

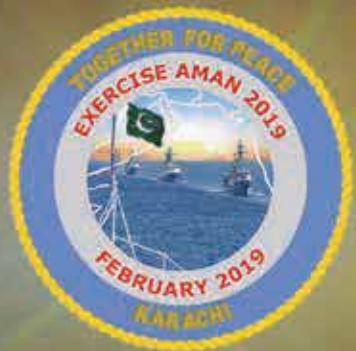
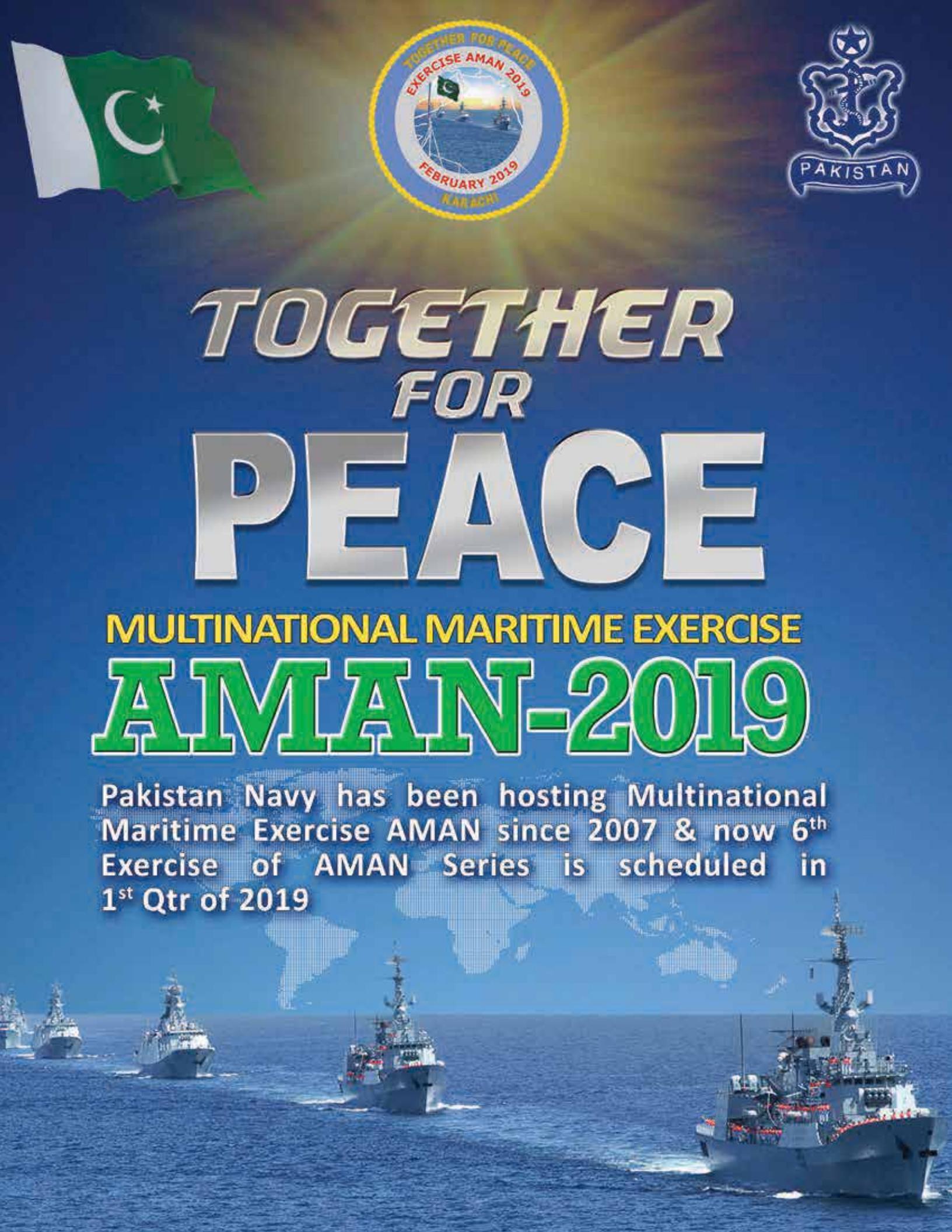
NAVY NEWS

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January 2019

110th Midshipmen & 19th SSC Course Commissioning Parade





TOGETHER FOR PEACE

MULTINATIONAL MARITIME EXERCISE **AMAN-2019**

Pakistan Navy has been hosting Multinational Maritime Exercise AMAN since 2007 & now 6th Exercise of AMAN Series is scheduled in 1st Qtr of 2019

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2nd MARITIME SECURITY WORKSHOP

A joint platform to reflect upon maritime potentials and security dynamics

Pakistan Navy conducted 2nd Maritime Security Workshop (MARSEW-18) on the theme 'Blue Economy - Prosperous Pakistan' at Pakistan Navy War College, Lahore from 12-20 Dec 18. This National level Workshop was aimed at affording an opportunity to underline the significance of maritime sector of Pakistan to create awareness for a paradigm shift to tap its potential in a country affected by 'Sea Blindness'. Dignitaries from various walks of life including Parliamentarians, Policy Makers, Opinion Makers, Bureaucrats, Intelligentsia, Business Entrepreneurs, Academia and Media reps attended the MARSEW-18.

Second of the series, the Maritime Security Workshop encompassed on-campus discussions on maritime potential of Pakistan, the maritime environment, blue economy, and national maritime policy and strategy. During the

second leg of the workshop participants visited Naval Headquarters Islamabad, Pakistan Navy installations and units at Karachi, Coastal and Creeks area for orientation and familiarization. The members visited important maritime organizations like Karachi Shipyard & Engineering Works (KS&EW) and Karachi Port Trust (KPT). The participants also had a sea trip on board Pakistan Navy Ship and later briefed on Pakistan Navy command structure and coastal as well as creeks area defences. Tour of Gwadar Port and briefing on in progress CPEC maritime related projects constituted pinnacle of the visit.

During the 1st day of the Workshop, distinguished speakers dilated upon various aspects of Blue Economy and Maritime Potential of Pakistan. The speakers include Federal Minister for Maritime Affairs Mr. Ali Haider Zaidi, Former Chief of the Naval

Staff Admiral Mohammad Asif Sandila, DG National Institute of Oceanography (NIO) Dr. Asif Inam and Chief Scientist NIO Dr. Nuzhat.

Federal Minister for Maritime Affairs Mr. Ali Haider Zaidi underscored the challenges and opportunities in Pakistan's Maritime Sector, and discussed future road map. The Federal Minister highlighted that the biggest challenge in the maritime sector is lack of information and interest by common people. He added that Pakistan Navy's initiative of Maritime Security Workshop will return rich dividends by creating awareness regarding Blue Economy and Maritime potential of Pakistan.

On the culmination day of workshop, President of Islamic Republic of Pakistan, Dr Arif Alvi graced the occasion as Chief Guest. Concurrent to the closing ceremony of the workshop,





the 1st Maritime Doctrine of Pakistan was also launched. Chief of the Naval Staff, Admiral Zafar Mahmood Abbasi was also present at the impressive ceremony besides senior civil and military dignitaries.

While emphasizing significance of Blue Economy and Maritime Security, the President remarked that resource scarcity on land has forced nations to turn their gaze from land to sea. For Pakistan's economic prosperity, focus towards Maritime sector, its development and security is not a matter of choice rather a compulsion. Pakistan Navy is fully cable of defending maritime frontiers and national maritime interests of the motherland.

Dr. Arif Alvi further added that Institutionalization of National Maritime Security Workshop is

a remarkable and a well-timed initiative by Pakistan Navy. It provides an insight and a good grasp over what tremendous potential maritime sector holds and the extraordinary role of Pakistan Navy to spearhead various initiatives to tap these resources for the country's economic prosperity. The President emphasized that as a nation we must resort to the golden principles of Quaid-e-Azam, 'Faith, Unity & Discipline' as a guiding light.

At the launch of Maritime Doctrine of Pakistan (MDP), President expressed that the MDP would be a trendsetter and would go a long way in laying a foundation for promotion of maritime sector for present and coming generations. The document is an effort to lay foundations for a greater understanding and awareness

on matters related to oceans and undertaking of multiple peace and war time roles by Pakistan Navy.

In his address the Commandant PN War College Rear Admiral Naveed Ahmed Rizvi, while signifying MARSEW-18, said that this workshop has provided a forum for a better understanding of the maritime affairs and associated matters by the legislative body, bureaucracy, academia and private sector of the country.

Dr. Arif Alvi also laid floral wreath at "Yadgar-e-Shuhada" at Pakistan Navy War College.

In the end, the participants of MARSEW-18 were awarded certificates by the President of Pakistan. ☒☒





Maritime Works Organization



AMAN - 19

Multinational Maritime Exercise

8-12 February 2019 in Karachi

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Maritime works organisation is engaged in a wide range of maritime business activities. Salient activities are being handled by MWO

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Launching of Survey Vessel

Launching ceremony of state of the art 3,000 tonne Survey Vessel, being built for Pakistan Navy, was held at Yang Zong, China. The ship was launched into Yangtze River. Chief Naval Overseer (China), Commodore Azfar Humayun graced the ceremony as Chief Guest.

The vessel is under construction at Jiangsu DAJIN Heavy Industries Company Limited China and is the largest survey vessel to be built for Pakistan Navy under Sino-Pak collaboration. Once completed, the new ship will be one of the most technologically advanced survey vessels of Pakistan Navy and will strengthen Pakistan's marine scientific research capability while providing flexibility to carry out underwater search and localization operations.

While addressing the ceremony, the Chief Guest highlighted that Pakistan Navy has strong traditions in hydrography and the newly launched Survey Vessel with its extended endurance and advanced survey equipment will enhance Pakistan's oceanographic survey capability. He also acknowledged concerted efforts made by Bestway Group, Dajin Shipyard and all



involved in the project for timely achieving the significant milestone of launching.

Mr Zhan Jin Feng, Chairman of the Jiangsu Dajin Heavy Industries Co. Ltd welcomed the chief guest and highlighted significance of the project. The chairman expressed his resolve to complete the project in stipulated time. National anthems of both the countries were played at the occasion. After national anthems the ship was launched by the Chief Guest and Chairman Bestway Group.

The ceremony was attended by Mr. Chen Botao Deputy Mayor of Yang Zhong Municipal Peoples Government, Mr Bill Chen Vice

President of Bureau Veritas (BV) Society in China, Mr. Hang You Bing General Manager Jiangsu Dajin Heavy Industries Co. Ltd, Mr. Ma Shixiong President of Bestways Marine & Energy Technology company, Cdr (Retd) Shahzad Amir General Manger Aeroton, Pakistan Navy officials and reps from local government.

The 3000 tonne Survey Ship is 80.8m in length, equipped with state of the art survey equipment and has an endurance of 50 days operation at sea. After completion of harbour and sea acceptance trials, the survey vessel will join Pakistan Navy Fleet by August 2019. ☒☒





Steel cutting of Type-054 A/P Warship at China

Steel Cutting ceremony of first war ship of Type 054 A/P Frigates Project being built for Pakistan Navy was held at Hudong Zhonghua (HZ) Shipyard China.

Vice Chief of Naval Staff, Vice Admiral Kaleem Shaukat graced the ceremony as Chief Guest. While addressing the ceremony the Admiral highlighted that today's accomplishment also ushers new chapter in Pak-China friendship that has matured through the tests of times and has remained steadfast in other domains. Both countries are bounded by the affinity of trust, compassion and commonality. Vice Admiral Kaleem Shaukat also lauded the concerted efforts made by CSSC, CSTC, CSDDC, HZ Shipyard and PLA(Navy) in achieving the significant milestone of Steel Cutting ahead of the schedule.

Mr. Qian Jianping Vice President

CSSC speaking on the occasion welcomed the Chief Guest and underscored the significance of the project. The Vice President expressed his resolve to complete the project ahead of schedule.

The ceremony was attended by Maj General Fan Jianjun Director of the Bureau of Equipment Technology Cooperation of Equipment Development Department of Central Military Commission, Rear Admiral Liu Hongwei Deputy Director of the Equipment Department of PLA Navy, Ms Zheng Wei from Ministry of National Defence, Mr Duan Fengshuang President CSTC, Mr Chen Wei Assistant Director General CSDDC, Mr Chen Jian Liang Chairman HZ Shipyard, Pakistan Government and Navy officials.

National Anthems of People's Republic of China and Islamic Republic of Pakistan were played at the occasion. After National

Anthems, Steel was Cut for first Type 054 A/P Frigate by the Chief Guest.

Once constructed, the warship will be one of the largest and technologically advanced platform of PN which will strengthen Pakistan's capability to respond to future challenges, maintain peace & stability in Indian Ocean Region. It will also support Pakistan Navy's initiative of securing seas for international shipping by patrolling distant waters through Regional Maritime Security Patrol (RMSP). ☒☒





COMMAND & STAFF CONFERENCE

Command and Staff Conference of Pakistan Navy held at Naval Headquarters, Islamabad. The Conference was chaired by Chief of the Naval Staff, Admiral Zafar Mahmood Abbasi.

Matters related to operational preparedness, developmental plans of Pakistan Navy, prevailing security situation and training & welfare of troops were reviewed. Detailed briefings on various ongoing and future Pakistan Navy projects and plans were also given to Chief of the Naval Staff.

Chief of the Naval Staff expressed his confidence over operational preparedness of Pakistan Navy to cope with all security challenges. Chief of the Naval Staff also reiterated to maintain robust security posture through Regional

Maritime Security Patrols by PN in the Indian Ocean Region for protection of national and international shipping against the threats of maritime terrorism, piracy, narco-arms smuggling and human trafficking.

The Naval Chief also re-affirmed Pakistan Navy's commitment to make every effort to protect our environment especially in maritime domain and for sustainable use of oceans while endeavoring to protect its precious resources for our future generations.

Command & Staff Conference is the apex decision making body of Pakistan Navy in which all Chiefs of Staff, Principal Staff Officers and Field Commanders undertake strategic review of Pakistan Navy's Policies and Plans. XX

The Naval Chief re-affirmed Pakistan Navy's commitment to make every effort to protect our environment especially in maritime domain and for sustainable use of oceans while endeavoring to protect its precious resources for our future generations

Egyptian Youssef Ibrahim wins 13th CNS International Squash Championship



Pakistan Navy has significantly contributed in organizing International and National sports events in the country, besides the primary mission of safeguarding the maritime frontiers of motherland. Organizing the sports events like Golf, Hockey, Shooting, Squash and Sailing regatta are some of the hallmarks of Pakistan Navy in promoting healthy sports culture in the country.

In the same stride Pakistan Navy conducted 13th Chief of the Naval Staff International Squash Championship from 6 to 10 Dec 18 at Roshan Khan Jahangir Khan Squash Complex, Karachi. 24 players participated in this competition out of which 12 were from Pakistan and 12 were foreigners, carrying international ranking, who came from 8 different countries including Egypt, Hong Kong, Islamic Republic of Iran, Ireland, Malaysia, Mexico, Portugal and Qatar.

Final match and prize distribution ceremony of Championship was held at Roshan Khan Jahangir Khan Squash Complex,

Karachi. Chief of the Naval Staff Admiral Zafar Mahmood Abbasi graced the occasion as Chief Guest.

The Final match of the tournament was played between Youssef Ibrahim from Egypt and Farhan Mehboob of Pakistan. After a sensational and thrilling competition Youssef Ibrahim won the match and was declared the champion of 13th Chief of the Naval Staff International Squash Championship 2018.

While addressing the ceremony the Tournament Director, Commodore Habib ur Rehman said that game of Squash has a glorious past in Pakistan, it has always brought laurels to the country. There is still a huge talent of Squash in the country and Pakistan Navy is committed to provide them a platform in order to keep the legacy alive. The tournament director said that holding of events like CNS Squash Championship on regular basis is indicative of PN's commitment towards the game. The tournament director expressed his gratitude to

Professional Squash Association, Pakistan Squash Federation, all the sponsors and participants for their support in successful conduct of 13th CNS International Squash Championship 2018 without which the event would not have been possible.

Later, Chief of the Naval Staff Admiral Zafar Mahmood Abbasi gave away the prizes to the winners of different categories and congratulated them for their hard work and valued achievements.

The ceremony was attended by a large number of civil & military dignitaries, sponsors and senior players of squash. XX





Induction of 1st Marinized ATR Aircraft, SEA KING Helicopters & Simulator

Pakistan Navy has inducted its 1st Marinized/ Upgraded ATR aircraft and Sea king Helicopters (Ex Mod UK) in its fleet to augment effectiveness and enhance its operational capability. An impressive induction ceremony was held at PNS MEHRAN. Chief of the Naval Staff, Admiral Zafar Mahmood Abbasi graced

the ceremony as Chief Guest.

The 1st marinized ATR aircraft; a modern and widely operated turboprop platform, has been retrofitted with state of the art weapons and sensors, which will substantially enhance Fleet Air Arm's operational capability. Whereas, induction of two

Mk 3A/ Mk 4 Sea king helicopters acquired from UK into its existing fleet of Sea King helicopters will further enhance PN fleet operational capability particularly to troops transfer. One helicopter is purpose-built for Search & Rescue missions at sea and other aircraft is optimized for the troops-carrying role.





In order to ensure quality training of aircrew, a state of the art Simulator of Z9EC Anti-Submarine Warfare helicopter also inducted to train aircrew. This simulator will enable aircrew to acquire training for anti-submarine and emergency handling in a cost effective manner without endangering life and equipment.

Speaking on the occasion, Chief of the Naval Staff said that, in addition to traditional roles, Pakistan Navy is also confronted with emerging challenges of deterring terrorism at sea, curbing piracy in the region and carrying out maritime security operations. The Admiral emphasized that we should also be cognizant of threats posed by hybrid warfare and cyber crime. "Pakistan Navy is aware of these challenges and induction of these modern platforms will augment PN operational capabilities manifold to

more effectively face these challenges, achieve national objectives, honor international obligations and safeguard our vital maritime interests", he said.

He added that wars are fought not only on material aspect but spiritual strength also matters a lot. Pakistan Navy though numerically less has inflicted irreparable loss to the adversary in past and this happened because of the spiritual strength and professionalism of our men. He said that induction of training simulator will provide us great capability to train our aircrew with full degree of freedom to achieve the highest standard of professionalism.

The ceremony was attended by Pakistan Navy Flag officers, officers and civilian dignitaries. ☒☒

Marinized ATR aircraft; a modern and widely operated turboprop platform, has been retrofitted with state of the art weapons and sensors, which will substantially enhance Fleet Air Arm's operational capability

Induction of two Mk 3A/ Mk 4 Sea king helicopters, further enhance PN fleet operational capability particularly to troops transfer

One helicopter is purpose built for Search & Rescue missions at sea and other aircraft is optimized for the troops-carrying role





110th Midshipmen Commission





The 9th SSC Course Commissioning Parade



110th Midshipmen and 19th Short Service Commission Course Commissioning Parade comprising 113 Midshipmen and 77 SSC Cadets was held at Pakistan Naval Academy PNS RAHBAR. General Qamar Javed Bajwa, Chief of Army Staff graced the occasion as Chief Guest, and reviewed the parade. Upon his arrival, the Chief Guest was received by Chief of the Naval Staff, Admiral Zafar Mahmood Abbasi.

Chief of Army Staff, while addressing the parade and the guests said that Pakistan is a peace-loving country and believes in peace within and peace without.



rendered tremendous sacrifices to restore peace and order, paying the ultimate price with their blood. It is now our duty to honour their sacrifice through display of Unity, Faith and Discipline in everything that we do. Let us all start the transition from conflict to progress, through commitment to the ideals of Allama Iqbal and Quaid-e-Azam. This is the minimum that we can do for our beautiful country.

While congratulating and extending felicitations to commissioning term, the Chief Guest said that it is indeed a great honour for you, to have been chosen to serve your country, and be the defenders of

standards for your successors.

Earlier in his welcome address, Commodore Vaqar Muhammad, Commandant Pakistan Naval Academy, highlighted the salient features of the officers' training. He apprised the audience that the commissioning term comprised 113 Midshipmen including 48 from Pakistan, 56 from Saudi Arabia, and 09 from Bahrain. He added that 77 Cadets from Short Service Commission Course are also being commissioned including 11 females cadets. The Commandant further mentioned that cadets from Bahrain, Jordan, Maldives, Qatar, Saudi Arabia and



Pakistan in the past, has seen many conflicts both on its eastern and western borders. Wars bring death, destruction and misery for the people. Ultimately, all issues are resolved on the table through negotiations. Similarly, our new government has extended a hand of peace and friendship towards India with utmost sincerity but it should not be taken as our weakness, peace benefits everybody.

The Chief Guest underscored that our Armed Forces and Law Enforcement Agencies have

its sea frontiers. You can rightly be proud of joining the fraternity of Armed Forces of Pakistan. I am also very happy to see, female cadets participating in today's parade. It signifies their resolve to excel and compete with men in almost every field. Chief of Army Staff advised the young sentinels and said that learning is a continuous process and this is just the beginning, so be mentally ready for much more rigorous training ahead. As defenders of Pakistan's maritime frontiers, you are expected, not only to live up to its glorious traditions but also set much higher

Yemen are also undergoing training at Pakistan Naval Academy.

Later, the Chief Guest gave away prizes to the winners. The prestigious Quaid-e-Azam Gold Medal was conferred upon Lieutenant Haris Ali Khan PN. Midshipman Tauqeer Hussain was awarded the coveted Sword of Honour for his overall best performance, whereas Midshipman Haroon Khan won the Academy's Dirk. Officer Cadet Muhammad Talha Masood was awarded Chairman Joint Chiefs of Staff Committee Gold Medal, Officer



Cadet Ahmed Mohammed Alamri from Kingdom of Saudi Arabia earned Chief of the Naval Staff Gold Medal and Officer Cadet Ahmed Naveed Malik from SSC Course clinched the Commandant Gold

Medal. Proficiency Banner was re-claimed by Forecastle Squadron.

The ceremony was attended by former Naval Chiefs, large number of serving/ retired

officers, Diplomats, Defence Attachés of friendly countries, civil dignitaries and families of passing Midshipmen and Cadets. ☒☒

How the Strong Man Stumbles!

Abu Afnan



I "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

This is an excerpt from the speech "Citizenship in a Republic" delivered by Theodore Roosevelt Jr, 26th President of the United States, in Paris on April 23 1910, before a crowd that included ministers in court dress, army and navy officers.

Even after more than a century, it invites us to brood and contemplate.

Each one of us is "Man in the Arena" whose face is marred by dust and sweat and blood; and our arena is work place, family, interpersonal relations, a tough boss, rebellious or slow learning kids, or a special child and challenging tasks, health issues and so on. While striving for "daring greatly" who is the critic and counts and points out? Most of the cases "we" are the critics of ourselves; our weaknesses, vulnerabilities and subconscious mind keep us from striving valiantly by whispering in our ears: you are not good enough; intelligent enough; confident enough; beautiful enough; smart enough; your father divorced your mother; you were victimized; you can't do it; and much more hue and cry by our subconscious mind.

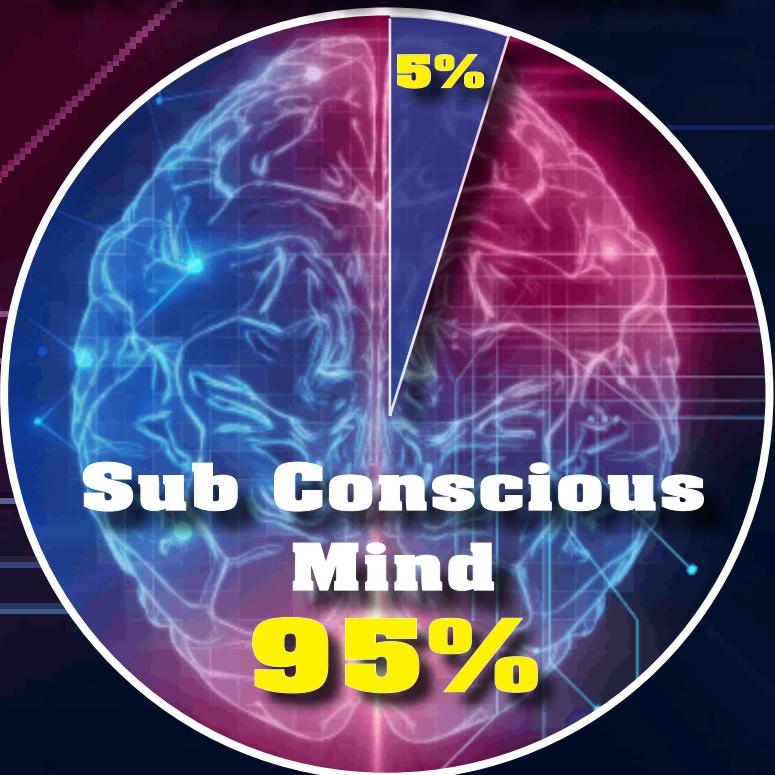
We become accustomed of such thoughts and it becomes our habit to listen to those thoughts which bring forth from our vulnerabilities. Our mind or brain is hub of all these thoughts. Thoughts are the

language of brain and our feeling are the language of our body; how we think and how we feel creates our state of being. Whatever we think, it chemically transforms into our body and generates some feelings – feelings of elevation, sublimity, sadness, irritations, melancholy, insecurity, fear, hatred etc. In turn, these feelings again produce corresponding thoughts which again nurture matching feelings and this loop goes on.

A habit is a redundant set of automatic, unconscious thoughts, behaviours and emotions, acquired through repetition. A habit is when we have done something so many times that our body now knows how to do it better than our mind. Our brain consists of more than 100 billion brain cells which are the store house of our thoughts, our dreams, our memories, our hopes, our secret fantasies, our fears, our skills, our habits, our pain and our joys and form "you" and "me". If we learn even one bit of information today, tiny brain cells will make new connections between them, and who "we" are will be altered.

In order to change, we need to harness our sub conscious mind and have to “un-learn” and “re-learn” the snapshot of memory and programmed behaviours. We must get out of the shackles of the past and predict the future through mind’s eye. The best way to predict your future is to create it; not from the known, but from the unknown

Conscious Mind



A famous Neuroscientist Dr. Joe Dispenza explains that People wake up in the morning, they begin to think about their problems, those problems are circuits, memories in the brain. Each one of those memories are connected to people and things at certain times and places and if the brain is a record of the past, the moment they start their day they're already thinking in the past. Each one of those memories has an emotion. Emotions are the end product of past experiences. So the moment they recall those moments of their problems, they all of a sudden feel unhappy, they feel sad, they feel pain. Now how you think and how you feel creates your state of being so the person's entire state of being when they start the day is in the past.

If we believe that our thoughts have something to do with your destiny, and we are thinking in the past; and for the most part we are going to keep creating the same life. Because, every day, as we see the same people, do the same things, go to the same places and look at the same objects, our familiar memories related to our known world “re-mind” us to reproduce the same experiences. Actually our environment is really controlling how we think and feel, unconsciously. Because every person, everything, every place, every experience has a neurological network in our brain.

More than 95% of who we are by the time we're above 35 years old, is a memorized set of behaviours, emotional reactions, unconscious

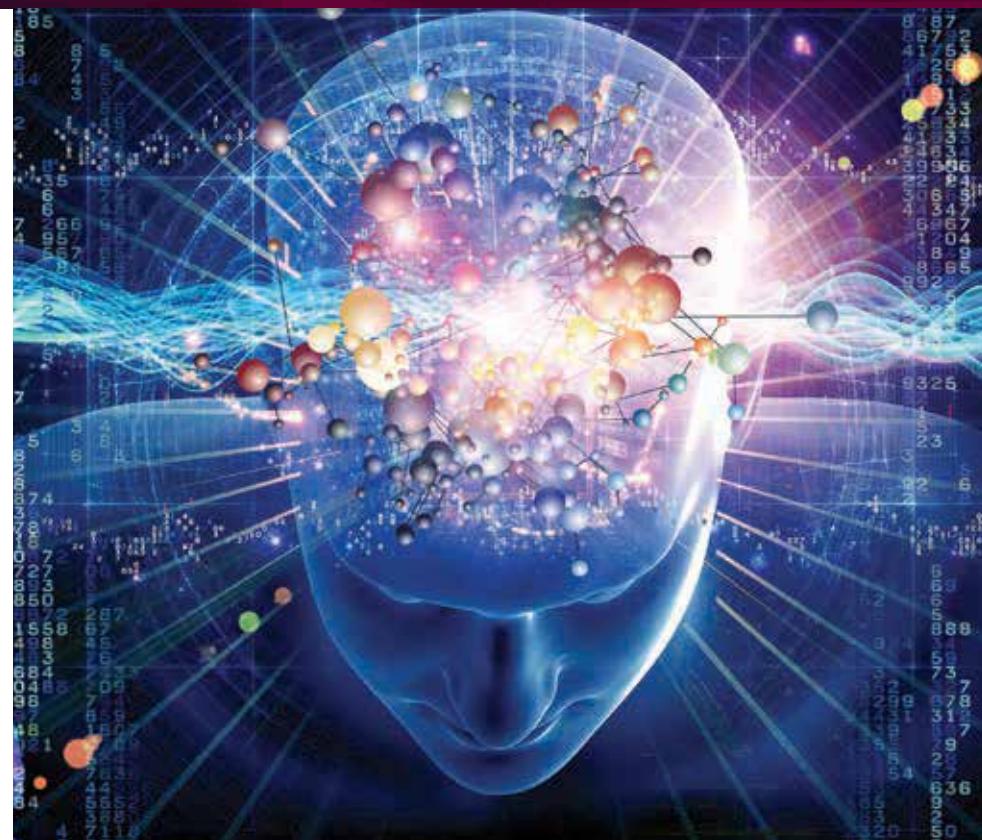
habits, hardwired attitudes, beliefs and perceptions that function like a computer programme. How a person can say within 5% of his conscious mind: I want to be healthy. I want to be happy. I want to be free. I want to strive valiantly; but the body is on a whole different programme.

The moment we decide to make a different choice; our sub conscious mind the body says: you've been doing this for 35 years, you're just going to stop feeling suffering and stop feeling guilty and stop feeling shameful? You're not going to complain or blame or make excuses or feel sorry for yourself? The body is in the unknown. So the body starts influencing the mind and it says: Start tomorrow. You'll never change. This is not going to work

for you. This doesn't feel right. And so you respond to that thought as if it's true that same thought will lead to the same choice, create the same behaviour, which will create the same experience, which produces the same emotion.

In order to change, we need to harness our sub conscious mind and have to "un learn" and "re learn" the snapshot of memory and programmed behaviours. We must get out of the shackles of the past and predict the future through mind's eye. The best way to predict your future is to create it; not from the known, but from the unknown. In order to create something new in our lives, we have to leave behind a portion of the known and familiar. This includes familiar thoughts, behaviours, emotions, and sometimes even relationships. It's in that act of overcoming our past and the familiar, known territories of our lives that allow us to not revert to the unconscious emotions, habits, and/or hardwired attitudes of the past. Just imagine what would be possible if we could put all of our passion, energy, and attention into the thoughts of our future with the same passion, energy, and attention that we put into our self-limiting thoughts. Just imagine if we could stop surrendering to fear or anxiety and start surrendering more to love or trust.

For this, we have to rehearse the behaviours we want to demonstrate in our life every day. To walk like "I am enough" and to move in new ways as a more unlimited human being with certainty, clarity, passion, and awareness—is to be that future self.



"Each time you make a new choice that is in alignment with your future, you are priming your brain to install the neurological hardware to actually think, act, and feel like the person you want to be in your future. When you do it enough times, as we walk as our future self—as we get our body involved each day in the process—this behaviour becomes the habit of the new self. This is how we create new habits of thought and behaviour" Dr Joe Dispenza aptly puts it.

So to change, then, is to be greater than our environment, to be greater than the conditions in our world... and the environment is that seductive. But we have to visualize that the brain is no longer a record of the past, now it's a map to the future. We can't wait for our success to feel empowered; we can't wait for our wealth to feel abundant; we can't wait for our relationship to

feel love. When we feel better inside of us we pay attention to whoever or whatever caused it. The moment we start feeling abundant and worthy we're generating wealth. The moment we're empowered and feel it we're beginning to step towards the success. The moment we start, and do whisper the golden line of the poem Ulysses by Lord Tennyson into the ears of your sub-conscious:

*"Tho' much is taken, much abides;
and tho' We are not now that
strength which in old days Moved
earth and heaven, that which we
are, we are; One equal temper of
heroic hearts, Made weak by time
and fate, but strong in will To strive,
to seek, to find, and not to yield".* ☒☒

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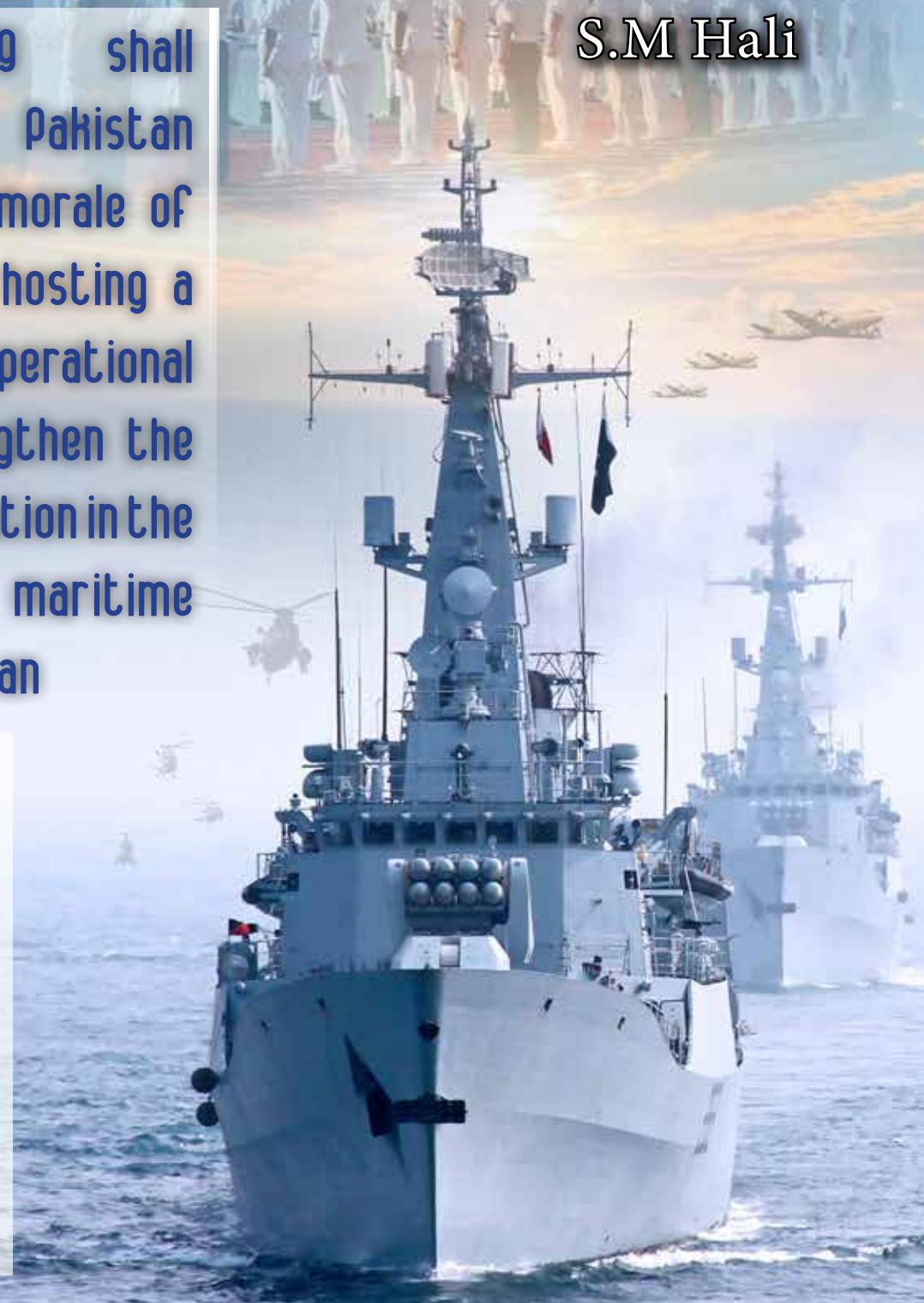
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Global Vision of Peace AMAN-19

Exercise AMAN-19 shall bring honour to Pakistan and will raise the morale of Pakistan Navy for hosting a major multi-nation operational exercise and strengthen the confidence of the nation in the capabilities of the maritime guardians of Pakistan

S.M Hali

Pakistan Navy is organizing a multi-national naval exercise in the North Arabian Sea in the first quarter of 2019. This is the 6th exercise of the AMAN series, which have been held biennially since 2007. All previous naval exercises of the AMAN series have been highly successful and not only were participated wholeheartedly by navies of friendly countries, ushering goodwill to Pakistan,



but have also resulted in all participants including the host PN, gaining tremendous professional experience.

The exercise has been aptly named "AMAN", which is the Urdu term for "Peace". It signifies Pakistan's endeavor for peace while remaining fully prepared to ensure peace in the region. The slogan for the AMAN exercise "Together for Peace" sums up the entire gamut of Pakistan's aspirations. Not only Pakistan is desirous of maintaining peace but is also keen on including its friends, allies and partners in achieving amity.

The world is currently embroiled in trials and tribulations of various types. Besides the war against terrorism, power projection especially in the maritime sphere has increased in the twenty first century. Alfred Thayer Mahan, the famed US naval strategist had rightly predicted that "Whoever controls the Indian Ocean dominates Asia. This ocean is the key to the seven seas in the twenty-first century, the destiny of the world will be decided in these waters."

Pakistan's eastern neighbour India is building a Blue Water Navy to fulfil its power projection ambitions. Every nation aspires to build up its defence capability, but India has hegemonic designs and has a history of trying to subdue its neighbours with its maritime capability. Pakistan, Sri Lanka, Maldives and Bangladesh have suffered at the hands of India's domination syndrome.

The US remains oblivious to

China's declarations that it has no hegemonic designs, is keen to resolve issues with its neighbours peacefully and instead concentrate on development and sharing its projects like the Belt and Road Initiative (BRI) with countries of the region and beyond. Interestingly, BRI also has a maritime component, known as the "Maritime Silk Road".

India perceives China as an opponent and is opposed to the BRI as well as its flagship project the China Pakistan Economic Corridor (CPEC), especially the development of the strategic deep-water port of Gwadar. Since the port is located from where thirty five percent of the world's oil supply flows from the Gulf of Hormuz to the west, both the US and India, perceive it as a threat from where China has the capability of choking the world's oil supply.

In this milieu, Exercise AMAN-19 comes at an opportune moment. Navies from more than 43 countries are expected to participate in the exercise. The rise in number of participants bears testimony to Pakistan's rising relevance in the international pitch.

The Exercise has focused objectives, which include: projecting a positive image of Pakistan as a country contributing towards regional peace and stability; consolidating PN's position in the regional maritime arena; enhancing interoperability with regional and extra regional navies thereby acting as a bridge between the regions and displaying of united resolve

against maritime terrorism and piracy.

The Concept of the exercise has been designed to provide a common forum for: Information sharing, mutual understanding and identifying areas of common interests for group analysis and dialogues through International Maritime Conference; developing and practicing response tactics, techniques and procedures against asymmetric and traditional threats during sea phase of the exercise and Intermingling of multinationals with depiction of their respective cultures during cultural shows/ food galas.

Exercise AMAN-19 envisages hosting numerous events of harbour and sea-phase. The harbour activities include, reception of the participating units, a grand opening ceremony, playing friendly sports matches and a Maritime Counter Terrorism demonstration by the elite PN Marines. An International Maritime Conference under the aegis of National Centre for Maritime Policy Research (NCMPR) at Bahria University has also been organized.

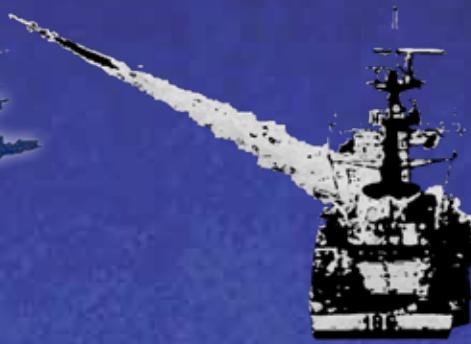
The sea activities include an International Fleet Review and various operational activities/exercises.

Exercise AMAN-19 shall bring honour to Pakistan and will raise the morale of Pakistan Navy for hosting a major multi-nation operational exercise and strengthen the confidence of the nation in the capabilities of the maritime guardians of Pakistan. ☒☒

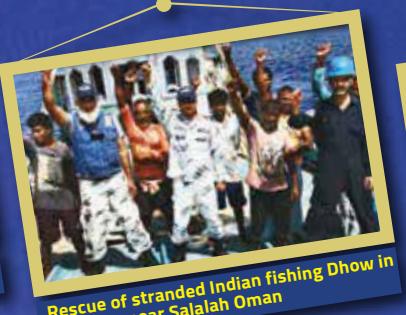
2018



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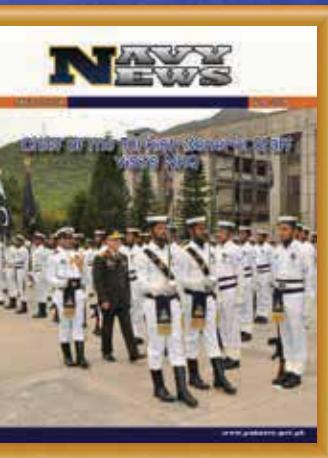
Pak-Turk Bilateral Naval Exercise
TURGUTRIES



Rescue of stranded Indian fishing Dhow in open sea near Salalah Oman



Firing of indigenously built BABUR
(Submarine Launched Cruise Missile)



Establishment of PNR&SC at Muzaffarabad, AJ&K



Contract for acquisition of two (Type-054 A) Warships from China



International Maritime Symposium 2018



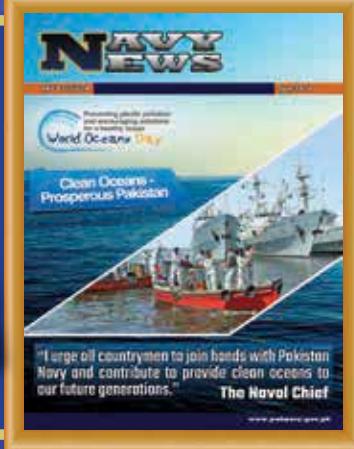
Pakistan Navy celebrates World Environment Day



"I urge all countrymen to join hands with Pakistan Navy and contribute to provide clean oceans to our future generations." The Naval Chief
Pakistan Navy celebrates World Oceans Day



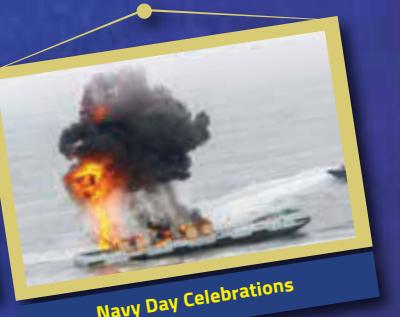
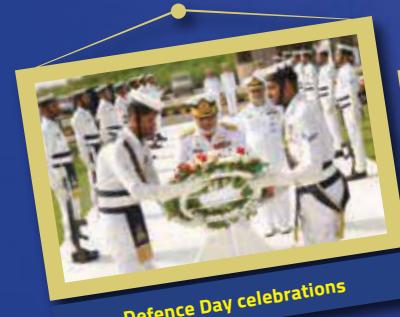
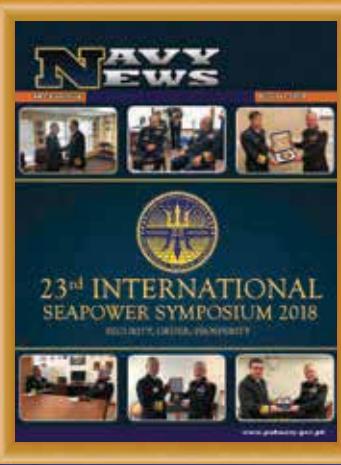
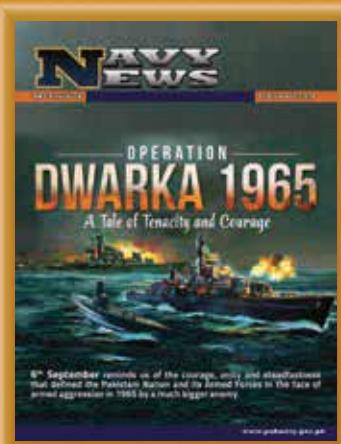
Pakistan Navy celebrates World Hydrography Day



"I urge all countrymen to join hands with Pakistan Navy and contribute to provide clean oceans to our future generations." The Naval Chief



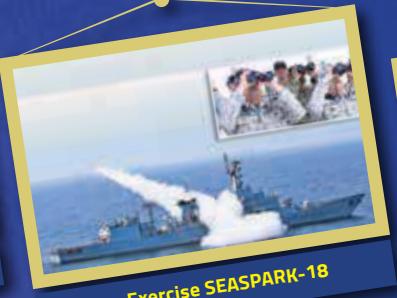
2018



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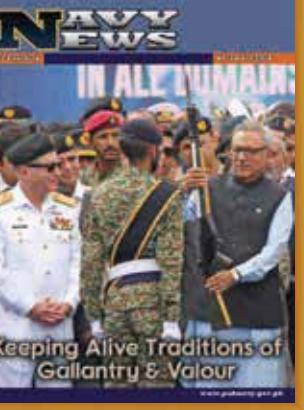
Commissioning of fleet tanker
PNS MOAWIN



Exercise SEASPARK-18



PNS SAIF participation in Pak-Turk
Bilateral Naval Exercises



IN ALL THYMAINS
Keeping Alive Traditions of
Gallantry & Valour



PN's participation in IDEAS 2018



PN & RFN Bilateral Exercise ARABIAN
MONSOON



2nd Maritime Security Workshop



Induction of 1st Marinized ATR Aircraft,
SEA KING Helicopters



Steel Cutting ceremony of first war
ship of Type 054 A/P Frigates



110th Midshipmen
& 19th SSC Course
Commissioning Parade

