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## Celebrating 10 Years 2006-2016

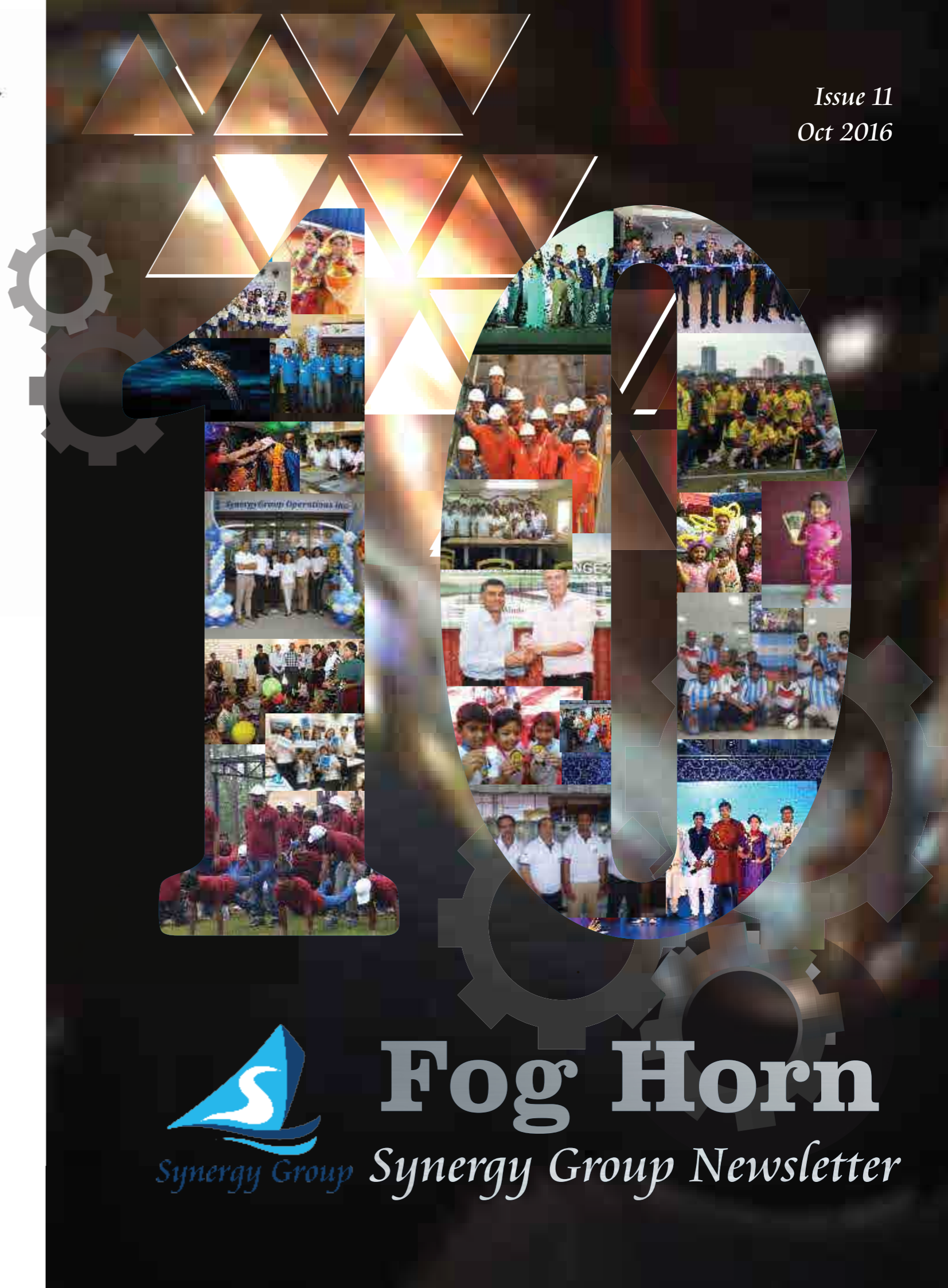
Fog Horn is an initiative to bring together all members of the Synergy Family – our seafarers, stakeholders, shore staff as well as their families. We would love to hear from you and have your contributions in forthcoming issues as well as for the website. You may share a write-up on an inspiring event or your own experience on-board or ashore, a joyous occasion in your family, stories about life, health, fitness, photographs, sketches, drawings by children, poems, get togethers or just jokes! Write to us at [editorialteam@synergymarine.sg](mailto:editorialteam@synergymarine.sg)

We Want to Hear From You!

The cover theme shows the synergistic effect of grinding gears.  
Synergy (noun) - the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects.



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# Fog Horn

## Synergy Group Newsletter



Synergy was set up with a clear vision to bring in innovation, productivity and simplicity to a complex and diverse business environment. We aim to be at the helm of the new wave in ship management services, striving to be looked upon as the trusted partner to our customer's business needs. We aspire to be solution providers with emphasis on quick, easy and uncomplicated systems and processes.

## MD's note

I am happy to present to you this edition of "Foghorn" which commemorates the 10th anniversary of the Synergy Marine Group. With celebrations in the offing, I thank you all for your contributions to the progress we have made so far and request you all to continue to be part of our journey. As I look back on these years, I realize that the question that I have been oft asked, other than the customary, "How hot is Chennai?" has been, "How many ships will Synergy grow to?" A close second comes, "How is Synergy different from other ship managing companies?" Both these questions are open ended and I have never been able to give a text book answer ;) I have run these queries through a few of my colleagues too. Let me try to take these questions together as the response to the former is likely to flow from an attempt to answer the latter.

Being religiously inclined, I have visited various places of worship across the globe, several of them in India. In most of the Indian temples, the visitors are given food which is originally offered to the gods by the devotees. Some have very large kitchens: like the langar at the Golden Temple or the Prasadam at Tirupati temple and the Annam at Guruvayur temple just near my hometown.

As frequent travel is an occupational hazard in our kind of business, I have also dined in some of the best restaurants across the globe. However, I have always found that the food served from the large community kitchens is utterly delicious! Mind you, to a large extent, volunteers help in cooking in these kitchens and the ingredients are mostly home grown or donated locally. They do not have any special secret recipe or highly paid staff either. Certainly, they do not know what food tastes right for me, but somehow the taste is always mouthwatering.

I think the taste comes from the undeniable fact that in these large kitchens we are given food prepared by people willing to serve. When I used to visit as a young boy, there were a few hundreds of people eating daily, the numbers have since grown to thousands and they also serve food round the clock. While the food has not changed much, the way it is prepared has undergone a drastic change: from wood-fired cooking of the olden days they have modernised to cooking by steam, electricity or gas; from handmade bread and sweets, they have moved over to machines that churn out these delicacies in thousands daily. They have adapted beautifully to the increase in visitors by bringing in technology that ensures not only that everyone is served but also that the food remains faithful to its original taste. Most importantly, the people behind these new machines too work with the same old joy that was derived from being in service to the community.

It's mindsets that differentiate organisations. Success comes from the mindset that we are here to serve the community around us. Be it our clients or employees or vendors or charterers or the ports that our ships call at. When we just make a service offering neither will we grow nor will the people associated with us be happy. When we adapt to change with the right technology, we will grow. And as long as we are willing to serve, we will have a happy and satisfied community around us. Let us continue to be willing to serve to the best of our abilities and adapt timely to the changes with technology that puts smiles on the faces of everyone who interacts with us.

It is imperative that we create a culture that allows people to fail by trying to do things differently, without the fear of retribution. We will endeavour to inculcate this attitude amidst us till it is accepted as the norm.

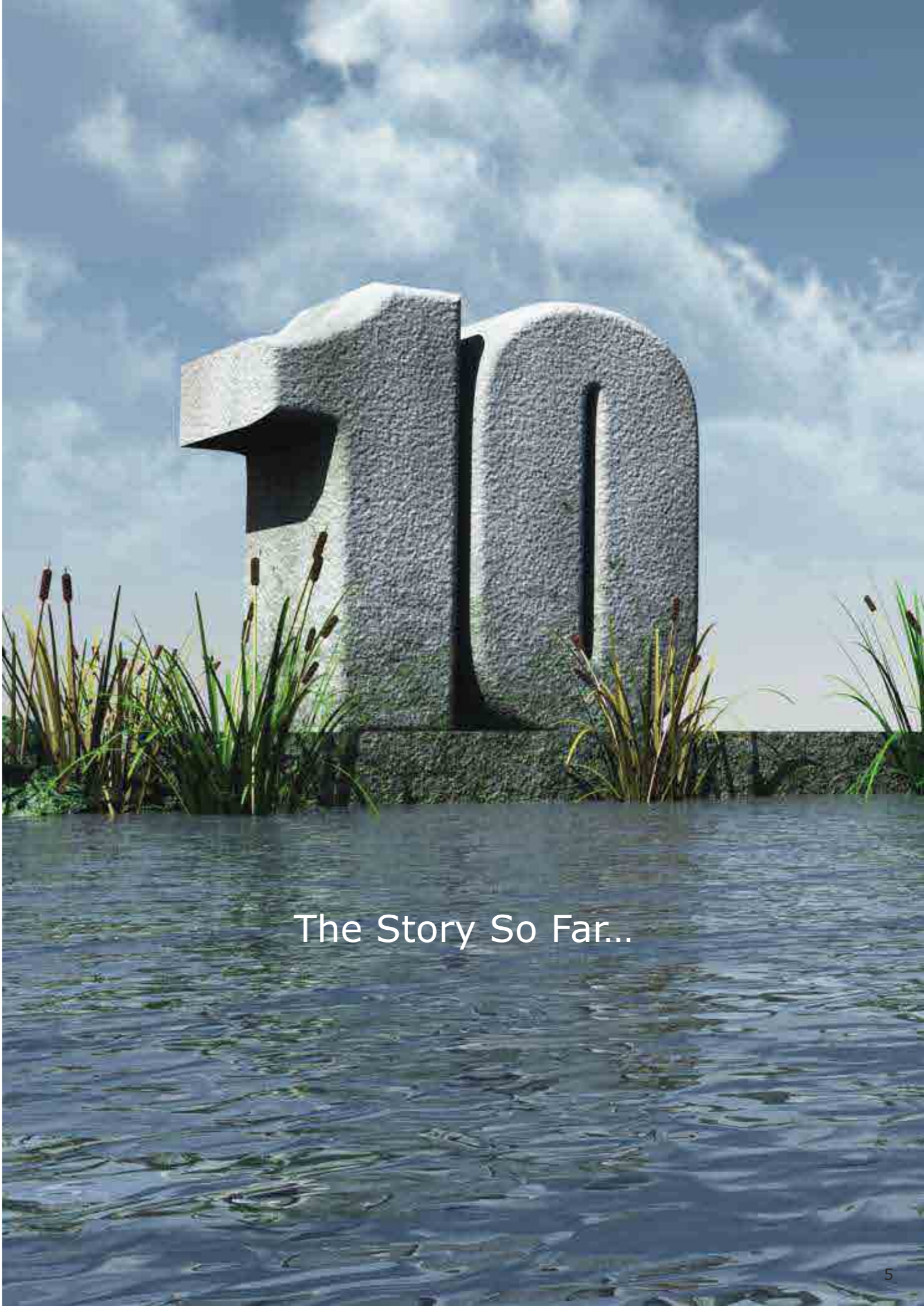
While we celebrate the great run we had in the last decade, we should also not let success unduly affect us. Let's pledge to remain as humble in our thoughts as we are perseverant in our actions and keep learning as we grow!

Stay safe. Stay Blessed.  
Unni



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The Story So Far...

# 2006-2016

**July 2006:** Synergy Maritime Pvt Ltd, India registered as a marine services company.

**Oct 2006:** Takeover of first Bulk Carrier Vessel - Nord Luna.



**2006:** Synergy's first Seminar.



**2007:** Takeover of first Container vessel - Cala Pinguino.

**2008:** ISO 9K, 14K & OHSAS accreditation by DNV.



**2008:** Takeover of first Tanker vessel - Alam Bitara.



**2012:** Green Flag Environmental Achievement Award.

**2009:** Delivery photograph of MOL Presence.

**2011:** Audited and approved by oil majors for T/C operations.



**2014:** Saviors at Sea - In a daring humanitarian act - Vessel Jupiter Bay Rescued 322 illegal migrants, including women and children some of whom were infants.



**2014:** Inauguration of Stamford office.



**2013:** Box Full of Hope (Support for victims of natural disaster in Philippines).

**2013:** First blood donation camp.

**2013:** Won BP Shipping CEO's "Partner of the Year" award. This is an annual recognition under the BP Shipping Health, Safety, Security and Environment (HSSE) forum.



**2013:** Inauguration of Manila Office.

**2013:** Member of Singapore Shipping Association (SSA).

**2013:** Commenced support to special school for migrant workers children.



**2013:** Inauguration of Delhi Office.



**2013:** Launched first edition of Fog Horn.



**2013:** Inauguration of new office premises in Chennai.

**2012:** Capt. Rajesh Unni & Mr. Rajesh Nanda climbed Mount Kilimanjaro & hoisted the Synergy Flag at the peak!



**2014:** VLGC Kailash Gas completes Maiden Voyage transporting 85000 m3 LPG from Rastanura (Saudi Arabia) to the port Sikka and New Mangalore in Western India.



**2014:** Day of Seafarers' celebration: IMO's Secretary General with Synergy's badge which was specially designed in support of the campaign.

**2014:** Inauguration of MOL SYNERGY Training center (MAST) Marine Simulators and Training.



**2014:** Inauguration of Pune Office.



**2014:** Inauguration of new office premises in Cochin.



**2014:** Capt Unni receives MCC's outstanding achievement award.

**2014:** Capt. Unni inducted into the members board of the North of England P&I Club.

**2015:** Synergy becomes BP's first time charter partner to undertake Ship Riding Audit.



**2015:** 3/off Ms. Juria Mochida joins as the first Japanese Lady officer in the Synergy fleet.

**2016:** One million viewers on our website.

**2016:** A Tribute to the spirit of Chennai- Capt. Ramadass & Ms. Priyadarshini participated in the half (21.1 Kms) category of the Chennai marathon in support of the Chennai flood victims.



**2015:** Supported the Singapore Children's Cancer Foundation.



**2016:** Inauguration of Hong Kong office.

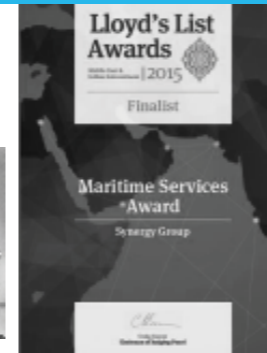


**2015:** Samudra Manthan Award for CSR.

**2015:** SGOI Seafarers Wives Club launched in Manila.



**2015:** Launched our first 'Cancer Awareness Campaign'.



**2015:** Declared finalist at Lloyd's List MEIS Award.

**2015:** Cricket teams won Mainers Premier League (Lloyds register Cup) in Singapore and 'Corporate Premier League' (CPL) in India.

**2015:** Our vessels KM Hakata, N Bonanza, OOCL Italy, OOCL Kaohsiung, OOCL Kualalumpur & Solar N were presented with AMVER Awards.



**2015:** Pune Marathon- for raising health awareness amongst team members in the office.

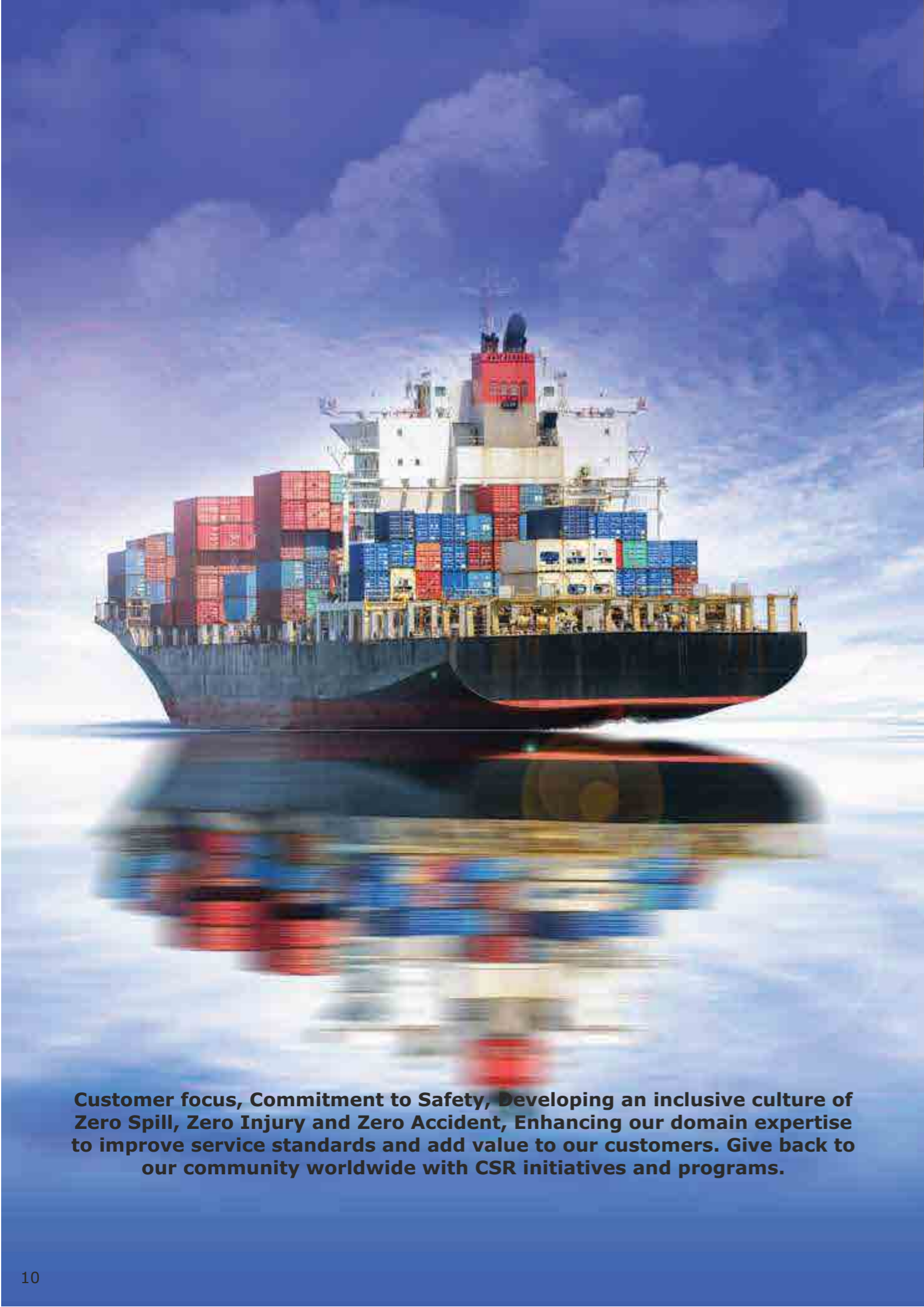
**2015:** Inauguration of Iloilo office.



**2015:** Inauguration of Mumbai office.

# A trip down memory lane





**Customer focus, Commitment to Safety, Developing an inclusive culture of Zero Spill, Zero Injury and Zero Accident, Enhancing our domain expertise to improve service standards and add value to our customers. Give back to our community worldwide with CSR initiatives and programs.**



## Workshop on "Voluntary Environmental Compliance Plan and Resilience"

In our pursuit of excellence, Synergy is constantly striving to be a leader in all aspects of ship management.

Protection of the environment has been our prevalent endeavour, in line with which we underwent a voluntary Shipping MRV carbon emissions verification, conducted by Verifavia (a worldwide independent accredited environmental verification and auditing body). This further emphasised our commitment to reduce the environmental impact of our vessels.

VECP workshops have also been conducted regularly in Chennai, Manila and Delhi.

A workshop themed 'Voluntary Environmental Compliance Plan and Resilience' was held in New Delhi recently to benefit our seafarers from the National Capital Region. The resoundingly successful two-day workshop was facilitated by Mr Brijesh Bassi and Capt. Sudarshan.

The workshop started with an Introduction to Company's VECP. Synergy's policy of 'Zero Tolerance' towards deliberate MARPOL violations was reiterated.

The interactive session on 'Overview of MARPOL' covered various discharge criteria under all the Annexes of MARPOL. The participants were so involved that they could be seen discussing different aspects of VECP even during the breaks. Capt. Sudarshan elaborated on the Vessel General Permit, OPA 90, APHIS regulation. Mr Bassi discussed various case studies on MARPOL Violation and he emphasised in no uncertain words the importance of record keeping and maintenance of ORB and GRB. The attendees too put forth the practical challenges faced by seafarers, which were then discussed in detail.

Day 2 was dedicated entirely to 'Resilience', Mr Bassi discussed various ways of coping with pressure and stress during adverse circumstances onboard.



# An update from our new-building site team



Model test photograph of 38,000 M3 LPG carrier.

The 'seascape' of the maritime world is changing, with modern-day changes occurring at a faster pace with new environmental regulations and ever changing commercial demands, creating new conditions for shipping which may not be met by current vessels.

The changing modern maritime world requires ships to evolve equally fast which means that changes are made in one's approach to the initial process; Project Management and Site Supervision.

In the initial phases of a new

building project, the naval architects assist in writing a suitable outline performance specification based on the ship-owners requirement. After which a stringent evaluation of shipyards is done and once the right shipyard is selected starts a process which over the next year or so would see the most beautiful ships being built from scratch – the process involves the steel cutting, Keel-Laying, Launching & Delivery of the vessel. On a non-technical note – these milestones also mark the stages at which the part payments of the ship are made!

It requires tremendous effort

from all the concerned parties to build a quality ship from the Steel cutting event, and involves welding lengths of structure and pipe length's which run into several kilometers if measured with a tape. Site supervisors check the compliance of structure with approved drawings, Welds at critical joints are NDT tested for weld soundness, all the compartments are tested for tightness, hull and tanks are blasted and painted, piping, electrical cables, machineries are all installed and onboard tests carried out prior sea trial. Site team ensures that the shipyard rectifies all the

observations/ deficiencies prior the timely delivery of vessel. It is therefore of paramount importance to have a well experienced and qualified site team during construction of vessels.

Synergy ventured into project management/newbuilding supervision in 2014 with the aim of providing the following services-

- Concept Design – To incorporate Clients idea to Concept & Analysis – Evaluation of the shipyard and contract assessment
- Yard Assessment – Evaluation of the shipyard and contract

- assessment
- Plan Approval – Technical review to check the compliance with latest rule requirement & to incorporate operational convenience
- Site Supervision – A customized team consisting qualified and experienced professionals for site supervision and reporting
- Guarantee Claims – To handle GC on behalf of ship owners if requested

We are presently engaged in multiple new building projects. We have been also involved in Model tests of some of new generation gas carriers. In

order to take forward our commitment towards greener ships, we recommended to fit Mewis ducts which not only contributed in reducing the carbon foot print but also made the ships fuel efficient up to 7.5%.

**Contributed by:**  
**Mr. Rohit Trivedi**  
**Synergy- Chennai**



# LB Seminar at Makati

Another year- another success

Lauritzen Bulkers recently held its annual seminar in Makati City, Philippines. The three-day event which seafarers from the LB pool eagerly look forward to was attended by senior members of Lauritzen Bulkers.

'Safety' as always was the focus of the seminar, and the seafarers were made aware of the operational safety concerns and ways of mitigating these onboard LB's owned and operated fleet of vessels, this also helps in making the crew adapt to different scenarios onboard and prepare them for various situations which may arise. The informative and interactive seminar which emphasises on actual shipboard practices and safety awareness has always been a huge hit among seafarers.



## Synergy In Pictures



A cultural event was organized in Mumbai on the occasion of the Day of the seafarer.



OBL held for Mumbai and Pune teams.

# Synergy in pictures



Capt. Sachin Shankar (Synergy Navis, Pune), was recognized for his excellent performance score of 9.68/10, in the two-year part-time post-graduate certificate programme conducted at the department of management studies of IIT Madras.



SMRSPL recently reached the 100 employee milestone. Wishing them the best for many such centuries.



Onam, the festival fostering equality & togetherness, is celebrated by the people of Kerala, India. Synergians too, celebrated Onam with great gusto.



Team Synergy Singapore's - Employee Day'16 was held on 22nd August at the SuperBowl Mount Faber, Singapore. The team had a great time together at the venue with lots of fun over a keenly contested game of bowling!





## Off the beaten path

In most parts of the world, people run for cover when it rains, not in the Western Ghats, where people head out to the hills when the monsoon arrives!

Keeping up with the same spirit members of Team Synergy Navis organised a hiking trip up the Rohida Fort in the Western Ghats of India. The Mountain range spread across 160,000 km<sup>2</sup> and is also a UNESCO World Heritage Site and is one of the eight "hottest hotspots" of biological diversity in the world.

The rains had brought the scorched hills back to life, and the sound of gushing streams and thundering waterfalls made the hike invigorating.

The hike, though, was not as easy as it seemed from the plains. What appeared to be a fog cover turned out to be droplets being blown away from the waterfalls because of the strong winds and gusts. The senior team members told us that seafarers encounter such strong gusts quite regularly at sea!

**QUICK FACTS -**  
 Height: 3650 ft (above MSL)  
 Base village: Bajarwadi (near Bhor) - Pune District  
 History: The Yadavas (dynasty) built Rohida in 1629.

**Contributed by:**  
**Mr. Barhan & Mr. Parth Panchal**  
**Synergy- Pune**



## National Conference on Bulk Packaging – Capt. Mundath presents the maritime perspective!



Capt. Krishna Mundath (Marine Manager – CMS, Singapore Marine SMLS) spoke at the National Conference on "Bulk Packaging of Hazardous Goods for Export, Un Certificate and Globally Harmonized System (GHS) of Classification and Labelling of Chemicals" held in Chennai recently.

He presented the maritime perspective at the conference which was appreciated by the attendees comprising shippers, packaging unit representatives, consignees, customs and maritime & civil aviation professionals. He emphasised on the importance of safe carriage of dangerous goods citing infamous maritime disasters associated with dangerous goods. He reiterated the need for good packaging and adherence to the packing standards in the IMDG code.

## From ship to shore and the journey continues...

It was a hot summer afternoon in 2009; I had been on leave for almost two months, and it was time to head back to the high seas! I am a firm believer in destiny and, in hindsight, the call that I received from Synergy Maritime that very afternoon regarding a vacancy for a yard take-over was one of the defining moments of my professional life!

The next ten days were full of mixed emotions - from joining a new company which back then was in its formative years to my first yard delivery, I must admit that I did have more than my share of apprehensions!

I was soon on-board the APL California in Japan and we successfully took over the good vessel. It was not long before I realised that 'Safety, Empathy, Integrity' were not just words but a way of life at Synergy! I could sense the unconditional support that I received from the management and the office, a special mention here to my then Technical Supdt Mr. Mathavan and Marine Supdt Capt. Sairaj. By the time I signed off I knew for sure that Synergy it is for me until the time I hung up my sea boots!

I did another yard delivery of APL Ningbo apart from which I sailed on APL Ireland, OOCL Kuala Lumpur, Apl Zeebrugge and the bulk carrier Equator Harmony, needless to say, the trust and respect for Synergy kept growing with every assignment. A special thanks to Capt Sairaj for putting complete faith and trust in me and giving me the opportunity to command the Equator Harmony, which in her day was legendary for being a difficult ship to handle!

After the phone call many years ago, the next turning point came in 2013, when I got the opportunity of setting up Synergy's office in New Delhi.

The Delhi office soon turned out to be a vital resource and helped bridge the gap between our seafarers from the Northern regions of India and our office in Chennai. Given the tremendous response, we felt the need of ramping up the operations and within a year we shifted to a more spacious premises!

We are a team of nine, and we take care of the interview process of new joiners, as well as pre-joining formalities and visa applications for our seafarers from the region. Congratulations Synergy on 10 years of wonderful accomplishments – on a personal level, thank you for the seven remarkable years of warmth and support!

**Contributed by: Capt. Charanjiv Singh Nalwa**  
**Synergy- Delhi**



### Thoughts from the sea

I started my journey with Synergy as a Chief officer, and as I learnt more about the company and its work culture I realized that this is the environment which I was looking for so long. Office support for seafarers whilst onboard or on leave is amazing and I feel that's what sets Synergy apart!  
 Capt. Abhishek Anand Tiwari on board M.V. Occitan Barsac





**Synergy was set up with a vision to bring in innovation, productivity and simplicity to a complex and diverse shipping business environment. We aim to be at the helm of the new wave in ship management services, striving to be looked upon as the trusted partner to our customer's business needs.**

## Where empathy thrives

As a competency management superintendent, I get the opportunity to interact with scores of seafarers on a regular basis. In fact, the competency management team has collectively interviewed more than two and a half thousand seafarers within a span of one year. As a result, I have experienced first-hand, an essential element of Synergy's guiding values, "Empathy", driving and directing us, day in and day out.

Before I give a few examples of same, let me first dwell on the concept of "Empathy", which is central to our guiding values (Safety-Empathy-Integrity) in Synergy. Many understand empathy as being same as sympathy. But is it the same?

What exactly is empathy?

Psychologist/Philosopher Theodor Lipps who dealt with the issue of empathy in the 20th century is considered by some as the founder of the concept of empathy. He used the word "Einfühlung" in German, which was later translated as empathy.

It means "in-feeling" or "feeling into" and was used by Vischer to explore human capacity to appreciate a piece of art or literature from the point of view of the artist, and feel his emotions! Empathy, sympathy, apathy and antipathy, all these words share the Greek root "pathos" which means emotion, feeling, suffering, pity, etc., but they all have different meanings though empathy and sympathy are often used interchangeably.

But neither in language nor Psychology there is any unified definition of the concept of "Empathy"!!

Without delving into the complicated jargon and concepts of psychology, we can very well conclude that an organisation or a person with high levels of empathy is an entity or someone who not only understands/recognises the explicit and implicit content of messages or emotions of the other person but also creates conditions ideal for his personal growth and empowers him along the way.

Empathy, like the concept of "quality", is nourished and nurtured by commitment from top management thus inspiring each member of the organization.

Thus, from competency management team, while we encourage seafarers to give their best and advise them, their training needs, we also try to ensure that our Masters and Chief Engineers on board and superintendents ashore, do not end up with serious inconveniences due to lack of skills /knowledge /aptitude or poor attitude of their team members.

Even as a member of shore staff working in Synergy office for more than a year now, I see a remarkable emphasis by our managing director on free thinking, uninhibited sharing of thoughts/ideas and absolutely no encouragement to "my way or the highway" kind of culture ,while laying great stress on quality, CSR activities and team work.

In my role as competency management superintendent, I have been pleasantly surprised at the number of opportunities Synergy provides to seafarers from underprivileged backgrounds. But never has it been "charity". These seafarers have displayed enormous grit and determination to emerge from tough circumstances.

I have interviewed several such indomitable characters. While many come from low-income families, there have been instances when I have come across seafarers who have wonderfully coped up with overwhelming tragedies to begin or resume their careers at sea.

The number of opportunities that Synergy has given to ratings to grow into officers is also something which has been very astonishing for me. And almost all of them have proved their mettle.

Hence, I honestly think, that Synergy is one organisation where you can see "empathy" at work in its real sense.



**Contributed by:**  
**Mr. Debabrata Pattrea**  
**Synergy- Chennai**

### Thoughts from the sea

Synergy's NO BLAME CULTURE gives a moral boost to everyone. Seafarers' welfare is taken care of in a commendable manner. The support provided by the shore team is to experience to be believed, and no issue goes unaddressed. Encouraging ship crew to report SAFE / UNSAFE Act by rewarding them is reaping fruits of benefit. I feel happy to be a part of Synergy. I am proud to be a Synergian.  
- Mr. S.D. Kuganesan. 2.Engg Citrus Express



# Team Introduction – Team Mumbai



- |                                                                                                                                             |                                                                                                                                     |                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b> Name: Mr. Siddesh Kijbile<br/>Designation: Admin Assistant<br/>Hobbies: Cricket, Gym</p>                                        | <p><b>2</b> Name: Mr. Kamlesh Solanki<br/>Designation: Manager - Ratings<br/>Hobbies: Surfing net &amp; Going on long drives</p>    | <p><b>3</b> Name: Mr. Vikas Tiwari<br/>Designation: Manning Executive - Sourcing<br/>Hobbies: To explore places, Driving cars</p>       |
| <p><b>4</b> Name: Capt. Naveen kumar Antil<br/>Designation: Marine Superintendent - Manning<br/>Hobbies: Tennis, Yachting</p>               | <p><b>5</b> Name: Capt. Lalit Bisht<br/>Designation: Marine Superintendent<br/>Hobbies: Running, Music</p>                          | <p><b>6</b> Name: Mr. Pradeep Kumar Mishra<br/>Designation: Manager - Manning<br/>Hobbies: Making new friends, Chess</p>                |
| <p><b>7</b> Name: Capt. Anshul Rajvanshi<br/>Designation: Managing Director<br/>Hobbies: Going on long drives, Watching movies</p>          | <p><b>8</b> Name: Capt. Sudarsan Srinivasan<br/>Designation: Director - Training<br/>Hobbies: Making videos, creating collages</p>  | <p><b>9</b> Name: Capt. Amit Joshi<br/>Designation: Sr. Fleet Manager<br/>Hobbies: Playing cricket, watching sports</p>                 |
| <p><b>10</b> Name: Mr. Rajesh Jagtiani<br/>Designation: Crew Co-ordinator<br/>Hobbies: Music, Spending time on seashore</p>                 | <p><b>11</b> Name: Mr. Rajesh Sharma<br/>Designation: Service Coordinator<br/>Hobbies: Playing cricket, Watching movies</p>         | <p><b>12</b> Name: Mr. Rahul Chavan<br/>Designation: Crew Co-ordinator<br/>Hobbies: Swimming, Listening Songs</p>                       |
| <p><b>13</b> Name: Ms. Anita Bist<br/>Designation: Manning Executive<br/>Hobbies: Playing badminton, Loves to trek on adventurous place</p> | <p><b>14</b> Name: Ms. Dimpy Rudra<br/>Designation: Manning Executive<br/>Hobbies: Cycling, Listening to music</p>                  | <p><b>15</b> Name: Ms. Puja Tikhe<br/>Designation: Data entry<br/>Hobbies: Painting and Dancing</p>                                     |
| <p><b>16</b> Name: Ms. Poornima Ravichandran<br/>Designation: HR Executive<br/>Hobbies: Currency Collection, Playing Virtual Games</p>      | <p><b>17</b> Name: Ms. Madonna Fernandes<br/>Designation: Front Office Executive<br/>Hobbies: Playing football &amp; volleyball</p> | <p><b>18</b> Name: Ms. Disha Kapadi<br/>Designation: Executive - Competency Management<br/>Hobbies: Cooking, Listening to Old songs</p> |
| <p><b>19</b> Name: Ms. Sumita Purani<br/>Designation: Accounts Executive<br/>Hobbies: Travelling, Cooking</p>                               |                                                                                                                                     |                                                                                                                                         |

# Proud to be Synergian



**Name: Ms. Uvaneswari K**  
**Designation: Asst. Manager – Common Marine Services**  
**No of Years in Synergy: 9**  
**Location: Chennai**

I would like to take this opportunity to thank my superiors for identifying my potential, making me understand my job responsibilities, being patient when I made mistakes and giving me the freedom to complete the work in the way I want.  
 I consider Synergy as my 'Lucky charm', as I have grown in my professional and personal lives simultaneously. I have always had opportunities and challenges beyond my current role to prove myself and achieve greater heights. Whenever I had any concerns or doubts, my seniors have always heard me out and valued my suggestions. It's been an enriching journey and has proved to me that "Hard work Pays"  
 I am indeed proud to say that I'm "Proud to be Synergian."

**Name: Ms. Sophia Loren C. Valenzuela**  
**Designation : P & I / Healthcare Officer**  
**No. of years : 2**  
**Location: Manila**

Stay focussed and truthful towards your work and SUCCESS will be a by-product! I am so grateful to be part of this growing company . The company's friendly and positive atmosphere motivates us employees to achieve more in every way.  
 I love what I am doing, as it enables me to interact and understand the concerns of the seafarers and try and resolve them.



**Name: Mr. Joseph Peter**  
**Designation: Technical Manager**  
**No of years: 5**  
**Location: Cochin**

I am proud to be a part of such a strong organisation of dynamic and talented individuals. Since joining Synergy almost five years ago, I've learned so many new things. I will always be thankful to the people who believed in me and gave me this opportunity to grow, not only within the company but also as a person.  
 As a team, we have seen a few challenging moments and also experienced very beautiful moments which will remain special to me always. Here is to continuing my career at this exceptional company.

**Name: Mr. Kamal Singh**  
**Designation: Office executive (Team Leader - Visa Desk)**  
**No of years: 3**  
**Location: Delhi**

To start with I would like to thank Synergy for giving me the opportunity to go one step ahead in fulfilling my goals. My role in the organisation requires me to meet deadlines and overcome various challenges. It is only with the support of the entire team that we can meet deadlines related to pre-joining formalities and documentation of our seafarers.  
 Synergy has been like a family to me and in my view; what sets our family apart is that individual growth is secondary for each one of us - what matters most is the TEAM. I am proud to be a part of synergy as individual we are a drop and together we are an ocean



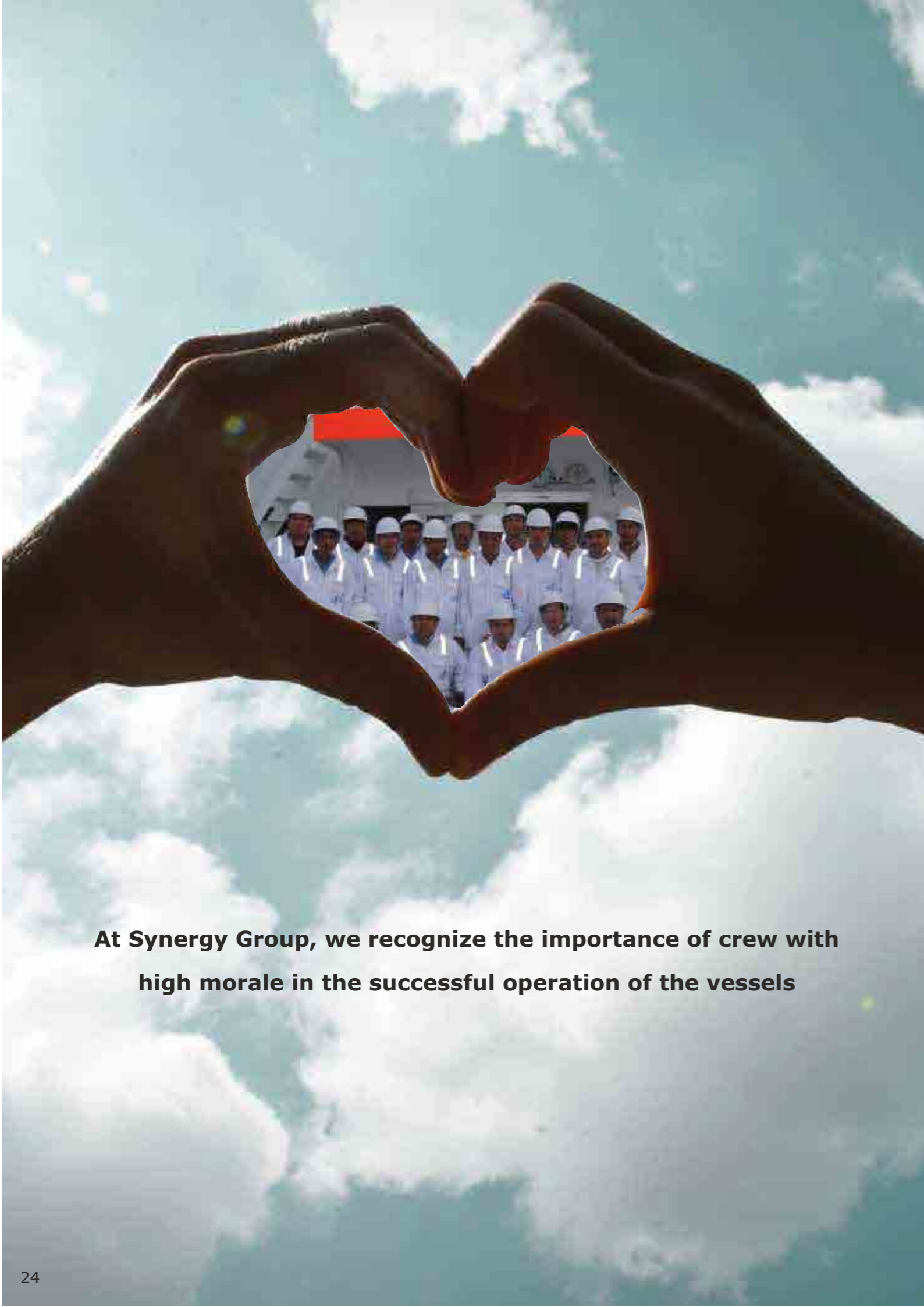
# Day of the Seafarer' 2016 #AtSeaForAll



Since inception, Synergy Group has embarked on various stellar initiatives to educate people from all walks of life about the contribution seafarers have made in making the world a better place for each one of us.

This year too we joined hands with the International Maritime Organization, and planned various initiatives to let the world know that seafarers serve at sea not just for the shipping industry or for their own career purposes but for all of us – and, consequently, are also "indispensable to the world".

The campaign theme this year was: "At Sea For All".



**At Synergy Group, we recognize the importance of crew with high morale in the successful operation of the vessels**

## Proud to be Synergian



**Name: Sudheer Kumar G**  
**Tr. seaman - APL Oregon**

I was born in a family of very limited means and I always dreamt of giving a good life to my family. I saw seafarers living a good, stable life and I decided that this is what I would want to do, no matter what it takes. In 2009, I joined BSc Nautical Science by taking a bank loan and completed my degree in 2012, at a time when the job market was dismal. Since I could not afford to pay to get a job, which was a practice then, I started working in the BPO industry to support my family. After two years of hard work, I was able to save enough money to get placed on-board.

They say 'trouble comes in threes' and I soon realised that I was cheated off my entire savings. At around the same time, my family and I suffered the most irreparable loss - the demise of my father who was also the only earning member of the family ever since I left the BPO job.

Nothing lasts forever and a chance meeting with Mr. SivaKumar D.R. , Tech. Supdt. in Synergy changed my life forever. He asked me to send across my CV which he forwarded to Mr Debabrata Pattrea of Competency team. From there on, Mr Jonish and Mr Samuels guided me at every step and helped me join Synergy.

Presently, I am sailing onboard the good vessel, APL Oregon as Trainee Seaman. Sailing with such a reputable company was something I had never imagined in my wildest dream. If only my father would have been here to see this day!

Thank you Synergy, from the bottom of my heart!

**Name : Abhishek Jatkar**  
**3/Off - IS JAPAN**

After having passed my 2nd mates exams, I was raring to head back to sea.

I can't forget the first moment I entered Synergy office at Chennai. The respect and professionalism shown by Fleet personnel department blew me over and just at that moment I knew I want to make my career here. In a short span, I have understood that we at Synergy do live up to the meaning of the name Synergy- "the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects."

I see myself having an illustrious career at Synergy and crossing many milestones together because we both have miles to go before we sleep.

I am more than proud to be a Synergian.



### Thoughts from the sea

Ten years of synergy! Quite a journey it had been. Proud to say that I had been a part of the journey for the past 6 years. Synergy had been with me shoulder to shoulder through my ups and downs! Proud to be a Synergian!  
-C/E Siddarth.K /IS CHINA



# A part of history!

The life of every organisation has defining moments.

Moments which don't just make it to the timeline in a presentation but moments which sets an organisation apart from the others and puts them into a league of their own!

My gut feel is that my team onboard the BW Birch too has been part of one such defining moment for the Synergy Group when we took over the vessel from BWFM Oslo. With a history which goes back more than 80 years in energy transportation and over 35 years in LPG transportation BW LPG is a global leader in Maritime LPG and has the world's largest fleet of LPG carriers.

2/E Mr Sivaraja and I signed on as advance joiners almost a month before the actual takeover of the ship on 20th July 2016. The change of management though hectic went off smoothly and the entire ship staff performed to the best of their ability. Capt. R.P.Singh, Mr. Sameer Sharma and Mr. Prashant Ghodke were present on board for the management change and provided their valuable guidance during the entire process. The entire team onboard the BW Birch joins me in wishing Synergy Group on its 10th Anniversary - look forward to being a part of many such defining moments!

**Contributed by: Capt. Neeraj Manhas on-board LPG/C BW Birch**



Far in the ocean deep in the sea moves a small island, carrying in her womb a handful of men, who steer her from one part of the world to another, men whom the world knows as the mighty seafarers.

Leaving behind their near and dear ones, for months together they sail and sail and sail, making the owners famous and charterers happy, waiting eagerly for the next voyage plan after each assignment.

Counting days and biryanis for time to go, striking off the calendar as each day passes Eagerly awaiting for the signoff date to come, To be back home, with their dear ones.

Its time again to head back to the seas as we wait for company's call for the next assignment -this is the life of a Seafarer.



**Contributed by:  
Mr. Manoj Mohan (E/O)  
on-board MT Pacific Dawn**

# Who are we to the world

People call us a sailor a navigator a sea man  
But who are we in reality?

We are the chosen few who spend half of our lives in the Sea

Usually people are born once in the Womb of their respective Mum But we are the lucky people who born in every 9 months in different wombs of different mom  
Sometimes as OS, AB, Bosun, Mates and Masters

But end of day we are all sailors....  
Despite ranks embedded in our shoulders we are all children of same mom...

We are not one's who deliberately care for their self only  
We cheer together

and we are the one who lend our hands first to wipe out the tears of human especially a seafarer

We are the one who celebrates every Sunday in a week bcoz that reminds that we are nearing to the date of signing off

As we spend most of our time in sea  
We really know the value of humanity.

We are the one who dreams always while we see the balance of wages in our portage bill people in shore say we are the one who enjoys a lot by exploring world more than them.

But in real we admire the world and shares all the positive and negative to our brothers and sisters in sea to help them and save them  
What does it mean to us while we lend a helping hand to one who is not with us

(SEAFARER)

It's Simple "A HUMANITY "

We earn happily and spend joyfully does that mean anything to world?

Yes of course it means

Here we are the best example to prove that definitely there are happy and successful days after every struggle.

We don't see the pain of our family while onboard; rather we feel them more than what a person who feels in shore.

And this can be expressed more than me  
By the person who is about to be promoted as FATHER while he is onboard

By the person who comes to know whose beloved is no more while he is at mid of Ocean.

By the person who gets engaged to a pretty gorgeous girl and sees the calendar to get her hand hold together.

Might be we can't be a good example for a good human being

Rather we proudly declare that we are the best example for the creation of the creator who created you and me.

Hail The Sea farer...

**Contributed by: Mr. Terance Vaz (AB)  
on-board Seroja Empat**



## List of Promotions

**Congratulations and best wishes to the following sailing staff who have recently achieved their promotions.**

Master: Capt. Ajit Singh Bajwa

Master: Capt. Harminder Singh Virk

Master: Capt. Mohit Pal

Master: Capt. Reni Fernando Ananth Fernando

Chief Engineer: Mr. Sarvpriya Duhan

Chief Engineer: Mr. Torre Mark Paul

Chief Officer: Mr. Abhishek Kumar

Chief Officer: Mr. Anoopkrishnan Geetha

Chief Officer: Mr. Prabhal Iype

Chief Officer: Mr. Sunil Kumar



**Painting By: Mr. Sridhar (AB) on-board OOCL Kuala Lumpur**



# Today's moments tomorrow's memories

I joined LPG/C Hisui on 15th March 2016 from Singapore when she was enroute to the far-east. The sheer size of the vessel had me in awe, and every part of the ship looked so beautiful and clean!

What struck me within the first few days was the discipline and the respect each team member had for their seniors, despite the well-defined hierarchical structure - I could feel that each member was respectful and supportive of the other irrespective of the rank!

I consider myself incredibly lucky because there were two other families when I joined, that of Capt. Rao and C/E Mr Deshmukh. The next two months the atmosphere was like that of a big happy family.

I was a bit nervous the day the other supernumeraries were to sign off, and I would soon be the only lady on board. But as lady luck was to have it - Ms. Pooja Gosavi joined as 3/E!

I always considered myself to be a 'homesick' person, but never for a moment did I miss home, thanks to the warm and friendly team onboard, the excellent accommodation and the awesome food!

Apart from spending quality time with my husband, I enjoyed assisting in the galley (with the permission of Captain and Chief Cook), I was able to watch a lot of movies too apart from playing Soduku and testing the Karaoke system

to the hilt. I saw the humane side of seafarers on many an occasion - I can still remember the day, Capt. Sujeet Pandey decided on celebrating 'Cooking Day'. The idea behind was to give Chief cook some rest and also let others appreciate the thankless work, he does - day in and day out - come rain or shine.

Breakfast was on me; the officers made lunch and the ratings cooked dinner, this entire exercise turned out to be therapeutic for most and apart from the delicious food this was also an excellent team building exercise! But alas, all good things must come to an end and so did my time onboard this beautiful lady.

Thanks a Bunch!  
Memories never die.

**Contributed by:**  
**Mrs. Varsha Avadesh Singh Chauhan**



## A seafarers life!

Life on a ship, Every day is a Monday  
Working day and night even on a holiday  
Weather is bad, never mind that.  
With God's guidance, I'm prepared for that.  
Thinking of family miles away.  
Hoping they are safe and happy every day.  
Keep away from temptations for the love of my life  
As she loves me unconditionally.  
I've travelled oceans and many seas.  
I meet different people, different faces.  
These are moments I will forever miss.  
Proud to have witnessed experiences like this.  
Here I go again, packing my clothes and preparing.  
Completed my contract and homeward bound again.  
To tell the people what I have seen  
About our small beautiful world that they've never been.  
Proud to be a part of Synergy.

## Thoughts from the sea

Trust, respect and support are of great virtue and I could sense all of these the minute I joined Synergy.  
I'm proud to be a Synergian.  
-Mr. Eugenio Pani-Aqua  
Chief Engineer Ex. NICOLINE BULKER

**Contributed by:**  
**Mr. Praveen Kumar Sangwan (3/O) on-board**  
**D&K Abdul Razzak Khalid Zaid Al- Khalid**



# Shipshape?

Ever wondered where this word originated from. Friends, like a lot of words which have originated from the seas, ships and seafarers.

Shipshape means- in good order; immaculate; uncluttered.

The appearance of a vessel reflects not only the standard of the management and customer service but also indicates that a high level of safety, efficiency, stable organisation and good seamanship is maintained at all times. The key to this operational success is good housekeeping.

For us seafarers, good housekeeping plays a significant role in Safety, most incidents and near misses happen when proper housekeeping is not maintained before or after a task/job is carried out.

What does housekeeping mean, w.r.t. working in the engine room or on deck?

- Keeping work area tidy.
- Not cluttering work area.
- Securing the work area
- Tools are cleaned and kept back in the same place once the job is completed.

-No job is complete till the area is cleaned and secured.

- What can we gain by following these simple steps?
- We eliminate cluttering which is a common cause of accidents. (Slip-Trip-Fall)
  - We improve on productivity as its easy to find the right tool and material.
  - First impression is the most lasting - Third Party visitors (inspectors, surveyors, etc.) are always impressed by a tidy ship.
  - Easier to keep an accurate count of inventories- thus cutting down on costs!

To sum it up, let us include housekeeping as a major part of job planning this will go a long way in helping us maintain a safe working environment.

Be safe, be positive and always expect the unexpected.

**Contributed by:**  
**Mr. Francis M Vaz**  
**(3/E) on-board**  
**Mt Shanghai Dawn**



## Nagasaki memoirs

I was recently a part of the 'takeover crew of the Fairchem Cutlass, which is a 19985 DWT chemical tanker and was built at the Fukuoka Shipbuilding Yard in Nagasaki.

During World War II, the American atomic bombings of Hiroshima and Nagasaki made Nagasaki the second and, to date, last city in the world to experience a nuclear attack and for some reason this thought lingered on to my mind even as we arrived Nagasaki, 25 days before the actual delivery of the vessel.

The next four weeks were extremely hectic for all of us, and we found more than 200 minor defects which were rectified by the yard prior delivery of the vessel, I must mention here that the yard staff were highly professional and were also extremely co-operative. Their safety standards and discipline were something worth emulating.

Capt. Ram Mahesh Nair, 2/E Mr. Chandra D, C/O Mr. Sandeep Chouhan and myself were part of the takeover team. Mr. Jeevan Gadre (Synergy Navis, Pune) and Capt. Thomas (Synergy Marine, Singapore) provided us with invaluable support and guidance during the yard stay.

We did find some time to explore Nagasaki, and also visited the Atomic Bomb Museum. It's a beautiful city, and it is sheer resilience, hard work and discipline of the people of Japan which has brought them out of destruction from that fateful day in 1945 to being an economic powerhouse of the world - hats off!

**Contributed by: Mr. Deepak Shinde**  
**(C/E) on-board MT Fairchem Cutlass**



# 'Whale' of a time

Many of us reading this magazine have spent a considerable amount of our working life in, or closely connected with the marine environment. Most of us who have sailed, have seen a whale, but except for the momentary excitement, know nothing about these stately, intelligent, graceful and majestic creatures that, for aeons have traversed the mighty oceans singing their whale songs and dancing to the beat of the waves.

I had the very rare experience of witnessing hundreds of these amazing creatures at close quarters during my last vessel's South African call recently.

It was an experience of a lifetime to observe these magnificent giants and so amazed was I that have put together the information below for the readers of Foghorn!

## Introduction to Right Whales -

Right whales are the rarest of all marine mammal species. It is widely believed that the right whale populations first split because of the joining of Americas. The rising temperatures at the equator then created a second split, into the northern and southern groups, preventing them from interbreeding. Right whales cannot cross the warm equatorial waters because they have thick layers of insulating blubber which make it impossible for them to dissipate their internal body heat. These beautiful animals are slow swimmers and float when killed, making them the "Right Whale" to hunt which suggests from where they got the name.

## The Southern Right Whale-

They are distinguished from others by wart-like bumps on its head, the pattern of which is used to identify individuals. The head is about a third its size. It has a broad back without a dorsal fin and a long arching mouth that begins above the eye. The tail is broad, deeply notched with a smooth trailing edge. The flippers are also broad but relatively short. Its skin is dark grey or black, occasionally with some white patches on the belly. Little data is available on their life span which is believed to be between 60 and 100 years.

Worldwide, the historical abundance of these whales was estimated at 60,000. Today the population is estimated around 10,000 and is spread throughout the southern hemisphere from temperate to polar latitudes (20° and 70° S). They migrate within this range between low-latitude winter breeding grounds and higher latitude feeding grounds. They spend summer in the far Southern Ocean close to Antarctica, feeding and migrate north in winter to breed and can be seen off the coasts of Argentina, Australia, Brazil, Chile, Namibia, Mozambique, Peru, Tristan de Cunha, Uruguay, Madagascar, New Zealand and South Africa.

Climate change will substantially alter ocean conditions like changes in sea surface temperature, salinity, ocean circulation, and upwelling, which in turn changes food availability, migration routes, and reproductive rates for whales.

Right whales are listed as an endangered species. Conservation efforts are on under a variety of federal and state laws, regulations, policies, plans, and strategies throughout the Southern Hemisphere. Santa Catarina, in Brazil, has been recognised as the National Right Whale Capital and holds annual Right Whale Week celebrations in September.

Uruguay's Parliament on September 4, 2013, has become the first country in the world to make all of its territorial waters a safe haven for Right whales. The good news is that Southern right whale populations are showing a slow increase since international protection in 1935.

**Contributed by:**  
**Capt. Ashley Hyams**  
**on-board APL Antwerp**



## Thoughts from the sea

Circa 2010, my batch mates and friends gave me a confused look when I told them that I am joining Synergy right after my second mates. Today, the same friends ask me to if I could refer them to Synergy. There cannot be a better tribute - enough said. Proud to be a Synergian!  
- Mr. Rahul Shakya C/O SEROJA ENAM



# The Ship

Crossed big seas & bays, be a saint so  
Carrying the babies (We) on your womb's  
Even though we have our parents, you still are  
Caretaker Mother always.  
Rest us on your chest and shoulder to sail out the world  
Feeling safe in your wrap, though some difficulties around us  
Being your children, always circling you with joy and peace

Leaving aside the relations and feelings aside,  
With Heart filled with emotions and commitment,  
Come to your feet and surrender.  
Being on Journey,  
When we find ourselves alone,  
Realising the warmth and love of the dear ones  
Soothing and healing the past wounds,  
Make us understand the meaning our existence  
You are the guide to our destiny  
Showed us the depth of seas and oceans,  
Taught us how to cross the long journey of Life's Oceans  
Keep Our aim as the final target to stand firmly as an anchor in seabed  
Live fearless without shaking.  
Sharing our love with family and friends  
You give us trusted shipmates.  
From diverse race, religion and languages  
We live & sail as one family  
Showered us with an exciting life  
Giving bread to many of us,  
Carrying heavy burdens on you  
As you get older,  
We look after our mother with kindness, love and responsibility  
Keep circumnavigating the earth tirelessly  
Showed us the light in our lives  
May we praise our beloved mother (The Ship) Live & Live Long Bless us forever to be your good sons.

**Contributed by:**  
**Mr. Ashok Kumar Giridhari**  
**(C/E) on-board**  
**D&K Abdul Razzak Khalid Zaid AL Khalid**



## Onam with a difference!

It would have been another 'Onam' away from home for Capt. Ajit K. Pillai and his team on-board the OOCL Kuala Lumpur, but chief cook Mr. Bibin Chandran K. Balachandran had other plans.

The Onam celebrations are incomplete without the traditional lunch or the elaborate Onam sadhya, and is served on a banana leaf. Mr. Bibin used all his culinary skills and sprinkled it with some out of the box thinking and the result is for all us to see (the banana leaf seen below is a replica paper). As Capt. Pillai, sums it up - 'Have never seen something like this in my 26 years at sea'. Here's to Mr. Bibin for making the OOCL Kualalumpur a home away from home, in the true sense.



# Photo contest



Saurabh Singh 3/off LPG Kailash Gas



Mr. Jibin Devassia (Deck cadet)  
MV Niton cobalt.



# Independence day celebrations

Team Pacific Dawn  
Contributed by: Capt. B. Sarkar



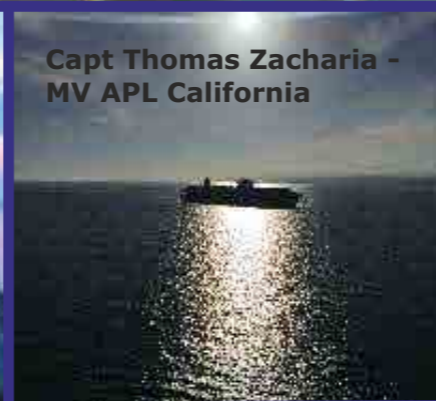
Team APL Oregon  
Contributed by: Capt. Ajay Srivastava



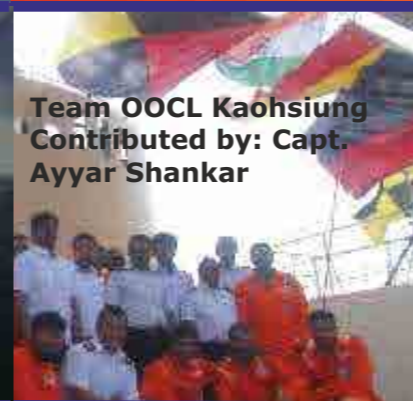
Capt. Dominic Jerry – Marine Superintendent  
- MV Equator Pace



Capt. Shubhankar Majumder - TH Symphony



Capt Thomas Zacharia - MV APL California



Team OOCL Kaohsiung  
Contributed by: Capt. Ayyar Shankar



Team JBU Opal  
Contributed by: Capt. Ritesh Bhamaria



Team Star Express  
Contributed by: Capt. Dennis F. Lobo



Mr. Saurabh Singh (3/E) - MV LPG Kailash Gas



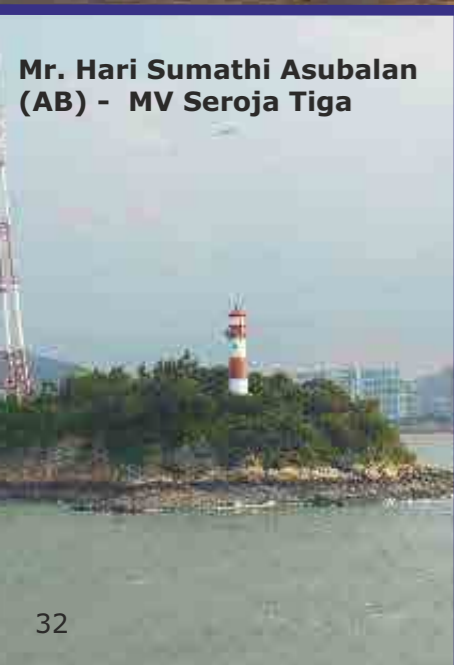
Mr. Sanjeev Kumar (OS) - MV Seroja Tiga



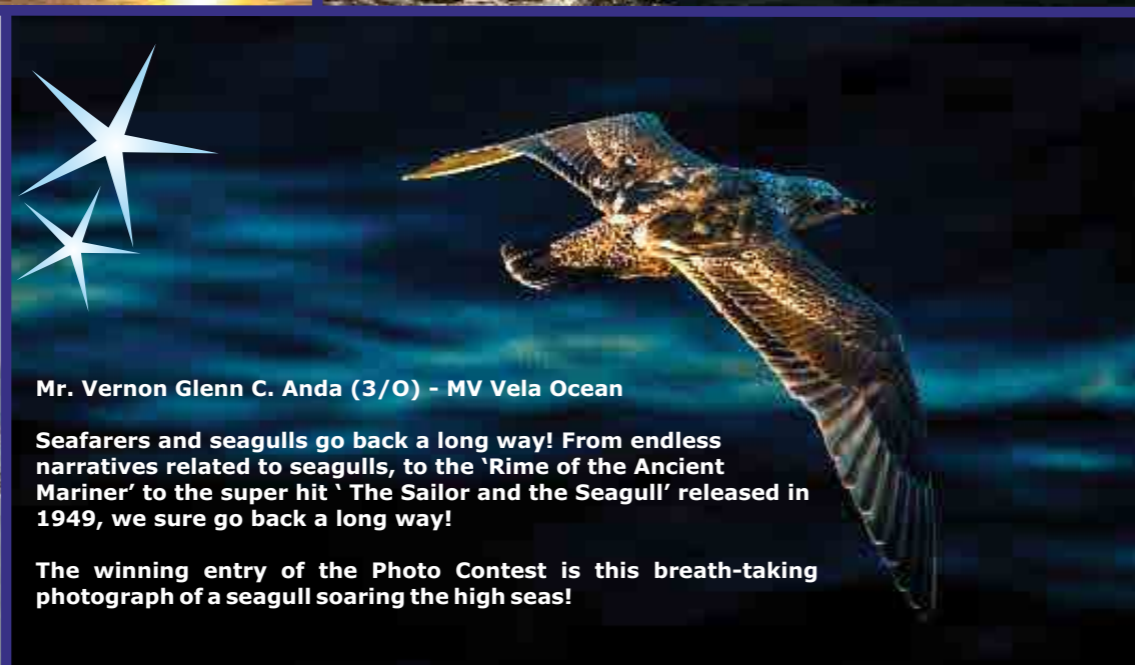
Team Jal Vahini  
Contributed by: Capt. Prashant L Kundra



Team IS China  
Contributed by: Ms. Suchithra Siddarth



Mr. Hari Sumathi Asubalan (AB) - MV Seroja Tiga



Mr. Vernon Glenn C. Anda (3/O) - MV Vela Ocean

Seafarers and seagulls go back a long way! From endless narratives related to seagulls, to the 'Rime of the Ancient Mariner' to the super hit 'The Sailor and the Seagull' released in 1949, we sure go back a long way!

The winning entry of the Photo Contest is this breath-taking photograph of a seagull soaring the high seas!



Team Palanimala Gas  
Contributed by: Capt. Kamran Khalid



OOCL Kaohsiung  
Contributed by: Mr. Paluv Ilangovan – (Chief cook)

# A voyage to remember

Being onboard the Takao Gas has been such an exciting experience for my three years old daughter and me! I can still remember how thrilling (and I admit, a bit intimidating) it was climbing the gangway of this gentle giant. However, once I was onboard, and the shore dwindled away in the distance, I had the opportunity to roam on decks and bridge wings, and I was enthralled. I enjoyed the beauty of nature, admired the breathtaking sunrises and sunsets, and gazed at the crystal clear sea beneath. The weather was usually very kind to us, but we also enjoyed occasional heavy rains and rainbows. I was amazed to see a wide variety of aquatic life, and often found myself gaping at seagulls flying in the sky. As we went through different time zones and territories, I experienced an eclectic mix of foods and cultures, and enjoyed this diversity.

Away from the hectic, daily schedule of work, and the monotony of domestic life, I was inspired for an adventure and explored the ship. I also used this opportunity to have some serious bonding time with my daughter, and I feel that I have grown closer to her than ever before. I played with her, sang her rhymes, and engaged her in some new activities.

I was surprised to find that the entire ship and its cargo that was more than 70,000 cubic meter in volume and worth millions of dollars is managed by a crew of just 26 members. Having a first-hand experience of the extent of duties and responsibilities a mariner has, I felt proud of my husband and his colleagues. I think that they perform an outstanding job transporting massive amounts of chemicals, oil, gases, and other goods, thereby fueling the global economy. I am a lecturer at a university, and having a newfound respect for my husband's ability to multitask and manage at different levels, I would like to invite him as a guest lecturer to offer management advice to my graduate students.

I would like to thank Synergy for facilitating the hassle-free journey. I captured a lot of beautiful moments on my camera during this voyage of a lifetime, and I will cherish my memories on the ship for a long time.

**Contributed by: Ms. Nidhi Maheshwari  
W/O Mr. Ronak Maheshwari (C/O)**

**Team MV Niton Cobalt**



**Picture by: Mr. Shinto Joy (3/O) MT Nave Equinox**



# 'Imperium Neptuni Regis', a narrative...

On the 8th of May, 2016 this good vessel M.V. ESPERANZA N appeared in the realm of King Neptune Rex, intending to cross the sacred Equator Line from North to South.

There were a total of 18 'Shellbacks' onboard, trusted and seasoned sailors, loyal to the realm of his Highness King Neptune - 'Ruler of the Raging Main' and conversant with the mysteries of the deep. But Alas!!! There was a problem, this good vessel had on board, a couple of 'Pollywogs', the newbies who had never crossed the equator before and were not initiated into Neptunes Empire and its mysteries.

Thus on the order of His Highness King Neptune, an initiation ceremony was ordered for the 'Pollywogs'.

A grand ceremony was in place which was planned with much gusto by the 'shellbacks' headed by 'Davy Jones' (Impersonated by 3/Off - Mr. Sujith Vuppalla).

The court was in session at the last light, presided over by His Highness King Neptune Rex - 'Ruler of the Raging Main' (Impersonated by BSN - Mr Ladan Murugiah / most sea miles under his name). Beside him was Queen Amphitrite (Impersonated by a very sporting OS - Mr Gagan Chawla) in all her glory and pompous attire.

The 'Pollywogs' - Mr Naveen Kumar - Deck Cadet and Mr Vasantharaja V. - J/Eng were made to

appear in front of His Highness, who ordered the itinerary of the initiation ritual.

The ceremony started with a dip in the 'holy waters' to purify their souls (A playful drenching with Seawater). Followed by drinking the 'magic potion' (A concoction made by master chef - Mr Gajendran Seraman - Containing all edible liquids).

Finally, a dance was performed for the amusement of the king by the aforesaid. Dancing to drum beat and trumpet pumping music of sorts, wherein the Queen Amphitrite also joined in.

The Ceremony concluded with King Neptune christening the 'pollywogs' and turning them into his trusted 'Shellbacks' by handing over their Equator Crossing certificates (Pointer for the new joiners - Keep this certificate with utmost care for 'other' King Neptunes to verify).

A grand party followed on board to commemorate the event.

Disclaimer: All events were supervised closely by the seniors and were carried out in the right spirit without any malice, keeping alive this long-standing tradition of the high seas! This also gave the crew onboard a break from the monotony and humdrum often associated with long voyages

**Narrative by: Capt. Debartha Bhattacharjee  
on-board MV Esperanza N**



# APL Oregon - A celebration with a difference

It started off as another post-dinner conversation between C/E Mr. Rajesh Dinakaran and I, we were discussing ships and seafarers and how things have changed in the last few years.

That's when we started talking about Synergy entering its second decade and how it has been like a breath of fresh air for us seafarers- in terms of support both on-board and when on leave!

Bada saab (C/E) suggested that we should do something different to mark the 10th Anniversary of our organization, since we just had a crew change we also thought of doing a few team building exercises as part of the celebration.

Luckily, we were on a long voyage and we soon made an organizing committee which planned a weeklong celebration in the form of various competitions and awards and prizes which were to be given. The LARP cash awards were also to be given in order to motivate the crew to raise LARP cards when required!

All of this was planned keeping in mind the rest hours of the watch-keepers.

In the many years that I have spent at sea, I can easily say that the next one week was one of the most memorable ones – the camaraderie that ensued has created bonds of friendship which will last way beyond the gangway.

Team APL Oregon joins C/E Mr. Rajesh Dinakaran and me in extending our best wishes to the Synergy Group on its 10th Anniversary!

Capt. Ajay Srivastava : Master / APL Oregon



Lifetime Achievement Award - E/O Mr. Sureddy Narendra Babu ex. APL Spain.

Described by his colleagues on-board as the 'Quintessential Team Man' - Mr. Babu joined the Indian Navy in 1977. 'Chief Petty Officer- Electrical' in 1992 and 'Merchant Navy' in 1993.



Synergy is a word which means a confluence of all energies. Here empathy rather than sympathy is the foreword.

From its humble beginning with a lot of brave and dedicated hearts albeit, Synergy has over the years come to be known as a premiere ship management company. We are proud of our association with Synergy!

My best wishes to all team members ashore as well as my fellow seafarers onboard the other vessels in the fleet.

C/E Mr. Rajesh Dinakaran



EVENT	RESULT	WINNER NAME	PRIZES	RANK
CARROM BOARD	WINNER	PANNEERSELVAM GANESH	CASIO G-SHOCK HANDWATCH	BOSUN
	RUNNER	GUJILAPUDI SUDHEER KUMAR	PHILIPS WIRELESS BLUETOOTH	TR OS
	WINNER OF SEMI FINAL 1/2	ALEX NIKHIL	PORTABLE CHARGER 4000 MAH	C/O
DARTS	1st	ALEX NIKHIL	MERKURY RHYTHM SPEAKER	C/O
	2nd	DHAKSHNA MOORTHY PRABAHARAN	GRIFFIN KAZOO OVER HEAD PHONE	OILER
	3rd	BASKAR BALAMURUGAN	32 GB PNY USB FLASH DRIVE	AB
TABLE TENNIS	WINNER	PANNEERSELVAM GANESH	CASIO VIBRATION ALARM HANDWATCH	BOSUN
	RUNNER	ALEX NIKHIL	PORTABLE CHARGER 6000 MAH	C/O
5 X 7 GAME	WINNER	SUNKARA MOHAN RAMANA	KOSS OVER EAR HEAD PHONE	E.CDT
	RUNNER	SRIVASTAVA AJAY KUMAR	BLUETOOTH WIRELESS JAM SPEAKER	MASTER
BEST PERFORMANCE	1st	SUNKARA MOHAN RAMANA	KOSS OVER EAR HEAD PHONE	E.CDT
	2nd	RAM KRISHAN MURTI	BLUETOOTH WIRELESS JAM SPEAKER	OILER
	3rd	MERWIN FERNANDO CAIUS MERGO	32 GB PNY USB FLASH DRIVE	4TH ENG
BEST PROFESSIONAL		GANDHI MURUGAVEL	GRIFFIN KAZOO OVER HEAD PHONE	CH COOK
	EXCELLENCE AWARD			
LARP CARDS	1st	DHAKSHNA MOORTHY PRABAHARAN	CASH 50 USD (AS PER COMPANY'S DECISION)	OILER
	2nd	PRIYA RANJAN	CASH 30 USD (AS PER COMPANY'S DECISION)	D.CDT
LIFETIME ACHIEVEMENT	ON BEHALF OF ALL STAFF ONBOARD	SUREDDY NARENDRA BABU	PAIR OF BADMINTON RACKET WITH ONE BOX SHUTTLECOCKS	ELEC. OFFCR



# Thailand on wheels

Mrs. Ruchi Bhatia (my wife) and I are cycling and travelling enthusiasts, and we have cycled across various cities in India. We wanted to do something different this time and after a lot of deliberation our enthusiasm got the better of us, and we decided to venture out travelling outside India on our cycles.

Thailand came to mind for its lovely countryside, beautiful coastline and varying terrain that would make for an excellent road trip and it would be more exciting to experience all of these at your pace on a cycle-doing this with your companion made it even more exciting

Once the destination was known, Google came in handy! All routes were marked, and lodging booked with plans to ride 100-150 km in a day and cover a distance of 800 km from Bangkok to Phuket in eight days. We were cycling in the end-of-the-year holiday season so the plan was to complete our ride by 31st December and spend New Year's Eve in Phuket.

With all preps done from servicing our bikes, checking last minute details on our unfamiliar route and hotels in the foreign land and also preparing ourselves physically and mentally for the upcoming journey, we arrived in Bangkok on 19th December 2015.

Soaked in the happiness of doing new things and exploring new destinations every day in our journey. On Christmas eve we boarded a train from Bangkok to drop us with our bikes at Phetchaburi, which was the starting point for our ride. We started our trip at around 5pm and as luck would have it, had a few punctures and breakdowns within the first 20 km itself! With help from locals and Thai Police patrolling the highway, we somehow managed to make it to our hotel in Hua Hin, a small town in Thailand. It was almost midnight and the hotel staff politely informed us that the kitchen was closed, and the few shacks around the hotel would also be closed by now. Hungry and tired from the fatigue of first day's journey with added disappointment from our cycle breakdowns we decided to venture out any way to get some fresh air and see if any restaurants were open, but none were. It was Christmas Eve, and we came across a small restaurant hosting a private party. Seeing us enquiring for dinner, they invited us in and offered us food and drinks. We were hesitant at first, but the delicious food and happy people were very inviting! We called it Santa's gift to us and enjoyed our night taking things as they were coming to us in this journey.

The next day we got our bikes fixed and rode 106km from Hua Hin to Prachuap Khiri Khan, a picturesque town which sits on a beautiful curved beach and is a small relaxed provincial town. We had a great day riding quiet country roads and we also altered our route to leave the highway and ride the beach road.



Some benefits of being on our own on a cycle! The day ride was hot but it got better at the sight of the beautiful beach along the Gulf of Thailand. We even stopped for food to enjoy local cuisine and enjoyed swimming in the clear blue water. It was a beautiful ride day indeed! The night was spent at a hostel along a promenade facing the rocky beach.

December 26th was the ride from Prachuap Khiri Khan to Bang Saphan covering a distance of around 94 km. Cycling on this route, we encountered breathtaking views of coastline along the Gulf of Thailand. The lush green country roads were also full of plantations of fruits and rubber on either side. The well-maintained roads with clear signage's and police assistance posts at comfortable distances assured us of our safety which is always the prime concern.

December 27th we left Bang Saphan early in the morning to cycle another 100 km to Chumphon. We enjoyed the bustling street life of the town and relished seafood from different street carts. Our stay at the Euro Boutique Hotel that was built in contemporary style was quite comfortable. It was located right in the middle of the busy market where one could just sit and watch different people going about their daily chores on the streets of a foreign land.

December 28th was an enjoyable and lightly challenging ride from Chumphon to Surat Thani. It was an 189 km ride, the longest ride in our itinerary, where we rode past rubber and fruit plantations along the forests bordering Khao Sok National Park. We also stopped by a hot spring at the base of a forested hill for a relaxing dip in nature's hot pool and enjoyed a laugh with the

locals who had come there for a bath. Our stay was booked at the perfect place Hotel for the night. We also had planned to stay there the next day to wear off the fatigue of all the days we had been riding and check our cycles for any repairs. Our rest day was also our day to venture out, take a bus ride to the nearest beach town and try some adventure while we were in Thailand.

We reached Phuket in the next two days riding Surat Thani to Khao Sok, 120 km on December 30th which was a trip across Thailand into the heart of Khao Sok National Reserve 'Khao Sok Palm view Resort'. We had the pleasure of bamboo cottages in the middle of the forest. We took time out to go walking on nature's trail and the next day riding our final road from Khao Sok 164 km, reaching Phuket on 31st December. We rung in the New Year at the Phuket beach amidst a vibrant and energetic crowd with the entire sky lit up with firecrackers and Chinese kite lamps and the streets and beaches filled with people from all over the world.

There were days it was too hot, there were days it drizzled and rained and we got drenched; Some days the road was easy going and some days it was a steep climb to the top of the hill; Some days the cycle gave up and some days you thought you were too tired to ride any further. To sum it up one can say it was not easy and you don't take on such journeys every day in your life. There are only some days in life that you feel crazy and leave home with your cycle. Those days are fun and their memory last a lifetime."

**Contributed by: Mr. Gladston Dsouza (C/E) on-board MV Aditya**



## Thoughts from the sea



Synergy is young, professional, successful, dedicated and in an enviable position in the Maritime industry, being one of the preferred (by the seafarer), as well as sought after (by reputable Owners) ship management company.  
-Capt. Dhawan Pravinkumar onboard D&K ABDUL RAZZAK

# Synergy in pictures



Image courtesy, Mr. Aman (cadet) on-board Iris Victoria



Ms. Sujata Indalkar, W/O Mr. Deepak Shinde (C/E) Fiarchem Cutlass was recently granted two patents by the United States Patent and Trademark office. Sujata is a software engineer and is working with IBM.



One of our selected cadets, Mr. Uttam Kumar Pradhan, was adjudged the Best Athlete at the sports event held at TS Chanakya



Contributed by: Mr. Reynaldo A. Rodil (3/O) 'Two rainbows captured' on the Chilean coast



CE Lozano and CM Brosas's birthday celebration on Sentosa Bulker. Photo courtesy: Mr. Klenstone Deocampo (CE)



Team Nanyang Star



Team TH Symphony during docking. Contributed by: Mr. Abhishek Kumar - Technical Superintendent



C/E Mr. Klenstone's son befriends a dog as tall as him, whom he met in the park!



Contributed by: Mr. Praveen Kumar .R (C/O)- Is China



Team BW Compass



Puppies made out of used cigarette packet's by Mr. Antony Asilton (pumpman) on-board Iris Victoria



Team Pacific Assurance



Contributed by: Mr. Sivakumar Palani - Technical Superintendent



# Synergy's Lil Champs



Name: Pavan Umashankar  
Age: 07 years  
s/o Mr. Umashankar.S (CE) APL Oregon  
1st in 400 mtrs sprint held at the Jawaharlal Nehru Stadium, Chennai.  
5th rank in the International English Olympiad. 13th rank in the International Mathematical Olympiad.



Name: Sarah Reetha Cyril  
Age: 03 years  
d/o Mr. Cyril Cyriac – Additional Master Orient Star  
Received first prize for fancy dress competition



Name – Shresht Sachin  
Age – 05 years  
s/o Capt. Sachin Shankar  
1st prize in elocution competition held in his School "Amanora Pearson School".



Name: Aditya Singh  
Age: 05 years  
s/o Mr. Pramod Singh  
Secured first prize in Football Competition (Sub Junior level) in National Public School.



Name: Ekamjyot Singh Nalwa  
Age: 14 years  
s/o Capt. Charanjiv Singh Nalwa -  
In Inter-school Delhi Zone, received Gold Medal for Long Jump, Silver for 100 mtrs sprint and Bronze in 200 mtrs relay



Name: Abhimanyu Ramkumar  
Age 05 years  
s/o Capt. Ramkumar  
Participated in 400 mtrs Chennai Kidathon event held at Jawaharlal Nehru Stadium, Chennai.



Name: Aahana A.  
Age : 08 years  
d/o Mrs. Namrata A.  
Won 2nd Prize in 'Dance off' competition at the NPS Carnival, Singapore



Name: Anagh Ambrose  
Age: 04 years  
s/o Mrs. Sheethal Ambrose



Name: Advait Bala. R  
Age: 08 years  
s/o Mr. Rajesh Balasubramanian



Name – Darshana Deepak  
Age – 05 years  
d/o Mr. Deepak Sasikumar -



Name: Laksha Satheesh  
Age: 06 years  
d/o Capt. Satheesh Chinnadurai –  
Won first prize in drawing and dance at Velammal Vidhyashram School



Name - Surya Krishnan  
Age – 06 years  
s/o Mrs. Bhanu Priya  
Received first prize for fancy dress competition



**It is in our culture to give back, take care and create an inclusive, harmonious and progressive work environment. The group has an active and sustainable corporate social responsibility philosophy which permeates through our initiatives, policies and overall operations.**

# Our CSR Initiatives

## Integrated Village Development Project

Synergy Group has selected Adigathur Panchayat in Tamil Nadu to attempt its integrated development. Adigathur panchayat consists of 8 wards, about 2800 people and 630 households. It has a mix of communities which include cobblers, old snake charmers, nomadic communities etc.

We have been guided by the CSR departments of Tata and Bosch and the Sreenivasan Sundaram Trust at the conceptual stage. Ashoka Innovators for the Public and the Trust for Village Self Governance continue to advise us on the project.

5 people – referred to as the Village Fellows – from Adigathur have been selected through a process loosely based on the selection of Ashoka Fellows. These Village Fellows (VFs) are paid a monthly honorarium and are currently collecting data and identifying the major issues/problems. At later stages, they will help implement the solutions. A web platform only dedicated to showcase the VFs and their work has been taken up too.

One Synergy employee per VF has been assigned to assist the VFs in her/his endeavour.

For the solutions to problems identified by the VFs, initially, the Ashoka Fellows network will be tapped into. We have also invited larger players in various sectors to be a part of this initiative. Such engagements by several expert organisations like Selco, MS Swaminathan Research Foundation, TVSG, Sankara Nethralaya etc. we believe will create a sense of joint ownership. The CII Foundation has also offered to help.

It is expected that proven elements, good leadership, and a committed team for implementation will make this model replicable (with necessary adjustments) in majority of the country. The current initiative will be a 2 ½ year project, at the end of which Synergy hopes to start moving towards the goal to impact 1 % of the country's villages. The fructification of this goal, however, is expected to take at least a decade and a half.



## Drug Abuse and Illicit Trafficking Awareness Campaign

Drug Abuse and Illicit Trafficking Awareness Campaign was organized by Narcotics Intelligence Bureau recently. As a socially responsible organization & to display our individual concern for the cause, Synergy Group members participated in the human chain. Let us all get together to show our strong protest against the harmful effects of drug abuse.



## Thoughts from the sea



I have sailed in different companies at times with multinational crew. This is my first contract with Synergy and when I compare the experience from a seafarers perspective with my previous companies, I can say without an iota of doubt that – East or West – Synergy is the best!  
- Mr. I K. Shiva Shankar Gupta 2/E on -board Iris Victoria

## National CSR Summit



The National CSR summit was organized by the Confederation of Indian Industry (CII) and the chief guest was the Hon'ble Minister of Railways – Shri Suresh Prabhu.

Speaking on the occasion, Capt. Rajesh Unni elucidated on the innovations that have been transformational and can be replicated; technologies, products and approaches that have successfully gone through the proof of concept to not only address relevant issues but also make efforts in social space. He emphasized that CSR ought to be more than a cash outflow or a charity – it is to connect with one's bigger purpose, a potent source of inspiration and innovation for an organisation!

## Synergians recently participated in the Chennai Coastal Cleanup.

The clean-up effort focused on the beaches connecting the Kottivakkam and Palavakkam beaches, a one-and-a-half-mile strip of coastline on the East Coast Road in Chennai. Historically noted for its prevalent fishing culture and proximity to the UNESCO World Heritage sites in Mahabalipuram, the area has more recently become known for the vast amounts of garbage littering its sandy shore! The garbage segregation too was done at source. Three cheers for the volunteers!



## World Environment Day-Cycling event

On 5th June 2016, Synergy group on the occasion of the world environment day organized a cycling event to promote cycling to work by Synergians when possible. This should reduce the pollution and contribute in reducing the carbon footprint. Let us pledge to protect our environment and live in Harmony with nature. Synergy Group is committed to making a difference!



# Sports news



## "Man of the Series" award for Annual cricket tournament

For the second year in a row, Mr. Sujith Sasidharan Nair (Technical Superintendent - SMPL) received the 'Man of the Series' award at the prestigious tournament organized by Marine Officers Sports Council (MOSC).

Seen here, is Mr. Nair receiving the award from his Excellency Dr. K. Rosaiah Hon'ble Governor of Tamil Nadu.

## Team Synergy grabs Trophy in last ball thriller against Nokia

Wins the coveted Hiranandani Corporate Cricket Tournament.



## Thoughts from the sea



The last three years have been the most satisfying period of my sea career which started way back in 1989. The constant support, warmth and respect I have been receiving from all at Synergy is commendable. Every individual here is recognised as an integral part of its progress and growth which in itself speaks volumes of high-quality leadership, teamwork, it's policies and values.  
-Capt. Ajit Kumar Pillai: OOCL Kuala Lumpur

**We thank everyone who contributed in making Synergy Group what it is today!**