



MAIN NEWS

ESM recognizes Best Ship Performers

ESM has announced the Best Ship awards and the Most Improved performances for the first half of 2019. Winners for Tankers and Chemical Tankers category were evaluated based on crew's teamwork and the quality of safety standards exercised in operations.

We congratulate LPG/C Maea for winning first place in the Tanker category and M.T Atlantic Canyon for its top rank in the Chemical Tankers category. Winning vessels saw a collective effort from different Masters and Chief Engineers who were onboard during this period. We would like to thank them for their efforts towards striving for exemplary performances.

We thank the Masters, Captain Lionel Francis D'Souza and Captain Melroy Savio Pereira

(LPG/C Maea) and Captain Paramjit Singh Sandhu and Captain Yogesh Ramdas Lende (M.T Atlantic Canyon) and Chief Engineers Mr Hemant Shantaram Keni and Mr Ritesh Kaushik (LPG/C Maea) and Chief Engineers Mr Prabhat Singh and Mr Jeong Rae Kwak (M.T Atlantic Canyon).

Additionally, we would like to extend our heartiest congratulations to the crew onboard vessels, FS Endeavor, and The Blacksmith for attaining second and third places respectively in the Tankers category. Our heartiest congratulations to the crew onboard vessels High Jupiter and Marlin Apatite for earning the second and third places respectively in the Chemical Tankers category. Our heartiest congratulations to the crew onboard vessels LPG/G Victoire and MT Forres Park for winning the Most Improved performances for the Tankers and Chemical Tankers respectively.



Winners of ENB Photo Contest 2019

- 1st Prize:** Gaurav Mange
Deck Cadet
- 2nd Prize:** Bonny Sunil
2nd Officer
- 3rd Prize:** Mikhin Satheesan Valiyaparambil
Deck Cadet

- Shashank Sharma**
2nd Officer

Continued on Page 5

Continued onto page 10 for full story

SAFETY MOMENT OF THE MONTH

Leaking fire main isolation valve

*** The monthly safety moment is collected from various sources associated with the Maritime industry for educational purpose and is not necessarily an actual incident from the ESM fleet. ***

While in port, during inspection, flag state inspector noted a deficiency related to the fire main isolation valve; the valve was leaking. In order to rectify the defect, Vessel planned to open the valve to verify its condition. A risk assessment was thus conducted including blanking the line at the valve side and keeping the deck line available for firefighting while the maintenance work was underway.

Scale and dirt were found within the valve once opened. The valve stem and the disc were re-buffed and cleaned and the valve refitted in position. The valve was then pressure tested and

found to be holding well. This was also confirmed by port state authorities.

Lessons learned

- The valve position is inverted at an angle for operation, which caused accumulation of scale and dirt in the bonnet of the valve.
- Check the functionality of the main fire isolation valve during every fire drill.
- After considering the design and position of the valves, the company decided to change the maintenance schedule for this equipment.
- Opening, inspection and overhauling interval



Before inspection



After inspection

of all fire and foam isolation valves were revised.



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Letter of the Month

There can be no bigger win than sailing a ship safely every day and night year round, while ensuring that the ship and all on board remain safe at all times! By that measure, our hearty congratulations to all our Masters and Chief Engineers who have made our safety slogan into reality, enabling all stake holders of the fleet to have a peaceful sleep at night. You are all winners!

Nevertheless, the winners of the Best Ship Awards for the first half of 2019 go a step higher by the measurements set by the HSSEQA department. They deserve our kudos for their exceptional efforts and exemplary results. We are indeed very pleased to announce the winners in this newsletter. Our heartiest congratulations to them. Another heart-warming success story that we are proud to share is that of the international award clinched by our three 4Es with their project, the 'Life Band', an innovative idea of saving life on board. Hearty congratulations to the trio Sunil Patil, Santosh Godi and Niranjana Shinde, SIMS alumni, for their stellar achievement.

In the recent weeks, our editorial team has been most involved and excited about the announcement of results of the photography contest. Once again, it was a tough situation for the selectors to pick the winners from among some quality entries from across the fleet and shore. Our hearty congratulations to all participants for their enthusiasm and efforts and we do hope winners will pursue their passions and share their efforts with us even in future. While selecting the winners we have kept in mind the amateur status of the photographers but looked at their efforts in composing, framing and putting their thoughts and emotions through the lenses to the viewers. In addition to recognizing their best efforts we will be proudly showcasing the pictures across all Executive platforms. Do keep a look out!

If you are a sailing engineer our technical article on the Sulphur cap requirements should be of great interest to you. We shall continue with the third part of the article in our next issue. Till then do keep us posted on any query or clarifications you may have so that we can get our eminent engineers to respond to you.

However, much as our knowledge on the environment and the related crisis increases, many remain unaware of the results our food choices have on the environment. Our environmental article this month will certainly open your eyes. Please go through and ponder for a minute! Exercise and health are inextricable topics and our article on health seems to reassure that the effect of a work out could last longer than thought earlier. This is good news for those unable to juggle work and exercise regularly.

News of yet another two batch of cadets graduating from SIMS reminds us of the hard work and efforts put in by SIMS in strengthening the professional muscle and caliber of ESM. Hearty congratulations to the new graduates for their entry to their professional life at ESM.

Here's signing off with best wishes for the forthcoming National Day celebration of Singapore (09th August), Selamat Hari Raya Haji (11th August) and Independence Day, India (15th August)!

Be safe and happy always...

Sikha Singh



TECHNICAL NEWS

Gearing up for Sulphur Cap Requirements in advance – Trial Run with VLSFO – Part 2

The following is a continuation of the Gearing up for Sulphur Cap Requirements series. Part 1 was published in the Executive News Bulletin July 2019 edition

Inspections and Comparison

Following inspections & routines were carried out before-after consumption of VLSFO to ascertain the effects

- Main Engine Scavenge and Under Piston Space Inspection.
- Main Engine Exhaust Gas Manifold Inspection
- Exhaust Gas Boiler Inspection and Cleaning
- HFO purifiers Bowl Cleaning routines

Before commencing consumption of VLSFO; as a precautionary measure and to have redundancy for electrical power generation Auxiliary Engine #3 was changed over to LSMGO through a separate line provided for same.

Prior Commencement of VLSFO consumption?

In order to minimize comingling of the HSFO and VLSFO following was attempted:

1. HFO settling tank contents consumed to minimum possible levels by purification and transferring to HFO Service tank.
2. Remaining contents of HFO settling tank, approximately 1.5 cubic metres drained/ transferred to HSFO bunker tank.
3. HFO settling tank filled up with VLSFO and heating commenced.
4. HFO service tank contents consumed till safe level of 6 cubic metres to minimise mixing of fuels.
5. Both HFO purifiers started with feed rate just enough to maintain the service tank level.

Due to absence of any dedicated tanks, piping and purification system a close monitoring of fuel oil System (Purifiers and filters) was carried out while mixture of VLSFO and HSFO was being consumed and no abnormalities were observed. Compatibility tests had been conducted earlier to be certain of no problems while the mixture of fuels is in use.

During VLSFO consumption

1. Main Engine and Auxiliary Engine key parameters were closely monitored and found all satisfactory.
2. Indicator and power cards were taken

regularly to verify Main Engine Performance, recorded and found all satisfactory.

3. Auxiliary Engine Performance measured, recorded and found all satisfactory
4. Main Engine Cylinder lubrication was changed from HTBN oil (TBN 100) and filled with LTBN oil (TBN 20).
5. Onboard cylinder liner used oil scrape down analysis was done. With this test, we were able to get a feel of effect of wear on the liner and piston rings. This test allows the operator to assess performance of individual units and an insight into the compatibility of the fuel and cylinder lubricating oil. The residue oil is taken from the piston underside and the system oil is analyzed and can give indication/ insights into:
 - Wear performance by, i.e. content of Fe, Cu, Cr and others
 - Remaining Base Number (BN), indicating a safety margin against corrosive wear.
 - Contaminants such as water or system oil.
 - Indications on combustion quality.
 - Purifier parameters and sludge generators kept under close scrutiny, found normal
6. Fuel oil back wash filters noted satisfactory operation

Operational Concern

While the parameters and performances were monitored and verified during the checks & found showing satisfactory results, one concern was noted during the onboard scrape down analysis. It was found that the Iron Contents of the drain oil for UNIT #5 and #6 were marginally higher than

the acceptable wear indicators. Subsequently, the Cylinder oil feed rate factor was increased. After 24 hrs of running with increased lubrication we carried out scrape down analysis again and found results within acceptable range. This was followed by an inspection of the scavenge and under-piston spaces, which revealed acceptable operation.

Conclusion and learnings from the Trial Run:

1. Knowing and understanding the fuel analysis is very important
2. Cleanliness is the key. Getting the HFO tanks, filters & purifiers properly cleaned is essential.
3. No Mixing. Mixing to be kept to a minimum, and carry out a compatibility test
4. Compatible low TBN oil to be kept and put in use during VLSFO running.
5. Close monitoring & checks on parameters and performance are vital.

Usage of VLSFO by the main engine and auxiliaries was found to be in good order and no adverse effects were noticed on the Main Engine and Auxiliary Engines.

While VLSFO usage comes with some predictable issues like compatibility, stability, and low viscosity, etc. however, just like any other bunkers, VLSFO is a fuel which can be handled on board without adverse effects - though with necessary caution and monitoring. The ship's equipment are generally designed to handle this fuel, survive and thrive!

PHOTOS (The Verdict) BEFORE-AFTER



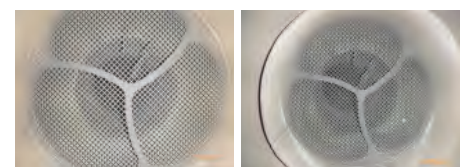
Exhaust gas Boiler tubes



Purifier Condition



Main Engine Exhaust Manifold



Main Engine turbocharger Inlet Grid

ENVIRONMENTAL NEWS

Do you know the carbon footprint of your food choices?

Food production is responsible for a quarter of all greenhouse gas emissions. An environmental issue that has recently gained prominence, it is important for more awareness to be generated amongst individuals. A study conducted by researchers from the University of Technology, Sydney, has revealed, consumers are favourable to items with a lower carbon footprint if made aware – however, this brings forward the question - how well do we know the carbon footprint of our food choices?

The type of food that we consume has both health and environment implications – however, the latter is rarely explored. Scientists recently revealed food production is responsible for a quarter of all greenhouse gas emissions, contributing to global warming. Due to the lack of awareness, consumers rarely consider the impact their food choices have on the environment. However, as alarm towards climate change grows, individuals must understand the impact their choices can make and take action.

The study conducted by researchers from the University of Technology, Sydney revealed while consumers greatly underestimate the difference their food choices can make to climate change, they would favour items with a lower carbon footprint if provided with clear information or labels. Here, researchers sought to understand how well consumers understood the carbon consequences of their food choices and if people's perception of the environmental impact of their food choices would change through the use of labelling.

120 participants were presented with a choice of soups to buy. It was found, when the soups had a carbon footprint label, participants bought fewer meat soups and more vegetable soups as compared to when no label was provided. This was because meat soup was indicated to have a higher carbon footprint. This thus suggests that the introduction of carbon footprint labels on food items would be a good method of increasing environmental awareness. Additionally, it suggests that consumers are open to change, if necessary information is given. This information can therefore help food production industries curb carbon emissions.



At an individual level, it is necessary to understand the food we put on the table have environment implications. Previous research on the impact of food production on the environment has indicated consumption of beef and lamb are some of the greatest contributors to global warming. Based on this, scientists have recommended shifting diets towards a greater food and vegetable intake. The practice of veganism has the lowest carbon footprint impact on the environment. While the omnivore diet cannot be eliminated, changing one's diet is indeed a good way to reduce the carbon footprint of food.

Here are some ways to reduce individual carbon footprint in relation to food:

- Eliminating waste by eating what you buy
- Eat in-season items
- Recycle and avoid excess packaging
- Reducing waste by buying items from the front of the shelves, reduced-price items, and misshapen fruit and vegetables
- Cook using less energy

Although meat and dairy are the food items with the highest carbon emissions, reducing other food items can make a difference too. Chocolate and coffee originating from deforested rainforest produce relatively high greenhouse gases. For climate-friendly tomatoes, choose those grown outdoors or in high-tech greenhouses, instead of in greenhouses heated by gas or oil. Environmentally-minded beer-drinkers may be interested to know that draught beer is responsible for fewer emissions than recyclable cans, or worse, glass bottles. Do note that even

the most climate-friendly meat options still produce more greenhouse gases than vegetarian protein sources, like beans or nuts.

Carbon Footprint Ranking of Food

Rank	Food	CO2 Kilos Equivalent
1	Lamb	39.2
2	Beef	27
3	Cheese	13.5
4	Pork	12.1
5	Turkey	10.9
6	Chicken	6.9
7	Tuna	6.1
8	Eggs	4.8
9	Potatoes	2.9
10	Rice	2.7
11	Nuts	2.3
12	Beans/ Tofu	2.0
13	Vegetables	2.0
14	Milk	1.9
15	Fruit	1.1
16	Lentils	0.9

MAIN NEWS

ESM recognizes Best Ship Performers - Continued from Page 1

The Best Ship Awards aims to recognize crews' efforts to maintain safe and optimal operations performances across vessels.

Many factors are taken into consideration when determining the winners. They include, vetting performances for tankers, PSC performance, overdue jobs in PMS, cargo claims, charter party speed and fuel consumption, off-hire claims, external audit performances, number of incidents

on the vessels, high risk navigation observations, best practice suggestions and performance in campaigns. Top winners will receive certificates and the monetary reward of USD 500. Awardees in the second and third places will receive USD 300 and USD 100 respectively.

We hope these recognitions continue to inspire, as well as motivate our seafarers towards excellence.



Best Ship Awards 2019 (First Half)

Tanker Category

First Place - LPG/C Maea
 Second place - FS Endeavor
 Third place - The Blacksmith

Chemical Tanker Category

First Place - M.T. Atlantic Canyon
 Second place - High Jupiter
 Third place - Marlin Apatite

Most Improved

LPG/C Victoire (Tankers)
 MT Forres Park (Chemical Tankers)

MIND YOUR BODY

Study finds a single workout can boost metabolism for days

A new study from the UT Southwestern Medical Centre has found the effect of exercise on the metabolic system can last for a longer period of up to two days. This provides new opportunities of research in ways to improve insulin sensitivity and regulate glucose metabolism.

For many of us, life is constantly hectic as we juggle between our professional and personal duties. Due to this, it sometimes proves a struggle to remain motivated to get a regular bout of exercise. In positive news, a new study from the UT Southwestern Medical Centre has found that the effect of exercise on the metabolic system can last for a longer period after. The study measured the effects of short-term and long-term exercise on two types of neurons - cells within the nervous system that transmit information to other nerve cells, muscle, or gland cells that comprise the melanocortin brain circuit - in mice. This is also shared by humans.

Melanocortins exert a wide range of biological activities in the brain, including control of feeding, grooming, hyperalgesia, social and sexual behaviors, and central regulation of inflammation, fever, and cardiovascular

functions, as well as neurotrophic activities. In this study, researchers examined POMC neuron and NPY/AgRP neurons in the brain circuit. POMC neurons are associated with reduced appetite, lower blood glucose levels, and higher energy burning when activated; the other type ((NPY/AgRP) increases appetite and diminishes metabolism when activated.

Mice were given training regimens that lasted from zero to ten days. During this, researchers measured the brain circuit activity in these mice. They found that a single workout, consisting of three 20-minute treadmill runs caused a decrease in appetite that lasted up to six hours. Longer term effects of these exercises were seen in POMC neurons, which, when activated, improved glucose metabolism. They also found that these neurons remained active longer if a protein known as the leptin receptor, associated with obesity, was expressed. Based on this, the study found that a single bout of exercise can indeed boost the activity of POMC neurons and inhibit the counterpart NPY/AgRP neuron for up to two days.

Previous studies examining the melanocortin circuit in the brain has shown that it can be altered through feeding and fasting, however, it

has not been linked to exercise. Such results may provide a new avenue of research for potential treatments for patients with diabetes as well as other conditions affected by glucose regulation. The recommended number of times a person should exercise per week differs on a number of factors. For those who do not exercise at all, starting out at one or two times per week will definitely provide results.





SAMUNDRA INSTITUTE OF MARITIME STUDIES (SIMS)

Graded A1 outstanding (Amongst top Maritime Institutes in India), obtained in the inspection conducted by the Government-recognised independent body ClassNK, Japan (Nippon Kaiji Kyokai) – largest classification society in the world

COURSE SCHEDULE - JULY 2019 TO SEPTEMBER 2019

SIMS Mumbai - DGS Approved Courses

Note : The course booking request must be submitted minimum 2 days prior to the commencement of the course.

COURSE	DURATION	ELIGIBILITY	COURSE FEES (INR)	MAXIMUM INTAKE	JULY	AUG	SEP
Basic Training for Oil and Chemical Tanker Cargo Operation (BTOCT)	6 days	Any existing or prospective seafarer having INDOS, Passport and have completed the Basic STCW courses.	7000	20	01	01	23
Basic Training for Liquefied Gas Tanker Cargo Operations (BTGT)	5 days	Any existing or prospective seafarer having INDOS, Passport and have completed the Basic STCW courses.	4000	20	22	27	03
Advanced Training for Oil Tanker Cargo Operations (TASCO)	10 days	Any seafarer who has completed advanced fire fighting course and holding a COC + OTFC/BTOCT course certificate or 3 months sea service on oil tanker as an officer or A Management Level COC.	10000	20	15	13	11
Advanced Training for Chemical Tanker Cargo Operation (CHEMCO)	10 days	Any seafarer who has completed a fire fighting course and holding a COC + CTFC course certificate or 3 months sea service on tanker as an officer or A Management Level COC.	10000	20	01	01	03
Advanced Training for Liquefied Gas Tanker Cargo Operation (GASCO)	10 days	Any seafarer who has completed a advanced fire fighting course and holding a COC + GTFC/BTGT course certificate or 3 months sea service on tanker as an officer or A Management Level COC.	10000	20	08	09	18
Ship Manoeuvring Simulator (SMS)	5 days	All Navigating Officers holding a first mates COC & who have 6 months watch-keeping experience as Officer Incharge of a navigational watch.	22034	6	15, 22	21, 27	03, 23

SIMS Lonavala - DGS Approved Courses

Note : The course booking request must be submitted minimum 2 days prior to the commencement of the course.

COURSE	DURATION	ELIGIBILITY	COURSE FEES (INR)	MAXIMUM INTAKE	JULY	AUG	SEP
Electronic Chart Display and Information System (ECDIS)	5 days	12 months seetime as a Deck Cadet with minimum of 6 months Bridge Watchkeeping.	15000	12	8	19	09
Engine Room Simulator - ML	5 days	MEO CLASS IV COC, a minimum of 12 months of sea time with WK experience as Engg. officer in charge of a engine room watch with at least 180 days of propelling time and should also have completed a course of training which meets or exceeds the standard set out in IMO Assembly resolution A.483(XII).	12000	12	15	05	16
Engine Room Simulator - OL	3 days	Proof that the candidate is a qualified marine engineer (any Grade) or Undergoing training as a marine engineer in a DGS approved pre-sea training institute	6000	12	22	12	23
Free Fall Lifeboat (FFLB)	2 days	PST Certificate, Certified by doctor to be in good health.	5000	12	22	27	04

SIMS Mumbai - Offshore Courses

These courses are not approved by the Director General of Shipping, Government of India

COURSE	DURATION	JULY	AUG	SEP
Basic H2S (OPITO Approved)	4 hours	On Request	On Request	On Request
DP Basic (N.I Approved)	5 days	01, 15	05, 19	03, 16
DP Advanced (N.I Approved)	5 days	8, 29	12, 26	09, 23
DP Maintenance	5 days	Every Monday	Every Monday	Every Monday

SIMS - Value Added Courses

These courses are not approved by the Director General of Shipping, Government of India

COURSE	DURATION	JULY	AUG	SEP
Advanced Safety On Chemical Tanker (ASCT Type II)	3 days	On Request	On Request	On Request
ME Engine (ME - Eng)	2 days	On Request	On Request	On Request
Bridge Team Management (BTM)	5 days	On Request	On Request	On Request
ECDIS Training	2 days	On Request	On Request	On Request
Maritime Crew Resource Management (MCRM)	5 days	On Request	On Request	On Request
Ice Navigation (Ice Nav)	2 days	On Request	On Request	On Request
Large Vessel Manoeuvring (LVM)	2 days	On Request	On Request	On Request
Maritime Resource Management (MRM)	4 days	On Request	On Request	On Request
Operation and Maintenance of Framo Cargo Pump System (FRAMO)	3 days	On Request	On Request	On Request
Port State Control and Oil Major Inspections (PSCOM)	2 days	On Request	On Request	On Request
Marine Electrical Practice (MEP)	5 days	On Request	On Request	On Request
Ship Handling and Command (SHC)	4 days	On Request	On Request	On Request
Integrated Safety Training For Ratings	5 days	On Request	On Request	On Request
Reefer Container Familiarization and Maintenance	1 day	On Request	On Request	On Request
Theory and Practice of Large Container Vessel Handling	2 days	On Request	On Request	On Request

For Course Bookings, Please Contact:

Email for Offshore Courses:
dp@samundra.com
Email for all other courses:
training.sims@samundra.com

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Tel: (91)22 6703157/67993545 . Fax:
67993546 . Mobile: 9819811366
<https://goo.gl/maps/AbqJKk2Mty>

SIMS Lonavala

Village Takwe Khurd, Mumbai-Pune
Highway (NH4),
Lonavala, Dist. Pune, Maharashtra –
410405
<https://goo.gl/maps/4J9YT2BE1NT2>

SIMS Chandigarh

CVU-1 Central Plaza, Sector 105,
Mohali Hills, Banur Landran Road,
Greater Mohali
<https://goo.gl/maps/RvwukP914RS2>

SIMS Kochi

ESM Complex, Near Gold Souk,
St. Rita's Road, Ponnuruni, Vytilla PO,
Kochi 682019
<https://goo.gl/maps/YyTJaHbKw3Z>

SIMS Kolkata

Godrej Genesis, Unit No #503, 5th Floor,
Plot #11, Block E.P & G.P,
Salt lake, Sector V, Kolkata 700091
<https://goo.gl/maps/4nU1q1CrSuN2>

HAPPY BIRTHDAY!

CREW BIRTHDAYS

Many Happy Returns to the following on their Birthdays during the month of August 2019!

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL		
MST	ARVIND BIRENDRA CHOPRA	20/08	CHOLA HARMONY	CE	INDRANIL CHOUDHURY	05/08	UACC HARMONY
MST	ASHISH MOHAN PRABHU	07/08	EVER GENIUS	CE	BALAMURUGAN AVOODAYAPPAN	12/08	LR1 AMBASSADOR
MST	SARTO JOB	07/08	AZERI GAS	CE	MURALI VILLURI	15/08	EVER GENTLE
MST	MELROY SAVIO PEREIRA	22/08	MAEA	CE	HARPAL SINGH	12/08	MARLIN APATITE
MST	VIRENDRA KUMAR	24/08	MAETIGA	CE	MUNISH PATIYAL	13/08	HOUYOSHI EXPRESS II
MST	GOPIKANTH REDDY POLAM	16/08	MARLIN MAGNETIC	CE	HARDEEP SINGH HUNJAN	15/08	MARLIN SANTIAGO
MST	PRASHANT KUMAR	21/08	ARAGO	CE	NAVEEN KUMAR THIYAGARAJAN	19/08	MARLIN MAJESTIC
MST	AMIT BIKRAM	24/08	PALANCA SINGAPORE	CE	SURENDRAN GOVINDARAJ	16/08	MAREX NOA
MST	SAJAL JAIN	31/08	AEGEAN WAVE	CE	VISHAL SHARMA	17/08	LUBERSAC
MST	SUDIP MUKHERJEE	04/08	FORRES PARK	CE	VIJAY KUMAR SUDAM	08/08	PALANCA SINGAPORE
MST	AMAR BANWARILAL AGARWAL	26/08	FS DILIGENCE	CE	ASHISH MOHAN SHETYE	24/08	CRIMSON KNIGHT
MST	KHEMRAJ UMAPATI PANDEY	12/08	BOUGAINVILLE	2E	AMANDEEP SINGH	25/08	LR2 POLARIS
MST	BISWAJYOTI BIRENDRA ROY	22/08	UACC RAS TANURA	2E	GOKUL PRASHANTH ELANGOVAN	30/08	UACC RAS TANURA
MST	YOGESH RAMDAS LENDE	29/08	ATLANTIC CANYON	2E	DILIBAN MALAYAPPAN	29/08	SUMAC
MST	AVINASH KUMAR CHAND	29/08	THE DIPLOMAT	2E	KULDEEP SINGH	18/08	AFRAMAX RIVER
MST	DAVID MALIAKAN	12/08	MARLIN MILLENNIA	2E	MOHAMAD FAIZAL ANSARI	07/08	MARLIN MYTHIC
MST	SAISH KAMLAKAR KALGUTKAR	16/08	MARLIN MYSTERY	2E	VIVIAN DSOUZA	08/08	PALANCA MIAMI
MST	NASIR KHAN	06/08	CARTAGENA	2E	KOUSHIK MUKHERJEE	21/08	HOUYOSHI EXPRESS II
MST	MAYANK SRIVASTAVA	20/08	MARLIN MASTER	2E	SUDHAKARAN SIVALINGAMOORTHY	04/08	CRIMSON MAJESTY
CO	SHIKHAR SINGH	16/08	HIGH JUPITER	2E	NANDAN OBEROI	15/08	SALAMINIA
CO	ROYSTAN DSOUZA	26/08	MARLIN MYSTERY	2E	SUKHJINDER SINGH	31/08	MARLIN SANTIAGO
CO	ARKO SEN	15/08	ATLANTIC CROWN	2E	MATEEN MOHAMMED ABDUL	24/08	THE DEPUTY
CO	VEERA BRAHMAJI VADLAPUDI	17/08	PALANCA MAPUTO	3E	ALBERTO ESMERALDA ESPANOLA	07/08	NEW HORIZON
CO	JITHIN RAJ KEEZOTH	05/08	MAREX EXPRESS	3E	SAMUEL NUNEZ BURRO	05/08	BITUMEN EIKO
CO	HARDEEP SINGH	05/08	EAGLE EXPRESS	3E	VIVIN VELAYUDHAN PUSHKARAN	31/08	CRIMSON MAJESTY
CO	YATENDRA KUMAR	22/08	BOUGAINVILLE	3E	SONY KALAPPURAYIL MATHEW	02/08	YAMABUKI
20	JERRY TRANGIA RESTAURO	26/08	NEW GRACE	3E	SIVAGURU GURUSAMY	22/08	KAMOME VICTORIA
20	ABHIMANYU SINGH	15/08	PLATYTERA	3E	DILEEP ACHUTHANKUTTY	01/08	UACC RAS LAFFAN
20	VISHAL SHARMA	22/08	MARLIN AMBER	3E	SANDEEP BHADU	10/08	GRAN COUVA
20	SUJEET SINGH	20/08	MARLIN SANTIAGO	3E	SANDEEP DHANKHER	15/08	SPRUCE 2
20	RAVNEET SINGH BRAR	23/08	ARIAKE	3E	KSHITIJ GUPTA	19/08	MAREX NOA
20	NITISH NANDAKUMAR SHETH	11/08	CHOLA HARMONY	3E	SINO SIMON	05/08	ATLANTIC AQUARIUS
20	DALJEET SINGH MAKKAR	03/08	LUBERSAC	3E	MUKESH CHANDRA JOSHI	20/08	LR2 PIONEER
20	HANSEL XAVIER PARMAR	31/08	GUNESHLI	3E	SIDDHESH YOGESH SHAH	24/08	JUBILANT FUTURE
20	AMANPREET SINGH BAINS	22/08	THE BLACKSMITH	3E	GIRISH SHARMA	24/08	GS FUTURE
20	RANJODH SINGH	14/08	SUMAC	4E	FERNAND SABELLANO PANILAG	08/08	BITUMEN EIKO
30	JOMAR DELA CRUZ MAALA	31/08	NEW GRACE	4E	MANIKANDA PRABHU MALAIMAN	10/08	AFRAMAX RIVER
30	VAIBHAV SAIGAL	16/08	GUNESHLI	4E	JOSEPH BENLEE REBEIRO	14/08	PLATYTERA
30	JAI SINGH	15/08	ANDROKLIS	4E	FRANCIS ALBERT JUAN BUNING	18/08	NAVIOS SOUTHERN STAR
30	AMIT KUMAR	20/08	BAKU	4E	ANKUR SHARMA	23/08	GS FUTURE
30	GAURAV KAPOOR	30/08	ATLANTIC GUARD	4E	ANUJ PRATAP SINGH	05/08	FS SINCERITY
30	AJAI SREEDHAR	01/08	LR2 POSEIDON	4E	SACHIN SHREESHAIL BIRAJDAR	16/08	ZARIFA ALIYEVA
30	RIJUL SHARMA	20/08	AMORE MIO	4E	NAVEEN KUMAR	01/08	JUBILANT FUTURE
30	DELWIN LUKE DSOUZA	22/08	MARLIN MYSTERY	4E	DEVENDER BHAYAN	07/08	ARIANE MAKARA

NEW JOINERS

SIMS Cadets Joining the Fleet as Officers

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



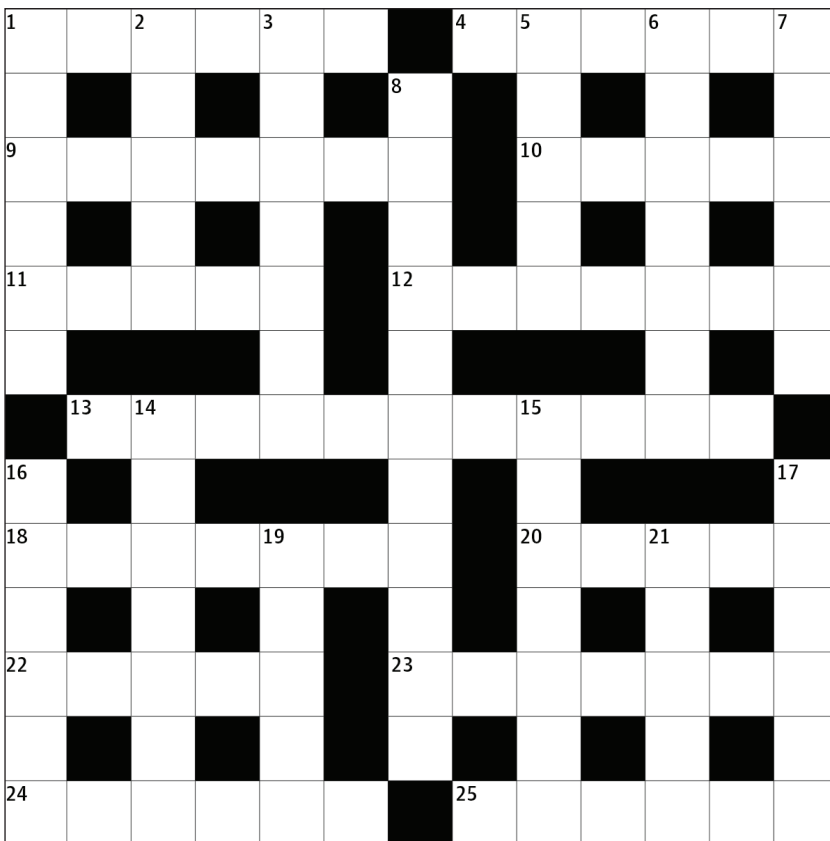
- | | | | | | |
|-------|---------------------------------|-----------------|-------|----------------|---------------|
| 1. JO | AJIMON PUTHENCHIRAYIL ULAHANNAN | MARLIN MAJESTIC | 6. JO | AKASH BHAU | CHEM NICHOLAS |
| 2. JO | EMMANUEL MATHEW | GS FUTURE | 7. JE | DHANRAJ JANGID | SPRUCE 2 |
| 3. JO | ABHISHEK SONI | RED EAGLE | 8. JE | AKSHYA RAJ | PALANCA MIAMI |
| 4. JO | MUHAMMED BADISHA ABDUL KHADER | MAEA | 9. JE | SUKHWANT SINGH | MARLIN MYTHIC |
| 5. JO | MORRISON SAVIO DSOUZA | PALANCA CADIZ | | | |

PUZZLES ANSWERS FOR ISSUE 171



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

PUZZLES

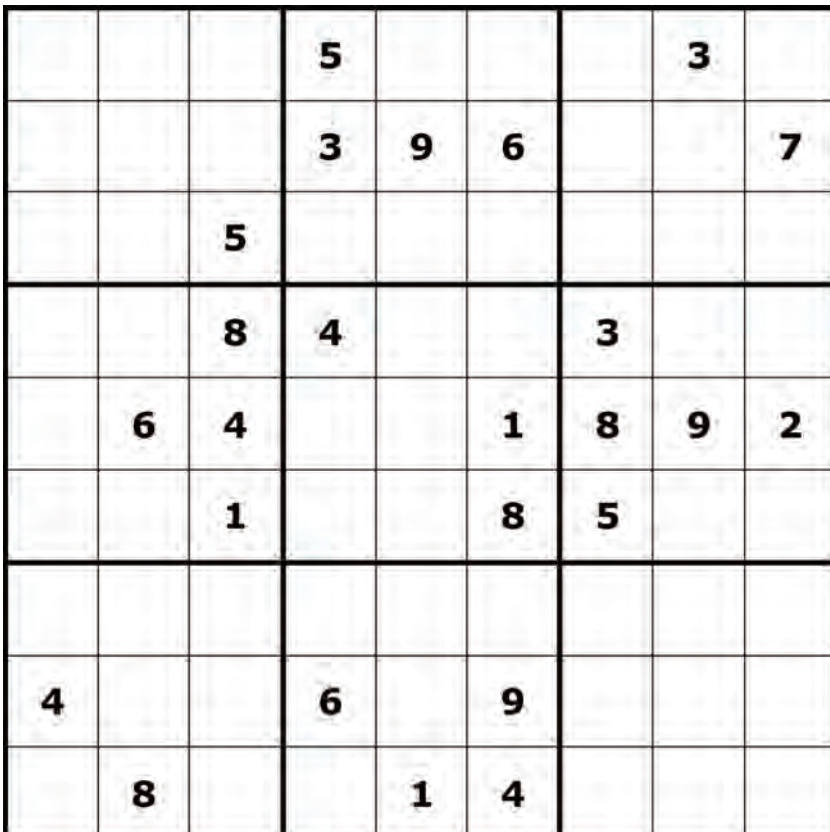


Across

- 1 One who's hooked (6)
- 4 Young cattle (6)
- 9 Sugar present in milk (7)
- 10 Racing pigeon? (5)
- 11 Theme park features (5)
- 12 Satan (3,4)
- 13 Downcast (11)
- 18 Entrenched stronghold (7)
- 20 Welsh dog (5)
- 22 Annual grass with light brown grains (5)
- 23 Renounced (7)
- 24 Hurried (6)
- 25 AM/PM separator? (6)

Down

- 1 Attraction (6)
- 2 Played with small cubes (5)
- 3 Rich old king (7)
- 5 Felt pain (5)
- 6 Bloodsucker (7)
- 7 Butcher-bird (6)
- 8 Give vent to anger (3,3,5)
- 14 Compensation (7)
- 15 Tetanus (7)
- 16 Box-like container that slides (6)
- 17 Centre (6)
- 19 Loosen (5)
- 21 Connected with farming (5)



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

ESM NEWS

Winners announced for the Executive News Bulletin Photography Contest 2019

Winners for the Executive News Bulletin Photography Contest 2019 have been declared. Launched for the first time for all onshore and sailing staff, the contest received a high volume of entries from participants.

The theme of the contest was "I love my job because..." Entries were judged by a panel comprising Editorial Director and Deputy CEO, Ms Sikha Singh as well as the Executive Ship Management Communications team. Criteria for judgment included, relevance to the theme, creativity, photography technique, photo quality, composition and framing.

In view of the high volume of noteworthy pictures, the judges have unanimously launched an Editor's Choice category to commend and encourage the creativity of our staff.

With the conclusion of the first Executive News Bulletin Photography Contest 2019, we would like to expressly thank the Masters and Chief Engineers for wholeheartedly encouraging crew participation and submitting their entries while onboard. We would also like to thank other participating seafarers and our onshore staff for their enthusiasm.

We are hereby pleased to announce the winners of the contest. Our heartiest congratulations to the following:

Winners:

	Prize	Name of Winner:
1st Prize:	Sony A5100 Mirrorless Camera	DC Gaurav Mange
2nd Prize:	Go Pro Hero 7 White	20 Bonny Sunil
3rd Prize:	HP Sprocket New Edition Photo Printer	DC Mikhin Satheesan Valiyaparambil
3rd Prize:	HP Sprocket New Edition Photo Printer	20 Shashank Sharma

Editors Choice:

30 Hari Krishnan Anil
DC Jagmeet Singh
20 Jaswant Manohar
05 Jaykumar Dilip Kamalia
CO Kapil Sharma
EO (Trainee) Lakshay Rohilla
CO Roystan D'Souza
3E Stabin Mathew

Please note that all listed prize winners and Editor's Choice winners will be contacted separately.

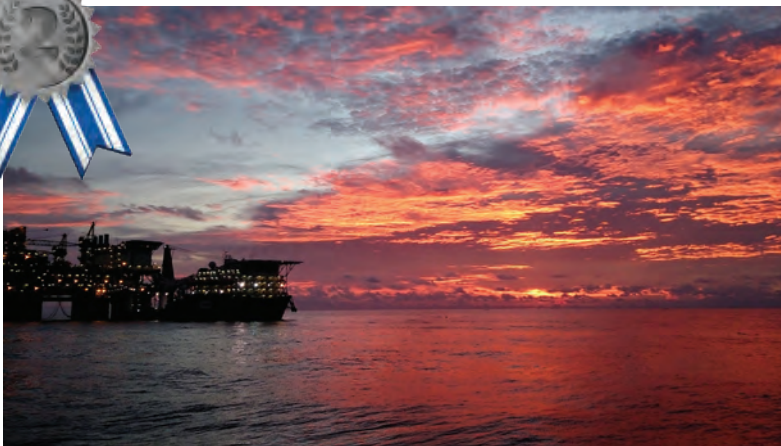


ENB
Photography
Contest

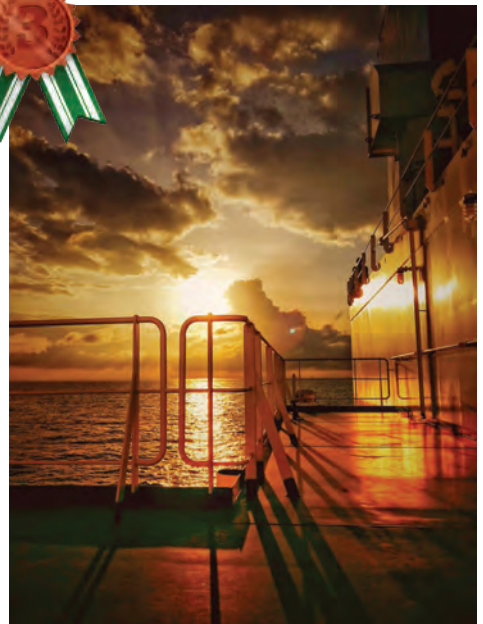
Gallery of Winners



"I love my job because... As a child, I used to look out to the sky and at all the different colours wondering how many beautiful portraits God's canvas can make. As an adult, I still stare at this view in wonder thinking to myself "Who is this amazing artist?" - DC Gaurav Mange



"I love my job because... The sea is the most beautiful place in the world. It may not have large trees, colourful flowers or chirping birds however, it is the rendezvous of the sun and the moon, the Sun after the heat of the day and moon, before the chill of the night that forms the warmth of love in the horizons, providing some of the most beautiful colours of the world." - 20 Bonny Sunil



"I love my job because.... It brings a horizon of infinite arts etched with colours, which will be painted in my heart forever." - DC Mikhin Satheesan Valiyaparambil

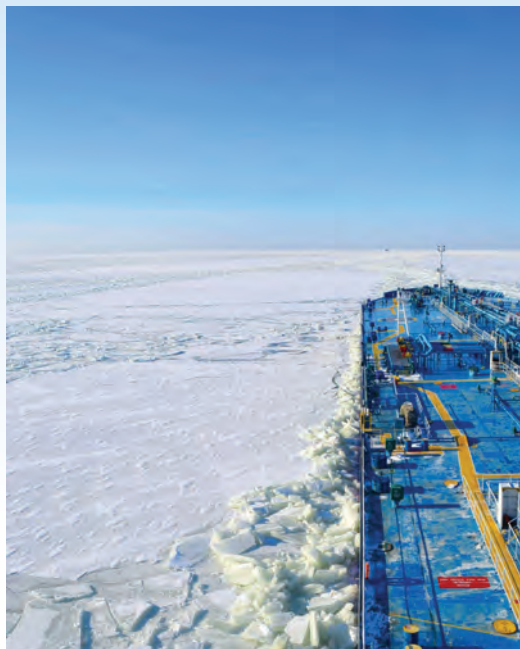


"I love my job because.... It reminds me that if the ocean can calm itself, so can you, afterall, we are both salt and water mixed with air." - 20 Shashank Sharma

ENB

Photography Contest

Editor's Choice



"There is something beautiful about navigating on the ice that not many has sailed on. It makes you believe you're special." - 30 Hari Krishnan



"I love my job because.... I can't miss these divine moments God reserved only for seamen." - 3E Stabin Mathew



"I love my job... because it fulfills my financial need while providing me with adventure as well as new and challenging opportunities." - DC Jagmeet Singh



"I love my job because.... It takes a brave spirit, fierce mind and a kind heart to be a sailor. I am proud to be one." - 20 Jaswant Manohar

ENB

Photography Contest

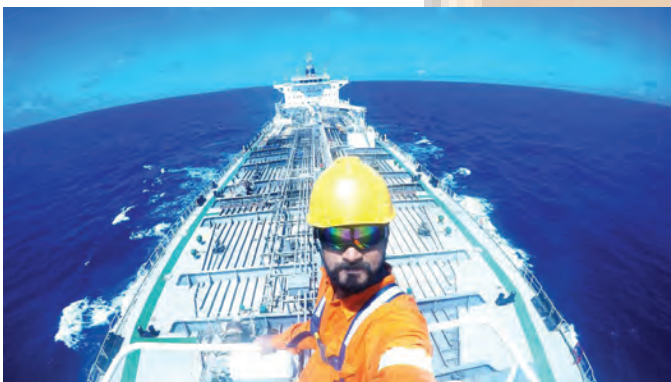
Editor's Choice



"I love my job because.... I get 20.9% fresh oxygen to breathe! When I am down with my tedious work, the nature itself revives me and empowers me to do it again." - CO Kapil Sharma



"I love my job because of views like this." - CO Roystan D'Souza



"I love my job because.... We get to visit famous wonders that were once only seen in magazines. With each voyage, you have tons of exciting stories to tell your friends and family each time you return home!" - Seaman Jaykumar Dilip Kamalia



"Witnessing different cultures, ways of life and exploring local flavors makes the strenuous work on-board worth it. It is truly said, once you join merchant navy it not only becomes your job but your way of life." - TEO Lakshay Rohilla

ESM NEWS

SIMS Lonavala holds combined graduation ceremony for B Tech and DNS cadets

A combined graduation featuring 117 successful cadets from the 06th batch of the B Tech Marine Engineering course and the 26th batch of Diploma in Nautical Science (DNS), was held on 01st July 2019 at Samundra Institute of Maritime Studies, Lonavala campus. Proud family members and friends cheered on as an impressive ceremony was held to commemorate the occasion.

Chief Guests, Mr Ashish Wankhede, Deputy Director General of Shipping, Directorate General of Shipping, Mumbai and Mr Deependra Singh Bisen, Assistant Director General of Shipping marked the event with inspiring speeches that motivated the cadets.

“Shipping, is a complicated yet diverse field with plenty of opportunities for growth and learning.” Mr Wankhede praised the ambience of the institution, comparing it to the stages of training and changes the maritime sector has undergone over time. He advised cadets to always return to the fundamentals when dealing with courses and competency examinations and additionally, challenged the audience that qualities such as innovation, and constructive thinking are a must for the upcoming generation. In his address, Mr Bisen reminded cadets that life consists of different stages. He advised them to plan each stage, enriching it with passion and progressive thinking.

The event which saw many guests sharing their pride and joy, concluded with a prize distribution session. A special category for Outstanding Performance was awarded to four cadets from B Tech 06 for representing SIMS and being shortlisted as Top 10 at the UK P&I Club ‘Investing in a safer tomorrow’ global competition. Group photographs of the graduating batches were then snapped, commemorating this significant milestone.

Hearty congratulations to the graduating cadets and we look forward to their placements on-board ESM – managed vessels in time to come!



DNS-26 Batch Prize Winners

Best Cadet	Cadet Shahu Nandu Pawar
Most Popular Cadet	Cadet Md Adnan Aatif
Best Cadet Captain	Cadet Nishant Sharma
Best in Academics	Cadet Kshitij Suri
1st Runner Up in Academics	Cadet Sameer Ahmed
Best in hands on training and HSSE	Cadet Mohammed Shahil
Best in Stability and Construction	Cadet Sameer Ahmed
Best in Navigation	Cadet Snehanvit Somnath Jagadale
Best in Marpol and BME	Cadet Krishna Kumar
Best in Cargo work, Seamanship and SWP	Cadet Debopam Saha
Best in Maritime Comm and Emergencies	Cadet Kshitij Suri
Best in Mathematics	Cadet Shahil Agarwal
Best in Applied Science	Cadet Kshitij Suri
Best in English MH & HF	Cadet Kshitij Suri
Best Sportsman	Cadet Pushkraj Pratapsinh Mohite
Best Orator	Cadet Premansh Saxena

B Tech 06 Batch Prize Winners

Best Cadet	Cadet Devanshu Shukla
Best in Academics 1	Cadet Devanshu Shukla
Best in Academics 2	Cadet Manas Anil Gothankar
Best in Academics 3	Cadet Parichay Chadha
Best Hands on Training	Cadet Pinaki Priyadarshi
Most Popular Cadet	Cadet Harpreet Sidhu
Best Cadet Captain	Cadet Ayush Farswan
Best in HSSE	Cadet Amritesh Anilkumar Pande
Best Music	Cadet Shivam Srivastava
Best Music	Cadet Rishabh Chopra
Best Orator	Cadet Abhipraya Gupta
Best Dance	Cadet Dennis Dhiman
Best Sportsman	Cadet Chetan Singh Rathod

Outstanding Performance (B Tech 06)

Cadet Prateek Krishnakumar Mishra
Cadet Pranav S
Cadet Ranvijay Singh
Cadet Rahul Gangaram Gawade

ESM NEW TAKEOVER

New deliveries for the month of July 2019

Adding to ESM's expanding fleet of vessels, the company in July took successful delivery of container vessel Ever Govern and oil/chemical vessel Marlin Mythic on 9th July 2019 from the Marugame Shipyard, Japan and Hyundai Vinashin Shipyard, Vietnam respectively.

Our heartiest congratulations and best wishes for safe sailing to the crew of both the vessels.

Bon voyage Captain Ranjit Bal, CO Pritpal Singh Duggal, CE Narayana Rao Kanuri, 2E Atish

Mohan on board Ever Govern as well to Captain Kunal Kashyap, CO Senthil Kumar Sundararajan, CE Shivaji Chapla Jadhav, 2E Mohamed Faizal Ansari and all crew on board Marlin Mythic.



ESM NEWS

ESM Junior Officers win global competition



Santosh Godil pictured with Dr Grahaeme Henderson

Three ESM Junior Officers received the third prize in the global maritime project competition organized by the 's to commemorate its 150th anniversary this year.

The trio 4E Sunil Patil, 4E Santosh Godi and 4E Niranjan Shinde, alumni of SIMS participated with their winning entry -a 'Life Band' device proposed to combine the smart watch and an automatic alarm triggering facility for Man Overboard situations

The judging panel comprised of illustrious personalities from the global maritime industry, who evaluated the top ten entries based on

originality, relevancy and simplicity. The winning entry chosen 222 others earned praises from the Chairman of the judging panel, Dr Grahaeme Henderson, Vice President, Shipping & Maritime, Shell International Trading and Shipping Company Limited. A beaming Mr Santosh Godi, represented the team at the celebratory event, the gala dinner held in London on 04th July,2018 and received the prize on stage.

Safety is a top priority and a core value instilled upon ESM seafarers and onshore staff. It is indeed heartening to see our Fourth Engineers aspire to make this profession safer for all. Congratulations to the team for their industry recognition. We are truly very proud.

ESM NEWS

SIMS Mumbai holds specialized LNG courses for maritime professionals

SIMS Mumbai concluded a customized LNG cargo simulator course at management level held for a leading shipping company. The course, conducted from 15th to 20th July 2019, received positive feedback from attendees.

The LNG simulator based course has been developed to enhance the knowledge of deck officers who presently serve or intend to serve onboard LNG vessels. In addition, it is designed as per SIGTTO standards and IMO Model Course 1.36 and approved by leading classification societies

such as DNV GL at management and operation levels. As the use of LNG as fuel continues to rise to combat climate change, the expanding trade has resulted impacted the maritime industry with an increased demand for capable officers and ratings. Hence, the specialized courses provided by SIMS will certainly go a long way in creating a pool of efficient officers.

(For any further information on the courses, please contact SIMS, Mumbai, via Tele: + 91-22 6799 3545 or via Email: simsmumbai@samundra.com.)





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