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# 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

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January - March 2022

Vol. 6 - Issue No. 1

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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.  
(please see page 7)

**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  
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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 Suvridha 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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**Kochi** : Mr. Thomas Sebastian, Mr. C.S. Ganesh Prabhu

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

**Lucknow** : Capt. Baizeed Alam Khan

Mariners Welfare Association (MWA), Plot 755, Sector 3, Eldeco Udyan 2, Amar Shaheed Path, Raebareli Road  
Lucknow 226025.

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**Patna** : Mr. Ravi Prakash Mishra

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M : 7992325621 Email : muipatna@gmail.com

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**Directorate General of Shipping (please note change of address) w.e.f. 16.09.2013**

I-Think Techno Campus, BETA Building, 9th Floor, Kanjurmarg (East), Mumbai 400 042.

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Email : dgship@dgshipping.com Web: dgshipping.gov.in

**The Maritime Floating Staff Welfare Trust (MFSWT)**

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@mnowf.com Web : mnowf.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 | January - March 2022

## *Editorial*

The Maritime Union of India continues to strive towards welfare of Seafarers.

Two Seafarers who were detained in Iran for a total of two years and four months, without passports arrived in Mumbai on 12 February, 2022. They had lost all hope of finding a way to get temporary passports and visa, including the air fare. MUI was determined to ensure their return and we succeeded.

MUI maintains persistent communication with embassies, consulates, high commissions and various government ministries in India and overseas and conducts personal visits as and when required.

We continue to pursue the matter of NRI status of seafarers with the relevant ministry. We intend to visit New Delhi again in this direction.

We have concluded a fresh Collective Bargaining Agreement with Indian Coastal Conference Shipping Association (ICCSA) namely, MIC (MUI-ICCSA). This Agreement, valid from 01 April 2022 to 31 March 2024, has been signed for the first time, and is applicable to coastal vessels fulfilling certain conditions. We look forward to companies coming under the umbrella of the Agreement.

The JSU / NUSI / MUI - IMMAJ IBF CA has also been signed.

Norwegian Agreements - Model and NIS have also been signed, valid from 01 January 2022 to 31 December 2022.

Let us hope the pandemic does not again force us to change course. Of course our shipping industry has displayed exemplary courage and determination and overcome very complex issue of crew changes. We would like to put on record our appreciation of the tremendous efforts of shipping companies during the last two years.

Officers in Lucknow can visit MUI liaison office for easier interaction and membership formalities.

We will soon be opening a liaison office in Dehradun for benefit of our Seafarers.

MUI Womens Wing continues to be active and its efforts are being appreciated by the industry.

MUI can be approached for resolution of grievances, clarifications related to work and wage conditions, and other issues and as always we strive to do our best and ensure early and fair resolution of issues.

Let us all move forward with positivity and we assure our support to the entire industry in the coming months and beyond.

\* \* \*

**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

The Oceanite | January - March 2022

**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](http://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 35 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](http://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 :

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

**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.

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**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](mailto: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. 33 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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**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

## Resolution of Grievances by MUI

### MUI brings back Indian Seafarers stranded in Iran



The Maritime Union of India has finally managed to secure the release of two Indian seafarers who were stranded without their passports on a cargo ship in Iran's port city of Bushehr at 'Bandar Abbas dock' since 2019.

It is a tragic story of how Indian seafarers get easily cheated by unscrupulous recruitment agents based in India and other countries:

Indian seafarers, Mr Arham Shaikh and Mr Ashish Sakpal left Mumbai on a tourist visa for Iran to join a cargo ship in September 2019 stationed at an anchorage at Bandar Abbas Port. Their trip was facilitated by an unscrupulous recruitment agency operating in Mumbai. Once these Indian seafarers reached cargo ship in Iran, the ship-owner and his local agent confiscated their passports unfortunately. Thereafter, the ship-owner and his local agent claimed to have lost passports of both these Indian seafarers. Their cargo ship by the name, 'Sea Princess' thus became a floating jail for these seafarers as they could not leave Iran in absence of their passports.

The ship owner provided Mr Arham Shaikh and Mr Ashish Sakpal with little food and inadequate drinking water aboard the cargo ship. Ultimately, these Indian seafarers lost communication with their family members back home in India in absence of electric power on their cargo ship.

"Our family members finally sought help and assistance from Mumbai-based The Maritime

Union of India (MUI) in 2020. Eventually, MUI General Secretary Mr Amar Singh Thakur established correspondence with Ambassador of India to Tehran, Ambassador of Islamic Republic of Iran based in New Delhi, Iranian Merchant Mariners Syndicate in Tehran and ITF London.

Mr Amar Singh Thakur also met senior officials of Indian External Affairs Ministry in New Delhi to solve our problem," said Mr Arham Shaikh and Mr Ashish Sakpal.

They added, "We are extremely thankful to Mr Amar Singh Thakur - General Secretary of The Maritime Union of India. Without their support, our release from a stranded cargo ship in Iran would not have been possible".

Finally, Indian Embassy in Tehran issued travel documents to both these seafarers and The Maritime Union of India financed their air tickets to Mumbai.

Both, Mr Arham Shaikh and Mr Ashish Sakpal admitted that they got lured by a lucrative recruitment offer from an unscrupulous shipping agent. "We have learnt a lesson. Indian seafarers should trust only The Director General of Shipping of India-approved shipping agents for their career opportunities and seek help and assistance from highly a reputed maritime body like The Maritime Union of India to avoid the type and kind of ordeal we had to undergo in Iran," they added.

\* \* \*

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.

\* \* \*



The Maritime Union of India is proud to announce that Mrs. Saleha Shaikh - Head Co-ordinator - MUI Women's Wing has been featured as the Top 100 Women in Shipping for 2021

\* \* \*

Due to high winds and heavy seas in the waters off Persian Gulf, a cargo ship "ALSALMYG" with IMO No "7728596" flag of **United Arab Emirates**, with 30 crew on board sunk off the coast of Iran.

The incident approximately 30 miles from the port of Asalouyeh triggered a search-and-rescue operation in heavy seas, with wind speeds of 70km/h (43 mph).

**Twenty-Seven** persons of crew (**16 Indian, 2 Pakistanis, 9 African**) were rescued due to **quick** and **effective** action of Iranian port rescue team and rescue operations are continued to find the remained crew.

Presently, survived Seafarers are well with proper service in Asalouyeh Port with Iran Administrator.

The MUI co-ordinated with Iranian Merchant Mariners Syndicate, Tehran and they are in touch with the Indian Seafarers, ensuring their welfare and carrying out all formalities for their return home to India.

\* \* \*

P&O Ferries sacked 800 seafarers on Thursday 17th March, 2022 morning over a pre-recorded Zoom call.

The brutal sacking was carried out with just 30 minutes notice. These 800 workers were hard working, loyal and committed employees who do not deserve such disgraceful and unconscionable treatment. This behaviour, overseen by DP World who are the owners of P&O Ferries, sets a dangerous precedent that we cannot accept. No one should lose their livelihood without any warning. And we won't let this go unchallenged. The Maritime Union of India has supported the Rail, Maritime and Transport Union (RMT) and Nautilus International, U.K.. This Global Protest Letter has been addressed to Sultan Ahmed Bin Sulayem, CEO of DP World, who are the owners of P&O ferries. ITF General Secretary will meet the CEO very soon in Dubai.

\* \* \*

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.

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## 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

**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**

**STATEMENT ABOUT OWNERSHIP & OTHER PARTICULARS ABOUT  
THE OCEANITE  
Form IV (See Rule 8)**

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| Nationality   | : | Indian   |
| (whether citizen of India?)   | : | Yes  |
| Address   | : | As per item 3  |
| 6. Names and addresses of individuals who own the newspaper and partners holding more than one percent of the total capital | : | THE MARITIME UNION OF INDIA<br>Udyog Bhavan, 4th Floor<br>29, Walchand Hirachand Marg<br>Ballard Estate, Mumbai 400 001. |

I, Mr. Amar Singh Thakur, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated : March 01, 2022

Sd/-  
Amar Singh Thakur  
Publisher

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 31<sup>st</sup> 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 Kharychandani 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.

**Notice to Engineering candidates intending to appear for MEO/ETO grade examinations for the month of March 2022 at all MMD examination centers**

1) The MEO/ETO grade written examinations at all MMD examination centers (except Visakhapatnam) will be held as per below schedule.

|                         |             |           |  |
|-------------------------|-------------|-----------|--|
| 21.03.2022<br>MONDAY    | MEO CL-I    | 1000-1300 | ENGINEERING MANAGEMENT                 |
|                         | MEO CL-II-A | 1000-1300 | THERMODYNAMICS & HEAT TRANSMISSION     |
|                         | MEO CL-II-B | 1000-1300 | MARINE ENGINEERING KNOWLEDGE (STEAM)   |
|                         | ETO         | 1400-1700 | MARINE ELECTRO TECHNOLOGY & SSEP       |
|                         | MEO CL-II-A | 1400-1700 | MECHANICS & HYDROMECHANICS             |
| 22.03.2022<br>TUESDAY   | MEO CL-II-B | 1000-1300 | MARINE ENGINEERING KNOWLEDGE (GENERAL) |
|                         | MEO CL-II-B | 1000-1300 | MARINE ENGINEERING KNOWLEDGE (MOTOR)   |
| 23.03.2022<br>WEDNESDAY | MEO CL-II-B | 1000-1300 | MARINE ENGINEERING PRACTICE            |
|                         | MEO CL-II-B | 1400-1600 | SHIP SAFETY & ENVIRONMENT PROTECTION   |
| 24.03.2022<br>THURSDAY  | MEO CL-II-B | 1000-1300 | MARINE ELECTRO TECHNOLOGY              |
|                         | MEO CL-II-B | 1400-1700 | NAVAL ARCHITECTURE                     |
|                         | MEO CL-IV-B | 1400-1700 | MARINE ENGINEERING KNOWLEDGE (STEAM)   |
| 25.03.2022<br>FRIDAY    | MEO CL-IV-B | 1000-1300 | MARINE ENGINEERING KNOWLEDGE (GENERAL) |
|                         | MEO CL-IV-B | 1400-1700 | MARINE ENGINEERING KNOWLEDGE (MOTOR)   |
| 28.03.2022<br>MONDAY    | MEO CL-IV-B | 1000-1300 | SHIP CONSTRUCTION & STABILITY)         |
|                         | MEO CL-IV-B | 1400-1600 | SHIP SAFETY & ENVIRONMENT PROTECTION   |
| 29.03.2022<br>TUESDAY   | MEO CL-IV-B | 1000-1300 | MARINE ENGINEERING PRACTICE            |
|                         | MEO CL-IV-B | 1400-1700 | MARINE ELECTRO TECHNOLOGY              |
| 30.03.2022<br>WEDNESDAY | MEO CL-IV-A | 1000-1300 | HEAT ENGINE                            |
|                         | MEO CL-IV-A | 1400-1700 | APPLIED MECHANICS                      |
| 31.03.2022<br>THURSDAY  | MEO CL-IV-A | 1000-1400 | ENGINEERING DRAWING                    |
|                         | MEO CL-IV-A | 1500-1800 | MATHEMATICS                            |

2) Seat booking for written and oral examination for all centres is as per below mentioned schedule (Visakhapatnam only for oral booking of MEO Class IV 'B')

|                                |                              |  |
|--------------------------------|------------------------------|--|
| MEO CLASS I, II & ETO          | THROUGH E-GOV SYSTEM         | 01.03.22 1100 HRS.<br>TO 07.03.2022 1500 HRS.    |
| MEO CLASS IV                   | THROUGH E-PARIKSHA<br>SYSTEM | 01.03.22 1100 HRS.<br>TO 07.03.2022 1500 HRS.    |
| NCV Grade<br>oral examination) | At MMD concerned             | Contact MMD for oral<br>examination seat booking |

Note :

1) Due to covid restrictions imposed by local authorities, the maximum number of candidates that can be accommodated in each examination centre for written examination is given below.

| MMD exam centre | Total capacity for MEO & ETO grade examination |
|-----------------|--|
| MMD Chennai     | 50   |
| MMD Kolkata     | 100  |
| MMD Noida       | 68   |
| MMD Kochi       | 60   |
| MMD Mumbai      | 100  |

1) Local health, COVID protocol and safety guidelines are to be strictly adhered in conduct of the exams.

This is issued with approval of the Chief Examiner of Engineers

Sd/-  
(Jayanta Mukhopadhaya)  
Engineer & Ship Surveyor-cum-DDG (Tech.)

| DGS Circular No. 05 of 2022 [EAC Branch Engineering]   |                           |
|--|---------------------------|
| File No.13-11/5/2021-ENGG-DGS  | Date: 18th February, 2022 |
| Subject : Corrigendum to DGS (EAC branch) circular No. 02 of 2022 dated 31.01.2022 on mandatory E-Learning course. |                           |

1. Reference is invited to para 13 (iii) and para 13 (vii) of DGS (EAC branch) circular No. 02 of 2022 dated 31.01.2022. The referred paras requires automatic forwarding of E-Learning course completion certificate by the system to the seafarers profile and uploading the same by seafarers while applying for assessment respectively.

2. Since the E-learning course completion details will be automatically uploaded in the seafarers' profile by the e-governance system and there will not be any certificate generation, it has been decided by DGS that there is no need for seafarers to upload the E-learning course documents/details while applying for assessment.

3. Due to the above changes, the following amendments are now made to para 13(iii) and

para 13(vii):

**Para 13 (iii) is to be read as** "The E-Learning Course enrolment date and completion date shall be forwarded automatically to the candidate's seafarer profile after satisfactory completion of these classes".

**Para 13 (vii) is to be read as** "The assessment / generation of admit card will continue to be through e-pariksha system"

4. There are no changes in other requirements.

5. This is issued with the approval of the Director General of Shipping and Ex-officio Additional Secretary to the Government of India.

Sd/-  
(Jayanta Mukhopadhaya)  
Engineer & Ship Surveyor-cum-DDG (Tech.)

**DGS Order No. 03 of 2022**

**Subject: Amendment IV to DGS Order No. 1 of 2020 dated 30.01.2020 - reg.**

1. Whereas the Directorate has issued DGS Order No. 01 of 2020 dated 30/01/2020 on the subject "One-time Amnesty Scheme for candidates who acquired false or forged certificates from Maritime Training Institutes without attending classes - reg."

2. Whereas para 11(d) of the said DGS Order stated that -"Candidates who have not repeated the training courses can do so within six months from-01st of February 2020 and apply for restoration of their e-migrant facility and the same shall be restored within 10 days".

3. Whereas para 11 (e) of the said DGS Order stated that - "Any other seafarer who wishes to surrender his certificate obtained wrongly to the Directorate, can do so and repeat the course(s) till 31st July 2020 without facing any debarment. This facility will not be available after 31st of July 2020 and surrender-after this date will attract debarment in accordance with MS (CDC-cum-SID) Rules".

4. Whereas vide Amendment - III to DGS Order I of 2020 dated 23.07.2021, the last date to redo the course and apply for restoration of e-migrant facility was extended from 30.06.2021 to 31.12.2021.

5. Whereas a series of requests have been received from such candidates about their inability to do the training course within the prescribed time limit and extension of the timelines to redo the training course.

6. Whereas due to ongoing COVID-19 Pandemic had led to the temporary closing down of all the Maritime Training Institutes (MTI) and candidates

are unable to repeat their training courses as required.

7. In view of the above the Directorate has reviewed Order No. 01 of 2020 dated 30.01.2020, Amendment I, II & III to DGS Order No. 1 of 2020 dated 03.07.2020, dated 12.01.2021 and 23.07.2021 respectively and it has now been decided to extend the time limits for the compliance of the said Order which is given below;

7.1 Para 11(d) shall now be read as -"Candidates who have not repeated the training courses can do so latest by 30.06.2022 and apply for restoration of their e-migrant facility and the same shall be restored within 10 days".

7.2 Para 11(e) shall now be read as - "Any other seafarer who surrenders / has surrendered his wrongly obtained certificate to the Directorate till 31.08.2020 shall be allowed to repeat the course latest by 30.06.2022 without facing any debarment. This facility will not be available for seafarers who surrender their wrongly obtained course certificate after 31.03.2022 and will attract debarment in accordance with MS (CDC - cum - SID) Rules".

8. All such candidates has to take a note of the fact and consider this as a last opportunity to redo the course and no further extension will be considered.

Sd/-

(Amitabh Kumar)

Director General of Shipping &  
Addl. Secretary to the Govt. of India

F.No. 25-63011/3/2022-NT-DGS

Date : 03.03.2022

**Merchant Shipping Notice No. 02 of 2022**

**Advisory for Black Sea and adjoining areas**

In view of the conflict in the Black sea region and adjoining regions, all Indian flag ships and Indian nationals on foreign flag vessels are advised to exercise caution in the area and comply with the directives issued by the Ministry of External Affairs (MEA), Government of India, in the matter from time to time.

This is issued with approval of the Director General of Shipping and Additional Secretary to the Govt. of India.

Sd/-  
(Capt. Vikram Singh Manhas)  
Nautical Surveyor-cum-DDG (Tech.)

2. The directives issues by MEA are available at MEA website:- <https://www.mea.gov.in/>

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F.No. 25-63011/3/2022-NT-DGS

Date : 05.03.2022

**Merchant Shipping Notice No. 03 of 2022**

**Advisory for Black Sea and adjoining areas**

In view of the conflict in the Black Sea region and adjoining regions, an advisory vide Merchant Shipping Notice No. 02 of 2022, dated 02.03.2022, has been issued. Further to that, a 24x7 helpline has been set up for all shipping related matters. Contact details of the 24x7 helpline are as follows:

This is issued with approval of the Director General of Shipping and Additional Secretary to Government of India.

Sd/-  
(Capt. Vikram Singh Manhas)  
Nautical Surveyor-cum-DDG (Tech.)

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**DGS Order No. 08 of 2022****Subject: Extension of all those STCW certificates which have been issued with a validity of 18 months'- reg.**

1. Recalling para 8 of DGS Order 20 of 2020 dated, 03/08/2020, wherein this Directorate has proactively taken pragmatic approach to re-validate STCW related certificates by way of 3- Tier approach during the COVID pandemic restrictions.
 

**Case 1:** Seafarers who have completed six (6) months' sea-service within the validity of 18 months STCW certificate their certificate stands **extended by 12 months** from date of expiry.

**Case 2:** Seafarers who are currently on board as on date of issue of this circular their 18 months' validity certificates stands **extended till sign-off or 12 months** whichever is earlier.

**Case 3:** seafarers who are now ashore and intend to join ship on or before 28th Feb, 2022 their 18 months' valid certificate stands **extended till sign-off or 12 months** whichever is earlier.

**Case 4:** Seafarers who are now ashore, whose 18 months' valid certificate have expired or are going to expire, but intend to join on board ship on or after 1<sup>st</sup> March 2022, their 18 months' valid certificate stands **extended by 12 months** from the date of expiry provided these seafarers complete the DGS eJeaming course (Tier-I) at no additional cost for obtaining such extension.
2. Whereas in the said 3-Tier approach, certificates were restricted to 18 months' validity from date of issue for STCW courses listed in Annex I (pending completion of practical training).
3. Whereas in subsequent orders, Directorate General of Shipping (DGS) has permitted Maritime Training Institutes (MTIs) to resume practical training in phased manner as and when the restriction was eased up. On completion of such practical training STCW certificates have been extended for a period of 5 years from the date of issuance of 18 months' certificate.
4. Whereas, the DGS has received representations from various stakeholders requesting to address the difficulties of all those seafarers whose 18 months' valid certificates are expiring in coming months as during the current wave of Covid-19 pandemic some seafarers have not been able to complete the requisite practical training to obtain 5 years' valid certificate.
5. Having considered the requests made by the stakeholders, the Directorate has now decided to extend the STCW certificates issued with a validity of 18 months, after completing the 3-Tier programme, but without undergoing practical training at MTI under the following terms and conditions :
  6. Seafarers and the shipping companies, including Recruitment and placement Service providers are required to ensure that the seafarers concerned should have a print-out of their sea service record and applicable Tier-I course completion record (if any) from the seafarers Master checker profile. Further, the shipping companies need to demonstrate their responsibilities as required under Regulation I/I and section A-I/14 of the STCW on "Responsibilities of Companies".
  7. This circular is only applicable for all those seafarers who have obtained 18 months valid STCW certificates after going through the 3-Tier programme. This circular is not applicable for seafarers who have obtained certificates with

validity of five (5) years, these seafarers for revalidating their certificates need to undergo the refresher courses as per the existing procedures.

Sd/-  
(Amitabh Kumar)  
Director General of Shipping

#### **Annex I**

List of courses which were done without any practical were restricted to 18 months, validity from date of issue

- 1) Basic Safety Course,
- 2) Personal Survival Techniques,
- 3) Fire Prevention and Fire Fighting,
- 4) Proficiency in Survival Craft and Rescue Boats other than fast rescue boats, Proficiency in fast rescue boats,
- 5) Advanced Fire Fighting,
- 6) Medical First Aid,
- 7) Medical Care,
- 8) Refresher in Personal Survival Techniques,
- 9) Refresher in Proficiency in Survival Craft and rescue boats other than fast rescue boats,
- 10) Refresher in Fire Prevention and Fire Fighting,
- 11) Refresher in Advanced Fire Fighting,
- 12) Refresher in Proficiency in fast rescue boats,
- 13) Refresher and updating course in Medical First aid,
- 14) Refresher & updating course in Medical care

## **TAX PROBLEMS OF SEAFARERS** **IN FOREIGN WATERS**

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**NRI TAX CONSULTANTS**

**ADVOCATE AMIT MUKHERJEE**  
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**DGS Order No. 09 of 2022****Subject: Regarding Coastal Vessels (CV) and River Sea Vessels (RSV) during adverse weather conditions / cyclonic weather conditions**

Whereas, the Merchant Shipping Act, 1958, aims to ensure safety at sea and environment protection. Considering coastal shipping industry reservation, that high operation and construction cost of ships was a major impediment to its growth. Therefore, in order to reduce construction and operational cost of the coastal ships, both Coastal Vessel Rules Notification, 2014 (D.G. Order 1/2014) and River Sea Vessel Notification, 2013 (D.G. Order 18/2013) were introduced to promote the growth of the coastal shipping industry, by moderating the applicable rules to the coastal vessels, without compromising safety and environmental protection.

2. Coastal Vessels and River Sea Vessels registered under the Merchant Shipping Act, 1958, have restricted operational conditions, based upon which they have been exempted from certain requirements of the Merchant Shipping Act, 1958.

3. During investigation of maritime casualties that occurred during Cyclone Tauktae, it has been observed that some Coastal Vessels and River Sea Vessels registered under the M.S Act, 1958, sustained damages due to adverse weather conditions.

4. In view of the above, it is imperative that during adverse weather conditions, including cyclonic conditions, owners and/or master of Coastal Vessels and River Sea Vessels, should ensure that the vessels remain well clear of the storm area and the cyclone path, and that the vessels remain in safe waters at all times during such conditions.

5. Owner and/or master of Coastal Vessels and River Sea Vessels, should be guided by the weather reports issued by the IMD and/or by other such departments, and take adequate safety measures to ensure safety of lives, vessel and environment protection at all times.

6. In addition, prior onset of Cyclonic weather, Owners and/or Operators shall intimate DG Commcentre of any High-Risk vessel around the Cyclone area, and take necessary action to clear the vessel from the area well in time.

This is for information and compliance by all stakeholders.

Sd/-

(Amitabh Kumar)

Director General of Shipping &  
Additional Secretary to Govt. of India

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We've created a useful toolkit to help you share this announcement with your members, colleagues, friends and networks using the toolkit, including images and captions to post on social media.

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The most striking and interesting photograph will be awarded a £2000 cash prize and the title of the first-ever winner of the ITF Photography Prize.

If you have any questions or want more information to share with your members, please contact the organisers of the prize on [contest@itf.org.uk](mailto:contest@itf.org.uk)

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### BUDGET / FINANCE BILL

I. In the Budget there is No change in Personal Taxation slabs or Tax rate.

Income Tax Slabs and Tax Rate as per last Previous Year continues as under:

The tax slabs and rates for other resident individual below 60 years (A.Y. 2023 – 2024).

| <b>Net Income Range</b>                 | <b>Income Tax Rates</b>  | <b>Surcharge</b>  | <b>Health And Education Cess</b>  |
|---|--|-------------------|-----------------------------------|
| Upto Rs. 2,50,000/-                     | Nil  | Nil               | Nil                               |
| Rs.2,50,000/- to<br>Rs.5,00,000/-       | 5% of (Total income<br>Less Rs.2,50,000/-)   | Nil               | 4% of Income Tax                  |
| Rs.5,00,000/- to<br>Rs.10,00,000/-      | Rs.12,500 + 20% of<br>(Total income<br>Less Rs.5,00,000/-)   | Nil               | 4% of Income Tax                  |
| Rs.10,00,000/- to<br>Rs.50,00,000/-     | Rs.1,12,500+30% of (Total<br>Income Less Rs.10,00,000)   | Nil               | 4% of Income Tax                  |
| Rs.50,00,000/- to<br>Rs.1,00,00,000/-   | Rs.13,12,500+30% of (Total<br>income Less Rs.50,00,000)  | 10% of income Tax | 4% of income Tax<br>and Surcharge |
| Rs.1,00,00,000/- to<br>Rs.2,00,00,000/- | Rs. 28,12,500+30% of<br>(Total Income<br>Less Rs. 1,00,00,000/- )                                      | 15% of Income Tax | 4% of Income Tax<br>and Surcharge |
| Rs.2,00,00,000/- to<br>Rs.5,00,00,000/- | Rs.58,12,500+30% of<br>(Total Income<br>Less 2,00,00,000/-)  | 25% of Income Tax | 4% of Income Tax<br>and Surcharge |
| Above 5,00,00,000/-                     | Rs.1,48,12,500+30% of<br>(Total Tax Income<br>1,48,12,500 +30% of<br>(Total Income Less 5,00,00,000/-) | 37% of Income Tax | 4% of Income Tax<br>and Surcharge |

The tax rates for Senior Citizen - 60 years and above during the F.Y. 2022 - 2023 (A.Y. 2023 – 2024) is as under:

| <b>Net Income Range</b>           | <b>Income Tax Rates</b>                     | <b>Surcharge</b> | <b>Health And Education Cess</b> |
|-----------------------------------|---|------------------|----------------------------------|
| Upto Rs. 3,00,000/-               | Nil   | Nil              | Nil                              |
| Rs.3,00,000/- to<br>Rs.5,00,000/- | 5% of the (Total income<br>Less 3,00,000/-) | Nil              | 4% of Income Tax                 |

|                                       |   |                   |                                |
|---------------------------------------|---|-------------------|--------------------------------|
| Rs.5,00,000/- to Rs.10,00,000/-       | Rs.10,000 + 20% of [Total Income Less Rs.5,00,000/-]                                      | Nil               | 4% of income Tax               |
| Rs.10,00,000/- to Rs.50,00,000/-      | Rs.1,10,000+30% of [Total Income Less Rs.10,00,000/-]                                     | Nil               | 4% of Income Tax               |
| Rs.50,00,000/- to Rs.1,00,00,000/-    | Rs.13,10,000+30% of [total Income Less Rs.50,00,000/-]                                    | 10% of income Tax | 4% of Income tax and Surcharge |
| Rs 1,00,00,000/- to Rs. 2,00,00,000/- | Rs. 28,10,000/-+30% of [Total income Less Rs 1,00,00,000/- )                              | 15% of income Tax | 4% of Income tax and Surcharge |
| Rs.2,00,00,000/- to Rs.5,00,00,000/-  | Rs.58,10,000 +30% of (Total Income Less 2,00,00,000/- )                                   | 25% of Income Tax | 4% of Income Tax and Surcharge |
| Above 5,00,00,000/-                   | Rs.1,48,10,000+30% of (Total Income 1,48,12,500 +30% of (Total Income Less 5,00,00,000/-) | 37% of Income Tax | 4% of Income Tax Surcharge     |

The tax rates for Super Senior Citizen who is 80 years and above during the Financial Year 2022 - 2023 (A.Y. 2023 – 2024).

| <b>Net Income Range</b>              | <b>Income Tax Rates</b>                                      | <b>Surcharge</b>  | <b>Health And Education Cess</b> |
|--------------------------------------|--|-------------------|----------------------------------|
| Upto Rs. 5,00,000/-                  | Nil  | Nil               | Nil                              |
| Rs.5,00,000/- to Rs.10,00,000/-      | 20% of (Total income Less Rs.5,00,000/-)                     | Nil               | 4% of income tax                 |
| Rs.10,00,000/- to Rs.50,00,000/-     | Rs.1,00,000/- + 30% of (Total Income Less Rs 10,00,000/-)    | Nil               | 4% of income tax                 |
| Rs.50,00,000/- to Rs.100,00,000/-    | Rs.13,00,000 +30% of ( Total Income Less Rs.50,00,000/- )    | 10% of Income Tax | 4% of Income Tax and Surcharge   |
| Rs.1,00,00,000/- to Rs.2,00,00,000/- | Rs.28,00,000 +30% of (Total Income Less Rs.1,00,00,000/- )   | 15% of Income Tax | 4% of Income Tax and Surcharge   |
| Rs.2,00,00,000/- to Rs.5,00,00,000/- | Rs.58,00,000 +30% of (Total Income Less Rs.2,00,00,000/- )   | 25% of Income Tax | 4% of Income Tax and Surcharge   |
| Above Rs.50,00,00,000/-              | Rs.148,00,000/-+30% of (Total Income Less Rs. 5,00,00,000/-) | 10% of income Tax | 4% of Income Tax                 |

Those assessee's having income less than Rs.5 lakhs can claim Rebate under Section 87A . This rebate can be claimed before calculation of Health and Education Cess.

Source : Taxmann's-Direct Taxes Ready Reckoner

II. The Budget Growth has to deal with COVID by building :

- (1) housing
- (2) expressways
- (3) transit
- (4) green energy
- (5) new digital money & tax on crypto gains.

III. Budget has increased the Capital expenditure to bring back

- (1) growth
- (2) domestics manufacturing
- (3) exports
- (4) less carbon
- (5) digital currency which will create -
  - (i) more infrastructure
  - (ii) more investment
  - (iii) more jobs
  - (iv) help poor
  - (v) self reliance

IV. The stock market went up after the budget and closed higher although the bond market were rolled by the government's announcement of higher borrowing and a higher expected fiscal deficit target for F.Y.2022-23 There will be 30% tax on Crypto gains and TDS at 1%.

The exemption of duty on parts of select electronics items will further boost the domestic manufacturing of electronics goods. The Finance Minister in Union Budget also proposes 1% TDS on transaction of virtual assets: tax on gifts in crypto digital assets. Besides gifting of virtual digital assets would be taxed in the hands of the recipients.

V. Launch of sovereign green bonds to attract climate financing.

The Finance minister in Union Budget also proposes 1% Tax Deducted at Source (TDS) on transactions of virtual assets: tax on gifts in

- (1) crypto
- (2) digital assets.

Further on short term capital gains or business income from the transfer of cryptocurrencies, applicable surcharges rate of 10-37% will apply. On long term capital gains from the transfer of cryptocurrencies, the surcharge rate will not exceed 15%.

Besides gifting of virtual digital assets would be taxed in the hands of the recipient.

To fund various infrastructure projects in F.Y. 2022-23 and get the economy rolling and that Gati Shakti is the focus towards economic growth.

The Budget has created an environment conducive to start-ups and providing a helping hand for (i) agriculture, (ii) manufacturing, and

(iii) software products for creating jobs and reviving the economy.

(iv) The budget provides tax relief to persons with disability,

(v) allows taxpayers to file updated income tax returns within 2 years for correcting errors. (Revised Return)

(vi) 400 new "Vande Bharat" trains in 3 years

Section 2(47A) – Virtual Digital Asset.

"Virtual Digital Asset means–

a. Any information or code or number or token (not being Indian currency or any foreign currency),

generated through cryptographic means or otherwise, by whatever name called, providing a digital representation of value exchanged with or without consideration, with the promise of representation of having inherent value, or functions as a store of value or a unit of account including its use in any financial transaction or investment, but not limited to investment scheme and can be transferred, stored or traded electronically;

b. A non-fungible token or any other token of similar nature by whatever name called;

c. Any other digital assets as may be notified by the Central Government in the Official Gazette in this behalf.”

It is further proposed to provide that the Central Government may, by notification in the Official Gazette, exclude any digital asset from the definition of virtual digital asset subject to such conditions as may be specified therein.

These amendments will take effect from 1<sup>st</sup> April, 2022

The budget strengthens the “Atma – Nirbhar” Bharat vision-Self Reliant in all sectors.

The emphasis was equally on physical infrastructure as well as digital infrastructure with digital ecosystem being promoted in-

- (1) healthcare
- (2) skill
- (3) education
- (4) Banking
- (5) Agriculture
- (6) procurement and payments infrastructure

Gati Shakti to reduce Logistics Cost & Enhance Productivity.

Digital Rupee: The RBI will issue digital rupee in F.Y. 2023 using block chain and other technologies India has been conducting research across wholesale and retail segment for Central Bank Digital Currency (CBDC).

Cryptos come under the tax from April 1, 2023, the transfer of digital assets will be taxed at 30%. No deduction except cost of acquisition will be allowed and no loss in transaction will be allowed to carried forward.

68% of capital procurement Budget of Defence is earmarked for the domestic industry

The war between Russia and Ukraine may fuel inflation. Inflation happens when too much money chases too few goods.

The Author is a Practising Chartered Accountant

\* \* \*

## **Dr. Sachin Bhavsar**

### **Medical Practitioner**

**Consultant Obstetrician, Gynaecologist, Hospital and Health Management**

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## **SIMPLE TIPS TO IMPROVE NUTRIENT ABSORPTION FROM FOODS**

Nutrients are needed for the proper functioning of the body. Eating foods rich in vitamins and minerals such as Vitamin C, Vitamin A, B-complex vitamins, iron, and calcium is not enough. Right from how you pair your foods to how you eat them, there are numerous ways that can impact the way the body absorbs the nutrients. This is why even if you are eating nutrient-rich foods, you might not be getting all the nutrients.

So Here Are Ways To Improve Nutrient Absorption Through Foods And Reap The Benefits Of Nutrients.

### **PAIR YOU FOOD WISELY**

How you combine your foods can play a major role in the absorption of nutrients.

Pairing foods wisely can increase the nutrient absorption and also promote the overall health.

Protein is the utmost essential nutrient to be taken care of when we pair various foods to get absorbed by the body.

Include protein-rich foods in every meal to get maximum benefits from healthy food pairings.

Here Are Some Of The Popular Food Combinations That Can Help You Get The Most Of The Nutrients Through The Food You Eat.

### **IRON AND VITAMIN C**

In order to absorb the non-heme iron present in plant-based foods you need to pair it up with Vitamin C-rich foods.

This is because Vitamin C helps to break down the non-heme iron into a form that can be absorbed and used by the cells.

So squeeze a lemon to a bowl of spinach salad or

drink a glass of orange juice after eating a meal rich in iron.

### **CALCIUM AND VITAMIN D**

For strong and healthy bones, you need an appropriate amount of calcium.

But to aid the absorption of the mineral from diet and supplements you need Vitamin D.

Thus the combination of Vitamin D and calcium is a must to ensure absorption of dietary calcium in the intestine.

So eat a variety of calcium-rich foods such as dairy, tofu, etc. with Vitamin D fortified cereals, milk, or orange juice.

### **FAT AND FAT-SOLUBLE VITAMINS**

For the absorption of fat-soluble vitamins such as Vitamin A, Vitamin D, Vitamin E and Vitamin K, you need fats in the body.

This is the reason, why you should eat foods rich in these vitamins with foods that can provide good amounts of fats such as nuts, pumpkin seeds, olive oil, etc.

It is better to choose foods that contain unsaturated fats as these are healthy in nature.

For example, you need to eat a handful of nuts to ensure the absorption of Vitamin A and Vitamin K present in green leafy vegetables.

### **CHEW YOUR FOOD MINDFULLY**

If you are the kind of person who finishes everything on their plate within 5 minutes, then there is a high chance that you are not chewing your food properly.

And if you are not, then the chances of absorption

of nutrients through food is also low.

When you chew your food, it not only activates the enzymes present in the mouth but also aids in the digestion.

According to a study, fats and vitamins like Vitamin E were more easily accessible and absorbed when study participants chewed almonds 40 times as against when they chewed only 10 times.

This is because chewing breaks down the cell wall of the almonds thus helping in the absorption of nutrients.

So remember to chew your food slowly and properly so as to ensure the absorption of nutrients from food.

### **EAT FOOD MINDFULLY (MINUS STRESS)**

It is not just what you eat but also how you eat can affect the process of digestion.

When you are stressed, the brain releases stress hormones such as cortisol that makes your heart beat faster.

This causes the body to devote its energy to deal with stress.

As a result, the digestive process slows down which in turn affects the process of nutrient absorption.

Being stressed also slows down the gastric emptying and intestinal transit time and affects the digestion, absorption, and metabolism of nutrients present in food.

Moreover, it is also advised to eat mindfully by savouring eat and every bite.

As it not only helps you to chew properly and break down the food into easily assimilated and digestible form but also enhances the nutrient absorption.

Make it a habit to avoid distractions such as using phones or watching TV while having meals.

Also, relish every bite you eat as it helps in the

secretion of the digestive juices in the stomach and allows it to mix with the ingested food.

### **EAT IT OR DRINK IT**

We have always been told that eating a fruit is better than drinking the juice.

However, it is not ALWAYS true as it turns out that nutrient absorption from certain types of juices is better than the whole fruit.

According to a study, absorption of carotenoids (one of the compounds in vitamin A) is readily absorbed from orange juice than from whole oranges.

This is because the fibre present in whole fruit may bind to certain micronutrients which keeps these nutrients from getting absorbed in the small intestine.

However, the levels of vitamin C absorbed from whole oranges and orange juice remain the same.

Drinking orange juice every time is not a good idea as it lacks fibre.

Hence, it is advised to eat the fruit as well as drink orange juice to get the most of the nutrients from the fruit.

You can even try a smoothie which retains the fibre from fruits and vegetables along with improving the absorption of various nutrients.

However, as a general rule, it is advised to chew your fruits properly than drinking juices.

### **INCLUDE PROBIOTICS AND PREBIOTICS IN DIET**

Most of us are aware of the fact that probiotics are good for the gut health.

Probiotics as well as fermented foods which contain microorganisms are not only good for digestion but also help in the absorption of nutrients.

The bacteria help in breaking down the food particles, thereby maximizing the absorption of nutrients by the intestine.

Hence, include probiotics such as yoghurt and fermented foods like kimchi, buttermilk, pickles etc in your diet to up the nutrient absorption.

Foods like legumes, sweet potatoes and oats, which are prebiotic foods, can also help to absorb nutrients from food.

These are non-digestible food components which act as food for the gut biome.

Moreover, dietary fibre is known to enhance the absorption of minerals such as magnesium, iron, and calcium.

There Are Numerous Factors That Can Impact Your Digestive Process And Prevent Absorption Of Nutrients From Your Food And This Is The Reason Why Making These Simple Tweaks In Your Diet Can Help You To Make The Most Of The Nutrients Available Through Food And Stay Healthy.

### HERE IS WHAT YOU MUST LOOK FOR WHILE CHOOSING A COOKING OIL

A healthy lifestyle doesn't just mean eating right; it also means eating food prepared the right way. Generally, people buy cooking oil that is advertised as healthy or the one which is being bought regularly for years. However, there is much more to choosing a good cooking oil than just that.

#### BASIC THINGS TO REMEMBER WHEN CHOOSING AN OIL

##### FAT COMPOSITION

There are 3 types of fats: UNSATURATED FATTY ACIDS, SATURATED AND TRANS FATS.

Unsaturated are the best followed by saturated, worst being the trans fats.

Unsaturated fats are further classified into MONOUNSATURATED FATTY ACIDS (MUFA) and POLYUNSATURATED FATTY ACIDS (PUFA)

Studies have shown that when used in place of saturated fats, PUFA can help to improve cholesterol levels thereby reducing the risk for heart disease.

As a rule of thumb, you should choose PUFA and MUFA containing oils like olive, rice bran, mustard and canola oil, over saturated fats, like butter and vanaspati ghee, to minimize your risk for heart disease.

TRANS FATS are a strict no-no and are best avoided.

##### MINOR HEALTH COMPONENTS

Apart from the major components, some oils contain certain components which provide various nutritional benefits even in low levels.

Various such components include tocopherols, oryzanol, phytosterols.

All these components have been shown to lower cholesterol levels in the body.

They thus help in lowering the risk of heart diseases.

##### SMOKE POINT

Smoking point is the tolerance of oil towards heat.

When heated beyond a certain temperature, oil undergoes oxidation thereby forming free radicals which are harmful for your health.

Studies suggest that highly oxidized and heated fats may have carcinogenic effects due to toxic byproducts formed due to frying.

Canola oil, Mustard oil, Soybean oil, Sunflower oil are the ones with a high smoke point and can be used for cooking at high temperature.

##### WHICH OILS TO USE?

##### MUSTARD OIL

This oil has around 70% MUFA and 22% PUFA of which 10% is omega 3 fatty acid, and 12% is omega 6 fatty acid.

It was once considered unhealthy, but studies prove that it is one of the healthiest cooking oils due to its high MUFA and PUFA content.

It is low in saturated fatty acids and has an almost ideal omega 6:omega 3 ratio of 6:5 (olive oil has around 20:1).

It is also rich in Vitamin E and antioxidants.

Another fact that goes in its favour is that it is cold pressed.

#### **RICE BRAN OIL**

Rice bran oil has a very high smoke point and has a mild flavour.

It is one of the most balanced oils with 47% MUFA, 33% PUFA, and 20% saturated fats.

It also contains Vitamin E, oryzanol and phytosterols.

The only drawback of this oil is that it has less omega 3 and omega 6 fatty acid levels.

#### **SOYABEAN OIL**

It is one of the most commonly used oils for cooking.

It is a rich source of PUFA.

The unsaturated fatty acids include 10% alpha linolenic acid, 50% linoleic acid and 23% oleic acid-all of which is good fat.

It contains around 14% saturated fat.

It has a high smoke point and is commonly used in our homes.

#### **CANOLA OIL**

It's a native of Canada and is low acidic in nature.

It has a high smoke point and over 60% MUFA.

It has a neutral taste.

#### **EXTRA VIRGIN OLIVE OIL**

It's better known for imparting benefits for the heart.

It raises the good cholesterol and lowers the bad cholesterol.

75% fats in it are MUFA.

It has got fruity aroma.

The only limitation of this oil is that it does not have an ideal omega 6: omega 3 ratio (20:1).

#### **VANASPATI GHEE**

It is basically refined vegetable oil which is made more stable by increasing its shelf life and decreasing its chances to turn rancid.

It is not suitable for deep frying due to its low smoke point.

It is considered to be the unhealthiest of all oils since it lacks any vitamins, bio-active compounds and is loaded with trans fats.

Consuming this oil is directly linked to high cholesterol and risk of heart diseases.

MAKE IT A HABIT OF USING OILS LIKE RICE BRAN OIL, CANOLA OIL, OLIVE OIL AND MUSTARD OIL IN ROTATION TO GET THE MAXIMUM HEALTH BENEFITS OUT OF THESE OILS

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**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.**

## **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.



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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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