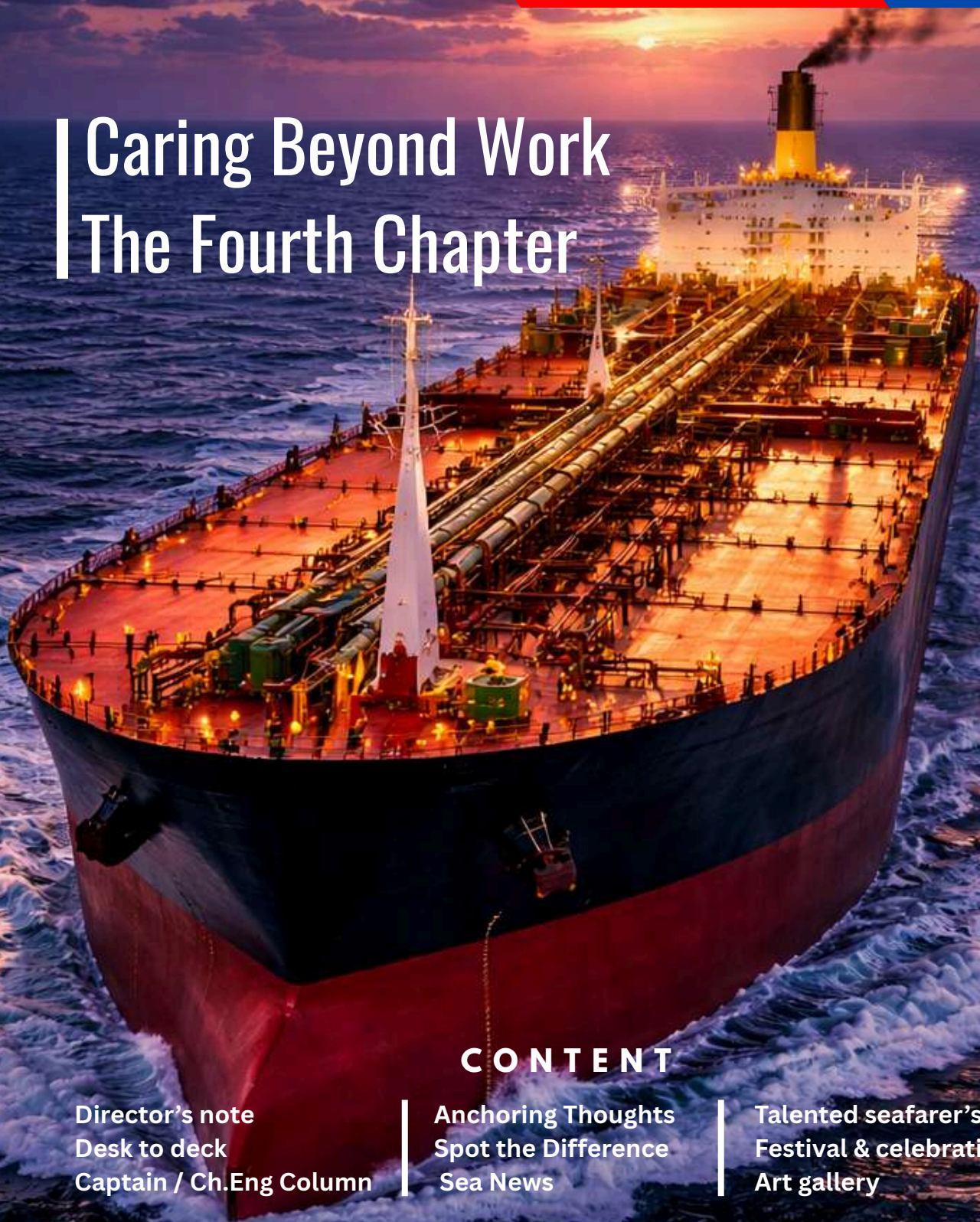




CASMAG

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Caring Beyond Work The Fourth Chapter



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DIRECTOR'S NOTE



From the Desk of
CAPT. VIJAY KUMAR SINGH

Dear Seafarers,

In light of the ongoing situation in the Middle East, I would like to assure each one of you that your safety and well-being remain our highest priority. We are closely monitoring developments and taking all necessary precautions to ensure safe operations, including reviewing voyage plans and maintaining constant communication with vessels.

We understand that these circumstances not only affect you at sea but also create concern for your families back home. To your families, I extend my sincere reassurance—your strength and patience are deeply valued, and we remain committed to supporting you during this time.

Please be assured that assistance is always available whenever required. We encourage open communication, and any concerns should be reported without hesitation.

Let us continue to support one another and remain vigilant. Your dedication during such challenging times is truly appreciated.

Stay safe.

One team, one purpose — sailing Caspia forward together

Warm regards,

Capt. Vijay Kumar Singh
Director



FROM DESK TO DECK

Catering & Crew Wellbeing

Importance of Food at Sea

Good food at sea is not just about nourishment—it is essential for maintaining crew health, morale, and performance.

Professional Experience

With over 18 years of experience in maritime catering and since joining Caspia Ship Management, the focus has been on ensuring that seafarers receive high-quality, nutritious meals, regardless of the challenges at sea.

Standards & Execution

A structured approach to catering ensures that every product meets strict standards of quality, safety, and nutrition. Provisioning is carefully managed to maintain consistency, availability, and quality throughout all stages of the voyage.

Managing Challenges

Catering logistics in a dynamic maritime environment come with challenges, particularly due to fluctuating schedules and last-minute voyage changes. Through proactive planning and continuous coordination, uninterrupted supply and service standards are consistently maintained.

Ongoing Commitment

A continued commitment to delivering reliable and high-quality onboard catering services ensures enhanced crew wellbeing and seamless vessel operations.



“Good food at sea is not just about nourishment—it is essential for maintaining crew health, morale, and performance.”

-Mr. Ajai S. Sable

Association & Pride

It is a pleasure and privilege to be associated with Caspia Ship Management, an organization known for its high standards of quality, professionalism, and operational excellence. The company's strong commitment to crew welfare and continuous improvement inspires a continued focus on delivering the highest standards in maritime catering.

Mr. Ajai S. Sable
(QCD Manager)

Caspia Ship Management Pvt. Ltd.
Mumbai

REPUBLIC DAY AT SEA AND SHORE

At Caspia, patriotism knows no boundaries—neither land nor sea. This Republic Day, the spirit of the nation was celebrated with equal pride by our teams onshore and our crew onboard.



Whether in the office or miles away across oceans, the tricolour lives in our hearts. The enthusiasm, unity, and pride displayed truly reflected that no matter where we are, our patriotism stays with us.



Caspia feels immensely proud to witness this unwavering spirit—because being away from home never means being away from the nation.



BEST EMPLOYEE OF THE MONTH-FEB 2026
ROHIT AVADHRAJ SINGH

BEST EMPLOYEE OF THE MONTH-MAR 2026
JAGDISH MANDOLIKAR

At Caspia, it's not just about work — it's about growth, enjoyment, and togetherness. In this section, you'll discover how the Caspia team, whether on board or in the office, learns and grows through training, enjoys and



2026 REPUBLIC DAY DECORATION
COMPETITION WINNER : MICHAEL ARASU

CARROM GAME 2026 - WINNER
AJAY & PRIYANKA

CHRONICLES



YOGA SESSION – CARE FOR MENTAL WELL-BEING AND HOLISTIC HEALTH



MARINE COMPANIES CRICKET TOURNAMENT 2026 – COMPETE, CONNECT, CELEBRATE.

celebrates festivals, and shares happiness with one another. Caspia Chronicles is where we capture those moments that make our journey more than just work — it's where memories, joy, and growth anchor us together.



CARING BEYOND

Caspia's Commitment to Mental well-being

In the dynamic and often demanding world of shipping, where both shore-based employees and seafarers navigate high levels of responsibility, pressure, and isolation, prioritizing well-being is not just an initiative – it is a necessity. At Caspia, this understanding forms the very foundation of our people-first approach.

Recognizing that true productivity stems from a healthy mind and body, Caspia has consistently taken thoughtful steps to nurture the mental, emotional, and physical well-being of its employees – both in the office and at sea.

Through Caspia Care, a dedicated initiative focused on employee welfare, we strive to create an environment where individuals feel supported, valued, and empowered to grow – not just professionally, but personally.



Building Mental Peace Through Awareness and Reflection

Regular sessions conducted at the office are designed to encourage employees to pause, reflect, and reconnect with themselves. These sessions focus on:

- Managing stress in a fast-paced work environment
- Enhancing emotional resilience
- Encouraging self-awareness and mindfulness
- Promoting a positive outlook towards challenges

By opening up conversations around mental health, Caspia fosters a culture where seeking support is seen as strength, not hesitation.



THE HORIZON

and Holistic Health

Extending Care Across the Seas

For our crew members, who spend long durations away from home, the need for emotional balance and mental relaxation becomes even more significant. Through Caspia Care, specially curated activities are regularly shared with vessels under initiatives such as Operation Sea Survival. These activities are designed to:

- Encourage teamwork and bonding among crew members
- Provide a refreshing break from routine duties
- Reduce stress and mental fatigue
- Promote alertness and engagement in an enjoyable way

Whether it's interactive games, group challenges, or reflective exercises, these initiatives bring moments of joy and connection onboard – helping seafarers feel less isolated and more energized.



Encouraging Holistic Health

Caspia's approach goes beyond mental well-being. Employees are gently encouraged to reflect on their physical health and lifestyle choices as well. Through awareness sessions and thoughtful communication, individuals are inspired to:

- Adopt healthier daily routines
- Stay physically active
- Maintain a balanced work-life approach

This integrated focus ensures that well-being is not treated in isolation, but as a complete, interconnected experience.

Why It Matters

A workforce that feels cared for is naturally more engaged, motivated, and productive. By investing in the well-being of our people, Caspia is not only enhancing individual lives but also strengthening the collective spirit of the organization.



When employees feel mentally at peace and emotionally balanced, they bring their best selves to work – whether in the office or onboard a vessel navigating vast oceans.

Anchored in Care, Sailing with Strength

At Caspia, we believe that success is not measured solely by operational excellence, but by how well we take care of the people who make it possible. Through continuous efforts in promoting mental peace, emotional strength, and holistic health, Caspia remains committed to creating a workplace where every individual can truly thrive. Because when we care for our people, they care for everything else.

SEA



Iran To Charge \$2 Million From Ships Transiting Strait Of Hormuz Under New Ceasefire Framework

Iran is set to charge vessels up to \$2 million for passing through the Strait of Hormuz under a new ceasefire arrangement with the United States, according to reports by Reuters and AP.

The move would introduce a “controlled transit” system, where ship movements are coordinated with Iranian armed forces.

A draft bill to formalise the charges has already been approved by Iran’s parliament. Officials said the money collected from ships would be used to rebuild the country after damage caused by recent US and Israeli strikes.

The Strait of Hormuz had remained shut for nearly 40 days since the conflict began on February 28, with several attacks reported on ships trying to pass through. This disruption pushed global oil prices higher as the route handles about one-fifth of the world’s oil trade.

Under the new arrangement, both Iran and Oman may collect transit-related fees from vessels. The amount is expected to depend on the type of ship, its cargo, and other conditions.

Iran’s Deputy Foreign Minister Kazem Gharibabadi said the country is working with Oman to prepare rules for how the system will work, adding that the aim is to manage ship movement, not block it.

For decades, the Strait of Hormuz has been a toll-free international waterway. At its narrowest point, it is about 34 kilometres wide and is one of the most important routes for global shipping. There are also legal questions. Under the United Nations Convention on the Law of the Sea, countries bordering a strait are not allowed to charge ships simply for passing through. They can only charge for specific services like pilotage or towing, and these charges must apply equally to all vessels.

World's Largest Ship Registry Urges Shipowners To Tighten Seafarer Checks As Sanctions Risks Grow



The Liberian Registry has asked shipowners, managers, crewing agencies and operators to review and strengthen their seafarer compliance systems as global regulations and sanctions enforcement become stricter.

In a recent statement, the Registry said the regulatory environment has changed and the industry now needs to go beyond checking vessels and cargo. It said more attention must be given to seafarers, their documents and identity verification processes.

Alfonso Castellero, Chief Executive Officer of the Registry, said the industry must adapt to these changes. He stated that the Registry has invested heavily in compliance safeguards and monitoring systems, and is setting a higher standard while urging others to follow stricter processes.

The warning comes at a time when regulators are focusing more on sanctions evasion networks. These include shadow fleets, fake documents and unclear ownership structures. The Registry pointed out that weak checks on seafarers and their certificates can create risks in such cases.

To deal with this, the Registry's Seafarer Certification and Documentation Department is upgrading its systems using new digital tools. These systems will include built-in compliance checks at every stage of the seafarer application and certification process, allowing monitoring from the first step to final document issuance.

The Registry said these changes will help improve identity checks, ensure better tracking of records and maintain the reliability of documents issued under its flag, in line with international rules.

It also highlighted that it has long focused on quality and compliance. Its systems are applied from the first interaction with seafarers, vessels and companies, and are regularly maintained to meet global regulations and reduce risks for clients and partners.

The Liberian Registry said its latest efforts are aimed at supporting safe vessel operations, protecting seafarers and maintaining the credibility of its flag as the global regulatory environment becomes more complex.

Captain's Voyage: From Legacy to Leadership

It's a pleasure to share a little about myself.

Inspired by a family maritime legacy

Born into a maritime family, my passion for the sea was ignited early in life. As my father, a captain of a traditional wooden sailing vessel, spent years navigating coastal waters, relying on experience, instinct, and nature's elements.

Through stories of challenging voyages and resilient command, he instilled in me the values of courage, responsibility, and respect for the ocean. More than just stories, these lessons became the foundation of my ambition — to rise beyond tradition and command a modern merchant vessel.

Progressed through all ranks from Deck Cadet to Chief officer

My professional journey began in Torm shipping with determination and discipline. Focused on practical exposure to navigation, cargo operations, and safety procedures, while adapting to the structured life onboard. After certification, I took responsibility as a third officer for safety equipment and bridge watchkeeping, demonstrating precision and adherence to operational standards.

After becoming Second Officer Entrusted with voyage planning, ECDIS operations and navigational compliance, ensuring safe and efficient passage planning across international routes.

Chief Officer as second-in-command, managed cargo operations, supervised crew, and ensured strict compliance with SOLAS, MARPOL, and company procedures. leadership skills and operational control became clearly evident.

Command Achievement

Fulfilling a Lifelong Dream came true through the Caspia ship management. Earning the rank of Captain marked a



“My father taught me how to respect the sea. My journey taught me how to lead on it.”

Capt. Rajesh Arockiasamy

defining milestone — not only in my career but also in Fulfilling a Lifelong Dream came true through the Caspia ship management fulfilling my father's vision. As Master, now holds ultimate responsibility for vessel operations, safety, crew management, and environmental protection.

My command style reflects a balance of traditional maritime values and modern leadership practices, fostering teamwork, accountability, and excellence onboard.

Leadership Philosophy

I believe that :

- *Safety is not a procedure, but a culture*
- *Leadership is built on trust and example*
- *Continuous learning is essential in a dynamic industry*

My approach ensures not only operational success but also the professional growth of crew.

“To every young seafarer — stay patient, stay disciplined, manage yourself and never stop learning. The sea tests you, but it also shapes you into something greater.”

Capt. Rajesh Arockiasamy

Caspia Ship Management Pvt. Ltd.
Mumbai



ANCHORED THOUGHTS



Gratitude & Positivity - The Invisible Anchor



The sea had been rough for three days. Waves crashed relentlessly against the vessel, and tension had quietly settled among the crew. Sleep was disturbed, tempers were short, and even small conversations felt heavy. Ravi, a young officer, was struggling the most. Every task felt overwhelming, and the constant movement of the ship only added to his frustration. That evening, as he sat silently in the mess room, he noticed Joseph, the senior engineer, calmly sipping his tea with a faint smile.

“Don’t you feel exhausted?” Ravi asked.

Joseph looked up and said gently, “Of course I do. But I’ve learned something over the years — when the sea gets rough, you don’t fight it with more negativity. You anchor yourself.”

Ravi frowned, confused. “Anchor? How?”

Joseph replied, “Gratitude. Every day, no matter how hard it gets, I remind myself of three things I’m thankful for. Today — it’s a strong ship, a safe crew, and a hot cup of tea.” Ravi couldn’t help but smile.

The next day, he tried it. In the middle of his duties, instead of focusing on what was going wrong, he paused. I’m grateful for my team. I’m learning something new. I’m safe. Slowly, something shifted.

The storm outside hadn’t stopped — but the storm within him had quietened. Conversations became lighter, teamwork improved, and even the long hours felt a little easier.

By the time the sea calmed, Ravi had understood something powerful: ***“Gratitude doesn’t change the waves... it changes how we sail through them.”***

Make it a practice to write three things you are grateful for today, even in challenging moment.

A Chief Engineer's View on Tomorrow's Technologies

“The engine room — a world of relentless machinery, high-stakes decisions, and quiet pride”

The shipping industry keeps global trade flowing, but its true power hums deep in the engine room — a world of relentless machinery, high-stakes decisions, and quiet pride. As a Chief Engineer with years at sea, I've watched this space evolve from a purely mechanical domain in the 90's into a smart, data-driven command center. From my first sweaty rounds as a junior engineer to now leading the technical heart of the vessel, the journey still demands discipline, adaptability, and calm leadership — only now the tools have changed dramatically.

Life at sea remains demanding. Long watches, strict maintenance schedules, and extended time away from family test every mariner. Yet these challenges forge resilience, sharp teamwork, and the ability to stay focused when alarms sound in the middle of the night. As Chief Engineer, my role goes far beyond keeping engines running. I lead a skilled team, ensure compliance with ever-tightening safety and environmental rules, and take full accountability for the ship's mechanical reliability from departure to arrival.

The Heart of the Ship: Propulsion and Power Technologies

At the core sits the massive main propulsion engine — usually a slow-speed two-stroke diesel that drives the propeller directly. We pair it with auxiliary generators to power everything else on board. Today, many vessels feature hybrid systems that blend traditional engines with electric motors and battery storage. This setup shines during slow steaming, port maneuvers, or when we need to cut noise and emissions.

I particularly value dual-fuel engines. They give us the flexibility to switch between conventional marine fuels and cleaner options like LNG, with methanol and ammonia on the horizon. Running on gas cuts sulfur, nitrogen oxides, and particulates significantly, helping us meet IMO regulations without constant fuel changes. When scrubbers are fitted instead, we can still use more economical fuels while cleaning the exhaust — a practical compromise I've managed on several ships.

From Manual Rounds to the Engine Control Room (ECR)

Gone are the days when we relied solely on our senses and logbooks. The Engine Control Room (ECR) has



Surendra Pandey
Chief Engineer

become my nerve center — a cool, quiet space with screens, alarms, and digital interfaces. From here, my team and I monitor hundreds of parameters in real time: temperatures, pressures, vibrations, and fuel quality. Automation handles routine adjustments, freeing us to focus on higher-level oversight and troubleshooting. Yet technology hasn't replaced the human touch. I still insist on physical engine room rounds. There's no substitute for listening to the rhythm of a turbocharger, feeling for unusual vibrations, or spotting a small oil leak before it becomes a problem. The ECR gives us powerful data, but experience tells us when the numbers don't tell the full story. Digitalization, IoT, and Predictive Maintenance.

Modern engine rooms are filled with IoT sensors feeding constant streams of data into centralized systems. This is where predictive maintenance has become a game-changer. Instead of overhauling equipment on a fixed calendar, AI and machine learning analyze trends — a slight rise in exhaust gas

temperature, gradual bearing wear, or changes in oil condition and alerts us to potential failures weeks or months ahead. In my experience, this shifts us from reactive firefighting to proactive planning. We can schedule repairs during port stays, avoid unexpected breakdowns at sea, and fine-tune engines for better fuel efficiency.

Digital twins — virtual models of our actual machinery — let us simulate different operating scenarios and optimize performance without risking the real equipment. Some days, the dashboards highlight anomalies that would have gone unnoticed in the old days, saving time, money, and stress for the entire crew.

These tools also support our environmental goals. We use data to balance loads, integrate energy-saving devices like air lubrication or advanced propellers, and prepare for shore power connections in port.

The push toward decarbonization means my team must constantly learn new systems while keeping legacy machinery reliable.

The Human Side: Challenges and Pride

New technologies bring new demands. My engineers now need strong digital skills alongside traditional mechanical knowledge — understanding data trends, managing cybersecurity risks, and knowing when to trust (or override) automation.

Younger crew members often grasp the software faster, while senior hands bring the hard-earned intuition that no algorithm can fully replace. Bridging that gap is part of my leadership responsibility.

Despite the changes, the core satisfaction remains the same. There’s immense pride in watching a voyage complete safely, knowing the unseen work in the engine room kept the ship moving, the cargo protected, and the environment as clean as possible.

Every efficient passage, every avoided breakdown, and every compliant emission report reflects the dedication of the team working below deck.

Through the eyes of a Chief Engineer, the engine room today is both a high-tech powerhouse and a deeply human space.

Advanced propulsion, automation, predictive analytics, and digital intelligence are transforming how we operate — making ships safer, greener, and more efficient.

Yet at its heart, this career is still a way of life built on responsibility, teamwork, adaptability, and the silent reward of keeping the world’s supply chains alive, one reliable revolution at a time.

**Mr.Surendra Pandey
(Chief Engineer)**

Caspia Ship Management Pvt. Ltd.
Mumbai





FUN AT SEA – UNSCRAMBLE THE WORDS

Ready to test your Nautical Knowledge?

Unscramble the letters below and discover common ship-related words!

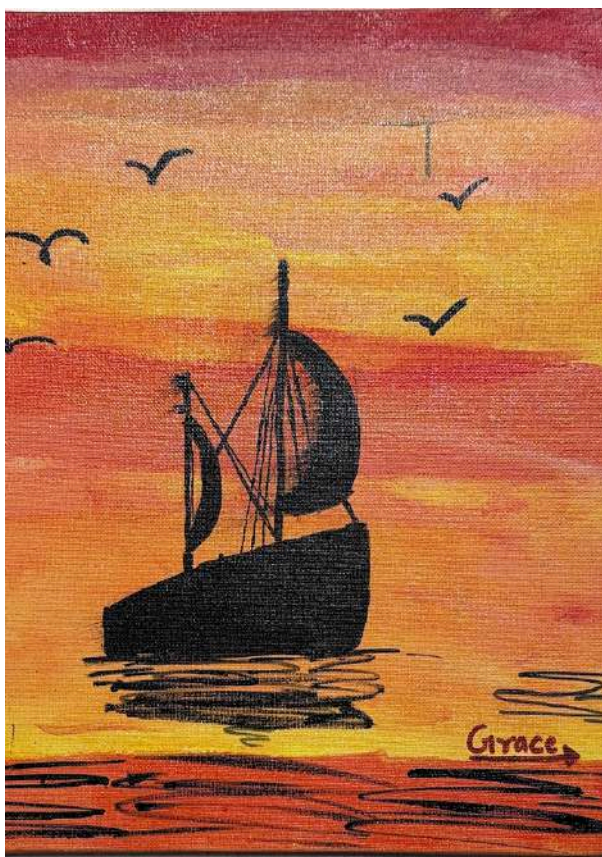
1. RANCOH : _____
2. KDEC : _____
3. ROGAC : _____
4. NITPAC : _____
5. OPRT : _____
6. DRAOBRTAS : _____
7. RDEURD : _____
8. GINEEN : _____
9. GITANAVOIN : _____
10. MASRET : _____
11. TOBOA : _____
12. RMAINE : _____
13. OCEAN : _____

TALENTED SEAFARER'S FAMILY



Drawings By Kajal (9th Std)
Relative of Tr.OS Ashish Singh

SHORE STAFF TALENT



Painting By Grace Madavi



Painting By Jyoti Kadam



Painting By Namita



Painting By Karishma Paswan



Caspia Ship Management Pvt Ltd

Global Leader in providing Superior Ship Management Services

RPSL - MUM 162206
VALID TILL 16-02-2029

VACANCIES OIL - CHEMICAL - GAS TANKERS / BULK CARRIERS

DECK OFFICERS

- ◆ Master
- ◆ Chief Officer
- ◆ 2nd Officer
- ◆ 3rd Officer

ENGINEERS

- ◆ Chief Engineer
- ◆ 2nd Engineer
- ◆ 3rd Engineer
- ◆ 4th Engineer
- ◆ Electrical Officer

- ◆ Fitter / Welder
- ◆ Bosun
- ◆ AB
- ◆ OS

- ◆ Fitter
- ◆ Oiler
- ◆ Wiper

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!! WE DO NOT HAVE ANY AGENTS OR REPRESENTATIVES !!

CASPIA CARE ACTIVITIES



Empowering Our Crew Beyond the Horizon

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