

### BRIEF HISTORY & BACK GROUND:

Established in the year 1910 as an Orphanage by the Late Haji Ismail Yusuf, it was converted to a Marine School and later a College by his eldest son Sir Mohamed Yusuf and has the unique distinction of not only being the first and the only one of its type in South Asia, but also the first to train Indians as Officers for the Merchant Marine. This Nautical Training Institute was later renamed as "Training Ship Rahaman" in 1972 by the late Chairman (Emeritus), Mr. A. Rashid Yusuf, in memory of his father Mr. Abdul Rahaman, the first President of the Managing Board (and the eldest son of Sir Mohamed Yusuf). This pioneering Establishment has over the last nine decades, served the Marine community with dedication.

The Institution conducts Pre Sea Courses besides various other STCW Courses on its premises. The courses are recognised by the Directorate General of Shipping, Ministry of Shipping, Government of India."

### AIMS AND OBJECTIVES OF THE COURSE:

Help the Pre - Sea Catering Ratings acquire the knowledge and ability to master various skills in the Preparation and Service of Food and House Keeping operations by employing good work habits, appropriate job techniques, tools and equipment and also to develop the right attitude to the job.

**ELIGIBILITY:** Indian nationals desiring to enroll for the Pre-Sea Certificate course in Maritime Catering are required to pass 10 standard with 40% aggregate marks from a recognised board and are required to obtain 40% marks in English at 10<sup>th</sup> standard.

**Physical Standards:** As per Merchant Shipping (Medical Examination) Rules 2000 and Merchant shipping (Medical Examination) amendment rules 2016, Medical Certificate issued by D.G. Shipping Approved Doctors.

The Ratings should not be less than 17 1/2 years nor be over 25 years on the date of commencement of training and Age limit 27 years for candidates holding a Degree or a Diploma.

### ADMISSION PROCEDURE :

In response to the advertisement placed by the Training Ship in the Newspapers / Magazines Ratings can apply directly without Company Sponsorship. All Ratings are required to fill up the application form and submit it together with copies of their 10<sup>th</sup> Standard Marksheet and School Leaving Certificate before the last date of application. The Training Ship staff will scrutinise the eligibility criteria and invite the short listed Ratings for an Entrance Test which will be conducted at our Nhava Campus. Ratings who successfully pass the entrance test and subsequent personal interview will have to undergo a Medical Fitness Test by a DGS approved Medical Practitioner appointed by the Foundation. If



found medically fit, Ratings are required to submit their original School Leaving Certificate & Mark sheet (original with 3 photo copies) along with 18 passport size photographs and 4 stamp size Photographs (white shirt, light background), Medical Fitness Certificate (original with 1 photo copy) and full fees either to the Mumbai Office or Nhava campus before commencement of the course. The parents of Ratings who come from outside Mumbai are required to appoint local guardians, who may be contacted in case of any emergency. Those who have appeared Std. XII may also apply.

### UNIFORMS :

All Catering Ratings are required to wear uniforms, details are as given in List "A" of the Application form. In order to maintain a standard pattern, uniforms will be stitched / supplied by the Training Ship. Journals, notebooks, professional supplies, personal clothing, toiletries, etc. required to be brought by the Catering Ratings will be as given in the List "B" of the Application form.

### LOCATION & DURATION OF COURSE:

This is a residential course held at the training ship's Nhava campus and is of 25 weeks duration. Two courses are held per year in January and July. The admission forms will be accepted 2 months before commencement of the course. Catering Ratings are accommodated in a dormitory with cabins on sharing basis. Trainees are required to stay in the campus throughout the period of training. Meal timings are displayed on the Catering Department Notice board and must be strictly adhered to.

### COURSE SYLLABUS :

The Pre Sea training course "syllabus" is designed to give Catering Ratings a basic educational orientation course of four weeks followed by twenty one weeks of training in cookery and service of food etc. as follows :

- \* Familiarisation with equipment and utensils, their care, maintenance, and safety precautions.
- \* Aims and objectives of cooking, classification and selection of raw materials, and preparation of ingredients.



- \* Theory on methods of reheating food, food preservation, convenience foods, menu planning and food costing
- \* Practical on Bakery products such as bread making, bread rolls, pastries and cakes.
- \* Food safety, safe food handling, personal hygiene, food borne diseases, its source, spread and prevention and statutory requirements.
- \* Knowledge of foods and their accompaniments, mis-en-place for food and beverage service, menus, table layout, cabin cleaning, and bed making.
- \* Practical training in the ship's galley in cooking Indian and basic western dishes, bulk cooking in the ship's galley and saloon service.
- \* Development of Generic Skills and basic computer knowledge

All Ratings are required to complete the following mandatory courses during the training period :

- ~ Personal Survival Techniques, (PST)
- ~ Fire Prevention & Fire Fighting, (FPFF)
- ~ Proficiency in Elementary First Aid, (EFA)
- ~ Personal Safety and Social Responsibilities. (PSSR)
- ~ Security Training for Seafarers with designated Security duties

All Instructions are imparted in English language.

Physical training, parade and sports are part of the curriculum and are mandatory.

### EVALUATION:

Ratings are required to attend at least 90% of the lectures and pass the Final exit examination conducted by the Board of Examination for Seafarers Trust (BEST). The examination will be conducted in English medium.

### SEA SERVICE :

On successful completion of Course, all Ratings will be given a certificate for having successfully completed the Pre Sea Certificate Course in Maritime Catering. This training is an integral part of the overall planned and structured programme for a prospective Catering Rating of a sea going ship.

Training Ship Rahaman will process documents of the Catering Ratings for the issue of Continuous Discharge Certificate (CDC) i.e. Seaman's book with the Office of the Shipping Master, Mumbai. This process is likely to take about two months after submission of pass results.

T S Rahaman has been authorised by the D.G. Shipping to impart training only and does not in any way, guarantee employment on board ships.

### FEES:

Fees inclusive of tuition charges, boarding & lodging and uniforms is Rs. 2,23,500/- and is payable by demand draft / pay order in favour of "Sir Mohamed Yusuf Seamen Welfare Foundation" payable at Mumbai in advance before commencement of the Course.

Above fees are subject to change

Academy Building



Administrative Office & Dining Hall



Hostel



#### DRILL AND PHYSICAL TRAINING :

Catering Ratings are given training in basic drill as well as Physical Training every morning in order to inculcate both mental and physical co-ordination and discipline.

#### RECREATION, SPORTS AND GAMES :

Sports facilities consist of tennis, basketball, volleyball courts, football, cricket, athletics ground and a full sized swimming pool. Ratings have to pass a swimming test, prior to their being issued the Certificate. Ratings can also learn to sail the Sharpie sailing boats whenever tidal conditions permit. As far as indoor games are concerned, table tennis, chess and carom boards are available. For those desiring to watch their favourite TV Programmes can do so in the Hostels. The Institution also has a fully equipped Gymnasium.

#### SHORE - LEAVE :

Shore Leave is granted to Catering Ratings once a week on Sundays from 0600 hrs until 2100 hrs to proceed to Mumbai, provided the Principal, TSR is satisfied with the trainee's conduct and behaviour. Only those Catering Ratings who have submitted Parent / Guardian forms duly signed will be allowed to proceed on shore leave.

#### SERVICES:

##### LIBRARY:

A Maritime Reference Library is available for the use of the Ratings Internet, e-mail & scanning facilities are available in the Library on payment Those desiring to use it should approach the Librarian.

##### LAUNDRY:

Laundry service is available on payment in the campus, consult the House Keeper for details.

##### SURVIVAL AT SEA CENTRE :

Initiated in the year 1981 by the Directorate General of Shipping the first Survival at Sea Course designed to train seafarers in basic survival techniques at sea was launched on National Maritime Day with the training of a batch of seamen from Mogul Lines. Later in 1985 davits were added and the far more advanced courses in Proficiency in Survival Craft were also introduced for Officers of the Merchant Marine. The Establishment is a member of the International Association for Safety & Survival Training (I.A.S.S.T.) & Global Met.

##### MARITIME FIRE FIGHTING COMPLEX:

Inaugurated in Feb 1984 the first centre for training both Crew and Officers of the Merchant Marine in Fire Fighting Courses as stipulated by the STCW Convention of the International Maritime Organisation was established. It has on its grounds two double storey ship's mock-up structure where actual "Fire at Sea" conditions are simulated to give the trainees exhaustive training in prevention, control and fighting of fires.

##### MARINE MUSEUM :

Established in the year 1912 by the late Sir Mohamed Yusuf, India's oldest Maritime Museum was initially started as an institutional Museum attached to the Marine School. Over the years it grew into a full fledged Museum. It is housed in the residence of the late Haji Ismail who is reputed to have acquired it from one of the members of the famous Wadia family, the Master ship builders of Bombay. The ground floor galleries are devoted to the History of Indian Shipping from the earliest days. There is also a gallery set aside for Marine Ecology. The first floor contains the history of the Bombay Steam Navigation Co., the Training Ship Rahaman and one gallery on the Story of Scindias. The second floor contains memorabilia of the



Yusuf family, whose pioneering efforts have resulted not only in the first on the west coast of India. Indian owned Shipping Company, but also the first Marine School and Marine Museum in India.

##### FATMA BANU HOSPITAL :

Founded in the year 1915 for the benefit of the local inhabitants of Nhava in memory of the wife of Haji Ismail who died in Damascus in Syria in 1913. Over the years the Hospital has expanded considerably and today has the only air-conditioned operating theatre in the whole area, an Xray section, Dental Unit and Pathology Laboratory. A fully qualified doctor is in attendance at all times. A small dispensary is also attached to the Hospital to cater to all normal requirements of medicines. The Hospital also conducts First Aid Courses for Merchant Marine Officers, and crew.



**VALUABLES:** Ratings are not permitted to keep more than Rs. 250/- in their possession. Larger sums & valuables may be kept by them with their local guardians and withdrawn as and when required. The Training Ship is not responsible for any loss or theft of valuables.

##### DAMAGE TO PROPERTY :

Damages or loss to the Training Ship's property due to negligence or otherwise committed by Ratings will have to be reimbursed to the Training Ship and the Principal, TSR decision as to the amount payable will be final.

##### EXPULSION OF RATINGS:

If it is found that during the period of the training any Rating deliberately and consistently flouts the rules and regulations of the establishment, The the Principal, TSR may expel the Rating from the Training Ship.

##### ACCIDENT OR DEATH :

The Management or Staff of the Training Ship will in no way be responsible for any accident or injury suffered by any Ratings during the course of his training at Nhava. However, all Pre Sea Students are covered by a Group Insurance Policy covering only injuries sustained during bonafide training.



#### CORRESPONDENCE

All correspondence and enquiries should be addressed to:-

**Principal,**

**Training Ship Rahaman,**

Sir Mohamed Yusuf Seamen Welfare Foundation, Jahaz Mahal Annexe,  
170 K, Samander Point Estate, Worli, Mumbai, Pin-400 018.

Tel : (91-22) 24938740 / 24933324 (MUMBAI) FAX : 24950270 (MUMBAI)

**Training Centre:** Nhava, Tal: Panvel,  
Dist: Raigad, Navi Mumbai - 410206

Tel: (91-22) 27212920 / 800 / 236 (NHAVA)

FAX : 27212201 / 27212096 (NHAVA)

E-mail: [booking.presea@tsrahaman.org](mailto:booking.presea@tsrahaman.org)

Visit our Web site: [www.tsrahaman.org](http://www.tsrahaman.org)

Nation's oldest Maritime Training Establishment

# Training Ship Rahaman



Established in 1910

## PROSPECTUS

## PRE SEA CERTIFICATE COURSE IN MARITIME CATERING

Certified ISO 9001:2015

Approved by  
Directorate General of Shipping  
Government of India



OUR CAMPUS