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Historic Agreement:
DG Shipping and ITF Join Forces to Boost Seafarer Wellness



CONTENTS

From the Editor
Page No. 27

Shipping News
Page No. 29 - 33

Directory
Page No. 36 - 37

News Update for Onboard Crew
Page No. 42 - 45

HealthZone
Page No. 46 - 47

Review Corner
Page No. 38 - 39

Your Forecast
Page No. 48

Marine Insights
Page No. 34 - 35

SmylZone / Word Play
Page No. 40 - 41

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CIN : U35111MH2001PTC133762

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- Master • Chief Engineer • Second Engineer
- Third Engineer • ETO

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These vessels are fitted with Hybrid Scrubber & BWTS (Tech Cross)

- Master • Chief Engineer • Second Engineer • Third Engineer

LNG

- Chief Officer • First Assistant Engineer
- Second Officer (with Chief Mates COC)
- Second Assistant Engineer (with Class 2 COC) • Third Officer
- Third Assistant Engineer • Gas Engineer • ETO

CHEMICAL TANKERS (Parcel Tankers)

- Chief Engineer • First Assistant Engineer • ETO
- Chief Officer • Third Officer

IGF TANKER (Dual Fuel Chemical Tanker)

- Chief Officer • First Assistant Engineer • ETO

VERY LARGE CRUDE TANKERS (VLCC)

- Chief Officer (with Master COC) • Third Officer

OIL - CHEMICAL TANKERS

(with experience of sailing in Ice conditions)

- Chief Officer • Third Officer • ETO

VERY LARGE GAS CARRIERS (VLGC)

- Chief Officer (with Master License)
- First Assistant Engineer • Gas Engineer • ETO

All interested candidates, please send in your updated resume to Email Id: apply@mms-india.com

Contact Persons - Officers : Ms. Ritu Pandey - 8291100570
Ms. Daisy Fernandes - 8657950693

RATINGS (with valid US Visa and SID)

Chemical Tankers (Parcel Tankers)

(preferred with parcel tanker experience)

- ▶ Pumpman ▶ Fitter(III/5) ▶ Able Seaman
- ▶ Ordinary Seaman (II/4) ▶ Oiler ▶ Wiper (III/4) ▶ Chief Cook ▶ Messman

Oil - Chemical Tankers

- ▶ Pumpman ▶ Fitter(III/5) ▶ Able Seaman
- ▶ Ordinary Seaman (II/4) ▶ Oiler ▶ Wiper (III/4) ▶ Chief Cook ▶ Messman

Very Large Crude Tankers (VLCC)

- ▶ Pumpman

Container

- ▶ Able Seaman ▶ Fitter ▶ Oiler ▶ Wiper ▶ Chief Cook

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 - ▶ Manager (Finance) - Qualified CA with a few years of industry experience.
- ▶ Asst. Manager / Deputy Manager - Marine Recruiter, should have experience in sourcing for officer ranks both Tanker and Dry Vessels.

Location : Delhi Office

- ▶ Sr. Manager - Fleet Personnel (CE / Master with Oil, Chem background) with strong preference and orientation towards Crewing & Training operations.
 - ▶ Sr. Executive / Asst. Manager - Marine Recruiter, should have experience in sourcing for officer ranks both Tanker and Dry Vessels.

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- **Chief Engineer, Second Engineer, Electro Technical Officer (ETO) and Trainee ETO** with minimum 12 months experience, preferably sailed on ME engines.
- **Bosun, Able Seaman, Fitter, Motorman & Chief Cook** with minimum 12 to 18 months rank experience & with similar type of vessel mentioned.

OIL TANKERS

- **Chief Officer** with 12 months rank experience on Crude Oil/Product Tankers.
- **Chief Engineer** with 15-18 months rank experience in Oil Tanker Crude/Product.
- **Second Engineer** with 12 months in Oil Tanker Crude/Product.
- **Bosun, Able Seaman, Fitter, Motorman & Chief Cook** with minimum 12 to 18 months rank experience & with similar type of vessel mentioned.

CHEMICAL TANKERS

- **Master, Chief Officer, Chief Engineer, Second Engineer, ETO & Trainee ETO**
- **Bosun, Able Seaman, Fitter, Motorman & Chief Cook** with minimum 12 to 18 months rank experience & with similar type of vessel mentioned.

GAS TANKERS – VLGC/LPG CARRIERS

- **Master, Chief Officer, Chief Engineer, Second Engineer, ETO & Trainee ETO**
- **Bosun, Able Seaman, Fitter, Motorman & Chief Cook** with minimum 12 to 18 months rank experience & with similar type of vessel mentioned.

GAS TANKERS – LNG CARRIERS

- **Chief Engineer, Second Engineer, Third Engineer, Fourth Engineer** holding Steam COC.



<https://qrco.de/bdmiT8>

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Contact No: 912267551777 / 912267551700

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- **Senior Technical Superintendent - Mumbai**
Candidate should have sailed onboard a Bulk Carrier / Container as a Chief Engineer. Experience - minimum 3 years as a Technical Superintendent.
- **Technical Superintendent - Mumbai**
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- | | | |
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| <ul style="list-style-type: none"> • Master • Chief Officer • Second Officer • Third Officer | <ul style="list-style-type: none"> • Chief Engineer • Second Engineer • Third Engineer • Fourth Engineer • Electrician • Gas Engineer | <ul style="list-style-type: none"> • Bosun • Able Seaman • Oiler (Watchkeeping +COP+DCEs) • Fitter • Pumpman • Cook |
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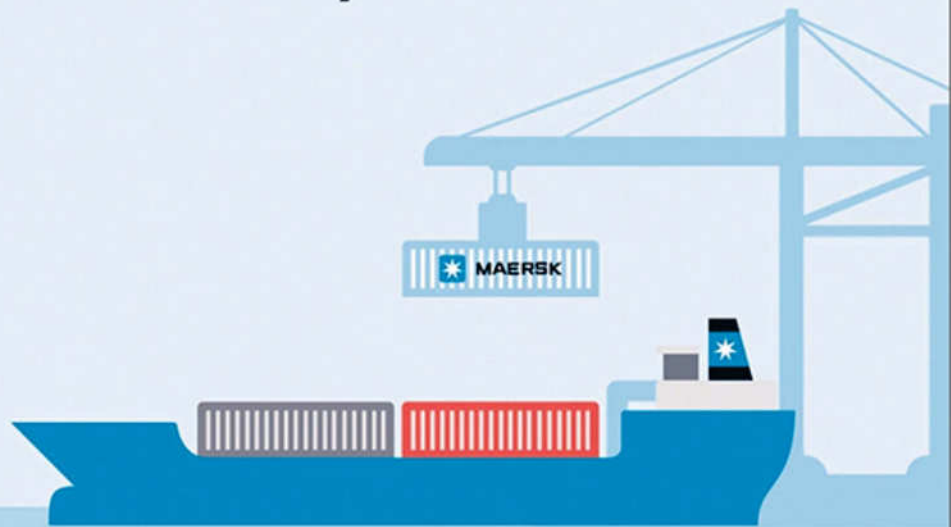


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&
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- THIRD OFFICER ■ FOURTH ENGINEER ■ JUNIOR OFFICER
- ELECTRICAL OFFICER ■ FITTER ■ AB ■ MOTORMAN

OIL / CHEM TANKER

- MASTER ■ CHIEF OFFICER ■ CHIEF ENGINEER ■ SECOND OFFICER
- SECOND ENGINEER ■ THIRD OFFICER ■ THIRD ENGINEER
- FOURTH ENGINEER ■ JUNIOR OFFICER ■ ELECTRICAL OFFICER
- FITTER ■ AB ■ MOTORMAN

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- › Third Engineer
- › Fourth Engineer

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- › Master, Third Officer
- › Chief Engineer, Second Engineer, Third Engineer,
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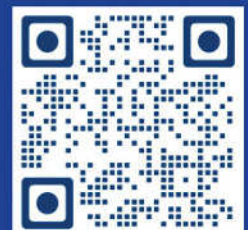
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RPSL/CHN/031 | Valid From: 19.07.2023 | Valid Till: 19.07.2028



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We do not have ANY AGENT acting behalf of the company. Be aware of fraudulent job offers using our name and immediately report the matter to us at pma@maa.pacificmanning.com or to the local law enforcement authorities.



SHOOLIN SHIP MANAGEMENT PVT. LTD.

"Where Reliability and Excellence are Always On Board"

RPSL-MUM-162067 | DOI: 25-Oct-21 | DOE: 25-Oct-26

REQUIREMENTS FOR BITUMEN TANKERS

HONDURAS COC

Master / Chief Officer

2nd Officer / 3rd Officer

Chief Engineer / 2nd Engineer

3rd Engineer / Electrical Officer

AB / Oiler / Fitter

REQUIREMENTS FOR MR AND AFRA TANKERS

PREFERRED COC:

**INDIAN / UK / AUSTRALIA /
SINGAPORE / NEW ZEALAND**

Master / Chief Officer

2nd Officer / 3rd Officer

Chief Engineer / 2nd Engineer

3rd Engineer / Electrical Officer

AB / Oiler / Fitter

PROMOTIONAL CANDIDATES

ARE WELCOME



HAPPY Republic Day



*Awarded the
"Fastest Growing Company of the Year"
at Seajob Indian Anchor Awards 2022*

*"Best Employer for Bitumen Tankers"
at Seajob Indian Anchor Awards 2024*



To find out more, scan the link above, fill in the details,
attach your CV and click the send button

ADDRESS

Office No. 315, 3rd Floor, Monarch Plaza,
Plot No. 56, Sector 11,
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CONTACT PERSONS

For Officers: +91 93219 88233 / +91 86554 45670 / +91 87798 59250

For Ratings: +91 91371 04852

Landline: +91 22 4802 4564

Email: info@shoolinship.com / crew@shoolinship.com



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RECRUITMENT SERVICES PVT. LTD



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WE'RE HIRING!!

Vacancies for Deck Officers

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Vacancies for Engineers

• Chief Engineer • Second Engineer • Third Engineer • Fourth Engineer • Electrical Officer

Vacancies for Ratings

• Pumpman • Bosun • A/B & Oiler (with COP) • Fitter • Chief Cook • Messman

✉ iliketobe@synergymanning.com

Vacancies for Shore Jobs

• Technical and Marine Superintendent
Ex-Chief Engineer and Master with 1-4 years of experience as Superintendent

✉ careers@synergygroup.sg

Apply now to join our team!



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(Messages Only)

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**LEARN MORE ABOUT
OUR COMMITMENT
TO SEAFARERS**



We do not have ANY AGENT acting on behalf of the company. Be aware of fraudulent job offers using our name and immediately report the matter to us at corporatecommunications@synergyship.com or to the local law enforcement authorities.

RPS License No. RPSL/CHN/033, issued on 27 June 2024. Valid until 27 June 2029

Log on to : www.seajob.net

OLYMPIA SHIP MANAGEMENT PVT. LTD.

RPSL MUM 461 VALID FROM 3RD NOV 2022 TO 3RD NOV 2027

"Accelerate your career
join our fast-growing fleet with
opportunities abound!"



Join our Fleet !

Bulk Carriers & Tankers

Welcome Ranks...!!!

- Master, Chief Officer, Second Officer, Third Officer
- Chief Engineer, Second Engineer, Third Engineer, Ratings

Requirements:

- Valid STCW certificates & qualifications
- Excellent communication & teamwork skills
- Strong safety & environmental awareness

HAPPY Republic Day



Apply Now!



BENEFIT

- Competitive salary & benefits
- Professional growth & development
- Promotional Candidates are Welcome.
- Opportunities for advancement



www.olympiaship.com



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+91-8976764031
+91-8657003551



crew@olympiaship.com

OFFICE ADDRESS : 2108, 2109 & 2110, KAMDHENU COMMERZ COMMERCIAL
BUSINESS PARK, SECTOR 14, KHARGHAR, NAVI MUMBAI, MAHARASHTRA. 410210



HAPPY REPUBLIC DAY

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Psychologist**

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TMT, PFT & ECHO



Psychometric evaluation



Audiogram

Consultant & The CEO

Dr.T. Ramesh Kumar, M.D.,

Mobile: +91 98410 74668



044 47837361 / 47837357

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contact@rajmedicare.in /
rajmedicare4u@yahoo.co.in



#26, Nandhi Loop Street,
West C.I.T Nagar, Nandanam,
Chennai- 600 035.



www.rajmedicare.in



NYK SHIPMANAGEMENT (INDIA) PVT. LTD.

(RPSL-MUM-240 DOI: 14.12.2022 DOE: 14.12.2027)

BRINGING VALUE TO LIFE

Happy
**Republic
Day** JANUARY 26



**On board Vacancies (Seafarers): Share your CV -
nyksm.s.smin-cvmumbai@nykgroup.com
Only Shortlisted Candidates Will Be Contacted**

**Revised wage
scale for
Tankers and LPGs
w.e.f. 1st May
2024**

We Offer:

- ◆ Our ships are being installed with ultra high speed internet.
- ◆ Allowances & Incentives: IGF, Chem Ship, Gas Ship, Flag & Trade Specific, Training Subsidy And Rejoining Bonus.
- ◆ Long term employment and career progression with timely onboard promotions & shore job opportunities.
- ◆ Opportunity to work in diversified young fleet with latest technology.
- ◆ High victualling allowance.
- ◆ Telemedical and Mental Wellness support.
- ◆ Family carriage and onboard family medical insurance.

URGENT REQUIREMENTS FOR OUR EXPANDING FLEET

VLGC (Most of the vessels are New and many New takeovers are scheduled)

- ◆ Master
- ◆ Chief Officer (with Ammonia experience)

CONTAINER

- ◆ Chief Officer
- ◆ 2nd Officer
- ◆ 3rd Officer
- ◆ Chief Engineer
- ◆ 1st Asst. Engineer

**GANTRY CRANE
(Open Hatch General
Cargo Vessel)**

- ◆ Master
- ◆ Chief Officer
- ◆ Chief Engineer
- ◆ 1st Asst. Engineer

LNG

- ◆ CM
- ◆ JCM
- ◆ 2nd Officer
- ◆ 3rd Officer (with LNG exp.)

PCC

- ◆ Master
- ◆ Chief Officer (with exp.)
- ◆ 2nd Officer (with higher license)
- ◆ Chief Engineer
- ◆ 1st Asst. Engineer
- ◆ ETOs (On Urgent Basis)

CONTACT US:

**We are
delighted to
announce:**



NYK SHIPMANAGEMENT (INDIA) PVT. LTD,
has relocated and is operating
from new office premises, with
effect from 11th November 2024.

NEW OFFICE ADDRESS

NYK SHIPMANAGEMENT (INDIA) PVT LTD
10th Level, Tower 1, Seawoods Grand Central,
Sector 40, Seawoods, Navi Mumbai 400 706, India.
Tel : +91 22 6815 6700
Contact : Capt. Purendu Nansi,
Capt. Anthony Rodrigues,
Mr. Swapnil Rane

CHENNAI OFFICE

Contact : Mr. Easter Raj
Tel: +91 44 45002300 /
+91 45002413

KOLKATA OFFICE

Contact : Ms. Debashree Roy
Tel (D) : +91 33 40539150
Tel : +91 33 40539151 / 52 / 53

DELHI OFFICE

Contact : Mr. Vinay Kumar
Mob : 98100 65413

PLEASE CONTACT US DIRECTLY. WE DON'T HAVE ANY AGENTS.

Log on to : www.seajob.net



MOL Maritime (India) Pvt. Ltd.

Address:- Unit No. 52, 5th Floor, Kalpataru Square, Kondivita Lane, Off Andheri Kurla Road, Andheri (E), Mumbai 400059.

RECRUITMENT & PLACEMENT LICENCE NO.: RPSL-MUM-064 ISSUE DATE 07-10-2021 VALID UNTIL 07-10-2026



URGENT OPENINGS

DRY VESSELS

OFFICERS

For New Deliveries IGF (Dual Fuel)

COFF

(PCC and Container Vessel Rank Experience)

ETO

(Container Vessel Experience)

3OFF/1AE/2AE/3AE

(Container, PCC or Bulk Carrier Rank Experience)

JUNIOR OFF

(Freshers with 2nd Mate CoC)

RATINGS

(With Rank Experience)

ENG. FITTER

(No.1 Oiler)

CH. COOK

LPG VESSELS

OFFICERS

(For Existing / Takeover)

MASTER/COFF/1AE/GE

(Rank Experience)

RATINGS

(Rank Experience on LPG Vessel)

BOSUN

AB

OS

FITTER

OILER

WIPER

CH. COOK

MESSMAN

LNG VESSELS

OFFICERS

(Existing / New Deliveries)

MASTER/COFF/2OFF/

ETO

(Rank Experience)

GENG

(Rank Experience with Class 2 Licence)

CENG/1AE/2AE

(Rank Experience with Motor/Steam/ Dual Licence)

RATINGS

(Rank Experience on LNG Vessels)

BOSUN

AB

OS

ENG. FITTER

(No.1 Oiler)

OILER

WIPER

CH. COOK

2ND COOK

MESSMAN



Send your resume to :- molmi.apply@molgroup.com
or scan QR

SHORE OPENING - MUMBAI OFFICE

HR Generalist With HR experience of 10 years in Shipping Company, send your resume to: albe.zachariah@molgroup.com

Log on to : www.seajob.net



THE GREAT EASTERN SHIPPING CO. LTD.



HAPPY
Republic Day



The Great Eastern Shipping Company Limited is the largest Private Sector Limited Indian Registered Company in International Shipping Business and Offshore Services

Wage Hike For All Officers And Trainees WEF 1st April 2024

Awarded The **"Best Employer Of The Year (Indian Flag)"** At the SeaJob Indian Anchor Awards 2024.



Awarded The **"Outstanding Indian Employee"** At The Sagar Gaurav Puraskar Awards 2024



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WE PROMISE

- ✓ Ownership Company
- ✓ Family Medical Insurance Scheme
- ✓ High Safety Standards Onboard With Excellent Vetting Records
- ✓ Good Promotional Prospects
- ✓ Excellent Remuneration
- ✓ Safe Secure And Healthy Work Environment
- ✓ Committed To Career Development
- ✓ Rejoining Bonus For Ratings And Timely Relief

WE REQUIRE

For VLGC, LPG, Bulk & Tanker Vessels:

Deck Side

- MASTER
- CHIEF OFFICER
- 2ND OFFICER
- 3RD OFFICER

Engine Side

- CHIEF ENGINEER
- 2ND ENGINEER
- 3RD ENGINEER
- ELECTRICAL OFFICER

Ratings

- SEAMAN HELMSMAN (AB)
- DECK SERANG (BOSUN)
- DONKEY GREASER (OILER / MOTORMAN)
- DECK FITTER
- ENGINE FITTER
- CHIEF COOK
- PUMPMAN

FOR OFFICERS:

Capt. Nandkishor Panda - +91 8691012088
Ms. Rupali Salvi - +91 8657879846
Ms. Nirmala Shelke - +91 8657964259

FOR RATINGS:

Mr. Mayur Mistry - +91 8657993297
Mr. Rahul Shinde - +91 8657754867

Apply in person or send your application by email to:

The Great Eastern Shipping Co. Ltd.:

Ocean House, 134/A, Dr. Annie Besant Road, Worli, Mumbai - 400018.

Tel.: (+91-22) 6661 3000 Fax: (+91-22) 2492 5900 Email: fleet@greatship.com



COME ON BOARD

and be part of our Esteemed Shipping Legacy



CURRENT OPENINGS FOR

OIL, GAS AND LNG

Master
Chief Officer
Chief Engineer
Second Engineer
Electrical Officer
Gas Engineer
All Ranks required for Ratings

BULK CARRIER

Master
Chief Officer
Chief Engineer
Second Engineer
Electrical Officer
Gas Engineer
All Ranks required for Ratings

76th

Republic Day



FILL IN
OUR CREW
APPLICATION

EMAIL YOUR CV TO crew@admiralmarine.com

or WHATSAPP AT

+91 9840926215 (Main Fleet)

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WE DO DIRECT RECRUITMENT, WE DO NOT HAVE ANY AGENT IN INDIA

To report any fraudulence, email to feedback@admiralmarine.com

RPSL-CHN-022 DOI: 07/04/2016 DOE: 21/04/2026

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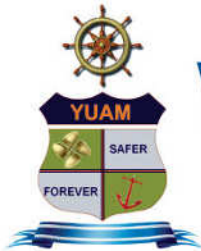
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Marine Admiral



Admiral Marine Services



YUAM Crew Management Private Limited

RPSL No. : RPSL-MUM-161 | DOI - 21.02.2020 | DOE - 21.02.2025

Happy Republic Day

YUAM Crew Management Pvt. Ltd. specializes in managing seafarers on behalf of ship owners and ship managers.

URGENTLY REQUIRE FOLLOWING OFFICERS & RATINGS FOR MR TANKER (SINGAPORE FLAG VESSEL)

- | | | |
|-----------------|------------------|-----------------|
| ➤ MASTER | ➤ CHIEF ENGINEER | ➤ BOSUN |
| ➤ CHIEF OFFICER | ➤ 2ND ENGINEER | ➤ PUMPMAN |
| ➤ 2ND OFFICER | ➤ 3RD ENGINEER | ➤ ENGINE FITTER |
| ➤ 3RD OFFICER | ➤ 4TH ENGINEER | |
| | ➤ ETO | |

Experience:
Minimum
12-24 months,
preferably on
MR tankers.

We require experienced candidates for Oil/Product & Bitumen tankers (40,000 to 35,000 DWT). Vessel route: Far East / Gulf.

Liberia / Panama COC holders also can apply.

- | | | |
|-----------------|------------------|---------------|
| ➤ CHIEF OFFICER | ➤ CHIEF ENGINEER | ➤ ETO |
| ➤ 2ND OFFICER | ➤ 2ND ENGINEER | ➤ ABLE SEAMAN |
| ➤ 3RD OFFICER | ➤ 3RD ENGINEER | ➤ OILER |

PLEASE FORWARD YOUR CVs TO : YUAM Crew Management Private Limited

B-710, 7th Floor, Bonanza, Sahar Plaza Complex,
Next to Kohinoor Continental Hotel, Andheri- Kurla Road,
Nearest Landmark : Chakala Metro Station,
Andheri (E), Mumbai - 400 059.

Phone No. : +91 9757482004 / +91 22 4974 0300 | Email : hr@yuamship.com



XFINITY MARITIME SERVICES PVT. LTD.

RPSL-MUM-162134 | EXPIRY DATE 27/01/2028



"TRULY A BREED APART"



Happy Republic Day

We Are Looking For Below Ranks For Our Expanding VLCC, Suezmax, Aframax, LR, MR, Oil/Chem, & Reefer Container Vessels

- **MASTER & CHIEF OFFICER**
(with a minimum of 6 to 24 months rank exp.)
- **CHIEF ENGINEER & 2ND ENGINEER**
(with a minimum of 6 to 24 months rank exp.)
- **2ND OFFICER & 3RD OFFICER**
(with a minimum of 6 to 12 months rank exp.)
- **3RD ENGINEER & 4TH ENGINEER**
(with a minimum of 6 to 12 months rank exp.)
- **ETO**
(with a minimum of 6 to 12 months rank exp.)
- **BOSUN • AB & OILER (COP Holders)**
with 18 months rank exp.
- **PUMPMAN**
(with 18 months rank exp.)
- **CHIEF COOK (COC Holder)** expert in Indian & Continental Cuisine
- **FITTER (6G certified)** with 18 months rank exp.

Join Our Community Of Professional Seafarers & Be Part Of The Fastest Growing Ship Manning Company.

WE OFFER ATTRACTIVE TERMS & CONDITIONS :

- Wages Are The Best In The Industry
- Ownership Company Environment
- Good Promotional Prospects
- Free Internet On All Vessels For All Crew
- Strong Emphasis On Timely Relief & Safety Onboard

ADDRESS: Office no. 1006 , 10th floor Kesar Solitaire, Plot no. 05, Palm Beach Road, Sector 19, Sanpada, Navi Mumbai 400705, Maharashtra, India.

Telephone: 022 69567567 | Email: jobs@xfinitymaritime.com | Web: www.xfinitymaritime.com



ABB Ship Management Pvt. Ltd.

RPSL-MUM-295 | Valid From: 07.03.2024 | Valid Till: 07.03.2029
ISO 9001:2015 & MLC 2006, Certified Company

URGENT REQUIREMENTS :

CHEMICAL TANKER

30, 4E, AB

BULK CARRIER

MASTER, CE, CO, 2E

(Promotional candidates can also apply)
Indian Flag vessel

CONTAINER

MASTER, CE, CO, 2E

(Promotional candidates can also apply)
Indian Flag vessel

OIL/CHEMICAL TANKER

MASTER, CO, CE, 2E, 3E, 30,
4E, ETO

OIL/PRODUCT TANKER

Master, CE, CO, 2E, 3E

(Panama, Honduras COC holders can apply)

FLAG STATE DOCUMENTATION:

Panama - Honduras - Liberia - Palau - St. Kitts & Nevis - Marshall Islands - Tuvalu flag

SEND YOUR APPLICATION BY EMAIL TO: capt.raju@abbshipmanagement.com

(Send Cvs) : maning@abbshipmanagement.com \ info@abbshipmanagement.com (Flag State Documentation) : docs@abbshipmanagement.com

(Port Agency) : agency@abbshipmanagement.com (Purchase) : purchase@abbshipmanagement.com

ADDRESS: Office No. 83A / 84A, 8th Floor, Aggarwal Trade Center, Plot No. 62, Sector - 11, CBD Belapur, Navi Mumbai - 400 614.

CONTACT DETAILS: Mr. Deepak: +91 70453 74885 / 7977437024 / 8433910083 / 9967213647 Tel No.: 022- 4606 9061 \ 4606 9062

HAPPY REPUBLIC DAY

AHTS VESSEL (INDIAN FLAG)

MASTER, CE, CO,
2E with FG/NCV COC

INDIAN COASTAL TUG

Master NCV, CO-NCV, SEO NCV,
NCV CLASS 4 (PCC required)

BUNKER TANKER

MASTER-NCV, CE-NCV, 2E-NCV,
20, 3E, 30, AB, Oiler
(Operating Area-UAE Coastal)

BENEFITS

- ▶ Timely Relief
- ▶ Good Promotional Prospects
- ▶ Internet Access For All Crew
- ▶ Continuous Employment
- ▶ Timely Wages

PURCHASE

(SUPPLY OF SHIP SPARE PARTS)

- ▶ Auxiliary Engine Spares
- ▶ Main Engine Spares
- ▶ Pumps
- ▶ Compressors
- ▶ Mechanical Seals
- ▶ Hydraulic & Pneumatic Equipments
- ▶ Moulded Rubber Products
- ▶ Turbo Chargers
- ▶ Gaskets



AGENCY

- ↵ Waste oil, sludge and garbage removal from ship
- ↵ Arrangement of conditional surveys, on/off hire survey, cargo surveyors
- ↵ Technical & workshop support
- ↵ Berth management of vessel
- ↵ Vessel agent at Mumbai Port Trust
- ↵ Sign on and sign off of crew at Major Sea Ports
- ↵ Supply of lubricant oil, fuel provision, fresh water, etc.
- ↵ Delivery and clearance of spare parts



ANVAY MARITIME INSTITUTE

DG Approved, MTI No: 204071
(Under Ministry of Shipping, Government of India)

ABB Maritime Trust
Reg. No. E/9370-15-T

DG Approved, MTI No: 204071, ISO 9001:2015 Certified

Happy

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Day

DG APPROVED COURSES

- ✓ **STCW** (Basic Safety Training)
(PSSR+EFA+FPFF+PST)
- ✓ **STSDSD** (Security Training For Seafarers
With Designated Security Duties)
- ✓ **OCTCO** (Oil & Chemical Tanker Cargo
Operations)
- ✓ **PSF** (Crowd Management, Passenger
Ship Familiarisation)
- ✓ **LGTF** (Liquified Gas Tanker Familiarisation)
- ✓ **Refresher PST + Refresher FPFF**
(Combo Package)
- ✓ **Assistance for Indos & Indian CDC**

Required Faculty for Courses

- Master or Chief Engineer

ADVANCE COURSES

- ◆ **PSCRB** (Proficiency in Survival
Craft And Rescue Boats)
- ◆ **MFA** (Medical First Aid)
- ◆ **AFF** (Advance Fire Fighting)
- ◆ **CHEMCO** (Advance Training for
Chemical Tanker Cargo Operations)
- ◆ **TASCO** (Advance Training for Oil
Tanker Cargo Operations)
- ◆ **Passenger Ship Crisis Management
And Human Behaviour Training**
- ◆ **Refresher PSCRB** ◆ **Refresher MFA**
- ◆ **Refresher AFF**

FOR MORE DETAILS CONTACT:

Ms. Vijayalaxmi:-
8591379110
Mr. Abhijeet:-
9975737174

FOR BOOKINGS:

Addr.: 4th & 5th Floor, A Wing,
Aggarwal Trade Center,
Sector-11, Plot No. 62,
CBD Belapur, Navi Mumbai,
Maharashtra 400614

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022- 4016 1595

Email: booking@anvaymaritime.com
info@abbmaritimetrust.org
principal@anvaymaritime.com

UDYA SHIPPING SERVICES PVT. LTD.

RPSL-MUM-101 | Issued on: 09-FEB-2022 | Expiry: 09-FEB-2027



TOP URGENT REQUIREMENTS FOR AHTS DP-2 VESSEL OPERATING IN INDIAN WATER

2ND OFFICER - JDPO, 3RD OFFICER - JDPO, ETO, AB, OILER, DECK CADET, TME, FITTER, COOK & GS

(Must hold Indian COC, PCC and rank experience on offshore vessels)

TOP URGENT REQUIREMENTS FOR HEAVY LIFT, DRILLSHIP, AHTS & PSV (DP & NON-DP) (INDIAN & FOREIGN FLAG VESSEL) OPERATING IN INDIA & FOREIGN WATERS

MASTER, C/O, 2/O, 3/O, C/E, 2/E, 3/E, 4/E, ETO (III/6), ELECTRICIAN, BOSUN, AB, OILER, AC. MECHANIC & COOK

(Officers with Indian (FG/NCV) COC can only apply; All officers must have prior two years rank experience on similar vessel types.)

TOP URGENT REQUIREMENTS FOR PIPELAY / ACCOMMODATION — SELF-PROPELLED JACK-UP BARGES OPERATING IN UK / PERSIAN GULF / INDIA

MASTER, C/O, 2/O, C/E, 2/E, 3/E, ETO (III/6), ETR (III/7), CRANE OPERATOR, BOSUN, AB, OILER, MALE NURSE, RADIO OFFICER, CRANE OPERATOR, SAFETY OFFICER (DRILLING EXP.), RIGGING SUPERVISOR

(Must have rank experience on similar vessel type.)

ADDRESS:

B-204/205, SAI SANGAM, PLOT NO -85, SECTOR -15, CBD BELAPUR, NAVI MUMBAI-400614
 TELEPHONE: 022-4162 6363(100 LINES) / Fax: 022-2756 0096
 E-MAIL: resume.udyashipping@manningindia.com / WEBSITE: www.udyashipping.com

WE HAVE NO AGENTS ACTING ON BEHALF OF THE COMPANY

SAFINA

SHIP MANAGEMENT PVT. LTD.

License No. RPSL - MUM 162194

Issue date 28-11-2023 Valid till 28-11-2028.

Urgent Requirement For Zakher Marine - UAE for Offshore Vessels (ANY COC/IND-COP)

Rank	CDC/WK/COP/COC	Salary Matrix (\$)	Rank	COC/COC	Salary (\$)
Bosun	IND/IND	1500	CO/2E	ANY	4500
AB	IND/IND	900	20/3E	ANY	2500
Oiler	IND/IND	900	Radio Op	GMDSS (IND)	2550
Cook	IND/IND	1200	Safety Off	NEBOSH	3000
Asst. Cook/GS	IND/IND	600	Cr OP	Sparrow Stage-3	6250
Rigger	IND/IND	As per experience	ETO	IND	9000
**Welder Fitter	As per experience		**Aluminum Fabricator	As per Experience	
Electrician	IND/IND	1500	**Mech Supervisor	As per Experience	

AB/OILER/ Cook & G.S for Immediate joining - walk-in with your CV & original documents on the address below

Note :- Salary based on experience and knowledge (offshore experience must).
 ** Ship Workshop experience require

Mail to - crew@safina.co.in / ops@safina.co.in

Contact - Office 15, Grow More Tower, Sector-02, Kharghar, Navi Mumbai.
 Call - 022-62013948 / Mr. Shailesh - 9167621367 - Ms. Rana 8169118234

HERMES SHIP MANAGEMENT PVT. LTD.

RPSL-MUM-157 Issue Date: 14.11.2024 | Valid Till: 14.11.2029
 An ISO 9001 : 2015 Company

WE ARE HIRING FOLLOWING PERSONNEL FOR OUR VESSELS:

BULK CARRIER - PANAMAX, HANDYSIZE & CAPE SIZE

- ▶ MASTER
- ▶ CHIEF OFFICER
- ▶ SECOND OFFICER
- ▶ THIRD OFFICER
- ▶ CHIEF ENGINEER
- ▶ SECOND ENGINEER
- ▶ THIRD ENGINEER
- ▶ FOURTH ENGINEER
- ▶ ELECTRICAL OFFICER
- ▶ BOSUN (COP)
- ▶ AB (COP)
- ▶ OILER (COP)

- Should hold experience on same size and type of vessels.
- Should have 2-3 contracts sailing experience in rank.
- Indian / UK / Singapore / Australian / Panama COC acceptable.

BULK CARRIER

- ▶ MASTER
- ▶ CHIEF ENGINEER
- ▶ ETO (with valid US visa for Gearless Bulk Carrier)

Vision Makes Great Mission

DEMOLITION ALL TYPES OF VESSELS - ALL RANKS CAN APPLY

ANCHOR HANDLING OCEAN TOWING VESSELS - AHTS - FG & INDIAN FLAG (DP 2 AND NON DP)

- ▶ MASTER SDPO
- ▶ CHIEF OFFICER SDPO
- ▶ NWKO
- ▶ CHIEF ENGINEER
- ▶ SECOND ENGINEER
- ▶ ETO

- Should hold experience on same size and type of vessels.
- Should have 2-3 contracts sailing experience in rank.
- Should hold FG/NCV COC, any COC acceptable.

SHORE VACANCIES

We are hiring following personnel for our expanding fleet :

- Personnel Manager - with offshore vessels experience
- Crew Operation Executive - Preferred experience of offshore vessels
- Technical Superintendent - Preferred with offshore vessels experience sailed as Ch/Eng
- Marine Superintendent - Preferred with offshore vessel experience sailed as Master
- Technical Superintendent x 02 - Preferred experience of Bulkers sailed as Ch/Eng (Preferably residing in Mumbai/Nav Mumbai)

Interested candidates can apply by sending their resumes on below credentials:

Email : info@hsmpl.com | Tel : +91 22 6690 0900 / 0901 | Fax: +91 22 67216997
 Address : 1001/1002, Great Eastern Summit, B-Wing, 10th fl., Plot-66, Sector-15, CBD Belapur, Navi Mumbai - 400614.

Please contact us directly, we do not have any agents or brokers acting on behalf of our company. Be aware of any fraudulent job offers, who are misusing our name.

❖ NO SERVICE CHARGE ❖ Website : <http://www.hsmpl.com>

Swaraj Marine Services Private Limited



Urgent Openings For The Following :

Oil Tanker / Bulk Carrier

- * GP Rating (TR OS / TR WIPER)
- * Deck Cadet * Engine Cadet
- * Able Seaman * Bosun * GS
- * Oiler * Cook * OS with Watchkeeping
- * WIPER with Watchkeeping

Require following with Tanker Experience (More than 20,000 GRT)

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RPSL-MUM-468 Date of Issue: 22/02/2023 Validity: 22/02/2028

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Printed by RONI ABRAHAM Published by RONI ABRAHAM on behalf of SEA LINE GROUP and Printed at SBM PRINTERS, C-130, Ansa Industrial Estate, Saki Vihar Road, Sakinaka, Andheri(E), Mumbai- 400 072 and Published at 501, Dilkap Centre, Sakinaka-Kurla Road, Next to Akruti Orchid Park, Sakinaka, Andheri (East), Mumbai-400072. Editor RONI ABRAHAM

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To The Readers ...

The Key To Success – Think Differently

Everything has its limit—irrespective of whether that limit is perceived as good or bad. But how do we define what is good and what is bad? Often, the answer lies in convenience. People tend to choose what is easiest and most comfortable, and to them, that becomes the "right" thing. But is convenience always the best measure of what is right? Is there more to consider when making decisions?

To answer this, we need to ask ourselves what truly matters. Is it money or recognition? Society often tells us that wealth is power, but is that really the case? A man can go bankrupt, but money—is a resource that can always be regained. True power rests not in the money itself, but in how we use it. The power comes from within, from the ability to decide what is valuable and to act on it with purpose.

One of the challenges in life is the temptation to get lost with choices and then, to try something new in the hope that it will work. But life is not an experiment. It's not about trying and seeing what happens. It's about clarity of thought—either you do something, or you don't. Ambivalence leads to inaction. If you hesitate, you're only prolonging your uncertainty. A focused mind is the key to progress. Don't let distractions throw you off course. The path to success is not without obstacles, but the rewards at the end are worth every

challenge faced along the way.

In our quest for success, we must also learn to stand out from the crowd. This is where the ability to think differently becomes crucial. It's easy to take water from a stream when it's flowing, but it's much harder to draw water from a well. To get that water, you need external pressure. In the same way, to achieve something meaningful in life, you must apply pressure—push yourself beyond your limits. Your mind is like the gear of a machine, and your body is the machine itself. If you don't apply pressure, the gears will stop turning. Keep the gears of your mind running smoothly, and you will find yourself ahead of the curve, leading rather than following.

Life is full of decisions that require us to choose between the easy way and the hard way. It's not about whether we choose the hard or easy path, but about how focused we are on the journey, regardless of the challenges. Remember, it is not the money or the recognition that defines success, but the purpose behind your actions. So, think differently, stay focused, and never be afraid to apply pressure to move forward. In the end, the rewards will speak for themselves.

God Bless You
Roni Abraham
Editor



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4	MEO F.G. Class II	4 Months	16	Medical Care	10 Days
5	Basic Safety Training	12 Days	17	Medical Care (Refresher)	1 Day
6	GTFC	5 Days	18	MFA - REF	1 Day
7	OTCT	6 Days	19	PSCRB - REF	1 Day
8	TASCO	10 Days	20	AFF - REF	1 Day
9	CHEMCO	10 Days	21	PST - REF	1 Day
10	SSO	3 Days	22	FPFF - REF	1 Day
11	STSDSD	2 Days	23	RUTC (ENGINE)	4 Days
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SHIPPING NEWS

HISTORIC AGREEMENT: DG SHIPPING AND ITF JOIN FORCES TO BOOST SEAFARER WELLNESS

Memorandum of Understanding (MoU) was signed on 07.01.2025 at DG Shipping, Mumbai between Directorate General of Shipping (DGS), India and International Transport Workers Federation (ITWF), UK a democratic, affiliate-led federation recognised as the world's leading transport authority to foster and collaborate best practices, promote mental health management and well-being of seafarers.



CONTAINER SHIP ORDER BOOK HITS NEW RECORD HIGH OF 8.3M TEU

“At the end of 2024, the container ship order book was 8.3m TEU, a new record compared with the previous high of 7.8m TEU in early 2023,” says Niels Rasmussen, Chief Shipping Analyst at BIMCO.

As 4.4m TEU were contracted during 2024, the second highest ever, the order book grew despite deliveries hitting a new record high of 2.9m TEU. “Making up 92% of the order book capacity, ships 8k TEU or larger dominate the order book. The largest segment, 12-17k TEU, makes up 46% of the order book capacity,” says Rasmussen.

Shipyards in China have benefitted the most from the last four years' contracting boom and currently hold 72% of the order book's 8.3m TEU while South Korean and Japanese shipyards hold 22% and 5% respectively.

Liner operators control 79% of the order book capacity, significantly higher than the 61% they control of the fleet capacity. Having already increased from 56% at the beginning of 2019, liner operators' share of fleet capacity is therefore set to continue growing in the coming years.

Though five ships have already been contracted for delivery in 2030, 99% of the order book will be delivered during 2025-2029. According to the current delivery schedule, 0.7m TEU will be

delivered in 2029 while an average of 1.9m TEU will be delivered during 2025-2028, peaking at 2.2m TEU in 2027.

As recycling of ships during the past four years has been limited to 166 ships and 256k TEU, the average age of the fleet has increased 1.4 years since the beginning of 2020. Consequently, the number of ships 20 years old or older has risen, and they now make up 3.4m TEU equal to 11% of the fleet.

If all ships 20 years old or older are recycled during the next five years, the fleet will grow to 35.8m TEU by end 2029, assuming no more ships are contracted for delivery before 2030. That is equal to 16% growth or average annual growth of 3%. The segments smaller than 8k TEU would see an average annual contraction of 4% while the segments 8k TEU or larger would grow on average 7% per year.

“It would require 680k TEU per year to recycle all ships 20 years old or older during the next five years (the current annual record is 657k TEU) but actual recycling is likely to end lower. As long as ships cannot fully return to the Red Sea, recycling will likely continue to be low and at the same time the smaller ship segments tend to be recycled later than average. Therefore, average annual fleet growth during the next five years could end higher than 3%,” says Rasmussen.

NAVIG8 ANNOUNCES COMPLETION OF 80% ACQUISITION BY ADNOC L&S FOR \$1.04 BILLION

Navig8 TopCo Holdings Inc. announced that it has been acquired by ADNOC Logistics and Services plc (ADNOC L&S), a global leader in energy maritime logistics.

Navig8 is an international shipping pool operator and commercial management company with a modern owned fleet of 32 tankers and a presence in 15 cities across five continents. The Navig8 Group also holds investments in technical management companies, a marine fuels provider operating in over a thousand

ports worldwide, and other enterprises serving the marine sector.

This deal represents a significant milestone for the Company, founded in 2007 as a private organisation by former traders Gary Brocklesby and Nicholas Busch. The acquisition is set to deliver value to both Navig8 and ADNOC L&S' clients and shareholders, fostering opportunities for commercial growth and entry into new markets.



Nicolas Busch, CEO of Navig8, said: "We are excited to join forces with ADNOC L&S and the wider ADNOC Group. This achievement highlights the exceptional efforts of the Navig8 team over the past two decades, setting the stage for this next phase. Together, we aim to deliver even greater benefits to our customers, supporting ADNOC L&S's growth and expanding Navig8's presence in new markets."

Captain Abdulkareem Al Masabi, CEO of ADNOC L&S, said: "The completion of this landmark acquisition is a significant milestone in our transformational growth strategy. By integrating Navig8's extensive fleet and global presence, we can enhance our service offerings, generating substantial value for customers and

shareholders. This strategic move unlocks new opportunities for commercial growth and expansion into new markets, reinforcing our position as a leading global energy maritime logistics company."

Financial Highlights

Agreement terms: ADNOC L&S has acquired 80% of Navig8 for \$1.04 billion (AED3.8 billion), with economic ownership effective from January 1, 2024. ADNOC L&S will acquire the remaining 20% ownership in mid-2027, for deferred consideration of between \$335 million and \$450 million (AED1.2 billion to AED1.7 billion), dependent on EBITDA delivery ad-interim, payable at that time.

GLOBAL CRUDE EXPORTS DIP AS TRADE ROUTES RESHUFFLE AGAIN

The volume of global crude exports in 2024 declined 2%, the first fall since the COVID-19 pandemic, shipping data showed, due to weak demand growth and as refinery and pipeline changes reshuffled trade routes.

Global crude flows have been roiled for a second year by war in Ukraine and the Middle East, with tanker shipments rerouted and suppliers and buyers split into regions. Middle East oil exports to Europe declined and more U.S. oil and South American oil went to Europe. Russian oil that formerly went to Europe has been redirected to India and China.

These shifts have become more pronounced as oil refineries have shut in Europe amid continued attacks on Red Sea shipping. Middle Eastern crude exports to Europe tumbled 22% in 2024, ship tracking data from researcher Kpler showed. The shift in oil flows "is creating opportunistic alliances," said Adi Imsirovic, an energy consultant and former oil trader, citing closer relationships between Russia and India, China and Iran that are reshaping oil trade.

"Oil is no longer flowing along the least cost curve, and the first consequence is tight shipping, which raises freight prices and eventually cuts into refining margins," said Imsirovic. The U.S. with its surging shale production has been a winner in the global oil trade. The country exports 4 million barrels per day, boosting its share of global oil trade to 9.5%, behind Saudi Arabia and Russia. Trade routes have also been reshuffled by startup of the massive Dangote oil refinery in Nigeria, expansion of Canada's Trans Mountain pipeline to the country's west coast, falling oil output in Mexico, a brief halt in Libyan oil exports, and rising Guyana volumes.

In 2025, suppliers will keep grappling with falling fuel demand in major consuming centers such as China. Also, more countries will use less oil and more gas, while renewable energy will keep growing. "This kind of uncertainty and volatility is the new normal – 2019 was the last 'normal' year," said Erik Broekhuizen, a marine research and consulting manager at ship brokering firm Poten & Partners.

FURTHER ROOM TO FALL

Changes in oil demand forecasts have pulled the rug out from historical long-term oil market growth assumptions, Broekhuizen said. "In the past, you could always say that there will be healthy long-term demand growth, and that solves a lot of problems over time. That can't really be taken for granted anymore," he said, citing weaker demand in China and Europe.

China's imports fell about 3% last year with gains in electric and plug-in hybrid cars, and growing use of liquefied in its heavy trucking. In Europe, lower refining capacity and government mandates to reduce carbon have shaved crude imports by about 1%.

NEW SUPPLIERS, NEW ROUTES

Europe's refiners initially cut Russian imports and increased both U.S. and Middle Eastern oil purchases after Russia invaded Ukraine. Attacks on ships in the Red Sea following Israel's war on Gaza pushed up the cost of shipping from the Middle East. Refiners stepped up imports from the U.S. and Guyana to record highs.

Exports from Iraq declined 82,000 bpd and United Arab Emirates exports fell 35,000 bpd in 2024. Europe added 162,000 bpd from Guyana and 60,000 bpd from the U.S. Escalating Middle East conflict around late September and fears of more sanctions from U.S. President-elect Donald Trump led to tighter supply and higher prices of Iranian oil. This prompted Chinese refiners to look at oil from West Africa and Brazil.

NEW REFINERIES, PIPELINES

Nigeria's new Dangote refinery consumed enough domestic supply to keep around 13% of Nigeria's crude exports in the country in 2024, up from 2% in 2023, according to Kpler. That cut Nigeria's exports to Europe, and Nigeria also imported 47,000 bpd of U.S. WTI, unusual for a major net exporter. New refining capacity ramping up in Bahrain, Oman and Iraq as well as Dos Bocas in Mexico are also likely to soak up oil production in those regions. In Canada, the expanded Trans Mountain pipeline can now ship an extra 590,000 bpd to the Pacific Coast, lifting the nation's waterborne exports to a record 550,000 bpd in 2024.

This has had a ripple effect: With increased Canadian crude flowing to the U.S. West Coast, refineries in the region bought less Saudi Arabian and Latin American crude, while direct shipments from Canada to Asian countries have cut re-exports from the U.S. Gulf Coast. While China has been Canada's major buyer, the crude has also found importers in India, Japan, South Korea and Brunei and more Asian refiners are likely to purchase the oil, analysts noted.

Trump's proposed 25% tariff on Canadian and Mexican crude, the top two foreign oil suppliers to the U.S., could also change oil flows in 2025, analysts said.

FINLAND SAYS OIL TANKER LINKED TO SUBSEA CABLE DAMAGE HAS SERIOUS DEFICIENCIES

Finland's public transport agency said that an oil tanker suspected of damaging undersea cables in the Baltic Sea was found to have serious deficiencies and will not be allowed to operate until repairs have been made.

Baltic Sea nations are on high alert after a string of power cable, telecom link and gas pipeline outages since Russia invaded Ukraine in 2022. The NATO military alliance has said it will boost its presence in the region.

Finnish police on Dec. 26 seized the Eagle S tanker carrying Russian oil and said they suspected the vessel had damaged the Finnish-Estonian Estlink 2 power line and four telecoms cables by dragging its anchor across the seabed.

While the police investigation is ongoing, authorities also checked the vessel's condition in a port state inspection, and said that they found 32 errors, including in the fire safety, navigation equipment and pump room ventilation.

"Operating the ship is forbidden until the deficiencies have been rectified," Director of Maritime Affairs Sanna Sonninen at Finnish

Transport and Communications Agency Traficom said in a statement.

Correcting the deficiencies will require outside assistance and will take time, she added.

Finnish lawyer Herman Ljungberg, who represents the ship's owner, United Arab Emirates-based Caravella LLC FZ, said the inspector's findings should have first been delivered to the company and the vessel before being shared in public.

The lawyer has said that the ship's alleged damage to undersea equipment happened outside of Finland's territorial waters and that the country lacked jurisdiction to intervene.

A Finnish court denied a request for the vessel's release. Finnish police have said they ordered a travel ban for eight crew members as part of the investigation.

Finland's customs service has said it believes the Eagle S is part of a shadow fleet of tankers used to circumvent sanctions on Russian oil, and has impounded its cargo. Moscow has said Finland's seizure of the ship is not a matter for Russia.

KONGSBERG DISCOVERY ACQUIRES NAXYS TECHNOLOGIES

Kongsberg Discovery has reached agreement to acquire Naxys Technologies AS. The Bergen-based company is a world leader in technology for underwater environmental monitoring, with a specialism in recognizing the sound of oil and gas leaks.

The oceans are crucial for solving global challenges related to climate, food and security. CEO Geir Håøy of KONGSBERG points out that Naxys fits well into the company's technology portfolio.

"As a technology company and ocean space expert, we have developed world-leading solutions to map, monitor and understand the oceans, which actually cover 70 per cent of the Earth's surface and remain largely unexplored. The acquisition of Naxys fits well into our technology portfolio and our growth ambitions as an ocean space expert," says Håøy.

Naxys Technologies will be part of Kongsberg Discovery, a business that was spun off from Kongsberg Maritime and established as a separate business area within Kongsberg Gruppen in 2023. The rationale was to strengthen the company's position and investment in advanced sensor and underwater robotics.

"Kongsberg Discovery has delivered solid organic growth so far and this acquisition is the first step in the inorganic part of the growth strategy. This move allows Kongsberg Discovery to strengthen its technology platform, equipping the business to meet the ever-increasing demand for both sustainability and safety," says Håøy.

Environmental monitoring as a core competence

Martin Wien Fjell, CEO of Kongsberg Discovery, points to the importance of the company's cutting-edge expertise in passive hydroacoustics as crucial to the transaction. Naxys provides

environmental monitoring for the oil and gas industry, but is also well-positioned for growth in both the research and defence markets.

"Naxys Technologies ensures that oil and gas companies can be quickly notified of any leaks. This is becoming increasingly important now that the demands for sustainable operations are increasing globally," says Fjell.

Expanding in-house technology expertise

Protecting marine life and monitoring critical infrastructure are important focus areas for Kongsberg Discovery.

"We have developed several market-leading products in hydroacoustics since the first sonar was launched in the 1950s. With Naxys' technology expertise, we further strengthen this position, enabling us to deliver an even broader product portfolio to the market," says Fjell.

World-leader in leak detection

Naxys Technologies was formed in 1999 and is now a world leader in passive acoustic leak detection. Its customers are mainly large oil and gas companies that use the technology to detect leaks, as well as monitor subsea rotating machinery such as pumps and compressors. The acquisition agreement was signed on 20 December, with the news announced in Bergen on 7 January.

Core passive hydroacoustics technology

As the new owner of Naxys Technologies AS, Kongsberg Discovery's Fjell points to the company's strength in terms of expertise, experience and insight in an important sector for Kongsberg Discovery.



“The team in Bergen has built a strong business with technology that is a perfect fit for Kongsberg Discovery. Environmental monitoring using passive hydroacoustics is central to Naxys and is in line with the importance of sustainability and safety for our business. I look forward to getting to know all the employees and starting our collaboration as colleagues,” he says.

Accessing the world market

Jens Abrahamsen is the general manager of Naxys Technologies and was one of the founders of the company in 1999. He highlights the opportunity the acquisition will provide for international growth.

“As part of KONGSBERG, we will now have an opportunity to grow further. In my opinion, there is only one technology company that has the strength and ambition that align with our way of thinking. It’s Kongsberg Discovery,” says Abrahamsen.

Maintaining operations in Bergen

Naxys Technologies AS has 28 employees in Hegreneset in Bergen. The company expects to pass a turnover of NOK 100 million in 2024. The company has a production, research and development

department, as well as sales and service employees.

“This agreement is an important milestone in our history. I am convinced that Naxys will play an important role in our common future. It will also be nice to have an increased presence in Bergen,” says Fjell, CEO of Kongsberg Discovery.

Kongsberg Discovery has technology for the ocean space, from the seabed to space. We develop technology to ensure sustainable management of marine resources, monitor climate change and critical infrastructure, and safeguard national security.

The company targets customers in fisheries, research, underwater safety, maritime operations with technology in positioning and a range of communication solutions. Other important sectors are offshore wind, offshore operations and defence actors.

The business has over 1,100 employees located in Horten, Trondheim, Bergen and Oslo in Norway, as well as operations in Alicante in Spain, Aberdeen in the UK, Lynnwood (Seattle), Houston and New Orleans in the USA, Vancouver and Halifax in Canada, Kuala Lumpur in Malaysia and Singapore. Kongsberg Discovery is part of KONGSBERG, a leading technology group based in Norway.

KPI OCEANCONNECT, NESTE AND GLOBAL ENERGY COMPLETE FIRST DELIVERY OF RENEWABLE DIESEL TO THE MARINE SECTOR IN SINGAPORE

KPI OceanConnect, a leading global provider of marine energy solutions and Neste, the world’s largest producer of renewable diesel and sustainable aviation fuel, have announced the first successful delivery of renewable diesel (also known as HVO100) for the cruise industry in Singapore. The landmark delivery of Neste MY Renewable Diesel™ took place in November 2024 and marks a significant milestone for the Asia-Pacific marine sector.

Neste MY Renewable Diesel™ is made from 100% renewable raw materials and is a direct replacement for fossil diesel, helping the industry meet its sustainability goals. The use of this renewable diesel can result in up to 90% greenhouse gas (GHG) emissions reduction over its lifecycle compared to fossil diesel. The fuel is a drop-in solution and is suitable for all diesel-powered engines without the need for additional investment or modification to engines or fuel infrastructure.

The delivery of renewable diesel from Neste was made at the Singapore Cruise Terminal, with the fuel sourced from Vopak Penjurong Terminal and transported to the cruise ship via the barge Maple (IMO Type II Bunker Tanker), operated by Global Energy.

KPI OceanConnect facilitated the successful delivery of the renewable diesel, working closely with the vessel’s technical team to ensure engine compliance. KPI OceanConnect collaborated with Neste to source the fuel and with Global Energy for operational agreements in Singapore waters. This joint effort underscores the vital role of Neste, KPI OceanConnect and Global Energy in advancing alternative fuels and meeting the maritime

industry’s growing demand for renewable energy solutions amidst increasing pressure to achieve sustainability targets.

Commenting on the announcement, Ee Pin Lee, Head of Commercial APAC, Renewable Products at Neste, said: “This first supply of Neste MY Renewable Diesel to the marine sector in Asia-Pacific is a significant milestone and demonstrates the versatility of the product across a wide range of applications where it can replace fossil diesel. It is an effective solution for enabling the marine sector to be more sustainable.”

Chow Mune, Group Business Manager, Global Energy, added: “Partnering with Neste and KPI OceanConnect to supply renewable diesel to the marine sector in Singapore is an important step in helping our clients reduce their environmental impact. By providing seamless and reliable delivery of HVO, we are supporting the industry’s transition without compromising operational efficiency. We’re proud to play a role in driving these crucial efforts within the maritime sector.”

Jesper Sørensen, Head of Alternative Fuels and Carbon Markets at KPI OceanConnect, said: “We are proud to be industry first movers in sourcing and delivering HVO for our clients, helping them reduce their carbon footprint and achieve their environmental goals. By working closely with Neste and Global Energy, we were able to offer high-quality biofuel to our client, laying the groundwork for further fuel uptake and decarbonisation progress. This successful delivery is a testament to how partnerships can help advance the industry’s green transition.”

US GAS-FIRED POWER BOOM REVEALS KEY EMISSIONS PAYOFF IN 2024

For the first time, over 1 billion metric tons of carbon dioxide (CO₂) was discharged from U.S. gas-fired power stations in a single year during 2024, marking a new pollution threshold for the world's largest gas producer and consumer.

The 1.003 billion ton emissions figure is 3.6% up from 2023, and marks a 40% jump in gas-fired power generation emissions since 2015, according to data from Ember.

Those numbers look large, but lack important context. Discharge from the U.S. fleet of coal-fired power stations was just under 620 million tons last year, a record low due to the smallest coal-fired power generation level on record.

U.S. clean vs fossil electricity generation & power sector emissions Thomson Reuters U.S. clean vs fossil electricity generation & power sector emissions. And as U.S. coal plants discharge 77% more CO₂ per unit of electricity than gas-fired plants, the lower coal generation totals reveal that the U.S. power system has actually made steep cuts to overall pollution even as gas emissions have climbed.

COAL VS CLEAN

Thanks to the cuts to coal use, total U.S. power emissions from all fossil fuels were up only 0.5% in 2024 from 2023 to 1.64 billion tons, and were down 19% since 2015.

What's more, that emissions load has declined despite total electricity generation climbing to all-time highs in 2024.

A rapid climb in electricity generation from clean power – including from solar, wind, hydro and nuclear assets – has helped meet much of the rise in consumption in recent years.

U.S. electricity output hits new highs in 2024 as clean power production hits record Thomson Reuters U.S. electricity output hits new highs in 2024 as clean power production hits record.

Total clean electricity generation was 35% higher in 2024 than in 2015, thanks mainly to a nearly eightfold rise in solar generation and a more than doubling in output from wind farms during that period.

But fossil fuels remain the backbone of the U.S. generation system, supplying just over 58% of all electricity last year.

Natural gas accounted for a record 73% of that fossil share, while coal plants supplied the remaining 26% or so.

Power firms plan to make further cuts to coal use over the remainder of this decade, while adding more renewables to the generation mix to ensure total electricity supplies continue to climb in line with demand.

But power suppliers are also set to become even more reliant on natural gas, especially for system-balancing needs whenever intermittent output from renewable energy sources falls short of overall demand needs.

GAS FIX

Over 30 U.S. states rely on natural gas for 30% or more of their electricity needs, according to Ember.

Thirteen of those states rely on gas for 50% or more of their electricity, while an additional nine states use gas for between 15% and 30% of their electricity.

Share of electricity generation from natural gas by US state Thomson Reuters Share of electricity generation from natural gas by US state. On top of that, nearly 50 gas-fired plants are in pre-construction or are under construction across the U.S., according to Global Energy Monitor, with a combined capacity of close to 30,000 megawatts.

That heavy reliance on legacy and new power plants and pipelines means that natural gas will remain integral to the U.S. power system for decades, even as renewable generation totals continue to climb.

That in turn means that overall emissions from natural gas use in the U.S. will also continue to climb.

But some of those gas plants will be used to replace retiring coal power stations, which on average have already been operating for 45 years according to the U.S. Energy Information Administration. That means even as more gas capacity comes on line, some of the highest-polluting U.S. coal plants will be shuttered over roughly the same period, which should help cap overall fossil fuel pollution even as the U.S. power system gets ever gassier.

MIDDLE EAST CRUDE-BENCHMARKS GAIN; OPEC OIL OUTPUT FALLS IN DECEMBER

Middle East crude benchmarks Oman, Dubai and Murban rose amid firm demand from Asia, and as OPEC oil output fell in December after two months of increases.

The Organization of the Petroleum Exporting Countries pumped 26.46 million barrels per day in December, down 50,000 bpd from November, a Reuters survey showed, with the United Arab

Emirates providing the biggest drop.

The drop in the UAE's output was due to field maintenance, while Iran's production also declined, offsetting a hike from Nigeria and other gains elsewhere in the group.

SINGAPORE CASH DEALS

Cash Dubai's premium to swaps rose 4 cents to \$1.60 a barrel.



Marine Insights

UNDERSTANDING MARPOL ANNEX I: REGULATIONS FOR THE PREVENTION OF POLLUTION BY OIL

The International Convention for the Prevention of Pollution from Ships (MARPOL) is a cornerstone in international maritime law, designed to minimize pollution from ships globally. Annex I of MARPOL, the first and one of the most critical annexes, specifically addresses the prevention of pollution by oil. This article explores the key provisions, implementation mechanisms, challenges, and impact of MARPOL Annex I, providing a comprehensive understanding of its role in safeguarding marine environments.

HISTORICAL CONTEXT AND ADOPTION OF MARPOL ANNEX I

MARPOL was adopted in 1973 by the International Maritime Organization (IMO) and was later modified by the 1978 Protocol. Annex I, which entered into force on October 2, 1983, was the first annex to be implemented, reflecting the urgency of addressing oil pollution in marine environments.

Scope and Applicability

MARPOL Annex I applies to all ships, with specific provisions for oil tankers due to their potential for significant oil pollution. The annex outlines regulations for both operational and accidental discharges of oil. Its primary objectives are:

1. **Preventing operational discharges of oil**, from ships during normal operations – such as bilge water discharge and tank cleaning.
2. **Minimizing accidental oil spills**, including those resulting from collisions or groundings.

KEY PROVISIONS OF MARPOL ANNEX I

1. Construction and Design Requirements

Annex I mandates specific design and construction standards to minimize the risk of oil pollution:

- **Double Hull Requirements:** Oil tankers must be constructed with double hulls to reduce the likelihood of oil leakage in the event of a hull breach.
- **Segregated Ballast Tanks (SBTs):** Ballast water must be carried in separate tanks to prevent contamination with oil cargo residues.

2. Operational Discharge Standards

Operational discharges of oil into the sea are strictly regulated under Annex I:

- **Oil Content Limits:** The oil content of discharged water must not exceed 15 parts per million (ppm).
- **Oil Discharge Monitoring and Control Systems (ODMCS):** Ships must be equipped with systems to monitor and control oil discharges, ensuring compliance with discharge standards.

3. Oil Record Book

Ships are required to maintain an Oil Record Book, documenting all oil-related operations, including:

- Loading and unloading of oil cargo.
- Ballasting and cleaning of oil tanks.
- Disposal of oily residues and sludge.

This record serves as a critical tool for monitoring compliance and is subject to inspection by port state control authorities.

4. Emergency Preparedness and Response

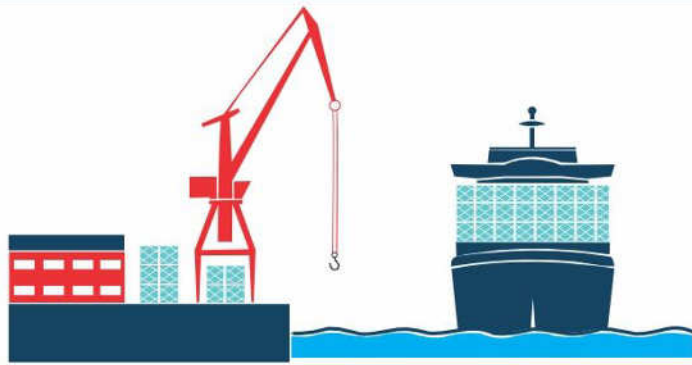
Annex I emphasizes the importance of preparedness for oil spill incidents:

- **Shipboard Oil Pollution Emergency Plan (SOPEP):** All ships must have a SOPEP, outlining procedures for responding to oil spills and notifying authorities.
- **National and Regional Contingency Plans:** States are encouraged to develop and implement contingency plans for addressing large-scale oil spills.

IMPLEMENTATION AND ENFORCEMENT

The successful implementation of MARPOL Annex I relies on a combination of international, regional, and national efforts:

- **Flag State Responsibility:** Flag states are responsible for ensuring their ships comply with Annex I requirements, including certification and regular inspections.
- **Port State Control (PSC):** Port states have the authority to inspect foreign ships in their ports to verify compliance with Annex I.



Marine Insights

- **Certification:** Ships must carry an International Oil Pollution Prevention (IOPP) Certificate, issued by their flag state, as evidence of compliance.

TECHNOLOGICAL INNOVATIONS SUPPORTING ANNEX I COMPLIANCE

Advancements in technology have played a vital role in enhancing compliance with Annex I regulations:

- **Bilge Water Treatment Systems:** Modern ships are equipped with advanced systems to separate oil from bilge water, ensuring discharges meet the 15 ppm standard.
- **Electronic Oil Record Books (e-ORB):** The adoption of electronic record books improves accuracy and facilitates inspection processes.
- **Satellite Monitoring:** Satellite technology enables real-time monitoring of oil discharges, enhancing enforcement capabilities.

CHALLENGES IN IMPLEMENTATION

Despite its robust framework, the implementation of MARPOL Annex I faces several challenges:

1. **Non-Compliance and Illegal Discharges:** Some ships continue to discharge oil illegally, driven by economic incentives or lax enforcement.
2. **Limited Resources for Port States:** Developing countries often lack the resources to conduct thorough inspections and enforce compliance.
3. **Aging Fleet:** Older ships may not meet modern design standards, posing a higher risk of oil pollution.
4. **Complexity of Regulations:** Ship operators may struggle to understand and implement the detailed requirements of Annex I.

IMPACT OF MARPOL ANNEX I

Since its adoption, MARPOL Annex I has significantly reduced oil pollution from ships, contributing to the protection of marine ecosystems and coastal communities. Measures introduced by IMO have helped ensure that the majority of oil tankers are safely built and operated and are constructed to reduce the amount of oil spilled in the event of an accident. Operational pollution, such as from routine tank cleaning operations, has also been cut.

Key achievements include:

- **Decline in Oil Spills:** The number of major oil spills has decreased dramatically, thanks to stricter regulations and improved ship designs.
- **Enhanced Awareness and Collaboration:** Annex I has fostered greater awareness of oil pollution issues and encouraged international collaboration.
- **Strengthened Legal Framework:** It has provided a strong legal basis for prosecuting offenders and enforcing compliance.

FUTURE DIRECTIONS AND ENHANCEMENTS

To address emerging challenges and further enhance the effectiveness of MARPOL Annex I, the following measures are being considered:

1. **Strengthening Enforcement Mechanisms:** Enhancing port state control inspections and increasing penalties for non-compliance.
2. **Promoting Technological Innovation:** Encouraging the adoption of cutting-edge technologies to improve compliance and monitoring.
3. **Capacity Building:** Providing technical and financial assistance to developing countries to strengthen their enforcement capabilities.
4. **Updating Standards:** Periodically reviewing and updating Annex I provisions to address new risks and challenges.

CONCLUSION

MARPOL Annex I represents a landmark effort to combat oil pollution and protect marine environments. Its comprehensive framework, encompassing prevention, preparedness, and response, has proven effective in reducing oil pollution and fostering sustainable maritime practices. However, continued vigilance, innovation, and international cooperation are essential to address the evolving challenges and ensure the long-term success of this critical environmental treaty. By strengthening its implementation and embracing emerging technologies, the global maritime community can build on the achievements of Annex I and safeguard the oceans for future generations.

(Disclaimer: All data and information provided in this article is for informational purposes only. SEAANDJOB takes no responsibility as to the accuracy, completeness, correctness, suitability or validity of this information and will not be liable for any errors or omissions in this information, or any ramifications arising from its display or use.)

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REVIEW CORNER



Mathematics is often perceived as a dry, abstract subject, confined to equations, formulas, and rote memorization. Yet beneath its structured facade lies a profound beauty, one that connects the universe in intricate and elegant ways. From the spirals of a sunflower to the symmetry of a snowflake, mathematics reveals itself as the language of nature and the foundation of countless phenomena. To uncover this hidden beauty is to step into a world of wonder and infinite possibilities.

The Aesthetic Appeal of Patterns and Symmetry

One of the most striking aspects of mathematics is its ability to describe patterns and symmetry. Patterns are everywhere: in the arrangement of leaves on a stem, the tessellation of honeycombs, and even the periodicity of ocean waves. Mathematical principles, such as the Fibonacci sequence, underlie many of these natural designs. The Fibonacci sequence, where each number is the sum of the two preceding ones, is not just a numerical curiosity but also a blueprint for the spirals of galaxies, hurricanes, and seashells.

Symmetry, another cornerstone of mathematical beauty, captivates us in art, architecture, and nature. Snowflakes, for instance, exhibit sixfold symmetry, their intricate patterns shaped by the molecular structure of ice. This same symmetry can be found in the tessellations of Islamic art and the

harmonious proportions of the Parthenon in Greece. The mathematical study of symmetry, known as group theory, underpins these observations and has applications in physics, chemistry, and even music.

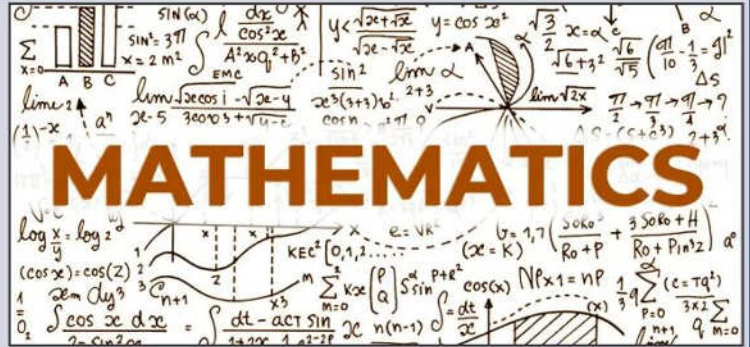
Mathematics in Art and Music

The relationship between mathematics and the arts is a testament to its universal appeal. The Golden Ratio, a mathematical constant approximately equal to 1.618, has been revered for its aesthetically pleasing properties. This ratio appears in the proportions of the Parthenon, Leonardo da Vinci's

The Hidden Beauty Of Mathematics

"Vitruvian Man," and even in modern design.

In music, mathematics orchestrates harmony and rhythm. The frequencies of musical notes are governed by ratios, creating intervals that are pleasing to the ear. The patterns and structures in his music reflect an intricate interplay of logic and emotion, showcasing how mathematics can evoke profound artistic expression.



The Elegance of Mathematical Theorems

Mathematics is not just about numbers and shapes; it is also about ideas. Some of the most beautiful aspects of mathematics are found in its theorems, which often possess a simplicity and elegance that transcend their utility. The Pythagorean Theorem, for instance, succinctly relates the sides of a right triangle in a way that has inspired mathematicians for millennia. Similarly, Euler's identity, which combines five fundamental mathematical constants in the equation, is celebrated as a masterpiece of mathematical beauty.

Mathematics as a Universal Language

One of the most profound aspects of mathematics is its universality. Unlike spoken languages, which are bound by culture and geography, mathematics transcends borders and time. It is the common language through which scientists and engineers collaborate across the globe. This universality also extends to the cosmos. The laws of physics, described mathematically, apply equally on Earth and in distant galaxies. Carl Sagan aptly captured this idea when he called mathematics "the only truly universal language."

Beyond its aesthetic appeal, mathematics offers the joy of discovery and problem-solving. Each mathematical problem is a puzzle waiting to be unraveled, a journey of exploration that rewards persistence and creativity.

Whether in the symmetry of nature, the harmony of music, or the elegance of a theorem, mathematics offers a lens through which to view the world with wonder and clarity. Far from being a cold, abstract discipline, it is a vibrant and creative endeavor that bridges the gap between logic and beauty. To explore mathematics is to embark on a journey of discovery, one that reveals the profound and intricate tapestry of the universe.

Mangrove Conservation: Preserving Nature's Guardians Of The Coast

Mangroves, unique coastal ecosystems found in tropical and subtropical regions, play a vital role in maintaining ecological balance and protecting coastal areas. These intertidal forests, characterized by their salt-tolerant trees and shrubs, thrive where land meets the sea, creating a dynamic environment that supports diverse flora and fauna.

Mangroves provide a myriad of ecological, economic, and social benefits. As natural barriers, they protect coastlines from erosion, storm surges, and tsunamis. Their dense root systems trap sediments, stabilizing shorelines and reducing the impact of waves and tides. By acting as carbon sinks, mangroves also play a critical role in mitigating climate change, sequestering carbon dioxide at rates far higher than terrestrial forests.

These ecosystems are biodiversity hotspots, providing habitat and nursery grounds for various species, including fish, crustaceans, and birds. Mangroves contribute significantly to the livelihoods of coastal communities by supporting fisheries and offering resources such as timber, honey, and medicinal plants. Moreover, they hold cultural and spiritual significance in many coastal regions, underscoring their value beyond mere utility.

THREATS TO MANGROVES

Despite their benefits, mangroves face numerous threats, primarily from human activities. Coastal development, aquaculture expansion, and deforestation have led to large-scale mangrove loss. Urbanization and infrastructure projects often encroach upon mangrove areas, destroying these ecosystems to make way for residential, industrial, or agricultural use. Additionally, pollution from agricultural runoff, industrial waste, and plastic debris further degrades mangrove habitats.

Climate change poses another significant threat. Rising sea levels, changing salinity levels, and increased frequency of extreme weather events jeopardize the survival of mangroves. Furthermore, unsustainable practices such as overharvesting of mangrove resources and illegal logging exacerbate the problem, reducing their capacity to regenerate and thrive.

CONSERVATION STRATEGIES

1. Policy and Legislation: Governments must implement and enforce laws to protect mangrove ecosystems. Designating mangrove areas as protected zones or integrating them into marine protected areas (MPAs) can curb activities that lead to habitat destruction. International agreements like the Ramsar Convention and initiatives under the United Nations can further bolster conservation efforts.

2. Restoration Programs: Mangrove reforestation and restoration initiatives aim to rehabilitate degraded areas. These programs involve planting native mangrove species and ensuring the ecological conditions necessary for their growth. Local community involvement is crucial for the success of such projects, as it fosters a sense of ownership and responsibility.



3. Sustainable Resource Management:

Encouraging sustainable harvesting practices and promoting alternative livelihoods can reduce the pressure on mangrove resources. For instance, eco-tourism initiatives can generate income for local communities while raising awareness about the importance of mangroves.

4. Research and Monitoring: Scientific research is essential to understand mangrove ecosystems better and develop effective conservation strategies. Regular monitoring of mangrove health, biodiversity, and carbon sequestration capacity helps assess the success of conservation measures and identify areas needing attention.

5. Community Engagement and Education: Raising awareness about the importance of mangroves among local populations and stakeholders is critical. Educational programs, workshops, and community-driven projects can empower people to participate actively in conservation efforts.

6. Climate Adaptation Measures: Conservation strategies must incorporate measures to address the impacts of climate change. This includes promoting natural adaptation processes, such as allowing mangroves to migrate landward in response to rising sea levels, and integrating mangroves into broader climate resilience plans.

SUCCESSFUL CONSERVATION INITIATIVES

Several countries have demonstrated effective mangrove conservation practices. For instance, in the Philippines, community-led mangrove reforestation projects have restored vast areas of degraded mangroves, benefiting both biodiversity and local livelihoods. Similarly, India's Sundarbans region, home to one of the largest mangrove forests in the world, has seen initiatives aimed at balancing conservation with the needs of the local population.

International efforts, such as the Global Mangrove Alliance, bring together governments, NGOs, and research institutions to promote mangrove conservation and restoration globally.

Ultimately, conserving mangroves is not just about protecting trees and wildlife; it is about preserving the intricate web of life that sustains our planet and securing a resilient future for generations to come.



SMYL ZONE



A man in a hurry taking his 8-year-old son to school, made a turn at a red light where it was prohibited.



"Uh-oh, I think I just made an illegal turn!" the man said. "It's okay, Dad" the boy said. "The police car right behind us did the same thing."

Some tourists in the Chicago Museum of Natural History were marveling at the dinosaur bones. One of them asked the guard, "Can you tell me how old the dinosaur bones are?"

The guard replied, "They are 3 million, four years, and six months old." "That's an awfully exact number," says the tourist. "How do you know their age so precisely?" The guard answered, "Well, the dinosaur bones were three million years old when I started working here, and that was four and a half years ago."



A professor was giving one of his lectures. In the middle of his lecture a student wrote 'fool' on a slip of paper. He threw it at the professor. The professor stopped his lecture and taking the slip in his hand he said 'which of the gentleman here has sent me his visiting card?'



When the new patient was settled comfortably on the couch, the psychiatrist began his therapy session.

"I'm not aware of your problem," the doctor said. "So perhaps, you should start at the very beginning."



"Of course," replied the patient. "In the beginning, I created the Heavens and the Earth..."

On a dark night, under a streetlamp, someone is looking for a lost key. Another person helps search for it, and after half an hour on their knees, they ask, "Are you really sure you lost your key right here?" The other person replies, "No, I lost it further down the road, but the lighting is better here!"



Two farmers are standing by a fence. One of them asks the other, "Do your cows smoke?"

"No..."

"No? Then I suppose your barn is on fire."



A magician performed on a cruise ship, repeating tricks every week. The captain's parrot, who saw the shows, caught on and exposed the secrets. Frustrated, the magician could do nothing. The ship crashed and, the magician and parrot were stranded. After a week of silence, the parrot asked, "OK, I give up. Where's the ship?"



Old Man 1: "Last night, we went out to a new restaurant, and it was really great. I would highly recommend it."

Old Man 2: "What was the name of the restaurant?"

Old Man 1: "What is the name of that flower you give to someone you love? You know... the one that is red and has thorns."

Old Man 2: "Do you mean a rose?"

Old Man 1: "Yes."

He then turned and yelled, "Rose, what's the name of that restaurant we went to?"



What makes God laugh?

Ans: People making plans....



A wife went to the police station with her next-door neighbor to report her husband was missing. The policeman asked for a description.

She said, "He's 35 years old, 6 foot 4, had dark eyes, dark wavy hair, an athletic build, weighs 185 pounds, is soft-spoken, and is good to the children."

The next-door neighbor protested, "Your husband is 5 foot 4 inches, chubby, bald, has a big mouth, and is mean to your children."

The wife replied, "Yeah, but who wants him back?"





Ancient Civilisations

S	N	U	B	I	A	N	S	C	H	A	V	I	N
H	H	I	T	T	I	T	E	S	S	U	S	H	C
D	A	C	I	A	N	S	E	S	C	I	N	N	E
M	R	S	P	E	R	S	I	A	N	S	D	T	N
H	S	A	N	A	I	N	A	S	A	S	E	S	S
I	M	B	A	C	T	R	I	A	N	S	G	U	N
T	T	H	R	A	C	I	A	N	S	M	Y	M	A
E	T	R	U	S	C	A	N	S	A	I	P	E	I
A	K	S	U	M	I	T	E	S	L	N	T	R	R
Z	M	A	K	O	H	O	H	T	O	O	I	I	Y
T	B	E	S	T	L	E	C	B	H	A	A	A	S
E	L	Y	D	I	A	N	S	I	C	N	N	N	S
C	S	O	G	D	I	A	N	S	A	S	S	S	A
K	O	R	Y	O	P	A	R	T	H	I	A	N	S

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NEWS UPDATE FOR ONBOARD CREW

PM MODI LIKELY TO INAUGURATE Z-MORH TUNNEL ON LOHRI: RAILWAYS GEAR UP FOR TRAIN LINK TO VALLEY



In a big boost to connectivity in Kashmir, PM Narendra Modi is likely to inaugurate the 6.5-km Z-Morh road tunnel between Gagangir and Sonmarg in the Valley on Lohri (January 13) to make Sonamarg an all-weather tourist destination. The Indian Railways also successfully operated a train at 110 kmph on USBRL's Katra-Banihal section, paving the way for train operations between Katra and Srinagar.

Railway minister Ashwini Vaishnaw said the final stage of inspection by the Commissioner of Railway Safety for the Udhampur-Srinagar-Baramulla Rail Link (USBRL) was conducted. He added that the specially designed Jammu-Srinagar Vande Bharat with eight coaches, equipped with anti-freezing features, will be operational soon.

Sharing details of the Z-Morh tunnel project's inauguration, sources said the PM is scheduled to physically inaugurate the tunnel. At present, the Gagangir-Sonamarg stretch gets blocked by heavy snowfall and avalanches during winters. The two-lane tunnel will bring down travel time to barely 15 minutes, compared to hours taken by vehicles to cover the zig-zag road.

"Once the adjacent Zoji-La tunnel is completed, the travel between Srinagar and Leh will be seamless and will provide connectivity to Baltal (Amarnath cave shrine), Kargil and

other places in the Ladakh region. It will also allow faster and smoother movement of military vehicles to the border.

Just when the Z-Morh tunnel was almost complete for opening, terrorists attacked the workers' camp at Gagangir last Oct. In the indiscriminate firing, seven civilians, including six non-local workers of the infrastructure company building the tunnel, were killed. "The project is now ready for inauguration and security issues have been addressed," a source said.

On the 272-km USBRL project, costing around Rs 40,000 crore, Vaishnaw said the government has given priority to safety before opening the rail link to Kashmir with the rest of the country. He said the redevelopment of the Jammu station will be complete by Aug and it will have eight platforms and modern amenities. "It was a very challenging project and the toughest challenge was to give foundation support to the world's highest arch bridge (359 m) on the Chenab river and country's longest transportation tunnel," he said.

Vaishnaw added that snow removal train, which will move ahead of passenger and freight trains, will make sure that services on this strategic route runs all through the year. The railways has also used anti-vibration seismic devices in the project as this region falls under Zone-V earthquake vulnerability. The dampers will absorb the tremors, and thus, maintain faster and safer travel.

INDIA, EU VOW TO PROTECT, PROMOTE HUMAN RIGHTS

India and the European Union (EU) agreed to safeguard the freedom, independence and diversity of civil society organisations and other stakeholders such as journalists as part of their shared commitment to uphold human rights.

The strengthening of national and international mechanisms to protect and promote human rights and the shared values of democracy, freedom and rule of law figured in the India-EU Human Rights Dialogue held in New Delhi. The two sides welcomed the "meaningful, free and frank discussions" under this framework, an Indian readout said.

"Reflecting their commitment to upholding human rights, they both agreed on the need to safeguard the freedom, independence and diversity of civil society actors and organisations and other relevant stakeholders such as journalists, respecting freedom of association, expression

and peaceful assembly," the readout from the external affairs ministry said.

India and the EU also reiterated their commitment to the "shared principles and values of democracy, freedom, rule of law, and to the promotion and protection of all human rights", the readout said.

Both sides pointed to the "importance of strengthening national and international human rights mechanisms" to protect and promote human rights, and underlined the need to enhance cooperation in multilateral forums such as the UN General Assembly and the UN Human Rights Council (UNHRC). They committed themselves to closer cooperation and regular exchanges between the permanent missions of India and the EU in Geneva to identify "further opportunities for joint action".



The EU reiterated its opposition to capital punishment, while India reiterated its stand on recognition of the Right to Development as a universal and fundamental human right. Both sides also discussed issues related to civil and political rights, social, economic and cultural rights, elimination of all forms of discrimination, freedom of religion or belief, countering religious hatred, freedom of expression and opinion, both online and offline, gender, LGBTQI+ and rights of children, women's empowerment, and technology and human rights.

They also exchanged views on the rights of migrants and business and human rights, and discussed cooperation on humanitarian assistance and disaster relief in line with international humanitarian law.

The dialogue was last held in July 2022 and the two sides outlined their approaches, achievements and challenges while moving towards the shared goal of advancing all human rights. The dialogue was co-chaired by Piyush Srivastava, joint secretary (Europe West) in the external affairs ministry, and EU ambassador Hervé Delphin.

RS 55,000-CRORE VANDE BHARAT SLEEPER MANUFACTURE PLANS BACK ON TRACK AS GOVERNMENT OKAYS ORIGINALS DESIGN OF COACHES

The issue of four toilets instead of three in each coach of Vande Bharat sleeper trains and a pantry car in every trainset, which had held up the Rs 55,000 crore project, has been resolved, railway minister Ashwini Vaishnaw said. He said they will go with the original design of coaches with three toilets and no pantry car in each train since these are meant for overnight journeys.

Kinet Railway Solutions, the SPV of Russian railway major TMH and Indian Railways' PSU, RVNL, which has bagged a contract to manufacture 1,920 sleeper coaches or 80 trainsets, had raised concern over the change in design and had sought a higher price. "Since there is no change in the original design, there is no need for revising the cost," Vaishnaw said.

Sources said the railway board had informed their decision to Kinet Railway Solutions in the last week of December. Besides Kinet, the railways has awarded a consortium of

Bharat Heavy Electricals Limited (BHEL) and Titagarh Rail Systems (TRS) the contract to manufacture 1,280 coaches or 53 trainsets. Moreover, a contract for supply of 10 Vande Sleeper trains has been awarded to BEML and Integral Coach Factory (ICF), Chennai on nomination basis.

On the issue of concerns regarding procurement of bullet trains from Japan, officials said all issues have been resolved and India will get Shinkansen E5 bullet trains to ply on the Mumbai-Ahmedabad corridor. "We will get the train with the best available technology. Techniques for developing bullet train infrastructure are being indigenised and those will be used in future projects," an official said.

He added that Japanese counterparts have appreciated the good progress made in India and the technology for launching 40-metre girders for bullet train projects and they will import this from India.

JOE BIDEN CANCELS FINAL TRIP TO ITALY AS US PRESIDENT TO TACKLE CALIFORNIA FIRES

US President, Joe Biden canceled his trip to Rome, Italy, and Vatican City to address the devastating wildfires in California. He had been scheduled to depart after attending a memorial service for former US President, Jimmy Carter.

Wildfires in Los Angeles have claimed at least five lives and forced thousands to evacuate. Over 1,000 buildings, including homes, businesses, and landmarks, have been destroyed.

White House press secretary Karine Jean-Pierre said that the president decided to cancel his upcoming trip to Italy to focus on directing the federal response to the wildfires.

"After returning this evening from Los Angeles, where earlier today he had met with police, fire, and emergency personnel fighting the historic fires raging in the area and

approved a Major Disaster declaration for California, President Biden made the decision to cancel his upcoming trip to Italy to remain focused on directing the full federal response in the days ahead," said Jean-Pierre.

The trip was seen as a significant event for Biden's presidency, offering a chance to emphasise American alliances. The three-day trip would have included meetings with Pope Francis, Italian President Sergio Mattarella, and Prime Minister Giorgia Meloni.

Biden returned to Washington from Los Angeles evening after meeting his first great-grandchild and receiving a briefing on the fires.

'Southern California, we are with you'.

Biden expressed federal support for California in a post on the social media platform X.



"I've just received a briefing from @FEMA Administrator Criswell and my Homeland Security Advisor, Liz Sherwood-Randall, on the latest around our federal response to the wildfires across Los Angeles. Southern California, we are with you. And we're not letting up," he said.

Biden also approved California governor Gavin Newsom's request for a major disaster declaration.

"I've approved Governor Newsom's request for a major disaster declaration and ordered Federal assistance to supplement response efforts in areas affected by wildfires, ensuring impacted communities and survivors have

immediate access to funds and resources to begin their recovery," the president said in another post.

Biden shows support for firefighters

Biden expressed his support for firefighters working to save lives amid the wildfires.

"To the brave men and women who ran towards danger over the past 24 hours in Southern California, I want you to know your President, and the rest of the country, is with you. You suited up and risked your lives to save the lives of your fellow Americans. We are indebted to you," he said in another post.

GOVT PROBING IF STARLINK USED IN MANIPUR

Central agencies are conducting a probe to check the potential usage of Starlink internet services in Manipur after security forces recovered an antenna and router in the strife-torn state last month, officials aware of the matter said.

Officials said that a team of Assam Rifles personnel seized the devices in Imphal East district of the state on December 13 during a search and cordon operation at a camp operated by the militant group People's Liberation Army (PLA). An official aware of the development said that a team of experts from Delhi, accompanied by the Manipur Police, took the recovered satellite devices to the spot where they were found to test if they worked.

"The device was recovered from the Imphal East hideout of a militant camp," the official cited above said on condition of anonymity. "The experts from New Delhi have confirmed

that the device did not work in that spot (during testing) or any other area in Imphal. But, they are conducting tests in the fringe areas of the state before completing their probe."

SpaceX founder Elon Musk has also dismissed reports of the internet service being available in India. "Starlink satellite beams are turned off over India," he had said on December 17 in response to a question raised by an X user over the alleged usage of the technology in Manipur.

Security forces suspect the recovered devices may have been smuggled from Myanmar.

They said that if militant groups are using Starlink, then it could pose a challenge as it allows them to easily communicate with their cadres from remote areas without being traced.

Both Manipur police and the state government did not comment on the probe.

US TO ANNOUNCE NEW WEAPONS PACKAGE FOR UKRAINE AS DEFENSE LEADERS PREPARE TO MEET IN GERMANY

The U.S. is expected to announce \$500 million in military aid for Ukraine at a final gathering of President, Joe Biden's weapons pledging conferences, meetings Kyiv says have been critical to its defense against Russia.

The Ukraine Defense Contact Group, comprised of about 50 allies who usually meet every few months at Ramstein Air Base in Germany, was started in 2022 by U.S. Defense Secretary Lloyd Austin to speed and synchronize the delivery of arms to Kyiv.

The group's future is unclear with President-elect Donald Trump set to take office on Jan 20. Advisers to Trump have floated proposals to end the Ukraine war that would cede large parts of the country to Russia for the foreseeable future.

Washington has committed more than \$63.5 billion in security assistance to Ukraine since Russia's invasion and the additional \$500 million could be announced later, a U.S. official said, speaking on the condition of anonymity.

The defense leaders will meet at Ramstein Air Base for the 25th UDCG meeting.

"We're not sunsetting the group. The next administration is completely welcome and encouraged ... to take the mantle of this 50 country strong group and continue to drive and lead through it," said a senior U.S. defense official, speaking on the condition of anonymity.

"It will endure in some capacity, in some form going forward, I believe, regardless of exactly how the next team does or doesn't pursue it," the official said.



Trump will have a few billion dollars in appropriated money that he could use for Ukraine's military needs once he takes office.

The official added that the meeting would look to endorse roadmaps for Ukraine's military needs and objectives through 2027. More than 12,300 civilians have been killed in the Ukraine war since Russia invaded nearly three years ago, the United Nations said, noting a spike in casualties due to the use of drones, long-range missiles and glide bombs.

Ukraine said its forces were "commencing new offensive actions" in Russia's western Kursk region.

Ukraine first seized part of the Kursk region in a surprise incursion last August, and it has held territory there for five months despite losing some ground.

The apparent escalation in the fighting in the Kursk region comes at a critical time for Ukraine, whose outnumbered and outgunned troops are struggling to repel Russian advances in the east.

IMD MARKS 150 YEARS: CENTRE INVITES PAKISTAN, BANGLADESH AND OTHER NATIONS FROM 'UNDIVIDED INDIA' TO JOIN CELEBRATIONS

The government has extended invitations to officials from countries that were part of undivided India at the time to mark 150 years of the India Meteorological Department, established in 1875. This includes officials from Pakistan, Afghanistan, Myanmar, Bhutan, Maldives, Sri Lanka, and Nepal.

Representatives from the Middle East and Southwest Asia have also been invited to join the celebrations. Pakistan has confirmed its participation, while the IMD awaits confirmation from Bangladesh.

A senior IMD official said, "We wanted officials from all countries that were part of undivided India during IMD's establishment to be part of the celebrations."

The celebrations will include a variety of events such as marathons, exhibitions, workshops, and olympiads. To commemorate the occasion, the finance ministry has also approved a special Rs 150 commemorative coin.

Adding to the festivities, the IMD will showcase its first-ever tableau during the Republic Day parade, highlighting its legacy and contributions to meteorology.

Born out of necessity during the British era after the devastating Calcutta cyclone of 1864 and multiple monsoon failures, the IMD began as modest weather forecasting entity. Over 150 years, it has grown into a global leader in meteorological research, weather communication, and forecasting.

In its early years, the IMD used telegrams to send weather warnings. Over time, it embraced cutting-edge technology, pioneering the use of electronic computers for meteorological research and introducing India's first message-switching computer for global data exchange.

India also made history as the first developing country to launch its geostationary satellite, INSAT, enabling round-the-clock weather monitoring and cyclone alerts.

JUSTIN TRUDEAU STEPS DOWN AS CANADA PM

Justin Trudeau announced that he is resigning as the prime minister of Canada and as the leader of his governing Liberal Party, marking the end of his nine-year-long tenure.

The 53-year-old Justin Trudeau is the longest-serving leader of any of the Group of Seven (G7) countries.

He said that Canadians deserve a "real choice" in the next election and that he cannot be the one to carry the Liberal standard into the next election.

Trudeau's ground on Canadian politics has been shaky for months now, with the public outraged over high prices, interest rates and a housing shortage.

"My friends, as you all know, I'm a fighter. Every bone in my body has all told me to fight because I care deeply about Canadians. I care deeply about this country, and I will

always be motivated by what is in the best interest of Canadians," Trudeau said.

After the party selects its next leader through a robust, nationwide competitive process, "I intend to resign as party leader, as Prime Minister," he added.

After announcing his exit, Trudeau mentioned "one regret" that he has from his tenure at the office. He said, "If I have one regret, particularly as we approach this election, well probably many regrets that I will think of.

But I do wish we'd been able to change the way we elect our governments in this country so that people could simply choose a second choice, or a third choice on the same ballot."

In his announcement, he also highlighted that the Canadian Parliament has been paralysed for months despite the best efforts being made towards the people.



Health Zone



THE GUIDE TO FIX YOUR FOOD CRAVINGS

Why Do We Crave Certain Food Items All Of A Sudden? And What Is The Cause Of These Mysterious Cravings?

Cravings are intense, often overwhelming desires for specific foods. Whether it's the craving for chocolate after a long day or a sudden urge to devour salty snacks, these urges can seem like an uncontrollable part of our daily lives. Cravings can happen at any time, triggered by a variety of factors ranging from emotional stress to biological processes. They are often misunderstood as mere indulgence, but in reality, cravings are your body's way of communicating its needs.

Interestingly, cravings aren't limited to just sugary treats. Your body can crave wholesome nutrients too, like iron or magnesium, signaling a need for healthier options like spinach or almonds. Understanding the underlying cause of your cravings—whether nutritional, emotional, or hormonal—can help you take a more mindful approach to satisfying them. Rather than giving in to impulse, you can make informed choices that satisfy both your body's needs and your desire for indulgence. So, next time you feel that irresistible urge for a certain snack, pause and consider what your body might really be asking for. Could it be a quick energy boost, a comfort food fix, or perhaps a sign that you're not giving your body the nutrition it truly craves? Understanding cravings is a powerful step towards regaining control over your eating habits and making healthier, more balanced choices in your everyday life.

But why do we get these cravings in the first place? Are they purely psychological, or do they have a deeper, more physiological explanation? Let's dive into the psychology behind food cravings and explore some practical tips on how to manage and overcome them.



The Psychology of Food Cravings

Food cravings are not just about physical hunger; they are deeply connected to our emotions and psychological state. In fact, many cravings are emotional rather than physiological. For example, stress can lead to a craving for comfort foods like ice cream or pizza, while sadness may trigger a desire for chocolate or other "feel-good" foods. In these instances, the food serves as a source of temporary emotional relief, often releasing feel-good chemicals in the brain such as dopamine and serotonin.

The psychology behind cravings can also be shaped by habits and learned behaviors. If you regularly reach for chips or cookies when you watch television, this association between the activity and the food can make the craving feel automatic. Over time, your brain learns to link specific environments or emotions with the desire for particular foods, even when you're not physically hungry.

In this article, we'll explore some common cravings, what your body might actually be asking for, and healthier alternatives to enjoy instead. By swapping out processed or sugary foods for nutrient-rich options, you can satisfy your cravings and fuel your body the right way!

• Chips

- ▶ What You Need: Healthy fats and fiber for energy and digestion.
- ▶ What to Eat Instead: Baked sweet potato fries, kale chips, or roasted chickpeas. These alternatives provide fiber and healthy fats while satisfying your crunch craving.

• Ice Cream

- ▶ What You Need: Calcium and protein for bone health.
- ▶ What to Eat Instead: Greek yogurt with a drizzle of honey and mixed berries. This gives you a creamy texture and a calcium boost, plus added antioxidants from the fruit.

• Candy/Sugar

- ▶ What You Need: A quick energy boost without a sugar crash.
- ▶ What to Eat Instead: Fresh fruit like apples, berries, or bananas. These naturally sweet options provide fiber and essential vitamins while curbing your sugar cravings.

• Cheese

- ▶ What You Need: Healthy fats and calcium, but in a more balanced form.
- ▶ What to Eat Instead: Almonds, tofu, or dairy-free cheese alternatives. These options offer healthy fats and calcium without the saturated fats found in cheese.

• Fried Foods

- ▶ What You Need: Healthy fats and a source of antioxidants.
- ▶ What to Eat Instead: Grilled vegetables, air-fried cauliflower, or baked avocado fries. These alternatives are lower in unhealthy fats but still provide a satisfying crunch and flavor.

• Soda

- ▶ What You Need: Hydration and a burst of natural energy.
- ▶ What to Eat Instead: Sparkling water with a splash of lemon or cucumber. It's refreshing and hydrating without the added sugar and empty calories of soda.



Health Zone



• Pizza

▶ What You Need: Carbs, healthy fats, and protein for a balanced meal.

▶ What to Eat Instead: A cauliflower crust pizza with lean protein (chicken or tofu), veggies, and a light sprinkle of cheese. This alternative is low-carb and nutrient-dense.

• Chocolate

▶ What You Need: Magnesium for mood regulation and energy.

▶ What to Eat Instead: Raw cacao, nuts, seeds, and dark chocolate (70% cacao or more). These options are rich in magnesium and provide antioxidants without the added sugar.

• Bakery Sweets (Muffins, Pastries)

▶ What You Need: Complex carbs and fiber for sustained energy.

▶ What to Eat Instead: Oatmeal with chia seeds, nuts, and a touch of maple syrup. It's filling, nutrient-dense, and gives you the same warm comfort without the refined sugars and flour.

• Coffee

▶ What You Need: A natural energy boost without the caffeine crash.

▶ What to Eat Instead: Matcha green tea or herbal tea like peppermint. These alternatives provide a smoother energy boost with less caffeine and added antioxidants.

How to Avoid Cravings

Cravings can be powerful and difficult to resist, but there are several strategies you can use to manage them. Below are some effective tips to help avoid cravings:

1. Chew Gum

Keeping a pack of sugar-free chewing gum on hand can be a simple yet effective way to fight off cravings. Chewing gum keeps your mouth busy, which can distract your mind from the urge to snack. Additionally, it can help stimulate saliva production, promoting a feeling of fullness and preventing you from reaching for unhealthy snacks. Mint or fruity flavors can be particularly satisfying and refreshing.

2. Distract Yourself

Sometimes, cravings arise simply because we're bored or stressed. Distracting yourself with a different activity can help break the cycle. Engage in something you enjoy, like reading, going for a walk, or doing a hobby. Even a brief distraction can redirect your focus and diminish the intensity of the craving. The more absorbed you become in an activity, the less likely you are to think about food.

3. Drink Water

Thirst is often mistaken for hunger, so when a craving strikes, try drinking a glass of water. Hydration is essential for overall health and can help reduce the intensity of cravings. If you're still hungry after drinking water, reach for a nutritious snack rather than an unhealthy option.



4. Get Enough Sleep

Lack of sleep can increase hunger and cravings, especially for sugary or high-carb foods. Aim for 7-8 hours of quality sleep each night to help regulate hunger hormones and reduce cravings.

5. Plan Meals and Snacks

Having structured meals and healthy snacks planned throughout the day ensures your body receives the nutrients it needs, preventing unnecessary cravings. Make sure your meals include protein, fiber, and healthy fats to keep you full longer.

By incorporating these strategies into your routine, you can successfully manage and reduce cravings, leading to healthier habits and choices.

Conclusion:

Managing cravings is not about completely depriving yourself but about making mindful, healthier choices that nourish your body and mind. Cravings are often signals from your body that something is missing, whether it's hydration, nutrients, or simply a need for distraction. By understanding what your cravings really mean, you can address the root cause, rather than indulging in quick fixes that may leave you feeling sluggish or guilty.

Incorporating strategies like chewing gum, distracting yourself, staying hydrated, and ensuring adequate sleep can help you combat cravings effectively. Planning your meals and snacks also plays a crucial role in preventing hunger-induced cravings, while balanced meals ensure you're getting the right nutrients throughout the day. Rather than succumbing to unhealthy food choices, you can use these techniques to satisfy both your emotional and physical needs, keeping your cravings in check.

Remember, it's okay to indulge occasionally, but developing healthier habits will empower you to make better choices in the long run. By practicing patience and consistency, you'll learn to manage cravings and foster a more balanced, sustainable approach to eating. This will not only improve your physical health but also enhance your overall well-being, leading to a more confident and mindful lifestyle.

(Disclaimer: This article is not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for educational purposes and are not intended to replace the advice of your medical practitioner. If you have a severe medical condition, see your physician of choice.)

YOUR FORECAST

The future belongs to those who believe in the beauty of their dreams



- BY RANI

Aries (Mar 21 – Apr 20)

Your natural leadership comes to the forefront as exciting opportunities arise. Boldness and high energy will guide your pursuits to success. At work, assert your ideas and take charge, but balance confidence with teamwork. In personal matters, your courage can ignite passion, but sensitivity to others' needs is key. This is a time ripe for self-discovery and thrilling challenges. Your enthusiasm will propel you toward fresh endeavors. Dynamic energy and determination will ensure you achieve the exciting progress and outcomes you've been anticipating. The universe supports your journey, keep moving forward.

Taurus (Apr 21 – May 21)

Stability and practicality take center stage. Prioritize managing finances and setting clear, actionable plans. Your steady and patient approach will yield success across personal and career domains. Relationships thrive on your reliability; take time to strengthen bonds and resolve issues with care. Hard work will lead to satisfying rewards. Expect moments of joy and deep connection. In your profession, focus and precision will bring positive results. Stay open to growth opportunities while maintaining your consistent pace for enduring achievements. Keep moving forward; the stars align in the favor of your growth.

Gemini (May 22 – June 21)

This phase highlights communication and adaptability. Dive into stimulating discussions and seize opportunities to learn or develop skills. Your quick thinking and versatility shine, especially in collaborative projects. Professionally, stay open to fresh ideas and adapt to evolving situations with ease. In personal life, your charm fosters meaningful bonds, but staying mindful of others' emotions enhances relationships. Curiosity and flexibility will lead to enriching experiences. Your wit and ability to connect with others attract exciting prospects for growth and success. Forward motion is blessed; believe in yourself as the higher power believes in you.

Cancer (June 22 – July 22)

Focus on home and personal life. It's a perfect moment to nurture your surroundings and deepen family ties. Intuition will guide you in resolving household matters or improving your environment. Professionally, your empathy and precision will serve you well, though maintaining balance is crucial to avoid fatigue. In relationships, emphasize open dialogue and emotional honesty. Practice self-care and reflection to sustain harmony and clarity. Your nurturing spirit fosters warmth and connection, promising a fulfilling period within your closest circles. Your empathetic instinct is a blessing and will help you do a lot of good.

Leo (July 23 – Aug 23)

Your magnetism takes center stage. Creative projects flourish as you inspire those around you with passion and confidence. Showcase your skills and lead initiatives that resonate with your interests. Relationships will benefit from your generosity and vibrant energy; dedicate time to loved ones and share your enthusiasm. Financially, practice mindful spending and focus on practical planning. Welcome growth opportunities and listen to feedback—it will sharpen your focus and elevate your ambitions. Success is within reach with your charismatic drive, you must continue to maintain poise and rationality to achieve your fullest potential.

Virgo (Aug 24 – Sept 22)

Creativity and determination fuel this phase. Fresh ideas flow, especially in areas that excite your passions. Use this inspiration to turn visions into reality. In your career, your analytical prowess and meticulous nature will earn recognition, but pace yourself to avoid burnout. Honest conversations strengthen relationships and address lingering concerns. Financially, it's a good time for careful investments or reviewing plans. Focus on self-care and mindfulness to maintain equilibrium. With organization and focus, your aspirations will materialize into significant achievements. This isn't the time to second guess yourself; you have laid down a solid base for the life you have always wanted and it is time to stand by yourself and the ideas that your truly believe in. Your poise will attract attention and the friends you make will propel you towards finishing your goals.

Scorpio (Oct 24 – Nov 22)

A time of transformation and deepening connections is here. Embrace self-reflection as insights guide your growth. Professionally, your focus and determination drive success, but collaboration is essential for balance. In relationships, authenticity and emotional openness will enhance bonds. Financially, prioritize careful investments and avoid rushed choices. Adaptability will help you navigate unexpected changes. By leaning on your resilience and embracing shifts, you'll make meaningful progress toward your aspirations and emerge stronger in every area of life. Focus on contemplative activities because they will lead to revelations of great import.

Sagittarius (Nov 23 – Dec 21)

This phase emphasizes expansion and exploration. Pursue growth through travel, learning, or fresh experiences. Your adventurous spirit sparks creativity and innovation, particularly in teamwork. Relationships thrive on your positivity and inspiration, but balancing independence with commitment is vital. Financially, strategize for future stability and invest in self-improvement. Stay open to unexpected opportunities—they might lead to thrilling new paths. Your willingness to explore and take risks paves the way for a rewarding and transformative journey which has the blessing of the positive forces of the Universe.

Capricorn (Dec 22 – Jan 20)

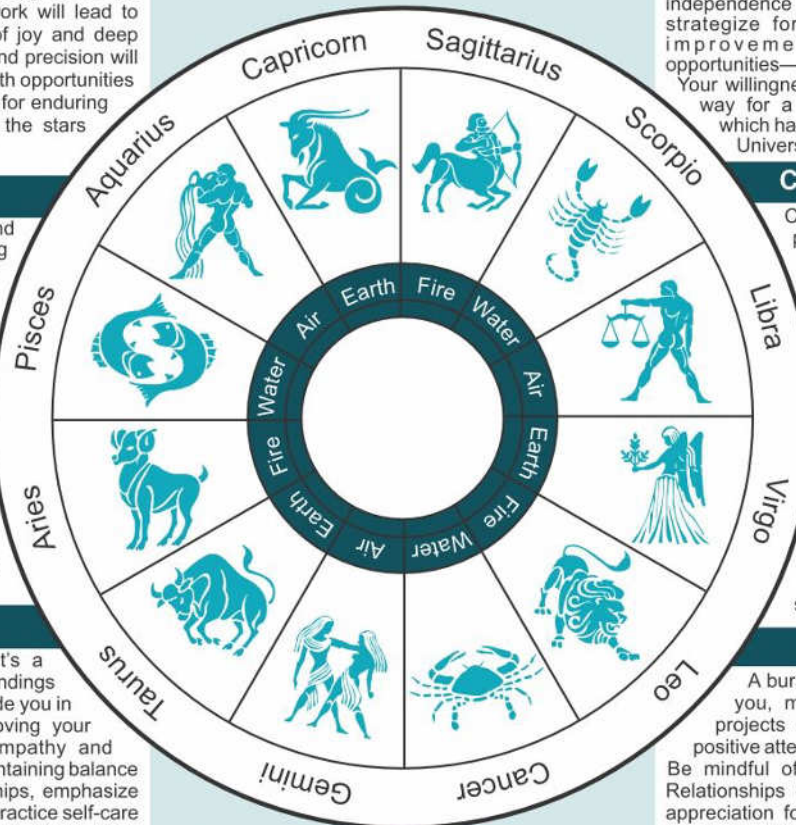
Creativity and originality dominate this period, offering the chance to dive into new projects. Your distinctive perspective will earn recognition and opens doors to opportunities. Collaboration is set to enhance results, but ensure you maintain a manageable workload. Relationships may require extra care as they always do—honesty will solidify connections and take them a step further. Financially, review goals and establish strategies that align with your vision. Trust your instincts while remaining flexible. With careful planning and forward-thinking, you'll harness cosmic energy to turn aspirations into meaningful and lasting success.

Aquarius (Jan 21 – Feb 18)

A burst of innovation and creativity surrounds you, making this the perfect time for fresh projects or ideas. Your unique insights attract positive attention and collaboration boosts outcomes. Be mindful of overcommitting—balance is essential. Relationships will flourish; open communication and appreciation for vulnerable confrontations will solidify bonds with the people you love. Financially, reassess goals to align with future aspirations. Trust your intuition and adapt to shifting circumstances. The universe supports your progressive outlook, encouraging you to embrace your individuality and forge ahead.

Pisces (Feb 19 – Mar 20)

Tap into your intuition and let dreams guide your path. Creative endeavors and personal goals take center stage, offering opportunities for authentic expression. Stay grounded to avoid distractions. Relationships deepen emotionally, but healthy boundaries are key. Financially, revisit budgets and plan for long-term stability. Embrace fresh experiences with confidence, knowing challenges will lead to growth. Trust in your resilience and determination—the universe is aligned to help you achieve meaningful transformation and fulfillment. Trust that the universe supports your path; continue moving forward while being mindful of where it all started.



Libra (Sept 23 – Oct 23)

Relationships and partnerships take center stage with revitalized energy. Look forward to clarifying conversations and strengthening connections. Your diplomacy and tact help resolve lingering conflicts. Professionally, fresh ideas emerge—trust your instincts and collaborate to bring plans to fruition. Financially, reassess spending habits to align with long-term objectives. Prioritize personal balance through self-care practices like meditation or journaling. Embrace opportunities for growth while celebrating small victories. Cultivate bonds built on mutual understanding, and work on making decisions with greater confidence and clarity. Your confidence will become the foundation of all progress and remember that clarity brings with it – fresh perspectives and impending change. Keep moving forward with faith; the universe supports your unique ideas and reserves for you the means to fulfill your dreams.

(Disclaimer- The information and astrological interpretations in this magazine are purely for recreational reading. They are not meant to replace intelligent decision making on behalf of the reader, nor assume responsibility for the reader's life choices.)



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REQUIREMENT FOR OIL / CHEMICAL TANKER

FITTER (with US Visa)

REQUIREMENTS FOR BULK CARRIERS (CAPE SIZE & KAMSARMAX)

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RPSL - MUM-162133 | DOI: 12/01/2023 | DOE: 12/01/2028

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RPSL-MUM-350
ISSUE DATE: 02-10-2020
EXPIRY DATE: 02-10-2025

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RPSL-CHN-061 | Valid from 21/10/2022 | Valid Till 21/10/2027

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PRODUCT (OIL / CHEMICAL)

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Promotional Chief Engineer / 2nd Engineer / 4th Engineer / Electrical Officer

BULK CARRIER

Master / Chief Officer / 2nd Officer
Chief Engineer / 2nd Engineer / Electrical Officer

GENERAL CARGO VESSEL

Electrical Officer

MR TANKERS (vessel age is 5 years old)

3rd Officer
Electrical Officer
US visa and 12 months rank experience is mandatory

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- ◆ FOURTH ENGINEER ◆ ETO ◆ GAS ENGINEER

RATINGS

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REQUIREMENTS

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- » Requirements for our New principals owning a fleet of Handymax Bulk Carrier and VLOCs: Engineers with ME Engine Experience
- » Requirements for Handymax Geared Bulk Carriers:
Average age of fleet 5 years
Master, Chief Officer, Chief Engineer, 2nd Engineer, ETO (Engine officers should have Man B&W, ME engine exp)

Wages best as per Industry



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Fax : +91 22 66982210

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Crewing: hrsea.mni@marlowgroup.com

Business: info.mni@marlowgroup.com

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RPSL-MUM-078

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- ✧ Production Shift Coordinator
- ✧ Topside & Utilities Supervisor
- ✧ Control Room Supervisor
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Tangar

Licence No.:RPSL-MUM-200
Issue Date: 02.11.2011 Valid Till: 07.01.2027

SHORE JOB REQUIREMENTS

MARINE SUPERINTENDENT

Master Mariner with sailing
experience on LPG Carriers.

TECHNICAL SUPERINTENDENT

Chief Engineer with sailing
experience on LPG.

ACCOUNTS & FINANCE HEAD

Must hold professional accounting
certification CA /ICWA with min
5 years of experience.

PURCHASE EXECUTIVE

Must hold MBA in supply chain
management.

SOURCING EXECUTIVE

Must hold MBA in HR,
Freshers can apply.

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OIL TANKER
SEMI PRESSURIZED LPG TANKER

We Require For LPG Tanker

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- Chief Officer
- 2nd Officer
- 2nd Engineer
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- ETO

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- 2nd Officer / 3rd Officer - 12 to 18 months Rank Experience
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- Gas Engineer - 12 months Rank Experience
- ETO - 24 months Rank Experience

FOR FOREIGN FLAG BUNKER / BITUMEN TANKER VESSELS

- Master - 12 months Rank Experience
- Chief Officer - 12 months Rank Experience
- 2nd Officer / 3rd Officer - 12 months Rank Experience
- Chief Engineer - 12 months Rank Experience
- 2nd Engineer / 3rd Engineer - 12 months Rank Experience
- Electrical Engineer - 6 Month Rank Experience



Shore Job
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Fleet Officer (Documentation)

Ratings - Bunker/Bitumen

- Pumpman / Bosun (with COP II/5)
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RPSL-MUM-058 (Valid From: 03.11.2021) (Valid Till: 03.11.2026)

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RPSL-MUM-045 Issue Date: 13.03.2016 Expiry Date: 04.03.2026

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(AFRAMAX / SUEZMAX)

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(RANK EXPERIENCE REQUIRED FOR ALL THE RANKS)

- » CHIEF OFFICER » SECOND ENGINEER
- » SECOND OFFICER » THIRD ENGINEER

CHEMICAL TANKERS

(RANK EXPERIENCE REQUIRED FOR ALL THE RANKS)

- » CHIEF OFFICER » SECOND ENGINEER
- » SECOND OFFICER » THIRD ENGINEER

CRUDE TANKER / PET / CHEM

- » ETO

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RPSL NO.: MUM-1021 DOI- 18/06/2024 DOE- 17/06/2029

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 - Purchase Officers - 2 Years Shore Experience (4 in No.)
 - Crewing Officers - 2 Years Shore Experience (4 in No., 2 in sourcing & 2 in documentation /operations)

Recruiting For Offshore Fleet

- Technical Superintendent - 0-6 Months Minimum Shore Experience (5 in No.)
- Marine Superintendent - 0-6 Months Minimum Shore Experience (2 in No.)
 - Technical / Quality Assistant - 2 Year Shore Experience (2 in No.)
 - Purchase Officers - 2 Years Shore Experience (4 in No.)
 - Crewing Officers - 2 Years Shore Experience (4 in No., 2 in sourcing & 2 in documentation /operations)

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(RPSL-MUM-284, Valid Till 07th March 2029)

For and on behalf of its principal

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3rd Asst. Eng / ETO / Cook

FOR CONTAINER FLEET

Chief Off / 3rd Off / ETO

FOR PCTC FLEET

Chief Off / 3rd Off /
3rd Asst. Eng / ETO /
AB / Cook

FOR CHEMICAL TANKER

3rd Asst. Eng / 3rd Off

FOR OIL TANKER

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- CE CL I Indian FG COC (Promotion Accepted / CL II Indian FG COC With 24 Months Rank Exp)
- 2E CL II Indian FG COC (Fresher Can Apply)
- 3E CL IV FG

ALL RATINGS SHOULD APPLY
 VALID PCC REQUIRED

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- CO NCV
- CE NCV SEO
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ALL RATINGS SHOULD APPLY

Share Your CV At crewing@triton-maritime.com
 Contact No.:
 +91 8600842570 / 9870599463 / 9820952983

Police Clearance Certificate Or
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WE HAVE NO AGENTS



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DNV-GL
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CHEMICAL TANKERS

- CHIEF OFFICER
- CHIEF ENGINEER
- FIRST ASSISTANT ENGINEER
- THIRD ASSISTANT ENGINEER
- ELECTRICAL OFFICER
- PUMPMAN
- ABLE SEAMAN
- ORDINARY SEAMAN
- WIPER
- CHIEF COOK

www.asm-maritime.com





CONTAINERS / BULK

- CHIEF ENGINEER
- FIRST ASSISTANT ENGINEER
- ABLE SEAMAN
- ORDINARY SEAMAN
- COOK

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ROUND THE YEAR MEDICAL INSURANCE FOR ALL BOSUNS, PUMPMANS AND COOKS AND THEIR FAMILIES. ATTRACTIVE PERSONAL FUND CREATED FOR ALL BOSUNS AND PUMPMANS WITH MONTHLY CONTRIBUTIONS ONLY FROM THE COMPANY.

- Ownership company, in existence for over 60 Years
- Modern and Expanding Fleet
- Seafarer – family health insurance benefits
- Sea browser welfare system onboard with advance internet services
- Short contract and Timely relief
- ASM reward for Top four officers
- (USD 10,000 – USD 20,000) Joining Bonus

- PSF (Personal Saving Fund) attractive personal fund created for all officers with monthly contribution only from the company.
- RJB (Re-joining Bonus) for top four Ranks
- Friend Referral Bonus
- Family carriage for all officers
- Seniority Gifts
- Long term employment with bright promotional prospects.

Any experienced Chemical Tanker Ratings who wish to join the company, please apply by email to crew@xtindia.com

Seafarers are only required to pay for their personal / travel documents for getting employment through us, all other expenses are paid by the Company.

MUMBAI OFFICE : Unit F-5, 4th Floor, Pinnacle Business Park, Mahakali Caves Road, Andheri East, Mumbai – 400093 TEL: 68732600 FAX: 68732601 EMAIL ID: crew@xtindia.com

We do not have any sub-agents in India, please contact directly.



**HOLY ANGEL
MARINE SERVICES
PVT. LTD.**

D.O.I: 04.01.2018 / D.O.E: 29.09.2027

RPSL NO. CHN/045

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• THIRD ENGINEER • FOURTH ENGINEER • ETO
• PUMPMAN • ENGINE FITTER • OILER

TRADING AREA: PERSIAN GULF, GULF OF ADEN, ASIAN COUNTRIES

Interested Candidates are requested to send their cvs by mentioning your Rank / Name / Date of Availability / Last Drawn Salary / Expecting Salary to our below given E-mail id.

support@holyangelmarine.in

crewinghams@gmail.com

Whatsapp No
99445 28339



Corporate Office:

163A, Victoria Street,
Near Old Head Post Office.
Tuticorin - 628001, Tamil Nadu, India.
Ph: 0461 4000038

Branch Office:

Mahatma Enclave, Shop No.3, B-Wing,
Sports Complex, New Golden nest Road,
Bhayandar East, Thane - 401 105,
Maharashtra, India.
Ph: 022 28176633

We don't have any Agents or Broker's acting on behalf of our company



ICOON MARINE PRIVATE LTD.

RPSL-MUM-162131 DOI: 12/01/2023 DOE: 12/01/2028

Ownership Company With Quality Safety Standards,
Timely Reliefs, And Internet Facility.

We are hiring below ranks for our Handy Size - Oil / Product tankers:

- ▶ MASTER
- ▶ CHIEF ENGINEER
- ▶ 2ND ENGINEER
- ▶ 3RD OFFICER

Happy
Republic Day



White COC and Rank tanker experience compulsory.

Icoon Marine is taking over a BULK CARRIER, interested candidates can send their resumes. (All Officers, Engineers and Ratings)

Address:

1406, Cyberone, Greenscape,
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Vashi, Navi Mumbai-400703.

Contact Details :

Please send your resume on our below contact numbers:
+91 8591724774 / +91 8591099686
(Whatsapp only)



Interested candidates can email their resumes on icoon@icoonmarine.com

PLEASE CONTACT US DIRECTLY, WE DO NOT HAVE ANY AGENTS.



STS MARINE

STS MARINE MANAGEMENT PVT. LTD.

RPSL NO. - MUM-162185 | ISSUE DATE - 07.09.2023 | EXPIRY DATE - 07.09.2028



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- ▶ Continuous Long-Term Employment
- ▶ Excellent Promotional Prospects
- ▶ Onboard Wi-Fi

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Join our growing team! We are seeking experienced and capable seafarers for various positions, with a minimum of 6 months rank experience on Oil/Chemical Tankers. Promotional candidates demonstrating exceptional skills and commitment will be considered.

- Master
- Chief Officer
- 2nd Officer
- 3rd Officer

- Chief Engineer
- 2nd Engineer
- 3rd Engineer
- 4th Engineer
- Electrical Officer / ETO

SHORE VACANCIES (Mumbai Office):

- ▶ Technical Superintendent (Immediate Joining)
Chief Engineer with Oil/Chemical Tanker experience
- ▶ Sr. Crewing Officer - Min. 4 years experience
- ▶ HSEQ Executive (Immediate Joining)
Master/Chief Officer - experience on Tankers



APPLY NOW!

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Sea Vacancies: crewing@stsmgmt.com
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Visit our website: www.stsmgmt.com

OFFICE ADDRESS:
809, 8th Floor, Ecostar,
Vishweshwar Nagar
Off. Aarey Road,
Goregaon (E), Mumbai - 400063
Tel: +91 22 62390227

We do direct recruitment. We do not have agents in India.

VR Maritime Services Pvt. Ltd.

RPSL - MUM-199 Date of Expiry Date: 19.07.2026



AFRAMAX / PRODUCT / OIL-CHEMICAL TANKERS:

- ▶ CHIEF OFFICER
- ▶ 2ND OFFICER
- ▶ 3RD OFFICER
- ▶ 2ND ENGINEER
- ▶ 4TH ENGINEER WITH US VISA
- ▶ ETO WITH COC

BULK CARRIER / CONTAINER / GENERAL CARGO:

- ▶ MASTER (CONTAINER)
- ▶ CHIEF OFFICER (CONTAINER)
- ▶ CHIEF ENGINEER (GENERAL CARGO WITH P TYPE)
- ▶ CHIEF ENGINEER (BULK CARRIER)
- ▶ CHIEF ENGINEER (CONTAINER)
- ▶ 2ND ENGINEER (CONTAINER)
- ▶ 2ND ENGINEER (GENERAL CARGO WITH P TYPE)
- ▶ 3RD ENGINEER (CONTAINER)
- ▶ 3RD ENGINEER (BULK CARRIER)
- ▶ ETO

FISHING VESSEL:

- ▶ Deck Hand with UK Fishing experience

GAS TANKERS:

- ▶ MASTER
- ▶ CHIEF OFFICER
- ▶ 2ND OFFICER
- ▶ 2ND ENGINEER
- ▶ EO
- ▶ ABLE SEAMAN
- ▶ OILER
- ▶ FITTER

OFFSHORE - AHTS / PSV – (NON DP) WITH ARAMCO CHARTER EXPERIENCE:

- ▶ MASTER ADNOC APPROVED FOR LCT
- ▶ MASTER FOR SHOALBUSTER
- ▶ BOSUN FOR LCT
- ▶ AB / CRANE OPERATOR FOR LCT
- ▶ ARAMCO PROJECT : MASTER
CHIEF OFFICER
CHIEF ENGINEER
2ND OFFICER
- ▶ AB with COP (DP AND NON DP)

HAPPY
REPUBLIC
DAY



Contact Us:

Mumbai Head Office

301, B Wing, Business Square,
Chakala, Andheri Kurla Road,
Andheri East, Mumbai - 400 093
Off: +91-22-69094500/501

E-mail: resume@vrmaritime.net,

Website: www.vrmaritime.net

Capt. Sanjay Prashar (Founder & CEO) - +91 99304 67030

Mr. Kishor Pati (Director) - +91 86574 96806

Mr. Girish Sarfare (Tanker Officers) - +91 86558 75960

Ms. Suvarna Kangutkar (Gas Officers) - +91 86574 96814

Md. Farhan Shaikh (Dry Officers) - +91 86558 75961

Mr. Ashok Mohanty (Ratings) - +91 72088 87651

We have field offices: Delhi, Chandigarh, Himachal Pradesh, Odisha, Kochi, Chennai & Vizag