



### MAIN NEWS

## ESM Recognizes Best Ship Performers

Ship performances that have excelled in their team work and high quality of safety standards have been recognized for the first half of the year (2018). In addition to the existing awards, an additional category has been identified for the Second Half Awards – Most Improved Vessel performance, to encourage the efforts of crew that have made marked improvements.

We congratulate MT Aframax Rio for winning the Tanker category and MT Chem Helen for its top rank in the Chemical Tanker category. We thank the Masters – Capt. Chandra Bhushan Prasad & Capt Shashi Shekhar Sinha (MT Aframax Rio), Capt Mario Jackson Fernandes & Capt. Amrit Ranjan Dungdung (MT. Chem Helen) and

Chief Engineers – Mr. Shanmuganandam Venkatesan & Mr. Siddharth Banduni (MT Aframax Rio), Mr. Dhananjay Barsha Sherke & Mr. Sathees Chandran Nair Sankara Pillai (MT Chem Helen).

ESM lauds the strong leadership and consistence performance by Officers that result in such high quality performances and raising the bar for standards. Heartiest congratulations to persistent performers who have led their vessels in the top three ranks, not only this year but also in previous years of the Awards. Thank you for your enduring commitments, Capt Sujit Kumar (Kamome Victoria), CO Manpreet Singh (Aframax Rio), 20 Sandeep Singh (Kamome Victoria), 20 Dinesh Kumar Mohanlal (MT Chem Helen) and 2E Mulkeet Singh (MT Atlantic Leo).

The Best Ship Award initiative, established in the year 2014, aims to encourage all ship staff in increasing the quality standards and performance of each vessel. Ships that excel in vetting performance (for tankers), PSC performance, overdue jobs in PMS, cargo claims, charter party speed and fuel consumption, off-hire claims, external audit performance, number of incidents on the vessels, high-risk navigation observations, best practice suggestions and performance in campaigns, are considered in determining the top winners.

The best ship awards winners will receive certificates and monetary award of USD 500. The second and third winners receive USD 300 and USD 100 respectively. We hope that these recognitions continue to encourage our seafarers to excel further.

### SAFETY MOMENT OF THE MONTH

## Oil Leaks from Grounded Vessel off Sweden

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

**A considerable amount of oil spilled from a vessel which was stuck off the coast of Loftahammar, Sweden after grounding. The spill was caused by the movement of the ship's hull from its grounding site, with the oil escaping the booms that had been put in place.**

In spite of efforts to curb the spill, a small amount reached the shore at Flatvarp. Coast guard vessels too were involved in the cleanup operations, conducting an area mapping of the spilled oil to determine the scope of the spill and prevent its further spreading.

Underwater inspection found extensive damage on the ship including ruptured

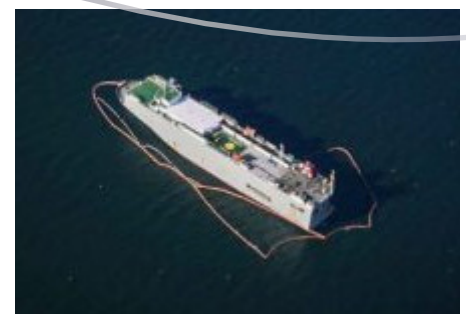
ballast tanks on the fore part of the ship, a hole in the ship's bow thruster, as well as heavy metal damages on the ship's bulb and its port side.

#### Lessons learned

- Safety of navigation always takes priority over all other activities. Bridge must be manned at all times, whenever vessel is underway or at anchor strictly in line with Nav-18.
- Master should continuously seek information from the OOW on the progress of the vessel.
- OOW should continuously monitor the vessel's position and after plotting every

**Tanker Category**  
First – MT Aframax Rio  
Second – Kamome Victoria  
Third – New Breeze

**Chemical Tanker Category**  
First – MT Chem Helen  
Second – Atlantic Leo  
Third – Adriatic Wave



position should give feedback to the Master.

- Keeping a good watch (BMM section 1.6), maintaining a proper look-out (BMM section 1.7), complying with safe navigation/ watch-keeping procedures as per Company's BMM & collision regulations is of paramount importance, which should NEVER be compromised.

## Letter of the Month



The half yearly honour scroll for the high performing ships is out and we are pleased to post the full list of the award winners in this newsletter. Although we are pleased to publish the names of the top management on board, we do recognize that behind each Master and Chief Engineer were and are a set of Crew and Officers who worked tirelessly and made professional contributions to make their respective ship shine (literally) and appear in the list of glory. Our sincere appreciations and hearty congratulations to each of them who made this happen.

We are also happy to dig out the names of the earlier winners who continued to perform consistently, whichever ship they had sailed. A great achievement and they do deserve to receive hearty round of applause from all of us!

Meanwhile, we are indeed very happy to announce that we are introducing another category of awards for the ships showing most improved performances during the last six months. This will recognize the efforts and hard work of many newly acquired ships in the management who probably cannot compete with the achievement of the existing fleet.

We continue to bring out the personalities of those that contributed to the growth and destiny of the ESM.

Comments like "I love my job and I'm grateful for everything", indeed succinctly summarizes the personality of Meenakshi Sundarajan, popularly known as Meena – the ever smiling devoted member of the ESM accounts team for last 14 years. The shy young girl who blossomed into a professional woman commanding respect among her peers and colleagues of the company. We are equally pleased to bring out Anil Varghese, immensely articulate in his speech as well as in writing notes/emails that could keep his distractors quiet! A Marine Engineer by training who chose to deal with the crew once he put his sailing boots aside and plunge to a shore job once ESM invited him to join the shore team for manning. He has never looked back and shares his journey with great sense of satisfaction and pride. Hearty congratulations and many thanks to both for sharing their many splendored memory with us.

We continue our regular monthly articles on technical, health and environment and do hope they continue to make interesting as well as fruitful reading for you all board.

The passing out of cadets from SIMS is regular, however, every such event is a memorable and special milestone for us. We are sharing here another proud moment of passing out of the 23rd batch of Graduate Marine Engineers on 31st August. Hearty congratulations to the cadets and the staff alike for their hard work and achievements and at the same time we welcome the graduates to the ESM fleet.

Till we meet again for the next issue,  
Be safe and remain happy always,

Sikha Singh

## Editorial Team

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TECHNICAL NEWS

# Incident During Operation of a Composite Boiler

The below incident took place on another ship manager's vessel where author had worked briefly and is being shared to illustrate important lessons learnt at that time in order to prevent recurrence of such incident on ESM vessels.

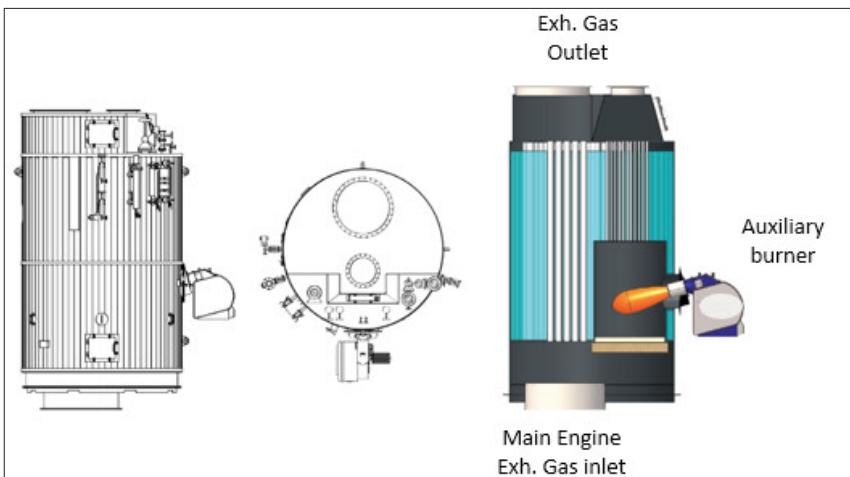
The Composite boiler on-board, converts water into steam using heat recovered from main engine waste exhaust gases. The steam is then utilised for various steam heating requirements in Cargo tanks, Heavy Fuel Oil tanks or heat exchangers for purifiers & ME Cooling water pre-heaters. The steam generated by boiler serves as a heating medium to increase the temperatures of cargo, fuel oil and water and also aids in daily shipboard operations such as cargo transfers using steam driven pumps, internal engine combustion, fuel purification and for warming up engines.

The simplified construction of a composite boiler is as detailed below:

- Common water chamber
- Smoke tubes for Main Engine
- Smoke tubes for Auxiliary burner
- Common level gauge indication, level controller, Pressure controller & control valves

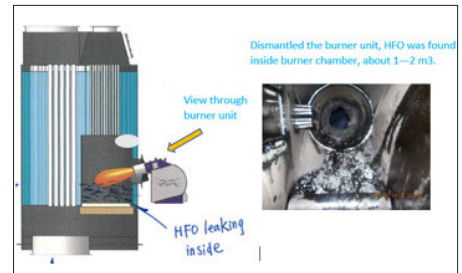
**Fuel oil circulation for auxiliary boiler:**

Fuel oil supply is continuously provided to burner unit during boiler operation and while in stand-by mode.



Brief description of the incident:

The boiler was not igniting with repeated flame failure alarms coming. Further, fuel oil was also leaking from the burner unit casing and the bottom of furnace was completely filled with Fuel oil.



Observation 1: Solenoid valve F202, membrane was broken

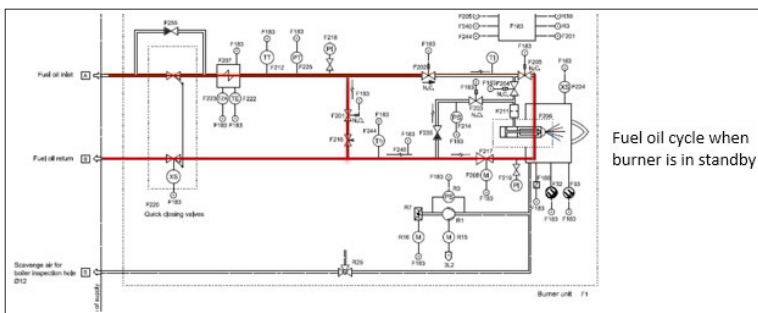


Observation 2: the burner nozzle and igniting rods were fully immersed in/ covered with carbon deposits.

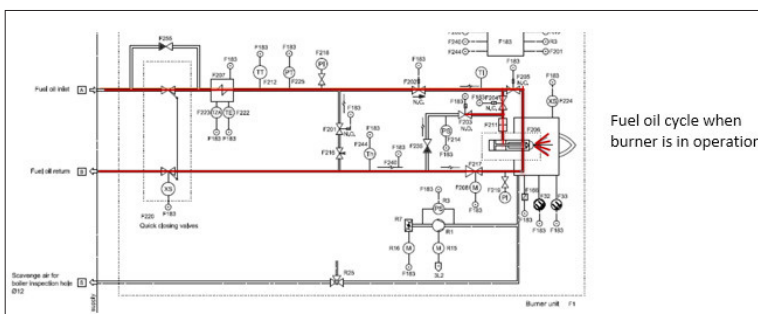


What was the cause of fuel oil leaking into burner chamber?

- 1) Fuel oil supply pressure is too high
- 2) Fuel oil temperature is too high
- 3) Solenoid valve F202 was leaking
- 4) Too much carbon deposit on burner
- 5) Burner nozzle was not fully closed



Fuel oil cycle when burner is in standby



Fuel oil cycle when burner is in operation

Continue on Page 4

ENVIRONMENTAL NEWS

# Study of Climate Change can Lead to Understanding Future of Infectious Disease



Flooding in a village in Uganda

A research team from the Pennsylvania State University, United States of America sought to understand how climate change could impact the spread of infection and diseases. They utilized both meteorological and climate change related data to correlate such diseases as well as identified areas that are vulnerable to epidemic diseases. This may therefore lead to a nation having preventive measures in place to curb the disease or reduce its prevalence.

Climate change affects two main categories of illnesses - water and food borne as well as vector (insect)-borne infectious diseases. To understand such infections and its effects, especially on infants, a research team from the Department of Neurosurgery, Engineering Science,

Mechanics and Physics from Penn State University, USA, used Uganda, as a case – study to understand the impact of climate change in relation to infectious diseases.

Uganda, a developing country, faces two rainy seasons. A previous research displayed that median levels of rainfall in the country were associated with an increase in the number of the infectious disease leading to a brain condition known as hydrocephalus. However researchers needed to study village-level rainfall data to further establish the correlation.

Using census data, election data and village boundary information together with weather and climate data, the researchers were able to combine the details with satellite rainfall data over the last 34 years. They observed high rate of rainfall fluctuation in the country over three decades as well as higher cases of infections that were seasonal and rainfall related, varying by location. Correlating the rainfall data with its intensity in a particular location as well as the predicted shift in climate, they are now able to extrapolate an infant's

susceptibility of such infections at that location.

This study has many positive implications as Uganda is a nation dependent on rain-fed agriculture which in turn impacts crop production, food security, wildlife habitats, regional economics and the presence of certain types of diseases. With the research data, they are now working on identifying high risk spots of epidemic diseases and ways to prevent them.

Going forward, with the availability of different types of meteorological and climate data, scientists may correlate today's prevalent and dangerous diseases such as Ebola in the African region and Swine Flu in Asia to climate changes and thus, work towards reducing their deadly effects. By doing so, we are allowing ourselves to be more prepared to reduce our susceptibility and prevent the overall spread of these diseases. We can also improve prediction of shifts in infectious diseases at various scales and establish an early warning system for the health effect of predicted climate change. For instance, allowing ourselves to be prepared for dengue in the monsoon season. We can also adopt proactive measures to control the spread of the disease and go beyond practical observation to allow for more opportunities of discovery.

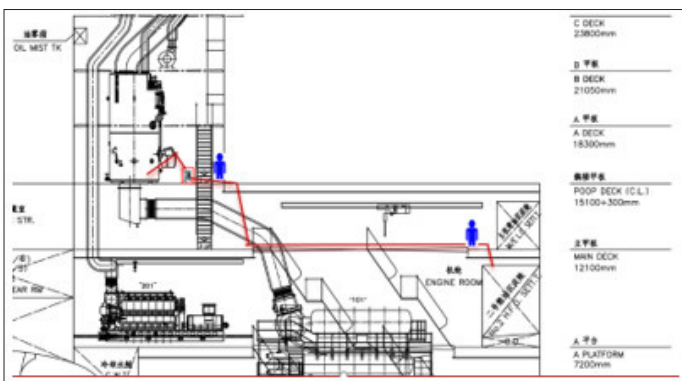
TECHNICAL NEWS

## Continued From Page 3

Improper procedures for transferring the Fuel oil (FO) inside burner Chamber:

The fuel oil inside burner chamber was then transferred manually by using by portable pneumatic diaphragm pump and flexible hose to HFO setting tank.

Within 5 minutes of pumping FO started leaking from outlet pipe of the portable pump. The crew failed to stop leakage by retightening of the hose clamp at outlet pipe. During the process of tightening, the flexible hose connection parted thereby resulting in hot fuel oil spilling & spraying over on the right hand, face and shoulder of the crew member causing serious burn injuries to him.



The pneumatic diaphragm pump and flexible hose were arranged for transferring oil in Engine room. What was the problem here?

- 1) Wrong Hazard analysis?
- 2) Wrong operating procedure with pneumatic diaphragm pump?
- 3) Wrong using diaphragm pump and improper hose?
- 4) Insufficient supervision by Senior Engineer?

**Lessons learnt from this incident**

- 1) Insufficient risk assessment of fuel transferring operation by pneumatic diagram pump

- High risk of hot fuel oil leakage was ignored
- During fuel oil transfer, inadequate measures were taken to prevent leakage and resulting injuries due to high temperature fuel oil
- Drain valve from burner chamber was not used as per design to directly drain the accumulated fuel oil from the chamber.

- 2) Poor maintenance on Composite boiler

- Solenoid valve membrane broken
- Burner nozzle leaking
- Smoke tube in burner furnace were found with heavy accumulated carbon deposit

- 3) A proper toolbox meeting and risk management was not carried out prior to commencement of the job.

MIND YOUR BODY

# Good Cholesterol Found to Impact Risk of Infectious Diseases

A new research from Copenhagen University has found that high density lipoproteins (HDL) or good cholesterol affect our overall immune system and our susceptibility to infectious diseases. As most studies surrounding cholesterol is centered around the heart, this research provides scientists with a new avenue to probe.

Cholesterol, the waxy substance produced by our liver, has multiple roles to play such as aid in making bile for digestion, vitamin D, hormones as well as ensuring that cells work properly. Cholesterol carried in the blood attached to proteins are called lipoproteins, found in two main forms - low density lipoprotein (LDL) and high density lipoprotein (HDL). LDL is considered as bad cholesterol since an increased level of LDL leads to a buildup in arteries, thereby developing a high risk of heart diseases. HDL, on the other hand, is good cholesterol as it protects and removes bad cholesterol from places it does not belong.

Conventional cholesterol research has been largely centered around LDLs and the cardiovascular area of the human body. However the new research from Copenhagen University Hospital and the University of Copenhagen has shown that HDLs (good cholesterol) may also have a negative role to play in the overall wellness of our immune system and the vulnerability of the human body towards infectious diseases such as gastroenteritis (stomach flu) or pneumonia.

The data for this study was obtained from 100,000

individuals from the Copenhagen General Population Study who were followed for more than six years. Findings showed that individuals with both low and high HDL cholesterol have a high risk of hospitalization as a result of an infectious disease. They also possessed an increased risk of dying from this illness.

Low HDL was not enough in keeping the bad cholesterol out of the blood system, thereby increasing health risks. But a high level of HDL also not necessarily meant increased protection. A study in 2014 by American Heart Association found that an increased level of HDL at 90mg/dl (milligrams per deciliter) among men, leveled off the benefits of the 'good' cholesterol. The recommended levels in keeping a HDL level high has been suggested between 40 to 60 mg/dl and LDL low to be less than 100 mg/dL.

As the Copenhagen study was the first to examine if HDL was associated with the risk of infectious disease from the general population, it cannot be used to conclude that very low or high HDL is the direct cause of the increased risk of infectious disease. More research needs to be done in this avenue to further understand the contradictory role and function of HDL. Nevertheless, it may be noted that the key is to balance both the cholesterol in order to protect against any cardiovascular diseases.

On an individual level, it is important for one to start monitoring his or her cholesterol levels early. Many tend to assume that cholesterol levels are not a cause for

concern until they are middle-aged or older. However, this misconception may have a severe impact on one's health. Based on this research, too much or too little of good cholesterol, can be a bad thing. So how then do we find a balance?

Ideal cholesterol levels tend to differ by age with levels rising as we grow older. Men especially are at a higher risk of having higher cholesterol levels as compared to women whose cholesterol levels tend to rise after menopause.

As our body is impacted by our daily life and stresses, perhaps it may be difficult to cultivate a healthy balance. However, to increase resistance towards infectious diseases and bacteria in general, we ought to take better steps towards ensuring a stronger immune system as well hence here are some steps towards improving our overall cholesterol health and immune system:

- Eat heart-healthy foods and foods rich in Omega-3 fatty acids
- Incorporate fruits and vegetables into your diet
- Exercise regularly and lose weight
- Quit smoking and drink in moderation
- Get enough sleep

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 GOWTHAM SR BALASUBRAMANIAM | GSW FABULOUS   | 6. JE ARITRA DAS             | ERIA COLOSSUS     |
| 2. JO RANDEEP SINGH              | AFRA WILLOW    | 7. JE DIVYANK RAVI JETLEY    | CRIMSON KNIGHT    |
| 3. JO GLADVIN RAJU               | MARLIN AZURITE | 8. JE VARUN ATHMAKURI        | PALANCA SINGAPORE |
| 4. JO AKSHIT SINGH               | MARLIN AMBER   | 9. JE JAY NAROTAMBHAI TANDEL | SALAMINIA         |
| 5. JE PANKAJ PANDURANG SALGARE   | SALAMINIA      |                              |                   |

# HAPPY BIRTHDAY!

## CREW BIRTHDAYS

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

NAME	BIRTHDAY	VESSEL	NAME	BIRTHDAY	VESSEL
MST KOHINOOR KUMAR SINHA	10-09	UACC HARMONY	CE DEBMALYA GHOSH DASTIDAR	03-09	CRIMSON MAJESTY
MST RAMDEO PODDAR	02-09	CRIMSON KNIGHT	CE HABIBBHAI AHMEDBHAI MANSURI	06-09	MARLIN AZURITE
MST SAJEEV BALAN	06-09	BAKU	CE RAMIL MONTECLARO BOLAY OG	03-09	NEW HORIZON
MST PARAMJIT SINGH SANDHU	14-09	ATLANTIC CANYON	CE MAHESH APPASAHEB PATIL	15-09	SANTOS
MST DEEPAK SHARMA	17-09	KIKYO	CE ASHWIN ASHOK PATIL	29-09	ALQADISIA
MST RAJAT KAPOOR	14-09	ALQADISIA	CE MALLIKARJUNA YALANGI	05-09	NORD TITAN
MST ROBIN VERMA	08-09	MOL TRUTH	CE RAJU MEHTA	11-09	ARAGO
MST JITENDRA KUMAR	22-09		CE MOHAMMAD ZAKI BIN ABDUL MAJID	02-09	EXECUTIVE VALOUR
CO SHANJIBDHAN BAHADUR PRADHAN	17-09	UACC RAS TANURA	CE UNNIKISHNAN THAKKE MARATH	19-09	GUNESHLI
CO KARAN KOHLI	21-09	ALPINE MYSTERY	2E YEVGEN TYSYACHENKO	03-09	EXECUTIVE PRIDE
CO VINCENT GLENN PARAS TAN	21-09	BITUMEN EIKO	2E PUSHPENDRA SINGH SONGARA	08-09	ATLANTIC CROWN
CO NARAYAN BHUVANESH WARDE	20-09	RENAUD	2E MIDHUN RAVEENDRAN KAMALALAYAM PILLAI	14-09	GSW FORWARD
CO PARVINDER SINGH	03-09	CHEM NICHOLAS	2E SAURABH VASHISHTHA	14-09	GREAT MANTA
CO JITHIN VARALIL	25-09	AZERBAIJAN	2E SAMEER BHASKAR PATIL	03-09	BOUGAINVILLE
CO AJAY KUMAR DIXIT	08-09	SHAH DENIZ	2E JASMEET SINGH	09-09	ST. GERTRUD
CO SUMEET SUNIL GHANBAHADUR	30-09	BAKU	2E BHAGWAN SWAROOP SHARMA	12-09	AZERBAIJAN
20 MILAN KUMAR DALEI	05-09	EVER GOLDEN	2E ARUNKUMAR SEKARAN	18-09	MOL TRUTH
20 ATUL KUMAR MISHRA	12-09	CHEM HELEN	2E DAIRYL CRUZ VALDERIA	02-09	ROYAL SAMURAI
20 SHIVTAR SINGH	10-09	MARLIN AMBER	3E BIPLAB ROY	01-09	CRIMSON MONARCH
20 PRANOY ANDEZHATH JAISING	24-09	E PIONEER	3E RAVINDRA SINGH	07-09	PRINCESS MARY
20 ABIN BABU	24-09	KIKYO	3E SIVARAMAKRISHNAN MEENAKSHI SUNDARAM	25-09	NEW BREEZE
20 DILPREET SINGH	30-09	MAETIGA	3E DEEPAK KUMAR SINGH	01-09	ADRIATIC WAVE
20 ROHIT KUMAR BARNWAL	26-09	ATLANTIC EAGLE	3E VIKAS TRIVEDI	11-09	SHAH DENIZ
20 RAHUL SAXENA	07-09	AFRA OAK	3E ARASHDEEP SINGH CHAUDHARY	18-09	FS SINCERITY
30 SAURAV KUMAR	16-09	FS DILIGENCE	3E BHUPINDER SINGH	20-09	PALANCA MAPUTO
30 JIMMY GEORGE	27-09	PALANCA MAPUTO	3E HARINDER SANGWAN	18-09	CHEM HELEN
30 RAJWINDER SINGH	02-09	ATLANTIC AQUARIUS	4E ANZAR JAMAL	09-09	AFRAMAX RIVER
30 GURTEJ SINGH AULAKH	07-09	AFRAMAX RIVIERA	4E SIDHARTH KUMAR	14-09	AEGEAN WAVE
30 JITHIN JANARDHANAN	17-09	ALJALAA	4E ARUN JOSEPH	25-09	MOL TRUTH
30 SAURAV KATOCH	26-09	AZERBAIJAN	4E SUMIT KUMAR	11-09	HIGH JUPITER
30 SHIVAM GUPTA	27-09	ST. GERTRUD	4E KRISHNA BASU VADAKKEVEEDAN RAJAN	11-09	CHEM HELEN
30 JITENDER SINGH	30-09	ALPINE MOMENT	4E PRASHANT SHIVARADDI BHARMRADDI	13-09	SHAH DENIZ
CE SATHEES CHANDRAN NAIR SANKARA PILLAI	05-09	CHEM HELEN	4E JAIPREET SINGH	16-09	MARLIN AMETHYST
CE VENKATESHA BHUVANAHALLY SHETTY	12-09	LR2 PIONEER	4E PARSHANT SHARMA	28-09	PIONEER EXPRESS
CE DHEERAJ SHARMA	04-09	BOUGAINVILLE			
CE YOLANDO CABANLIT CARANZO	09-09	NEW GRACE			
CE PRADIP KUMAR LOW	06-09	ADRIATIC WAVE			
CE MOTATHKUTTIYIL VINAY KUMAR NAIR	26-09	JOSEPH WISDOM			

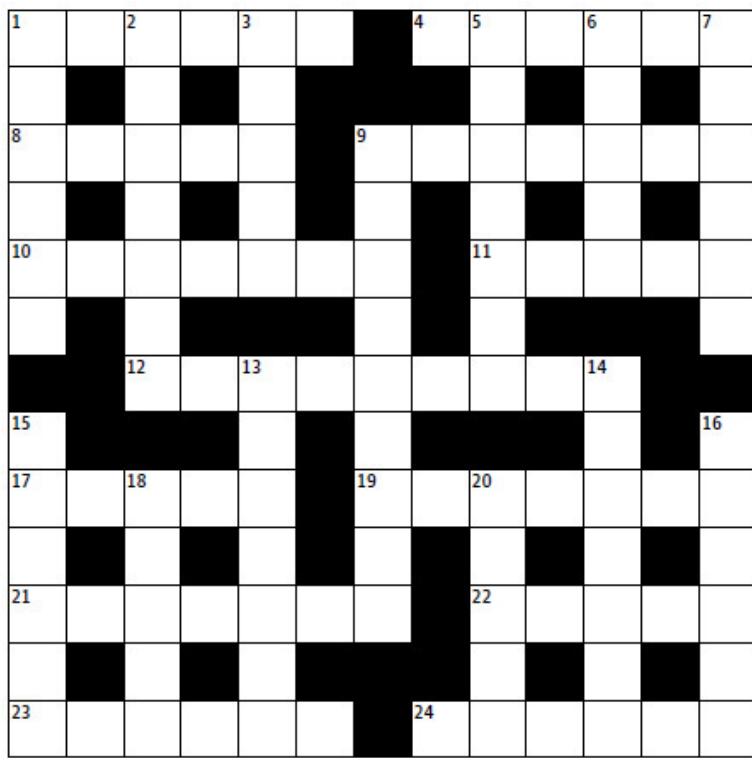
## PUZZLES ANSWERS FOR ISSUE 160



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

**PUZZLES**

**CROSSWORD PUZZLE**



**Across**

- 1 Advertising tune (6)
- 4 Kind of earring or bow tie (4-2)
- 8 Small group or team (5)
- 9 Extreme nervousness (7)
- 10 Hangs about (7)
- 11 Something one hopes to attain (5)
- 12 Forerunner (9)
- 17 Pungent (5)
- 19 Properly arranged (2,5)
- 21 Edible fish (7)
- 22 Odds? (5)
- 23 Perfumed hair dressing (6)
- 24 Lookout (6)
- 15 Turn (something) down (4,2)
- 16 Exaggeratedly proper (6)
- 18 Field – kingdom (5)
- 20 Grossly overweight (5)

**Down**

- 1 Push and shove (6)
- 2 Feed (7)
- 3 Soup server (5)
- 5 Renting out (7)
- 6 Firearm – collector's item (5)
- 7 Swiss food and drink company (6)
- 9 Proved to be right (9)
- 13 Sequoia (7)
- 14 Beef, lamb or mutton before cooking (3,4)

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

**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 – SEPTEMBER 2018 TO NOVEMBER 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	03 Sep, 01 Oct, 05 Nov
Specialized Training on Chemical Tanker Operation (CHEMCO)	12 days	15 Oct, 19 Nov
Specialized Training on Gas Tanker Operation (GASCO)	11 days	17 Sep, 24 Sep, 22 Oct, 26 Nov
Ship Manoeuvring Simulator (SMS)	5 days	24 Sep, 22 Oct, 26 Nov

### SIMS LONAVALA STATUTORY - DG APPROVED COURSES

COURSE	DURATION	DATES
Electronic Chart Display and Information System (ECDIS)	5 days	03 Sep, 08 Oct, 12 Nov
Engine Room Simulator - ML	5 days	17 Sep, 22 Oct, 19 Nov
Engine Room Simulator - OL	3 days	10 Sep, 15 Oct, 26 Nov
Free Fall Lifeboat (FFLB)	2 days	04 Sep, 16 Oct, 05 Nov

### SIMS MUMBAI - OFFSHORE COURSES

COURSE	DURATION	DATES
Basic H2S (OPITO Approved)	½ day	On Request
DP Basic (N.I Approved)	5 days	03 Sep, 17 Sep, 01 Oct, 15 Oct, 05 Nov, 19 Nov
DP Advanced (N.I Approved)	5 days	10 Sep, 24 Sep, 08 Oct, 22 Oct, 12 Nov, 26 Nov
DP Maintenance	5 days	Every Monday

### SIMS - VALUE ADDED COURSES

COURSE	DURATION	DATES	COURSE LOCATION
FRAMO Cargo Pumping System (FRAMO)	3 days	03 Sep, 01 Oct	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	24 Sep, 22 Oct, 26 Nov	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
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### For Course Bookings, Please Contact:

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**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/4nUq1CrSuN2>

**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](mailto:dp@samundra.com)  
Email for all other courses: [training.sims@samundra.com](mailto: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,  
Vythilla PO, Kochi 682019  
<https://goo.gl/maps/YyTjJahBkKw32>

## Salute the Stalwart of ESM's Quiet Success Story

*"The only way to do great work is to love what you do." – Unknown*

*Our September edition of the monthly newsletter brings forth the stories of Ms. Meenakshi Sundararajan, Assistant Manager, Accounts, ESM Singapore and Mr Anil Varghese, General Manager, Operations, ESM Mumbai. They are two different individuals united by the love and appreciation they have for their respective jobs. In conversation with both, we revisit their unique, contributions to the growth of the Executive Group of Companies while bringing back a sense of nostalgia and fondness.*

### Ms. Meenakshi Sundararajan

Fourteen years ago, Ms. Meenakshi Sundararajan or, Meena as she is known to her friends, left her hometown in Chennai, India and moved to Singapore as a new bride. Having earlier worked in accounting, she soon commenced a job search, eventually leading her to the open doors of ESM. Suffering from a bout of homesickness, she was happy for an opportunity to start afresh as an Accounts Assistant and join a different industry. Being a small company at the time, her highly energetic team created a sense of belongingness for her.

As her work responsibilities increased, Meena soon progressed in ranks with her first promotion within a year and subsequently the next key one as Assistant Manager in just over two years. She began leading ESM's overall Payments section, including the field offices such as Chennai etc. Her part, she divulges involved training staff in both the corporate and field offices, familiarizing them with their roles and responsibilities as well as the company's system

It was not all a heady start, as the company was in its formative years and the team used a basic ERM (Enterprise Resource Management) system to aid in keeping track of documents and reports, unlike the sophisticated, Phoenix, which is used now. She recalled having made plenty of errors and mistakes at the time.

However, Meena took them in stride, crediting her positive attitude and motivation to her mentor, anchor and guide, Mr Siju George, then Manager of Accounts and now, Chief Financial Officer. "We used to seek his help whenever we made mistakes. He really motivated us, my team and me, guiding us constantly. He had a big role to play in who I am today."

Speaking of her tenure and her driving force to remain devoted to a company for a good decade, Meena said fondly, "I felt like family here." Five years into her career, when Meena experienced

the joy of motherhood for the first time, she received a lot of advice, care and support from the management and her colleagues re-affirming the warmth and appreciation that she constantly speaks highly of throughout the interview.

In the last few years, Meena has been both actively and heavily involved in the constant development of ESM's in-house software system, Phoenix, working with the South Nests Software Solution (SNSS) team in Chennai to increase the overall convenience and effectiveness of the software system for the Accounts department. Meena's job responsibilities have changed drastically over the years, keeping her constantly on the ball with unique tasks. The lack of errors in payment today due to the usage of the Phoenix system gives her a great satisfaction.

"If you do not love your job, you won't find it interesting. Every day, I do something different. Whether it is working to fill a gap or to help my team whenever there is a doubt. There is always something to keep things interesting."

Recalling the key moments in her career at ESM, Meena spoke of a memorable experience in 2010. Eight months after she experienced motherhood for the second time, an Accounts team was set up in Chennai, requiring a trip back to India, officially. Meena and her colleague dedicated a week in Chennai setting up an Accounts team and conducting training.

Adding to her journey up the career ladder, Mr Siju George, Meena's former manager stated warmly, "I have seen her transition from a shy, nervous newbie to the now confident leader managing the Accounts Payable team. She has always willingly accepted the responsibilities entrusted upon her and is a vital team player." Apart from being a leader, Meena works towards keeping her team motivated relaying both wisdom and advice that she received when she was a junior. She also recognizes their efforts and hard work and is full of praises for their support and contribution.

"Both my teams in Singapore and Chennai are great. I am very thankful for their support. Without them, it would not be possible."

Affirming Meena's supportive leadership, her colleague and another company veteran, Mr Goh Kuan Yang, Manager for the Accounts Department described her as an amicable person who is "committed to her tasks and always willing to give a hand to others in need".

Speaking of the company's growth, she says with pride, "ESM has achieved so much in the last fourteen years. There is more for us to accomplish but for now, we will never compromise in our quality and service."

Concluding our interview on a humble note, Meena adds "I love my job and I am grateful for everything."



**"If you do not love your job, you won't find it interesting."**

## ESM NEWS

## Salute the Stalwart of ESM's Quiet Success Story

### Mr. Anil Varghese

**A Marine engineer by training, seafarer by profession but manning expert by passion- find this rare and unique combination, and what you would discover is Mr. Anil Varghese- General Manager (Operations), ESM, Mumbai. An ESM stalwart in a career spanning 15 years starting on board ESM vessel as the Chief Engineer, straight to the on shore manning department covering virtually all aspects of crew management and administration in the interim period. As we salute his enormous contribution to the organisation, we are pleased to share excerpts of his interview with our editorial team where he reminisced his journey and career, which he passionately continues to follow.**

Starting as Chief Engineer on board ESM managed-vessel, Sanko in 2003, Anil Varghese, obviously took the 'road less travelled' by typical CE's whilst moving onshore, by joining Manning operations with ESM in 2005. With a sailing career spanning two decades and over thirteen years onshore, Mr Varghese describes his journey in the company as a "rollercoaster ride."

The transition from Chief Engineer onboard a vessel into an office job was indeed not an easy one where instead of trouble shooting the equipment and machineries he needed more to navigate through uncharted territories like cajoling, persuading, career counselling and guiding the seafarers, listening to their demands and requirements among other things. Nevertheless, Mr Varghese took on the crewing role with much gusto and for over a decade now, has moved into various manning departments with ease and made a mark with his articulate and empathic personality, both to the seafarers and his teams.

Speaking about his experience in crewing, Mr Varghese said heartily, "There is never a dull moment in Manning. Every day was and still is a surprise." The team faces new requirements for hire on a daily basis as the company conquers and chases new goal-posts, raising the stakes for the crewing team in recruiting top notch experienced Masters, Chief Engineers, Junior Officers etc.

"There is no one-size-fits-all solution when dealing with humans. Each has to be customized, based on individual circumstances." While his work kept him busy in creating empathetic solutions, outside work, he divulged, he enjoyed the exciting hobby of yacht racing.

In the recent years, Mr Varghese has since taken over Operations for crew management and administration of the oil-major and long -time key industry partner, BP Shipping. Both ESM and BP, he observes, emphasize on a shared philosophy on the importance of safety and training while maintaining high standards of recruitment.

Capt. Anil Arora, Assistant General Manager, Crewing at ESM Singapore, described his successor of the role in Mumbai and his namesake as an exceptionally articulate, easy to adapt personality who picked up the rope with deft and ingenuity of a natural communicator and delegator per excellence.

With an affable personality and penchant for mentorship, he has indeed guided many juniors and shares an advice that he regularly dishes out to them, "Always have your heart in the right place and keep your word to the seafarers. Never make promises that you cannot keep. It is always better to over-deliver. If you fail, offer the next best thing. Apologise unconditionally and explain why you failed."

Mr SM Iyer, Resident Director ESM India and his long-time colleague, notes, "A man with an exceptional command of the English language, he is fondly known as the Oxford dictionary of ESM. His mentorship, is one of his biggest assets as he trains his team to follow the system."

Mr Varghese has witnessed ESM's gradual blossoming into the corporate entity that it is today. He observes, "ESM, was very careful when we agreed for management of ships, our

growth and partners". To him, ESM's passionate belief in quality training is a huge merit as other companies find training both time-consuming and costly. "Our world class facility, SIMS, (Samudra Institute of Maritime Studies), is vied and respected by the industry for the pioneering training offered".

Concluding the interview, Mr Varghese says in his trademark eloquence, "My tenure with ESM has provided me with a splendid platform to meet and interact with many accomplished professionals. This is by far the longest stint in my career. As I sail into the twilight zone of my career I shall carry with me fond memories of my time in-here as they say, the fragrance of the forgotten years!"



**"Always have your heart in the right place and keep your word to the seafarers."**

ESM NEWS

# FS Endeavor Celebrates India's Independence Day

The enthusiastic crew onboard FS Endeavor celebrated India's 72nd Independence Day on 15th August 2018 whilst sailing in the Arabian Sea.

To mark this day, the crew hoisted the Indian national flag in the morning followed by a parade under the guidance of parade commander, Electrical Officer, Kolli Ramakoteswara Rao. There was entertainment throughout as various outdoor games such as tug-of-war were played. A gala party was also held in the evening with a patriotic fancy dress competition and a play on Freedom fighter Sardar Bhagat Singh.

We congratulate Master – Capt Mahendra Singh and Chief Engineer Azhagiri Rajaram for the initiative of remembering home, away from home.



SIMS NEWS

# SIMS Introduces Hands-On Training for Reefer Containers

Recognizing the growing need for a practical training on operational aspects of container ships, SIMS has been upgrading its training facilities and expertise for a complete package of trainings on various TEU capacities, including 20000 TEU vessel. Trainings include Navigation of Container Ships, Container Lashing and Securing.

The latest to be added to its growing list of pioneering training programs is the operations and maintenance of refrigerated containers. A pilot batch of trainees attended the first course

on the fully operational reefer machinery installed in a 20' container at the SIMS Lonavala campus on 24th August 2018, in collaboration with experts from reputed reefer company, "Orient Box Movers".

SIMS has always been lauded for its continued efforts in curating effective and hands on training programmes needed by the shipping industry. (For any further information on the courses, please contact SIMS, Lonavala via Tele: + 91-2114-399500 or via Email: admission.sims@samundra.com)



Trainers and course participants of the pilot batch

# SIMS Lonavala celebrates Graduation of 23rd batch of GME

Thirty successful cadets from the 23rd batch of Graduate Marine Engineering (GME) attended the Passing out Ceremony on the 31st of August, as their families, friends and faculty cheered on.

Chief Guest Mr. SM Iyer, Resident Director ESM India, encouraged all graduating cadets to continue exercising their strength of knowledge and practical skills acquired from SIMS in the diversified machineries and systems onboard. Mr. Maneesh Jha, Principal SIMS Mumbai, was also present at the ceremony and shared valuable wisdom on the seafaring life and work ethics.

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

Sr.No.	Description Of Prize	Roll No.	Name of Cadet
1	Best Cadet	G23 26	HARKARAN SINGH
2	Best in Academics	G23 26	HARKARAN SINGH
3	2nd Best In Academics	G23 15	NITHIN SUBRAMANI
4	Best Hands On Training	G23 08	JIBIN CHACKO THOMAS
5	Best Sportsman	G23 28	UTKARSH SHARMA
6	Best Orator	G23 02	AKASH KRISHNARAJ RAO
7	Best Music	G23 12	MUHAMMED SULFISHA
8	Best Cadet Captain	G23 20	SPANDAN MISHRA
9	Best In Hsse	G23 25	HARIDWAR SINGH
10	Best In Marine IC Engine	G23 10	KUNAL BERI
11	Best In Marine Auxiliary	G23 24	SAHIL RAZAK SATVILKAR
12	Best in Automation & Control	G23 09	KIRAN DAVASAM RAMESH BABU
13	Most Popular Cadet	G23 16	NORONHA RALSTON LYOD RAPHAEL



## ESM NEW TAKEOVER &amp; DELIVERY

## New Additions to ESM Fleet in August

Five vessels- one new delivery and four takeovers, joined the company's fleet during the month of August keeping both management teams at ship and onshore enthusiastically involved in the expansion of the ESM fleet.

Ever Genius - with a capacity of 20,000 TEU, was delivered from the highly accomplished Saijo shipyard to the management on 2nd August 2018, adding to ESM's growing fleet of sophisticated container vessels. Our heartiest congratulations and safe sailing to the crew under the capable leadership of Captain Deepak Sodhi, CE Narayana Rao Kanuri, CO Vinod Syag and 2E Mithun Somaraj.

Other four Bitumen tanker takeovers were successfully conducted. Hearty congratulations and safe sailing to all.

Congratulations Captain Niloy Adhikary, CE Sanjeev S. Nair, CO Praveen Kumar, 2E Saneesh G Shetty and the entire crew for successful takeover of Vessel MP Palanca Muscat on 7th August 2018 at Tian Jin, China.

Congratulations to Captain Raizad Rusi Katrak, CE Maheshwar Singh, CO Shejin John Thomas, 2E Kamal Taneja and the entire crew for successful takeover of Vessel MP Palanca Montevideo on 13th August 2018 at New York, United States of America.

Congratulations to Captain Avinash Kumar Chand, CE Dipankar Roy, CO Achuthan Menon Kizhakepat Manikantan, 2E Arun Hooda and the entire crew for successful takeover of Vessel MP Palanca Singapore on 19th August 2018 at Livorno, Italy.

Finally, congratulations to Captain Jitendra Kumar, CE Saumen Ghosh, CO Ratnesh Kumar Mishra, 2E Hari Hara Subramaniam Venugopalakrishnan and the entire crew for successful takeover of Vessel MT Acacia Noir on 27th August 2018 at Malmo, Sweden.





**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.