



We Care

Issue #8 - 2026

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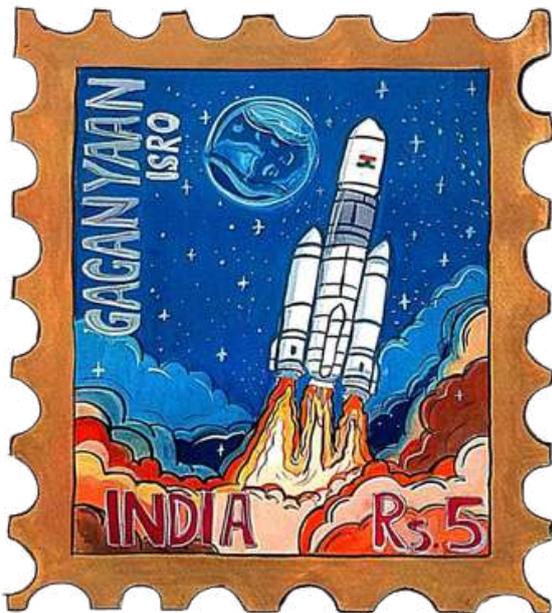


The Art Corner

We love seeing our Fleet seafarers' and family members' creative talents. Please send in photos of artwork to us at fleetcare@fleetship.com.

Artist : Mihika Gopalan

Daughter of **Captain Satyajit Gopalan**, HKID: 18596



Acrylic on canvas

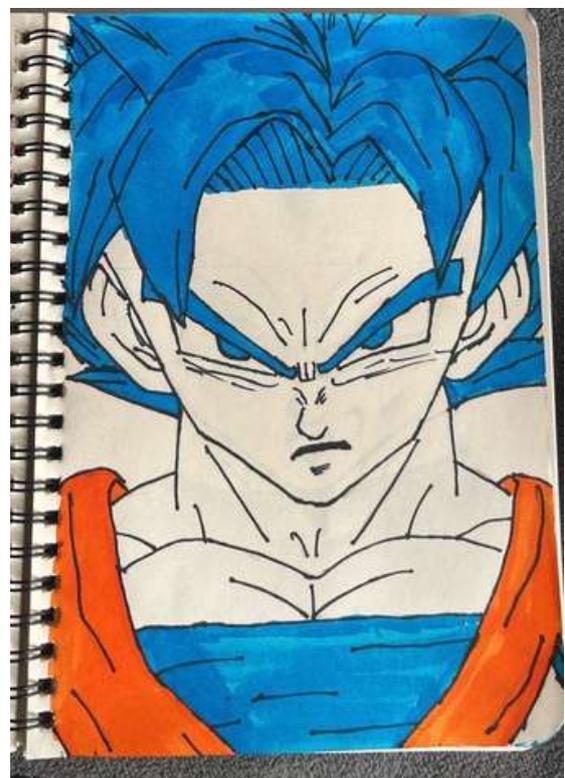
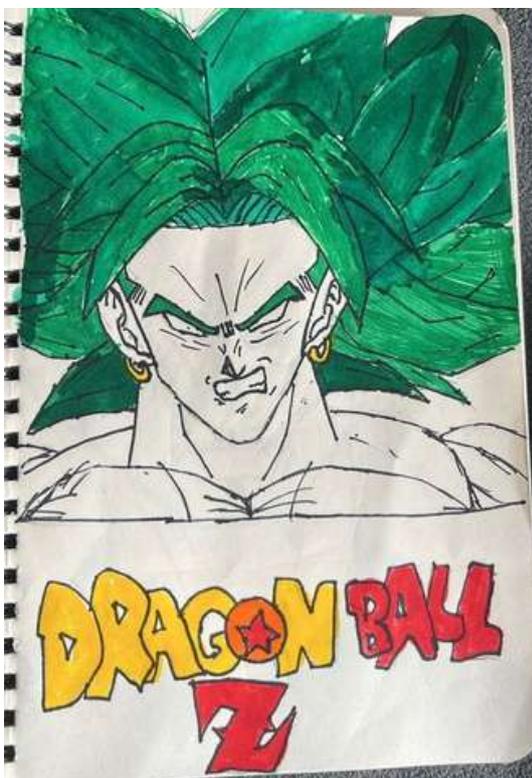
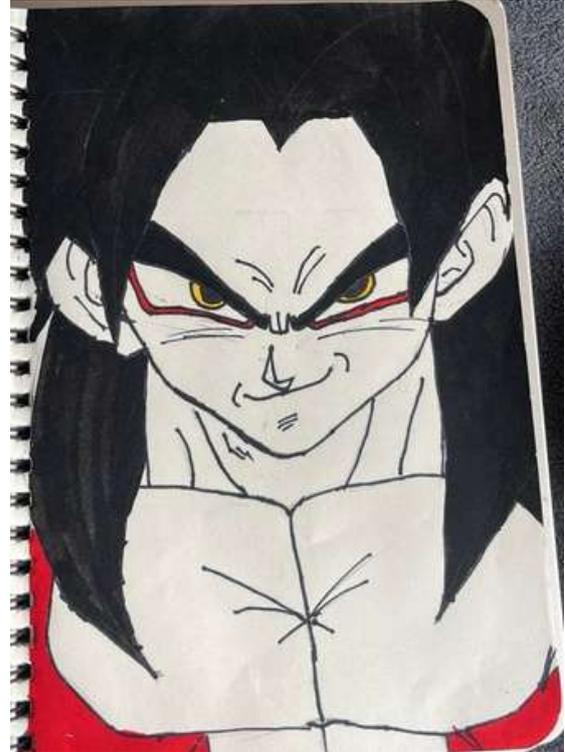


Stamp design

Mihika Gopalan, 17, is currently a student in Standard 12 at Modern High School for Girls, Kolkata. She has cherished a love for drawing and painting since childhood and now pursues arts as one of her academic subjects. Her other passions include singing and cooking, often delighting friends and family with her delicious culinary creations.

Artist: Vihaan Nesargi

Son of Chief Engineer Goudappa Maruti Nesargi, HKID: 64237



Created by

Bosun Bhupendrakumar D. Tandel, HKID: 6840

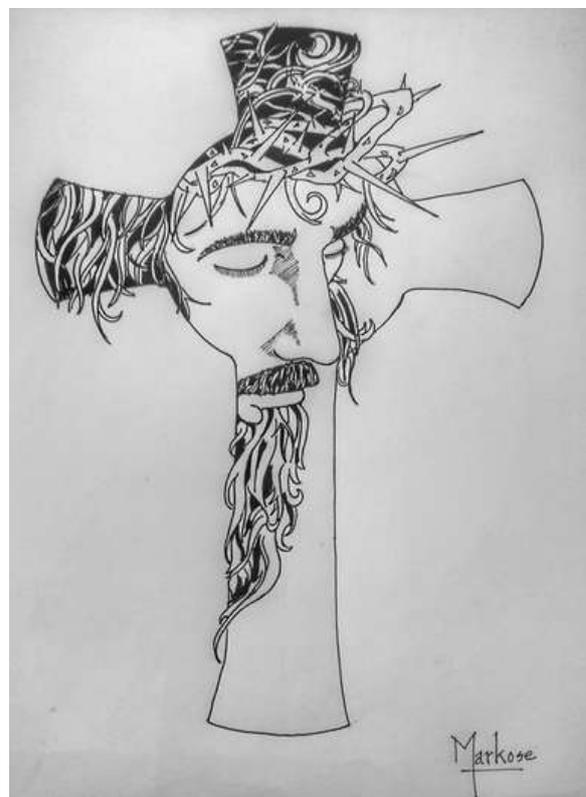
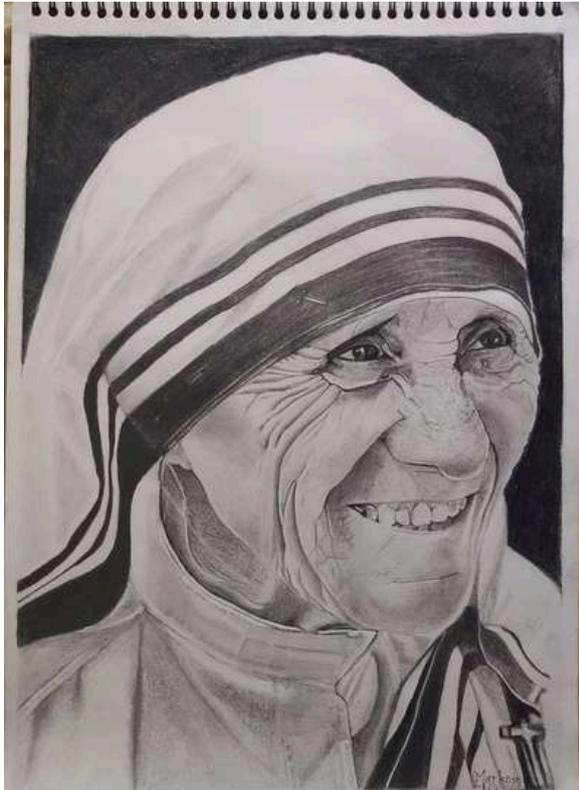


A striking chandelier decoration crafted by Bosun Bhupendrakumar D. Tandel during Christmas celebrations onboard ENNA in 2024, stood out for its ingenuity. Made entirely from materials available onboard such as ropes and used mineral water bottles, his product showcased both resourcefulness and festive spirit.

Created by:

Markose Thomas Karingothu

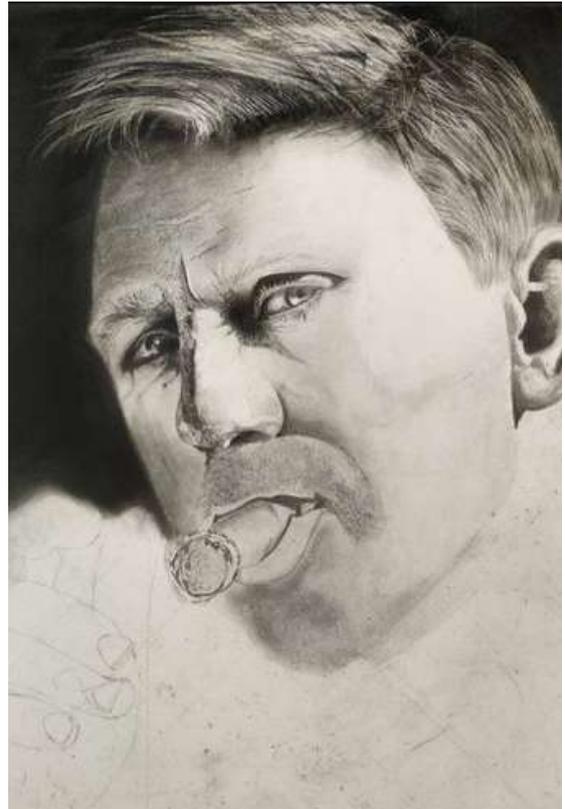
DPA & CSO, Fleet Management India Private Limited



Created by:

Markose Thomas Karingothu

DPA & CSO, Fleet Management India Private Limited



Gauri Aagman Utsav

Artist : Jyoti Nikam

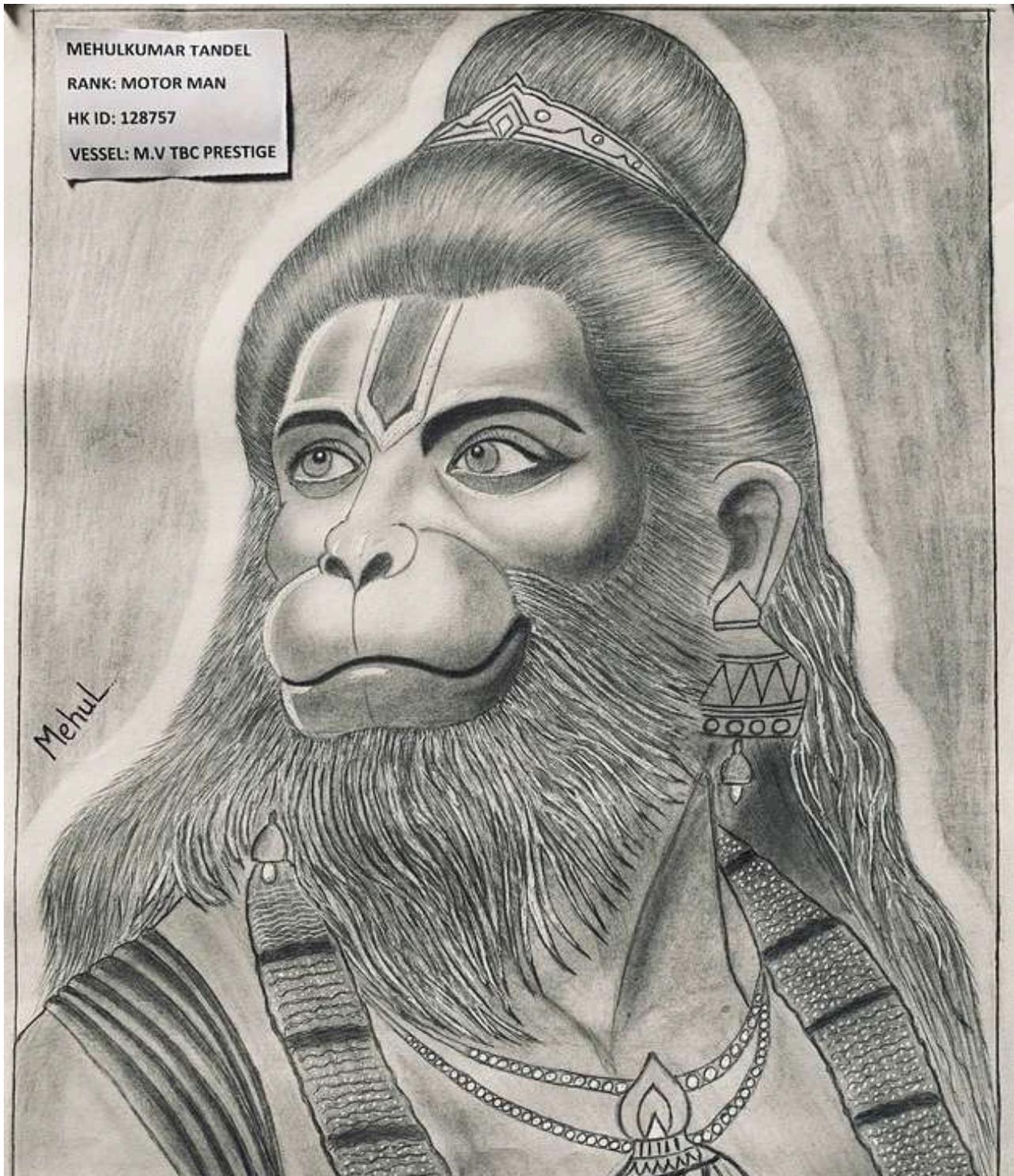
Wife of **Second Officer Mangesh Nikam**, HKID: 34500



Jyoti Nikam, designed a captivating decoration for Gauri Aagman Utsav, celebrated during Ganesh Utsav. The theme revolved around the Marathi calendar, with each month represented by a festival and beautifully showcased around Gauri, blending tradition with artistic expression.

Artist onboard:

Motor Man Mehulkumar Tandel, HKID: 128757



On the auspicious occasion of Hanuman Jayanti, a heartfelt sketch was created to honor Lord Hanuman. It beautifully reflects the devotion and reverence associated with this sacred day.

Created by
Third Engineer Jibin James, HKID: 70410



Mr James showcased his creativity onboard by turning everyday remnants, such as steel scraps and other recycled materials, into unique, striking artwork.

Kids' Nook

It's no secret that allowing your child to express their feelings, emotions, thoughts, and creativity in a safe environment is one of the most essential parts of growth. Share your kids' artwork, or achievement at fleetcare@fleetship.com.

Master Reyansh Sharma

Son of **Chief Engineer Pradeep K. Sharma**, HKID: 24556



Photographed alongside his mother, Ms. Kumkum Sharma, and Dr Rajat Adithya Dikshi (Treasurer of Indian Taekwondo).

A proud moment for Mr Sharma and family, as his talented son, aged just 9, clinched the state-level gold medal in Taekwondo at the sub-junior category held in Lucknow. He is now set to represent Uttar Pradesh at the upcoming national meet in Cuttack, Odisha.

The Little Champ Olympiad



Master Haziq Khot

Son of **Pumpman Nausheel Khot**, HKID: 71605

Mr. Khot proudly shared his son's achievement. Master Haziq Khot won a gold medal in the SOF International General Knowledge Olympiad (IGKO). His school participated in the Olympiad and achieved notable ranks: International – 463, Regional – 372, Zonal – 288, and School – 3.

Skate, Smile, Repeat

Miss Rithya Rakesh

Daughter of **Second Engineer Rakesh Muralidharansunitha**, HKID: 21742



Ms Rithya Rakesh, daughter of Second Engineer Rakesh Muralidharansunitha, took part in an Under-7 Skating Competition in March 2025 and secured first prize.

Science Olympiad: Where Curiosity Meets the Challenge

Manvir Singh Lamba

Son of **Chief Officer Amrit Pal Singh Lamba** , HKID: 49080



Manvir Singh Lamba, a Class IV student of St. John's School, Shivalik City, Kharar, Punjab, has been awarded the Bronze Medal in the International Olympiad of Science 2024–25 (Level 1 & 2), conducted by SilverZone Foundation, New Delhi. With an exceptional score of 97.0463 out of 100 in the Science Olympiad Test, he secured Rank 1 in Class, Rank 1 in Punjab, Rank 2 Zonal (India), and Rank 3 Internationally. His achievement reflects outstanding scientific talent and dedication. The school proudly celebrates his success.

Living The Dream

This space is saved to share the things you are passionate about, something that is inspiring you and shaping your future. Whether it is meeting your favourite star or achieving a goal, please share your stories on **fleetcare@fleetship.com**.

My Journey as a Mariner's Wife and Entrepreneur

By Mrs A Gayatri Nair

Wife of **Captain A Muraleekrishnan**, HKID: 4522



As the wife of a mariner and mother to Aaditya (12) and Aaradhya (7), my life has been a journey filled with adventure, commitment, and passion. Before marriage, I worked as an electrical and electronics engineer in Chennai, a path quite different from the beauty industry. After marrying Capt. A Muraleekrishnan, everything changed. I began sailing with him aboard the SPAR LYRA and later the SPAR ARIES, starting when our first child turned two.

A Legacy of Beauty

My passion for beauty and wellness is deeply rooted in my family. My mother, Dr Ambika Remesh, is a renowned make-up artist and beautician with over 35 years of experience in anti-aging therapies. Watching her work and learning from her expertise instilled in me a deep appreciation for the beauty industry. Her dedication and passion for her craft inspired me to pursue my own dreams in this field.



Leveraging My Engineering Background

My experience as an engineer at a laser fabrication lab in Chennai may seem unrelated to beauty at first glance. However, it provided me with a unique advantage. I gained knowledge and expertise in using sophisticated machines, which I now apply to advanced skin care treatments at Thanima Beauty Lounge.

Building a Business from the Sea

During my time onboard, I utilised my spare moments to develop our social media presence, creating pages on Facebook and Instagram. Today, we have a significant following, with 600k followers on Facebook and 300k followers on Instagram. This online presence has been instrumental in promoting Thanima Beauty Lounge and connecting with clients.



Thanima Beauty Lounge

A Dream Realised Thanima Beauty Lounge is more than just a beauty salon - it's an experience. Located in a prime area of Trivandrum city, our 8500 square feet facility offers luxury, technology, and relaxation at an affordable price. With ample car parking and a serene ambience, clients can unwind and rejuvenate in style. Our team of skilled beauticians and therapists provide personalised services, ensuring every client leaves feeling pampered and satisfied.

Conclusion

Starting Thanima Beauty Lounge has been a fulfilling journey. I've combined my passion for beauty, learned from my mother, with my technical expertise gained from my engineering background. My family is my biggest support system, and I'm excited to see what the future holds for my business. Thanima Beauty Lounge is a testament to my determination and passion for beauty and wellness, and I look forward to continuing to grow and evolve as an entrepreneur.

Executive MBA: Enhancing Professional Competencies

By **Captain Vikramjeet Singh Sandhu**

HKID: 17035

Captain Vikramjeet Singh Sandhu has been selected for the prestigious Executive MBA Program in Logistics, Supply Chain, and Maritime Management at Indian Institute of Management (IIM) Mumbai. This highly regarded two-year program is designed to provide in-depth expertise in global supply chain strategies, maritime operations, and business leadership.



With over 27 years in the maritime industry, he sees this as a significant step towards enhancing his professional competencies, expanding his strategic outlook, and staying at the forefront of industry advancements.

“I am confident that the knowledge and skills gained through this program will further strengthen my contributions to our organization,” said Captain Singh.

1. You’ve spent over 27 years in the maritime industry – what key milestones or turning points have shaped your professional journey so far?

My career has been defined by three major milestones: earning my Master’s license, transitioning from shipboard to shore-based roles as a Marine Superintendent, and finally returning to command with Fleet Management Ltd. Each phase deepened my understanding of maritime operations – from hands-on navigation and cargo management to the broader aspects of QHSE, leadership, and compliance. Leading teams through high-risk cargo transfers and dry dock projects with zero incidents remains a proud highlight.

2. What inspired you to pursue an Executive MBA at this stage of your career?

After nearly three decades at sea, I wanted to blend my operational experience with managerial and strategic insight. The maritime world is rapidly evolving — sustainability, digitalization, and logistics integration are redefining our industry. The Executive MBA from IIM Mumbai provides the right platform to expand my leadership capabilities and contribute more effectively to Fleet's long-term growth.

3. How did you decide that the specialization in Logistics, Supply Chain, and Maritime Management aligned best with your career goals?

Ports, shipping, and supply chains are deeply interconnected. Specializing in Logistics and Maritime Management bridges shipboard experience with modern business strategy — exactly where the industry is heading. My goal is to help Fleet Management enhance operational efficiency through better process design, data-driven decision-making, and sustainable logistics practices.

4. Many seafarers hesitate to return to formal education after years at sea — what helped you make this decision confidently?

Continuous learning has always been my anchor. The maritime profession teaches discipline and adaptability, which are equally valuable in academics. The strong encouragement from Fleet's management and my family gave me the confidence that it is never too late to learn. I see education as an investment, not a break from work.

5. How do you plan to balance your professional responsibilities with the academic rigour of this two-year program?

The key is structured discipline — something every mariner understands well. I've set a study schedule that aligns with my sailing commitments and use my leave periods to attend on-campus modules. The learning is practical and often connects directly with real challenges we face at Fleet Management, making it easier to balance both worlds.

7. What message would you like to share with seafarers who aspire to pursue higher education or management roles in the future?

Never stop learning. The transition from sea to management requires not just experience but also an understanding of business, leadership, and technology. Start with small steps — online courses, certifications, or management programs. Education expands your vision and opens doors to contribute at a strategic level within the organization.

8. How do you envision applying your MBA learnings to enhance Fleet's operational efficiency and innovation?

The MBA is already helping me connect the dots between operations, analytics, and strategy. I plan to contribute towards projects focusing on process optimization, fatigue management, and digital integration in Fleet Management's operations. My goal is to bring data-backed insights that improve safety, cost efficiency, and crew well-being.

9. Where do you see the maritime industry heading in the next decade, especially in terms of leadership and technology integration?

The next decade will be defined by digital transformation and decarbonization. Leaders will need to balance technology with people – embracing AI and automation while nurturing seafarer well-being. The most successful companies will be those that combine smart systems with empathetic leadership and a strong safety culture.

10. What advice would you give to young Fleet Management seafarers who wish to build long-term careers within the organization?

Be patient, be curious, and stay professional. Every ship and every voyage teaches something valuable. Focus on mastering your basics – safety, teamwork, and communication – and the company will recognize your potential. Fleet Management provides a clear growth path; make the most of the training and mentorship it offers.

11. You've credited Fleet Management Ltd. for its supportive and growth-oriented environment – can you elaborate on how the company fosters learning and leadership among its officers?

Fleet Management has a unique culture that genuinely values its people. Regular safety campaigns, leadership workshops, and mentoring programs keep officers engaged and motivated. The company invests heavily in crew welfare, training infrastructure, and transparent career progression. That trust and empowerment make every Fleet officer feel like part of one family – and that's what drives our excellence at sea.

Poet's Corner

Both writing and reading poetry, through their expression of feelings and words, have highly therapeutic effects on the mind. If you are a seafarer or a family member who express their thoughts through poetry, please share them at fleetcare@fleetship.com.

In the Deep

By Swetha Grace Bobby

Daughter of **Chief Engineer Bobby Philip J**, HKID: 1683

I am millions of years old,
I am a living memory - that of my ancestors.
I ruled the world long before you.
I was born at the edge of the world, My entire universe began with a great breath.
I am a paradox - immense, yet gentle.
I sing, I play, I leap toward the sky.
I carry the songs of my ancestors in my heart.
Everything that is blue is my territory, my home.
I listen to the call of the sea, the call of the poles, the call of my family.
I fell in love with the world, and the world loves me.
Or so I believed - at least, until they killed me.
Perhaps I still believe it, even after that - my spirit will live on, beyond,
beyond my flesh for which they kill me.
Perhaps, you are worth our sacrifices.
In the darkest nights, when one finds the brightest of stars,
I sing, I play, I leap toward the sky.
I am a bird of the sea.
I sing the songs of my heart.
I hum melodies of love that shall echo across distant waters.
Beneath the clouds, the storms, and the waves, it is always peaceful - it is always
beautiful in the deep.
And me?
I am a whale.

The Seafarers' Lens

Seafarers come across beautiful scenery while sailing or traveling during their shore leaves. We love seeing the pictures that tell a story. Share your photography skills at fleetcare@fleetship.com.

The "mood" of the sky

By **Chiranjeevi Madanala (Oiler)**

HKID: 30903

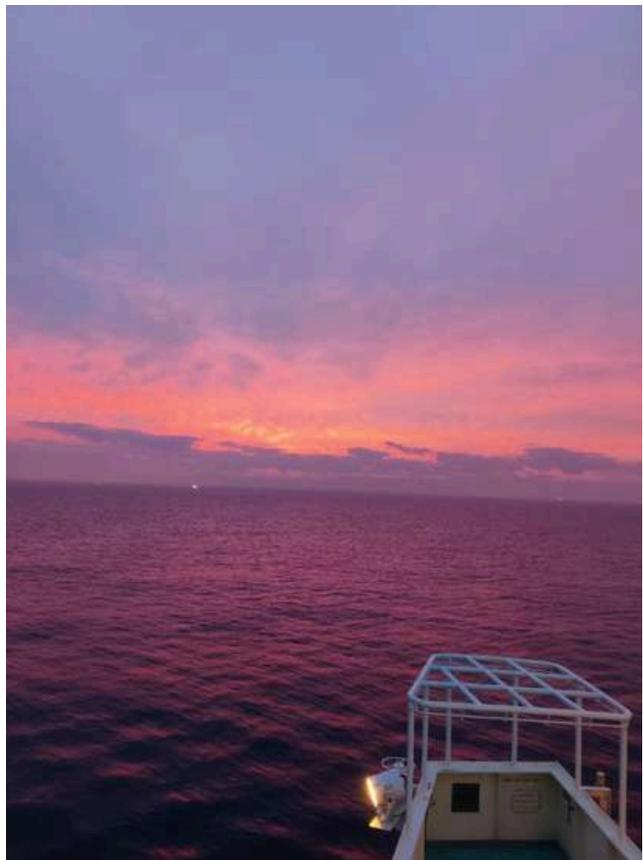
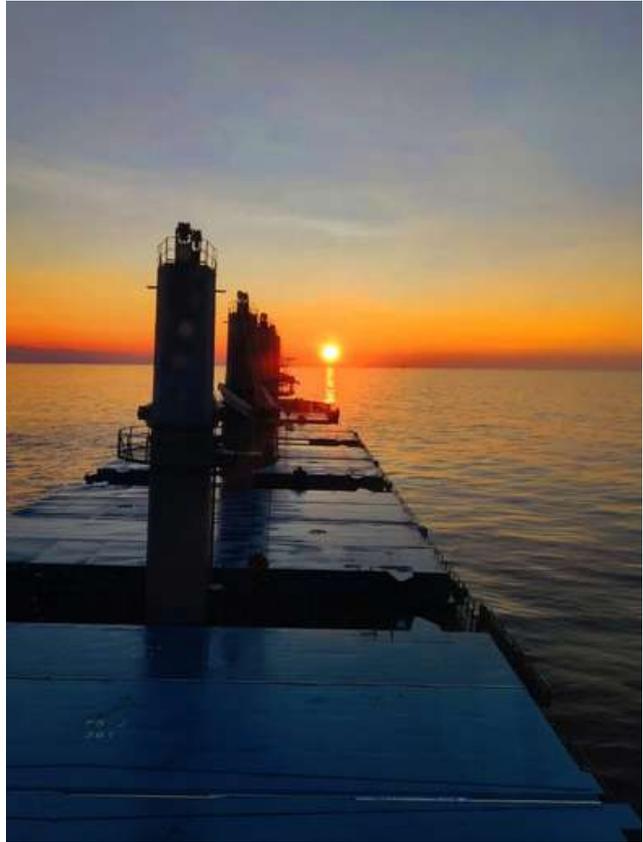






Seas the Day

By Third Officer Rinkal Raj
HKID: 77013



Sailing into serenity

By **Ordinary Seaman Shubham Vinayak Patil**
HKID: 137393



Visitors Onboard

By Captain Pankul Sakhuja
HKID: 31813



Navigating through rough weather in the North Atlantic Ocean

By Second Officer Ronak Juthani

HKID: 53764



Beneath a sky adorned with stars and guided by the gentle glow of the moon—a night etched in memory.

By Third Officer Wasil Bhatkar
HKID: 121671



Frozen Sunset

By Third Officer Wasil Bhatkar
HKID: 121671



Breathtaking Landscapes

By Chief Officer Xavier Sobin C.J
HKID: 56540





Commanding the horizon

By **Cadet Kavyansh Yadav**
HKID: 129124



Families On Board

Officers working at sea have the option of taking their wives or family onboard. We love to read stories from their sailing escapades and their onboard experience. If you have sailed with your partners share the stories at fleetcare@fleetship.com.

My First Sailing Experience

By C. Iswariya, wife of **Chief Officer Rajavell Asokan**
HKID: 58761

Being newly married, sailing on a 14,000 TEU vessel like YM Warranty was a dream come true thanks to my husband, Chief Officer Rajavell Asokan, and the support of Fleet Ship Management PTE LTD.

From my first international flight to stepping aboard the massive ship, every moment felt surreal. Seeing my husband after a month apart and hearing his warm “Welcome onboard” is a memory I’ll cherish forever. The cabin was cozy, and the endless ocean views became my favorite spot for sunrises and sunsets. Occasionally, I spotted dolphins from the deck and even a whale from the bridge. Those moments felt magical.



I learned safety drills, explored the bridge, lashing bridge, and even the eerie underdeck passage. Visiting the engine room amazed me—the sheer size of the machinery and the crew’s hard work left me in awe. Ship life felt like one big family, with parties, laughter, and shared meals. Cooking Dindigul Mutton Biryani and Hyderabad Chicken Biryani for everyone was a highlight, as was preparing a full South Indian Diwali feast with the 2/E and Asst ETO Gopi. Time changes fascinated me—gaining or losing a day mid-voyage was something I’d never imagined. Shore leaves in Thailand, Kaohsiung, and the U.S. added more color to the journey, especially visiting Tiger Park in Pattaya and tasting local cuisines.

Crossing the Panama Canal was unforgettable; I observed tugboats and pilots at work from the bridge wing.

There were tough moments too—I fell ill, but Captain Sunil and GS Bharatkumar cared for me like family, even making khichdi that reminded me of home. Their kindness touched my heart.

Eventually, sign-off day arrived. Saying goodbye was emotional—the ship had become home, and the crew, family. This wasn't just a trip; it was a life experience filled with love, learning, and unforgettable memories. I'll carry them with me forever.



Life On Board

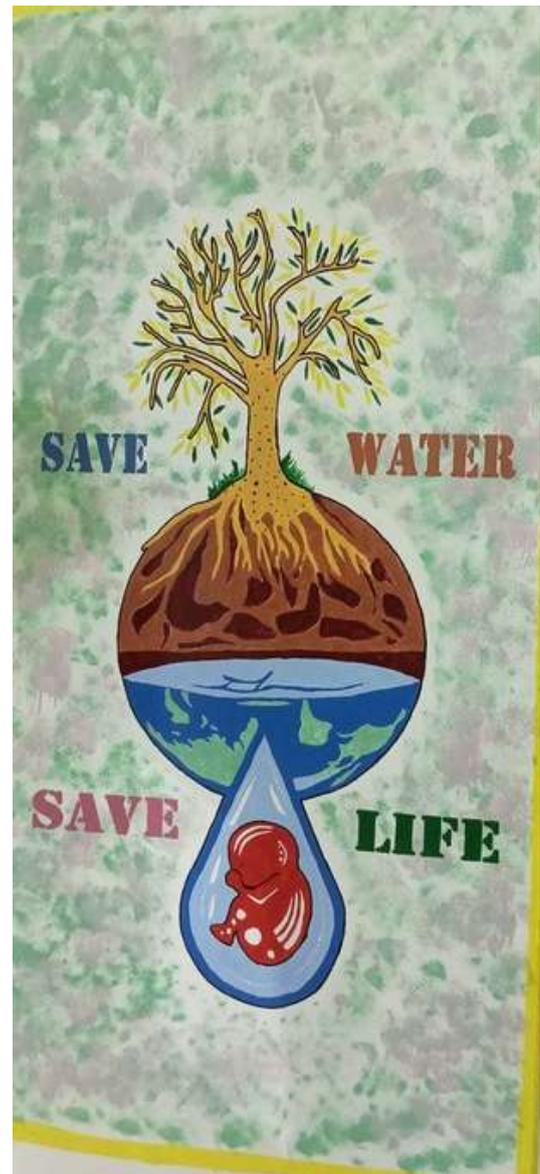
There's no other feeling like crashing through the waves on a vessel where you're an essential part of the crew. During the time on board, one does their work but also gets some time for fun, whether it is a celebration onboard or doing some artwork for the vessel. Share your onboard experience at fleetcare@fleetship.com.

Onboard art by

Second Engineer Mohammed Musaraf Hossain HKID: 19704

Cosmetic painting onboard M.V United Future to motivate the crew about safety and remind them about their loved ones back at home.





Celebration onboard EVA BRISTOL

Philippines Independence Day

By **Captain Ajit K. Mohapatra**

HKID: 53227

I'm delighted to share a special moment from our vessel's activities. We celebrated Philippine Independence Day, honoring an important milestone in Philippine history.

Despite our crew being a mix of nationalities—Indian, Filipino, and Vietnamese—we came together to respect and celebrate each other's cultures and traditions. The day began with a flag-raising ceremony, followed by cake cutting, a vibrant cultural showcase featuring traditional Filipino music, dance, and food, and a special menu highlighting national dishes.

Our Filipino crew members led the celebration, sharing their rich heritage with warmth and enthusiasm. It was a wonderful experience for everyone and a true reflection of the unity and togetherness that define life at sea.

I sincerely appreciate all crew members for their participation and energy in making this event a success. It was a memorable day onboard, and we look forward to continuing to celebrate the diversity that makes our team so special.





Celebration Onboard COBALT NOVA

Indian Independence Day



Celebration On Board EVA BRISTOL

The Day of the Seafarer

By **Captain Ajit K. Mohapatra**

HKID: 53227



On June 25th, the crew of EVA BRISTOL came together to celebrate Seafarers' Day, honoring the dedication and hard work of seafarers worldwide. This special occasion recognizes the vital role they play in global trade and commerce—connecting nations and industries across the oceans.

The celebration featured a special dinner, fun games, and a ceremony acknowledging the crew's invaluable contributions. It was a moment to appreciate the teamwork, resilience, and passion that define the seafaring community. Despite the challenges of life at sea, our crew remains committed to ensuring the safe and efficient operation of EVA BRISTOL.

This event fostered camaraderie and highlighted the importance of seafarers in keeping global trade routes open. We take pride in being part of this global network of professionals who work tirelessly behind the scenes. Fair winds and following seas to all seafarers!



MV EVA BRISTOL - 25 June 2025



Celebration On Board Eva Bristol

Indian Independence Day

By **Captain Ajit K. Mohapatra**
HKID: 53227



August 15th was a proud and memorable day for the crew of EVA BRISTOL as we came together to celebrate Indian Independence Day. Our diverse team—comprising crew members from India, Vietnam, and the Philippines—united to honor this significant occasion.

The celebration began with the hoisting of the Indian national flag, symbolizing unity and shared purpose. Despite our varied cultural backgrounds, we reaffirmed our commitment to working together as one strong and cohesive team. The event featured a vibrant display of Indian culture, including traditional music and cuisine. Crew members showcased their talents, filling the day with laughter, music, and a spirit of togetherness. Our Vietnamese and Filipino colleagues enthusiastically joined in, sharing their own cultural traditions and stories of independence. This exchange fostered deeper understanding and appreciation among all of us.

The festivities concluded with a warm get-together and a delicious meal prepared by our Chief Cook, adding to the celebratory atmosphere. As we marked this special day, we embraced the values of unity, diversity, and mutual respect that define our life at sea.

Long live the spirit of unity and diversity! Jai Hind!



Honor, identity - "Uniform Pride" M.V. DODO

By **Captain Kavyn C Fernandes**
HKID: 50586, Master / M. V. DODO



Celebration Onboard MT CHALLENGE PINNACLE

By **Captain Naeem Bhombal**

HKID: 10541, Master / MT CHALLENGE PINNACLE



MT Challenge Pinnacle shared various competition images that were going on for a month whenever weather was favorable. Which was rare during Jan-March in North Atlantic.

- Cricket competition
- Dart competition
- Trophies distributed among winners

Vessel also did good over the 6 months of period; hence each were given a token of appreciation, which as per master was small compared to the below output

- USCG - NIL
- Paris MoU - Nil
- SIRE 2.0 - Negligible.
- 88 Stopping Ullages during loading on CPP Vessel
- 70 Stopping Ullages during Discharging
- Operations in Europe and US Waters - Temp 0 to -2 Deg C
- All operations Uneventful. No LOPs, No Incidents.

Celebration Onboard GEM NO. 5

Indian Republic Day

By **Captain Santulan Srivastava**
HKID: 256, MASTER / GEM NO.5



Celebration Onboard DAWN

Indian Independence Day

By **Captain Neelam Pandey**
HKID: 132386, MASTER / DAWN

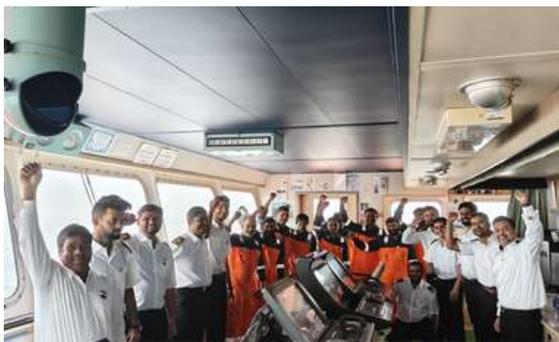


Celebration Onboard PALERMO

Indian Independence Day

By **Captain Dhruv Dogra**

HKID: 123114, MASTER / PALERMO



We are pleased to share that we celebrated the 79th Indian Independence Day onboard with great pride and enthusiasm. (See attachment)

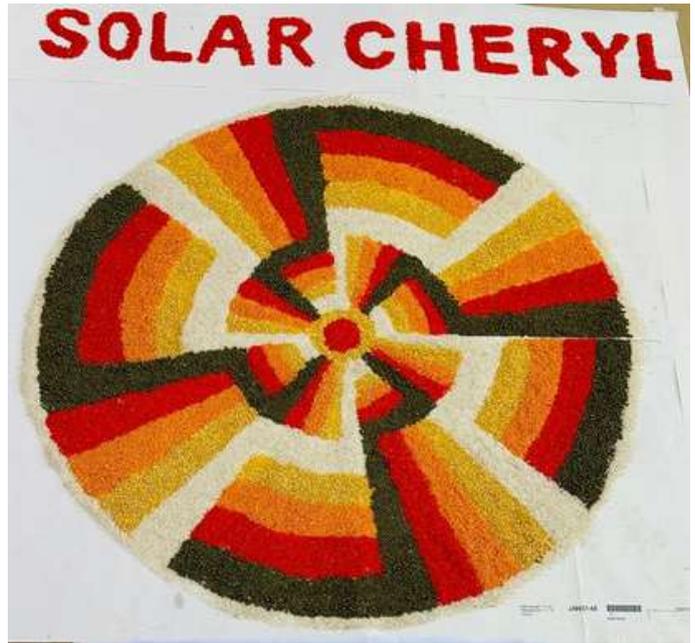
The entire ship's company dressed smartly in their respective uniforms, and the ceremony began with the hoisting of the Indian National Flag, a moment that filled us all with honor and patriotism. Adding to the festive spirit, our Chief Cook, Mr. Bharat, lovingly prepared traditional Indian sweets and snacks, bringing a comforting touch of home to everyone onboard. The celebration concluded with the singing of the National Anthem, echoing across the deck and creating a profound sense of unity and togetherness. It was a proud moment for all of us to honor our nation while carrying out our duties at sea.



Celebration Onboard ZIM WILMINGTON

Indian Independence Day







Celebration Onboard SPAR MAIA

Onam Celebrations



By **Captain Jason Abreo**

HKID: 1142, Master/ M. V. SPAR MAIA

Vessel is seafarer's second home and Capt. Jason Abreo shared the pictures of onboard Onam Celebration and said, "Even in our second home, we should always celebrate the rich culture and festivals of our great country, wherever around the globe we may be. Luckily for us, we were on a long voyage and got the chance to put a few hours into this celebration."



Stepping Towards a Greener Future: Our Team TBC PRIME Says No to Plastic!



By **Captain Narasimha P.V.L** HKID: 17699 &
Chief Engineer Jagdev Jamadar HKID: 51342

In an effort to promote sustainability and reduce plastic waste, our team has officially stopped using plastic bottles and has taken a significant step forward by switching to reusable steel bottles. This initiative reflects our commitment to environmental responsibility and a healthier planet.

Why We Made the Change

Plastic pollution is one of the biggest environmental challenges today. Single-use plastic bottles contribute to land and ocean pollution, harming wildlife and ecosystems. By replacing them with steel bottles, reduce plastic waste and minimize our ecological footprint.

We aim to:

Encourage a sustainable mindset within our workplace and beyond.
Promote health and safety, as steel bottles are free from harmful chemicals found in some plastics.

How We Are Making a Difference

We have completely eliminated the use of plastic bottles within our team TBC Prime.

Every team member now uses a durable, eco-friendly steel bottle for daily hydration. We are spreading awareness about plastic reduction through internal campaigns and discussions.

We encourage others to join us in making conscious choices for the environment.

A Call to Action

Small changes can make a big impact. We invite everyone—colleagues in our fleet family –to take similar steps toward sustainability. Let's work together to protect our planet, one bottle at a time!

This is just the beginning of our journey toward a plastic-free environment. We are excited about future initiatives to minimize waste further and embrace eco-friendly alternatives.

Together, we can make a difference! Jai hind

Our sincere tribute to our supportive vessel manager Rishees Xavier

Wood Art - TAC SUZUKA

By **Bosun NISHY BOSE**

HKID: 45591 TAC SUZUKA



Celebration Onboard ARROW SPIRIT

International Yoga Day



Celebration Onboard OCEAN SUKSES International Yoga Day



Celebration Onboard ATLANTIC JOURNEY

International Yoga Day





Celebration Onboard BOCHEM CASABLANCA

International Yoga Day



Celebration Onboard BOCHEM MUMBAI

International Yoga Day



Celebration Onboard CAPE AMIRA

International Yoga Day





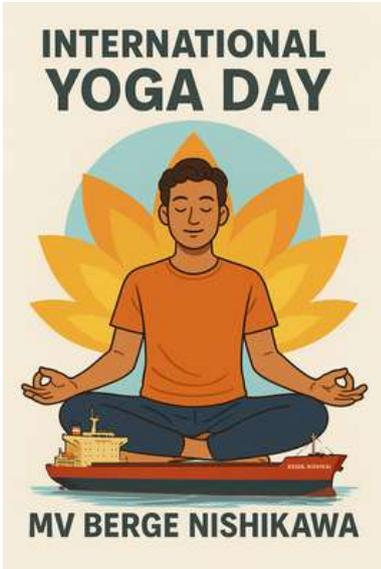
Celebration Onboard IRIS ACE

International Yoga Day



Celebration Onboard BERGE NISHIKAWA

International Yoga Day



Celebration Onboard SCORPIO CONFIDENCE

International Yoga Day



Mental Health At Sea

Digital Detox Day at Sea: A Captain's Reflection

By **Captain Muraleekrishnan Ayyappan**,
Master/ M.V. SPAR CORVUS, HKID: 4522

I stood on the bridge, gazing out at the endless expanse of ocean. Our ship, the "Spar Corvus," cut through the waves with ease, her engines humming smoothly. Today was Digital Detox Day, and I'd decided to take a break from the constant stream of messages, emails, and updates that usually filled my days.

Navigation by Celestial Bodies

Even though it was impractical to avoid gadgets for navigation as our ship is paper-less, my self and officers refreshed our skills on celestial navigation to guide us. We used the sun, stars, and planets to determine our position and course. It was a skill we had learned years ago, but hadn't practiced in a long time. The challenge was refreshing. Also, to the junior officer and cadet, it was a practical experience on dealing with emergencies due to breakdown of navigational equipment.

Crew Dynamics

The crew seemed to enjoy the digital detox as much as I did. Without the distraction of personal devices, they focused on their tasks, and we worked together seamlessly. We shared stories, jokes, and experiences, strengthening our bonds and building camaraderie.

Observation and Intuition

Without the constant stream of data, I relied more on observation and intuition. I watched the waves, the wind, and the clouds, using my experience to anticipate changes in the weather. It was amazing how much more attuned I became to the natural world.

Reflections

As the sun dipped below the horizon, I reflected on our Digital Detox Day. It had been a resounding success. We'd navigated the seas without incident, and the crew had come together as a team. I realized that, even in this digital age, there's still value in traditional skills and human connection.

As I looked out at the stars, I knew that this Digital Detox Day would stay with me forever. It reminded me of the importance of balance, tradition, and human connection in our increasingly digital world.

PSYCH'S CORNER

The Unfiltered Life at Sea

By **Simaran Chahal**,
Junior Psychologist, Fleet Management Limited

You begin your career looking at the sea through the soft filters of long vacation leaves, shore visits across global destinations, exciting work and countless new experiences. With these filters in place, the sea appears inviting, full of promise and adventure.

Then come the first months on board. Reality enters, often abruptly. You face the demanding nature of the work, long stretches away from home, harsh climates, the struggle to find someone your age and the limited social opportunities that come with shipboard life. These challenges slowly remove those beautiful filters, one by one, and the sea stands before you in its truest form, raw, unpolished and completely unfiltered.

But do not worry! As a psychologist who works closely with trainees, I assure you that this reality check is both natural and necessary.

Silent storms inside a trainee's mind

I often receive messages or hear trainees say:

- 'Things are challenging, but I am managing.'
- 'I don't want to make mistakes.'
- 'I am worried nobody will understand me.'
- 'There is not enough Wi-Fi.'

These are not fears of a trainee, but of any human adjusting to a new phase in their lives. So, allow me to tell you that you do not have to present your struggles while hiding them behind your ability to manage them. Silence is not a virtue, and vulnerabilities are not weaknesses. The pressure of not wanting to make mistakes can lead to anxiety and burnout, only pushing you to make them. It is human to stumble, and equally human to rise, learn and grow.

I also understand that your role as the most junior person on board may make you hesitant to speak. But connection does not follow rank; your safe person might be standing right beside you. And ah, yes, I wish there was more of that Wi-Fi available as well!

Mental Health At Sea

But we sail forward:

Mental health is not a luxury, but a necessity. Speak up so that you are heard and look within to identify your anchors. Doodle your thoughts on a paper or play those emotions from your music list. Check on your buddies and drop that 'whatsup?' or text your psychologist when the rhythm of life feels off balance.

You are not alone. You are strong. You are learning. You are thriving. You are doing your best.

A note to others:

You do not need to have all the answers. Simply create a safe space for them to speak. This generation approaches stress, work and emotion differently. Allow their coping mechanisms to differ from yours without judgement.

Further, as the metaphor goes, *Rome was not built in a day*; we can observe the process of growing with patience. That's how the most remarkable things are built, and their impact sustains for ages to come.

To my dear trainees:

The next time you look at the sea, without those grainy aesthetic filters, don't be scared. We all know the beauty of candid pictures. You are not weak for struggling, but resilient for maintaining your equilibrium. Together, let's strive make ships safer for our youngest seafarers.



Let's Talk

- When you feel low, sad, helpless
- When you feel overstressed or caught in overthinking
- When your sleep is poor
- when you have difficulty eating
- When you simply need someone to listen
- When you find any crew member in distress

You can reach out for help in 3 ways:



Crisis Response Network helpline available in 14 languages: +1-202-931-5500



Call or Chat with our in-house clinical psychologists: +91 8657540782;
+91 8657935054



fleetcare@fleetship.com

Fleet Care and our helpline services are strictly confidential

Know Your Fleet Care Team

Let's get to know our Fleet Care team members, ready to help you every step of the way!



Capt. Randhir S Mahadik
Head of Fleet Care



Tejashri Kishore
Mumbai



Lyzann Rebello
Mumbai



Yuga Jadhav
Mumbai



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Clinical Psychologist



Divya Nair
Clinical Psychologist



Simran Chahal
Clinical Psychologist

Concierge Desk



Amarjyot Hans
Mumbai



Sadiksha Pawar
Mumbai



Divya Gonewar
Mumbai

Fleet Family Support Group (FFSG)

FFSG is a set of professionals and willing volunteers coming from our seafarers' families. Together, the group form a community support mechanism that ensures timely support to family members of seafarers, and seafarers, in time of need.

Join FFSG on the registration form on link in the QR Code:



CRISIS RESPONSE NETWORK – Dedicated and Free Fleet Management Limited Helpline:

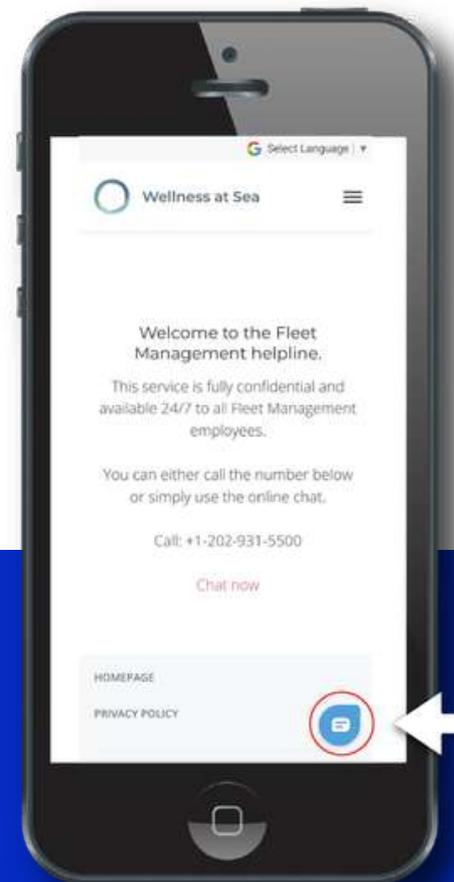
In collaboration with the Sailors' Society, our counselling helpline is available 24/7 via instant chat messenger or phone.

You can text or speak with professional counsellors from the Sailors' Society in English, Hindi, Marathi, Bengali, Tamil, Telugu, Konkani, Gujarati, Mandarin, Tagalog, Korean or Turkish.

: +1 202 931 5500

Alternatively, speak with our in-house clinical psychologist:

  : +91 86575 40782



How to use?

INSTANT CHAT:

- Go to www.sailors-society.org/wellness-fleet-management
- Click on 'Chat Now' or the blue chat icon.

FLEET CARE AND SAILORS' SOCIETY'S COUNSELLING SERVICES ARE STRICTLY CONFIDENTIAL
Any questions? Contact us at fleetcare@fleetship.com



Insuring Our Seafarers

At Fleet, we firmly believe that our people are our greatest asset. We offer a medical plan to cover you when you are on leave, as well as protection for family members.*

Contact us for more details at:

fleetcare@fleetship.com

Terms and conditions apply

*For Seafarers - Applicable during leave;

For Families - Applicable for the full year

Scan for more details



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our podcast series on seafarer wellbeing and welfare
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