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May your careers be as vibrant and dynamic as the colors that adorn this festive season.

Wishing you a joyous and colorful Holi from Seajob!

As Easter blooms with the beauty of spring, may your life be adorned with moments of happiness, peace, and prosperity.

Warm Easter wishes to you and your family from Seajob!

VR Maritime Services Pvt. Ltd.
Seminar for the Senior Officer
of the Royal Marine
Ship Management Fleet (07)



**Bhartiya Navik Sena Union
Shipping Premier League 2024:
A Grand Celebration
Of Cricket And Camaraderie**

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tomini shipping

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Tomini Shipping, owner of young bulk-carrier vessels (3-6 years) which are technically managed by in-house team. Tomini Shipping is USCG QUALSHIP21 certified & also a recipient of several prestigious maritime awards for its Commitments to safety and seafarer welfare.

Tomini Shipping has headquarters in Dubai and is recruiting all ranks of officers & ratings for their expanding fleet of bulk carriers. With four generations of shipping experience embedded in working culture, Tomini sets itself apart from other management companies by placing safety & wellness of seafarers as top priority.

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- All vessels are fitted with ME Engines and using state of art PMS system.
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- Family carriage for officers.
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- Multi-national crew compliment.
- In-house catering for good quality of food.

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Training Coordinator

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Tomini Shipping Pvt. Ltd. (Mumbai)

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Gyanraj Kaslingum: +91 22 4979 5602 / +91 9136996747 (For Ratings)
Viganesh Ambokar: +91 9136901621 (For Ratings)
Add: 901, Lodha Supremus, Saki Vihar Road Andheri (East),
Mumbai - 400072 (India)

Chennai Branch:

Mr. Albert Joseph: +91 9790959188
Add: REGUS, KRM PLAZA 8th Floor, South Tower No. 2, Harrington Road,
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- + Best Employer for Oil Tanker
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- + Company having maximum all type of vessels
- + Appreciation for CSR Activities
- + Sailor of the Company (10 Award for Seafarer)

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- + Best Employer for Dry Cargo Fleet
- + Best Employer for Container Fleet
- + Best Employer for Gas Tanker Fleet
- + Best Employer for Offshore Fleet
- + Best Employer for Chemical Tanker
- + Best Employer for Oil Tanker
- + Emerging Company of the Year

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RPS Licence No : RPSL-MUM-043 | Issued date: 26-10-2021 | Valid till: 25-10-2026

CIN : U35111MH2001PTC133762

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URGENT REQUIREMENTS

IGF TANKER

(Dual Fuel Chemical Tanker)

- Chief Officer • First Assistant Engineer • ETO

LNG

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

LARGE CONTAINER VESSELS

- Second Officer • Third Officers • Fourth Engineer • ETO

VERY LARGE CRUDE TANKERS (VLCC)

- Chief Officer (with Master COC) • Third Officer

VERY LARGE GAS CARRIERS (VLGC)

- First Assistant Engineer • Third Officer

OIL - CHEMICAL TANKERS

(with experience of sailing in Ice conditions)

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

CHEMICAL TANKERS (Parcel Tankers)

- Chief Officer • First Assistant Engineer • Second Officer (with Chief Mates)
- Third Officer • ETO

All interested candidates, please send in your updated resume to

Email Id: apply@mms-india.com

CONTACT PERSONS -

Officers: Ms. Deeksha Malpe - 98216 66348 \ Mr. Arindam Khastagir - 9830516611

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MARINE SUPERINTENDENT

- Substantial experience as a Chief Officer with diverse LNG cargo operations.
- Experience as a Master on LNG Vessels would be highly preferred.
- Ability to effectively and efficiently respond to non-routine situations.
- Well versed with routine & non routine operations in respect of LNG Vessels.

Attractive terms and conditions on offer with a focus on Long Term Career progression and development

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(preferred with parcel tanker experience)

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

Oil - Chemical Tankers

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

Very Large Crude Tankers (VLCC)

- Pumpman • Bosun

Container

- Bosun • Able Seaman • Fitter • Oiler
- Wiper • Chief Cook

All interested candidates, please send in your updated resume to Email Id:

ratings@mms-india.com

Ratings: 9289427676

8291821227

MMS MARITIME (INDIA) PVT. LTD.

Unit No. 101,

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Tel: +91 22 40620100 / 66960181 / 82

Fax: +91 22 66960183

Email: apply@mms-india.com

BRANCH OFFICE:

Unit No. CT1-08-008, Capital Tower -1, Sector 26,
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Contact Person: Ms. Ritu Pandey - 8291100570

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URGENT REQUIREMENTS

• OIL / CHEM TANKER :

CHIEF OFFICER with minimum 20 months in rank
SECOND ENGINEER with minimum 30 months in rank
PUMPMAN CUM FITTER holding TASCO /
CHEMCO & 6G Welding Certificate

• PCC / CONTAINER :

CHIEF ENGINEER with minimum
12 months in rank

SEA STAFF

REQUIREMENT FOR TANKERS & DRY FLEET

- JUNIOR WATCH KEEPING OFFICER
- JUNIOR ENGINEER WATCH KEEPING OFFICER

DUAL FUEL OIL TANKER

- ALL RANKS (with Experience)

DUAL FUEL PURE CAR & TRUCK CARRIER (PCC / PCTC)

- ALL RANKS (DUAL FUEL EXP.)
- ALL RANKS (with Japanese Documents)

REQUIRED WITH US VISA

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Royal Marine Ship Management Pvt. Ltd.

"Seminar for the Senior Officer's"

VR Maritime Services Pvt.Ltd. conducted a seminar for the Senior Officers of the Royal Marine Ship Management fleet at Chandigarh on 2nd March 2024.

The aim of the Seminar was to interact with the Senior Officers of the Fleet and understand their viewpoints in an effort to achieve better cohesion and understanding.

Capt. Sanjay Prashar, CEO VR Maritime Services Pvt. Ltd. briefed attendees of the company's growth trajectory, starting with just 6 Vessels in 2010 the company has grown into managing 195 Vessel as on date. He also apprised the audience of the future growth prospects with Royal Marine Ship Management where they are looking forward to at least 6 additional Tankers to the existing fleet of 25 within the next few weeks.

During the seminar detailed discussions and in-depth interactions were carried out on the undermentioned subjects:-

- ▶ MLC2006: Validity of seafarers employment agreement & Crew change
- ▶ ISM 1.2 Risk Assessment
- ▶ ISM 9 Incident Investigation
- ▶ ISM 1.4 Communication
- ▶ MLC 2006: Regulation 4.1 Medical Care Onboard Ship & Shore

- ▶ Alcohol Abuse by Seafarers
- ▶ Adoption of New Technology on Board
- ▶ Excessive use of the Internet & Resultant Problems
- ▶ General Health and Hygiene practices

Further, Capt. Hardev Gill and Mr. Munish Sharma, both Directors from Royal Marine Shipmanagement conducted case studies and group discussions with the attendees at their Chandigarh office.

The main facets of interaction included:-

- ▶ Safety Management Systems
- ▶ Cyber Security
- ▶ Social Media Discipline
- ▶ Preparation for Ship Audits, PSC, SIRE/CDI inspections
- ▶ Flag Specific Technical Manning Requirements
- ▶ Critical Operations

The seminar gave an opportunity to the participants to express their perspective and at the same time, it brought to the fore novel ideas for implementation.

The interaction culminated in a social evening which gave an opportunity to the management to interact with families and have a better understanding of the personal aspects of seafarers.





Happy Holi



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IMMEDIATE VACANCIES FOR OUR EXPANDING FLEET OF PANAMAX, KAMSARMAX, CAPESIZE & NEWCASTLEMAX:

- **Master, Chief Officer, Second Officer & Third Officer**, with minimum 12 months experience and with experience in type of vessel mentioned
- **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 18 to 24 months rank experience. Must hold Advanced IGF Certification and with prior LNG bunker experience
- **Second Engineer** with 15 to 20 months rank experience. Must hold Advanced IGF Certification and with prior LNG bunker experience
- **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/LNG/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



Scan QR Code to apply

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Contact No: 912267551777/

912267551700

CONTAINERS

- **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

NAUTICAL FACULTY FOR SIMS

LOCATION: MUMBAI & LONAVALA

- Require experienced Master who has sailed on tanker and container vessels
- Female candidates would be preferred

ONSHORE POSITIONS

- **Technical Superintendent in Chennai with dry bulk carrier experience**
Candidate should have sailed as a CE with 1-2 years' experience on shore job
- **Technical Superintendent in Mumbai with tanker experience**
Candidate should have sailed as a CE with 1-2 years' experience on shore job
- **Marine Superintendent in Mumbai/Chandigarh/Kolkata with tanker experience**
Candidate should have sailed as a Master with 1-2 years' experience on shore job

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To
Seafarers**

RPSL-MUM-162072
DOI : 02/11/2021 DOE : 02/11/2026

NauticFleet

HAPPY HOLI



PRODUCT TANKERS, BULK & LPG TAKEOVER IN THE MONTH OF MARCH

URGENT REQUIREMENT

VLGC / OIL TANKER / PRODUCT TANKER / VLCC / BITUMEN TANKER / BULK CARRIER

- | | | |
|------------------|-------------------|-----------------------------------|
| • Master | • Chief Engineer | • Bosun |
| • Chief Officer | • Second Engineer | • Able Seaman |
| • Second Officer | • Third Engineer | • Oiler (Watchkeeping +COP+DCE's) |
| • Third Officer | • Fourth Engineer | • Fitter |
| | • Electrician | • Pumpman |
| | • Gas Engineer | • Cook |

We welcome walk in interview of all Seafarers

**Below Our Seafarers Portal & QR Code
To Register & Upload & Update CV -**

<https://applicant-nauticfleet.mariapps.com/>



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E-mail : recruitment@nauticfleet.com

Website : www.nauticfleet.com.

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

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- 2ND ENGINEER
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RPSL-MUM-162067 | DOI: 25-Oct-21 | DOE: 25-Oct-26

Wishing All The Seafarers And Their Families A **Happy Holi**

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Chief Engineer / 2nd Engineer
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AB / Oiler / Fitter



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2nd Officer / 3rd Officer
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RPSL-MUM-205 | Valid Till: 17-12-2026

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- ▶ 3/O - Oil Chem Tanker
- ▶ 4/E - Oil Chem Tanker

CONTACT DETAILS:

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Delhi Region

Mayank Gogia

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Mumbai Region

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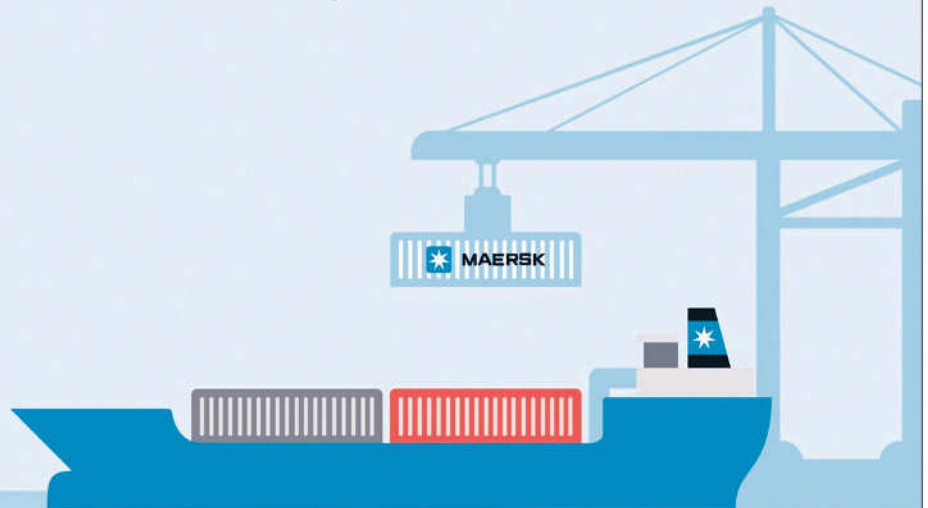
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Wishing All The Seafarers A
Happy Holi



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

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CONTAINER

▶▶ Master ▶▶ Chief Engineer ▶▶ 1st Asst. Engineer

GANTRY CRANE

(Open Hatch General Cargo Vessel)

▶▶ Master ▶▶ Chief Officer ▶▶ Chief Engineer ▶▶ 1st Asst. Engineer

PCC

▶▶ Master ▶▶ Chief Officer (with exp.) ▶▶ Chief Engineer ▶▶ 2nd Officer
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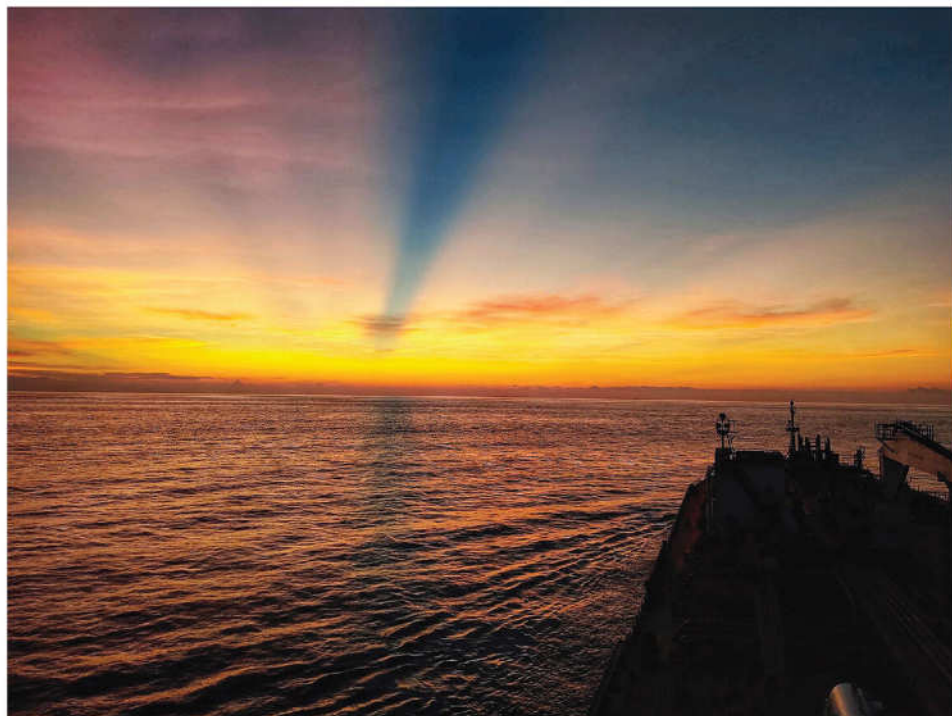
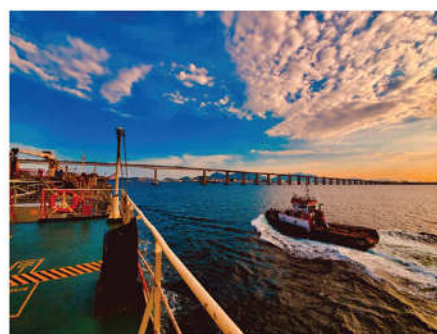
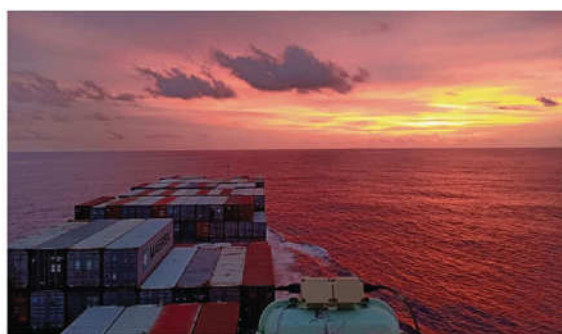
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- ▶ ETO
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- ▶ Bosun
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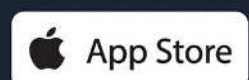
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LPG - 8000 GRT

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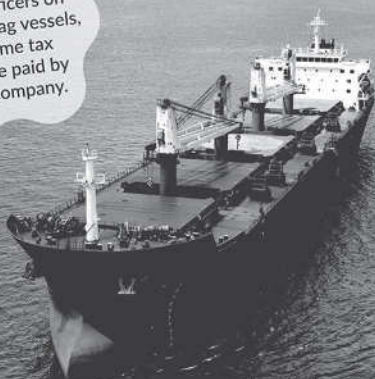
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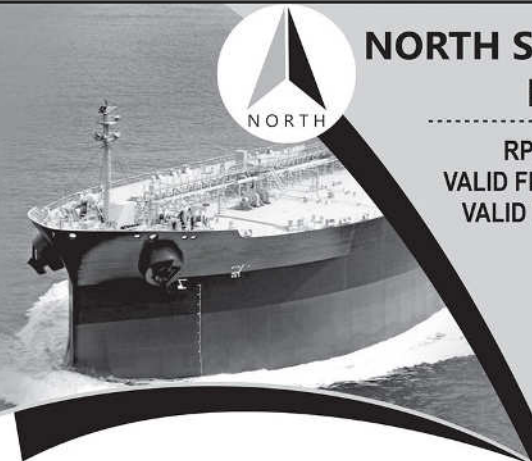
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To The Readers ...

Words And Their Power

How often do we get to hear the proverb 'think before you speak'? Because when we think before speaking, we take account of our words and how they are reflected. The greatest power that humans possess is the "MIND" and words have a strong tendency to build as well as destroy it. This is the exact reason why it's often mentioned that 'you should think twice before you speak' because words are like coins, it has two sides - sometimes it's the head that has constructive effects that motivate us and sometimes it's the tail that may also affect us negatively.

When the captain addresses the crew about the navigational plan, the crew tends to listen carefully to every word the captain utters, here the captain has the power to grasp the crew's attention with his words which without any doubt the crew will follow.

On a similar note, we consider others' words only when the other person holds the authority and has relevant experiences because an experienced person knows what it takes to navigate challenges. Words also direct the flow of our thoughts. We all have different thought process varying according to our experiences and learnings.

Most of the time our words are not valued because we speak to the wrong audience. Do you think the crew would have paid attention to the instructions of the plan if an unidentified person had spoken? No, right!

It's important to know 'when to speak and when to listen' because our

words create an impression and impact on others. So, choose your words wisely, even if they are a few words! Because even those few words have the tendency to attract and capture power.

Further, it's also vital not to let others' words define our inner power. We know our capabilities and we don't have to abide by someone else's limited perspective. It's vital to speak and think positively. Staying positive isn't just about a cheerful outlook; it's a conscious decision to refrain from hurting others with our words. Positive and constructive words can inspire and encourage positive behaviors and furthermore, they also strengthen the aspect of positive thinking.

Therefore, it is crucial to be mindful of the words we use, recognizing their potential to either uplift and inspire or tear down and demoralize. Let our words be like a gentle breeze that soothes the hearts of those who are grieving, a safe place where the storm of sorrow can find solace and rest. For those lost in the chaos of uncertainty, let our words act as a compass, providing direction and clarity. Our words should be like the captain's call, steering the unsettled thoughts away from the storm and guiding them toward a calmer sea.

In conclusion, let's be conscious of the words we choose and their power to shape our reality and impact the lives of those around us.

God Bless You
Roni Abraham
Editor



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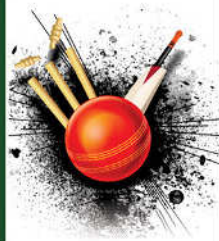
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BHARTIYA NAVIK SENA UNION SHIPPING PREMIER LEAGUE 2024: A GRAND CELEBRATION OF CRICKET AND CAMARADERIE



Churchgate, Mumbai - February 24, 2024

The Oval Ground in Churchgate, Mumbai, witnessed an extraordinary display of sportsmanship and camaraderie as 19 of the top shipping companies in the industry came together for the Bhartiya Navik Sena Union Shipping Premier League 2024. The event, held on February 24th, showcased the industry's passion for cricket and provided a platform for teams to exhibit their skills and talent.

Participating companies included industry giants such as Anglo-Eastern Ship Management India, Suntech Crew Management Pvt. Ltd., V.Group, Executive Ship Management Pvt. Ltd, MMS Maritime (India) Pvt. Ltd., Torm Shipping India Pte. Ltd., VR Maritime Services Pvt. Ltd., D'Amico Ship Ishima India Pvt Ltd, Synergy Marine Group, Elegant Marine Pvt. Ltd, Buena Vista Shipping LLP, Dockendale Ship Management (India) Pvt. Ltd, Eastaway (India) Pvt. Ltd., Fleet Management India Pvt. Ltd., Wilhelmsen Ship Management India Pvt. Ltd., Marlow Navigation India Pvt. Ltd., The Great Eastern Shipping Co. Ltd. and Mumbai Mariners Cricket Club.

The tournament spanned the entire day, commencing at 8:30 am and concluding at 7:00 pm. The schedule allowed for breakfast, lunch, and high tea, creating an environment conducive to both competition and camaraderie. The final match, which was the pinnacle of the day's events, featured a fierce battle between Buena Vista Shipping and V. Group, with both teams delivering stellar performances.

In a nail-biting finish, Buena Vista Shipping emerged victorious, claiming the prestigious title and the grand prize of Rs. 25,000., V. Group displayed exceptional sportsmanship and skills earning the runner-up position and a cash prize of Rs. 20,000.

The tournament also recognized outstanding individual performances, with Mr. Shailesh from V. Group awarded the Best Batsman prize of Rs. 3,000, Mr. Sunil from Elegant Marine Services P.L. honored as the Best Bowler with a cash prize of Rs. 3,000, and Mr.Yash from Buena Vista Shipping crowned the Man of the Series. The Man of the Series received a state-of-the-art One Plus mobile phone courtesy of Sunkersett Investment and a cash prize of Rs. 21,000 from Garud Tour and Services Private Limited

The event attracted several distinguished guests of honor, adding prestige to the occasion. Capt Naren Bhatt, Managing Director of Suntech Shipping; Capt. Anshul Rajvanshi, Managing Director of Synergy Maritime Pvt Ltd; Capt Nandkishor Manjrekar, Nautic Fleet Management; Capt Amit Joshi, COO of Confidence Shipping; Mr. Subrat Mukhrjee, Director Dockendale Ship Management; and Capt. Utpal Chiplunkar- Executive Ship Management, graced the event with their presence.

Available for comments, Mr. Ravindra Baing – President, BNSU mentioned "We are very grateful to all the teams for participating and making this tournament reach stellar success over the years. I would also like to thank Seajob.net for their wholehearted support in all our activities. Last but not the least; thanks to all the members of our management for actively organizing this initiative."



"We have been organizing this event for more than a decade and this platform was brought to life for the shore staff in order to inculcate companionship as they are the cornerstone in the lives of our seafarers", stated Mr. Suresh Salaskar, General Secretary, BNSU.

"We are a cricket loving country and by providing this platform to the shore staff, we are not only promoting solidarity but also giving cricket fans an opportunity to compete professionally", added Mr. Nandkumar Baing, Secretary, BNSU.

The Bhartiya Navik Sena Union Shipping Premier League 2024 was a resounding success, not only as a celebration of cricket but also as a platform for industry professionals to come together, fostering teamwork and friendly competition. As the sun set on the Oval Ground, memories of a day filled with sportsmanship, talent, and camaraderie lingered, ensuring the Shipping Premier League remains a highlight in the maritime industry's calendar for years to come.

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The History & Traditions Of Holi

Holi is one of the most awaited and popular festivals celebrated by Hindus across the globe. It is commonly referred to as the festival of colors since celebrating the festival involves considerable use of different types of colors. Like most other Hindu festivals, the Holi festival also celebrates the victory of good over evil and is considered to be a day of new beginnings.

When Is Holi Celebrated?

Holi is a spring festival celebrated on the day after the full moon in the Hindu month of Phalgun and corresponds to the Georgian calendar months of February - March. It is one of those rare occasions when even the most devout Hindus immerse themselves in fun and frolic, forgetting their old grudges and extending a hand of friendship to their biggest enemies. Given the timing of the festival, many people also believe that it is celebrated to bid farewell to the gloominess of the winter season and welcome the bright and beautiful summer season with love and joy.

How Is Holi Celebrated?

In India, the festival of Holi is celebrated with great zeal and fervor mostly in the northern, western, and central regions. The celebration of the festival begins on the night before Holi, when people burn a bonfire made of wood, cow dung cakes, and straw. It is also common to perform puja before lighting the bonfire and to throw grains from the fresh harvest, puffed rice, and other such items into the fire. This ritual is popularly known as Holika Dehan and is believed to ward off negativity and evil spirits. Applying color, consuming sweets and having unhindered fun are common aspects of celebrating Holi across all regions and communities. However, there are some areas and communities that celebrate the festival in such a unique manner that countless people come to witness the festivities.

Phoolon Ki Holi In Vrindavan:



Vrindavan, which is considered to be the abode of Lord Krishna, celebrates Holi most beautifully. People here shower petals of flowers on each other instead of throwing colors. Even though the colorful celebrations last for only 15-30 minutes, the sight is

one to behold. The petal shower and the fragrance of the different flowers create a unique sight where the love of God is evident all around.

Lathmar Holi Of Uttar Pradesh :

This unique form of celebrating Holi has been the subject of numerous paintings and pictures. It is predominantly popular in Uttar Pradesh, especially in the villages of Nandgaon and Barsana. In this way of celebrating Holi, the women use bamboo



sticks to beat men who cover their heads with a round bamboo shield.

Rangpanchami Celebration in Maharashtra:

The people of Maharashtra have their own unique way of celebrating the festival of Holi. On this day, one can witness large crowds around the pandals set up on every street. The people hang pots of butter at a great height and the youngsters within the locality use human pyramid formations to reach the pots and break them to win a prize. The constant shower of gulal powder and water on the young participants adds color to the celebrations.

Royal Holi Of Jaipur, Rajasthan:

The pink city of Jaipur becomes drenched in various colors during Holi celebrations. The primary attraction is the grand ceremony organized by the royal family of the City Palace in their condominium. The local people as well as foreign tourists enjoy the fun of the festivities and the opportunity to smear the members of the royal clan in different colors.



Phalgun Purnima Celebration In Bihar:

In Bihar, Holi is celebrated with various religious traditions and rituals as it is a celebration of good harvest and fertility of the land. The festival also marks the beginning of the New Year in the state and hence it is customary for people to clean their homes to invite positivity and prosperity. Smearing colors on each other, singing, and dancing form an integral part of the celebrations.

Evolution Of Holi As a Festival

The celebration of Holi as a festival has evolved considerably over the centuries. In modern times, it has become quite common for people to hold grand holy parties where people enjoy various fun activities in addition to smearing colors on each other. In most cases, the hosts of such parties offer a multicourse meal to the guests besides serving a wide variety of traditional sweets and delicacies. Hiring DJs and dance groups to entertain guests is also a common phenomenon at these parties. The idea is to enjoy a day of fun in the company of friends and loved ones and share the true Holi spirit.

Conclusion:

Holi is more than just another Indian traditional festival. It is a celebration of love and positivity which makes it universally appealing. We wish you a colorful and pure Holi.

Iconic Film Locations To Visit

Spotting iconic locations from our favorite films and television shows can be a fun way to stay connected to some of our favorite stories and characters. Although some places exist only in studio lots, visiting real-life movie locations is a popular tourist activity. A few of the spots we mention below are more obvious.

•The Art Institute of Chicago - Ferris Bueller's Day Off



The Art Institute of Chicago is only in "Ferris Bueller's Day Off" for a few fleeting minutes. Yet Chicagoans will forever talk about it. Filmmaker John Hughes, who is from Chicago, used the scene to highlight some of his favorite paintings in the Institute. You can visit the art museum, one of the best in

the world, to see some of the ultra-famous pieces there. One such piece that is beloved and featured in the film is George Seurat's "A Sunday Afternoon on the Island of La Grande Jatte."

•Café des 2 Moulins in Paris, France – Amélie



In her film, Amélie Poulin works at the Café des 2 Moulins. Located in Paris, France, the cafe, whose name translates to the Cafe of Two Windmills, references the two famed windmills in the city the Moulin Rouge and the Moulin de la Galette. Although the café has changed a little since "Amélie"

came out in 2001, it is still quite reminiscent of its silver screen counterpart. Stop by for something to eat and take a load off.

•Grand Central Station in New York City - Men in Black II



"Men in Black II" is far from the only movie filmed at Grand Central Station in New York City. Other movies like "I Am Legend," and "The Fischer King" were also filmed here. Still, Grand Central is where the agents discovered Locker C-18, where a host of little aliens were living so it's a pretty big deal in the movie.

The lockers aren't here anymore, though you're certainly welcome to explore the station to take in the sights. Just maybe avoid rush hour when it'll be the most crowded.

•The Grand Bazaar in Istanbul, Turkey – Argo

A lot of scenes in Ben Affleck's "Argo" were filmed in the massive Grand Bazaar in Istanbul, Turkey. The flurry of colorful shops and stalls made for a perfect aesthetic for the American hostages to hide from their would-be captors. This market is one of the largest in the world, with almost 4,000 vendors covering over 60 streets. As the world's oldest bazaar, there is so much to see and do here besides following the footsteps of "Argo." It's open every day except Sundays and holidays. There is no entrance fee or reservation system.

•Hatley Castle in Colwood, British Columbia - X-Men 2

When it wasn't serving as Xavier's School for Gifted Youngsters, Hatley Castle in Colwood was also Lex Luthor's lair in "Smallville" and the Queen family home in "Arrow." Even so, its visage is probably best known from its appearances in the "X-Men" films, specifically "X-Men 2." Hatley Castle is over a century old, though it looks much older. You are welcome to visit the castle itself on a paid guided tour, though the formal gardens are free to visit during daylight hours.

•King's Cross Station in London, England - Harry Potter and the Sorcerer's Stone

Students of Hogwarts heading to the school must catch the Hogwarts Express. The only way to do that is via Platform 9 ¾ at King's Cross station in London. Although Muggles can't access this fantastical train, they can take photos at the famed Platform 9 ¾ sign at the train station. Below the sign, you'll see a half-exposed cart with luggage and a cage stacked upon it. It doesn't cost anything to visit the sign, though you may want to bring some spending money for The Harry Potter Shop located at Kings Cross.



•Countryside in Matamata in New Zealand - Lord of the Rings

Ever wanted to visit a real-life Hobbit? You can if you visit the area around Matamata in New Zealand. This gorgeous rural town will help you live out your wildest Middle Earth dreams. This entire countryside represents a bunch of different locations from "Lord of the Rings."

Whether you're looking for Hobbit holes or Fangorn Forest, you'll be amazed at how many otherworldly spots reside in the same area. Your best opportunity to get the most out of seeing these areas is through a locally-led, guided tour.



•Notting Hill Bookshop in London, England - Notting Hill

You know how Julia Roberts owned a bookshop in "Notting Hill?" Well, it's a real bookshop named Notting Hill Bookshop rather than The Travel Book Company, as it's referred to in the movie. Although it is no longer known as The Travel Bookshop, you'll still find this beloved store at 13 Blenheim Crescent in London. Since the film came out, store ownership has changed hands a few times. Even so, the exterior will let even the stingiest romantic swoon just a little on the streets of London. Don't forget to buy a book while you're here.





SHIPPING NEWS

MARINE MEDICAL SOLUTIONS (MMS) ADVOCATES FOR GENDER-INCLUSIVE HEALTH SUPPORT IN RECOGNITION OF INTERNATIONAL WOMEN'S DAY

The growth of gender diversity in the maritime industry is important and must be welcomed but it has to be matched by the provision of the right form of medical support onboard ship for all seafarers, including women, according to Marine Medical Solutions (MMS), a leading provider of medical support for seafarers worldwide which takes an all-encompassing, holistic approach to their health and wellbeing.

Speaking on the occasion of International Women's Day, MMS said the biological differences between men and women meant the medical support available at sea had to be carefully tailored to meet women's health needs onboard ship.

Dr. Jens Tülsner, CEO and founder of Marine Medical Solutions, said: "It's crucial that the maritime industry acknowledges and accommodates the unique health requirements of female crew members. From menstrual hygiene support to understanding the varying impacts of

medication, such as painkillers and antibiotics, on different genders, every aspect must be considered to uphold the dignity and rights of women onboard."

MMS stresses the importance of comprehensive training for ships' Master and crew members to ensure they are equipped to address women's health concerns sensitively and effectively. Additionally, promoting awareness and fostering a supportive environment onboard is essential to empower women to seek holistic health and medical assistance without hesitation. Medical assistance for women may need a slightly different approach so awareness is key.

Dr. Tülsner added: "We want women to feel comfortable and supported when seeking medical assistance onboard. By raising awareness, enhancing understanding, and encouraging kindness, we can create a more inclusive and health-conscious maritime environment."

Marine Medical Solutions reaffirms its commitment to providing telemedical support that is inclusive, understanding, and responsive to the diverse needs of seafarers worldwide, especially as we celebrate International Women's Day.

PREVENTING AND COMBATTING VIOLENCE AND HARASSMENT IN THE MARITIME SECTOR

The International Maritime Organization (IMO) and the International Labour Organization (ILO) are working jointly to combat violence and harassment, including sexual harassment, bullying and sexual assault, in the maritime sector.

A meeting of the Joint ILO/IMO Tripartite Working Group (JTWG), which includes representation from governments, ship owners and seafarers, was held from 27 to 29 February in the IMO Headquarters in London, United Kingdom, to discuss potential future steps to prevent and address this serious issue, including by means of legislation, mechanisms and policies as well as enhanced training.

Globally, there has been an increasing awareness of violence and harassment occurring on ships, including sexual harassment, bullying and sexual assault, which compound the already challenging working conditions.

Opening the session, IMO Secretary-General Mr. Arsenio Dominguez said:

"We remain steadfast in our commitment to creating a safe and respectful working environment on board. Recognizing that this is not only a moral imperative but also a practical necessity for the industry's sustainable growth, we are

committed to preventing and combatting bullying and harassment in the maritime sector.

"Our shared goal is clear – to meet the expectations of seafarers, the industry, Administrations, and the public at large in making shipping free of any form of aggression."

ILO Director of the Sectoral Policies Department (SECTOR), Mr. Frank Hagemann said:

"It is essential that we do everything in our power to address issues that can cause experienced seafarers to leave the sea or to dissuade young women and men from taking up the profession. Any form of violence and harassment is in direct contradiction to the very concept of decent work. There must be zero tolerance for such behaviour."

Following three days of deliberations, the Joint ILO/IMO Tripartite Working Group agreed on several recommendations to be submitted to the IMO's Maritime Safety Committee at its next meeting in May 2024 (MSC 108) and to the ILO Governing Body in due course.

Harmonized terminology

The JTWG recommended the use of the terminology "violence and harassment, including sexual harassment, bullying and sexual assault" in relevant instruments and guidance under both IMO and ILO, to reflect their relevance in the maritime sector.



Mandatory training for seafarers

The JTWG recommended the MSC consider an updated set of amendments to the Seafarers' Training, Certification and Watchkeeping (STCW) Code, contained in table A-VI/1-4 of the STCW, by taking into account the outcomes emanating from the JTWG, with a view to subsequent adoption at the MSC 108 session. This pertains to mandatory minimum requirements for safety familiarization, basic training and instruction for all seafarers.

The draft amendments ensure that seafarers are equipped with the basic knowledge and understanding of violence and harassment, including sexual harassment, bullying and sexual assault, and how to prevent and respond to incidents. The draft amendments were approved by MSC at its 107th session in 2023, pending consideration by the JTWG.

Measures for Administrations and shipping companies

The JTWG recommended that the MSC consider the adoption of measures, applicable to Administrations and shipping companies worldwide, to address violence and harassment, including sexual harassment, bullying and sexual assault.

These measures would support the implementation of the IMO requirements for the safe management and operation of ships at sea (ISM Code), and include:

- Incorporating relevant policies and procedures in safety management systems, including victim care and protection against retaliation; in addition to establishing the additional safety management objectives for the company, including the assessment of risks and establishment of safeguards.
- Specifying that safety management systems should ensure compliance with mandatory rules and regulations on the issue, including national requirements, and that guidance from the industry organizations is observed.
- Apportioning responsibilities on companies' senior management and administrations for addressing reported cases, as well as providing adequate resources to respond, including medical care and mental health support for victims.
- Ensuring training and familiarization of seafarers and designated shoreside personnel on the company's policies and their implementation.

Removing perpetrators from service

The JTWG recommended that MSC instruct the IMO Sub-Committee on Human Element, Training and Watchkeeping (HTW) to consider the proposal to include a new requirement in Regulation I/5 (National provisions) of the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (STCW). This requirement would involve the suspension or revocation of the credentials of any seafarer convicted for sexual assault, and by doing so, remove perpetrators from service.

Medical guides

The JTWG recommended that, in coordination with the World Health Organization (WHO), the actions taken as a result of its meeting be taken into account when amending the International

Medical Guide for Ships, 3rd edition, or when revising industry and national medical guides.

International awareness campaign

The JTWG recommended the launch of a joint ILO-IMO international campaign, with the support of ILO and IMO Member States, seafarers, shipowners, governmental and non-governmental organizations, to raise awareness around the issue. It encouraged Governments to launch national campaigns in collaboration with social partners and other national organizations.

Collecting data on violence and harassment

The JTWG requested the IMO and ILO Secretariats to explore ways to collect data, in an appropriate manner, about violence and harassment, including sexual harassment, bullying and sexual assault in the maritime sector. The JTWG encouraged Governments, seafarers, shipowners and all stakeholders to consider, in future meetings, how to collect data holistically, including every necessary safeguard.

ILO instruments

The JTWG recommended that the ILO Governing Body invite the members of the ILO Special Tripartite Committee of the Maritime Labour Convention, 2006 (STC), which meets in April 2025, to consider submitting relevant proposals to amend the MLC, 2006.

The aim is to ensure that Member States and shipping companies define and prohibit shipboard violence and harassment, including sexual harassment, bullying and sexual assault and adopt relevant policies, measures and programmes to prevent and address these issues.

Potential amendments would include the introduction of policies and measures that could address the different and complementary responsibilities of flag States, port States, labour-supplying States, shipowners, seafarers and other relevant stakeholders, as well as enhance cooperation among these groups.

Proposals could build on existing onboard and onshore complaints mechanisms to provide easy access to effective remedies in cases of violence and harassment, including the protection against victimization or retaliation and the privacy and confidentiality of those involved.

Social partners

The JTWG recommended the International Transport Workers' Federation (ITF) and the International Chamber of Shipping (ICS) review and update their Guidance on eliminating shipboard harassment and bullying, to reflect any actions taken by IMO and ILO bodies, following up on recommendations by the JTWG.

Consensus for action

Welcoming the outcomes of the meeting, Mr. Danny McGowan, Vice-Chairperson of the JTWG for the Seafarers' Group said:

"The recommendations that we have made by consensus are a step in the right direction to dealing with violence and harassment, including sexual assault, bullying and sexual harassment in the maritime industry.



By looking at instruments such as STCW, and the ISM Code, alongside conventions such as the Maritime Labour Convention and C190, we have ensured that this will remain an important safety matter and seafarer issue to be considered in both the IMO and ILO. We look forward to continuing to work with shipowners and governments to put these recommendations into action for the benefit of all seafarers, on all ships, and creating a safe working culture of zero tolerance for these behaviours.”

Mr. Tim Springett, Vice-Chairperson of the JTWG for the

Shipowners’ Group said:

“The Shipowners’ group is delighted to have achieved a tripartite consensus on the way forward for our joint efforts to address this important subject. The outcome of the meeting and the spirit in which it was conducted should inspire confidence that we will adopt regulatory and recommendatory measures at the next ILO Special Tripartite Committee meeting to tackle and eliminate violence and harassment in all its forms from our sector.”

CRUNCH TIME FOR IMO SHIPPING MEASURES TO CUT CLIMATE IMPACTS

The International Maritime Organization’s Intersessional Working Group on Reduction of GHG Emissions from Ships (IMO, IWSG-GHG-16, March 11-15) and the subsequent Marine Environment Protection Committee (MEPC 81, March 18-22), the Clean Shipping Coalition is calling on the IMO to take action in three key areas:

Tracking and Measuring Energy Efficiency: Improving the Carbon Intensity Indicator (CII) will quantify and raise ship efficiency while fostering greater transparency and driving deep and lasting reductions in pollution.

Global Fuel/Energy Standards: Clear, enforceable fuel/energy standards will catalyse the transition to clean energy. By incentivizing investment in wind power and zero-GHG fuels, these standards will reduce emissions and spur the creation of green jobs and resilient economies worldwide.

Equitable Implementation of a Pollution Fee: Holding polluters accountable via a greenhouse gas emission levy, would ensure a just and equitable transition to clean shipping. The resulting revenue can be used to support vulnerable nations and ensure all can play a part in the energy transition.

“Setting goals is one thing, but agreeing and implementing the regulations that will propel the shipping sector towards a clean and just transition is quite another matter”, said Clean Shipping Coalition President John Maggs. “The hard work for the IMO starts during next week’s ISWG meeting when it can avail of several tools to achieve these changes. A Greenhouse Gas (GHG) levy on ship fuel, such as the \$150 proposal from Pacific Island countries and Belize, is essential to funding a just energy transition and ensuring no one is left behind.”

“An IMO GHG fuel or energy standard is also needed to incentivise the uptake of wind propulsion and ensure that future new fuels are available when required”, added Maggs. “Most importantly, the IMO must move swiftly to revise its Carbon Intensity Indicator and agree tough new requirements to ensure that ships improve energy efficiency year on year. This is especially important to ensure the lowest cost, most efficient energy transition and to incentivise shipping behaviour, such as slower speeds, that will also provide important ocean health co-benefits”.

“When it comes to setting the binding policies that will ensure the

shipping industry actually meets—and ideally surpasses the emission reductions called for in the 2023 GHG strategy, there are several pieces to the policy puzzle”, said Delaine McCullough, Shipping Emissions Policy Manager at Ocean Conservancy. “And it is critical that this transformation does not come at the expense of geographically remote and climate-vulnerable countries, especially small islands, that already face high shipping costs and are being forced to adapt to the impacts of climate change a crisis which these countries contributed the least to.”

“Given the urgency and complexity of the IMO’s task, there is no time to waste debating any proposals that will fail to deliver on either maritime pollution or an equitable transition, she added. “Instead, the IMO must focus on strengthening energy efficiency measures, implementing technical and economic policies that effectively drive industry action, and ensuring a zero-emission maritime energy transition that leaves no one behind. The time for ambitious, thoughtful action is now.”

“Shipping’s climate transition is intricately linked to the speed and the scale of investments in green energy, like green methanol and ammonia, in renewables-rich countries”, said Faig Abassov, Director of Shipping, at Transport and Environment.

“However, no sane investor will put their money into green fuels production until there is demand from the shipping sector. Therefore, it is imperative that IMO develops ambitious and effective green fuel standard and carbon pricing to send investment certainties to future suppliers. It is crunch time to push green projects across the finish line!”

“International shipping is embarking on an important journey and must take strides towards both decarbonisation and reducing its impact on ocean life. While decarbonisation is crucial, there are also other pressing issues that need addressing: chemical and oil spills, whale strikes and underwater noise pollution are common occurrences in shipping, serious undermining ocean health”, said Anais Rios, Shipping Policy Officer at Seas At Risk. “By embracing wind power, and implementing well-designed regulations that drive improvements in operational energy efficiency, shipping can both decarbonise and also protect ocean health. It is crucial that we prioritise these advancements, guiding the maritime sector towards a more sustainable future and keeping global heating below the critical 1.5 degree Celsius threshold.”



Developed as an integral component of a set of IMO policies intended to drive greater energy efficiency of ships, the Carbon Intensity Indicator (CII) entered into force on 1st November 2022 and applies from the 1st January 2023 to all ships covered by the IMO Data Collection System.

The IMO's revised Carbon Intensity Indicator (CII) will be central to the IMO's ability to drive emission reductions on a pathway that meets the targets contained in its revised Greenhouse Gas (GHG Strategy) which commits the shipping industry to decarbonise by 2050 and aims to cut emissions by 30% by 2030 and 80% by 2040. The new GHG Strategy also contains a commitment to ensure a 5-10% uptake of zero-emission fuels/energy sources by 2030.

"As warming has already reached approximately 1.2C, early emissions reductions are especially important to avoid breaching the 1.5C threshold and to avoid triggering climate tipping points. Even assuming that a maximum of 10% of new near-zero and zero-emission fuels are available by 2030 there remains a very significant "emissions gap" that must be filled by improvements in ship energy efficiency driven by the Carbon Intensity Indicator – and there is no other measure on the table that can do this".

If the IMO and international shipping are to meet their climate obligations and at least achieve the emissions reductions called for in the revised GHG Strategy then a number of changes will need to be made to the CII. Perhaps most important, after raising the levels of ambition (the energy efficiency improvement requirements), is ensuring that the targeted emission reductions are reliable and real. The current "soft" enforcement will need to be replaced with a more traditional approach that has real consequences for failing to comply.

According to a paper submitted to MEPC 81 by the Clean Shipping Coalition, Pacific Environment and WWF, the "revision of the CII, which is due to start at MEPC82 [September 30 – October 4th] and conclude before the end of 2025, is a key opportunity to bring it up to date with the revised GHG Strategy and to make sure that it

works in the future in a coherent way with the contents of the basket of mid-term measures being negotiated at the same time. With the absence of any firm enforcement mechanism and with annual energy efficiency improvement requirements that are little better than 'business as usual' it is perhaps understandable that some have referred to this first period of CII as an 'experience building phase'. But this phase must come to an end, and from 2027 the CII must be in a position to play a major role, alongside the proposed Goal-based Fuel Standard (GFS) and other mid-term measures, in driving the urgently needed ship climate emission reductions."

The co-benefits of using wind-powered and slower ships include reduced underwater radiated noise and whale strikes which leads to healthier whale and other ocean wildlife populations that can contribute to the ocean's ability to sequester carbon. As the paper states "as the recent Organization's workshop on the relationship between energy efficiency and Underwater Radiated Noise (URN) clearly illustrated, ships that operate more efficiently, with the objective of reducing GHG emissions, are also quieter and less likely to disturb whales and other ocean wildlife.

When ships slow down, they are also less likely to collide with and kill/injure whales and other ocean wildlife and are, generally, less polluting. This is the other largely unacknowledged aspect of shipping's climate impact: ship operations are routinely and relentlessly undermining global ocean health and hindering the ocean's ability to help us mitigate global heating. Healthy ocean ecosystems are needed to win the fight against global heating, and for that, a general lowering of shipping's environmental impact is needed, not just for it to reduce its GHG emissions, as important as that is."

Greenhouse Gas Emission Levy: The Pacific Islands and Belize are leading the effort at the IMO to ensure that the transition to a cleaner shipping industry is equitable and are championing equitable policies that prioritise the needs of developing nations and communities most vulnerable to climate change.

SHIPPING COMMUNITY GATHERS FOR BALTIC EXCHANGE TANKER & GAS FORUM

Baltic Exchange welcomed more than 100 industry leaders and maritime professionals to London in late February for its annual Tanker & Gas Market Insights Forum 2024, which took place as part of International Energy Week.

Janet Sykes, Baltic Exchange's Chief Commercial Officer, kicked off proceedings with an update on the Baltic Exchange and its indices, including the new Baltic Investor Indices (BII). Sam Mitchell, Chairman of the Tanker FFA Brokers' Association (FFABA), then gave an update on FFABA and the tanker market performance. To end the opening session, Matthew Cox, Head of Benchmark Production at Baltic Exchange, provided critical and detailed insights on how the Baltic Index is produced.

Following an excellent networking lunch, the second half of the

forum began with an industry panel that focused on the growing importance of emissions-related regulations and their impact on global freight rates.

The Carbon Panel was moderated by Martin-Crawford Brunt, Emissions Lead from Baltic Exchange. Speakers included Steve Laybourn, Chartering Manager at Ardmere Shipping; Philip Roche, Partner at Norton Rose Fulbright LLP; Ioannis Papadimitriou, Lead Freight Analyst at Vortexa.

Finally, Matthew Cox facilitated a Q&A session on Baltic Exchange's current EUA Carbon Consultation, which focuses on the inclusion of carbon costs in tanker voyage route assessments following the inclusion of maritime emissions in the EU Emissions Trading System (ETS).

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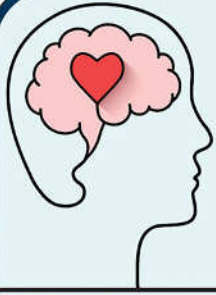
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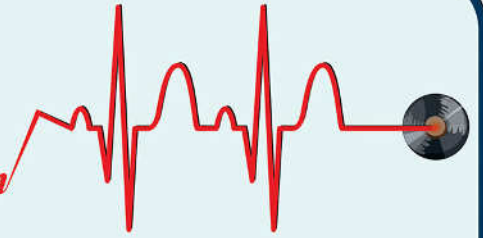
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M.I.N.D

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WOMEN'S MENTAL HEALTH

In today's dynamic world, mental health has rightfully taken center stage, shedding light on the various challenges individuals grapple with daily. Within this discourse, the mental well-being of women emerges as a crucial concern, necessitating attention, understanding and support. This article aims to provide a psychologist's perspective on intersectionality, biological factors, psychological aspects, societal influences, common challenges and holistic approaches to women's mental health.

Understanding the Intersectionality of Women's Mental Health:

Women's mental health is a nuanced tapestry interwoven with various facets of their lives. From hormonal shifts to societal pressures, women navigate a spectrum of challenges impacting their mental well-being. Recognizing and addressing the intersectionality of factors such as age, race, socioeconomic status, and cultural background is crucial in understanding women's unique mental health experiences.

Biological Factors and Women's Mental Health:

A distinctive aspect of women's mental health revolves around biological rhythms inherent in their bodies. Hormonal fluctuations during menstrual cycles, pregnancy, and menopause can influence mood and stress response. Acknowledging these physiological nuances is essential for developing targeted mental health interventions tailored to the diverse challenges women face at different life stages.

Psychological Stressors:

Societal expectations, familial responsibilities and the pursuit of perfection can impose significant psychological stress on women. Balancing career, family and personal aspirations contributes to feelings of overwhelm and inadequacy. Nurturing mental health involves fostering resilience, self-compassion and empowering women to redefine success according to their terms.

Societal and Cultural Impact on Women's Mental Health:

The societal lens through which women are viewed significantly influences their mental health. Cultural norms, stereotypes and societal expectations shape women's experiences, impacting their self-perception. Breaking free from restrictive narratives and promoting inclusivity creates an environment where women can embrace their authenticity without fear of judgment.

Common Mental Health Challenges for Women:

Women encounter various mental health challenges, including anxiety, depression, eating disorders and

postpartum issues. Destigmatizing these challenges is crucial for creating an environment where seeking help is not only accepted but encouraged. Dismantling the stigma surrounding mental health increases the likelihood that women will access the support and resources they need.

Building Supportive Networks:

A cornerstone of women's mental health is the establishment of supportive networks. Whether through friendships, family, or community organizations, having a safe space to share experiences can be transformative. Fostering connections allows women to draw strength from one another and contribute to the creation of a supportive ecosystem.

Educational Initiatives for Women's Mental Health:

Education plays a pivotal role in promoting women's mental health. Raising awareness about the unique challenges women face and providing information about mental health resources empowers women to take charge of their well-being. Educational initiatives also contribute to destigmatizing mental health discussions, creating a culture where seeking help is considered a sign of strength.

Holistic Approaches to Women's Mental Health:

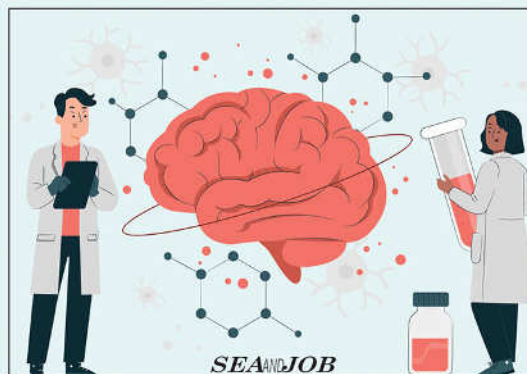
A holistic approach to women's mental health acknowledges the interconnectedness of mind, body and spirit. Encouraging practices that encompass physical well-being, mindfulness and self-care contribute to a more balanced and resilient mental health foundation. Holistic approaches, such as yoga and meditation, offer women tools to

navigate life complexities while prioritizing mental and emotional health.

Institutional Support and Policy Advocacy:

Creating a supportive environment for women's mental health requires institutional support and policy advocacy. Workplace accommodations and accessible mental health services play a crucial role in fostering an environment that prioritizes women's well-being. Advocating for policies addressing the specific mental health needs of women contributes to a more inclusive and compassionate society.

Navigating the evolving landscape of mental health awareness demands a focus on women's mental well-being. Breaking the silence involves fostering understanding, providing support and creating an environment where every woman feels seen, heard, and valued. By collectively working towards destigmatization, education and institutional support, we can contribute to a world where women's mental health is prioritized and the journey towards well-being is met with empathy and empowerment.





Guest Column

Mrs. Sandhya Pillai

- Founding Partner - VMT Legal



Places Of Refuge For Distressed Vessels

A vessel may face perilous conditions out at sea and the Master may then come to a decision that the vessel needs a safe place, as continuing to sail, may prove to be a danger to the crew, vessel and its cargo. Once a vessel gives out a port of refuge call certain procedures are followed that may vary depending upon the nature of emergency, the condition of the ship and other factors. Generally it would include maintaining a separate record for all the expenditure involved, appointment of a port agent, after safe arrival at port declaring a general average and repairs carried out before the vessel can sail out. Meanwhile, all statutory authorities including class and P&I are kept informed.

It may seem to be an easily achieved operation, however, when the question arises as to the right of a distressed foreign vessel to enter the coastal waters of another state it may be somewhat more complicated. One has to be aware of the contradiction between a sense of humanity and on the other hand, the States right to protect its coastline from pollution. Additionally, ports may not be equipped to deal with that specific assistance sought by the vessel. IMO Resolution A.949(23) Guidelines on places of refuge (which widens the scope) for ships in need of assistance steps in here. It provides the much-required clarity and a common framework to assist coastal states in determining places of refuge. The Resolution takes into account both the interests of the vessel as well as the coastal state. It advises that the situation is best mitigated by transferring the cargo and bunkers from the distressed vessel in a place of refuge. It is to be noted, however, that every case may be different with its own challenges and will have to be dealt with accordingly. Directorate General of Shipping, in accordance with IMO resolution A950(23) provides assistance to stricken vessels.

We will consider two well-documented matters that bring forth the above mentioned antithesis and the need for workable solutions.

In the year 2000, on New Years' eve, the Liberian flag 'Castor' found herself in distress due to heavy weather. She was on a voyage from Constanza to Lagos with a cargo of 28,000 tons of unleaded gasoline. The vessel suffered

damage with a crack to the hull. The Castor was denied refuge as she was deemed to be at risk of explosion and subsequent pollution. The tanker was towed for a considerable period in search of sheltered waters. The Castor incident thankfully did not result in any pollution nor loss of life. The Prestige, a laden Bahama flag tanker in 2002 suffered structural damage on her way to Singapore, Northwest coast of Spain. The vessel was listing and leaking oil besides drifting. Predictably she did not obtain refuge and it has been conjectured that Prestige and much of her cargo could have been salvaged had she been granted a port of refuge.

'MSC Flamina', a German-flagged container vessel was enroute from the US to Europe. On board were 23 crew members, 2 passengers and 2876 containers, 149 of these carrying dangerous goods. On the 14th July 2012 there was a fire on board followed by an explosion and then the rapid spread of fire. After the crew were evacuated the salvors continued with firefighting operations at sea. The salvors meanwhile were trying to obtain a port of refuge which eventually the Flag State took on the responsibility and granted the vessel a place of refuge on 15th August 2012.

The EU operational guidelines came about as a result of a joint effort between the European Commission, Industry stakeholders and Member States. The primary aim of the Guidelines is to provide practical guidance when faced with a request for a place of refuge. It seeks to guide the different parties that may be involved and instead of focusing on the discomfort, attempts to promote a positive and healthy outlook. The Guidelines stress upon the importance of carrying out a proper risk assessment of the casualty and therein arriving at an informed decision. The Guidelines will typically apply where it is likely that one or more states may become involved, or in the event that the casualty may fall outside the purview of any state. The Guidelines suggest that a port of refuge may be refused for reasons of safety but not for financial and commercial reasons. The Guidelines are intended to supplement and strengthen the existing provisions of IMO Guidelines on places of refuge and the Vessel traffic monitoring directive.

(If required, you can directly mail her at vmtlegal@gmail.com)



SMYL ZONE



A drunk man arrives for his day in court. He appears before the judge, who looks down at his case file and says, "You've been brought here for drinking." The drunk man smiles widely and says, "Great! Let's start the drinking!"



A man is driving to work when he notices the flash of a traffic camera. He figures that his picture had been taken for exceeding the limit, even though he knows that he wasn't speeding. Just to be sure, he circles the block and passes the exact same spot, driving even slower this time through. Again, the camera flashes.

He thinks it is hilarious, since he was obviously doing nothing wrong, so he drives even slower as he passes through the light for a third time. The traffic camera takes his photo again. He does it a fourth and fifth time and is hysterical each time when the camera flash snaps his picture. The final time he passes through the light he goes 20 miles under the speed limit. Two weeks later, he gets five tickets in the mail for operating a car without a safety belt.



There are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning."

GOOD MORNING

A woman opens her front door one morning to find a snail sitting on her doorstep. She swings her leg back and kicks the snail all the way down the walkway in front of her house. Two years later, the doorbell rings. When the woman answers the door, she looks down and there is the snail, who asks, "What was that all about?"



A pastor was enraged when he found a bill for a \$250 dress in his wife's purse. "How could you do this?" the pastor cried. "You know we're on an incredibly tight budget!" "I know," the woman said, "but the devil himself was shopping with me."

He convinced me the dress looked so good I had to buy it!" The pastor consoled his wife with a hand on her shoulder.

"In those moments, my love, you've got to yell out loud, 'Get behind me, Satan!'" "I did that," the wife explained, "and he said, 'The dress even looks good from back here.'"



A drunk man falls down the front steps of the W Hotel in New York.

He lands at the feet of a cab driver waiting for his next fare.

The drunk man stands up and says, "Take me to the W Hotel!" The cabbie looks at the drunk man and tells him, "Buddy, you're at the W Hotel." Perfect," the man says, handing the driver a twenty-dollar bill, "but next time don't drive so fast."

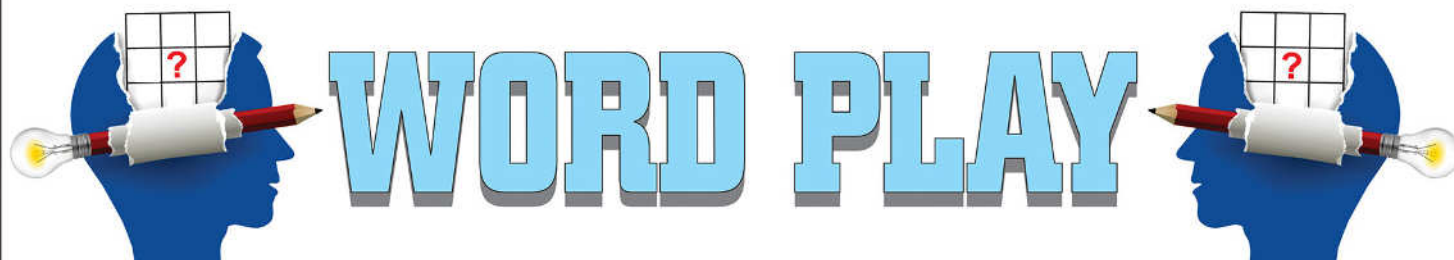


A police officer sees a man driving by with a bunch of penguins in the backseat. The officer pulls the man over and asks, "Where did you get those penguins?" The man replies, "I found them wandering on the side of the road."

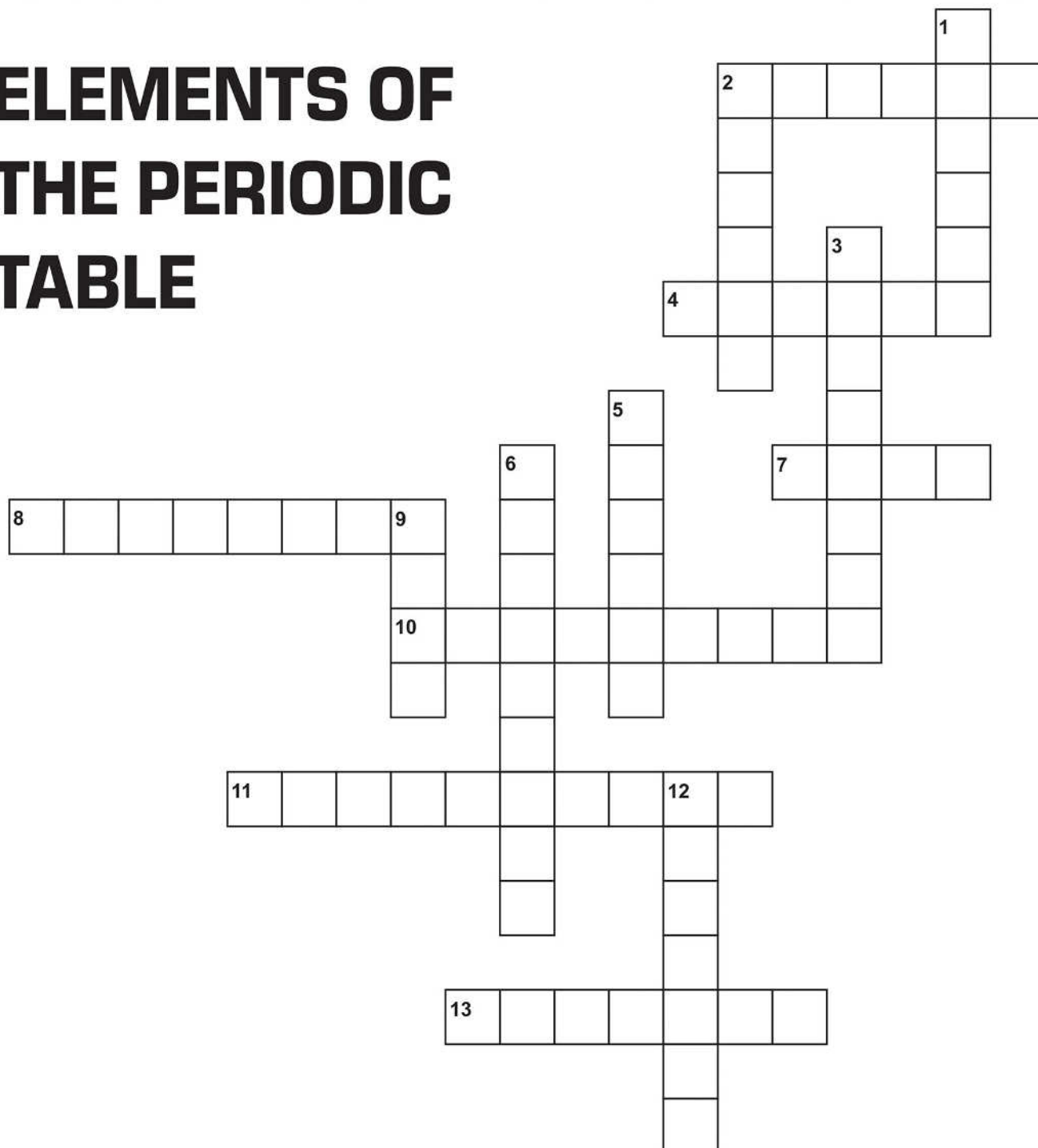
"Well, you should take them to the zoo," the cop says. The next day the police officer sees the same man drive by, with the penguins still in his backseat.



Once again, he pulled the car over, and said, "I thought I told you to take those penguins to the zoo!" "I did," the man replies. "Today, I'm taking them to the beach."



ELEMENTS OF THE PERIODIC TABLE

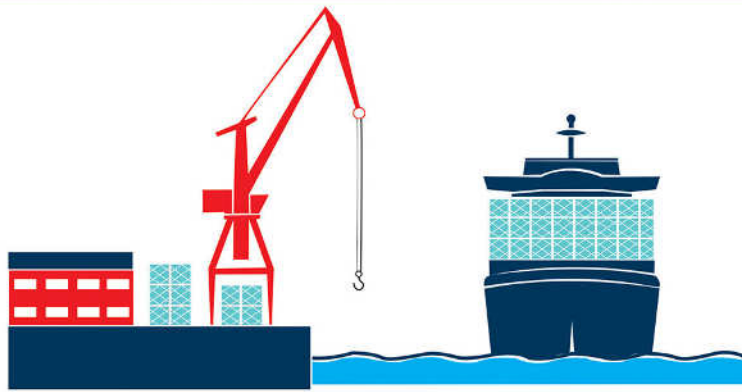


Across

- 2. Element Used in Pencils
- 4. Noble Gas Used in Balloons
- 7. Transition Metal Used in Jewelry
- 8. Element Used in Light Bulbs
- 10. Element with the Highest Atomic Number
- 11. Element Used in MRI Scans
- 13. Lightest Alkali Metal

Down

- 1. Element Present in Table Salt
- 2. Transition Metal with Atomic Number 29
- 3. Most Abundant Gas in Earth's Atmosphere
- 5. Gas Essential for Life on Earth
- 6. Element with the Symbol K
- 9. Noble Gas Known for its Red Glow
- 12. Element Named After a Planet



Marine Insights

SOLAS - SAFETY OF LIFE AT SEA

The vast expanses of the world's oceans serve as a critical medium for global trade and transportation. With the maritime industry playing a pivotal role in connecting nations and facilitating commerce, ensuring the safety of seafarers and vessels is paramount. One of the cornerstones in this pursuit of maritime safety is SOLAS, the Safety of Life at Sea convention. Enacted in response to tragic maritime disasters, SOLAS stands as a comprehensive and evolving framework aimed at safeguarding lives at sea and preventing accidents. In this article, we will explore the key aspects of SOLAS, its historical context, and its ongoing contributions to maritime safety.

Historical Context

The origins of SOLAS can be traced back to the early 20th century when several high-profile maritime disasters underscored the urgent need for international cooperation on safety standards. The sinking of the RMS Titanic in 1912, resulting in the loss of more than 1,500 lives, served as a catalyst for change. The international community recognized the imperative to establish uniform regulations to enhance maritime safety.

The First SOLAS Convention

The first SOLAS Convention was adopted in 1914, just two years after the Titanic tragedy. However, the outbreak of World War I delayed its implementation. It wasn't until 1929 that the convention came into force, providing a foundational framework for maritime safety regulations. Over the subsequent decades, SOLAS underwent multiple revisions and amendments, adapting to technological advancements and evolving challenges in the maritime domain.

Key Provisions of SOLAS

1. Ship Design and Construction Standards:

SOLAS sets out specific guidelines for the design and construction of ships to ensure their structural integrity and stability. These standards encompass various aspects, including the arrangement of watertight compartments, lifesaving appliances, and fire safety measures.

2. Navigation and Communication Equipment:

To prevent collisions and enhance communication at sea, SOLAS mandates the installation of advanced navigation and communication equipment on vessels. This includes radar systems, radio equipment, and the Global Maritime Distress and Safety System (GMDSS).

3. Safety Drills and Training:

Regular safety drills and training exercises are crucial components of SOLAS. Seafarers are required to participate in emergency drills to familiarize themselves with life-saving equipment and procedures, ensuring a prompt and effective response in case of an actual emergency.

4. Fire Safety Measures:

Given the potential for fires on board ships, SOLAS includes stringent regulations regarding fire prevention and firefighting measures. This encompasses the installation of firefighting equipment, emergency escape routes, and the use of fire-resistant materials in ship construction.

5. Lifesaving Appliances and Procedures:

SOLAS prescribes the types and quantities of lifesaving appliances that must be carried on board, including lifeboats, life rafts, and lifebuoys. Additionally, it outlines procedures for launching and recovering these appliances to maximize their effectiveness during emergencies.

6. Safety Management Systems (SMS):

The convention emphasizes the implementation of Safety Management Systems on ships. This involves establishing a comprehensive framework for identifying, assessing, and mitigating risks, promoting a safety culture among the crew and shore-based personnel.

Ongoing Relevance and Adaptability

As the maritime industry continues to evolve, SOLAS remains a dynamic and adaptable framework. Periodic amendments are made to address emerging challenges and incorporate technological advancements. The International Maritime Organization (IMO), the United Nations agency responsible for maritime safety, regularly convenes to assess the effectiveness of SOLAS and propose updates to enhance its scope and relevance.

The Human Element in Maritime Safety

Beyond its technical specifications, SOLAS recognizes the critical role of the human element in ensuring maritime safety. Adequate training, continuous education, and a strong safety culture are emphasized to empower seafarers with the skills and mindset necessary to navigate the challenges of the open sea. By prioritizing the well-being and competency of maritime personnel, SOLAS aims to create a resilient and safety-conscious workforce.

Challenges and Future Prospects

While SOLAS has significantly contributed to maritime safety, challenges persist. Enforcement of regulations across diverse fleets and regions can be a complex task. Additionally, the rapid evolution of maritime technology requires a proactive approach to updating and expanding SOLAS to address emerging risks.

Looking ahead, the maritime industry is likely to witness further advancements in automation, digitalization, and sustainable practices. SOLAS will need to evolve in tandem with these changes, ensuring that safety standards remain robust and applicable in the face of new challenges.

Conclusion

SOLAS, born out of tragedy and propelled by a collective commitment to maritime safety, stands as a testament to international collaboration. Through its comprehensive provisions and ongoing adaptations, SOLAS continues to play a pivotal role in safeguarding lives at sea and fostering a secure environment for global maritime activities. As the maritime industry navigates the complexities of the 21st century, SOLAS remains a beacon of safety, guiding seafarers and policymakers toward a future where the oceans are traversed with utmost security and resilience.

(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.)

YOUR FORECAST

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



- BY RANI

Aries (Mar 21 – Apr 20)

In the professional arena, Aries, your assertive nature takes center stage. Seize opportunities that align with your ambitions and showcase your leadership skills. Your determination and drive will not go unnoticed by colleagues and superiors. Don't shy away from expressing your ideas, as they have the potential to make a significant impact. Financially, Aries, the stars suggest taking a strategic approach. This is a favorable time to make informed investment decisions or explore new avenues for income. Engaging in physical exercise not only boosts your well-being but also helps clear your mind. Remember to strike a balance between your active lifestyle and moments of relaxation to maintain overall health.

Taurus (Apr 21 – May 21)

Professional endeavors are promising Taurus. Your grounded approach and practical mindset will be your strengths. Seize opportunities to showcase your skills and take on new responsibilities. Colleagues may turn to you for guidance, so be ready to share your expertise. Consider long-term goals and financial stability. Consider incorporating some form of exercise or outdoor activity into your routine to boost your energy levels and overall health. A balance between work and self-care is essential. If you're single, be open to unexpected encounters that could lead to exciting new connections. Embrace the adventurous spirit that defines your sign and let love bloom.

Gemini (May 22 – June 21)

With your natural charm and wit, you'll find yourself navigating through various aspects of your life with ease. Let's dive into the stars and see what this phase has in store for you. Professional growth is on the horizon, Gemini. If you've been considering a career change or taking on new responsibilities, now is the time to make those bold moves. Evaluate your budget and consider long-term financial goals. Trust your instincts and step into the spotlight with confidence. If an unexpected opportunity for financial gain presents itself, weigh the pros and cons before making any decisions. Consider incorporating some new, fun activities into your fitness routine.

Cancer (June 22 – July 22)

Collaborate with colleagues and showcase your unique skills. Networking can open doors to advancement. Assess your budget, prioritize expenses, and consider long-term investments. Avoid impulsive spending and seek practical solutions to enhance your financial stability. Take a holistic approach to your well-being, Cancer. Incorporate mindful practices into your routine, such as meditation or yoga, to align your mind, body, and spirit. Pay attention to your emotional health, as stress may manifest physically. A balanced approach to self-care will boost your vitality and resilience. Remember, vulnerability is a strength in matters of love.

Leo (July 23 – Aug 23)

Leo, your attention to detail and analytical skills are your superpowers in the professional arena. A meticulous approach will lead to success, and your dedication will be recognized by those in positions of influence. Financial matters take center stage, Leo. It's time to review your budget and assess your long-term financial goals. Consider seeking advice from a trusted advisor to optimize your investments and savings. Be cautious with expenses and look for opportunities to increase your income. Pay attention to your body's signals, ensuring you get the rest you need. Small, consistent steps will lead to lasting improvements in your overall health and vitality. If single, don't be afraid to let someone special know how you truly feel.

Virgo (Aug 24 – Sept 22)

In the realm of career, Virgo, the cosmos encourages you to step into the spotlight. Mercury's influence empowers your communication skills, making it an ideal time for important discussions and presentations. The alignment of Jupiter and Saturn encourages careful planning and strategic thinking. Consider reviewing your budget and long-term financial goals. Opportunities for financial growth may arise, so stay vigilant and be open to investment possibilities. However, exercise prudence and avoid impulsive decisions. A well-thought-out approach will lead to stability and prosperity. With the sun illuminating your health sector, focus on nurturing your body and mind. Consider incorporating new wellness routines or activities that bring joy and balance into your life. Whether it's a brisk walk, a yoga session, or simply taking moments for mindful breathing, prioritize your well-being. Listen to your body's signals and make self-care a non-negotiable part of your routine. Express your feelings with authenticity and watch as your relationships deepen.

Scorpio (Oct 24 – Nov 22)

Career matters are poised for positive shifts, Scorpio. Your determination and focus will be key as new opportunities arise. Embrace challenges with confidence, and trust in your abilities to overcome obstacles. Unexpected expenses may arise, so it's wise to have a contingency plan in place. Focus on strategic financial planning and avoid impulsive decisions. With discipline and a clear financial strategy, you can navigate any monetary challenges that come your way. Take a holistic approach to your health, addressing both the physical and emotional. In matters of the heart, Scorpio, the cosmos encourages you to explore the depths of your emotions.

Sagittarius (Nov 23 – Dec 21)

In the realm of career, Sagittarius, your enthusiasm and optimism are your greatest assets. Mercury's influence suggests that effective communication will be key to success. Jupiter, your ruling planet, is smiling upon your monetary sector, bringing opportunities for financial growth. Whether it's trying a new sport or a dance class, injecting some variety will not only keep you physically active but also boost your mental health. Pay attention to your diet and ensure you're fueling your body with the nutrients it needs. Sagittarius, the stars encourage you to explore the depths of your emotions in your relationships.

Capricorn (Dec 22 – Jan 20)

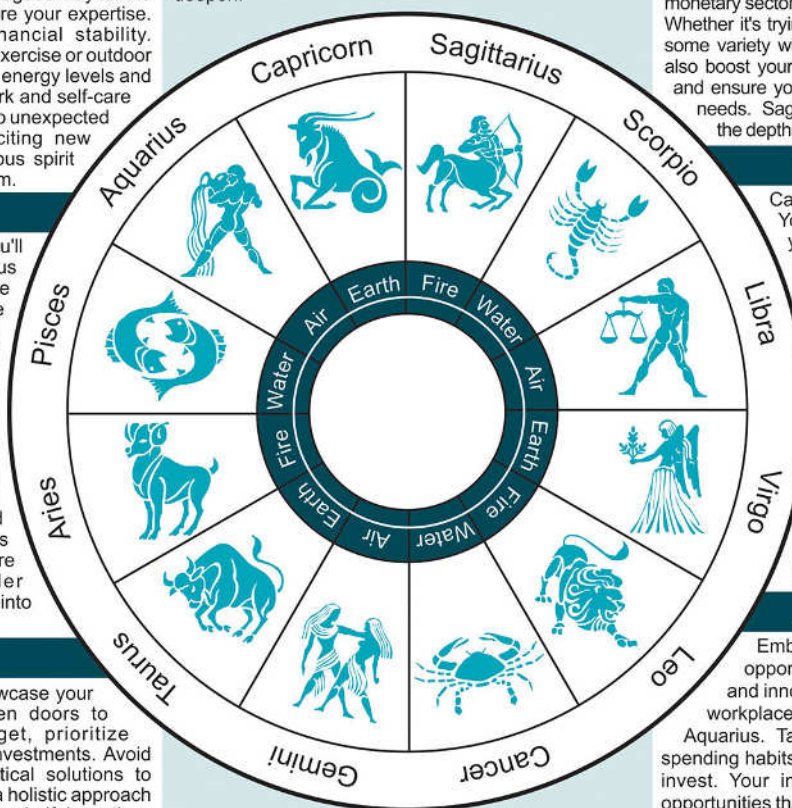
Capricorns often have a strong work ethic. Your dedication pays off. The New Moon in your career sector signals new opportunities and a chance to set ambitious goals. Keep an eye out for lucrative possibilities, and don't be afraid to seek advice from trusted financial experts. Whether it's adopting a new workout regimen or incorporating more nourishing foods into your diet, small changes can lead to significant improvements. Balance is key, so ensure you're taking time to rest and recharge as well. Single Capricorns may find themselves drawn to someone special. Encourage open and honest conversations with your spouse, and be receptive to their thoughts and feelings.

Aquarius (Jan 21 – Feb 18)

Embrace change and view challenges as opportunities for growth. Your unique ideas and innovative approach will set you apart in the workplace. Financial matters are in the spotlight, Aquarius. Take a close look at your budget and spending habits. Consider innovative ways to save and invest. Your inventive mind could lead to financial opportunities that others might overlook. Be cautious but open-minded in money matters, and you may discover new avenues for prosperity. A well-rested mind and body will empower you to face challenges. Single Aquarians may find themselves drawn to someone with a unique perspective or a shared passion.

Pisces (Feb 19 – Mar 20)

If you've been contemplating a career move, the cosmos encourages you to take calculated risks. Trust your intuition, and let the tides of ambition carry you towards success. Take a closer look at your budget and identify areas where you can make smart investments. Communication will be key, and expressing your feelings openly will strengthen the bonds you share with your partner. Single pisceans may find themselves drawn to someone with intellect and shared values. This phase, you may find yourself drawn to deeper connections and meaningful conversations with your partner. Keep the flame of romance alive in your marriage. Small acts of love can go a long way in maintaining the spark in your relationship.



Libra (Sept 23 – Oct 23)

Career pursuits take center stage for Libras. The alignment of celestial bodies suggests that your diplomatic skills will be in high demand. Navigate workplace dynamics with tact and charm, and you'll find solutions to any challenges that may arise. This is an opportune time for networking and forming strategic alliances. Stay focused on your goals, and your professional endeavors will flourish. If you've been contemplating a career change, this could be the perfect moment to take the leap. Trust your intuition and financial instincts they will guide you toward sound choices that contribute to long-term prosperity. Adequate rest and a nutritious diet will contribute to your overall vitality. Make self-care a priority, and you'll navigate the period with grace and resilience. Single Libras may find themselves drawn to someone intriguing. Keep your heart open to unexpected connections. Honest conversations can deepen your connection and bring a sense of emotion.

(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.)



Health Zone



IS A LOW CARBOHYDRATE DIET REALLY WORTH IT?

A low-carb diet limits carbohydrates, often called carbs such as those found in grains, starchy vegetables, and fruit. A low-carb diet focuses on foods high in protein and fat. Many types of low-carb diets exist. Each diet has varying limits on the type and amount of carbs you can eat.

Purpose:

A low-carb diet is primarily employed as a weight loss strategy, emphasizing the reduction of carbohydrate intake to promote fat burning and ultimately shed excess pounds. By limiting the consumption of high-carbohydrate foods, such as bread, pasta, and sugary treats, the body is encouraged to enter a state of ketosis, where it utilizes stored fat for energy. This metabolic shift can result in rapid weight loss, making low-carb diets popular among those seeking effective and sustainable ways to manage their body weight.

Beyond weight loss, low-carb diets have demonstrated additional health benefits. Scientific studies indicate that such dietary patterns may contribute to a decreased risk of developing type 2 diabetes and metabolic syndrome. The restricted intake of carbohydrates helps regulate blood sugar levels, preventing spikes and crashes that are often associated with insulin resistance. Moreover, a low-carb approach has been linked to improved lipid profiles, showcasing positive effects on cholesterol levels.

In essence, while the primary goal of a low-carb diet is weight management, its impact extends to fostering metabolic health and reducing the risk of chronic conditions such as type 2 diabetes and metabolic syndrome, thereby promoting overall well-being.

Why you might follow a low carb diet

You might choose to follow a low-carb diet because you:

- Want a diet that limits some carbs to help you lose weight.
- Want to change your overall eating habits.
- Enjoy the type and amount of food used in low-carb diets.

Check with your healthcare provider before starting any weight-loss diet, especially if you have any health conditions, such as diabetes or heart disease.

Diet details

A low-carb diet limits the amount of carbohydrates you eat. Carbs are grouped as:

- Simple natural, such as lactose in milk and fructose in fruit.
- Simple refined, such as table sugar.
- Complex natural, such as whole grains or beans.
- Complex refined, such as white flour.

Common sources of natural carbohydrates include:

Grains, Fruits, Vegetables, Milk, Nuts, Seeds, and Legumes such as

beans, lentils and peas.

In general, you digest complex carbs more slowly. Complex carbs also have less effect on blood sugar than refined carbs do. They also offer fiber.

Refined carbs such as sugar or white flour are often added to processed foods. Examples of foods with refined carbs are white bread and pasta, cookies, cake, candy, and sugar-sweetened sodas and drinks.

The body uses carbs as its main energy source. During digestion, complex carbs are broken down into simple sugars, also called glucose, and released into your blood. This is called blood glucose.

Insulin is released to help glucose enter the body's cells, where it can be used for energy. Extra glucose is stored in the liver and in muscles. Some are changed to body fat.

A low-carb diet is meant to cause the body to burn stored fat for energy, which leads to weight loss.

Typical foods for a low-carb diet

In broad terms, a low-carb diet focuses on proteins and some non-starchy vegetables. A low-carb diet generally limits grains, legumes, fruits, breads, sweets, pastas and starchy vegetables, and sometimes nuts and seeds. But some low-carb diet plans allow small amounts of fruits, vegetables and whole grains.

A daily limit of 0.7 to 2 ounces (20 to 57 grams) of carbohydrates is typical with a low-carb diet. These amounts of carbohydrates provide 80 to 240 calories. Some low-carb diets greatly limit carbs during the early phase of the diet. Then those diets allow more carbs over time.

In contrast, the Dietary Guidelines for Americans recommend that

carbohydrates make up 45% to 65% of your total daily calorie intake. So, if you eat or drink 2,000 calories a day, carbs would account for between 900 and 1,300 calories a day.

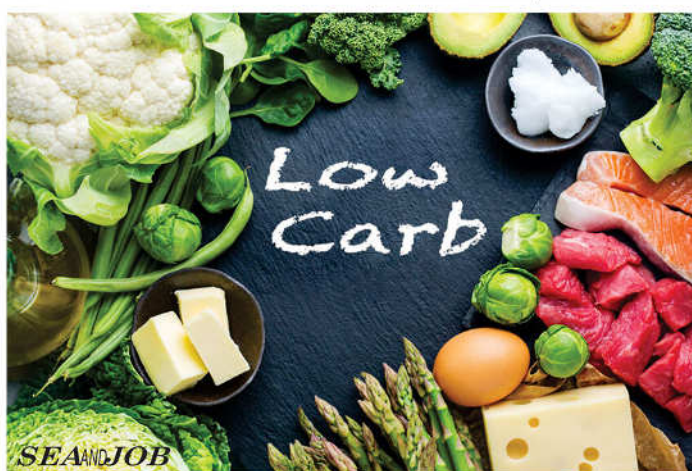
Results

1. Weight loss

Most people can lose weight if they limit calories and boost their physical activity. To lose 1 to 1.5 pounds (0.5 to 0.7 kilograms) a week, you need to eat 500 to 750 fewer calories each day.

Low-carb diets, especially very low-carb diets, may lead to greater short-term weight loss than low-fat diets. But most studies have found that at 12 or 24 months, the benefits of a low-carb diet aren't very large.

Cutting calories and carbs may not be the only reason for weight loss with low-carb diets. Some studies show that you may shed some weight because the extra protein and fat help you feel full longer. Feeling full longer helps you eat less.





Health Zone



2. Other benefits

Apart from its well-recognized role in weight management, a low-carbohydrate diet offers a spectrum of health benefits that extend beyond shedding pounds. One notable advantage is its positive influence on cardiovascular health. Studies suggest that reduced carbohydrate intake can lead to improvements in various cardiovascular risk factors, such as lowering triglyceride levels, increasing HDL cholesterol (the "good" cholesterol), and mitigating inflammation all of which contribute to a healthier heart.

Additionally, a low-carb diet has been associated with enhanced mental clarity and cognitive function. By stabilizing blood sugar levels and avoiding the energy spikes and crashes associated with high-carb meals, individuals on a low-carb diet may experience sustained mental focus and improved concentration.

Moreover, adhering to a low-carb approach may have favorable effects on blood pressure, promoting better vascular health. By moderating carbohydrate intake, individuals can positively impact their blood pressure levels, potentially reducing the risk of hypertension and its associated complications.

In summary, a low-carbohydrate diet offers health benefits beyond weight loss, including improvements in cardiovascular health, enhanced mental clarity, and the potential to positively influence blood pressure. Embracing this dietary strategy can contribute to overall well-being and reduce the risk of various chronic conditions.

Risks

A sudden and large drop in carbs can cause short term side effects, such as: Constipation, Headache, and Muscle cramps.

Severe carb limits can cause your body to break down fat into ketones for energy. This is called ketosis. Ketosis can cause side effects such as headache, fatigue and weakness.

It's not clear what kind of possible long-term health risks a low-carb diet may pose. If you limit carbs in the long term, it may cause you to have too little of some vitamins or minerals and to have digestive issues.

Some health experts think that if you eat large amounts of fat and protein from animal sources, your risk of heart disease or certain cancers may go up.

If you opt to follow a low-carb diet, think about the fats and proteins

you choose. Limit foods with saturated and trans fats, such as meat and high-fat dairy products. These foods may make your risk for heart disease go up.

Conclusion:

The question of whether a low-carbohydrate diet is truly worth it is a nuanced one, and the answer largely depends on individual health goals, preferences, and overall lifestyle. A key consideration in evaluating the worthiness of a low-carb diet is its effectiveness in achieving specific objectives, primarily weight loss. For many individuals, especially those struggling with obesity or metabolic issues, a low-carb approach has demonstrated notable success. The reduction in carbohydrate intake prompts the body to burn stored fat for energy, leading to significant and sustainable weight loss.

Beyond weight management, the worthiness of a low-carb diet is further underscored by its impact on metabolic health. Scientific evidence supports the notion that such dietary patterns can reduce the risk of type 2 diabetes and metabolic syndrome, contributing to improved overall well-being. The positive effects on cardiovascular

health, including lowered triglycerides and increased HDL cholesterol, add another layer of justification for considering a low-carb diet.

However, it's crucial to acknowledge that the worth of a low-carb diet is subjective and may not be universally applicable. Individuals with specific dietary

requirements, such as athletes needing ample energy for performance, may find the restrictive nature of low-carb diets less suitable. Furthermore, sustainable adherence to a low-carb lifestyle requires careful consideration of nutritional balance, as potential deficiencies in fiber, vitamins, and minerals can arise.

The worthiness of a low-carbohydrate diet depends on a careful weighing of individual needs and health objectives. It undeniably offers significant benefits, particularly in terms of weight loss and metabolic health. Yet, it may not be the optimal choice for everyone, and a well-rounded, individualized approach to nutrition that considers long-term sustainability and nutritional completeness is essential. Consulting with healthcare professionals or nutrition experts can provide personalized guidance to help individuals make informed decisions about whether a low-carb diet aligns with their overall health and lifestyle goals.

(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.)

Low Carb Diet Chart



NEWS UPDATE FOR ONBOARD CREW



MICROSOFT DESTROYS RIVAL CLOUD FIRMS' PROFIT MARGINS, AMAZON-BACKED GROUP ALLEGES

Microsoft was accused of abusing the dominance of its Azure cloud computing unit to squeeze and in some cases, evaporate the profit margins of rival cloud platforms in Europe.

The claim came in a complaint from CISPE, a trade body for "infrastructure as a service" cloud firms in Europe. It also comes as the Redmond, Washington-based technology giant is facing intense scrutiny over its cloud computing and software licensing practices in the European Union, as well as the U.K. and U.S.

The allegations stem from tweaks Microsoft made to its licensing terms in 2019. Under those rules, Microsoft required firms to purchase a Software Assurance license and "mobility rights" if they wanted to deploy their Microsoft software on hosted cloud services offered by rival providers.

Customers also couldn't rely on perpetual licenses they had already purchased to run Microsoft applications on so-called "listed providers" like Alibaba, Amazon, Google, and Microsoft itself. They'd have to buy new licenses, instead. Meanwhile, some software, including Office 365 Windows Apps, was forbidden from running on rival clouds.

The terms are the source of intense anger from competing cloud firms in Europe, like France's OVHCloud and Italy's Aruba, as well as Big Tech competitor Amazon. It also formed the basis of an investigation from the European Commission seeking to determine whether Microsoft's cloud practices are anti-competitive.

Microsoft declined to comment when contacted by CNBC. In 2022, Microsoft President Brad Smith wrote a blog post saying it was revising its licensing deals and making it easier for cloud providers to compete.

In its complaint Friday, CISPE which is heavily funded by Amazon showed an example in its research where one member cloud firm, the name of which was not disclosed, saw revenues from selling Microsoft products including Windows Server, and

SQL Server services climb over 300% since 2018, contributing to Microsoft's own growth.

But the growth of the unnamed cloud vendor's profit margins didn't match Microsoft's and in fact the competing cloud vendor saw their margins fall from a positive mid-twenties percentage in 2018 to double-digit negative profit margins in 2023.

The biggest decline in profit margins for this cloud firm occurred in 2019, the same year Microsoft changed its licensing terms to favor licensing software on Azure, the CISPE said. From 2019 to 2020, the CISPE member concerned saw their margin collapse from over 20% to zero.

CISPE also said that members shared evidence that the price they were charged for Microsoft's SQL Server was much higher than the price quoted by Microsoft for customers using Azure.

For example, a company licensing Microsoft's software for hosting and delivering their applications would have to pay 612.27 euros (\$670) per 2-core SQL Server Enterprise product, 92.01 euros more than what Microsoft charges customers using Azure on average (520.26 euros), according to the CISPE's data.

The complaint and the findings add to previous research from Frederic Jenny, a Professor Of Economics at ESSEC Business School in Paris who specializes in competition law, for CISPE. Jenny found that Microsoft effectively charges businesses a 28% "tax" to run its software products on competing cloud services.

The European Commission told CNBC: "The Commission has received several complaints regarding Microsoft, including in relation to its product Azure, which we are assessing based on our standard procedures. We have no further comment to make at this stage."

The U.K.'s Competition and Markets Authority, which took charge from media and telecommunications regulator Ofcom for a probe into competition in the U.K. cloud computing market last year, was not immediately available for comment when contacted by CNBC.

BIDEN SAYS HE'LL BAN TIKTOK IF CONGRESS PASSES BILL, BUT HE'S CAMPAIGNING ON IT UNTIL THEN.

When Joe Biden joined TikTok on the eve of the Super Bowl last month, political scientist Maggie Macdonald was struck by what she called the "meta" nature of the president's first post.

In the video, Biden poked fun at a conspiracy theory that he rigged the Super Bowl in favor of the Kansas City Chiefs to somehow help his reelection efforts.

"Yeah, I'm old, but I'm on TikTok, and I'm on this super online place talking about this super online concept," Macdonald, an Assistant Political Science Professor at the University of Kentucky, said of the messaging and tone of Biden's video.

While Biden's debut on the wildly popular social media app came in a playful manner, his use of TikTok in this year's reelection campaign is at the heart of a heated debate in Washington, D.C.,

about whether the service should even exist in the U.S. The app, owned by China's ByteDance, is viewed as both an invaluable tool in trying to reach masses of young potential voters who are unplugged from mainstream media and an easy way, allegedly, for the Chinese government to spy on American consumers.

Members of the House Select Committee on the Chinese Communist Party introduced a bill this week that would require ByteDance to divest TikTok or face a U.S. ban, following earlier federal and state-led efforts that never came to fruition. The committee voted 50-0 to send the bill to the House floor.

Shortly after the committee advanced the bill, Rep. Troy Balderson, R-Ohio, called TikTok "a surveillance tool used by the Chinese Communist Party to spy on Americans and harvest highly personal data."



TikTok CEO Shou Zi Chew has denied in Senate hearings any ties between the app and the CCP. In a statement to CNBC, TikTok said, "The government is attempting to strip 170 million Americans of their Constitutional right to free expression," an act that "will damage millions of businesses, deny artists an audience, and destroy the livelihoods of countless creators across the country."

Since Biden's playful intro post, his campaign's TikTok account has notched over 222,000 followers and over 2.4 million likes. With eight months until the general election and a likely rematch of the 2020 contest, Biden narrowly trails Republican challenger Donald Trump in most national polls in what's expected to be a tight battle to the end.

Biden's age has shown up as a persistent concern in polling data, so experts say reaching out to younger audiences is key in trying to win over undecided young voters, and mobilize a traditional Democratic constituency whose members sometimes stay home on Election Day.

"It's really important for him to have a presence, and for him to interact directly with voters, not just through creators and influencers," said Aaron Earls, CEO of Social Media Influencer firm Activate HQ, which specializes in political campaigns. "The turnout in 2020 was really significant with that younger audience and, everyone's suggesting that maybe there will be a similar turnout with the younger audience again."

During the State of the Union address evening, Biden's campaign posted clips of the speech on TikTok, a sign that the president plans to stick with the app despite swirling concerns in Washington. But it's a particularly convoluted matter for Biden because, should the bill pass the full House and the Senate, it would hit the president's desk.

White House press secretary Karine Jean-Pierre told reporters on that, "This bill is important, we welcome this step." She said the administration plans to "meet the American people where they are," adding that, "It doesn't mean that we're not going to try to figure out how to protect our national security."

Biden said that he would sign the bill if Congress passes it. The Biden campaign didn't immediately respond to a request for comment.

TikTok is trying to generate support from users following the House's action. On the app, users were greeted with a screenshot warning them that Congress was "planning a total ban of TikTok." Multiple staffers and lawmakers told CNBC their offices were flooded with calls, mostly from kids.

TikTok goes to Washington

U.S. political campaigns more broadly are trying to figure out how best to utilize TikTok.

In recent cycles, Facebook has been the social media app of choice for campaigns because of its ability to narrowly target users with fundraising ads and informational posts. However, Apple's 2021 iOS privacy update made it much harder to target audiences, raising the cost of ad campaigns across Meta's platforms. Additionally, Facebook has skewed older over the years, with younger groups gravitating to TikTok. The challenge for campaigns is that TikTok says it doesn't allow for political ads or "content such as a video from a politician asking for donations or a political party directing people to a donation page on their website."

To date, major campaigns have relied on high-profile TikTok influencers to help rally support for specific issues. Last April, for instance, the White House said it was enlisting a squad of volunteer TikTok and Instagram influencers to help spread awareness of the Biden campaign.

Earls says it's a strategy that's long been employed in politics.

TikTok just presents a new medium.

"That has historically been a tactic that's happened since the Kennedy days, but just more in traditional media," Earls said. "Like you're going to get an endorsement from Marilyn Monroe or Joe DiMaggio or whatever."

Political groups are scouring TikTok for influencers with positions that resonate with would-be voters and are targeting certain swing states that could be critical in deciding an election. During the 2022 midterm elections, the Democratic National Committee and communications groups like Climate Power enlisted the help of TikTok and influencers to discuss issues like abortion rights and to mobilize voters.

Even with its growing popularity, TikTok remains a niche tool in politics.

Anupam Chander, a Georgetown University Law Center professor, released a study with some colleagues last year showing that fewer than 10% of members of the U.S. Congress have a "TikTok account from which they post content," most likely because of the app's connection to China. In total, the report said, 34 House members and seven senators had an official TikTok account.

Among major politicians using TikTok, an overwhelming majority are Democrats, the study showed. Some of Republicans' resistance could tie back to Trump's vow which was ultimately unsuccessful to ban TikTok during his administration. Reaching 'young Americans where they are'

One of the few high-profile Republicans now on the app is former presidential candidate Vivek Ramaswamy, who said during a primary debate that "part of how we win elections is reaching the next generation of young Americans where they are."

As to whether Trump will use TikTok in his campaign, Earls said he wouldn't be surprised to see it. The decision, he said, likely has less to do with China and is more about Trump's connection to his own social media platform, Truth Social, where he posts with frequency.

"We've seen him do whatever it takes to win an election including trying to stop the peaceful transition of power," Earls said. "He will do what he thinks will help him win so I suspect we'll see his campaign join TikTok in the coming months depending upon how things develop with his ability to monetize Truth Social."

The Trump campaign didn't immediately respond to a request for comment.

Anish Mohanty, Communications Director for Gen-Z for Change, said his nonprofit advocacy group was originally called TikTok for Biden when it formed in 2020 as part of an effort "to defeat Donald Trump." The group changed its name the following year, and now taps its network of hundreds of TikTok social media influencers to advocate for multiple progressive issues related to climate change, and universal health care and for Biden to call for an immediate ceasefire in Gaza.

Given the many challenges Biden faces with younger groups, his mere presence on TikTok isn't enough to win votes, Mohanty said, particularly if the president's campaign is "just using it to post cringy memes about Trump."

"Young people care about issues, that's why young people are so unhappy with Biden over action on climate change, over the situation in Gaza," Mohanty said. "Just because Biden is posting on TikTok, that's not what's going to pull young people over."

Still, Macdonald sees a big opportunity for Biden.

"If you want to reach younger people who are very apathetic, they're on TikTok," said the University of Kentucky professor. "You have an incentive to reach them on TikTok, and it does seem that the Republican Party as a unit is just not doing it."

META IS BUILDING A GIANT AI MODEL TO POWER ITS 'ENTIRE VIDEO ECOSYSTEM,' EXEC SAYS

Meta's hefty investment in artificial intelligence includes the development of an AI system designed to power Facebook's entire video recommendation engine across all its platforms, a company executive said.

Tom Alison, the Head of Facebook, said part of Meta's "technology roadmap that goes to 2026" involves developing an AI recommendation model that can power both the company's TikTok-like Reels short video service and more traditional, longer videos. To date, Meta has typically used a separate model for each of its products, such as Reels, Groups and the core Facebook Feed, Alison said onstage at Morgan Stanley's tech conference in San Francisco. As part of Meta's ambitious foray into AI, the company has been spending billions of dollars on Nvidia graphics processing units, or GPUs. They've become the primary chips used by AI researchers for training the types of large language models used to power OpenAI's popular ChatGPT, chatbot and other generative AI models.

Alison said "phase 1" of Meta's tech roadmap involved switching the company's current recommendation systems to GPUs from more traditional computer chips, helping to improve the overall performance of products. As interest in LLMs exploded last year, Meta executives were struck by how these big AI models could "handle lots of data and all kinds of very general-purpose types of activities like chatting," Alison said. Meta came to see the possibility of a giant recommendation model that could be used across products, and by last year, built "this kind of new model architecture," Alison said, adding that the company tested it on Reels.

This new "model architecture" helped Facebook obtain "an 8% to 10% gain in Reels watch time" on the core Facebook app, which Alison said helped prove that the model was "learning from the data much more

efficiently than the previous generation."

"We've really focused on kind of investing more in making sure that we can scale these models up with the right kind of hardware," he said. Meta is now in "phase 3" of its re-architecture of the system, which involves trying to validate the technology and push it across multiple products. "Instead of just powering Reels, we're working on a project to power our entire video ecosystem with this single model, and then can we add our Feed recommendation product to also be served by this model," Alison said. "If we get this right, not only will the recommendations be kind of more engaging and more relevant, but we think the responsiveness of them can improve as well."

Illustrating how it will work if successful, Alison said, "If you see something that you're into in Reels, and then you go back to the Feed, we can kind of show you more similar content."

Alison said Meta has accumulated a massive stockpile of GPUs that will be used to help its broader generative AI efforts, such as development of digital assistants.

Some generative AI projects Meta is considering include incorporating more sophisticated chatting tools into its core Feed so a person who sees a "recommended post about Taylor Swift," could perhaps "easily just click a button and say, 'Hey Meta AI, tell me more about what I'm seeing with Taylor Swift right now.'"

Meta is also experimenting with integrating its AI chatting tool within Groups, so a member of a Facebook baking group could potentially ask a question about desserts and get an answer from a digital assistant.

"I think we have the opportunity to put generative AI in kind of a multiplayer kind of consumer environment," Alison said.

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RPSL-MUM-125 DOI: 08-04-2021 DOE: 08-04-2026

Established With The Vision To Be The Forerunner In Providing Ship Management Solutions.

Happy Holi To All The Seafarers

FOR OUR EXPANDING POOL OF VLCC'S / SUEZMAX'S / LR TANKERS / CAPESIZE & PANAMAX BULK CARRIERS

We Invite Candidates with adequate experience to apply for the following positions

- | | |
|--|---|
| ➤ MASTER / CHIEF ENGINEER
(minimum 12 months rank experience) | ➤ CHIEF OFFICER / 2ND ENGINEER
(minimum 12 months rank experience) |
| ➤ 2ND OFFICERS / 3RD OFFICERS
(minimum 12 months rank experience) | ➤ 3RD ENGINEERS / 4TH ENGINEERS
(minimum 12 months rank experience) |
| ➤ JUNIOR OFFICERS
(minimum 12 months rank experience) | ➤ ETO FOR TANKERS
(with Adequate rank experience with COC) |
| ➤ ETO FOR BULK CARRIERS
(with Adequate rank experience;
without COC ETO's can also apply) | Ratings: BOSUN, AB, PUMPMAN,
FITTERS & CHIEF COOK
(with minimum 2 years of rank experience) |

GOODWOOD SHIP MANAGEMENT PTE. LTD.

20 Science Park Road, #02-34/36 Teletech Park,
Singapore 117674

Tel : +65 6500 4040, Fax : +65 6500 4050

For employment prospects with us please contact
our wholly owned subsidiary India (Manning Office)

GOODWOOD MARINE SERVICES PVT. LTD.

Hubtown Solaris, Unit 905, 9th Floor,
N.S. Phadke Marg, Andheri (East),
Mumbai 400 069 - India

Tel : +91 22 6720 0400, Fax : +91 22 6720 0404,

Email: application@goodwoodship.com,

Website: www.goodwoodship.com



K MARINE SHIP MANAGEMENT

We make seas safer

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Vessels with Excellent
Vessel-Shore
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**IMMEDIATE VACANCIES
FOR:**

**CHIEF OFFICER
2ND OFFICER
3RD OFFICER
2ND ENGINEER
3RD ENGINEER
ETO
RATINGS....**

We Offer

- Ownership Company
- Unlimited Internet Access
- Re-joining, Loyalty & Seniority Bonus
- Long Term Prospects with Excellent shore Opportunities
- Home Town Repatriation / Accommodation in metros for overnight transits
- Family Medical Insurance Scheme
- Highly Safety Standards onboard with Excellent Vetting record
- Timely Relief and Assignments
- 24 X 7 Medical support onboard by MedSea

Notice

Be aware of fraudulent
Job offers from criminals,
mis-using our name.
We and our Manning Agents
never charge any money
for selection / joining.

K LINE SHIP MANAGEMENT (INDIA) PVT. LTD.,
301, Durlite House, Plot No. C-1, 3rd floor, Opp. Laxmi
Industrial Estate, New Link Road, Andheri (W),
Mumbai - 400 053
Tel : + 91-22-49269700 Fax : + 91-22-49269750
Email : all.users@ksmmumbai.com

"K" Steamship Agencies Pvt. Ltd.
RPSL - Mum-065 / Date of Expiry 01 Sept 2026
Godrej Coliseum, 5th Floor, 501-C Wing,
Everand Nagar, Sion (East),
Mumbai, Maharashtra - 400 022
Tel : +91-22-61538100
Email : ksms@ksmsindia.com and manning@ksmsindia.com
Web : www.ksteamship.com



www.ksmindia.com

Log on to : www.seajob.net

ATLANTAS
SHIP MANAGEMENT


ATLANTAS GROUP

ATLANTAS
CREW MANAGEMENT PVT. LTD.

Together We Can! We Believe and Follow!
For the Seafarers! with the Seafarers!



HAPPY HOLI

To All The Seafarers



Requirements in Ownership Company!

01

Oil-Chem 2021-2023 BUILT ME - C ENGINE / ME - B ENGINE

Master (Matrix 18 Months) - Chief Engineer (Matrix 12 Months)
Chief Officer (Matrix 18 Months) - 2nd Engineer (Matrix 18 Months)
ETO (Minimum 24 Months Experience) - AB, OLR, EFTR, PPM, CCK (Matrix 24 Months)

02

Oil Tanker

Master (Matrix 18 Months) - Chief Engineer (Matrix 12 Months)
Chief Officer (Matrix 18 Months) - 2nd Engineer (Matrix 18 Months)
ETO (Minimum 24 Months Experience) - AB, OLR, EFTR, PPM, CCK (Matrix 24 Months)

03

Shore Vacancies

Rank : Marine Superintendent (with Chemical Tankers Exp.) - Eligibility : 3-4 Years Exp.
Rank : Superintendent Mooring Operations (Mooring Master Exp.) - Eligibility : 4-5 Years Exp.
Rank : Mooring Operations Coordinator - Eligibility : 3-5 Years Exp.



Direct registration on
our recruitment portal
www.aships.co.uk/jobportal

Benefits

- Competitive Wages and Benefits
- Bonuses
Performance Bonus, Rejoining Bonus, Extended Contract Bonus, Old Ship Allowance, Standby Wages.
- Timely Relief and Assignments
- Internet Access

RPSL-MUM-441 // Date : 18th Aug '22 // Valid Till : 18th Aug '27

We do not have any agents acting on behalf of the company
Be aware of fraudulent job offer using our name.

+91 224 193 0800
seajobs@aships.co.uk

WhatsApp CV's on
+91 740 043 3800

The Corporate Park, 4th Floor, Plot no. 14/15
Sector 18, Opposite Pudhari Press, Vashi
Navi Mumbai - 400703



ABB Ship Management Pvt. Ltd.

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

OIL CHEMICAL TANKER

Master, CE, CO, 2E, 20,
3E, 30, 4E, ETO,
AB, Oiler, Bosun & Pumpman

CHEMICAL TANKER

Master, CE, CO & 2E

LPG TANKER

Master, CE & 4E

TUG BOAT

(PCC MANDATORY)

Master NCV, CE, NCV Class IV, AB & Oiler

CREW BOAT

(OPERATING AREA UAE)

Master, CE, CO, AB, Oiler & Cook

AHTS

(HONDURAS & NCV COC ACCEPTABLE)

CE, CO, 2E, 20, 3E, AB, Oiler & Bosun

FLAG STATE DOCUMENTATION:

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

SEND YOUR APPLICATION BY EMAIL TO:

capt.raju@abbshipmanagement.com
(Send CV's): manning@abbshipmanagement.com \
info@abbshipmanagement.com
(Flag State Documentation):
docs@abbshipmanagement.com
(Port Agency):
agency@abbshipmanagement.com
(Purchase):
purchase@abbshipmanagement.com

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
Tel No.: 022- 4606 9061 \ 022- 4606 9062

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, ISO 9001:2015 Certified

DG APPROVED COURSES

- ♦ Basic Safety Training (Combined FPFF, PST, PSSR, EFA)
- ♦ OCTCO (Oil & Chemical Tanker Cargo Operations)
- ♦ STSDSD ♦ Passenger Ship Familiarization (PSF)
- ♦ Refresher PST ♦ Refresher FPFF - LGTF
- ♦ Assistance for Indos and Indian CDC

ADVANCE COURSES

AFF, REF-AFF, PSCRB, REF-PSCRB, MFA, REF-MFA, CRISIS MANAGEMENT, TASCO AND CHEMCO

FOR BOOKINGS:

ADDRESS: 4TH & 5TH FLOOR, A WING, AGGARWAL TRADE CENTER, SECTOR-11, PLOT NO. 62, CBD BELAPUR, NAVI MUMBAI, MAHARASHTRA 400614
CALL: 022- 2756 0135, 022- 4016 1595
EMAIL: BOOKING@ANVAYMARITIME.COM, INFO@ABBMARITIMETRUST.ORG, PRINCIPAL@ANVAYMARITIME.COM

FOR MORE DETAILS CONTACT:
MS. VIJAYALAXMI:- 8591379110,
MR. ABHIJEET:- 9975737174



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

DRY OFFICERS

3OFF / 1AE / 2AE / 3AE

(Container, Bulk or PCC vessel Experienced)

COFF / ETO

(Container vessel Experienced)

LPG OFFICERS

MSTR / COFF / 2 OFF / 3 OFF / CENG / 1AE / 2AE / 3AE / GE / ETO

(All Ranks with GAS DCE required)

LNG OFFICERS

MSTR / COFF / 2 OFF / ETO

(All Ranks with GAS DCE required)

CENG / 1AE / GENG / 1AEN

(Motor/Steam/Dual licence)

RATINGS

LPG Vessels

BOSUN / AB / OS / FITTER / OILER

(Rank experienced with GAS DCE required)

LNG Vessels

OS / WIPER

(Rank experienced with GAS DCE required)

DRY Vessels

ENG. FITTER (No. 1 Oiler)

(Rank experienced with container / Car Carrier / Bulk Carrier)

URGENTLY REQUIRED FOR OUR EXPANDING FLEET

REACH US ON BELOW NUMBERS

Mumbai Office

DRY

OFFICERS

9619482173
9920902616
9820036516

RATINGS

LPG/LNG/DRY

9619482176
9833255062

LNG/LPG

OFFICERS

9833255062
9930751763
9820743664

Branch Offices

KOLKATA

9830370375
9831135558

CHENNAI

9940487493
9840381531

DELHI

9810784400
9599040741

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

Website:- <https://molmi.info>

We do not employ any agents on behalf of company for jobs



MARLOW NAVIGATION INDIA PVT. LTD.

RPS License No. MUM-054 Valid From: 17/12/2021 | Valid Till: 17/12/2026

REQUIREMENTS

- » Required for our New principles Owning a fleet of Handymax Bulk Carrier and VLOC's
- » Engineers with ME Engine Experience
- » 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.)
- » Oil-Chem/Products Carrier
Require full compliment - Management Level, Ops Level and Ratings for our Indian Flag & Foreign Flag, MR and Handy size vessel. Preference with USA Visa.
- » Require all Deck/Engine Officers/ETO (Bulk & Tank exp.) for our Bulk/Tanker vessels with valid FOC license.
Wages best as per Industry standards with other perks

Happy Holi



Visit Us:

Address:

7th Floor, Sunrise Tower, Plot no. C-10, Central Road, MIDC, Opp. Rolta Office, Andheri (E), Mumbai 400093

Tel : +91 22 66982200 / 62318300

Fax : +91 22 66982210

Website: www.marlow-navigation.com

Crewing: hrsea.mni@marlowgroup.com

Business: info.mni@marlowgroup.com

SHORE JOB

ACCOUNTS ASSISTANT

- ◆ Qualification:- Commerce Graduate
- ◆ Experience:- 2-3 years in Accounts (added advantage with shipping background)
- ◆ Language Proficiency in English
- ◆ Fair knowledge of MS OFFICE

WE DO NOT HAVE ANY AGENTS OR BROKERS ACTING ON BEHALF OF OUR COMPANY

Log on to : www.seajob.net

WE CARE

ENGAGING | EMPOWERING | INSPIRING



Setting the standard

 **ANGLO-EASTERN**



ALTITUDE MARINE SERVICES PVT. LTD.

RPSL No : MUM-162183 Valid from 28.08.2023, Valid till 28.08.2028



**We Invite Candidates To Apply For
The Following Positions On Bulk Carriers,
Containers, Tankers & Offshore Vessels**

- ◆ MASTER ◆ CHIEF ENGINEER
- ◆ CHIEF OFFICER ◆ SECOND ENGINEER
- ◆ SECOND OFFICER ◆ THIRD OFFICER
- ◆ THIRD ENGINEER ◆ FOURTH ENGINEER ◆ ETO

RATINGS

BOSUN / AB / OILER / FITTER / OS / WIPER & CHIEF COOK / STEWARD

**Interested candidates can send their resume to
resume@altitudemarine.net**

Mumbai Office :

509-510, Kamdhenu Commerz, Plot No. 2, Sector 14,
Kharghar, Navi Mumbai 410210, Maharashtra, India,

Tel: +91 22 4826 0382,

Mr. Rabish Satapathy (GM Recruitment) +91 8097578913,

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www.altitudemarine.net



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DG SHIPPING APPROVED



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TO ALL THE SEAFARERS AND THEIR FAMILIES

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Standard Healthcare, #46, VGP
Rajesh Nagar, Pallikaranai, Chennai - 600100
Ph: 044 - 49571046

Mumbai

No. 3-8, Shubham Center-2,
Cardinal Gracias Road,
Chakala, Andheri East, Mumbai - 400099

Valsad

Roy Nursing Home and ICCU,
Nana Parsiwad,
Valsad, Gujarat - 396001

Contact No: 022-41206874 / 75 | **Email Id:** admin@globusmedicare.com | **Website:** www.globusmedicare.com



EXMAR SHIPMANAGEMENT INDIA PVT. LTD.

RPSL-MUM-078 Valid From: 28/12/2021 Valid Till: 28/12/2026



We Simply Offer "Excellence With Care"

FEMALE SEAFARERS ARE ALSO WELCOME

CAPE SIZE BULK CARRIER

> Master > Chief Officer > Second Engineer

URGENTLY REQUIRED FOR FULLY REF LPG CARRIERS

> Master > Chief Officer
> Chief Engineer > Second Engineer

Apply in person or send your application by email to:

apply@shipmanagement.exmar.in

Visit our website: www.exmarshipmanagement.be



FOR FLNG

> Maintenance Officer
> Store Keeper

3rd Engineer with Class IV COC
sailed on LNG Tanker may apply.

6 weeks on / 6 weeks off.
Required COC - Class IV (Steam)

WE HAVE NO AGENTS ACTING ON BEHALF OF THE COMPANY. BE AWARE OF THE FRAUDULENT JOB OFFERS.

Exmar Shipmanagement India Pvt. Ltd.

501, Powai Plaza Premises, Hiranandani Gardens,
Powai, Mumbai - 400076 Tel: 022 - 66424444
Email: apply@shipmanagement.exmar.in

WE OFFER

- Hometown repatriation for all Officers (To & Fro)
- On board Internet facility • Bright promotion prospects
- Wages and terms at par with the best in the industry
- Health insurance for seafarers and family • Timely relief



Uniship Management Private Limited

RPSL No.: RPSL-MUM-313

D.O.I.: 04/07/2019 | D.O.E.: 04/07/2024

Wishing All The Seafarers & Their Families A

Happy Holi



URGENT REQUIREMENTS

GEARED BULK CARRIERS WITH OR WITHOUT USA VISA

- MASTER WITH EXPERIENCE OF AT LEAST 12 MONTHS
- C/O WITH EXPERIENCE OF AT LEAST 12 MONTHS
- C/E WITH EXPERIENCE OF AT LEAST 12 MONTHS

AFRAMAX TANKERS / CRUDE OIL TANKERS WITH OR WITHOUT USA VISA

- C/O WITH EXPERIENCE OF AT LEAST 28 MONTHS
- 3/O WITH EXPERIENCE OF AT LEAST 10 MONTHS
- C/E WITH EXPERIENCE OF AT LEAST 18 MONTHS
- ETO WITH EXPERIENCE OF AT LEAST 12 MONTHS

REGULAR RELIEFS

AFRAMAX CRUDE TANKERS

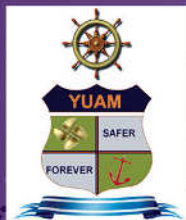
- ALL RANKS WITH GOOD EXPERIENCE AND HOLDING USA VISA.

FOR BULK CARRIERS WITH CRANES AND GRABS AND HOLDING VALID USA VISA

MASTER, CHIEF ENGINEER, 2ND ENGINEER
WITH 12 MONTHS RANK EXPERIENCE.

PLEASE FORWARD YOUR CV's TO: Uniship Management Private Limited

Add: 410, MEADOWS, SAHAR PLAZA COMPLEX, J. B. NAGAR, ANDHERI KURLA ROAD, ANDHERI EAST, MUMBAI – 400059
Ph (B): +91 22 6611 5000 | Ph (Ratings): +91 22 6600 5006 | Email: crewing@uniship.co.in



YUAM Crew Management Private Limited

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

Wishing All Seafarers And Their Families A **HAPPY HOLI**

Require Urgently For Bitumen Carriers Of Approximately
4000 To 16000 DWT Following Ranks:

- | | | |
|-----------------|------------------|--------------------|
| ➤ Master | ➤ Chief Engineer | ➤ Pumpman |
| ➤ Chief Officer | ➤ 2nd Engineer | ➤ Oiler (with COP) |
| ➤ 2nd Officer | ➤ 3rd Engineer | ➤ AB (with COP) |
| ➤ 3rd Officer | ➤ ETO | |

Required For Oil / Product Tankers With COPT Experience:

- | | | |
|-----------------|------------------|----------------------|
| ➤ Master | ➤ Chief Engineer | ➤ Electrical Officer |
| ➤ Chief Officer | ➤ 2nd Engineer | ➤ ETO |
| ➤ 2nd Officer | ➤ 3rd Engineer | |
| ➤ 3rd Officer | ➤ 4th Engineer | |

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. : +91-22 4974 0300
Email : hr@yuamship.com



YUAM Crew Management Pvt. Ltd. is a company specialized in handling Seafarer's Flag Documents for LIBERIAN, PANAMA & MARSHALL ISLAND Flags. We act on behalf of Ship Owners, Ship Managers, Crew Manning Agencies and Consultants.

Our staff is highly experienced and well versed with Shipping industry regulations.



Pacific Basin

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FOR BULK CARRIER & LOG CARRIER

CANDIDATES WITH USA C1/D VISA PREFERRED (IMMEDIATE HIRING)

RE-JOINING
BONUS FOR
OFFICERS &
RATINGS

- | | |
|---|--|
| ✓ Chief Officer | ✓ Chief Engineer |
| ✓ 2nd Officer | ✓ 2nd Engineer |
| ✓ 3rd Officer | ✓ 3rd Engineer |
| ✓ Fitters | ✓ 4th Engineer |
| (with US Visa and
E/R Watch keeping) | ✓ Electrical Officer
(Naval Background) |
| ✓ Bosun | OR |
| (with US Visa and
Log Carrier exp.) | ✓ TR. ETO
(with exp. required) |
| (AB / OS/ Oiler /
Ch. Cook may also apply) | |

BENEFITS

- ✓ EXCELLENT REMUNERATION
- ✓ HIGHER LICENSE BONUS
- ✓ INTERNET FACILITY
- ✓ EXPERIENCED 24x7 SHORE - SUPPORT
- ✓ MEDICAL INSURANCE FOR SEAFARERS
- ✓ HEALTH INSURANCE FOR FAMILIES
- ✓ INDIAN CUISINE
- ✓ TIMELY PAYMENT OF ALLOTMENT AT BANK RATE

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WAGES AND TERMS
W.E.F 01st SEPT 2023



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405, B1, Boomerang, Chandivali Farm Road, Andheri, Mumbai 400072.
☎ 022 46084088 / 47496657 ✉ mumbai@tristarr-maritime.com
For all shore jobs please send resume to hr@tristarr-maritime.com
RPSL-MUM-162133 | D.O.I. 12/01/2023 | D.O.E. 12/01/2028
WE HAVE NO AGENTS IN INDIA

COORDINATING OFFICE
NEW DELHI (Northern Region)
FAR SEAS SHIPPING AGENCY PVT. LTD.
B -105, Panchsheel Vihar,
Behind Triveni, COM Complex,
Sheikh Sarai Ph-1, New Delhi - 110017
Tel : +91-11-4659 3612/14/15



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**Tangar Ship Management
Private Limited**

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

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12th Floor, Bayview Towers, Plot No. 7B, Sector 11, CBD Belapur, Navi Mumbai, Maharashtra 400614

Contact No.: +91 22 41769999 | Mobile No.: 7400150861

Email: seafarers@tangarshipping.com | Website: www.tangarshipping.com

WE DO NOT HAVE ANY AGENTS & BRANCHES IN INDIA

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AUBURN INSTITUTE OF MARITIME TRAINING

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- TANZANIA
- GABON
- CAMEROON
- ESWATINI MARITIME
- HONDURAS
- COOK ISLAND
- COMOROS

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- ✓ LIBERIA APPROVED COURSES
- ✓ VALUE-ADDED COURSES
- ✓ ALL TYPES OF ECDIS

Kindly send your inquiries to: info@auburninstitute.com
vetrikumar@auburnships.com
 Phone No.: 022 4974 4800
 WhatsApp: +91 98404 54510 / +91 98704 26846

ADDRESS: B-408, Great Eastern Summit, Sector 15, CBD Belapur, Navi Mumbai – 400614.



AUBURN SHIPMANAGEMENT

RPSL NO: 337 | Issue Date: 21.06.2019 | Valid till: 21.06.2024

Happy Holi

To All The Seafarers



Currently we are looking for following officer to join one of our take over vessel.

POSITION: TOP 5 – MASTER / CE / 2E / CO / ETO

VESSEL TYPE: CHEMICAL TANKER (TYPE II)

TRADING AREA: EUROPEAN WATER

Candidate should have a valid US VISA.

Interested candidates please share CV's to : manning@auburnships.com
 Please directly contact us on: +91 7738385691
 We do not have any agency services.

ARYA TANKERS PVT. LTD.

Happy
HOLI
TO ALL THE SEAFARERS



FOR OUR OIL TANKERS FOLLOWING RANKS ARE REQUIRED

MASTER | CHIEF OFFICER | 2ND OFFICER | 3RD OFFICER
 CHIEF ENGINEER | 2ND ENGINEER | 3RD ENGINEER
 4TH ENGINEER | ELECTRICAL OFFICER
 PUMPMAN | BOSUN | AB | FITTER | OILER | CHIEF COOK

FOR OUR OIL/CHEM TANKER FOLLOWING RANKS ARE REQUIRED (WITH CHEM DC)

CHIEF OFFICER | 4TH ENGINEER

BENEFITS:

- ✓ Attractive wages on vessels
- ✓ Fast promotional prospects ✓ Rejoining bonus
- ✓ Timely relief ✓ Direct recruitment
- ✓ Short contract for senior officers

We are a complete ownership company operating Indian flag oil tanker vessels with a highly dedicated team of experienced professionals that operate and manage our own vessels. Looking for highly motivated, intelligent & hard working seafarers with long term career prospects.

As per DG circular 'Circular 8 of 2007, No. 33(1)CR/2000/Vol.-V, Dated:21.09.2007' Indian Shipowners are not required to be registered under M.S. (Recruitment and Placement of Seafarers) for placing them on their own vessels, provided they engage them directly through their own Office.

Contact: Namita Pawar (Asst. Manager - Fleet Personnel)
 Mob: +91 9967635368 E-mail: namita.pawar@arya.in

Website: www.arya.in

Apply in person or send application by Email: crewing@arya.in

REGISTERED OFFICE:

Arya Group, 15 B, Chander Mukhi Building,
 Nariman Point, Mumbai - 400021.

Tel. No.: 022-49229000 (Extn - 142) Fax: 022-49229099



BLACKHULL MARITIME SERVICES PRIVATE LIMITED

An ISO 9001:2015 and MLC 2006 certified company by IRS CLASS
RPS License No.: MUM-486 | Issue Date: 31.05.2018 | Valid Till: 02.05.2028



Happy Holi To All The Seafarers

FOR TURKISH OWNER / PRINCIPAL (MR TANKER / AFRAMAX / OIL-CHEM VESSEL)	FOR UAE BASED PRINCIPAL (CAPESIZE BULK VESSELS)
<ul style="list-style-type: none"> ♦ Master ♦ Chief Officer ♦ 2nd Officer ♦ 3rd Officer 	<ul style="list-style-type: none"> ♦ Chief Engineer ♦ 2nd Engineer ♦ 3rd Engineer ♦ ETO

FOR TURKISH PRINCIPAL (BULK FLEET)	FOR UAE BASED PRINCIPAL (VLCC / SUEZMAX / AFRAMAX)
<ul style="list-style-type: none"> ♦ 2nd Officer ♦ 3rd Officer ♦ Bosun ♦ AB 	<ul style="list-style-type: none"> ♦ 3rd Engineer ♦ 4th Engineer ♦ Oiler ♦ Fitter

BENEFITS

- ✓ Competitive Wages As Per Based On Experience
- ✓ Continuous Long-term Employment
- ✓ Fast Track Promotion
- ✓ Timely Relief
- ✓ On Board Internet / Wi-fi Facility
- ✓ Promotional Officers & Engineers Are Welcome

Blackhull is conducting sponsorship program for ratings candidates under the collaboration of their DG approved pre sea training institute.

To Apply Click Below Link

<https://blackhullmaritime.com/pre-sea-courses/>



Face Mask Required.
Thank You!
Your Health Is Our Concern.

CONTACT DETAILS:

HEAD OFFICE-NAVI MUMBAI
805, NMS Titanium, Plot No. 74,
Sector - 15, CBD Belapur, Navi Mumbai - 400 614

LIAISON OFFICE-JAIPUR
Ocean Avenue, Plot no 38-39, Near Mahima
Florenza Building, Patrakar Colony,
Mansarovar, Jaipur - 302020

CONTACT US:

FOR SEAFARERS:
info@blackhullmaritime.com
+91 9930040351 / 9920040351
022 4963 0351

SHIP MANAGERS & SHIP OWNERS:
management@blackhullmaritime.com
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RPSL-MUM-045 Issue Date: 13.03.2016 Expiry Date: 04.03.2026

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(RANK EXPERIENCE REQUIRED FOR ALL THE RANKS)

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- » SECOND ENGINEER (EXP ON ME ENGINE)
- » ETO

CHEMICAL TANKER

(RANK EXPERIENCE REQUIRED FOR ALL THE RANKS)

- » MASTER
- » CHIEF OFFICER
- » SECOND ENGINEER (EXP ON ME ENGINE)
- » THIRD ENGINEER

For Interview, send in your resume on the address mentioned below.

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Andheri Kurla Road, Marol Naka, Andheri (E), Mumbai - 400 059
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RPSL : MUM 201

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Email: personnel@shanshipmanagement.com

Website: www.shanshipmanagement.com

BELOW RANK REQUIREMENT

**MASTER, CHIEF OFFICER, 2ND OFFICER,
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 DECK FITTER, CHIEF ENGINEER,
 2ND ENGINEER, 3RD ENGINEER,
 4TH ENGINEER, MOTORMAN, ENGINE FITTER.**

**CRUDE OIL TANKER | OIL CHEMICAL TANKER
 | PRODUCT TANKER | VLGC**

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Required Urgently

Technical Superintendent : Sailing Experience
 as 2E or CE in Oil Tankers

Required Urgently Safety & Quality Manager.

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| › Electrical Officers | › Fitter |
| › Jr. Officers / | › Oiler |
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| (Holding COC) | › Able Seaman |
| | › Chief Cook (Having |
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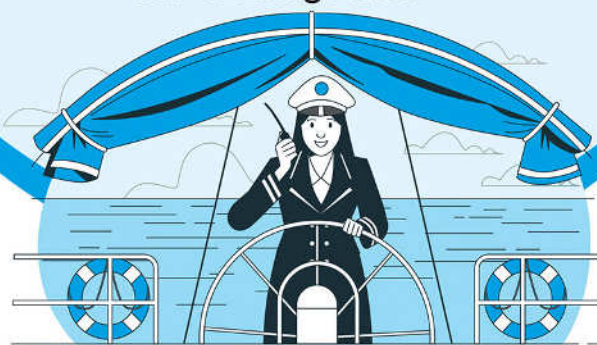
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FOR LPG/VLGC, SUEZMAX AND MR TANKERS

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- Chief Officer
- Second Officer
- Third Officer
- Gas Engineer
- Pumpman • AB
- Oiler • Cook
- Chief Engineer
- Second Engineer
- Third Engineer
- Fourth Engineer
- Electrical Officer
- Fitter • OS
- Wiper • GS

PLEASE CONTACT FOLLOWING FLEET PERSONNEL OFFICERS:

RANK	CONTACT PERSON	RANK	CONTACT PERSON
Master, C/O	Mr. Satish Kumar - 7710010160 satishkumar@sishipping.com	C/E, 2/E, E/O, G/E	Mr. S.P. Pandey - 9619519705 shripakash@sishipping.com
2/O, 3/O, Jr. Officer	Ms. Shikha Sharma - 7710010159 shikhasharma@sishipping.com	3/E, 4/E, Jr. Engineer, Pumpman, Fitters	Mr. Alston J Fernandes 7208911344 alston@sishipping.com
AB, Cook, OS, GS	Ms. Pranali Sarang - 7208932097 pranali@sishipping.com	Oiler, Wiper	Mr. Yogesh Gawde - 86556 86476 yogeshgawde@sishipping.com

Contact Address:- PIC: Mr. Sydney Lobo / Capt. Sanjay Gomes, Seven Islands Shipping Ltd., Suite 3A, 3B & 4, Level 8, B Wing, Times Square, Andheri Kurla Road, Mumbai - 400 059 India. Tel No: 91 22- 4225 4225 Email: Manning@sishipping.com Website: www.sishipping.com

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04 On / 02 Off Contracts

For Top 4 Ranks

Gratuity Scheme

For Top 4 Ranks

Newer Ships

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fleet is 5 years

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For Ratings w.e.f 01.02.2024
For Officers w.e.f 01.08.2023**

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- Excellent PSC Inspections record
- Good promotion prospects
- Regular on-board training and shore based training
- New Vessel Deliveries Planned
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- Company guest house for outstation Officers
- Timely Relief

BULK CARRIER

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- Third Officer (Top Urgent)
- Chief Engineer (Top Urgent)
- Electrical Officer (Top Urgent)
- Able Seaman (Top Urgent)
- Ordinary Seaman
- Wiper



Contact Details

Mr. Satish Kadam

Capt. Sheriff D'Costa / Capt. Mahendra Kedare

Mr. Gopal Dubey (For Ratings Only)

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RPSL-MUM-167
DOI : 19-12-2009
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Radio officers - 10 nos

ETO with DSV / DP / MPSV experience - 2 nos

3rd Engineers with any COC - 5 nos.

Junior Engineers with any 3rd eng COC - 10 nos

Electricians - 5 nos

AC Technicians - 5 nos

Mechanics / Oilers / Motormans with any 3rd eng COC - 10 nos

Crane opt holding sparrow / enermech stage 3 - 5 nos

Bosun - 10 nos

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Email: careers@dockendale.net

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Mr. Dev: +91-8657867958 (ENGINE OFFICERS)

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RPSL-MUM-165 | Issue Date : 12.03.2020 | Validity Date : 12.03.2025

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- 3RD OFFICER
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AB (with COP II/5)
Oiler (with COP III/5)
Welder / Fitter
Electrician
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To All The Seafarers & Their Families

RPSL-MUM-030
Issue date: 20.04.2021
Valid till: 20.04.2026
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Chief Officer (12 months Tanker experience),
Chief Engineer (with ME Electronic Engine experience),
Third Officer (with 12 months Rank experience holding Valid Documents and Management level DCE Oil / Chemical),
2nd Engineer (Rank Experience of 12 Months Tanker experience),
3rd Engineer (with 12 months Rank experience holding Valid Documents and Management level DCE Oil / Chemical),
4th Engineer (with 12 months Rank experience holding Valid Documents and Management level DCE Oil / Chemical),
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- **Experience** : Preference for the candidate with relevant shore experience in the role of Vetting assurance, onboard inspections, Office TMSA. Should be with good literature and communication skills and with good computer literacy.
- **Job Profile** : Handling tasks related to SIRE 2.0 compliance for fleet tanker vessel and Follow up on the vetting results, observations fleet wide. Regular review of company SMS procedures and documents to bridge the gap as identify or analysis from the vetting performance of the fleet vessels. Work with marine team to prepare, review and update SMS for TMSA Compliance. Should be open for vessel visits in order to carryout pre vetting inspections and internal audits.

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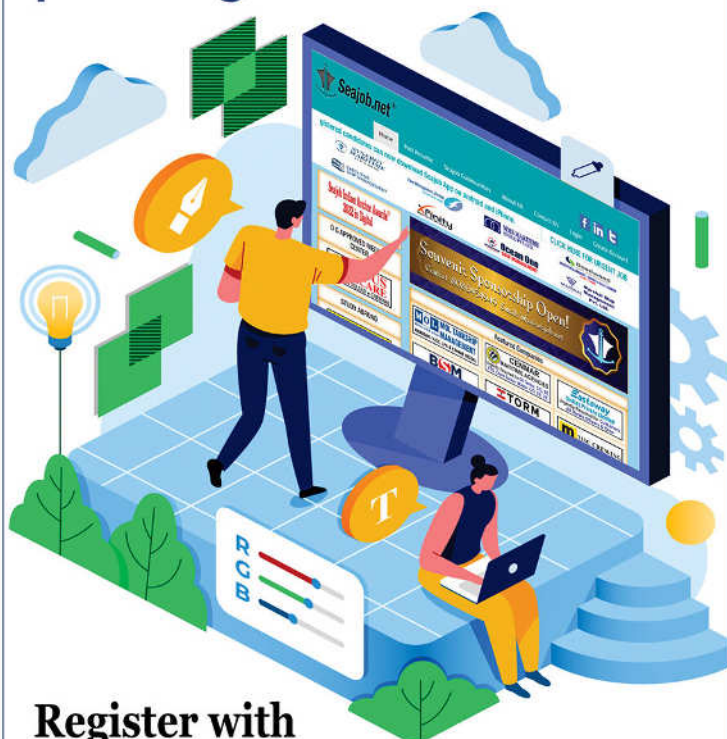
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