



## MAIN NEWS

### SIMS Conducts Inter-Collegiate Olympiad at the Lonavala Campus

SIMS hosted its second Pentathlon championship this February at its Lonavala campus after the grand success of the inaugural event last year. Enthusiastic participants from various leading maritime Institutes of the country took part in the competitions that tested various seafaring and interpersonal skills.

The championship is in line with the Institute's vision of building a strong maritime community and developing future leaders in the industry. The Olympiad involved the participating cadets showcasing their navigation, workshop, firefighting, swimming, professional (Quiz) and stage skills.

Highly engaging tasks such as draft reading with challenging simulated scenarios, handling

tools for operations such as gasket cutting, pitch calculation using thread gauge and hacksaw cutting were accomplished by the Teams in record time. Cadets also displayed teamwork in the Firefighting competency evaluation as they connected hoses and arranged apparatus. Whilst the swimming competition assessed two cadets from each team in performing a relay race in backstroke wearing a life jacket and freestyle back, the Quiz round tested marine knowledge and mindfulness.

Most competitions examined team work, leadership and interpersonal skills amongst the cadets and the final task of presenting a Skit on



"Team work at Sea" explored the message in inspiring each participant and audience member. Participating teams performed outstandingly in each task and SIMS was highly appreciated for their initiative.

Mr. Sanjeev S Vakil, CEO Hindustan Institute of Maritime Technology commended the efforts, "Thanks for hosting a wonderful Olympiad. Our cadets were very happy and have been appreciating the efforts taken by you and your team in organizing such a marvelous National event."

*Continued on page 4*

## SAFETY MOMENT OF THE MONTH

### Enclosed Space Entry Aborted

*\*\* 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 tanker was in port to undergo a class survey. Cargo and ballast tanks had been opened and cleared for both entry and inspection. A class surveyor, a crew member and a technician entered the Ballast Tank No 4 Port. Inspection work was in progress when water started to enter the tank from the opened deck manhole. Inspections were aborted by the class surveyor, crew member and technician as the attendant officer did not answer their call. They came out from the tank without injury.

Upon investigation, it was found that the enclosed space attending officer had been called

to the cargo control room. While he was away from his assigned duty, ballast water overflowing from the air vent of another tank had spilled along the deck and then drained down the open manhole of Ballast Tank No 4 Port.

#### Lesson Learned

- Never leave the entrance to an enclosed space unattended especially if there are people inside.
- Simultaneous operations such as ballasting and de-ballasting while also inspecting ballast tanks can introduce unnecessary risks to the operation, hence these should be avoided.



## Letter of the Month



It's not just the new ship deliveries that kept the teams busy in the month of February, the shortest month in the year, but also many other activities. The newsletter for March will provide a glimpse of the various activities, events as well as how competently and professionally they were handled all through. We hope that you enjoy reading ahead.

While we are happy to announce the beginning of a new chapter in Athens headed by Mr. Aristidis Efstathiou, we are very proud of the rescue of stranded fishermen by the crew of Afra Hawthorn. This shows the professional seamanship practiced by our team on board while we show our similar professional prowess in our business. Our manning team in Mumbai clinched the runners up of the tightly contested cricket tournaments, speaking of the interest and talent of our teams in fields other than their respective jobs.

Well done and we congratulate all participating members on shore and on board for their whole hearted and spirited efforts. SIMS, Lonavala went a step ahead by organizing an industrywide Olympiad for cadets for the second year running. It is in line with the Institute's vision and commitment towards building a strong maritime community within India together with developing world class Indian seafarers. Needless to say, the efforts were unequivocally appreciated by the participants as well as the Indian maritime fraternity in general. Hearty congratulations to the management and the organizing committee headed by Vice Principal, Jims Andrew and Engineering Senior Faculty, Mr. Biju Baben.

Across the country, Indians have always lived on the staple diet of "dal" or lentils with rice or chapati. We are happy to bring out the news from the research projects on the role of dal in our health or rather propagating good health by reducing blood glucose levels. Our health article of this issue will be an eye opener for those who have maligned these sources of nutrients to the poor man's diet.

With a rise in global temperatures, methods to reduce the effects are constantly being explored and our Environment article explores such research on suggested global cooling efforts, an interesting read indeed.

Our Technical article on the maintenance and checks that ensures efficient operation of motors on board will be another interesting read for those responsible or those technically inclined. Do enjoy and let us know your views and comments any time.

Before I sign off, here's wishing all our Indian seafarers a Happy Holi on 21st March. Hope this festival of colours bring joy around us.

Till we are back with our April issue, wish you all a safe voyage and happiness wherever you are.

Sikha Singh

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## TECHNICAL NEWS

## Periodic Maintenance & Checks For Efficient Operation Of Motors On Board

Motors are used onboard the ships as Prime movers for various types of equipment like pumps, fans compressors, Purifiers, etc. They are found in various sizes and shapes. These Motors need to be checked and maintenance carried out regularly in order to avoid failure, prolong their lifespan and perform to optimum efficiency.

Very often these motors are not properly handled or their maintenance ignored. This results in the failing of the motor and being reported out of order at crucial times at mid-sea with no alternatives available.

Planned and timely maintenance should be done on motors to ensure they perform to best of their efficiency at all times. A few important daily checks to be carried out on the running of motor are as below:

- Measure motor full load current.
- Motor winding temperature while running, should be checked and be within acceptable limits. Motor should not run very hot during its operation. Heat generated in motor is taken off by cooling fan. Cooling fan should be checked for proper operation.
- Noise & vibration to be checked. If there is excessive wear and tear, poor lubrication, or dirt build-up at the bearings of the motor, it will give enough indication vide noise and vibration of the motor to say that the motor requires maintenance and such symptoms should not be ignored.

Other Periodic checks and maintenance include:

- Monthly greasing routines to be carried out on the bearings where motors are fitted with open type of bearings and prescribed to be greased at the greasing points
- 3 Monthly Megger test on the motor windings to measure the insulation resistance.
- 6 Monthly maintenance on the contactor's brushes. The contactors should be smooth and polished with no roughness, which may prevent making good contacts. Connections tightness should be checked.

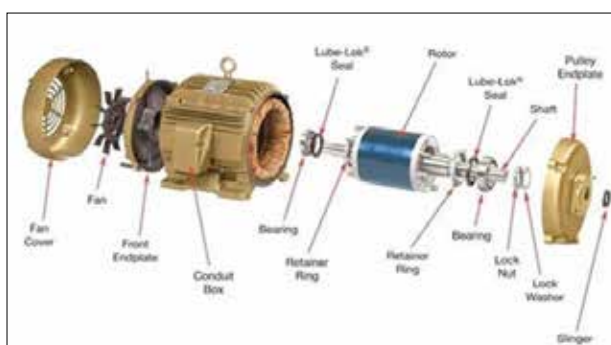


- Other safety provisions (motor overload relay fitted to trip motor when current taken is very high) should be tested. Overload relay should be cleaned properly to remove dust and dirt on top of it and to ensure conduct of better heat transfer from relay.

At 30-36 months' interval the Motor should be overhauled, and maintenance carried out unless there is indication for the motor to be overhauled earlier than this.

During its overhaul, the motors are dismantled as shown in the photos below and internals of the motor is cleaned, and maintenance carried out.

Motors are first removed from place after isolating the equipment and then dismantled. The end covers of the motors are removed from the motor. Carefully the Rotor shaft should be extracted out of the stator as shown in the photo below.



Following points to be noted and taken care of while doing the motor overhaul/ maintenance.

- The end cover of the motors should be checked properly while dismantling and confirmed that the bearing is tight on the housing and rotating inside. If the bearing is rotating in the housing, then shore assistance may be required to machine the cover

and install sleeve or carry out metal spray. This can be also done onboard on Lathe by a skilled fitter. If the bearing is found having clearance with the bearing housing, the tendency to use shims and punch marks on the housing to make the bearing tight fit should be avoided.

- Motor windings should be cleaned with vacuum cleaner, varnish applied to it, dried and boxed back as shown. Before and after Insulation Resistance (IR) value should be checked and there should be improvement in IR value after overhaul. After application of the varnish on the windings it should be dried or baked in the oven.
- The bearings should be always replaced with new ones, if the motor has been running for 30 months. The new bearings used should be as recommended by makers. The new bearings should be kept ready before the motor is dismantled.
- For installation of bearing on the shaft, the bearing should be heated up in the oil bath or dry heating on top of hot plate and inserted. The Bearings should NEVER be pushed by hammering on the outer race. If required light tapping can be done with a hollow pipe of same size on the inner race.
- If the bearings are open type, then enough grease to be applied after installing the bearing end-cover on the shaft with the bearing before putting the bearing housing cover
- Insulated sheathing from motor windings to the motor terminal box should be checked for proper insulation. If sheathing is not proper it may lead to short circuiting and tripping of motor.
- After the windings are baked and the varnish is hardened, the motor can be assembled back. While

boxing up the motor shaft should be checked from time to time by rotating it by hand and ensured that it is rotating freely after the motor is completely boxed up.

- After the Motor is assembled, the insulation resistance shall be measured and ensured that it is showing more than 5 M Ohms. Thereafter the motor should be test run and each winding current measured (in Amps) by the Clamp meter and ensured it is as per recommendations of the manufacturer.

The motor can be then be fitted in place and tried out. Proper maintenance schedule as advised by makers should always be followed to avoid untimely breakdowns.

**MIND YOUR BODY**

# Reduce Blood Glucose Levels With More Lentils



A combined study between the University of Guelph’s Department of Human Health and Nutritional Sciences as well as the Agriculture and Agri-Food Canada has found that swapping starchy dishes for more lentils has a significant improvement on one’s blood sugar levels. This may yet be another means to manage diabetes or to reduce risk of the condition

Diabetes is a chronic condition hence, it is important for people who have been diagnosed or are at risk to monitor their blood glucose levels. Blood glucose comprises sugar found in the blood during digestion in the upper digestive tract. It can vary depending on the starch content of foods consumed. Over time, if unchecked, high blood glucose levels can result in long term or irreparable damage to our nerves, organs and blood vessels. Monitoring one’s diet is key to

maintaining normal blood sugar levels thus, diabetics are encouraged make smarter choices with their diet by consuming nutrient and fiber rich food such as fruits, vegetables, whole grains etc.

Researchers and scientists are constantly looking for ways to both reduce and improve the impact of diabetes on our lives. This recent research from the Department of Human Health and Nutritional Sciences from the University of Guelph as well as Agriculture and Agri-Food Canada found that swapping starchy side dishes for lentils had a significant improvement on one’s blood sugar levels. Replacing half a serving of rice with lentils caused blood glucose to drop by up to 20 percent, and replacing potatoes with lentils led to a 35 percent drop.

The study was conducted on a number of healthy individuals who were given four dishes to consume. The dishes consisted of white rice combined with other forms of lentils; half white rice and half small green lentils, and half white rice and half split red lentils. Researchers measured the blood glucose levels of participants before eating and two hours after. To ensure a fair and realistically applicable test, the

process was repeated for white potatoes alone as well as a separate of potatoes and lentils. This was done bearing in mind that most people generally consume pulses with other starches such as rice and potatoes.

Results showed that participants blood glucose levels fell significantly at a 20 percent decline when half of the starch was replaced with the small green, large green and red lentils. Substituting half a serving of potatoes with lentils led to a 35 percent reduction in blood sugar. Participants’ blood glucose levels too measured similarly.

Researchers have found that pulses such as lentils have components that inhibit enzymes involved in the absorption of glucose. The fibre contained in this level of foods therefore encourage the production of short-chain fatty acids, thereby reducing glucose levels, slowing digestion and the release of sugars found in starch into the blood stream therefore disallowing a spike in glucose levels.

Thus, incorporating more lentils in our diet can lower the risk of developing diabetes as well as help those dealing with diabetes to better manage their diet and lifestyle.

**MAIN NEWS**

## Continued From Page 1

Hearty Congratulations to all the participating and winning teams for their excellent sportsmanship as well as the Organising team at SIMS Lonavala for making the event a grand success. Below are the winning teams in respective categories –

**Workshop Skills**

First Prize - Samundra Institute of Maritime Studies  
Second Prize - Anglo Eastern Maritime Academy

**Professional Skills**

First Prize - Great Eastern Institute of Maritime Studies  
Second Prize - Hindustan Institute of Maritime Training

**Navi /Sea Skills**

First prize - Samundra Institute of Maritime Studies  
Second prize - Great Eastern Institute of Maritime Studies

**Stage Skills**

First Prize - Tolani Maritime Institute  
Second Prize - Samundra Institute of Maritime studies

**Swim skills**

First prize - Great Eastern Institute of Maritime Studies  
Second prize - Tolani Maritime Institute

**‘Efficient Team at sea’ award (Runners-Up Champions) - Great Eastern Institute of Maritime Studies**

**‘Perfect Team at sea’ award (Overall Champions) - Samundra Institute of Maritime Studies**

**‘Best Cadet’ Award (Overall) - Ms. Rubal Khatri, Tolani Maritime Institute**



## ENVIRONMENTAL NEWS

## Can Global Cooling Efforts Truly Reduce Climate Change?

With climate change as a looming threat, scientists have suggested the use of artificial global cooling efforts such as stratospheric aerosol injections to limit carbon emissions and reduce temperatures. While it may have its benefits, researchers from University of California, Berkeley analysed its effect on agriculture, a sector whose production is inter-related with climate change. They found that its effect would not help to offset crop damage showcasing that the overall threat of climate change cannot be countered with temporary solutions.

From 12 - 15 June 1991, several cataclysmic volcanic eruptions of Mount Pinatubo in Luzon, Philippines triggered disastrous results in a densely populated area. It caused landslides, local earthquakes, increased steam emissions and explosions from a pre-existing geothermal area that blasted thee caters on the volcano. Thousand tons of noxious sulfur dioxide gases and ash clouds rose into the atmosphere. Ash at lower altitudes were also spread in all directions due to a coincidental typhoon.

To counter this and limit carbon emissions, nearly 20 million tons of sulfur dioxide or stratospheric aerosol injections were injected into the stratosphere in a global cooling effort attempt. Dispersal of this gas cloud around the world caused global temperatures to drop temporarily from 1991 through 1993 by about 0.5°C. Sunlight too, was reduced at 2.5 percent. Citing this incident as an example, many scientists have since proposed the usage of stratospheric aerosol injections to reduce and alleviate present greenhouse warming effects caused by increased levels of carbon dioxide in the atmosphere.

Injections of stratospheric aerosol injections into the atmosphere causes a small percentage of sunlight to be reflected back to space. This therefore reduces temperatures of surrounding areas by a few degrees. Scientists who have suggested this argue that it mimics a natural process as sulfur aerosols are created by existing natural processes (volcanoes). It is further argued to be a more feasible and cost effective method compared to some of the other suggestions that include weather balloons, space sunshades etc. While such proposals may indeed suggest a potentially effective method to counter climate change, it does not substantiate how this would affect different sectors such as agriculture, health and more. As agriculture and climate change are inter-related, it is important to understand the effect that this global cooling method would have on this sector.

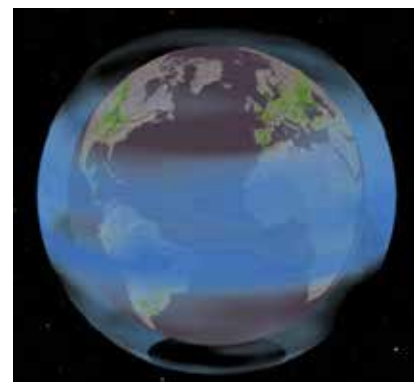
Earlier studies on agriculture have suggested that aerosols may improve crop yields by scattering sunlight and allowing more energy to reach leaves shaded by the upper canopy. Analysing this theory, researchers from the University of California, Berkeley found that injecting such particles into the atmosphere for countering greenhouse effects from climate change would do nothing to offset crop damage.

In this study, researchers linked maize, soy, rice and wheat production from 105 countries from 1979-2009 to global satellite observations of aerosols. They found any improvements from cooler temperatures was negated by lower crop productivity due to the reduced presence of sunlight. Using the past effects of cooling the abovementioned volcanic eruption of Mt Pinatubo and the response of changes to crops in sunlight, they found that the loss of sunlight from this program would

cancel its intended benefits of protecting crops from extreme damaging heat caused by the rise in global temperatures.

Moreover, it would merely serve to slow warming. The overall process therefore would be a non-permanent solution that would negatively impact agricultural productions while barely scratching the surface of addressing climate change. In time, a cost-effective method would further incur unnecessary costs when climate change can clearly be reduced by limiting carbon emissions into the atmosphere.

While these findings are largely negative in relation to agriculture, it certainly has important implications for our overall understanding of climate intervention, or geo-engineering. Although global cooling efforts may or may not prove beneficial for the agricultural industry, it may prove beneficial for another sector such as health and the functioning of natural ecosystems. More research however is definitely necessary to understand the potential, benefits and consequences that such geo-engineering methods may have.



## ESM NEWS

## ESM Mumbai Participates in Bharatiya Nava Sena Union Cup 2019

The tournaments organised by the Maritime Seafarers Union (India), witnessed high energy and participation amongst seven other competing Maritime companies. Team ESM finished Runners Up in both the cricket league finals, putting up a tough fight for the opponents.

Lalit Khairnar of Team ESM was awarded Best Batsman in both the league finals, held on 02nd and 23rd February, respectively, whilst Kiran Wagh was presented as the Best Bowler in the finals of the first league.

Heartiest congratulations to Team ESM Mumbai for the efforts and participation!



# HAPPY BIRTHDAY!

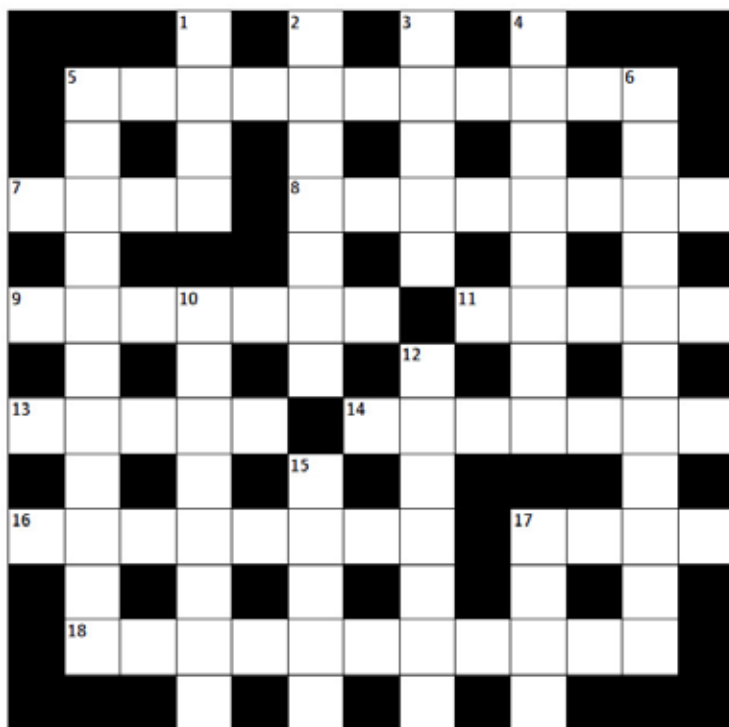
## CREW BIRTHDAYS

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

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL
MST	02-MAR	ADELMO CABRERA LABAGUIS	CE	10-MAR	GEMINI PIONEER
MST	10-MAR	SAGAYA KILARAT D CRUZ	CE	14-MAR	CHEM HELEN
MST	18-MAR	NARENDRA SINGH SOLANKI	CE	25-MAR	FS DILIGENCE
MST	05-MAR	HILTON HENRY BARRETO	CE	26-MAR	SPRUCE 2
MST	02-MAR	JASWANT SINGH	CE	16-MAR	KANALA
MST	09-MAR	DANESH ADAR IRANI	2E	09-MAR	PALANCA CADIZ
MST	01-MAR	SHASHI SHEKHAR SINHA	2E	09-MAR	LR1 CARRIER
MST	18-MAR	AMIT SAHOO	2E	27-MAR	PLATYTERA
MST	25-MAR	KANAK PRABHAKAR	2E	14-MAR	UACC RAS TANURA
MST	01-MAR	PRABHAT KUMAR GUPTA	2E	16-MAR	PRINCESS MARY
MST	06-MAR	KUNAL KASHYAP	2E	22-MAR	MARLIN MAJESTIC
MST	07-MAR	MADHU SUDAN	2E	15-MAR	PALANCA MAPUTO
MST	31-MAR	THOMAS JACOB	2E	17-MAR	MARLIN APATITE
CO	15-MAR	KUMAR GAURAV	2E	30-MAR	PALANCA SINGAPORE
CO	02-MAR	NISHANT RUKHAIYAR	2E	17-MAR	SAMRAA ALKHALEEJ
CO	14-MAR	JORDAN GANDEZA NAVAL	2E	11-MAR	NAVIOS SOUTHERN STAR
CO	17-MAR	MOHAMMAD ZAHID PARWEZ	2E	21-MAR	KOBAI
CO	17-MAR	SHUBHAM BHALLA	2E	18-MAR	CHEM NICHOLAS
CO	27-MAR	UDAYAN	2E	27-MAR	ALPINE MYSTERY
CO	31-MAR	ARCANJO GUILHERME RODRIGUES	2E	22-MAR	BOUGAINVILLE
CO	16-MAR	JESTIN CHACKO	2E	22-MAR	LR2 PIONEER
CO	21-MAR	ABHIRANJAN SINGH	3E	30-MAR	MAETIGA
CO	01-MAR	DHANRAJ CHOUDHARY	3E	30-MAR	CRIMSON MONARCH
20	11-MAR	PRADEEP KUMAR	3E	02-MAR	CHEM NICHOLAS
20	19-MAR	SHASHANK MANOHARLAL CHOUDHARY	3E	09-MAR	LUBERSAC
20	18-MAR	SHOBHIT SHASHIKANT GAJBHIYE	3E	22-MAR	ARIAKE
20	13-MAR	SUNIL YADAV	3E	24-MAR	MAREX NOA
20	08-MAR	MANMOHAN VATTAMATTAM	3E	26-MAR	PIONEER EXPRESS
20	31-MAR	MIDHUN EPHRIM	3E	26-MAR	AMORE MIO
20	06-MAR	HARPREET SINGH	3E	02-MAR	MARLIN APATITE
20	09-MAR	GAGANDEEP SINGH RANOTRA	3E	02-MAR	SANTOS
20	30-MAR	AKSHAY THUWAL	3E	10-MAR	AEGEAN WAVE
20	31-MAR	VIKRAM SINGH	3E	11-MAR	LR2 POLARIS
20	01-MAR	LUIT SAIKIA	3E	11-MAR	MARLIN AQUAMARINE
30	01-MAR	VIKAS KIZHAKKE VEEDU	3E	14-MAR	AEGEAN WAVE
30	21-MAR	CARLO DELA CRUZ ANDRES	3E	14-MAR	NEW HORIZON
30	26-MAR	INKU GEORGE	3E	14-MAR	EVER GENIUS
30	06-MAR	RISHBHANAND PATHAK	4E	25-MAR	UACC SHAMS
30	07-MAR	AMAL SEBASTIAN	4E	07-MAR	CARTAGENA
30	12-MAR	UPJINDERPAL SINGH	4E	07-MAR	CHOLA HARMONY
CE	01-MAR	REYNALDO SAQUITON QUIBILAN	4E	07-MAR	NAVIOS SOUTHERN STAR
CE	13-MAR	RONNIE ESPINOSA ESCUDERO	4E	18-MAR	BITUMEN EIKO
CE	26-MAR	SANJAY KUMAR SINHA	4E	21-MAR	BOUGAINVILLE
CE	24-MAR	KSHEPAK GUPTA	4E	21-MAR	ADRIATIC WAVE
CE	07-MAR	AVIN KUMAR	4E	21-MAR	ANDROKLIS
			4E	10-MAR	VENKATA SATYA RAVI SUJAN MUNJETI
			4E	10-MAR	MOHD ISLAHUDDIN
			4E	10-MAR	EFRAIM OCAYA ROMEY
			4E	14-MAR	GURSIMRAN SINGH SETHI
			4E	14-MAR	PRANAV SUHAS AMBETKAR
			4E	14-MAR	PARMINDERPAL SINGH
			4E	02-MAR	WINNY GEORGE JOHN
			4E	08-MAR	ABHISHEK BOSE
			4E	11-MAR	AKASH RAJKUMAR BANSOD
			4E	11-MAR	ANKIT DWIVEDI
			4E	08-MAR	THE SHERIFF
			4E	16-MAR	CLAXTON BAY
			4E	11-MAR	LR2 ETERNITY
			4E	08-MAR	SANTOS
			4E	10-MAR	MAREX EXPRESS
			4E	14-MAR	ATLANTIC CANYON
			4E	25-MAR	MARLIN MYSTERY
			4E	26-MAR	AZERI GAS
			4E	16-MAR	JOSEPH WISDOM
			4E	09-MAR	LR2 ETERNITY
			4E	27-MAR	LR2 POLARIS
			4E	14-MAR	AFRA LAUREL
			4E	16-MAR	AFRAMAX RIVIERA
			4E	22-MAR	AMORE MIO
			4E	15-MAR	KIKYO
			4E	25-MAR	ARIANE MAKARA
			4E	30-MAR	PLATYTERA
			4E	17-MAR	UACC RAS LAFFAN
			4E	11-MAR	EXECUTIVE COURAGE
			4E	21-MAR	SAMRAA ALKHALEEJ
			4E	18-MAR	AFRA HAWTHORN
			4E	27-MAR	ST. GERTRUD
			4E	22-MAR	GRAN COUVA
			4E	22-MAR	MARLIN AMBER
			4E	30-MAR	NAVIOS SOUTHERN STAR
			4E	02-MAR	MAREX EXPRESS
			4E	09-MAR	AGRIOS
			4E	22-MAR	ATLANTIC CROWN
			4E	24-MAR	EVER GENIUS
			4E	26-MAR	CHEM NICHOLAS
			4E	02-MAR	ST. GERTRUD
			4E	10-MAR	ATLANTIC EAGLE
			4E	11-MAR	ATLANTIC CANYON
			4E	14-MAR	MARLIN AQUAMARINE
			4E	25-MAR	GS FIGHTER
			4E	07-MAR	FS SINCERITY
			4E	28-MAR	MARLIN AMETHYST
			4E	07-MAR	UACC SHAMS
			4E	18-MAR	CRIMSON KNIGHT
			4E	21-MAR	VICTOIRE
			4E	10-MAR	NEW GRACE
			4E	14-MAR	LR2 POLARIS
			4E	02-MAR	GSW ADVENTURE
			4E	08-MAR	RED EAGLE
			4E	11-MAR	THE SHERIFF
			4E	16-MAR	CLAXTON BAY
			4E	11-MAR	LR2 ETERNITY
			4E	08-MAR	SANTOS

PUZZLES

CROSSWORD PUZZLE



Across

- 5 Vodka and orange juice (11)
- 7 Highly excited (4)
- 8 Nonconformist (8)
- 9 Old ship – cooking utensil (7)
- 11 Intense nervous excitement or anticipation? (5)
- 13 Milky coffee (5)
- 14 Cut of beef from the breast or lower chest (7)
- 16 Swift’s land of tiny people (8)
- 17 Sudden jerk (4)
- 18 Huge oil transporter (11)

Down

- 1 Steep rugged rock (4)
- 2 Person moving through water (7)
- 3 Meat jus (5)
- 4 Abroad (8)
- 5 Heavenly archer (11)
- 6 Nelson \_\_, Gerald Ford’s vice president (11)
- 10 Springbok or gnu? (8)
- 12 Narrow-bladed cutter (7)
- 15 Flicker – provoke (5)
- 17 Gag (4)

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

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



## COURSE SCHEDULE - MARCH 2019 TO MAY 2019

### 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	On Request
Specialized Training on Chemical Tanker Operation (CHEMCO)	12 days	On Request
Specialized Training on Gas Tanker Operation (GASCO)	11 days	On Request
Ship Manoeuvring Simulator (SMS)	5 days	25 Mar, 28 Apr, 27 May

### SIMS Lonavala - DG Approved Courses

COURSE	DURATION	DATES
Electronic Chart Display and Information System (ECDIS)	5 days	04 Mar, 01 Apr, 06 May
Engine Room Simulator - ML	5 days	11 Mar, 08 Apr, 13 May
Engine Room Simulator - OL	3 days	18 Mar, 15 Apr, 20 May
Free Fall Lifeboat (FFLB)	2 days	05 Mar, 02 Apr, 02 May

### SIMS Mumbai - Offshore Courses

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

COURSE	DURATION	DATES
Basic H2S (OPITO Approved)	½ day	On Request
DP Basic (N.I Approved)	5 days	04 Mar, 18 Mar, 01 Apr, 15 Apr, 06 May, 20 May
DP Advanced (N.I Approved)	5 days	25 Feb, 11 Mar, 25 Mar, 08 Apr, 22 Apr, 13 May, 27 May
DP Maintenance	5 days	Every Monday

### SIMS - Value Added Courses

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

COURSE	DURATION	DATES	COURSE LOCATION
FRAMO Cargo Pumping System (FRAMO)	3 days	04 Mar, 01 Apr, 06 May	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
Bridge Team Management	5 days	On Request	Mumbai / Chandigarh / Kochi
Marine Electrical Practice (MEP)	5 days	24 Mar, 28 Apr, 27 May	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
- 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](http://www.samundra.com)

- SIMS conducts '*Human Element, Leadership and Management Course - Operational and Management Level*'

- We conduct *FRB - Fast Rescue Boat Course*
- We conduct 2 day *DG Approved FFLB Course*
- We also conduct *High Voltage Course* at SIMS

#### For Course Bookings, Please Contact:

Email for Offshore Courses: [dp@samundra.com](mailto:dp@samundra.com)  
Email for all other courses: [training.sims@samundra.com](mailto:training.sims@samundra.com)

##### 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  
<https://goo.gl/maps/AbqJKfk2Mty>

##### SIMS Lonavala

Village Takwe Khurd, Mumbai-Pune Highway (NH4), Lonavala, Dist. Pune, Maharashtra - 410405  
<https://goo.gl/maps/4J9Y2BE1NT2>

##### 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/YyTJahBkKw32>

##### SIMS Kolkata

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

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 | AMIT KUMAR                 | GS FIGHTER     | 9. JO  | RAVI KUMAR SEEKOTI      | CRIMSON KNIGHT    |
| 2. JO | NEERAJ SHARMA              | UACC CONSENSUS | 10. JE | SHYAM BABU SONI         | ATLANTIC AQUARIUS |
| 3. JO | TARUN SINGH DIXIT          | MARLIN AMBER   | 11. JE | VINAI KUMAR PAL         | CRIMSON MAJESTY   |
| 4. JO | AMANDEEP SINGH             | MARLIN AZURITE | 12. JE | SIVARAM BALASUBRAMANIAN | MARLIN MAGIC      |
| 5. JO | ANEESH MOHANDAS            | PALANCA MIAMI  | 13. JE | ROHIT KUMAR             | HIGH JUPITER      |
| 6. JO | SANTOSH KUMAR ROY          | AFRA WILLOW    | 14. JE | AJAY KUMAR              | GSW FORWARD       |
| 7. JO | SURYA BHAN THAKUR          | GSW FORWARD    | 15. JE | SAKSHAM SINGH           | CRIMSON KNIGHT    |
| 8. JO | TOMSON E. F.MOSES SELVARAJ | MAREX EXPRESS  | 16. JE | VENKATARAMANAN RAGHAVAN | MARLIN MYSTERY    |

PUZZLES ANSWERS FOR ISSUE 166



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

SIMS NEWS

## 24th Batch of GME Cadets Graduate at SIMS Lonavala

Twenty four successful Graduate Marine Engineering (GME) cadets marched forward to receive their certificates on 28th February'19 as their jubilant families witnessed the event at SIMS Lonavala. The cadets now look forward to their placements on-board vessels managed by Executive Ship Management (ESM) in the months to come.

Chief Guest, Mr. SM Iyer, Director ESM India, spurred the cadets by highlighting the need of balancing knowledge and attitude. He also advised cadets to connect both goals and objectives while climbing up the professional ladder as well as to introspect in times of failure.

The ceremony concluded with prize distribution and group photograph of the batch. Hearty congratulations to the graduating cadets and we look forward to their placements on-board ESM managed vessels in the months to come.

Following Prizes were given to graduating cadets:

1	BEST CADET	G24 13	NIVESH JAIN
2	BEST IN ACADEMICS	G24 05	AVINASH SINGH
3	2ND BEST IN ACADEMICS	G24 01	AAKEEB MUKADAM
4	BEST HANDS ON TRAINING	G24 24	NAGENDRA
5	BEST SPORTSMAN	G24 02	ADITH .K.P
6	BEST ORATOR	G24 26	PRANIT BAKSHI
7	BEST MUSIC	G24 16	P. MADHU BABU
8	BEST CADET CAPTAIN	G24 18	ROHIT KUMAR
9	BEST IN HSSE	G24 14	PARAS SHARMA
10	BEST IN MARINE IC ENGINE	G24 19	SAGAR NALA-WADE
11	BEST IN MARINE AUXILIARY	G24 04	ARVIND MAHLA
12	BEST IN AUTOMATION & CONTROL	G24 05	AVINASH SINGH
13	MOST POPULAR CADET	G24 23	SUMIT MISHRA
14	BEST LEADERSHIP SKILL AWARD	G24 26	PRANIT BAKSHI
15	BEST TEAM WORK AWARD	G24 14	PARAS SHARMA



ESM NEWS

## ESM Vessel Rescues Stranded Fishermen

ESM Vessel *Afra Hawthorn* rescued two stranded fishermen, floating off the Amuay Bay in Venezuela on 13th February after their boat capsized and sank.

Vessel *Afra Hawthorn* was anchored at Amuay Bay when a crew member sighted the distressed fisherman floating in water, around midnight (local time). The vessel's crew immediately launched the rescue and assisted the first survivor onboard the vessel.

Further investigation and search led the Vessel's crew in rescuing the second fisherman from ship side. Both were taken care by the Crew and provided with

food and dry clothes. It was understood that on 12th February, the boat with three fisherman was returning onshore, when it capsized and sank. The two surviving fishermen floated for few hours with the help of empty drum and bucket from the boat till they were sighted by the Vessel. Unfortunately the third fisherman was lost to the sea and could not be located. The survivors were subsequently handed over to the Coast Guard for their safe journey back to shore.

Heartiest congratulations to Capt. Bora Srinivas Rao, CE Debabrat Kumar Nayak and the rest of the crew of *Afra Hawthorn* for the exemplary act of seamanship.



## ESM NEW TAKEOVER & DELIVERY

# Three New Deliveries Join The ESM Fleet In February

Adding to the ESM's fleet of sophisticated vessels, the company, in February took successful deliveries of three tankers, Marlin Suez, Marlin Mystery and Marlin Santiago respectively.

Suezmax tankers, Marlin Suez and Marlin Santiago were brought under the management on 12th February and 26th February 2019 respectively from the Hyundai Heavy Industries Co. Ltd. (HHI), Ulsan South Korea.

Our heartiest congratulations to the Marlin Suez crew under the leadership of Captain Rajat Kapoor, CE Pramod Kumar, CO Kapil Sharma, 2E Soumya Chatterjee for conducting an efficient and successful takeover.

Our heartiest congratulations to the Marlin Santiago crew under the leadership of Captain Amresh Kumar, CE Sreedhar Chinta, CO Aman Singh Rawat, 2E Rajaram Subramanian for conducting a successful takeover.

Additionally, chemical tanker, Marlin Mystery was brought under the management on 19th February 2019 from Hyundai Vinashin Shipyard, Vietnam.

Finally, our heartiest congratulations to the crew under the leadership of Captain Romanus Savio Gracias, CE Deepak Ravindranathan Nair, Chief Engineer, Yogesh Ramchandra Mhatre, 2E Saurabh Kumar Singh for conducting a successful takeover of Marlin Mystery.



## ESM NEWS

# Executive Expands With New Office in Greece

Adding to the representation in Europe, Executive has now established a new office in Athens, Greece for managing operations of vessels calling Greek ports. Executive Shipping Service (ESS) Athens, is the second field office in Europe after the opening of ESS Rotterdam, Netherlands in 2017.

Mr Aristeidis Efstathiou, an industry veteran with over 35 years of technical experience has been appointed as General Manager, ESS, Athens.

Many congratulations and here's wishing many successes on the way to the team.





**EXECUTIVE**  
**NEWS BULLETIN**

The logo features a stylized flag icon on the left, composed of three horizontal stripes in shades of blue and grey, with a white star in the center. 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.