



CASMAG

JUL - 2026



VOL: 5



QUARTERLY MAGAZINE

SEASONS AND SAILORS

WEATHER THE SEAS. CARRY THE WORLD

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DIRECTOR'S NOTE



From the Desk of
VINEETA RAJPUT

Dear Seafarers,

As we bring you this edition of CASMAG, I would like to express my heartfelt gratitude to all our ex-hands who have chosen to return to Caspia. Your continued trust and confidence in us are deeply appreciated.

I also extend a warm welcome to our new joiners. We are delighted to have you as part of the Caspia family and look forward to supporting you on your professional journey.

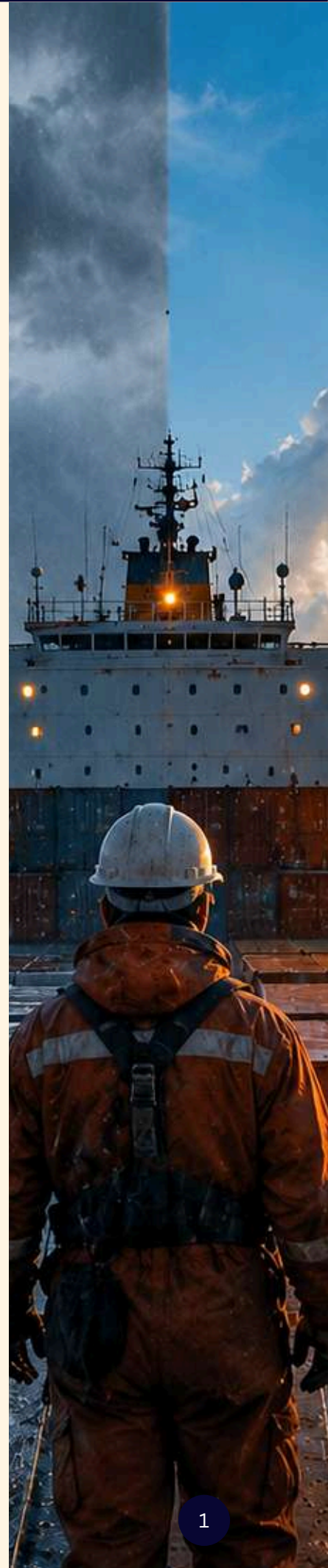
The past year has once again demonstrated the resilience, courage, and dedication of seafarers. Despite challenging circumstances, they have continued to perform their duties with unwavering commitment. Let us take a moment to appreciate and acknowledge their remarkable efforts.

At Caspia, our people remain at the heart of everything we do. Together, let us continue to sail forward with trust, teamwork, and a shared commitment to excellence.

Wishing all our seafarers and their families safe voyages, good health, and fair winds ahead.

One Team, One Purpose — Sailing Caspia Forward Together

Warm regards,
Vineeta Rajput
Director



FROM DESK TO DECK

How IT Connects Every Part of Modern Shipping

Technology has transformed the maritime industry by connecting shore offices and vessels through faster communication, digital reporting, and real-time data sharing. At Caspia Ship Management Pvt Ltd, IT plays a vital role in improving operational efficiency, safety, and coordination from desk to deck.

The Digital Transformation of Shipping

Modern shipping now depends on digital systems for vessel management, crew operations, procurement, maintenance, compliance, and performance monitoring. These tools reduce paperwork, improve accuracy, and support quicker decision-making between shore teams and onboard crew. This transformation has helped improve operational efficiency while reducing delays, errors, and administrative workload.

Connecting Shore and Ship

One of the most important functions of IT in ship management is maintaining a strong connection between shore offices and vessels. IT also strengthens safety through instant reporting, weather updates, compliance tracking, and emergency communication.

Enhancing Operational Efficiency

Most importantly, technology supports employees to work more efficiently and stay connected across locations and ensures that important operational activities are completed on time. At Caspia Ship Management, digital tools continue to support smoother coordination across departments and vessels, helping teams work more efficiently and effectively.

Safety Through Technology

Safety remains the highest priority in maritime operations. IT systems contribute significantly to enhancing safety standards onboard ships. Through digital reporting systems, incidents and



“The journey from “Desk to Deck” represents more than technology—it represents integration, communication, efficiency, and progress.”

—Mr. MS Michael Arasu

observations can be recorded and analyzed quickly. Technical alerts, weather updates, and compliance notifications can be communicated instantly to vessels.

The Future Ahead

The future of maritime IT is expected to bring even greater advancements. Technologies such as Artificial Intelligence (AI), predictive analytics, automation, and smart vessel systems are gradually reshaping the industry.

Conclusion

At Caspia Ship Management Pvt Ltd, embracing technology is part of our commitment to deliver reliable, efficient, and future-ready maritime solutions. By connecting people, processes, and vessels through digital innovation, we strengthen the bridge between shore and sea.

Mr. MS Michael Arasu
(Manager-IT)

Caspia Ship Management Pvt. Ltd.
Mumbai

FROM DREAMS TO THE BRIDGE: MY JOURNEY AT SEA

I was born into a family with a proud defence background, where service, discipline, and integrity have been passed down through generations. Both my grandfather and my father served in the Indian Army, and their dedication to the nation left a lasting impression on me from an early age. The values I learned during my childhood became the foundation of my personal and professional life.

With a passion for adventure and a desire to build a meaningful profession, I joined T.S. Chanakya, one of India's premier maritime training institutes. The academy not only equipped me with world-class maritime education but also shaped my character, strengthened my resilience, and prepared me for the demanding realities of life at sea.

Like every cadet, my journey began with humility and a willingness to learn. My early years at sea were filled with challenges that tested both my technical abilities and personal resilience. Long voyages, demanding work schedules, changing weather conditions, and the responsibility of operating complex vessels taught me invaluable lessons that no classroom could provide.

Step by step, I progressed through the ranks, successfully obtaining my Second Mate, Chief Mate, and ultimately my Master's Certificate of Competency. In 2019, one of the proudest moments of my life arrived when I was promoted to the rank of Master at the age of 29. On 19 December 2019, I joined my first oil tanker as Master, becoming the first from my T.S. Chanakya batch to achieve this milestone.

Behind every successful seafarer is a family that silently shares the sacrifices, and in my case, my wife has been my greatest source of strength. Her unconditional love, unwavering faith in me, and endless patience have given me the strength to pursue my dreams, even when the distance between us spanned thousands of miles. Every time I stepped onboard, I knew I was leaving behind someone who would carry the responsibilities of our home with courage.



"Throughout my career, I have come to realize that challenges are not obstacles to success—they are opportunities to grow."

Capt. Satinder Singh

Her constant support, words of encouragement, and confidence in my abilities have been a source of motivation during both the most challenging voyages and the happiest milestones of my career.

Throughout my career, I have come to realize that every difficult voyage, every unexpected situation, and every setback has taught me valuable lessons in leadership, decision-making, and resilience.

Today, I continue my maritime journey with Caspia Ship Management Pvt. Ltd., where I remain committed to the highest standards of safety, professionalism, and operational excellence.

To every aspiring seafarer, I offer this simple advice: dream boldly, work diligently, remain humble, and never stop learning.

"The sea rewards those who prepare well, remain humble, and never stop learning."

Capt. Satinder Singh

Caspia Ship Management Pvt. Ltd.

Mumbai



BEST EMPLOYEE OF THE MONTH-APR 2026
RAJKUMAR PASWAN



BEST EMPLOYEE OF THE MONTH-MAY 2026
UZAIR SADIQUE SARGUROH



EXPOSURE VISIT TO SHIP – LEARNING BEYOND THE DESK



A DAY OF ADVENTURE, ACTIVITIES & FUN

CHRONICLES



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 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.



COOK, CREATE & CELEBRATE

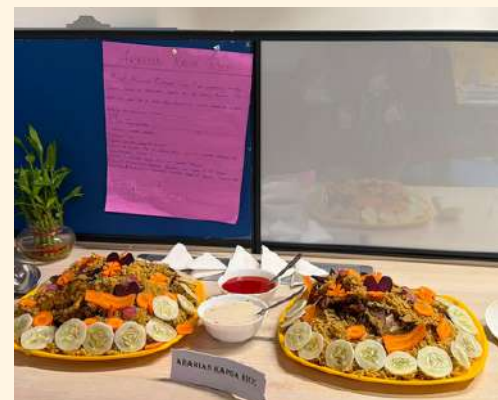
WINNER



CHICKEN ROULADE WITH SPINACH, CARROT, MUSHROOMS & CHEESE

POST WORKOUT MEAL - DESSERT & SALAD & SMOOTHIE

RUNNER



Chicken Roulade

with Spinach, Carrot, Mushrooms & Cheese



SERVES
3-4



PREPARATION TIME
30 minutes
(plus 1 hour chilling)



COOKING TIME
25-30 minutes



INGREDIENTS

- 2-3 boneless, skinless chicken breasts
- 2 tbsp olive oil, divided
- 1 small onion, finely chopped
- 1 cup mushrooms, finely chopped
- 1 cup carrot, finely chopped
- 2 cloves garlic, minced
- 2 cups spinach
- 1 cup grated mozzarella or cheddar cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning (or oregano)
- ½ tsp black pepper
- Salt, to taste



Juicy on the outside,
Cheesy & flavourful
⇒ on the inside! ⇒

METHOD

1 PREPARE THE FILLING



Heat 1 tbsp olive oil in a skillet over medium-high heat. Sauté onion, garlic, and mushrooms for 2-3 minutes until softened.

Add spinach and cook for 1-2 minutes, just until wilted. Season with salt and black pepper, then transfer to a bowl and allow the mixture to cool completely.

2 PREPARE THE CHICKEN



Butterfly each chicken breast and place it between two sheets of plastic wrap. Using a meat mallet or rolling pin, gently pound the chicken to an even thickness of about ½ inch. Season both sides with garlic powder, Italian seasoning, black pepper, salt, and the remaining olive oil.

3 ASSEMBLE THE ROULADE



Lay each chicken breast flat on a sheet of plastic wrap. Evenly spread the cooled spinach and mushroom filling over the chicken, leaving a small border around the edges. Sprinkle generously with grated cheese.

4 ROLL AND CHILL



Starting from one end, tightly roll each chicken breast into a log. Wrap securely in plastic wrap, twisting the ends to hold the shape. Refrigerate for 30-60 minutes to help the roulades firm up.



5 BAKE



Preheat the oven to 190°C (375°F). Remove the plastic wrap and place the roulades seam-side down on a lightly greased or baking tray. Lightly oil and bake for 25-30 minutes halfway through cooking, until the internal temperature of 74°C (165°F).



Allow the roulades to rest for 5-10 minutes before slicing into rounds.

SERVE WITH



Roasted vegetables, buttery mashed potatoes, herb rice, or a crisp green salad.

SEA

• NEWS



Hormuz Shipping Gradually Recovers Amid Continued Regional Uncertainty

Maritime traffic through the Strait of Hormuz has begun showing encouraging signs of recovery following weeks of heightened geopolitical tensions. Between 19 and 21 June, a total of 71 vessel transits were confirmed, with activity peaking at 35 crossings on 20 June. The increase followed the easing of naval restrictions and renewed assurances that commercial vessels could navigate the waterway safely. Many ships also resumed transmitting their Automatic Identification System (AIS) signals, reflecting growing confidence among operators.

Despite this positive trend, vessel movements remain below the levels recorded before the crisis, indicating that shipowners and charterers continue to exercise caution while monitoring the evolving security situation. The disruption in the Strait of Hormuz, triggered by the conflict involving Iran, had a significant impact on global energy markets. The uncertainty surrounding one of the world's most important oil transit routes pushed crude oil prices above US\$120 per barrel, highlighting

the vulnerability of global energy supplies to regional instability.

Market analysts expect conditions to improve further in the coming weeks. According to Goldman Sachs Research, exports from the Gulf region are likely to return to more typical levels by the end of July as shipping activity gradually normalizes and confidence among vessel operators increases.

Despite the reopening, occasional military developments continue to create uncertainty, leading some shipping companies to review voyage plans and consider alternative routes. Nevertheless, commercial traffic has continued, with 12 vessels transiting the Strait on 21 June.

Although navigation has resumed, shipping companies remain cautious and continue to monitor security conditions. A full recovery to pre-crisis traffic levels will depend on sustained regional stability.

-Source: Adapted from reporting published by [SeaNews.co.uk](https://www.seanews.co.uk).

NYK Group Launches Belgium's First RoRo Shore Power Facility



NYK Group's subsidiary, International Car Operators (ICO), has officially launched Belgium's first shore power facility for roll-on/roll-off (RoRo) vessels at the Port of Zeebrugge.

Following successful testing in early June, the system was commissioned with an NYK-operated Pure Car and Truck Carrier (PCTC), marking the group's first use of shore power for a vehicle carrier while alongside.

The new facility allows berthed vessels to draw electricity directly from the terminal, eliminating the need to operate onboard diesel generators.

This significantly reduces carbon emissions, nitrogen oxides, particulate matter, and noise, while improving air quality within the port. The system currently supplies one vessel at a time, with plans for future expansion.

All electricity provided through the facility is generated from renewable energy produced by ICO's on-site wind farm,

consisting of 11 wind turbines. In addition, ICO has installed the necessary shore connections and cabling, enabling even vessels without dedicated onboard shore power infrastructure to benefit from the system.

Supported by funding from the Flemish Agency for Innovation and Entrepreneurship (VLAIO), the project represents another step toward greener port operations.

The initiative reinforces Zeebrugge's position as a sustainable maritime hub and highlights the importance of collaboration between industry and government in advancing the shipping sector's energy transition.

- Source: Adapted from reporting published by [SeaNews.co.uk](https://seanews.co.uk).

The Journey of Capt Kanchan Sharma — A Master Mariner's Story

Every sailor has a moment when the ocean calls. For me, that call came in 2004 when I stepped aboard my first ship as a Deck Cadet, beginning a journey that would transform my life forever.

I started my sailing career with an Italian shipping company, carrying with me dreams, curiosity, and a determination to learn. Like every young cadet, I entered the maritime world with excitement but also with the awareness that the sea demands humility, discipline, and continuous learning.

The ship became my classroom, the ocean became my teacher, and every voyage became a new chapter. From the early days of learning the fundamentals of navigation and ship operations, I gradually grew through dedication, hard work, and experience.

Before the sea became my profession, sports had already shaped my personality. During my younger years, I was deeply involved in athletics and cricket, representing at the state level. Sports taught me lessons that later became the foundation of my maritime career — discipline, teamwork, physical fitness, mental strength, and the ability to remain focused under pressure.

A ship is not just steel and machinery; it is a living environment where people from different cultures work together, where decisions matter, and where leadership can define success.

Over the years, my career took me across different segments of the shipping industry. I had the privilege of serving on crude oil tankers, oil/chemical tankers, asphalt tankers, and bulk carriers. Each type of vessel brought its own challenges, responsibilities, and lessons.

The journey from a young Deck Cadet to becoming a Master Mariner was built one step at a time — through long voyages,



"A ship is not just steel and machinery; it is a living environment where people from different cultures work together"

Capt. Kanchan Sharma

difficult situations, continuous learning, and the trust placed in me by my seniors and crew.

After years of dedication, I earned the responsibility of command. For nearly ten years, I have had the honour of serving as Master, carrying the responsibility of the vessel, the crew, cargo, and safe navigation.

For the past years, I have been serving with Caspia Shipping, continuing my journey with the same passion and respect for the profession that I had when I first stepped onto a ship.

Looking back, the ocean has given me much more than a career. It has given me experiences, friendships, challenges, and memories that will remain with me forever.

This is my story — a story of tides, trials, teamwork, and the endless pursuit of excellence.

Capt. Kanchan Sharma

Caspia Ship Management Pvt. Ltd.
Mumbai



ANCHORED THOUGHTS

Seasons and Sailors - A Story Beyond Weather



The ship sailed quietly through the cold winter night as Arjun stood alone on the bridge wing, watching the endless dark sea. Somewhere far away, families were sitting together for dinner, children were laughing. Out here, there was only wind, waves, and silence. Arjun pulled his jacket tighter and looked at his phone once more. A weak signal had finally brought **a message from home — a photograph of his daughter cutting her birthday cake. Without him.** He smiled gently, but his eyes remained still. This was his fourth season at sea in one year. Summer had tested his body. Endless heat on deck, sleepless nights, and exhausting work had left the crew drained and irritable. The ocean looked beautiful under the bright sun, but behind every tired smile was a sailor silently missing home. Then came the monsoon. The sea became fierce. Waves crashed endlessly against the vessel, and the ship rolled heavily through sleepless nights. During storms, even experienced sailors grew quiet. Fear was never spoken openly onboard, but everyone carried it silently within themselves.



One night, as thunder shook the sky, an old Chief Officer had told Arjun,

“The sea doesn’t only test your skills. It tests your mind.”

At that time, Arjun had not fully understood. But winter taught him the deepest lesson of all. Cold winds, dark evenings, and distance from loved ones slowly created a different kind of exhaustion — the kind nobody could see. Festivals passed through video calls. Important family moments became photographs on a screen. Standing near the railing, Arjun finally realized something. People ashore experience seasons through comfort. Sailors experience them through sacrifice. Yet somehow, sailors continue sailing. Not because the sea is easy, but because somewhere between the storms and the silence, they learn resilience. They learn how to keep moving forward even when their hearts feel far away from home.

The seasons would keep changing. The sea would never remain calm forever.

But neither would the storms. And perhaps that was the greatest lesson the ocean gave every sailor — to endure every season with strength, hope, and courage.



SHIP SUDOKU

THINK • PLAN • SOLVE



PUZZLE (9x9)

- ⚓ Each row must contain all 9 ship items once.
- ⚓ Each column must contain all 9 ship items once.
- ⚓ Each 3x3 box must contain all 9 ship items once.

SYMBOLS USED



ANCHOR



SHIP



LIFEBUOY



COMPASS



CAPTAIN



LIGHTHOUSE



BINOCULARS



HELM



SAILBOAT

⚓	🚢	🚚		👤	🗼		🚢	
🚢		👤	🗼			🚚	🚢	⚓
🚢	🗼		🚢		⚓	🧭		⚓
	🚚		⚓		🚢		👤	
👤		🧭		🚢	👤			🗼
	🚢		🚚		🚢		👤	
🗼	🧭	⚓		🚢		👤		🚢
	👤		🚢	🚢	👤		🗼	🧭
🚢		👤		🗼		🚚		👤

TEAM ACTIVITY



- ⚓ Divide into teams.
- ⚓ First team to solve correctly wins!
- ⚓ Great for team bonding and brain exercise.
- ⚓ Have fun and happy solving!



A SMOOTH SEA
— NEVER MADE —
A SKILLED SAILOR



Answer key at page no : 16

Chief Engineer's Column: Anchored in Excellence

My maritime journey began at MERI Kolkata (2007–2011), where rigour and discipline became second nature. Graduating into oil and chemical tankers, I progressed from Junior Engineer to Chief Engineer through years of hands-on engine-room experience, dry-dock management, and complex cargo operations. Every rank taught me that safety and precision are non-negotiable at sea. Since joining Caspia Ship Management in 2025, I have been sailing with a company that places technical excellence, seafarer welfare, and operational safety at its core.

Technical Seamanship & Future Technologies

Modern engine rooms have evolved from purely mechanical domains into smart, data-driven command centres. Dual-fuel engines, hybrid propulsion, and IoT sensors now complement traditional machinery. Predictive maintenance powered by AI helps us anticipate failures before they occur, reducing downtime and enhancing safety. As the industry moves toward methanol, ammonia, and LNG, our mindset must evolve — embracing continuous learning and adaptability. Technical seamanship today demands not just mechanical mastery but also digital literacy and regulatory foresight.

Adherence to International Rules

Compliance with IMO regulations is paramount. The global sulphur cap, EEXI, CII, and Ballast Water Management Convention require constant vigilance. At Caspia, we exceed compliance — treating environmental stewardship as a core responsibility. Every emission, every discharge, and every operation is managed with precision to meet and surpass MARPOL, SOLAR, and ISM Code requirements.

Safety Culture at Caspia

Safety is not a checklist — it is our culture. At Caspia, safety permeates every operation, from planned maintenance to emergency drills. Our "speak-up" culture encourages every crew member to report concerns without fear. Regular audits, continuous training, and proactive risk assessments ensure we operate at the highest standards. On every voyage, safety remains my top priority — protecting my team, the vessel, and the environment.



Akshay Ankit
Chief Engineer

Seafarer Welfare: The Heart of Caspia

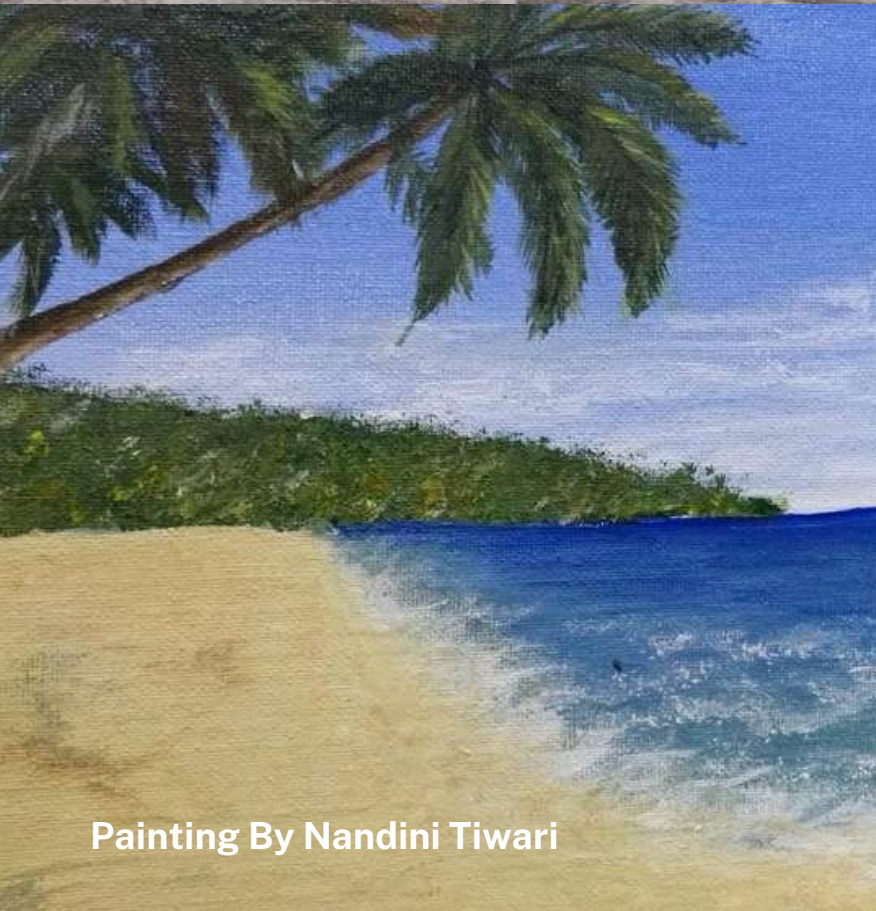
A ship is only as strong as its crew. Caspia's commitment to welfare begins with zero placement fees, strict MLC 2006 compliance, fair working hours, and transparent communication. Beyond policies, the company fosters mental well-being, career development, and genuine camaraderie. When seafarers are respected and cared for, they give their best.

Looking Ahead

The maritime industry is transforming — decarbonisation, digitalisation, and new fuels are reshaping our profession. Yet constants remain: skilled seamanship, compassionate welfare, and uncompromising safety. At Caspia, we are building a legacy that values people as much as performance. I am proud to be part of this journey and look forward to many more voyages with safety as our compass and welfare as our wind.

-By Chief Engineer Akshay Ankit
Caspia Ship Management Pvt .Ltd.

SHORE STAFF TALENT



TALENTED SEAFARER'S FAMILY



**Paintings By Nirmala Mehra
Wife of Chief Cook-Narayan Singh Mehra**



SHIP SUDOKU

ANSWER KEY

ANSWER (9x9)



WELL DONE!

Great work, Team Captain!

Keep navigating, keep achieving!



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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