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MAIN NEWS

ESM becomes first ship manager to win UNGC Singapore's Corporate Sustainability Award

ESM was announced as one of the winners of the Singapore Apex Corporate Sustainability Award 2024 in the Sustainable Business category. The awards were presented on the second day of the 16th United Nations Global Compact Network Singapore (UN GCNS) Summit during the Apex Gala Dinner & Awards Ceremony on 04th October 2024. ESM is the first ship manager to receive the award since it was introduced in 2016.

Dr. Koh Poh Koon, Senior Minister of State, Ministry of Sustainability and the Environment & Ministry of Manpower, joined as the Guest of Honour. Dr. Bicky Bhangu, President of UN GCNS, and over 400 business leaders in the Asia-Pacific region across various industries were also in attendance.

ESM was announced as one of three winners in the Sustainable Business category after the introduction of the finalists. The sustainable business category felicitates companies which excel in integrating sustainability into business operations. Mr. Arvind Saxena, Assistant Managing Director, ESM Singapore, went on stage to receive the award from Dr. Koh.

Apex Corporate Sustainability Awards. It is an endorsement of our efforts of 25 years for sustainable business. To get this award is very motivating. Being a winner is an assurance to our customers and employees of our commitment to sustainability and sound environmental practices. Going forward, this encourages us to take up further challenges and sustainable initiatives to reduce our carbon footprint and contribute to save our planet", said Mr. Saxena.

The event also featured a fireside chat with Dr. Koh and Mr. Kok Ping Soon, Chief Executive Officer, Singapore Business Federation, which focused on "Leading the Climate Charge: Corporate Power in Action". They discussed the roles of corporation in the decarbonisation journey as well as the impact they have towards reaching the goals.

The Apex Gala Dinner & Awards Ceremony was held at One Farrer Hotel, Singapore, and is organised by GCNS, the local chapter of the United Nations Global Compact.

"We are happy to receive this prestigious Singapore



ESM extends our warm greetings for Diwali (01st Nov), Bhai Dooj (03rd Nov), Chhath Puja (07th Nov) and Guru Nanak Jayanti (15th Nov)





Letter from ESM

With Diwali we ended the busiest month of festivities we saw in the organisation. The colour and mood of fun fare can be seen in the photos we received from various offices across India and Singapore and on board ships. ESM Singapore's theme of unity in diversity and the competition for the best dressed employee prize resulted in employees coming out in their festive best! But what was most impressive was the employees belonging to various nationalities adopting each other's ethnic costume.

In the spirit of sustainability that we wholeheartedly support and propagate, we are proud to report that ESM received the prestigious Corporate Sustainability award from UNGC Singapore for the year 2024. ESM happens to be the first ship manager to receive this honour. Hearty congratulations to the team led by Assistant Managing Director Arvind Saxena with suitable assistance from the HSEQA and Communications team. Well done to you all!

The newsletter continues to bring in experts from various departments and sister companies to write on topics related to the industry—especially to the regular jobs and overall operations on board.

Good governance and ethical practices are the hallmark of any world-class professional organisation. ESM joining the MACN (Maritime Anti-Corruption Network) highlights the policy of the organisation towards transparent governance. In fact, ESM has gone a step ahead by developing an e-learning course in order to educate the employees on fighting corruption in their respective jobs. We are happy to include Senior HSEQA Superintendent, Capt. Manish Nayyar's article on this.

This issue's health article will hopefully provide some new learning on the pain in the back, literally. Enjoy reading and get rid of your back pain by practicing it!

Rest of the reports are regular updates of the month-long activities in ESM and the Executive Group of companies. For any comments and suggestions from your end, please do contact us/communications team at any time.

Till we meet again, safe sail and be happy!

Sikha Singh

“ Good governance and ethical practices are the hallmark of any world-class professional organisation ”

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TECHNICAL ARTICLE

ESM joins MACN – Transparency to Combat Corruption

By Capt. Manish Nayyar, Senior HSEQA Superintendent

Executive Ship Management (ESM) is committed to excellence and recognizes the essential support required by our crew when interacting with third parties, such as port authorities, customs, immigration, and other officials. To strengthen our efforts against corruption, we are proud to join the Maritime Anti-Corruption Network (MACN).

Corruption in the shipping industry can lead to significant drawbacks, impacting trade, the economy, and societal well-being in several ways. It can drive up costs through bribes, kickbacks, or unofficial payments, cause delays and inefficiencies, and create an uneven playing field due to unfair competition. Additionally, it can result in substandard safety practices, including poorly maintained vessels and neglected safety regulations, which increases the risk of accidents and undermines public trust in both the shipping industry and related government institutions.

MACN, established in 2011, is a global network dedicated to eliminating corruption in the maritime sector. It unites stakeholders across the shipping industry, including shipping companies, maritime service providers, and other global trade organizations.

ESM is committed to operating in a socially, environmentally, and economically responsible manner, promoting safe and ethical conduct both onshore and at sea. This commitment ensures that life, the environment, and property are well safeguarded.

In collaboration with MACN, ESM has developed an e-learning course titled "Stand Your Ground, Be A Leader" (available through EPSS) to address port operations and vessel clearance challenges. This course is designed to prepare our staff to handle difficult situations while trading at few of the ports and advance our goal of a corruption-free maritime industry.

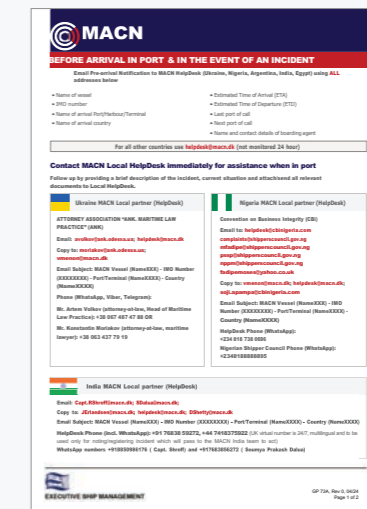
Reporting Non-Compliance Anonymously: If you witness an incident of corruption in ports or if the compliance team receives corruption reports, please use the anonymous reporting form. Your submission will be completely anonymous, with no personal data collected.

- For ESM-related incidents:** Visit ESM's website at www.executiveship.com and submit a complaint under the Corporate Governance section. This form is sent directly to the Compliance Officer and is stored securely to ensure complete anonymity.
- For other industry related incidents:** Contact the MACN HelpDesk in various countries via the phone numbers and email addresses listed in :www.macn.dk/helpdesk/

Two key posters regarding MACN that are displayed onboard our ships are GP 73A and

73B. These posters provide detailed guidance, Poster "GP 73A – for contacting MACN Helpdesk before arriving at ports in Ukraine, Nigeria, Argentina, India and Egypt and Poster GP 73B on zero-tolerance policy for facilitation payments and bribes, in line with the anticorruption policy.

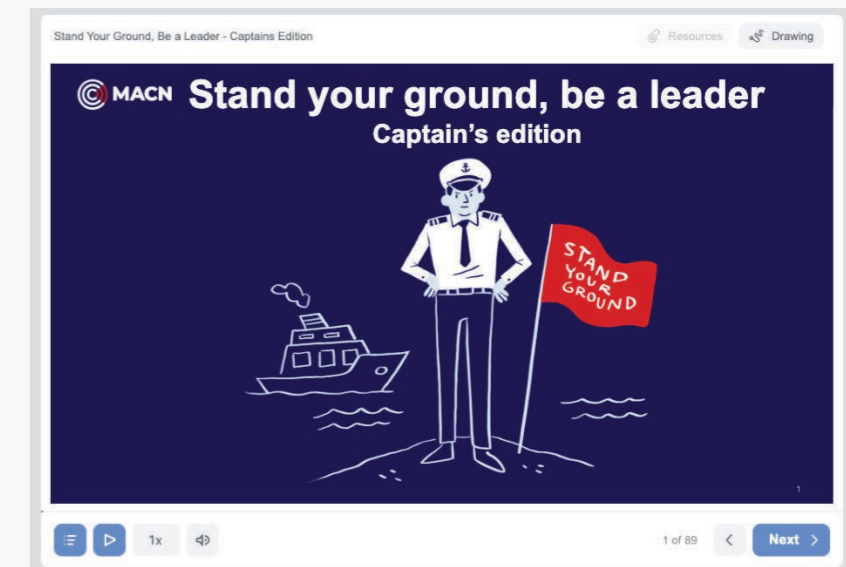
Let us work towards the elimination of all forms of maritime corruption by raising awareness of the challenges faced and implementing the ESM's Anti-Corruption policy, principles and sharing best practices.



GP 73A



GP 73B



E-learning course - "Stand Your Ground, Be a Leader"

SAFETY MOMENT OF THE MONTH

Whiplash From Hose

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

Two persons were topping-up the lifeboat air supply cylinders. One crew member was operating the compressor from compressor room, and another was in the lifeboat. There was no visual contact between the two, and communication was through VHF.

After completion, the operator drained the air at the compressor end, and informed the crew in the lifeboat by radio.

The crew in the lifeboat then started to disconnect the air hose. About a thread remaining to disconnect, he heard air escaping from the filling valve. As soon as he bent down to check the cause, the hose released and whipped his face. He suffered injury to his right eye and started bleeding. The injured crew was sent to shore hospital.

Due to leakage in the valves, some air had re-pressurised the hose - enough to initiate a whiplash, since the hose connection released from the last remaining thread of the connector.

Although the filling hose was found to be in unsuitable, it did not contribute to the accident.

ESM Guidance

1. Use eye-protection for all tasks;
2. High pressure air hoses, should be regularly inspected and relegated if found in any way worn.

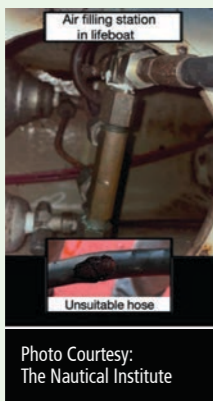


Photo Courtesy: The Nautical Institute

COMMERCIAL

Mitigating Potential Losses During Bunkering

By Capt. Vinod Dubey, Manager, Adhart

Bunkering is a critical operation for shipping companies but comes with risks and challenges. Delays during bunkering, discrepancies in fuel quantity, or safety hazards in offshore bunkering can result in significant financial losses. These potential pitfalls, however, can be mitigated with careful planning, documentation, and risk management strategies.

Mitigating Delays at Bunkering Ports

One of the most common challenges during bunkering is vessel downtime at bunkering ports. This downtime can significantly lead to financial losses during idle periods when the vessel's schedule is disrupted. Bunker arrangements are usually fixed within specific date windows, and sudden changes in the vessel's estimated arrival time (ETA) can cause disruptions. For example, if a vessel arrives late or earlier than expected, it may lead to extended waiting times, as suppliers may need more time to fulfil the order.

When delays occur due to the supplier's fault, vessel owners may have the right to claim compensation. A thumb rule is to calculate the idle period (after allowing a four-hour grace period, as per industry standards) at the hire rate (for time-chartered vessels) or the demurrage rate (of voyage-chartered ships).

Any fuel consumed during this idle period must also be accounted for. To support such claims, the vessel's master should meticulously record all relevant timings related to the vessel's arrival and the bunkering operation in the Statement of Facts (SOF). A letter of protest (LOP) should also be issued to document the delay and strengthen the owner's claim formally.

Risks of Bunkering at Offshore Anchorage:

When bunkering operations are planned in open sea conditions, such as Ship-to-Ship (STS) transfers or offshore bunkering, the risks are twofold: safety risk and risk of quantity discrepancy.

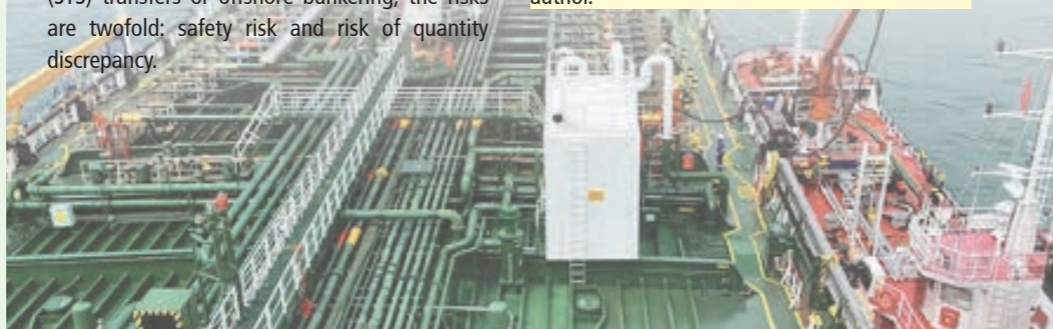
Safety Risk: A thorough review of the weather conditions for the entire operation is crucial. Bad weather can cause delays, safety hazards, or inaccurate fuel measurements. Master should identify any nearby navigational hazards, such as reefs or other vessels, ensuring they are essential for a safe operation. Monitoring vessel traffic in the area will help avoid collisions or interference during the operation. Adequate mooring lines and fendering must be prepared to prevent damage to both vessels during fuel transfer.

Fuel Quantity Discrepancies: If not properly documented and addressed, bunker quantity discrepancies can also lead to financial losses. C/E should try to make a bunker barge representative board the vessel and take the sounding of the bunker tanks before & after bunkering to ascertain quantity. If it is not possible and Bunker barge sounding is to be taken to ascertain quantity, the vessel's chief engineer (C/E) must monitor the bunker barge tank sounding carefully.

Suppose any abnormalities occur due to rough weather causing rolling or pitching. In that case, these must be noted, and remarks should be made to avoid disputes over the final fuel quantity.

In case of quantity discrepancy, if the supplier does not allow any remarks on the Bunker Delivery Note (BDN), the C/E should sign it under protest and issue a LOP. Additionally, an independent bunker survey should be arranged at the next port in good weather conditions, and the supplier must be notified of potential compensation based on the actual fuel quantity. By following these measures, the vessel can reduce potential losses during bunkering operations and ensure smoother, more efficient refuelling processes.

The above article is an opinion piece by the author.



MIND YOUR BODY

Reducing daily sitting may prevent back pain

Did you realize that the average person spends about ten hours every day sitting? Sitting for long periods of our everyday lives, whether at work, on the commute, or at home. While it is commonly acknowledged that excessive sitting is bad for one's health, its specific influence on back pain is gaining traction.

A recent study from the University of Turku in Finland shows that limiting daily sitting time can help prevent back discomfort from increasing over time. This research confirms the long-held association between activity levels and back health, implying that even minute reductions in sitting habits could make a significant difference.

While it may appear intuitive that sitting less would assist with back discomfort, research on this has been surprisingly sparse. In this new study, researchers investigated whether reducing sitting time could prevent or alleviate back discomfort in overweight or obese adults who spend most of their day sitting.

These primarily middle-aged volunteers sat for extended periods of time, exercised less, and gained some weight, all of which elevated their risk of cardiovascular disease and led to back pain. Over a six-month period, the same individuals were able to reduce their sitting time

by an average of 40 minutes per day, which relieved symptoms.

For anyone who spends the most of their day sitting, this study emphasizes the significance of finding solutions to reduce sitting time. Simple modifications, like standing more often or going for short walks, can help prevent or relieve back pain. However, it is worth mentioning that combining physical activity, whether through walking or more strenuous exercise, may be even more helpful than simply standing.

Rather than striving for the "perfect" posture, it is more vital to alternate between different positions during the day and to remain active. By doing so, you can make major improvements to your back health and overall well-being.

Here are some ways you can remain active during your workday.

1. **Sit-to-Stand Desks:** If possible, invest in a sit-to-stand desk. These adjustable workstations allow you to alternate between sitting and standing, promoting better posture and circulation. Aim to stand for 15-30 minutes every hour, gradually increasing your standing time as you become more accustomed to it.
2. **Incorporate Movement Breaks:** Set a timer to remind you to take regular movement



breaks. Every 30 to 60 minutes, stand up and stretch, walk around the office, or do a few simple exercises. This can include leg lifts, shoulder rolls, or gentle back stretches to relieve tension.

3. **Stretching and Mobility Exercises:** Incorporate brief stretching sessions into your routine. Simple stretches for your back, shoulders, and legs can relieve tightness and improve flexibility.
4. **Mindful Breathing and Posture Checks:** Use moments of stillness, such as during phone calls or while waiting for documents to print, to practice mindful breathing. This can help reduce stress and tension. Additionally, periodically check your posture to ensure you're not slouching, which can exacerbate back pain.

ESM NEWS

ESM Patna Visits Aashraya Old Age Home and Rainbow Homes

On 05th October 2024, the ESM Patna team visited Aashraya Old Age Home to bring festive cheer ahead of Durga Puja and Diwali. The team distributed new outfits, as requested by the caretakers, and sweets to the 11 male and 14 female residents of the old age home, with a commitment to fulfilling future needs based on priority items.

And on 27th October 2024, the team again visited Rainbow Homes for Girls at Danapur Cantt. In celebration of Diwali, the team gifted

new dresses to the 40 resident girls, aged six to 17. During their visit, the team engaged with the girls, who shared their skills in painting and drawing.



ESM Patna at Rainbow Homes



ESM Patna at Aashraya Old Age Home

ENVIRONMENTAL NEWS

Breakthrough in Hydrogen Technology

In a breakthrough discovery, researchers from Tohoku University, Japan, have developed a new method for harnessing hydrogen that reduces harmful byproducts, speeds up the hydrogen production process, and offers greater hydrogen yield. This new technology provides a more efficient and cleaner way to produce hydrogen, moving us closer to carbon neutrality and a greener future.

The researchers achieved this by using facet-selective, ultrafine cocatalysts to enhance the efficiency of photocatalysis, a process that utilises light and a semiconductor to split water into hydrogen.

Researchers found that photocatalysts made with this new method showed 2.6 times greater water-splitting activity than those made with traditional methods, which often involve high-energy processes and produce significant amounts of carbon dioxide. These cocatalysts prevent hydrogen from recombining with oxygen, solving a significant challenge that previous methods failed to address. This method also speeds up the reaction time of the process, which leads to producing hydrogen faster and more efficiently. Both of which have not been achieved in a single reaction in previous studies, presenting a significant path forward when it comes to studying hydrogen as an alternative fuel.



The ultrafine rhodium-chromium mixed-oxide cocatalysts are only about 1 nanometre in size, reducing the probability of recombination. These cocatalysts improve hydrogen production by enhancing photocatalysis using sunlight and water as well as hastening the separation of hydrogen particles from water. Another critical advancement is their precise placement on specific facets of the photocatalyst, which dramatically boosts reaction efficiency and overcomes prior limitations.

Using smaller particles as cocatalysts is essential because they increase the activity relative to

the amount used due to the larger surface area available for reactions. To enhance their effectiveness, it is also important to selectively place the cocatalysts on specific crystal parts.

This research enabled generating hydrogen while bypassing the production of harmful products such as carbon dioxide. While more research needs to be done to ensure that the method is more applicable to industry standards, it offers insight into how we can harness hydrogen as a more abundant and eco-friendly energy source, allowing us to take broad leaps forward in terms of sustainability.

ESM NEWS

SIMS selected as finalist for DCN Safety Award 2024

The Samundra Institute of Maritime Studies (SIMS) was shortlisted as a finalist for the Daily Cargo News (DCN) 2024 Australian Shipping & Maritime Industry Awards under the Bulk & Specialised Shipping Award Category on 24th October 2024. This is the second consecutive year that SIMS was selected as a finalist.

SIMS was selected for its specialised and enhanced simulator bulk carrier training. SIMS employs advanced simulation-based training to create realistic and immersive scenarios. Simulations focus on unique navigational

challenges faced by bulk carriers in constrained and restricted waters such as Port Hedland as well as other large Bulk Ports and High-Risk Navigation Areas.

In particular, the simulator training for bulk carriers calling at Port Hedland has set SIMS apart in the maritime training industry. The team collaborated with ESM expertise led by Capt. Simon Gravenall, Director, Marine Safety & Ports (Australia), Executive Ship Management, previously from the Australian Maritime Safety Authority (AMSA), and Port Hedland Pilots (PHP). The innovative use of real in-situ PHP ensures that officers are well prepared for the

complexities of bulk carrier navigation and Master Pilot Exchange.

The partnership with ESM Singapore has also demonstrated the high standards achieved through SIMS' training programmes. The Management Review of ESM, conducted under the Rio Tinto's Designated Owners and Operators Standards (DOOS), rated ESM as top tier manager in the industry.

The winners of the DCN 2024 Australian Shipping & Maritime Industry Awards will be announced on 21st November 2024 at the Plaza Ballroom in Melbourne, Australia.

ESM NEWS

Diwali Celebrations



ESM NEWS

Executive Group Family Day in Singapore - Continued from Page 14

A sumptuous array of international cuisines was also prepared on the day. Gifts were also curated and specially prepared for the different age groups present on the day.



ESM NEWS

Navratri and World Mental Health Day Celebration at ESM Mumbai

On October 10th, 2024, ESM Mumbai celebrated Navratri and World Mental Health Day together with full enthusiasm and energy. The employees dressed in colourful traditional attire, danced Garba and enjoyed the evening.

The event kicked off in the basement of the building, which was transformed into a lively space for festivities. A photo booth with various props featuring motivational, inspiring, and fun quotes on mental well-being set the tone for World Mental Health Day. Employees enthusiastically clicked individual and group photos, spreading the message of prioritising mental health every day.

The Garba celebrations added a traditional

touch, with classic Garba songs filling the air. Employees danced in circles, showcasing typical Garba steps, and later, the DJ turned up the tempo with peppy numbers that got everyone grooving to the music.

Celebration was complete accompanied by delicious food, and a variety of snacks, from Mumbai's iconic street foods to traditional sweets.



ESM NEWS

SIMS Olympiad 2024

The sixth edition of the annual inter-college pentathlon hosted by the Samundra Institute of Maritime Studies (SIMS) returned on 25th October 2024. Five other maritime training institutes participated in the Olympiad, which are Anglo Eastern Maritime Academy, Tolani Maritime Institute, Great Eastern Institute of Maritime Studies, Training Ship Rahman, and Maharashtra Academy of Naval Education and Training.

The tournament was a platform for the cadets of the different maritime training institutes to showcase their various expertise and resilience in five distinct skill-based events. They were Navigation Skills, Workshop Skills, Super Over Skills, Stage Skills and Professional Skills.

In the opening event, Navigation Skills, cadets worked with simulators in the Navigational Lab at the Maritime Science Centre, to identify light and sound signals accurately. They were also tested for their emergency preparedness at the SIMS playground.



Meanwhile, for the Workshop Skills segment, cadets demonstrated their technical and electrical knowledge in the Electrical Lab, which is also at the Maritime Science Centre.

Cadets also competed against one another in cricket to determine who would win the Super Over Skills event.

The Professional Skills portion was a quiz challenge which tapped on the cadets' maritime knowledge, quick thinking, and decision-making skills. The participants went through three rounds with a total of 36 questions.

Last but not least was the Stage Skills

competition, where each team was allotted eight minutes for a dance performance.

External guests, Mr. Yogesh Kumar Jain, lecturer from Tolani Maritime Institute, and Mr. Mahesh Kulkarni, lecturer and lab-in-charge from Anglo Eastern Maritime Academy, were also invited to be part of the judging panel.

The SIMS team won three out of the five events, Navigational Skills, Super Over Skills, and Professional Skills, which led to the team defending their championship position and retaining the "Perfect Team at Sea" Award on SIMS ground.

ONBOARD NEWS

Onboard Dussehra Celebrations

The crew across ESM-managed ships celebrated the Indian festival Dussehra with full gusto.

Palanca Rio

The Palanca Rio crew celebrated the Indian festival Dussehra with fun activities like bingo. All enjoyed a spread of delicious food prepared by CC Haston, with helping hands from OS Yallaji, AB Marbin and CO Suveer Singh. Well done!



Palanca Rio celebrates with a spread of food

FS Diligence

FS Diligence crew commemorated the festival with a cook-off competition, where the 19 crew members split into six teams. Preparations for the cook-off started from noon and culminated in the evening. Capt. Mahendra Singh and CE Joe Pereira went around tasting the dishes and also opened the voting to the participants. All ship's staff tasted each other's dishes and voted for the best dish based off the recipe, presentation, garnish, teamwork, stall setup, cleanliness and hygiene, and most importantly, taste.



Palanca Rio plays Bingo

Position	Team	Crew Members	Dishes
First Prize Winners	Spicy Ninja	AB Lalit AB Kamal OS Karankumar	Anar Chicken, Pahadi Kheer, Chilli Paneer, Chilli Potato
Second Prize Winners	Zesty Zappers	4E Joyal TEO Basil 3O Roshan	Gol Gappa, Bread Pudding, Veg Stew
Third Prize Winners	Organic Heroes	2O Prakhar 4E Shivam AB Kiran	Dumplings (MOMOS), Sadeko, Soyabean Fried Balls, Mumbai-Style Pav Bhaji
	Smokey Sultans	CO Abhimanyu DC Karan Tr. PPM Lalu Ram	Kakke di Koki, Sultani Ande, Sultani Tukda
First Special Award Winners	Masala Titans	2E Mukesh JET Harsh Eng Ftr. Amit Kumar	Naan and Paneer Lababdar, Blueberry shake, Gobhi Pakora
Second Special Award Winners	Nautical Noshers	3E Rommel MM Alexander MM Boyet BSN Efrensito	Fruit Salad, Chicken Potato, Pork Salad



FS Diligence cook-off competition - Team Spicy Ninjas



FS Diligence cook-off competition - Team Smokey Sultans



FS Diligence cook-off competition - Team Organic Heroes



FS Diligence cook-off competition - Team Nautical Noshers



FS Diligence cook-off competition - Team Zest Zappers



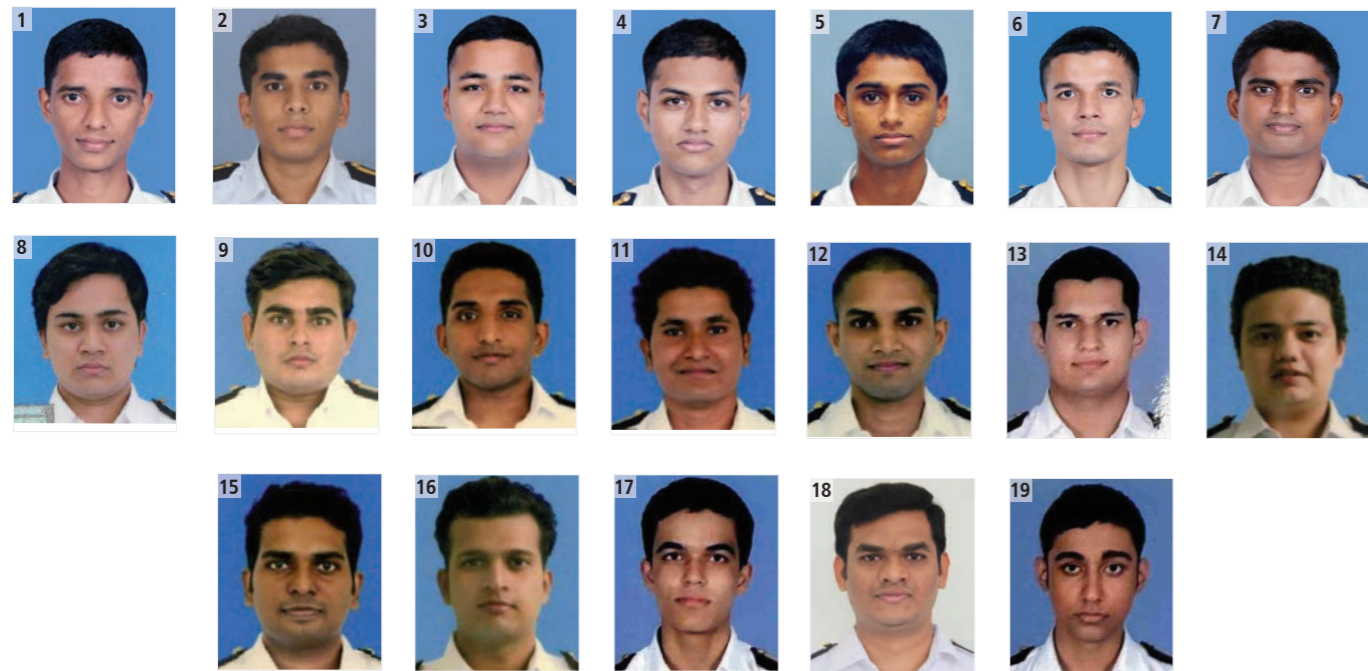
FS Diligence cook-off competition - Team Masala Titans



NEW JOINERS

New joiners welcomed onboard ESM vessels

Adding to the growing number of cadets from SIMS Lonavala who join onboard ships managed by ESM, we welcome:



- | | | | | | |
|--------|------------------------------|----------------|--------|---------------------------------|-------------------|
| 1. JO | AJAY SAGAR THOTTEKOTE SURESH | CHOLA DESTINY | 11. JE | SOWRAV BOLOOR | SFL OTTAWA |
| 2. 30 | SNEHANKIT SOMNATH JAGADALE | VERRAZANE | 12. JE | BINYAS ABDUL LATHEEF | MARLIN AMBER |
| 3. 30 | RAHUL BAWA | EVER FORE | 13. JE | JATIN SINGH | THE JUDGE |
| 4. 30 | ABHIRAM MENON R. MENON | CMA CGM KRUGER | 14. JE | SIDDHANT SINGH BIST | GOLDEN AQUAMARINE |
| 5. JO | ISSAC JOSE THAIVEETIL | KOBAI | 15. JE | SACHINMAYAN KAREPARAMBIL SURESH | MARLIN LAGOS |
| 6. JO | AMAN SINGH | FRONT GAULA | 16. JE | OMKAR DHANANJAY IMADE | THE CHIEF |
| 7. JO | YOGESH OMPRAKASH SHRIVASTAVA | CARTAGENA | 17. JE | ANANT SHARMA | SFL FRASER |
| 8. 4E | SHARISH THAKUR | CMA CGM KRUGER | 18. JE | RAJ MAHENDRA KOMURLEKAR | UOG HERMES |
| 9. 4E | PRAKHAR PRAKASH AGRAWAL | ONE MILLAU | 19. JE | NAMAN BIST | SFL ALBANY |
| 10. JE | SIDHARTH DHARMARAJAN | SFL ALBANY | | | |

COURSE SCHEDULE - SEP 2024 TO NOV 2024

SIMS Mumbai - DGS Approved Courses

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

COURSE	DURATION	ELIGIBILITY	COURSE FEES (INR)	MAXIMUM INTAKE	SEP	OCT	NOV
Basic Training for Oil and Chemical Tanker Cargo Operation (BTOCT)	6 days	Any existing or prospective seafarer may attend this course, who intend to serve on board oil/chemical tankers and have completed an approved Basic Safety Training Course.	7000	20	02 to 07- Sep-2024	01 to 08- Oct-2024	04 to 08-Nov-2024
Advanced Training for Oil Tanker Cargo Operations (TASCO)	10 days	• Holds as a minimum a Certificate of Proficiency as Rating in charge of a Navigational/Engineering watch OR Completed sea time required for appearing for a Certificate of Competency examination OR Officers holding Certificate of Competency	14000	20	02 to 12- Sep-2024	01 to 12- Oct-2024	01 to 12-Nov-2024
Advanced Training for Chemical Tanker Cargo Operations (CHEMCO)	10 days	• All candidates who have completed a Basic Tanker course but are not in possession of any sea time in respective type of tanker are also permitted to attend advanced training course.	14000	20	16 to 26- Sep-2024	14 to 24- Oct-2024	11 to 22-Nov-2024
Advanced Training for Liquefied Gas Tanker Cargo Operations (GASCO)	10 days	(Candidates without 3 months sea time on the above mention tanker vessel as per the requirements of STCW 78, as amended, will be eligible for issuance of Advanced Tanker Endorsement or CoP only after completion of requisite sea time.)	14000	20	02 to 12- Sep-2024	07 to 17- Oct-2024	04 to 14-Nov-2024
Ship Manoeuvring Simulator and Bridge Team Work (SMS)	5 days	Holding a Chief Mate (F.G.) Certificate of Competency and sea-service of at least 18 months as a certified watch keeping officer.	24000	6	09 to 13- Sep-2024 & 23 to 27- Sep-2024	07 to 11- Oct-2024 & 21 to 25- Oct-2024	11 to 16-Nov-2024 & 23 to 28-Nov-2024
Basic Training for Liquefied Gas Tanker Cargo Operations (BTGT)	5 days	Any existing or prospective seafarer may attend this course, who intend to serve on board gas tankers and have completed an approved Basic Safety Training Course.	7000	20	09 to 13- Sep-2024	15 to 19- Oct-2024	11 to 16-Nov-2024

SIMS Lonavala - DGS Approved Courses

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

COURSE	DURATION	ELIGIBILITY	COURSE FEES (INR)	MAXIMUM INTAKE	SEP	OCT	NOV
Electronic Chart Display and Information Systems (ECDIS)	5 days	The trainees undertaking this course shall have undergone pre-sea training for deck cadets and sea service of not less than six months as Deck Cadet. All trainees shall be in possession of Certificate of proficiency for ROSC and ARPA and have at least three months sea service associated with bridge watch keeping duties under supervision of a qualified officer.	15000	12	02 to 06- Sep-2024	07 to 11-Oct-2024	04 to 08-Nov-2024
Engine Room Simulator - Management level (ERS-M)	5 days	• MEO Class IV Certificate of Competency issued by Government of India. • Not less than twelve months as Assistant Engineer Officer or Officer in Charge of an Engineering Watch on ships powered by main propulsion machinery of 750 kW propulsion power or more.	14000	12	09 to 13- Sep-2024	14 to 18-Oct-2024	18 to 22-Nov-2024
Engine Room Simulator - Operational level (ERS-O)	3 days	• Successful completion of DG Shipping approved Pre-sea Marine engineering course. • Minimum of 6 months sea time in a manned engine-room or periodically unmanned engine-room on a seagoing ship powered by main propulsion machinery of 750 kW or more.	7500	12	16 to 18- Sep-2024	21 to 23-Oct-2024	25 to 27-Nov-2024
Free Fall Lifeboat	2 days	PSCRB certificate and certified by doctor to be in good health.	50000	12	24 to 25- Sep-2024	22 to 23-Oct-2024	26 to 27-Nov-2024
LPG Cargo & Ballast Water Handling Simulator - Management Level (LGSC-M)	5 days	• Second Mate (F.G.) Certificate of Competency or NCV Certificate of Competency OR • MEO Class 4 Certificate of Competency • In addition, has completed Specialized Training Program on LPG Tanker Operations.	40000	8	23 to 25- Sep-2024	21 to 23- Oct-2024	25 to 27- Nov-2024
LPG Cargo & Ballast Water Handling Simulator - Operational Level (LGSC-O)	3 days	• The trainee should have the requisite sea service for appearing for Second Mate (F.G.) Certificate of Competency or NCV Certificate of Competency OR • for appearing for Class 4 MOT Certificate of Competency. • In addition, has completed LPG tanker familiarization course or Specialized Training Programme on LPG Tanker Operations.	25000	8	09 to 13- Sep-2024	14 to 18-Oct-2024	04 to 08-Nov-2024

POST-SEA VALUE ADDED COURSES

SIMS Mumbai - Classroom Courses

The courses below are not approved by the Directorate General of Shipping, Government of India

COURSE	DURATION	SEP	OCT	NOV
Electronic Engines including Dual Fuel Engines	5 days	On Request	On Request	On Request
Advanced / Basic Training For Ships Operating In Polar Waters	5 days	On Request	On Request	On Request
Operation and Maintenance of Framo Cargo Pump System (FRAMO)	3 days	On Request	On Request	On Request
Electrical Practice	4 days	On Request	On Request	On Request
DP BASIC (NI Approved)	5 days	Every Monday	Every Monday	Every Monday
DP Advanced (NI Approved)	5 days	Every Monday	Every Monday	Every Monday
Advanced Port State Control Inspection	2 days	On Request	On Request	On Request
Bridge Team Management /Maritime Resource Management	5 days	On Request	On Request	On Request
Integrated Safety Training For Ratings	5 days	On Request	On Request	On Request
Advanced / Basic Training For Personnel Sailing On Ships Subject to IGF Code	5.5 days	On Request	On Request	On Request
Liquid Cargo Handling Course	5 days	On Request	On Request	On Request

SIMS Mumbai - Virtual Courses

The courses below are not approved by the Directorate General of Shipping, Government of India

COURSE	DURATION	SEP	OCT	NOV
Type Specific ECDIS (JRS 7201 /9201 /Jan 701/901M/701B/901B/2000/CHARTWORLD /TRANSAS (NAVISAILOR 4000) / FURUNO)	2 days	On Request	On Request	On Request
Tanker Vetting	1 day	On Request	On Request	On Request
Maritime Risk Management including incident Investigation & RCA	2 days	On Request	On Request	On Request
Colregs Refresher Training	2 days	On Request	On Request	On Request
Hazmat Preparedness	1 day	On Request	On Request	On Request
Dynamic Positioning Technical & Maintenance	4 days	On Request	On Request	On Request

For Course Bookings, Please Contact:

Email for all courses: training.sims@samundra.com

Call/WhatsApp: +91 9819811366

SIMS Mumbai

518, 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/4J9YT2BE1NT2>

SIMS Chandigarh

CVU-1 Central Plaza, Sector 105, Mohali Hills, Banur Landran Road, Greater Mohali
<https://goo.gl/maps/RvwkP914RS2>

SIMS Kochi

ESM Complex, Near Gold Souk, St. Rita's Road, Ponnuruni, Vyttila PO, Kochi 682019
<https://goo.gl/maps/5XZQFwKV3wsADDk6>

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>

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*Please note only successful applicants will be contacted



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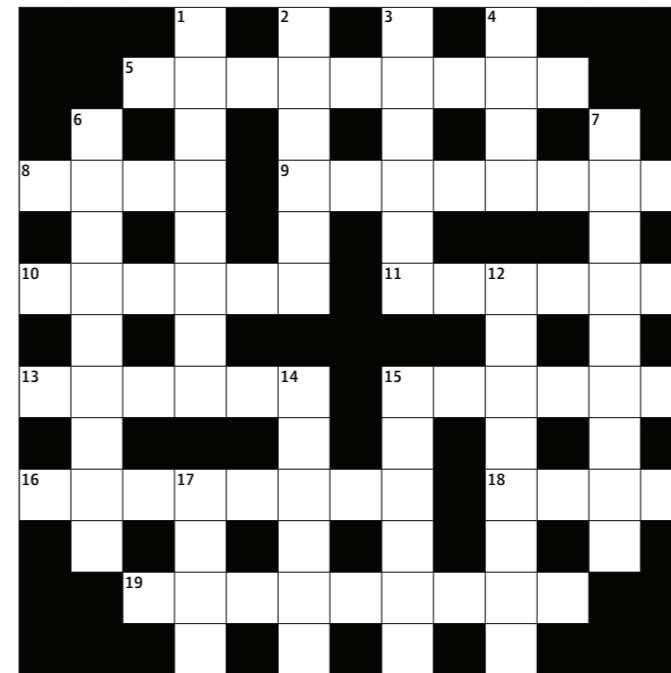
HAPPY BIRTHDAY

CREW BIRTHDAYS

Many Happy Returns to the following on their Birthdays during the month of November 2024!

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL
MST DIPTO SINHA	20/11	FRONT ORKLA	DC ASIT TRIMBAKRAJ NAIK	25/11	CMA CGM MERCANTOUR
MST SAMITAVA CHAKRABORTY	20/11	GOLDEN KEEN	DC MOHAMMAD RAIYAN EQBAL	05/11	ALPINE EAGLE
MST MANOJ KUMAR SINGH	17/11	BERGE KITA	DC ABHAY KUMAR SINGH	11/11	SPIRIT OF MELBOURNE
MST PRAVEEN KUMAR	27/11	KARDIANI	DC ADRIN ALBERT ANTONY	15/11	GOLDEN WALCOTT
MST ANUJ KARARIA	08/11	EVER FULL	DC SACHIN KUMAR	20/11	CHRYSAL ARCTIC
MST INDERJEET SINGH PRITAM SINGH RAJPUT	03/11	KOHAKU	DC ANUJ UPADHYAY	20/11	PRINCESS VANYA
MST AMARESH KUMAR CHAND	10/11	FRONT GAULA	DC RANSHER SINGH SHEKHAWAT	28/11	HOUYOSHI EXPRESS II
MST PAWAN KUMAR	30/11	HERMIT	DC MOHAMMAD ZIA ILIYAS SHAIKH	02/11	GAS DIAMOND
MST DEVAN DHAWAN	11/11	CHLOE D	DC AMMAR AIYAZ SHEKASAN	03/11	UOG HERMES
MST MAHENDRA KANTILAL PRAJAPATI	01/11	CHOLA VIRTUE	DC SAMRUDDHI BALU GHANWAT	11/11	ALFRED
MST BIGU KUMAR	09/11	RED MARAUDER	DC NEYAN JACOB CHERIAN	14/11	FRONT GAULA
CO RATHISH BABU RAJAN BABU	16/11	REFERENCE POINT	DC VIKRANT KHALKHO	20/11	CAPE GANNET
CO VINEETH NELLIKKA THARAYIL	30/11	SPIRIT OF MELBOURNE	DC NITIN SHARMA	18/11	ATLANTIC GUARD
CO DINESH KUMAR	04/11	LAPEROUSE	CE MANOSH KUMAR BISWAS	18/11	KARDIANI
CO BALDEEP SINGH PAL	07/11	EVER FAST	CE HARIKUMAR CHANDRASEKHARAN NAIR	17/11	ONE INGENUITY
CO TARIK ARORA	20/11	TAMPA TRIUMPH	CE HARINDER PAL SINGH SANDHU	27/11	ASANAGI
CO JUNAID NAIMARMOOLA IBRAHIM	26/11	CAPE FALCON	CE SOMANATHA PILLAI ANISH	15/11	ONE MILLAU
CO ANWER PARAYIL ASHRAF	21/11	CARTAGENA	CE HARSHAD SHAM PHADNIS	15/11	HENBIT
CO MIKHAIL FRANCIS GUNRAJ	27/11	RED RUM	CE VIKRANT JAWAHARLAL GUPTA	05/11	TSUBAKI
CO ANKUSH SOOD	18/11	MARLIN LOME	CE MUKUND RAGHAVAN	16/11	EVER FORE
CO MELVIN BABY	23/11	PALANCA MIAMI	CE GURVINDER SINGH HAYER	06/11	ATLANTIC CROWN
CO GURPARTAP SINGH	10/11	LR1 AMBASSADOR	CE VINEETH MATHEW	18/11	ARAGO
CO ANAND SINGH CHAUHAN	25/11	HOUYOSHI EXPRESS II	CE VINOTH MEENAKSHISUNDARAM	06/11	CHOLA UNITY
CO JINTO JAMES	07/11	EVER FAIR	CE DEEPAK KAMESHWAR KUMAR RAI	11/11	ICE II
CO SUDIPTA MALAKAR	03/11	CAPE PLEASURE	2E AJAY KUMAR	24/11	FRONT TYNE
CO MOHIND MOHANDAS	20/11	CAPE FALCON	2E VIKAS RANA	07/11	KIKYO
CO KULDEEP YADAV	10/11	EVER FAR	2E JAIDEEP SINGH	07/11	CAPE PLEASURE
CO PAWAN PAL	09/11	GANGA K	2E KUNAL RAMESH KOTIAN	08/11	CAPE GANNET
CO RAYEEZ CHEMBILAKADU KAMARUDHEEN	14/11	BELGRAVIA	2E KAMAL TANEJA	04/11	MARLIN AMBER
CO THUSHAR PRADEEP	01/11	CHOLA VIRTUE	2E JAI BAHADUR SINGH	14/11	UOG CONSTANTINE G
CO AKHIL THOMAS KURIAN	09/11	HANNIBAL	2E Udit SARASWAT	26/11	LIN MIARAK
CO SANDEEP SUNIL	16/11	BLUE DRAGON I	2E SELWYN DOMINIC D COSTA	20/11	KSL SEATTLE
CO PAULS JOSEPH	23/11	FRONT GAULA	2E SUNIL SINGH	08/11	LAPEROUSE
CO MANPREET SINGH DEAHR	30/11	PRINCESS VANYA	2E PANKAJ CHAUHAN	08/11	KAEDE
CO GANESH MUPPATIL SAJKUMAR	05/11	RED MARAUDER	2E ASHISH RANJAN	11/11	GOLDEN WALCOTT
CO ELDHO BASIL BABY	08/11	CHOLA PROSPERITY	2E MANMEET SINGH SYAN	21/11	MARLIN AZURITE
CO AVINASH AWASTHI	10/11	CHRYSAL ICE	2E SAJJAN KUMAR	27/11	GOLDEN MYRTALIA
CO KARTIK KUMAR	15/11	LR1 CHARM	2E SRINATH KRISHNAPPAN	30/11	CHOLA DESTINY
CO VIJAY KUMAR	23/11	LR1 AMBASSADOR	3E TANVEER SINGH	04/11	MINERAL HIROSHIGE
CO MAHAVIR SINGH PAL	24/11	ADAM	3E JERALD ANTONY ROOSAN	10/11	ATLANTIC PRINCE
CO DEEPAK YADAV	24/11	CAPE GANNET	3E PRADEEP CHANDRAN RAVI CHANDRAN	11/11	KSL SEATTLE
CO BABALJEET SINGH	02/11	EVER FASHION	3E MANDEEP SHARMA	16/11	GOLDEN MYRTALIA
CO FRANCIS JENSTAN D SOUZA	11/11	PALANCA CADIZ	3E MONU KUREECHAN ABRAHAM	16/11	THE CHIEF
CO PANKAJ DANGI	23/11	HENBIT	3E PRABHJOT SINGH SAHNI	28/11	KAMOME VICTORIA
CO UPNINDER SINGH	01/11	VLCC STEPHANIE	3E HARKARAN SINGH	05/11	CAPE DISCOVERY
CO AMANDEEP SINGH	10/11	CHRYSAL SKY	3E CLINTON FERNANDES	09/11	TSUBAKI
CO ANEESH MOHANDAS	30/11	KIKYO	3E OJESVI SHARMA	21/11	BOTAN
CO VATSAL BHARATBHAI PATEL	09/11	ALJALAA	3E ABHISHEK GULERIA	08/11	SCHWYZ
CO SANJAY RANA	18/11	MARLIN LAGOS	3E ABHISHEK KUMAR	20/11	RED RUM
CO AMIT KUMAR	21/11	THE CHIEF	3E HARDEEP SINGH	05/11	ONE INTEGRITY
CO RAHUL TEJNARAYAN PRASAD	27/11	GRAN COUVA	3E MAYANK ATTREYA	21/11	GOLDEN EMERALD
CO JOIET JOY	02/11	TRADER III	3E AMAN GUPTA	25/11	KOBAL
CO MUKUL GAUR	04/11	THE CHIEF	3E HARMANDEEP SINGH	01/11	KOBAL
CO AVIRAM KUMAR	02/11	GAS DIAMOND	3E ANURAG KUMAR JHA	17/11	BATTERSEA
CO ANKIT SHRIRAME	04/11	CHEM NICHOLAS	3E VISHESH KUMAR DUBEY	22/11	CMA CGM KRUGER
CO IMTHISH MUHAMMED KUNHIPANANPARAMBU	09/11	ONE INNOVATION	4E JOYAL GEORGE	25/11	FS DILIGENCE
CO RAJ RAMUJAGIR YADAV	10/11	CAROUGE	4E SHIVAM CHAUHAN	27/11	FS DILIGENCE
CO SHIBIN SELESTIN	17/11	PRINCESS NATALIE	4E ROHIT SINGH	14/11	GANGA K
CO DONNAL JACOB XAVIER	30/11	EVER GOVERN	4E NISHANT VATS	18/11	ALFRED
CO ABHISHEK RAJ	30/11	KSL STOCKHOLM	4E GOKUL MADHUSUDHANAN NAIR	14/11	CHOLA UNITY
CO MATHEWS PALLIY TONY	02/11	EVER FAVOR	JE ALDRIN ERRIC DANIEL MUTHU VIJAYAN	18/11	PLATYTERA
CO SOJIN SONY	04/11	CONSTANTIOS	JE SUDEEP SIVADAS NAIR	08/11	MARLIN LOME
CO SIDDHARTH RANJAN	15/11	FPMC P IDEAL	JET KARTIK MATHUR	12/11	KOHAKU
CO IRSHAD SHOUKATH ALI	22/11	EVER FULL	JET SUBHASH VERMA	15/11	GOLDEN WALCOTT
CO STEBIN THANKACHAN	27/11	CHLOE D	JET JAYAKRISHNAN MANOJ	24/11	FRONT SUEZ
CO DEEPAK YADAV	01/11	LIN MIARAK	JET AJAY GOPAL RAMESH KURUMBAPARAMBIL	24/11	PRINCESS VANYA
CO RAHUL BAWA	07/11	EVER FORE	JET SHUBHAM KUMAR	30/11	CHEM HELEN
CO SANDEEP KRISHNAN	20/11	BOTAN	JET AKSHANSH PATHAK	10/11	GOLDEN AQUAMARINE
CO MANYU THAKUR	11/11	UOG CONSTANTINE G	JET KARTHIKEYAN POLAPPAN	30/11	CHRYSAL SKY
CO ISSAC JOSE THAIVEETIL	22/11	KOBAL	JET SHUBHAM SUNIL MANE	17/11	ALFRED
CO ANKIT KUMAR	26/11	GREAT MANTA	JET HARDIKKUMAR SANJAY CHAUHAN	18/11	AFRAMAX RIO
DC SHRUTUJ DWIVEDI	11/11	CHOLA VIRTUE	JET ZUBAISH ZEYA SHAMSI MALLICK	24/11	GOLDEN MYRTALIA
DC ARJUN RAGHUNATH	11/11	CHEM NICHOLAS			

PUZZLES



Across

- 5 Bane (4,5)
- 8 Fish-hook's business end (4)
- 9 Line created by rising and falling water (8)
- 10 Bold (6)
- 11 Contraption (6)
- 13 Go quickly (up?) (6)
- 15 Gusto (6)
- 16 1,000,000,000,000 (8)
- 18 Swain (4)
- 19 Procession of vehicles carrying politicians, e.g. (9)

Down

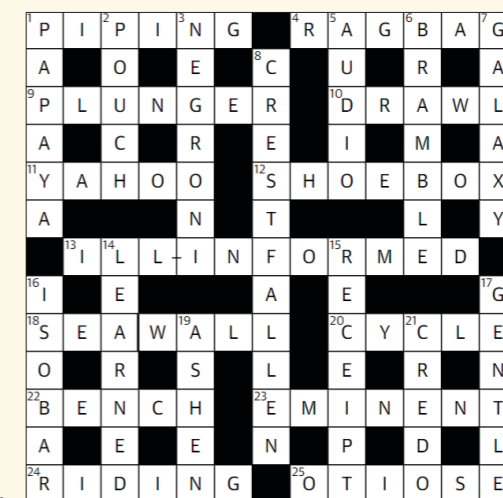
- 1 Time for a quick cuppa (3,5)
- 2 Room for clergy's robes (6)
- 3 Meaty snack sometimes served with mustard (3,3)
- 4 Fill (4)
- 6 Where speedo found (9)
- 7 Fluctuating (9)
- 12 Drudge (8)
- 14 Camera holder (6)
- 15 Italian city with cultural festival La Biennale (6)
- 17 Big cat (4)

SUDOKU OBJECTIVE

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

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

ANSWERS FOR ISSUE 238



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

** All answers will be provided next issue.

Executive Group Family Day in Singapore

Over 250 employees and families across the Executive Group of companies in Singapore joined in the fun for Family Day at Siloso Beach in Sentosa on 05th October 2024.

The highlights of the event included stage entertainment by a magician along with various activities available throughout the Emerald Pavilion as well as on the beach like carnival booths, novel drift cars experience, and an inflatable obstacle course. There was also a coordinated activity where the participants were sorted into random teams for a treasure hunt across the beach.

Other fringe activities also included a Mobile Massage Team (MMT) from the Singapore Association of the Visually Handicapped (SAVH). The MMT are a group of visually-handicapped, professionally-trained masseurs. It is a meaningful initiative launched by SAVH to provide a platform for them to gain self-reliance and independence.

Continued on Page 07



Joke of the month

What did the pumpkin say after thanksgiving?

Good-pie everyone.



ETO-15 Graduation Ceremony



Twelve cadets from the 15th batch of the Electro Technical Officer (ETO) training course graduated from the pre-sea campus of the Samundra Institute of Maritime Studies (SIMS) in Lonavala on 11th October 2024.

Prizes and certificates were presented to the graduates by

ETO-15 Prize List

Best in Academics	Cdt. Manish Arun Randewadi
Best in Practical	Cdt. Vishal Kumar
Best Cadet	Cdt. Ganesh Dinkar Shedge

the Chief Guest, Mr. Anil Surushe, Engineering Faculty, SIMS Lonavala. Congratulating them on completing their pre-sea studies, Mr. Anil highlighted the vital role that ETOs played on board and said, "Electrical Officers are the connecting link between the deck and engine department. They handle all the electricity that flows through the vessel from tunnel to funnel and forward to aft."

Winner of the Best in Practical prize, Cdt. Vishal Kumar said, "The course was a good mix of classroom learning and practical work, which helped us to understand the maritime field better. The teachers were knowledgeable and always ready to help. The training equipment was modern and useful for learning. The environment at the institute supported his growth and learning well."

The parent of Cdt. Saurabh Kothawale also conveyed their appreciation for the curriculum offered at SIMS which was "well structured, offering a perfect blend of theoretical knowledge and hands-on practical experience".

ESM NEW TAKEOVER

Cape Gannet and Chola Serenity join the fleet



Cape Gannet was delivered on 11th October and taken under crew management while Chola Serenity was taken over under the full management of ESM on 17th October.

Congratulations to Capt. Miten Jayprakash Thakkar, CE Madhu Mangapati, CO Arun Bauresuria, and 2E Kunal Ramesh Kotian for successfully taking the new delivery of Cape Gannet at the Saijo Shipyard, Japan.

Congratulations to the team of Chola Serenity led by Capt. Rakesh Niranjana, CE Atul Kumar Kulshrestha, CO Uddhap Barai, and 2E Rocello Ignatti Pereira to successfully takeover the vessel at the Port of Hong Kong.

