure—saved not just 263 people that night, but potentially thousands in the decades since.



PRANAYAMA

the yogic science of breath control

Pranayama is a vital limb of yoga that focuses on the regulation of breath — “Prana” meaning life force or vital energy, and “Ayama” meaning extension or control. Through controlled breathing techniques, pranayama harmonizes the body, mind, and spirit, purifies the energy channels (nadis), and enhances physical and mental well-being. Practiced regularly, it can reduce stress, increase vitality, and deepen meditation.



1 Nadi Shodhana (Alternate Nostril Breathing)

This technique involves inhaling through one nostril and exhaling through the other, alternately. It balances the left and right hemispheres of the brain, purifies energy channels, calms the nervous system, and promotes mental clarity. It is ideal before meditation or bedtime to quieten the mind.

2 Bhastrika (Bellows Breath)

Bhastrika involves forceful inhalations and exhalations using the diaphragm, resembling the action of bellows. It energizes the body, increases oxygen supply, improves metabolism, and removes lethargy. However, it should be practiced cautiously by those with high blood pressure or heart conditions.



3 Kapalabhati (Skull-Shining Breath)

A dynamic breathing technique involving quick, forceful exhalations and passive inhalations, Kapalabhati cleanses the lungs, improves digestion, stimulates brain function, and clears nasal passages. The rhythmic movement activates pranic energy and sharpens focus.

4 Bhramari (Bee Breath)

In this calming pranayama, one inhales deeply and exhales with a gentle humming sound resembling a bee. The vibrations soothe the nerves, relieve anxiety, reduce anger, and enhance concentration. It's especially beneficial for stress management and emotional balance.





5 Ujjayi (Victorious Breath)

Ujjayi involves slow, deep inhalations and exhalations with a slight constriction at the throat, creating an oceanic sound. It enhances oxygenation, increases focus, warms the body, and is often used during yoga asana practice for mindfulness and endurance.

6 Sheitali and Sheetkari (Cooling Breaths)

These pranayamas cool the body and calm the mind. In Sheitali, air is drawn in through a rolled tongue; in Sheetkari, through the teeth. Both reduce body heat, alleviate stress, and help during hot weather or after intense activity.

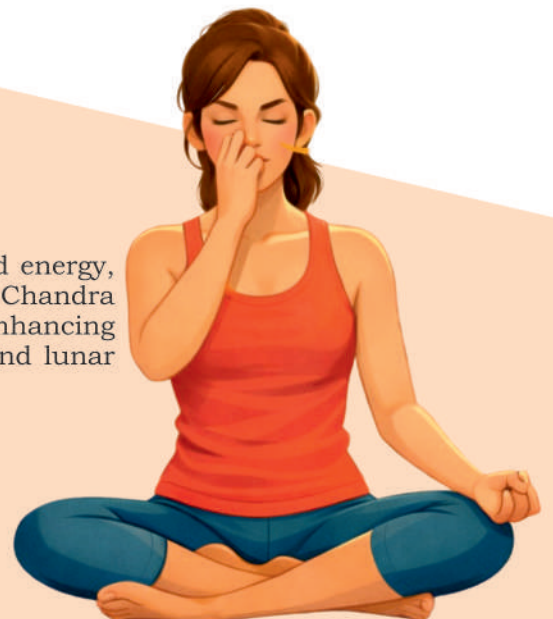


7 Anulom Vilom (Alternate Nostril Breathing Variation)

A simpler form of Nadi Shodhana, Anulom Vilom involves inhaling through one nostril and exhaling through the other without breath retention. It balances prana flow, reduces anxiety, and enhances cardiovascular health.

8 Surya Bhedana and Chandra Bhedana

Surya Bhedana (right-nostril breathing) activates heat and energy, stimulating the sympathetic nervous system, while Chandra Bhedana (left-nostril breathing) cools and calms, enhancing parasympathetic activity. Both balance the body's solar and lunar energies.



Conclusion

Each pranayama serves a unique purpose — energizing, calming, cleansing, or balancing. When practiced with awareness, patience, and proper guidance, pranayama becomes a transformative tool for holistic health, emotional stability, and spiritual growth.

THERE WILL ALWAYS BE SOMEONE *smarter than you!*

Once upon a time in an old Japanese village, there was a smart man who owned a well, but he didn't use it, so he decided to sell it to a nearby farmer. One day, when he passed by and saw the farmer pumping water from the well for cooking etc., the smart man immediately stopped him and did not allow him to pump water from the well.

"I only sold you the well, I didn't sell you the water. Therefore, you cannot take water from this well," the smart man spoke up.

The farmer was very sad and didn't know what to do. He had bought the well, but he hadn't paid for the water from the well. Now the well was full of water, but he couldn't use it, while his whole family and livestock all needed clean water from this well.

After thinking for a long time about how to resolve the issue with the smart man, the farmer decided to bring it up to the district court, hoping to get justice. At the court, the farmer recounted the story from beginning to end, hiding nothing, in order to get justice for his family.

The district judge called the smart man up and asked, "Why don't you let him use the water in the well? Didn't you sell the well?"

"Well, your honor, I only sold the well to this farmer, I didn't sell him the water in it. Therefore, he has no right to take water from my property. Now, if he wants to take water, he has to pay more to buy the water," the smart man replied, firmly believing in his argument.

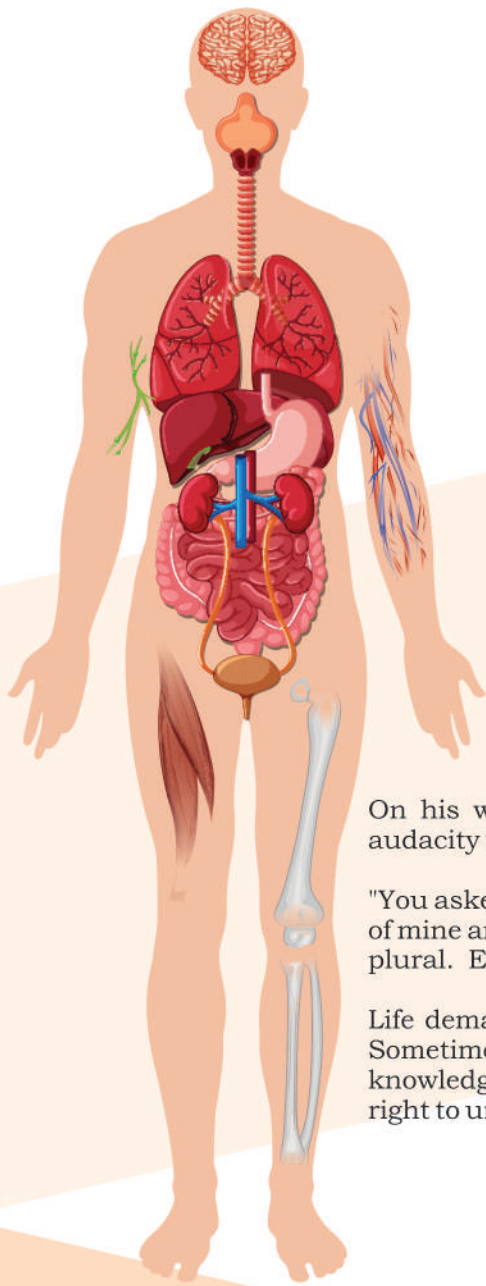
The district judge looked at the smart man, smiled slightly, and replied, "Oh, you make a good point. However, when you sold the well to this farmer, the well became his property, and the water in the well is still your property. So, you have no right to store water in the farmer's well anymore."

"Now there are only two options: One is that you have to pay the farmer to rent the well for water storage. Two is that you have to remove all the water from the well immediately," the judge looked up at the smart man and asserted firmly.

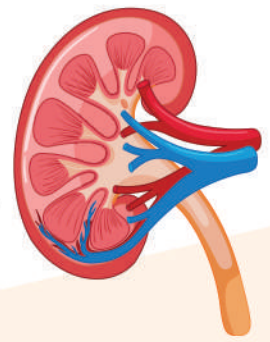
The smart man bowed his head sadly, not knowing what to do to justify his actions. He had been harmed by his own intelligence.

That's why in life, no matter how smart you are, there will always be others who are smarter than you.





PRESENCE OF *mind*



Teacher addresses a student and asks: "How many kidneys do we have?"

"Four!", The student responds.

"Four? Haha," The teacher was one of those who took pleasure in picking on his students' mistakes and demoralizing them.

"Bring a bundle of grass, because we have an ass in the room," the teacher orders a front bencher.

"And for me a coffee!", the student added.

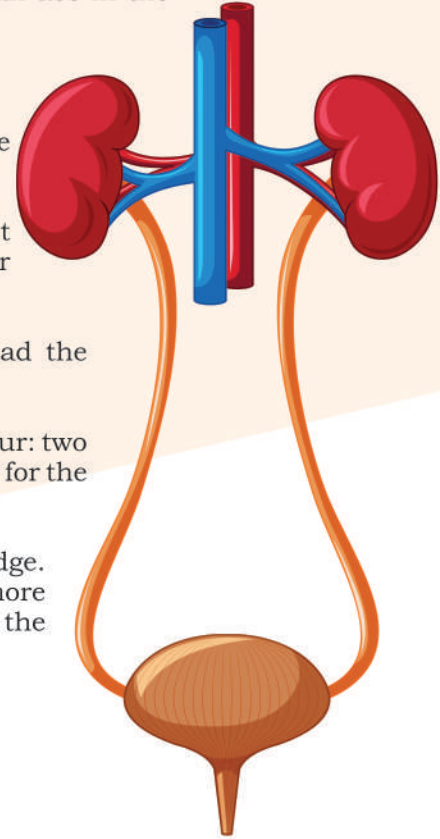
The teacher was furious and expelled the student from the room.

The student was, by the way, the humorist Aparicio Torelly Aporelly (1895-1971), better known as the "Baron de Itararé".

On his way out of the classroom, the student still had the audacity to correct the furious teacher:

"You asked me how many kidneys' we have." 'We have four: two of mine and two of yours. 'We have' is an expression used for the plural. Enjoy the grass".

Life demands much more understanding than knowledge. Sometimes people, because they have a little more knowledge or 'believe' that they have it, feel they have the right to underestimate others.



A NEW JOURNEY OF LOVE AND COMPANIONSHIP BEGINS



Mr. Ranajit Patra (Kolkata)
tied the knot on 15th December
with Ms. Sarmistha.



Mr. Devesh (PCL)
tied the knot on 24th January
with Ms. Pranali.

Congratulations



Abhijith S



Aby T K



**FEI Family
members in
Kochi Office**

Alan K V



Adarsh M M



Jithin Raj



Mithra M



Lijohn Davis



Mohammed Ameen PM



Siyad PS



Sineesh S G



Sreerag S



As on 31/01/2026

CELEBRATIONS FOR THE MONTH

BIRTHDAYS

04th	Nagesh Pal	JNPT Warehouse
05th	Kandarp Mehta	Ahmedabad
08th	Dhairya Kanani	Rajkot
08th	Rajiv Shukla	Delhi
09th	Bhiva Khandekar	Mumbai
13th	Rajesh Pal	Ahmedabad
16th	Meghali Kadam	Corporate
16th	Rekha Chaudhary	Delhi
19th	Devesh Pujare	Mumbai
20th	Amol Baad	Mumbai
26th	Manjeet Singh	Delhi
26th	Aryan Jani	Ahmedabad
27th	Siyad P.S	Kochi
28th	Sineesh S. G	Kochi

WEDDING ANNIVERSARIES

03rd	Nikhil P. Parmar	Ahmedabad
06th	Krishnadev Atpadkar	Mumbai
07th	Anil Nair	Gandhidham
09th	D. Jagadeesan	Chennai
12th	Sandeep Sawool	Mumbai
12th	R. Murugesan	Tirupur
14th	Rashmi Shinde	Corporate
15th	Sanjay Sawant	Mumbai
18th	Sushant Kadam	Corporate
19th	Sandip Parmar	Ahmedabad
23rd	Narendra Waigankar	Mumbai
24th	R. Ramesh	Chennai
26th	Sunil Joshi	Ahmedabad
26th	Om Parkash Yadav	Delhi

NEW ADDITIONS TO THE FEI FAMILY

Nikhil Sai V D	Bangalore
Sreenath M	Bangalore
Jaydeepsinh Mahida	Baroda
Aishwarya Baperkar	Corporate
Ambika Maharana	Corporate
Prabhat Mishra	Corporate
Nisha Kumari	Delhi
Rowan K. B	Intl. Division

HOLIDAYS FOR THE MONTH

Date	Purpose
14th (Saturday)	Second Saturday

PAN INDIA CLOSED



Mr. Krishnadev Atpadkar (Mumbai) and **Mrs. Varsha** are blessed with a baby girl.