

Hello **MOLMI**

VOL NO. 57

JUNE 2025

MOLMI'S QUARTERLY IN-HOUSE MAGAZINE FOR SEAFARERS AND MOLMI STAFF

Presenting
**MOLMI's
1st Female Seafarer**
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ICONS OF INSPIRATION

**International Day
for Women -
GMRD**

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**Marathoner
on a
Mission**

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Managing Director's Desk

Mr. Satish Kumar Singh



Icons of Inspiration – Powering Our Journey Together

Dear Members of the MOLMI Family,
This quarter, we come together to celebrate not just progress—but people. With great pride and admiration, I welcome you to this latest edition of Hello MOLMI, where our theme “**Icons of Inspiration**” takes centre stage.

At sea and ashore, our journey continues to gather momentum. We marked a significant milestone with the delivery of two cutting-edge IGF-compliant LNG fuelled bulk carriers (Ruri Ocean & Ruri care), proudly manned by MOLMI seafarers. These vessels stand as a testament to our readiness for the future of clean energy shipping. In parallel, the successful takeover of two VLGC (Green Sachi & Green Sanvi) by our seafarers reflects our consistent commitment to operational excellence and safety—a proud continuation of the dynamic vessel onboarding pace witnessed last quarter.

While steel and sea shape our work, it is people who bring soul to it. This edition brings special focus to **Ms. Aarti Jain**, MOLMI's first female seafarer, whose journey opens new chapters of courage and possibility. Alongside her, **Ms. Apurva Deshpande**, another shining star, shares her thoughts as a woman navigating the vast oceans with grit and grace. Their voices are more than stories—they are signals of the winds of change. We also spotlight the International Day for Women in Maritime, commemorated on May 18th, through twin celebrations: a powerful event spearheaded by the Directorate General of Shipping in Mumbai, and a global virtual event by MOL's Global Maritime Resource Division, Tokyo that connected female seafarers across the world. Both platforms echoed a common message – that talent knows no

gender, and the tide of inclusion is irreversible.

Among the many who inspire us, we salute one of our senior safety inspectors **Mr. Sandeep Kak**, whose journey from ship audits to the running marathons in extreme terrains—including a frozen lake at record altitude—is nothing short of phenomenal. His story reminds us that excellence knows no boundaries, whether on ship or on land.

This issue also features a valuable piece from our Marine HR desk—a practical guide on seafarer insurance, ensuring our crew and their families are better informed and protected.

On the home front, the spirit of achievement thrives. Our MOLMI Safety Inspector **Mr. Peter D'souza** medal-winning performance in swimming and chess at the Khelo Masters district games in Mumbai, and the national-level success of our Safety inspector Mr. Ankush Parti's daughter **Ms. Vanshika Parti** at Khelo India Swimming Championships, fill us with collective joy and pride.

This quarter also marked the retirement of our respected safety inspector, **Mr. Rohinton Wadia**, after a long and dedicated association with MOLMI. In his heartfelt farewell article, he described MOLMI as “a place where professionalism and genuine human connection go hand in hand.” His words beautifully capture the spirit we strive to uphold—and they remind us of the deep bonds that make our workplace more than just a company. It is a delight to see paintings of our Mumbai team member **Ms. Nikita Khanvilkar**, a digital artwork of **Ms. Akshaya Krishna** & Our Delhi team member Mr. Ratish Jha's daughter **Ms. Sanskriti Jha**. We look forward for contribution of your art for “Hello MOLMI” from Office staff, Seafarers & family members.

Through these stories and expressions, we hope this magazine continues to reflect not just the work we do, but the values we live by—resilience, unity, and the power of individuals to make a difference. Let us celebrate these icons not just for their accomplishments, but for inspiring us all to push boundaries and dream bigger.

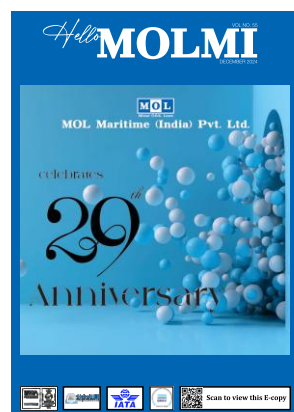
To all our readers—our seafarers, their families, and our office teams—thank you for adding your own color to the vibrant canvas of MOLMI. May this edition lift your spirit and deepen your pride in being part of our journey.

Warm regards,
Satish Singh
Managing Director
MOL Maritime (India) Pvt. Ltd.



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Find the earlier volumes of Hello MOLMI on
our website: molmi.info



MOL Maritime (India) Pvt. Ltd.

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International Day for Women - GMRD

As part of an event held by MOL, Global Maritime Resources Div. (GMRD) planned a Teams meet up on May 16 targeting women cadets and women seafarers across manning companies, ship managers and related divisions of MOLHQ as part of International Day for Women.

This day celebrates women in the industry, retention and sustained employment of women in the maritime sector and raise the profile of women in maritime, strengthening IMO's commitment to the United Nations Sustainable Development Goal 5 (gender equality) and support work to address the current gender imbalance in maritime sector. In 2025, the theme for the Day is "An Ocean of Opportunities for Women", which celebrates the emerging prospects and transformative leadership roles women can assume in reshaping a traditionally male-dominated industry. Women cadets from MOLMI had taken part in the event including 6 women cadets from Tolani Maritime University and 3 women cadets from Ganpat University.

As for MOLMI's first woman seafarer

Ms. Aarathi Jain, 4th Officer – LPG fleet said, empowerment for women in the maritime industry—both onboard and ashore—means creating an environment where women are respected, supported, and given equal opportunities to grow and lead.

In real terms, that looks like:

- Equal Access to Training and Career Advancement
- A Safe and Inclusive Workplace
- Work-Life Balance Consideration
- Supportive Leadership and Mentorship
- Visible Role Models
- Equal pay & Recognition



International Day for Women in Maritime Celebrated at Mumbai - 18 May 2025

The International Day for Women in Maritime was commemorated on **18th May 2025** with the event organized by Marex Media. Held in Mumbai, the gathering brought together professionals from across the maritime industry to recognize and celebrate the contributions of women in a traditionally male-dominated field.

The event served as a platform to spotlight the achievements of women in various maritime roles, from seafarers and technical officers to marine HR professionals and industry leaders. Through keynote addresses, expert panels, and interactive sessions, speakers addressed the importance of gender equity, mentorship, and safety in maritime careers.

Key themes discussed included:

- o Increasing representation of women in operational and technical maritime roles
- o Fostering inclusive and respectful workplace environments at sea and ashore
- o Addressing challenges related to mental health, harassment, and work-life balance

- o Supporting mentorship, leadership development, and skill-building initiatives

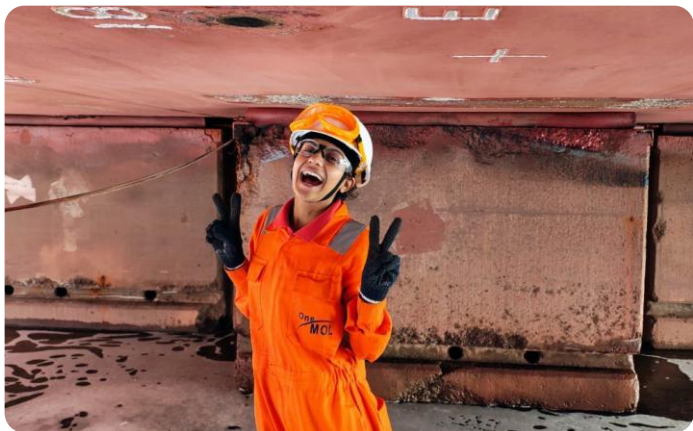
The event was marked by inspiring stories, shared experiences, and strong calls for collective action to ensure that women are not only present but also thriving in all areas of the maritime sector.

As the industry continues to evolve, such forums underscore the need for systemic change and collaboration to build a more equitable future. The event concluded with a renewed commitment to champion diversity, break barriers, and create opportunities for the next generation of women in maritime.



Presenting MOLMI's 1st Female Seafarer

*An interview with
Ms. Aarti Jain*



What made you choose a career in maritime?

I've always been drawn to the ocean—its vastness, its power, and the opportunities it holds. What inspired me to choose a path in maritime was a combination of love for the sea, a desire for hands-on, real-world experiences, and the global nature of the industry.

What were your initial thoughts and feelings about being at sea for the first time?

“Thinking & Feeling” in the initial phase of my career was never a question in my routine as I was so keen in learning and adapting to the new experiences that I barely remember how I completed my first tenure of 10 months onboard.

“There's always a sense of proving that women are no less than men in maritime industry even if you have a supporting crew”

How did you feel about the balance between work and personal time onboard?

As I freshly joined as an officer for the first time, work for me was utmost priority or you can say I was more cautious and sincere during the initial phases. Over the time when I got used to my work and responsibilities I took out time and set a schedule which included yoga, playing table tennis with other crew mates, watching movies or series and sometimes playing Ps5.

How was the experience with the Officers and crewmates on board?

Sailing with different officers gave me different ways of looking at things which only improved my skills. Surely it is difficult to adapt to different ways of work but can be taken as a new challenge in life.

What advice would you give to other women considering a career at sea?

Well, if you can tone yourself in any condition and are bold enough to make your own move in difficult situations you are already halfway there. Rest just needs practice and patience. Success never comes easy, if you are up for some thrill you will surely get it, the Success!

Are there any specific areas of maritime work that particularly interest you?

I am very active during cargo operations, by active meaning very keen and indulged which thrives me to complete my duties safely and gives me a break from my Nav Duties. Though I love navigation, using my brain for calculations gives me brain exercise.

What is the most exciting or interesting thing you saw or experienced on this voyage?

Spotting moonbow and bio luminescence during night watch are the most exciting or interesting thing I saw or experienced on this voyage.

Did you feel that your gender has impacted your role or responsibilities on board?

There's always a sense of proving that women are no less than men in maritime industry even if you have a supporting crew. Being the first female of MOLMI was a proud moment, however it came with a responsibility to set an example for others and not let anyone down.



Marathoner on a Mission

Mr. Sandeep Kak's Incredible feat Across Desert Sands & Frozen Heights



Not all heroes wear capes—some wear running shoes and carry a deep sense of discipline, passion, and purpose.

One such individual is Mr. Sandeep Kak, Sr. Manager - Ship Inspector, Safety Assurance Unit, Mumbai, who joined MOLMI in 2005 and has been with our office for more than 19 years. We are honored to congratulate him on his well-deserved recognition of dedication and an incredible milestone. He recently etched his name into the hearts of many by completing three remarkable marathons in three extreme conditions—all within a span of just three months—while simultaneously managing a demanding global work schedule.

His journey began in December with the 50 km Ultra Marathon 'Border Ultra' in the scorching deserts of Rajasthan. Battling blazing temperatures and rugged terrain, Mr. Sandeep pushed his limits to conquer this endurance challenge with sheer grit and determination. Just one month later, in January, he crossed the finish line of the prestigious Tata Mumbai Marathon, completing the 42km full marathon amidst the energy and vibrance of one of India's largest cities.

Then came the pinnacle of his achievement—in February, Mr. Sandeep braved sub-zero temperatures to run a half marathon on the frozen Pangong Lake, located at an altitude of over 13,862 feet. This race, known as *the world's highest frozen lake marathon*, earned a *Guinness World Record*, and rightly so. Running in such rarefied air requires not just physical strength but exceptional mental resilience.



What makes his story even more inspiring is that he achieved all this without taking a break from his professional commitments. As part of his work in the maritime industry, he continued with official travels across various countries for ship inspections, proving that passion and profession need not be at odds. Mr. Sandeep Kak is not just a marathoner—he is a symbol of balance, perseverance, and the unshakable will to pursue one's passion against all odds.



How Does She See the Sea

An interview with Ms. Apurva Deshpande

When did you choose to become a seafarer?

For entire 2 years (class 11th and 12th) I spent my time to research and review about Merchant Navy. With no maritime background, all I had to rely on was Google. After spending countless hours of screen time to gather all the knowledge that I could and extremely supportive parents, I made a decision of being a seafarer.

How do you maintain positive attitude and morale during long voyages?

Work on a ship never stops and every day is different. Although in long voyages, duties are reoccurring which become mundane. My go-to activity to boost my morale is socializing (Fortunately, I benefit from my extrovert personality). I make time for family and friends on a daily basis. I make an effort to connect with the crew members. And most importantly, I make time for myself once a week by doing activities that bring me joy-even if it is as less time consuming as writing down my weekly journal or reading a few pages from a novel, watching my favorite series.

Describe a time when you had to quickly adapt to a change in plans or a challenging situation on board?

I have always sailed on handy sized ships and even slight change in the sea state impacts these ships. In every contract, I face Southwest monsoon in the Arabian Sea where you cannot walk in a straight line, you lose your appetite, some uncontrollably throw up, difficulty in sleeping and while your body is going through all of it, work never stops. Whenever I find myself in this situation, I have to quickly adapt to this change and carry out my duty seamlessly.

If you could invent one piece of technology for life at sea, what would it be?

Mooring of a ship is a life-threatening hazardous operation, if not performed properly. Seafarers are exposed to this potential risk on a daily basis. If I am able to invest time in upgrading technologies for life at sea, I am eager to dedicate my time in learning, studying and helping new reliable technology of vacuum mooring system which minimizes the risks associated with manual mooring operations.

If you oversaw organizing a team building activity on board, what would it be?

Tournaments on Sundays. The better crew gets to know each other off work, the better team work they portray at work. As simple as a cricket match followed by good food and music can highly boost team work onboard.

“Once you have fixated your goal, be a courageous woman who is unstoppable.”

What advice would you give to other women considering a career at sea?

A career at sea is physically as well as mentally quite challenging. I would advise to - Research, research and research- Learn about the industry, know about the life at sea, different roles and responsibilities onboard, connect with seafarers, seek mentorship and get to know the challenges through their experiences. Prepare yourself- Prioritize self-care, prepare physically, mentally and academically for the role. Once you have fixated your goal, be a courageous and determined woman who is unstoppable.

How do you ensure effective communication and teamwork onboard?

For effective communication- being concise always works. I am clear and direct about the message to be conveyed and I confirm understanding from the crew member. For teamwork – Knowing my team does wonders. I make an effort to know crew members and create a safe space where they can communicate effortlessly, ask doubts without hesitation and work with all their heart.



Bon Voyage to Mr. Rohinton Wadia

An interview of Mr. Wadia - Sr. Manager- Safety Assurance Unit, MOLMI Mumbai

Mr. Wadia celebrated his last day in office with a send off ceremony and birthday cake cutting on 04 June 2025.

What aspects of your job did you find most satisfying?

The most satisfying part of my job was seeing real, positive improvements in the ships' condition every time we returned for another inspection. It felt great to witness the progress firsthand. In the beginning, we faced quite a bit of resistance from some crew members, especially from certain nationalities. But over a period of time, as they saw the benefits and the positive feedback, attitudes changed. They began to understand that we weren't just there to find deficiencies and criticize but to help make the ship safer and better. That growing trust and co-operation made our work truly rewarding.

***“MOLMI - a place where
professionalism and genuine
human connection go hand in
hand”***

If your career was a movie, what genre would it be?

It would be a gritty techno-thriller adventure, blending investigative intensity with technical precision. We board vessels inspecting hulls, engines, safety systems under harsh conditions—tight spaces, ticking clocks, looming international regulations (IMO, SOLAS, Marpol, Environmental compliance). We also go through the documentation, and systematically uncover hidden flaws, undocumented repairs, failed safety drills triggering high-stakes interventions. It's a tension-fuelled blend of engineering expertise and forensic inquiry, where every finding could avert disaster or in fact trigger it.

Favorite memory from your time in MOLMI.

Reflecting on my time at MOL Maritime (India) Pvt. Ltd., what shines brightest is the warm sense of belonging and vibrant company spirit.

From day one, interacting with familiar colleagues whether during inspections or everyday office life made me feel part of a tight-knit MOLMI family. It wasn't just about work: when a teammate faced a personal emergency, we rallied together, showing real empathy and unity.

Monthly birthday lunches, and vibrant festival celebrations from Diwali and Holi to Navratri and Christmas in the office, created fun-filled moments. We shared food, smiles, and laughter, all while keeping the productivity high. Daily discussions within our group were equally memorable. Exchanging inspection stories, troubleshooting challenges, and learning from each other's voyages and experiences.

These exchanges not only sharpened our technical skills but also strengthened our bonds. Each year's Seminars and Gala Dinner was a highlight. It brought seafarers, shore staff, and families together for lively workshops, quizzes, and celebrations.

These events reinforced our shared commitment to growth and excellence. These memories, support during tough times, shared learning, and cultural celebrations capture the heart of MOLMI – a place where professionalism and genuine human connection go hand in hand.





If you could have any superpower related to your job, what would it be?

If I could choose a superpower for inspecting shipboard machinery, it would be Real Time Condition Awareness. A power which merges real-time data with AI diagnostics and insight into every machine.

Imagine possessing X-ray precision diagnostics plus thermal and material sensing, allowing instant evaluation of any engine component like cylinders, shafts, bearings without dismantling a thing. You'd detect internal cracks, cavitation pits from coolant flow, misalignments in the crankshaft, and overheating hotspots - key failure culprits in marine engines. With instant material analysis, your touch would reveal metal fatigue from torsional vibrations or cavitation erosion in propeller pumps, common issues that degrade efficiency or cause breakdowns. You'd instantly spot inadequate lubrication or contaminated fuel - frequently cited engines' enemies.

Finally, a time-predictive leap superpower would tell you exactly how long the part can hold before needing repair or replacement, saving downtime and preventing propulsion loss, which can cascade into collisions or emergency stoppage/drift. This combo creates lightning-fast, non-invasive inspections with unmatched accuracy, making ships safer, more reliable, and cutting costly unscheduled repairs. That's the superhero edge every ship inspector would like to see.



What are you most looking forward to in retirement?

What I'm most looking forward to in retirement is spending more time with my family. The greatest sacrifice of my career has been borne by my loved ones. My career's demands meant being away 12–15 days each month missing out on countless moments at home and the unpredictability of ship schedules meant missing birthdays, anniversaries, functions, school play days etc. Yet, my family never once complained. Their unwavering support has been my anchor.

As fellow seafarers know, ship schedules are unpredictable. Planning family events at home often meant sudden changes as per the changes in the ship schedules. Packing up early and travelling a day or two earlier or sometimes delay and leaving a day late. Even when sudden changes threw off our plans, I considered those delays as precious bonus time/bonus days and moments to make new memories with my family. Their understanding and patience made it all worthwhile. My family's unwavering support has been my anchor, and now I'm excited to anchor down with them making up for lost time and cherishing every ordinary day together with them.

A piece of advice.

Embrace to always keep on learning and stay adaptable to the changes happening in your field. In our role as a shipping inspector, technologies, regulations, and best practices evolve constantly. Stay updated on IMO standards and rules and regulations and sharpen both your technical and soft skills - communication, teamwork, crisis response. A proactive curious mind set will not only elevate your performance but also future proof your career in this dynamic maritime field.

Contributions



Lord Ganesh

An intricate and intrinsic painting of Lord Ganesh has been created by Ms. Sanskriti Jha, 16 years, daughter of Mr. Ratish Chandra Jha, Fleet Personnel Officer, MOLMI Delhi office. Analogous color scheme consisting of yellow, green and red has been majorly used in the painting along with black and white.

An array of artistic talent showcased by Ms. Nikita Khanvilkar, Jr. Executive - Accounts, MOLMI Mumbai office. She has hand painted a series of 4 paintings- Ganapati, Bengali Woman, Savitri Bai Phule and Rajasthani Folk' using acrylic paints on paper. The colour scheme chosen is warm with browns, reds and yellows making it earthy and organic. While the foreground focuses on portrait features, the only textures present are for the background.



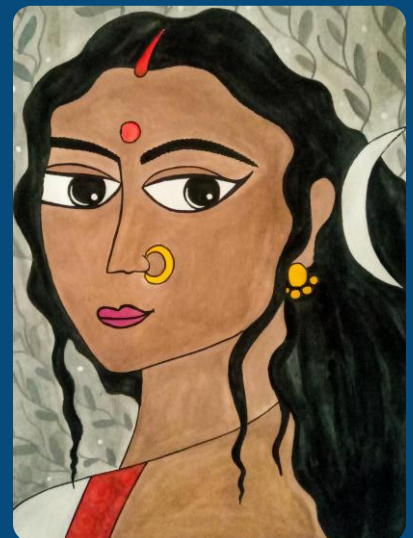
Ganpati



Rajasthani Folk



Savitri Bai Phule



Bengali Woman

Contributions



A miniature model of an MOL Vessel ***Greenergy Pearl***, belonging to the LNG Fleet has been skillfully studied and crafted together by our MOLMI seafarer AB Neeraj Tandel. After the detailed assemblage of all parts of this miniature vessel, the same has been painted and all minor details have been mentioned including the vessel name to resemble the original one!

A digital rendering titled '*Et Tu, Brute?*' created by Ms. Akshaya Krishna, Jr. Web and Media Coordinator, MOLMI Mumbai. The title is a Latin expression translating to 'And you, too, Brutus?' from the play Julius Caesar. While Julius Caesar is represented as a lifeless stone sculpture, the snake is used to symbolize Marcus Brutus, th dear friend who betrayed him. The snake is shown colorful and brings cause even though Caesar is gone, as by the statue that is portrayed.

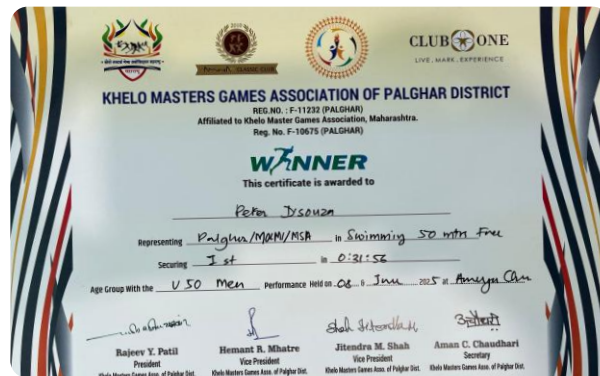


Et Tu, Brute?

Achievements



In a moment of pride and happiness we share that Ms. Vanshika Parti, daughter of Mr. Ankush Parti, Manager - Ship Inspector, Safety Assurance Unit Mumbai represented the state of Maharashtra in Khelo India Youth Games 2025 held in Bodhgaya Bihar. She bagged the 10th rank in Swimming. To many more achievements and success coming her way!



It is an honor that MOLMI was represented in Khelo Masters District level Swimming (Masters events 50 and 100 meters) by Mr. Peter. P. D'souza, Manager- Ship inspector, Safety Assurance Unit Mumbai who won 3 Golds at the event!



The Khelo Masters District level games Association organized the 2025 swimming and chess competitions at Virar, Over 175 participants aged between 6 to 60 Years took part in the swimming competition.

Dignitaries present included Sanjeev Patil (District President), Santosh Bandhu, Jitendra Singh, and Ashok Patil. Winners were honored with medals and certificates.

Birthday Celebrations in MOLMI

Mumbai Office



April 2025

L to R: Mr. Rushikesh Khopatkar, Ms. Pradnya More, Mr. Amaan Kazi,
Ms. Priti Sawant, Ms. Arnaaz Deboo, Ms. Rashmi Gandhi,
Capt. Albe Zachariah & Mr. Nilesh Shinde



May 2025

L to R: Mr. Kalpesh Pawar, Mr. Subhash Chorge,
Mr. Prasad Magam, Mr. Jai Kolge &
Mr. Aditya Bangera



June 2025

L to R: Ms. Nikita Khanvilkar,
Mr. Rajnikant Mhatre, Ms. Pratiksha Nayak &
Ms. Priyanka Chike

Kolkata Office



April 2025

L to R: Mr. Sachin Desai

MOLMI Personnel & Events

New Joinees

Name	Designation	Zone
Ms. Arnaaz Deboo	Jr. Executive - Marine Human Resources & Administration	MUMBAI
Ms. Roshni Lewis	Jr. Executive - Operations	MUMBAI
Mr. Jai Kolge	Jr. Executive - Operations	MUMBAI
Ms. Preethi Grace R D	Jr. Executive - Operations	CHENNAI
Mr. Siddhesh Karnik	Jr. Executive - Operations	MUMBAI
Ms. Anjali Jaiswar	Jr. Executive - Accounts	MUMBAI

Delegate Visit



MOLMI Mumbai management and staff welcomed Capt. Shinsuke Ogura, General Manager, Ship Management Strategy & Supervising Div. Energy and Mr. Chikara Shimokawa, Managing Director, MOL LNG Ship Management Pte. Ltd. on their visit to MOLMI Mumbai office on 23rd April 2025.

Picnic



MOLMI Chennai hosted a fun filled picnic from 28 June to 29 June at MGM Beach Resort, Tamil Nadu for their management, staff and families.

Wedding



A hearty congratulations to Mr. Swapnil Ghadge, Sr. Executive - Allotment, MOLMI Mumbai and Ms. Dipali Mandhare on tying the knot on 30 June 2025 in Navi Mumbai. Wishing you a happy married life!

New Deliveries & Takeover Vessels

MOLMI is expanding its fleet, one vessel at a time. By supporting worldwide economic growth and development, MOLMI has continuously prioritized the safety and security of our seafarers while fostering constant expansion and navigating numerous changes along the way.



VLGC "Yamabuki" has been taken over by "MOL Nippon India Ship Management Pvt. Ltd" and renamed to 'Green Sachi' on 8th April 2025. This vessel is fully manned by MOLMI Seafarers.

4th IGF Dual Fuel vessel and 2nd IGF Dual Fuel BULK Vessel was delivered on 10th Jun 2025. This vessel is fully manned by MOLMI Seafarers.



3rd IGF vessel and the 1st IGF Bulk Carrier of MOLMI was delivered on 16th April 2025. This vessel is fully manned by MOLMI Seafarers.

"Kikyo" has been taken over by "MOL Nippon India Ship Management Pvt. Ltd" and renamed to 'Green Sanvi' on 7th May 2025. This vessel is fully manned by MOLMI Seafarers.



Medifacts

Everyday Super Foods For a Healthier Life



Discover the Power of Indian Kitchen Staples

When we think of "superfoods," we often imagine exotic ingredients or pricey health supplements. But some of the most powerful foods for boosting your health may already be sitting in your kitchen. Traditional Indian staples like turmeric, garlic, ghee, curd, and amla have been celebrated for centuries in Ayurveda for their healing and immune-boosting properties. These everyday superfoods are rich in antioxidants, anti-inflammatory compounds, and essential nutrients offering natural, cost-effective ways to support your overall well-being.

Why Choose Everyday Superfoods?

1. Accessible & Affordable: Found in nearly every Indian home, they don't require special shopping trips or high costs.
2. Nutrient-Dense: Packed with vitamins, minerals, and bioactive compounds.
3. Multi-functional: Offer benefits for digestion, immunity, skin health, and more.

Power-Packed Indian Superfoods to Include Daily

Turmeric (Haldi)

Benefits: Anti-inflammatory, antioxidant, aids in joint health, and boosts immunity.

How to Use: Add a pinch to your curries, dals, or warm milk. A morning Haldi-water shot with black pepper is a great way to start the day.

Garlic (Lahsun)

Benefits: Supports heart health, regulates cholesterol, and has antibacterial properties.

How to Use: Use crushed or sauteed garlic in cooking. For immunity, take a raw clove with warm water in the morning.

Curd (Dahi)

Benefits: Rich in probiotics, supports gut health, digestion, and calcium absorption.

How to Use: Have a small bowl with lunch or use as a base for smoothies, raitas, and kadhi.

Ghee (Clarified Butter)

Benefits: Supports digestion, nourishes tissues, and contains healthy fats and fat-soluble vitamins (A, D, E, K).

How to Use: Use 1–2 tsp while cooking or drizzle over rice/chapati for better digestion.

Amla (Indian Gooseberry)

Benefits: Extremely rich in vitamin C, boosts immunity, improves skin and hair health, and helps detoxify.

How to Use: Consume fresh amla juice, add amla powder in warm water, or eat it raw with a pinch of salt.

DO's & DON'Ts for Using Everyday Superfoods

Do's

- Use small, consistent quantities daily
- Buy high-quality, organic spices
- Pair turmeric with black pepper for better absorption
- Use curd and garlic raw for probiotic/antibacterial benefit

DON'Ts

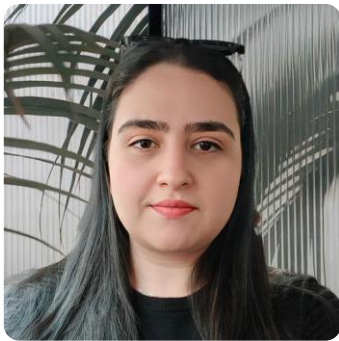
- Don't assume more is better—avoid overusing
- Don't rely on processed supplements unnecessarily
- Don't cook at very high heat with ghee or curd
- Don't consume amla on an empty stomach if you have acidity

“ Make your kitchen your medicine cabinet. Eat well, live well, and thrive - naturally”

You don't need expensive powders or imported supplements to nourish your body. Sometimes, the most powerful health boosters are those passed down through generations, quietly sitting in your spice box or refrigerator. By embracing these everyday Indian superfoods, you're not just fuelling your body, you're honouring a legacy of natural healing.

Seafarer's HR Desk

A Guide to Insurance Coverage for Seafarers



Ms. Arnaaz Deboo,
Marine Human
Resource, MOLMI

Mail ID
arnaaz.deboo@molgroup.com

At MOLMI, safeguarding the well-being of our seafarers and their families, both at sea and on shore. One of the ways we extend this support is through comprehensive insurance coverage. However, to benefit fully, it is essential to understand the structure of these policies, the procedures for enrolment, and the importance of timely action, especially regarding the addition of family members.

Insurance Structure Based on Vessel Type

Our insurance framework is categorized based on the type of vessel a seafarer is assigned to, with two distinct arrangements:

1. Dry Cargo & LNG Vessels

- Broker: J.B. Boda Insurance & Reinsurance Brokers Pvt. Ltd.

- Insurance Provider: TATA AIG

Coverage Highlights:

- Group Mediclaim Policy (GMC): Covers the seafarer, spouse, and up to three dependent children.

- Group Personal Accident (GPA): Covers accidental injury, disability, or death.

- Group Term Life (GTL): Provides life insurance benefits to the nominee in the event of the seafarer's death.

Active Status Clause:

Insurance remains valid only until completion of earned leave.

Claim Process & Guidelines:

- Submit all claim documents together in PDF/JPEG format.

- Avoid sharing files via Google Drive; restricted access leads to delays.

- For OPD and pharmacy claims, ensure original, pre-numbered bills with drug license numbers are provided.

- Use the Entrust app or the TPA portal for claim submission and tracking.

OPD Benefit Awareness: Cashless OPD consultations are available under GMC (subject to conditions). Seafarers are encouraged to explore this facility for preventive care and reduced medical expenses.

2. LPG Vessels

- Broker: Shriisathy Insurance and Financial Services

- Insurance Provider: New India Assurance

Coverage Highlights:

- Group Mediclaim Policy (GMC): Covers the seafarer, spouse, and up to two dependent children.

- Group Personal Accident (GPA): Covers accidental injury, disability, or death.

Leave Period Clause: For LPG seafarers, insurance remains valid for four months from the date of sign-off while on active leave status. Post this period, the seafarer is marked inactive, and insurance coverage is withdrawn.

Claim Process & Guidelines:

- Ensure complete document submission in the correct format.

- Pharmacy bills must include a valid drug license number and be pre-numbered.

If you or your family face issues with claim processing, reach out to us immediately, and we will coordinate with the broker and TPA on your behalf.

Applicable to Insurance for all vessel types

Important: Timely Family Additions

To avoid denial of claims, please adhere strictly to the timelines:

- Newborns: Must be added within 3 months of birth.

- Spouse/Children at Joining: Must be added within 1 month from date of joining.

Late submissions may lead to rejection, as backdated additions are not allowed by the insurers.

Please ensure all supporting documents like birth/marriage certificates, ID proofs, etc. are submitted accurately and on time.

Additional Reminders

- Claims for dependents not added on time will not be honored by the insurer.

- Always double-check name spellings and dates to avoid delays or mismatches.

- Submit nomination forms for GPA and GTL during joining.

- E-cards are issued upon successful enrolment and are essential for hospital admissions and claims.

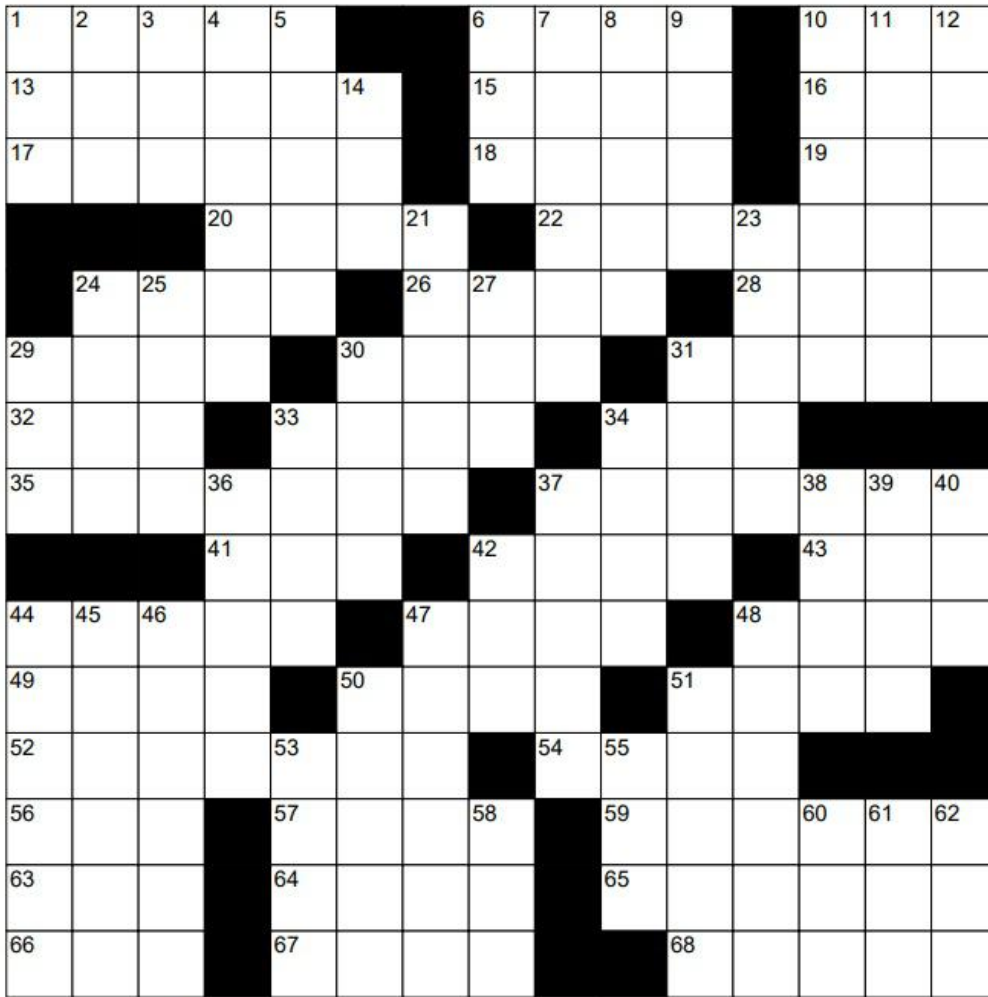
Shared Responsibility, Stronger Protection

While the company and insurance partners are committed to supporting your needs, each seafarer plays a vital role in keeping their coverage active. Being proactive and accurate with documentation ensures your peace of mind and protects your family in times of need.

For any queries and requests, please email us at seafarer.hr@molgroup.com

Let's stay informed, prepared, and protected—together.

Crossword #2



Down

1. Fast plane
2. Bind
3. Entire
4. Color
5. Observe secretly
6. Clock time
7. Robberies
8. Flies
9. Café
10. Informal outdoor meal
11. Spiritual boredom
12. Muscle contraction protein
14. Trinitrotoluene
21. Successors
23. Levels
24. Popular stadium
25. Wail
27. Gorilla
29. Disks
30. Place where one lives
31. Area of public land set aside for relaxation
33. Open area next to a house
34. Center of population larger than a village but smaller than a city
36. Imitating
37. Insertion mark
38. Island
39. Meaning
40. Aspire
42. Skirt edge
44. Beliefs
45. Fly
46. Buyer
47. Group consisting of parents and their children
48. S. American llama
50. Diamond weight unit
51. End
53. Chops
55. Pastor (abbr.)
58. Stretch to make do
60. Heat unit
61. Oodles
62. Before, poetically

Across

1. Remains
6. Post traumatic stress disorder
10. Highest trump in some loo
13. Noiseless
15. Footgear
16. Freezing
17. Tattle
18. Duck
19. Executive
20. Unwilling
22. People closely attached to each other by affection
24. Small retail store
26. Dines
28. Roman eight
29. Food
30. What legs are attached to
31. Pie nut
32. Condensation
33. Past times
34. Summer skin color
35. Bows
37. French Mediterranean island
41. Before (prefix)
42. Hunting bird
43. ____ Lanka
44. Michelangelo's famous statue
47. Plant life
48. Astringent
49. Kitchen appliance
50. It ____ Upon a Midnight Clear....
51. Contract
52. Yarn-dyed cotton cloth
54. Journey, voyage, or excursion
56. Crazy
57. Canal
59. Endue
63. Snacked
64. Stroll
65. Winner
66. Visualize
67. Eye infection
68. Fry

**Once completed, kindly
share the answers to
seafarer.hr@molgroup.com
for prizes**

Sudoku #2

Fill the boxes so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

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

Once completed, kindly
share the answers to
seafarer.hr@molgroup.com
for prizes

Seafarer's Pool - Freshers

01 April 2025 - 30 June 2025

NAME	RANK	MANAGER
SHARATH KRISHNA	ACOF	MOLLNGE
UPADHYAY ABHISHEK	APOF	MOLLNGE
AGGARWAL SOURABH	CENG	MOLLNGE
AGARWAL GAGAN	CENG	MOLLNGE
SINGH PAWANDEEP	1AEN	MOLLNGE
KUMAR RAVI RANJAN	3AEN	MOLLNGE
ANILKUMAR AKHIL	ELC CDT	MOLLNGE
NAIK SAGAR SATISH	ELC CDT	MOLLNGE
GORLI RAMA RAO	OLR1	MOLLNGE
RAJAH A/L RAJANGAM	MSTR	MOLLNGJ
MUHAMMAD AFIQ BIN REZALI	COFF	MOLLNGJ
CHAHAR SAURABH	ACOF	MOLLNGJ
SINGH RAHUL	APOF	MOLLNGJ
ARIFF EFFENDY BIN MUSLIM	CENG	MOLLNGJ
BHATT RUPESH	A1AEN	MOLLNGJ
RAMIAH MAYA PERUMAL	ELTOF	MOLLNGJ
IRFAN NAUSHIR ADIL BIN DAWOOD ABBASI	MSTR	MOLLNGSM
AHMAD BASIR BIN SHAHUL HAMID	COFF	MOLLNGSM
KUMAR VIVEK	COFF	MOLLNGSM
CHAHAL KULWINDER	T1OFF	MOLLNGSM
PAWAR RAHUL BAJIRAO	ACOF	MOLLNGSM
MUHAMMAD HUZAIFAH BIN MOHD SIDEK	ACOF	MOLLNGSM
KAIKINI AMAY	2OFF	MOLLNGSM
DEVKAR ROHIT BAPU	2OFF	MOLLNGSM
ABDUL SAMAD	2OFF	MOLLNGSM
RANA AARYAN	APOF	MOLLNGSM
LO BISHWAJIT	APOF	MOLLNGSM
JUSTAVINO ROJAS LAURA ALEJANDRA	DCAD	MOLLNGSM
LANNI GUERRERO LEAH MARGARET-ANNE	DCAD	MOLLNGSM
WAN AHMAD FAIZAL BIN WAN ZAINAL	CENG	MOLLNGSM
CHARAY A/L CHUI	CENG	MOLLNGSM
MOHAMED BASHEER MOHAMED SITHICK	CENG	MOLLNGSM
DESHMUKH SATISH LAXMANRAO	CENG	MOLLNGSM
SHARMA RAJENDER KUMAR	1AEN	MOLLNGSM
KUMAR VIVEK HARISH	1AEN	MOLLNGSM
LOGARAJ A/L NAGARAJOO	1AEN	MOLLNGSM
MOHD NAZRIN PUTERA BIN JAMHOR	2AEN	MOLLNGSM
DARMENDRAN RATHAKRISHNAN	2AEN	MOLLNGSM
TENGKU MOHD FIRDAUS BIN TENGKU BESAR	2AEN	MOLLNGSM
KANHAIYA	APENG	MOLLNGSM
ABIR BIN CHE AB RAHMAN	3AEN	MOLLNGSM

NAME	RANK	MANAGER
MUHAMMAD ZAIM ZUFAYRI BIN SOLIHIN	3AEN	MOLLNGSM
VALENCIA ANDREA GIVELY	AEEC	MOLLNGSM
VASU VINOTH	ELTOF	MOLLNGSM
KUMAR SUMIT	ELC CDT	MOLLNGSM
KALATHOTTUKARAN LAZAR AUGASTIN	ELC CDT	MOLLNGSM
HUSAIN MOHAMMAD EQBAL	ABSM	MOLLNGSM
PATHAK JAY PRAKASH	ABSM	MOLLNGSM
TRIPATHI SATYA PRAKASH	ABSM	MOLLNGSM
NAYAK GYANA RANJAN	ABSM	MOLLNGSM
YADAV JAY SINGH	ABSM	MOLLNGSM
MOHD IMRAN	ABSM	MOLLNGSM
PRASAD MANISH KUMAR	ABSM	MOLLNGSM
SUNNY	ABSM	MOLLNGSM
CHIDIPALLI VENU GOPAL	OSMN	MOLLNGSM
SHARMA ABHISHEK MUNNALAL	OSMN	MOLLNGSM
SINGH ANAND KUMAR	OLR1	MOLLNGSM
BISWAS MANIK	OILR	MOLLNGSM
TANDEL JAYKUMAR DHIRUBHAI	WIPR	MOLLNGSM
GOVINDAN RAHUL	CHCK	MOLLNGSM
ALAM MOHAMMAD IRSHAD	MSMN	MOLLNGSM
SONDHIYA KARAN	DCAD	MOLSHIPJ
SINGH UTKARSH	DKTR	MOLSHIPJ
SHARMA BHANU PRATAP	ENGTR	MOLSHIPJ
VIKRAMAN VIPIN	ENGTR	MOLSHIPJ
JEYASEELAN DOMNIC JOHN	3OFF	MOLSHIPS
RAMASAMY HARIHARAN	3OFF	MOLSHIPS
THARMANATHAN THARUN	3OFF	MOLSHIPS
SINGH LOVEDEEP	TUID	MOLSHIPS
KISHAN KUMAR	TUID	MOLSHIPS
ROY MANISH	TUID	MOLSHIPS
JAEN HERNANDEZ CHRISTOPHER NAHIR	TUID	MOLSHIPS
PEREZ DE LA CRUZ FABIAN EMMANUEL	TUID	MOLSHIPS
HERNANDEZ OVIEDO RANDALL JOSUE	TUID	MOLSHIPS
CRASTO JASVIR	TUID	MOLSHIPS
SAMRUDH	TUID	MOLSHIPS
GUTTI SACHIN SIDARAYA	TUID	MOLSHIPS
PRASAD VIVEK	TUID	MOLSHIPS
NIRMAL DEEPAK	TUID	MOLSHIPS
PAVADAISAMY SUGESH	TUID	MOLSHIPS
SHREEDHARAN SOURAV	TUID	MOLSHIPS
JADHAV YASH SANDEEP	TUID	MOLSHIPS

Seafarer's Pool - Freshers

01 April 2025 - 30 June 2025

NAME	RANK	MANAGER
MARTINEZ BELLIDO JESUS MANUEL	TUIE	MOLSHIPS
GONZALEZ MURILLO JUAN DIEGO	TUIE	MOLSHIPS
CANTORAL BATISTA JULIO CÉSAR	TUIE	MOLSHIPS
FORBES SANCHEZ ALBERTO ABDIEL	TUIE	MOLSHIPS
SIDHANT	ELOF	MOLSHIPS
KHAN SALIM	ABSM	MOLSHIPS
CHAUHAN VIPIN	ABSM	MOLSHIPS
THATTIYOT SARANG	DKTR	MOLSHIPS
SANJAY	OILR	MOLSHIPS
WAGHE DAKSHAT KRUSHNA	ENGTR	MOLSHIPS
BHISE AJINKYA RAJESH	MSMN	MOLSHIPS
TANK VINAY JAYANTI	MSMN	MOLSHIPS
PANDIT ROHIT PRADEEP	MSMN	MOLSHIPS
CHAHAL MANJIT SINGH	MSTR	NISM(SM)
MANGESH KUMAR	MSTR	NISM(SM)
BHOR DHANESH DNYANESHWAR	COFF	NISM(SM)
HARJEET SINGH	COFF	NISM(SM)
SHINDE HEMANTKUMAR SANDEEP	COFF	NISM(SM)
CHENNA KRISHNAN VENKATESH	COFF	NISM(SM)
PATHARE LAKHAN DILIP	COFF	NISM(SM)
MALHOTRA CHETAN	COFF	NISM(SM)
VERMA ANUJ	TC/O	NISM(SM)
ANAND ADITYA	2OFF	NISM(SM)
SINGH YAJUVENDRA PRATAP	2OFF	NISM(SM)
PANDIT SIDHANT	2OFF	NISM(SM)
VIJAYAN SOURAV	3OFF	NISM(SM)
KUMAR CHITRANJAN	3OFF	NISM(SM)
MAURYA VIJAY PRAKASH	3OFF	NISM(SM)
KATWAL AMAN	4MTE	NISM(SM)
SHARMA ANURAG	4MTE	NISM(SM)
JHA ANKESH KUMAR	4MTE	NISM(SM)
RATHORE YUVRAJ SINGH	4MTE	NISM(SM)
TOMAR BHAVYA	DCAD	NISM(SM)
GUPTA AKASH	CENG	NISM(SM)
SANKHLA BIJEDAR NATHULAL	CENG	NISM(SM)
MISHRA UTKARSH	CENG	NISM(SM)
MOHAN YUVARAJ	1AEN	NISM(SM)
SIVAKUMAR SIVAGAVASKAR	GENG	NISM(SM)
DIYYA ANURAAG PRANNOY CHANDRA TEJA	GENG	NISM(SM)
WASAL TANVEER SINGH	2AEN	NISM(SM)
DHAKED LOKESH	2AEN	NISM(SM)

NAME	RANK	MANAGER
GUPTA AMAN	2AEN	NISM(SM)
SAWARDEKAR AMEY NARENDRA	2AEN	NISM(SM)
GOKHALE RAKESH VINAYAK	2AEN	NISM(SM)
KATARIA SUDHEER KUMAR	3AEN	NISM(SM)
SAMBAMURTHY SANKAR	4AEN	NISM(SM)
NAIK RUTIK DAYA	AEEC	NISM(SM)
YADAV ATUL	ELTOF	NISM(SM)
POKHARE SAHISH SURESH	ELTOF	NISM(SM)
ARORA HIMANSHU	ABSM	NISM(SM)
MALIK VISHAL	ABSM	NISM(SM)
SINGH AZADWINDER	ABSM	NISM(SM)
MAHALDAR ABDUL ROUF	ABSM	NISM(SM)
GUPTA RAJAT ASHOK	ABSM	NISM(SM)
MYLAPILLI PAVAN	ABSM	NISM(SM)
RATHOD CHETANKUMAR	ABSM	NISM(SM)
MAILAPILLY PRASAD	OSMN	NISM(SM)
SINGH KARANDEEP	OSMN	NISM(SM)
KANDAN NAINAR SUBHU	OSMN	NISM(SM)
UPADHYAY ABHISHEK KUMAR	FITR	NISM(SM)
SINGH RAJU	FITR	NISM(SM)
PATIL AMOL KASHINATH	OILR	NISM(SM)
ANSARI KHURSEED	OILR	NISM(SM)
RANA HARISH	OILR	NISM(SM)
PAL RAKESH KUMAR LAHURIRAM	OILR	NISM(SM)
PAWAR VISHAL CHANDRAKANT	OILR	NISM(SM)
MOHAMMAD SAKIB	WIPR	NISM(SM)
KORLA LAKSHMANA MURTHY	CHCK	NISM(SM)
MOHD GOUS	CHCK	NISM(SM)
PUTHIYA PURAYIL VAISAKH	MSMN	NISM(SM)
INTEKHAB ALAM	MSMN	NISM(SM)
BARAIYA CHETANKUMAR KIREETBHAI	MSMN	NISM(SM)
MOHAN PRATEEK	A1AEN	OSMC
KHILE AMIT ABASAHEB	APENG	OSMC
KUMAR NIKHIL	APENG	OSMC
LAL BAJRANG	ELTOF	OSMC
TRIVEDI NITESH BIHARIPRASAD	ABSM	OSMC

Seafarer's Pool - Promotions

01 April 2025 - 30 June 2025

NAME	RANK	MANAGER
MALLISSERY ROHITH MENON	TGENG	MOLLNGE
SINGH RAHUL	3OFF	MOLLNGJ
SINGH PRASHANT KUMAR	COFF	MOLLNGSM
ATHYANDAM SIVAKUMAR SRIVATSAN	ACOF	MOLLNGSM
MEDA NARENDRA KUMAR	ACOF	MOLLNGSM
VARGHESE PRSEEN MAMMEN	ACOF	MOLLNGSM
KUMAR NISHANT	ACOF	MOLLNGSM
CHAHAL KULWINDER	ACOF	MOLLNGSM
AKSHAY MADAN	ACOF	MOLLNGSM
JILKA DHRUV NITIN	ACOF	MOLLNGSM
TIWARI PRAVESH	2OFF	MOLLNGSM
JAISWAL PIYUSH	2OFF	MOLLNGSM
DIGHE CHETAN DINKAR	T2OF	MOLLNGSM
KUMAWAT ESHWAR NATHURAM	3OFF	MOLLNGSM
KHURSHID SAFDAR	3OFF	MOLLNGSM
EASWARAN BALAJI	3OFF	MOLLNGSM
GUHA ROY ARCHISMAN	3OFF	MOLLNGSM
RANA AARYAN	3OFF	MOLLNGSM
UPADHYAY ABHISHEK	3OFF	MOLLNGSM
AVVADUKKAM MANA ARJUN	APOF	MOLLNGSM
VITEKAR PRANAV SHIRISH	APOF	MOLLNGSM
MISHRA ANIKET	APOF	MOLLNGSM
JACOB CHERIAN DEEPU	CENG	MOLLNGSM
RATHORE NARENDRA SINGH KULKIRAN SINGH	A1AEN	MOLLNGSM
MOHD RIDZUAN AZIMI BIN ISMAIL	A1AEN	MOLLNGSM
ATUL CHAUDHARY	A1AEN	MOLLNGSM
KHOKHER ANSHUL KUMAR	A1AEN	MOLLNGSM
GREWAL GURMANBIR SINGH	T1AE	MOLLNGSM
SINGH GURSEWAK	2AEN	MOLLNGSM
SNEHI SIDDHANT	2AEN	MOLLNGSM
RANJAN RISHI KISHOR	2AEN	MOLLNGSM
KHAN FAISAL NEHAL	2AEN	MOLLNGSM
GAUTAM PRIYANSHU	3AEN	MOLLNGSM
SINGH SHUBHAM	3AEN	MOLLNGSM
THAKUR CHANCHAL SIDHANT	3AEN	MOLLNGSM
BHOITE SHUBHAM VINAYAK	3AEN	MOLLNGSM
JAWAHARLAL VARUNLAL RAMASAMY	3AEN	MOLLNGSM
DIVYANSH	3AEN	MOLLNGSM
KANHAIYA	3AEN	MOLLNGSM
PARASHAR ANIKET	APENG	MOLLNGSM
RAY SUDEEP	APENG	MOLLNGSM

NAME	RANK	MANAGER
DE BHASKAR	APENG	MOLLNGSM
SHEIKH MOHD FAYAZ YUSEF	BOSN	MOLLNGSM
SINGH ABHISHEK KUMAR	BOSN	MOLLNGSM
BARIA JIGNESH HASMUKH	BOSN	MOLLNGSM
RAVI FERNANDO RALPH BENNET	ABSM	MOLLNGSM
KUMAR ABHIJIT	ABSM	MOLLNGSM
CHAUHAN VIKAS	ABSM	MOLLNGSM
GURRAM SATISH	OILR	MOLLNGSM
LONDHE SANGRAM BABAN	OILR	MOLLNGSM
SIMON POOBALARAYEN VALAN POOBALARAYEN	CHCK	MOLLNGSM
PANDEY PRAKASH KUMAR	COFF	MOLSHIPJ
KULLANDAI ROSHAN RAJ	COFF	MOLSHIPJ
PANDEY SUBODH	2OFF	MOLSHIPJ
JEYARAJAN JEYASANKAR KUMAR VEL JEYANDRAN	3OFF	MOLSHIPJ
THAKKAR HARSH	2AEN	MOLSHIPJ
NAJAF INDAD NAVAZ	2AEN	MOLSHIPJ
MORYA HRITIK SANJAY	ABSM	MOLSHIPJ
VERMA PRASHANT	OSMN	MOLSHIPJ
SAHA ASHISH	MSTR	MOLSHIPS
SHAW BISWAJIT	COFF	MOLSHIPS
SANDHY SUBHASH	COFF	MOLSHIPS
RAJ RITU	2OFF	MOLSHIPS
CHATURVEDI AMAN	2OFF	MOLSHIPS
KUMAR CHANDAN	2OFF	MOLSHIPS
VISHAVJIT SINGH	3OFF	MOLSHIPS
DODLE VAMSHI	3OFF	MOLSHIPS
PARAB RUSHIKESH VILAS	3OFF	MOLSHIPS
MODI LAKSHYA	3OFF	MOLSHIPS
ELUMALAI ANBU	3OFF	MOLSHIPS
ARANGO MELARA HECTOR JOSE	3OFF	MOLSHIPS
PEÑA RODRIGUEZ SANTIAGO AUGUSTO	3OFF	MOLSHIPS
GAURAV PRITESH PRASHANT	APOF	MOLSHIPS
VAYNE CHEENAN SHINIL	APOF	MOLSHIPS
GUSAIN GAURAV	APOF	MOLSHIPS
RAVI JEEVAN	2AEN	MOLSHIPS
PATIL TEJAS MANOHAR	2AEN	MOLSHIPS
THARAYIL MONI CHARLES	3AEN	MOLSHIPS
PRAKASH MENON THEJUS	3AEN	MOLSHIPS
AGRAWAL KASHISH	3AEN	MOLSHIPS
SOSA GOMEZ REYNALDO ALBERTO	3AEN	MOLSHIPS
GARCIA GAITAN EDUARDO ALEXIS	APENG	MOLSHIPS

Seafarer's Pool - Promotions

01 April 2025 - 30 June 2025

NAME	RANK	MANAGER
MUKHERJEE ABIR	APENG	MOLSHIPS
PATEL SAIJANATH HARI PRASAD	BOSN	MOLSHIPS
PUKKALLA RAJA	ABSM	MOLSHIPS
INAMDAR MOHD JASIM IRFAN	ABSM	MOLSHIPS
KUMAR AMAN	OSMN	MOLSHIPS
SHIVALAKAR RAHUL NANDKISHOR	OILR	MOLSHIPS
SHEORAN RAVI	WIPR	MOLSHIPS
SEKAR SETHUPATHY	WIPR	MOLSHIPS
SACHIN KURIAN	COFF	NISM(SM)
KAUSHIK SIDDHARTHA	3OFF	NISM(SM)
KHOT IRSHAD MOHAMEDALI	1AEN	NISM(SM)
CHAMAPARAMBIL ANTONY MATHEW	1AEN	NISM(SM)
KUMAR ABHISHEK	GENG	NISM(SM)
DSOUZA STEVE	3AEN	NISM(SM)
AHMAD VASIM	4AEN	NISM(SM)
BHAYANA RITIK	4AEN	NISM(SM)
SIDDHARTH	BOSN	NISM(SM)
THEKKETHALAPARAMBIL DILJITH	BOSN	NISM(SM)
GURAV VAIBHAV ANKUSH	ABSM	NISM(SM)
RATHOD RAHUL RAJUSING	ABSM	NISM(SM)
TRIPATHI LAVAKUSH	OILR	NISM(SM)
SUSAINAYAGAM AROCKIA BRIGHT	CHCK	NISM(SM)
KORLA LAKSHMANA MURTHY	CHCK	NISM(SM)
ALPHONSO TYNAN MIKLON	COFF	OSMC
SINGH VISHAL	1AEN	OSMC
SANDEEP KUMAR	A1AEN	OSMC

*You may send your contributions
at:*

[***molmi.hr@molgroup.com***](mailto:molmi.hr@molgroup.com)

*to be published in the next edition
of Hello MOLMI magazine*

For any seafarer related queries, you may reach out to our new mail ID

[***seafarer.hr@molgroup.com***](mailto:seafarer.hr@molgroup.com)

*Ms. Arnaaz Deboo, Marine Human Resources, MOLMI
will be looking after any seafarer related matter.*

MOL Training Centre - MOLTC

MOL Training Centre (MOLTC), located at the heart of Mumbai, where mentoring is given priority and candidates are inspired to learn. Both our training centres are situated in Andheri West within 2 km and are located very close to the Domestic and International airports. For more information, you can refer to the Training Planner at the back cover of the magazine and contact molmi.training@molgroup.com



► Kongsberg Full Mission LNG Simulator



► Electrical Skill Development Practical Training Panels



► Kongsberg Full Mission LNG Simulator Participant Station

Training Planner

This is a tentative schedule. Kindly contact Training Department (molmi.training@molgroup.com) at Mumbai for latest updates.

Sr. No.	Course Code	Course Name	Mode	August'25	September'25
SIMULATOR BASED COURSE					
1	LNG STD MNG	LNG CARRIER STANDARD COURSE - MANAGEMENT LEVEL	Online/Offline		01-05
2	LNG STD OPR	LNG CARRIER STANDARD COURSE - OPERATIONAL LEVEL	Online/Offline	04-08	
3	CCR - RM	LNG CARGO CONTROL ROOM RESOURCE MANAGEMENT	Online/Offline	20-22	01-03 & 17-19
4	SHS	SHIP HANDLING SIMULATOR (SHS)	Offline	18-22	08-12 & 22-26
5	BRM	BRIDGE RESOURCE MANAGEMENT	Offline	04-08	08-12 & 22-26
6	ERM	ENGINE ROOM RESOURCE MANAGEMENT	Offline	04-08 & 18-22	26-28
7	LICOS	LNG STANDARD OPERATION (MANAGEMENT)	Online		01-05
8	PEK	PRACTICAL ELECTRICAL KNOWLEDGE	Offline	11-14	
9	ESDC	ELECTRICAL SKILL DEVELOPMENT COURSE (ESDC)	Offline		15-19
VESSEL SPECIFIC COURSES					
1	CNTR FAM	CONTAINER CARRIER FAMILIARIZATION COURSE	Online	23	
2	CCHA	ADVANCE CONTAINER CARGO HANDLING COURSE	Online	23-24	13-14
3	PCC FAM	PCC FAMILIARISATION	Online	11-12	01-02
4	PCC ADV (VER 2014)	PCC ADVANCED (VERSION 2014)	Online	11-13 & 14-16	01-03
5	PCC - R	PCC ADVANCE - REFRESHER	Online	11 & 14	01
6	LNG FAM	LNG TANKER FAM FOR DECK / ENGINE / CATERING	Online		
7	DFGC	DF-GENERATOR COURSE	Online	01 & 25	15
8	LNGRS	LNG RELIQUEFACTION - PARTIAL RELIQ SYSTEM TRAINING	Online	11-12	16-17
9	LNGF	LNG FAMILIARISATION COURSE	Online	13	18
10	LPGF	LPG FAMILIARISATION COURSE	Online	14	19
CLASSROOM BASED COURSES - DECK & ENGINE					
1	NCIC	NEW COMER INDUCTION PROGRAMME FOR CADETS & OFFICERS & RATINGS - COURSE	Online/Offline	05-07 11-13 & 21-23	08-10 & 16-17
2	SIRE	SIRE (SHIP INSPECTION REPORT) TRAINING 2.0	Online	11-12	
3	SSOC	SHIPBOARD SAFETY OFFICER	Online	11	08
4	RMII	RISK MANAGEMENT AND INCIDENT INVESTIGATION	Online	12-13 & 17-18	09-10
5	RT-FLEX	RT-FLEX TRAINING	Online		
IMTC COURSES					
1	PMEW	PRACTICAL MARINE ELECTRICAL WORKSHOP (PMEW)	Offline	25-30	02-07 & 16-21
2	HYDR	HYDRAULICS & PNEUMATICS WORKSHOP (HYDR)	Offline	18-23	26-31 & 23-28
3	PDSW	PRACTICAL DECK SKILL WORKSHOP / PRACTICAL DECK SKILL	Offline		
4	SHS	SHIP HANDLING SIMULATOR (SHS)	Offline	23-25	
MOLMI OUTHOUSE COURSES					
1	LATHE	LATHE & WELDING MACHINE COURSE (DBMA)	Offline	Conducted on Company request	Conducted on Company request
2	AUX ENG	AUXILIARY ENGINE MAINTENANCE WORKSHOP (YANMAR)	Offline		
3	MMSP	MACHINERY MAINTENANCE SKILL PURIFIER	Offline		
4	BWTS	ECS-BALLAST WATER TREATMENT SYSTEM	Offline		