



MOL Ship Manager's Seminar 31st August 2023 at Kolkata



MOL SHIP MANAGER'S SEMINAR AT KOLKATA 2023

MOL Ship Managers Seminar (DRY & LNG) was held at Westin Hotel Kolkata on 31st August 2023. The last seminar in Kolkata was held in 2017, thereafter the next seminar at Kolkata was planned for the year 2020. However, due to COVID face to face Seminar was stopped and it again started in 2023. This is the first time LNG Ship Managers Seminar was held in Kolkata. We are very much pleased with the participation of seafarers and delegates at Kolkata seminar this year. The Seminar was attended by more than hundred officers and more than thirty delegates from various Ship Managers also graced the occasion.

In two separate halls at Westin Hotel LNG and DRY Managers Seminar was organized. The Seminar on both halls started with welcoming the delegates and lighting of the lamp by the delegates and one sailing Master and Chief Engineer.

On the Dry Managers Seminar, Capt. Takehiko Matsushita, Director, MOLSHIP (T) delivered the opening remarks emphasizing on the achievement of "4 ZEROES" and zero Corona on board. He thanked the MOLMI seafarers and enlightened the participants about the new building vessels. This was followed by presentation from Capt. Sanjay Kapoor, Superintendent, MOLSHIP (S) about Lithium-ion battery fire and then presentation on fuel related engine trouble by Mr. Jagdish Kumar Shaw, DGM/Fleet Manager, MOLSHIP (S) till lunch.

On the LNG Manager Seminar, Capt. Akihiro Yamauchi, G.M. MOL Ship Management Strategies division delivered the opening remarks expressing his gratitude for safe and efficient operations maintained in the fleet even during COVID 19 Pandemic. He expressed that Seafarers are the Key Person for safe and flawless operations. He emphasized that Safety at Sea should be the legacy to be passed on to the next generation. He also expressed the importance of Indian seafarers on-board and ashore. This was followed by presentations from Chief Engineer Mr. Manvir Singh on "To avoid blackout incidents", and presentation by Ms. Glena Krasteva, HSEQ, MOLLNG (E) on "Safety presentation / Drug and Alcohol", presentation by Capt. Jun Noda, G.M. ENCRW, MOL Ship Management Strategies division, regarding "DX for On Board Payment", presentation by Mr. James Blair of SPM International, Presentation by Mr. Stephen Ainsworth, Vessel Manager, MOLLNG (E) regarding "Effective Communication", presentation by Mr. Ivan Ip, G.M. Seafarer Division MOLLNG (A) regarding "Appraisal & Promotion", presentation by Capt. Ranji Varghese, Manager Q & A, OSMC on recent incidents in the fleet before lunch break.

During lunch break we got a good opportunity to click a few group photographs, with DRY & LNG officers and managers together and separately also along with MOLMI staff.

After a good lunch, the Dry managers seminar resumed with the presentation by Capt. Eduardo Huervana, Manager, MOLSHIP (T) regarding MarTrust-Cashless POB, followed by presentation by Capt. Subrajit Barua, Manager, MOLSHIP (S) on recent Manning issues and then a presentation by Capt. Manabu Otani, Superintendent, MOLSHIP (T) on Injury incidents. Capt. Kazuki Nagasawa, Director (Operations) MOLSHIP (S) delivered the closing remarks for the Dry managers Seminar starting with thanking all for a particularly good interactive seminar and its arrangements. He advised all to emphasize on three main points Safety, Environment and Compliance.

On the other side the LNG managers seminar resumed with the presentation on E/R Overhead Crane Slip from rail by Mr. Namit Prasad Mathur, G.M. SMD, MOLLNG (A) followed by presentation by Mr. Junji Tani, G.M. MOLLNG, on board health cases, followed by presentation by Mr. Rohan Rawat, HSE Manager, MOLLNG (A) on Professional for "4 ZEROES" through HESEQ Excellence, followed by a presentation on Situational awareness by Capt. Rajdeep Trivedi, Manager, MOLLNG (E) followed by a presentation on Mental Health awareness by Ms. Wendy Chu, Manager, MOLLNG (A) followed by presentation on familiarization with EEXI & CII by Mr. Kunino Unenaka, Assistance Fleet Manager MOLLNG, followed by presentation from Mr. Sumit Prasad, Manager MOLLNG, on Rollover, followed by presentation on Asset Management Specialized (FSRU&BV) which was presented by Mr. Ankit Vohra on behalf of Mr. Rajesh Kurup, Head of Asset Management-Specialized (FSRU&BV), MOLLNG (E).

All the LNG Ship managers participated in delivering the closing remarks of the seminar starting with Capt. Ranji Verghese, Manager Q & A, from OSMC, who thanked all the participants for a wonderful interactive seminar, this was followed by Capt. Srinivasa Varadhan Vijayaraghavan Manning Manager, on behalf of MOL NISM emphasized that You are the key person first for your family and then the company to motivate seafarers for Safe operation, thereafter Capt. Shigeki Sibata, SLT/MMRQ on behalf of MOL LNG (Europe) emphasized on 3 main points Stop work Authority, Talking/Communication and Back to Basics, this was followed by closing remark by Mr. Chikara Shimokawa, Managing Director, on behalf of MOL LNG (Asia) he highlighted that Safe Operation will lead to achieving "4 ZEROES" and importance of Indian seafarers and the plan to achieve Net Zero by 2050. Finally, Mr. Tashihiko Ota, President of MOL LNG Transport Co. Ltd to end the session with his advice to take care and stop Human injury and health care on board to achieve "4 ZEROES", he also emphasized that zero fatal accident is the most important thing to become world leader in safe operations.

MOL SHIP MANAGER'S SEMINAR AT KOLKATA 2023



Mr. Satish Kumar Singh Managing Director - MOLMI
welcoming Capt. Akihiro Yamauchi,
G.M. MOL Ship Management Strategies Division



Lighting of the lamp & Opening of the
MOL Ship Manager's Seminar
by Capt. Akihiro Yamauchi,
G.M. MOL Ship Management Strategies Division



L to R:- Capt. Mani Shekhar : (Sailing Master), Capt. Manabu Otani : S.I. MOLSHIP (T), Mr. Bhaskar Sen : (Sailing Chief Engineer),
Capt. Subrajit Barua : Manager MOLSHIP (S), Capt. Albe Zachariah : G.M. MOLMI,
Capt. Kazuki Nagasawa : Director (Operations) MOLSHIP (S), Capt. Takehiko Matsushita : Director MOLSHIP (T)
Mr. Jagdish Shaw : DGM/ Fleet Manager MOLSHIP (S).



Capt. Albe Zachariah
General Manager - MOLMI
addressing the MOL Ship Manager's Seminar



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



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

FAMILY TRIP

MOLMI organised a day trip for the wives of seafarers who were invited to attend MOL Ship Manager's Seminar on 31st August to keep them occupied. The places visited were Eco Park, Wax Museum, Victoria Memorial, St. Paul's Cathedral and Princep Ghat the Hooghly River side. They enjoyed the City of Joy with special lunch at an authentic Bengali Restaurant before returning to the hotel for the evening event.

After a long day at the Seminar all participants along with their family and delegates participated in a grand evening family cocktail dinner party which had performances from the seafarers and their families and professional dance troupe and singers from the city. In the meantime, the officers' kids were kept engaged in the kids' corner with magic show and tattoo art.

The overall Seminar and family dinner had good participation and appreciated by All. We thank all the Seafarers, their family members, delegates and the full MOLMI Team for making the event successful.



At Eco Park, Newtown



At St. Paul's Cathedral Church



At Victoria Memorial



At Princep Ghat

MOL LOYALTY AWARDS

For rendering service for more than 10 years to MOL



Capt. Anilkumar Vasudevan receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 05-07-2023



Capt. Rejeesh Ezhuvanparambil Sivadasan receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 12-07-2023



COFF Vinayak Jayan Nair receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 04-07-2023



COFF Govind Vengalil receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 28-07-2023



COFF Saranjeet Singh Lamba receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 06-09-2023



COFF Siddharth Pubyal receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 06-09-2023



1AEN Donbosco Rajkumar Muthu Lawrence receiving MOL Loyalty Award from Capt. Apurva Prasad at MOLMI Chennai office on 07-06-2023



1AEN Babu Zalba Rane receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 10-08-2023



COFF Kapil Makker receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 15-09-2023



1AEN Ahmed Husain Mohammed Mohsin Khan receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 04-08-2023



1AEN Siddhesh Uday Modkharkar receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 14-08-2023



1AEN Ankur Khare receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 14-09-2023

MOL LOYALTY AWARDS

For rendering service for more than 10 years to MOL



1AEN Abhijit Parshuram Ambre receiving MOL Loyalty Award from MD Mr. Satish Kumar Singh at MOLMI Mumbai office on 15-09-2023



GENG Anshul Kumar Khokher receiving MOL Loyalty Award from Capt. Anil Rajain at MOLMI Delhi office on 16-08-2023

ACHIEVEMENTS

Mr. Ankush Parti's (Manager - Ship Inspector, Ship Vetting & Inspection Group, MOLMI) daughter Miss Vanshika Parti has won individual - 4 Gold medals at "The Delhi Public Schools National Swimming Meet Girls (OPEN) 2023", held in Bangalore from 17th August 2023 to 19th August 2023. She also became recipient of the best Swimmer award.



CENG Krishna Chandra Mouli's son Badri Vishal topped from Sri Kumaran Children's Academy school in 10th board (CBSE) exam.



CENG Krishna Chandra Mouli's son Badri Vishal has won in IESO (International Earth Science Olympiad) 2023 & represented our country India & won 2 Silver & 3 Bronze medals.

VESSEL CORNER

Eye catching artistic works by add A1AEN Prasoon Trivedi on-board Gail Bhuwan



3D shadow box made onboard, installed on ships office bulkhead



Artwork made of acrylic sheet with wood stand, placed in officers recreation room



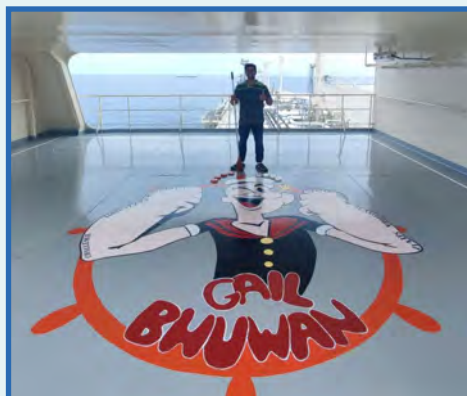
Painting completed with vessel's crew



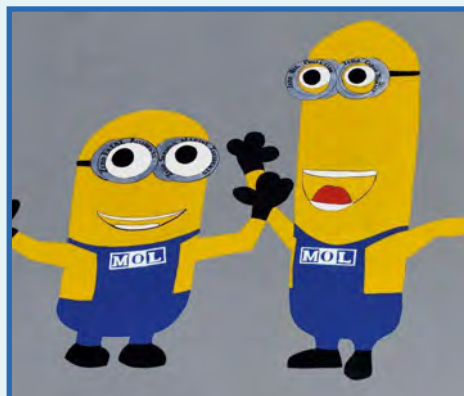
Committed to achieve world's highest level of safety



Working together in all aspects of daily work onboard as a team



MOL CHART: represented by the strong arms of a sailor



Representing MOL "4 zeroes"

Celebrated 15th August on LNG MERAK vessel



VESSEL VISIT

Mr. Toshihiko Ota (President of MOLLNG-J) with LNG JUNO vessel's crew at Yura, Japan.



MARRIAGES



3AEN Mr. Mayur Kishor Jawale & Ms. Manasi
(30-05-2023)



3OFF Akshay Kumar Sharma & Ms. Ashima
(22-06-2023)

MOLMI WELCOMES NEW BORN IN FAMILY



COFF Arindam Das & Supriya blessed with a
baby boy Arunava on 14-04-2023



2OFF Shanmugakani Karuppasamy & Haritha.H
blessed with a baby boy Yalseyon on 12-07-2023

MOLMI EVENTS

Birthday Celebration at MOLMI Mumbai office

June 2023



L to R: Mr. Rajnikant Mhatre, Ms. Vishakha Kudalkar, Mr. Rohinton C. Wadia & Ms. Priyanka Chike.

July 2023



L to R: Mr. Shanmukh Suvarna, Capt. Ajay Dhiman, Mr. Chetan Patel, Mr. Vicky Singh, Mr. Swapnil Tirloskar, Mr. Swapnil Ghadge, Ms. Priya Parab, Ms. Pooja Popale & Ms. Neeta Manjrekar.

August 2023



L to R: Mr. Mudeshar Khan, Ms. Nikita Jadhav, Ms. Pratima Diyali, Mr. Javid Kadir, Capt. Mandar Malwee, Ms. Sneha Shetty & Mr. Sarosh Buhariwala.

MOLMI Chennai office staff family get together picnic at MGM Resort, Chennai on 03.06.2023.



Glass painting competition celebrating on occasion of Independence Day - 15th August 2023



Glass painting by
Capt. Jitender Kanwar,
Mr. Sanket Kadam,
Mr. Rohan Rane &
Mr. Swapnil Ghadge



Glass painting by
Capt. Neville Deboo,
Ms. Prachi Raju Gaikwad,
Mr. Nitesh Salunkhe &
Mr. Ritish Zunjarrao



Glass painting by
Ms. Rashmi Gandhi,
Capt. Ajay Dhiman,
Ms. Sneha Shetty,
Mr. Hardik Darji,
Mr. Tanoi Das &
Mr. Swapnil Tirloskar

MEDIFACTS

Probiotics

The bacteria in your body are said to outnumber your body's cells at a 10-to-1 ratio. However, a recent study says that the ratio is closer to 1-to-1.

According to these estimates, you have 39–300 trillion bacteria living inside you. Whichever estimate is most accurate, it's certainly a large number.

Much of these bacteria reside in your gut, and the majority are quite harmless. Some are helpful, and a small number can cause disease.

Having the right gut bacteria has been linked to numerous health benefits, including the following

- weight loss
- improved digestion
- enhanced immune function
- healthier skin
- reduced risk of some diseases

Probiotics, which are a certain type of friendly bacteria, provide health benefits when eaten.

They're often taken as supplements that are supposed to help colonize your gut with good microorganisms.

This article examines the health benefits of probiotics.

What are probiotics?

Probiotics are living microorganisms that, when ingested, provide a health benefit.

However, the scientific community often disagrees on what the benefits are, as well as which strains of bacteria are responsible.

Probiotics are usually bacteria, but certain types of yeasts can also function as probiotics. There are also other microorganisms in the gut that are being studied, including viruses, fungi, archaea, and helminths.

You can get probiotics from supplements, as well as from foods prepared by bacterial fermentation.

Probiotic foods include yogurt, kefir, sauerkraut, tempeh, and kimchi. Probiotics should not be confused with prebiotics, which are carbs — often dietary fibers — that help feed the friendly bacteria already in your gut.

Products that contain both prebiotics and probiotics are referred to as synbiotics. Synbiotic products usually combine friendly bacteria along with some food for the bacteria to eat (the prebiotics), all in one supplement.

The most common probiotic bacteria are *Lactobacillus* and *Bifidobacteria*. Other common kinds are *Saccharomyces*, *Streptococcus*, *Enterococcus*, *Escherichia*, and *Bacillus*.

Each genus comprises different species, and each species has many strains. On labels, you'll see probiotics identified by their specific strain (which includes the genus), the species, subspecies if there is one, and a letter-number strain code.

Different probiotics have been found to address different health conditions. Therefore, choosing the right type — or types — of probiotics is essential.

Some supplements, known as broad-spectrum probiotics or multi probiotics, combine different species in the same product.

Although the evidence is promising, more research is needed on the health benefits of probiotics. Some researchers warn about possible negative effects from the “dark side” of probiotics and call for caution and strict regulation.

Probiotics are living microorganisms that boost health when consumed in adequate amounts. There are many different types, and you can obtain them from foods or supplements.

Importance of microorganisms for your gut

The complex community of microorganisms in your gut is called the gut flora, gut microbiota, or gut microbiome.

The gut microbiota includes bacteria, viruses, fungi, archaea, and helminths — with bacteria comprising the vast majority. Your gut is home to a complex eco-system of 300–500 bacterial species.

Most of the gut flora is found in your colon, or large intestine, which is the last part of your digestive tract.

Surprisingly, the metabolic activities of your gut flora resemble those of an organ. For this reason, some scientists refer to the gut flora as the “forgotten organ”.

Your gut flora performs many important health functions. It manufactures vitamins, including vitamin K and some of the B vitamins.

It also turns fibers into short-chain fats like butyrate, propionate, and acetate, which feed your gut wall and perform many metabolic functions.

These fats also stimulate your immune system and strengthen your gut wall. This can help prevent unwanted substances from entering your body and provoking an immune response.

Your gut flora is highly sensitive to your diet, and studies show that an unbalanced gut flora is linked to numerous diseases. These diseases are thought to include obesity, type 2 diabetes, metabolic syndrome, heart disease, colorectal cancer, Alzheimer's, and depression.

Summary

Your gut flora consists of hundreds of types of microorganisms. These microorganisms perform numerous important bodily functions.

Probiotics are widely researched for their effects on digestive health.

Evidence suggests that probiotic supplements can help cure antibiotic associated diarrhea.

When people take antibiotics, especially for long periods of time, they often experience diarrhea — even long after the infection has been eradicated.

This is because the antibiotics kill many of the natural bacteria in your gut, which shifts the gut balance and allows harmful bacteria to thrive.

Probiotics may also help combat irritable bowel syndrome (IBS), a common digestive disorder, reducing gas, bloating, constipation, diarrhea, and other symptoms.

Some research indicates that people with obesity have different gut bacteria than those who are lean.

Research shows a connection between gut microbes and obesity in both infants and adults. It also shows that microbial changes in the gut are a factor in developing obesity as an adult.

Therefore, many scientists believe that your gut bacteria are important in determining body weight.

Other health benefits

There are many other benefits of probiotics. They may help with the following conditions:

Depression and anxiety: The probiotic strains *Lactobacillus helveticus* and *Bifidobacterium longum* have been shown to reduce

symptoms of anxiety and depression in people with clinical depression.

Blood cholesterol: Several probiotics have been shown to lower total and LDL (bad) cholesterol levels, although the research remains controversial.

Blood pressure: Probiotics may also cause modest reductions in blood pressure.

Immune function: Several probiotic strains may enhance immune function, possibly leading to a reduced risk of infections, including those that cause the common cold.

Skin health: There's some evidence that probiotics can be useful for acne, rosacea, and eczema, as well as other skin disorders.

Anti-aging. Though research is extremely limited, there's evidence that probiotics have the potential to extend lifespan by increasing the ability of cells to replicate themselves.

*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://www.healthline.com/nutrition/probiotics-101>*

BIDDING ADIEU TO MR. DATTARAM JAMBHALKAR

Mr. Dattaram Jambhalkar retired on July 4, 2023, after 26 years of dedicated service as Office Assistant in MOLMI Mumbai office.

To honor Mr. Jambhalkar's long service and bid him a fond farewell, a special gathering was organized within the office premises on the afternoon of his retirement day. The plaque was handed over by Mr. Satish Kumar Singh (Managing Director- MOLMI) who shared the words of appreciation for Mr. Jambhalkar's hard work and commitment. During the farewell party, Employees talked about the memories shared with Mr. Jambhalkar and extended their heartfelt wishes to Mr. Jambhalkar for a retirement filled with joy, relaxation, and fulfilment.



Mr. Satish Kumar Singh presenting a plaque to Mr. Dattaram Jambhalkar



Cake cutting



Capt. Albe Zachariah presenting a bouquet to Mr. Dattaram Jambhalkar

A JOURNEY THROUGH ELEPHANTA CAVES



Elephanta caves are historical place having ancient Indian rock-cut stone sculpture of lord Shiva dating centuries back. It has been designated as world UNESCO world heritage site & maintained by archaeological survey of India (ASI). MOLMI - Mumbai employees Mr. Chetan Patel (Jr. Executive - Operations) & Mr. Vicky Singh (Executive - Operations) captured the rich history through the photos of Elephanta caves, Mumbai on 02 April 2023.

Why to visit Elephanta caves?

Collection of cave temples dedicated to lord Shiva. Although most sculpture & statues are now in dilapidated state, one may witness the great ancient Indian civilisation on carves. It has around 07 caves. It has statues & sculpture of depicting Lord Shiva in various postures and sculptures telling many tales and legends. The first ferry to the islands starts at 9 AM from the Gate of India with 5 PM being the last call for your return from the caves.

PHOTO TAKEN BY CAPT. JITENDER SINGH KANWAR, EXECUTIVE ADVISOR

"My cozy space for serious relaxation is the mountains."



A serene waterfall in Coorg, a rural mountainous district in the south-west Indian state of Karnataka. The fresh air, wet-cool atmosphere and soothing sound of waterfall are good for taking out the stress.

Beautiful meandering river in Munnar, a town south-east of Coorg, in Indian state of Kerala. A hill station surrounded by rolling hills dotted with tea plantations established in the late 19th century.



TRAINING PLANNER FOR DECEMBER 2023

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

Course Code	Course Name	Duration Days	Target Trainees	Dec-23				
				26-02Dec	03-09	10-16	17-23	24-30
Public Holidays				27				25
MOLTC / MOLMI - MUMBAI				~~~~ AS REQUIRED FOR OPERATIONAL REASON ~~~~				
APPG	Appraisal Guidance Training	0.25	All Seafarers					
INTC	Intercultural Training	0.50	All Seafarers					
KYT	KYT	0.25	All Seafarers					
ISM	ISM Familiarization + Garbage + Sopep	1	All Seafarers					
ISPS	ISPS Familiarisation Course	1	All Seafarers					
ATTD	Attitude Development Course	0.5	All Officers					
ENP	Envinomnet Protection Course	1	All Officer's					
CSC	Communication Skill Course	0.5	All Officer's					
PEK	Practical Electrical Knowledge	4	New Entrant Assistant Engineers					
LNG STD MNG	LNG Carrier Standard Course - Management level	5	All Management Level Officers Joining LNG Vessel first time / on promotion					
LNG STD OPR	LNG Carrier Standard Course - Operational Level	5	All Operational Level Officers Joining LNG vessel first time			11-15		
LNG FAM	LNG Tanker Fam for Deck / Engine / Catering	5 / 5 / 3	All Ratings embarking LNG carrier					
HAZM	Hazmat	1	All Officer Joining Container vessel					
BULK	Bulk Carrier Familiarization Course	1	All Deck Officers Joining Bulk Carrier		04-06			
CTR	Container Carrier Familiarization Course	1	All Deck Officer Joining Container Carrier					
PCC Fam	PCC Familiarisation	2	All Deck Cadets & Deck Ratings					
PCC ADV (VER 2014)	PCC Advanced (Version 2014)	3	All Deck Officers joining PCCs	27-29				
BULKA	Bulk Carrier Advance	3	All Deck Officers Joining Bulk Carrier					
SSOC	Shipboard Safety Officer	1	Management Level Officers / Manager requirement					26
RMI	Risk Management and Incident Investigation	2	Management Level Officers / Manager requirement					27-28
LMC	Leadership and Management Course	2	Management Level Officers	28-29				
SHS	Ship Handling Simulator (SHS)	5	MSTR,C/O					
*BRM	Bridge Resource Management	3	All Deck Officer and AB's	29-01		13-15		
ECDIS	MOL ECDIS	2	All Deck Officer	27-28		11-12		
BBS-15	Behaviour Based Safety - 2015	1	All Officers					
NWS	NAVIGATION WATCHKEEPING SKILL EVALUATION	2	3/O with fresh 2nd Mates License; Deck Cadet completed sea time					
ESDC	Electrical Skill Development course (ESDC)	5	3AE					
EEMW	Engine Equipment Maintenance Workshop (EEMW)	5	2AE,3AE					
MOL-SEC	MOL Standard Electric Course	5	All Engine Officers					
ME-ENG	ME COURSE FOR MAN B & W ENGINE	1	All Engine Officers					
INDC - O	New Comer Induction Programme for Cadets & Officers - Course Nos. 1-7	3	All New Comer Cadets & Officers		13-15			27-29
INDC - R	New Comer Induction Programme for Support Level - Course Nos 1-5	3	All New Comer Support Level					
CCR - RM	LNG CARGO CONTROL ROOM RESOURCE MANAGEMENT	3	LNG Officers	27-29				
PCC - R	PCC Advance - Refresher	1	All Deck Officers Joining Pure Car Carrier					
SIRE	SIRE (SHIP INSPECTION REPORT) TRAINING	2	LNG Officers					27-28
CCHA	ADVANCE CONTAINER CARGO HANDLING COURSE	2	All Deck Officers Joining Container vsl					
RT-FLEX	RT-FLEX Training	2	All Engine Officers ("M - Class" and "C - Class" Container)					
*ERM	ENGINE ROOM RESOURCE MANAGEMENT	4	All Engine Officers & ETO		11-13		17-20	
LICOS	LNG Standard Operation (Management)	5	All LNG JOINERS (ALSO OPEN FOR MARKET CANDIDATE)					
MOL TRAINING CENTRE - IMTC COURSES								
PMEW	Practical Marine Electrical Workshop (PMEW)	6	C/E, 1AE, 2AE			11-16		
HYDR	Hydraulics & Pneumatics Workshop (HYDR)	6	C/E,1AE,E/O		04-09			
NABC	Nabco M/E Manoevrng & Control Course - Mgmt Level (NABM)	5	C/E,1AE					
PDSW	Practical Deck Skill Workshop / Practical Deck Skill	5	C/O, 2/O,3O,CDT					
AELC	Applied electronics	6	C/E, 1AE, 2AE,3AE,E/O					
AUTO	Automation & Control (AUTO)	6	C/E,1AE					
OEKD	Machinery	4	MSTR,C/O,2/O,3/O				18-23	
HVSC	High Voltage Safety Course (HVSC)	3	LNG Engineers					
MEPO	Marine Environment Protection	4	MSTR, CO, CE, 1AE					
SPL	Tanker Vetting Inspection	1	ALL OFFICERS (LNG)					
WELD	WELDING	5	Engine Cadet					
BRM	Bridge Resource Management	3	Deck Officers					
SHS	Ship Handling Simulator (SHS)	3	MSTR,C/O					
ACOP	Automation & Control (Operational level)	3	2AE & 3AE					
MOLMI outhouse COURSES								
HOST-DK	BASIC PRACTICAL SKILL TRAINING DECK RATINGS	6	All Deck Ratings					
HOST-EW	BASIC WELDING SKILL TRAINING ENGINE RATINGS	6	All Engine Ratings					
HOST-EL	BASIC LATHE SKILL TRAINING ENGINE RATINGS	3	All Engine Ratings					
LATHE	Lathe & Welding Machine Course (DBMA)	5	TU/E					
PDSW	Practical Deck Skill Workshop (DBMA)	8	Deck Cadets					
YOKO	YOKOGAWA IAS CENTRUM 3000 FUNDAMENTALS	5	C/E,1AE, 2AE, GENG, E/O - LNG vsls					
AUX ENG	Auxiliary Engine Maintenance Workshop (YANMAR)	5	2AE, 3AE					
RITP	Ratings Interactive Training Program(TMI)	2	All Ratings					
HAZD	HAZARD Simulation(TMI)	1	All Ratings					
LSM	Life Style Management (Seabird)	1	All Officers					

*HIGHLIGHTED COURSES WILL BE CONDUCTED OFFLINE

MOLMI OFFICE NEW JOINERS

- Mr. Ankit Vohra - Superintendent – LNG Operations - Mumbai office.
- Capt. Bhanu Bhatt - Superintendent - Training - MOLTC.
- Ms. Nikita Jadhav - Jr. Co-ordinator - Training - Mumbai office.
- Ms. Manasi Tatkare - Jr. Executive - Allotments - Mumbai office.
- Ms. Madhu Dulera - Jr. Executive - Accounts - Mumbai office.
- Mr. Mudeshar Khan - Jr. Office Assistant - Administration - Mumbai office.

OBITUARY

We regret to announce the sad demise of:

FATHER OF CENG RAJESH KUMAR CHAUBEY
MOTHER OF 2AEN ABHISHEK KUMAR

NEW JOINERS & RECENT PROMOTIONS TO OUR POOL

Welcome To MOLMI Family

Your Growth is Our Growth

NAME	RANK	POOL
TANDEL DEEPBHAI ISHVARBHAI	DKTR	MOLSHIPS
GAIBEE ABRAR ABDUL MAJID	COFF	MOLLNGE
RISHIKARTHICK PRABHAKARPERI	2OFF	MOLLNGE
KUMAR SUNIL	3OFF	MOLLNGE
RASHIDI BIN HAMZAH YAP	1AEN	MOLLNGE
MOHAMAD ADHA BIN ALUWI	2AEN	MOLLNGE
NARULA RAGHAV	2AEN	MOLLNGE
PATHAK DIVYANSH	2AEN	MOLLNGE
SARDA VAIBHAV	3AEN	MOLLNGE
SHAIKH KAMAAL IQBAL	3AEN	MOLLNGE
EDAMANA UNNIMON VYSAKH	ELTOF	MOLLNGE
JAISWAL RAMASHISH GAYA PRASAD	ELTOF	MOLLNGE
RAWAT SUNIL SINGH	ELTOF	MOLLNGE
NANGLIA RAJESH KUMAR	ELTOF	MOLLNGA(SIN)
ARVIND KUMAR	OLR1	MOLLNGA(SIN)
RAJBHAR ASHOK INDRAJIT	WIPR	MOLLNGA(SIN)
M S VIJANDRAN SAMBANTHAN	CENG	MOLLNGJ
MITTAL TUSHAR	2OFF	OSMC
DOHAREY UBHAY SINGH	3OFF	OSMC
JAKHAR SURESH KUMAR	OLR1	OSMC
SALDANHA WAYNE JORDAN	MSTR	NISM(SM)
KUMAR AWANISH	2OFF	NISM(SM)
NEELAGIRI VAIBHAV KUMAR	3OFF	NISM(SM)
KHANKA SHIVAM	JOFF	NISM(SM)
JUYAL KARAN	JOFF	NISM(SM)
SAQUIB AQUIL	JOFF	NISM(SM)
RAJ RISHABH	DCAD	NISM(SM)
GAYEN ARUP	CENG	NISM(SM)
SAMPATH SERAN	CENG	NISM(SM)
JEYARAJ PREETHAM	CENG	NISM(SM)
BILSHITTE KIRAN SADASHIV	1AEN	NISM(SM)
TRIPATHI DEVENDRA KUMAR	1AEN	NISM(SM)
PATTADATH ATHUL	2AEN	NISM(SM)
SIROLA ANIRUDH	2AEN	NISM(SM)
AHMAD VASIM	AEEC	NISM(SM)
PINGE SANCOLKAR ROHAN RAVINDRA	ELTOF	NISM(SM)
SINGH RAHUL RABINDRA	ELTOF	NISM(SM)
GOPINATH SREEJITH	ELTOF	NISM(SM)
RAJBHAR BIKRAM	ABSM	NISM(SM)
YADAV LAKSHMAN KUMAR	ABSM	NISM(SM)
NATH SUBRATA	ABSM	NISM(SM)
SHEIKH SHAKIL	FITR	NISM(SM)
BAIPALLI KARTEEK	OSMN	NISM(SM)
MARUPILLI ANIL	OSMN	NISM(SM)
KARKHILE NIKHIL PRALHAD	OSMN	NISM(SM)
PURBEY HARSHIT VARDHAN	DKTR	NISM(SM)
CHAUHAN NITIN KUMAR	OILR	NISM(SM)
SINGH MANISH	OILR	NISM(SM)
CHACKO BENNY MULLANKUZHIVIL	CHCK	NISM(SM)
ALI VARIS	MSMN	NISM(SM)
KORAN ASHOK KUMAR	MSMN	NISM(SM)

NAME	RANK	POOL
PRASAD ARUN	MSTR	MOLSHIPS
EZHUVANPARAMBIL SIVADASAN REJEESH	MSTR	MOLSHIPS
MENEZES FELROY	MSTR	MOLSHIPS
PANDEY RITESH KUMAR	COFF	MOLSHIPS
KOMBARA ABILASH GIRISH	2OFF	MOLSHIPS
GURAV SIDDHESH RAJENDRA	2OFF	MOLSHIPS
ANSARI MOHAMMAD ASADULLAH	2OFF	MOLSHIPS
SINGH RAHUL	3OFF	MOLSHIPS
YADAV PRATEEK	3OFF	MOLSHIPS
THAPA AKSHAT	3OFF	MOLSHIPS
SIKKA NAVNEET KUMAR	3OFF	MOLSHIPS
AMBHIRE ADITYA	1AEN	MOLSHIPS
BERA KRISHNA GOPAL	1AEN	MOLSHIPS
KUMAR NITIN	1AEN	MOLSHIPS
VISHNU SASIDHARAN	2AEN	MOLSHIPS
GHOSH RITAM	2AEN	MOLSHIPS
PAHAL MANISH	2AEN	MOLSHIPS
DWIVEDI AMIT KUMAR	2AEN	MOLSHIPS
SOMANATHAN HRITHIK PRINCE	3AEN	MOLSHIPS
GOHEL FANIL PRAKASH	OSMN	MOLSHIPS
NAGAPPAN NAGAMANI SURESH KUMAR	1AEN	MOLSHIPJ
KUBENDHIRAN SEEMAN	2AEN	MOLSHIPJ
SINGH SACHIN PRATAP	2OFF	MOLLNGA(SIN)
UPADHYAYA EESHANSH	2AEN	MOLLNGA(SIN)
ARORA ANHAD SINGH	3AEN	MOLLNGA(SIN)
PAUL LENJU	MSTR	MOLLNGE
DSILVA GLENN BRUNO ANTHONY	COFF	MOLLNGE
VIJ ANMOL	ACOF	MOLLNGE
KAMALJEET SINGH	2OFF	MOLLNGE
SHARMA NIPPU KUMAR	3OFF	MOLLNGE
MADNE KARAN	3OFF	MOLLNGE
TRIPATHI ISHAN	3OFF	MOLLNGE
SINGH NAVPREET	APOF	MOLLNGE
ANBALAGAN KARTHICK DEEPAN	1AEN	MOLLNGE
DESHPANDE DEVDNYA	A1AEN	MOLLNGE
SINGH TAJINDER PAL	GENG	MOLLNGE
SUHAG ASHISH	GENG	MOLLNGE
PATIL SAURABH JAYAKAR	2AEN	MOLLNGE
SARDA VAIBHAV	3AEN	MOLLNGE
GUPTA ALOK KUMAR LAVKUSH	OILR	MOLLNGE
GOSWAMI UTSAV	1AEN	MOLLNGJ
SINHA SHRIDHER	MSTR	OSMC
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PUTHIYA PURAYIL VISHNU VIJAY	3AEN	OSMC
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