

01st January 2015 | 5th Edn
New Year Edition

Lilly Star

Small Steps towards Destination...



“Sometimes the smallest step in the **R**ight direction ends up being the biggest step of your life .
Tip toe if you must ,but take the step...”

Note: Only for Internal circulation among staff

1. **Editorial : #2**
2. **MD's Desk: # 3**
3. **Soul Thoughts**
 - a. **Change – A Must : #4**
 - b. **Importance of Execution: #5**
4. **Best Safety Issues :#6**
5. **Office Safety : #7**
6. **Health is Wealth #8**
7. **Eco Green #9 ,#10**
8. **The Delicious Page #11**
9. **The Clan #12**

Season's Greeting



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Hello All lovely people!

Life is a journey and every day we need to keep moving towards our destination. As Martin Luther King Jr. said “ If you can't fly then run, If you can't run then walk, if you can't walk then crawl but whatever you do, you have to keep moving forward.” It is this spirit of not stopping that helps many to reach even beyond the destination which they saw when they started their journey. We are a cricket fan nation and off late the concept of achieving a target within a specified time and overs has taught us how the world is changing towards a professionally goal oriented life at all levels.

Shipping has always been a very professional and time bound industry which ensured the vessel staff striving for deadlines of ETA, ETC, ETD, etc and thus ensuring that each one of us on board learn the importance of taking a small step, in right direction, in day to day work, which allows Ship to reach her destination as decided. Our PMS is a good example of how we design our work to suite this requirement. The various frequency as advised by the PMS and the details of the job to be done help us to take that small step to ensure we have the vessel running efficiently at all the times and reach our day to day goal every day. It is imperative and as required by ISM that we make the PMS machinery specific for each vessel and will ensure that small steps that we take each day for maintenance will allow us to reach our destination of “We will do it RIGHT now and always.”

All of us have a very big goal in our life and often we plan smaller goals in between the way to our bigger goal to measure our progress. However many dreams are broken because of lack in confidence to achieve them rather than because of the failure when attempting them. It should always be our endeavour to monitor our progress by setting ourselves key performance indicators that will help us to take the next corrective steps in right direction in case we wander. Also, KPI will give us a good moral booster to see how we are progressing towards our goal and to enjoy the victory of each lap we complete to rejuvenate ourselves for the remaining journey.

In the coming year the company will also take a small step towards the bigger goal to establish her name in marine industry and we will all have to put forward our best step to ensure it becomes a giant leap in times to come.

Rahul

New Year Resolve



Dear Colleagues,

It's the year ending holiday season and time for review of our actions and plan for the New Year resolve. On your behalf, I had attended the SHELL Safety conference at Singapore during the 4th week of November, 2014. I would like to share with you my experience. SHELL Vice President (Shipping) Capt. Grahaeme Henderson presided over the Conference and thanked everyone on the initiative taken 2 years ago. As per the statistics within the SHELL related business, there was an incident (Serious) once in a week in 2012. In 2013, the Incident recorded was every 12 days. During 2014 till November, the frequency has decreased to one in 15 days. He thanked everyone for this collective initiative "ZERO INCIDENT INDUSTRY" as a Goal. At the same time, he expected further involvement and commitment to achieve the Goal. Without your support and co-operation this could only be a dream. Our HSEQ Dept. headed by Rahul has compiled our HSEQ Statistics published in the Newsletter. It's my request to review and take all steps to reach the Goal as committed as a member of SHELL Contractors.

During the year, we have commenced the "SHARING & CARING" initiative in the office where each staff shared his / her views through presentation. This has given light of the creative thinking and potential of each individual. I am glad to share with you that Reliance Site at Jamnagar has given us additional business of Jetty operation & Maintenance and additional SBM Tug for management. At Vizag site, we are completing the erection of Effluent Treatment Plant (ETP) successfully and commissioning process is underway. Recently, two Vessels were taken for Management and these are operating well with approvals from the users. SHELL Hazira LNG Terminal has awarded Jetty Operation and Maintenance contract wef 1st Jan 2015.

This newsletter has given a platform for all of us to share information about the company, articles or ideas from individuals on matters of common interest and sharing the joy and best wishes. The Management and my family join me in wishing you and your family a Very Happy New year 2015.

Rethina K Kumar
Managing Director

One of the most essential things you need to do for yourself is to choose a goal that is important to you. Perfection does not exist, you can always do better and you can always grow.

Les Brown

Change - "A MUST"



This is the story of an Eagle:

The eagle can live up to 70 long years, but to reach this age, the eagle has to make a very hard decision in its lifetime. In its 40th year the eagles long flexible talons (claws) can no longer grab prey which serves as its food as firmly as it once used.

Its long and sharp beak becomes bent, its feathers becomes old thick & heavy. These thick and heavy feathers sticks to its chest and makes it difficult for the eagle to fly, at this point of time in its life, the eagle is left with 2 options: either to die or undergo a painful process of change.

The process of change requires that the eagle fly to a top most hill / mountain and sit on its nest, here the eagle knocks its beak against the solid rocks till its beak is plucked out then the eagle waits for the new beaks to grow back. Then with the new beak the eagle starts to replace its old talon (claws)

When the new set of talons (claws) and the beak, the eagle then starts plucking out its old & heavy feathers with undergoing immense pains. A change that's worth sustaining the pain and after this the eagle takes its famous flight of rebirth and lives for an additional 30 more years.

Change?? As most of us asks with a frown upon our face?? Why is change needed?? Well change is a must, a necessity to survive & live.

We too as human beings need to commence / initiate the change process sooner than later in order to enable us survive and live in this competitive & demanding world.

Even as we start the new year, unlike the eagle, we as human beings, also need to pluck out the unpleasant memories embedded in certain corners of our mind, we too need to replace our negative minds with positive thoughts & ultimately to pluck out the fixed mind set by unlearning and maintain an open mind to learn a fresh and anew.

Only & only when we are free from past burdens can we take advantage of the present in order to take the new journey ahead in the future, let us all let go our negative old limiting beliefs open our fixed mindset and let our self fly once again like an eagle .

Anthony Chea

***"You can't change the direction of the wind,
but you can adjust the sails to reach your
destination..."***

Execution Is More Important Than Giving Instructions

Once Lal Bahadur Shastri was traveling by train to a place called Sevapuri when he was railway minister of India. On arrival at station Mr. Shastri being short in stature found it difficult to get down on railway platform as the platform was not of adequate height & gap between the compartment and platform was deep.

On seeing the plight of Shastri ji few lady passengers commented jokingly. Now the railway minister realized the hardship caused to the ladies who were of almost his height to get down on the railway platform.

Shastriji somehow got down on the platform and immediately ordered the station master to get a crowbar and spade. He started digging the mud and raising the platform height by filling it with mud. Inspired by the exemplary behaviour of Mr. Shastri, many passengers joined him and within three hours the platform height was increased.

If you follow at least any six of below ten formulas you must achieve your goal.

- ❖ Arise! Awake! Stop not till the Goal is achieved.
- ❖ Work, Work, Work-Let this be your motto.
- ❖ If you fail a thousand times, make the attempt once more.
- ❖ Blame none for your own faults.
- ❖ When there is conflict between the heart and the brain, let the heart be followed.
- ❖ Full attention & no tension.
- ❖ Stop running & face the brutes.
- ❖ Faith, Faith, Faith in yourselves.
- ❖ Service to humanity is service to God.
- ❖ Strength, Strength, It is what we want so much in life



Capt. S.R. Das (GP ASPHALT I)

With greater confidence in yourself and your abilities, you will set bigger goals, make bigger plans and commit yourself to achieving objectives that today you only dream about.

Brian Tracy

"Get going!!! Move forward!!! Aim High!!! Plana takeoff. Don't just sit on the runway and hope someone will come along and push the airplane. It simply won't happen. Change your attitude and gain some altitude. Believe me; you'll love it up here."

Donald Trump

Life is an opportunity, benefit from it

Life is beauty, admire it

Life is a dream, realize it

Life is a challenge, meet it

Life is a duty, complete it

Life is a game, play it

Life is a promise, fulfill it

Life is sorrow, overcome it

Life is a song, sing it

Life is a struggle, accept it

Life is a tragedy, confront it

Life is an adventure, dare it

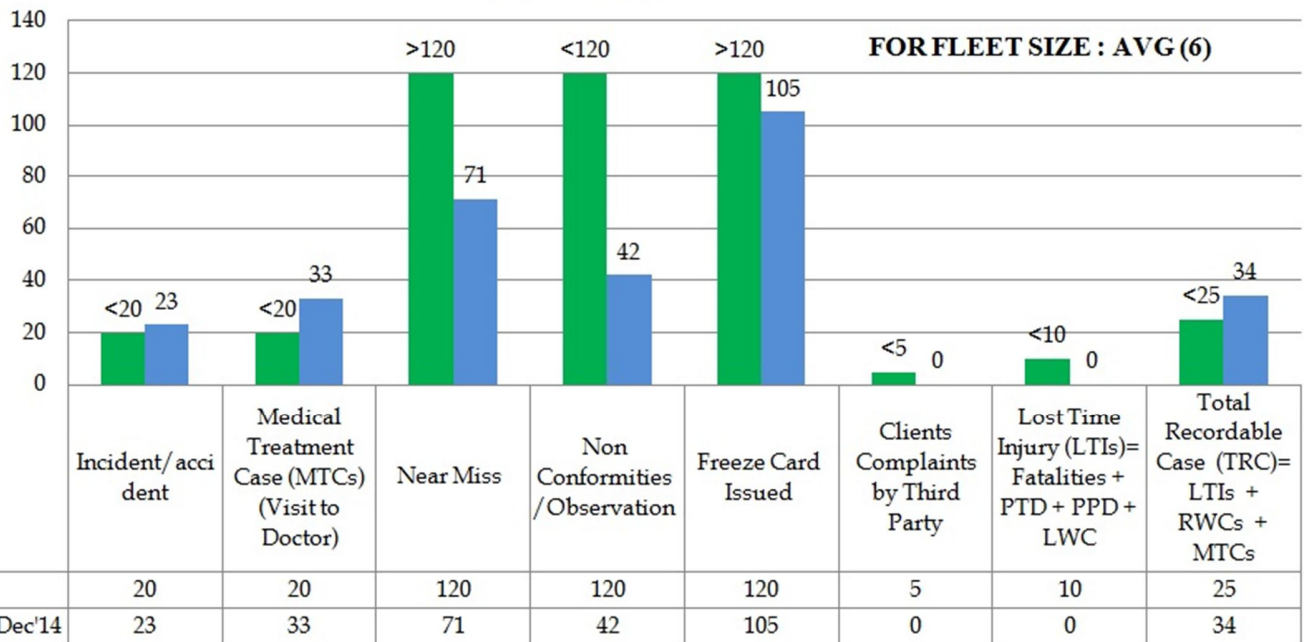
Life is luck, make it

Life is too precious, do not destroy it

Life is life, fight for it

HSEQ Data of Fleet

HSE GRAPH
Jan '14-Dec'14



Incident/ accident:

We are unable to meet our Target which we set for entire fleet. Crew Training has to be improved. Risk Analysis and Plan Maintenance System to meet the Target.

Medical Treatment:

The Medical Treatment Cases have been increasing and we have taken occupational safety and Hygiene measures to avoid such issues.

The crew medical examination is monitored closely to ensure healthy crew go on board.

Near Miss:

KPI for Near Miss has been declaimed for fleet as 120 and found less than KPI. We encourage staff to report more Near Misses to reduce Incident / Accident. Use the Proper PPE to reduce first step that leads to an incident.

Non Conformity:

It's good to know that Non Conformities and Observations are within the Target but the KPI will be reduced to make it more stringent for 2015 to ensure better performance.

Freeze Card: KPI for Freeze Card has been declaimed for fleet as 120 and found less reported than KPI. Encourage staff to report more Freeze cards to reduce Incident / Accident.

The Management looks forward to your cooperation understanding and execution of safe operating procedure defined in SMS to meet the KPI.

Office Safety

Ensure

that multi-plug extension leads have circuit breakers or install more sockets.



Keep

all sources of flame away from waste paper containers.



Never

overload electrical sockets.



Ensure

you switch off and unplug all electrical equipment not in use.



Know

the location of fire extinguishers and how they function.



Familiarise

yourself with evacuation routes.



Ensure

all dangling telephone wires and other cables are housed in cable protectors.



Clean up

any spillages as soon as they occur.



Keep

all walkways and hallways clear.



Be aware

of any loose carpets, lino or tiles.

Never

stand on desks or chairs.



Always

use a stepladder or foot stool.



Walk

around corners slowly.



Ensure

all filing cabinets are secured to each other, the wall or both.



Avoid

injuring fingers, by closing all filing cabinet drawers with the handle.

Avoid

top loading. Balance all file loads evenly through cabinet drawers.



Do not

leave filing cabinet drawers open.



Avoid

the risk of injury when reaching into a desk drawer, keep sharp items such as knives, scissors and drawing pins in a separate container.



Remove

any dangling jewellery, scarves and ties when working around machinery. Also ensure long hair is tied back.



Tips for keeping your Healthy

Less salt: Consumption of salt should be cut down as it causes high-blood pressure and increases the risk of developing coronary heart disease. Foods items such as chips, salted nuts, canned eatables, packet soups, sauces and ready meals should be avoided. Even breakfast cereals and bread that looks healthy, contains high level of salt.

Quit smoking:
Quitting smoking is the most important thing that a person can do to live longer. A smoker is more likely to have a heart attack than a non-smoker. The risk of heart attack reduces once you stop smoking, several studies suggest.

Reduce alcohol:
Drinking too much of alcohol is not good for health otherwise as well, and can damage the heart muscle. It also increases the blood pressure and leads to weight gain. One should limit the intake of alcohol, as binge drinking increases the risk of having an untimely sudden attack.

Healthy diet: It helps to increase the chances of survival after heart attack. One should include plenty of fresh fruits and vegetables, oily fish and starchy foods in their balanced diet to have a healthy heart. Foods like biscuits, cakes, pastries and dairy products to be avoided as they contain high amount of saturated fats and sugar.

Regular check-up: One should regularly check their blood pressure and cholesterol levels. A person who has a high blood pressure falls under a higher risk of having an attack. The life expectancy gets shorter if you have a high blood pressure. The high levels of cholesterol in the blood leads to fatty deposits in the coronary arteries that increases the risk of coronary heart disease.

Stay active:
One should be physically active in order to keep a healthy heart. As heart is a muscle, it needs exercise to remain fit so that it can pump blood efficiently round the body with each heart beat. One should exercise at least for 30 minutes in a day. Staying physically fit benefits your mental health and well-being too.

Manage stress level: Taking too much stress is not good for health, and everyone is aware of it. People who are the most stressed are more likely to have a heart attack. If you find things are getting on top of you, take a break in between and relax.



Simple 10 point guide, you and company can become more eco-friendly and save money too!

1. Re-Use The first logical step in any green strategy is to consider what you can re-use. Try:

- ❖ Transforming scrap paper into notepads by using bulldog clips. Or, have the local printer to cut and bind some for you;
- ❖ Organizing a stationery amnesty. Pool together pens, pencils, staplers and other stationery equipment before placing your next order

2. Reduce Energy With the rising cost of utilities, businesses will be taking a keen interest in reducing their overheads. Try:

- ❖ Turning the heating thermostat down by 1o C and see your annual heating bill come down by up to 10%;
- ❖ Turning computers off when not in use - especially overnight and during weekends;
- ❖ Using window blinds or natural ventilation to reduce the office temperature rather than air conditioning.

3. Reduce Water

Water is becoming an increasingly expensive and valuable commodity so every effort should be made to minimize water use in offices. Try:

- ❖ Installing dual flush toilets;
- ❖ Fitting water-saving devices such as Hippo, Save a flush or Hog Bag into toilet cisterns;
- ❖ Fixing push tap buttons on sinks which can cut down water usage by 50%

4. Reduce Waste With landfills close to capacity, increased fines will be levied on companies who do not reduce their waste. To avoid this try:

- ❖ Re-using envelopes, cardboard packaging and Jiffy bags;
- ❖ Avoiding window envelopes which are difficult to recycle;
- ❖ Setting your printer default to double print so that both sides of a sheet of paper are used.

5. Green Your Workplace Keeping work areas organized can encourage employees to "think green". Try:

- ❖ File your taxes electronically
- ❖ Providing sturdy and clearly marked storage containers for reusable envelopes, cardboard and Jiffy bags;
- ❖ Placing a used paper tray by the printer for use as notepaper;
- ❖ Providing recycling boxes for paper and plastic;
- ❖ Putting plants in the office to literally green your workplace! Not only do they look good but plants can reduce air pollution in enclosed spaces too.
- ❖ Take the Stairs instead of the elevator.

6. Dispose of Waste Responsibly

Good waste management is more than simply reducing what you throw away. As much as possible, waste should be diverted away from landfill. Try:

- ❖ Providing a collection point for used batteries and finding out how your local council disposes of them safely;
- ❖ Arranging for fluorescent tubes to be recycled or safely disposed of in small quantities;
- ❖ Providing suitable containers for composting food waste.

7. Travel Wise

- ❖ Set up a car share scheme for people who live close to each other.
- ❖ Encourage people to use public transport where possible.
- ❖ Talk to a local cycle supplier about introducing a bike scheme.
- ❖ Consider the use of tele- and video-conferencing to minimize air travel and car mileage.

8. Recycle It!

- ❖ Provide recycling bins in the office for paper, plastic, aluminum drinks cans, cartridges, toners and glass www.alupro.org.uk
- ❖ If you have sufficient volume of aluminum cans, you may be able to receive revenue from a specialist contractor.
- ❖ Contact your office cleaning company to ascertain whether or not they offer recycling services.

9. Spread the word!

- ❖ Tell employees about how they can make a difference.
- ❖ Put up posters and /or stickers to remind people about the simple action they can take to make your organization more eco-friendly.
- ❖ Publicize your environmental policy.
- ❖ Tell suppliers and customers about your actions and encourage them to do the same.

10. Buy Green

Energy

- ❖ Massively reduce your carbon emissions by switching to a green energy tariff which sources energy from renewable sources such as solar power, wind turbines, biomass, ground source heat pumps and small-scale hydro power.

Equipment

- ❖ Buy office equipment with an Energy Star label www.energystar.gov
- ❖ When buying IT equipment, look for multifunction machines rather than individual faxes, printers, scanners and copier.
- ❖ Choose a fast boil eco-kettle over a conventional appliance.

Stationery

- ❖ Co-ordinate your orders to reduce the number of deliveries to your office.
- ❖ Opt for a stationery supplier who is committed to providing a choice of environmentally friendly products.
- ❖ Where possible, specify recycled products such as paper, envelopes, cardboard, pencils, stationery and office furniture.
- ❖ Choose paper and wood products which are FSC-certified to guarantee that they come from certified sustainable sources www.fsc-uk.or

The Delicious Food...

Diced Stir Fry Vegetable

By Chef Raju Roy (Fleet Officer)

Ingredients

Mushroom (100 Gm)
Red Capsicum (50 Gm)
Green Capsicum (50 Gm)
Yellow Capsicum (50 Gm)
Baby Corn (50 Gm)
Brokeley (50 Gm)
Olive Oil (2 Tea Spoon)
Dark Soya Sauce (2 Tea Spoon)
White Vinegar (2 Tea Spoon)
Sweet Chilly Sauce (2 Tea Spoon)
Spring Onion (100 Gm)
Garlic (20 Gm)
Black Paper (As Per Taste)
Coriander Leaves (For Garnishing the Dish)
Green Chilly (3/4 Pcs, If You Need More Spicy)



Preparation

1. All the vegetable & mushroom cut into square & medium pieces,
2. Spring onion + garlic cut in any type
3. Take fry pan & keep it in gas for heating
4. In the other side of gas –boil all the vegetable for 1 min.
5. After fry pan warm – put 2 tea spoon olive oil.
6. After 1 min take out all the vegetables from hot water & immediately transfer into cold water & take out after 30 seconds. This method will help to retain vegetable color.
7. Now add garlic & spring onion in fry pan for few seconds till it's coming into brown.
8. Add all vegetables in fry pan & mix it properly
9. Now add sweet chilly sauce, dark soya sauce, white vinegar & salt as per taste. Then mix it well & keep fry for 50 seconds.
10. Add veg sausages & add little crushed black paper & mix well for more 50 seconds.



Food for Brain ??

Burning Rope Timer Puzzle

A man has two ropes of varying thickness (Those two ropes are not identical; they aren't the same density nor the same length nor the same width). Each rope burns in 60 minutes. He actually wants to measure 45 mins. How can he measure 45 mins using only these two ropes. He can't cut the one rope in half because the ropes are non-homogeneous and he can't be sure how long it will burn.

Solution:

He will burn one of the rope at both the ends and the second rope at one end. After half an hour, the first one burns completely and at this point of time, he will burn the other end of the second rope so now it will take 15 mins more to completely burn. So total time is 30+15 i.e. 45mins.

TEAM



Many Hands But One Goal...



Lilly Maritime Pvt. Ltd.

Mundra Team