



# Wellness at Sea

FROM SAILORS' SOCIETY

MARITIME SCHOOLS' CONFERENCE

# 2022

Positive wellbeing for a  
rewarding seafaring career



**INDIA - 3 AUGUST**

  
**Sailors'**  
Society



## CONTENTS

**Welcome** - Sara Baade, CEO, Sailors' Society

**Introduction** - Johan Smith, Head of Wellness, Sailors' Society

**Conference agenda**

**Conference speakers**

**All you need to know about Peer-to-Peer Support**

**About Sailors' Society and how to access support**

---

## WITH THANKS TO

SPONSOR

  
**inmarsat**

SPONSOR

*Fleet Management Limited*  
A Caravel Group Company



TECHNICAL PARTNER

**UKP&I**

## Welcome

I am delighted to welcome you to our Wellness at Sea Maritime Schools' Conference, India.

This conference is the first in our global programme of maritime school conferences this year. We are making a proactive investment in young minds because we recognise that today's cadets are tomorrow's workforce and future leaders.

As seafarers, you are the key workers of the sea. You will serve at the frontline of international supply chains, supporting global economies – so it is essential that your wellbeing is cared for from the beginning of your career.

Today's content has been specially tailored to focus on key issues facing today's seafarers and will help to prepare you for a long and fulfilling life at sea. It also builds on Sailors' Society's pioneering wellness training and support programme that will be there for you at every stage of your maritime journey.

As part of our support to you as seafarers, we would also like to invite you to join one of our cadet peer-to-peer support groups on WhatsApp (see page 10 in this programme). These safe spaces allow you to swap stories, ask for assistance or advice, and chat about your day-to-day lives and experiences. You can leave your group at any time should you decide that this is not for you.

For more than 200 years, Sailors' Society has been transforming the lives of seafarers and their families at home, in port and at sea through resources like the peer-to-peer groups, our port chaplaincy, crisis response network and work in seafaring communities.

As an international maritime charity, we work to provide practical, emotional and spiritual welfare support to the world's 1.6m seafarers, regardless of background or faith. Sailors' Society chaplains and ship visitors have a presence in 87 global ports and we have further projects and services, including family resiliency workshops, mobile medical units and school ferry boats, covering 21 countries.

If you are ever in need of support, you can reach us on our 24/7 confidential helpline at +1-938-222-8181 or instant chat via <http://sailors-society.org/helpline>. For more information on what we offer, please visit [www.sailors-society.org](http://www.sailors-society.org).

In the meantime, thank you for joining us and I hope you enjoy today.



**Sara Baade**  
CEO Sailors Society



"I found this event really insightful and helpful, especially the crisis response information and how to handle stress and workload."

A 2021 conference participant

# Introduction to the Wellness at Sea Maritime Schools' Conferences

Sailors' Society has designed this online conference especially for Indian maritime colleges and for you, their current cadets.

With the global pandemic and war in Ukraine placing extra pressures on the world's seafarers, and rates of anxiety and mental health issues arising, the need for wellness and wellbeing support has never been greater.

Since 2015, Sailors' Society has been providing comprehensive wellness support and training for seafarers and their companies under our pioneering Wellness at Sea programme, and we recognise the importance of offering this wellness education and assistance from the earliest point in a seafarer's career - cadetship.

Your wellbeing, now and into the future, is at the heart of this day-long conference, with practical sessions on mental health, onboard coping skills and the importance of personal wellbeing at sea.

Our presentations are being given by industry leaders and, through their expertise, we are addressing the key issues facing today's seafarers including working in a world with Covid, the current war in Ukraine and diverse workforces.

We are delighted to welcome as our introductory speaker for Wellness at Maritime Schools' Conference India, Mr Amitabh Kumar, Director General of Shipping, Additional Secretary to Government of India

Ministry of Ports, Shipping and Waterways, India at Directorate General of Shipping. The Director General is joined by our keynote speakers for this conference, Mrs H.K. Joshi, Chairwoman of the Shipping Corporation of India and Capt. Prashant Ragnekar, Former Chief Operating Officer, Fleet Management India.

Alongside these presentations, this conference offers interactive sessions and practical advice, including a session on how to get a job in a tough industry.

We hope that all of these will equip and empower you with awareness and skills that will serve you throughout your seafaring lives.



**Johan Smith**  
Head of Wellness, Sailors' Society



"It's a golden opportunity to gain knowledge attending this conference. I am very thankful for the authorities for giving us such a golden opportunity."

Bhardwaj Manan, Anglo-Eastern Maritime Academy

# AGENDA

## INDIA - 3 AUGUST 2022

### MORNING SESSIONS

- 09:30 – 09:45** **Welcome address**  
Johan Smith, Head of Wellness, Sailors' Society
- 09:45 – 10:05** **Inaugural address**  
Mr. Amitabh Kumar  
India Director General of Shipping
- 10:05 – 10:15** **Have your say - interactive session**
- 10:15 – 10:25** **How the maritime landscape is changing - the role of technology in wellbeing and welfare**  
Peter Broadhurst  
Sailors' Society Ambassador and Maritime Snr VP  
Safety, Regulatory, Inmarsat
- 10:25 – 10:45** **Introduction to Sailors' Society**  
Sara Baade, CEO, Sailors' Society
- 10:45 – 11:00** **Realities of life at sea and the importance of personal wellbeing**  
Capt. Prashant Ragnekar  
Former COO, Fleet Management Ltd., India
- 11:00 – 11:25** **Panel discussion 1:**  
**Your questions about life at sea**  
**The challenges and solutions - student perspectives**  
A Q&A with Capt. Prashant in conversation with five student representatives
- 11:25 – 11:45** **Lucky draw and tea/coffee break**
- 11:45 – 11:55** **Have your say - interactive session**
- 11:55 – 12:10** **Wellness for young seafarers - a P&I club perspective**  
Anuj Velankar, Regional Loss Prevention Director,  
Thomas Miller
- 12:10 – 12:30** **Mental health in maritime - practical tips**  
Dr. Deepti Mankad, Regional Coordinator,  
Wellness at Sea
- 12:30 – 12:50** **Tips for trauma and disruptive events - expecting the unexpected**  
Toon van de Sande, Safety and Security Consultant,  
Spiritention
- 12:50 – 13:00** **Have your say - interactive session**
- 13:00 – 13:30** **Lucky draw II and lunch break**

### AFTERNOON SESSIONS

- 13:30 – 13:55** **Panel discussion 2:**  
**Your questions about life at sea**  
**The challenges and solutions - student perspectives**  
Panel discussion by student representatives from five maritime schools
- 13:55 – 14:15** **The psychology of conflict - being a seafarer in a time of war**  
Alexander Dimitrevich, COO, Mental Health Support Solutions & Chief Consultant of GoCrisis org
- 14:15 – 14:35** **On board coping skills**  
Umesh Pherwani, Neuro-Linguistic Practitioner and author of 'The Mindswitch'
- 14:35 – 14:50** **Lucky draw and tea/coffee break**
- 14:50 – 15:10** **Diversity - women in maritime**  
Mrs. H.K. Joshi, Former Chairwoman, Shipping Corporation of India [SCI]
- 15:10 – 15:30** **How to get a job in a tough industry - tips from a digital seafarer start-up**  
Go-Turtle
- 15:30 – 15:45** **Concluding remarks and evaluation**

# Conference Speakers

## INAUGURAL ADDRESS



### Mr Amitabh Kumar

Director-General of Shipping, Additional Secretary to Government of India Ministry of Ports, Shipping and Waterways, India at Directorate General of Shipping.

Shri Kumar took over as Director-General of Shipping & Additional Secretary, Ministry of Shipping, Govt. of India on 7 January 2019. Before that he worked as Additional D.G. Shipping & Joint Secretary, Government of India, from 15 September 2015.

Since his posting in the Directorate General of Shipping, he has been instrumental in drafting of new Merchant Shipping Bill & Multimodal Transportation of Goods Bill. He has introduced digital reforms in maritime administration by rolling out e-gov. platforms like e-migrant software, training module, Recruitment and Placement Service Module, Examination Module, Swatch Sagar, Biometric Seafarer Identity Document, Digital Certificates for Watch Keeping, DC endorsement, E-Learning, Virtual Classrooms, Online Exit Exams and Digital Certificates for training, Online Ship Registration modules, etc.

He has shown exemplary leadership in facilitating crew change of more than 200,000 seafarers since the national lockdown on 24 March 2020 on Indian ports through Charter Bubble and Vande Bharat flights.

## KEYNOTE SPEAKER



### Mrs H.K. Joshi

Former Chairwoman, Shipping Corporation of India (SCI)

Mrs H.K. Joshi has close to four decades of corporate experience and over seven years of Board level experience. She has several awards and accolades to her credit for her exemplary performance and contribution to the trade and industry.

In May 2022, she was recognized as 'Woman of Exemplary Courage' at the Marex Maritime Women Empowerment Awards. This award from the Company of Master Mariners of India recognized her part in the historic moment when the MT Swarna Krishna became the first Indian ship with all women officers.

The National Maritime Day Celebrations Committee (NMDC) also conferred an award to her in recognition of creating history with the first cargo vessel that sailed for a record 26 voyages with only women officers on board.

Mrs H.K. Joshi joined SCI in February 2015 as Director (Finance) and Chief Financial Officer. In December 2019, she was appointed by the Government of India as the Chairperson & Managing Director. She has held multiple additional Board level charges - Director (Personnel & Administration) in 2017-18, Director (Bulk Carrier & Tankers) in 2019 and CMD from September 2019. She was also the chairperson of two other companies and on the board of seven more while also being on various board committees.

A self-propeller and an agile and pragmatic leader with an eye for identifying talent and having conviction in her goals, she considers human resources as integral assets of an organization.



### Capt. Prashant Ragnekar

Former Chief Operating Officer, Fleet Management India

Capt. Prashant completed his pre-sea training at T.S. Rajendra in 1980 and started his career with Scindia Steam Navigation Company. He subsequently served in L&T and Farsund Shipping where he took his command. He joined FLEET in August 1997 as Marine Superintendent and rose to the present position in the company.

When he joined the company, FLEET had 25 ships under its management. Today, they have 450 ships under their management. He was also hugely responsible for setting up and the functioning of Fleet Management Training Institute at Navi, Mumbai, India in 1998, which has state-of-the-art training facilities, approved by the Director-General of Shipping. He also plays a key role in recruitment and establishing careers of deck cadets and trainee marine engineers on company-managed vessels.

As a former Chief Operating Officer with a demonstrated history of working in a challenging environment in the international maritime industry, Capt. Prashant has a proven record of accelerated growth and sustaining the organisation's leading position in the Ship Management industry for over 20 years.

# Conference Speakers



## Sara Baade

CEO, Sailors' Society

Sara joined Sailors' Society as CEO in September 2020, bringing with her a strong background in management and strategic policy, as well as extensive experience in leading an international welfare charity from her previous role as CEO of The Army Families Federation.

Her career includes working as a senior civil servant for the Department of Business Innovation and Skills, a directorship at the charity UK Skills and substantial experience in investment banking.

Sara lives in Berkshire in the UK with her 12-year-old twins.

[www.sailors-society.org](http://www.sailors-society.org)



## Peter Broadhurst

Maritime Snr VP Safety, Security, Yachting and Passenger, INMARSAT

Peter started his career at Inmarsat in 2014 as Vice President of Service Delivery for the Maritime Business Unit, where he was responsible for leading the development of products and services from conception and implementation, through to launch and life cycle management. Peter was instrumental in the launch of Inmarsat's high-speed broadband service Fleet Xpress launched in March 2016.

With over 25 years of experience in the maritime industry, Peter began his career at sea as a Radio Officer before running his own business and working for a maritime distributor. Peter then spent 15 years with Sea Tel Inc / Cobham SATCOM as Vice President of Sales and Marketing where he was responsible for overseeing and managing global sales, support, marketing, training and product management.

Peter has an HND Electronics, Marine Radio General Certificate, Radar and Marine Navigation Aids accreditation from Wray Castle Merchant Navy School, and holds an Open University, BSc (Hons) first-class degree in Radio Frequency Systems. He is an Ambassador for Sailors' Society, Vice President of Comité International Radio-Maritime (CIRM) and is on the Board of the World Maritime University (WMU).



## Alexander Dimitrivich

COO, Mental Health Support Solutions & Chief Consultant of GoCrisis org

Alexander, as Chief Operating Officer in Mental Health Support Solutions and Chief Consultant of GoCrisis org relocated to Europe to organize crisis response events for Ukrainian refugees. He has been working with seafarers and their families, air pilots, cabin crews and other Ukrainians who had been evacuated into Europe giving counselling, training and humanitarian support.

Alexander is a clinical and crisis psychologist. With a master's degree at Odessa National State University, he has worked for different international and national organizations including Sailors' Society as the Crisis-at-Sea Response programme coordinator and consultant. He is trained and experienced in organizing and providing support for trauma survivors and helping seafarers affected by piracy and other calamities. Several programmes he worked for have won awards including Safety at Sea and Seatrade Maritime Security Award.

Alexander has a Maritime Lloyd's Academy Diploma in Crew Management and he is a March on Stress associate. He is also trained in Trauma Risk Management. He is a co-author and trainer of the Three-Layer Psychosocial programme which is a support system for trauma survivors. He is also a certified Wellness at Sea trainer.



"Thank you for the webinar today. It was a pleasure to attend this wonderful webinar. I have learned so many new things today which I am sure are going to help me in future."

A 2021 conference participant

# Conference Speakers



## Dr Deepti Mankad

Regional Coordinator, Wellness at Sea  
[www.sailors-society/wellness](http://www.sailors-society/wellness)

Dr Deepti Mankad is an excellent communicator and well-informed expert in her field of professional development. She is the founder of Mindspeak and a professional development trainer and consultant and the Regional Head [India] for Sailors' Society for the Wellness at Sea programme for seafarers.

Belonging to a seafarer's family, she has been proving maritime training, coaching and assessment for seafarers and their companies for over 12 years now, and conducting sessions on mental health and wellbeing empowering seafarers to handle emotional disturbances. She also conducts psychological first aid training for seafarers with the objective to help troubled seafarers onboard and provides counselling services for seafarers and their families.

Deepti has a doctorate in Multiple Intelligence and is a certified Maritime Crew Resource Management [MCRM] trainer and certified as a psychometric assessor by Thomas International Management Systems Ltd. She has received various awards including the 2022 Maritime Wellness Coach & Trainer of the Year by International Brilliance Awards (IBA), Maritime Wellness Coach & Trainer of the Year by National Education Brilliance Awards (NEBA) 2022 and The Real Super Woman Award 2022 by Forever Star India.



## Umesh Pherwani

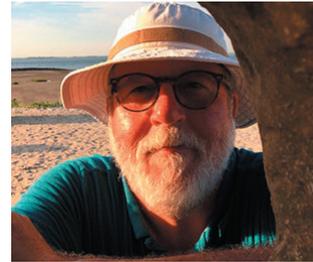
Neuro-Linguistic Practitioner and author of 'The Mindswitch'

Umesh Pherwani is a stand-up comedian, actor and mind expert. He is also a trainer in neuro-linguistic programming, which deals with reprogramming thoughts to change beliefs.

Umesh has imparted training to over fifty thousand people in five countries and he aspires to reach out to ten million in the next ten years.

He has written three books about the mind. His first book was 'Are You Out of Your Mind' and the second was 'The Mind Switch' which is all about filters influencing empirical observations closely related to emotions. His third book, 'The Body Switch' was launched on 15 June 2022.

Umesh has switched multiple careers from being a flight attendant to a tour manager, actor to a model, stand-up comedian to an emcee, and from an author to a life coach. He is also a certified Wellness at Sea trainer.



## Toon van de Sande

Safety and Security Consultant, Spiritention

Toon is a member of the Advisory Board of Human Rights at Sea. He is a certified trainer for the Wellness at Sea programme and delivered that course in Odessa in 2016. Regularly, he works in inland shipping as a first mate. He is also assisting several companies in first emergency response and disruptive events assessment.

From 2012-2015 Toon was Assistant Programme Director for the Maritime Piracy - a Humanitarian Response Programme (MPHRP). His key tasks then were the development of several training courses. He trained 300 participants to enable them to convene the Pre-Departure Piracy Awareness course in the UK, India, Ukraine, Thailand, Indonesia, Vietnam and the Philippines.

Toon was pastor from 2000 till 2012 working abroad for the Dutch Dredging and Offshore Industry, providing counselling and first emergency response. From 1991-2001 he worked as a port chaplain in the Port of Rotterdam. From the start in 1995 Toon was involved in the development and organisation of the International Christian Maritime Association (ICMA) Seafarers Ministry Training (SMT).

## Conference Speakers



### Johan Smith

Head of Wellness, Sailors' Society

Johan joined international maritime welfare charity Sailors' Society in 2014 to develop and lead its Wellness at Sea programme, a pioneering initiative which empowers seafarers to prepare and keep physically and mentally fit for life at sea.

The Wellness at Sea programme has since grown to become one of the leading wellness interventions for the shipping industry, benefitting thousands of seafarers every year and winning a Safety at Sea award for Best Crew Welfare Programme and a Seatrade Award for Investment in People.

Johan has worked with seafarers for many years, previously serving as a port chaplain for six years in Cape Town, South Africa. It was during this time that he became aware of the challenges many seafarers face as a result of life at sea and in 2011 started developing his work on a wellness programme to meet their needs. Johan studied theology and is also a qualified social worker.

[www.sailors-society/wellness](http://www.sailors-society/wellness)



### Anuj Velankar

Regional Loss Prevention Director, Thomas Miller

A master mariner, Anuj joined UK P&I Club in 2012 after 17 years at sea, sailing and commanding oil tankers and other vessels for various shipping companies.

A hugely respected and experienced marine professional, who has earned his stripes at sea, Anuj is responsible for handling the loss prevention and risk management aspects of members in Southeast Asia. Anuj is also involved in claims handling work for the local members.

The UK P&I Club is one of the leading providers of P&I insurance and other services to the international shipping community. At the start of the pandemic, Anuj was instrumental in setting up the Club's webinar series as the Club pivoted online to keep members and the wider marine sector updated on industry developments. Since April 2020 the Club has hosted nearly 20 webinars accumulating an impressive 20,000 attendees.

## TURTLE

As a team of industry professionals, we at TURTLE enable seafarers to run a fair and self-determined recruitment process and offer reputable ship owners direct hiring possibilities to global verified seafarers. Our job marketplace connects ship owners and seafarers directly, based on a special match algorithm - on an equal footing and as partners.

TURTLE works transparently and is compliant with MLC 2006 and the General Data Protection Regulation (GDPR) of the European Union. The company was established in 2020 by Isabelle Rickmers in Hamburg, Germany. 2021 a second location was established in Gdynia, Poland.

TURTLE's marketplace is constantly growing: More than 37.000 seafarers are registered on our platform, and we are happy to have more than 20 owners on board.



"This was my first ever event in the maritime domain, everything was superb and wonderful. All of the speakers were equally brilliant and shared great experience and knowledge."

A 2021 conference participant



# ALL YOU NEED TO KNOW ABOUT PEER-TO-PEER SUPPORT

It's often helpful to talk to other people who have lots in common with you.  
That's why Sailors' Society set up our Peer-to-Peer Support Groups.

These WhatsApp groups have proved hugely popular with crews and cadets keeping them in touch with others in the same position, wherever they are around the world. Peer-to-Peer Support Groups are safe spaces where members can swap stories, ask for assistance or advice, and chat about their day-to-day lives and experiences.

Through regular contact, you can build relationships, benefit from a social support network and gain access to welfare services.

#### How do these groups work?

- Groups are WhatsApp or Telegram based
- Each group consists of no more than 20 seafarers and a moderator
- Members are asked to comply with a set of group rules, including confidentiality

#### The moderator will:

- Check the groups daily
- Post wellness-related subject matter twice per week
- Ask prompting questions
- Partake in general conversation
- Provide support and be available for individual chats outside the group
- Refer red flags to our Crisis Response Network or chaplains

#### To sign up go to

[sailors-society.org/peer-to-peer-support](https://sailors-society.org/peer-to-peer-support)

Please note you can leave your group at any time.

# FACING THE FUTURE TOGETHER



## Sailors' Society is there for you throughout your career.

Our chaplains visit ships in 87 ports around the world, reaching 200,000 seafarers every year.

We bring free Wi-Fi to call home as well as welfare support, a listening ear and, where restrictions allow, lifts to town or to medical facilities.

We also work in seafaring communities around the world, providing grants and running projects to meet local needs from medical clinics to schools.

We're committed to caring for seafarers and their communities who need us, now and into the future.

[sailors-society.org](https://sailors-society.org)

FACING THE FUTURE  
TOGETHER



# HELP IN A CRISIS

**Sailors' Society's Crisis Response Network provides free 24/7 trauma care and support for seafarers and their families following incidents such as ambush, accident and abandonment.**

**Need help?**

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit  
[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), or go to  
[www.sailors-society.org/support-for-seafarers](https://www.sailors-society.org/support-for-seafarers)

Call: **+1-938-222-8181**

Instant chat: [sailors-society.org/helpline](https://www.sailors-society.org/helpline)



**CRISIS RESPONSE NETWORK**  
SAILORS' SOCIETY



**FACING THE FUTURE  
TOGETHER**

# Thank you to our conference partners

## SPONSOR



Inmarsat delivers world-leading, innovative, advanced and exceptionally reliable global, mobile communications across the world – in the air, at sea and on land - that is enabling a new generation of commercial, government and mission-critical services. Inmarsat is powering the digitalisation of the maritime industry, making operations more efficient and safer than ever before. It is driving a new era of inflight passenger services for aviation while ensuring that aircraft can fly with maximum efficiency and safety. Furthermore, Inmarsat is enabling the rapid expansion of the Internet of Things (IoT) and enabling the next wave of world-changing technologies that will underpin the connected society and help build a sustainable future. And now Inmarsat is developing the first-of-its-kind, multi-dimensional communications network of the future, ORCHESTRA.

## TECHNICAL PARTNER



## SPONSOR

**Fleet Management Limited**  
A Caravel Group Company



FLEET is one of the world's leading ship management companies, placing our crews at the heart of our achievements. Our 28-year journey rides on the passion of over 24,000 seafarers and 1,000 onshore professionals. Today, FLEET is one of the largest independent third-party ship management companies managing over 650 diverse types of vessels.

Headquartered in Hong Kong SAR, we operate on a global scale having 27 offices in 12 countries. Our client base spans over 100 world-class ship owners, including Fortune 500 companies. The Fleet Management Training Institute (FMTI) in Mumbai, India is DNV certified and officially approved as a Maritime Training Centre and trains around 18,000 seafarers each year.

Even before the pandemic, FLEET recognized the need to support our community of seafarers. FLEET Care is a team dedicated to ensuring the holistic wellbeing of our seafarers. Made up of professionals from different backgrounds including aviation and hospitality in addition to two in-house clinical psychologists who provide free counselling services to any seafarer who seeks assistance. Together, they channel their shared passion to do everything in their power to nurture the health and wellbeing of our seafarers.

The tremendous time, effort and energy put in by our unique FLEET Care team is one of the reasons why we have been able to build such a highly engaged and very close-knit community of seafarers.

## And all our maritime college partners

IMU - Chennai

Anglo Eastern Maritime Academy - Karjat

Hindustan Institute of Maritime Training (HIMT)

Manet - Pune

Tolani Maritime Institute - Pune

Indian Maritime University - Kochi

Academy of Maritime Education and Training (AMET) - Chennai

TS Chanakya - Imu Mumbai

LBS College - Mumbai

Maritime Foundation - Chennai

Gkm College - Chennai

Commandar Ali Academy - Telengana

The Neotia University - Kolkata

Coimbatore Marine College

IMS Goa

CV Raman College - Bhubaneswar

Great Eastern Institute of Maritime Studies

Samundra Institute of Maritime Studies

Maritime Training Institute - SCI

IMU - Kolkata

TS Rahaman



# Wellness at Sea

FROM SAILORS' SOCIETY



[sailors-society.org/wellness](https://sailors-society.org/wellness)

Produced as part of Sailors' Society's Wellness at Sea programme. Not to be reproduced without permission.

For more information on partnering on Wellness at Sea go to [www.sailors-society.org/wellness](https://www.sailors-society.org/wellness)

Registered Charity No. 237778. Registered Company No. 86942. Sailors' Society Scotland. Charity registered in Scotland No. SC041887. Registered Company No. SC387850.