



# NUSI Sagarika

EDITION 2ND

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2023



(A Quarterly Magazine by National Union of Seafarers of India)

**Plastics,**  
it eats into everybody's health.  
Yours and the Environment's.



**NUSI SADA BAHAR** (Tree Plantation)

**NUSI SANRAKSHAN** (Water Conservation)

**"PEDH LAGAO – PANI BACHAO"**

**"PLASTIC HATAO – PARYAVARAN BACHAO"**

Say No To Plastic - Littered Plastic Bags May Lead To Choking Of Drainage System Causing Water Logging On Roads And Rail Tracks Resulting In Disruption Of Transport Services.

Under Swayam Rojgar Yojana, families of seafarers make cotton carry bags and distributed amongst seafarers and their families and shipping fraternity in general.

## **NUSI SOLAR**

Indian Sailors Home Society (ISHS), Mumbai

NUSI Holiday Home & Sanatorium, Lonavala

NUSI Offshore Training Institute (NOTI), Panvel

NUSI Maritime Academy (NMA), Goa

Mohamed Ebrahim Serang Centre, Valsad, NUSI

## **NUSI SWACH BHARAT ABHIYAN**

CONSTRUCTION OF TOILET FACILITIES pan-INDIA

# MESSAGE FROM THE EDITOR



Dear Sisters and Brothers,

The National Union of Seafarers of India (NUSI) remains committed to amplifying the voices of Indian seafarers and their families. We consistently support your cause at all levels - local, national, and international. Your interests and concerns are always at the forefront of our agenda.

Over the years, NUSI has transformed the face of trade unionism through Indian and foreign flag agreements, benefitting countless seafarers. Our welfare and training initiatives, unrivalled in India and globally, attest to our continued dedication to enhancing the lives of our seafarers and their families. We assure you that we will persist in our mission to provide even more amenities and support.

NUSI's strength, responsibility, and efficacy are a testament to the relentless efforts of our office bearers, executive committee members, staff, branch representatives, women and youth committees, and the unwavering trust of our seafarers and their families. I am profoundly grateful to you all.

Recognizing the importance of awareness and interaction in our digital age, I am pleased to announce the release of the second edition of our quarterly magazine, "**NUSI Sagarika**". In this issue, we're highlighting environmental concerns (NUSI SANKALP) as we just celebrated Environmental Day, I find it fitting to appeal Seafarers profound bond with the ocean and our planet. Our actions and choices as a part of maritime community significantly impact the health of the world's waters.

"**NUSI Sagarika**" promises to cover an array of topics and we eagerly anticipate your feedback. Please reach out to us at [nusi@nusi.org.in](mailto:nusi@nusi.org.in)

**Milind Kandalgaonkar**

Editor

General Secretary -cum- Treasurer

## NUSI Profile

The present day National Union of Seafarers of India (NUSI) traces its origins since 1896 through the Goa Portuguese Seamen's Club. The achievements of the seafarers was largely due to the personal charisma and dedication of Shri Mohamed Ebrahim Serang. He realized that the movement has to be taken on a higher platform. He decided to give the seafarers movement a proper structure of a strong trade union organization.

In the year 1926 Shri Mohamed Ebrahim Serang established the first organised trade union in the history of Indian seafarers under the name of "National Union of Seamen of India (NUSI)" and was its Founder President.

Earlier Shri Mohamed Ebrahim Serang was operating the union activities from his own premises at 47, Old Nagpada Road, Bombay 400009 (later the street was named after him in 1975). The union was receiving membership of Re 1/- from 1926 to 1948 and thereafter the membership was increased to Rs. 3/- from 1948 to 1952 to Rs. 6/-. From this subscription amount, with much difficulty, the foundation stone of the present building of the National Union of Seafarers of India (NUSI) was laid on 6th January, 1950. The building was completed at a cost of around Rs. 1 lakh entirely from the subscription of the seafarers and the sacrifices of all those present at that point of time. It was a proud moment for Indian seafarers to have a union building of their own.



The National Union of Seafarers of India (NUSI) got affiliated with the International Transport Workers Federation (ITF) and the Hind Mazdoor Sabha (HMS) to give better support to our Indian seafarers even in foreign waters.

Shri Mohamed Ebrahim Serang retired from active unionism on his 80th birthday and expired on 2nd September, 1963 at the age of around 85 years leaving behind a rich legacy for which he is rightly called the "Father of Indian Seafarers Movement"

## Week Long National Maritime Day Celebrations begins with PM wearing the 'First Merchant Navy Flag'

A week-long National Maritime day Celebration is a commemoration of a country's maritime heritage, achievements and contributions to the maritime industry. It involves various activities such as parades, exhibitions, cultural events, conferences and discussions related to maritime affairs.

To commemorate the occasion, the flag was pinned on the lapel of Prime Minister Shri Narendra Modi by Union Minister of Ports, Shipping & Waterways and Cabinet Minister of Ayush Shri Sarbananda Sonowal in the presence of Sudhansh Pant, Secretary, Ministry of Ports, Shipping & Waterways (MoPSW) along with other senior officials in New Delhi.

The Prime Minister, Shri Narendra Modi has wished National Maritime Week to add vigour to the efforts towards port-led development and harnessing the coasts for economic prosperity.

The Minister of Port Shipping and Waterways (MoPSW) recognized the services of seafarers and services of other persons connected with it and presented awards to the eminent personalities who have excelled in the maritime Sector which are as follows:

- **Sagar Samman Varuna Award:**

The 'Sagar Samman Varuna Award' is the highest maritime industry award in India. Captain Thanuvellil Koshy Joseph, widely considered one of India's greatest seafarer mentors and educationists, was bestowed with the 'Sagar Samman Varuna Award' – named after Lord Varuna, the Lord of the seas – by the Union government at the National Maritime Day Celebrations on 5th April, 2023. Captain Joseph, 91, was the Principal of Lal Bahadur Shastri College of Advanced Maritime Studies and Research in Mumbai and Captain Superintendent of 'Training Ship Rajendra', that has moulded thousands of master mariners. He has also written books on Nautical Studies.



- **Sagar Samman Award for Excellence:**

Indra Nath Bose, the marine engineer, was conferred the 'Sagar Samman Award for Excellence at the National Maritime Day Celebrations.

Bose was involved in framing the International Maritime Organisation's Hong Kong International Convention for the Safe and Environmentally Sound Recycling of Ships and the Carbon Emission Reduction Strategy and regulations at the IMO. He presented India's stand at the IMO via his submissions related to Energy Efficiency Existing Ship Index Calculation guidelines for tankers and bulk carriers built prior to 2013.

His book 'Energy Efficiency and Ships' is referred to in most of the universities in the United States providing curriculum in naval architecture and ocean engineering. He has also written a "Guide to Data Collection System-Reduction of GHG Emission from Ships"

- **Sagar Samman Award for Gallantry:**

Captain Anil Choudhary was bestowed with the 'Sagar Samman Award for Gallantry', in recognition of an exceptional act of outstanding bravery at sea. Captain Choudhary, as commander of the Japanese-flagged cargo ship ' Helios Leader', was instrumental in rescuing 303 people aboard a disabled boat in the South China Sea on 7th November 2022.

## Diamond Jubilee Celebrations of National Maritime Day 2023 held in Mumbai Union Minister of State for Ports, Shipping and Waterways Shantanu Thakur emphasized the importance of green growth lays focus on green growth and digital infrastructure in maritime sector



The Grand Finale function of **Diamond Jubilee of National Maritime Day** was organised at Domestic Cruise Terminus, Mumbai on 5th April, 2023, with **'Amrit Kaal in shipping'** as its theme. The day is celebrated to commemorate embarkation of the first Indian-owned vessel **"S S Loyalty"** on her maiden voyage from Mumbai to London, on this day in 1919. Eminent maritime personalities from India and abroad and seafarers and their families participated in the colourful event held in Mumbai today.

The **Chief Guest** for the function was **Minister for Infrastructure and Water Management, Kingdom of the Netherlands Mark Harbers**, and the event was presided over by **Union Minister of State for Ports, Shipping and Waterways, Shantanu Thakur**.

In his written message, the **Union Shipping Minister Sarbananda Sonowal** said he is very pleased to learn that the theme adopted for the 60th edition of the National Maritime Day 2023 celebrations is Amrit Kaal in Shipping. This theme refers to the most auspicious period to start new ventures which also holds true for shipping, said the Minister.

**The Union Minister of State for Ports, Shipping and Waterways** congratulated all stakeholders of maritime fraternity on the occasion. He mentioned that the vision of the Government for Amrit Kaal is creation of opportunities for citizens with focus on youth, growth and job creation, and a strong and stable macroeconomic environment. He underlined the strong need to promote coastal shipping as an energy-efficient and low-cost mode of transport, both for passengers and freight. This should be done through PPP mode, with viability gap funding, said the Minister.

The Minister said that we have to make shipping a fast-growing sector so that India can become a world leader in maritime infrastructure and a lead player in maritime economy. "Shipping has to become more modern; Public Private Partnership (PPPs) should be utilized more in infrastructure modernization. Reaching the last mile and promoting green growth are among our priorities. It is time we make all efforts to achieve goals set in Maritime Vision India 2030. As a responsible maritime nation, we should also aim to promote green shipping. Reducing pollution intensity and introducing renewable energy and green hydrogen in shipping sector needs to be given utmost attention."

**The Minister for Infrastructure and Water Management, Netherlands**, extended his greetings and best wishes to the seafarers and Indian maritime fraternity. He said that India is a key maritime player, like the Netherlands. "Today, about 90% of global trade routes are maritime, 90% of all necessities we use in daily life have probably completed a long journey across the world's oceans, our daily existence depends heavily on maritime transport. With its central location along the world's shipping routes and with around 7500 km of coastline, India is a key maritime player. This maritime DNA is something India and the Netherlands share."

The Minister of Netherlands recalled the age-old maritime relationship between the two countries and said that the country is happy to share its maritime expertise with its friends such as India. "Our maritime relationship with the emphasis on ship dates back more than 400 years, the first trading activity of the Dutch on the Malabar and Coromandel coasts marks the beginning of our strong maritime ties. With the establishment of diplomatic relationships 75 years ago, these ties have only become stronger. The Netherlands is Europe's gateway to the rest of the world and vice versa. Over the centuries, we have built up a wealth of expertise in shipping, ship building, port infrastructure and logistics, an expertise we are happy to share with good friends."

The Dutch Minister said that the Government of India has set out an ambitious vision for its maritime sector. "The Indian government has acknowledged the importance of the maritime sector for economic development and set out its Maritime India Vision 2030. The vision is about accelerated growth over the next decade across ports, shipping and waterways, in terms of not only capacity and economic growth but also sustainability. India's maritime sector is an engine driving our national development and economic growth. The efforts announced show ambitious this vision is. The emphasis is there on green and sustainable port development, ship building, logistics sufficiency, repairs and recycling, coastal shipping, inland waterways, digitalization and maritime trading."

The Netherlands Minister spoke about the recently signed MoU between India and the Netherlands and how it will help deepen the maritime cooperation between the two countries. "Over the last few days, India and Netherlands discussed collaboration along various fronts, including in zero emission shipping, inland waterways technology for improving sustainable water-borne transport. You can't help but be inspired with the eagerness of Indian and Dutch companies to join forces and navigate a shared sustainable maritime future. We are on the brink of a new dawn. The Netherlands is



proud to be here as India's partner on this day, let us chart a sustainable maritime future. Recently, the Union Shipping Minister of India and I signed a MoU on cooperation in maritime sector. This will serve as a blueprint for our vision for deepening our existing strong ties in the sector. By working together, we can respond to many challenges facing us today, such as extreme weather due to climate change, the need for smart transport solutions in dense urban areas and the quest to make our energy systems more sustainable."

Director General of Shipping, Rajiv Jalota reminded all stakeholders of the past glory and dominance of India in shipping and seaborne trade. "Documented proofs of maritime trade are found in Indus Valley civilization and in excavation of our tidal dockyard at Lothal, Gujarat which date back to 2500 B.C. The concept of maritime insurance and administrative setup related to merchant marines are found in Chanakya's Arthashastra. During Chhatrapati Shivaji Maharaj's regime in Maharashtra, the importance of maritime dominance was acknowledged and strengthened."

The Director General mentioned that the government has a vision to make the Amrit Kaal as a pioneering period in the development of the country. He stressed that this is the time the shipping industry needs to gear up for the next generation by use of technology to connect all elements of shipping at one place.

This event was witnessed by the special invitees of Ministry of Ports, Shipping & Waterways and Minister of Infrastructure and Water Management and delegates from Kingdom of the Netherlands, delegates from Royal Danish Embassy, officers and staff of Ministry of Ports, Shipping and Waterways, DG Shipping, SCI, IRS, Ports and all other departments of Government of India and state governments. The representatives of the Shipping Companies, Maritime Training Institutes, RPSL, MTOs Unions in Maritime field from India and abroad and Sagar Samman award winners and their families were also present in large numbers.

Dr. Raut Pandurang, Deputy Director General of Shipping and Member Secretary, NMCCDC (Central) Committee delivered the vote of thanks.

## Govt Planning to develop Eastern Grid with 5,000 kms of navigable waterways: Shri Sarbananda Sonowal.



Union Minister Shri Sarbananda Sonowal announced that the Centre is planning to develop the Eastern Grid with 5000 kms of navigable waterways. The Union Minister of Ports, Shipping and Waterways and Ayush was speaking at the second Inland Waterways Summit organized by PHDCCI, the industry chamber in New Delhi.

Shri S. Sonowal said under the dynamic leadership of Prime Minister Narendra Modi Ji, the government is working extensively to develop the Eastern Grid with more than 5,000 kms of navigable waterways and we are encouraged by the results of work done on National Waterways – 1 the river Ganga.

“Given the rich interweb of rivers in eastern India, which comprises four key waterways along with certain international routes, we intend to develop this huge potential of 5,000 kms of navigable waterways through this grid. The development of this grid will not only boost regional integration and accelerate development but it will further deepen eastern India’s trade within BBIN countries (Bangladesh, Bhutan, India, Nepal). It will also further amplify trade potential with countries like Myanmar, Thailand, Malaysia and Singapore.

Under the visionary leadership of PM Narendra Modi Ji, we want to explore this immense potential of trade for the economic progress and development of the eastern part of India”



# NUSI Seafarers Blood Donation



**NUSI Seafarers Blood Donation – All India Drive** was inaugurated by **Shri Mansukh Mandaviya, Hon'ble Minister of Health and Family Welfare** on the occasion of **Azadi Ka Amrut Mohatsav** under the Directorate General of Shipping to mark 75 years celebration of Indian Independence. More than 1031 seafarers of all ranks along with their families and general public participated between 14th to 19th August, 2021 – **RAKT DAAN – MAHA DAAN**

## NUSI continues the blood donation camp every year for the seafarers to mark **“Rakt Daan – Maha Daan”**

National Union of Seafarers of India (NUSI) and Mumbai Port Authority are pleased to announce the successful completion of their joint blood donation camp, held on 9th May, 2023 at the esteemed Indian Sailors Home Society (ISHS).

The blood donation camp witnessed a remarkable turnout, with seafarers and port authority staff and members coming together to contribute towards this noble cause. The collective efforts demonstrated the community’s commitment to seafarers' welfare and the overall well-being of the maritime industry.

The event, held between 10:00 a.m. to 01:00 p.m. proved to be an overwhelming success, with numerous donors generously giving their blood support to the ongoing need for a stable blood supply during medical emergencies. The Indian Sailors Home Society (ISHS), renowned for its exceptional facilities and services for seafarers, provided the perfect venue, ensuring a comfortable and convenient experience for all participants.

“We are delighted to witness the incredible response and active participation at the blood donation camp,” expressed by Shri Milind Kandalgaoonkar, General Secretary -cum- treasurer, NUSI. The event not only commemorated the 150 years of the Mumbai Port Authority but also showcased the unwavering solidarity and compassion within the seafaring community.

By organizing this blood donation camp, NUSI and the Mumbai Port Authority have demonstrated their dedication to the welfare of seafarers. Their collaborative efforts will not only save lives but also raised awareness about the vital role seafarers play in the maritime industry and the significance of their well-being.

The success of the blood donation camp would not have been possible without the support and cooperation of all participants, volunteers and organizers. NUSI and the Mumbai Port Authority extend their sincere gratitude to everyone involved in making this event a resounding success.



## **NUSI Founder Shri Mohamed Ebrahim Serang Day Celebrations: Honoring the legacy of a Great Leader Alongwith Hind Mazdoor Sabha (HMS) for the successful completion of 75 years.**



On 9th May, 2023, National Union of Seafarers of India (NUSI) and seafarers celebrated the NUSI Founder Shri Mohamed Ebrahim Serang Day to honor the legacy of the great leader along with Hind Mazdoor Sabha (HMS) for the successful completion of 75 years.

The event was presided over by NUSI President, Capt. Nand Hiranandani and was attended by several eminent personalities from the shipping fraternity along with the seafarers and their families.

The event began with a speech by Shri Abdul Rehman, the grandson of late Shri Mohamed Ebrahim Serang, who shared inspiring stories about his grandfather's life and legacy. This was followed by a speech by Shri Milind Kandalgaonkar, General Secretary –cum- Treasurer, NUSI who spoke about the various initiatives taken by the NUSI founder and NUSI team to support the welfare of seafarers and their families and to be the number one union on a pan-India level.





Shri Venu P. Nair, the General Secretary of the National Railway Mazdoor Sabha (NRMU C.R./K.R. Mumbai), the Guest of Honor shared his inspirational thoughts and the importance of unions and the role they play in protecting the rights of workers. Shri Nair won the hearts of the gathering with his fiery speech.

The Chief Guest for the event Shri Sanjay Vadhavkar, the General Secretary of the Hind Mazdoor Sabha Maharashtra Council – (HMS), delivered an insightful speech on the importance of seafarers in India's economy and how NUSI implements seafarers welfare schemes in society and act as a model for trade unions in India. He also appreciated the NUSI welfare initiatives for seafarers and their families.

Varuna Awardee Capt Rajesh Tandon also participated in the event and shared his experiences with the audience. Capt. Tushar Pradhan, General Secretary, Maritime Union of India (MUI), gave a speech on the challenges faced by seafarers and how NUSI and MUI are working towards improving their working conditions and protecting their rights.

During this event, NUSI also distributed welfare financial assistance to seafarers and their families.

The evening concluded with a vote of thanks by Shri Louis Gomes, NUSI Vice President followed by dinner, providing an opportunity for the guests to network and socialize.

The event was a fitting tribute to the great leader and it was heartening to see so many leaders from different organizations come together to celebrate the legacy of Shri Mohamed Ebrahim Serang the **"Father of Indian Seafarers Movement"**.



# NUSI Suraksha Kavach Awareness Camps in Diu and Mumbai: Empowering Seafarers with Life Insurance



## NUSI and LIC Collaborate to Secure Seafarers' Future and Provide Financial Protection

Diu Ghoghla, 25th May 2023 - The NUSI Suraksha Kavach awareness camp made its debut in Diu Ghoghla, where seafarers and their families were educated about the NUSI Suraksha Kavach LIC policy. The event was organized by the National Union of Seafarers of India (NUSI) to highlight the importance of life insurance for seafarers. The camp witnessed the presence of esteemed guests, including local village representatives and delegates from the Life Insurance Corporation of India (LIC).

Led by Mr. Suresh Premji Solanki, Organizing Secretary of NUSI, the camp aimed to raise awareness about the NUSI Suraksha Kavach life insurance policy among seafarers and their families. The event was graced by Mr. Shashikant Hadmat Bariya, Sarpanch of Samast General Kharwa Ghati, Ghoghla, and Mr. Maganbhai Gokul, Sarpanch of Kharwagnaty, Diu, representing the local community's support.



During the awareness camp in Diu, Mr. Hemal Rajput, NUSI Diu Branch Representative, warmly welcomed the seafarers and their families. He provided a brief overview of the NUSI Suraksha Kavach scheme, emphasizing its significance.

## **Khardanda, Mumbai, 21st June, 2023 -**

The second campaign took place on 21st June 2023 in Khardanda, Mumbai. Mr. Milind Kandalagaonkar, General Secretary-cum-Treasurer, Mr. Sunil Nair, Assistant General Secretary, Mr. Louis Gomes, Vice President, and Mr. Suresh Solanki, Organizing Secretary, spearheaded the event along with the NUSI team.

Notably, the Life Corporation of India (LIC) sent their representatives, Mr. Ramesh Bohra, Senior Business Associate, Mr. Ramesh Tripathi, LIC Advisor MDRT USA, and Mr. Manoj Kesharwani, LIC Advisor D M Club member, to collaborate and enlighten seafarers about the benefits of life insurance at Diu and Mumbai.

Mr. Ramesh Bohra from LIC shared comprehensive information about the LIC policy, encouraging seafarers to consider obtaining life insurance for the well-being of their families. He highlighted the various advantages of life insurance, emphasizing the financial security it offers.

Mr. Suresh P. Solanki, Organizing Secretary of NUSI, addressed the attendees, shedding light on various NUSI initiatives and emphasizing the benefits of the NUSI Suraksha Kavach scheme. He also discussed the challenges seafarers face in finding employment despite possessing exceptional skills and experience.

Shri Mohnish Padaya, Office Assistant at NUSI, explained the eligibility criteria and application process for the NUSI Suraksha Kavach policy. He highlighted the benefits that seafarers could avail once they obtained the policy.

The NUSI Suraksha Kavach awareness camps in Diu and Mumbai served as a platform to empower seafarers with knowledge about life insurance. The camp witnessed an impressive turnout, with more than 1100 seafarers and their families present.

By collaborating with LIC, NUSI aims to provide seafarers with financial security and peace of mind, ensuring that their families are protected in times of need.



## Seafarers of MT. Heroic Idun reunites with their families in India

After nine months of captivity in Nigeria, the seafarers of the VLCC Ship MT. Heroic Idun reached India today. The MT. Heroic Idun Marshall Islands flag tanker was arrested by Equatorial Guinea forces on allegations of crude oil theft. Subsequently, they were handed over to Nigerian authorities for further investigations into the matter.

NUSI and the Indian seafarers' petitioned to Hon'ble Prime Minister of India, Shri. Narendra Modi seeking justice for the seafarers of MT. Heroic Idun. NUSI also took up the matter with the Ministry of Shipping, Ministry of External Affairs and Maritime Administration. NUSI ensured that the plight of the Heroic Idun seafarers remained in the spotlight and received due attention.

NUSI alongwith seafarers also demonstrated at the Nigerian Consulate in India demanding release of the seafarers of MT. Heroic Idun. The issue was also discussed at the International Transport Workers Federation (ITF), International Maritime Organization (IMO), International Labour Organization (ILO) and Human Rights Commission to garner support and intervention at international level.

On 10th June, 16 Indian seafarers of MT. Heroic Idun reached India. Team NUSI and families of the seafarers welcomed and received them at the airports in Mumbai, Delhi, Chennai, Kolkata & Cochin respectively.

After a long ordeal the seafarers of MT. Heroic Idun has finally reunited with their families. As the seafarers embraced their new found freedom, they were determined to move forward with their lives, cherishing their loved ones and resuming their seafaring careers with renewed vigor and a deep appreciation for justice and compassion.



## Cyclone "Biparjoy" brings destruction and devastation NUSI responds with immediate financial support to all ranks of seafarers

**NUSI Valsad Branch visited Kosamba, Diva Dandi, Umarsadi, Kolak and Magod Dungri to survey the effect of the Biparjoy cyclone.**

As we all are aware that the cyclone "Biparjoy" has brought in disaster and disrupted normal life and brought various part of our country to a standstill. The cyclone "Biparjoy" has affected thousands of our citizens. National Union of Seafarers of India (NUSI) is deeply concerned for the wellbeing of our fellow citizens. NUSI team is supporting the local administration in providing relief.

National Union of Seafarers of India (NUSI) is also concerned particularly of all ranks of our seafarers and their families and giving all possible assistance through NUSI Branch Offices. NUSI is announcing immediate financial support to all ranks of seafarers or their families who have been directly affected by the cyclone "Biparjoy".

Any rank of affected seafarer, retired or serving can get in touch with NUSI. If the seafarer is onboard the ship, the affected family members can also get in touch with NUSI. Please contact NUSI through email [nusi@nusi.org.in](mailto:nusi@nusi.org.in) by giving all relevant particulars and contact details including mobile numbers. NUSI Team will contact you for further processing. Immediate relief will be provided to individual seafarers or their families as per guidelines.

We hope and pray that normal life resumes at the earliest.





## PLACEMENT AGENCIES EXPLOIT JOB SEEKING SEAFARERS

The research study by the Institute for Human Rights & Business (IHRB) and sustainable shipping Initiative (SSI) finds that for a majority of seafarers, the violation of their rights and welfare begins at the recruitment office where at least two-thirds are forced to pay recruitment fees to secure a job because of a higher rate of unemployment and often being ignored by shipping industries.

To minimize the risk of forced labour among seafarers, the shipping industry, authority and Unions must work collectively to tackle this burning issue of illegal recruitment fees being charged to seafarers and seek their own recruitment.

Apart from greater awareness of the illegality of recruitment fees, there is a need of an effective mechanism to penalize offending Agents & for a remedy for seafarers who have paid illegal recruitment fees, Seafarers also need to know how & where to report such practices.

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### Farewell to Mr. Sandeep Malankar, Director Chellaram Shipping Pvt. Ltd

Congratulations to Mr. Sandeep Malankar, Director on his retirement after 20 years of dedicated service to Chellaram Shipping Private limited, Mumbai. It is a significant milestone, and he deserves recognition for his valuable contribution to the company and the shipping industry. We are all proud of his accomplishments.

Mr. Milind Kandalgaoonkar, General Secretary-cum-Treasurer National Union of Seafarers of India and his team honored him with a bouquet of flowers and extended his warm congratulations.

Retirement marks the beginning of a new chapter in Captain Sandeep Malankar's life, and we hope that he enjoys a healthy and active retirement. May this new phase be filled with joy, relaxation, and the pursuit of personal interests and hobbies.



Once again, congratulations to Captain Sandeep Malankar on his retirement, and we wish him all the best for the future!

# Highlights in Shipping Industry

## **Shri Shyam Jagannathan, IAS appointed as DGS**

Shri Shyam Jagannathan, IAS, Development Commissioner, Santa Cruz Exclusive Export Processing Zone, Special Economic Zone, Mumbai, Department of Commerce, Ministry of Commerce and Industry appointed as Director General (Shipping), Ministry of Ports, Shipping and Waterways in the rank and pay of Additional Secretary to the Government of India.



## **Shri T.K. Ramachandran,**

## **IAS appointed as Secretary, Ministry of Shipping**

Shri T.K. Ramachandran, IAS, Chairman, V.O. Chidambaranar Port Trust, Tuticorin, Ministry of Ports, Shipping and Waterways appointed as Secretary, Ministry of Ports, Shipping and Waterways vice Shri Sudhash Pant, IAS upon his appointment as Officer on

Special Duty Department of Health and Family Welfare.

## **Shri Sudhansh Pant, IAS appointed OSD, Ministry of Health**

Shri Sudhansh Pant, IAS, Secretary, Ministry of Ports, Shipping and Waterways appointed as Officer on Special Duty (OSD), Department of Health and Family Welfare, Ministry of Health and Family Welfare in the rank and pay of Secretary to the Government of India.

The officer will take over as Secretary, Department of Health and Family Welfare, Ministry of Health and Family Welfare from vice Shri Rajesh Bhushan, IAS (BH:87) upon his superannuation on 31st July, 2023.





## **Seamens Provident Fund Organisation Office, Mumbai awarded with Rajbhasha Shield**

Office of the Commissioner, Seamens Provident Fund, Mumbai, Ministry of Port, Shipping and Waterways has been awarded the Official Language Shield and Citation by the chairman, NAGAR RAJBHASHA KARYANVAYAN SAMITI (Town Official Language Implementation Committee) of Central Government Offices, Mumbai, for doing excellent work in Official Language during the year 2022-23.

**Shri Surendra Kumar, Commissioner** Seamens Provident Fund Organisation, Mumbai receiving the Shield from the Chairman, Town Official Language Implementation Committee, Mumbai.

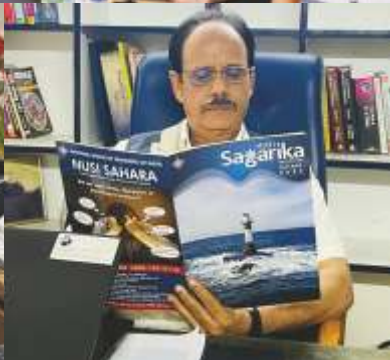
## **Education Grant for Academic Year 2023 & 2024**

The Yearly Education grant for the Academic Year 2023-2024 is been started from 1st June, 2023 at NUSI Head Office, Mumbai. National Union of Seafarers of India (NUSI) and NMB Rehabilitation and Welfare Trust for Seamen (NMBRWT) has a scheme for giving educational grant for children of serving seafarers as per guidelines of the Trust from Jr. Kg. Up to 12th Standard.

## **Appreciation of Sagarika Magazine by National and International Shipping Fraternity**



**NUSI Sagarika a quarterly Edition by National Union of Seafarers of India for seafarers and their families was appreciated by the International Transport Workers Federation (ITF), London and INSA, MASSA, FOSMA and ICCSA.**



**Wellbeing Workshop and Medical Camp for Women family members of seafarers was organized at NUSI Resort, Lonavala on 27th and 28th May, 2023.**



**Motivation Class at NUSI Kasargod Branch in association with NUSI Youth Committee was held on 9th May, 2023**

**Atal Bihari Vajpayee Memorial Cricket Tournament 2023 was organized by NUSI Port Blair Branch for the Seafarers.**





**Cricket Tournament 2023 was organized by NUSI Tuticorin, Tamilnadu Branch for the seafarers.**



▶ **NUSI Computer Training for the benefit of seafarers and their families at Diu have completed the 17th batch successfully.**



▼ **Team NUSI attended the MMSI ship management seminar on 14th June, 2023 and briefed about the various welfare initiatives for the benefit of seafarers and their families**



▲ **Under the banner of NUSI Sankalp – PEDH LAGAO – PANI BACHO initiative NUSI Youth Committee planted saplings at Bekal, Kasaragod, Kerala and Vasai Mumbai.**



# NUSI holds Grand Celebrations on International Yoga Day on 21st June, 2023



◀ International Yoga Day at Indian Sailors Home Society (ISHS)

▶ International Yoga Day along with NUSI Diu Youth Committee members, seafarers and their families at Ghoghla beach



▶ A disability compensation of USD 108,012 was handed over to Mr. Mithilesh Kumar Ray in the presence of his wife and Mr. SK. Golam Sobhan, NUSI Kolkata Branch Representative on 20th June, 2023 by Capt. Nilesh J. Jethwa, Deputy General Manager of Elegant Marine Service Pvt. Ltd of Kolkata.



## Welfare and Training initiatives for seafarers and family

There are many welfare benefits for seafarers and their family members under the initiatives of National Union of Seafarers of India (NUSI), the offices of the Seamen's Provident Fund (SPF) and Seafarers Welfare Fund Society (SWFS). **All benefits are strictly as per guidelines of applicable schemes respectively.** Thousands of our seafarers have benefitted over the years. But some of our seafarers are not even aware of the welfare initiatives. NUSI wants all our seafarers to be aware so that they can get the benefits as per eligibility. You can also send an email to [nusi@nusi.org.in](mailto:nusi@nusi.org.in) or visit our Website: [www.nusi.org.in](http://www.nusi.org.in) or [NUSI Union App](#): for any further guidance in these matters.

### Initiatives of National Union of Seafarers of India (NUSI)

For decades, NUSI has negotiated secure terms and conditions on Indian and foreign flagships. NUSI members serving on merchant ships and cruise ships can take the benefit for themselves or their family members which is at the same level for serving, retired or deceased seafarers.

1. "NUSI SAKSHAM" – Skill Enhancement initiatives for seafarer for better career prospects. Send an email to [nusisaksham@gmail.com](mailto:nusisaksham@gmail.com)
2. "NUSI SURAKSHA KAVACH" Life Insurance for seafarers
3. "NUSI SAMVAD" Free Wi-Fi for seafarers in hostel
4. "NUSI SUBSIDY SCHEME" Food Subsidy in hostel
5. "NUSI SHIKSHA ABHIYAN" Education Grant for children of seafarers
6. "NUSI SCHOLAR" Financial assistance for scoring highest marks in SSC
7. "NUSI SCHOLARSHIP" Higher studies grant for children of seafarers after graduation
8. "NUSI STRI SIKHSHA ABHIYAN" Education Grant for wives of seafarers
9. "NUSI SEEKHO – PARDES" Financial Support to children of seafarers for studies abroad
10. "NUSI SUVIDYA" Financial Support for professional courses
11. "NUSI SWAASTH SAHYOG" Financial Assistance in medical cases for seafarers and their families
12. "NUSI SUKHADALAY" Recreational Holiday Home
13. "NUSI SILAI CLASSES" Sewing Classes for family members of seafarers
14. "NUSI SAHARA" Free wellbeing counselling helpline for **all ranks** of seafarers and their families TollFree Number - **1800-102-5110** or Whats app Number – **98339 91880**
15. "NUSI SENIOR SEAFARERS" Home for destitute Senior Seafarers
16. "NUSI SAHELI SWAYAM ROZGAR YOJANA" – Self-help for women in family of seafarers
17. "NUSI SALAAH" - Professional Career Counselling for children and women family members of **all ranks** of seafarers. Send email to [nusi.salaah@gmail.com](mailto:nusi.salaah@gmail.com)
18. "NUSI SKILLS SUPPORT" - Financial assistance to NUSI members for STCW and skill courses. NUSI Skills Support link: <https://forms.gle/Bpm7x3cZ7efa7Ete9> before **30<sup>th</sup> June, 2024**
19. "MARITIME ENGLISH MADE EASY (MEME)" - A self paced online learning program
20. All NUSI agreements on Indian and foreign flag vessels have social benefits

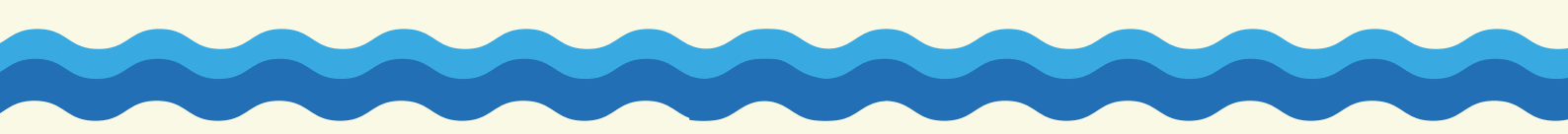
**NUSI Union App: Visit Google play store** and type NUSI union app

**NUSI Facebook:** <https://www.facebook.com/nusiindia/>

**NUSI Youtube Channel:** <https://www.youtube.com/c/NationalUnionofSeafarersofIndia>

**Twitter:** National Union of Seafarers of India ([@NUSIUnion](https://twitter.com/NUSIUnion))

**Instagram:** [Nusi\\_ho](https://www.instagram.com/Nusi_ho)



## Contact Information

NUSI HO Office +91-22-4345 8316 / 2261 8368 / 2261 8369

Email Id: [nusi@nusi.org.in](mailto:nusi@nusi.org.in)

Website: [www.nusi.org.in](http://www.nusi.org.in)

Address: NUSI Bhavan, 4, Goa Street, Ballard Estate, Mumbai – 400 001

NUSI Online Membership Payment: <https://memebership.nusi.org.in>

NUSI Mobile App: Visit Google playstore and search for NUSI UNION App

Facebook Page Link: <https://www.facebook.com/nusiindia/>

Youtube Channel link: <https://www.youtube.com/c/NationalUnionofSeafarersofIndia>

Twitter: [@NUSIUnion](https://twitter.com/NUSIUnion)

Instagram: [nusi\\_ho](https://www.instagram.com/nusi_ho)

### NUSI SAHARA

24/7 free of cost Psychological Counselling Helpline telephone service. All ranks of seafarers and their families can call and talk one-to-one or chat to a professional counselor on 1800-102-5110. There is a great benefit for our seafarers and their families who use this counselling facility.

How to get in touch with "NUSI Sahara". It is totally free.

"Tension Na Lo –Call Karo You are not alone–Call Us"

1. For seafarers and their families in India

Call on 1800-102-5110 (toll free- no charge) and talk to the Counsellor

NUSI Sahara Whatsapp number +91-98339 91880

2. For seafarers on board outside India

Step 1 Download 'Skype' (an internet software application used for communication available on Google play)

Step 2 Open Skype and search for "NUSI Sahara Seafarers" (see NUSI logo)

Step 3 Call when Wi-Fi is available and speak to the Counsellor

Step 4 You can also chat with the Counsellor- Be stress free. You deserve it.





# NUSI Branch Office Contact Details

## ALANG

JahajBhanjan, Mazdoor Bhavan, Opp. Plot No.19,  
Alang Ship Recycling Industry,  
Tal : Talaja, Dist : Bhavnagar,  
Gujarat – 364081  
Contact Person Name:  
Mr. Ravinder Kumar (Branch Representative)  
Phone: 02842-235035  
Mobile: +91 756 703 9544  
Email Id:[alangnusi@gmail.com](mailto:alangnusi@gmail.com)

## Andaman & Nicobar Island

J.N. Road, Opp. Hotel Andaman Residency,  
Goalghar. Port Blair,  
AN Island - 744 102  
Contact Person Name:  
Mr. Dharvinder Ram (Branch Representative)  
Phone: 03192-230373  
Mobile: +91 956 440 9074  
Email Id: [nusi.portblair@gmail.com](mailto:nusi.portblair@gmail.com)

## Andhra Pradesh

DharmasaktiBhavan,  
26-15-204, Main Road, Visakhapatnam,  
Andhra Pradesh - 530 001.  
Contact Person Name:  
Mr. Trilok Kumar (Branch Representative)  
Mobile: +91 903 025 0090  
Email Id: [nusi.portblair@gmail.com](mailto:nusi.portblair@gmail.com)

## Goa

NUSI Office Complex,  
River Sal Estate, Pulvaddo,  
Po BenaulimSalcette, Goa - 403 716.  
Contact Person Name:  
Mr. F. X. Rodrigues (Branch Representative)  
Phone: +91 832 271 5638  
Mobile: +91 992 126 5853  
Email Id: [goanusi@gmail.com](mailto:goanusi@gmail.com)

## Diu

Shop No.6, Moti Sagar Bhavan,  
Near Ram Mandir, Ghoghla, Diu - 362 540.  
Contact Person Name:  
Mr. Hemal J. Rajput (Branch Representative)  
Phone: +91 287 525 3569  
Mobile: +91 990 414 5406  
Email Id: [diunusi@gmail.com](mailto:diunusi@gmail.com)

## Cochin

No..C.C. 16/923, First Floor, Indira Junction,  
Thoppumpady, Cochin - 682 005.  
Contact Person Name:  
Mr. G. Vinay Pai (Branch Representative)  
Phone: +91 484 2227095  
Mobile: +91 854 743 6654  
Email Id: [kochinusi@gmail.com](mailto:kochinusi@gmail.com)

## Kasaragod

Life Tower Building, Bekal - Kotakkunnu Road,  
Post - Bekal Fort, Kasaragod Dist.  
Kerala - 671 316.  
Contact Person Name:  
Ms. Prajitha Sukumaran (Branch Representative)  
Phone: +91 4672-082129  
Mobile: +91 808 967 3188  
Email Id: [kasaragodnusi@gmail.com](mailto:kasaragodnusi@gmail.com)

## Kolkata

38, Dr. Suresh Sarkar Road,  
Po. Entally, Kolkata, West Bengal 700 014.  
Contact Person Name:  
Mr. S K Golam S. (Branch Representative)  
Mobile: +91 900 769 2234  
Email Id: [kolkatanusi@gmail.com](mailto:kolkatanusi@gmail.com)

## Lakshadweep

Building No.C.3.9 (A) E.1. 216.  
Near Paradise Hut Lagoon Road,  
PO. Kavratti Island,  
U.T of Lakshadweep – 682555  
Contact Person Name:  
Mr. Domthakur Keruge (Branch Representative)  
Phone: +91 489 6262123  
Mobile: +91 949 507 8115  
Email Id: [kavrattinusi@gmail.com](mailto:kavrattinusi@gmail.com)

## Maharashtra

Plot No.39, S.NO. 117, Sathesankul,  
Near T.V. Tower, Opp.S.T. Stand, At Chiplun,  
Dist Ratnagiri, Maharashtra - 415 605  
Contact Person Name:  
Mr. Mubarak Juwale (Branch Representative)  
Phone: +91 2355 250080  
Mobile: +91 989 085 3427  
Email Id: [chiplunusi@gmail.com](mailto:chiplunusi@gmail.com)

### **Maharashtra**

House No. 577/A,  
At & Po. Nhava, Tal - Panvel, Dist - Raigad  
Maharashtra-410 206  
Contact Person Name:  
Mr. Hanuman S. Bhoir (Branch Representative)  
Phone: +91 22 2721 2553  
Email Id: [nhavanusi@gmail.com](mailto:nhavanusi@gmail.com)

### **New Delhi**

12, PushpVihar, Sector 6,  
Opp. Family Court,  
New Delhi – 110017  
Contact Person Name:  
Mr. Prakash Thakur (Branch Representative)  
Mobile: +91 976 915 9425  
Email Id: [nhavanusi@gmail.com](mailto:nhavanusi@gmail.com)

### **Orissa**

Qtr. No. M-B/202, Madhuban, Dist. Jagatsinghpur,  
Paradip Port Orissa - 754 142.  
Contact Person Name:  
Mr. Jatikanta Behra (Branch Representative)  
Mobile: +91 943 700 2600  
Email Id: [orissanusi@gmail.com](mailto:orissanusi@gmail.com)

### **Tamil Nadu**

#### **Chennai**

74/12, Flag Staff St.,  
Opp. Princess Palace Marriage Hall,  
Royapuram, Chennai - 600 013  
Contact Person Name:  
Mr. S. Kalaikovan (Branch Representative)  
Phone: +91 461 232 2722  
Mobile: +91 994 438 3726  
Email Id: [chennainusi@gmail.com](mailto:chennainusi@gmail.com)

#### **Tuticorin**

315-A/3, South Cotton Road,  
Opp. To Lasalle School,  
Tuticorin- 628001.  
Contact Person Name:  
Mr. Jude Dasan (Branch Representative)  
Phone: +91 461 232 2722  
Mobile: +91 994 438 3726  
Email Id: [tuticorinnusi@gmail.com](mailto:tuticorinnusi@gmail.com)

### **Valsad**

VASTU NIRMAN, City Survey No. 3945,  
T.P. No. 2, Final Plot No. 442,  
Tithal Road, Valsad - 396 001.  
Contact Person Name:  
Mr. Mohd. Yakub Juma (Branch Representative)  
Phone: +91 026 322 42421  
Mobile: +91 932 740 4366  
Email Id: [mescvalsad@gmail.com](mailto:mescvalsad@gmail.com)

### **Vasai**

Shop No. 6, Ground floor,  
Shree Lawrence Co-Op housing society Ltd.  
Opposite Galaxy Villa apartment,  
Bhabola - Chulne Road,  
Near St. Thomas Syrian Church.  
Suyog Nagar, Vasai West.  
Dist. Palghar, 401202.  
Contact Person Name:  
Mr. Rony D'Cunha (Branch Representative)  
Mobile: +91 967 375 8093  
Email Id: [vasainusi@gmail.com](mailto:vasainusi@gmail.com)

### **Varanasi**

S-5/149. A-2. KH-2. Aktha Bela Road,  
J D Nagar Colony phase – 2,  
Pahariya, Opposite JankiVatika,  
Varanasi – 221 007  
Contact Person Name:  
Mr. Mahendra Nath  
Mobile – +91 887 996 4113

### **Mangalore**

1st Floor, JMJ Building,  
Near Balaji Medical Centre,  
Kuloor-Kavoor Road,  
Opp. Panjimogaru Bus Stop,  
Mangalore - 575 013.  
Contact Person Name:  
Ms. Deepa Shetty (Branch Representative)  
Mobile: +91 8762 401 242

### **Kavaratti**

Sasuhk Complex,  
Lenu Magu, Po. Minicoy Island,  
Bada Village, U.T. of Lakshadweep – 682 559  
Contact Person Name:  
Mr. Hassan Manikfan Dathifanunge  
(branch Representative)  
Phone: 04892 – 222016  
Mobile: +91 944 725 2617  
Email: [minicoynusi@gmail.com](mailto:minicoynusi@gmail.com)



NUSI Training Initiatives  
**NUSI OFFSHORE TRAINING INSTITUTE,**  
PANVEL  
**MOHAMED EBRAHIM SERANG CENTRE,**  
VALSAD



State of the Art, Marine & Offshore training facility.

Skill Enhancement Training (including online training during the pandemic) for all Rating at zero cost under the NUSI SAKSHAM Scheme. For bookings Contact us at: [nusisaksham@outlook.com](mailto:nusisaksham@outlook.com)

All DP and Offshore courses are conducted on DNV certified 'Class A' Simulators including the 360 degree full mission and OSV bridge Simulator. For bookings contact us at: [notibooking@isfgroup.in](mailto:notibooking@isfgroup.in)



For all the queries by phone call us on:  
+91 22 4295 1727 / 4295 1728

QR Code for NOTI course Schedule  
<http://noti.nusiitf.in/>





# New Training Initiatives for Seafarers

by National Union of Seafarers of India

## Overview of Current Skill Development Courses

S.N.	Course Title	Course Details	Offered At
1	Pump man's Skill Enhancement Training	A comprehensive Course covering the entire spectrum of a Pump Man's role onboard tankers and associated skills, including the various workshop skills. ✓ 10 days/70 hours.	NUSI Offshore Training Institute (NOTI)
2	Deck Ratings Skills Training	A comprehensive Course covering the entire spectrum of a Deck Rating's role onboard ships and associated skills, including various deck skills, steering, crane operations, painting, carpentry, safety and environment protection, etc. ✓ 5.5 days/38 hours.	NUSI Offshore Training Institute (NOTI) and Mohamed Ebrahim Serang Centre (MESC)
3	Engine Ratings Skills Training	A comprehensive Course covering the entire spectrum of an Engine Rating's role onboard ships and associated skills, including the various engine room activities, safety, environment protection, workshop skills like welding and lathe operations. ✓ 5.5 days/38 hours.	NUSI Offshore Training Institute (NOTI) and Mohamed Ebrahim Serang Centre (MESC)
4	Lathe and Welding Skills Training	A focused practical program meant for enhancement of a Fitter's skills in welding, gas cutting, lathe operations, etc. ✓ 6 days/42 hours.	NUSI Offshore Training Institute (NOTI), Mohamed Ebrahim Serang Centre (MESC).
5	Ratings Skill Enhancement Program	A comprehensive program for upskilling a newly trained GP rating to make him ready for performance on board ships. ✓ 6 Weeks/42 days	NUSI Offshore Training Institute (NOTI)

*At NUSI, we constantly endeavour to provide Quality Training, that meet the industry needs. We can Customize Training courses to meet your specific needs!*

### **For Booking of Courses, please contact:**

- For NUSI Saksham Zero Cost Courses: [nusisaksham@outlook.com](mailto:nusisaksham@outlook.com)
- For Other Courses: [notibooking@isfgroup.in](mailto:notibooking@isfgroup.in) or visit [www.noti.nusiitf.in](http://www.noti.nusiitf.in)  
Tel 022 42951727

### **NUSI-ITF Trust for Indian Seafarers**

'Samudraseema', 5th Floor, Plot No. 329, TPS III,  
Dr Ambedkar Road, Bandra (West), Mumbai - 400 050.  
Phone: 91-22- 26006147 / 26006342.

## "NUSI Skills Support"- financial assistance to NUSI members

We are pleased to announce the continuation of the "NUSI Skills Support" financial assistance program, aimed at providing support to our valued NUSI members who are eager to enhance their skills and knowledge in the service industry.

At NUSI, we recognize the importance of continuous learning and professional development in today's rapidly evolving job market. We understand that financial constraints can often hinder individuals from accessing the necessary training and skill development opportunities required to further their careers.

The "NUSI Skills Support" program aims to bridge this gap by offering financial assistance to eligible NUSI members who demonstrate a genuine need for support in pursuing relevant training programs or courses.

This financial assistance, as per guidelines, will be provided to NUSI members if they have themselves paid course fees to do STCW or Skill enhancement courses. This welfare initiative is open to NUSI members as below:-

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1) Seafarer should be an up-to-date NUSI member for a minimum last three years.

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2) NUSI will decide the amount of financial assistance as per NUSI guidelines.

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3) Training courses should be between the period of **1st January, 2023** till **31st March, 2024**.

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4) NUSI members who wish to avail "NUSI Skills Support" should apply on the below link <https://forms.gle/BA9SNrtbQY2fPKjp6> or scan the QR code before 30th June, 2024.

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5) Proof of course fees receipt should be uploaded.

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6) Proof of completion of the course should be uploaded.

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7) Only savings bank account details will be accepted (NRE/NRO account will automatically cancel the application).

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8) For any inquiries or further information regarding the "NUSI Skills Support" financial assistance program, send an email only to [nusi.skills@gmail.com](mailto:nusi.skills@gmail.com)

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We wish you all the best in your pursuit of knowledge and skills enhancement.



## "NUSI Sahara" Psychological Counselling for seafarers and their families for a stress-free life.

"NUSI Sahara" is a psychological counselling helpline specifically designed to support seafarers and their families in maintaining a stress-free life. Seafaring can be a demanding and challenging profession that often involves extended periods away from home, isolation, and exposure to various stressors. The toll this takes on seafarers' mental health and well-being can also affect their families.

The purpose of "NUSI Sahara" is to provide a dedicated platform where seafarers and their families can seek professional psychological support, guidance, and counselling. The physical and toll-free helpline is staffed by trained counsellors or psychologists who specialize in understanding the unique challenges faced by seafarers and their families.

**Emotional Support:** Seafarers and their families can discuss their concerns, fears, and emotional difficulties with the counsellors who can provide a listening ear and offer empathy and understanding.

**Stress Management:** The helpline can assist seafarers in developing effective coping mechanisms and stress management strategies to deal with the challenges of their profession. They may provide guidance on relaxation techniques, mindfulness, and other stress reduction methods.

**Family Support:** "NUSI Sahara" recognizes that the families of seafarers also face unique challenges and may experience emotional distress during their loved ones' absence. Counsellors can help family members navigate these challenges and provide support to maintain healthy family relationships.

**Crisis Intervention:** In situations where seafarers or their families are in immediate crisis or distress, "NUSI Sahara" can provide timely assistance and help connect them with appropriate resources or services.

If necessary, the counsellor can refer seafarers or their families to specialized health professionals or other support services, ensuring they receive the most appropriate and comprehensive care.

The aim of "NUSI Sahara" is to promote mental well-being among seafarers and their families, alleviate stress, and contribute to a healthier and happier seafaring community. It serves as a vital resource for seafarers who may feel isolated or overwhelmed by the unique challenges of their profession.





## Are you under stress, depression or psychological pressure?

Call 1800-102-5110  
**NUSI SAHARA**  
(a psychological helpline to assist seafarers and their families)

How to get in touch with "NUSI SAHARA". It is totally free.

1) For seafarers and their families in India call on 1800-102-5110  
( toll free - no charge) and talk to the Counsellor

2) For seafarers onboard outside India

Step 1. Download 'Skype' (an internet software application used  
for communication available on Google play)

Step 2. Open skype and search for "NUSI Sahara Seafarers" (see NUSI Logo)

Step 3. Call when Wi-Fi is available and speak to the Counsellor

Step 4. You can also chat with the counsellor on Whatsapp 98339 91880

**Tension Na Lo, Call Karo. You are not alone, NUSI Sahara is with you.**



**NATIONAL UNION OF SEAFARERS OF INDIA**

# NUSI SURAKSHA KAVACH

for your family



Fatigue

Unsecured family life

Financial problems

Health issues

Family issues

Onboard work pressure



**NUSI**

**Rs. 25 lakhs**  
**Rs. 50 lakhs**  
**Insurance**



**My family is secure after me,  
NUSI SURAKSHA KAVACH is the key.**

Register through the following link <https://forms.gle/PIVrWwWoj2Lg7XHW9>

