



# OIL & NATURAL GAS CORPORATION (WOU) KARMACHARI SANGHATANA

AFFILIATED TO - PETROLEUM & GAS WORKERS' FEDERATION OF INDIA

Reg. No. (By - II - 8268)

Tel. : 022-26274102

Flat No.102, 1st Floor, Acme Harmony-I, Poonam Nagar, Off. JV Link Road, Andheri (E), Mumbai - 400 093.  
Website : www.ksmumbai.com

REF. : ONGC/KS/ 121 /2022

DATE : 23/09/2022

To,  
The ED-MH Asset,  
ONGC, WOU,  
Vasudhara Bhavan,  
Bandra (E),  
Mumbai-400051.

o/c

**Subject: Procurement of New Gymnasium Equipments on SH Complex, MH Asset as old Gym equipments are in dilapidated condition**

Respected Sir,  
This has reference to our following letters no.

**SH Complex/Gym Equipments/2007 dated 11.09.2007 forwarded by I/c Utility-SH Complex, OIM-SH Complex,**

Second letter dated **17.05.2016** forwarded by **PM-SH & Shri. Ponnusamy, OIM-SH,**

Third letter no. **ONGC/MH/SH/Gymnasium/2016-17/1** dated **09.01.2017** forwarded by **Utility Manager- SH & Shri. Sandeep Sutaone, OIM-SH**

and letter dated **27.06.2022** forwarded by **Shri. Pran Nandanwar, GM, OIM-SH**

regarding procurement of new Gymnasium Equipments in place of old dilapidated Gym Equipments. In the last 15 years no new Gym Equipments are procured neither replaced. The detail list of the Gymnasium Equipments required on SH Complex has already been forwarded to concerned authority at base office of SH Complex. Please find enclosed the copies of all the letters for your perusal. The available Gym Equipments are in damaged condition due to aging. Crew members on complex are pressurizing hard for follow up.

No need to elaborate the new generation recruited in recent Seven (7) years are very conscious towards their **Mental and Physical fitness**. Definitely physical and mental fitness keeps them alert which is the need of the day invariably when our Rigs, productions platforms are over three decades old and naturally helps for more and efficient productivity and keeps the atmosphere on the rig healthy and conducive.

Your esteemed authority is requested to kindly give direction to the concerned authority for procurement of new gymnasium items for SH Complex at the earliest as it is already overdue.

Thanking you,  
Yours faithfully,

**(Pradeep Mayekar)**  
**General Secretary**

o/c

**Copy to:**

1. GGM- I/c HR/ER Services, ONGC, WOU, 11 High, Sion, Mumbai-17.
2. Area Manager- MH Asset South, ONGC, WOU, V. Bhavan, Bandra (E), Mum-51.
3. GM- I/c IR, ONGC, WOU, NBP Gr. Heights, BKC, Bandra (E), Mum-51.

To,

OIM

SH Complex

**Sub: Urgent decade old need of Gym Equipment's**

As you must be aware of decade old letters (attached), dated of year 2007, 2016, 2017, and 2020, written on same subject. As time is flying away, so is the quality of the Gym equipment's. With time, Quality of Gym equipment's is deteriorating not only day by day but also year by year. Currently, Only Gym is open in terms of physical exercise/refreshment, As Table-Tennis room is closed from almost a year. In Gym, Mostly all equipment's are in obsolete & wear out condition.

SH-Complex must be equipped with latest Gym-working equipment's for maintaining offshore personnel working health. To improve the exercising facility, list of equipment's need to be provided is as follows:

Equipment name	Quantity (Nos)
<b>Machines</b>	
Fitness Cycle (Heavy Duty)	2
Multi Gym 5 Shamim(Avon) [ Multi-station]	2
Workout Bench(Incline/Decline/Flat)	2
Elliptical Cross Trainer	1
Set of Weights(Dumbbells)	5kg to 30kg (2set)
Smith Machine	1
Abdominal Crunch	1
Dumbbell Rack and Weight Plates Rack	2-2
Leg Press	1
<b>Barbell Rod</b>	
Barbell Rod(6ft, 32mm shaft)	2
Barbell Rod(5ft, 28mm shaft)	2
Barbell Rod(4ft, 28mm shaft)	2
EZ curl barbell Bar(4ft)	1
Box Rod	1
<b>Weight Plates</b>	
Weight Plates(2.5kg)	4
Weight Plates(5kg)	4
Weight Plates(10kg)	4
Weight Plates(15kg)	4
Weight Plates(20kg)	4
Weight Plates(25kg)	2
<b>Misc.</b>	
Music System 5.1	1
Skipping Ropes	10
Full length mirrors	5
Gym posters for Inspiration	5

Copied To

1. Karmachari Sanghatana
2. Petroleum Employee Union

Received on 27/06/22  
[Signature]  
(Prash Nambankar), GM  
OIM-SH.



OIL AND NATURAL GAS CORPORATION LTD.  
MH ASSET: SH-COMPLEX

Date: 17.05.2016

From: OIM, SH Complex  
To: Location Manager- SH, Green heights

Sub: Requirement of Gym Equipments and Indoor games

Presently Gymnasium at SHQ is equipped with very less equipments which are not working properly. POB at SH is 250 on average. To meet the requirement of all, it is highly required that SH-Complex must be equipped with the latest working Gym equipment in sufficient numbers.

Along with it, the source of engagement and refreshment at offshore platforms lies with the indoor games due to space constraints. Good numbers of quality entertainment sources are required at platform.

The requirement and present status of Gym Equipment and Indoor Games are given below:

SR.NO.	EQUIPMENT NAME	QUANTITY (nos)	PRESENT STATUS
1	TREAD MILL (HEAVY DUTY)	02	Not Available
2	YOGA MAT	10	Not Available
3	FITNESS CYCLE (HEAVY DUTY)	02	Available but not working properly
4	CARDIWORLD 4 IN 1 ORBITEK	02	Not Available
5	STRESS TUMMY TRIMMER	02	Not Available
6	MULTI GYM 5 SHAHIM (AVON)	02	Not Available
7	WORKOUT BENCHS (ADJUSTABLE INCLINE/DECLINE)	02	Not Available
8	SET OF WEIGHTS (DUMBELLS) (5 TO 25 KG)	PER PIECE 2 SET	1 set Available
9	EXERCISE BALLS	02	Not Available
10	SKIPPING ROPE	10	Not Available
11	CURLLING BAR	04	1 Available



Oil and Natural Gas Corporation Ltd  
SH Complex, Mumbai High Asset



No. ONGC/MH/SH/Gymnasium/2016-17/1

Date: 9-1-2017

From: OIM - SH Complex

To : LM-SH, 4F-4Q, NBP Green Heights, BKC Mumbai

Sub: Requirement of Gym Equipments and Table Tennis tables

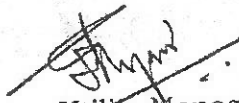
The personnel working at offshore platform work and live under a lot of physical and mental stress. A considerable number of people already suffer from modern life style diseases like high blood pressure, diabetes and high cholesterol. Regular exercise is absolutely essential for maintaining their health.

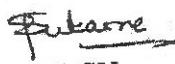
Exercising at SH complex is presently limited to walking in congested and restricted space around the living quarters or the helideck. We have only one temporary gym at SHQ living quarters, which is ill equipped and insufficient to meet the exercise needs of the platform personnel. At present the gym has only two very old and damaged exercise cycles and one set of weights. This is highly insufficient for a platform with more than 250 people on board at any given time. Hence, it is proposed to improve the exercising facility of the Gym at SH-Complex by providing at least the following:

- 1) Commercial treadmill with LCD- 4 No
- 2) Recumbent bike- 4 No
- 3) Elliptical with LCD- 4 No
- 4) Multi-gym- 4 No
- 5) Abdominal Crunch- 2 No
- 6) Flat Bench- 2 No
- 7) 62" Wide 2-Tier Dumb Bell Rack, with dumbbells- 2 Sets
- 8) Weight plate sets with Iron bar (plate set weighted 2.5 kg to 25 Kg) - 2 Sets
- 9) Skipping ropes- 20 No

Also, the existing Table tennis tables are badly damaged. We urgently require 2 table tennis tables of make Stag 1000 DX or equivalent

This is for your kind information and necessary action please.

  
Utility Manager-SH

  
OIM-SH  
SANDEEP SUTAONE  
DGM (P) OIM-SH  
MH-Asset



**Oil & Natural Gas Corporation Ltd.**  
**SH-Complex**

No. SH Complex /Gym Equipments /2007

Date: 11.09.2007

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From : - OIM – SH complex

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To : - Location Manager SH, 604 V.B, Bandra (E)

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Subject: - Requirement of Gymnasium Equipments.

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As goes the proverb "**Healthy Body has Healthy Mind**", we need to keep the boys at best of spirits and health. Presently our Gym is equipped with only few weights, and needs refurbishment from the list provided:

We have only one Gym available for SHQ which caters the need for both platform persons. The equipments are must and may be made available on priority.

- a) Cardio (Treadmill)  
Model: T8000 (PRO) (AC drive system)
- b) Class bike (Model: P-7000)
- c) Abdominal Crunch (Model : ST – 162 )
- d) Adjustable Incline bench (Model No: FW 153 )
- e) Multi Gym ( Model No:-MG006DX / MG012)
- f) Flat Bench (GFB350)
- g) 62" Wide 2-Tier Dumb Bell Rack, with dumbbells (GDR60)


I/c Utility- SH Complex


OIM-SH Complex

12	MASSAGE CHAIR	02	Not Available
13	ABDOMINAL CRUNCH	02	Not Available
14	TIER DUMB BELL RACK (62" WIDE)	02	Not Available
15	LEG MASSAGER (HEAVY DUTY)	02	Not Available

INDOOR GAMES			
1	KARROM BOARD	04	
2	TABLE TANNIS BOARD	02	
3	CHESS	04	
4	T.T BATS AND BALLS	40+40	
5	VIDEO GAMES PLAYER	02	

In view of above status, and requirement of all personal, please take necessary action for making the equipment and indoor games available as early as possible.

  
 17/5/16  
 PM-SH

  
 17/5/16  
**OIM-SH NUSAMY**  
 General Manager (P)  
 OIM - SH Complex,  
 ONGC MH Asset.