



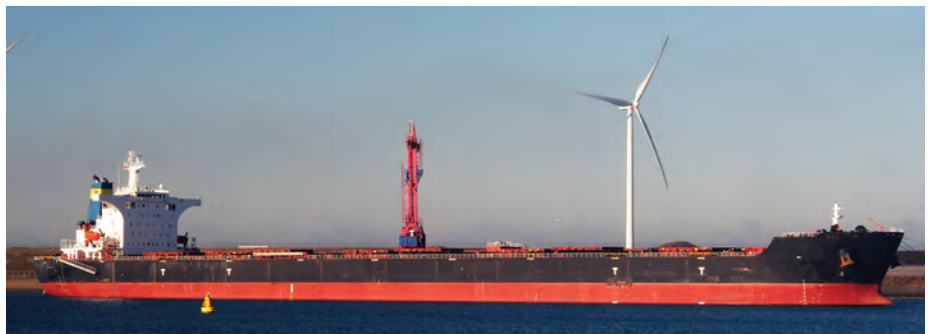
MAIN NEWS

SIMS Mumbai launches new courses

On Wind-Mill Turbines and Log Carriage

SIMS Mumbai has launched new courses on Wind-Mill Turbines and Log Carriage for bulk carriers. An industry – pertinent training, the respective courses are designed to enhance the concepts of carriage for wind-mills and logs/timber especially for bulk carrier vessels that have been modified to do so.

Deck officers attending the courses will be introduced to the concepts for the safe loading, carriage and discharging of wind mill turbines and logs on bulk carriers, with the necessary modifications to be done to cater to the specific cargo-type.



Wind-mill turbine on a bulk carrier

SIMS Mumbai held the first batches of these courses at full-house on 02nd March 2020 for the Wind-Mill Training course and 05th March 2020 for the Log Carrier – Stowage and Lashings course respectively at its campus.

(For further information on this course, please write to 'training.sims@samundra.com or call +91 9819811366. Do note that all courses are presently on hold.)

SAFETY MOMENT OF THE MONTH

Hygiene practices onboard MT St Gertrud



The crew of ESM managed vessel, MT St Gertrud have taken up various initiatives to create a disease free and hygienic work environment due to the global rise of the COVID-19 virus. The virus has resulted in thousands of cases worldwide. It is easily spread via human to human transmission hence, cleanliness and hygiene measures should be strictly implemented and followed.

The following measures have been adopted by vessel to create a hygienic and disease free environment for all crew and any visitors.

1. Temperature checks of all crew members are being conducted on a daily basis by the officer on duty prior to commencing work at 0730 hrs.
2. All crew are to strictly follow hygiene practices such as washing hands with soap and water regularly.

Continued on Page 5



Good Friday
10th April

ESM extends our warmest greetings for Good Friday, 10th April 2020.



Letter from ESM

As the COVID-19 situation across the globe grows graver, we thought it appropriate to bring this issue up in the newsletter. We will discuss and share on all the concerns brought by the virus with our seafarers and shore staff alike.

Countries across the world have come to a grinding halt by closing all forms of social life, it's the shipping industry which is keeping the lifeline intact by providing an uninterrupted service of carrying cargo around the world. Here's a big round of applause for the unsung heroes!

Unfortunately, in the process, the seafarers are increasingly stuck on board with no possibility of crew changes till airlines and other allied services resume. Voices have been raised at various quarters including the government bodies to find a way to ensure normalcy returns to the shipping industry.

We would like to extend our warmest appreciation for the seafarers sailing on board ESM-managed ships who have continued to provide a thorough and professional service to our ship owners and charterers.

While our seafarers are confined to their respective ships, to a large extent they are safer than the folks outside. The HSEQA department is in the forefront of guiding all seafarers and employees on how best to protect themselves from the onslaught of the virus. We are happy to inform that we are all safe and in good health by strictly following advices from government bodies and health authorities. Working from home, our shore employees in India who are currently amidst a lockdown themselves are ensuring that seafarers are supported at any given time.

We have included a wide range of articles as a guidance and suggestions for those on board during this challenging time. Health and wellness concerns, planning for provisions for the long haul, keeping motivation and morale high are some of the topics we thought would be interesting and useful for our seafarers. We have also announced a poster competition to showcase the creative talents of the sailing staff. Do participate and aim for clinching attractive prizes along the way.

Once again, the ESM family deeply appreciates our committed and dedicated members on board as well as those ashore standing closely together to tide over the unprecedented pandemic. We are confident, the organization will be stronger and achieve higher success once the situation returns to normalcy.

Wishing you all a very safe and healthy time ahead,

Sikha Singh

Editorial Team

Editorial Director
Sikha Singh

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Sara Cherian
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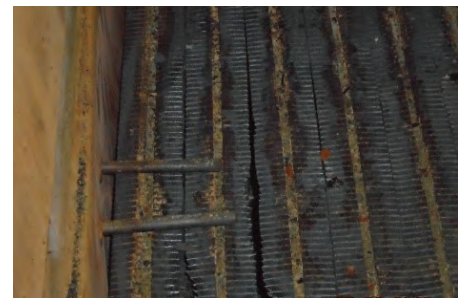
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TECHNICAL NEWS

Exhaust Gas Economiser Soot Fire: A Case Study



After cleaning to dry run economizer.

Vessel was at sea in fully laden condition proceeding at full speed of 14.5 knots i.e. 74% of MCR load when the fire alarm in the engine room was activated. At the same time, main engine turbocharger surging was also noted. Duty Engineer went to check the smoke detector area and the vicinity of turbocharger, but no abnormality or smoke was observed. All main and auxiliary machines parameters checked and were found to be within operating range. Thereafter, the fire alarm was reset from the bridge.

Abnormalities found after second fire and smoke detector activation

Merely five minutes later, alarms from smoke detectors for engine casing, main engine exhaust gas deviation and exhaust to turbocharger inlet temperature sounded. Main engine auto slowdown was activated due to engine exhaust gas deviation. Engine was on bridge control. C/E informed bridge to bring engine maneuvering handle to dead slow ahead. The engine casing and surrounding area, as well as main engine turbocharger were checked by 2E, 3E and crew. No abnormality was found and the same was reported to C/E.

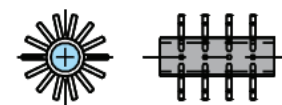
C/E then observed that auxiliary boiler pressure started increasing rapidly. 3E rushed to check the boiler but before he could reach the platform, the safety valve lifted to release the increasing pressure in the boiler. Bridge was immediately informed and the main engine was stopped. Fire alarm was activated as smoke and steam started coming out from economizer side door, outlet header pipe gaskets. Burn signs were observed on EGB doors. The soot collecting tank level was checked and an increase in tank water level was observed.

Economizer boundary cooling commenced and continued for an hour. After, all 4 inspection covers were opened up. In the economizer casing, it was found, both pin tube stacks were deformed and damaged. The top tube stack sustained more damages. "U" tubes were bent and found leaking from welding joints.

Appropriate actions taken to mobilize vessel
Exhaust Gas Boiler (EGB) was cleaned manually to remove fused metal slacks. A thorough cleaning of economizer by water washing was carried out to dry run till arrival at next discharge port. Engine was started after cleaning and rpm gradually increased to maintain exhaust gas inlet temperature to EGB 250 degree C maximum and differential pressure across EGB below 100 mmWC. All other relevant precautions had been taken and parameters were also maintained within the range.

Improper cleaning, the root cause of soot fire

In order to make this water tube economiser as efficient and as compact as possible, the heat transfer area on the gas side of the tubes may be expanded with narrowly spaced gilled (finned) or pinned tubes. The clearance between the gill-type fins (face to face) is around 10 to 13 mm, and the thickness of the gills is about 2-3 mm. As a result, this design of economisers are prone to soot accumulation and deposits specifically on the upper side of the tubes where the exhaust gas velocity reduces while passing the top tube stack.



Due to this, ineffective and improper cleaning of the economizer tube stack leading to accumulation of unburnt fuel and carbon deposits on the tube stack were found to be the

main reasons for the soot fire. Further inspections also revealed man entry was difficult due to the small space. The ship staff hence were previously cleaning the tubes from outside thereby only reaching accessible areas. As the accumulation of soot increased, the speed of the exhaust through the tubes reduced thus increasing deposition chances. To summarize the root cause was improper cleaning and monitoring of differential pressure across economizer.

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ENVIRONMENTAL NEWS

Travel and industrial slowdown leads to drop in air pollution levels

Early research results have shown a significant reduction in air pollutants due to the slowdown of industrial activities and travel movements across the globe. Satellite imagery from NASA and European space agency (ESA) reveal these unintended consequences of the surge in the pandemic, however experts warn that these levels might rapidly increase soon after the pandemic, as global economic activities will be ramped up.

With most countries shutting down their economic activities, temporary reduction of industrial emissions have been observed by the European space agency over the past six weeks especially over clusters in Asia and Europe regions. Air pollutants such as, carbon monoxide as well as nitrogen dioxide (NO₂) that is produced from car engines and industrial plants, have seen significant reductions, as compared to same period last year. The World Health Organization (WHO) is currently also investigating if these pollutants act as a vector in the spread of the Covid 19, making it more virulent.

According to NASA, nitrogen dioxide levels across eastern and central China have been 10-30% lower than normal as the city of Wuhan in central China, the largest transportation and factory supply hub, has been under lockdown

since late January. With overall coal consumption in power plants down by 36% and about 15% to 40% reduction in output across key industrial sectors, experts believe that over a two week period, China's carbon emission would have likely fallen by 1%. Neighboring country, South Korea with few regions on lockdown, has also seen NO₂ levels drop from its large fleet of coal fired plants.

Due to the slowdown of activities in Italy's industrial heartland and a lockdown in place since 9th March, there has been a 40% fall in emissions. Satellite data is picking up similar patterns in other European cities as road traffic and lockdowns are being put in place. The UK where the spread of disease has recently surged and with the government measures being activated, the city of London, is already starting to witness reduced levels of pollution.

While the aviation sector has taken a major hit and with millions of people working from home, the general slowdown in economies has impacted global emissions for the whole of this year. However it is important to note that the last time the world witnessed such crisis was the global financial recession of the 2008-09 whereby a 5% increase in carbon emissions was reported, as a result of fuel consumption and economic boost by the governments. Scientists therefore caution that once the pandemic eases,



governments would need to continue the focus on environmental impacts whilst formulating their stimulus package. This could be done by linking financial bailouts or incentives for companies with emission reductions and or encouraging the renewable energy sector to grow.

This is an important moment in history wherein as individuals, companies and governments, we can realign what we value as humans, and develop measures against threats such as these pandemic infections and impacts of climate change.

TECHNICAL NEWS

Continued from Page 3

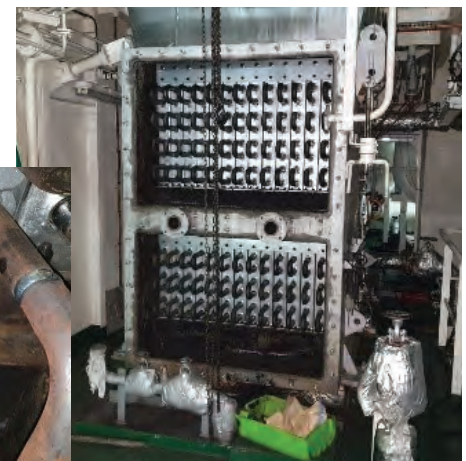
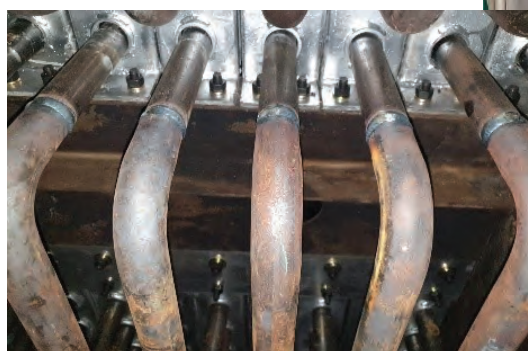
Measures taken onboard to prevent recurrence of incident

Tube stacks were renewed. The engine was tried out at 90% MCR. All parameters were found to be within range and in good order.

To prevent recurrence, the following measures were taken:

1. Recording of pressure drop across economizer in the engine log book once every watch.
2. Cleaning frequency of the economizer was increased and was based on the differential pressure across the economizer.
3. Additional nozzles were installed on the side of the economizer for effective cleaning of all the surfaces.

4. Physical inspection of the tube stack by going inside the economizer was made mandatory to confirm that all the areas are properly cleaned.



MIND YOUR BODY

Precautions for Persons with Pre-Existing Conditions during COVID-19

COVID-19 is a disease caused by the coronavirus SARS-CoV-2 (Severe Acute Respiratory Syndrome-Coronavirus-2). It has emerged as a rapidly spreading infectious disease affecting more than 100 countries while causing the death of thousands of people across the globe. As the novel COVID-19 virus spreads, it is also evolving on a near-daily basis. Many studies are currently ongoing to understand it, enable swifter testing and potentially find a cure or vaccination.

Early reports on patient characteristics from Italy's National Institute of Health have noted those with pre-existing health conditions such as diabetes, asthma, high blood pressure and heart conditions are at greater risk of developing severe symptoms. Scientists have theorized a "weaker immune system" to be one of the reasons for this.

Diabetes an essential risk factor for COVID-19 patients

Individuals with both Type 1 and Type 2 diabetes are at risk of infections, especially influenza and pneumonia. During previous virus outbreaks such as the Severe Acute Respiratory Syndrome (SARS) coronavirus, Middle East Respiratory Syndrome (MERS) related coronavirus and the H1N1 Influenza A pandemic, diabetes was noted as an essential risk factor for mortality in infected patients.

According to many medical practitioners, this risk can generally be reduced but not eliminated by ensuring reasonable glycemic control or maintaining healthy glucose levels at 70–130 mg/dl, or 3.9–7.2 mmol/L. The key to preserving reasonable glycemic control lies mainly in diet and exercise. Advisories across the globe also recommend people with diabetes to take pneumococcal (to reduce risk of potentially fatal pneumonia infections) and annual influenza vaccinations. Other precautions include taking up routine medical appointments and being

aware of hyperglycemia signs (high levels of blood glucose).

Heart and lung implications

COVID-19 has been found to affect respiratory tracts such as nose, throat and lungs, causing pneumonia or acute respiratory disease. An early study by researchers from the Hong Kong Hospital Authority observed up to 25% of recovered patients experienced substantially weakened lung capacities. This drop of lung function was estimated at 20-30%. While lung capacities can improve over time, it may not be so for people with chronic respiratory diseases such as asthma, thus rendering them at higher risk.

Medical authorities have recommended those with asthma to keep taking their preventer inhaler daily as prescribed and to also carry their reliever inhaler (blue). This will help cut risks of asthma attacks being triggered by any form of respiratory virus. Monitor asthma symptoms and seek medical advice when necessary.

Although pneumonia is the most common complication of COVID-19, it can also damage the cardio vascular system thus rendering individuals with high blood pressure, heart disease and heart failure at risk. High blood pressure damages arteries and reduces blood flow to the heart. Weakened by this, the heart has to work harder over time in pumping blood thus further deteriorating.

Additionally, previous studies on flu and other coronaviruses like SARS or MERs have shown that people with heart diseases face higher risks of having heart attacks. Those with high blood pressure are recommended to continue taking medications as prescribed and to make responsible and informed decisions regarding their health. Refraining from doing so would increase risk of potentially fatal heart attacks or strokes. Those with heart conditions should also ensure their vaccinations are up to date.

Best practices for seafarers onboard with pre-existing conditions

Due to the novelty of this coronavirus, most research surrounding this area are in their early stages thus, making it a challenge for the world to contain it or to truly determine the causes behind mortality rates. The bare truth right now is that it can happen to anyone, anywhere via human to human transmission. While life onboard may differ vastly from life in the middle of the pandemic on land, it is equally important that we take the similar precautions onboard.

Seafarers with such pre-existing medical conditions should also take extra care of their health.

Due to unprecedented circumstances such as port restrictions and border closures etc., seafarers with pre-existing conditions are advised to have their medications well stocked onboard. In view of this, Executive Ship Management encourages all seafarers, irrespective of their pre-boarding health declaration status, to update us for any supplies and replenishment required for their prescribed medications.

At the same time, pre-existing conditions as advised by medical practitioners, can always be managed or even, improved in the long-term. Now is a good opportunity for seafarers to start doing so by taking necessary lifestyle changes:

- Exercise and participate in physical activities
- Ensure a healthy Body Mass Index
- Ensure a healthy and nutritious diet that is low in sugar, fat and sodium
- Eat foods rich in dietary fibre
- Cut back on caffeine-rich products
- Self-monitor sugar, blood pressure levels and heart rates
- Do not miss out on daily doses of medications if prescribed by a medical professional
- Quit smoking
- Reduce stress levels by ensuring ample rest

SAFETY MOMENT OF THE MONTH

Continued from Page 1

3. Ensure cleanliness of workspace environment, common rooms and personal spaces.
4. Sanitizer Stations were made available on port and starboard side of the upper deck accommodation entrance. The purpose of this is to promote hygiene, cleanliness and to encourage visitors to clean their hands before entering the premise. Items made available at the station include anti-bacterial

handwash, tissue paper, bucket, dustbin and an instructive poster.



Staying Healthy and Positive

Ways to boost immune system and remain healthy onboard



Our immune system acts as a defense mechanism against disease causing germs and micro-organisms. Often however, it can be easily weakened by a number of factors. Due to the rapid-spreading COVID-19 virus, it is important that we take measures to boost our immune system to remain healthy onboard.

Hence, here are some good habits to cultivate:

Optimize everything within your control by undertaking the best health practices. Those long-term health or pre-existing conditions are required to take extra care. Start by being proactive and maintaining personal hygiene. This can be done by washing your hands regularly. Keep the environment around you (such as the sleeping cabins, work areas and common rooms) clean.

Stay hydrated and eat a healthy and nutritious diet. Avoid sugary drinks and incorporate more fruits and vegetables into your meals. Doctors and nutritionists worldwide have recommended that we defend ourselves with powerful, immunity boosting nutrients such as Vitamin A, C, D, Zinc, Iron, Probiotics and Anti-Oxidants.

Immunity boosting vitamins for a healthy and nutritious diet

Vitamin A helps anti-bodies respond to toxins and foreign substances. Carrots, peas, chili and coriander are good sources of beta carotene which gets converted into Vitamin A. Sweet potatoes, mangoes, watermelons, cucumber, radish, pumpkin, spinach, broccoli and squash are good sources as beta carotene as well. Vitamin C increases anti-bodies and helps our bodies determine the kind of protection needed. It is best consumed in its natural form namely citrus fruits such as oranges, grapefruit and lemons. Other fruits include, apple, pineapple, tomato, papaya, guavas, mangoes. Plenty of vegetables are rich in Vitamin C such as cauliflower, cucumber, eggplant, bitter gourd, snake gourd, bottle gourd, lady fingers, bell peppers and broccoli.

Vitamin D plays a significant role in the regulation of calcium and maintenance of phosphorus levels in the blood. It also regulates the number of white blood cells and the production of a protein that rids our bodies of infectious agents, bacteria and viruses. The best source of Vitamin D comes from being under the sun. Food sources include fatty fish such as salmon and mackerel, egg yolks, cheese, mushrooms, fortified (added vitamins) milk and juices.

Power-packed minerals and nutrients

Zinc helps the cells in our immune system grow. Iron is essential for our body's first line of defense against pathogens. Without this, we are more vulnerable to infection, disease and other health complications. Poultry and green vegetables such as spinach and broccoli, beans such as kidney beans, lentils, tofu, chickpeas, and nuts such as cashews and almonds are examples of items rich in zinc and iron.

Probiotics may help give your immune system a boost and inhibit the growth of harmful gut bacteria. Some probiotics have been shown to promote the production of natural antibodies in the body. Probiotics can primarily be sourced from fermented dairy foods such as yoghurt.

Anti-oxidants improve our body's responses to immune-threatening bacteria. It also helps reduce inflammation. Foods rich in anti-oxidants include tea (green tea and black tea), onions, garlic, tomatoes, eggplant, carrots, nuts, tofu etc. Frozen fruits and vegetables are a good and more importantly, viable alternative to fresh produce. Research from the US National Library of Medicine has found that this option can have just as many vitamins and nutrients and sometimes, more compared to fresh produce.

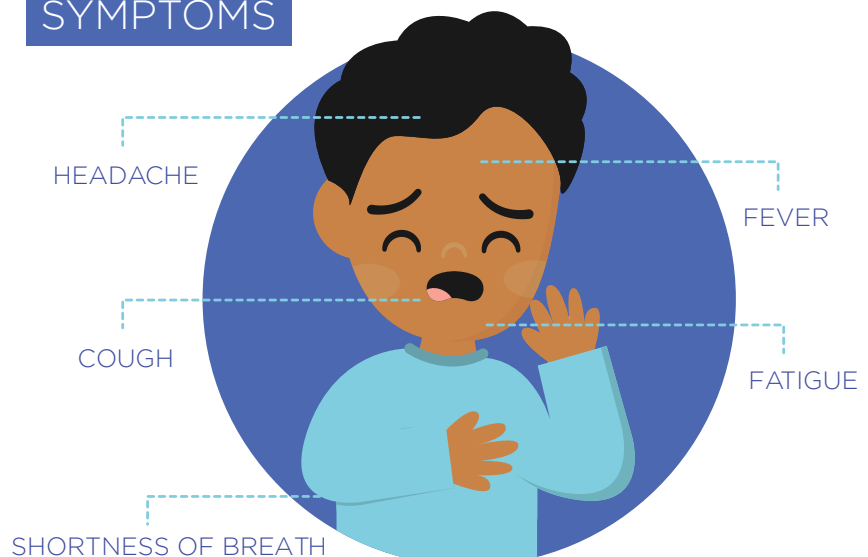
Other practices to boost immunity

The World Health Organization (WHO) has also advised individuals to avoid smoking. Evidence from COVID-19 patients suggest smokers are at higher risk of severe COVID-19. General practitioners have also recommended taking the flu jab to reduce risks of falling ill from seasonal flu. Get ample rest; most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Aim to sleep for at least 7 hours daily.

Situations such as the ongoing flu may create a lot of stress and anxiety. Bust stress by getting regular exercise to build up strength, improve your mental health and maintain fitness. WHO recommends 30 minutes of physical activity a day for adults. Yoga, meditation and breathing exercises can also help beat stress. Other ways include doing things you enjoy.

Most importantly, remember to be positive, hygienic, active and eat well.

SYMPTOMS



Safeguarding against Covid 19: At Sea or at Port

With the pandemic situation causing disruptions on shore, the restricted environment on-board ships has indeed created a safer environment for seafarers. By regulating movement from shore to ship and vice versa, along with personal hygiene measures for the crew in place, the ship is effectively insulated from external conditions. It is up to the Captain on board to maintain that safe haven using full authority bestowed upon him as a commander on board.

Highest amongst the safeguards taken on-board is of course personal hygiene measures such as washing of hands for minimum 20 seconds, avoiding touching eyes/nose/mouth often, covering of mouth and nose with mask, daily temperature monitoring of crew etc. However these precautions need more emphasis during port calls, dry docking and any other time when shore personnel visit the vessel. Most Ports are already in a heightened state of alert and have their own precautionary measures for the ship's Master before arrival such as, health declarations of crew and recent port visits; as well as health screenings for their own shore personnel.

Ample company advisories have been sent to permit only essential shore personnel to board the vessel, subsequent to them submitting the "self-declaration form", having their temperature screening done and washing their hands at the

washing station set up at the gangway. During long port calls, port visit to 'country of concern' or dry docking situations, there are additional stringent measures taken for utmost safety of the crew. These are:

- Daily sterilization of accommodation spaces
- All crew provided with PPE (face masks, gloves, sanitizers)
- Temperature checks done twice in a day for both shore and ship staff
- Availability of medical and isolation facility
- Maintaining safe distancing measures of one metre apart

All such measures are driven towards managing a safe environment for the crew. We are confident that maintaining such strict measures will ensure a healthy and uncontaminated environment on board all our vessels. However in the rare unfortunate case if someone does get sick and or placed on quarantine, as a responsible ship manager ESM will take the full responsibility in supporting our seafarers. Needless to say, our seafarers will receive full benefits including medical expenses, wages, repatriation, costs associated with medical emergencies on-board, as per terms and conditions.

Meanwhile, let's continue with our best efforts in following the guidelines in staying safe and protecting ourselves.

Top Five on-board hygiene practices to remember:

By HSEQA Team, ESM

Good personal hygiene practices:

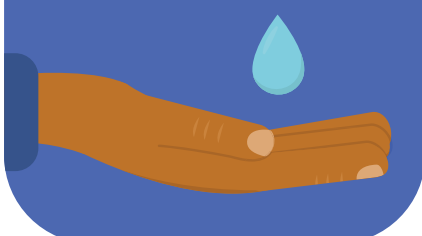
1. Respiratory hygiene: Covering mouth & nose with mask
2. Hand hygiene: Wash hands at least 20 seconds, avoid body contacts, etc
3. Food hygiene: Avoid consumption of raw or undercooked food products
4. Oral hygiene: Gargling with warm salt water
5. General hygiene: Avoid touching eyes, nose or mouth often, daily temperature monitoring, etc

Best practices in port:

1. Avoid shore leave, except medical emergencies
2. Only essential/ necessary shore personnel to board the ship and only after thorough screening
3. Everyone should wash their hands at the washing station set up at the gangway
4. All visitors to the vessel must fill up 'Self-declaration Form for COVID-19' CR37 prior boarding the vessel
5. Designate a SINGLE SPACE/ room to receive all visitors

PRECAUTIONS

WASH YOUR HANDS



DISINFECT



COVER YOUR COUGH
WITH A TISSUE



Staying Healthy and Positive

Creating meaningful experiences & camaraderie onboard



A fun game of Tug-of-war on FS Endeavour's Independence Day Celebration



Velos Fortuna celebrates Republic Day with creative drawings

“Alone we can do so little, together we can do so much.”

Indeed, this holds true for life onboard whether it is completing a cargo operation, sailing together to a distant port or during the prevailing uncertain times of a global pandemic. These are unprecedented times that require us to balance our work and life onboard, especially when social distancing measures and travel restrictions hamper shore visits of the crew.

However, these challenging situations have also provided us an opportunity to creatively manage our team spirit. Work becomes easier when you have positive and friendly colleagues and similarly life onboard becomes livelier when you spend your time more meaningfully with each other. Here are some tips to build camaraderie and create meaningful experiences together during your free time onboard:

1. Bored? Try a board game!

A study conducted by psychologists from the University from Edinburgh, Scotland has found that people who engage in playing such games are more likely to stay mentally sharp in the later part of their lives. So how about challenging someone for a game and keeping your mind sharp?

2. Buddy up for a partner workout

Research has shown that partner workout increases the amount as well as intensity of exercise done. This serves as a good opportunity to motivate and push each other to perform better.

3. Create together

Explore the hidden talents amongst your colleagues and yourself. Inspired by Chef Sanjeev Kapoor? Give the stewarding team a break and try cooking a new dish in your own style.

Love writing? Pen your thoughts, share it with friends, or better still send it to the Editorial team at ESM for publishing in the newsletter. How about organizing a cultural evening and launching a small play/drama, singing and dancing competitions?

Also watch out for company-organized contests and competition (we have currently launched a Poster competition – refer to back news for more details!)

4. Celebrate an occasion

Missing festivities at home? You can create new memories of celebrations by sharing the day with

the crew. The team can also gather on a weekly or fortnightly basis to celebrate birthdays of crew members.

5. Don't be a stranger! Make a new friend or mentor someone

Having a frank, honest and open conversation always helps in gaining new perspective and insights. You may find also out that others share the same feelings and thoughts as you.

Research has also shown that helping others, not just feels good but also cultivates happiness and positivity in the brain. This could be a perfect opportunity to mentor that young Officer or cadet onboard, who will definitely benefit from your experience and guidance.



Stocking up on provisions? Five mindful ways to plan better



Whether at sea or onshore, proper nutrition and a balanced diet is a requisite for a healthy mind and body. While it is easy to stock up provisions onshore or at home, the job becomes more important and consequential at sea as one needs to consider many unpredictable factors. Here are our top five points to consider to manage onboard provisions better -

1. Keep an eye for food products high in nutrition and shelf life: While ordering for fresh and or frozen foods, consider the items that are high in nutritional value and will last longer. For example, poultry, dried goods such as nuts and lentils are all high protein foods that can add to a balanced diet.



2. Savor and enjoy the fresh produce around the world: One must take note of the next Port of arrival and the seasonal availability of fruits and vegetables that is produced locally there. This way you can enjoy the local food items of the region that will remain fresh for long in your voyage ahead. For example, if you are sailing to a colder region, make sure to stock

up on fresh winter fruits such as apples, types of berries, persimmons etc. from your port of arrival.

3. Check for alternates or substitutes to 'familiar' brands or products: We all have those 'familiar' brands from our country of origin such as, for example, Amul milk in India or Bear Brand in Philippines; however these brands may or may not be common items in different ports of the world. In fact most of these brands would be imported from other country, would likely come with limited shelf life and a heftier price tag! It is therefore imperative to consider purchasing the local brands available at the Port. Check with the local supplier of the Port for the list of local brand substitutes that are available there.

4. Ration your provisions: If you are embarking on a long voyage, make sure to stock provisions accordingly. Consider procuring larger quantities of frozen and dry items that would go a long way.

5. Reduce food wastage: Maximize your resources onboard and reduce wastage!

Holi celebrations at Executive Mumbai

Enthusiastic teams of Executive Ship Management and Samundra Institute of Maritime Studies, in Mumbai celebrated the festival of colours, Holi, with a series of creative competitions such as best out of waste, T-shirt painting and Mehendi design.

The fun filled competitions concluded with a hearty team lunch and prize distribution for the winners on the 09th of March.



(L to R) Avishkar Thakur and Lakshman Kumar painting T-shirt



Mehendi Competition - Roshni D applying mehendi on Grace's hand



Best out of waste - Beach Scenery created by Simran R, Deepa K & Shubham
T-shirt painting by Afsha F & Minal C

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(Mumbai & Singapore)

Technical Superintendents (Mumbai)

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Interested Officers please send updated resume with detailed sea time experience on hr@executiveship.com or contact HR department on +91 22 66895555

**Please note only successful applicants will be contacted*



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**Please note only successful applicants will be contacted*



SIMS

NEW JOINERS

ESM received the latest batch of officers from SIMS

Adding to the growing number of cadets from SIMS Lonavala who join onboard ships managed by ESM as Officers, are the following:



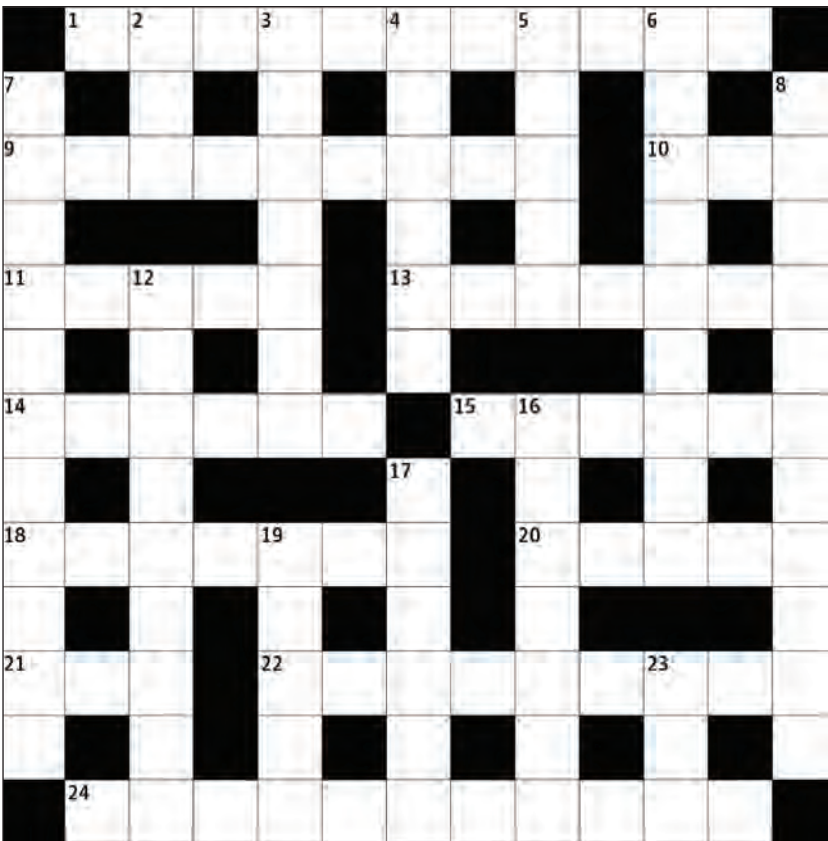
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| 2. JO VITHAL AHLUWALIA | CHEM NICHOLAS | 7. JE HARSHDEEP SINGH SANDHU | MARLIN MAGNETIC |
| 3. JO HARKAMALJIT SINGH BAL | MARLIN MAJESTIC | 8. JE JAGPREET SINGH | GODAM |
| 4. JO NEIL ABHIRAM WAKANKAR | LAPEROUSE | 9. JE SRIKANTH RAPARTHI | ZARIFA ALIYEVA |
| 5. JE HARIKRISHNAN KIZHAKKAYIL | MILTADIS JUNIOR | | |

PUZZLES ANSWERS FOR ISSUE 179

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13	O	I	L	C	A	N				14	U	N	D	I	E	S			
W								16	A										T
17	D	E	18	P	U	T	I	S	E				19	A	C	E	S		
O			O									20	A						H
21	N	A	I	R	A					22	U	P	S	W	I	N	23	G	
I			S																A
24	A	B	E	R	D	E	E	N	A	N	G	U	S						

9	1	5	8	7	4	2	3	6
3	8	2	6	9	1	4	5	7
7	4	6	5	3	2	8	1	9
1	7	4	9	2	5	6	8	3
8	2	9	4	6	3	1	7	5
6	5	3	7	1	8	9	2	4
2	6	1	3	5	9	7	4	8
5	9	8	2	4	7	3	6	1
4	3	7	1	8	6	5	9	2

PUZZLES

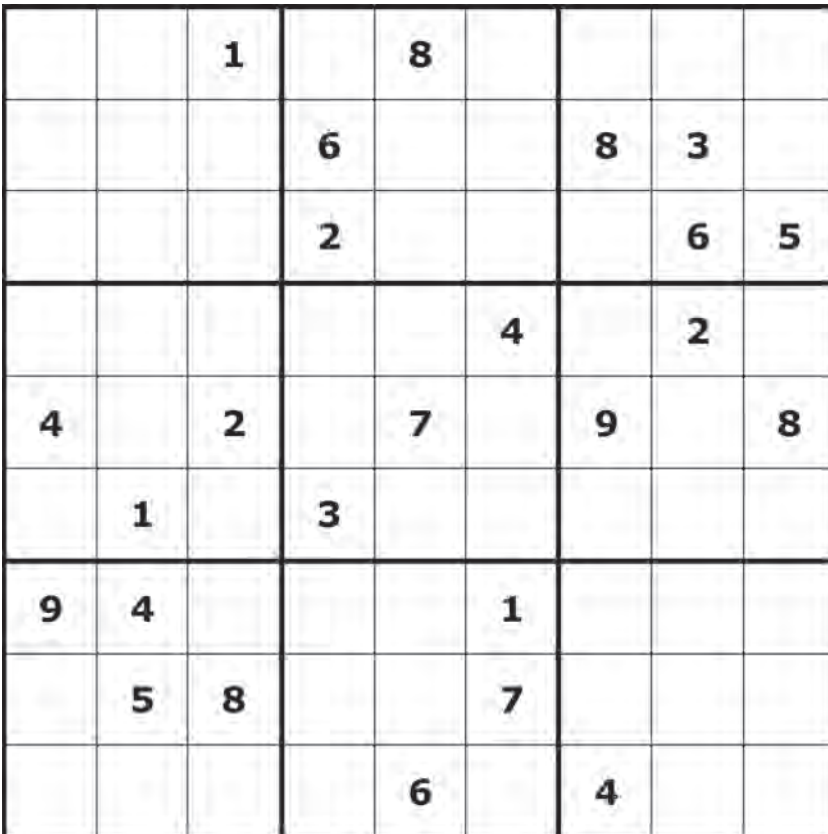


Across

- 1 Blenheim Orange, for example
- 9 Generally (2,3,4)
- 10 Farewell! (informal) (3)
- 11 Flash of reflected light (5)
- 13 Hold dear – he’s rich (anag) (7)
- 14 Source of extreme provocation
- 15 Cutting tool (6)
- 18 Special aptitudes (7)
- 20 Unit of length (5)
- 21 Hit a ball in a high arc (3)
- 22 Enrage (9)
- 24 Non-stop (11)

Down

- 2 Legislation (3)
- 3 Cold drink (4,3)
- 4 Look quickly at – cricket stroke
- 5 Coppers (5)
- 6 Substance used to reduce friction (9)
- 7 Digital protection (11)
- 8 Unshaven (11)
- 12 Cannot be removed (9)
- 16 Bone (which sounds funny) (7)
- 17 Advantageous (6)
- 19 Talons (5)
- 23 Boring instrument (3)



SUDOKU OBJECTIVE

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

** All answers will be provided next issue.

AWARDS AND ACCOLADES

Executive Incentive Awards
for 2nd Quarter 2020

VESSEL

Aegean Wave
Afframax Rio
Afra Hawthorn
Afra Laurel
Afra Oak (Oaka)
Afra Willow
Aframax River
Aframax Riviera
African Jacana
Alhani
Aljalaa
Alpine Mystery
Alqadisia
Mandala
Arago
Ariane Makara
Aristodimos
Astrid
Atlantic Canyon
Azerbaijan
Azeri Gas
Baku
Bougainville
Cartagena
Chem Helen
Chola Harmony
Chola Treasure
Crimson Knight
Crimson Majesty
Crimson Monarch
E Pioneer
FS (Siva) Sincerity
FS Diligence
FS Endeavor
Ganga K
Godam
Glorious Fuji
Glorious Kauri
Gran Couva
Guneshli
High Jupiter
Houyoshi Express II
Ikan Pandan
Jal Kamadhenu
Joseph Wisdom
Jubilant Future
Kamome Victoria
Kanala
Kobai
Laperouse
Kikyo
LRI Ambassador
LRI Carrier
LR2 Pioneer
LR2 Polaris
LR2 Poseidon
Lubersac
Maea
Maetiga
Marex Express
Marex Noa
Marlin Amber
Marlin Amethyst
Marlin Apatite
Marlin Aquamarine
Marlin Aventurine
Marlin Azurite
Marlin Magnetic
Marlin Majestic
Marlin Master
Marlin Millennia
Marlin Mythic
Marlin Santiago
Marlin Suez
Mitera
New Breeze
Palanca Cadiz
Palanca Miami
Platytera
Princess Alexia
Princess Mary
Red Eagle
Red Rum
Reference Point
Renaud
Roberto
Salamina (Nord Optimiser)
Samraa Alkhaleej
Santos
Spruce 2
St. Gertrud
Sumac
The Blacksmith
The Chief
The Deputy
The Diplomat
The Judge
The Sheriff
UACC Concensus
UACC Eagle
UACC Falcon
UACC Harmony
UACC Ras Laffan
UACC Ras Tanura
UACC Shams
UACC Sila
Velos Aquarius
Velos Fortuna
Velos Leo
Velos Ruby
Victoire
VI Nichioh
Yamabuki
Zarifa Aliyeva

DECK SIDE

Sreejith Yelayudhan
Kishore Kumar Sethi
Nithin Vasu
Solanki Vijaykumar Ratilal
Rajesh Kumar Maganlal Tandel
Raju Viswanadha
Joseph Antony Concious Lobo
Mohammedali Fakir Sangrar
Thangi Bala Krishna
Arockiam Fernando
Kapil Kumar
Siddarth Tandel Dilipbhai
Kamal Rosary Fernando
Mohammad Ghulam Sarbar
Sahil Hanif Patel
Hasheem
Anil Kumar
Mohammad Kaishar Mansoori
Dheeraj Kumar Singh
Praveen Kumar
Vishal Singh
Ganga Singh
Veerendra Durgayya Naik
Kishorkumar D. Tandel
Jayesh Bamania
Mayur Sutar
-
Chandrakant B.v.tandel
Mintu Kumar
Pradeep Kumar Maurya
Narayanawamy Komara
Soosai Rosary Anthony Manoji
Siya Ram Nishad
Somesh Kumar
Danesh Cheekati
Ajay Yadav
Carl Bryan Esporas Ebreo
Mehul Kumar Ishwarbhai Tandel
Satyam Chintapilli
Febin Vallachirakkaran Johny
Mukesh Manu Baria
Jomon Joy
Balan Antony muthu
Gaurav Sharma
Tejaswar Rao Ambati
Ashok Singh
Prasad Ramsunil Kumar
Jai Prakash Chidipilli
Shah Nawaz Khan
Sanjay Kumar
Ganta Jeevana Kumar
Sanjaykumar Kishor Solanki
Chetan Kumar Khapabhai Tandel
Prinson Antony Pereira
Arun Kumar
Ganesan, Sebastine Sujin
Arvind Kumar
Kiran Kumar Ramjibhai Tandel
Abhishek Uniyal
Atul Motilal Agarhade
Balwanta Singh Yadav
Lasar Iruthayaraj Fernando
Saurav Raj
Sumit Singh
Satya Prasad
-
Avinash Kumar
Vipin Kumar
Midhun Puthalath Madathil Manoharan
Amit Kumar
Santosh Peter Kama
Sunil Nath
Tandel Prakash Kumar Ballubai
Indramani Rautaray
Dhansukhbhai Ravijibhai Tandel
Michaelbervin Dominicsavio
Sawant Devendra Digambar
Chandresh Mohan Jethva
Piyush Kumar Laxmanbhai Tandel
Dileep Kumar
Om Prakash
Naushad Ansari
Brajraj Singh
Naveen Kumar Rai
Navik Mayurkumar Natverbhai
Lobo Deril
Prashant M. Vengurlekar
Tandel Ramchandra
Tejaskumar S. Tandel
Chetu Govinddas Tandel
Anilkumar Baria
Ram Kishore Koda
Dilip Bhoumik
Jony Kumar
Amanveer Singh
Navin Singh Kalakoti
Dinesh Ganesh Dait
Mahendra Kumar Tandel
Baskaran Subramanian
Avinash Kumar
Divyesh Kumar Pancha Solanki
Mukesh Singh Gautam
Bharat Singh Patel
Vinod Singh
Karambir
Rahul Ashok Gadge
Kumar Kunal
Jentilal Somvar Baria
Milind Surve
Deepak Singh
Cinnaiah Vijayan
Abajender Brajpal Singh
Nazir Kadhamanjage

ENGINE SIDE

Jagadish Singh
Sarvesh Pathak
Nilesh Kumar Shukla
Bibhuti Bhusan Parida
Sunil Kumar Mishra
Ashok Roy
Harendra Pal Singh
Govindaraj Kaviyarasu
Mritunjay Kumar
Vivek Kumar
Kumara Bojanna
Siddarth Tandel Dilipbhai
Brijesh Kumar Singh
Arvind Deva Chauhan
Preetham Jason Dcosta
Suryakanta Sahoo
Prakash Chandra Tandel
Arumugam G
Anil Chauhan
Ramanan Balasundaram
Mohammad Shakir
Dharmendra Kumar Solanki
Brijesh Jaiswal
Vishwanathan Sanakararaj
Dharmendra Bhimji Bamania
Sumit Pathak
Pukkalla Ravi
Durga Prasad
Ram Prit Chauhan
Dhimmar Pragadesh Ranjibhai
Virender Singh
Siya Ram Chauhan
Shambhu Nath Gupta
Liton Biswas
Vishwakarma Hare Ram
Pawan Kumar Chauhan
Amar Raut
Huesca Roy Lamsin
Deep Dinesan
Sudhir Kumar Singh
Pankaj Mishra
Suresh Tandel
Enrico Cuanan Bernabe
Ramesh Kumar Gadhvi
Raghuvendra Pratap Singh
Bhupendra Baria
Neeraj Kumar Jain
Tandel Jagdishkumar Karsanbhai
Mahipal Singh
Manoj Kumar Singh
Yagnesh Kumar Tandel
Xavivour D
Ajay Kumar Tiwari
Vivek Pandarathodi
Dhyan Singh
Rajasekar Vijaykumar
Samin Pancha Baria
Mrinal Kumar
Jayraj Babu Arekar
Jitendra Singh
Amit Kumar
Bimlesh Kumar
Abhishek Kumar
Poojesh Kumar
Rajesh Kumar Chhotubhai Patel
Hemant Kumar Tandel
Krishna Vilas
Govinda Singh
Suyog Sakharam Phalke
Ramkripal Yadav
Thakur Narendrasingh Chandersani
Jagadeesh Singh Vishwanadh
Shibu Das
Jitendra Kumar Pandey
Venkata Ramana Murthy Baruva
Alok Chandra Pandey
Kamlesh Tandel
Gobinda Das
Mazumdhara
Subish Suresh
Prashanth Komara
Achiyath Sukheesh
Bahadur Singh
Fakir Jafar Sangrar
Solanki Pankaj Kumar Kantilal
Konada Venkatarao
Virendar Singh Rana
Uday Kumar Purandare
Vinod Kumar Yadav
Sushil Kumar Pandey
Tejwant Singh
Nishantkumar Solanki
Santu Debnath
Sharafat Ahamad Bodale
-
Jay Kumar Tandel
Geffrin George Mynatty
Surendrakumar Dahyabhai Tandel
Dhanam Agnel Fernando
Annie Thomas
Sunil Prem Singh Thakur
Sanket Kadam
Chandresh Tiwari
Kamaluddin Hussain Huna
Umesh Kumar
Prakash Senapati
Manivasagam Kamalakannan
Sunil Rajateegam
Solanki Dharmesh Karshan
Nirmal Kumar
Balvantrai Limbabbhai Tandel
Laxman Ramesh Gawade
Nayan Tandel

Executive
Incentive Awards
for Catering Crew:
Best Cooks

- | | |
|-----------------------------|---------------------|
| 1. Mahesha Shetty Kasaragod | Azerbaijan |
| 2. Dev Dutt | Red Eagle |
| 3. Rateesh Kattayil | Marex Noa |
| 4. Pranav Purushothaman | Mitera |
| 5. Maji Tamal | Forres Park |
| 6. Joemon Mathew | UACC Ras Laffan |
| 7. Rajan Narayana Pillai | Houyoshi Express II |
| 8. Pankaj Kumar | UACC Concensus |
| 9. Mahinder Yadav | Arago |
| 10. Ian Ace A. Amedo | New Grace |

Executive
Incentive Awards
for Catering Crew:
Best General
Stewards

- | | |
|-----------------------------------|------------------|
| 1. Prfull Kumar Tandel | Palanca Miami |
| 2. Harshad Kumar Rambhai Tandel | Aframax Rio |
| 3. Vijay Phalke | Azerbaijan |
| 4. Infant Nivasan | Marex Express |
| 5. Kundankumar Rasiklal Baria | Velos Fortuna |
| 6. Jatin Kumar Ranjit Bhai Tandel | Atlantic Crown |
| 7. Hetul Navinchandra Talvadia | LR2 Pioneer |
| 8. Vicky Kumar | Victoire |
| 9. Menas Nathu Solanki | Atlantic Guard |
| 10. Jay-R V. Saribay | Crimson Princess |



WINNING RECIPES

PRAWN TIKKA MASALA WITH GREEN SALAD

INGREDIENTS (Serves 4 people):

- Prawns – 500 gm
- Ginger – 30 gm
- Garlic – 30 gm
- Lime juice - 2 spoonfuls
- Tikka Masala – 50 grams
- Turmeric Powder - a pinch
- Chilli - To taste
- Salt – To taste
- Cooking oil - 2 spoonfuls

METHOD:

1. Wash the prawns thoroughly.
2. Mix all the spices and keep the mixture in the fridge. Let it marinate for 2-3 hours.
3. Shift the prawns into the oven at 160-180°C for approximately 30 minutes.
4. Stir every 15 minutes.
5. Serve with Green Salad.



MEETHA TUKRA



INGREDIENTS (Serves 4 people):

- Sliced Bread- 4 pieces
- Milk – 1ltr
- Condensed Milk – 250 ml
- Sugar - 25 gm
- Milk Powder – 50 gm
- Butter – 50 gm
- Cashew/Almonds - 50 gm

METHOD:

1. Cut the bread slices into a triangle shape.
2. Deep fry the bread and keep aside.
3. Heat the milk on a low flame.
4. Add sugar, condensed milk, cashew, almonds and milk powder. Stir well.
5. Continue stirring the milk until a thick dry paste(Rabri) is formed.
6. Let it cool for 2-3 hours.
7. Apply Rabri on the deep fried bread slices.
8. Garnish the dish with cherries.

ESM NEWS

Vessel Guneshli assists MRCC in migrant rescue off the coast of Libya

ESM-managed vessel Guneshli on 14 March 2020, assisted the Maritime Rescue Coordination Centre, Malta (MRCC Malta) in the rescue of 110 migrants who were on a rubber boat along the Mediterranean Sea.

Vessel Guneshli was on course to Bouri Oil Field when crew received a call for assistance from MRCC Malta. Proceeding to the instructed position, the vessel remained on standby while providing authorities with information and updates on the occupants onboard the rubber boat and the situation. A total of 110 migrants including 10 women and three infants were later rescued by a deployed naval vessel and Guneshli was released from its standby duties.

Unsafe migration on unseaworthy vessels have resulted in the loss of the lives of thousands of migrants and refugees. At Executive, we constantly strive to do our part in ensuring safety at sea without prejudice. We therefore thank Master Rohit Misra, CE Ganesh Elaveetil Chandunni as well as the crew onboard Guneshli for rendering their assistance.

ESM NEW TAKEOVER

Takeovers for the month of March

Executive Ship Management in March took over two vessels. Bulk carrier vessel, Ikan Pulas was taken over on 04th March at port Kandla, Gujarat, India. General cargo vessel, Pac Dubhe was taken over on 20th March at Port Singapore.

Armed with over a decade's experience of sailing as Master, Captain Rakesh Kumar Singh led the team in ensuring a safe takeover of vessel Ikan Pulas. He is joined by Chief Officer Rakesh Kumar, 2nd Officer Gurtej Singh, Chief Engineer Mr. Rakesh Shah and Second Engineer Mr Ankur Sharma.

Vessel Pac Dubhe was taken over by Captain Palwinder Singh who has five years of sailing experience as Master to his credit. The takeover was also supported by Chief Officer Naveen Kapur, 2nd Officer Sangwan Yudhir, Chief Engineer Mr. Atanu Roy and 2nd Engineer Mr. Kirubakaran Irudayaraj.

ESM would like to extend our heartiest congratulations and best wishes for safe sailing to the crew onboard the respective vessels. Good health, fair winds and following seas ahead!



ESM launches

Poster competition



Executive Ship Management has launched a brand-new poster competition in the month of April for all sailing staff. The theme of this competition is 'Best Health and Hygiene Practices'.

We invite all vessels, Masters and their crew to submit their creatives under the two categories:

1. Individual
2. Group (minimum 5 participants)

Poster entries must either be hand-drawn or handcrafted. Vessels are required to submit in both the categories to participate.

Please submit your entries to communications@executiveship.com by 20th April 2020.

The best creative posters of each category will be rewarded with attractive prizes and featured in the Executive News Bulletin. Winners will also be contacted separately.

Look out for the results in our upcoming May issue!

Comic Strip



Source: WIRED, Tuesday, February 25, 2020.

By Lars Kenseth, with cartooncollections.com. This week, WIRED explores the ways technology has—and hasn't—changed how we work.



EXECUTIVE
NEWS BULLETIN