



MAIN NEWS

ESM Joins MPA initiative on International Safety@Sea 2018 event in Singapore

ESM joins hands with the industry experts to be part of a broader engagement steered by MPA on raising awareness on maritime safety during the international Safety week held during 18th to 22nd June, 2018.

ESM was invited by MPA Singapore to attend the "Industry Cross Team Workshop on Navigational Safety" Key discussions included best navigational practices in the Singapore Strait, future of VTIS etc.

Following an analysis conducted by Transport Safety Investigation Bureau (TSIB), an organisation responsible for air and maritime investigations, participating experts dwelt on the pressing navigational issues and emphasised the following pointers for safe navigation to all Masters and Officers of vessels calling into Singapore Port.

» While crossing the Traffic Separation Schemes in Singapore Straits, MPA stipulates 3 green lights will be displayed on the mast. However, the vessel displaying these lights is NOT to be given any preferential treatment. It is only indicating its intent to cross and the vessels seeing the signal must continue following COLREG practices.

» Precautionary Areas in Singapore Straits are the ones stated as 'Cross Traffic' in the chart. They have arrows for direction of traffic flow. Marking of directional arrows is not prevalent in other TSS around the world

» AIS data on ECDIS should not be used for Collision Avoidance. TSIB found that since Radars/ APRA's were generally not placed close to the ECDIS, the OOW would use the AIS data on ECDIS due to convenience of collision avoidance data (albeit inaccurate) on single display. As responsible navigators, we should intervene, assess if this inconvenience exists and where

necessary get this corrected.

As our seafarers are aware, ESM has championed the case for safe navigation and focused many of its on-board campaigns for the cause. However all Masters and Officers are further urged to comply and be alert on the above recommendations for a safe passage into and within the Singapore Straits

Capt Sumit Bhagat, Assistant Manager HSEQA, represented ESM Singapore at the half day workshop on the 19th of June, which was attended by a total of forty industry veterans. It was indeed a great opportunity for ESM to contribute and be part of such prominent industry event.



SAFETY MOMENT OF THE MONTH

Man Overboard

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

A vessel was underway in a coastal area when an engine room crew informed the other duty crew that he was going to open the steam line for the after fuel oil bunker tank. The valve was located in a compartment between cargo holds number two and three on the main deck. This was accessible through a ladder near the hatch coaming catwalk close to the guardrails.

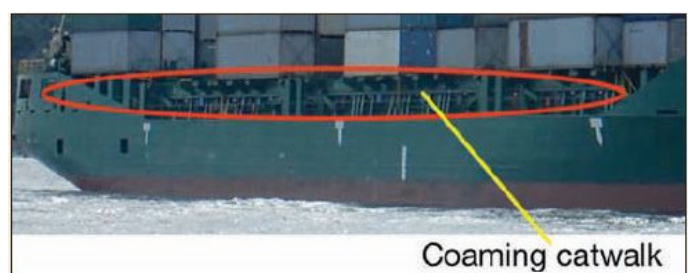
A while later, an engine crew member went out on deck to check on the first crew as he was not seen for a considerable period of time. He found the steam valve access hatch open. The steam valve was open as well but the concerned crew could not be traced. An extensive search was done by the vessel as well as several vessels in the area along with helicopters however, they failed to find the missing crew who was then presumed to be dead.

Lessons learned

- Ensure that proper personal protective equipment is worn when walking near the coaming catwalk or near the side rails.
- Jobs planned for the day and precautions to carry it out must be discussed during the tool box meeting prior to commencement of work.
- Jobs to be done near the railing or near the coaming catwalk should be planned during fair weather only.
- Crew members should carry a walkie-talkie and

report regularly to the duty officer when working near the coaming catwalk or while working near the side rails.

- Extra protection bars to be installed to provide better protection from falling overboard.





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Letter of the Month

June was indeed one of the most crowded months of the year for the company, with works at various fronts, though merrily and successfully, navigated to the great satisfaction of all concerned. As we all at Singapore relished the slices of juicy mangoes hand-picked and lovingly air flown from the SIMS, Lonavala campus, we realized the taste of hard work is indeed very sweet! Many thanks to the Vice- Principal and his gardening team of Lonavala for sharing the fruits of labour with us- literally!

New addition to the fleet is always a hugely welcome business, however, what makes it extra sweet is the ships coming from the existing owners who reemphasized their trust and confidence in the management of ESM. This also speaks of the dedication and the professionalism of the coordinated teams at sea and ashore. Our heartfelt congratulations to the teams for the successful takeover of the four ships during the month. We are indeed well -poised and prepared for the next batch of ships lined up till the end of the year and the year ahead. Do keep tuned to the newsletter which will bring you the news of the take overs and deliveries on regular basis, as it happens.

Anu Gupta and ESM, Delhi have been synonymous since she joined the ESM, Delhi opening team 17 years back. Many senior mariners joined and left the office at various points during that period but it is Anu who remained steadfast to hold the fort and keep the ESM flag waving. Tenacious to the last "T" and solid as a rock, Anu retains more potential and flair hidden behind her unassuming posture which indeed all our seafarers passing by ESM Delhi will recognize and remember. We are absolutely delighted to present Anu, though she is more expressive in her work than her words!

Thomas Varghese would require no introduction either – especially to our sailing staff on board tankers. Another stalwart who smoothly transited from the sailing to opening a new chapter for the Vetting department for the company with his unwavering hard work and dedication. With no leniency towards to any unprofessional or imperfect job, Thomas may easily rub anyone on the wrong side but his remarkable patience in training those needing assistance, earned him a team who looks up to him with great admiration.

The professional role of ESM is amply recognized and appreciated as MPA invited us to participate in discussions to create awareness on navigational issues pertaining to Singapore port. This indeed is a report, our seafarers will find meaningful and relevant while sailing by Singapore.

We continue to provide you the news and information on important issues taking place during the month of June. The passing out of over 100 cadets from SIMS is another glorious moment for all of us as we celebrate the future of the company. We hope Technical article from our technical veterans, relevant health and environment issues, events and other regular features including announcements of awards etc will keep you interested in flipping through the newsletter till the last page.

Do keep us posted if you have any news or views that you want us to include in the newsletter.

Till we meet in July, be safe and remain happy
Sikha Singh

TECHNICAL NEWS

Preventing Water Ingress Cargo Holds onboard Bulk Vessels

Even if one has not worked on a dry bulk vessel, it's easy to appreciate that a very minor amount of water ingress, whether sea water or rain water, into the cargo holds of a bulk carrier can result in major cargo damage claims for the Shipowner. It can especially be problematic with sensitive cargoes such as grain, sugar, fertilizers, etc.

It is also a common knowledge that leaky hatch covers are the most common cause of cargo contamination related claims. We had already discussed in detail about hatch cover related issues in a technical article in Executive News Bulletin for the month of Aug 2017.

Therefore, let us now try to identify other sources of water ingress to the cargo holds, other than leaky or ill maintained hatch covers:

1. Leaky valves in the hold bilge eduction system coupled with mis-operation of the hold bilge eduction system.
2. Not securing hold bilge eduction system valves while using the general service (GS) pumps for other purposes, say for de-ballasting or deck fire water, etc.
3. Leaky valve(s) for hold ballast line coupled with improper securing of hold ballast system prior loading a sensitive cargo. Manhole door (fitted on the tank top area in the hold) not secured

- well or having its packing damaged.
4. Sweating due to improper ventilation
5. Leaking manholes of DB tanks, even though same can be easily identified during ballast passage.
6. Holed/ corroded water ballast tank air vents passing through the cargo holds
7. Holed/ corroded fuel tank vents passing through the cargo holds
8. Missing cap of the bilge sounding pipe or temperature measurement pipe on deck
9. Holed/ corroded scupper lines from main deck to overboard, when passing through the holds
10. Corroded or damaged top side ballast tanks
11. Corroded or damaged lower hopper area of the ballast water tanks.
12. Corroded or damaged tank top area

Action required, other than good maintenance of hatch covers, to prevent any kind of water ingress to cargo holds:

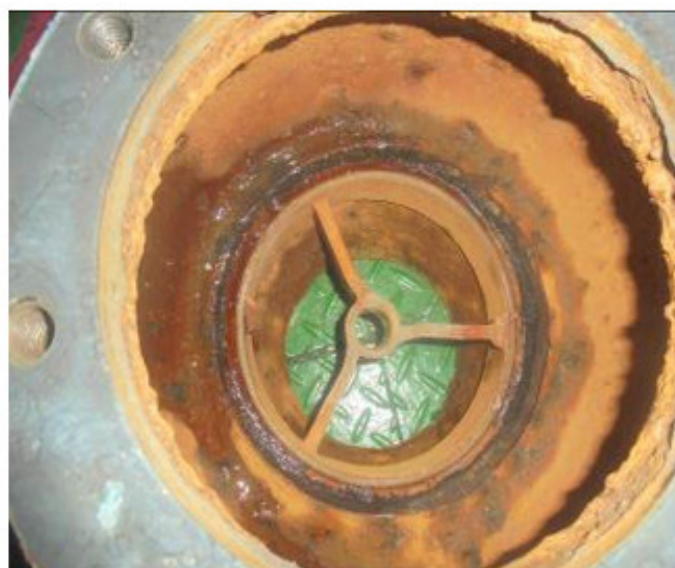
- a. Securing of hold bilge eduction system, every time after its use - as the general service (GS) pump, used for the purpose, is also operated for fire line, ballasting / de-ballasting, ejector line for FW Generator, etc. At least 2 nos. of non-return valves are provided for each hold bilge eduction line to prevent back flow of sea water to cargo holds. However, they may malfunction due to various reasons and it is important that

all line valves are fully closed after hold bilge operation is over.

- b. Pressure test of the entire hold bilge system to be carried out prior each loading of sensitive cargo or once every 3 months, whichever is earlier. This can be done easily by removing the non- return lead of main hold bilge suction to eductor and applying fire and GS pump pressure of 5 bar after the hold cleaning job is over and prior securing the bilge well cover.
- c. Periodical pressure testing of the hold ballast line valve. We need to keep the ballast main under pressure while inspecting the hold ballast well for any leaks past ballast valve, kept in shut position.
- d. Renewal of packing for manhole door for hold ballast well manhole door packing whenever noticed any sign of deterioration.
- e. Ensuring that any manhole cover opened for inspection or cleaning of water ballast tank is securely closed and all bolts fully tightened. Replace the old or damaged packing as needed.
- f. To follow proper ventilation procedure for relevant cargo as mentioned in the voyage instructions / shipper's declaration and bulk carrier practices manual.
- g. Regular inspections during normal operation and during drydocking repairs to rule out item 5 to 12 as listed above.



Damaged wheat cargo due to water ingress



Damaged main hold bilge suction N/R valve

ENVIRONMENTAL NEWS

New Source of Global Nitrogen Discovered

A study from the University of California, Davis has found that more than a quarter of the nitrogen supply comes from the Earth's bedrock. This discovery is a new era for science as scientists previously believed that the Earth's 'limited' supply of nitrogen comes from the atmosphere.

Science has, for centuries, illustrated that all nitrogen found on Earth can be attributed to the atmosphere. However, this new study has found that more than a quarter of nitrogen comes from the Earth's bedrock. The study revealed that up to 26% of the nitrogen found in natural eco – systems is derived from rocks. The remaining nitrogen then comes from the atmosphere.

Prior to this discovery, the contribution of nitrogen to all activities and processes related to the human use of land, were unknown. But this newly identified source of nitrogen has presented many benefits as now climate change estimates which rely greatly on understanding the carbon cycle can be improved. It can also feed the carbon cycle on land therefore allowing eco – systems to entice more nitrogen emissions from the atmosphere.

Nitrogen is a significant source of nutrition to soils and eco – systems all over the world. The agricultural industry, in particular, farmers and gardeners rely on nitrogen for the growth of crops and plants. Eco – systems need nitrogen amongst other nutrients to absorb pollution from carbon dioxide. This discovery has led researchers to believe that this presence of nitrogen may have contributed in the fostering of fossil fuel carbon dioxide emissions in forests and grasslands. The presence of nitrogen in the Earth's bedrocks explains how natural eco-systems like boreal forests have high levels of carbon dioxide.

However, not all rocks can seep nitrogen. The availability of nitrogen is determined by weathering or exposure to the atmosphere. This can be both chemical and physical such as when minerals react with rainwater or due to tectonic movement (movement of the Earth's plates). According to the study, vast lands in Africa are devoid of nitrogen – rich bedrock while mountainous regions such as the Himalayas and Andes are estimated to be significant sources of rock nitrogen weathering.

The study therefore suggests that mapping nutrient

profiles in rocks to their potential carbon uptake could drive conservation considerations as areas with higher levels of rock nitrogen weathering may be able to isolate more carbon. Geology can have a huge control over which systems can take up carbon dioxide and which do not, thus guiding decisions in regards to conservation.

While researchers say that the discovery does not hold immediate implications for the agriculture industry, previous work indicates that background nitrate in groundwater can be traced back to rock sources. However, more research is needed over time to better understand this.

In the meantime, the discovery of nitrogen in the Earth's bedrock shatters the belief that the ultimate source of nitrogen was from the atmosphere. This is a new discovery for science and has since opened up a new avenue of research that can bring about a positive change towards the climate change direction as well as a better understanding of nitrogen as a nutrient.



MIND YOUR BODY

Exercise, The Best Defense Against Genetic Heart Disease

Exercise is the best way to keep one's heart healthy. New findings from the American Heart Association have found that this is also applicable to individuals with a genetic vulnerability for heart disease.

Heart diseases includes conditions such as coronary artery disease, heart rhythm problems, congenital heart defects etc. It is often used interchangeably with "cardiovascular disease", which generally refer to conditions that involve narrowed or blocked vessels resulting in a heart attack, chest pain or stroke. Such diseases are caused mainly due to poor lifestyle habits. At the same time, it can also be hereditary. While plenty of research has been amassed towards the effect of exercise on the prevention of lifestyle – related heart diseases, less is known about the effect of exercise in a person with family history of heart diseases.

Data assessed from nearly half – million people from the United Kingdom Biobank public health database showed that better fitness and having an active lifestyle reduced risks for heart attacks and stroke. This included people with increased chances of heart disease due to genetic causes. The data assembled participants from the ages of 40 to 69. These participants wore wearable motion detectors and utilized the treadmill as well as a grip strength machine or a hand dynamometer for

objective measurements. Participants also had varied genetic risks of heart disease with different levels of physical activity.

The study showed that participants deemed with a high genetic risk who led physically active lifestyles were associated with a 49% lower risk for coronary heart disease. They also had a 60% lower risk of facing irregular and rapid heart rates in comparison to high – risk participants with low fitness levels.

Participants with a medium genetic risk and the strongest grip measurement on the hand dynamometer were 36% less likely to develop coronary heart disease. This group also had a 46% reduction towards facing atrial fibrillation in comparison to medium - risk participants with a weaker grip measurement.

Therefore, it was observed that even though one may possess a high genetic risk towards cardiovascular diseases, being physically active may reduce risk levels. While the study does not address which type or amount of exercise aids in reducing the risk of genetic heart disease, leading an active lifestyle certainly helps in keeping one healthy overall. As this is an observational study to establish trends, further detailed studies will be required for determining causal connection however the analysis from the data is worthy of consideration

for health guidelines.

Individuals seeking to increase their level of physical activity should always consult a physician for a proper and professional plan that is optimum for the individual's overall health. Alternatively, they can always start simple with basic stretches and less strenuous forms of exercises. According to the National Heart, Lung and Blood Institute (NHLBI) in the United States of America, one's heart health can improve with just thirty minutes of exercise done on most days. Exercise also has plenty of other benefits such as lowering blood pressure and cholesterol levels, weight, energy levels and improving mood levels thus improving overall physical and mental health.



NEW JOINERS

SIMS Cadets Joining the Fleet as Officer

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



- | | | | |
|-----------------------------------|-------------------|----------------------------------|----------------|
| 1. JO SARATH PRASAD | MAEA | 11. JE DARSHAN DILIP BHATT | MARLIN APATITE |
| 2. JO PIYUSH RAVINDRANATH DUBEY | RED EAGLE | 12. JE PRASSANNA V S RAGHAVAN | SANTOS |
| 3. JO PRABHJOT SINGH MAAN | CRIMSON KNIGHT | 13. JE HARSHAL SHRIVASTAVA | ZARIFA ALIYEVA |
| 4. JO JOBIN JOHN MARY | LAPEROUSE | 14. JE PRASHANT KUMAR GUPTA | UACC EAGLE |
| 5. JO AKASH VERMA | CARTAGENA | 15. JE GIRENDRA SOLANKI | ST. GERTRUD |
| 6. JO HARISH HARIHARAPUTHRAN | CHEM HELEN | 16. JE SHARAD VIJAY GUPTA | ALPINE MOMENT |
| 7. JE CHAITANYA BURRALA | CRIMSON MAJESTY | 17. JE MANISH KUMAR | ALPINE MIA |
| 8. JE SUYAMBU LINGESH IYYATHANGAM | MARLIN AQUAMARINE | 18. JE GOKULA KANNAN MALAISELVAM | THE SHERIFF |
| 9. JE PARUL MITTAL | FORRES PARK | 19. JE CHETAN N SOMASHEKAR | GSW FIGHTER |
| 10. JE SHASHANK SHRIRANG NANAWARE | GSW FORWARD | | |

HAPPY BIRTHDAY!

CREW BIRTHDAYS

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

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL
MST RAJEEV KUMAR	25/07	EAGLE EXPRESS	30 AJEX ELDBOSE	29/07	CRIMSON MONARCH
MST RUDRA KUMAR	01/07	SAMRAA ALKHALEEJ	CE YOGESH KAMALAKAR NAIK	30/07	CARTAGENA
MST GIRIDHARI PRASAD	01/07	UACC RAS LAFFAN	CE JOE PIEDADE RUDOLPH PEREIRA	27/07	FS ENDEAVOR
MST ONKAR RAI	05/07	IVY GALAXY	CE AKSHAYA KUMAR SUKAL	26/07	ZARIFA ALIYEVA
MST MANOJ KUMAR PANDA	02/07	FS DILIGENCE	CE KANNAN VARADHAN	09/07	NORD TITAN
MST NEERAJ GUJRAL	16/07	CRIMSON MAJESTY	CE CHANDAN KUMAR SINGH	22/07	PALANCA MIAMI
MST RASHPAL SINGH DHALIWAL	27/07	PALANCA MAPUTO	CE RAJIV KUMAR SINGH	01/07	UACC HARMONY
MST VINIT KUMAR	01/07	GSW FABULOUS	CE SIDDHARTH PALIWAL	21/07	MARLIN AQUAMARINE
MST BHUPENDRA SINGH	10/07	RED EAGLE	CE SHYAM SREENIVASAN	09/07	RED EAGLE
MST NACHIKET MANGESH WARTY	21/07	CRIMSON MONARCH	CE ROHIT KAKKAR	02/07	LR2 POLARIS
CO VINOD KUMAR	25/07	MARLIN APATITE	2E NITIN CHANDER ARORA	29/07	GSW FUTURE
CO SHORYA GUPTA	16/07	ARAGO	2E JAYA PRASAD PREM KUMAR	27/07	LR2 POLARIS
CO NAVNEET KUMAR	11/07	UACC RAS LAFFAN	2E RAHUL AGRAWAL	03/07	RED EAGLE
CO AMAN SINGH RAWAT	11/07	LR2 POSEIDON	2E BETRIO JULIUS KASIUHE	15/07	EXECUTIVE VALOUR
CO VINAY YADAV	24/07	GSW ADVENTURE	2E BHARAT BHUSHAN	17/07	MARLIN AMBER
CO KARAN CHAUDHARY	03/07	ALPINE MOMENT	2E RITESHKUMAR RAMJIVAN PUROHIT	25/07	DREGGEN
CO PANKAJ VERMA	09/07	SAMRAA ALKHALEEJ	2E VIKAS PUNDLIK JADHAV	10/07	ALHANI
CO MOHAN RAM KHILERY	01/07	DREGGEN	2E MARTIN LALAGUNA MAGSAKAY	12/07	ROYAL SAMURAI
20 SAILESH	10/07	ALJALAA	3E ANTO KURUPPASSERY KURIAN	10/07	LAPEROUSE
20 SUNIL KUMAR	24/07	AFRA WILLOW	3E HARINDER SINGH	28/07	AFRA WILLOW
20 ROHAN SUNIL MENON	27/07	NORD TITAN	3E RAJU PAULRAJ	30/07	SAMRAA ALKHALEEJ
20 RISHU RAJ	08/07	YAMABUKI	3E ASWIN MOHAN KALLAT	01/07	AFRA OAK
20 SAVITOOZ SINGH	08/07	LUBERSAC	3E PARWINDER SINGH	04/07	KIKYO
20 JOEMON THOMAS	18/07	CLAXTON BAY	3E KUMARGIRISH PITAMBAR SONAWANE	24/07	E PIONEER
20 ROHINI PRAVEEN MYLAPALLI	20/07	AFRA HAWTHORN	3E MANDEEP SINGH	16/07	MAREX NOA
20 PAWAN SINGH RAWAT	17/07	CRIMSON MAJESTY	3E AMIT KUMAR	04/07	ALJALAA
20 HAROLD DIZON MANALO	23/07	ROYAL SAMURAI	3E ARUN PURUSHOTHAMAN	05/07	AFRAMAX RIVIERA
30 AKSHAY BANSAL	14/07	IVY GALAXY	4E LIMUELL DAMEG BISENIO	26/07	ROYAL SAMURAI
30 LESTER MORANDANTE PAJE	31/07	BITUMEN EIKO	4E SREESHANKER MURALY	31/07	AFRA HAWTHORN
30 DINESH JAKHAR	03/07	IVY GALAXY	4E ROHTASH KUMAR	04/07	FORRES PARK
30 KULDEEP KUMAR	05/07	ARAGO	4E RAHUL BHIMRAO KHUSPE	10/07	AFRA WILLOW
30 SREEKUMAR KUNNATH	08/07	KOBAI	4E JATIN MALIK	26/07	ERIA COLOSSUS
30 RALPH VINAS BAZAR	30/07	NEW GRACE	4E AARISH BAJAJ	11/07	LUBERSAC
30 PRAKASH SINGH BISHT	01/07	SAMRAA ALKHALEEJ	4E TIMOTHY JOSEPH ARROYO ARRIOLA	20/07	NEW HORIZON
30 ROHIT MAHESH DOBHAL	03/07	GOLDEN AVENUE	4E PEDRO PAULO DA SILVA MESQUITA	26/07	SANTOS
30 HARIKRISHNAN ANIL	16/07	ALHANI			

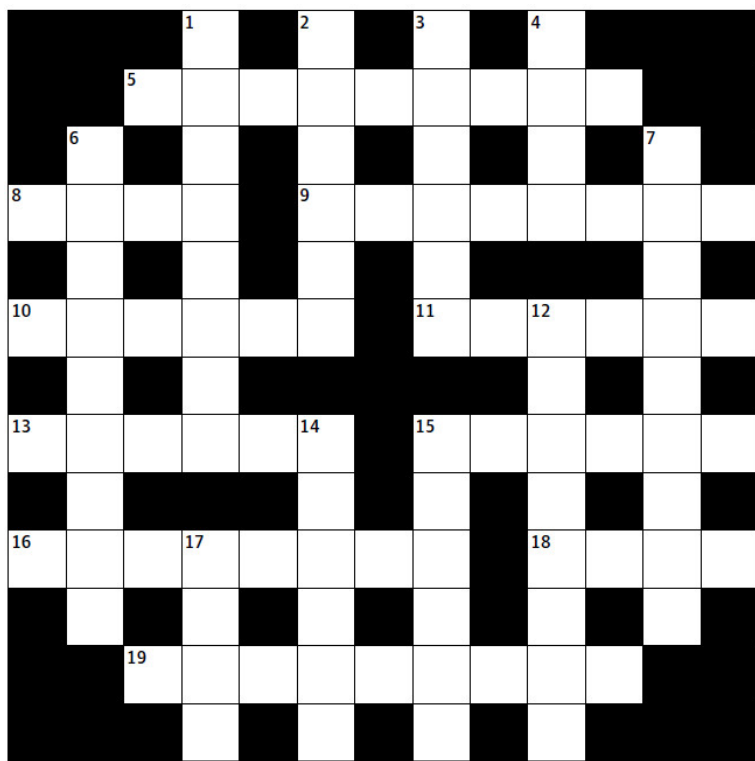
PUZZLES ANSWERS FOR ISSUE 158



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

PUZZLES

CROSSWORD PUZZLE



Across

- 5 Target of abuse (4,5)
- 8 Tie (4)
- 9 Fine thread (8)
- 10 Keep several things going at the same time (6)
- 11 Style of hat for a woman (6)
- 13 Buddhist chant (6)
- 15 Someone who finds pleasure in hurting others (6)
- 16 Unexpected piece of good luck (8)
- 18 Hang over, menacingly (4)
- 19 Large hoofed animal with a very thick skin (9)

Down

- 1 Work extra hard to achieve something (4,1,3)
- 2 Smother – suppress (6)
- 3 Characteristic of the French (6)
- 4 Much valued – fruit (4)
- 6 Using compressed air (9)
- 7 In a difficult situation? (2,3,4)
- 12 US flag (3,5)
- 14 Indifference (6)
- 15 Food dishes, often tossed and dressed (6)
- 17 Take a gun from its holster (4)

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

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.



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 2018 TO SEPTEMBER 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	23 Jul
Specialized Training on Chemical Tanker Operation (CHEMCO)	12 days	10 Jul, 13 Aug
Specialized Training on Gas Tanker Operation (GASCO)	11 days	25 Jul, 27 Aug
Ship Manoeuvring Simulator (SMS)	5 days	23 Jul, 27 Aug, 24 Sep

SIMS LONAVALA STATUTORY - DG APPROVED COURSES

COURSE	DURATION	DATES
Electronic Chart Display and Information System (ECDIS)	5 days	02 Jul, 06 Aug, 03 Sep
Engine Room Simulator - ML	5 days	09 Jul, 20 Aug, 17 Sep
Engine Room Simulator - OL	3 days	16 Jul, 27 Aug, 10 Sep
Free Fall Lifeboat (FFLB)	2 days	24 Jul, 28 Aug, 04 Sep

SIMS MUMBAI - OFFSHORE COURSES

COURSE	DURATION	DATES
Basic H2S (OPITO Approved)	½ day	On Request
DP Basic (N.I Approved)	5 days	09 Jul, 23 Jul, 13 Aug, 27 Aug, 13 Sep, 24 Sep
DP Advanced (N.I Approved)	5 days	02 Jul, 16 Jul, 06 Aug, 20 Aug, 03 Sep, 17 Sep
DP Maintenance	5 days	Every Monday

SIMS - VALUE ADDED COURSES

COURSE	DURATION	DATES	COURSE LOCATION
FRAMO Cargo Pumping System (FRAMO)	3 days	02 Jul, 06 Aug, 03 Sep	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	23 Jul, 27 Aug, 24 Sep	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
Furuno ECDIS	2 days	On Request	Mumbai / Chandigarh / Kochi / Kolkata

SIMS Advantage

- State-of-the-art training facilities
- Central booking for all courses from Mumbai
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- Reasonably priced accommodation available close to Mumbai campus
- Transportation and hostel facilities at Lonavala
- Online booking facilities on www.samundra.com
- SIMS introduces "Interpersonal & Leadership Skill" one day training.
- SIMS offers Navigational Training on full mission bridge simulator for Dover, Messina, Gibraltar, Singapore and Turkish Straits.
- We conduct the "ECDIS SIMPLIFIED" one day course for seafarers, auditors and inspectors.
- We also conduct FURUNO ECDIS Course at SIMS Kolkata

Advt_37

For Course Bookings, Please Contact:

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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,
Vyttila PO, Kochi 682019
<https://goo.gl/maps/YyTjJahBk32>

AWARDS AND ACCOLADES

Executive Incentive Awards for 2nd Quarter 2018



Executive Incentive Awards for Catering Crew: Best Cooks

- | | |
|----------------------------------|-----------------|
| 1. Narendra Kumar Sethi | Great Manta |
| 2. Sudhakar Singh | Victoire |
| 3. Chandan Singh Rana | Salaminia |
| 4. Pramod Kumar Pookkalath | Red Eagle |
| 5. Suman Prasad | Laperouse |
| 6. Shishu Ranjan | Alpine Mia |
| 7. Satyendra Prasad Srivastava | Crimson Monarch |
| 8. Sunilsingh Padamsingh Bartwal | Marlin Apatite |
| 9. Balwan Singh | Uacc Harmony |
| 10. Manoj Mondal | Atlantic Crown |

Executive Incentive Awards for Catering Crew: Best General Stewards

- | | |
|--------------------------------|------------------|
| 1. Alkeshkumar Jivraj | Marlin Apaptite |
| 2. Nileshbhai Devjibhai Jethwa | Aframax River |
| 3. Devendra Babubhai Solanki | Marex Express |
| 4. Xavier Vino | Spruce 2 |
| 5. Dias Nevil | Uacc Eagle |
| 6. Sarvesh Kumar | Adriatic Wave |
| 7. Sandip Biswas | Samraa Alkhaleej |
| 8. Prinshu Verma | Fs Diligence |
| 9. Mayurkumar Jentilal Solanki | Red Eagle |
| 10. Chauhan Jayvant Kumar | African Jacana |

ESM NEWS

A,B,C of Change in Shipboard Security Level

“Sir, I am going to call port XYZ and agent has sent e-mail stating that the port is at security level Two (2). WHAT DO I DO NOW?”

As CSO of the company, I have assisted many Masters with such queries. Irrespective of the many years spent in such a capacity, a new port always poses a different challenge especially the ones which are on high security levels.

It is imperative to be confident regarding the procedures to follow under such circumstances, for example - who to inform, when to raise security level and where to record, etc. We list below few important steps of the process.

WHY DO WE RAISE SECURITY LEVEL?

ISPS Code A/7.6 states that prior to entering a port, or whilst in a port, within the territory of a Contracting Government, a ship shall comply with the requirements for the security level set by that Contracting Government, if that security level is higher than the security level set by the Administration for that ship.

Basically, if the agents tell you that port is on a

higher security level, your vessel is legally bound to increase her security level prior entering that port's limit. Failure to do so will result in a non-conformity.

WHO TO INFORM ON RAISING SECURITY LEVEL?

1. When changing (raising/ lowering) the security level prior entry/ departing port limits, the respective Flag State has to be informed by vessel. The exception to this is Marshall Islands flag which does not want information in this regard.

2. The email should be addressed to the party under “National Authorities responsible for Ship Security ” of the respective flag-state provided in Annex 1 (ISPS Contact list CD) of the Ship Security Plan. Message should be sent at the time of changing the security level with date/time and position.

3. When informing them, the HSEQA Dept. (CSO/ Alt. CSO) has to be kept in copy using the “... vcgqa@...” email ID.

WHEN TO RAISE / LOWER THE LEVEL?

Ship security level has to be raised prior entering the port limit (12 nm off coast in case not mentioned in chart or any publication) and to be lowered only after exiting the port limit.

Informing flag state and company has to be done during the fact of actual raising and lowering of security level.

WHERE TO RECORD?

Any change in the security level (raising or lowering) has to be recorded in security form S4 (Changes in security level) and to be filed in the Master's file MS-1.

The communication received from agent, flag state and Company have to be filed along with S4 as an evidence that the complete procedure has been followed.

WHAT TO DO?

Vessel should enhance the Security measures in line with requirement for security level 2 as per Ship security plan.

ESM NEWS

Salute the Stalwart of ESM's Quiet Success Story

"Our July edition of the Executive News Bulletin brings the stories of ESM Delhi's Ms Anu Gupta and ESM Singapore's Captain Thomas Varghese, both kickstarters in their own capacities, to life."

Ms. Anu Gupta

Having been a part of the beginning of ESM's foray into Delhi, Ms. Anu Gupta, Senior Manager, Recruitment, has since spent seventeen fruitful years in the company. Her contribution in the growth and expansion of the Delhi region offices has been rock solid. She shared snippets of her time and experience with us in an interview.

Equipped with prior experience from a conventional ship management company, Anu was the one of the first few employees at ESM Delhi. As a small boutique ship management company in its growing stages, Anu was presented with tremendous opportunities for contribution.

"The kind of roles I got here provided me with plenty of exposure", she recalls, "I do not believe that I would have ever experienced this kind of learning curve anywhere else".

From the very beginning, Anu multi-tasked between the recruitment of seafarers within a large city like Delhi and running the field office itself. It was a huge challenge recruiting for a relatively new company, she shared. However Anu received enormous support from the late Captain Deware, an individual whom she highly accredits throughout. Although being a non-mariner, her working knowledge from previous company and familiarity with processes, helped her in establishing many documentation protocols in her new role at ESM.

Confessing to be initially surprised at the trust bestowed on her by the management with independent decisions, Anu admits that it was truly an enriching experience. "I never realized how much I had truly learnt from working and what I actually knew to implement it as a process here."

Her responsibilities and challenges have transitioned since, "I remember, when I joined, the company had a few vessels under its management and I used to manage all jobs myself. But the company has since multiplied." She added, "As we grew, we added more people in the team. And that is really the challenge for

me now, people management", she says with a hint of pride in her voice.

Working and liaising with Anu from the Mumbai office, Resident Director, Mr S.M Iyer, notes "Anu has been the pillar of ESM in North India since its inception". He praised her efficiency and the expertise of the office under her management, stating "Anu has been handling the show so efficiently that we never felt the absence of a mariner to head the Delhi office. In fact ESM Delhi is the only office headed by a non - sea farer. Apart from recruiting, Delhi office handles a lot of visas and supports satellite offices like ESM Chandigarh as most of the consulates and other government offices are located in Delhi. All these operations are carried out efficiently under the guidance of Anu."

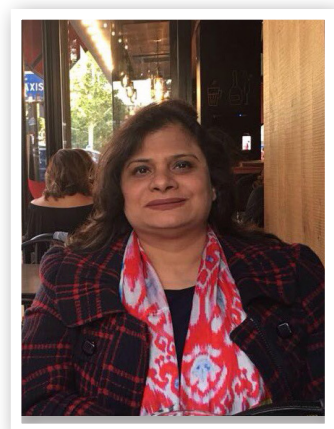
The daily activities of Anu's job as a Senior Manager includes her running the Delhi office, which at times, she shares has been single-handedly handled by herself in the absence of superintendents. She also closely monitors the availability of seafarers for upcoming requirements, keeping in mind their travel plans as well as ensures her personal availability to respond to queries and ease doubts from families of the onboard officers. She also mentors a team of both men and women, honing their skills while remaining both encouraging and affable.

And she does her job well indeed, Captain Sumit Sahni, General Manager, who worked closely with Anu during a brief stint at the Delhi office,

commends her contributions to the company. He says, "Ms Anu is an asset to the company with her excellent mentorship to her juniors, cordial relations with onboard officers and their families as well as her good rapport with many embassies. A pleasant relationship that has helped immensely when work has to be expedited."

Speaking of her motivation to continue her best in the company, Anu said, "I have always known that I was working with truly good people who are incredibly supportive." During her long years with ESM, she also observed many incidents where she witnessed little gestures of kindness by the company that went a long way for fellow employees. "The company truly takes care of its people, onshore staff and seafarers alike", she says with conviction, "the company prioritizes mutual respect and safety among seafarers", she adds.

Concluding our interview, Anu shares lightly yet on a sentimental note, "ESM has always been a second home to me."



"ESM has always been a second home to me."

ESM NEWS

Capt Thomas Varghese

From a sailing master to a marine superintendent is indeed a big and challenging leap, which Capt. Thomas took over a decade back. Today, when as a General Manager, Vetting & Operations, he leads a team of experienced marine superintendents to oversee and guide day to day marine operations, we are delighted to share his side of the story through an interesting interview with our editorial team.

Chemical vessels have been his forte, having sailed on them extensively and managing the day to day operations with many critical cargoes on board. Capt Thomas Varghese joined ESM fleet in 2005 and sailed with chemical tanker, North Challenge, for a year before moving bag and baggage and a highly supportive wife to ESM, Singapore as Marine Superintendent for the Vetting & Operations department. Rest is history, as he took over the challenge and the transition head on.

Capt Thomas takes immense pride in his work ethics and high professional standards which he maintained on board the vessels he sailed and once he joined ashore. For a barely seven years old company with a growing tanker operation, Capt Thomas successfully launched his shore life sharing a close relationship with technical and quality team and guidance from the seniors.

Speaking about Capt Thomas's journey in ESM, Capt Arun, Group Director HSEQA, wholeheartedly agrees – "Capt Thomas was the logical choice to fill in the role of a Marine Superintendent for Vetting and Operations.

He'd previously impressed us with his work ethic, Chemical tanker knowledge, maturity and capability. From the very beginning onshore, he built up enormous goodwill and excellent rapport with the vessel's owner and oil majors."

Reminiscing his career achievements, Captain Thomas pointed out, "Initially, we sought hard to improve our observations and today we have achieved a score of 2.34 vis a vis an industry average of roughly 3.1, which is a great achievement".

He was indeed extremely proud of the increased level of awareness amongst the seafarers with regards to chemical exposure and incidences, which has been a result of continuous and meditated campaign and hard work by the company and his team, he felt.

Mr Arvind Saxena, Assistant Managing Director, ESM, added, "Capt. Thomas is the back bone of our operations team. His expertise on chemical tankers' operations is an asset to the company." He further observed, "Apart from being a good professional, he is an avid sports enthusiast. A keen runner and Mountaineer, I wish him all the best to scale Mt. Everest one day".

Concluding our interview, Capt Thomas says, "Over the years, the company has grown, becoming well-recognized as an industry leader and a significant player in the tanker industry. We are known for our excellent performance and unmatched service quality. The company has also placed themselves for the next layer of growth by placing high – achievers and deserving candidates in leadership roles to steer the organization to greater success."

To him, ESM is and has been a great place of work as hard work does not go unrecognized. "It has been a fruitful many years, I am thankful for the opportunity that I received and I believe that the next wave of growth in the company will be very interesting." he adds enthusiastically.



"It has been a fruitful many years, I am thankful for the opportunity that I received and I believe that the next wave of growth in the company will be very interesting."

FS Endeavor Celebrates International Yoga Day

International Yoga Day on the 21st June'18 was celebrated with great enthusiasm by the crew at FS Endeavor led by Capt. Mahendra Singh.

The activities included meditation, Yogasanas and Pranayama (breathing exercises) for a sound body and mind.

At the event, Captain Mahendra Singh explained the importance of the day which was followed by a session on meditation conducted by Third Officer Pankaj Kaushal. The crew practiced

Pranayama after Fifth Engineer Rahul Bamanian demonstrated the right technique whilst Deck Cadet Yashwant Sutar presented few simple yoga asanas for everyone. The participating crew from all levels, was highly appreciative of the event.

We congratulate Master – Capt Mahendra Singh and Chief Engineer Mr. for the initiative in making such efforts for crew onboard.



SIMS Lonavala celebrates combined graduation of B.Tech & DNS cadets

Chief Guest, Capt Sumit Sahni, General Manager ESM Mumbai, as well as faculty and senior personnel from ESM Mumbai were present to celebrate this occasion. At the valedictory speech, Capt Sumit advised all cadets to be persistent with the necessary virtues of discipline and hard work as inculcated at SIMS, in their upcoming seafaring careers.

In fact, SIMS award scheme for the graduating cadets are based on recognizing such qualities as imperative and grooms its cadets into a well-rounded seafarer with equal proficiencies in academics as well as hands-on skills. Cadet Albin from DNS24 batch and Cadet Ravindra Gangwar from B.Tech05 were adjudged Best Cadet in respective batch owing to their well round achievements and competence.

Capt Sumit, concluded his encouraging speech by spurring the cadets to be confident and determined in achieving success with a positive mindset, "Your biggest assets are your enthusiasm that enriches with your positive thinking. Never lose hope, keep cheerful and put the best possible efforts with your total

involvement, have confidence in you and you are the winner", he added.

Best Orator award winner Cadet Vishal Singh (DNS 24) concluded the celebrations by delivering a vote of thanks to the management, faculty and supporting staff. The graduated cadets now look forward to their placements on-board vessels managed by Executive Ship Management (ESM) in the months to come.

BTech 05 batch Prize List

Best Cadet	Ravindra Gangwar
Best in Academics 1	Shubham Nath
Best In Academics2	Mohammed Ansari
Best In Academics3	Gaurav Barbhai
Best Hands On Training	Sai Durga Malleshwar Thota
Most Popular Cadet	Manish Kumar
Best Cadet Captain	1. Harmandeep Singh. 2. Suryansh Dhir Pant
Best In HSSE	Jayesh Patil
Best Music	Ishan Lohani
Best Orator	Avinash Srivastava
Most Popular Cadet	Manish Kumar

DNS 24 batch Prize List

Best Cadet	Albin
Most Popular Cadet	Vighnesh Joil
Best Cadet Captain(A Section)	Rahul Bawa
Best Cadet Captain(B Section)	Sushant Poojari
Best in Academics	Karan Bharat
1st Runner up in Academics	Pranay Arora
Best in HSSE	Rounak Agrwal
Best in Hands on Training	Anugrah
Best in Stability and Construction	Harish
Best in Navigation & Chart Work	Karan Bharat
Best in Marpol & BME	Aman Singh
Best in Cargo work, Seamanship & SWP	Abhiram Menon
Best in Bridge Equipment WK and Meteorology	Abhiram Menon
Best in Maritime Comm & Emergencies	Karan Bharat
Best in Mathematics(Over all)	Abhishek Sharma
Best in applied science	Aman Singh
Best in English, MH & HF	Harish
Best Sportsman	Saurav Joshi
Best Orator	Vishal Singh



Specialized Tankers Added to ESM Fleet

Four tankers- two oil including a VLCC, one chemical and LPG carrier joined the fleet in the month of June keeping the management teams both at respective ship and ashore busy, enthusiastically taking part in the expansion of the ESM fleet.

We congratulate the Master, Chief Engineer and the entire crew of each ship for smooth and professional takeover of their respective ship, and wish fair winds and safe sailing for their voyages ahead.

Hearty congratulations to Captain Mohan Singh Tur, CE Mithun Chand Ramachandran Nair, CO Arun George Antony, 2E Inderjeet Singh Sohi and the entire crew for successful takeover of Bitumen tanker The Sheriff on 19th June at Nanjing anchorage, China.

Hearty congratulations to Capt. Mukesh Kumar, CE Hasan Mohammad Mozahir, CO Jithin Varalil, 2E Bhagwan Swaroop Sharma and the entire crew for successful takeover of oil tanker Azerbaijan on 22nd June at Malta.

Hearty congratulations to Capt. Sayan Chaudhuri, CE Swayam Prakash Tiwari, CO Vikash Godara, 2E Tirumala Buddana and the entire crew for smooth takeover of oil tanker Princess Mary on 25th June at Yeosu, South Korea.

Finally, hearty congratulations to Capt. Sunil Raikar, CE M.Vinay Kumar Nair, CO Ravi K Susarla, 2E Amit K Gupta and their team on board for a successful and efficient delivery of new building LPG tanker Joseph Wisdom on 29th June from shipyard Shimozu, Japan.





EXECUTIVE
NEWS BULLETIN

The logo features a stylized flag icon on the left, composed of blue and white wavy lines with a white star. To the right of the icon, the word "EXECUTIVE" is written in a bold, blue, sans-serif font. Below "EXECUTIVE", the words "NEWS BULLETIN" are written in a bold, orange, sans-serif font, with the letters spaced out.