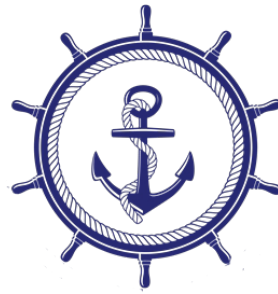


OCTOBER - DECEMBER 2021

VOL. 5

ISSUE NO. 4

RS. 15/-



THE OCEANITE

Journal of The Maritime Union of India



The only Merchant Navy Officers' Union in India
since the year 1939

THE OCEANITE

JOURNAL OF THE MARITIME UNION OF INDIA

Registration No. BY-II-198-A



October - December 2021

Vol. 5 - Issue No. 4

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The Maritime Union of India (MUI)
is proud to announce that a
MUI Liaison Office
was opened in Lucknow
on 12 December, 2021.

All seafarers residing in Lucknow can contact and/or visit the office (see page no. 12)

Branch Office :
Kolkata

Liaison Offices at :
Chandigarh, Chennai, Kochi, Lucknow, Patna, Tuticorin, Visakhapatnam

Head Office : Udyog Bhavan, 4th Floor, 29, Walchand Hirachand Marg, Ballard Estate, Mumbai 400 001. India
Telephone: (91-22) 2261 3052, 2261 5507 Fax: (91-22) 2262 0606
mail@maritimeunionofindia.com; www.maritimeunionofindia.com
For MEMBERSHIP QUERIES kindly email : membership@maritimeunionofindia.com
Office Timings : Monday to Friday - 09:30 a.m. to 5:30 p.m.
Office : 204 National Insurance Building, 2nd Floor, Dr. Dadabhai Naoroji Road
Near CST Railway Station, Above Suvidha Restaurant, Mumbai 400 001. Tel.: (91-22) 22075607
Branch Office: Kolkata : Bhagat Chambers, 2nd Floor, 12A Netaji Subhas Road, Kolkata 700 001.
Tel.: 033-22304169 Fax: 91-033-22310900 E-mail: maroffcal@gmail.com; maroffcal@hotmail.com

It is suggested/advisable to contact MUI Mumbai directly for assistance and information

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SCO-103, 2nd Floor, Sector 47C, Chandigarh 160047.

Tel.: (0172) 5013103 M : 8196992555 Email: muichandigarh@gmail.com

Chennai : Mr. P.A. Khan

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Cochin Port staff Association (CPSA), Willingdon Island, Kochi 682 009.

Tel.: (0484) 2666409, 2666871-2140 Fax: (0484) 2669468 E-mail: cpsacpt@yahoo.com

Lucknow : Mr. Animesh Parashar / Capt. Baizeed Alam Khan

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Patna : Mr. Ravi Prakash Mishra

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M : 7992325621 Email : muipatna@gmail.com

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Tuticorin Port Mariners' & General Staff Union

Beach Road, Zone 'B' Extension Port, Opp. Customs Office, Tuticorin 628 001. Tamil Nadu.

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Abhishek Premises, Gr Floor, Unit No. 1 & 2, Kuber Complex Lane, Next to Oberoi Chambers

Opp. SAB T.V. Lane, New Link Road, Andheri (West), Mumbai – 400 053

Tel No: (91-22) 26730306, 26730307 Tele Fax: (9-22) 26730309 E-mail : mail@mfswt.com Web : mfswt.com

The Merchant Navy Officers' Welfare Fund (MNOWF)

Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg, Ballard Estate, Mumbai 400 001

Tel : (91-22) 2261 9321 Fax: (91-22) 2264 4670 Email: mail@mnwof.com Web : mnwof.com

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Every care has been taken to publish the notifications/circulars of Directorate General of Shipping (DGS) and other shipping associations and offices. It may not be possible to include all associated annexures etc. because of space constraints. Please also refer to DGS website : www.dgshipping.gov.in or get in touch with the relevant organisation for further details. The Maritime Union of India and "The Oceanite" will not be responsible for any error in publishing all matter contained within this publication.

"The Oceanite" is distributed to members of The Maritime Union of India

The Oceanite | October - December 2021

Editorial

The world is once again facing an onslaught of the COVID-19 virus under different forms. Its impact on India has been fortunately negligible – upto now, compared to most countries in Europe, US and rest of the world. However, an economy cannot function efficiently on its own, or with curtailed, limited restrictive conditions prevailing in other parts of the world.

Merchant shipping being the only means of mass transport, will continue to face uphill challenges. The last twenty two months have forced our industry to adopt measures never before envisaged in history. Directorate General of Shipping and our maritime associations and unions have already taken the initiative to put together our experiences. This will enable implementation of steps to ensure functioning of our industry with regards to the most challenging aspect as of today - Crew Change. I am certain that we will face this challenge successfully and do our best to carry out crew changes with minimum of hardship to our seafarers. However, it is easier said than done, since practically every country reviews its position on a daily basis, resulting fresh quarantine rules, COVID-19 testing procedures, highly limited or non existent airline services to/from most countries to mention the major issues.

The return of Capt. Sunil Kumar Nandeshwar to India from Mauritius after been in custody for sixteen months is an extremely significant development. The Maritime Union of India has

been privileged to play a pivotal role in the matter. Communication with legal team in Mauritius, Consulate of Mauritius in Mumbai and Mauritius High Commission in New Delhi, Directorate General of Shipping, personally visiting New Dehi and submitting letters to relevant ministries of Government of India, alongwith family of the Master have all resulted in his release.

As far as retention of NRI status of seafarers is concerned, MUI has visited New Delhi for submission and follow up in the matter with the Government of India. We have appealed for a relaxation of additional sixty days to retain NRI status. We look forward to an early response from the Government.

MUI has opened a Liaison Office in the city of Lucknow on 12 December, 2021. We were privileged to have as Chief Guest, Dr. Mahendra Singh - Honourable Cabinet Minister of Jal Shakti - Uttar Pradesh at the inaugural function.

All Officers of the city are welcome to visit the office for their membership and guidance related to other issues.

Let us pray that the oncoming wave of the pandemic does not hit our country as it did the last time around and we wish a Safe and Healthy 2022 for all humanity.***

Head Office : Udyog Bhavan 4th Floor 29 Walchand Hirachand Marg
Ballard Estate, Mumbai 400 001. India

Telephone: (91-22) 2261 3052, 2261 5507 Fax: (91-22) 2262 0606
mail@maritimeunionofindia.com; www.maritimeunionofindia.com

For MEMBERSHIP QUERIES kindly email : membership@maritimeunionofindia.com

Office Timings : Monday to Friday - 09:30 a.m. to 5:30 p.m.

Editor : Mr. Amar Singh Thakur

Happy New Year

2022



Entire team of The Maritime Union of India would like to wish all seafarers, their families and friends and shipping industry a Joyous and peaceful New Year. We hope that the new year brings your family much happiness and prosperity and that in time the world will be a safe place again.



*Amar Singh Thakur
General Secretary*



THE MARITIME UNION OF INDIA

Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg, Ballard Estate, Mumbai 400001

Tel.: (91-22) 22613052, (91-22) 22615507 Fax: (91-22) 22620606

Email: mail@maritimeunionofindia.com Web: www.maritimeunionofindia.com

Officers are requested to keep with their next of kin a copy of the Bilateral Agreement they have signed before sign-on with the respective company they are serving under. It can also be sent to MUI office, Mumbai, for our records.

HAVE YOU KEPT YOUR MUI MEMBERSHIP UPDATED? ENSURE CONTINUITY OF YOUR MUI MEMBERSHIP

PAYMENT METHODS FOR RENEWAL OF MUI MEMBERSHIP

MUI Membership can be taken, using any of the following methods :

1) MUI website : www.maritimeunionofindia.com *(details on next page)*

OR

2) Through your banks' net banking facility to MUI bank account/s *(details on next page)*

After carrying out online transaction kindly email us at **membership@maritimeunionofindia.com** your name, date, amount membership number, residential address and online payment receipt / screen shot of transaction. This email will help us to confirm your transaction, update your membership record with us.

3) Download MUI software application for Android “Maritime Union Of India” on your Android phone through Google Play Store). We will be launching the same for iOS platform (Apple) very soon.

4) Print Membership Form from MUI website and post it to our Head Office at Mumbai alongwith your Cheque or Bank Demand Draft.

5) Personal visit to MUI Head Office or Branch Office at Kolkata or Liaison Offices at Chandigarh, Chennai, Kochi, Lucknow, Patna, Tuticorin, Visakhapatnam (see page no. 2 for contact details).

Credit and Debit Card can be utilised to carry out payment at Mumbai and Kolkata office)

MUI REQUESTS ALL OFFICERS TO ENSURE THAT SUFFICIENT BALANCE IS PRESENT IN THEIR ACCOUNT WHEN A CHEQUE IS ISSUED TO MUI BY THEM OR THEIR FAMILY MEMBERS, FOR MUI MEMBERSHIP

You can tear the MUI Membership form on Page 34 in this issue along the dotted line, fill it up and post it to MUI Mumbai Office alongwith a Demand Draft or Cheque in favour of
The Maritime Union of India to : Udyog Bhavan, 4th Floor
29 Walchand Hirachand Marg, Ballard Estate, Mumbai 400001.

FOR ATTENTION OF MUI MEMBERS AND SEAFARER OFFICERS

Kindly ensure that your Maritime Union of India (MUI) membership is kept validated every year.

This will ensure that you are supported in case of eventualities that may occur during your service on board vessel or after sign-off. In case you need to resolve any matter with your ship owner/Agent, interceding by the MUI can effectively assist you more effectively, if you are a fully-paid up member Officer of the Union.

MUI MEMBERSHIP

Log on to our website : www.maritimeunionofindia.com

Enter your Log in Details (Membership Number and Password provided by MUI).

If you do not have Log in details, you can click on "Forgot Password." You will then have to fill up details like MUI Membership Number, CDC No., Date of Birth. After you click to submit these details, you will be asked to provide your email id. On entering the same you will have to click "submit" once again.

You will then receive all the Log In details on email id provided by you, and using them you can log on to MUI website.

Alternatively, you can also visit your bank website and using below details carry out a transaction :

Following details would be essential for carrying out the transaction, which will ensure safe and proper deposit to MUI account. Your MUI Membership Fees can be deposited through online process in ANY ONE OF THE BANK ACCOUNTS OF THE MARITIME UNION OF INDIA :

Account Title : <u>THE MARITIME UNION OF INDIA</u>	Bank Account Type: <u>Savings Account</u>
Bank Name : <u>HDFC Bank, Elphinstone House</u>	MICR Code: <u>400240052</u>
<u>17 Murzban Road, Near C.S.T., Mumbai 400001.</u>	IFSC Code: <u>HDFC0000355</u>
Account Number: <u>03551450000409</u>	Swift Code: <u>HDFCINBBXXX</u>

**After carrying out the online transaction
kindly make sure you send us an email at
membership@maritimeunionofindia.com**

mentioning your name, MUI Membership Number, date and amount of transaction, your name and MUI membership number. Alongwith these details, a Snapshot or Image of the transaction receipt from your bank can also be included.

**Officers are requested to keep with their next of kin
a copy of the Bilateral Agreement they have signed
before sign-on with the respective company they are serving under.
It can also be sent to MUI office, Mumbai, for our records.**

NOTICE OF ACCOMMODATION FACILITY FOR MUI MEMBERS AT VIRAR, MUMBAI

PLEASE TAKE NOTE that the MARITIME UNION OF INDIA is having two flats viz. (i) Flat No.403, 4th Floor, admeasuring No.361 square feet in the Building No.41, Rustomjee Evershine Global City, Avenue "J", Building Nos.41 to 44 Co-operative Housing Society Limited, Narangi Bye Pass Road, Virar (West), Palghar : 401 303 situated at Village Narangi, Taluka : Vasai, District : Palghar and

(ii) Flat No.501, 5th Floor, admeasuring 503 square feet in the Building No.33, Rustomjee Evershine Global City, Avenue "J", Building Nos.32 to 36 Co-operative Housing Society Limited, Narangi Bye Pass Road, Virar (West), Palghar : 401 303 situated at Village Narangi, Taluka : Vasai, District : Palghar, which are available to seafarer officers who are members of The Maritime Union of India at nominal charge of Rs.1000/- (Rupees One Thousand Only) per day.

Seafarer officers, who desire to avail this facility, may please contact the head office of the Maritime Union of India.

Thanking you

For the Maritime Union of India

Sd/-

Amar Singh Thakur - MUI

General Secretary

Members are requested to mention their Membership Number, Rank, CDC number, residence address and telephone number, mobile number (self and spouse), email address, name of company they are currently serving in, when corresponding with us. This will enable us to keep your details updated and ensure smooth communication in all matters.

Officers are requested to keep a copy of the Contract Letter and Bilateral Agreement they have signed with the respective company they are serving under, before sign-on with their Next of Kin for reference. It can also be sent to MUI office, Mumbai, for our records.

**MUI REQUESTS ALL OFFICERS TO ENSURE THAT
SUFFICIENT BALANCE IS PRESENT IN THEIR ACCOUNT
WHEN A CHEQUE IS ISSUED TO MUI BY THEM OR
THEIR FAMILY MEMBERS, FOR MUI MEMBERSHIP**

**For all issues related to MEMBERSHIP including
PAYMENT of MUI MEMBERSHIP FEES, and ALL QUERIES
related to Membership, kindly send your emails to :**

membership@maritimeunionofindia.com

For all issues related to MEMBERSHIP including PAYMENT of MUI MEMBERSHIP FEES, and ALL QUERIES related to Membership, kindly send your emails to :

membership@maritimeunionofindia.com

**OFFICERS IN LUCKNOW CAN VISIT MUI LIAISON OFFICE
IN LUCKNOW FOR FRESH AND RENEWAL OF MEMBERSHIP**

The Maritime Union of India (MUI) has opened a liaison office at Lucknow located at Mariners Welfare Association (MWA), Plot 755, Sector 3 Eldeco Udyan 2, Amar Shaheed Path, Raebareli Road, Lucknow 226025.
M : 9119603496 Email : mwalucknow@gmail.com

All Officers of the region are requested to take advantage of this facility.

**After carrying out the online transaction
kindly make sure you send us an email at
membership@maritimeunionofindia.com**

OFFICERS' MEMBERSHIP FORM is included on page no. 35
CERTIFICATE OF COMPETENCY (COC) PROTECTION FORM is included on page nos. 3 and 34

**Officers are requested to keep with their next of kin
a copy of the Bilateral Agreement they have signed
before sign-on with the respective company they are serving under.
It can also be sent to MUI office, Mumbai, for our records.**

**The Oceanite - Journal of The Maritime Union of India
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Front Inside Cover	15.5 cms x 21.0 cms.	—	Rs. 5,000
Back Inside Cover	15.5 cms x 21.0 cms.	—	Rs. 5,000
Back Outside Cover	15.5 cms x 21.0 cms.	—	Rs. 6,000

Soft Copy in CDR format and converted to curves or JPG, format is requested. Cheque at par or Demand Draft is to be drawn in favour of "Oceanite"

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Cheque at par or Demand Draft is to be drawn in favour of "The Maritime Union of India"

For all queries related to hospitalisation and domiciliary medical expenses reimbursement kindly contact :

FOR MEMBERS SERVING IN FOREIGN FLAG COMPANIES

The Maritime Floating Staff Welfare Trust (MFSWT)

Abhishek Premises, Ground Floor, Unit No. 1 & 2, Kuber Complex Lane
Next to Oberoi Chambers, Opp. SAB T.V. Lane, New Link Road
Andheri (West), Mumbai 400053.

Tel.: (91-22) 26730306, (91-22) 26730307 Telefax: (91-22) 26730309

Email: mail@mfswt.com; mail@mfswt.in Web : mfswt.com

You may also contact below for reimbursement of fees for higher professional courses of your children :

FOR MEMBERS SERVING IN INDIAN FLAG COMPANIES

The Merchant Navy Officers Welfare Fund (MNOWF)

Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg,
Ballard Estate, Mumbai 400001.

Tel.: (91-22) 22619321 (91-22) 22644670

Email: mail@mnowf.com; Web : mnowf.com

Dear Members

You can avail Convalescent Home facility at various locations, which you, as Member of the Union can take advantage of :

Maharashtra : Lonavala; **Uttaranchal** : Mussourie; **West Bengal** : Raichak

The Maritime Floating Staff Welfare Trust (MFSWT)

Abhishek Premises, Ground Floor, Unit No. 1 & 2, Kuber Complex Lane, Next to
Oberoi Chambers, Opp. SAB TV Lane, New Link Road, Andheri (West)
Mumbai 400053.

Tel.: (91-22) 26730306, 26730307 Telefax: (91-22) 26730309

Email: mail@mfswt.in Web: mfswt.com

Goa; Gujarat : Valsad; **Maharashtra** : Lonavala, Mahabaleshwar, Matheran

The Merchant Navy Officers' Welfare Fund (MNOWF)

Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg, Ballard Estate
Mumbai 400001.

Tel.: (91-22) 22619321 Fax: (91-22) 22644670 Email: mail@mnowf.com

Web: mnowf.com

**CAPT. SUNIL KUMAR NANDESHWAR – MASTER OF M.V. WAKASHIO
RELEASED BY MAURITIUS
THE MARITIME UNION OF INDIA PLAYS PIVOTAL ROLE IN OBTAINING HIS RELEASE**

The Maritime Union of India (MUI) is extremely proud to announce that Capt. Sunil Kumar Nandeshwar Master of M.V. Wakashio returned home on 30 December, 2021.

His ship M.V. Wakashio grounded on coast of Mauritius on 25 July, 2020, with oil being spilled during salvage operations on 06 August 2020 which resulted in his detention since 18 August, 2020.

A large number of court hearings were held, however, he was not granted bail, and continued to be in police custody. He was not permitted even a decent, basic accommodation in a hotel. MUI made numerous appeals to permit him this facility, since custody of his passport was already with the Honourable Court in Mauritius. The Honourable Court in Mauritius has held a number of hearings in the case and Indian High Commission in Mauritius was aware of the proceedings.

Over the period of sixteen months, MUI has directly communicated with the Consulate / High Commission of Mauritius in New Delhi, Mumbai and Mauritius, Directorate General of Shipping, Mumbai, Japan Seamen's Union, National Human Rights Commission, Ministry of External Affairs – Government of India. We have also been in touch with High Commission of India, Port Louis Mauritius, First Secretary, Consulate of Mauritius - Mumbai, Co-Negotiator, The Maritime Transport and Port Employees Union - Mauritius, Barrister at Law - Mauritius, the legal representative appointed by the Ship Owners, Nagashiki Shipping Co..

Mr. Amar Singh Thakur – General Secretary – The Maritime Union of India visited Government Ministries in New Delhi along with wife and son of Capt. Nandeshwar on three occasions.

Capt. Sunil Kumar Nandeshwar has had an unblemished career in the Merchant Navy for nearly 40 years, and about 25 years in command. He has successfully completed over 100 voyages around the globe during this time.



Mr. Amar Singh Thakur with the then Honorable Minister of Shipping, Shri Mansukh L. Mandaviya along with Dr. Mrs. Namrata Nandeshwar - wife and son of Capt. Sunil Kumar Nandeshwar and son in New Delhi.



Mr. Amar Singh Thakur with Dr. Dnyaneshwar Mulay - Member - National Human Rights Commission (NHRC), along with Dr. Mrs. Namrata Nandeshwar, wife of Capt. Sunil Kumar Nandeshwar in New Delhi.

THE MARITIME UNION OF INDIA SUBMITS PETITION FOR RELAXATION OF NUMBER OF DAYS



The Maritime Union of India (MUI) General Secretary Mr. Amar Singh Thakur and Capt. Elborne Dsilva - President, along with Mr. Riyaz Padvekar - Advocate - Partner of Dave & Padvekar Associates met Shri Shripad Naik, Honourable Minister of Ports, Shipping and Waterways (Ministry of Shipping) regarding relaxation of number of days to retain NRI status for Seafarers for the financial year 2020- 21 on 07th November, 2021.



Mr. Riyaz Padvekar - Advocate, briefed Honourable Minister about the genuine hardships faced by Seafarers' community due to the ongoing pandemic and requested him to forward Petition of MUI to Honourable Finance Minister Smt. Nirmala Sitharaman to grant relaxation

**HAVE YOU KEPT YOUR MUI MEMBERSHIP UPDATED?
ENSURE CONTINUITY OF YOUR MUI MEMBERSHIP**

FOR MUI MEMBERSHIP :

Officers can visit MUI Head Office in Kolkata

Liaison offices in :

Chandigarh, Chennai, Kochi, Lucknow, Patna, Tuticorin, Visakhapatnam

**KINDLY SEND ALL YOUR MEMBERSHIP RELATED QUERIES TO:
membership@maritimeunionofindia.com**

The Maritime Union of India opens Liaison Office at Lucknow

The Maritime Union of India (MUI) is proud to announce that a MUI Liaison Office was opened in Lucknow on 12 December, 2021.

A celebratory function was held wherein Dr. Mahendra Singh – Honourable Cabinet Minister of Jal Shakti, Uttar Pradesh was the Chief Guest.

All seafarers residing in Lucknow can contact and/or visit the office for renewal / fresh membership.

The office is located at :

Mariners Welfare Association (MWA)

Plot 755, Sector 3

Eldeco Udyan

Amar Shaheed Path

Raebareli Road

Lucknow 226025.

M : 9119603496

Email : mwalucknow@gmail.com



THE MARITIME UNION OF INDIA NEGOTIATES INCREASE IN WAGE AND WORK CONDITIONS FOR ITF COLLECTIVE BARGAINING AGREEMENT

22 December 2021

Dear Seafarers

There has been an increment in wages and terms and conditions for ITF Collective Bargaining Agreements applicable to foreign flag ships.

The Maritime Union of India (MUI) took a tough stand during negotiations, despite the ongoing pandemic which has directly impacted the shipping industry financially.

MUI would like to inform that there has been an upward revision for all ranks as follows :

***Basic Wage;**

***Fixed Overtime (percentage);**

***Leave Pay;**

***Leave Subsistence Allowance increased to USD 72;**

***Pension;**

***Diwali and Ramzan Eid holidays have been included for the first time;**

***Death Compensation has been increased to USD 1,08,012/- for the year 2022 and USD 1,09,632/- for the year 2023. For each dependent child upto 18 years of age has been increased to USD 21,603/- for the year 2022 and USD 21,927 for the year 2023;**

***Disability Compensation has been increased to USD 1,80,018/- for the year 2022 and USD 1,82,718 for the year 2023.**

These achievements have been possible because of the active support and interest shown by members of our Union. MUI will continue to strive for betterment of work and wage conditions of seafarers.

The Maritime Union of Indian would like to convey its Best Wishes for the New Year 2022.



Mr. Amar Singh Thakur has personal interaction with Honorable Consul General of Indonesia, Mumbai, India.



Mr. Amar Singh Thakur met Honorable Consul General of Indonesia Mr. Agus Prihatin Saptono, and Mr. Endy K.I. Genting, Consul (Consular and Protocol) at Consulate General of the Republic of Indonesia in Mumbai on Tuesday, 02nd November, 2021.

The prime purpose was to discuss issue of detention of Indian Seafarers on ships anchored in Indonesian waters.

The latest incident of M.T. Strovolos being detained by the Indonesian Navy was discussed. MUI requested the speedy return of Indian Seafarers back home.

MUI has also requested that in order to avoid further inconvenience to all stakeholders, clarity about demarcation of Indonesian waters / anchoring of ships

and immigration procedures at Indonesian ports would be welcome.

Our Unions' plea was given a patient hearing and we look forward to further positive developments in the matter.***

MUI - Resolution of Grievances

The Maritime Union of India continues to resolve issue of Seafarers ranging from payment of wages, sign-off due to medical and home emergency reasons, and all other disputes.

We have the privilege to inform all that Capt. Sunil Kumar Nandeshwar - Master of M.V. Wakashio, which grounded off the coast of Mauritius has now been released, and has arrived in India. MUI has played a pivotal role through the sixteen months of his detention in Mauritius.

We would also like to announce that Officers of a vessel who had been detained in Colombo after their ship caught fire, have also been released.

MUI has submitted petition to the Government for relaxation in number of NRI days for the financial year 2020-2021 for Indian Seafarers. Personal visits to New Delhi by General Secretary - MUI have been made in this direction. This issue has now been escalated to higher level of Government of India and we await a formal declaration.

MUI Women's Wing 2021

ACTIVITIES AND EVENTS

Virtual Meet up with Seafarers and their families from West Zone, Rajasthan and Gujrat

MUI-WW organised a virtual Meet up with Seafarers and their families from West Zone, ie. Rajasthan and Gujarat on September 18th via zoom platform. Introduction of MUI and it's benefits were shared by Ms Saleha Shaikh, Head Coordinator, MUI Women's Wing. Mr Amar Singh Thakur gave the

keynote address and briefed about the importance of being a member with the MUI. Later , he interacted with the Seafarers and answered their queries. It was an informative session where a number of concerns put up by Seafarers and their families were skillfully addressed by Mr Amar SinghThakur.

MUI-WW Organises Singing Competition for the 'Azadi ka Amrit Mahotsav' campaign

As part of the Azadi ka Amrit Mahotsav campaign, MUI-WW organised a Singing Competition with other Maritime organisations for the Maritime Fraternity. Seafarers and their families were invited to participate in the competition. A brilliant mix of entries were received from all age groups. The final webinar of the competition was held on August 22nd, 2021 through a Zoom event. Ms Saleha Shaikh, Head Coordinator, MUI Women's Wing was part of the organising team and also a jury member for the Singing Competition. Apart from the three prizes to the first three winners of the competition, MUI-WW sponsored a special prize of Rs.3500 to twelve years old Ms Alisa Fernandes for her hard work and exceptional confidence.

Instagram Live Interview with Maritime Universe

Ms Saleha Shaikh, Head Coordinator, MUI Women's Wing was invited by Maritime Universe for an Instagram Live interaction to talk about the details and functioning of the MUI Women's wing on September 7th, 2021. Captain Vijay Sharma and Capt Ravi Chaudhary of team Maritime Universe asked various questions related to welfare of Women seafarers and families of seafarers. The interview was aired live on Instagram through their Instagram handle which has a following of fifty seven thousand people worldwide.

Career guidance Webinar : Ship to Shore - Opportunities Galore

On the occasion of World Maritime Day and as part of the Azadi ka Amrit Mahotsav campaign, MUI-WW organised a Career guidance Webinar called 'Ship to Shore - Opportunities Galore'. Five Maritime Speakers, who are experts from their domain and who successfully made a career switch ashore, were invited to give guidance on how Seafarers can switch from shipboard to a shore opportunity. The webinar was well attended and received a lot of accolades from the maritime Fraternity, especially seafarers for the timely topic. A lot of questions were put up by the attending Seafarers which were gracefully answered by the panel of speakers which included Capt Harish Khatri, Capt Rahul Bhargav, Capt Rakesh Singh, Capt Pravesh Diwan, Capt

Shailesh Bhambhani and CE. Ms Archana Saxena Sangal.

Taking this forward, MUI-WW announced a Mentoring Cell to guide Seafarers on their career switch. The Mentoring cell is in the process of being launched. Mrs Saleha Shaikh, Head Coordinator MUI Women's wing is in charge of the cell and will also provide coaching to Seafarers as required.

'Know your Benefits' Virtual Webinar for Dehradun seafarers and their families

On 17th October, 2021, MUI Women's wing arranged a 'Know your Benefits' Virtual Webinar specifically for Dehradun seafaring families via Zoom meetings. In the virtual meet, Mr Amar Singh Thakur talked about benefits of being a member of MUI whereas Mrs Saleha Shaikh briefed the Seafarers and their families on the benefits available to families of Seafarers on being a part of the union. As the webinar progressed, a lot of queries were put up by Seafarers and their families which were addressed by Mr Amar Singh Thakur. The webinar was attended by Seafarers from Dehradun as well by some being onboard or overseas.

Announces Entrepreneur's Directory

In a bid to encourage the Entrepreneurial skills of Seafarers and their families, the MUI-WW announced an Entrepreneur's Directory where Women Entrepreneurs from the Maritime Community will be featured. The MUI-WW received an overwhelming response from families of Seafarers where many times both the seafarer and his wife have started a new business or venture. The Directory is now all set to be launched in November 2021 through a virtual event where the featured members will share about their journey and wins.

Helpline and Counselling

The helpline number receives a substantial number of calls from families of seafarers. Most of the queries and concerns are related to crew changes and delayed and extended contracts. With anxiety and stress running high due to the pandemic, family members also reach out for counselling advice.

Head Co-ordinator, Ms. Saleha Shaikh has been attending to the helpline queries and guiding and counselling the member ladies as required.

Women Seafarers

Ms Saleha Shaikh has been in constant touch with the Women Seafarers currently onboard and has been actively checking on them from time to time, inquiring if all is well at their end. The one to one connect with the Women Seafarers has built trust and support with them. Cases of harassment of Women Seafarers are attended to and addressed with the help of dialogue between the Women Seafarer and the respective shipping Company.

Facebook, Whatsapp Groups, Instagram & Youtube channel

The Women's Wing functions as a Community Support group for families of Seafarers. Through Whatsapp and Facebook groups, members are connected and involved in all activities of the Women's Wing. Healthy discussions are encouraged and important updates and information are shared through Social media platforms. Through the Zone wise pan India whatsapp groups, the Core Team is in direct contact with families across India.**

File No: 2517/2/1021-NT- DGS

Date: 03.12.2021

DGS Circular No. 27 of 2021

Subject: Maritime Advisory for maintaining a vigilance to reduce the risk of transmission of the Omicron variant — reg.

On 26th November 2021, the World Health Organisation (WHO) designated the COVID-19 virus variant B.1.1.529 as a Variant of Concern (VOC). **The variant has** been given the name Omicron.

2. Omicron is a highly divergent variant with a high number of mutations and potential for higher transmissibility. The likelihood of potential further spread of Omicron at the global level is said to be high.

3. In view of above Ministry of Health and Family Welfare has issued several advisories in the matter. On 30.11.2021, MoHFW has issued guidelines for international arrivals.

4. All concerned are required to ensure strict implementation of MoHFW's travel advisory for international arrival.



(Available at
<https://mohfw.gov.in/pdf/Guidelinesforinternationalarrival28112021.pdf>)

5. All concerned are also required to maintain strict vigilance to ensure the Omicron variant does not enter into India via sea routes.

6. The use of masks, physical distancing, ventilation of indoor space, crowd avoidance, and hand hygiene needs to be continued to be strictly adhered. Also, all stakeholders are advised to closely monitor WHO, MoHFW & IMO website on regular basis & be guided with the updated guidelines issued from time to time by the aforesaid organizations.

7. This issues with the approval of the Director General of Shipping and Additional Secretary to the Government of India.


Sd/-
(Capt. Prashant Y. Manchalwar)
NS cum DDG (Tech.)



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EAC Branch (Engineering) Circular No. 28 of 2021	
F. No.13-11/5/2021-ENGG-DGS	Date : 20.12.2021
SUB: Changes in the Question Pattern of written examination for Marine Engineering Officer (MEO) CL-IV written examinations.	

1. Whereas the Competence Examination for Officer In-Charge of Engineering Watch at present constitute written and oral examinations. The written examinations are multiple-choice questions being conducted on-line at approved examination centers.
2. Whereas the Directorate has now developed a digitized system for conducting on-line written examinations through Remote Proctoring for all Competence grades and the pilot trial for it has been conducted.
3. Whereas the present on-line system of examination for Officer-In-Charge of Engineering Watch present a constraint of only allowing the questions to be multiple choice types limiting the ability to assess a candidate situational awareness, demonstration of work procedures and the ability to formulate arguments supported with reasoning and evidence among other aspects.
4. Whereas the feedback received from external and internal stake holders, suggest shifting to a mode of written examination, which is not only objective or multiple-choice type but may be either only subjective or include a multitude of question types such as subjective, multiple-choice, true and false, match the following etc. to assess various aspects of a candidate competence.
5. Whereas the complete IMO Model course 7.04 (Officer in charge of an Engineering Watch) is covered during pre-sea training, whether it is 4-Years Marine Engineering or 1-Year course for degree engineers etc.
6. Whereas the passing rate in this written Competence examination is an assessment of the education and training provided in the pre-sea MTI and an assessment of the Organization conducting in section of these Pre-sea MTI for assignment of CIP rating.
7. Whereas based on all the above the chief Examiner of Engineers has decided that with effect from 1st March 2022 there will be no fixed pattern for written Examination for operational Level Engineers for issuance of CoC under Regulation III/1 of STCW Convention 1978 as amended. The questions can only be descriptive or can be a combination of descriptive, multiple choice, true and false, match the following etc. This written examination shall be offered on both remote mode through Directorate Remote Competence Examination system and off-line mode at various Mercantile Marine Department, where the candidate can appear in person.
8. E-Learning Course for Class IV Written Examination:
 - 8.1. In order to prepare Candidates for this written examination the Directorate has decided to impose mandatory E- Learning course of 180 hrs. at no additional cost to the candidate through Directorate E-Learning portal.
 - 8.2. With effect from March 2022, the Candidates who are applying for their Class IV Eligibility Assessment for the first time shall be required to complete mandatory E-Learning course prior applying.
 - 8.3. The candidates whose eligibility has been assessed in previous months shall be exempted from mandatory completion of this E-Learning course; however, the question paper shall be in accordance with this new pattern and methodology.
 - 8.4. The E-Learning Course completion certificate shall be digital and forwarded automatically to the candidate seafarer profile after satisfactory completion of these classes.
 - 8.5. The purpose of this E-Leaming course is only to make a Candidate prepare for written examination and not to fulfill any mandatory education requirements under STCW Convention and therefore can be completed any time prior or after completion of mandatory eligible sea-service for Class IV CoC examination.
 - 8.6. Necessary instructions for enrolment in E-Learning Course, application for examination etc. shall be issued separately.
9. It may also be noted that the performance of pre-sea MTI and Organizations conducting CIP rating assignment inspections for these pre-sea MTI shall be assessed through the passing rate in these written examination.
10. This issue with the approval of the Chief Examiner of Engineers.

(Vikrant Rai)
E&SS cum DDG (Tech.)

MARITIME TRAINING TRUST

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[Tel : 022-25752049](tel:022-25752049) [E-mail : ttc-dgs@nic.in / maritimetrainingtrust@yahoo.in](mailto:ttc-dgs@nic.in)
Web.: www.dgshipping.gov.in

Date — 29.12.2021

To,
All DGS Approved Pre-sea Maritime Training Institutes (MTIs)

Sub: Financial support to be given by Maritime Training Trust (MTT) to all Indian Woman Seafarers who are undergoing pre-sea courses in the DGS approved MTIs for the year 2021-22 starting from April, 2021

Dear Sir,

It is to inform that the Maritime Training Trust (MTT) is a charitable trust registered with the Charity Commissioner, Mumbai. The Trust consists of five Trustees (Director General of Shipping and Additional Director General of Shipping as ex-officio Trustees, two Trustees as nominees of Indian National Shipowners' Association (INSA) and one Trustee nominated by the DG(S) in consultation with Indian Shipowners).

2. The Board of Trustees of the Maritime Training Trust has decided to provide financial support of Rs. 100,000/- per Indian Woman Seafarer who is undergoing pre-sea course in the DGS approved Maritime Training Institutes (MTIs). **List of Pre-Sea Courses Eligible 'for Getting Financial support from Maritime Training Trust is as under —**

- a) B. Sc. Nautical Science
- b) Diploma in Nautical Science
- c) B.E. / B. Tech. Marine Engineering
- d) Pre-sea Training for Graduate Mechanical Engineers
- e) Pre-sea Training for Diploma Mechanical Engineers
- f) Electro- Technical Officers
- g) Pre-Sea Training for General Purpose Ratings
- h) Pre-Sea Certificate Course in Maritime Catering

3. In this regard, the SOP to be followed by the MTIs is enclosed herewith as Annexure — I and the SOP to be followed by the individual woman seafarer is enclosed herewith as Annexure — II.

4. All MTIs are requested to submit the Request for financial support for Individual Woman Seafarer **for the year 2021-22 starting from April, 2021** along with required annexures / documents to the Maritime Training Trust **on or before 31.01.2022.**

* Requests received after 31.01.2022 will not be entertained.

* Soft copies of Requests and required documents are required for advance preparation by MTT.

5. The **Request in this regard should be sent to**

- Chief Executive Officer,

Maritime Training Trust, Directorate General of Shipping, 9th Floor, Beta Building,

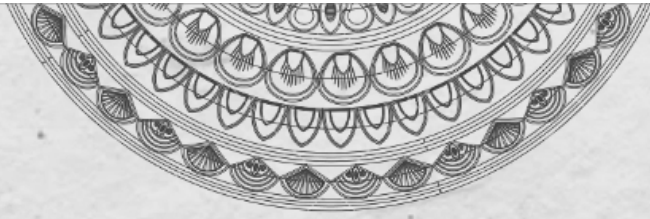
I-Think Techno Campus,

Kanjurmarg (East), Mumbai - 400 042. Office — 022 25752049

E-mail - ttc-dgs@nic.in

Thanking you,

Yours faithfully,
For Maritime Training Trust
(R.S. Kabra)
Chief Executive Officer



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Maritime association MASSA launches reward scheme for Indian seafarers

If India intends to retain and increase the global share of its highly skilled seafaring workforce, Indian merchant navy officers need to stand out in terms of competence and quality, the release said. The newly launched Reward Scheme for Excellence for Indian seafarers by MASSA will continue to bolster the up-skilling process of the highly skilled Indian seafaring population, it added.

In a bid to promote talent, maritime body MASSA has initiated a reward scheme for Indian seafarers, a move that is expected to benefit over 7,500 Indian seafarers every year.

The Maritime Association of Shipowners Shipmanagers and Agents (MASSA) has initiated the 'Reward Scheme for Excellence' at its training academies operated by the Maritime Training & Research Foundation (MTRF) Trust for Indian seafarers who intend to undergo the preparatory 'Certificate of Competency' courses.

Under the scheme, Indian seafarers who successfully pass all functions of the written examinations conducted by the Director General of Shipping in the first attempt will be offered one simulator training course free of cost at the MASSA's Maritime Academies based in Navi Mumbai or Chennai.

The move, a first of its kind by MASSA, is primarily aimed at increasing the global share of Indian seafarers and is expected to benefit over 7,500 Indian seafarers every year, the Association said in a release.

Controlled by MASSA, MTRF was formed in 1994.

"This reward will be offered initially for a period of one year for students enrolling at MASSA academies between December 2021 and December 2022. The eligible students can thereafter undergo simulator course training free of cost in our Navi Mumbai or Chennai academies within two years of the declaration of results of MMD examinations," said Maneesh Pradhan, Chairman, MTRF.

This scheme will undoubtedly promote talent within the Indian shipping industry. COVID did result in some backlog but now that the maritime examination system is underway, MTRF wishes to reward meritorious people who would be driven to do well, he said.

The scheme is a big boost to the Indian maritime sector, Pradhan said, adding that the Indian seafarers have a distinct advantage over other Asian counterparts due to their competence and command over English.

The edge due to English is narrowing constantly as many countries have planned to bridge this gap resulting in some competition coming up. If India intends to retain and increase the global share of its highly skilled seafaring workforce, Indian merchant navy officers need to stand out in terms of competence and quality, the release said.

The newly launched Reward Scheme for Excellence for Indian seafarers by MASSA will continue to bolster the up-skilling process of the highly skilled Indian seafaring population.

For all issues related to MEMBERSHIP including PAYMENT of MUI MEMBERSHIP FEES, and ALL QUERIES related to Membership, kindly send your emails to :

membership@maritimeunionofindia.com

The below scheme has been extended upto 30.06.2022

Kindly send email at :

swfs1966@gmail.com

SEAFARERS WELFARE FUND SOCIETY

Ref.No. : SWFS/Cir/ 2021

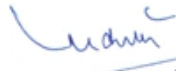
Date : 7.5.2021

CIRCULAR NO. 2 OF 2021.

This has reference to SWFS circular No. 1 of 2020 dated 23.5.2020, thereby this office has launched new welfare scheme called "SWFS- Novel Coronavirus (COVID-19) Assistance Scheme" for the benefits of seafarers and their family members who may suffer from novel coronavirus COVID-19 outbreak. As per scheme rules this scheme is a one time and limited period welfare scheme and implemented till 31st December, 2020.

Considering the continuation of the COVID-19 pandemic situation in India, the Steering Committee of this Office has extended the scheme till 30.06.2021. The other terms and conditions and eligibility criteria for availing benefit under this scheme remains same.

All the seafarers and stake holders are requested to take a note of this.


(MUKUL DUTTA)
SHIPPING MASTER-MUMBAI &
MEMBER TREASURER-SWFS.

To:

The Director General of Shipping, Govt. of India,
All Indian Shipping Companies
All Registered RPSL Companies
INSA/MASSA/FOSMA
All Seafarers' Unions/ Association
All the Seafarers

with a request to provide the publicity of
this circular on their websites for
information to seafarers.

Copy to : O/o Directorate General of Shipping, Govt. of India, Mumbai (e-publishing cell)
Kind Attn.: Shri Khurshida with a request to publish the same along with the Circular
No.1 of 2020 dated 23.5.2020 on DG Shipping website in Circular Section as well as in the
'Welfare Measures- SWFS' Sub-Menu under 'SEAFARERS'-Main Menu.

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EMAIL ID: amitmukherjee895@gmail.com

The Maritime Union of India (MUI) is proud to announce that a MUI Liaison Office was opened in Lucknow on 12 December, 2021.

All seafarers residing in Lucknow can contact and/or visit the office for renewal / fresh membership.

The office is located at :
Mariners Welfare Association (MWA)
Plot 755, Sector 3
Eldeco Udyan
Amar Shaheed Path
Raebareli Road
Lucknow 226025.
M : 9119603496
Email : mwalucknow@gmail.com

Dr. Sachin Bhavsar

Medical Practitioner

Consultant Obstetrician, Gynaecologist, Hospital and Health Management

Feedbacks/queries can be sent at: dr.sachin.bhavsar@gmail.com; mail@maritimeunionofindia.com

SURPRISING HEALTH BENEFITS OF MUSTARD OIL

Mustard oil, commonly known as "Sarson Ka Tel" is a dark yellow and slightly pungent in smell. Enriched with several properties, it is used as an anti-bacterial, anti-fungal and anti-rheumatic. Widely used in cooking and apart from being a favorite in grandma's kitchen, it is also a preferred option for several rituals in North India. Rich source of Omega Alpha 3 and Omega Alpha 6 fatty acids, Vitamin E and antioxidants, it is considered as one of the healthiest oils and has several healing and medicinal properties.

A Few Health Benefits Of Mustard Oil

TREATS RASHES AND INFECTIONS

- Due to its anti-bacterial and anti-fungal properties, it is very effective in treating rashes and other skin infections and prevents dryness and itching.
- A body massage with mustard oil rejuvenates your skin by increasing blood circulation.

How To Use

Warm half a cup of mustard oil along with a few crushed garlic pieces.

Massage your full body with this oil if suffering from any skin infections.

This will also take care of any aches and pains in the body.

After massage, sit in a warm room and bathe after an hour.

STIMULATES HAIR GROWTH

- Mustard oil has a high amount of beta-carotene which gets converted into Vitamin A which is excellent for hair growth.
- Rich in iron, fatty acids, calcium and magnesium, the oil when massaged on the scalp promotes hair growth and increases blood circulation.

How To Use

Mix and lightly warm mustard, coconut, olive and

almond oil and massage your hair for 15 to 20 minutes.

Wash your hair after 2 to 3 hours using a mild shampoo.

This will make your hair long, thick and lustrous.

PROMOTES HEART HEALTH

- Rich in mono saturated and poly saturated fats (MUFA and PUFA) as well as Omega 3 and Omega 6 fatty acids, the oil helps in balance the cholesterol levels by decreasing the bad cholesterol or LDL and increasing good cholesterol or It also minimizes the risk of cardiovascular diseases.

TREATS ORAL PROBLEMS

- Periodontal disease, commonly called gum problem, is a chronic inflammatory process accompanied by loss of teeth and can also lead to problems in the immune system.
- A regular habit of massaging the gums with mustard oil will prevent decay and other gum related diseases.

How To Use

- Take a plastic bottle and fill it up half with mustard oil and about quarter teaspoon of salt.
- Give it a good shake. Before sleeping, squeeze a bit of oil onto your palm and gently massage your gums with a finger.
- Rinse thoroughly.

This combination of mustard oil and salt will keep your gums free from decay and disease.

RELIEVE 20S COUGH AND COLD

- Mustard Oil helps in clearing the congestion of the chest and nose.
- An effective remedy would be to add a few spoons of mustard oil and caraway seeds (ajwain) to a pot of boiling water and to inhale the steam after switching off the gas.

- This helps to relieve the respiratory system and loosens the phlegm as well.

How To Use

Mix a teaspoon of mustard oil and crushed camphor and apply on your chest and back for relief.

IMPROVES COMPLEXION

- Surprisingly, massaging Mustard Oil on your face regularly can help reduce tan and lighten dark spots thereby improving your complexion.
- Contrary to popular belief that oil can make your skin look dark, the reality is exactly the opposite.

- Massage in circular motion till the skin absorbs all the oil and makes it feel moistened and supple.

How To Use

You can also use this face mask by mixing a quarter teaspoon mustard oil with three-fourth teaspoon gram flour, 1 teaspoon curd and few drops of lemon juice.

Apply on face and neck and wash off after 10 to 15 minutes. Apply at least twice a week for a clear complexion.

So, Go Ahead And Make Use Of The Oil In Your Cooking And For Application Purposes Too !!!

EFFECTIVE WAYS TO IMPROVE YOUR CHILD'S SLEEPING HABITS

Most of the parents have a tough time putting their babies and toddlers to sleep. Children between 1-3 years of age are often most difficult to put to sleep.

The reason being that around this age they are more interested in exploring their surrounding rather than going to bed. They are inquisitive, curious and excited as they grow and evolve with each passing day.

But sleep is an essential aspect of your child's growth, as the growth hormone is released during sleep.

Also, following a regular pattern will help your child regulate his/her sleep cycle which is very important for his/her overall development.

HERE ARE SOME EFFECTIVE WAYS BY WHICH YOU CAN IMPROVE YOUR CHILD'S SLEEPING HABITS

Refrain from offering your child any high sugar foods and drinks and foods containing caffeine as they can disrupt the sleep cycle.

- Avoid any kind of stimulating activity like sport or indoor games which can make your child overly active prior to bedtime.
- Switch off the television set and computers two hours prior to sleep time.
- The light from the screen interferes with the sleep cycle.

- Also, discourage use of tablets and smartphones as the blue light from these gadgets interferes with the release of sleep hormone (melatonin).

- Set a fixed bed time and follow it religiously.

- Make sure you put your child to bed at the same time everyday so that his/her body clock gets used to this routine.

- Make a short bedtime routine which includes telling or reading your child's favorite story.

- Familiarity makes them feel safe and secure and induces peaceful sleep.

- Ensure your child is comfortable while sleeping.

- They should be wearing comfortable, loose, clothes of their size and soft fabric.

- Temperature of the room should be comfortable.

- If your child has fears, you can make him/her sleep with his/her favorite toys, which can make him/her feel comfortable and safe.

- You can also encourage regular bedtime by a reward system by giving stars for going to bed on time and rewarding with a small gift or extended play hours over the weekend.

SO, GO AHEAD AND TRY THESE EFFECTIVE WAYS TO HELP YOUR CHILD GET A GOOD NIGHT'S SLEEP, PEACEFULLY !!!

ANDROPAUSE OR MALE MENOPAUSE : CAUSE AND SYMPTOMS

Male Menopause. The first thing that you wonder when you hear this term is can a man experience menopause? Well, if research studies are to be believed, women are not the only ones who go through hormonal changes during old age. Even men experience low levels of hormones as they age. However, in some men, this decline may lead to low testosterone. This is the reason why many experts prefer to call the condition Andropause or Late-Onset Hypogonadism (LOH) or Androgen Deficiency In Aging Male (ADAM) instead of male menopause.

WHAT IS ANDROPAUSE ?

Andropause is derived from Greek words in which "Andras" means human male and "pause" means cessation.

Hence, andropause is defined as a condition which causes a decrease in sexual satisfaction or a decline in the generalized feeling of well-being due to testosterone deficiency.

WHAT CAUSES ANDROPAUSE ?

In every man, the level of testosterone hormone tends to decline after the age of 25 and continues to decrease gradually till the rest of the life.

The hormone levels decline at a rate of one percent per year with age.

The production of testosterone decreases as a function of age, however, this decrease is not universal.

Moreover, the rate of decline in hormonal levels is different in different individuals.

In most men, the gradual decline of the hormonal levels doesn't seem to have any effect on their sexual performance.

However, in some, it can lead to a drastic fall in sex drive or libido.

The rate of decline is affected by chronic health problems such as obesity, illness, emotional stress, medication and poor lifestyles.

AT WHAT AGE DOES ANDROPAUSE BEGIN ?

Andropause can occur between 40-60 years of age.

Sometimes, younger men may also experience andropause symptoms due to certain health issues.

WHAT HAPPENS DURING ANDROPAUSE ?

One of the reasons for a decline in the testosterone level with age is due to a reduction in the mass of Leydig cells present in the testicles.

These cells play a key role in the production of androgen (testosterone) when stimulated by the luteinizing hormone (LH).

It could also be due to a dysfunction in the pituitary and hypothalamic equilibrium that control the secretion of LH.

This leads to abnormally low levels of LH, which in turn causes low testosterone production.

Testosterone deficiency can affect the psychological, sexual, emotional, and physical well being.

HERE ARE THE COMMON SIGNS AND SYMPTOMS OF MALE MENOPAUSE

LOW SEX DRIVE

Testosterone plays an important role in maintaining your sex drive and function.

Hence, low levels of this hormone can lead to loss of libido.

Moreover, in the long run, it can also cause difficulty in achieving an erection, increasing the risk of erectile dysfunction.

The diagnosis of late-onset hypogonadism is based on the symptoms associated with sexual health such as loss of libido, morning penile erection, and erectile dysfunction.

DEPRESSION

Studies have shown that depression can be associated with low concentrations of testosterone in older men.

This is because testosterone helps to regulate mood.

Depression Is Never A "Normal" Part Of Life And Is Most Of The Time, Manageable !!!

FATIGUE

It is one of the common symptoms of andropause which may occur due to low levels of testosterone or hypotestosteronemia.

Testosterone is needed by the body to maintain energy levels and lack of energy leads to fatigue.

ABDOMINAL OBESITY

Aging in men is associated with fat deposition in the central and upper body.

This could be due to the decline in the concentration of growth hormones with age.

These hormones also play a key role in the maintaining the levels of the sex hormone—binding globulin (SHBG) and testosterone.

Hence, a decline in the growth hormones increases SHBG levels and causes testosterone deficiency with age.

As testosterone slows down the buildup of fat in the abdominal region, the deficiency of the hormone causes accumulation of belly fat.

LOW BONE DENSITY

A significant reduction in the testosterone levels in young men can accelerate bone loss and osteoporosis.

In older men, normal levels of testosterone are needed to maintain bone mineral density, especially at the spine and hip region.

Hence, low levels of testosterone in older men can increase the risk of hip fracture due to low bone mineral density.

INSOMNIA

Testosterone also helps to regulate sleep patterns.

If the testosterone level reduces, it can lead to disturbed sleep and insomnia.

And with age, this can further cause irritability, daytime sleepiness, and difficulty in staying asleep.

In addition to these symptoms, testosterone deficiency can lead to impaired cognitive function,

reduced muscle mass and strength, and increased risk of cardiovascular complications.

HOW IS ANDROPAUSE TREATED ?

If the symptoms of andropause are not affecting your day to day life and can be alleviated by adopting a healthy lifestyle with a nutritious diet, exercise, and proper sleep, then you may not require any treatment.

However, if you are experiencing any severe symptoms, then you must discuss the same with your doctor.

Studies have shown that TESTOSTERONE REPLACEMENT THERAPY (TRT) can help improve symptoms such as fatigue, decreased libido, and depression.

THE OTHER BENEFITS OF TRT INCLUDE:

- *Improved body composition and muscle strength.

- *Improved bone mineral density.

- *Improved cognitive function.

- *Lowered risk of metabolic syndrome.

Improved mood, energy, and quality of life.

Testosterone replacement therapy or supplementation is safe, provided it is prescribed to the right person, in the right dose, and administered in right manner, under supervision.

Testosterone is available as capsules, gels, short-acting injections and long-acting injections.

Hence, if you are diagnosed with testosterone deficiency and are planning to undergo TRT, talk to your doctor about the potential benefits and risks associated with the treatment.

A TEA LOVER?

FEW REASONS TO CHOOSE WHOLE TEA LEAVES OVER TEA BAGS

Amongst the most commonly consumed beverages across the globe, a cup of tea manages to fetch a “yes” from almost everyone specifically during work hours. With several health benefits to its cap, tea leaves us fresh post a hectic day at work. Broadly tea comprises of several flavonoids such as catechins, whose anti-oxidant nature prevents the

oxidation that causes cell damage and associated health problems.

Reasons For You To Choose Whole Tea Leaves Over Tea Bags

Ever wondered if you should prefer whole tea leaves or tea bags? Here are a few reasons for you to choose whole leaves over tea bags

THE IDEAL FLAVOR

- Large in quantity and capable of infusing different flavor when brewed, whole tea leaves is the best options to enjoy the ideal flavors.
- Owing to the wider available surface area, whole tea leaves provides you with more flavor, aroma, texture, antioxidants and pleasure as well.

CONSISTENT RELEASE OF TANNINS

- Ever wondered why tea from tea bags tastes so bitter at times. The inconsistent release of the tannins from the tea bags causes the bitterness and spoils the usual taste of the tea.
- Whole tea bags when infused in water allow the consistent release of tannins and therefore does not cause any bitterness.

NATURAL AND PURE

- Whole tea leaves when infused in water allow the uptake of water and allows the essential antioxidants to leach out in its purest forms.
- In order to fit the tea leaves into the tea bags a lot of tea manufacturers cut corners by using tea dust (in the forms of fannings) instead of tea leaves therefore depriving you of the real taste.

SOURCE OF ANTIOXIDANTS

- Whole tea leaves when steeped, have enough space for the uptake of water. These tea leaves take in water and expand as they infuse.
- This helps in the extraction of the essential flavors, antioxidants and key ingredients which gives it the desired taste.
- In case of several flavored teas (such as oolong,

white, black tea) it has been seen that the tea loses the essential oils when processed to be adjusted into tea bags.

- This indirectly deprives you off the essential health benefits as well.

DEVOID OF TOXIC CHEMICALS

- Most commonly the tea bags are prepared from plastic, paper or synthetic polymer.
- These have been found to release toxins, when dipped in warm water, that are harmful for the stomach.
- The same holds false for whole tea leaves as these are directly infused in warm water.

ENVIRONMENT FRIENDLY

- The polymer used in the preparation of the tea bags has been found to be another havoc to the environment.
- Studies suggest that 30% of the tea bags composted during the discard are not biodegradable as the tea bag is sealed using propylene (a meltable plastic), whereas, strained tea leaves act as a manure for the soil.

Tea bags may be the convenient option when travelling, however, tea from whole tea leaves with endless advantages, is a definite life saver for the tea lovers who need their perfect morning cuppa to start the day.

So, Go Ahead And Make Sure You Pick Whole Tea Leaves Instead Of The Tea Bags On Your Next Visit To The Grocery !!!

**Officers are requested to keep with their next of kin
a copy of the Bilateral Agreement they have signed
before sign-on with the respective company they are serving under.
It can also be sent to MUI office, Mumbai, for our records.**

26th
January

**Happy
Republic
Day**



"Recalling and rejoicing in the victory of our
Freedom Fighters on this Republic Day

THE MARITIME UNION OF INDIA

YOU SHOULD INSURE YOUR CERTIFICATE

Because : The Maritime Union of India provides COC protection to you against Competency Certificate affected by any Court of Law and/or Authority.

BENEFITS

1. Suspension of Certificate : A maximum compensation of Rs.3,20,000/- (Rupees Three Lakh Twenty Thousand only) which is spread over 8 months.
2. Cancellation of Certificate : A maximum compensation of Rs.6,00,000/- (Rupees Six Lakh only) over period of 18 months.
3. Certificate replacement : Certificate replaced by the lower certificate upto Rs.22,500/- (Rupees Twenty Two Thousand Five Hundred only) per month not exceeding 8 payments as Compensation. Provided that this MUI COC Protection Application is in force on the day of the incident giving rise to an official inquiry into a Shipping Casualty (or was in force at least six months prior to same).
4. Legal Assistance in India : Legal assistance in India before any Court of Inquiry where Competency would be disputed upto a sum of Rs.5,00,000/- (Rupees Five Lakh only).
5. Legal Assistance outside India : Legal assistance outside India before any Court of Inquiry where Competency would be disputed upto a sum of Rs.5,00,000/- (Rupees Five Lakh only). MUI COC Protection Application covers Competency Certificates only, but not against cancellation of disciplinary misconduct or legal offences. The Maritime Union of India is not bound to give notice for renewal of premium.

REMEMBER :

1. **THE RENEWAL DATE** so that you may remit your annual premium at least one month before the due date
2. To keep membership up-to- date. MUI COC Protection Application is extended only to fully paid members of the Union.



THE MARITIME UNION OF INDIA

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APPLICATION FORM
CERTIFICATE OF COMPETENCY (COC) PROTECTION

**Important : Please ensure that all columns are filled up for acceptance of this application
by office of The Maritime Union of India**

MUI Membership No.: _____ Valid Upto : _____

1. Name in full : _____
(BLOCK LETTERS - *Surname first*)
2. Date and Place of Birth : _____
3. Permanent Address for correspondence : _____
4. Grade, Number and Complete : _____
description of certificate : _____
5. Date and Port of Issue : _____
(a) INDOS No. : _____
6. Has your Certificate ever been : _____
(a) Suspended? : _____
(b) Cancelled? : _____
(c) Successfully defended in an : _____
(d) official Enquiry? : _____
If so, please give particulars : _____
: _____
: _____
7. Have you ever been in a ship that has : _____
met with an accident in respect of which : _____
there has been an official enquiry? : _____
If so, please give particulars : _____
If so, please give particulars : _____
8. Name of your present ship : _____
9. In what capacity are you now serving? : _____
10. Name of Owners / Agent : _____
11. How long have you served with them? : _____

DECLARATION

I hereby declare that the above details are in every respect true and correct, and that I have not withheld any information calculated to influence the decision in regard to this proposal.

I pay herewith the sum of Rs. 200/- (Rupees Two Hundred only) being the first application cost and agree to renew it every year.

Date _____

Signature _____



MEMBERSHIP FORM
[TO BE FILLED IN BLOCK LETTERS]
THE MARITIME UNION OF INDIA

Regd No.: BY-II-198-A 30-3-1941
Registered Office : Udyog Bhavan, 4th Floor, 29, Walchand Hirachand Marg,
Ballard Estate, Mumbai 400 001. Tel.: 91-22-22613052 / 22615507 Fax: 91-22-22620606
E-mail: mail@maritimeunionofindia.com or membership@maritimeunionofindia.com
Website: maritimeunionofindia.com

Affiliated to The International Transport Workers' Federation, London & Hind Mazdoor Sabha, India

Membership Fees : Rs. 1800/- per annum
Entrance Fees (For first time members - one time payment) : Rs. 500/-

Please Affix
your recent
photograph

Full Name : _____
Surname first _____
Date of Birth and Place : _____
INDos No.: _____ Marital Status : ☐ Married ☐ Unmarried
C.D.C. No.: _____ Place of Issue : _____ Issued on : _____ Expires on : _____
Passport No.: _____ Place of Issue : _____ Issued on : _____ Expires on : _____
Certificate of Competency (COC) No.: _____ Place & Date of Issue : _____
Name of your present company : _____
Present Rank : _____ Employment Code No. : _____
Particulars of your last company : _____
Residence Address : _____

Landline Nos. : _____
Mobile Nos. : _____ Spouse / Next of Kin : _____
Email Address : _____

Details of Next of Kin declared by you at the time of joining the Company

Sr. No.	Full Name	Relationship	Mobile & E-mail ID
1			
2			
3			
4			

The details are required to assist you in case of contingency and/or in case of emergency.

I will abide by the rules and regulation of constitution of the Union, I agree, undertake and confirm that all agreement/s entered and or executed by MUI towards representation of its members shall be binding and enforceable by/upon me and accordingly, I authorised MUI to directly collect my membership from me and/or through my employer.

I therefore request you to enroll me as the member and/or renew my membership of the The Maritime Union of India.

Date : _____ Place : _____
Signature of Applicant

COC Protection is extended to fully paid up members only. Certificate protection fees of Rs.200 (Rupees Two Hundred only) per year payable on or before renew date.

FOR OFFICE USE

Membership No.: _____ Amount Received _____ Receipt No. _____
Place : _____
Signature of the Authorised Signatory

FOR ATTENTION OF MUI MEMBERS AND SEAFARER OFFICERS

You can tear the MUI Membership form in this issue along the dotted line,
fill it up and post it to MUI Mumbai Office alongwith
a Demand Draft or Cheque in favour of : The Maritime Union of India to :
Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg
Ballard Estate, Mumbai 400001.

Kindly ensure that your Maritime Union of India (MUI) membership is kept validated every year.

This will ensure that you are supported in case of eventualities that may occur during your service on board vessel or after sign-off. In case you need to resolve any matter with your ship owner/Agent, interceding by the MUI can effectively assist you more effectively, if you are a fully-paid up member Officer of the Union.

**MUI REQUESTS ALL OFFICERS TO ENSURE THAT
SUFFICIENT BALANCE IS PRESENT IN THEIR BANK ACCOUNTS
WHEN A CHEQUE IS ISSUED BY THEM OR THEIR FAMILY MEMBERS, FOR
MEMBERSHIP TO THE MARITIME UNION OF INDIA**

This will ensure faster and efficient delivery of
MUI Membership Card to your residence

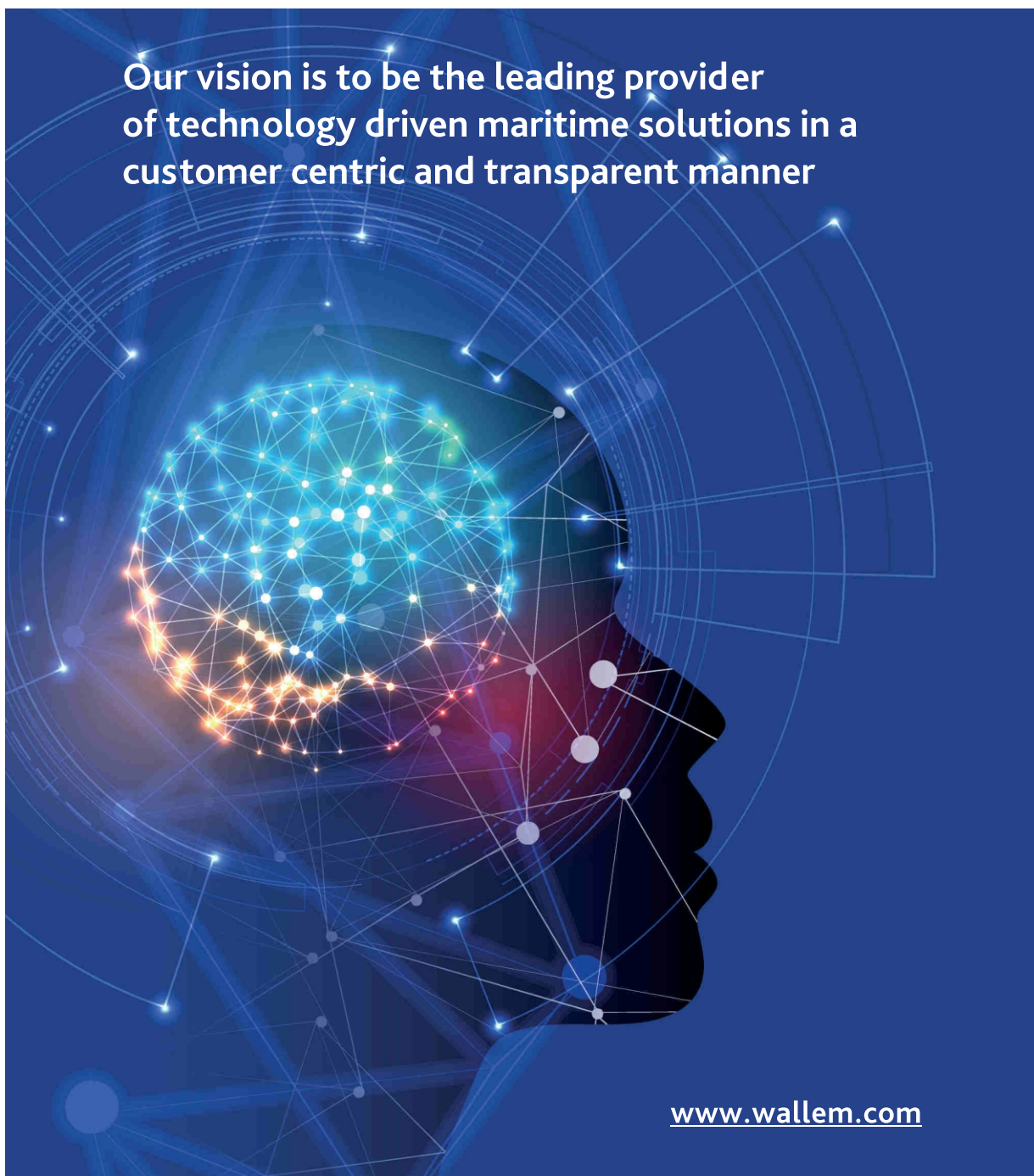
**When corresponding with MUI offices for your grievances, inquiries or
for any other purpose, kindly ensure to mention your :**

- 1) CDC Number**
 - 2) MUI Membership Number**
 - 3) Rank**
 - 4) Name of your Company**
 - 5) Land line, and mobile numbers, email identity**
-

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