

Hello

MOLMI

JUNE 2023

Vol.52

Special Edition

MOL SAFETY CONFERENCE

&

MANAGER'S SEMINAR

2023



MOL Maritime (India) Pvt. Ltd.

MOL SAFETY CONFERENCE IN MUMBAI - 2nd MARCH 2023

We have completed MOL Safety Conference 2023, Dry Ship Manager's Seminar 2023, LNG Ship Manager's Seminar 2023 on 2nd & 3rd March 2023.

More than 165 Seafarers & their families 50 International Delegates, Local Delegates, MOLMI Management & Staff attended.

President & CEO Hashimoto San was the Chief Guest at the Safety Conference.



*Mr. Takeshi Hashimoto,
MOL President and CEO
addressing the Delegates*



*Mr. Satish Kumar Singh MD,
MOL Maritime (I) Pvt. Ltd.
Addressing the Delegates*



*Capt. Albe Zachariah GM,
MOL Maritime (I) Pvt. Ltd.
Addressing the Delegates*



Opening Session of MOL Safety Conference

LtoR:

Capt. Animesh Hore

(General Manager - Global Maritime Resources Div.),

Capt. Terumi Moriguchi

(General Manager - Marine Technical Management Div.),

Mr. Mitsuru Endo

(Executive Officer)

Capt. Akihiro Yamauchi

(General Manager - Liquefied Gas Ship Management Strategies Div.)



*Lighting of the lamp & Opening of the
MOL Safety Conference
by Mr. Takeshi Hashimoto,
MOL President and CEO*



View of MOL Safety Conference Delegates



Seafarers discussion during the Q & A Session

FAMILY DINNER - MOL SAFETY CONFERENCE - 2nd MARCH 2023



Seafarers Family & Delegates enjoying themselves at the Family Dinner - MOL Safety Conference.



Seafarers & Delegates enjoying themselves at the Family Dinner - MOL Safety Conference.



Seafarers kids being entertained separately at the Family Dinner - MOL Safety Conference

MOL LOYALTY AWARDS - 2nd MARCH 2023

For rendering service for more than 10 years to MOL



Capt. Marlon Greg Fernandes receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



CENG Pratheep Raj Antony Raj receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



CENG Prabhjot Singh Mehal receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



CENG Ashish Kumar receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Prakash Payagounda Patil receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Fahad Mohmmmed Daroge receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Vignesh Sundar receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Puneeth Bagepalli Shivaprakash receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Avinash Karunakar Shetty receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai

MOL LOYALTY AWARDS - 2nd MARCH 2023

For rendering service for more than 10 years to MOL



COFF Amithkumar Cherukunnummari Veetil receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Nikhil Kumar Batra receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Junaid Ahmed Riyaz Ali Shaikh receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Akhil Srikuttan receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



COFF Vineet Sabharwal receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Mathew George Kulaseril receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Muralidharan Venkatasubramanian receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Ashish Rao Gawdey receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Piyush Dave receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Magesh Vijayarangan receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Mohammad Zeeshan Anjum receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Anubhav Raviprakash Thakur receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai

MOL LOYALTY AWARDS - 2nd MARCH 2023

For rendering service for more than 10 years to MOL



1AEN Vinayak Vijay Shirsat receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai



1AEN Deepak Ravindra Naik receiving MOL Loyalty Award from MOL President Mr. Takeshi Hashimoto at MOL Safety Conference, Mumbai

MANAGER'S SEMINAR - 3rd MARCH 2023 - MUMBAI

--- DRY - MANAGER'S SEMINAR ---



Capt. Umakant Garg
Superintendent - DRY Operations
addressing the DRY Manager's Seminar



View of Delegates



Officers interacting with Ship Manager

--- LNG - MANAGER'S SEMINAR ---



Capt. Ajay Dhiman
Sr. Superintendent - LNG Operations
addressing the LNG Manager's Seminar



View of Delegates



Officers interacting with Ship Manager

MUMBAI DARSHAN

Memorable Mumbai Darshan: A Day Trip Organized by MOLMI for Mariners Wives



At Hotel Westin, Powai

On a vibrant morning, amidst the bustling city of Mumbai, MOLMI organized a delightful day trip for the wives of mariners who were attending MOL Safety Conference on 2nd March 2023. This thoughtful initiative aimed at providing an engaging and memorable experience for the spouses while their husbands were engrossed in attending the Safety Conference organised at Hotel Westin, Powai.

The day began with an enthusiastic gathering of mariners wives at the designated meeting point at Hotel Westin, Powai. MOLMI representatives, Ms. Priya Parab & Mr. Shanmukh Suvarna warmly welcomed the group and provided them with detailed itineraries and expert guidance to ensure a seamless and enriching experience. The day trip was carefully curated under an expert Local Guide to showcase the diverse cultural heritage of Mumbai, including Gateway of India, the world-famous Chhatrapati Shivaji Maharaj Terminus - a UNESCO World Heritage Site, a visit to Mani Bhavan, the former residence of Mahatma Gandhi & Colaba Causeway.



Selfie point - at Chhatrapati Shivaji Maharaj Terminus



At ISKCON Chowpatty - Sri Sri Radha Gopinath Mandir

The Mumbai Darshan trip also incorporated a serene escape amidst the city's hustle and bustle. The well-planned itinerary allowed the wives to explore the city's

cultural gems, taste its culinary delights, and experience its vibrant atmosphere and returned back well in time to attend the fun filled evening session.

Here are a few responses we received from the mariners wives :

"I really enjoyed the trip this trip 1st time for me so I enjoyed entire trip. I think time was so short otherwise trip was double ok for me 🥰🥰🥰🥰"- Suganya (W/O Sampath kumar Saravanan)

"I really enjoyed that trip. Our guide so good, she shared lot of things about Mumbai. It's very useful and our co-ordinators were so good. I felt very secure and happy thanks to MOLMI for giving that memorable trip. Thank you so much!" - Jenifer (w/o Vinothkumar Kannan)

MOL LOYALTY AWARDS

For rendering service for more than 10 years to MOL



Capt. Subodh Ganesh Kirpekar receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office



Capt. Miziuddin Qazi receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office



COFF Amrendra receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office



COFF Dhananjay Damodharan Pillai receiving MOL Loyalty Award from Capt. Apurva Prasad at MOLMI Chennai office



COFF Sujith Kumar receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office



ELTOF Brijesh Kumar Singh receiving MOL Loyalty Award from Capt. Jitender Singh Kanwar at MOLMI Mumbai office



1AEN Ankur Srivastava receiving MOL Loyalty Award from Capt. Anil Kumar Rajain at MOLMI Delhi office

MARRIAGES



ELTOF Sumitav Sen Gupta & Ms. Anushree (17-01-2023)



2AEN Umesh Chettri & Ms. Simran (25-01-2023)



3AEN Faisal Nehal Khan & Ms. Riza (12-02-2023)

MOLMI'S DELHI OFFICE RELOCATES TO A SPACIOUS NEW LOCATION IN DWARKA



Mr. Satish Kumar Singh, Managing Director MOLMI, ceremoniously broke the coconut by marking the inauguration of new office

On 17th May 2023, the inauguration of the new office of MOLMI Delhi was graced by Mr. Satish Kumar Singh, the Managing Director of MOLMI, of performing the ribbon-cutting ceremony. He was joined by Capt. Jitender Singh Kanwar Executive Advisor, MOLMI and Capt. Albe Zachariah General Manager, MOLMI from Mumbai office. The Inauguration Ceremony was also attended by eight members of the Delhi office staff, including the Regional Manager, Capt. Anil Kumar Rajain. Other attendees included Capt. Apurva Prasad from the Chennai office, Capt. Dipankar Basu from the Kolkata office, Capt. Rakesh Kumar Sharma (former Delhi office Regional Manager), Capt. Ashutosh Kumar from MOLSI, and twelve seafarers from the Delhi Zone. During the event, Captain Mitsuhsa Tanimoto, Managing Executive Officer, MOL 'Congratulatory Message' was shared with all team members and seafarers in attendance as he could not attend the Inauguration Ceremony in person.



Ribbon cutting by Mr. Satish Kumar Singh, Managing Director MOLMI

The activity of the Inauguration Ceremony was witnessed in 'Live' mode on MS – Teams platform by the Employees of MOLTC Mumbai and all the Employees of MOLMI Mumbai, Chennai & Kolkata offices who showcased their unity and family bond within MOLMI.

This relocation marks the third premises for MOLMI in Delhi. The first office was situated in Defence Colony and was established on 15th July 2007, under the leadership of Capt. Ajit Chadha, the Regional Manager at the time. Subsequently, the second office was opened in Nehru Place on 15th May 2013, with Capt. Rakesh Kumar Sharma joined the MOLMI team on 16th August 2011 continuing as the Regional Manager until 10th March 2022. Capt. Anil Kumar Rajain joined on 15th November 2021 and took over the managerial role on 10th March 2022.

Prior to the formal Inauguration, a sacred pooja ceremony was completed on 15th May 2023. This ceremony was held to invoke blessings of the Almighty for help in setting a positive tone for the forthcoming inauguration of the new office. MOLMI Delhi office staff, along with their families participated in the puja ceremony, adding to the auspiciousness of the event.



Pooja Ceremony on 15th May 2023

MOL Mitsui O.S.K. Lines

1-1, Toranomon 2-Chome, Minato-Ku, Tokyo
105-8688, Japan

17 May 2023
Mr. Satish Kumar Singh
Managing Director
MOL Maritime (India) Private Limited

Dear Mr. Satish:

Firstly, I would like to extend my hearty congratulations on the inauguration of MOLMI's New Delhi branch office in the new location. This signifies another major milestone in the rich history of MOLMI.

We believe the new modern office will add value to MOLMI's office infrastructure and will showcase a good image as valuable MOL Group Company. Furthermore, the better location, spacious environment, improved facilities will also be motivating for the staffs and the visiting seafarers.

We expect you to develop the quality and reputation of Seafarers in MOLMI further under your remarkable and strong leadership. The new office may be our springboard for further growth and development of seafarers' resources in the northern zone of India.

I sincerely appreciate the efforts, dedication, and commitment of each MOLMI employee for continuous contribution to MOL's business success.

May this new office bring lots of success and glory to MOLMI.

With best wishes


Captain Mitsuhsa Tanimoto
Managing Executive Officer
Mitsui O.S.K. Lines, Ltd.

Congratulatory Letter by:
Captain Mitsuhsa Tanimoto
Managing Executive Officer, MOL



A group photo in newly inaugurated office

MOLMI'S DELHI OFFICE RELOCATES TO A SPACIOUS NEW LOCATION IN DWARKA

The present New Office in Dwarka, Delhi was registered on 5th April 2023 and it was inaugurated on 17th May 2023. Despite the limited time frame, the complex task of interior designing and setting up the office premises was successfully completed with the active involvement and contribution of Capt. Anil Kumar Rajain, Mr. Durga Prasad, and the entire Delhi team.

MOLMI's new office in Dwarka, Delhi has been designed to be future-ready, ensuring MOLMI is well-prepared for expansion.

The address of the New Delhi office is:

MOL Maritime (India) Pvt. Ltd.
Vegas Tower, Unit Nos. 591,592 & 593,
Plot No 6, Block-B, Sec. 14, Dwarka,
New Delhi 110078.



Decorated reception area on the occasion of inauguration

MOLMI TRAVEL DESK MOVES TO NEW ROOM WITHIN MUMBAI OFFICE

MOLMI, has achieved another significant milestone on 22nd May 2023 as the Travel Desk of MOLMI was successfully relocated to a newly constructed cabin in the Mumbai Office, signifying a new phase in their operations. MOLMI Travel Desk is IATA approved catering to the need of Training travel booking, Seafarers vessel travel bookings, Inspection travel booking with Scope of increased activity in future.

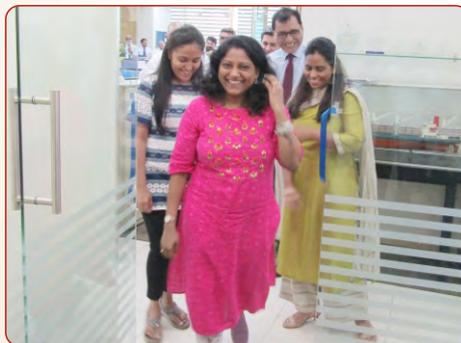
Mr. Satish Kumar Singh, Managing Director of MOLMI, who graciously officiated the inauguration ceremony with the traditional cutting of the ribbon.

The inauguration of this fresh and modern space was a moment of pride and joy for the entire organization.

The entire MOLMI team joined in extending their best wishes to the Travel Desk Team.



Mr. Satish Kumar Singh-MD-MOLMI cutting the Ribbon



Welcoming Travel Team to the newly constructed cabin



Travel Team - MOLMI

VISIT TO MOL TOKYO SOCS



Mr. Satish Kumar Singh MD - MOLMI along with GMR Division.

MILESTONES

Retirement is one of those major life milestones that mark the ending of one chapter and the start of another. Thank you Capt. Jitender Singh Kanwar for your dedication throughout the last 18 years!



A group photo with MOLMI Family



Capt. Abhijit Chattopadhyay presenting a shawl to Capt. Jitender Singh Kanwar



Mr. Satish Kumar Singh presenting a plaque to Capt. Jitender Singh Kanwar



Capt. Jitender Singh Kanwar with Family

MOLMI FAMILY WELCOMES YOU



ACOF Prashant Kumar Singh & Stuti blessed with a baby boy Pratyush on 22-10-2022



1AEN Tarun Ranjan & Prachi blessed with a baby girl Ayra on 29-11-2022



Capt. Rajithraj Damodaran Nittukandi & Jimsha blessed with a baby boy Liyansh on 08-11-2022



2AEN Rahul Kumar & Jyoti blessed with a baby boy Atharv on 25-12-2022



2OFF Bipul Prakhar & Rajnandini blessed with a baby boy Ayansh on 19-01-2023



A1AEN Abhay Dhumal & Rajashri blessed with a baby girl Shreeja on 06-02-2023



CENG Niraj Tripathi & Shubhra blessed with a baby boy Bhuvik on 12-04-2023



3OFF Shubhendu Kumar Sunny & Gunjan blessed with a baby girl Aanshi on 25-04-2023



COFF Aatif Ilyas Madre & Sana Altaf blessed with a baby girl Naafia on 08-05-2023



Mr. Vasudev Palav (Asst. Manager - Allotment, MOLMI Mumbai) & Shweta blessed with a baby boy Shlok on 16-03-2023



Mr. Rahul Gaikwad (Jr. Executive - Operations, MOLMI Mumbai) & Anusaya blessed with a baby boy Anurag on 23-04-2023

OFFICE PERSONNEL

With Effective from 15th January 2023

Capt. Jitender Singh Kanwar - Executive Advisor.

Mr. Satish Kumar Singh - Managing Director.

Capt. Albe Zachariah - General Manager.

NEW JOINER:-

Mr. Ritish Zunjarrao - Jr. Executive - Operations - Mumbai office.

Ms. Prachi Gaikwad - Jr. Executive - Accounts - Mumbai office.

Ms. Sayli Karete - Jr. Executive - Accounts - Mumbai office.

Ms. Pooja More - Jr. Executive - Accounts - Mumbai office.

Ms. Pooja Popale - Executive - Accounts - Mumbai office.

GOOD BYE :-

Mr. Ujjal Ray - Manager - HR & Allotment - Mumbai office.

Mr. Tejas Rahate - Executive - Accounts - Mumbai office.

Mr. Hitendra Desai - Junior Asst Manager - Accounts - Mumbai office.

Mr. Lawrence Mariyappanoor - Jr. Co-ordinator - Training - Mumbai office.

MARITIME INDOOR SPORTS LEAUGE 2023 EVENT

The Maritime Indoor Sports League 2023 (MISL) was the event organized by Team 'Offing' at Renaissance Federation Club, Andheri on 11th February. It was a grand sports competition in which some of the MOLMI Employees participated for a day of fun & competition. The event featured a diverse range of sports and activities, including swimming, carrom, chess, darts, and a personality contest. It provided an excellent opportunity for employees to showcase their talents.



Darts - Mr. Sanket Kadam
Sr. Executive - Operations



Swimming - Mr. Swapnil Ghadge
Executive - Allotments



Table Tennis -Mr. Rohan Rane
Jr. Co-ordinator - Travel



Carrom - Mr. Nitesh Salunkhe
Jr. Co-ordinator - Ship Vetting &
Inspection Group, MOLMI



Carrom -Mr. Ritish Zunjarrao
Jr. Executive - Operations



Carrom- Ms. Prachi Gaikwad
Jr. Executive - Accounts



Mr. Shanmukh Suvarna - Jr. Executive - Operations
winning 1st runner up in Personality Contest

17th SEASON OF SAILOR CRICKET

MOLMI staff Participants 17th season of Sailor Cricket Cup 2023 Mumbai on Sat 28th & Sun 29th January 2023 at Maritime Training Institutes (SCI)



Top - L to R: Mr. Swapnil Ghadge, Mr. Suraj Yadav, Mr. Yuvraj Sarambale, Capt. Albe Zachariah, Mr. Satish Kumar Singh, Mr. Prasad Magam, Mr. Rahul Gaikwad, Mr. Subhash Chorge, Mr. Ravindra Sharma, Mr. Rohan Rane, Mr. Aashish Masurkar,
Bottom - L to R: Mr. Sanket Kadam, Mr. Qamar Abbas Shaikh, Mr. Suraj Kannan, Mr. Lawrence Mariyappanoor.

AWARDS

Maj. Rizu Rawat recipient of "Governor's Commendation" Award

Maj. Rizu Rawat, Capt. Harish Singh Bisht's better half received "Governor's Commendation" award on 4th Feb 2023 at Lucknow (U.P.) from Her Excellency Smt. Anandiben Patel, the Governor of U.P. for her exemplary and commendable performance while discharging her duties in utmost meaningful, conscientious and efficient manner. Her immense

contribution towards enhancing the image of 'National Cadet Corps', is an example to others, which is praiseworthy. Her Excellency Smt. Anandiben Patel, The Governor, U.P. is extremely proud of the selfless service, dedication to service and devotion to duty rendered by Maj Rawat.

Maj Rizu Rawat also had the distinction of being commended twice by the Defence Secretary in 2011 and 2019.



MOLMI EVENTS

MOLMI Family celebrates birthday every month

JANUARY 2023



L to R: Mr. Satish Kumar Singh, Capt. Tapan Kumar Panda & Mr. Ankush Parti.

FEBRUARY 2023



L to R: Mr. Ritish Zunjarrao, Mr. Nitesh Salunkhe, Capt. Ajay Kumar, Ms. Pooja More, Capt. Nitin Divekar.

MARCH 2023



L to R: Mr. Uttam Dongrikar, Mr. Aashish Masurkar, Capt. Umakant Garg, Capt. Parag Gangurde, Mr. Viraf Randeria, Ms. Prachi Gaikwad & Mr. Hardik Darji.

APRIL 2023



L to R: Mr. Rahul Gaikwad, Mr. Nilesh Shinde, Ms. Rashmi Gandhi, Capt. Jitender Singh Kanwar, Capt. Albe Zachariah, Mr. Avinash Josyula, Mr. Shailesh Karpe.

MAY 2023



L to R: Mr. Kalpesh Pawar, Mr. Suraj Kannan, Ms. Manasi Tatkare, Ms. Snehal Pujare, Mr. Prasad Magam, Mr. Vasudev Palav.

VESSEL'S CORNER

SHIP MODEL MADE ONBOARD BY ABSM NEERAJ JAGJIVAN TANDEL



Gail Bhuwan recently celebrated the ship's 2nd Anniversary on 10th February 2023, with a special gift from one of our own crew members. ABSM Neeraj Jagjivan Tandel with the assistance by A1AEN Prasoon Trivedi and OLR1 Ram Ashish Shivprasad in building the ship model replica of Gail Bhuwan. The wooden model of the ship, which was made from scratch by ABSM Neeraj Jagjivan Tandel, is a testimony to the hard work, patience and perseverance that he invested in its lively creation.



What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

Why is mental health important?

- Mental health is important because it can help you to:
- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential



How can I improve my mental health?

There are many different things you can do to improve your mental health, including:

Staying Positive. It's important to try to have a positive outlook; some ways to do that include

- Finding balance between positive and negative emotions. Staying positive doesn't mean that you never feel negative emotions, such as sadness or anger. You need to feel them so that you can move through difficult situations. They can help you to respond to a problem. But you don't want those emotions to take over. For example, it's not helpful to keep thinking about bad things that happened in the past or worry too much about the future.
- Trying to hold on to the positive emotions when you have them
- Taking a break from negative information. Know when to stop watching or reading the news. Use social media to reach out for support and feel connected to others but be careful. Don't fall for rumors, get into arguments, or negatively compare your life to others.

Practicing Gratitude, which means being thankful for the good things in your life. It's helpful to do this every day, either by thinking about what you are grateful for or writing it down in a journal. These can be big things, such as the support you have from loved ones, or little things, such as enjoying a nice meal. It's important to allow yourself a moment to enjoy that you had the positive experience. Practicing gratitude can help you to see your life differently. For example, when you are stressed, you may not notice that there are also moments when you have some positive emotions. Gratitude can help you to recognize them.

Taking care of your physical health, since your physical and mental health are connected. Some ways to take care of your physical health include

- **Being physically active.** Exercise can reduce feelings of stress and depression and improve your mood.
- **Getting enough sleep.** Sleep affects your mood. If you don't get a good sleep, you may become more easily annoyed and angry. Over the long term, a lack of quality sleep can make you more likely to become depressed. So it's important to make sure that you have a regular sleep schedule and get enough quality sleep every night.
- **Healthy eating.** Good nutrition will help you feel better physically but could also improve your mood and decrease anxiety and stress. Also, not having enough of certain nutrients may contribute to some mental illnesses. For example, there may be a link between low levels of vitamin B12 and depression. Eating a well-balanced diet can help you to get enough of the nutrients you need.
- **Connecting with others.** Humans are social creatures, and it's important to have strong, healthy relationships with others. Having good social support may help protect you against the harms of stress. It is also good to have different types of connections. Besides connecting with family and friends, you could find ways to get involved with your community or neighborhood. For example, you could volunteer for a local organization or join a group that is focused on a hobby you enjoy.

MEDIFACTS

Developing a sense of meaning and purpose in life. This could be through your job, volunteering, learning new skills, or exploring your spirituality.

Developing coping skills, which are methods you use to deal with stressful situations. They may help you face a problem, take action, be flexible, and not easily give up in solving it.

Meditation, which is a mind and body practice where you learn to focus your attention and awareness. There are many types, including mindfulness meditation and transcendental meditation. Meditation usually involves

- A quiet location with as few distractions as possible
- A specific, comfortable posture. This could be sitting, lying down, walking, or another position.
- A focus of attention, such as a specially chosen word or set of words, an object, or your breathing
- An open attitude, where you try to let distractions come and go naturally without judging them

Relaxation techniques are practices you do to produce your body's natural relaxation response. This slows down your breathing, lowers your blood pressure, and reduces muscle tension and stress. Types of relaxation techniques include

- Progressive relaxation, where you tighten and relax different muscle groups, sometimes while using mental imagery or breathing exercises
- Guided imagery, where you learn to focus on positive images in your mind, to help you feel more relaxed and focused
- Deep breathing exercises, which involve focusing on taking slow, deep, even breaths.

This information is not intended to replace the advice of a doctor. Healthwise disclaims any liability for the decisions you make based on this information.

Article Link: <https://medlineplus.gov/howtoimprovementalhealth.html>

OBITUARY

We regret to announce the sad demise of:

WIFE OF CAPT. MAHESH CHANDRASEKHAR

FATHER OF CENG RANGAN SENGUPTA

FATHER OF CAPT. HARMINDER SINGH HOOGHAN

FATHER OF 1AEN RITESH PATESARIA

FATHER OF MR. PUSPIT CHAKRABORTY (Fleet Personnel Officer - Kolkata)

FATHER OF MR. SACHIN KUMAR DESAI (Fleet Personnel Officer - Kolkata)

NEW JOINERS TO OUR POOL

Welcome To MOLMI Family

NAME	RANK	POOL
DEEPAK KALIDAS	MSTR	MOLSHIPS
SINGH ANKUR	TUID	MOLSHIPS
JOSHI DHEERAJ	TUID	MOLSHIPS
SIJARIA VEDANT	TUID	MOLSHIPS
PEÑA RODRIGUEZ SANTIAGO AUGUSTO	TUID	MOLSHIPS
ARANGO MELARA HECTOR JOSE	TUID	MOLSHIPS
ANAND ARYAN	TUID	MOLSHIPS
RANA RISHAV	TUID	MOLSHIPS
SOOD ADITYA	TUID	MOLSHIPS
KUMAR HARSH	TUID	MOLSHIPS
KHAN MD MEHRAB HOSSAIN	TUID	MOLSHIPS
JOEL JOHN	DCAD	MOLSHIPS
DHASHANAMOORTHY VETRI	CENG	MOLSHIPS
SUBBARAYAN KARTHICK	1AEN	MOLSHIPS
GARCIA GAITAN EDUARDO ALEXIS	TUIE	MOLSHIPS
SOSA GOMEZ REYNALDO ALBERTO	AEEC	MOLSHIPS
GAUTAM PRIYANSHU	TUIE	MOLSHIPS
PARASHAR ANIKET	TUIE	MOLSHIPS
SHARMA DHRUV	TUIE	MOLSHIPS
TAMMINAINA YAGNESH	TUIE	MOLSHIPS
RAY SUDEEP	TUIE	MOLSHIPS
MUKHERJEE ABIR	AEEC	MOLSHIPS
PRAKASH MENON THEJUS	TUIE	MOLSHIPS
THARAYIL MONI CHARLES	TUIE	MOLSHIPS
PAULSON AARON	TUIE	MOLSHIPS
DIVYANSH	TUIE	MOLSHIPS
SHUKLA AMAN	TUIE	MOLSHIPS
KUMAR PRATIK	AEEC	MOLSHIPS
TRIPATHI DIWAKAR	TUIE	MOLSHIPS
CHADHA RAGHAV	TUIE	MOLSHIPS
PODDAR AAYUSH	AEEC	MOLSHIPS
MULIK SWAPNIL GUNAJI	TUIE	MOLSHIPS
JAIN AMAN	AEEC	MOLSHIPS
CHOUDHARY UDIT SHANKER	AEEC	MOLSHIPS
KUMAR NIKHIL	AEEC	MOLSHIPS
THAKUR CHANCHAL SIDHANT	TUIE	MOLSHIPS
DENSON SUJETHA STARY JAISON TAITLER	ELTOF	MOLSHIPS
GODAMBE MANDAR SHYAM	ABSM	MOLSHIPS
DIAS ALVITO JOAQUIM	MSMN	MOLSHIPS
TANDEL BENIGAL GANPATBHAI	OSMN	MOLSHIPJ
TANDEL KEVALKUMAR NAVNEETBHAI	DKTR	MOLSHIPJ
TANDEL VINAYKUMAR GANPATBHAI	ENGTR	MOLSHIPJ
COSTA JAYSON	MSMN	MOLSHIPJ
JASPREET SINGH	3OFF	MOLLNGA(SIN)
GAIKWAD SARTHAK PRAMOD	DCAD	MOLLNGA(SIN)
HARSHIT KUMAR	DCAD	MOLLNGA(SIN)
GURAV VAIBHAV SATISH	A1AEN	MOLLNGA(SIN)
GOLAM MAHIUDDIN	MSMN	MOLLNGA(SIN)

NAME	RANK	POOL
HIVRALE SUSHIL SHIVCHARAN	COFF	MOLLNGE
BANDEKAR MAYOOR	COFF	MOLLNGE
BIRJE VINAYAK	ACOF	MOLLNGE
DIXIT SIDDHARTH	2OFF	MOLLNGE
KUMAR YOGESH	DCAD	MOLLNGE
MUHAMMAD ZAKIYUDDIN BIN ZAINUDDIN	CENG	MOLLNGE
MEOR AHMAD MUSLIHUDDIN	1AEN	MOLLNGE
SINGH HARBHAJAN	1AEN	MOLLNGE
AHMAD ASRAF BIN MOHD BEE	1AEN	MOLLNGE
SIDHU PRATEEK PAL	3AEN	MOLLNGE
MADHUSOODANAN MENON GOKUL	AEEC	MOLLNGE
WARIAH GURBINDER SINGH	ELTOF	MOLLNGE
CHANDEL ANIL KUMAR	ELTOF	MOLLNGE
CHALICHAN MANUEL DOMINIC DIXON	BOSN	MOLLNGE
ROSHAN LAL	ABSM	MOLLNGE
JAIWAL LALBAHADUR BABUNANDAN	ABSM	MOLLNGE
RAO FAISAL	OSMN	MOLLNGE
VARMA AKSHAY RAMESH	OSMN	MOLLNGE
AFGAN AHMAD	OLR1	MOLLNGE
PORUTHUR JOSE BYJU	OLR1	MOLLNGE
CLEMENTE SEBASTIAO	CHCK	MOLLNGE
GAYEN CHANDI	2COK	MOLLNGE
SONI PRAMOD KUMAR DEVANAND	2COK	MOLLNGE
BHOPALE PRAJWAL BHIMRAO	MSMN	MOLLNGE
GUNTU APPANNA	MSMN	MOLLNGE
MANIKAM MAHESH RAMCHANDRA	MSMN	MOLLNGE
ROBERT THOMMAI NISHANTH ABIYOOOTH	MSMN	MOLLNGE
PRAMOD KUMAR	CENG	MOLLNGE
BHAU PRASHANT SINGH	3OFF	OSMC
PUTHIYA PURAYIL VISHNU VIJAY	APENG	OSMC
MURDESHWAR AMOGH RAJENDRA	APENG	OSMC
PALLIPARAMBIL JOHN DENSON PETER	ABSM	OSMC
GANDHI MAYURESH NATH	OSMN	OSMC
RUTTALA SAI KUMAR	OSMN	OSMC
CHAUHAN CHANDRAKESH	OSMN	OSMC
KANHIRAM NILKUNNATHIL OMMEN MATHEW	OILR	OSMC
MANJOT SINGH	OILR	OSMC
TANDEL VIMALKUMAR JANARDANBHAI	WIPR	OSMC
RANA RAJIV KUMAR	MSTR	NISM
TIWARI ROHAN PRADEEP	MSTR	NISM
RAWAT ALOK	MSTR	NISM
PAWAR KAPIL	COFF	NISM
SATINDER SINGH	COFF	NISM
SINHA RAJIV KUMAR	COFF	NISM
YADAV PRAVEEN KUMAR	2OFF	NISM
SINGH PANKAJ	2OFF	NISM
JETHVA NARESH MANSUKHBHAI	2OFF	NISM
SANDHU NAVDEEP	3OFF	NISM

NEW JOINERS TO OUR POOL

Welcome To MOLMI Family

NAME	RANK	POOL
GUMBER HARVINDER	3OFF	NISM
PAUL SOURAV	3OFF	NISM
PANWAR UTSAV	JOFF	NISM
MISHRA AJEET	JOFF	NISM
ROY ROHAN	DCAD	NISM
KUMAR DEEPAK	DCAD	NISM
ANAND ATUL	DCAD	NISM
JAGDISH NAVANEETH KRISHNA	DCAD	NISM
GUPTA VIKRANT JAWAHARLAL	CENG	NISM
PANDA SMRUTI RANJAN	CENG	NISM
GOLE MAHESH MANOHAR	CENG	NISM
DESHPANDE ABHAY ANANT	1AEN	NISM
NAMBURI RAKESH SHARMA	1AEN	NISM
CHOUBEY DAYA SHANKAR	1AEN	NISM
SINGH PRASANTA KUMAR	GENG	NISM
SINGH RATHOR SURENDAR	2AEN	NISM
SHARMA KUNAL	2AEN	NISM
SOOD AKSHAY DEEPAK	2AEN	NISM
HONAVARKAR GOVIND	2AEN	NISM
JOREEGALA KIRAN MOULI	2AEN	NISM
PATEL RAJA	3AEN	NISM
ROY AKSHAY	3AEN	NISM
JAIWAR VIJAY LAXIMINARAYAN	3AEN	NISM
KUMAR DHANANJAY	3AEN	NISM
BASKAR JAGAN VIGNESH	AEEC	NISM
BHAYANA RITIK	AEEC	NISM
VALVAIKAR VISHANT VINAY	AEEC	NISM
CHAUHAN VISHAL JEETENDRA	AEEC	NISM
KHANKA RAKESH	ELTOF	NISM
YENUGONDLA VINOD KUMAR	ELTOF	NISM
SIDDHARTH	ABSM	NISM
RAMMILAN	ABSM	NISM
ERANKANDY PRADEEP KUMAR	ABSM	NISM
MOHAMMAD ALI	ABSM	NISM
MANMOHAN SINGH	ABSM	NISM
SHINGAN VIJAY BABAN	ABSM	NISM
SHAHABUDDIN	ABSM	NISM
RAJENDRAN VINOD	ABSM	NISM
KHANDAGALE RAVI KANIFNATH	ABSM	NISM
DADWAL VIKAS	ABSM	NISM
THEKKETHALAPARAMBIL DILJITH	ABSM	NISM
SUKUMARAN ARUN	ABSM	NISM
JOSEPH FERNANDO VENIS	ABSM	NISM
GUPTA RAVINDRAKUMAR RAMSHIROMANI	FITR	NISM
PLACKAL AJAYKUMAR AMALJITH	OSMN	NISM
MONDAL SURANJIT	OSMN	NISM
VARKEY KURUVILLA ROBIN	OSMN	NISM
MERTIYA DEEPENDER SINGH	OSMN	NISM

NAME	RANK	POOL
MISHRA VISHAL DEONATH	OSMN	NISM
NISHCHINT SINGH	OSMN	NISM
MATHIYAZHAKAN JAYARAM	OSMN	NISM
JAIWAL RAHUL KUMAR	OILR	NISM
GUPTA SUNIL KUMAR	OILR	NISM
SINGH GURJEET	OILR	NISM
DHARMENDER	OILR	NISM
KUMAR SONU	OILR	NISM
SINGH MAHENDER	OILR	NISM
JAI GOPAL	OILR	NISM
KUMAR SACHIN	OILR	NISM
KUMAR PANKAJ	OILR	NISM
SINGH PARMESHWAR	OILR	NISM
PANDEY ASHOK KUMAR	CHCK	NISM
ANSARI MOHD SAKIB	CHCK	NISM
BENIYA SHANMUKHA RAO	MSMN	NISM
INGOLE RUSHIKESH MADHUKAR	MSMN	NISM
JAGDALE RAVINDRA ARJUN	MSMN	NISM

RECENT PROMOTIONS TO OUR POOL

Your Growth is Our Growth

NAME	RANK	POOL
PATIL PRAKASH PAYAGOUNDA	MSTR	MOLSHIPS
KAMALSHA ZEESHAN	COFF	MOLSHIPS
KUMAR JYOTI	COFF	MOLSHIPS
ARUMUGAM CHERMARAJA	COFF	MOLSHIPS
KUTE DEEPAK SANJAY	2OFF	MOLSHIPS
ANSON JOSEPH SIMMONS	2OFF	MOLSHIPS
PALANI SARATH KUMAR	2OFF	MOLSHIPS
TIWARI DEEPAK	2OFF	MOLSHIPS
DEB SUDIPTA	3OFF	MOLSHIPS
SHAIKH ASIF UDDIN	3OFF	MOLSHIPS
GHAWTE ZOHEB MUNAF	3OFF	MOLSHIPS
JITENDERPAL SINGH	3OFF	MOLSHIPS
CHASKAR AKASH	CENG	MOLSHIPS
KHORJUVEKAR VIJAY ANANT	CENG	MOLSHIPS
TARUN RANJAN	1AEN	MOLSHIPS
PAWAR TUSHAR SHRIRANG	1AEN	MOLSHIPS
ABHINAV PATHAK	2AEN	MOLSHIPS
SHETTY SUJITH SUDHAKARA	2AEN	MOLSHIPS
TIWARI PRATIK KAMLESH	2AEN	MOLSHIPS
SUNIL LAL SINDHU GOKUL	2AEN	MOLSHIPS
MULLA SALMAN DILAWAR	2AEN	MOLSHIPS
PRAVEEN ASHWIN	3AEN	MOLSHIPS
TOBARE RANJEET SURESH	3AEN	MOLSHIPS
KANSRA LAKSHAY	3AEN	MOLSHIPS
SINGH SHISHUPAL	3AEN	MOLSHIPS
SHUKLA SHIVAM	3AEN	MOLSHIPS
SINGH ARPIT	3AEN	MOLSHIPS
JUWLEY PARVEZ ABDUL GANI	BOSN	MOLSHIPS
ANSARI ABUZARR MOHD ATHAR	ABSM	MOLSHIPS
TANDEL KENILKUMAR ARVINDBHAI	OSMN	MOLSHIPS
VENKATESAN SEENUHARAN	OSMN	MOLSHIPS
TANDEL JASH JAGDISHBHAJ	OSMN	MOLSHIPS
MORKER JENISHKUMAR HITESHKUMAR	OILR	MOLSHIPS
JOSEPH BOSCO	WIPR	MOLSHIPS
KUMAR NIKHIL	COFF	MOLSHIPJ
SURVE AMIN ABDUL KAIUM	COFF	MOLSHIPJ

NAME	RANK	POOL
DURAISAMY ARAVIND	COFF	MOLSHIPJ
SHARMA VINAY KUMAR	1AEN	MOLSHIPJ
ISAAC RODRIGO AGNEL RAJA	BOSN	MOLSHIPJ
KADAM PRITESH PRADIP	ABSM	MOLSHIPJ
JAISWAL PRIYANSHU	OSMN	MOLSHIPJ
TANDEL BENIGAL GANPATBHAI	OSMN	MOLSHIPJ
RAJENDRAN RAHUL	OILR	MOLSHIPJ
TANDEL PAVAN BHARATKUMAR	WIPR	MOLSHIPJ
RAI ALOK	MSTR	MOLLNGA(SIN)
BAGHDADI SAFAR MUZAFFAR	MSTR	MOLLNGA(SIN)
DAVE AMAN	2OFF	MOLLNGA(SIN)
SINGH RAGHVENDRA	3OFF	MOLLNGA(SIN)
DADARKAR MATIN SHAHID	ABSM	MOLLNGA(SIN)
JEETESH KUMAR	MSTR	MOLLNGE
MITTAL SHUBHAM	3OFF	MOLLNGE
KHATRI ADIL ARIF	3OFF	MOLLNGE
VARGHESE TOJO THOMAS	3OFF	MOLLNGE
MURALI DEEPAK KRISHNAN	1AEN	MOLLNGE
KUMAR RAHUL	2AEN	MOLLNGE
SINGH GURSEWAK	3AEN	MOLLNGE
GHATAGE JOHAN NANDKUMAR	3AEN	MOLLNGE
APHASAR ALI	OILR	MOLLNGE
KUMAR SUBODH	COFF	MOLLNGJ
GHADGE SANTOSH HANAMANT	3OFF	MOLLNGJ
TOPICHAND MOHAMMEDSOHEL	3OFF	MOLLNGJ
MOHAMMEDSALIM	3OFF	MOLLNGJ
BAMANIA MORVIN HARISHKUMAR	2OFF	OSMC
ANTONY AJAI	2OFF	OSMC
KUNNUMMAL SANJU DAS	CENG	OSMC
MANIKANNAN MANIBHARATHI	3AEN	OSMC
MATHIYARASU NARENDRA NIRANJAN	3AEN	OSMC
NIKSON ALEXANDER	BOSN	OSMC
GUPTA AMIT KUMAR	ABSM	OSMC
MOHITE MAHESH SHIVAJI	ABSM	OSMC
REWAR SITARAM	ABSM	OSMC
KIZHAKKE VEETIL SREERAG	CHCK	OSMC



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