



# CHELLNEWS

Edition No. 3 | February 2026



## ALL THE WORLD IS GREEN

An inspiring documentary co-produced by Chellaram Foundation



Chellaram Foundation has co-produced an inspiring documentary, *All the World is Green* (AWG). It is based on an original idea conceived by Mr Lal Chellaram, Chairman, Chellaram Group.

It explores through guidance of scientists, academics, activists, journalists and philosophers how our food choices can help create a greener, healthier and more compassionate world.

This 68-minute documentary, directed by award-winning fiction and documentary filmmaker Mirko Pincelli, was filmed across Asia, America and Europe. Its goal is to champion a plant-based diet by highlighting its benefits for **Environmental Sustainability, Personal Health** and the elimination of **Animal Cruelty**, and we hope that AWG will motivate and empower viewers to make healthier choices.

AWG was premiered in Hong Kong in October 2025, with further screenings to audiences in Singapore and Hong Kong. It received overwhelmingly positive responses and had a tremendous impact with several viewers saying:

“...incredibly powerful and thought provoking...”

“...a remarkable film...”

“...an eye-opening experience...”

“...left a lasting impression...”

“...was substantially impacted by the film to give up meat eating...”

*All the World is Green* will soon be broadcast on television media, home video and for theatrical screening.

<https://www.youtube.com/watch?v=-HCspCdTH0g>

To watch this film's trailer on YouTube please scan this QR Code





# Darya Priya joins the fleet

Chellaram Shipping, “Chellship” took delivery of the 64,700 DWT Ultramax *M.V. Darya Priya* on 25th July 2025 from New Dayang Shipbuilding Company, Yangzhou, China at a memorable and wonderful Naming, Delivery and Signing Ceremony. This is the final vessel in a series of three ships built at New Dayang to join the Chellship Fleet.

The naming ceremony took place on 24th July 2025 at the jetty where the vessel was alongside inside the shipyard. The ceremony began by a welcome speech from Mr. Xu Bin of SUMEC Marine, who thanked Chellship for their long-standing trust and support in successful completion of three vessels at the shipyard. This was followed by a speech by Mr. Prakash Bhoopatkar. He commended New Dayang for their commitment to excellence in optimization and efficiency. He also highlighted Chellship’s strong commitment to improve fuel efficiency and reduce emissions with environmental initiatives as well as use of latest technology. He extended

personal regards on behalf of Mr. Lal Chellaram to Sumec & New Dayang, acknowledging the outstanding work and dedication that has gone into this project.

Mrs. Nayana Bhoopatkar, as the Godmother, christened the vessel and offered her good wishes to all who sail on the vessel. This was followed by a beautiful prayer ceremony conducted by her at the wheelhouse of the vessel. Mr. Mayur Khaneja, Deputy General Manager, Chellship, did the traditional breaking of a coconut at the bridge wing. The Naming Ceremony was followed by a celebratory luncheon hosted by SUMEC and New Dayang.



Godmother Mrs. Bhoopatkar presenting a memento to Capt. Arun Singh

The Delivery and Signing Ceremony took place at the shipyard office on 25th July 2025 after which the vessel was delivered to Chellship at 0848hrs.

Darya Priya means the ‘Beloved of the Sea,’ and we hope and pray that like a vibrant and enduring force, the vessel will nurture those associated with her, guiding them towards a healthy, safe, and sustainable future. Darya Priya departed on her maiden voyage on the 26th of July 2025 to load a cargo of Potash from Vancouver, Canada under the command of Capt Arun Singh.



Godmother Mrs. Bhoopatkar along with guests and ship staff

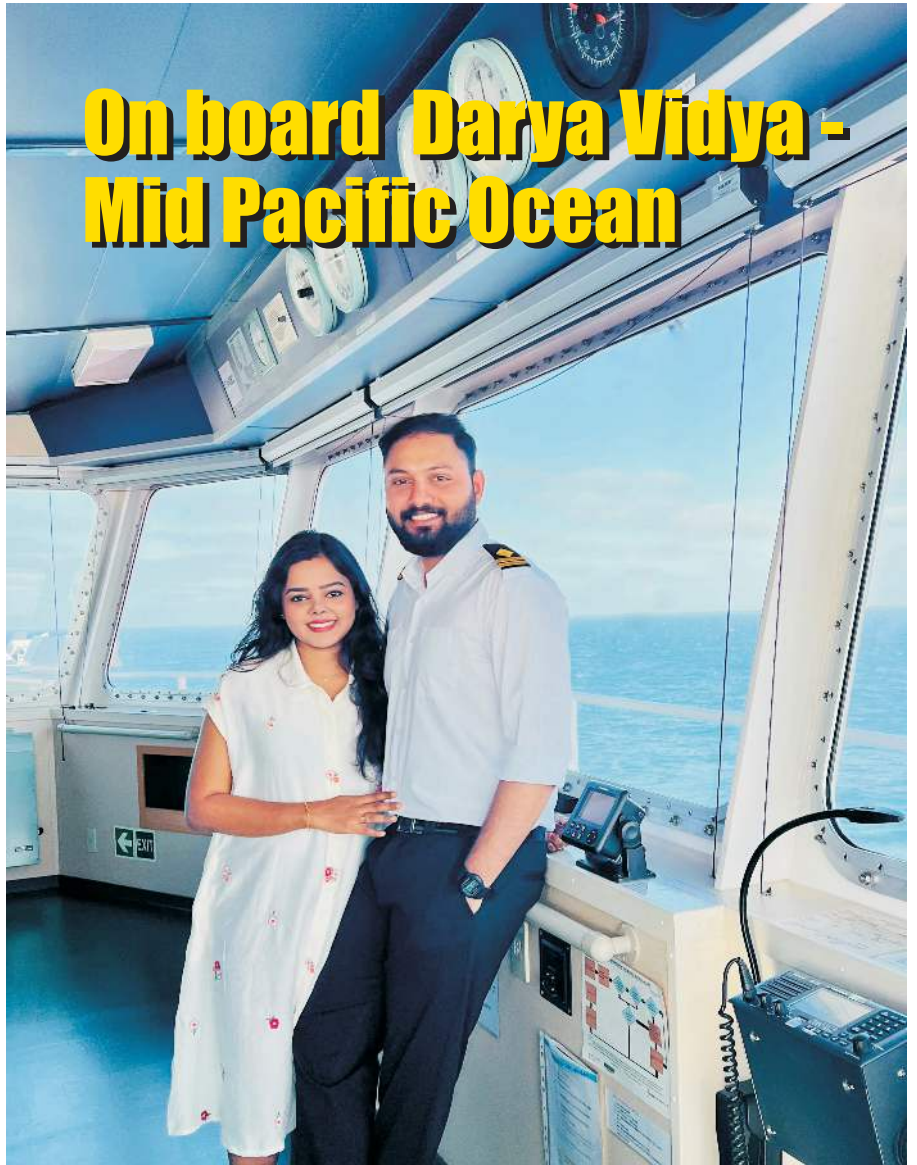
The sun is sinking, casting a liquid gold lustre over the water and I am standing on the bridge trying to absorb the sheer abundance of the world I have witnessed over these past 13 days. The vast sky and endless sea out here overwhelming in the most beautiful way.

My first sailing experience alongside my husband at Chellship was far more than a trip across the ocean. It was a thrilling adventure with perfect mix of excitement and nervousness that I could cherish for a lifetime. I came onboard “*Darya Vidya*” vessel as supernumerary, simply a passenger but here I am a proud and amazed wife with the insight of the challenging sailor life. This journey has given me a deeper understanding not only of my sailor husband but the whole seafaring community, the sacrifices they make, the strength required to thrive a career that demands unwavering dedication and adaptability. Yes I love them more with a profound respect for sailing.

For me adjusting to the sailors way of life proved to be a demanding endeavour, however I found solace in listening music and being with him on the bridge wing to embrace the chill breeze. I found this life is defined by a constant rhythm- The rhythm of ship as she gently cut through the waves. I may say it also mirrors the rhythm of balancing required to live. For me sea is not just a pretty view but a living force demanding respect. Everyone told us the pacific can be unforgiving with its unpredictable bad weather yet we have been so fortunate that we have had the most happy and sunny days imaginable. This incredible luck has only made more meaning and joy to our voyage with our vibrant and well versed captain and his most cheerful team. He inspired us to be in harmony with the ship so that it enables us to stay calm through the rough day and enjoy every pleasant day.

This sailing has been a sensory masterpiece to me. In the mornings there were mild chirping of sea birds circling overhead. The evening I saw a whale diving with a fountain of water as it spouts in a distance and it was mesmerising. In the night the sight of illuminating waves that makes the sea sparkles neon blue as the ship slid effortlessly across the

## On board *Darya Vidya* - Mid Pacific Ocean



surface and the dazzling starscape above has been one of my favourite memory. The most unexpected joy for me was the community, on the land you might call them colleagues, out here the 21 people who crew the ship have genuinely become a whole loving family. There happened to have so many happy moments, laughter over dinner, stories swapped during the breaks and the warmth of care and consideration shared. So yes, this cute world of sailing will be missed most for sure.

I am deeply grateful to have this opportunity to sail with my husband, seeing him in his element- calm, competent and focused -has allowed me to know more about him. Here I express my immense gratitude for the institution for granting our dream come true. This voyage has been a gift I will never forget. I root for every seafarer's dear ones to have this peace of delight once in their life.

**Nalina Roy**

W/O Karthik Sarath Soman, 2<sup>nd</sup>/ Officer

# Healing Joints Through Yoga

Yoga is an excellent low-impact way for beginners to manage back pain and arthritis by building muscle strength to support joints, increasing synovial fluid for lubrication, and improving overall spinal flexibility. Following yoga poses are recommended for this.



**Tadasana** (Mountain Pose): Enhances posture and body awareness, promoting joint flexibility.

How to Perform Tadasana (Mountain Pose)

- **Stand Straight:** Stand with feet slightly apart or together, ensuring weight is evenly distributed.
- **Engage Muscles:** Firm the calf muscles, lift the kneecaps, contract the glutes, and pull in the abdomen.
- **Align the Body:** Stack the ankles, knees, hips, and shoulders in a straight line.
- **Extend Arms:** Place arms at the sides, palms facing forward, or interlock fingers and raise them above the head, lifting the heels for a deeper stretch.
- **Hold and Breathe:** Keep the spine long, shoulders relaxed, and gaze straight ahead, breathing deeply for 10-30 seconds.

**Vrikshasana** (Tree Pose): Strengthens stabilizing leg muscles and promotes proper weight distribution.

It is a foundational standing balance yoga posture that enhances stability, concentration, and leg strength by



mimicking a tree's steady, grounded form. It involves balancing on one leg, with the opposite foot placed on the inner thigh, while hands are held in prayer position overhead.

How to Perform Vrikshasana (Step-by-Step)

1. **Start:** Stand straight (Tadasana) and focus your gaze on a fixed point ahead.
2. **Lift:** Bend your right knee, bringing the right foot up to rest firmly on the inner left thigh (ensure it is above or below the knee, never on it).
3. **Balance:** Keep the left leg straight and ensure your pelvis is in a neutral position
4. **Arms:** Inhale, raise your arms overhead, and bring your palms together in a Namaste (prayer) pose.
5. **Hold:** Maintain the pose for 10-30 seconds, breathing deeply, then exhale, release the arms and leg, and repeat on the other side.

**Setu Bandhasana** (Bridge Pose): Targets weak hamstrings and glutes, which are critical for balanced joint support.

1. **Setup:** Lie on your back on a mat, bending your knees and placing your feet flat, hip-width apart, and about 10-12 inches from your buttocks.
2. **Arms:** Rest your arms alongside your body, palms facing down.
3. **Lift:** Inhale deeply, pressing your feet into the floor to lift your hips, lower back, and then middle/upper back off the ground.
4. **Align:** Ensure your knees remain directly above your ankles and your thighs are parallel to each other and



the floor.

5. Engage: Firm your buttocks and roll your shoulders under to lift the chest toward the chin.
6. Hold: Maintain the pose for 10-60 seconds, breathing deeply.
7. Release: Exhale and slowly lower your spine back to the ground, vertebra by vertebra.

**Virabhadrasana** : Strengthens hip abductors that help maintain proper knee alignment and prevent collapse.



1. Set the Stance: Stand in Tadasana (Mountain Pose). Inhale and step your feet 3-4 feet apart.
2. Align Feet: Turn your right foot out and turn your left foot slightly inward.
3. Bend the Knee: Exhale and bend your right knee so it is stacked directly over your right ankle, with the shin perpendicular to the floor. Ensure the thigh is parallel to the floor.
4. Engage Hip Abductors: Actively press down through the outer edge of the back left foot and pull the right hip back to prevent the right knee from rolling inward.
5. Position Arms and Torso: Extend your arms out to the sides at shoulder height, parallel to the floor, with palms facing down. Keep your torso upright, directly over the pelvis, rather than leaning forward.
6. Gaze: Turn your head to the right, looking over your right fingertips.
7. Hold and Release: Hold for 30-60 seconds, breathing deeply. To release, inhale, straighten the front leg, and bring hands to hips before switching sides.

**Balasana** (Child's Pose): A restorative pose that releases stiffness and provides gentle relief to the knee joint.

**Begin:** Start on your hands and knees in a tabletop position.

**Knees and Toes:** Bring your big toes together to touch and separate your knees to hip-width or as wide as your mat.

**Sit Back:** Slowly exhale and lower your hips back toward



your heels.

**Fold Forward:** Lower your torso between your thighs, extending your arms forward with palms down, or resting them alongside your body with palms up.

**Rest:** Place your forehead on the mat or a prop.

**Breathe:** Take slow, deep breaths, relaxing the back and shoulders. Hold for about 30 seconds.

**Supta Padangusthasana** (Reclining Hand-to-Big-Toe Pose): Stretches the hamstrings and calves without putting weight on the knees.



1. Setup: Lie on your back with legs extended and together. Press your heels away from you.
2. Engage: Engage your core by drawing your navel toward your tailbone.
3. Lift Leg: Inhale, lift your right leg straight up towards the ceiling. Avoid bending the knee.
4. Bind: Reach up and hold your right big toe with your right hand's index and middle fingers (or loop a strap around the arch of the foot).
5. Alignment: Keep the left leg fully extended and pressed firmly into the floor, flexed, and engaged.
6. Extend: Straighten your right leg upwards, keeping the leg perpendicular to the floor if possible.
7. Hold: Maintain the pose for 10-30 seconds (or 10 deep breaths), keeping shoulders relaxed on the floor.
8. Release: Exhale, slowly lower the leg, and repeat on the left side.



## India vs Pakistan T20 World Cup Match on Ship: A Night to Remember

This India-Pakistan T20 World Cup match was the second kind. Some matches are remembered for statistics. Some are remembered for where you were when they happened.

We were somewhere in the middle of the sea, far from land, far from noise, but not far from the emotions that only an Ind-Pak match can bring. Out there, surrounded by water and steel, the ship felt smaller than usual not because of the waves, but because all of us were crowded around one screen in the mess room.

The chief cook had done his part to make the evening special. Fresh samosas, crispy and hot, chilled dahi vada laid out like it was a festival. At sea, good snacks during a big match feel above and beyond normal luxury. It turns a regular sailing day into something close to home.

Everyone had settled in when the captain walked in with his usual half-serious, half-joking warning:

“Whenever I watch India play, we lose.”

It was an old superstition of his. According to him, the safest way to ensure India's victory was for him to stay away from the screen. We laughed, but somewhere in our cricket-loving hearts, we all wondered what if he's right?

Still, that day, he decided to sit with us.

The match had all the tension you would expect from India vs Pakistan. Every boundary brought cheers that echoed through the steel corridors. Every wicket sent groans and nervous silence across the room. Outside, the sea was calm. Inside, it was anything but dilemma.

As the game moved toward its climax, even the captain stopped pretending to be casual. He was fully invested now, leaning forward, eyes fixed on the screen perhaps thinking that if India lost, he would never hear the end of it from the crew.

And then it happened. India won.

For a few seconds, there was disbelief. Then the room exploded. Laughter, shouting, high-fives even the captain couldn't hold back his smile. His long-standing superstition had finally been broken, right there in the middle of the ocean.

That victory meant more than just two points in a T20 match. It was about feeling connected to home while being thousands of miles away. It was about shipmates becoming family for a few hours. It was about hot samosas, sweet dahi vada, sharing tension and then joy.

Out at sea, days can blend into each other. But that night didn't.

It became one of those stories we'll keep telling about the match, the captain's superstition, and the day India won even while he was watching.

A heartfelt thank you to Chellship for providing free internet connectivity even in the middle of the sea. This truly made a difference in boosting morale and bringing joy to everyone onboard. We deeply appreciate your effort and commitment to keeping us connected.

●  
**Uddheshya Gupta**  
4<sup>th</sup>/ Engineer, *Darya Sita*



## HOW TO CHOOSE THE CORRECT EYE PROTECTION FOR THE JOB EYE PROTECTION PPE MATRIX



HAZARD TYPE	POTENTIAL ACTIVITY	RECOMMENDED PPE
<b>IMPACT (High/Med)</b>	Chipping, Grinding, Power tool, Wirebrushing, Hammering	Safety glasses with side shields or safety goggles
<b>DUST PARTICLES</b>	Woodwork, Grinding, Abrasive Blasting	Dust resistant goggles
<b>CHEMICAL HANDLING</b>	Handling liquids, solvents, cleaners & degreasers	Chemical splash Face Shield
<b>ARC EYE (Flash Burns)</b>	Welding & Gas cutting	Welding helmet with appropriate filtershades & safety glasses with colour shades for gas cutting



Chipping Goggles with Side Shield



Chemical splash face shield

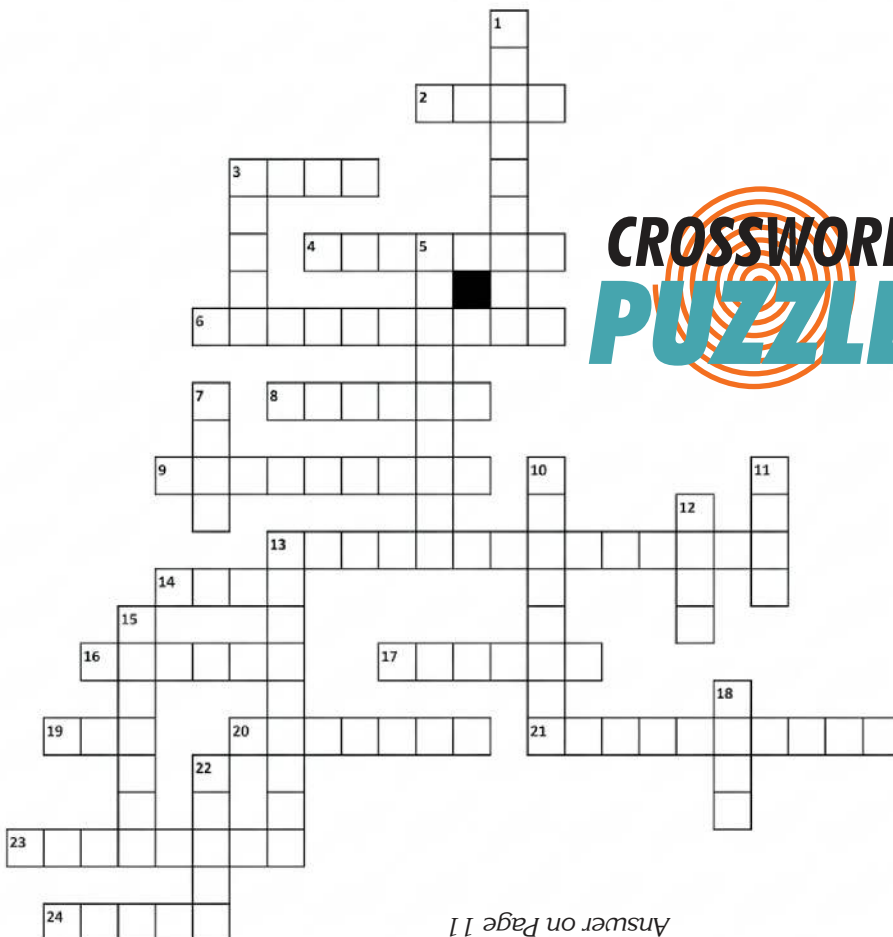


Welding Helmet



Safety glasses with colour shades

## CROSSWORD PUZZLE



Answer on Page 11

### Across

- Left side when facing forward
- Steering wheel or mechanism
- Openings for draining water off the deck
- Command center of the ship
- The kitchen
- Space for storing cargo
- Structures built above the main deck
- Vertical pole for radar, lights, or sails
- Used for steering
- Secures the ship to the sea floor
- The front, often featuring a bulbous bow for efficiency
- Toward the front
- Houses engines and machinery
- Interior vertical partitions
- Bedrooms for crew or passengers

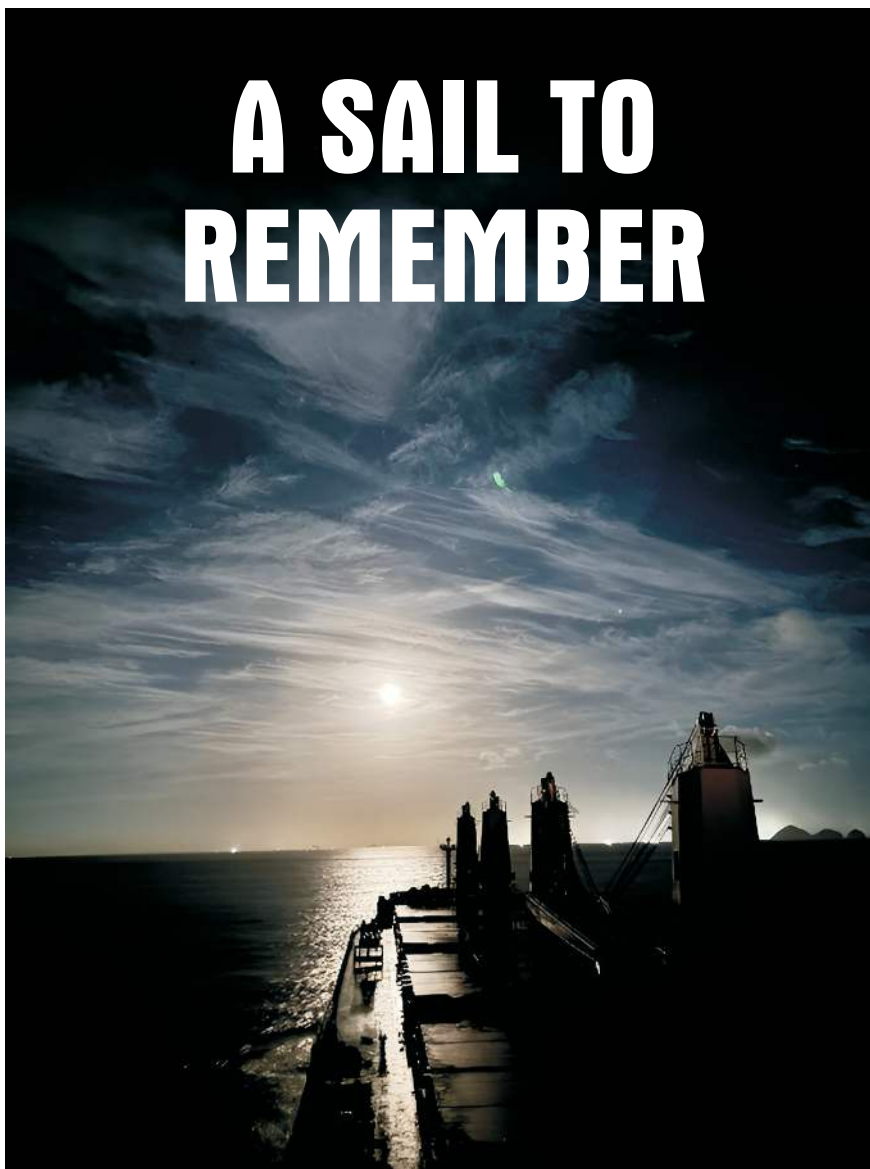
### Down

- Small propellers for maneuvering
- Opening in the deck
- Provides propulsion
- Widest part of the ship
- A circular window in the ship's hull
- The lowest structural beam running along the bottom
- The main body and watertight shell of the ship
- Right side when facing forward
- The extension of the ship's side above the deck
- The top surface, with the main deck being the longest
- The rear part of the ship

I was standing on the bridge of 'DARYA MIRA' with my duty AB looking out over the breathtaking horizon of Korean Strait, just two and half months after joining the good lady as Third Officer. We had left Tianjin, China, and were going to Vancouver, ready to transit the Strait of Korea & Tsugaru Kaikyo of Japan. One of the most beautiful straits, yet difficult sea route in the world & full of challenges as navigating the ship through the dense fishing traffic.

Shortly after leaving Tianjin, China, we received new weather predictions showing concerning sea conditions in the North Pacific coast, with expected north easterly swells of 3 to 3.5 meters and easterly winds gusting up to force 5 to 6 in the open ocean & to avoid some military practice areas. The Master, Capt. Parag Soli Driver communicated with weather routing & charterers & decided to go on the route from Korea strait to Tsugaru Kaikyo of Japan & going from south of Attu islands on Great circle course to Vancouver for the comfort and safety of the crew and vessel as we were going in ballast condition to load grain cargo, which wound through various beautiful islands & sunset views.

After covering the North Pacific Ocean, we entered in the US waters & entered in ECA (Emission Control Area) and as normal practice vessel changed



# A SAIL TO REMEMBER

over fuel to Low Sulphur Marine Gas oil from Very Low Sulphur Fuel oil before entering the ECA.

Vessel entered the beautiful Juan De Fuca Strait TSS of West Canada to pick up her river pilot from Victoria Pilot Station. Con was taken over by the pilot & Command with Master. As vessel was passing from the strait & I was able to see the beauty of mother nature, whales. The Juan De Fuca Strait was surrounded by numerous islands and people living on the islands with their small house. With cliffs rising dramatically on either side, constant course alterations, and the echo sounder in use,

this was not a time for complacency. As we maneuvered through the strait where margins for error are slim and tidal flows can turn quickly. Their professionalism and calm guidance offered the entire bridge team both confidence and a chance to learn from true experts. The beauty of the landscape snow-capped peaks, windswept cliffs stood in contrast to the mental focus required from every officer. It was exhausting and exhilarating all at once. With permission of Master & Pilot I captured the whole transit in time lapse until we dropped anchor at English Bay Anchorage area.

We got a chance to go ashore and explore the Vancouver downtown. We explored the downtown & saw The



*Clock tower in Vancouver*



Magnificent Vancouver harbour

Gastown Steam Clock, designed & built by Raymond L. Saunders which cost about \$ 42,000 and clock weighs over



Vassel approaching Vancouver

two tons. After that we went to famous tower named as Vancouver tower. After reaching on the top of the tower I was astonished after watching the whole downtown view. The panoramic view of the city from the top was breathtaking and gave me a moment of

reflection and gratitude for the life I was living. I can see our beautiful lady staying at anchorage & can see the whole Vancouver harbour with ferry boats, passenger ships, sailing boats, yachts crisscrossing. I was overwhelmed after watching these beautiful views. On the top floor revolving restaurant was there & we decided to go for lunch. After that we went for shopping in the local market & by the evening time, we came back to our home i.e. our good lady 'DARYA MIRA'.

Fair winds and following seas!

Manoj Kumar  
3<sup>rd</sup>/ Officer, *Darya Mira*



## List of promotions in the fleet



### To the rank of MSTR

Singh Sudhanshu, on board *Darya Sita*  
Vats Ojaswi, on board *Darya Mahi*

### To the rank of C/O

Parambath Sreedip, on board *Darya Mira*

### To the rank of 2/O

Abhishek Raj, on board *Darya Neeti*  
Alam, Mohammed Shahzadam, on board *Darya Diya*  
Panneer Selvam, Prakash - on board *Darya Krishna*

### To the rank of 3/O

Kotian, Sahil, On board *Darya Gomti*  
P. Benny, Abin, On board *Darya Kavri*  
Singh, Satyam, On board *Darya Nitya*

### To the rank of C/E

Wadkar Abhinav, On board *Darya Kavri*

### To the rank of 2/E

Sharma, Abhinav, On board *Darya Krishna*  
Singh, Kumar Vatsal, On board *Darya Preeti*

### To the rank of 3/E

Chinnaiya, Vasantharajan, on board *Darya Sita*  
Mishra, Amit Kumar, on board *Darya Priya*  
Sadanandan, Arju, on board *Darya Mahi*

### To the rank of 4/E

Totakura, Phani Sai , on board *Darya Mira*

### To the rank of BSN

Mohd, Mashooq, on board *Darya Krishna*  
Radhakrishnan Sudha, on board *Darya Heera*

### To the rank of AB

Moogi Ramesh, on board *Darya Rapti*  
Tiwari Vineet, on board *Darya Diya*

### To the rank of OILER

Majhi Prasant,  
on board *Darya Jiya*  
Saini Nitin,  
on board *Darya Krishna*





## When The Waves Take Him Away From the Perspective of Family of Seafarer

Life with a sailor in the family is unlike any other. The sea may be his workplace, but for us the family he leaves behind it becomes a part of our everyday reality. His journey is not just about tides, routes, and ports; it's also about distance, longing, and the patience that binds love together.

When someone you love sails away for months at a time, you learn to live with a quiet absence. Birthdays, festivals, and ordinary dinners pass by with an empty chair at the table. The smallest things become reminders his favorite food left untouched, the sound of his laughter missing from conversations, or even the silence in the room where he once sat. Life continues, but there's always a part of it that feels paused, waiting for him to return.

For those tied to the sea, relationships aren't lived in moments together, but in the longing for them. Days feel stretched, and nights feel heavier. Every ring of the phone stirs both excitement and worry. You wait for messages that sometimes don't arrive for weeks because he is in the middle of the sea, beyond the reach of signals. When a short text finally comes "I'm safe, don't worry" your heart races with relief. A sudden video call feels like a festival; seeing his face, even through a pixelated screen, makes the emptiness a little easier to bear. His voice, sometimes faint under the crackle of bad reception, becomes the sweetest melody because it reminds you that he is real, alive, and still yours despite the miles between you.

The longing never fades; instead, it deepens with time. You think of him when the monsoon winds rattle the windows and wonder if the sea is rough where he is. You hold back tears when relatives ask where he is, knowing they cannot understand the ache of missing someone for

months at a stretch. Every memory of him becomes precious his laughter echoing in your mind, the way he used to tease, the warmth of his hug. Longing becomes part of the family's daily life, a silent companion that sits with you at the dining table, follows you during evening walks, and whispers his name when you lie awake at night.

But the wait is always worth it. When he finally comes home after months at sea, the joy is indescribable. Seeing him walk through the door, carrying the smell of the ocean and the warmth of his smile, feels like a miracle. You run to him, hug him tighter than ever, afraid to let go. The house fills with laughter, endless conversations, and shared meals that were missed for so long. Even sitting quietly beside him feels magical because after so much longing, just having him there is bliss beyond words.

Yet, this life also teaches families profound lessons. Patience becomes second nature, strength is silently nurtured, and love is expressed in unconventional ways. A sailor's absence makes you cherish togetherness even more. The bonds become deeper, the goodbyes more emotional, and the reunions sweeter than words can capture.

For the family of a sailor, life is a rhythm of waiting, longing, missing, and celebrating. The sea may take him far away, but the heart always finds its way back home.

●  
**Shreyas Kumar Sahoo**  
Deck Cadet, *Darya Neeti*



**RECIPE**

# Tofu Muffins with Tomato and Basil



**Preparation time:** 15 minutes

**Baking time:** 30 minutes

**Serving:** Makes 8 muffins

## Ingredients

1 block firm tofu, drained and patted dry

60 ml almond milk

60 g chickpea flour

15 ml extra virgin olive oil

½ teaspoon turmeric

1 teaspoon garlic powder

1 teaspoon onion powder

Salt to taste

½ teaspoon black pepper powder

100 g sun dried tomatoes, finely chopped

20 fresh basil leaves, chopped

1 red capsicum, finely chopped

## Method

1. Preheat the oven to 375°F.
2. Lightly grease a non-stick muffin pan or use silicone muffin cups.
3. In a food processor or blender, combine tofu, milk, chickpea flour, olive oil, turmeric, garlic powder, onion powder, salt, and pepper. Blend until smooth and creamy.
4. Transfer the tofu mixture to a large bowl. Fold in the tomatoes, basil, and chopped capsicum.

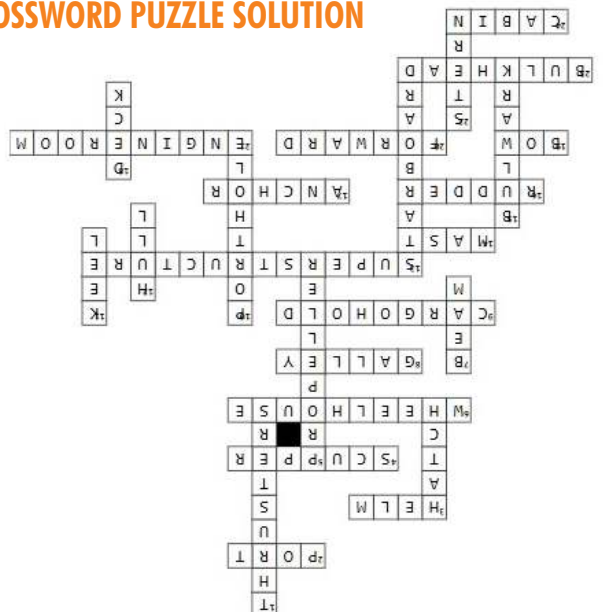
5. Spoon the mixture evenly into 8 muffin cups, smoothing the tops.

6. Bake for 25 to 30 minutes, or until the tops are firm and lightly golden. Let cool for 5 minutes in the pan before removing. Serve warm.

## Nutritional value per muffin

- Energy: 180 kcal
- Fat: 10 g
- Carbohydrate: 10 g
- Protein: 11 g

## CROSSWORD PUZZLE SOLUTION



**“Photography is the result of being there at the right moment.”**



*From the lens of Capt. Sudhanshu Singh Master, Darya Sita*



*Lions Gate bridge-Vancouver*



*Lonely Boat*



*Sunrise at Vancouver Bay*

## Chellaram Shipping (Hong Kong) Limited

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