

Lilly Star

19TH EDITION | 01ST SEPTEMBER 2021 | 25 YEARS SILVER JUBILEE EDITION



**We want to thank you for your
Support, as we celebrate the
25th Anniversary of the
Incorporation of *Lilly Maritime***



Health



Quality



Environment



Safety

Security

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MD's Desk

RETHINA K. KUMAR (MANAGING DIRECTOR)

On behalf of the Management on this special Silver Jubilee Year, I wish to thank you all for being part of the Team to have successfully completed 25 years. I also wish to thank the Late Shri Harshad Bhai, who had the confidence and faith in me, to hand over the First Ship Management assignment to Lilly Maritime, 25 years ago. This is also the time to thank all the Owners and Companies who have helped in our Growth and for having given us valuable

feedback to improve our Work culture, Process control and Safety record.

Along the way, we have been through many Successes and Failures. Success, gave us the recognition and energy to serve the Customers better; whereas the Failures taught us great lessons to improve Strategies and Procedures. This also helped us to train the team to avoid future failures. Our inclusion in the



'SHELL INITIATIVE' gave us a better opportunity. The COVID pandemic has given us all a very different experience of remotely controlling our service in an innovative way. We have taken the full advantage to optimize Costing and improve our bottom-line.

"JOURNEY OF 25 YEARS - "Revealing the Past, Challenging the Future"

We are proud to be a company with many business verticals. This has given us the stability to stay with regular growth. One of the Business verticals which has given us a boost, is the Offshore Shipping Sector, where our expertise in service has helped us to own vessels. This combined asset & service has helped us to grow to a better phase. We have ambitious plans to grow in this field. The recent joining of hands with our First Principals, will lead us into the Marine Logistic business. Our team is thrilled and are putting the best efforts while moving

cautiously to achieve our goals.

On this occasion I request every one of us to commit ourselves to the goal of improving the Personnel Skills and so help others to improve their skills. The strength of our Team is much more than the arithmetic sum of individual skills. We have engaged 'ACTION COACH to guide us to achieve the Common Minimum Goals we have fixed for ourselves. I request you all to feel free to discuss the concerns without fear and at the same time, all must take the concerns and decisions seriously which will be taken with a consensus.

fixed for ourselves. I request you all to feel free to discuss the concerns without fear and at the same time, all must take the concerns and decisions seriously which will be taken with a consensus.

This is also a Special Year for India as we celebrate the 75 th Year of Indian Independence. Our Contribution to the Nation must help India to be a Super Power and a Happy Nation.

Once again, I wish to thank you all for being part of my Life's journey and helping me to learn more so as to serve better.

On behalf of SILVER LILLY family.

MD's Desk

A.S. SENTHIL KUMAR (MANAGING DIRECTOR)

“

A Turnback at 2020-2021 and What to Look Forward

The past year has taught us a variety of lessons which includes many opportunities and some setbacks. As a group we have succeeded in many aspects like growing in offshore industry and projects. However, it was unfortunate that we could not improve our fleet for Ship Management. The recent pandemic situation has put all of us in a very difficult situation both physically and mentally. Our team has taken it as a challenge and bounced back to operate the vessels safely

and efficiently with available resources. It is time for us to come out of our comfort zone, train ourselves to understand our stakeholder's requirements and support them to develop their trust and confidence in us. We need to seriously work on a system driven organization to streamline our routine work. We need to seriously work on a system driven organization to streamline our routine work. Let us be brave to welcome challenges through which we can prove our ability and



strength. We need to become smart and out of the box thinker than a simple hard worker. We must fix goals and work towards it with timeframe & commitment to achieve the same.

“A Customer is the most important visitor on our premises. He is not dependent on us. We are dependent on him. He is not an interruption in our work. He is the purpose of it. He is not an outsider in our business He is part of it. We are doing him a favor by serving him. He is doing us a favor by giving us an opportunity to do so.”

~Mahatma Gandhi

Customer's Testimonial

“ Congratulate you and your team on the

Silver Jubilee year celebrations. It is a great Milestone achievement. I am very happy to note that you have spread out in many maritime sectors like, Port, Ocean Going Tanker, Jetty operations, Offshore and Green recycling. It is almost 21 years since Lilly Maritime started working at Jamnagar site. During the period we have seen your creative and innovative ideas/ services to help Reliance achieve good safety standards. You were operating our Security boats and I had the Opportunity to take our respectful Madam Mrs. Kokilaben Ambani and her team to visit offshore area near SPM. She was very happy to see the boats are maintained and operated in a very spic and span conditions. That visit by Mrs Kokilaben Ambani was a great honour to our Marine team. You were ready for accepting any new challenges, ideas and experiments like Docking Vessels at Lo-Lo berth, taking over new services in short notice etc.

On behalf of Reliance team, I wish Lilly Maritime a Great Success and growth in the coming years.

- P. Sankaran (Rank)
Reliance Industries Limited (Jamnagar)

Congratulations to you for completing 25 glorious years of success in the business. You have achieved tremendous growth and I like to believe that you must have built an eminent goodwill in the community. Companies like yours with a brilliant team of dedicated workers with a friendly work environment can only aim for high results. More so specially the Jamnagar team with whom my team is interacting on a daily basis.

You have always tried to provide the best services to your customers. and clients and it is indeed appreciable. It has been a pleasure working with you for over a decade and have always found fruitful results. With your commitment and sincerity, you have from time to time proved your worth for which the Company has gained the much-deserved recognition.

Congratulations for this wonderful journey of reaching the 25 years of success milestone.

I am sure you will reach greater heights in the coming days.

We wish you all the best for your future.

Alok S Jain (Vice President)
Reliance Industries Limited

My best wishes on 25th Anniversary to entire team of Lilly maritime. I consider my self-privileged to be part of exiting journey. Happy to see company growing leaps and bounds. It is sheer hard work and dedication of put in consistently over the years you have reached this important Milestone"

Devesh Joshipura

Customer's Testimonial

Lilly Maritime completed 25 years since it first started in September 1996 and along the way has relocated from a small office at Goa Street, Ballard Estate to bigger office at Andheri East, to grow with the expanding business and also diversifying its businesses along the way.

It has been a truly remarkable achievement to have reached this stage, by providing services to a niche market and being competitive. It speaks volumes of the trust and confidence that it has developed with players in the market today.

The core service of placing professional seafarers on board various vessels under their management ably led by Rethina Kumar, the Managing Director, in an ever-competitive market as well as providing excellent marine services has helped it create a name for itself.

The company has very good relations with the clients that it has served. Reliance Industries and its Group Companies have been clients for over 2 decades. Lilly Maritime has been providing Harbor Craft Management and also Oil terminal Operation and maintenance.

Lilly Maritime grew to provide Tanker Management for various owners along with the SHELL partnership Program. Since the last few years Lilly maritime has acquired offshore vessels for serving Offshore Companies in India.

Lilly Maritime have provided services for acquiring and beaching over 200 vessels for NKD Maritime of the Shree Ram group over the last 2 decades. Ever since The Hong Kong International Convention for the Safe and Environmentally Sound Recycling of Ships was adopted in May 2009, Lilly Maritime has developed the NKD Yards at Alang, Gujarat, to be the most environmentally green and safe recycling yard complying with all the regulations.

Along with Ship recycling, Mobilization and Third part Supervision services, Lilly Maritime have recently got a contract to provide aggregates for building a breakwater for a LNG terminal in the west coast of India.

With its thirst for involving in new environmentally friendly technologies, Lilly Maritime is exploring new avenues with new partners.

We wish Lilly Maritime a bright future for reaching greater heights under the helm of Rethina Kumar and his Team.

John Mathew

I am glad to learn that Lilly Maritime Private Limited are observing their Silver Jubilee Year this year.

I have known Rethina Kumar for a very long time. Rethina is a unique mix of a technically sound, hardworking, resourceful and entrepreneurial engineer. As the founder of Lilly Maritime, he has with his dedication and passion for work has led the company to the well-respected position it enjoys in the industry today.

Always approachable and ever willing to look at all options to find engineering & technical solutions, Rethina has made Lilly Maritime a multi-faceted ship services company with interests in Crew and technical Management, Ports & Terminal Management, Ship Repairs and Green recycling of ships.

I take the opportunity to wish Lilly Maritime Private Ltd and Rethina Kumar many more years of success and prosperity.

Capt. Allen Pinto
Inter Global Shipping

"HAPPINESS IN VARIOUS

DIMENSIONS OF OUR LIFE "

R. BALAKRISHNAN (CFO)

To express in simple terms, happiness can be easily understood to mean positive emotions and life satisfaction in every dimension of our life. No doubt, the fundamental aspect of our life is to derive happiness in full measure. Whatever we pursue in our life whether it is business, education, service and other vocations, we are no doubt doing so because our inner self gives a conviction that it will bring happiness to us. Spiritual masters and even psychologists do throw light on this vital aspect of our life and guide us on the right path to attain happiness. Pleasure, comfort, gratitude, hope, inspiration and other aspects lead to positive emotions that increase our happiness and more likely to flourish. Illustratively, the contributing factors that affect our happiness include personality type, surge in positive emotions, attitudes towards physical health, social class, wealth, attachment, goals and self-efficacy etc.

Happiness seeking persons must accept the following realities. Those who provide emotional support to others are more likely to be happy. Money can bring happiness up to a certain level and after that it has no significant effect on our

emotional well-being. Pursuing happiness through social activities like spending time with family, friends and society is more likely to be effective than other methods. Enhancing positive emotions contributes to improved outcome at work and career success. Relationship between religious or spiritual involvement and happiness is linear. Higher involvement in these areas lead to greater compassion.

More compassionate persons are likely to provide emotional support to others, thereby deriving more happiness. It should be recognized and admitted by us that happiness is not determined by genetic factors but by our experiences and our day to day lives. By training our brain through awareness and exercises to think in a happier, more optimistic and more resilient way, we can effectively train our brains for happiness. We, as Lillian pursuing service career spend most of our time for work related activities including the travel time. Let me share a few thoughts on happiness at workplace spotlighting its advantages and strengths. All of us including the entire rank and file must strive to attain more happiness if not already achieved as a way of life. Being happier at work

promotes better health and well-being, more creative and effective problem solving, more productivity and innovation and faster career advancement. Persons who are happier at work are more authentic, more committed and driven to work. They are more willing to contribute beyond their job descriptions.

In the face of adversity and setbacks, a happier person tends to see the bigger picture, making him / her less stressed and also better at reconciling conflict. Pandemic has shown us that brooding over which we have no control won't change anything. Far better to accept facts and move on.

As we celebrate the Silver Jubilee year of our great organization, built brick by brick by our MD Mr. Rethina K. Kumar and who has created an enabling work environment, let us all resolve that whilst expressing our gratitude to him, we will collectively make Lilly Maritime a much better and happier workplace.



Safety -Everyone's Responsibility

V. Vengat (Tech. Superintendent)

As marine accidents imply potentially catastrophic consequences, always the focus upon safety is very vital in the shipping industry. There has been much attention regarding safety issues, and considerable endeavors have been made intending to improve the maritime safety. Traditionally there has been focus upon the hardware elements, and a lot of effort has been put into designing and constructing better and safer ships, developing more accurate and reliable navigational instruments, and supplying various types of safety equipment on board the vessels. Due to the technological evolution during the recent decades with a continuous development and improvement of technology in general, the vessels and the technical equipment on board the ships are safer than ever before, which has also contributed a great deal to improve safety in shipping. However, accidents and incidents still occur, and due to many incidents and a number of major accidents, some with severe consequences, safety remains an essential matter of attention in the industry and has become even more important now a days.

In order to prevent or keep the number of accidents at a minimum level, it is essential to reveal why accidents happen and gain more knowledge and further understanding about the causes of accidents. Therefore, Risk Assessment and Risk Management are important in the shipping industry. Even when all possible elements have been taken into consideration, risk can never be totally eliminated, and the fact that accidents are inevitable, and even normal, should be acknowledged.

Engaging with safety issues in the shipping industry involves the human element, the job, the environment, and the interaction between these components. Extensively human error becomes a contributing factor in causing incidents and accident. Subsequently, the human factor is not only a potential cause of accidents, but could also be considered a contribution in accident prevention, through observing and detecting any conditions which could potentially lead to accidents or incidents.

Capt. Mihir Choudhary (Advisor)

The Lilly Maritime Pvt Limited completing its 25 years of excellence and growth in the field of Marine activities. This Glorious 25yrs of its history has many memories which finally made it a name to reckon with.

I am associated with Lilly Maritime for more than 10 years. I saw some highs and Lows in the company during my association, but the courage and spirit provided by the top management was excellent to bounce back. The best part was that during any crisis period views of all were considered and the best solutions were given. Not only professional but personal problems were also given attention equally, which made this company a special place in heart of many who are associated for long time. 80 percent of staff are giving their services for more than 10 yrs, where some are since the inception of the company.

I learn a very lesson of life in the company was to have the courage to admit the fault and show the intention to correct it. The management also supported, and no blame game was encouraged. The success of Lilly Maritime lies in its diversified business. The will to try new ventures with proper risk assessment is the key to success. Lilly Maritime gave full support to learn and gain knowledge in new field. Though in short term it incurred some losses but in long term it will pay the reward for sure.

I congratulate The Lilly maritime Pvt Ltd and its Founder Shri Rethina Kumar on completion of 25thYear of excellence and Glorious Past. Same time my best wishes to achieve its vision to not only work as profit making organization but also improve the society around.

SEAFARERS -THE UNSUNG HEROS



**“Life’s roughest storm prove the
Strength of our anchors”**



In the maritime world, our seafarers have long been unsung heroes. They are selfless and willing to help when needed. The shipping industry is essential to everyone everywhere in providing them with the goods and commodities they need and want BUT Seafarers' mental health can suffer sometimes because of their tough, demanding jobs.

Despite the enjoyable aspects of seafaring, there may also be some challenging facets to the job. Sea life is influenced by a variety of factors. There are things such as shore leave, the threat of abandonment, prompt payment of wages, the possibility of criminalization, even simple things like providing gym equipment on board.

While at sea, one realizes 'how little a person needs, not how much! The COVID-19 outbreak has caused fear and anxiety among seafarers and their families around the world. Despite being away from home, family, and friends, they devote themselves every day to their work. Let's all show solidarity with the seafarers who are sailing in the high seas worldwide and who really are the backbone of global trade and economy.

Seafarers are the unseen and unsung heroes who are essential in ensuring that the supply chain of food, medicines, fuel, energy and other goods keep operating.



Career in the high seas requires people to be mentally strong and physically tough. They need to be able to adapt to different environments and work cultures. They should be willing to take on responsibility, have love for adventure and challenges and have a desire to strive for higher positions. They should be able to work as well as study for examinations in between. They need to be intelligent, intuitive, willing to work in a team, be flexible, be patient, have a liking for solitude, are willing to live away from family and loved ones for long stretches of time.

Also, a special mention to the many wives and families of seafarers, who are motivating them and staying positive during this pandemic, they deserve our appreciation. Their role is more often understood than told.

Cheers to the brave men, who choose careers at sea and the women in their lives who match them in every possible way!

Amruta More (Tech.Assistant)

Added

Responsibilities

VESSEL : M.V. VARSHNE
IMO NO. : 9319507
FLAG : MARSHALL ISLAND
TYPE : OFFSHORE SUPPLY
VESSEL

**TECHNICAL
& CREW MANAGEMENT**



VESSEL : M.V. FOREVER HAPPY
IMO NO. : 9146613
FLAG : COOK ISLAND
TYPE : BULK CARRIER

**TECHNICAL
& CREW MANAGEMENT**

FROM CAPTAIN'S DECK

स्वच्छ नीले आसमान ने

सुदर्शन से कहा

मेरी तरफ देखो मैं बादलों की चादर हटाकर बारबार नया हो जाता हूँ

ओर तुम अपने धुँए से मुझे प्रदूषित कर देती हो, कभी यहाँ कभी वहाँ घूमती रहती हो,
क्यों न एक जगह रुक जाती।

मेने कहा, सुदर्शन नाम है मेरा, जब से मैं लिलियन बनी, बस चलना काम है मेरा।
खुशनसीब थी मैं जो लिली परिवार से जुड़ी जहाँ मुझे बहुत प्यार मिला।

मैं अपनी कोख में मेरे नाविकों को लेकर चलती हु । ए नीले आसमान, अपनी खूबसूरती
पर मत इतना इतरा,

यह जो तुझे धुँआ दिख रहा है वह मेरे नाविकों की चिंताएं है जो मेरे मालिक ने धुँआ
बनाकर हवा में उड़ा दी।

ए निले आसमान, बरसा दे तेरे प्यार का मीठा जल और तृप्त कर दे मेरे नाविकों का श्रम।

आज मेरे सारे लिलिटेरियन मेरी कम्पनी की 25 वी सालगिरह मना रहे हैं।

आ तू भी जुड़ मेरे साथ ओर मेरे मालिक, कर्मचारी और जुड़े सारे

नाविकों को 25 वी सालगिरह की शुभकामनाएं दे

सभी लिलिटेरियन को बहुत बहुत शुभकामनाएं।

सुदर्शन परिवार

OUR HEROS – ONBOARD TEAM



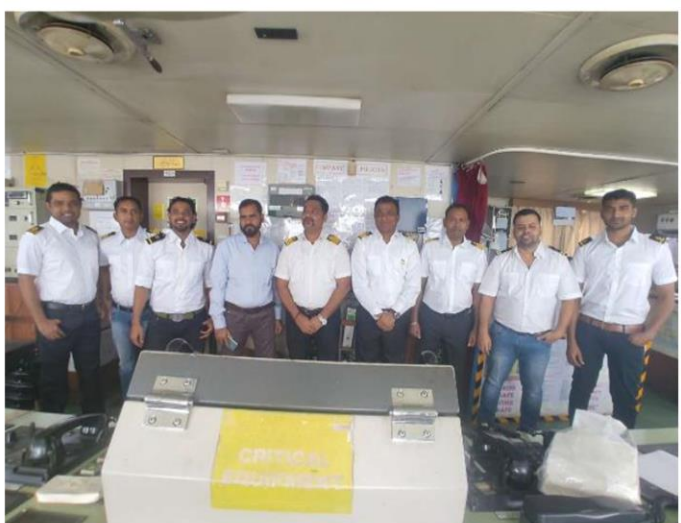
M.V. SUDARSHAN



M.V. VARSHNE



M.T.BLUE HAWK



M.T. ASPHALT EXPRESS



M.V. FOREVER HAPPY

Left Brain - Language, Logic, Critical Thinking, Numbers, Reasoning, Fact Analysis etc

Right Brain - Recognize Face, Expression, Emotion, Love, Color, Creative, Music, Art etc

BRAIN BALANCE - LEFT V/S RIGHT

Mystery of the Left-Brain and Right-Brain, not a myth

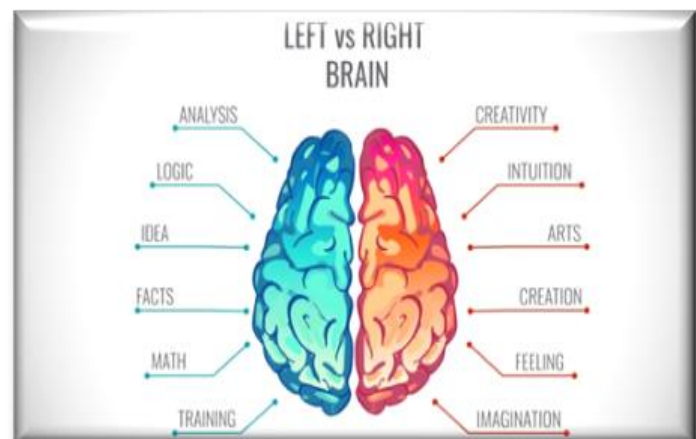
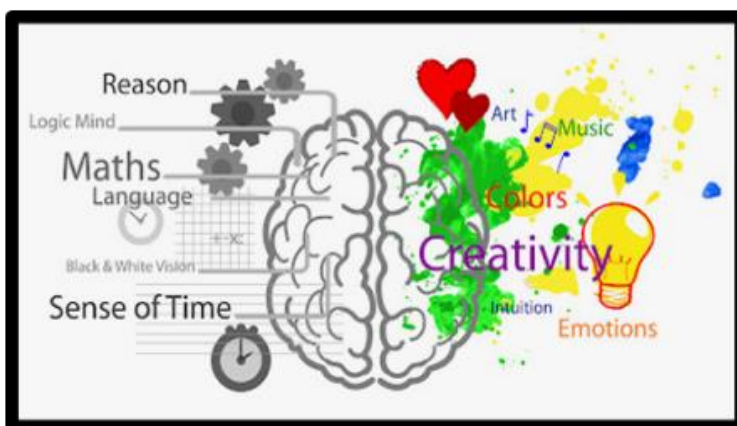
The study of this mystery began in year 1960 by Nobel Prize winner Roger W. Sperry (American).

It is important to develop both sides of the brain in a balanced manner. The development of the brain happens between birth and up to the age of 14 years. After this crucial age changes can happen only if there exists determination, commitment, dedication, will-power, hard work, effort and the likewise. In India, a lot is influenced by culture, religious learning, and academic knowledge which we gain whilst growing. This knowledge sticks to the individual and molds an individual for his entire life. The learnings which an individual imbibes during his or her growing up years are basically from parents, teachers, neighbors, relatives, friends, spiritual entities etc. The behavioral pattern does not change much with age - adulthood to becoming a senior citizen.

Left brainers are notoriously early risers and right-brainers stay up late working or prefer the later hours for their creativity or thoughts to get streamlined.

To Develop Your Left-Brain

1. Ideally, it's best to get up at 6 am, have a cup of coffee/tea, exercise as per preference (Yoga, a run, walk or workout) and get started with the day. Getting to bed at around 10 pm gives your body enough rest to start the next day on a good note. Continuously following this routine for a week and then for a month brings about a pattern both physically and mentally. This may seem a bit difficult at first, especially in an urban setup but building upon a good habit/ routine needs time and will. A proverb we have all heard repeatedly "where there is will there is a way" fits in perfectly.
2. Learn a new skill that is of your interest. It could be Excel / Accounting, or try to read something on current affairs, law, economics, math, literature etc. It goes without saying that the comfort level will have to be worked on and in time the habit will become part of your daily routine. Learning from failures or mistakes is the best way to learn. A life hack that never fails.



To face the challenges of Life, one should develop both Left and Right Brain in a balanced manner.

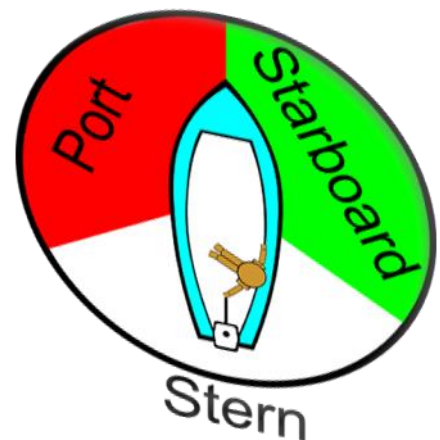
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Develop Your Right Brain

1. Take A Creative Class- Learning creativity (writing, cooking, painting, drawing). This activity will help open up the colorful pathways in your brain. Indulging in painting or cooking with children at home is a great way to bond and also get them to learn something new or vice versa. There is no age to learn and kids can teach us great lessons in their own unique innocent way.
2. Music is a great leveler and soother. Pick up listening to the music of your choice (religious, pop, romantic, instrumental, or motivational podcasts). Today with everything at your fingertips, literally the choices are amazing. Getting involved in social activities in society brings about a sense of compassion which is passed on to your children who observe and learn or get influenced by the good work parents do. Being physically involved is required as much as being involved with charities / donation on the monetary front.
3. Where there is white there also exists black. A lot of artists get cheated out of money because they don't fully comprehend or even read the contracts they sign. Read between lines on contracts and remuneration clauses, Flex your left brain!!!!
4. Indulge in a little color and change your clothing style, giving everyone a pleasant surprise. Gather praises and spread the vibe of positive energy. Positivity is contagious and worth passing on to juniors and seniors alike.

Studies indicate that one can judge a person based on the behavior, approach, character, aura etc, and make a fair reading on which side of his/her brain is more active or influential.

The Left and Right Brain are equally important, likewise in the Ship left and Right sides are equally important. The left is referred to as Port and Right-Side Starboard. Care is taken that the cargo loaded or stored on a ship is always balanced on both sides for safe sailing.



A balance in life is important, be it the brain, life or a cargo ship the magic key is BALANCE!!!!

Jacob Joseph

(Account's Department, Lilly Maritime Pvt. Ltd.)

STRESS MANAGEMENT

AN ULTIMATE NEED TO SUCCEED

Nishant Verma (Tech. Superintendent)

Stress is a feeling of anxiety that you experience in response to an event. Stress creates internal physical and emotional tension, which can lead to a variety of physiological, mental, or behavioral responses. Studies show that unmanaged stress leads to an array of physical and mental health problems including heart disease, weakened immune system, high blood pressure, anxiety disorders, depression, or other disorders that can reduce your overall quality of life.

Stress management is a way to reduce any detrimental effects it may have on your body. Being permanently stress-free is not likely, nor is it necessarily healthy—a small amount of stress can be beneficial. However, it is possible to adapt your stress response to reduce the negative impact stress may have on your life.

7 Tips for Managing Stress

It's important to know how to effectively lower stress levels to reduce the likelihood of stress having a negative impact on your life. Some helpful stress reduction methods are:



Practice Meditation Sit at a place and focus on your breaths, or else simply going to a park and watching how are people moving can help you reduce mental stress a lot.



Get some exercise. Exercise is one of the healthiest ways to naturally mitigate stress. When you exercise, you release endorphins, which act on the opiate receptors in the brain and produce a feel-good effect. Increasing the number of endorphins in your brain can reduce the physical pains of stress, and increase your dopamine production, which can help you feel happier overall. For people having shortage of time; Even 7 minutes of exercise has great effects.



Try yoga Yoga helps in creating a balance between body and mind. It is a physical and philosophical practice that originated in ancient India over 5,000 years ago.



Take deep breaths. Deep breathing can help you refocus your mind and physically calm your body down. My tip is to take 100 deep breaths every day.



Get better sleep. Improving your sleep hygiene can make it easier to fall asleep and stay asleep at night, which can reduce your stress.



Practice positive self-talk. Means every morning talk something optimistic to yourself. It makes you feel good about yourself and it encourages you to look at the bright side of yourself and improves decision making power.



Reduce Screen-time. Try to reduce the screen-time (i.e. Mobile, Laptop, TV etc) as much as possible.