



MARCH 2026

GANGWAY

A Campbell Shipping Initiative



**Consistency is the silent force behind
every successful voyage**

WWW.CSSHIP.COM

PC - DUSHYANT KUMAR SINGH

MARCH 2026

GANGWAY

True strength lies in doing the right things consistently, even when no one is watching. As we continue our journey, let us remain committed to safety, accountability, and teamwork because it is our collective consistency that defines who we are and drives us toward a future of sustained excellence.



CEO'S NOTE: BUILDING CONSISTENCY 01

A message of vision and direction, highlighting the power of consistency in driving safety, reliability, and excellence across our operations.

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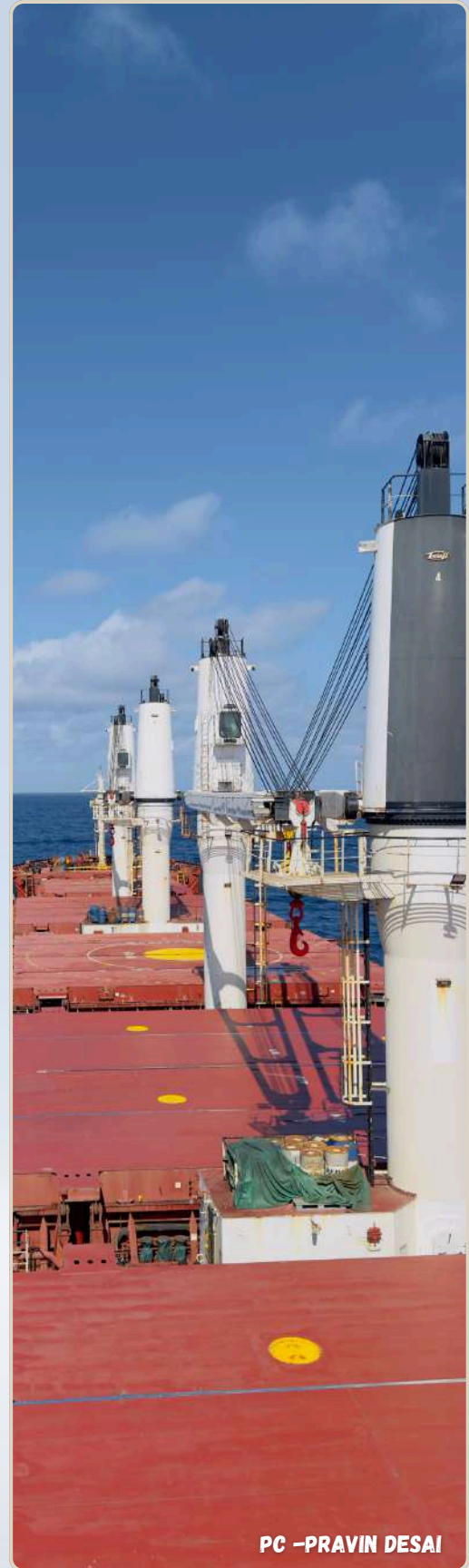
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PC -PRAVIN DESAI



PC -DUSHYANT KUMAR SINGH



Capt. Rajesh J. Dhadwal

CEO | Managing Director

From the CEO's Desk: BUILDING CONSISTENCY

As we look forward to moving ahead, our focus as a team is clear: **Building Purposeful Consistency.**

In our industry, we often celebrate the "heroic" moments—navigating a difficult storm or managing a complex port call under pressure. But the true backbone of a world-class shipping operation isn't found in one-off feats of excellence; it is found in the quiet, disciplined execution of our daily routines. These consistent daily routines/drills form a strong backbone of resilience and thus prepare us for the eventualities and challenges thrown in the shipping industry.

Consistency is our greatest safety mechanism. When we follow the same high standards for maintenance, bridge procedures, and engine ro

engine room checks—regardless of which vessel we are on or who is on watch—we eliminate the "grey areas" where risks live. It means that whether a ship is in the Atlantic or the Pacific, in port or anchorage, the quality of our performance remains identical.

Building this culture isn't just about following manuals. It's about:

- **Reliability:** Being the partner that TEAM can trust without question.
- **Pride:** Taking ownership of the small details and ensuring nothing goes wrong "under my watch."

Our goal is simple: to make excellence a habit, not an act. By tightening our focus on consistent operations, we build the stability we need to navigate the innovations of tomorrow.

Where "Purposeful Consistency lacks - Complacency breeds". We know that complacency will always come back to BITE us.

Thank you for your dedication to the standard. Stay safe, and keep looking out for one another.



Warren Armbrister

Assitant Manager - HSEQ

and safety ingrained in me, but stepping into the maritime industry, especially at an operational level, was something entirely new.

What excited me most was the promise of building something, being part of a journey that was just beginning.

The Early Days: Building from Scratch

When I joined Campbell in 2009, it was still in its early stages. I started part-time while completing 25 years with the Royal Bahamas Defence Force, eventually transitioning full-time in January.

At that time, the company was just preparing to take over its first few vessels. There was no structured operations or HSEQ department yet, just a consultant managing operations. My initial role involved compiling vessel data and inputting reports into the NS5 system, which itself was still being set up.

We were quite literally building systems from the ground up.

Consistency isn't just about doing things repeatedly; it's about evolving, improving, and staying prepared every single day.

From Foundations to Frontlines: A Journey of Consistency and Growth

I still remember the very first day I walked into Campbell. It wasn't just the opportunity that stood out; it was the atmosphere, the people, and the vision they shared. Coming from a military background, I had discipline

One of the earliest challenges we faced was with the Safety Management System (SMS). Initially, it was one large, impractical document. After conducting our first internal audits, we realised it wasn't efficient for onboarding users.

So, we restructured it, breaking it down into five practical modules:

- HSEQ
- Engineering
- Vessel Operations
- Organisational Management
- Emergency Procedures

This made it far more accessible and functional for the crew on board. That was one of our first major steps toward operational efficiency.

Taking Ownership: Expanding Responsibilities

In 2011, I took on the role of Company Security Officer (CSO), alongside my responsibilities as Assistant DPA. This was a defining phase in my career.

One of the most significant challenges during this time was the introduction of armed guards onboard vessels during high-risk area transits, something completely new, not just for us, but for much of the industry.



A Defining Moment: High-Risk Area Operations

There were no clear guidelines at the time. Policies were still evolving, and the industry itself was uncertain.

We had to:

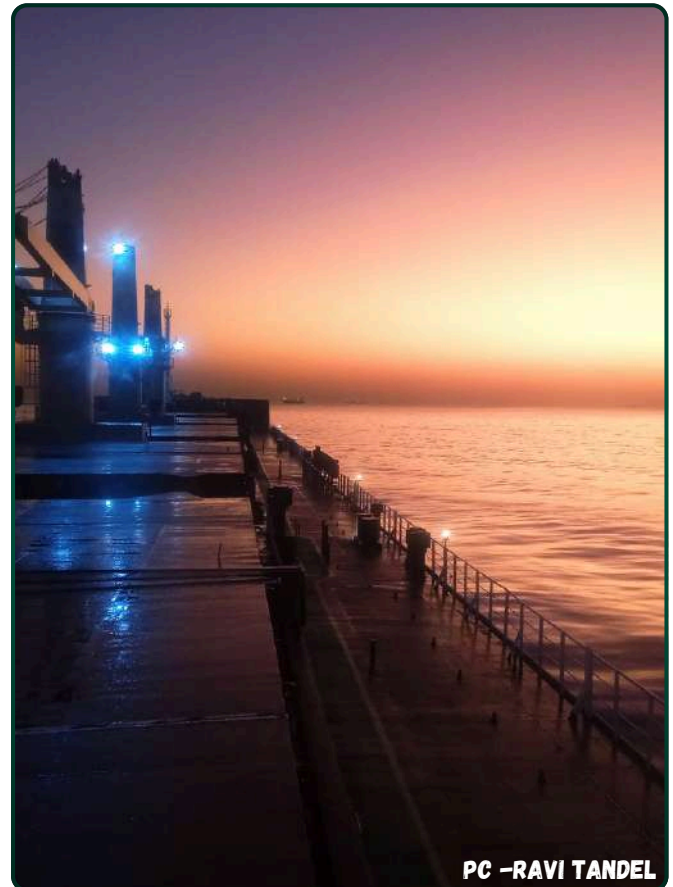
- Study emerging IMO recommendations
- Collaborate with P&I clubs
- Develop our own security frameworks
- Train and reassure crew members

To make this effective, we created video-based training using real onboard footage, demonstrating:

- Installation of razor wires
- Use of citadels
- Security drills and preparedness

This training became a turning point. It not only built confidence among crew members but also earned recognition at an international level.

What started as a challenge soon became a standard practice, with crew members feeling safe, prepared, and supported, even in high-risk zones.



Growing with the Organisation

As Campbell expanded, so did our responsibilities. From a small team, HSEQ evolved into a fully developed department with dedicated personnel, training superintendents, and technical support.

Working closely with leadership, we:

- Conducted vessel audits worldwide
- Developed and implemented new policies
- Strengthened safety and compliance frameworks
- Built a proactive safety culture

Communication played a huge role in this journey. With teams spread globally, we adapted quickly, using tools like real-time messaging alongside formal reporting to ensure faster decision-making and support.

Adapting to Change: Technology & Innovation

Over the years, one of the most remarkable transformations has been in technology adoption.

We moved from:

- Paper-based systems
- Manual reporting
- Delayed communication

To:

- Fully electronic systems
- Cloud-based data management
- Real-time communication and reporting

This shift not only improved efficiency but also reduced workload onboard, allowing crew members to focus more on operations and safety.

Campbell has always stayed ahead, embracing new technologies and continuously improving systems to support both ship and shore teams.

Training & Development: Investing in People

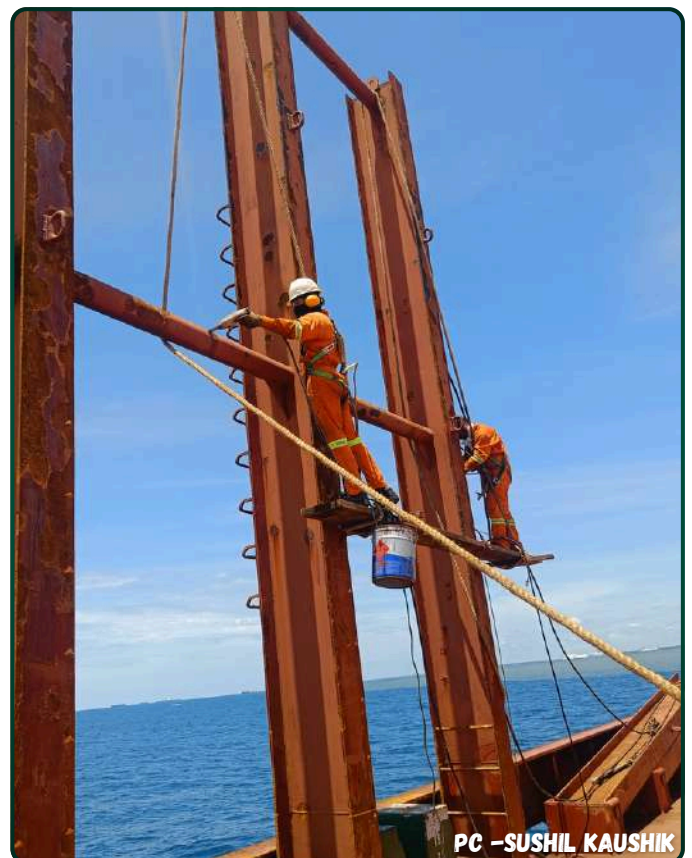
One of the aspects I am most proud of is how the company has evolved in terms of training and development.

I recall a cadet who returned after her contract with over 50 completed training certifications in just nine months on board.

That moment stood out to me.

It showed that training is no longer limited to classrooms; it's integrated into everyday operations. Seafarers now have the opportunity to learn, grow, and upgrade their skills continuously, even while sailing.

This is the kind of progress that builds not just careers, but confidence and competence across the fleet.



Driving Cultural Change

As the industry evolved, so did our approach to people and workplace culture.

We introduced policies addressing:

- Harassment and bullying
- Crew welfare and support systems
- Open communication channels

These were not just compliance measures; they were necessary steps toward building a respectful and inclusive environment on board.

We ensured:

- Accessible reporting channels
- Support systems for all crew members
- A culture where concerns could be raised without hesitation

This proactive mindset has been key to maintaining a healthy and safe working environment.



Global Exposure & Personal Growth

One of the most rewarding parts of my journey has been the exposure.

Through Campbell, I've had opportunities to:

- Visit the International Maritime Organization (IMO)
- Attend sessions and gain insights into global maritime regulations
- Experience institutions like Lloyd's of London
- Understand the inner workings of maritime insurance and governance

These experiences are rare, and they've played a huge role in shaping my perspective and professional growth.

What Kept Me Going: The Power of Consistency

Looking back over 16 years, what stands out is not just the milestones but the consistency behind them.

Consistency in:

- Building systems
- Improving processes
- Supporting teams
- Adapting to change

It's easy to focus on big achievements, but in reality, it's the small, consistent efforts every day that drive long-term success.

Where I Stand Today?

Today, I continue to contribute as a DPA, working closely with vessel operations and third-party fleets.

The journey has come full circle, from building systems at the start to now supporting and strengthening operations at a higher level.

And the learning still continues.

Final Reflection

If there's one thing this journey has taught me, it's this:

Consistency is not about staying the same, it's about improving every day, staying prepared, and never losing focus on safety, people, and performance.

Because in this industry, consistency is what turns effort into excellence, and experience into leadership.



PC –CAPT. MUKHTAR OUMER



Alok Mallick
Chief Engineer

Discipline and sincerity turn daily routines into lifelong excellence.

Consistency in Action: The Engine Room Never Sleeps

I began my journey in the maritime industry in April 2004, stepping onboard as a junior engineer. Like many others, I didn't come from a maritime background—this path was introduced to me through a friend. But once I entered, I knew this was where I belonged.

Over the years, through continuous learning, examinations, and hands-on experience, I progressed step by step, from junior engineer to fourth engineer, and eventually achieved my goal of becoming a Chief Engineer. Every phase taught me something valuable, but more importantly, it shaped my discipline and work ethic.

Since joining Campbell in 2021 as a Chief Engineer, I have had the opportunity to serve on five vessels, each voyage reinforcing the importance of consistency in our profession.

What Consistency Means in the Engine Room?

Consistency is not just about repeating tasks; it is about following systems, maintaining standards, and being prepared for the unexpected.

In our day-to-day operations, we strictly follow the Planned Maintenance System. Every task is planned, prioritized, and executed as per company procedures. However, shipping is unpredictable, and breakdowns and challenges can arise anytime. That's where consistency becomes critical.

It ensures that even in uncertain situations, we respond with clarity, structure, and confidence.



The Heart of the Ship: Why Consistency Matters?

The engine room is the heart of the vessel. Any lapse can affect not just operations, but also schedules, safety, and business commitments.

We must ensure:

- Machinery is always well-maintained
- Operations are smooth and efficient
- The vessel meets all international standards and port requirements

From charter expectations to port state inspections, everything depends on how consistently we perform our duties.

When Consistency Prevents Crisis

There was a situation where the multi-purpose controller board of the main engine failed unexpectedly. This component is critical for monitoring and controlling engine performance. In such a scenario, panic could have led to a major breakdown.

Instead, we relied on:

- Immediate communication with the shore
- Team coordination onboard
- Quick decision-making based on experience

We replaced the faulty board efficiently and restored operations without escalation. This is where consistent practices and preparedness truly make a difference.

Facing Challenges Head-On

Another challenge we encountered was during bunkering operations in cold conditions. The fuel supplied had a much higher pour point than initially reported, causing line choking issues.

This required:

- Technical assessment
- Coordination with shore support
- Practical problem-solving onboard

By clearing the lines and adapting our approach, we were able to safely complete bunkering operations at the next port.

Such challenges are part of our journey, but consistency in approach helps us overcome them.

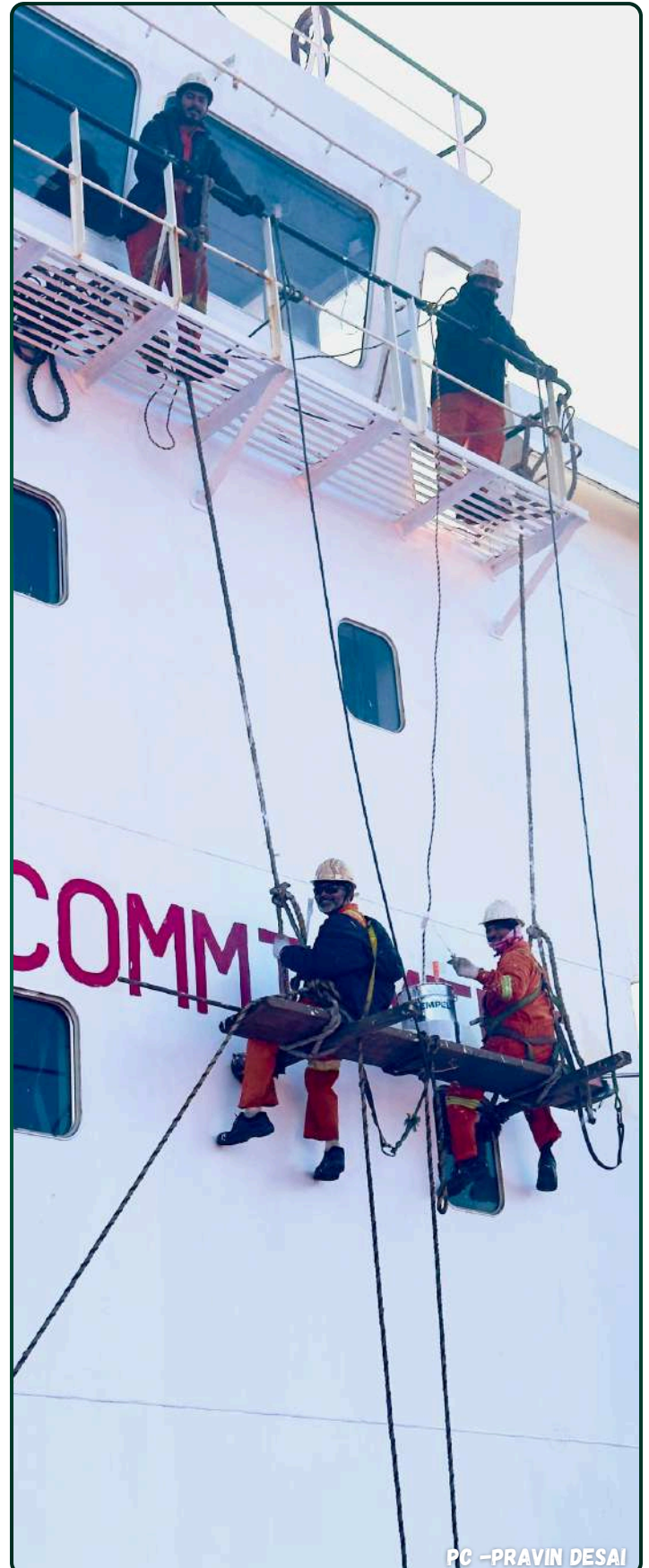
Teamwork: The Core of Consistency

Consistency is never an individual effort; it is always a team outcome.

Every day, I work closely with my second engineer and crew to:

- Plan and prioritize tasks
- Allocate responsibilities effectively
- Ensure smooth execution of maintenance activities

We encourage open communication, where juniors feel comfortable discussing problems, big or small. This builds confidence and strengthens the team.



PC -PRAVIN DESAI

Leading Without Panic

In critical situations, the biggest challenge is not the problem itself; it is managing the response.

From my experience, the key is simple:

- Stay calm
- Think clearly
- Focus on solutions

I always tell my team: Don't panic. Think about what can be done next.

Experience plays a major role here, but continuous learning and training also prepare us for such moments.

Building the Next Generation

Mentoring junior engineers is one of the most important aspects of my role.

We guide them to:

- Follow procedures and safety practices
- Learn from real-time operations
- Stay patient and composed during challenges

Consistency begins with discipline, and discipline is something that must be developed early in one's career.

Consistency and Core Values in Action

Our daily work reflects the company's core values:

- **Safety** - Through practices like STOPP Take 5 before every task
- **Integrity** - Honest reporting and transparent communication
- **Accountability** - Taking ownership of responsibilities
- **Commitment** - Delivering consistent performance every day
- **Excellence** - Maintaining high operational standards
- **Teamwork** - Supporting and learning from each other

These values are not just words; they are part of our daily routine.

Lessons from the Journey

Looking back, one thing stands out clearly:

Discipline and sincerity are the foundation of consistency.

Whether at sea or in life, maintaining discipline ensures steady growth and reliability.

A Message to Young Engineers

To all new joiners and aspiring engineers:

- Follow company procedures
- Learn from your seniors
- Be willing to work hard
- Observe and absorb practical knowledge onboard

Most importantly, stay consistent in your efforts because success in this field is built over time, not overnight.

Final Thoughts

Shipping is a demanding profession, but it rewards those who remain steady, disciplined, and committed.

At the end of the day, success is not about one big achievement; it is about doing the small things right, every single day.

And that is what consistency truly means.





Capt. Pravin Pandey

DPA/HSEQ Manager

Every safe decision begins with a pause, and that pause can save lives.

From the Deck to Responsibility Ashore

I still remember my early days at sea, standing on deck, learning the ropes, and absorbing everything around me. Back then, safety felt like a set of instructions, something to follow because it was required.

But experience has a way of changing your perspective.

As I grew in my career and eventually moved into the role of DPA and HSEQ Manager, I realised that safety is not just about procedures, it's about responsibility. Not just for yourself, but for every person on board, for the vessel, and for the environment we operate in.

The transition from sea to shore wasn't just a change in role; it was a shift in mindset. I was no longer just part of the system; I was responsible for strengthening it.

A Story That Changed My Perspective

There was a moment during my sailing days that has stayed with me ever since. It was a routine task, something we had done countless times before. Everyone knew what to do, and there was a sense of confidence, maybe even overconfidence. In that moment, we relied on experience instead of awareness.

And that's where the risk came in.

Nothing major happened, but it could have. And that "what if" stayed with me.

That day taught me something important: most incidents don't happen because we don't know what to do; they happen because we stop thinking while doing it.

That lesson has shaped how I approach safety even today.

Understanding Safety Beyond Compliance

In shipping, safety is often associated with checklists, procedures, and audits. But in reality, safety goes far beyond compliance. It is about awareness, discipline, and the ability to think critically before acting.

Over the years, I've realised that even the most experienced seafarers can face risks if routine takes over attention. That's where consistent training and reinforcement become crucial. Safety cannot be assumed; it has to be practiced, repeatedly and consciously.

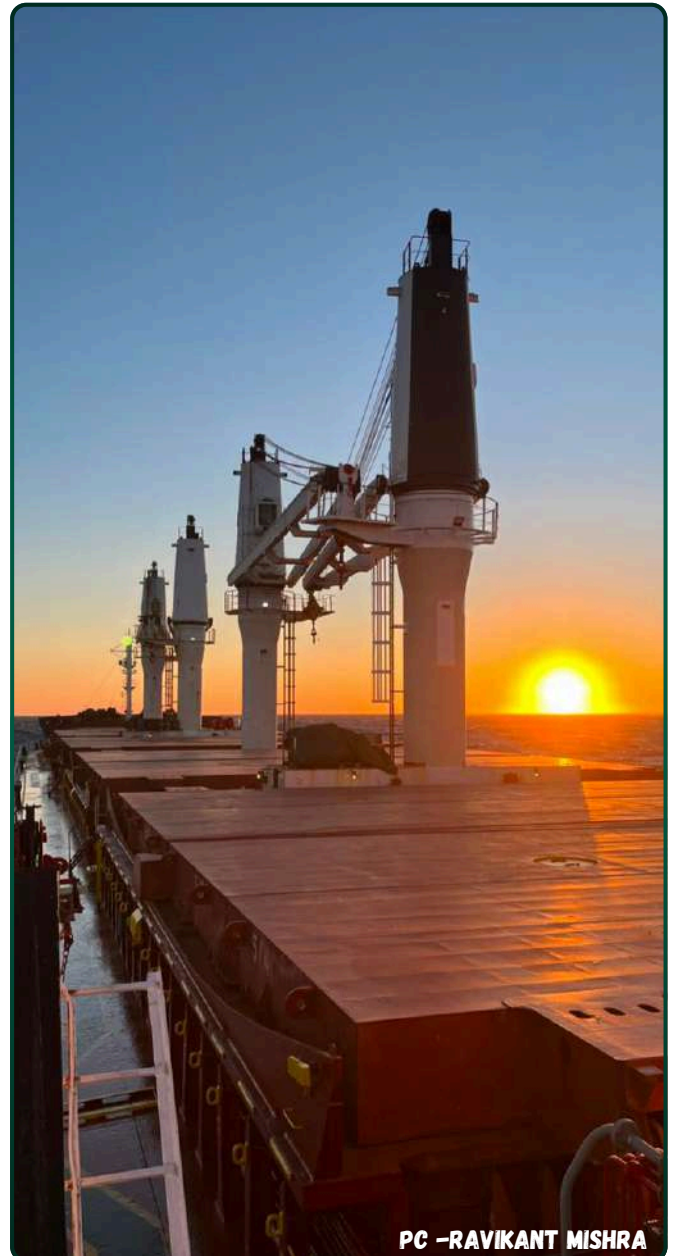
STOPP Take 5: A Habit That Saves Lives

One of the most impactful practices we follow is STOPP Take 5. For us, it is not just a process; it is a mindset we aim to instil across every level of the organisation.

Before starting any task, we encourage every crew member to pause and ask:

- Am I and my team safe?
- Do I have the right tools and equipment?
- Have I identified all potential hazards?

It sounds simple, but this small pause creates a powerful shift from acting out of routine to acting with awareness.



PC -RAVIKANT MISHRA

We continuously reinforce this through onboarding, daily operations, and leadership by example. We share real incident reports, conduct monthly management meetings, and encourage open reporting of near misses.

An important message we always emphasise is:

“Stop, think through safety, observe, plan, proceed, and act safely.”

There have been situations where, had this approach been followed thoroughly, incidents could have been completely avoided. That is why we stress that consistency in small actions leads to significant impact.

The Role of Training in Building Safety Culture

Training plays a critical role in shaping how seafarers approach safety. But effective training is not just about delivering information, it's about changing behaviour.

We focus on practical, scenario-based learning that prepares crew members for real-life situations. Whether it's drills, discussions, or sharing case studies, the objective is always the same: to make safety thinking a natural instinct.

A well-trained crew is not just technically sound; they are confident, aware, and prepared.



Encouraging a Culture of Reporting and Responsibility

One of the key aspects of a strong safety culture is openness. We actively encourage crew members to report near misses, unsafe conditions, and observations without hesitation.

Every report is an opportunity to learn. It allows us to identify patterns, address gaps, and prevent future incidents.

Safety is not the responsibility of one department or one individual; it is a shared responsibility. When every crew member feels accountable, the entire system becomes stronger.

Consistency: The Foundation of Safety

In this industry, we often talk about major incidents, but what truly defines safety is what happens in the small, everyday actions.

Wearing the right PPE, following procedures, and double-checking equipment, these may seem routine, but they are the building blocks of a safe operation.

Consistency ensures that safety is not dependent on individuals or situations; it becomes a standard.

Looking Ahead: Strengthening the Safety Mindset

As we move forward, our focus remains clear to continue strengthening this culture of awareness, responsibility, and consistency.

We will keep investing in training, encouraging open communication, and leading by example. Because at the end of the day, safety is not just about avoiding incidents; it is about ensuring that every seafarer returns home safely.

Final Thought

Safety doesn't begin with a checklist; it begins with a thought. And sometimes, that one thoughtful pause can make all the difference.



Sandra Sequeira

Receptionist/
Admin Executive

Don't just do your job; do it better than expected, every single day.

More Than a Desk: The Face That Welcomes, The Strength That Sustains

Some roles are defined by responsibilities. For me, it has always been about presence.

Over the years, I have been the first face people see, the first voice they hear, and often, the first impression they carry with them. Behind the reception desk, my journey has been one of consistency, resilience, and a constant effort to do more than what is expected.

A Journey That Found Its Way

My journey was never planned in a straight line. I started working while I was still in college, beginning with a small garment firm where I handled reception and data entry. From there, I moved across industries: airlines, advertising, and shipping, learning something new at every step.

I still remember getting an opportunity to work in an ad agency where I even interacted with well-known personalities. But life had its own plans, and eventually, I found my way into the shipping industry.

Joining Campbell was unexpected. I had actually called to inquire about an opportunity for my husband. Instead, I was asked to share my own profile, and that one conversation changed everything.

Growing with Responsibility

When I joined, my role was focused on reception and basic administrative work. But over the years, responsibilities kept growing, and I embraced every single one of them.

I have always believed that work should not be limited to a job description. If a task is given to me, I ensure it gets done, no matter what it takes.

The trust that management has placed in me over the years has been my biggest motivation. When people believe in you, you automatically push yourself to do better.

Consistency: More Than Just Showing Up

For me, consistency is simple: good, better, best.

You cannot stop at just doing “good.” There is always room to do better, and then even better than that.

Every day brings new challenges. From handling visitors and calls to managing multiple administrative tasks, no two days are the same. But the approach remains the same - stay focused, stay committed, and give your best.

The Face, Eyes, and Ears

I have often been told that I am the “face, eyes, and ears” of the organization.

It’s a responsibility I take seriously.

When someone walks into the office, their first interaction is with me. That moment matters. It reflects not just me, but the entire organization.



Handling this consistently, even on busy or difficult days, is not always easy. But I believe that professionalism should not change with mood or pressure.

The Power of Recognition

Over the years, I have received multiple recognitions, including “30 Pat on the Back” awards.

But there is one moment I will never forget.

A seafarer once mentioned that even though he didn't get a job, he received a glass of water, and that small gesture stayed with him. That appreciation reached the management and became a moment of pride for me.

For me, recognition is not about rewards or money. It is about knowing that your work has made a difference, even in the smallest way.



Challenges Are a Part of the Job

Every day comes with its own challenges. There are multiple tasks, constant coordination, and situations where quick decisions are required.

But I have always believed in one thing: never say yes to a task and then step back. If I commit to something, I make sure it gets done.

That mindset has helped me navigate even the busiest and most demanding days.

A Workplace That Feels Like Home

After spending so many years here, this is not just a workplace for me; it feels like home.

I spend more time here than anywhere else, and that naturally builds a connection. The support, trust, and environment have played a huge role in my journey.

A Message for the Future

For anyone starting their journey, my advice is simple:

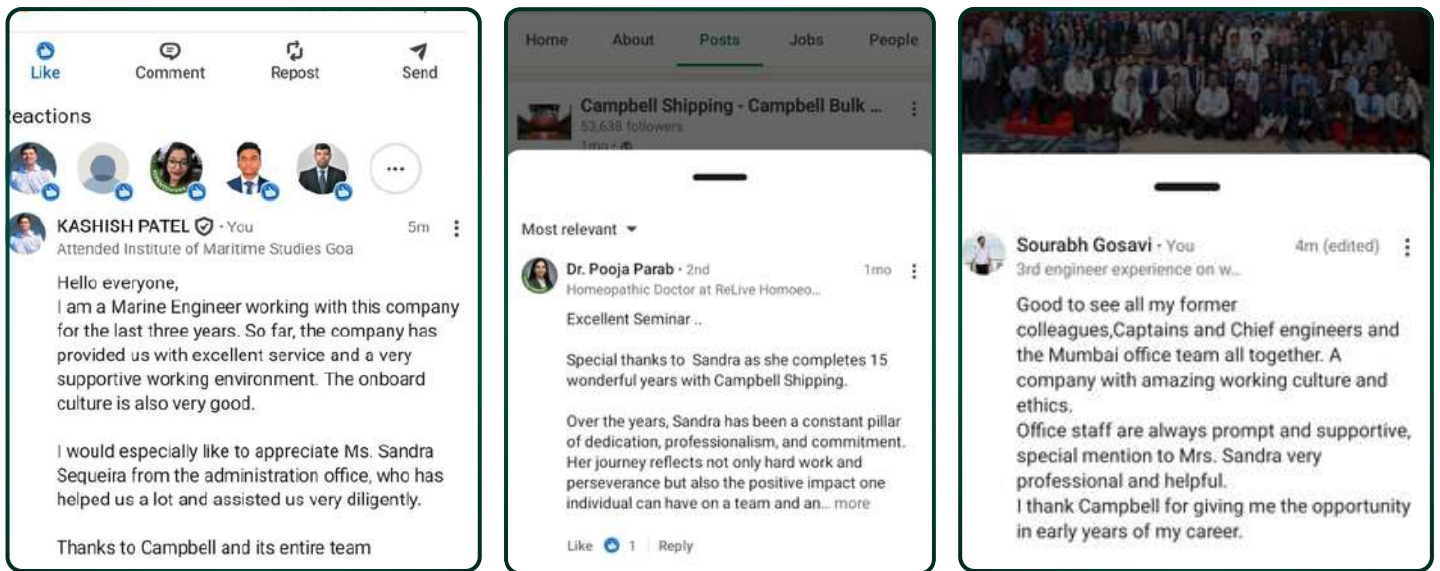
Be honest in your work, give more than what is expected, and value the trust that people place in you.

Because in the end, consistency is not about doing big things once, it is about doing small things right, every single day.

Closing Thought

When asked how I would like to be remembered, the answer is simple;
For all the good work I have done. Nothing more, nothing less.

Voices of Appreciation from the Seafarers on LinkedIn



Small actions. Repeated daily. Big Results



Vigneshkumar Kantilal Tandel

Bosun

Consistency in small actions creates the strength you can rely on, at sea.

A Journey That Started at Sea

I began my journey in the maritime industry back in 2004, inspired by my father, who was also a seafarer. The sea was always familiar to me, even before I stepped onboard my first vessel. In 2010, I joined Campbell as an Able Seaman, and after dedicating 10 years to learning and growing, I was promoted to Bosun. Today, this is my fourth ship in this

role, and my journey with Campbell has been one of steady growth, support, and learning.

Growing Through Experience

The transition from AB to Bosun was not just a promotion; it was a responsibility. Over the years, I have learned that consistency in work and attitude is what keeps you moving forward. The company's supportive culture and strong safety-first approach have always motivated me to perform better.

Working at sea is not easy. Long months away from family, unpredictable conditions, and demanding routines test your patience and strength. But what keeps me going is the environment onboard where seniors listen, safety is prioritized, and teamwork is valued.

A Day in the Life of a Bosun

My day starts early. Around 6:45 AM, I meet the Chief Officer on the bridge to understand the day's work, whether it's maintenance, chipping, painting, greasing, or cleaning.

By 7:45 AM, we conduct a tool meeting with the entire deck crew. This is where we discuss the tasks, identify risks, and ensure everyone understands the safety measures required. Safety is never assumed; it is always discussed.

Once the work begins, my responsibility is to distribute tasks, ensure the crew has the right equipment, and guide them on how the job should be done. At the end of the day, I report progress back to the Chief Officer.

The Satisfaction in the Work

Among all tasks, painting gives me the most satisfaction. When we complete the final coat and see a surface look completely new again, it brings a sense of pride. It feels like we've created something with our own hands, something visible and lasting.

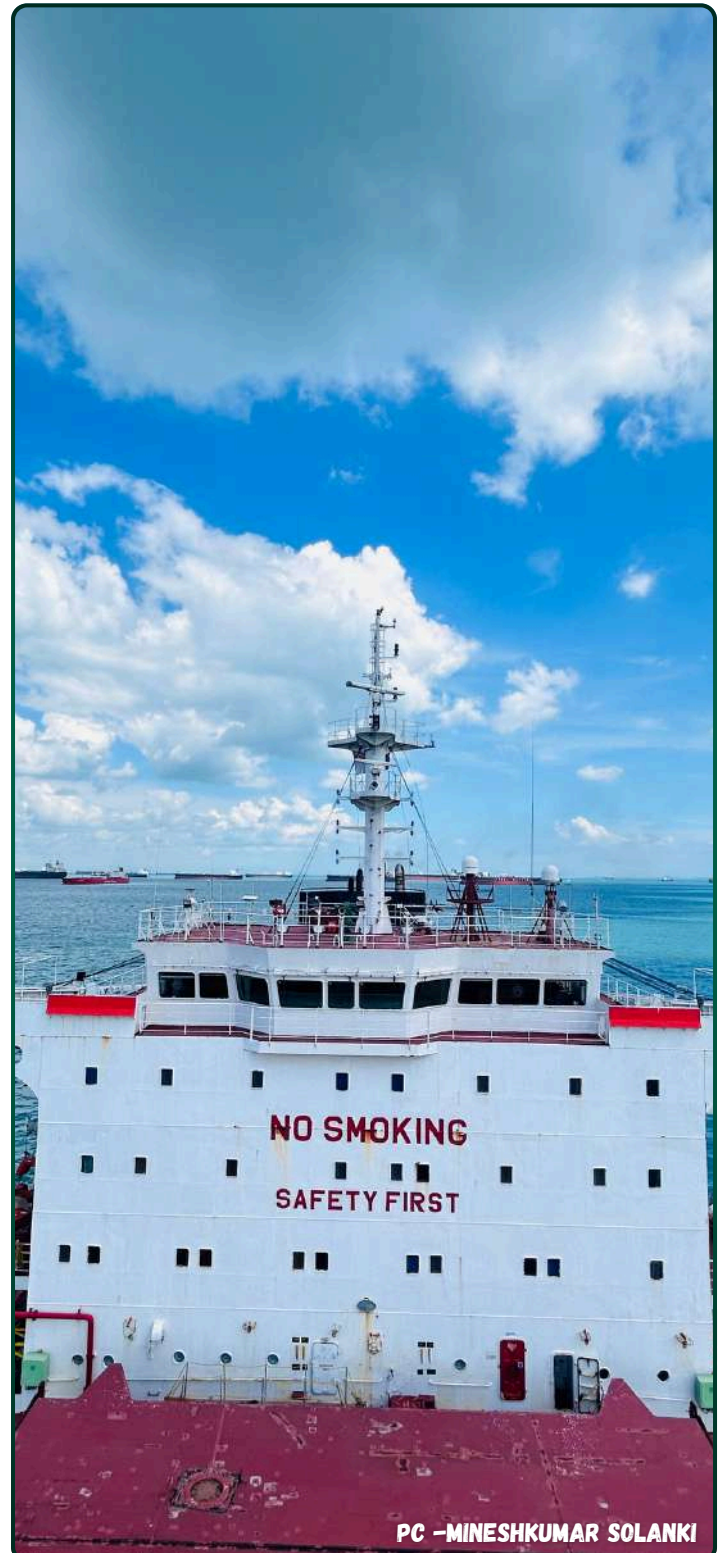
Consistency in Action

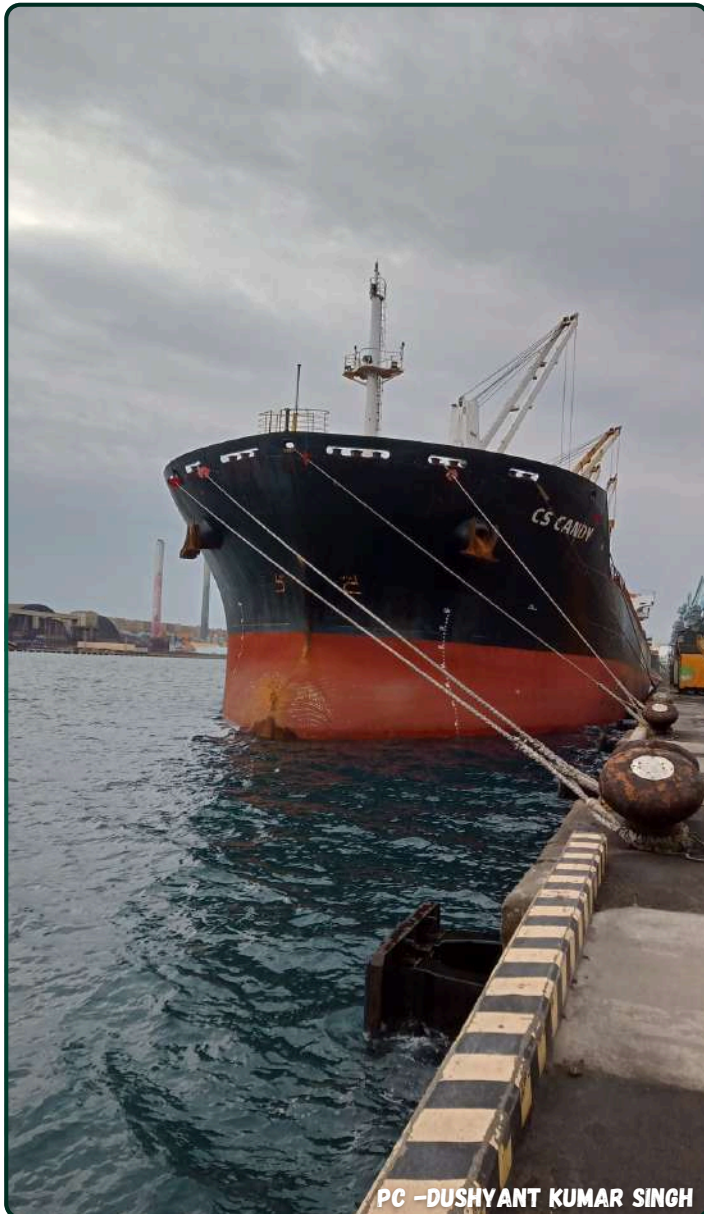
In my role, consistency means being prepared every day. Equipment must always be ready, maintained, and in working condition. Whether it's a chipping machine, hoses, or any tool, if something fails, it is my responsibility to fix or replace it.

Consistency is not about doing the same job every day, it's about maintaining the same standard every day.

Leading and Guiding the Team

As a Bosun, I work closely with ABs, trainees, OS, and cadets. My role is not just to assign work but to guide them.





I make sure juniors are never left alone for critical tasks. They are always paired with experienced crew members so they can learn on the job. Before starting any task, I clearly explain expectations, what needs to be done, and how it should look when completed.

Training happens every day, not just in classrooms.

Safety: A Non-Negotiable Priority

One of the biggest learnings in my career is simple: never be overconfident. No matter how routine a task may seem, safety comes first.

I always remind my team:

- Wear proper PPE
- Understand the risks before starting
- Stop work if something feels unsafe

Even if a task is urgent, it should never compromise safety.

A Story of Teamwork and Determination

One of the most challenging experiences I remember was during operations in extremely cold conditions in Russia.

The vessel was surrounded by ice, and critical systems like sounding pipes were blocked. To solve this, the Chief Officer and I personally went inside the tanks to check conditions and ensure everything was functioning properly.

It was not easy in freezing temperatures, heavy ice, and operational pressure, but we managed to handle the situation without delays. The appreciation we received from the Captain and the company made it a proud moment for the entire team.

In the same port, we also faced issues with hatch operations, which had to be managed using cranes instead of standard systems. It was a difficult phase, but teamwork helped us overcome every challenge.

Learning Over the Years

Over 22 years at sea, I have learned that this life demands mental strength. Sleep schedules can be irregular, conditions can be harsh, and situations can change quickly.

But with time, you adapt.

Another important change I've seen is the growing importance of safety. Compared to earlier years, today's systems, regulations, and company practices ensure much better protection for seafarers, something I truly value.

Support That Makes a Difference

One of the reasons my journey with Campbell has been so fulfilling is the strong support system:

- Reliable supply and resources onboard
- Effective training programs
- Continuous learning through tools like training videos

These small things make a big difference in daily operations.

Advice to the Next Generation

For those starting their journey at sea, my advice is simple:

- Be mentally strong in the beginning
- Understand that the environment is different from the shore
- Listen to your seniors, they guide from experience
- Never ignore safety

The initial phase may feel difficult, but once you adapt, it becomes a way of life.

A Simple Legacy

If there is one thing I would want to be remembered for, it is this:

- A good person.
- A reliable professional.

That's enough.

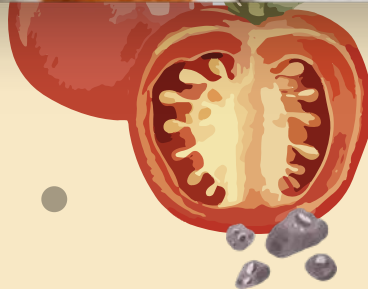
This journey of 15 years with Campbell has been more than just a career; it has been a path of learning, discipline, and consistency. And as long as I continue sailing, I would like to continue this journey with the same commitment and pride.

**Discipline Today,
Reliability Tomorrow**



RECIPES

From Galley to Home: Recipes That Connect



Chicken Kalimiri

INGREDIENTS

- Chicken
- Onions
- Tomatoes
- Curd
- Black Peppers
- Ginger & Garlic Paste
- Oil
- Salt
- Coriander



Kishan Lal Gurjar
Chief Cook

DIRECTIONS

Step 1 – Cut the chicken into small pieces and marinate it with salt, ginger, garlic paste, curd, and crushed black pepper.

Step 2 – Finely chop the onions and fry them in hot oil until it turns light brown in color. Add in the ginger garlic paste, fry that until the paste gets cooked too, and then add the marinated chicken.

Step 3 – Cover the container with a lid and let it simmer for a while. Once it starts to simmer, add in the rest of the crushed black pepper.

Step 4 – Once the chicken is almost cooked, add in the cubed tomatoes and cook uncovered for a couple of minutes until they soften. Do not overcook the tomatoes.

Step 5 – Once fully cooked, garnish it with chopped coriander leaves, and it is now ready to be served.



Nutri Palak Rice Bowl

INGREDIENTS

- Cooked rice – 1 cup
- Fresh Spinach – 1 cup
- Slightly sautéed paneer cubes – ½ cup
- Soaked and squeezed soya chunks – ½ cup
- Thinly sliced onion – 1 small
- Thinly sliced tomato – 1 small
- Thinly sliced cabbage – ½ cup
- Thinly sliced capsicum – ½
- Chopped green chilli – 1
- Finely chopped garlic – 4-5 cloves
- Finely chopped ginger – 1 inch
- Coriander powder – 1 tsp
- Red chilli powder – ½ tsp
- Turmeric powder – ½ tsp
- Garam masala powder – ½ tsp
- Salt to taste
- Oil/Ghee – 2 tsp



Soumya Singh
Nutritionist - Intern

DIRECTIONS

- Blanch spinach in hot water for 2-3 minutes, cool, and grind into a smooth paste.
- Heat oil/ghee in a pan. Add green chilli, ginger, and garlic. Sauté until aromatic.
- Add sliced onions and saute until light golden brown.
- Add sliced cabbage and capsicum. Sauté, keeping them slightly crunchy.
- Add sliced tomato and spinach puree. Mix well.
- Add coriander powder, red chilli powder, turmeric, garam masala, and salt. Cook until the mixture is well combined.
- Add protein of choice (paneer cubes or soya chunks) along with cooked rice. Gently mix to combine.
- Cook on low flame for 2 minutes to allow flavours to blend.
- Serve hot with a bowl of curd or raita.





PC -RAMESH PRAVEEN RAJ



PC -DHUVIN TANDEL



PC -ABHISHEK PRADHAN

PHOTOGRAPHY

Competition

Congratulations to our winner for capturing a truly remarkable moment at sea. A heartfelt thank you to all participants for sharing your beautiful perspectives. Each photograph adds life and meaning to this edition.



WINNER

Winner of the
Photography Competition: **ARUN VIKKATH**



PC -CAPT. GAURAV KASHYAP



PC -ASHISH PANDEY



PC -HARIS KUNNATHODI



PC -PRASHANT CHANDRAKANT



PC -RAMESH PRAVEEN RAJ



PC -SHIV KUMAR

30-PAT ON THE BACK WINNER

JANUARY - MARCH 2026



SANDRA P. SEQUEIRA

Receptionist &
Admin Executive

20-PAT ON THE BACK WINNER

JANUARY - MARCH 2026



SAIF SHAIKH

Steward

10-PAT ON THE BACK WINNER

JANUARY - MARCH 2026



**BIMA FEBTIKA
PERDANA**
2nd Engineer



**ARUL ELENCEZHIAN
ASIRVATHAM**
2nd Engineer



**SAVIO PAUL
DMELLO**
3rd Engineer



RAKESH KUMAR
Able Bodied Seaman



UPENDRA KUMAR
Fitter



**ARJUNBHAI
RAMESHBHAI TANDEL**
Wiper



JOHN JITHIN
Oiler

Seafarers of the Quarter

January - March 2026

Officer Category



**Julio Hyacinth
D'Mello**

ADD. 2nd Officer



Amal Malayil Saseendran

3rd Officer

Rating Category



Raju Garikena

Asst. Fitter



Shashank Kotian

Bosun

Sea Promotions of the Quarter

January - March 2026



Jasdeep Singh
(4th Engineer)
Promoted to: 3rd Engineer



Ramesh Muniyas
(Steward)
Promoted to: Chief Cook



Yogeshkumar
Somchand Kapadia
(Able Bodied Seaman)
Promoted to: Bosun



Bavan Jeyapal
(Steward)
Promoted to: Chief Cook



Anto Xavier Bonoth
Joseph Francis Arputham
(Ordinary Seaman)
**Promoted to:
Able Bodied Seaman**



Mohammad Husain
Siddiqui
(Ordinary Seaman)
**Promoted to:
Able Bodied Seaman**

Kudos to our promoted seafarers, your journey reflects perseverance, growth, and the spirit of excellence.

WINNERS OF LEARNING WEEK 9.0



**Nixon Fredrick
Albert Furtado**
Master



Ashish Pandey
2nd Officer



**Satya Prakash
Singh**
Able Bodied Seaman



Congratulations to all our Learning Week winners!
Your commitment to learning, growth, and
continuous improvement truly stands out. You set
an inspiring example for everyone to keep evolving
and striving for excellence.

Rewards & Recognition

15 Years Long Service Award



Capt. Rajesh Dhadwal

MD/CEO



Warren Armbrister

Asst. Manager HSEQ



Capt. Pravin Pandey

DPA/HSEQ Manager



Leon Bernard Fonseca

Chief Officer



Shogun Ritche Pereira

Chief Officer



Dilleswara Rao Teppala

Chief Engineer



**Harjivandas Thakorbbhai
Tandel**

Able Bodied Seaman



Capt. Gaurav Kashyap

Master



**Kanaiyalal Balvantrai
Bhagat**

Oiler

Rewards & Recognition

15 Years Long Service Award



Digvijay Pandey

Chief Officer



Vishwanatha

2nd Engineer



Satwinder Singh

Bosun



Prakash Datar

Oiler



**Jaykishan Lallubhai
Tandel**

Able Bodied Seaman



**Pratulchandra Kantilal
Tandel**

Oiler



Selwyn Flora Endro

3rd Engineer



**Pratap Kumar
Madhura**

2nd Engineer



**Manojkumar Karsanbhai
Tandel**

Oiler

Rewards & Recognition

15 Years Long Service Award



**Stephen Stanley
Peter**
3rd Engineer



**Vigneshkumar Kantilal
Tandel**
Bosun



**Vijaykumar Sumantraï
Tandel**
Able Bodied Seaman



**Dhanunjaya Rao
Thaminana**
Fitter



Heartiest congratulations to all the winners. Your achievements are a testament to your perseverance and passion for doing better every day. You continue to inspire excellence across the organisation.

Rewards & Recognition

10 Years Long Service Award



Rohit Shankar Hadkar
Director/Fleet Manager -
Dry Bulk



Akashdeep
Chief Officer



**Berhane Halle
Adhanom**
Chief Engineer



**Vipin Kumar Krishna
Kumar Vijaya**
Chief Officer



Soumen Mondal
Chief Cook



Ram Niwas Yadav
Fitter



**Sureshkumar Sakar
Fulbaria**
Able Bodied Seaman



**Vijaykumar Sakar
Solanki**
Able Bodied Seaman



**Kalpeshkumar
Somchand Kapadia**
Oiler

Rewards & Recognition

10 Years Long Service Award



**Iruthaya Vinoth
Siluvai Anthony**
Oiler



Endrico Dias
2nd Engineer



Larry Henry Dias
2nd Officer



Arjun Dikshit
2nd Officer



Arun Vikkath
2nd Officer



Lencio Pereira
3rd Engineer



Amit Kumar
Bosun



Anil Anant Mahadik
Oiler



Manoj Singh Rawat
Chief Cook

Rewards & Recognition

10 Years Long Service Award



Ajay Kumar Singh

Fitter

Heartiest congratulations to all the winners. Your achievements are a testament to your perseverance and passion for doing better every day. You continue to inspire excellence across the organisation.



Rewards & Recognition

5 Years Long Service Award



Homi Bharda
Director - Chief Culture
Officer



Capt. Diogo Pereira
Training Superintendent



Manas Biswas
Chief Cook



Shiv Kumar
2nd Officer



Saw Thi Ha
2nd Engineer



Abhishek Pradhan
2nd Officer



**Ravikumar Ranjitbhai
Tandel**
Ordinary Seaman



**Suryanarayana Rama
Rao Ambati**
Fitter



**Maneesh Kumar
Chauhan**
Fitter

Rewards & Recognition

5 Years Long Service Award



Joel Octavio Coutinho
4th Engineer



Ravi Teja Mariseti
3rd Engineer



**Arul Elenchezhian
Asirvatham**
2nd Engineer



**Nirmal Kumar
Parthiban**
2nd Engineer



Vivek Vasudevan
3rd Engineer



Gopala Rao Pappu
Bosun



**Shashikant Anil
Kumar Mishra**
Able Bodied Seaman



**Abhishek Kumar
Singh**
Able Bodied Seaman



**Krutik Depakkumar
Tandel**
Able Bodied Seaman

Rewards & Recognition

5 Years Long Service Award



Himanshu Shekhar

Fitter



Govind Ramjeet Yadav

Oiler



Amit

Steward



**Manharbhai Dahyabhai
Tandel**

Able Bodied Seaman



**Divyang Dineshbhai
Patel**

Ordinary Seaman



Papa Rao Surada

Wiper



Heartiest congratulations to all the winners. Your achievements are a testament to your perseverance and passion for doing better every day. You continue to inspire excellence across the organisation.

Rewards & Recognition

Rising Star of the Year 2025



Capt. Gurtej Singh
Master



Vishwkarma Kaushal
Trainee Fitter

Michelin Star of the Year 2025



Shoyeb Malik
Chief Cook



**Lactor Emiliano
Da Gama**
Steward

Seafarer of the Year 2025



Rajneesh Jaiswal
4th Engineer



Sanjeet Kumar
3rd Engineer



Ashok Kumar Pal
Fitter

Rewards & Recognition

Learning Champion of the Year 2025



**Miskin Ravindra
Morker**
Chief Officer



Ajeet Kumar Sharma
Add. 2nd Officer



Govind Ramjeet Yadav
Oiler

Emerging Leader of the Year 2025



**Capt. Swapnil
Satish Harne**
Senior HSEQ & Risk
Manager (DPA)



Heartiest congratulations to all the winners. Your achievements are a testament to your perseverance and passion for doing better every day. You continue to inspire excellence across the organisation.

Rewards & Recognition

Shining Team of the Year 2025

Postfix Team



Mufid Lambay
Commercial Operation
Manager



Veronica Bonimy
Vessel Operator

Best Performing Vessel 2025



CS Candy

Heartiest congratulations to all the winners. Your achievements are a testament to your perseverance and passion for doing better every day. You continue to inspire excellence across the organisation.

SHORE CELEBRATIONS

A refreshing break from the routine, for Fruits Day 🍎🍉



From small celebrations to meaningful moments, these occasions bring joy, strengthen bonds, and add life beyond work.

Sharing a meal, sharing moments, our team lunches are a reminder that strong teams are built not just at work, but over conversations and connections.



Celebrating birthdays that bring smiles, laughter, and a moment to pause and appreciate the people who make our workplace brighter.

We thank our colleagues for their dedication and wish them success on the road ahead.





A day of learning, reflection, and inspiration bringing together ideas, achievements, and a shared vision for the future.

Welcoming the New Year with positivity and enthusiasm.



A meaningful blend of conversations and connection at our office lunch with the CEO.



A day to celebrate strength, resilience, and achievements.



CPR life-saving training - A session focused on preparedness and responsibility



SEA CELEBRATIONS

From birthdays to personal milestones, every celebration at sea becomes a shared moment of joy.



Celebrating Republic Day at sea brings a unique sense of pride and unity. Despite being miles away from home, our seafarers come together to honour the spirit of the nation, raising the tricolour, sharing moments of camaraderie, and reflecting on the values that guide us both at sea and ashore.



Pat on the Back Celebrations



Amidst demanding routines, our seafarers come together to mark these occasions, creating memories, appreciating achievements, and strengthening the bond that makes life on board truly special.



MARCH 2026

GANGWAY

Consistency is not built overnight; it is shaped through discipline, practice, and commitment every single day. At sea and ashore, it reflects in every task performed with precision, every decision made with integrity, and every team that works in sync. It is this steady pursuit of excellence that keeps us moving forward, stronger and more reliable with each voyage.





WWW.CSSHIP.COM

Reliability at sea is built through
consistent standards ashore
and onboard

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