

LIGHTHOUSE

BI-MONTHLY PUBLICATION OF CSS GROUP
JANUARY - FEBRUARY 2024

**CSS OPENS
DOORS IN
TURKIYE**

**GEARING UP
TO THE 3RD
DECADE OF
SUCCESS**

**RED SEA ATTACKS
THREATEN GLOBAL
ECONOMY AND
MARITIME TRADE**

**CSS GROUP LEADS THE
CHARGE TOWARDS
SUSTAINABILITY WITH
GREEN PARKING FACILITY**



OUR VISION

We will innovate and adopt the latest trends to be the leading integrated logistics service provider in the regions we operate

OUR MISSION

Providing competitive logistics solutions through efficient technology, to gain the highest level of customer satisfaction, while nurturing sustainable business relationships

CORE VALUES

COMMITMENT

We strive to remain committed towards our goals, objectives and targets

INTEGRITY

We commit ourselves in being honest and ethical in all our actions carried out.

TEAMWORK

We support each other's work and strongly collaborate as a team.

NURTURING RELATIONSHIPS

We foster long standing relationship with our employees, vendors, service providers and customers

INNOVATION

We encourage creative and disruptive ideas for providing effective integrated logistic solutions to our customers



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Chairman's Message



Standing on the threshold of a new year, it is both a privilege and a pleasure to reflect on the journey we have undertaken together. The dawn of a new year is not merely the turning of a calendar page but a poignant moment to acknowledge our shared achievements, learnings, and the collective spirit that propels us forward.

As we enter 2024, I am thrilled to share the joy and pride that comes with completing 29 years of our remarkable journey at CSS. We not only celebrate our accomplishments but also look forward with anticipation to the exciting challenges and opportunities that lie ahead as we embark on our 30th year.

Reflecting on our journey of 29 years

It seems like just yesterday when we set sail on this incredible voyage, accomplished by determination, innovation, and the collective spirit of our dedicated team members. Over the past three decades, we have weathered storms, navigated uncharted waters, and consistently delivered excellence in the global shipping industry. Our success is a testament to the unwavering commitment of every individual who has contributed to the growth and success of our company.

As we reflect on the past, I would like to acknowledge the hard work, resilience, and ingenuity that has brought us to where we are today. Each employee, partner, and stakeholder has played a vital role in shaping CSS into a leading force in the maritime world.

Furthermore, as we bid farewell to 2023, I am pleased to acknowledge that we are concluding this year on a positive note. Despite the challenges that we faced globally, our collective efforts, strategic initiatives, and the resilience of our team have enabled us to navigate through these uncertain times successfully. The accomplishments achieved in 2023, whether in terms of expanding our fleet, enhancing operational efficiency, or fostering sustainable practices, have laid a solid foundation for the year ahead.

Looking ahead to 2024

The challenges may be new, and the road may be unpredictable, but I have full confidence in our collective strength and ability to overcome anything that comes our way. Our 30th year marks not just the passage of time but a celebration of our endurance, adaptability, and commitment to excellence. I am excited to continue this journey with each member of our dynamic and talented team.

As we set sail into 2024, I am filled with anticipation for the opportunities and growth that await us. With the same determination and innovative spirit that have characterized our journey thus far, I am confident that the coming year will mark yet another chapter of success for CSS. We will continue to remain dedicated to innovation, sustainability, and the delivery of exceptional services.

In closing, let us embark on this journey into 2024, daring to achieve unparalleled heights, conquering challenges together, and creating a legacy of shared success. Here's to a year of relentless innovation, profound victories, and the realization of our boldest aspirations.

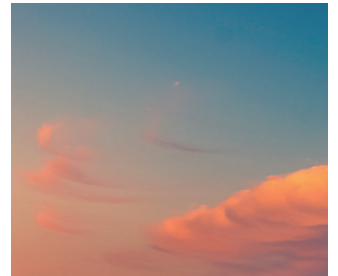


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CSS ESTABLISHES ITS PRESENCE IN SAUDI ARABIA

In a significant move, showcasing 29 years of continuous growth and expansion, Consolidated Shipping Services (CSS) has proudly announced the establishment of its own offices in the region of Saudi Arabia. This latest venture not only represents a pivotal milestone in CSS's journey but also marks a strategic decision to further expand operations.

Previously, CSS operated under the license of its previous local partner, known as Consolidated Shipping Company Limited. However, the new entity, Consolidated Shipping Services Company, has been driven by the need to grow and cater to all the logistic vertical for CSS Group and their partners. Notably, this new entity will be 100% owned by the CSS Group, providing the company with the autonomy required for further expansion.





Saudi Arabia is currently undergoing a substantial economic transformation, with a focus on reducing oil dependence, diversifying income sources, and enhancing competitiveness. CSS's strategic presence in Saudi Arabia aligns perfectly with the country's Vision and 2030 goals, presenting the company with abundant opportunities for growth and collaboration. Leveraging its established network and expertise, CSS aims to deliver substantial value to clients and network partners in the region.

The newly established offices in Saudi Arabia are strategically located in Dammam, Riyadh, and Jeddah. These key locations will serve as operational hubs, allowing CSS to efficiently handle freight forwarding, LCL consolidation, and Industrial Project Logistics. The experienced team based in these offices is well-equipped to ensure smooth and streamlined operations for businesses, offering reliable support to clients seeking exceptional service and value.

CSS is committed to providing seamless and efficient logistical solutions, reinforcing its dedication to supporting businesses in maximizing their growth potential not only in Saudi Arabia but also beyond. As CSS takes this bold step into the heart of the Middle East, the company looks forward to contributing to the flourishing trade landscape of Saudi Arabia and creating lasting partnerships in the region.



GEARING UP TO THE 3RD DECADE OF SUCCESS

CSS Group recently celebrated its 29th anniversary with a successful Strategy Meet held from November 15th to 18th in the stunning city of Antalya, Turkiye. Antalya, a seaport city founded in the 2nd century BCE, holds historical significance, with landmarks like the impressive "Hadrian Gate" built to commemorate Emperor Hadrian's visit in 130 CE.

Symbolically, the "Hadrian Gate" opened doors to the 3rd decade of success for CSS Group in 2024.



The CSS team gathered at the Ela Excellence Resort Belek on November 15th, where they enjoyed a seafont location with a 270-meter private beach and a spacious pier. This setting provided the perfect backdrop for reflecting on the progress made in 2023 and planning for the future of our business.

The three-day strategy meet commenced on November 16th under the guidance of our honorable Chairman, Mr. T S Kaladharan. Top Management of the group and participants from each branch attended the meeting. Informative sessions and engaging activities were conducted, primarily focusing on budget discussions and strategic growth plans for the upcoming year.

Respective division and department heads delivered presentations, highlighting the performance of 2023 and outlining short-term goals and strategies for the next three years. Each department shared their unique perspectives on contributing to the company's overall growth and success. This meeting served as a platform for collaboration, idea exchange, and innovative approaches that will drive the company's success as it ventures into its 30th year of operations.



STREAMLINED E-COMMERCE FULFILLMENT WITH CSS ELOGIX BAHRAIN



CSS eLogix has expanded its operations into the island nation of Bahrain, thus making us the one and only fulfillment center in that region.

CSS eLogix Bahrain offers a robust and cost-effective supply chain solution for a wide range of e-commerce ventures, catering to online marketplaces, small-scale online retailers, and medium to large enterprises across various industry segments.

Harnessing cutting-edge technologies, systems, and processes to create top-notch warehousing and fulfillment solutions, the primary focus at CSS eLogix Bahrain is to empower e-commerce businesses and brands to concentrate on their marketing and sales endeavors while we handle all aspects of storage, fulfillment, and delivery on the operational front.

Key Advantages of CSS eLogix Bahrain :

- **Cost-Efficiency** : The fulfillment services are designed to reduce costs by minimizing shipping timelines and expenses.
- **Advanced Software** : The sophisticated software provides real-time inventory updates across fulfillment centers and various online marketplace platforms.
- **Returns Management** : Streamlined the management of returns, ensuring hassle-free operations for ecommerce businesses.
- **Dedicated Customer Support** : Dedicated bi-lingual customer support team, well versed in both Arabic and English are on always available to provide on-demand support.
- **Reliability** : Trustworthy delivery of orders to customers within the promised timeframe.

CSS eLogix Bahrain is dedicated to providing a comprehensive suite of services tailored to meet the needs of businesses at every stage of their e-commerce journey.

The service offerings include :

- **Temperature Controlled Warehouse Facility** : CSS eLogix's temperature-controlled warehouse facility ensures the preservation of product quality by maintaining optimal temperatures, a crucial feature for several industries. Equipped with cutting-edge technology, this facility guarantees that products remain in pristine condition, bolstering customer satisfaction.
- **Pick & Pack Services** : The Pick & Pack services streamline the order fulfillment process, reducing handling time, freight charges, and operational costs. The company's expert team meticulously manages orders, regardless of size, ensuring precision and efficiency in every shipment.

- **ERP Solution for Operational Efficiency** : CSS eLogix offers an advanced Enterprise Resource Planning (ERP) solution to enhance operational efficiency. This integrated system enables clients to manage inventory, orders, and shipping from a single platform, providing real-time insights, cost reduction, and improved customer experiences.
- **B2C and B2B Omni-channel Sales** : The company empowers clients to reach a global audience through B2C and B2B omnichannel sales solutions. Businesses can connect with customers on various marketplaces, including industry giants like Amazon and Souq, to expand sales volume and drive growth effectively.
- **Temperature-Controlled Delivery** : CSS eLogix's Temperature-Controlled Delivery service ensures that temperature-sensitive products arrive at their destination in perfect condition, minimizing the risk of damage. Local and regional delivery options are available.
- **Swift and Reliable Delivery Solutions** : The company addresses urgent delivery needs with Same Day, Next Day, and Delivery services, catering to time-sensitive orders and critical delivery requirements. These services provide a prompt and reliable solution.
- **Knitting Services** : CSS eLogix's Knitting Services contribute to increased operational efficiency and sales volume. These services enable clients to bundle products together for sale as a single unit, customized according to their specifications.
- **IOR and EOR Services** : To facilitate seamless international expansion and compliance with trade regulations, CSS eLogix offers Importer of Record (IOR) and Exporter of Record (EOR) services. The company serves as the IOR/EOR, expertly managing documentation and compliance requirements to facilitate global business expansion.



With a vision is to provide customers with a seamless online shopping experience, characterized by trust, excellence, safety, and security CSS Bahrain eliminates the problems customers may encounter during online purchases, ensuring they receive their goods on time and hassle-free.

As the first ecommerce fulfillment center in Bahrain, CSS eLogix is taking a step forward in its goal to establish itself as the leading fulfillment company in the Middle East, setting new standards for excellence in the industry.

CSS OPENS DOORS IN TURKIYE



Kemal Onur
Managing Director
CSS Turkiye

Turkiye is a vital crossroad where two continents meet. Being a peninsula, it has the potential to be a key country, especially in maritime transportation, due to its geographical location in the middle of the three main continents: Europe, Asia and Africa. Historically, it has been important in world trade, especially the Silk Road.

The Turkish logistics sector has taken essential steps after Turkiye chose an export-based growth model in the 1980s. Despite some shortcomings, the Turkish Logistics sector, such as the railway, has reached the power to serve all markets.

As CSS Turkiye, we know we are at this critical crossroads and have great potential ahead of us. For this reason, we focus on the contributions we can make to our sector in transportation and all areas of supply chain management activities. We are taking small but sure steps in this regard.

The two main development channels that we identified during our studies and that we focus on, as well as the main issues on which the global logistics industry has started to take action, are containers (multimodal products) and LCL transportation. The problems that need to be focused on in the next ten years are green logistics (Carbon Offset) and digitalisation.

Since container transportation is the most critical part of global trade, creating tailor-made solutions in this field and offering them to our customers is very important. These opportunities will provide us with customer satisfaction and loyalty and be one step ahead in private business. Each country will likely have its own conditions and dynamics, and we must develop suitable products.

For example :

- Air + Sea product : It can be used for cargo that is time-sensitive in regions with very high transit times but does not want to use aircraft or has procedure problems. We realised this as CSS Turkiye. Australia did not accept electronic products from Turkiye as air cargo. To transport the shipment by sea, we sent it to the final transshipment port as an airfreight, and after the transit procedures were completed, we loaded the cargo into a 20DC container and ensured that it was shipped to the store in Melbourne just in time for installation.
- Land + air product : The cargo will be shipped from Turkish airports as a charter. However, we have offered charter shipment from Amsterdam instead of Istanbul due to the high product cost. We planned to truck cargo from Usak to Amsterdam. In this way, it became a 25% more cost-effective project than TR.
- If there are different entry or exit points for products with limited shelf life, it is essential to evaluate them. With our experience in this regard, we can offer our customers fast and safe transportation suggestions. For example, when our Bahrain office requested a price for Bahrain egg shipment from Ankara, we quoted the price from Iskenderun, the last stop of the same service, instead of the nearest port, Gebze ports. We offered our customers 7-9 days short transit time, allowing them to reduce the risk of excessive wastage.

LCL transportation is vital in enabling smaller customers to offer their products to their own markets. As CSS Group, a company with a strong LCL network, we take different approaches with our service network that spreads across a diverse region with niche products. This gives us the power to remain decisive in the sector.

One of the future logistics imperatives is carbon footprint reduction. Even if it is not on the agenda right now where it should be, very shortly, states will take the necessary steps to ensure that measures are taken in all sectors on this issue through the pressure methods they will apply through laws and banks. With the European green agreement, the goal is to have 0 carbon emissions by 2050. According to the World Economic Forum, it is calculated that 5.5% of the world's carbon emissions belong to the logistics sector. In this regard, we at CSS Turkey are in talks with service providers regarding Carbon offset studies and details for one of our customers' loads. This issue, in particular, seems to force companies with business relations in Europe and North America to take the necessary steps.

Digitalisation has help reduce the environmental damage caused by logistics activity processes. Sustainability, which we call the protection of the environment without harming natural resources, has become the main agenda item of companies. Companies like us that provide logistics services should minimise environmental damage by focusing on green transportation, green packaging and green reverse logistics, which are called green logistics.

In this context, digitalised logistics companies will gain a significant advantage over companies that prefer traditional methods and prioritise investing in digital infrastructure. With our new software, which we focus on, it will be possible to track all our processes digitally through applications shortly. Paperless e-booking and e-bi would be our latest products, and we would track all cargo via the CSS app. Digital process management that is appropriate and ensures data security will benefit customers and service providers.



RED SEA ATTACKS THREATEN GLOBAL ECONOMY AND MARITIME TRADE

Recent attacks on merchant ships in the Red Sea are posing a significant threat to the global economy and maritime trade, adding to the challenges already faced by the shipping industry, such as disruptions at the Panama Canal. The assaults, attributed to the Houthi armed group backed by Iran, have prompted shipping companies to avoid the Suez Canal, forcing them to take longer routes.

The Houthis have utilized drones and missiles to target ships since an attack by Hamas on Israel on October 7, 2023. This has led major shipping and oil companies to circumvent the Suez Canal, a critical passage for container ships and fuel tankers. The potential ramifications include hampering global trade and increasing the cost of imported goods.

The Suez Canal, under Egypt's control since 1869, is vital for transporting goods and fuel from Asia and the Middle East to Europe and the United States. Approximately 50 vessels pass through the canal daily, with recent data indicating that at least 32 had been diverted as of Monday. Chris Rogers, head of supply chain research at S&P Global Market Intelligence, noted that nearly 15 percent of European imports rely on the Suez Canal route.

The Red Sea and canal issues are described by Peter Sand, chief analyst at Xeneta, as "a slow-burning disaster that blew up on the weekend." The situation has prompted global shipping stakeholders to assess the impact on supply chains and shipping routes.

In response to the escalating threats, U.S. Defense Secretary Lloyd J. Austin III announced a new multinational force, including the armed forces of the United States, Britain, Bahrain, Canada, and France. This force aims to address security challenges in the southern Red Sea and the Gulf of Aden, ensuring freedom of navigation and enhancing regional security.

BP, a major oil company, announced the suspension of shipments through the Suez Canal due to the "deteriorating security situation for shipping." Other companies transporting products from Asia, such as Maersk, have also halted vessels, rerouting them around Africa via the Cape of Good Hope for the safety of crews and cargo.

The impact of these developments is not limited to shipping; it extends to the global economy. With approximately 12 percent of world trade passing through the Suez Canal and 5 percent through the Panama Canal, disruptions force shipping companies to incur millions of dollars in additional fuel costs for longer routes.

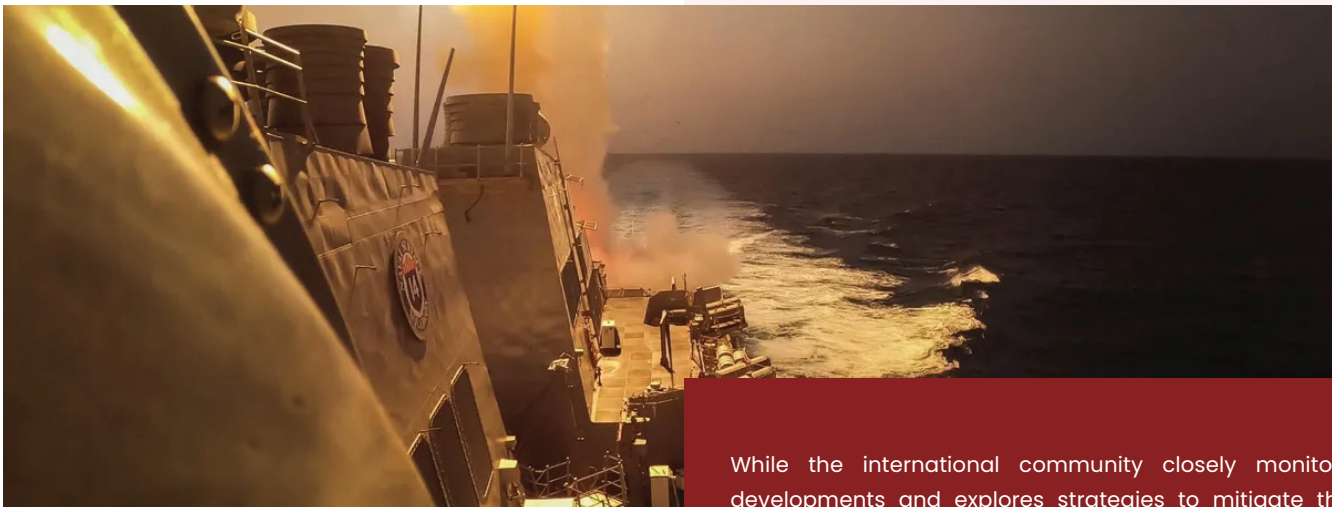
Taking the Cape of Good Hope route instead of the Suez Canal can add around \$1 million, or about a third, to a round trip from Asia to Europe. Some shipping rates have already risen by 20 percent in recent days, reflecting the economic consequences of these challenges.

The attacks have led to increased oil prices, with Brent crude rising about 8 percent over the past week. The situation has prompted calls for international intervention to address the security challenges in the Red Sea and safeguard vital maritime trade routes.

In addition to concerns about rising oil prices and shipping rates, the attacks have raised questions about the safety of vessels in the region. Several shipping companies, including Maersk, MSC, and others, have suspended operations in the Red Sea, affecting approximately half of the global container shipping market. Insurance risk premiums for sailing through high-risk areas have surged, reflecting the heightened risks associated with the Red Sea.

The situation has also prompted considerations about the broader geopolitical implications, with the Houthi group's actions influencing regional dynamics and testing international responses. As the United States and its allies discuss a multinational maritime task force to protect Red Sea routes, tensions in the region are further heightened.

Consumers may feel the impact of these disruptions, not only through potential delays in the supply of goods but also through the prospect of higher prices for essential products. Shipping companies are faced with challenging decisions, balancing the risks associated with navigating the Red Sea against the added costs and delays of alternative routes.



The disruptions come at a time when the Panama Canal is already facing challenges due to drought, leading to reduced vessel capacity. The combination of issues at both canals further complicates global shipping and trade, creating a complex scenario for shipping companies and the broader international economy.

As the shipping industry grapples with these challenges, the need for collaborative efforts and effective solutions becomes crucial. The ongoing situation emphasizes the interconnectedness of global trade and the potential ripple effects of disruptions in key maritime routes.

While the international community closely monitors developments and explores strategies to mitigate the impact on maritime trade, the Red Sea crisis underscores the fragility of global supply chains and the need for resilient solutions in the face of unforeseen challenges.

As the shipping industry grapples with these challenges, the need for collaborative efforts and effective solutions becomes crucial. The ongoing situation emphasizes the interconnectedness of global trade and the potential ripple effects of disruptions in key maritime routes. The international community will closely monitor developments and work towards restoring stability in these vital waterways.

FIRST-EVER TESLA SUCCESSFULLY SHIPPED TO KOCHI

In a groundbreaking achievement, CSS Group proudly announced the successful shipment of the first-ever Tesla to Kochi. This milestone signifies a historic moment for CSS and showcases the company's commitment to contributing to a cleaner environment through sustainable transportation solutions.

The arrival first ever shipment of Tesla to Kochi from Dubai is a testament to CSS Group's dedication to embracing innovative and eco-friendly technologies. As a leading logistics and shipping company, CSS has played a pivotal role in facilitating the transportation of this electric vehicle, aligning with the global push towards sustainable practices.

The shipping of Tesla to Kochi holds immense significance for the region, marking a shift towards cleaner and greener modes of transportation. Electric vehicles are at the forefront of the sustainable transportation revolution, offering a cleaner alternative to traditional fuel-powered cars. CSS Group's involvement in this shipment emphasizes its role in supporting initiatives that promote environmental sustainability.

The successful transportation of the first Tesla to Kochi is not just a logistical achievement but a step forward in promoting the adoption of electric vehicles in the region. As the world grapples with the challenges of climate change and environmental degradation, the transportation sector plays a crucial role in mitigating its impact. The CSS Group recognizes this responsibility and actively contributes to the promotion of eco-friendly practices within the logistics industry.

By facilitating the shipment of the first Tesla to Kochi, CSS Group sets a precedent for integrating electric vehicles into the local landscape. CSS has made a positive change, advocating for sustainable choices that benefit the community and the planet.

The CSS Group takes pride in being part of this historic moment and remains committed to supporting initiatives that contribute to a cleaner and more sustainable future. As the first Tesla graces the streets of Kochi, it symbolizes not only a technological marvel but a step towards a cleaner, greener tomorrow—one that CSS Group is proud to be a part of.



DOUBLE TRIUMPH AT DSAA OUTDOOR FOOTBALL TOURNAMENT & CBFS T10 LEAGUE 2023

On November 25th, 2023 in Dubai, the CSS Group made waves in the sports community with a spectacular dual victory emerging winners in the Dubai Shipping Agents Association (DSAA) Eleventh Outdoor Football Tournament and CBFS T10 League 2023. Final at the Sharjah International Stadium.

DSAA Eleventh Outdoor Football Tournament

The DSAA's Eleventh Outdoor Football Tournament, held at JSS Private School in Business Bay, witnessed a remarkable turnout of 23 participating teams, highlighting the unity and sportsmanship within the shipping and logistics sector. DSAA expressed gratitude to the participating teams and event sponsors whose support played a crucial role in the tournament's success.

Notable sponsors included Navio Shipping, Pearl Marine, Integr8 Fuels, AGL Marine, Al Barrak Group, Retail Logistics, RHS GROUP, and Modern Int. Healthcare Services, which sponsored a doctor on call for the event, ensuring the well-being of all participants. The Recreation Committee members, acknowledged for their dedication, worked tirelessly to ensure the seamless execution of the event. The official photographer for the tournament was Mr. Moni.

CSS Group emerged as the victorious team, captained by Mr. Farhad, with Mr. Britto as the vice-captain. The team showcased exceptional skill and determination throughout the tournament, ultimately securing the first-place position. Retail Logistics and Modern Freight Co. claimed the first and second runner-up positions, respectively. Mr. Ivor D'Souza of Modern Freight Co. was awarded the Golden Boot and named Player of the Tournament, scoring an impressive total of 4 goals.

Expressing gratitude at the event's conclusion, DSAA appreciated all participants, sponsors, and contributors for their collective efforts, emphasizing the tournament's role in fostering community spirit within the shipping and logistics sector.



CBFS T10 League 2023 Final

CSS Group continued their winning streak with a spectacular victory in the CBFS T10 League 2023 Final at the Sharjah International Stadium. The intense match against Seven Districts showcased CSS's exceptional teamwork and individual prowess.

The victory was a result of seamless collaboration and unity within the CSS family, with the captain and vice-captain contributing to the team's success. The high-stakes competition kept fans on the edge of their seats until the final ball was bowled.

CSS Group's triumph in the CBFS T10 League 2023 Final not only signifies their prowess on the cricket field but also reflects the values of unity, sportsmanship, and dedication that define the CSS family. As CSS celebrates this well-deserved win, the spirit of collaboration and passion for excellence sets the stage for future triumphs in cricket.

The values of collaboration and passion for excellence demonstrated by CSS in these sporting achievements have set the stage for future triumphs in the dynamic world of sports. The CSS family looks forward to carrying the momentum forward and achieving more such milestones.



CSS GROUP LEADS THE CHARGE TOWARDS SUSTAINABILITY WITH GREEN PARKING FACILITY

In an era where global concerns for environmental conservation are taking center stage, innovative solutions are reshaping even the most mundane aspects of urban life. One such transformative initiative gaining traction is the concept of "Green Parking," where parking lots evolve from mere vehicle accommodation spaces into dynamic hubs for sustainability and environmental responsibility.

CSS Group has embraced this shift with the introduction of a cutting-edge green parking area at its facility. By seamlessly integrating eco-friendly practices and technologies within the parking infrastructure, CSS aims to minimize the environmental impact traditionally associated with parking structures. This forward-thinking approach extends beyond conventional asphalt and concrete foundations, incorporating sustainable features that contribute to the overall health of the urban ecosystem.

Green parking areas utilize permeable pavement materials, such as porous concrete or interlocking pavers, to facilitate natural water drainage and reduce runoff. Additionally, the incorporation of green roofs or walls within parking structures not only enhances aesthetics but also promotes improved air quality and temperature regulation.





Equipped with energy-efficient LED lighting and smart technology, the green parking area at the CSS facility represents a significant departure from traditional, energy-draining, and high-intensity lighting. This move towards sustainability aligns with a commitment to reducing energy consumption and creating an eco-friendly environment.

The CSS green parking space stands as a breath of fresh air in the concrete jungle, providing a pleasant experience for drivers. The adoption of green parking practices aligns seamlessly with principles of community and corporate social responsibility, offering benefits such as improved public perception, reduced environmental impact, and potential cost savings through energy-efficient technologies.

The shift towards green parking is not a trend but a vital step toward a more sustainable and resilient urban future. CSS Group's commitment to reimagining parking facilities as integral components of sustainable urban planning showcases the transformative potential of embracing green parking practices in the drive towards a more eco-conscious future.



STOP COMPARING YOURSELF TO OTHERS!

Even though most of us try not to, we are all guilty of comparing ourselves to others. We can make comparisons like, "I wish I dressed like so-and-so," or, "I wish I were as rich as them" or, "I was better than him/her"

This is often unconscious, but it is important to try to train ourselves to stop. While it may motivate us to better ourselves, constantly comparing ourselves to others can lead to negative thoughts.



Abhilash Nair
Global CEO
ISS Relocations

Understand Yourself Better : Human beings are social creatures, and comparison is common throughout our entire history. Social media platforms like Twitter, Instagram, and Facebook bombard us with posts about what we lack. These apps are comparison traps that encourage us to question aspects of our own lives. It is easy to forget that social media is a highlight reel of other people's lives. We see their best moments, but do not usually see their struggles. We often compare our lesser qualities with a person's best qualities, skewing our judgment. Too much comparison leads to unhappiness and low self-esteem. We become frustrated with ourselves for "not being good enough," or angry with others. Feelings of jealousy, frustration, and hopelessness appear if comparisons continue. If left unaddressed, chronic anxiety and depression can stem from such behaviour. To avoid comparisons, people may look for others' faults to make themselves feel better. This is just as unhealthy as tearing yourself apart for what you do not have or do not look like. To halt the comparison habit, focus on bettering yourself and boosting your confidence. Try to train your mind to step away from unfavourable comparisons. Look instead to embrace kindness and a cheerful outlook. It is challenging work, but it pays off.

Few things you can do to take the initiative to stop comparing yourself to others:

1. Be aware of your triggers and avoid them - To improve your mental health and emotional well-being, list out the situations and circumstances that make you sad or cynical. Social media is not the only thing harming our self-esteem. Is there someone in your life who often puts you down? Or you feel inadequate when a colleague brags. There is a specific place that makes you feel bad, like wandering through an expensive store at the mall. Once you are aware of situations that make you likely to engage in comparisons, you can avoid them.

2. Limit your time on social media - social media keeps us up to date on our family and friends, current events, and raises awareness. But like most things, it is best in moderation. Over scrolling on social media, especially when consuming lifestyle and beauty content, can have negative effects on our self-worth. Unfollow accounts that cause you to compare yourself to others. Turn off your phone after a certain time of day and do not respond to every message or comment you receive.

3. Avoid comparing other peoples' "outsides" to your own "insides" - No one truly knows what is happening behind the scenes in someone else's life. Everyone is facing their own struggles.

4. Remind yourself that "money doesn't buy happiness" - There is a relationship between mental health and money. But one thing is true: money does not buy happiness. Despite being bombarded with ads that say otherwise, money does not guarantee permanent happiness. Watching celebrities live luxurious lifestyles can lead us to believe that money will solve our problems, but it rarely does. Instead, it only buys temporary joy.

5. Count your blessings - Be grateful for what you have. Someone's life may seem better, but there might be another person out there wishing they had what you had. There is always something, even just one thing, for which you can be thankful. Implement these strategies to fine-tune your gratitude practice.

6. Use comparison as motivation - Comparisons can be a great catalyst for change, so long as it is healthy. Instead of feeling envious of other people's accomplishments, think about how they were able to achieve them. Then, see how you can replicate them. Being inspired by someone you know to be kinder or more open-minded can lead you to be a better person.

7. Focus on your strengths - It is okay to be humble, but you should also be proud of what you have conducted. Too much humility is just as harmful as too much self-confidence. Make a list of what you like about yourself. Writing things down can help us recognize and accept the truth instead of speaking it aloud. You can be as general or as specific as you like, and let this list serve as a reminder of your strengths.

8. Celebrate other people too - We must be our biggest supporters, but self-advocacy can coexist with supporting others. Spread positivity by cheering on your friends and coworkers for their milestones.

9. Remember that insecurities are universal - It is normal for you to compare yourself to others. We all experience self-doubts and fears that get the best of us now and then. Even the most confident people feel insecure sometimes.

10. Use your past self as a benchmark of comparison - The only real competition you have is who you were yesterday, who you were last month, or who you were a year ago. You will be able to see real growth through retrospection and be proud of your growth.



Must have heard these line below:

"No one can make you feel inferior without your consent."

"Stop comparing yourself to other people: you are an original. We are all different and it's okay."

"I don't want other people to decide what I am. I want to decide that for myself."

"Today you are you, that is truer than true. There is no one alive who is you-er than you."

The only person you should be comparing yourself to is yourself. Your efforts should focus on growing from within, being kinder, more resilient, working hard, and being more open instead of whether your hair is long enough, or you are as strong as someone else or getting paid less than other etc.



Wishing you a year of
good health & happiness.

Happy New Year



www.cssgroupsite.com

CONSOLIDATED SHIPPING GROUP

OUTBOUND

SAILING SCHEDULE

DUBAI

VESSEL	JEBEL ALI	ABU DHABI	ALEXANDRIA	ADABA	BAHRAIN	BARCELONA	BEIRUT	CHENNAI	CASABLANCA	COLONBO	DAMMAM	DURBAN	GENOA	HAIFA	ISTANBUL	JEDDAH	KARACHI	KUWAIT	LONDON GATEWAY	MOMBASA	NEW YORK	NHAVA SHEVA	RIYADH	ROTTERDAM	SHARJAH	SINGAPORE	SOHAR	UMMQUASR
KMTC MUNDRA	7-Jan																											
WAN HAI 626	14-Jan																											
WAN HAI 611	21-Jan																											
BHUDITH BHUM	28-Jan																											
ZHONG GU CHANG CHUN	4-Feb																											
KOTA CAHAYA	11-Feb																											
KMTC MUNDRA	18-Feb																											
WAN HAI 626	25-Feb																											
JOHANNES	07-Jan																											
NORTHERN GUARD	14-Jan																											
JOHANNES	21-Jan																											
NORTHERN GUARD	28-Jan																											
JOHANNES	04-Feb																											
NORTHERN GUARD	11-Feb																											
JOHANNES	18-Feb																											
NORTHERN GUARD	25-Feb																											
TAICHUNG	7-Jan																											9-Jan
TAICHUNG	14-Jan																											16-Jan
TAICHUNG	21-Jan																											23-Jan
TAICHUNG	28-Jan																											30-Jan
TAICHUNG	4-Feb																											6-Feb
TAICHUNG	11-Feb																											13-Feb
TAICHUNG	18-Feb																											20-Feb
TAICHUNG	25-Feb																											27-Feb

ABOVE MENTIONED ARE TENTATIVE VESSELS AND ARE SUBJECT TO CHANGE. ALSO HAVE DIRECT SERVICES TO ISTANBUL

EMPLOYEES OF THE MONTH



September 2023

◀ **Aneesh. S**
Coordinator - Sales & Operations
CSS Oman (Muscat)

Awarded By
Vishnu Nazir
Branch Manager – CSS Oman



September 2023

◀ **Siyad Aliyar**
Operation Executive -
Forwarding Operations
CSLC

Awarded By
Ambili Don
Senior Manager - Operations



October 2023

▲ **RENEESH R**
Sales Coordinator - Sales - Bahrain
Twin Info Solutions

Awarded By
Vivin Varghese - Team Leader
Sales Support – CSS Bahrain

October 2023

▶ **Johnny M Molo**
Office Assistant - Admin
CSS HQ

Awarded By
Susanth Shekar
General Manager – HR & Admin



TOP MANAGEMENT CSS GROUP

T S Kaladharan
Chairman

Chandrakala (CK)
Chief Operating Officer – NVOCC

Arjun Bose
Director – CSS Abu Dhabi, Qatar,
Oman & Northern Emirates

Krishna Kaladharan
Director – CSS Bahrain,
Saudi Arabia

Rakesh Menon
Director – Sales & Marketing

Roshmon Manoli
Vice President – Forwarding Sales

Renjith Pillai
Vice President – Projects

Santanu Datta
General Manager – Ocean Freight

Richard Varghese
General Manager – SCM & 3PL

Fida Asghar
General Manager – NVOCC
Sales

Susanth Shekar
General Manager –
HR & Administration

Sundhar Srinivas
Finance Manager

NORTHERN EMIRATES

Thomas Mathew
General manager

ABU DHABI

Midhun George
General manager

SAUDI

Ramesh Pillai
Senior General Manager

INDIA

Rahat Talreja Vice President – India Operations
Rajeev Kumar Sr General Manager CSS North India
T K Viswanath General Manager, South India

CSS ELOGIX

Britto Satheesh Director – CSS eLogix

Sasikala (SK) Director – CSS eLogix

CONTACTS

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Contact Number: +971 4 8831303, Fax: +971 4 8831312
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Dubai International Airport Cargo Gateway (Dubai Cargo Village)

Contact Number: +971 4 282 6176, Email: info@cssdubai.com

Consolidated Shipping Services L.L.C. Abu Dhabi

Contact Number: +971 2 6431717, Fax: +971 2 6431919
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CSS Kingston Logistics Sharjah Free Zone

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CSS Kingston Logistics Hamriyah Free Zone

Contact Number: +971 6 5575111, Email: info@csskingston.com

CSS Kingston Logistics RAK

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Email: info@cssqatar.com

Consolidated Shipping And Trade Services L.L.C. Oman

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Email: info@cssmuscat.com

Consolidated Shipping Services Company – Saudi Arabia

Riyadh – KSA HQ

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Dammam

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Jeddah

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Console Shipping Services – Iraq

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Email: docsludh@cssindiagroup.com

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Contact Number: +91 421 2236025/2236302, Fax: +91 421 4332347
Email: mailtirupur@cssindiagroup.com

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 Email Id: mailchennai@cssindiagroup.com

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 Contact Number: +91 422 4394142,
 Email: vishwanath@cssindiagroup.com

Console Shipping Services India Pvt. Ltd. – Cochin
 Contact Number: 0484-4078787,
 Email: mailcochin@cssindiagroup.com

Console Shipping Services India Pvt. Ltd. – Tuticorin
 Contact Number: 011-40589900, Email: mailtuti@cssindiagroup.com

Consolidated Shipping Services Lanka (Pvt) Ltd
 Contact Number: +94 11 2555 442, Email: info@csslanka.com

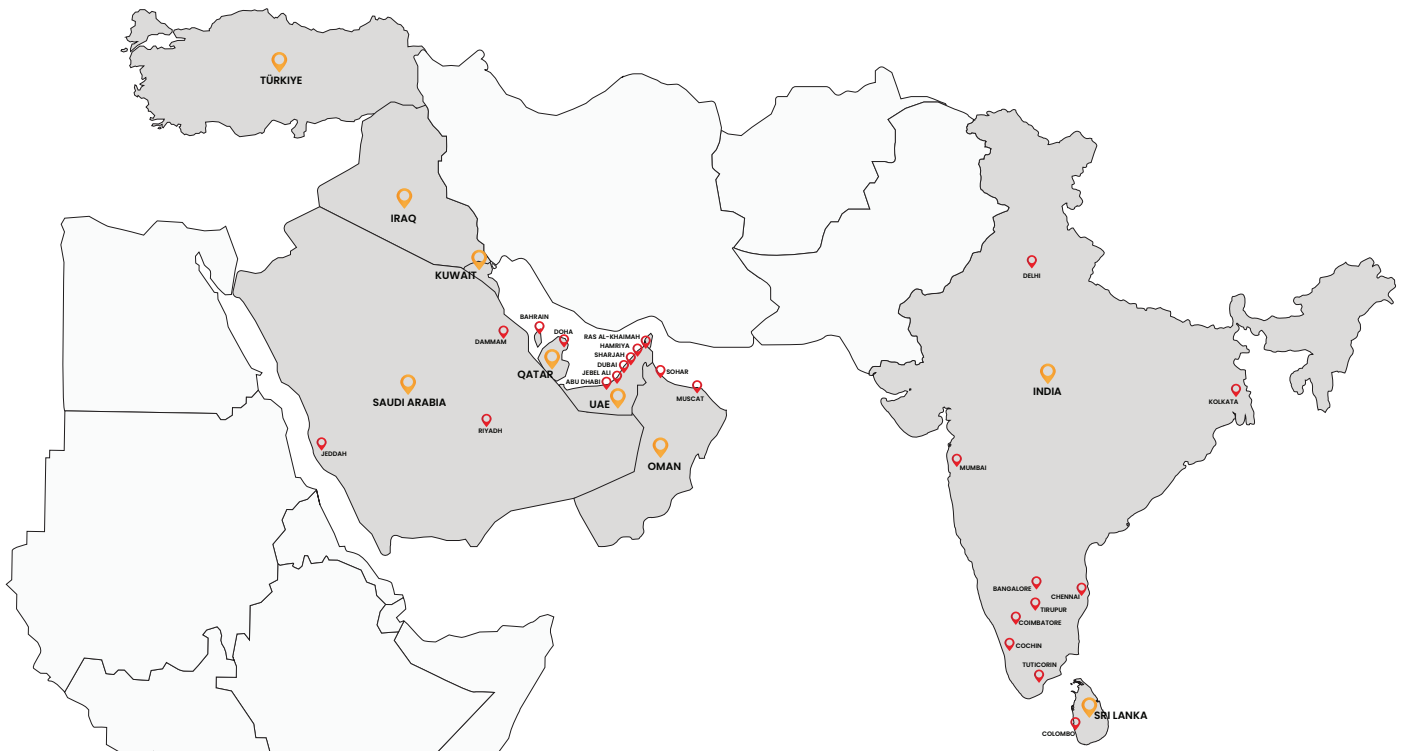
ASSOCIATES

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 Contact Number, fax: + 91 484 – 2667693 / 98,
 Email: latha@cssindiagroup.com

CSS Global Forwarding India Pvt. Ltd.
 Contact Number : +91 9167540682 , +91 9820393491
 Email: info@cssglobalforwarding.com

For a detailed contact list, please email marketing@cssdubai.com

CSS GROUP'S GLOBAL PRESENCE



MIDDLE EAST

- Abu Dhabi
- Dubai
- Jebel Ali
- Sharjah
- Hamriya
- Ras Al-Khaimah
- Bahrain**
- Kuwait**
- Oman**
- Qatar**
- Saudi Arabia**
- Riyadh
- Dammam
- Jeddah

SUBCONTINENT

- India**
- Bangalore
- Chennai
- Cochin
- Coimbatore
- Delhi
- Kolkata
- Mumbai
- Tirupur
- Tuticorin
- Sri Lanka**
- Iraq**
- Türkiye**
- Kenya**



Regional Head Quarters

P.O. Box 61334, Jebel Ali (Opposite LOB-8), Dubai, UAE

Dubai | Abu Dhabi | Sharjah | Ras Al Khaimah | Bahrain | Oman | Qatar | Saudi Arabia | Kuwait
India | Sri Lanka | Iraq | Kenya | Turkiye | Tanzania