

Sagar Sandesh

Giving Spirit to Shipping Industry

Maritime Tabloid English Weekly Thrice E - Paper

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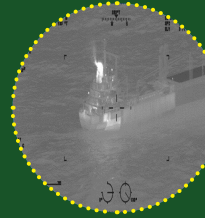
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Digital Resources for Seafarers' Wellbeing

These last few years have marked a distinct advancement in the history of seafarers' welfare. For the first time, seafarers are reaching out and being reached out to from across the world in thousands of conversations a day.

In 2022, the MLC, 2006 was amended to explicitly include 'social connectivity' among the amenities to be provided. Numerous shipping companies have announced that they are in the process of increasing internet onboard. As seafarers can communicate more, local port chaplains and ship visitors have used email, websites, social media, or online messaging systems to stay in touch.

In addition to this, many organizations also have specialized digital tools for better communication and wellness programs on board. These specialized techs can help support seafarers while at sea and put them in touch with port-based teams before they arrive.

In ITF/FSUI Conference-Navigating Wellbeing at Sea held in October 2023, **DGS Shri Shyam Jagannathan ji (IAS)** delivered a keynote speech covered following Deliverables,



Shri Shyam Jagannathan

Deliverable 1:- Crisis Management Group

Deliverable 2:-Comprehensive Grievance Redressal system for Seafarers with integrated call center.

Deliverable 3:- Streamline the RPSL module on the existing website

Deliverable 4:-Major Examination Reform.

Deliverable 5:- Streamlining the shore leave issue

Deliverable 6:- Port Welfare Committee

Deliverable 7:- Sagar Main Yoga' wherein in partnership with the world's oldest Yoga institute called the Yoga Institute.

Deliverable 8:- "Sagar Main Samman" – Honour at sea which aims to provide for greater enrolment of women seafarers and gender equality and inclusion.

Deliverable 9:- National Institute of Mental Health and Neurosciences (NIMHANS) to conduct Model psychological examination framework.

Deliverable 10: - conclaves- A health and wellbeing

The Maritime Industry is proud to witness the actions taken BY DG office on the deliverable commitments.



Mr.Asif Upadhye

Mr.Asif Upadhye, Founder of Good Wave Foundation delivered a thought-provoking lecture on **Key aspects of Seafarers' Wellbeing Onboard**

The wellness of seafarers is a multi-dimensional holistic concept that combines **Social, Emotional, Physical, Intellectual, and Spiritual** wellness. All these different features have to be in balance to ensure healthy, quality of life and wellness.

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Digital Resources for Seafarers' From Page : 1

Social Wellness

Seafarers constantly talk about the importance of social events, such as movie nights, BBQs or even videogame competitions. These events give them the opportunity to chat with others and break free of the work and cabin cycle. It is important to fit the crew together to build a positive environment. This is a foundation of social wellness. Interpersonal skills are crucial to help them communicate with others onboard and deal with diversity competently. A greater understanding of one other significantly improves life on board.

Further, seafarers mention how important is for them to be able to connect with their families and friends and have good-quality internet access. All these, help them improve and maintain social wellness on board the vessel. The social aspect is as much of the shipping industry as is the navigation of a ship.

Emotional Wellness

There are several factors that can impact seafarers' mental health, such as job stress, family pressures, and limited shore leave. Being away means you may miss important family moments, which can have a negative impact on your emotional wellness. It is never easy to be away from home for extended periods of time. More than a quarter of seafarers suffer from depression and nearly 6% of deaths at sea are attributed to suicide. Therefore, one can understand how important emotional wellness at sea is.

They should feel confident to handle the challenging situations at sea and to be empowered to understand and manage their emotions while onboard. They should communicate and be connected with other crew members and their families in order to feel and understand that they are not alone. Further, it is important for them to have people to discuss and share their thoughts and feelings.

Thus, social activities will enable them to maintain their emotional wellness too.

Physical Wellness

It is also important that seafarers look after their own health. Where possible, they should try to make nutritious and healthy food choices and ensure a healthy diet. It seems that a balanced diet means a lot for seafarers' wellness since food quality and catering proficiency are foundations for a happy crew. Thus, access to healthy food options and variation is a foundation for physical wellness.

Proper nutrition, along with exercise and adequate rest and sleep help to prevent diseases and improve physical health.

Intellectual Wellness

Intellectual wellness relates to how one engages in creative and stimulating activities and expands knowledge outside of the traditional knowledge relevant to seafaring. It is important for seafarers to spend time to empower their intellectual wellness while on board. They should spend time being informed


and updated with issues related to them. This can include knowledge about seafarers' rights and others. Knowledge about such matters will help them know their rights and negotiate in a better way with confidence.

Further, seafarers should aim to engage in creative and stimulating activities such as reading, listening to music, watching movies, or playing games. These activities will also offer opportunities for social activities and will help to maintain intellectual wellness.


Spiritual Wellness

Spirituality is also vital since it can serve as a factor to alleviate stress and as a result, enhance wellness. Seafarers should spend time on their spiritual needs. They should create an awareness of their own beliefs but also of other crew members' beliefs and respect them. These beliefs guide their responses and actions so they should be aware of them.. It is vital for seafarers to share their beliefs and thoughts with other crew members.


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Digital Resources for Seafarers' From Page : 2

These will help them maintain their wellness onboard the vessel. The spirituality of seafarers will help them acknowledge others' points of view, respect them, and comprehend and react appropriately to life experiences at sea.

Navigating Mental Wellness at Sea: Apps for Seafarers.

Supporting the mental health and well-being of seafarers is crucial given the unique challenges they face while working at sea. Fortunately, today there are several resources designed to support seafarers in this regard.

So, in support of World Mental Health Day and to play a small part in ensuring seafarers are armed with the knowledge and resources to help them through any such difficulties, here is a list of apps seafarers should know about.

SeafarerHelp App: Developed by the International Seafarers' Welfare and Assistance Network (ISWAN), this app provides immediate access to a 24/7 helpline, live chat, and resources for seafarers dealing with mental health issues. The app can be used offline to access help, information and support around the clock.

Mental Health First Aider Support App: This app, based on the Mental Health First Aid program, helps seafarers learn how to provide initial support to someone experiencing a mental health crisis or struggling with their mental well-being.

TalkSpace: TalkSpace offers online therapy and counseling services, which can be accessed by seafarers while at sea or in port, providing a confidential platform to discuss mental health concerns.

Crew Matters: Developed by the Isle of Man Ship Registry, this was the first app created by a flag state that focuses on seafarer wellbeing and features resources for crew welfare and mental health support as well as on-demand and live fitness classes, yoga, and meditation.

Happy @ Sea – This app has been designed by The Mission to Seafarers, for seafarers. With a history dating back to 1836, the charity supports the men and women working at sea as they experience loneliness and


mental health issues, combined with limited access to the internet onboard ships.

Maritime Wellbeing: The Maritime Wellbeing Programme was created to help reach a goal of a zero-incident industry. The

app provides several short, easy-to-deliver activities for seafarers and ship managers, which can be completed on board, and are designed to promote the need for good physical and mental health, as well as providing practical tips, tools, and strategies to boost individual well-being and to create a culture of care.

Headspace: Headspace offers guided meditations, courses, and mindfulness exercises on subjects like stress, general anxiety, worry, building resilience, and more topics for any moment. It aims to reduce stress, improve focus, and enhance overall mental well-being.

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भारतीय समुद्री विश्वविद्यालय

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(A Central University under Ministry of Ports, Shipping and Waterways, Government of India)
Established by an Act of Parliament in 2008

Advt. No. IMU-HQ/R/T/2023/03


Date: 24.12.2023



"Be part of India's largest Maritime University in realizing the Maritime India Vision 2030"

A. Special Recruitment drive for Regular Faculty Positions (Backlog) (on Direct Recruitment basis)

B. Empanelment of Visiting Faculty (Hourly basis)



Women candidates are encouraged to apply

A. Special Recruitment drive for Regular Faculty Positions (Backlog) (on Direct Recruitment basis)

Applications are invited from the prospective and eligible candidates for the following posts: -


Sl. No.	Name of the Posts	Discipline	No. of Posts	Category	Horizontal Reservation	Academic Pay Level
1.	Professor	Nautical Science	1	SC - 1	* Blindness & Low Vision	Pay Matrix Level-14 (144200-218200) #CTC - INR 33 Lakhs
2.	Associate Professor	Nautical Science	3	OBC-NCL - 1 SC - 1 ST - 1		Pay Matrix Level-13A (131400-217100) #CTC - INR 31 Lakhs
3.	Associate Professor	Marine Engineering	5	OBC-NCL - 2 SC - 1, ST - 1 EWS - 1		Pay Matrix Level-10 (57700-182400) #CTC - INR 15 Lakhs
4.	Assistant Professor	Nautical Science	3	OBC-NCL - 1 SC - 1 EWS - 1		
5.	Assistant Professor	Marine Engineering	4	OBC-NCL - 2 ST - 1 EWS - 1		
Total			16			

*Out of 16 posts, one post is reserved for Blindness and Low Vision.
#Subject to IMU's terms and conditions

The vacancies stated above are tentative and are subject to change. IMU reserves the right not to fill up any of the posts advertised (or) cancel the recruitment at any stage.

For further details regarding eligibility criteria: Age, Educational Qualifications, Experience, etc., please visit www.imu.edu.in.

Benefits: Cumulative Professional Development Allowance – INR 1 lakh per year.



Important dates

Opening date for submission of online application : **24.12.2023**

Closing date for submission of online application : **24.01.2024**

Last date for receiving hard copies of the application : **29.01.2024**

REGISTRAR

B. Empanelment of Visiting Faculty

Indian Maritime University invites experienced professionals (Merchant Navy, Indian Navy & Industry) to teach in its long and short training programmes. The engagement will be on hourly basis.

To apply, please visit our website <https://www.imu.edu.in/imunew/recruitment>

NOTE : Empanelment neither guarantees the award of the job, nor any claim for permanent employment at IMU.

REGISTRAR

Digital Resources for Seafarers' Wellbeing From Page : 3

MyPossibleSelf: This app was developed with world leaders in mental health, Priory, to create interactive tools and coping strategies, using cognitive behavioral therapy (CBT), customized for digital use.

Calm: Calm is a popular meditation and mindfulness app that can help seafarers manage stress and anxiety through guided meditation sessions and

relaxation techniques. It is the #1 app for sleep, meditation and relaxation. Manage stress, balance moods, sleep better, and refocus your attention. Guided meditation, Sleep Stories, soundscapes, breathwork, and stretching exercises fill our extensive library.

Together we can show seafarers around the globe that we care and are aware of the challenges they face.



FFFAI Announces Nomination for
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THE AWARD

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- Visits to container & Air Freight terminals, ports, surveyors' offices
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Nomination submission by 6th January, 2024

All nominations to be mailed to
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New head for the Cochin based Southern Naval Command

COCHIN
Sagar Sandesh News BUREAU

Vice Admiral V Srinivas, took over as the 30th flag officer commanding-in-chief (FOCINC), Southern Naval Command at an impressive ceremonial parade held at Naval Base, Kochi on December 31st. He succeeded Vice Admiral MA Hampiholi, who retired upon superannuation after an illustrious career spanning close to four decades in the Indian Navy.

Floral wreaths were placed at the Venduruthy War memorial by both the flag officers in a

solemn ceremony to pay homage to all personnel who made the supreme sacrifice in service of the Nation.

Vice Admiral V Srinivas is an alumnus of the national defense academy and was commissioned in the Indian Navy on July 01, 1987.

An Anti-submarine warfare specialist, he served onboard frontline submarines INS Shalki, INS Shishumar and INS Shankul (during Op Vijay).

In his career spanning 36 years, he has commanded INS Shankul, on two

MARINE NEWS



Vice Admiral V Srinivas, took over as the 30th flag officer commanding-in-chief (FOCINC), Southern Naval Command

occasions, destroyer INS Ranvir and the nuclear submarine INS Chakra. He holds the distinction of being one of the only two officers ever in the Indian Navy to have commanded a frontline warship as well as an SSN.

His staff assignments have been equally coveted

Iranian warship enters Red Sea amid tensions

New Delhi
Sagar Sandesh News Service

Iran's Alborz warship has entered the Red Sea, the semi-official Tasnim news agency reported Monday, 1 Jan, at a time of soaring tensions on the key shipping route amid the Israel-Hamas war and attacks on vessels by forces allied to Tehran. Tasnim did not give details of the Alborz's mission but said Iranian warships had been operating in open waters to secure shipping routes, combat piracy and carry out other tasks since 2009.

Yemen's Iran-backed Houthis have been targeting vessels in the Red Sea since Nov to show support for Hamas. The Alborz

warship entered the Red Sea via the Bab al-Mandab Strait, Tasnim said, without saying when. There were unconfirmed reports on social media it arrived late on Saturday.

The Alvand class destroyer had been a part of the Iranian navy's 34th fleet, alongside the Bushehr support vessel, and patrolled the Gulf of Aden, the north of the Indian Ocean and the Bab Al-Mandab Strait as far back as 2015, according to Iran's Press TV. The state media announcement came a day after US Navy helicopters fired on Houthi rebels attempting to board a cargo ship off Yemen, with the rebels reporting 10 fighters dead.

Meanwhile, UK defence

secretary Grant Shapps said Monday that Britain is "willing to take direct action" against Houthi rebels. He described the situation as "a test for the international community". "If we do not protect the Red Sea, it risks emboldening those looking to threaten elsewhere including in the South China Sea and Crimea."



Iran's Alborz warship has entered the Red Sea



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