

## 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



Vol 4 - Issue No 4

Registration No. BY-II-198-A

October - December 2020

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Our existing MTNL telephone lines are non functional. Kindly note our new telephone number :

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

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



Countries are opening up, with singular and determined effort to get back to normalcy.

However, things continue to be difficult for seafarers and shipping companies, as ports around the world continue to observe restrictions on movement of seafarers through their respective sea and air ports.

However, our industry continues perform uphill tasks as it has done; for the last eight months.

The Maritime Union of India (MUI) continues to strive for a wide gamut of seafarers issues and letters have been submitted to the relevant Ministries for crucial issues concerning our Seafarers.

As we all know, China continues to adopt difficult stance in its dealings. At present there are ships at anchorage off Chinese ports, having Indian Seafarers. These ships, carrying cargo from Australia are not permitted to enter port, nor discharge cargo since 2 to 5 months now. There are a number of Indian Seafarers on board such ships and they are serving on extended contracts ranging from 12 to 15 months. They are paying the price of deteriorating relations between China and Australia. Moreover, no crew changes are permitted from Chinese ports.

MUI has also approached the Government regarding NRI status of seafarers for the year 2020-2021. Since April 2020, the lockdown has prevented normal crew changes and it appears that this scenario will continuing to exist in the coming months. As a result of which, seafarers

will not be able to acquire the NRI status. We look forward to the Governments response in the matter.

MUI has appealed to The Government of India to ensure that Indian Seafarers are given preference for allotment and administration of the vaccine.

The Maritime Union of India has also proposed preference for availability of COVID-19 vaccine for Indian Seafarers and to provide financial assistance to acquire vaccines for seafarers.

The Maritime Union of India alongwith its Welfare Trust (MFSWT) and Welfare Fund (MNOWF) have contributed a total sum of Rs. 25 lakhs (Rupees Twenty Five Lakhs) to the PM Cares Fund. Cheques for the same were handed over in New Delhi on 24 November.

The next hearing of Capt. Nandeshwar in Mauritius is scheduled on 16 December and we continue to pursue his application for bail.

Addressing grievances of Officers who approach us continues at MUI and we would like to state that this Union will go out of its way to ensure fairness, justice and welfare for its members.

Our work towards addressing issues of concern continues unabated.

We hope the pandemic situation in our country improves as the weeks pass by and most of all pray that ports around the world open up for crew changes which will help ease the burden imposed on seafarers and companies at the same time.

#### 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 <u>for Android "Maritime Union Of India"</u> 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 Mumbai Head Office or branch office at Kolkata or liaison offices at Chandigarh, Chennai, Kochi, Patna, Tuticorin, Visakhapatnam (see page 2 for complete 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

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 <u>visit your bank website</u> 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: THE MARITIME UNION OF INDIA

Bank Name: HDFC Bank, Elphinstone House
17 Murzban Road, Near C.S.T., Mumbai 400001.

Account Number: 03551450000409

Bank Account Type: Savings Account

MICR Code: 400240052

IFSC Code: HDFC0000355

Swift Code: HDFCINBBXXX

## 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

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.

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

membership@maritimeunionofindia.com

## OFFICERS IN PATNA CAN VISIT MUI LIAISON OFFICE IN PATNA FOR FRESH AND RENEWAL OF MEMBERSHIP

The Maritime Union of India (MUI) has opened a office at Patna, Bihar on 26 May, 2018, located at Verma Centre, Office No. 408, Boring Road, Chouraha, Patna.

All Officers of the region are requested to advantage of this new office.

# 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 Advertisement Tariff

	PRINT AREA	B & W	COLOUR
Half Page Inside	15.5 cms. x 9.5 cms.	Rs. 2,000	Rs. 3,000
Full Page Inside	15.5 cms x 19.5 cms.	Rs. 3,000	Rs. 4,500
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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#### The Maritime Union of India takes up issues of prime concern

The Maritime Union of India (MUI), as a Union are determined to be part of the fight against the Corona Virus, which continues to affect us all.

At present, Indian seafarers on board ships of various companies are held up at anchorage near ports in China. These ships are not permitted to enter port and discharge cargo, neither are they permitted to sail to another country. These ships have arrived with cargo from Australia since five to two months now. Seafarers on are serving on board on extended contracts ranging from 12 to 15 months. Relations between Australia and China have become strained, with Australia leading the charge to investigate origins of corona virus. As a result, innocent seafarers are forced to undergo hardships. Families of these seafarers are naturally worried about this development. Moreover, no crew changes are permitted from any Chinese ports.

On one hand, Indian seafarers who were serving on ships when major lockdowns were announced worldwide could not be brought home. On the other hand, those seafarers who were waiting to join or were on leave, could not join ships to replace those returning home.

As a result of this dual challenge, the seafarers on shore have not been in a position to fulfil the officially declared criteria of working outside India for more than 182 to qualify as Non Resident Indian (NRI).

Shipping companies are already doing their best to overcome the challenge of crew changes, but however, we can say that the damage is already done, as six months have already elapsed (April to September). As a result, there is no possibility for an overwhelming majority of Seafarers to qualify as NRIs for the current financial year.

It must be appreciated that THE prime asset of the merchant shipping industry are the seafarers who continue to work without interruption even when all other modes of transport and most businesses have ceased work during the ongoing pandemic. Seafarers continue to provide essential goods all around the globe, working on board ships, away from their families, who have to face challenges all alone at home.

Seafarers have always brought valuable foreign exchange to our country. This issue has already badly

affected employment prospects, and it appears this will continue to do so in the coming months. In order to improve morale of our Seafarers, we seriously need to be fair to them and grant exemption from income tax for the financial year 2020-2021 since the pandemic continues to hamper their jobs.

Therefore, MUI has appealed to the Ministry of Shipping to acknowledge this issue, and ensure that appropriate and specific circular/s to exempt those Indian seafarers who are not in a position to qualify as NRIs for the year 2020-2021 for no fault of theirs, through the relevant Government Ministry of Finance.

The Maritime Union of India has also proposed preference for availability of COVID-19 vaccine for Indian Seafarers and to provide financial assistance to acquire vaccines for seafarers.

As far as we as a Union are concerned, Indian Seafarers have continued to work on ships, to ensure that goods continue to be supplied throughout the world.

Seafarers, by the nature of their professional work to ensure carriage of goods by water, with respect to which Parliament has power to make laws; are considered as Essential Workers, under The Essential Services Maintenance Act, 1968.

Inspite of numerous and huge challenges thrown up by the pandemic which are expected to continue in the coming months and years, transport of goods by sea has to continue. However, this would not be possible without ensuring that the human factor the Seafarers are taken care of.

MUI would like to take part in this support for Seafarers to administer vaccine to Indian Seafarers at designated locations, when it is formally made available.

MUI has also appealed to the Government of India to ensure that Indian Seafarers are given preference for allotment and administration of the vaccine.

We all have been severely affected by the worldwide pandemic and its adverse effects continue to pose hardships to one and all. The Maritime Union of India alongwith its Welfare Trust (MFSWT) and Welfare Fund (MNOWF) have contributed a total sum of Rs. 25 lakhs (Rupees Twenty Five Lakhs) to the PM Cares Fund.

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## The Maritime Union of India Action Taken Report

#### 30.10.2020

We have received email from ITF London stating one of the seafarer who has completed 11 months on board and awaiting relief. We approached to manning company in India and informed them to relieve the officer on priority. After continuous follow up officer get relieved from Korea on 16th November 2020.

#### 15.10.2020

Seafarer approached MUI for pending wages who sailed on Tug vessel and signed off however not received salary for his contract. We immediately contacted company and informed them to clear BOW. We have received message from Seafarer on 30th October 2020 that his pending wages were cleared by company.

#### 28.10.2020

We have received email from officer via ITF London stating that officers got stuck up at Venezuela since 17 months. We approached company and asked the relief status. Officer's signed off from Venezuela around 3rd November 2020.

#### 21.10.2020

Ukraine ITF approached us stating one of the Ukrainian 3off Balance of wages pending whose manning operations are from India. We approach Indian company and informed them to clear BOW. We have received positive response from company

and Ukrainian officer's BOW amount is cleared by company by End November.

#### 03.10.2020

Seafarer approached MUI after early termination in few days from one of the off shore manning company. His Balance of wages were not paid by company. We approached company write several email and after continuous follow up and intervention officer has received his BOW from company on 10th October 2020.

#### 12.10.2020

We have received email via ITF London that Indian seafarers are stuck up on board on one of the manning companies from India since many months. Vessel was at china for Dry dock. We approached manning company and informed them the situation. After email communication and follow up understand that company will do the crew change on port after china. Understand from company all seafarers relieved at Indian port Sikka around 27th October 2020.

#### 12.10.2020

We have received email from Seafarer's who got stuck up at Indonesia Anchorage since august. MUI asked the company and send email. Company has diverted the vessel from Anchorage to one of the ports at Indonesia were crew was available and officer's signed on 24th October 2020.

#### Inspired in Istanbul

When Year 2020 arrived, we were happy and excited that we were moving into a new decade. Little did we know that 2020 would bring upon one of the biggest pandemics the world has known. While the pandemic still plays out its deadly role, new terms were introduced like - 'COVID', 'New normal', 'Work from home', 'Social Distancing', etc. 'Virtual Conferences', 'Online education', 'Zoom meetings' became the norm.

How did we as humans take to that change?

We had no choice but to adapt to the new norms. We had to accept the situation and the effect it had on our lives. Like everyone else I too had to bow down to the new rules.

I was travelling through Turkey as part of my 25th Wedding anniversary celebrations. Having spent

most part of our married life away from each other, missing out on birthdays, anniversaries and what not, my Master Mariner husband had promised me that we would celebrate our 25th Wedding Anniversary with a long long vacation. We zeroed down to Turkey. We had spent a brief holiday in Turkey a few years back, and after falling in love with its beautiful landscape and extremely hospitable people, we had decided to explore its beauty at leisure if life gave us a second chance. Also, Turkey is one of those countries that allows you to extend your tourist visa upto six months, hence you will find people from various countries and cultures enjoying extended vacations on tourist residence permits, mainly in Istanbul which is a melting pot of the eastern and the western cultures.

So here we were in Turkey, exploring the country that has so much history and footprints of ancient civilization. And while we were savouring every moment here, news came of how Covid was spreading. Before we came to terms with the seriousness of it all, the lockdown was announced worldover. We were quite shocked by the turn of events. Travelling back at such times with the children was not an option to consider as there was the real and looming fear of getting infected. So we decided to stay put till the situation was better.

Nobody prepared the world for what was to follow. As the Covid virus spread its deadly tentacles slowly but purposefully to every corner of the world, countries started shutting down in a bid to control the infection. Each country imposed its lockdown rules in its own individual way, but what was common was that people across the world were shut into their houses. And we too were numb by the turn of events. Slowly, the fact set in that we were held up in a country far away from home, with no certainty of when we will be able to return. Shock and fear took over. We had to believe that this was a real situation, and not a nightmare to escape from. There was a barrage of emotions - shock, fear, anxiety, uncertainty, impending doom. They completely consumed us and we would be spending hours in despair. Finally one fine day, I decided to take charge of the situation and shook out of those negative emotions. We are here now, and there's no denying that. But we can either sit and crib about it or make the most of this time. Finally we were able to accept the situation and decided to move forward positively. And voila, that change in our mindset helped to change our outlook. Acceptance and gratitude set in. We were grateful that after all Istanbul was a much better place to be stuck in than maybe another city that was unsafe and dangerous.

Thanks to the lockdown, as a family we started praying and eating together. The next challenge was how to make the most of the time homebound. Once the positivity set in, creativity started flowing. How could we spend our time productively? The peace and quiet of the lockdown helped me to look inwards and introspect. There were so many different things I had on my bucket list; I could pursue them now. I set up a timetable. An early start to the day following a schedule with productive activities looked apt. I started the day with some prayers and mindfulness activity. Then some

inspirational reading. Thank god for the blessing of having wifi availability, we had access to the internet. As a Life Coach and trainer, it is extremely important for me to stay abreast with the latest tools and techniques. So I enrolled myself in further courses to upskill myself.

The new normal gave life to new possibilities. Sitting in Istanbul, I started coaching clients from India and some who were onboard ships. The pandemic and the ensuing lockdown created a new buffet of virtual activities. You were either doing a course, or attending a webinar or having virtual coaching sessions/ meetings,etc. My family and I would take turns in using the one laptop we had amongst us; using our mobile devices at other times. Lockdown life taught me the real meaning of minimalism. As it is we were in a service apartment with limited equipment, appliances and facilities. The lockdown reinforced it further. Now In India we are used to using various spices while cooking, but here in Turkey they have just a few. Same goes for dals and grains. With extremely limited options, we ended up adapting to a Mediterranean cuisine where olive oil, grilled meats, salad greens, steamed vegetables formed the diet. However we were very grateful that we at least had food on the table. The realisation set in that there were thousands of daily wage earners going without earning a dime due to the lockdown. This sense of gratitude taught us to value everything big and small and also inspired to give from the little we had.

They say that situations of Crises tend to bring out the creativity within. People get inspired in many ways, some get more spiritual. Some of us look within, introspect our lives and feel the need to change for the better. Crises also soften hearts and many people feel the intense need to connect with others. Some feel the urge to serve society or get involved in some social causes. In my capacity, I felt the need to connect with the families of seafarers as they are my extended family. With thousands of seafarers held up on ships due to crew change delays, the families were already stressed and anguished. I had to reach out to them and assure them that we are there for eachother, that our seafarers are safe onboard their ships and we need not worry. My Core team at MU-IWW is an amazing lot. Together we spend hours planning our projects and activities. We could sense that our member ladies were going through mental and emotional stress due to the Covid induced lockdown. We organised Meet and Greet Get-togethers with our various chapters throughout India. I have to admit that those Zoom meetings were most fruitful as we got to interact real time with the families of Seafarers and were able to address their queries and concerns. These Virtual meets strengthened the camaraderie between the members. Covid-19 pandemic has made people look beyond themselves. People have become sensitive to the needs of those around. We got to know how some of our member ladies were involved with various social causes. Some shared their personal accounts of how they had been cooking food for their sick maid and her family, yet others were giving tuitions to the less privileged, or supporting them through money, provisions, etc. Some were offering free food to those in need.

The Covid Pandemic sparked Art, Innovations and Entrepreneurship. Ours groups buzzed with creative recipes, Art works and healthy banter. We witnessed new start ups and initiatives. And whenever one of the members has a problem, the others are quick to reach out and offer help. Through our network, the MUI-WW has been able to help many families in their times of need. We had a few expectant young mothers who were due to deliver and their seafarer spouse was unable to sign off. We were constantly there with them for any help they would need. The MUI-WW is constantly in touch with Lady seafarers who are onboard. We check with them for their physical, and mental wellbeing and assist them with any help.

During the lockdown period, at the MUI-WW, we brainstormed on activities to uplift the sombre Covid induced mood. The activities had to be engaging and yet bringing cheer to those around. Eventually we announced two projects, one was a Talent contest and the other was the E-Recipe book. I must confess that the responses to the contests were beyond our expectations. The Talent contest showcased some hidden talents from amongst our Community of Seafarer Families. From little children, to grandparents, we had some great talent come to the fore. Our E-Recipe book was a great success. The creativity that poured out from our

talented members were tapped well and compiled into an amazing E-book that can be accessed by anyone.

The Covid Pandemic has changed life as we know it. It has disrupted the world completely. But it is upon us how we get affected by it all. We can despair over the negative aspects or we can adapt to the new changes with a positive mindset. My getting stuck in Turkey could have left me bitter and full of complaints. But changing your lens to a positive outlook can do miracles. I feel I have achieved much more than I could have ever imagined. I now feel a sense of peace and content with myself, and at the same time I'm raring to take up new challenges because now I'm functioning from an attitude of 'Can do anything'.

The Covid pandemic taught us to value everything that we have. Diwali is a victory of good over evil, of light over darkness. Let this Diwali be a victory of Positivity over Negativity. Let us stand together and bring light into the lives of others in whichever way we can.

Lastly, I want to share a message by President Theodore Roosevelt that I strongly believe in - "Do What You Can With All You Have, Wherever You Are."

May this Diwali bring peace and illuminate our lives with the gift of Gratitude. Remember, the picture you see is not bad, it's your lens that needs cleaning.

**Happy Diwali** 

#### Saleha Zubair Shaikh

Founder and Head-Coordinator, MUI Women's Wing(MUI-WW), is a Certified Life Coach and Wellness Trainer who works for Women Empowerment. As a Life Coach, she strongly advocates that one's attitude in life can dictate one's journey and shifts in attitude can turn around life up to 360 degrees.

As Head Co-ordinator, MUI-WW, she manages a Community Support System for Seafarers' families in India and has developed a custom Coaching program for Seafarers. For any

#### F. No. 370142/18/2020-TPL Government of India Ministry of Finance Department of Revenue Central Board of Direct Taxes

New Delhi, May 8, 2020

#### Clarification in respect of residency under section 6 of the Income-tax Act, 1961

Section 6 of the Income-tax Act, 1961 (the Act) contains provisions relating to determination of residency of a person. The status of an individual, as to whether he is resident in India or a non-resident or not ordinarily resident, is dependent, *inter-alia*, on the period for which the person is in India during a previous year or years preceding the previous year.

- 2. Various representations have been received stating that there are number of individuals who had come on a visit to India during the previous year 2019-20 for a particular duration and intended to leave India before the end of the previous year for maintaining their status as non-resident or not ordinary resident in India. However, due to declaration of the lockdown and suspension of international flights owing to outbreak of Novel Corona Virus (COVID-19), they are required to prolong their stay in India. Concerns have been expressed that this extra stay in India may make them a resident of India under section 6 of the Act.
- 3. In order to avoid genuine hardship in such cases, the Board, in exercise of powers conferred under section 119 of the Act, has decided that for the purpose of determining the residential status under section 6 of the Act during the previous year 2019-20 in respect of an individual who has come to India on a visit before 22<sup>nd</sup> March, 2020 and:
  - (a) has been unable to leave India on or before 31<sup>st</sup> March, 2020, his period of stay in India from 22<sup>nd</sup> March, 2020 to 31<sup>st</sup> March, 2020 shall not be taken into account; or
  - (b) has been quarantined in India on account of Novel Corona Virus (Covid-19) on or after 1<sup>st</sup> March, 2020 and has departed on an evacuation flight on or before 31<sup>st</sup> March, 2020 or has been unable to leave India on or before 31<sup>st</sup> March, 2020, his period of stay from the beginning of his quarantine to his date of departure or 31<sup>st</sup> March, 2020, as the case may be, shall not be taken into account; or
  - (c) has departed on an evacuation flight on or before 31st March, 2020, his period of stay in India from 22nd March, 2020 to his date of departure shall not be taken into account.

(Neha Sahay) Under Secretary (TPL)-I

#### Copy to the:

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- 2. PS to the Finance Secretary.
- 3. Chairman and Members, CBDT.
- 4. Joint Secretaries/ CsIT/ Directors/ Deputy Secretaries/ Under Secretaries, CBDT.
- 5. C&AG of India (30 copies).
- 6. JS & Legal Adviser, Ministry of Law & Justice. New Delhi.
- 7. CIT (M&TP). Official Spokesperson of CBDT.
- 8. Principal DGIT (Systems) for uploading on official website.

#### Merchant Shipping Notice No. 13 of 2020 Subject: Clarification regarding refresher course for Medical First Aid and Medical Care at intervals of 5 years - reg.-reg.

- 1. The Directorate has received several requests to clarify whether a candidate in possession of 'Medical First Aid' Certificate and/or 'Medical Care' Certificate issued under the provisions of Chapter VI/I & VI/4 of STCW Convention is required to attend refresher course for the said courses at intervals of five years.
- 2. The STCW Convention does not specify any requirement for undergoing the said courses (i.e. 'Medical First Aid' course and 'Medical Care' course) or attend any refresher course for the said courses for at intervals of 5 Years.
- 3. The Maritime Labour Convention (MLC) 2006 at Guideline B4.1.1.3. (Provision of medical care) indicates that seafarer with the approved medical first-aid training required by STCW, or seafarers with approved training in medical care required by STCW ond such other seafarers as may be required by the competent authority should undergo, at approximately five-year intervals, refresher courses to enable them to maintain and increase their knowledge and skills and to keep uplo-date with new developments.
- 4. Para (1) of Article VI of the Maritime Labour Convention specifies that provisions of Part B of the Code are **NOT MANDATORY**. Hence, the provisions at Part B of the Code only needs due consideration while the provisions of the Maritime Labour Convention is implemented.

- 5. Considering the foregoing, it is clarified that THERE IS NO REOUIREMENT for a candidate in possession of 'Medical First Aid' Certificate and/or 'Medical Care' Certificate to mandatorily attend the said course(s) at intervals of 5 years for revalidation of their COC.
- 6. Candidates may however attend the course in 'Medical First Aid' and /or Medical Care course <u>AT THEIR OPTION</u> at approximately 5-year intervals to maintain and increase their knowledge and skills and to keep up-to-date with new developments. Alternatively, candidates may complete the elearning module pertaining to 'Medical First Aid' and/or' Medical Care' available in the DG Shipping website and pass the applicable online examination. Candidate may also obtain practical experience at any hospital, or similar establishment, whenever possible.
- 7. Copy of the certificate after passing the exit examination from the D G Shipping website along with the experience document from hospital (if applicable) may be kept along with the original 'Medical First Aid' Certificate and/or 'Medical Care' Certificate (as appropriate).
- 8. This is issued with approval of the Director General of Shipping and Additional Secretary to the Government of India.

Sd/-

(Capt. G.P. Shenoy)

Dated: 04.11.2020

Nautical Surveyor-cum-DDG [Tech.]

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#### DGS Order No. 38 of 2020 Subject: Addendum 1 to DGS Order No. 28 of 2020-reg.

- 1. Whereas vide DGS Order No 28 of 2020 all MTIs were allowed to recommence conduct of practical training after compliance with necessary conditions detailed in SoP attached therewith. It was further mentioned that for Post Sea courses an Addendum to DGS order 20 of 2020 with necessary modifications will be issued for conduct of practical/simulator training etc.
- Whereas vide DGS Order 20 of 2020 dated 04.08.2020, the Directorate devised a Three-Tier Mechanism of training leading to issuance of a Certificate of Proficiency or a Course Completion Certificate.
- 3. Whereas conceptually, the completion of Three-Tier Mechanism by a Candidate means:
  - Completion of relevant E-Learning Module available on Directorate website.
  - Satisfactory completion of the relevant Course at an approved MTI. The relevant course completion means completion of theoretical and practical portion relevant to the course.
  - Passing a Centralized Exit Exam being conducted by Directorate.

Whereas the COVID-19 Pandemic resulted in temporary closure of classroom and practical training at MTIs and in order to ensure continuation of revalidation of Seafarer Certificate of Competency, the Directorate vide DGS Order 20 of 2020 permitted Virtual Classes/Live Video Sessions to replace physical classes being conducted at MTI and allowed certain courses to be conducted via the Three Tier Mechanism comprising of E-learning Virtual Classes/Live Video Sessions and Exit Exam. The Digital Certificate for Courses which had a practical element were issued only for a period of 18-months pending completion of these practical elements of the courses after opening up of the MTIs'

5. Whereas vide Addendum No.1 to DGS Order 20 of 2020 that is, DGS Order 24 of 2020 dated 24.08.2020, the Directorate permitted all Seafarers to complete STCW Courses which comprised only of Lectures, Demonstrations and/or Individual/ Group Exercises and to be conducted via said Three-Tier Mechanism of Training (E-learning, Virtual Classes/Live Video Sessions and Exit Examinations)

6. Whereas vide DGS Order 28 of 2020 dated 1st October 2020 the Directorate has now permitted opening up of MTI with a maximum of 1/3rd of permitted batch strength only and the same required changes in E-Governance Module of Directorate for uploading batch details, generation of digital certificates, biometric attendance during Practical etc.

Date: 12.11.2020

- 7. Whereas, with the opening of MTI, to facilitate the MTIs and Seafarers, the Directorate has now listed the Three-Tier Mechanism for all STCW courses in following order in the attached Annexure:
  - 7.1 Courses which can be entirely completed:
    - 7.1.1. Courses with no practical Element:
      Three-Tier Mechanism comprising of
      ELearning + Virtual Classes/ LiveVideo Sessions + Exit Examination.
    - 7.1.2. Courses with Practical Element: Three-Tier Mechanism comprising of ELearning + Virtual Classes/Live Video Sessions / Practical at MTI + Exit Examination.
    - 7.1.3. One Tier Mechanism comprising of Virtual Classes/Live Video Sessions, where the MTI conducts the examination at the end of the course.
    - 7.1.4. One Tier Mechanism comprising of Virtual Classes/Live Video Sessions/Practical at Mtl where the MTI conducts exam at the end of the course.
  - 7.2. The Courses as detailed in attached Annexure, which cannot be completed in entirely due to prohibition of entry inside water or require a visit to Hospital shall on completion via the Three-Tier Mechanism of Learning comprising of E-Learning, Virtual Classes/ Live Video Sessions/ Remaining Practical at MTI and an Exit Exam shall be issued a certificate valid only for 18-months pending completion of remaining practical at MTI after removal of restrictions now being imposed.
  - 7.3. The Three-Tier Mechanism for other courses being conducted now via One Tier of Learning are being developed and revision of attached

Annexure shall be issued as and when any Course is ready to be conducted via the Three or Two-Tier Mechanism.

- 8. Whereas to ensure consistency, the Directorate has now provided a Centralized facility to MTI to issue a Digitally Signed Certificate after satisfactory completion of a Course via any of the means detailed in Paragraph 6 and digital certificates shall be issued for all the courses detailed in the attached annexure.
- 9. Whereas with the SOP for re-opening of Post-Sea MTI issued via DGS Order 28 of 2020 dated 1st October 2020 permits conduct of practical at any given point of time for only 1/3rd of the maximum permitted batch strength, while Virtual Classes / Live Video Sessions can be conducted together for the maximum

- permitted batch strength. This will lead to a same start date but different ending date for a single batch of course for different Candidates of same batch.
- 10. Whereas necessary changes are being made in the E-Governance system to accommodate the changes detailed in Paragraph 8 for all those courses which require conduct of practical at MTI and a separate SOP shall be issued for the same and meantime the MTI can continue to conduct courses via the Three Tier Mechanism of Learning detailed in DGS Order 20 of 2020 and 24 of 2020.

Sd/-Amitabh Kumar Director General of Shipping & Additional Secretary to the Government of India

Date: 01.10.2020

F. No. 20-16/4/2020-O/0 TRG-DGS

#### DGS Order No. 28 of 2020

### Subject: Re-Opening of Maritime Training Institutes for Practical Training under Controlled Conditions

The Government of India, Ministry of Health & Family Welfare, Directorate General of Health Services (EMR Division) has issued SOP dated 08.09.2020 enabling safe resumption of teaching/training activities in skill or entrepreneurship training institutions, higher educational institutions conducting doctoral courses and post graduate studies in technical & professional programs requiring laboratory / experimental work. As far as skill or entrepreneurship training is concerned the same shall be permitted in national skill training institutes, industrial training institutes, short term training centres registered with National Skill Development Corporation or state skill Development Missions or other Ministries of Government of India or State Government, National Institute for Entrepreneurship and Small Business Development (NIESBUD), Indian Institute of Entrepreneurship (IIE), and their training providers.

Taking all the above into cognizance, the Directorate has now decided to permit operation of post and presea MTI based on a Risk assessment and Mitigation methodology detailed in "Standard Operating Procedures on Phase-wise unlocking of Training Activities at MTI to enable safe resumption of Training/Teaching activities, attached as an annexure to this Order.

All Pre-Sea MTI can start conduct of practical training after compliance with necessary conditions detailed in attached SoP for post Sea MTI, while Post-Sea can start preparation for opening of MTI in accordance with

SOP for Post Sea MTI for conduct of practical/simulator training pending issuance of Addendum to DGS order 20 of 2020 with necessary modifications.

Recognizing that the Gol has not permitted use of swimming pools, those part of all STCW courses, which require a candidate to enter inside water are not permitted, and after satisfactory completion Three-Tier Mechanism of Training comprising of E-Leaming, virtual Classes/Live Video Sessions/ Remaining Practical at MTI and Exit exam, a candidate shall be issued course completion certificate valid for 18-months pending completion of remaining practical after opening of Swimming Pools after which the provisional certificate will be made a regular certificate for full period.

Recognizing the risk of visit to a Hospital mandatorily required for completion of Medicare Course, all Candidates after satisfactory completion Three-Tier Mechanism of Training comprising of E-Learning, Virtual Classes/Live Video Sessions/ Remaining Practical at MTI and Exit exam shall be issued course completion certificate valid for I8-months pending visit to Hospital after risk is reduced, after which the provisional certificate will be regular certificate for full period.

Sd/-(Amitabh Kumar) Director General of Shipping

#### **DGS Order 33 of 2020**

#### Subject: Extension of Certificates of Competency / Certificate of Proficiency for seafarers-reg.

- 1. Whereas vide DGS order 26 of 2020, the Director General of Shipping in exercise of its Powers under section 456 of the Merchant Shipping Act, 1958 granted deemed extension of CoC/CoP till 31.2.2021 or for one-contact, which-ever comes first provided that no extension has been availed by Masters, officers and rating under previous orders / SoPs issued by this Directorate and the said seafarer meet the following conditions:
  - 1.1. Masters and officers who have joined / shall join ship on/prior to 31 October 2020 provided they demonstrate continuous professional competence as per Annex I (attached to said Order) from the date of their joining.
- 1.2. Ratings who have joined / shall join ships on/prior to 31 December 2020 provided they demonstrate continuous professional competence as per Annex I (attached to said Order) from the date of their joining.
- 2. Whereas the Directorate has now received request from INSA, FOSMA and MASSA requesting to grant further extension to Master & officers by one month i.e., from the existing cut off date of 31.10.2020 until 30 November 2020. The reason being continuation of back-log in CoC/CoP re-validation
- Noting that the Directorate allowed Maritime Training Institutes to start conducting the STCW

- courses required for re-validation via the three-tier mechanism of training comprising of E-Learning, Virtual Classes & Exit Exam vide DGS order 20 of 2020 dated 03.08.2020 and there has been more than 36,000 Exit Exam test appearance till 31 October 2020.
- 4. Also noting the request received from various Ship-Owners associations and taking into consideration the extra effort required by ship owners/managers in placing seafarer on board ships in these times of travel restriction and any delay caused due to seafarer awaiting to complete mandatory STCW Courses required for revalidation may result in duplication of this effort, the Directorate hereby replaces only Paragraph 8.1 DGS Order 26 of 2020 by the following paragraph, all other conditions stated in DGS Order 26 of 2020 remains unchanged:

"Masters and officers who have joined / shall join ship on/prior to 30 November 2020 provided they demonstrate continuous professional competence as per Annex I (attached to said DGS Order 26 of 2020) from the date of their joining.

Sd/-

(Amitabh Kumar)

Date: 03.11.2020

Director General of Shipping &

Additional Secretary to the Government of India

## OFFICERS MEMBERSHIP FORM IS INCLUDED ON PAGE NOS. 35 AND 36

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.



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## DGS Shipping Circular No. 34 of 2020 Subject: Review of debarment of Continuous Discharge Certificate (CDC)-reg.

Whereas the Continuous Discharge Certificates (CDCs) are issued to Indian seafarers by the Government Shipping Offices of Shipping Masters at Mumbai, Chennai and Kolkata. The issuance of CDCs is governed by the Merchant Shipping [Continuous Discharge Certificate] Rules, 2017.

- 2. And whereas the Ministry of Shipping, Govt. of India had, vide its letter No.B-11015/45/95-MT dated 07.02.97, issued guidelines for "Recognition of training Institutes in private sector and selection of candidates for pre-sea training in Government/approved training institutes". Para 5 of the said guidelines reads, it is contextually as "responsibility of training institutes to ensure the authenticity/genuineness of the certificates submitted by the candidates for obtaining CDCs, in case the certificates are found to be fake, the candidates shall be debarred for life from taking up a career at sea in Merchant Navy". Pursuant thereto, the Directorate General of Shipping, Govt. of India had vide its letter No.16(27)/CR/98 dated 24.06.1999, conveyed the said directions to the Shipping Masters. Following the same, candidates who were found to have submitted false/fake/forged documents for obtaining CDCs were debarred for life from applying for CDCs. At that time around 700 candidates have been debarred for life, accordingly.
- 3. And whereas, the Directorate received various requests/representations from applicants so affected for taking a sympathetic view in the matter and to review the said policy of debarment for life.
- 4. And whereas the Director General of Shipping, Govt. of India reviewed it said policy, holistically and in perspective, in the light of other operating laws of the country, best international practices [in this regard] and parity with respect to other certificates issued by it, such as Certificates of Competencies and Certificate of Proficiency. On considering the foregoing, this office has decided to relax the punishment period from 'for life time' to ' for a period up to 5 years' and accordingly Crew Branch Circular No. 01 of 2016 dated 07.03.2016 was issued.

5. And whereas the Merchant Shipping (Continuous Discharge Certificate) Rules, 2017 was also notified simplifying the eligibility conditions for obtaining CDC. However, this office received various requests/representations from applicants affected by the debarment policy stating that they are not able to apply for CDC as they have been debarred for 5 years.

Dated: 12.11.2020.

- 6. Now, therefore, considering the matter sympathetically, since it is a matter of livelihood of seafarers related to their employment, the Directorate has reviewed the matter holistically and in perspective and decided to reduce the debarment period as indicated herein-below.
- 6.1. If a candidate is found to have furnished fake/false/forged document(s), along with his application for a CDC, then he would be debarred from applying for a CDC for a period up to 3 years there from.
- 6.2. If any candidate who has already been issued a CDC and subsequently it is found that he had submitted false/fake/forged document(s) for obtaining a CDC then such a CDC shall be suspended for a period of three years.
- 6.3. However, before taking action under Para 6.2, the Shipping Master concerned would follow the due process of law & principles of natural justice and pass a speaking order to that effect.
- 7. This Circular would take effect from the date of its issue. Candidates who have completed 3 years of such debarment, as on that date may apply for a CDC and would be issued a CDC, if found eligible.
- 8. This issues with the approval of the Director General of Shipping & Additional Secretary to the Govt. of India.

Sd/-

(Subhash Barguzer)

Deputy Director General of Shipping (Crew)

#### DGS Order No. 37 of 2020 Subject: Revised Procedure for Updating of Seafarer Profile

- 1. Whereas an INDOS (Indian National Database of Seafarers) number is a Unique Identification number allotted to each candidate intending to work as a seafarer. The seafarers profile containing various details including Name, Signature and Photograph, course certificates, Passport /cDC details etc. is mapped with this INDOS number. The MTIs are responsible for initiating the process for generation of INDOS number and details being entered in the seafarer's profile while ensuring the correctness and authentication of such details.
- 2. Whereas the requirement of details such as Name, Photograph, signature etc. in the seafarer's profile for purposes of e-pass, e-leaming, exit examination, automatic generation of watch-keeping certificates/DCEs etc. revealed that the required data in the seafarer's profile were either missing or unusable due to poor quality ofphotograph and signature, name wrongly entered etc. The above resulted in allowing the seafarers to make changes in their profile which was allowed with due control measures.
- 3. It has been further noticed that the Email ID, address and mobile number of the seafarer are either incorrectly filled or not present in his profile. Apart from difficulty in communicating with the seafarer, this also renders many facilities available to the seafarers in the Directorates E-governance system unusable including regeneration of passwords.
- 4. The increasing use of digital technology is an unavoidable and pressing requirement which has been fairly evidenced in the recent pandemic and the increased use of data in the seafarer's profile for 3 tier examination process, generation of digital certificate etc. has necessitated further simplification of the seafarer's profile updation process and also the need for correct capture of data at the initial stages. Facial recognition is now an integral part of the various egovernance process for ensuring integrity and security of all processes and

facilities available to the seafarers.

Date: 10.11.2020

- 5. The Directorate vide DGS Order 27 of 2020 dated 01.10.2020 imposed responsibility on the MTI to verify correctness of details of a particular candidate on his seafarer profile prior uploading the batch details and gave a detailed procedure in case changes are needed on the seafarer profile of a particular candidate. This included forwarding of change request by the Candidate through the MTI to the MTT Cell of the Directorate and the escalation matrix, provided the response to change request is not received by the Candidate within a certain time frame. The Directorate hereby reaffirms the continuation of said procedure and all MTIs are hereby directed once again to ensure correctness on seafarer profile of a candidate prior uploading batch details.
- Noting that INDOS Cell Circular No. 2 of 2018 dated 09 March 2018 gives detailed procedure for up-dating changes in personal details of a seafarer on his profile.
- 7. Also noting that the Training Circular 08 of 2019 dated 30.04.2019 has assigned added responsibility on MTI to ensure correctness of a Candidates personal details including photograph and signature while initiating the online mechanism of generation of INDOS number.
- 8. In partial modification to Training Circular 08 of 2019 and INDOS Cell Circular No. 02 of 2018, the Directorate has now devised following procedure for making a change request for the purpose of E-Learning, enrolment at a MTI prior uploading of batch details by MTI, Automatic Watch-Keeping/Dangerous Cargo Endorsement issuance and E-Migration:
  - 8.1. Request for change from those seafarers who have taken admission in a Course at a MTI on/after 1 October 2020 and the batch details have been uploaded, shall not be accepted. Same will be verified with uploaded batch details.

- 8.2. All seafarers are hereby directed to put their own e-mail id and mobile number in their seafarer profile. At present there is no permission required to change email id and mobile number. All a seafarer is required to do is log-in to his seafarer profile on egovernance module available on Directorates web-site using his INDOS number as user id and password as INDOS number followed by digit "1" (in case seafarer has not already changed his password) and carry out the changes.
- 8.3. The above facility to carry out change in email id or mobile number will not be in existence for a long time and then any further changes in a seafarer mobile number or e-mail id will be through on-line verification, that is a request for change in e-mail id shall only be permitted by an online verification through a one-time password sent to a seafarer mobile number and vice-versa.
- 8.4. While carrying out a change of photograph/signature or personal details now, the Seafarer is also advised to put their own mobile number and e-mail id on their profile. Please note after this change the system will lock a seafarer email id and mobile number and any further changes in e-mail id or mobile number will only be permitted through on-line verification as detailed in Paragraph 8.3.
- 8.5. If two seafarers are found registering the same e-mail id or mobile number after completion of their change request now' the INDOS profile of both shall be deactivated and they will not be able to utilize the same for any purpose.
- 8.6. All request for photograph andior signature changes to be forwarded to MTT at ttc-dgs@.nic.in by a Seafarer mentioning his INDOS number and from his registered e-mail id. In case, the correct e-mail is not registered on his profile, mail to be sent from the e-mail id, which he intends to get registered along with

registered mobile number or the mobile number which he intends to get registered now.

#### 8.7. Request for Change of Photograph:

- 8.7.1. Seafarer to forward recent photograph (which should be of standard passport size with white background and the face size should be75% to 80% of the photograph and in jpg form) along with self-attested copies of his passport and CDC and mobile number.
- 8.7.2. MTT shall verify photograph and INDOS number with that on his passport and CDC and after satisfactory verification will give grant permission for updating the changes. The permission shall be granted within two-working days of receipt of request from seafarer.
- 8.7.3. The seafarer is expected to update the changes within two days of grant of permission and in the meanwhile should not get enrolled in a course at any MTI. After updating his Photograph on his seafarer profile, the candidate should ensure that quality of updated photograph is as required for present or future E-Leaming/Exit Examination/DCE purposes. This is to be done by visiting the URL: https://220.156.188.229/ and logging-in using his user-id and password for seafarer profile and match his current face profile online with the photograph in his seafarer INDOS profile, existing or updated.
- 8.7.4. In case the matching is not successful, the candidate can rewrite to <a href="mailto:ttc-dgs@nic.in">ttc-dgs@nic.in</a> with a new photograph. Provided the seafarer re-writes to MTT within two days

of permission granted and his INDOS number is not submitted in any batch details by any MTI, the MTT shall grant him permission again for re-uploading the new photograph.

8.7.5. After two days of grant of permission and non-receipt of any mail by MTT regarding photo match, the MTT will verify, satisfactory updating of photograph, e-mail id and mobile number and shall close the case.

#### 8.8. Request for Change of signature:

- 8.8.1. The Seafarer to forward a copy of the strip (not page) of his signature (on a white paper strip using blue/black ink & not on a blank page) along with self attested copy of his passport and CDC. MTT to verify that the signature is as per required format or else mail the seafarer to submit his signature in correct format.
- 8.8.2. MTT shall verify signature and INDoS number with that on his passport and CDC and after satisfactory verification will give grant permission for updating the changes. The permission shall be granted within two-working days of receipt of request from seafarer.
- 8.8.3. The seafarer is expected to update the changes related to signature and also mobile number/e-mail ID, if required within two days of grant of permission.
- 8.8.4. After two days of grant of permission, the MTT will verify, satisfactory updating of photographs and email id and mobile number, if required, and shall close the case.
- 8.9 Change of Name/Date of Birth/ Gender/Place of Birth/Birth

/country/Nationality/Permanent Address :

- 8.9.1. Request for change in personal profile from those seafarers who have been issued INDOS number prior to 30.04.2019 or after 30.04.2019 can be raised using the following procedure:
- 8.9.1.1. Go to www.dgshipping.gov.in
- 8.9.1.2. Click on "e-governance"
- 8.9.1.3. Enter the User ID & Password and Click on "Login". Use your INDOS number as User-Id and INDOS number followed by digit 1 as password in case the password has not being changed earlier.
- 8.9.1.4. Click on "Request for Personal Details Correction in Seafarer Profile"
- 8.9.1.5. Click on "Request for correction of personal details".
- 8.9.1.6. Please enter the desired details in the column "Proposed Changes" & Upload your scanned copy of latest passport.
- 8.9.1.7. Click on "Submit for correction" which will submit your request and generate a reference number for future correspondence.
- 8.9.2. MTT shall verify the changes requested from details on his passport and after satisfactory verification will give grant permission for updating the changes. The permission shall be granted within two-working day of receipt of request from seafarer.
- 8.9.3. The seafarer is expected to update the changes related to signature and also mobile number/e-mail ID, if required within two days of grant of permission.
- 8.9.4. After two days of grant of permission, the MTT will verify satisfactory

updating of personal details, e-mail id and mobile number and shall close the case.

- 8.10. Escalation Matrix: If the change request is not addressed within 2 working days (excluding Saturday and Sunday) the first level of escalation of the request will be C E O M T T e m a i I: mttindos@gmail,com and the second level of escalation, if the request is not addressed within three working days of raising the request is A D G (Training) e mail: singh.deependra@gov.in
- 9. Whereas to ensure that correct data of a seafarer is available on his seafarer profile, the Directorate vide Training Circular 08 of 2019 dated 30.04.2019, has given the responsibility of generation of INDOS number to MTIs. Further to ensure correctness of Seafarer data, the Directorate vide the same Order has also stated that any correction request received from MTI after issuance of INDOS shall only be done after ensuring a payment of INR 3000/- per change except when the personal details are changed due to issuance of new passport after issuance of INDOS number. The fine of INR 3000/- per change was to be imposed on INDOS issuing

MTT vide the same Order. *In partial modification to said Order, no fine shall be imposed for next three months.* 

- 10. All MMDs are hereby instructed not to process any change request in the Seafarer Profile for the above said purposes.
- 11. Many INDOS number generating MTIs are seen to be providing their own or 3rd party email ids and mobile numbers in the INDOS database of the seafarers. This practice compromises with the integrity and security of the e-governance data and creates problems for the seafarer in their subsequent transactions including training, e-migration, examination and issuance of digital certificates. Accordingly, if any MTI is found to have entered wrong email id or mobile number of seafarers in their INDOS database, then strict punitive action may be initiated against them. MTI may sensitise their staff accordingly.

sd/-

Director General of Shipping & Additional Secretary to the Government of India

#### 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, Patna, Tuticorin, Visakhapatnam

Hope you and your family are well and secure.

Like across the world, we too are seeing dips and resurgence in COVID cases across the country. Amidst this, while there are green shoots emerging across some industries and sectors, by and large the broader market is still reeling under the tremendous pressure of this pandemic. The government has been looking at measures to ease the burden on the general populace and along with relief measures are working on solutions to increase the overall economic environment.

With that in light, I have captured some key updates over the past month or so which may be relevant or of interest to you.

#### A. Tax

- 1. Extension of due date of Filing for FY 19-20: The due date for filing the tax returns for FY 19-20 was 31 July 2020, but again this has also now been extended to 31 December 20.
- 2. Extension of due date of Filing for FY 18-19: The dates have been extended multiple times due to COVID, and as of now the last date is 30 November 2020, which as per my view may not get extended. Hence, if you have not yet filed your Tax Returns for FY 18-19 this is another opportunity to file the tax returns, especially given that many NRI's have received Tax Notice for FY 18-19.
- 3. Tax Notices to NRI's NOT Filing Tax Returns: The Income Tax Department (ITD) has a dexterous data mining system now, and in the last 2-3 months, it seems, the software has red-flagged many NRI's and Seafarers who were not filing their Tax Returns and has sent them Tax Notices.
- 4. If you have received a Tax Notice: please contact your Tax Advisor immediately so that the Notice is taken care of in a timely and appropriate manner and it does not snowball into a full-fledged Tax Scrutiny. If you need any assistance, WE are always there to help you out.

#### B. Property/Real Estate

- 1. Reduced TDS on Property Buy/Sale: Due to COVID the Government has reduced the TDS on (specified) property buy/sell transactions. The TDS earlier was 1.0% which has now reduced to 0.75%.
- 2. Reduced Stamp Duty on Property Purchase: Many State Governments, including Maharashtra, Delhi, among others, have reduced the Stamp Duty and Registration Fee by more than 60% for property purchases. HDFC Bank, the largest housing finance company in India, has had its best ever month recently.
- 3. TDS on NRI selling Property in India: The TDS on NRI's selling properties in India is at 20% in general. However, the TDS exemption certificates which can be pre-applied, provides a relief to NRI's selling property in India and repatriating funds overseas.
- **C. TDS on Remittance from India (under LRS):** There has been a 5% TCS imposed for most remittances out of India under LRS (Liberalized Remittance Scheme).
- **D. Returning NRI's & Tax Planning:** Many NRI's from the Middle East, US, Europe seems to be relocating back to India for good. They are in general called Returning NRI's. The First 2 years in India is super critical for a RNRI from a Tax planning point of view and to avoid double taxation. In general, if you are planning to relocate to India for good, it is advisable to contact your Tax Advisor in India atleast 3-4 months before actually coming back to India. Proper Tax planning can save a good amount of sum in taxes, not only in India but also in other countries.
- **E. Estate Planning & Will:** The COVID has been a reality check for many of us. Many of our Clients have initiated either the making a simple Will or have also engaged themselves into proper Estate Planning to ensure proper security and safety of the family, in case of eventualities.

#### Tax (1+1 may not be 2): Classic Case Studies

Hope all of you and your family are safe and secure in these challenging times.

In this edition, I will share with you, a few Classic Cases in Tax which we generally use during training sessions, on how "simple" tax laws are and how 1+1 may not always be 2.

Case 1 : Parachute Oil is not Hair Oil

Parachute is an iconic brand and it's safe to say most people have heard about Parachute coconut oil. But the interesting bit is that, the product, isn't sold as hair oil. Instead, the manufacturer classifies it as edible oil.

The reason is quite simple. Edible oil carries a low tax rate and cosmetic hair oil is taxed at a higher rate. So if you were a prudent business person and have a smart tax advisor, you would naturally choose to classify the product based on this microdetail.

But the tax authorities did not agree with this classification.

The tax authorities contested that their market survey told them something entirely different. They believed customers, who purchased "coconut oil" in small containers primarily used the product as hair oil. The tax authorities were asking the Tribunal (ruling on the matter), not to classify the objects based on technical and scientific specifications and instead, rely on popular consensus and end use. After all, in common parlance people often referred to Parachute oil as Parachute hair oil.

However, the tribunal disagreed.

They believed that although you could use Parachute as hair oil, it was incumbent on the tax authorities to prove beyond all reasonable doubt that the product was specifically prepared for use on hair — by way of product labels/literature/indications on the container. Just because some people choose to use the product as hair oil, you can't classify it as such. There must be a clear relation between the two. Although Parachute advertisements subliminally try and indicate that you can use the product as hair oil, they don't explicitly make this claim. The packaging too is devoid of any such communication. Instead, most of it is centered on the goodness of coconut oil and its apparent benefits to the human body.

So the tribunal sided with the manufacturers and against the tax authorities, and Parachute oil continued to be classified as "edible oil."

#### Case 2: Master Blaster is not a Cricketer

If you've ever filed tax returns, you know that you can save a whole lot of money by claiming deductions and smart tax planning. There's a section in the IT Act that, exempts income from foreign sources if certain special conditions are met. Let me explain. If you were a select professional i.e. if you were an author, playwright, artist, musician,

actor, or a sportsman and you received income from a foreign source, then authorities won't tax the entire income if you earned this money whilst exercising your profession.

The objective of this tax exemption was to promote a greater understanding of Indian culture abroad and also shore up foreign exchange reserves.

Hence, when the legendary cricketer, claimed deductions on income earned from advertisements and sponsorship deals, you'd think there would be no reason to suspect his claim. After all, as a cricketer, the master blaster, has done more for this country than most people.

But, there is one tiny contention. PepsiCo and Visa didn't pay him money because he played cricket for them. They paid him money for the advertisements. So technically, the master blaster wasn't making money whilst exercising his profession as a cricketer and so there was scope for some confusion.

The crickets Tax advisor, quickly clarified this bit for the tax authorities by stating that he was primarily an "actor" and not a "cricketer."

That's right. The Master Blaster, arguably, the greatest batsman that has ever lived, was claiming that he was merely a non-professional cricketer and in a bid to support his argument, his Tax advisor showed that all income derived from playing cricket was classified as "Income from Other Sources" in his tax returns. This is when matters took a rather interesting turn.

The tax authorities claimed that this was preposterous. "If he is not a cricketer then who is a cricketer?", argued the Assessing Officer. Their contention was: The appellant (Master Blaster) has in fact not been "acting" or performing as an "artist" in any of the commercials or sponsorship events in the spirit of the terms. What he has actually been doing is only "appearing" at these events and commercials. Such activities as earlier discussed are at best "ancillary" or "subsidiary" activities through which the appellant has earned income. His nature of performance, as an actor or an artist, does not attract the interested parties, for paying him substantial amounts of money. Even if his

performance is most average, the payment is made only on account of his "appearing" and not by virtue of him being an "Actor" or "Artist". Hence, the tax authorities argued that there's no basis for him to claim deductions as he wasn't earning money by being an Actor.

But the tribunal adjudicating the matter disagreed with this assessment of the tax authorities and supported the claim of the Master Blaster being an actor. The Tribunal said, "While appearing in advertisements and commercials, he has to face the lights and camera. As a model, the assessee brings to his work a degree of imagination, creativity and skill to arrange elements in a manner that would affect human senses and emotions and to have an aesthetic value. No doubt, being a successful cricketer, it has added to his brand value as a model. But the fact remains that the assessee has to use his own skills, imagination and creativity. Every person or for that matter every sportsman do not possess that degree of talent or skill or creativity and face the lights and camera etc."

Hence, the Master Blaster was allowed to retain his status as an actor and claim deductions based on the exemptions for performing artistes.

#### Case 3: KitKat is not a chocolate

Back in 1999, the manufacturer of KitKat was grappling with a classification problem. The manufacturer argued for long that KitKat was a 'wafer with a chocolate coating" and as such, the product ought to have attracted a tax rate of 10%. Plain and simple.

The tax authorities disagreed. They believed the product was a "chocolate with a wafer inside", liable to be taxed at 20%. They wanted to tax the manufacturer and they wanted it bad.

Finally, the matter was brought before the adjudicating Tribunal where the adjudicating authorities had to decide — Is KitKat a 'wafer with a chocolate coating' (10% tax) or a 'chocolate with a wafer inside' (20% tax)?

The tax authorities started with a bang and said: the product is a composite product consisting of chocolate, wafer and praline. It, therefore, cannot be

classified as a wafer. It would also not be correct to say that wafer contains chocolate since the wafer is completely covered by it. The predominant product in terms of value and weight is milk chocolate, comprising 68 to 72% by weight of chocolate and also value. It is also considered by the manufacturer, to be chocolate and treated as chocolate for purposes of storage and transport. It is perceived by the dealers of the product as well as its ultimate customers as chocolate, and no person in common trade parlance refers to it as a wafer.

Hence, KitKat must be chocolate as per the tax authorities.

But the tribunal disagreed, and said: milk chocolate does in fact contain cocoa butter and cocoa powder. However, the mere presence of cocoa does not mean the preparation ought to be classified as chocolate. While all chocolate must necessarily contain cocoa, it is not every cocoa product or preparation that is chocolate. They also observed that there was nothing to indicate that the product was being sold as chocolate. Their contention was that people were buying KitKat under the tacit assumption that it was a combination of chocolate and biscuit. They did not have any reason to believe otherwise.

KitKat was finally declared a "wafer" and that was that.

Hope you enjoyed reading these classic cases. The take away from this, is that, each and every case in taxation is a little different from the other, and there is no one formula that fits all. What may seem evident is not always so, hence it is very important to have a proper understanding of your Tax requirements and other professional and personal objectives, to plan out taxes better.

Stay safe and happy. Rohit

**NB:** The article is for a general reading and not for taking any decisions. The opinion above, are as per the understanding of the Tax Laws, Compliances, & Circulars, supported by various Process Notes, Circulars and Case Laws and Years of experience of the Author. Please consult your Tax Advisor before taking any decision on this subject and article, because, the facts of each matter will be different

and laws 'may' apply differently for each situation. The Article is just for a general explanation, and not for any decision making. Wordings of the statements and facts may have been changed to make the article a little jargon free. These are standard case studies that many use in the tax profession, and are available in public domain.

Mr. Rohit Bajoria has more than two decades of experience in International & Cross Border Tax, NRI & Expat Tax, DTAA (Double Tax Avoidance), FEMA, Strategic Consulting, Asset Valuation, Accounting &

Compliance, Banking & Financial Structuring, Cross Border Repatriation & Compliance among others. He has worked across the Country advising and assisting Global Clients, in various domains of Cross-Border Tax, Banking & Finance, across Industries in the MNC, Government & Non-Government segments.

Currently, he is a Partner in Tax Assist (An Alfred Jordan initiative) and advises Clients located globally, on Cross Border Taxation & Compliance. He can be reached on <a href="mailto:robit@TaxAssist.in">robit@TaxAssist.in</a>

#### DG Shipping "Seafarers Grievance Redressal Mechanism"

- 1. Possible means of receipt of "Seafarers Grievances" may be by following means:
  - a. DGS Online grievance portal
  - b. Email
  - c. Twitter
  - d. Hard copy (letter)
  - e. Social media (as Whatsapp etc.)
- 2. On receipt of grievance by other means than the "Online grievance portal" such as other means as Emails, Tweet, Hard copy (letter) and Social media etc., the concerned seafarer who has raised grievance by other means may be advised by email or call by DG Shipping Official / Shipping Master to raise the grievance through the "DGS Online grievance portal" for quick and easy disposal of case online.
- 3. Step by step process guide for raising online grievance:
- a) Login to E-Governance system by using User Id and Password provided by DG Shipping for other modules (www.dgshipping.gov.in E-Governance)
- b) Go to the link --> "Grievance Redressal Mechanism"
- c) Enter relevant details (\*marks details are compulsory)

- d) Select Company Name
- e) Select the option "type" of grievance
- f) Fill up all relevant details and 'Submit'
- g) Upon submission of data, system would display "Reference No." and same application would be sent to the concerned "Shipping Master"
- h) The concerned "Shipping Master" would examine the matter within two (02) working days and provide necessary solutions
- Grievances would be processed and seafarer would be queried back within two (02) working days with details or closure details would be communicated online
- j) Seafarer can "view" the status of grievance by clicking "view" status
- k) If queried back requesting further details, the same may be provided by the seafarer
- If grievances are un-answered, you may contact the respective jurisdictional Shipping Masters by following email id after two (02) working days: sm-mum-ship@gov.in for Mumbai, sm-kol-ship@gov.in for Kolkata, sm-chn-ship@gov.in for Chennai

For annexures refer to: www.dgshipping.gov.in

Our existing MTNL telephone lines are non functional.

Kindly note our new telephone number:

(022) 49697817

#### 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

#### SIGNS OF VITAMIN B-12 DEFICIENCY

It's generally thought, "Taking too little of Vitamin B12 cannot harm me", because most are unaware how Vitamin B12 deficiency can affect the body.

Vitamin B12 deficiency can be slow to develop, causing gradual symptoms, but intensifies over a period of time. With the varied symptoms it causes, the condition many a time is overlooked or confused with something else.

Here Are A Few Frequent Complaints Or Symptoms People Experience When Suffering From Vitamin B12 Deficiency

### FATIGUE, LACK OF ENERGY, OR GENERALIZED WEAKNESS

- ♦ Fatigue is one of the first sign to reflect low levels of Vitamin B12 in your body.
- ♦ This is because Vitamin B12 helps in making of red blood cells which are responsible for carrying oxygen throughout your body.
- ♦ And, without enough oxygen, you feel tired all the time despite a good 8 hours sleep.

#### **PALE SKIN**

- ♦ Your rosy skin complexion starts getting yellowish.
- ♦ This happens due to lack of red cells production because of deficiency of Vitamin B12.
- ♦ It leads to the paleness of skin or a slight yellowish tinge in the skin.

### NUMBNESS AND TINGLING IN HANDS AND FEET

- ♦ You may feel strange sensation often described as pins and needle sensation in hands and feet.
- ♦ This happens because of nerve damage caused by a decrease in oxygen levels in the cells.
- ♦ This happens if you are low on Vitamin B 12 for a long duration.

#### CONFUSION, BRAIN FOG, FORGETFULNESS

- ♦ If you often struggle hard to recall your relative's name or if you forgot where you kept your specs or just get confused about simple basic daily routine things then get your Vit. B12 levels checked.
- ♦ You might be deficient in Vitamin B12.

#### **DEPRESSION**

- ◆ Lack of Vitamin B12 wrecks a havoc on your moods.
- ♦ You seem to be easily agitated and have a depressing mood all the time.
- ♦ A small trigger is enough to make you cry inconsolably.
- ◆ Factually, Vit. B12 helps in the release of few mood enhancer hormones such as serotonin and dopamine.

#### **BREATHLESSNESS, LIGHTHEADEDNESS**

- ♦ Vitamin B12 deficiency can make you feel dizzy on exertion.
- ♦ You may also feel shortness of breath with mild exercise or by just climbing a flight of stairs.
- ♦ It happens because of lack of oxygen to your blood cells.

#### LOSS OF BALANCE

- ♦ If vitamin B 12 deficiency is untreated for long, there is a damage to your nervous system which would affect your balance and coordination.
- ♦ This makes the person more vulnerable to falls, especially diabetics.

### SWOLLEN, RED TONGUE OR BLEEDING GUMS

- ♦ People with Vitamin B12 deficiency tend to suffer from sore and red throat known as Glossitis and mouth ulcers.
- ♦ It has been commonly observed that people with long-standing deficiency have decreased taste sense.

If You Are Having Any Of The Above Symptoms, Talk To Your Doctor.

The Recommended Daily Intake Of Vitamin B12 Should Be Around 2.4 micrograms / day as an adult (14 years plus).

In Children The Recommended Daily Intake for age group 9-13 years require only 1.8 micrograms per day.

This Deficiency Is, However, More Common In Strict Vegetarians And Vegans.

Following are some Vit. B12 rich foods that can be included in your diet:

- ♦ Beef ♦ Fish ♦ Chicken ♦ Milk ♦ Cheese
- ◆ Yogurt ◆ Eggs ◆ Shitake mushrooms

  Taking A Healthy And A Nutritious Diet Plays A

  Vital Role In Our Life And Always Listen To Your

  Body For The Signs, To Ensure A Timely

  Preventive Approach.

#### CONTROLLING CHOLESTEROL NATURALLY

In this fast-paced life, one needs to sit back to introspect if we happen to do justice to our bodies in terms of care or not. And surprisingly in most cases, the answer is a NO. It Is Unfortunate That We Consider This Important ONLY When It Is Already Too Late.

In the present era, several external factors such as to increased stress levels, intake of unhealthy and inadequate diets, sedentary lifestyle, together put us at an increased risk of several health problems, including elevated cholesterol levels.

Excessive and regular intake of unhealthy foods eventually causes cholesterol build-up in the blood vessels and narrows the passage of blood leading to serious heart problems.

Elevated cholesterol levels itself paved the way to several associated health problems such as cardiovascular problems, heart attacks and associated problems.

The mainstay treatment option for elevated cholesterol, no doubt, is medications such as statins and other medical formulation. However, fortunately, there are some natural ways by which we can effectively lower the cholesterol levels in the body.

Some Of The Natural Ingredients That Have Been Found To Be Effective In Reducing Elevated Cholesterol Levels Are:

#### **RED YEAST RICE**

~Red yeast rice, first discovered in China, helps to improve the blood circulation.

~Statistics suggest that use of red yeast rice helps to lower the cholesterol by 11% to 32% and triacylglycerol levels by 12% to 19%.

#### **GRAPE SEED EXTRACT**

- ~Grape Seed Extract, along with the other parts of the grapes, is considered to be a rich source of OLIGOMERIC PROANTHOCYANIDIN COMPLEXES that act as POWERFUL ANTIOXIDANTS.
- ~One of the studies stated that regular intake of grapeseed extract significantly increased the levels of antioxidants.

#### VITAMIN "B" [NIACIN]

- ~Vitamin B (Niacin), is one of the first ever known treatments for high cholesterol.
- ~This form of the vitamin helps to increase the highdensity lipoprotein (HDL) cholesterol (also called the good cholesterol) and helps to remove the bad cholesterol from the bloodstream.
- ~Together it helps to reduce the chances of heart associated diseases.

#### **BLACK PEPPER**

- ~Black pepper, the famous Indian spice, alike others have several health benefits to its name.
- ~Anti-carcinogenic, immune-stimulatory in nature, carminative and anti-cholesterolaemic in nature, also has strong phytochemical properties.
- ~Peperine, a substance present in black paper helps to increase the absorption of selenium, vitamin B complexes and beta-carotene.
- ~It also aids the process of digestion and therefore

averts the accumulation of fat in the human body.

#### VITAMIN "B-9" [FOLIC ACID]

- ~Vitamin B9 (Folic acid), one of the essential vitamins needed by the human body, helps to convert the carbohydrates to glucose.
- ~Studies are suggestive that together with other vitamin Bs, folic acid helps to regulate the blood levels of homocysteine, whose high levels are commonly associated with heart problems.
- ~It has also been stated that people with high levels of homocysteine are 1.7 times more prone to develop coronary artery disease and at an increased risk (2.5 times) of getting a stroke.

So importantly, rather than adding medications to the list of prescriptions, isn't it wise to be cautious of what we eat and how in the best of the ways can we keep these problems at bay.

A healthy lifestyle which includes regular exercise, healthy eating, along with giving up on unhealthy practices such as smoking and excess of drinking can help keep a check on the cholesterol levels.

Also, make sure you go for regular checkups to avoid any sort of complications later.

An important addition to this checklist of preventing and managing elevated cholesterol levels would be to try the novel plant-based formulations.

These Naturally Formulated Preparations Can Help You Lower Bad Cholesterol And Add Healthy Years To Your Lives!!!

The moment you are diagnosed with diabetes, the first question that pops up is what can I eat and what should I avoid. Given the strict dietary guidelines a person with diabetes has to follow, it is quite natural for anyone to do a bit of research about diabetic-

#### **VEGETABLES THAT ARE EXCELLENT FOR DIABETICS**

friendly foods. And this applies to not just fruits and snacks but vegetables as well. But this is not the end of it because the real struggles start here. They even face a dilemma about which vegetables need to be placed on their plate and which ones they need to stay away from. This is when glycemic index comes into the picture. Glycemic Index (GI) is one factor that helps a diabetic to make the right food choices. It rates foods on how quickly the carbohydrates present in that food affect the blood sugar levels and is categorized as high, medium or low GI level. While low GI foods help maintain blood sugar levels, high GI vegetables can raise blood sugar levels exponentially. Hence, it goes without saying that people suffering from diabetes should opt for low GI vegetables.

Here Are A Few Common Vegetables That Are Excellent For Diabetics And Also Help Maintain Balanced & Stable Blood Sugar Levels:

#### **BROCCOLI**

- ~It is considered to be super effective in controlling diabetes.
- ~It contains a compound called sulforaphane which triggers anti-inflammatory processes that control blood sugar level and prevent cardiovascular damage, which is a known health complication in diabetes.
- ~You can add broccoli to your salads or soups along

with other vegetables to make it a wholesome meal.

- ~Boiled broccoli can also be added to curries.
- ~You can even add grated broccoli to parathas, which makes it an amazing breakfast option.
- ~But the key is to add broccoli to your everyday diet to make the most of it.

#### **CARROTS**

- ~Carrots are always a preferable choice for any meal plan.
- ~It forms an integral part of salad and a healthy snack for health conscious people.
- ~There have always been numerous reasons to consider these to be a key part of one's diet because of its health benefits right from improving vision problems to boosting the immune system.
- $\sim\!1$  cup serving of carrots has nearly 5 grams of carbohydrates.
- ~Moreover, the glycemic index of carrots is also low, which makes it a healthy food option for diabetics.
- ~Carrots are best eaten in the raw form as salads, however you can even add them to curries, parathas and oats to make it a part of a wholesome meal.

#### **SPINACH**

~Spinach is one of the most in-demand leafy vegetables.

- ~Regular consumption of this leafy vegetable helps keep away a plethora of diseases and help you stay fit and healthy.
- ~It is also excellent for regulating blood sugar levels.
- ~Spinach is rich in vitamin K, Magnesium, Folate, Phosphorous, Potassium and Zinc.
- ~It also contains various flavonoids and plant chemicals, which are good for overall health.
- ~All such essential nutrients make it one of the most sought after vegetables for diabetes.

#### **GARLIC**

- ~Garlic seems to be a versatile vegetable which acts as a flavoring agent as well as a medicine.
- ~From playing a key role in controlling high cholesterol level to aiding in the treatment of heart disease and cancer; garlic is a popular home remedy.
- ~It may not be an exaggeration if one gets to know that garlic can be effective for diabetes.
- ~Raw as well cooked garlic can help in regulating blood glucose levels.
- ~Having at least two cloves of garlic everyday is considered to be the averagely recommended dose to reap its medicinal benefits for diabetics.

#### **COLLARD GREENS**

- ~Collard greens (or saag) are excellent sources of Vitamin C.
- ~These leafy vegetables help to lower cortisol in the body and reduce inflammation.
- ~It also contains a micronutrient called alpha lipoic acid that helps the body in dealing with stress.
- ~It also reduces the excess blood sugar level and strengthens the damaged nerves caused due to diabetic neuropathy.

~Hence, ensure to include collard greens in your diet to keep your blood sugar in control and prevent diabetic complications.

#### **RED ONIONS**

- ~Red onions are rich in antioxidants apart from giving an attractive color and flavour to curries and salads.
- ~They are also a good source of fiber, potassium and folate which can help in regulating the blood sugar level in addition to aiding in the treatment of various heart ailments.
- ~Add generous amounts of red onions while preparing food as it can help you to regulate your blood glucose level.

#### BRINJAL (EGG PLANT)

- $\sim$  Brinjals are high in fiber content and low in soluble carbohydrates which makes it a healthy vegetable for diabetics.
- ~The presence of alpha-glucosidase inhibitory action of the compounds in eggplant help in controlling blood glucose level and also lower the risk of health complications caused by high glucose levels.
- ~It also contains antioxidants which not only act on the free radicals but also improve the overall health.
- ~It contains several compounds which help in reducing high blood pressure and also aid in the management of type 2 diabetes.
- ~Add brinjals in your diet on a regular basis.
- ~You can enjoy baigan ka bharta or simply cook brinjals along with other vegetables to reap its benefits.
- So, Go Ahead And Add These Vegetables To Your Diet And Manage Your Blood Sugar Levels More Effectively!!!

## 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.

#### **MEMBERSHIP FORM**

[ TO BE FILLED IN BLOCK LETTERS]



#### THE MARITIME UNION OF INDIA

Please Affix

your recent

photograph

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/-

Full Name : Surname first					
Date of Birth and Place	<u>:</u>				
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The details are required to	assist you in case of contingency ar	nd/or in case of emergenc	Y.		
I will be abide by the rules or executed by MUI toward MUI to directly collect my r	and regulation of constitution of the ds representation of its members shamembership from me and/or through enroll me as the member and/or rene	Union, I agree, undertake all be binding and enforce my employer.	e and confirm that al able by/upon me an	nd accordingly, I authorised	
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## 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



#### MOL Maritime (India) Pvt. Ltd.

Formerly Known as: Mitsui O.S.K. Lines Maritime (India) Pvt. Ltd.



## With Best Compliments

The Manning Arm of MOL in India -

#### **REGISTERED OFFICE MUMBAI**

Unit No. 52, 5th Flr, Kalpataru Square, Kondivita Lane, Off Andheri Kurla Road, Andheri (E), Mumbai 400059. Tel: (022) 61507000. Fax: (022) 66960888

Email: molmi@molmi.com / Website:molmi.info



### **BRANCH OFFICE KOLKATA**

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#### **BRANCH OFFICE CHENNAI**

No.202, 2<sup>nd</sup> Flr, Capital Towers, 180, Kodambakkam High Road, Nungambakkam, Chennai-600034 Tel:(044) 42929300; Fax:(044) 42929301.

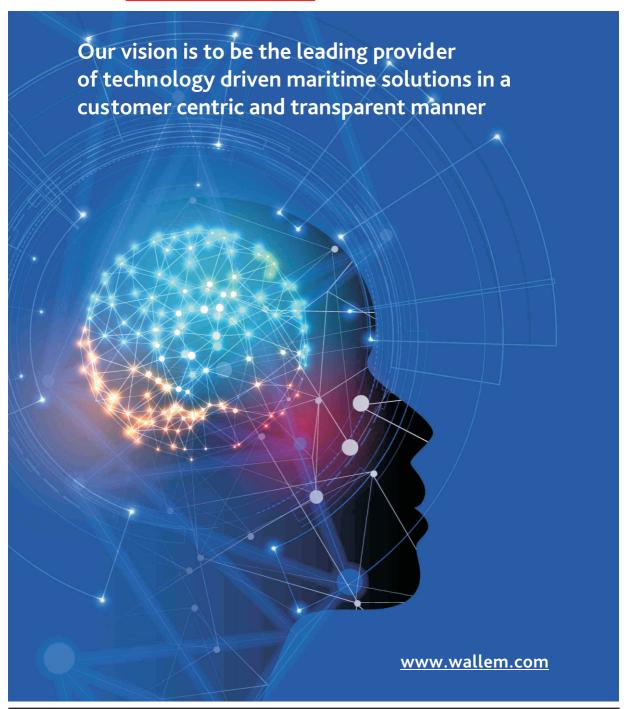
#### **BRANCH OFFICE DELHI**

1301- 1303, 13th Floor, Devika Tower 6, Nehru Place, New Delhi-110019. Tel. : (011) 41677766 / 88 / 26481127 Fax : (011) 26481126.

#### MOL TRAINING CENTRE

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Printed, published and edited by Mr. Amar Singh Thakur on behalf of The Maritime Union of India, published from Udyog Bhavan, 4th Floor, 29 Walchand Hirachand Marg, Ballard Estate, Mumbai - 400 001 and printed at Rehman Enterprises, 801, Ahmed Tower, Madhavrao Gangan Marg, Agripada, Mumbai - 400 011.