



MAIN NEWS

ESM Conducts Officers Seminar on 'Driving Operational Safety'

Safety starts with me! This key message was driven during the Officers Seminar which was recently concluded in Delhi and Chandigarh on the 03rd and 05th of April 2018 respectively.

Participating Officer, Capt Vinit Kumar, at the Delhi seminar, narrated his various experiences onboard and journey with ESM. He completes ten successful years in the company and was recognized for his meritorious service with a certificate award. Capt Dhindsa, who attended the Chandigarh seminar shared lessons learnt from a previous onboard incident and was appreciated by the other participants for his forthright account. He went on to urge everyone in keeping themselves as well as the ship safe by following procedures and practices. Capt Dhindsa also expressed gratitude to the company in their confidence with him, as he continues to sail with ESM.

Both the seminars witnessed interesting debate on shouldering responsibilities for safety and situational

awareness. Participants were spilt in teams where they contested 'Accountability for safety onboard'. As company provides Personal protective Equipment (PPE), other tools & spares and work instructions in the form of safety management system (SMS), it may be construed that Company remains accountable to ensure individual ship's staff's safety on board. With various opposing views on display, it was eventually agreed by all that safety begins with each person on board. As pointed out by Capt. Vinit Kumar, Company's responsibility is to provide PPE and SMS, but it is finally up to the individual to use it for benefit. Mr. Mannan, Second Officer, stated that Company shares the responsibility of its staff's safety but accountability lies with individual.



Mr. SM Iyer, Resident Director ESM India, commenced the seminars in both the locations by spurring the participants on the fast paced growth of the company and the need for equally strong line up of future leaders.

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SAFETY MOMENT OF THE MONTH

14-metre fall proves fatal

*** 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 for inspection, repairs and dry-docking. Some of the deck crews were assigned to clean cargo tank number two port in preparation for extensive hot work during the repair process. A toolbox meeting was held earlier that morning for the ship's senior management. However, the crew assigned for the clean-up were not included. As a result, they were not properly briefed on the various procedures and safety protocols.

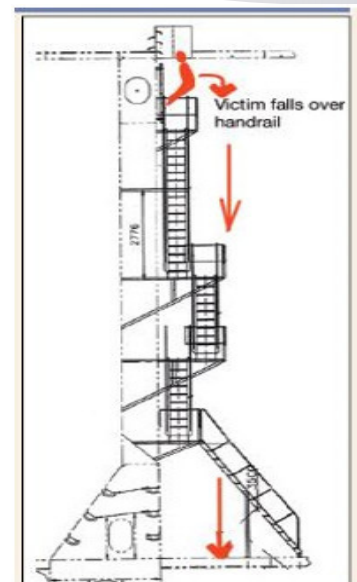
The crew member assigned the cleaning duty entered the tank in the afternoon. Emerging for a short break a few hours later, he asked for help in mopping from another crew member who agreed. It had begun to rain and the two increased their pace in their haste to get out of the wet weather and inside the tank.

The second crew member began descending when he witnessed the first crew member fall over the guardrail of the tank access ladder. He had fallen over 14m. An

emergency alarm was raised with a rescue team mustered. Medical assistance was also summoned from the shore side. Unfortunately, the victim was pronounced dead.

Lessons learned

- Weak leadership and safety culture on this ship. The crew workers whom were involved in the ground task were not involved in the toolbox meeting. At the same time, enclosed space entry procedures were non-existent.
- In his haste to get out of the rain, the crew member was complacent. He did not pay attention to his safety or practice caution. Rushing a task rarely gives good results.
- Safety should always be a priority in every task or action.
- It is not always obvious that a task involving a descent is actually work at height.



Letter of the Month



Who is responsible for my safety or rather, who should be responsible for my life?

The Officers' seminars held last month in Delhi, Chandigarh and Manila, induced a huge debate amongst the participating officers. They all came to the conclusion that the responsibility and accountability of our lives lie on our own selves!

Messages and instructions are always a part of the company's safety processes and culture. However unless there's involvement and commitment from individuals to safeguard their own safety, it's a long and hard battle for any organization to ensure safety for all. In that respect, as the front page report in the newsletter points out we are happy to witness the new generation of Officers waking up to the challenge and owning up the responsibility as well as accountability in staying safe on board!

Nevertheless, the relentless focus on the safety on board of each and every ESM managed ships was amply highlighted in the core values, professionalism of the company and the care and concern for the staff representing ESM on board.

This month's newsletter also highlight the company's concern for the cyber threats and cyber safety with the measures undertaken through various programmes. The report gives you a fair idea of how the Organisation is well placed to counter and effectively continue doing safe business under such threats.

Hearty congratulations to the staff at ESM, Mumbai for their enthusiastic participation in the Maritime Day celebration on 05th April, 2018 and make a meaningful effort to create awareness for the Indian shipping industry through a blood donation drive for the Indian Red Cross. Many thanks to Capt. Krishnan for educating and enlightening on the subject as well as salute to our generous donors for their contribution to a great cause.

Last but not least, is about the stories of our two heroes of ESM's success story- Nair, our purchase head and Lynn- two hardcore professionals ESM will be always proud of. Two very unassuming personalities who talk through their performances rather than verbal words. Hearty congratulations and many thanks to both for their un-dithered dedications and services that assisted ESM to reach the stage of today.

We will return with more such stories and articles next month.

Till then, be safe and be happy,
Sikha Singh

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ESM would like to extend warm greetings for Labour Day on 1st May and Vesak Day on 29th May.

MAIN NEWS

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He advised them to be mindful of their responsibilities and accountabilities onboard as well as onshore so as to progress with the company. Capt Vinod Dubey, Senior Superintendent HSEQA, ESM Singapore, underscored the importance of core values of the Company in providing value in the ongoing shipping market situation. He also highlighted the many navigational challenges faced onboard and endorsed the role of a bridge watch keeping Officer in overcoming them as well as promoting safety culture. He conducted an engaging discussion of a case study, which was made interesting by equal contributions of views by navigating and engineer officers.

The seminars were further boosted with discussions by Industry veterans from Executive Group of Companies. Mr. Prasad Godbole, Engineering Faculty, SIMS, Lonavala, elucidated on upkeep of LSA/FFA. He discussed best practices to reduce vetting inspection defects and Junior Officers' role in upkeep of machinery. Mr. AK Sridhar, Assistant General Manager (Chennai), ESM India, detailed various examples on onboard machinery failure and explained challenges, solutions and risk assessments of the in-house maritime suite,

Phoenix. The concluding session by Capt Ashish Singh, Assistant General Manager (Chandigarh), ESM India, covered ESM performance such as fleet strength, recent takeovers, promotion criteria and welfare initiatives, followed by an open session. The daylong seminar culminated to an evening session of dinner and networking amongst the shore and sailing staff.

About 80 enthusiastic Senior and Junior Officers attended the seminars across the two-city event.



‘Driving Operational Safety’ Seafarers’ Seminar held at Manila

A safety seminar for the Filipino seafarers was held for the support offices in Manila under Crystal Shipping and Baliwag Navigation in Manila on 15th April, 2018.

The seminars are part of ESM’s ongoing efforts in strengthening the ship-shore collaboration in driving organizational goals. Various

topics such as upholding core values of the organization, Market trends, Maintenance of LSA/ FFA, navigational challenges and Personnel Safety were discussed. Distinction between accountability and responsibility were debated at length vis a vis onboard situations. with individual.



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TECHNICAL NEWS

Case Study - Machinery damage due to use of Inferior quality fuel (Part 2)

This is the second part of the case study, which was discussed last month.

(Recap: The MR Tanker received fresh bunkers at Singapore and proceeded to China for docking. Upon completion of docking, vessel proceeded to Singapore for orders. The vessel reported seizure of all Main engine fuel pumps, while at sea, just before arriving back to Singapore. In consultation with makers, all fuel pumps were overhauled in presence of Technical superintendent and Makers’ service technician before the vessel proceeded to next port.)

Prognosis of Bunker Analysis:

Viswa lab recommended further additional tests, based on the results of initial analysis which have been summarized below.

- Fuel was found in compliance with ISO 8217:2005 standards. Asphaltene test was recommended due to comparatively high value of MCR and CCAI.
- GCMS screening indicated the presence of 1,2-Dichloroethane, Styrene, Indene at levels higher than normal. GCMS CRA test was recommended to identify grades and content of chemicals present in fuel.
- Asphaltene test results were higher than normal, so additional test for Xylene equivalence and Reserve stability number was recommended.
- Additional test indicated that Xylene equivalence was higher than normal and RSN test result of 14.8 was higher than normal indicating low

reserve stability. Reserve stability number result of 14.8 was very high. ASTM D 7061 says if the separability number is above 10, the stability reserve of the oil is very low and asphaltenes will easily flocculate or have already started to flocculate. Xylene Equivalent Test result of 38.46 was very high. According to Diesel United-Sulzer engine Makers’ technical document, if the Xylene Equivalent result is high, there is a real risk of fuel pump problems. As per the Class NK document “Guidance for Measures to Cope with Degraded Marine Heavy Fuels Version II”, “When the xylene equivalent becomes greater than 30, problems are likely to occur”.

- GCMS CRA indicated the presence of Indene at 133 ppm (normally <100 ppm) and DH-DCPD at 69 ppm (normally < 100 ppm). Calculated PFIN result of 299 was higher than the level at which piston ring breakages have been reported in 85 to 90% cases. When PFIN value is greater than 130, the fuel carries a high probability of piston ring breakage. Mitigation may be possible through use of additives and/or blending.

Possible causes:

- Both Viswa lab and Makers indicated that, the seizure of fuel pumps occurred most likely due to High Asphaltene and High Xylene equivalence in the fuel.
- The vessel was in the docks for a period of 10-12 days and it allowed enough time for the Asphaltenes to settle down in the bunker tanks.
- The incident happened 5 hrs after change-over of

bunker tanks. The stripping of the bunker tanks and then use of fuel from the standby bunker tank (having greater possibility of Asphaltene settling) could have resulted in sudden seizure of pumps.

- The Fuel additive was added in the Bunker tanks, which may have not mixed with fuel so well. Fuel additives should be added in settling tank before transfer of fuel from bunker tank on each transfer, so better mixing will take place, enhancing the use of additive. This was not done in this case
- It was also noticed that Settling and Service tank drains were found choked. This would have led to improper draining and thus prevented proper removal of Asphaltenes from these tanks.

Learning from the Incident:

- Bunker oil analysis report must be reviewed carefully each and every time and any recommendations must be complied with. Apart from Catfines (Al+Si) contents, it is also important to review other factors like Asphaltene, Xylene equivalence, Chemical presence, etc., from the bunker analysis report
- Ensure proper and frequent draining of Settling and Service tanks. Please ensure that choked drains are cleared and draining of fuel oil tanks is done regularly.
- Owners should be informed and requested not to use this kind of fuel and to get bad quality fuel de-bunkered as soon as possible.
- If immediate de-bunkering is not possible, then fuel should be used with extreme care, following Lab recommendations and under close monitoring.

S.NO.	TEST	RESULTS	NORMAL RANGE* (SPEC LIMIT**)	REMARKS
1	MICRO CARBON RESIDUE (%wt)	13.1	<15 (18)	NORMAL
2	ASPHALTENES (% wt)	8.32	< 6%	HIGH
3	CCAI	851	< 848 (870)	HIGH
4	RESERVE STABILITY NUMBER	14.8	< 5	LOW-RESERVE STABILITY
5	XYLENE EQUIVALENCE	38.46	< 30%	HIGH
6	PFIN	299	< 130	HIGH
7	pH	8.12	Around 7.5	SLIGHTLY ALKALINE
8	GCMS SCREENING (QUALITATIVE)	1,2-Dichloroethane, Styrene, Indene		ABNORMAL
9	GCMS CRA (QUANTITATIVE)	PLEASE SEE DETAILED REPORT		ABNORMAL

ENVIRONMENTAL NEWS

Fungal Enzymes Could Hold Secret to Making Renewable Energy From Wood

A group of researchers and scientists from the University of York have discovered a set of enzymes found in fungi that can be used to break down one of the main components of wood. These enzymes can be utilized to convert wood bio-mass in a sustainable manner into biofuels.

As climate change continues to make us vulnerable, scientists and researchers are constantly looking for alternative sources of both clean and sustainable energy. Although fuels from minerals such as coal and oil are necessary in our daily lives, they are highly damaging to both the environment and our health through their production of greenhouse gases.

The new study found that certain enzymes found in fungi can be used to break down one of the main components of wood, converting it to biofuel. Biofuels are fuels that are derived from a living matter such as plant materials and animal waste. Ten percent of the world's source of energy is made up from biofuels. While biofuels are mainly used in developing countries through fuel wood, charcoal and animal dung or waste materials, advancing technologies now allow cleaner extraction of biofuels from such materials.

In the recent years, wood has become one of the more

promising sources of biofuels. However, its non – malleable and complex structure prevents an easy conversion of the material into biofuels as it displays resistance towards biological or chemical decomposition processes. This is because, wood bio-mass contains carbohydrate molecules or xylans which is the known component resisting such methods of decomposition.

At present, wood bio-refineries have to employ pre – treatment processes thus making it costly and energy consuming. Fungi, has a unique property that plays an important role in decomposing wood in the ecosystem. It was discovered that a group of enzymes that contain copper, play a key role in the method of decomposition. This therefore prompted the scientists to commence with the research to understand this particular corrosion process. This group of enzymes, known as lytic polysaccharide monoxygenases (LPMOs) are able to break down the carbohydrate molecules within the wood bio-mass.

While such fungi is essential in the decomposition process, it can also provide more information on the effective conversion of lignocellulose (primary structure of cell walls), which is made up of



carbohydrate molecules or xylans – the ones resisting the decomposition. This discovery can reduce costs and result in improved wood – conversion performances in bio – refineries. It can result in creation of enhanced chemicals for bio – refinery applications that utilize wood, thus, potentially opening the conversion process towards a productions of other beneficial products in a manner that is both advantageous and sustainable.

With more research and studies being done to understand the abilities of these enzymes, we may be led towards reducing our dependence on minerals like coal and oil. This may inevitably create a milestone in science, leading towards a better environment and the reduction of greenhouse gases that causes climate change.

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 AJAY JAYAKUMAR | GUNESHLI | 6. JE SAGAYA D VAIZ ANACLETE VAIZ | MARLIN APATITE |
| 2. JO AKHILESH RATHORE | GOLDEN AVENUE | 7. JE AVISHEET SINGH | JUBILANT FUTURE |
| 3. JO VIKAS GANESH KHENGRE | ST. GERTRUD | 8. JE RAHID DANGE | SHAH DENIZ |
| 4. JE RAJINDER SINGH | GSW FABULOUS | 9. JE RAMKESHWAR KASARAPU | UACC SHAMS |
| 5. JE SYED MOHAMMAD SHADAB SAFI | BOUGAINVILLE | 10. JE JIJO P KIZHAKKEPALLICKAPARAMBIL | MARLIN AMBER |

MIND YOUR BODY

Slow Eating Speed May Be Linked To Weight Loss

Along with dietary and lifestyle intervention, slow eaters have been found to be less obese than the people who eat fast or with normal speed. Researchers at Kyushu School of Medical Sciences, Japan, found that such changes are strongly associated with lower BMI and smaller waist circumference.

The observational study is based on health insurance claims and their checkup data for six years, regardless of the claimant's obesity status. These people were observed for changes in eating speed as well as other lifestyle habits and the main result indicated that eating slowly decreased their risk to obesity. Lifestyle habits such as eating, sleeping pattern, alcohol and tobacco use, snacking habits after dinner and skipping breakfast were also noted.

Subsequently, considering these influential factors (lifestyle habits) showed that compared to those who ate too quickly vis a vis ones who ate at a normal speed were 29% less likely to be obese. Correspondingly, slow eaters were 42% less likely to suffer from obesity and other health disorders. A reduction in waist circumference was higher in slow and normal speed eaters as well. Previous research in this area have

linked eating too quickly to impaired glucose tolerance and insulin resistance as it causes increased blood sugar fluctuations. It also observed that fast eaters take longer to feel full as eating quickly doesn't allow the brain to indicate the gut hormone to stop eating. However it is the reverse in the case of slow eaters and in turn helps in limiting their calorie intake.

It was further noted that avoiding snacks after dinner, not skipping breakfast and including a good night's sleep was linked to decrease in health risks including obesity.

The study is supported by the Ministry of Health, Japan, and is based on observations of self-reported data which could be subjective and included people with Type 2 diabetes only. The findings may not be highly affirmative as other facts such as energy intake or physical activities have not been taken under consideration.

However these small lifestyle changes with reduced eating speed may effectively contribute in lowering health risks and providing more information in studying obesity and its associated risks.

“Avoiding snacks after dinner, not skipping breakfast and including a good night's sleep was been linked to decrease in health risks including obesity”

EAT SLOWLY



IT TAKES YOUR BODY 20 MINUTE TO REALIZE IT'S FULL.

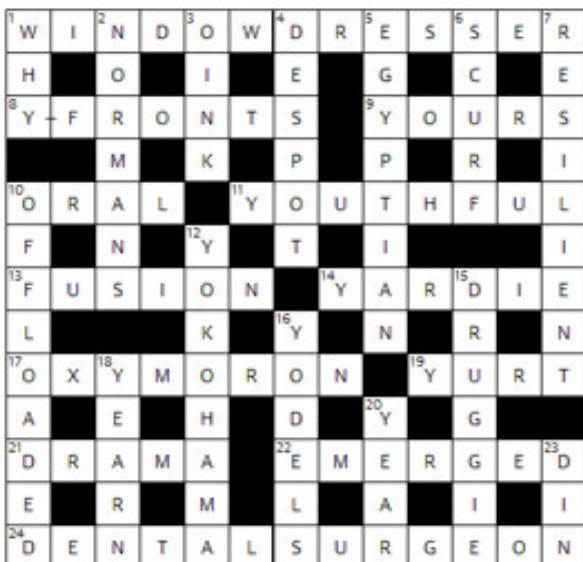
HAPPY BIRTHDAY!

CREW BIRTHDAYS

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

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL
VINODKUMAR RAVINDRAN NAIR	12/MAY	EVER GOLDEN	AJITH NELLIAKATTU ARAVINDAN	20/MAY	GSW FIGHTER
NEERAJ KAMLESH BAKSHI	16/MAY	UACC SILA	ANDREWS SELVIN SELVIN CHINNAPPA	11/MAY	DREGGEN
JACOB ANTOGI HANSE KURISINKAL	29/MAY	MOL TRUTH	VIDDYESH VINAYAK KAMAT	31/MAY	AFRA OAK
HARISH VALECHA	5/MAY	PALANCA MIAMI	SUBHASH CHANDRA TYAGI	17/MAY	ASTRID
SUJIT KUMAR SINGH	17/MAY	KOBAI	ROGELIO MALABANAN OBIDOZA	23/MAY	BITUMEN EIKO
ANAND AGARWAL	17/MAY	ALJALAA	CINE ROY STEPHEN	13/MAY	EAGLE EXPRESS
SHASHI KANT SINGH	5/MAY	SHAH DENIZ	UTHANDARAJ KASIRAJ	26/MAY	BOUGAINVILLE
TABREZ KHAN	6/MAY	GSW ADVENTURE	BIJENDER RAO	25/MAY	GOLDEN AVENUE
JAWAHAR THANUMALAYA PERUMAL	12/MAY	UACC SHAMS	SOORAJ KRISHNAN KUTTY NAIR KUMARI BINDHU	28/MAY	AFRA WILLOW
JAMES AGNEL JAMES	15/MAY	BOUGAINVILLE	ANOOP RAJ THUMARAKALAYIL	18/MAY	KIKYO
KRISHNA KUMAR ALEMBILAYI	22/MAY	CHEM NICHOLAS	PRAVEEN RAJ B. S. VISWAMBHARAN PILLAI	24/MAY	UACC SILA
RAM PRAVESH	17/MAY	AFRA OAK	LIJIN PURUSHOTHAMAN VIMALADEVI	27/MAY	PALANCA MIAMI
JOSHY PUTHENPURACKAL JACOB	1/MAY	AFRAMAX RIO	THEJASWI INJARAPU	3/MAY	ATLANTIC EAGLE
SUMAN SIDHARTHA	2/MAY	ATLANTIC CROWN	SAITEJA LINGA	20/MAY	MOL TRUTH
SREELAL VENUGOPAL	2/MAY	HOUYOSHI EXPRESS II	UNNIKRISHNAN SASIDHARAN NAIR	23/MAY	GSW FUTURE
MOOVENDHAN JAGADEESAN	21/MAY	ZARIFA ALIYEVA	MARIAPPASAMY PARAMASIVAM	25/MAY	SHAH DENIZ
SHEJIN JOHN THOMAS	1/MAY	MARLIN AZURITE	SURENDARAN JEGAN MOHAN	5/MAY	ZARIFA ALIYEVA
AVADHUT BABURAO SAWANT	16/MAY	NORD TITAN	DIONISIO JR BAGCAT GALANIDO	12/MAY	NEW GRACE
YATI ARORA	21/MAY	UACC FALCON	MARCUS LEWIS FERREIRO	11/MAY	GSW FABULOUS
PRATEEK SAXENA	15/MAY	AFRAMAX RIVER	JASWINDER SINGH TOOR	3/MAY	MARLIN AQUAMARINE
RAHUL GARG	10/MAY	GSW FORWARD	TANMOY NANDY	14/MAY	KAMOME VICTORIA
NAVEEN KUMAR	19/MAY	MARLIN AQUAMARINE	MUTHUSAMY VEERABADRAN	15/MAY	GREAT MANTA
PRINCE JAYARAJ	12/MAY	AFRAMAX RIVER	ROHAN NOLENS SAVIO FERRAO	22/MAY	AFRA LAUREL
ELVIN CHACKO	19/MAY	GSW FUTURE	GURUPRASAD KUMBLA	31/MAY	DREGGEN
RAMPYARE KANNAUJIA	19/MAY	UACC SILA	ANOOP THOMAS	17/MAY	MAETIGA
ARUN THRISSOKARAN JOSE	23/MAY	SANTOS	ANOOP KINATTINKARA ANAND	11/MAY	GSW FORWARD
SIBY JAMES	28/MAY	ALPINE MIA	PUSHDEEP SINGH	14/MAY	ERIA COLOSSUS
VIMAL JOSE	5/MAY	UACC RAS LAFFAN	JOSE MANUEL CARULLO FELICES	30/MAY	GEMINI PIONEER
RAVI KUMAR	18/MAY	ARIANE MAKARA	SANDEEP KRISHNAN N.KALLIYAT T.	29/MAY	EVER GOLDEN
JANARTHANAN NEDUMARAN	3/MAY	MAREX NOA	NAVINIT BHARDWAJ	16/MAY	GOLDEN AVENUE
FARAG A SALEH ELMAHGOUN	5/MAY	SAMRAA ALKHALEJ	AJITH KUMAR THANKASWAMY	16/MAY	VICTOIRE
TULIO TEIXEIRA TOSTES	21/MAY	SANTOS	RAHUL CHANDROTH	25/MAY	UACC SILA
AMITPAL SINGH MANHAS	6/MAY	BAKU	STILLWIN JERARD	3/MAY	GSW ADVENTURE
SRINIVAS SEETHARAM PRABHU	5/MAY	UACC RAS LAFFAN	DHEERAJ MISHRA	14/MAY	E PIONEER
JOBANDEEP SINGH	15/MAY	VICTOIRE	ARUNLAL MAYICHERI KANDY	21/MAY	AEGEAN WAVE
NAMAN GUPTA	3/MAY	GSW FIGHTER	ANTONY RINIL GEORGE	27/MAY	NEW BREEZE
RODRIGO FLORES MINGUEZ	15/MAY	NEW GRACE	EMIL JOSEPH	30/MAY	EAGLE EXPRESS
ARUN SHANKARLAL MAHESHWARI	22/MAY	SALAMINIA	AKHIL VELAPPAN NAIR	31/MAY	ALQADISIA
PIO GADIA BEROSIL JR.	28/MAY	ROYAL SAMURAI	AMANJOT SINGH PABLA	4/MAY	ARAGO
ANIL KUMAR	29/MAY	GSW FORWARD	ZAKIA GIRISH	15/MAY	CRIMSON MONARCH
LINGADURAI MUTHU	18/MAY	ALQADISIA	ASHRIN SHANON VAS	25/MAY	FS DILIGENCE
HARRY ARADA LARCIA	3/MAY	GEMINI PIONEER	GEORGE SCARIA	30/MAY	ALPINE MIA
DIPANKAR SARKAR	25/MAY	LR2 POSEIDON	ABHIRAJ SINGH	4/MAY	MAETIGA
RAGHUNATH JAGADALA	30/MAY	HIGH JUPITER	ROHIND KUDAMBATTUKUZZHI	5/MAY	MARLIN APATITE
ETHIRAJ ELLAPPAN	31/MAY	MARLIN AZURITE	DIBUDARSAN SUTHARSANAN NAIR NANDINI	22/MAY	KAMOME VICTORIA

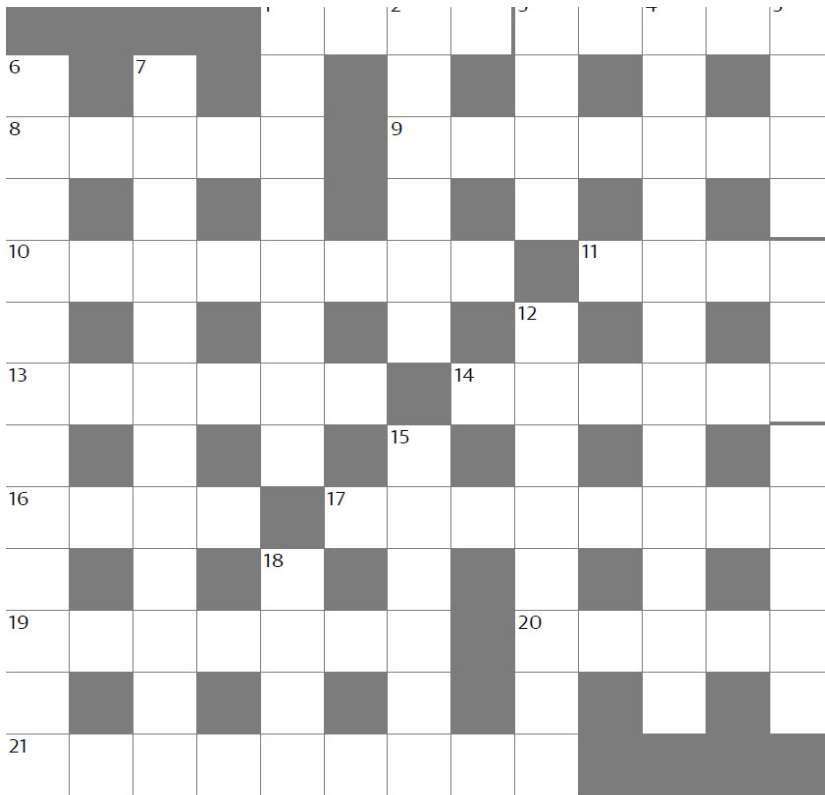
PUZZLES ANSWERS FOR ISSUE 156



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

PUZZLES

CROSSWORD PUZZLE



Across

- 1 Fail to maintain contact (4,5)
- 8 Requirements (5)
- 9 First letter (7)
- 10 Mesmerising (8)
- 11 Brief and to the point (4)
- 13 Not presently active (6)
- 14 Representation of the human form (6)
- 16 Bearded ruminant (4)
- 17 Stone thrower (8)
- 19 Wet weather (7)
- 20 Russian prison camp (5)
- 21 Iniquitous (9)

Down

- 1 Roping (as a cowboy might) (8)
- 2 Hard liquor (6)
- 3 Dog (or part of one) (4)
- 4 Going everywhere (12)
- 5 Dominate a performance (4,3,5)
- 6 Gathered together in one volume (12)
- 7 People carrying out harmful acts (12)
- 12 Spreading out in different directions (8)
- 15 Subjected to potentially lethal fumes (6)
- 18 Flat tableland with steep sides (4)

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

SUDOKU OBJECTIVE

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

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

** All answers will be provided next issue.



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 – MAY 2018 TO JULY 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	21 May, 26 Jun
Specialized Training on Chemical Tanker Operation (CHEMCO)	12 days	07 May, 10 Jul
Specialized Training on Gas Tanker Operation (GASCO)	11 days	04 Jun, 25 Jul
Ship Manoeuvring Simulator (SMS)	5 days	21 May, 25 Jun, 23 Jul

SIMS LONAVALA STATUTORY - DG APPROVED COURSES

COURSE	DURATION	DATES
Electronic Chart Display and Information System (ECDIS)	5 days	21 May, 04 Jun, 02 Jul
Engine Room Simulator - ML	5 days	14 May, 11 Jun, 09 Jul
Engine Room Simulator - OL	3 days	07 May, 18 Jun, 16 Jul
Free Fall Lifeboat (FFLB)	2 days	03 May, 05 Jun, 24 Jul

SIMS MUMBAI - OFFSHORE COURSES

COURSE	DURATION	DATES
Basic H2S (OPITO Approved)	½ day	On Request
DP Basic (N.I Approved)	5 days	14 May, 28 May, 11 Jun, 25 Jun, 09 Jul, 23 Jul
DP Advanced (N.I Approved)	5 days	07 May, 21 May, 04 Jun, 18 Jun, 02 Jul, 16 Jul
DP Maintenance	5 days	Every Monday

SIMS - VALUE ADDED COURSES

COURSE	DURATION	DATES	COURSE LOCATION
FRAMO Cargo Pumping System (FRAMO)	3 days	07 May, 04 Jun, 02 Jul	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	28 May, 25 Jul	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
- 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_35

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

ESM NEWS

Saluting the Heroes of ESM's Quiet Success Story

Our May edition of newsletter brings forth the stories of Ms. Lynn and Mr. Nair from ESM Singapore & India. Our deep appreciation for their contributions in the growth of the Executive Group of Companies.

Mr. K. Nair

With a long seafaring career as a Radio Officer in various International shipping companies and an equally illustrious onshore stint, Nair has successfully led many a projects within ESM. In our interview, he exudes confidence and contentment in describing his journey of over sixteen years with the company and looks forward to being inspired by many more such stories of silent heroes of ESM's success, such as his.

Nair joined ESM Singapore in the year 2002 where he was entrusted with establishing the Purchase division. He reminisced with deep satisfaction, "I commenced my job working on managing technical procurement with a small team, bulk purchasing, Contract management, also managing fleet communications, monitoring communications costs, software and hardware and assisting my technical department colleagues in various matters. Essentially multitasking."

Owing to the expansion of the company and its

managed fleet of vessels, he was further tasked to set up a similar strong team at ESM Mumbai in 2005 as well as the Chennai office in 2010. Nair is indeed a man on the move and confesses, "I like to immerse myself in work. I also keep myself engaged with new technology, gadgets etc."

Subsequently with the growth of the Executive brand and group of companies, the Organisation had ample opportunities of growth for highly industrious and driven employees. With his previous experience and expertise in Purchase division, Nair was sought out for various projects within the companies. This included –his inputs in building the Purchase module of the inhouse ship management software suite – Phoenix, assisting in infrastructure procurement for the Maritime training Institute (SIMS) in Lonavala as well as in Mumbai. He was also instrumental in shifting ARC Marine Global Provision



Supplies division, the Store Supplies division and some of the Engineering Services from ARC Marine Singapore to Mumbai.

Nair believes every member of the ESM family has played a part in ESM's growth from a small company managed by a core team to a system and process driven Organisation. "ESM has a lot of talented and hardworking people across the organization often unsung who quietly perform their tasks and go the extra mile which has all contributed to the growth of the organization", he observes.

We note his sense of affinity with his team when he signs off, "My team in Mumbai, Chennai have been extremely supportive without which we couldn't have run this model of remote purchase operation."

Ms. Lynn Ling Ying Leow

From working in and as the Receptionist to now handling the administration of Quality department as Senior Quality Executive, Lynn has spent sixteen successful years with ESM, Singapore. Her tenacity in being valuable to the team and company has made her long journey, both fulfilling and rewarding.

"I am grateful that I have a job that is stable"

Lynn worked in various other retail positions, before taking a break to raise her family. When a chance referral and opportunity for a position at the Reception with a burgeoning ship management company (ESM) came by, Lynn took it up.

Soon after a position with the Quality department became available and since Lynn was already assisting the admin team at that time, it was a natural progression for her to move in the role. She joined at a time when the Quality department was on a rejig and Capt Arun Sundaram was taking over the helm as HSEQA Manager.

"I was lucky to have worked under Capt Arun,

Mr. Govind Cowlagi and Capt Vijay. They are very hard working and genuine. I feel that I will have to step up and do as much as I can to assist them, learning all along the way"

Lynn recalls her first few years as being very busy, since the company was growing, adding four to five ships under its management every year, besides the current fleet. She notes how her job responsibilities have changed over the years.

"Previously we just made manuals and made sure procedures were up to date but now when we have more and more different types of ships under our management, we learnt from various incidents and situations that came with them. We made sure all our Masters were aware of such possible situations, preempt and prepare them for anything that might happen onboard. So we went from a broad view to a microscopic view – where we can help in smaller details onboard. We ran campaigns and collated data for analysis to increase efficiencies".

She remarked that as a company, ESM has worked very hard in keeping systems streamlined and easily comprehensible. Lynn observes how the leadership programme has paved way for new leaders with different



perspectives, but with the same goal of making ESM better. "I can see a lot of exchange of ideas, and senior management is very receptive to such views, which is good. As some companies always promote people but stick to their old ways. But here as long as you can improve and be more efficient, everything is workable".

Lynn concludes the interview, by reaffirming ESM's commitment to serving all types of ship owners with the same high standards and efficiencies. "No matter how the number grows or fleet grows, we have owners with 20 ships or a single-ship owner, but we treat everybody the same."

ESM NEWS

ESM Braces For Cyber Risks Conducts Cyber - Awareness Training For Onshore Staff



The company has already dispatched an onboard cyber risk management training for its sailing staff and has now conducted trainings at its multiple Office locations for onshore employees. The trainings focus is on raising awareness for cyber threats and best practices to be followed during suspected cases of any breach.

Subsequent to the cyber risk training material

made available on EPSS (Electronic Performance Support System) for both onboard as well as onshore staff, a Cyber Security Awareness training was conducted in April for all employees across the organization and site offices. Mr Kumar, IT Manager at the Singapore office, spearheaded the training and conducted the informative session on 18th April'18 for the corporate office.

While the IT team has continually engaged in various security measures such as server and software upgrades, he stressed the need for user awareness and following of best practices in preventing any cyber risks to protect business data and services.

During the session, worldwide cases of ransom – ware like WannaCry and Petya were examined.

These are malware cases that caused billions of dollars of losses to their respective industries inclusive of the maritime sector. Other malwares such as computer viruses, spyware and phishing – attempts to obtain sensitive information, were also addressed. Staff were advised to remain vigilant and ensure a proper system of checks was enforced in managing sensitive information.

The company continues to update the computer-based training of EPSS programmes, training courses and circular materials for all employees to remain updated on the various threats and trends as well as the best practices to follow to prevent any potential threats. Other measures will also be put forth based on the threat trends to follow.

ESM Mumbai Commemorates National Maritime Day With A Communal Cause

A blood donation camp and quiz on Indian shipping were few activities organised to mark the occasion on 05th April'18.

In solidarity of National Maritime Day, ESM Mumbai held an awareness drive on the history of Indian shipping by conducting a brief session and a quiz on the theme. To further commemorate the occasion, a blood donation camp was initiated on its premise, in partnership with Indian Red Cross Society. Twenty six team members successfully donated blood for the cause.

Capt Ramakrishnan V., Superintendent, ESM Mumbai conducted the session on the importance

of the day - 05th April 1919 and Indian shipping. The significance of the day was explained to all as on this day, the first Indian ship, SS Loyalty sailed from Mumbai to London, at a time when sea routes were controlled by the British.



The quiz conducted by Capt Ramakrishnan tested the participants' awareness on the subject, which was very much proven by the teams with the long list of winners - Capt Shobhit Chaturvedi, Capt Yadvendra Kumar, Devendra Pal Singh, Ruxshin Daruwala, Pankaj Chauhan and Suraj C. R.



Continued From Page 3

Participants highlighted points to substantiate that company's effort makes a big impact on seafarer safety. Examples such as of company's supply of good quality spare parts and making stringent procedure for ships were given. Second Officer Mr. Arnland at Baliwag and Third Engineer Mr. Briones at CSI gave very impressive points by stating that company has a responsibility to provide tools for good safety culture and implement deterrent for compliance, however they agreed the final accountability of safety lies with individual.

The seminar was conducted by Capt. Vinod Dubey, senior HSEQA Superintendent who emphasized on each seafarer owning the accountability following company's safety requirements on board and remain safe.

A total of approximately 40 Officers and Ratings enthusiastically participated in the seminars and pointed out their appreciation of the safety environment created by the company on board.





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 "N", "W", "S", "B", "U", "L", "L", "T", "I", "N" spaced out.