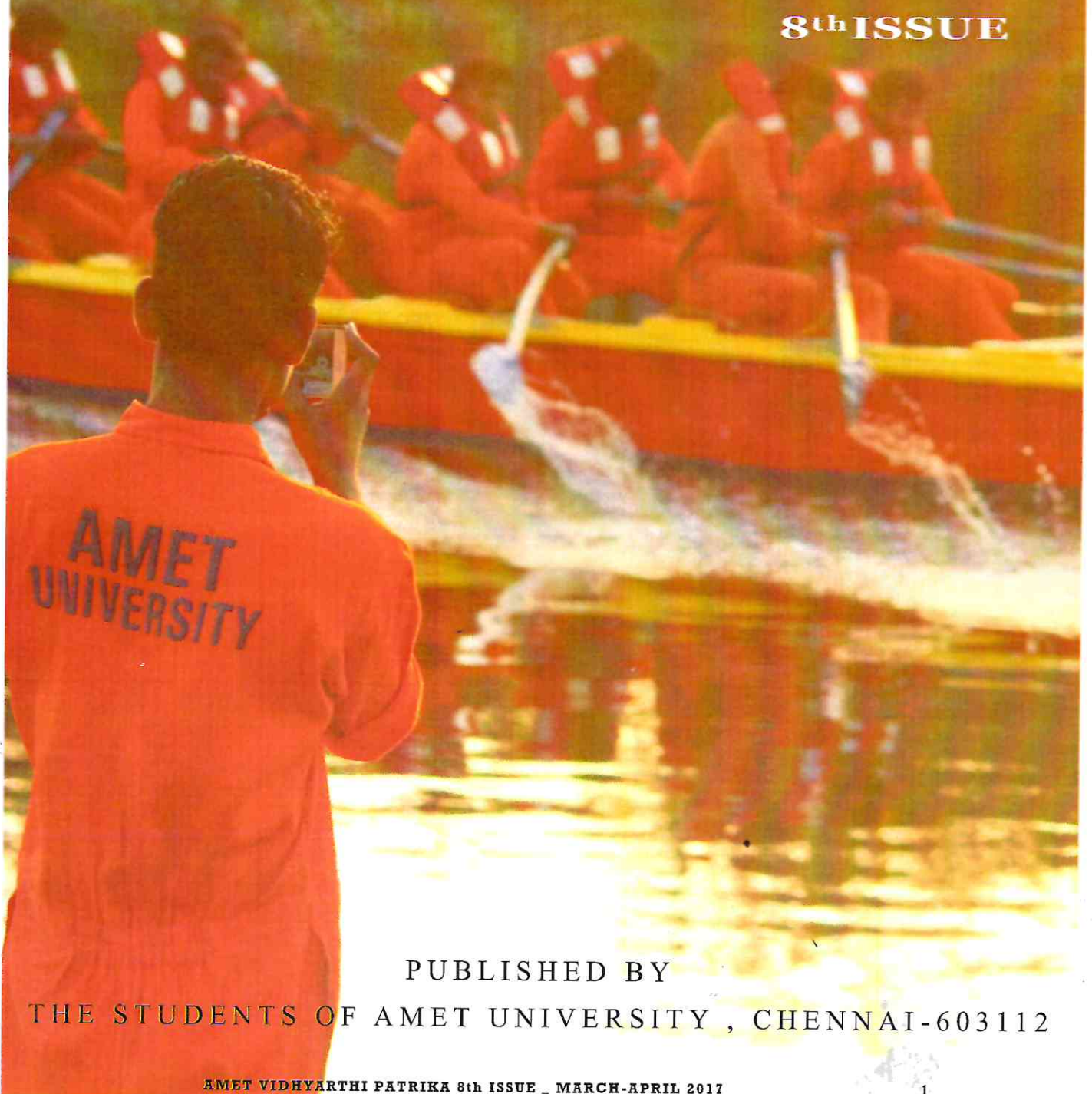




# AMET VIDHYARTHI PATRIKA

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# SEAWOMAN

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Today there is no field where the women have not shown their worth. Women have shouldered all kind of responsibilities with grand success. The entry of women into the seafaring trade is a small but a growing phenomenon.

Seafaring as we know it is conventionally a man's world, but with a strong sense of determination, nothing is unachievable. Even something as arduous as seafaring can be made possible with mental, physical and emotional strength and courage.

Being an overwhelmingly male reign industry, shipping industry does provide some unique and unusual challenges for women sailors. Some of these are highlighted below -

## 1-Problem of credence

Being integrated in the entire group of men is the first and the foremost challenge that women seafarers deal with. As male rule the roost, women at sea may feel ignored or left out. Although with time as you take initiative working together as a team, the problem can get diluted. Being heroic and showing active participation is important .

## 2-Prejudice and cliché

Every women seafarer is going to encounter the question why they chose to enter merchant navy. Most seafarers always highlight the negative aspect of shipping career. Male chauvinist's consider women too weak and incompetent to do the male roost. Everything is generated through your own willpower.

### 3-Lack of basics

The masculine domination is also reflected in the ship culture. Most ships have neither the uniforms nor the shoes to fit women sailors. The basic design structure of the ship is male reign. However, the time shipping companies are over coming these assumptions and design ships which are better equipped for women.

### 4-Adapting to mental and physical stress

During the initial days of training there may be many arduous tasks. These can include lifting heavy weight, working under the scorching sun, extreme weather condition. Coming out of your comfort zone plays a vital role here. sometimes you need to work harder to prove your competency. Isolation can often take its toll on you. Loneliness and homesickness are some of the problems women seafarer may face

Life of seafarer is not a bed of rose. It is challenging, mentally and physically. Women seafarers face many difficulties and hardships. But trust yourself and have the courage to face your fears. Create the kind of life you will be happy to live with all your life. If you will have an unconquerable will to win, victory will never be denied. Enjoy the joys of your job. Every job has its positive and negative aspects. It is the positive ones we must reflect on. You are more than conqueror.

I wish every woman seafarer excel and integrate themselves into the workforce and bring wellness and success to the shipping culture.



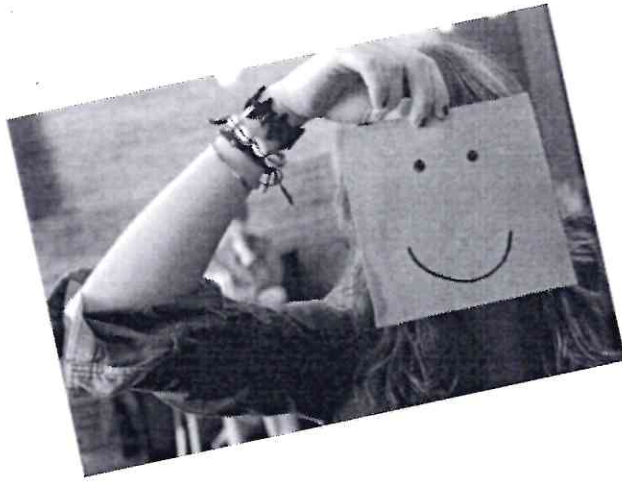
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# SMILE

It only takes seventeen muscles to smile, but forty-three to frown. In other words, you work a whole lot harder looking sour than looking happy! So make it a point to smile more. Smile a lot. The more you smile the better you feel. Your smile not only makes you appear and feel more confident, it gives others confidence. We actually say more with our body language than we do with words.

I started out as a person who rarely smiled. I was emotionally abused and had a lot of disappointment in life so I had a perpetual solemn look. I was actually secretly waiting for the next disaster to take place in my life. I had lost hope, I had a negative attitude, I was fearful and it showed on my face and in the way I carried myself. I started making changes by just smiling. Now I smile a lot.

Did you know that a smile is a wonderful weapon? It's so powerful you can break ice with it! If you wear a smile you will have friends, if you wear a frown all you will have is wrinkles. I heard someone once say, "you are not fully dressed until you put on your smile."

Smiling actually makes you feel better and lifted up. Studies show that when you smile, your heart rate can actually lower and your breathing slows down, particularly if you're feeling stressed. When you get out of bed, even if you don't feel like smiling, force yourself to smile anyway and you will have a happier day. A smile of encouragement at the right moment may be the turning point for a troubled life. A smile costs nothing, but gives much. If you are not smiling, you are like a millionaire who has money in the bank but no check.

Most women are concerned about their looks and a smile is an inexpensive way to improve your looks instantly. ziggy said, "A smile is a face lift, that is in everyone's price range."

Smiles are always in fashion.

Karyn Priscilla.p  
HND NAUTICAL SCIENCE  
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# NAVINAUTICS 2K17

~ Guardians of the seas



## *Seamanship-*

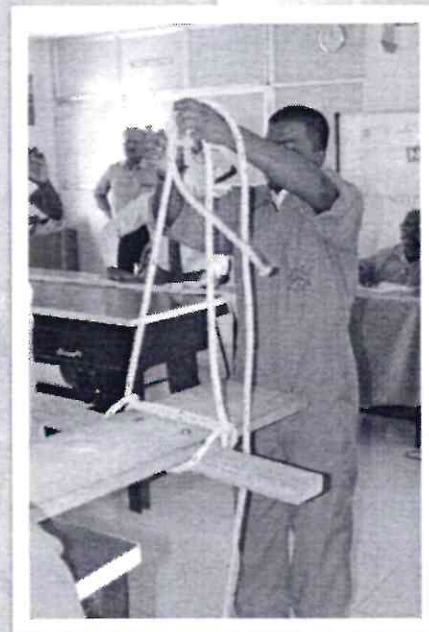
The event took place in seamanship lab at 1045 hrs on 22<sup>nd</sup> March 2017. There were 18 teams participated in the event from 9 different collages. Each team registered the names of their participants before the commencement of the event. Rules for the event were announced to the team by Capt. IVS Ramakrishna before the start of the event. Only 4 participants per team were allowed. A maximum of two teams were allowed to participate from each college. It was been one of the important event right from the inspection of Navinautics. The basic skills of cadets are tested in the event.

Teams were judged based on the following criteria

- 1-Skill
- 2-Timing
- 3-Technique
- 4-Accuracy
- 5-Team work

Winners: 1<sup>st</sup> prize: AMET B (cash prize: RS.2500)

2<sup>nd</sup> prize: AMET A (cash prize: RS.1500)





## *Boat Rowing -*

Boat Rowing was the final and the most awaited event of the first day of NAVINAUTICS 2017 Guardians of the Sea. All colleges showed great enthusiasm in participating in this event. The other participating colleges were given time to practice to get the feel of the boats and handling characteristics. The event went on with the lot of gusto, AMET also held a demonstration for the track to be followed, to give them an idea of the commands to be used. The AMET teams, both the demonstration teams as well as the main team displayed great discipline and coordination. The judges for the event were **Capt. R.K.Kumar, Cdr. Ramakrishnan, Proctor Dr.N.R.Ramkumar.**

The following is the order in which the teams participated:

- 1-AMET
- 2-HIMT
- 3-SAMS
- 4-VELS



### **Prize winners:**

The first prize was awarded to AMET TEAM (Timing: 6min49secs)

The second prize was awarded to HIMT TEAM (Timing: 7min01secs)





