



MAIN NEWS

Navigational and Machinery Safety Campaign focuses on Human element

Echoing the company's continued focus on safety standards, ESM has launched the Navigational and Machinery safety campaign, which will run from January '18 until June '18. The campaign takes forward last year's campaign, covering the basic Human elements that had been found to influence/ contribute to causing of navigational incidents. However, this year the campaign focuses on both - the navigation incidents as well as engine room incidents & human factors likely to have caused or influenced these.

A study of maritime accidents has consistently shown the human factors to be major contributing causal factors in such incidents, which subsequently lead to loss of life, oil pollution, and result in financial and commercial losses. Failure of machinery has also been identified in contributing to Navigational accidents and/ or Personal Injuries. A few specific & contributory factors that were discovered during analysis of the navigation and engine room accidents, include – improperly conducted toolbox meetings/ briefings, lack of situational awareness, Power Distance, etc.

The campaign hinges on onboard discussions of case studies and presentation on different

modules involving human factors such as briefings & toolbox meetings, challenges & responses, decision making & short-term strategy, attitudes & error management, team state & automation. The deck as well as engineer officers are required to actively participate in discussing the case studies with their teams. The Master and Chief Engineer will decide whether the case study will be conducted jointly (for deck and engine officers) or separately.

The campaign has been designed keeping in mind the responsibilities of each and every sailing staff on board and to cover all safety aspects. Success of the campaign depends on the active participation of the entire crew. Hence all team members are encouraged to implement this activity in the right spirit to continue learning and help prevent incidents.

SAFETY MOMENT OF THE MONTH

Fire in Engine Room

*** Note: This monthly safety moment is collected from various sources for educational purpose and is not necessary an actual incident from the ESM fleet.*

A bulk carrier was being loaded when the ships' fire detection system activated. The chief engineer discovered smoke and flames coming from the generator flat. Subsequently, the thick black smoke spread to accommodation area.

The engine room ventilation dampers were sealed and the halon fixed fire suppression system was mobilized. However, a number of mushroom ventilators and dampers could not be fully fastened because the closing mechanisms were not fully operational. As a result, the engine room was not effectively isolated. Smoke continued to billow from the openings and air entering the engine room sustained the fire.

It was identified that the fixed firefighting system for engine room did not proceed smoothly due to multiple failings linked to maintenance and testing of the system. As the engine room was not sealed completely, the fire continued for

about half a day until it combusted. The cause of fire was determined to be fuel oil spraying from a generator on to a hot surface. A fuel oil pressure gauge compression fitting on the generator had malfunctioned due to inadequate repair.

Lesson Learned

One of the essential safety component on board a vessel is the fixed fire suppression system. It is important to make sure it is well tested and maintained.



Letter of the Month



As we close the last day of the month of January, we seem to have happily and seamlessly stepped into the new year. Life has continued in the same spirit and determination on board and ashore. It's also a pleasant moment to acknowledge the achievements and success of the year gone by and to say, we hope the rest of the new year will bring in better news for us and the industry.

Safety- a critical component of our life – especially in the environment that we live, is once again reiterated through our new campaign starting from January to June 2018. Once again, we request all our seafarers to participate, contribute to sustain and improve our safety records as one of the safest ship managers of the world.

We are indeed proud of the involvement of our sailing staff in making our recently concluded wellness campaign a grand success. We are happy to publish success stories of few of our seafarers who have started a journey of healthy living in terms of changing their diet as well as physical exercises that they have proudly shared with us. Their achievements motivate many of us who are dithering to take any such step. Well done and congratulations to all these spirited individuals on board our ships!

We are also very happy to continue with the series of the heroes of our success story. Mr. Iyer and Ms. Rashmi are two veterans who have literally seen ESM grown from one single company to a group of companies and are part of the story themselves. The long stories of over one and half decades have been captured into short bites but they epitomize the hard work and spirit that they displayed and stood for, all these years and made ESM what we stand for. Our sincere thanks and congratulations for their achievements.

Our regular features including Technical, Health and Environment articles are part of this newsletter as well. Any comments from our readers on them are always most welcome.

On behalf of the management and the editorial team, I wish our belated greetings to all our seafarers and shore staff for the Makar Sankranti, Lohri and Maha Shivratri which had fallen in the month of January. Here's also wishing a fabulous year of Dog as per the Chinese calendar starting from February 16 th.

Be safe and be happy wherever you are,
Sikha Singh

Editorial Team

Editorial Director

Sikha Singh

Editorial Assistant

Sara Cherian
Louisa Lim

Editorial Advisor

Capt. Arun Sundaram

Design

Nurul Aini Mohd Ikhsan

Layout & IT Support

Peter Chan

To contribute or be featured in the website, do write to us at crew14@executiveship.com or crew9@executiveship.com



TECHNICAL NEWS

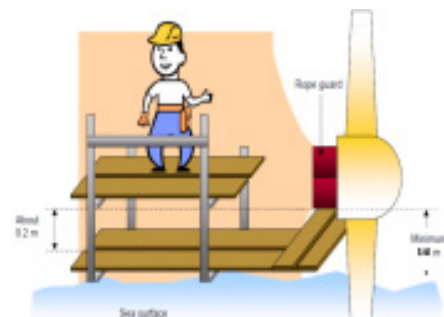
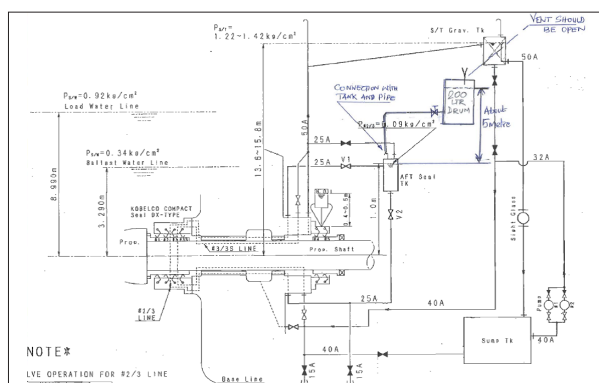
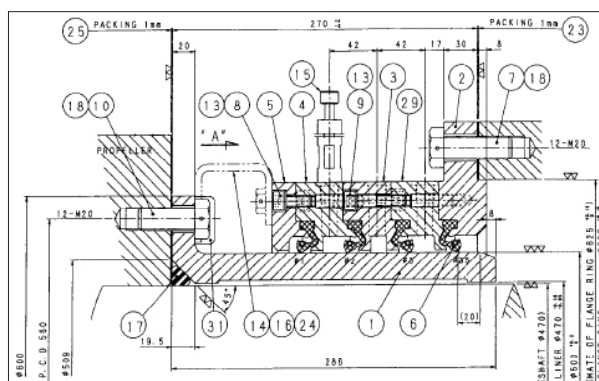
Afloat or Above water repairs on stern tube sealing system

The stern tube is a cylindrical opening in the hull structure at the stern end of the ship, through which the propeller shaft passes to connect the engine and propeller.

Stern tube seal is a small component, but forms a very important part of the propulsion system. Stern tube seals are fitted to ensure two different functions, one to avoid water entering the engine room and the second one to ensure that the propeller shaft can rotate smoothly. Oil lubricated stern tube system consists of two independent seals - a water/oil seal for the external leakage (called aft seal) and an oil seal for the engine room end termed as forward seal.

Aft stern tube seal:

The drawing of the common aft stern tube seal system found on board tankers is provided on the right, which has four seals in the ring pack including a spare seal 3S.



The three seals #1, #2 and #3 are in use during normal operation when the seals are in good condition. The loss of oil from stern tube gravity tank or increase in the aft seal tank indicates defective sealing. Upon noticing above symptom, by increasing the height of the aft seal tank as shown in below arrangement, the water ingress can be reduced from defective #1, #2 and #3 seals temporarily. However, the last seal and final protection in the stern tube system, #3S has to be activated, if seal leakage is not controlled by above methods. The spare seal #3S acts as a temporary protection, as once it's activated then the complete seal renewal has to be planned at earliest opportunity..

Stern tube seal problems are environmentally sensitive. Oil leakages are a big liability and vessels may not be allowed in to a port, particularly in United States or other sensitive areas where regulations and fines are very strict. The above stern tube seal leak trouble, can be rectified by renewing all seals without going to dry dock by carrying repairs afloat.

Afloat repairs above water can be carried out ideally when the vessel is in ballast and if the vessel can be tipped forward safely to bring the stern tube out above water level by about 0.5 to

1.0 metre. A forward trim of about 6.5 meters shall be required for a MR tanker, to achieve above condition. Once the stern tube is above water level, working platform will have to be rigged around the stern tube by welding steel angles on to the stern frame.

The following steps are to be followed to renew stern tube seals.

1. Ensure there is no water ingress into the aft seal tank or stern tube system.
2. Drain stern tube system oil completely, and secure the drain valve in open position.
3. Install the working stage platform.
4. Remove rope guard by gas cutting and measure wear down.
5. Dismantle aft seal casing, remove old seal, inspect liner and renew aft seal rings by bonding.
6. Measure wear down readings.

7. Carryout leak test after stern tube oil is completely filled.

8. Secure plugs with locking wire

9. Remount rope guard and remove staging.

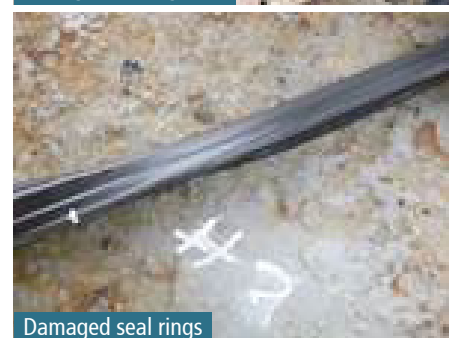
The causes of stern tube seal damage are usually due to entanglement of fishing nets, strands of mooring ropes coming in between the seal, and entry of mud and silt to the sealing face caused by vessel trading in coastal/ shallow water, etc. The entangled ropes gain entry to the sealing face during sailing, causing damage to Viton seal and liner.

The stern tube and seals can be protected by maintaining proper lubrication which is cooled by water in aft peak tank in engine room. The fitting of rope guards and rope cutters will assist in avoiding floating foreign materials or debris gaining access to stern tube seals.

However the advantage of stern tube seal replacement afloat is that, the drydock can be avoided. This helps save sailing time to the dry-dock, period in dry-dock, off-hire, tugboat costs, etc. In the afloat repairs, there is a minimal interruption for commercial operations, as the repairs can be completed within about 24 hrs including ballast correction for tipping forward, seal renewal and re-ballasting for undertaking vessel's next movement.



Entangled fishing nets



Damaged seal rings

ENVIRONMENTAL NEWS

A sustainable future powered by sea

Researchers from Japan have harnessed the power of ocean waves into clean and renewable energy by using turbines. Utilizing Japan's vast potential of sea energy, the project employs the tetrapods that surround 30% of Japanese shores to generate electricity.

Researchers from the Okinawa Institute of Science and Technology Graduate University (OIST) explored for alternative clean energy sources other than wind and solar and embarked drawing potential energy through the under-utilized sea energy available in Japan.

The genesis of this initiative started with project "Sea Horse", which used submerged turbines anchored to the sea floor through mooring cables to gather energy from the Kuroshio Ocean current. Usable electricity was converted from kinetic energy through sustained natural currents in the Kuroshio. Subsequent to the success of this fundamental stage, the OIST researchers utilized the idea of using tetrapods which are surrounding 30% of shores in mainland Japan.

These existing tetrapods serve to weaken the force of incoming waves and to prevent shore erosion.



Substituting these with intelligent tetrapods and wave breakers by attaching or placing turbines near them generated energy as well as helped protect the coasts from erosion. It was observed that by utilizing 1% of the seashore of mainland Japan, the project could generate approximately 10 gigawatts of energy which is equivalent to 10 nuclear power plants.

The researchers placed these turbines at key locations near the shoreline. Each location was chosen specifically to allow the turbines to be exposing them to ideal wave conditions, generating clean and renewable energy while being economically and infrastructural friendly.

The turbine was designed as such to mimic nature - blades as flexible and agile like a dolphin fin, thus

being able to release stress rather than being rigid or risking breakage. And the support structure was designed like a flower stem - bending against the wind. The structure was designed keeping in mind the safety for the surrounding marine life thus allowing the blades to rotate at a precise speed that allows creatures that are caught, to escape freely.

The project is a breakthrough which revolutionizes the clean energy industry. By utilizing the ocean as a source of energy, coastal cities may benefit from this. It would be economically and environmentally favorable. Currently, the team are in the primary installation phase where half size models are created to test their first commercial experiment. This is the first step into the commercial world and to the future of clean energy.

NEW JOINERS

SIMS Cadets Joining the Fleet as Officer

Adding on to the growing number of Jank and Engineering cadets from SIMS Lonavala and joining onboard ships managed by ESM as officers, are the following.



- | | | | |
|---------------------------|---------------------|-------------------------------------|-----------------|
| 1. JO RAJAT KAKKAR | AFRA OAK | 10. JE SRIKANTH SRIDHAR | CRIMSON MAJESTY |
| 2. JO ALLAN MATHEW PAUL | MAEA | 11. JE SARTAJ SINGH | BAKU |
| 3. JO ANIL KUMAR | DREGGEN | 12. JE KRIPAL NIRWAN | PIONEER EXPRESS |
| 4. JO RAJAT CHOUDHARY | MAREX NOA | 13. JE ANUJ PRATAP SINGH | CRIMSON KNIGHT |
| 5. JO ALOK KUMAR | HOUYOSHI EXPRESS II | 14. JE VARUN DEEP THAKUR | ARAGO |
| 6. JO ROHIT MAHESH DOBHAL | GOLDEN AVENUE | 15. JE YASWINKUMAR BANDUJI BHAGAT | ARAGO |
| 7. JO MANINDER SINGH | GSW FORWARD | 16. JE SARATHKRISHNAN RADHAKRISHNAN | AFRA WILLOW |
| 8. JE AMAN JOSHI | MARLIN AQUAMARINE | 17. JE VIVEK RAJARAM PATIL | GUNESHLI |
| 9. JE JEBIN JOSEPH | AFRA LAUREL | 18. JE ASHUTOSH JHA | ST. GERTRUD |

MIND YOUR BODY

Yoga and aerobic exercise together improve heart disease risk factors



New study released in 2017 found that patients suffering from heart disease who had exercised both yoga and aerobic activities had tremendous positive results in their health. It was observed that their blood pressure or weight has gone down two fold as compared to patients who only did one of the type of exercise.

In the year 2017, a study about the effects of lifestyle changes and choices was presented at a cardiology conference in Dubai. The study focused on heart disease patients who practiced two types of exercises; yoga and aerobic exercises.

It was found that by practicing both exercises, complementing effects on the body are created. While yoga reduces heart rates and other heartbeat irregularities, aerobic exercise boosts both physical and cardiovascular health. Therefore, these two exercises done together build up different aspects of the physical body.

Yoga involves a combination of controlled breathing, meditation, relaxation visualization. It was observed that practitioners gained health benefits due to the regulation of blood pressure and cholesterol numbers. Because of the slow and steady movements, average heart rate was lowered with reduction in stress levels while improving the overall wellness of the physical body.

On the other hand, including aerobic exercises at a moderate or higher level improved cardiovascular health. Moderate aerobic exercise involves activities

which are intense enough to increase the heart rate up to roughly 55-60 percent of the maximum heart rate. By including intensity in exercising, strengthening of the heart and muscles was observed.

The study found that heart disease patients who practiced both yoga and aerobic exercise in the same period had their numbers in blood pressure, body mass index and cholesterol levels twice in reduction. Additionally, they observed significant breakthrough in the heart's pumping of oxygenated blood, blood pressure and stamina. This supports previous studies' notion that lifestyle intervention such as healthy eating and regular exercise aids in reducing the risk of death and heart diseases when used alongside medical treatments.

Overall, scientists found that this specific exercise combination reduced three types of stresses- mental, physical and vascular which eventually, led to a decrease in cardiovascular mortality and morbidity. With this new study about lifestyle adjustments, heart disease patients could benefit by adding these exercises to their routine along with a well-balanced healthy diet. Lifestyle adjustments such as exercises in patients should be under the consultation of medical physicians.

“The study found that heart disease patients who practiced both yoga and aerobic exercise in the same period had their numbers in blood pressure, body mass index and cholesterol levels twice in reduction.”



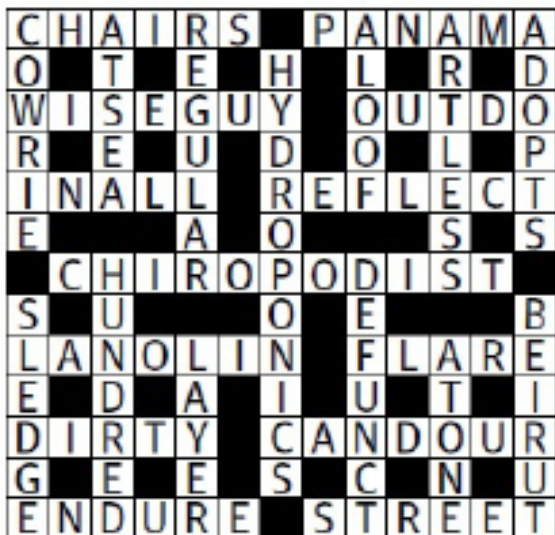
HAPPY BIRTHDAY!

CREW BIRTHDAYS

Many Happy Returns to the following on their Birthdays during the month of Feb 2018!

| NAME | BIRTHDAY | VESSEL | NAME | BIRTHDAY | VESSEL |
|----------------------------------|----------|----------------------|-----------------------------------|----------|---------------------|
| MST ASHOK KUMAR | 9-FEB | ALJALAA | 30 ANKIT KUMAR YADAV | 7-FEB | AFRA WILLOW |
| MST SRINIVAS LINGANNA SUNKARI | 13-FEB | ALQADISIA | CE VIJAY RANJAN CHOUDHARY | 20-FEB | HOUYOSHI EXPRESS II |
| MST DURGESH SHARMA | 8-FEB | UACC SHAMS | CE SRINIVAS KRISHNA PRASAD | 14-FEB | MARLIN AMETHYST |
| MST SUNIL SADANAND RAIKAR | 25-FEB | ARAGO | CE SWAYAM PRAKASH TIWARI | 7-FEB | ZARIFA ALIYEVA |
| CO ELMERALDO PEREZ DINGLASAN | 15-FEB | NAVIOS SOUTHERN STAR | CE AMITKUMAR SURESH DUBLAY | 13-FEB | PIONEER EXPRESS |
| CO ROHITASHWA KUMAR | 16-FEB | SAMRAA ALKHALEEJ | CE AJIT KERO | 19-FEB | MARLIN AQUAMARINE |
| CO ABHIJIT MANOHAR | 15-FEB | KIKYO | CE SAJITH RAMACHANDRAN | 14-FEB | EAGLE EXPRESS |
| CO BIPIN ASHOK PARDESI JAISWAL | 18-FEB | GREAT MANTA | CE AMARESH BASANTIA | 23-FEB | AFRA WILLOW |
| CO RAKESH KUMAR | 8-FEB | AFRAMAX RIVER | CE GAURANG BHUPENDRA THATHAGAR | 16-FEB | CARTAGENA |
| CO RATNESH KUMAR MISHRA | 20-FEB | RED EAGLE | CE SIDDHARTH ISHWARDAS KANDWAL | 11-FEB | IVY GALAXY |
| CO RAUSHAN KUMAR | 28-FEB | SANTOS | 2E LALING TASSO | 29-FEB | FS SINCERITY |
| CO JYOTI PRAKASH | 11-FEB | ALHANI | 2E ROMANUS XAVIER FERNANDES | 28-FEB | GREAT MANTA |
| CO DIVYESHKUMAR JENTILAL SOLANKI | 3-FEB | MAREX NOA | 2E KAILAS NATH SASEEDHARAN PILLAI | 19-FEB | GSW FIGHTER |
| CO ATUL KUMAR SINGH | 7-FEB | GSW FORWARD | 2E VIKAS VERMA | 5-FEB | MOL TRUTH |
| CO KAMAL KRISHNA | 25-FEB | EAGLE EXPRESS | 2E ABIN JOY | 6-FEB | ALJALAA |
| 20 BALAGOPAL CHANDRAN MENON | 15-FEB | LAPEROUSE | 2E ANIL SEBASTIAN GUDINHO | 2-FEB | FS DILIGENCE |
| 20 ABIN ALEX TOM | 22-FEB | ALJALAA | 3E RONALD CAPONPON SALAPARE | 26-FEB | CRIMSON PRINCESS |
| 20 BALWINDER SINGH | 15-FEB | IVY GALAXY | 3E RAHUL KARIPPAYIL | 7-FEB | LR2 PIONEER |
| 20 MUNISH GAUTAM | 25-FEB | AFRAMAX RIO | 3E SARATH KUMAR VELLAKAMBADI | 27-FEB | PIONEER EXPRESS |
| 20 ANISH SHARMA | 9-FEB | ATLANTIC CANYON | 3E HENRY JR. INOPIA PERLADA | 11-FEB | NEW MILLENNIUM |
| 20 SOURABH BHAGAT | 7-FEB | ARAGO | 4E HARIKRISHNA MOHAN | 21-FEB | CARTAGENA |
| 20 SURESH CHOUDHARY | 22-FEB | MAEA | 4E KRISHNAPRASAD THEKKANATH | 10-FEB | ATLANTIC CROWN |
| 20 YASHRAJ RANA | 27-FEB | CRIMSON KNIGHT | 4E KIRAN MOULI JOREEGALA | 18-FEB | UACC FALCON |
| 30 JEFFREY SANTIAGO SALVATIERRA | 2-FEB | CRIMSON PRINCESS | 4E MANDEEP SINGH | 19-FEB | SAMRAA ALKHALEEJ |
| 30 RAVI KANT | 5-FEB | RENAUD | 4E SUMIT DUBEY | 16-FEB | MAREX NOA |
| 30 ANIL KUMAR MAHLA | 13-FEB | MARLIN AMBER | 4E ARSHDEEP SINGH VIRK | 16-FEB | LAPEROUSE |
| 30 SWAPNIL BHANUDAS NIMASE | 15-FEB | LR2 POLARIS | 4E NILESH SHRIKANT PARAB | 25-FEB | CHEM HELEN |
| 30 MATHEWKUTTY JOSE | 19-FEB | MARLIN AQUAMARINE | | | |

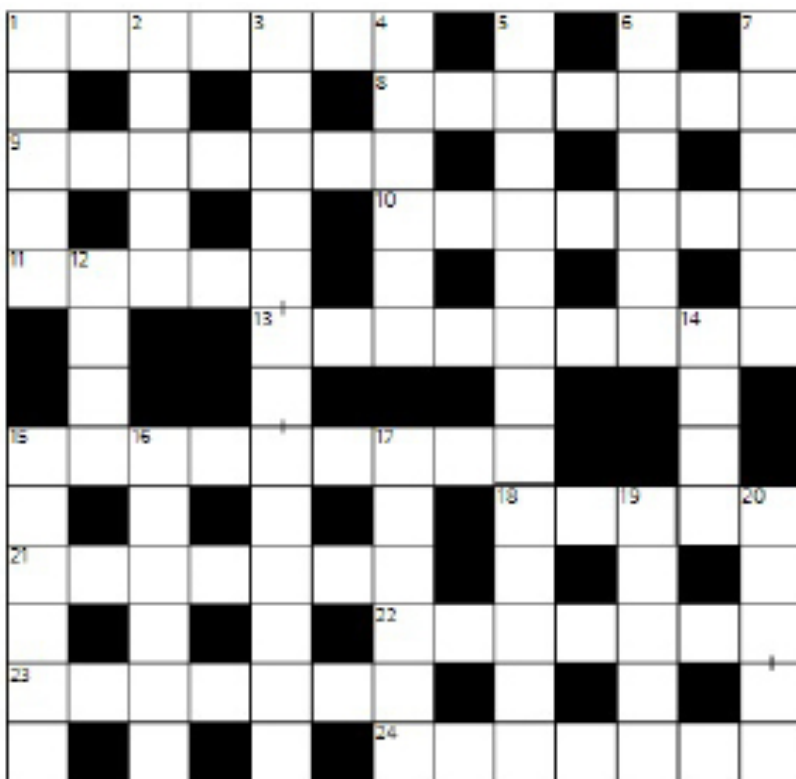
PUZZLES ANSWERS FOR ISSUE 153



| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|---|
| A | 2 | 5 | 4 | 7 | 9 | 6 | 3 | 8 | 1 |
| B | 8 | 9 | 3 | 1 | 4 | 2 | 6 | 5 | 7 |
| C | 7 | 1 | 6 | 8 | 3 | 5 | 2 | 9 | 4 |
| D | 5 | 3 | 9 | 6 | 8 | 4 | 1 | 7 | 2 |
| E | 6 | 2 | 8 | 5 | 7 | 1 | 4 | 3 | 9 |
| F | 1 | 4 | 7 | 9 | 2 | 3 | 8 | 6 | 5 |
| G | 4 | 8 | 5 | 3 | 1 | 7 | 9 | 2 | 6 |
| H | 3 | 7 | 2 | 4 | 6 | 9 | 5 | 1 | 8 |
| I | 9 | 6 | 1 | 2 | 5 | 8 | 7 | 4 | 3 |

PUZZLES

CROSSWORD PUZZLE



Across

- 1 Let in a second time (7)
- 8 Hostility (3,4)
- 9 Coastal mist (3,4)
- 10 29 February (4,3)
- 11 Spread outwards (5)
- 13 State of excitable frivolity (9)
- 15 Happening a second time (9)
- 18 Clear off! (3,2)
- 21 Marked by bodily appetites (7)
- 22 Insulting (7)
- 23 Make cheerful (7)
- 24 German city known for its china (7)

Down

- 1 Puts in jeopardy (5)
- 2 Use to one's advantage (5)
- 3 Continuous cycles of pointless activity (5-2-6)
- 4 Belonging to the peerage (6)
- 5 Central collection place for financial transactions (8,5)
- 6 Young child (informal) (6)
- 7 London's insurance market (6)
- 12 Yen – tree (4)
- 14 Traditional Indian women's dress (4)
- 15 Leave office voluntarily (6)
- 16 Chat (informal) (6)
- 17 Away from the sea (6)
- 19 Worked at steadily (5)
- 20 Link (3-2)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|---|
| A | 1 | | | 6 | | | | 4 | |
| B | | 3 | | | 9 | | | | 1 |
| C | | 5 | | | | 8 | | | |
| D | 6 | | | | | | 7 | | |
| E | 2 | | | 7 | | 5 | | | 9 |
| F | | | 8 | | | | | | 5 |
| G | | | | 9 | | | | 1 | |
| H | 4 | | | | 2 | | | 9 | |
| I | | 2 | | | | 6 | | | 4 |

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.

ESM NEWS

Saluting the Heroes of ESM's Quiet Success Story

It is indeed highly inspiring in discerning the story of ESM's success through the words and career growth of its own people. In this edition of celebrating ESM's Heroes, we spoke to our veterans from ESM Mumbai office and unfurled a treasure trove of early memories in the makings of ESM and the Executive brand.

Mr. SM Iyer

Mr. Iyer has been a witness to ESM's successes since his first day at the Mumbai office in November 2001. Joining as a Manning Superintendent at ESM, it was his first onshore job and a challenging one at that. He explains *"Recruiting seafarers for a small Organisation, as at that time we had only six ships, was not an easy task and also I longed to go back to sailing instead"*.

However he gave it another six months' time during which he started to enjoy the many adventures of being in the role and the foreseeable growth of the company. He now completes over seventeen years in the company and chuckled at the deep realization, *"From a middle age man to being a grey haired senior citizen today, the journey has been really enriching"*

Indeed the incredible journey of the Executive brand wouldn't have been so, without the invaluable support and contributions of Mr. Iyer. He has been instrumental in establishing and growing the various subsidiaries of the Executive

group of companies such as the post-sea maritime institute (SIMS) in Mumbai, Executive Shipping Services and other field offices of ESM. Recounting his long years in the company, Mr. Iyer shared a particular exciting time when he embarked into setting up systems at the post sea campus of SIMS in Mumbai. He recalled the diligent team work and efforts made in setting up the FRAMO cargo pumping system with his team of Fitters and other crew. A man with a bagful of many such interesting experiences and equally wise words, Mr. Iyer reflects, *"They say change is the only constant in life. I have seen this Organisation from managing one vessel to over hundred vessels today, every addition of a vessel was a challenge and that kept us all motivated."*

He notes that there is a profound sense of satisfaction in the job role for his team and himself, as seafarers connect with and respect the shore staff for all their endeavours. *"There is a lot of respect for our manning*

people, till date, there are many Bosun's and AB's who have been with us for 15-16 years –and make it a point to meet me or the team, before they go on the ship".

Additionally he commends the Organization's growth from a small company to Group of Companies. From individual management decisions to systems taking care of things, he observes, however that the 'personal' touch has not been lost though. He mentions appreciatively, *"Even today all the top management take personal care of each staff over here even though we have grown leaps and bounds."*

Mr. Iyer, a veteran in the industry and the company, is Director, ESM India since the year 2006.



Ms. Rashmi Khedekar

Joining the team at ESM Mumbai during its formative days in the year 1999, an enthusiastic but novice Ms. Rashmi was overstrung about her role and responsibilities as an Accounts Assistant. Understandably so, as it was her first job as a young graduate. Almost two decades at ESM, Ms. Rashmi's career and conviction progressed gradually as the Company grew.

"I started out as an Assistant handling accounting for one to six vessels, which progressed to ten-fifteen and later on I took on responsibilities on the corporate side, taxation, statutory requirements and payments. Now I manage all this for the four biggest company locations in India!".

Ms. Rashmi credits her successful journey to her mentors - her Manager, Mr. Siju George and (late) Captain Deware, who was GM, ESM Mumbai at that time. Being a complete non-mariner, Rashmi looked up to Capt Deware for his discipline and hands-on conduct in office administration as well as communications with vessels. Whilst Rashmi familiarized herself and

multi-tasked with the workings of a fledgling ship management company, she also started to command knowledge about various accounting applications vis a vis the business with the strong support of her Manager.

"Mr. Siju has a big role to play in my growth. He taught me everything from vessel accounting, problem solving to self-discipline".

A gratified Ms. Rashmi, reflects on the turning point of her career when her mentor (Mr. Siju) was moved to take charge of the Singapore office and she was entrusted with responsibilities for the offices in India. *"I was about one or two years old in my first job (at ESM) and was given things to manage independently. Although at that time I was overwhelmed with the trust placed in me, but I took that as a challenge and now here I am!"* remarked Ms. Rashmi, flushed with the memories.



She went on to explain how her learning curve came with mistakes on the job but was always encouraged by the management. She noted *"My biggest motivation was the complete faith in me by Mr. Teeka and Mrs. Singh who took keen interest in my development"*.

Concluding her thoughts Ms. Rashmi states that if one puts in 100% efforts in ESM, an equal value for all the efforts can be expected and advised the new members of the ESM family to continue their dedication.

"Some people say, if you stay in one place you don't get anywhere in life. But for me that's not the case. I believe I am a proud example of proving otherwise. I hope my growth and development in the company inspires the youngsters who join the company, in building their future with ESM."

ESM NEWS

Top entries of Health Champion Contest for the Health & Wellness Campaign 2017

Making a change in one's life style is not an easy task. However, our months long wellness campaign did impact a number of our sailing and shore staff to assist them to take necessary steps towards that change. We are happy to report few such successful stories in this newsletter. Hearty congratulations to these individuals and also to the top management of these ships for providing encouragement to achieve this difficult task.

Top Five entries of Health Champion Contest for the Health & Wellness Campaign 2017

Claxton Bay

Steward Apparao Mugu took matters in his own hands, when he was no longer able to climb stairs without being uncomfortably exhausted. After following a balanced diet and after-work gym workout in the ship, he is now much confident



Steward Apparao Mugu

and determined to stay healthy. Mugu lost 9kgs in one month, following the healthy routine.

Congratulations!

GSW Forward

Dishang Tandel & Meghnathan Murugan
Dishang observed significant increase in his

weight after boarding the vessel. He decided to take action with slow but consistent exercise routine – starting with just standing up & sitting back down, then after few days moved on to the treadmill for long walk. He cut back sugar and processed foods from his diet, even once back onshore.

Meghnathan felt tired, sore and fatigued easily. Soon



JET Meghnathan Murugan



OS Dishang Tandel

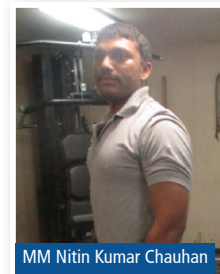
enough he made changes in his eating habits and took up various activities like walking and dancing, and now feels active and enjoys any challenging drill.

Good luck in keeping consistent!

GSW Adventure

Whilst working in the engine room Motorman Nitin Kumar Chauhan, was uneasy trying to access the remote location in the engine room. This is when he realized he was indeed overweight. Thus began his journey of strict diet

with proper portioned intake of protein, carbs and healthy fats as well as regular cardio workout. He is now more energetic, able to perform his duties better and is enroute a healthier weight.



MM Nitin Kumar Chauhan

Congratulations MM Nitin!

Gran Couva

20 Anand Singh Chauhan took action on his health at the threshold of a drastic weight increase. As is the case with everyone he 'kept thinking to take action, but didn't'. Anand got motivated by reading easy healthy tips from the health & wellness campaign for small changes. Even though he hasn't reduced his weight remarkably yet, but he continues his healthy regime consistently of cutting back sugar and oily foods, dividing meals into sub meals, daily exercise and adequate water intake.



20 Anand Singh

Good luck 20 Anand on your journey!

ESM SHIP DELIVERY



Lpg/C Renaud at Murakami Hide Shipbuilding Co., Ltd. Japan on 31st January 2018

Congratulations to Master Deepak Sharma, Chief Engineer Priyank Madan, and all the crew members on the safe delivery takeover of Lpg/C Renaud from Murakami Hide Shipbuilding Co., Japan, on 31st January 2018



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 – FEBRUARY 2018 TO APRIL 2018

SIMS MUMBAI - DG APPROVED COURSES

| COURSE | DURATION | DATES |
|--|----------|------------------------|
| Basic Training for Oil and Chemical Tanker Cargo Operation (BTOCT) | 6 days | On Request |
| Specialized Training for Oil Tanker Course (TASCO) | 12 days | 10 Feb, 26 Mar |
| Specialized Training on Chemical Tanker Operation (CHEMCO) | 12 days | 24 Feb |
| Specialized Training on Gas Tanker Operation (GASCO) | 11 days | 12 Mar |
| Ship Manoeuvring Simulator (SMS) | 5 days | 26 Feb, 26 Mar, 23 Apr |

SIMS LONAVALA STATUTORY - DG APPROVED COURSES

| COURSE | DURATION | DATES |
|---|----------|------------------------|
| Electronic Chart Display and Information System (ECDIS) | 5 days | 05 Feb, 05 Mar, 02 Apr |
| Engine Room Simulator - ML | 5 days | 05 Feb, 12 Mar, 09 Apr |
| Engine Room Simulator - OL | 3 days | 14 Feb, 19 Mar, 02 Apr |
| Free Fall Lifeboat (FFLB) | 2 days | 20 Feb, 20 Mar, 17 Apr |

SIMS MUMBAI - OFFSHORE COURSES

| COURSE | DURATION | DATES |
|----------------------------|----------|---|
| Basic H2S (OPITO Approved) | ½ day | On Request |
| DP Basic (N.I Approved) | 5 days | 12 Feb, 26 Feb, 12 Mar, 26 Mar, 09Apr, 23Apr |
| DP Advanced (N.I Approved) | 5 days | 05 Feb, 19 Feb, 05 Mar, 19 Mar, 02 Apr , 15 Apr |
| DP Maintenance | 5 days | Every Monday |

SIMS - VALUE ADDED COURSES

| COURSE | DURATION | DATES | COURSE LOCATION |
|---|----------|-------------------------|---------------------------------------|
| FRAMO Cargo Pumping System (FRAMO) | 3 days | 12 Feb, 12 Mar , 09 Apr | Mumbai |
| ME Engine | 2 days | On Request | Mumbai |
| Turkish Straits Dardanelles & Bosphorus (TSDB) | 2 days | On Request | Mumbai |
| Ice Navigation | 2 days | On Request | Mumbai |
| Large Vessel Manoeuvring (LVM) | 2 days | On Request | Mumbai |
| Advance Safety Training on Chemical Tankers - Type 2 (ASCT - Type 2) | 3 days | On Request | Mumbai |
| Marine Electrical Practice (MEP) | 5 days | 26 Feb, 26 Mar, 23 Apr | Mumbai |
| Chartworld ECDIS | 2 days | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| JRC – ECDIS (JAN-7201/9201 JAN-701/901M/701B/901B/2000) 2 days | 2 days | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| TRANSAS ECDIS (NAVI SAILOR 4000) | 2 days | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| ECDIS SIMPLIFIED | 1 day | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| Port State Control & Oil Major Inspections (PSCOM) | 2 days | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| Risk Assessment | 1 day | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| Incident Investigation | 1 day | On Request | Mumbai / Chandigarh / Kochi / Kolkata |
| Maritime Resource Management (MRM) (All Academy, Swedish Transport Agency Approved) | 4 days | On Request | Mumbai / Chandigarh / Kochi / Kolkata |

SIMS Advantage

- State-of-the-art training facilities
- Central booking for all courses from Mumbai
- Mumbai campus located at Govandi, barely 20 mins from Seamen's Club
- Reasonably priced accommodation available close to Mumbai campus
- Transportation and hostel facilities at Lonavala
- Online booking facilities on www.samundra.com
- SIMS Introduces the "ECDIS SIMPLIFIED" one day course for seafarers, auditors and inspectors. This coincides with the Ongoing PSC concentrated inspection campaign on ECDIS.
- SIMS offers Navigational Training on full mission bridge simulator for Dover, Messina, Gibraltar, Singapore and Turkish Straits.
- We also conduct FURUNO ECDIS Course at SIMS Kolkata

Advt_32

For Course Bookings, Please Contact:

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

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/4nUiq1CrSuN2>

SIMS Mumbai
5th Floor, Sai Commercial Building, BKS Devshi Marg,
Govandi Station Road, Govandi East Mumbai, PIN- 400088 India
Tel: (91)22 67031571/67993545 Fax: 67993546 Mobile: **9819811366**
Email for Offshore Courses: dp@samundra.com
Email for all other courses: training.sims@samundra.com
<https://goo.gl/maps/AbqJKfk2Mty>

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,
Vytila PO, Kochi 682019
<https://goo.gl/maps/YyTjJaHbKw32>



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