



THE TRAINER

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EDITORIAL SHAPING LEADERS THROUGH TRAINING AND EXCELLENCE

With the launch of 'THE TRAINER', the Naval Training Command establishes a permanent voice, one that will chronicle the discipline, dedication, and achievement at the heart of Ghana's naval training mission.

It is with great pride and a strong sense of purpose that we present the first edition of "The Trainer" the official news magazine of the Naval Training Command (NAVTRAC).

Every institution with a vision for excellence must preserve and share the stories that define its journey, values, and achievements. "The Trainer" has therefore been established as a platform to document the activities, milestones, and contributions of the Naval Training Command, while celebrating the dedication and professionalism that continue to shape the future of the Ghana Navy.

"As the training arm of the Ghana Navy, NAVTRAC occupies a critical position in developing disciplined, competent, and mission-ready personnel capable of responding effectively to the evolving demands of maritime security and national service. Behind every capable naval professional is a foundation built on rigorous instruction, resilience, discipline, and leadership. This publication seeks to capture and celebrate those efforts."

More than a magazine, "The Trainer" serves as a voice for the Command, a platform through which the achievements, experiences, and aspirations of officers, instructors, trainees, ratings, and civilian staff can be shared with pride. Through reports, feature stories, interviews, and highlights from the various schools under the Command, this publication



MISS REBECCA MORKLI
EDITOR / REPORTER

reflects the spirit of leadership and excellence that remains the hallmark of NAVTRAC.

In today's rapidly evolving information environment, strategic communication and institutional visibility are essential. "The Trainer" therefore aims not only to inform but also to strengthen engagement with stakeholders, sister security agencies, development partners, and the wider public. It is our hope that this publication will foster greater appreciation for the role of naval training in supporting operational readiness, national security, and regional maritime cooperation.

As we launch this inaugural edition, we remain grateful to Command for the support and vision that made this initiative possible. We acknowledge the commitment and hard work of all personnel who contributed to bringing this vision to life. We also extend our appreciation to our partners and supporters whose encouragement continues to advance the Command's mission.

May "The Trainer" continue to inspire, inform, and uphold the enduring values of professionalism, discipline, leadership, and excellence for many years to come.



COMMODORE
JAMES ADONGO AGAMBIRE
FOC, NAVTRAC

FLAG OFFICER COMMANDING'S FOREWORD

It gives me great pleasure to present this first edition of *The Trainer*, the official news magazine of the Naval Training Command (NAVTRAC).

The Naval Training Command occupies a unique and indispensable position within the Ghana Navy. As the institution responsible for developing the human resource capacity of the Service, our mission extends beyond imparting knowledge and skills; it encompasses the cultivation of discipline, leadership, professionalism, and the core values that define the Ghana Navy.

In an increasingly dynamic maritime security environment, the need for highly trained, adaptable, and mission-ready personnel has never been greater. NAVTRAC remains committed to ensuring that every officer, rating, and recruit entrusted to our care receives the highest standard of training necessary to meet both present and future operational challenges. Through our various schools and training establishments, we continue to provide quality instruction, foster innovation, and uphold excellence in all aspects of training delivery.

The Trainer serves as an important platform for documenting our achievements, sharing lessons learned, and highlighting the remarkable efforts of the officers, instructors, trainees, ratings, civilian staff, and partners who contribute daily to the success of the Command. It reflects our commitment to preserving institutional memory

while promoting a culture of continuous learning and professional development.

This publication also offers an opportunity to showcase the diverse activities undertaken across the Command, from recruit and specialist training to leadership development, community engagements, and collaborative initiatives with sister services and partner organizations. Through these pages, readers will gain valuable insight into the dedication and hard work that underpin the operational effectiveness of the Ghana Navy.

I commend the Editorial Team for their vision and commitment in bringing this publication to life. I also extend my appreciation to all contributors and stakeholders whose support has made this initiative possible.

As you read this first edition of *The Trainer*, I encourage you to reflect on the critical role of training in shaping capable leaders and professional sailors. Let us continue to uphold our motto, "**Leadership and Excellence**," as we work together to strengthen the Ghana Navy and contribute to the security and prosperity of our nation.

I wish *The Trainer* every success and trust that it will become a valuable source of information, inspiration, and professional engagement for all.

Fair Winds and Following Seas.

NAVAL TRAINING COMMAND



REAR ADMIRAL GODWIN LIVINUS BESSING
CHIEF OF THE NAVAL STAFF



CHIEF OF THE NAVAL STAFF'S VISION

To build and sustain a well-trained, mission-ready, motivated and professional naval force that safeguards Ghana's maritime interests, advances the blue economy, and contributes to national, regional and global maritime security, while upholding the enduring values and traditions of our navy

CDRE AGAMBIRE ASSUMES COMMAND OF NAVTRAC

Commodore (Cdre) James Adongo Agambire has officially assumed command as the Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC) following a brief handing and taking over ceremony held on Wednesday, 14 May 2025, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

He takes over from Cdre Solomon Asiedu-Larbi, who has been reassigned as the FOC of the Eastern Naval Command.

In his remarks, Cdre Agambire expressed gratitude to the Military High Command for the confidence reposed in him and pledged his commitment to uphold the core values of leadership, discipline, and excellence that define the Command. He called on all officers, ratings, and civilian staff to work collaboratively in advancing NAVTRAC's mission of providing high-quality maritime training and professional development for the Ghana Navy.

He acknowledged the responsibility bestowed on him and was confident that together with the effort of personnel

they can build upon the strong foundation laid by his predecessors. He emphasized teamwork, innovation, and dedication as key drivers in sustaining operational excellence and ensuring the Command remains a centre of maritime training excellence.

In his farewell address, Cdre Asiedu-Larbi expressed appreciation to God, the Military High Command, and all personnel of NAVTRAC for their support during his tenure. He congratulated Cdre Agambire and urged the staff to extend the same cooperation and commitment to his successor.

The ceremony also featured a brief durbar with officers and ratings, where Cdre Asiedu-Larbi outlined key achievements and ongoing projects before leading an internal tour to introduce the new FOC to Principal Staff Officers and stakeholders.

In attendance were the Municipal Chief Executive for South Tongu, Hon. Mrs. Victoria Dzeklu, members of the Traditional Council, Commanding Officers of the various schools, staff officers, and friends of the Command.



HANDING OVER PHOTOS





CDS PAYS MAIDEN VISIT TO 7 GARRISON

Addressing officers and men, the CDS commended personnel for their professionalism, discipline, and commitment to duty. He emphasized the importance of strong leadership, teamwork, and operational readiness in safeguarding national security. He urged personnel to remain dedicated, resilient, and proactive in addressing challenges, noting that effective leadership and sound problem-solving remain critical to mission success.

The visit underscored the CDS's resolve to maintain close interaction with troops and reinforce the operational effectiveness of the Ghana Armed Forces.

The Chief of the Defence Staff (CDS), Lieutenant General William Agyapong, has embarked on his maiden visit to the 7 Garrison on Friday, 25 July 2025.

He was received by the 7 Garrison Commander at the 66 Artillery Regiment in Ho, where officers and men of the Garrison accorded him a warm welcome.

The visit formed part of the CDS's familiarisation tour to interact with personnel, assess operational activities, and strengthen command engagement within the Garrison's area of responsibility.

During the visit, Lt. Gen. Agyapong received detailed operational briefings from appointment holders of the Naval Training Command (NAVTRAC), the 66 Artillery Regiment, the Artillery Training School, and the 16 Army Brigade. The briefings focused on the administrative, operational, and logistical state of their respective bases, highlighting ongoing projects, achievements, and key challenges confronting the formations.







CNS PAYS MAIDEN VISIT TO NAVAL TRAINING COMMAND

The Chief of the Naval Staff (CNS), Rear Admiral Godwin Livinus Bessing, has paid his maiden visit to the Naval Training Command (NAVTRAC) at Nutekpor on Thursday, 5 June 2025, as part of ongoing efforts to engage directly with personnel and reinforce his strategic vision for the Ghana Navy.

The visit formed part of the CNS's wider familiarization tour of key naval establishments, aimed at assessing operational readiness, addressing challenges, and outlining his command philosophy and priorities for the years ahead.

Upon arrival, the CNS was received by the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, who delivered a comprehensive briefing on the Command's current operations, training activities, logistical needs, and ongoing development projects.

Rear Admiral Bessing was later conducted around the Command's key facilities and ongoing infrastructure

projects to gain firsthand insight into the state of the training environment.

During a durbar held in his honour, the CNS interacted with Officers, Ratings, and Defence Civilian Staff of the Command. He reaffirmed his commitment to positioning the Ghana Navy as a combat-ready, credible, and cohesive force, with the capacity to adapt to emerging security challenges.

He emphasized a people-centred approach to leadership and highlighted core areas of focus for his administration, including Maritime security and sovereignty protection, Force readiness and professional development, Infrastructure improvement, and Enhanced collaboration with regional and international partners.

Rear Admiral Bessing commended the personnel of NAVTRAC for their hard work, discipline, and professionalism. He encouraged them to remain committed to excellence in training and operations in support of the Navy's overarching strategic objectives.





NAVTRAC HOLDS INDUCTION CHURCH SERVICE FOR CDRE AGAMBIRE

The Naval Training Command (NAVTRAC) has held an induction church service for Commodore (Cdre) James Adongo Agambire on Sunday, 9 November 2025, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The service, themed “Inspiring Excellence through Humble Leadership and Team Synergy,” marked the formal dedication of Cdre Agambire as Flag Officer Commanding (FOC) NAVTRAC and 7 Garrison Commander.

Delivering the sermon, the Director General Religious Affairs, Brigadier General Benjamin Kumi-Woode, encouraged leadership founded on humility and teamwork, emphasizing that true excellence is achieved when leaders serve with integrity and compassion. He reminded personnel that humility in leadership strengthens unity and drives collective success.

The Guest of Honour, Minister for Roads and Highways and Member of Parliament for the Adaklu Constituency,

Honourable Kwame Govers Agbodza, in his remarks, congratulated Cdre Agambire on his induction and commended the Ghana Navy for its professionalism and commitment to national development. He encouraged continued collaboration between the Command and the local authorities to promote peace and community progress within the South Tongu enclave.

The solemn ceremony underscored dedication, service, and teamwork as key pillars of leadership within NAVTRAC.

In his remarks, Cdre Agambire expressed appreciation to the Naval Headquarters and personnel of the Command for their trust and support. He pledged to lead with humility, vision, and purpose, reaffirming his commitment to inspire excellence across all facets of NAVTRAC and 7 Garrison operations.

The service concluded with prayers of dedication and exhortations from the clergy, urging personnel to remain united and supportive under the leadership of the new FOC.





FOC NAVTRAC VISITS HO

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC) and 7 Garrison Commander, Commodore James Adongo Agambire, has undertaken a familiarisation visit to Ho on Tuesday, 15 July 2025, as part of efforts to deepen institutional relationships and build strategic partnerships that support military training and development.

The visit formed part of the FOC's mandate as Garrison Commander to engage key stakeholders within the region. It also served to reaffirm the Command's commitment to collaboration, professional development, and community engagement.

As part of his engagements, Cdre Agambire paid a courtesy call on the Vice Chancellor of the Ho Technical University (HTU). He was received by the Pro Vice Chancellor, Professor Christopher Mensah, who welcomed the delegation on behalf of the university leadership. He expressed excitement over the visit, noting it as a continuation of the strong and growing relationship between HTU and NAVTRAC.

Prof. Mensah commended the collective achievements of the partnership, highlighting the successful execution of six matriculations and five graduation ceremonies for naval students. He noted that the partnership has been instrumental in advancing both academic and practical training, contributing to the enhanced capabilities of naval personnel.

Cdre Agambire reaffirmed NAVTRAC's commitment to strengthening the collaboration and exploring new avenues for improving training delivery. He emphasized NAVTRAC's unique position as a Centre of Excellence in maritime and military education, stating that such partnerships are crucial in equipping personnel for the evolving security landscape.

The FOC also paid a working visit to the 66 Artillery Regiment and the Artillery Training School, where He received detailed briefings on administration, logistics, welfare, and challenges of the units. He also engaged with leadership on potential areas of collaboration and shared training experiences, particularly in joint operations and inter-service cooperation. He assured the commanders that he would relay identified challenges to higher command.

In addition, the FOC met with executives of the Volta Regional Chapter of the Ghana Journalists Association (GJA). Discussions focused on building a strategic media partnership to enhance military-public communication, promote transparency, and strengthen media support for activities within the 7 Garrison and the Ghana Navy at large.

The visit underscored NAVTRAC's commitment to inter-agency synergy, stakeholder engagement, and collective pursuit of professional excellence and operational readiness.





FOC NAVTRAC VISITS AFLAO BORDER

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC) and 7 Garrison Commander, Commodore (Cdre) James Adongo Agambire, has paid a familiarisation visit to the Naval Detachment's Maritime Operations Centre (MOC) at the Aflao border on Wednesday, 16 July 2025.

The visit formed part of the FOC's efforts to enhance operational oversight, strengthen coordination among maritime security stakeholders, and reaffirm NAVTRAC's commitment to national border security.

During the visit, Cdre Agambire was briefed on the administration, logistics, and welfare situation of the unit, as well as the challenges affecting its day-to-day operations. He commended the personnel for their professionalism and dedication in operating within a sensitive and high-demand environment, assuring them of his

support toward improving their working and living conditions.

As part of the visit, the FOC also paid courtesy calls on the Sector Commanders of the Customs Division of the Ghana Revenue Authority (GRA) and the Ghana Immigration Service (GIS). The discussions centered on strengthening inter-agency collaboration and maintaining effective coordination to enhance border security and maritime domain awareness in the area.



FOC NAVTRAC PAYS COURTESY CALLS ON MUNICIPAL CHIEF EXECUTIVES

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC) and 7 Garrison Commander, Commodore (Cdre) James Adongo Agambire, has paid courtesy calls on the Municipal Chief Executives (MCEs) of Ketu South, Keta, and South Tongu on Wednesday, 16 July 2025, as part of his stakeholder engagement tour in the Volta Region.

The visits aimed to foster closer civil-military relations, strengthen security cooperation, and explore areas of partnership to promote peace and development within the municipalities.

Discussions focused on deepening collaboration in public sensitisation on security matters, coordinating responses to emerging threats, and enhancing community engagement in support of local and national security efforts.

Cdre Agambire commended the MCEs for their continuous cooperation with the Ghana Navy and reaffirmed NAVTRAC's commitment to working closely with local authorities to ensure a safe and secure environment for socio-economic development.



STRENGTHENING PROFESSIONAL COMPETENCE THROUGH TRAINING EXCELLENCE

Despite operational challenges, NAVTRAC's schools delivered a full cycle of professional, technical, and leadership programmes — maintaining the Command's standing as the bedrock of Ghana Navy's training mission.

The Naval Training Command (NAVTRAC) continued to uphold its mandate of developing highly disciplined, competent, and mission-ready personnel through structured training programmes designed to meet the operational demands of the Ghana Navy and the wider maritime security environment.

Over the review period, the Command successfully conducted a series of professional, technical, and leadership training programmes across its constituent schools. These programmes were aimed at enhancing operational readiness, improving technical expertise, and reinforcing leadership qualities among officers, ratings, and recruits.

NAVY RECRUIT TRAINING SCHOOL (NRTS)

The NRTS continued to play a pivotal role in transforming civilians into disciplined naval personnel through intensive military orientation, physical conditioning, seamanship training, and leadership development. The school maintained high standards of discipline and professionalism throughout its training cycles during the period under review.



NAVAL CAPTAIN DD KPETIGO
Training Coordinator,
Naval Training Command



PARTNERSHIPS AND CAPACITY BUILDING

The Command also benefited from engagements with allied institutions and development partners, providing opportunities for knowledge exchange, capacity building, and exposure to evolving best practices in maritime security and military training. These collaborations continue to enrich NAVTRAC's programmes and broaden the professional horizons of its personnel.

SCHOOL OF MARITIME OPERATIONS (SMOPS)

SMOPS organised specialised courses focused on maritime interdiction operations, boarding procedures, and maritime safety — equipping personnel with the practical operational skills necessary for modern naval operations and maritime law enforcement duties. Collaborative training exercises and simulation-based learning further enhanced participants' understanding of real-world operational scenarios.

SCHOOL OF MARINE ENGINEERING

The School of Marine Engineering and other technical institutions under the Command conducted maintenance and technical courses designed to improve efficiency in equipment handling, engineering support, and operational sustainability. Emphasis was placed on practical application, innovation, and strict adherence to safety standards.

SUPPLY APPLICATION SCHOOL (SAS)

The SAS conducted a range of logistics and support-service courses covering logistics management, procurement procedures, inventory control, catering services, stewardship, and financial administration. Qualifying and advancement courses conducted during the period reinforced the school's commitment to developing competent professionals capable of sustaining operational readiness through effective logistical support.

LEADERSHIP DEVELOPMENT

Leadership development remained a key focus area across the Command during the review period. Through workshops, seminars, and command-oriented instructional programmes, personnel were encouraged to embrace professionalism, accountability, teamwork, and ethical leadership — qualities central to the Command's mission of producing capable officers and ratings prepared for diverse operational environments.

RESILIENCE IN THE FACE OF CHALLENGES

Despite operational and logistical challenges encountered during the period, NAVTRAC remained committed to delivering quality training. The dedication of instructors, support staff, and leadership across all schools and units has been central to sustaining the Command's reputation — and their resilience continues to be the foundation upon which that reputation rests.

As the Command looks ahead, emphasis will continue to be placed on modernisation, innovation, and continuous improvement in training delivery — ensuring that personnel remain adaptable and prepared to meet emerging maritime and security challenges. Through discipline, commitment, and excellence, NAVTRAC continues to shape the future of the Ghana Navy and contribute meaningfully to national and regional security.



ACTING COMMANDANT OF GMA VISITS NAVTRAC

The Acting Commandant of the Ghana Military Academy (GMA), Brigadier General Cornelius Komla Lithur, has paid a visit to the Flag Officer Commanding the Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, on Wednesday, 28 May 2025, at NAVTRAC Headquarters, Nutekpor.

The visit was to interact with Naval Cadets of Regular Cadet Course Intake 64 undergoing Communication Training at the School of Maritime Operations (SMOPS) and to introduce the new Chief Instructor, Naval Faculty, Captain (GN) Victor Fianko.

Addressing the cadets, Brig. Gen. Lithur underscored the importance of discipline, teamwork, and active participation in training, describing them as essential values for effective leadership. He commended the SMOPS instructors for their professionalism and dedication to developing the cadets.

As part of his visit, Brig. Gen. Lithur toured the Ship-in-a-Box and the Lill-May Didriksen Simulation Centre to acquaint himself with the practical training facilities at the Command.



NAVTRAC ORGANISES MARRIAGE SEMINAR

The Naval Training Command (NAVTRAC) has organised a marriage seminar for its personnel on Tuesday, 9 September 2025, at the School of Maritime Operations Auditorium in Nutekpor.

The seminar, facilitated by experts from the Ghana Navy Religious and Legal Affairs Directorate, the Domestic Violence and Victim Support Unit (DOVVSU), and the 37 Military Hospital Wellness Centre, addressed marital challenges, legal issues, abuse, and psychological concerns associated with military marriages.

The Director of Naval Religious Affairs (DNRA), Commander (Cdr) David Benedict Quayson, in his presentation, highlighted the challenges of military marriages and encouraged personnel to prioritise open communication, intimacy, and mutual respect with their spouses.

On the legal aspects of marriage, Naval Lieutenant SS Laryea stressed the importance of understanding the different types of marriages recognised under Ghanaian law. He cautioned personnel to avoid actions that could implicate them legally.

Speaking on abuse in marriages, DOVVSU representative, Lance Corporal Gifty Kukubor defined sexual and gender-based violence as abuse directed at a person on the basis of their gender, including emotional, psychological, verbal, sexual abuse, and child marriage. She urged personnel to speak out, identify red flags, and avoid blaming survivors.

Addressing psychological challenges, 7 Garrison Clinical Health Psychologist, Captain (Capt) Christian Gyamfi outlined common difficulties in military marriages and shared strategies for managing and resolving them. He recommended pre- and post-marital therapy to help couples understand personality differences, enhance communication, and improve conflict resolution.

The Flag Officer Commanding NAVTRAC, Commodore James Adongo Agambire, expressed appreciation to the facilitators for their insightful contributions. He urged personnel to apply the lessons learned, noting that the guidance provided would be valuable to their marital journeys and professional lives.



VC OF HTU PAYS COURTESY CALL ON FOC NAVTRAC

The Vice Chancellor of Ho Technical University (HTU), Professor Ben Q. Honyenuga, has paid a courtesy call on the Flag Officer Commanding Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, on Wednesday, 17 September 2025, at the Command Headquarters in Nutekpor.

The visit formed part of preparations for the upcoming matriculation ceremony for new students of the School of Application Supply (SAS), which runs in affiliation with HTU.

During the engagement, discussions centred on deepening collaboration between NAVTRAC and HTU to enhance academic excellence and professional training. Both institutions reaffirmed their commitment to sustaining the partnership that continues to shape the skills and career development of naval personnel and students alike.

Cdre Agambire, in his remarks, expressed appreciation to HTU for its continued support and partnership. He noted that the collaboration has been instrumental in improving the capacity of naval personnel and looked forward to building on the collective achievements of both institutions.



FOC NAVTRAC PAYS COURTESY CALL ON SOUTH TONGU MP

The Flag Officer Commanding Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, has paid a courtesy call on the Member of Parliament for South Tongu, Honourable Maxwell Kwame Lukutor, on Thursday, 23 October 2025, at his residence in Agorkpe, Sogakope.

The visit formed part of the Command's ongoing stakeholder engagement efforts aimed at strengthening collaboration with key local leaders and fostering civil-military cooperation to address security and infrastructural challenges within the Command's area of operations.

Discussions during the engagement focused on enhancing cooperation between NAVTRAC and the South Tongu Constituency in areas of mutual interest, including community development, youth empowerment and regional security.

Hon. Lukutor warmly welcomed Commodore Agambire and expressed appreciation for the visit, describing

it as a reflection of the Ghana Navy's commitment to maintaining strong relations with the South Tongu community. He commended the Command for its dedication to supporting local development and its active role in promoting peace and security in the area.

Commodore Agambire thanked the Member of Parliament for his continuous support and reaffirmed NAVTRAC's commitment to deepening collaboration with local stakeholders in promoting development and ensuring a safe and secure environment for all.



CAPT (GN) KPETIGO ASSUMES OFFICE AS TRAINING COORDINATOR

Naval Captain (GN) Dela Kpetigo has officially assumed office as the Training Coordinator for the Naval Training Command (NAVTRAC) on Friday, 31 October 2025, at the Command Headquarters in Nutekpor.

The brief ceremony marking the assumption of office included a meeting with Staff Officers, an inspection tour of the Command, and the signing of handing and taking over notes, signifying the formal transfer of responsibilities.

In his remarks, Capt (GN) Kpetigo expressed his gratitude to the Flag Officer Commanding (FOC), Commodore James Adongo Agambire, and the entire Command for the confidence reposed in him. He reaffirmed his loyalty and unwavering commitment to supporting NAVTRAC's vision of excellence in naval training and capacity development.

He takes over from Commander Andrews Klodzi and will additionally serve as the first Commanding Officer of the newly established Naval Academy.



7 GARRISON COMMANDER PAYS COURTESY CALL ON VOLTA REGIONAL MINISTER



The 7 Garrison Commander and Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC), Commodore (Cdre) James Adongo Agambire, has paid a courtesy call on the Volta Regional Minister, Honourable James Gunu, on Wednesday, 29 October 2025, at the Volta Regional Coordinating Council (VRCC) in Ho.

The visit formed part of Commodore Agambire's familiarisation tour and an opportunity to officially invite the Regional Minister to the forthcoming Induction Church Service of the Command.

During the interaction, discussions centred on strengthening civil-military relations and enhancing cooperation between the Ghana Armed Forces and

the Regional Coordinating Council in promoting peace, stability, and development within the region.

Hon. Gunu commended the Ghana Armed Forces for their continued support to regional security initiatives. He noted that maintaining peace and stability remained essential to positioning the Volta Region as a leading investment destination. He expressed optimism that the sustained partnership between the military and civil authorities would further advance the region's security architecture.

Commodore Agambire thanked the Minister for his warm reception and reaffirmed the Command's readiness to support government efforts toward ensuring peace and development across the Volta Region.



DIRECTOR S&T VISITS NAVTRAC

The Director of Supplies and Transport (S&T), Colonel Harry Keelson, has paid a working visit to the Naval Training Command (NAVTRAC) in Nutekpor on Tuesday, 28 October 2025, as part of efforts to establish a Supply Depot within the Command.

The initiative forms part of the Chief of Defence Staff's directive to enhance logistical efficiency across the Ghana Armed Forces by ensuring that NAVTRAC has direct access to essential supplies, given its distance from the main depot in Ho.

During the visit, Col Keelson called on the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, and later toured the proposed site earmarked for the depot's establishment.

Cdre Agambire welcomed the Director and expressed appreciation for the visit, describing the project as a timely intervention that would significantly improve operational support and supply chain responsiveness within the Command.



GHQ LOG DELEGATION PAYS COURTESY CALL ON FOC NAVTRAC

A delegation from the General Headquarters Logistics (GHQ Log) has paid a courtesy call on the Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, on Tuesday 28 October 2025, at the NAVTRAC Headquarters, Nutekpor.

The visit formed part of a familiarisation and handover engagement, during which the outgoing Director Lands, Colonel Atsu Agbenyega, introduced the incoming Director Lands, Colonel Maxwell Appoh, to the FOC. The team also inspected Ghana Armed Forces (GAF) lands within the Command's area of responsibility.

Welcoming the delegation, Commodore Agambire commended the Directorate's continued efforts in safeguarding and regularising GAF lands. He emphasised the importance of maintaining close collaboration between NAVTRAC and the Lands Directorate to ensure the protection of military property and prevent encroachment.

Col. Appoh expressed appreciation to the FOC for the warm reception and assured him of the Directorate's commitment to strengthening cooperation with the Command. He added that the visit provided valuable insight into NAVTRAC's infrastructure and future development needs, noting that effective land management remained key to supporting the Command's long-term operational objectives.

The visit reaffirmed the strong working relationship between GHQ Logistics and NAVTRAC in advancing the Ghana Armed Forces' strategic infrastructure agenda.



NAVTRAC MEDICAL CENTRE ORGANISES MEDICAL OUTREACH AT DALIVE

The Naval Training Command (NAVTRAC) Medical Centre, in collaboration with Lele Group of Companies, has organised a medical outreach and free health screening for residents of Dalive, Nutekpor and Agorta on Wednesday, 10 December 2025, at the Dalive CHPS Compound.

The initiative, undertaken as part of the End-of-Year West Africa Soldiers Social Activities (WASSA), was part of NAVTRAC's community health support efforts aimed at enhancing civil-military cooperation and improving access to basic healthcare services within its adjoining communities.

During the exercise, the medical team conducted general consultations, blood pressure and blood

sugar checks, malaria screening, and provided health education on disease prevention and healthy living. Individuals requiring further assessment were referred to appropriate medical facilities.

The Flag Officer Commanding NAVTRAC, Commodore (Cdre) James Adongo Agambire, together with senior officers of the Command, visited the outreach site to interact with Ghana Health Service personnel and residents. Their presence underscored NAVTRAC's commitment to community engagement and strengthened collaboration with local health authorities.

The outreach, conducted jointly with staff of the Dalive CHPS Compound, reaffirmed NAVTRAC's dedication to supporting community well-being and fostering positive relationships within its operational area.



COMMAND ORGANISE RANGE EXERCISE



GNSBS HOLDS GRADUATION CEREMONY FOR BOCC-4



The Ghana Navy Special Boat Squadron (GNSBS) has held a graduation ceremony for Basic Operative Capability Course 4 (BOCC-4) on Friday, 22 August 2025, at the SBS Camp within the Naval Training Command (NAVTRAC), Nutekpor.

The Guest of Honour, Flag Officer Commanding Riverine Command and Deputy Chief Staff Officer (Operations and Training), Commodore (Cdre) Stephen Billins Nyam, congratulated the graduating operatives for enduring a course that tested them physically, mentally, and tactically. He urged them to embody the defining qualities of an SBS operative which includes courage, agility and intelligence, noting that these would remain their toolkit for survival and professional success.



Cdre Nyam expressed appreciation to the Flag Officer Commanding NAVTRAC, Cdre James Adongo Agambire, and his staff for accommodating and supporting the SBS Training Wing. He further commended the Commanding Officer of SBS, Commander (Cdr) Seth Anthony Dzakpasu, for successfully overseeing the fourth iteration of the course.



Earlier in his welcome address, the Second-in-Command of SBS, Lieutenant Commander Ahima-Danso, described the ceremony as a new beginning and a stepping stone in the development of the Squadron. He urged the operatives to look back with gratitude, face the future with courage, and take pride in their achievement as they prepare to undertake operational duties.

Lt. Cdr Ahima-Danso also lauded the training wing for their dedication in shaping the new operatives despite limited resources, emphasising that their resilience has contributed significantly to the success of the course.



NAVTRAC ORGANISES FUN GAMES AHEAD OF END-OF-YEAR WASSA



END-OF-YEAR WASSA '25

The Naval Training Command (NAVTRAC) has held its End-of-Year West Africa Soldiers Social Activities (WASSA) celebration on Friday, 12 December 2025, at the forecourt of the NAVTRAC Headquarters, Nutekpor.

In his opening remarks, the Flag Officer Commanding NAVTRAC, Commodore James Adongo Agambire, expressed appreciation to personnel for their unwavering dedication throughout the year. He noted that the Command's achievements were made possible through collective discipline, teamwork, and professionalism, and encouraged staff to maintain the same commitment into the coming year.

Representing the Chief of the Naval Staff, the Guest of Honour, the Flag Officer Commanding Riverine Command, Commodore Stephen Billins Nyam, commended NAVTRAC for sustaining training excellence and operational efficiency. He urged personnel to remain focused, adaptable, and dedicated to upholding the Navy's core values.

As part of the event, some personnel were recognized for their exceptional service to the Command. The presentation of awards was proudly sponsored by the Lele Group of Companies, underscoring their continued support for NAVTRAC's welfare initiatives.

The celebration brought together Officers, Ratings, and Defence Civilian Staff to reflect on the year's milestones, foster camaraderie, and strengthen unity across the Command. The event featured music, social interactions, presentations, and goodwill messages, highlighting NAVTRAC's commitment to teamwork and continuous improvement.





FOC-NAVTRAC UNDERTAKES FAMILIARISATION TOUR

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, has undertaken a familiarisation tour of the Command on Monday, 12 January 2026, at NAVTRAC, Nutekpor.

The tour took the FOC to the various units and schools within the Command, where he interacted with officers, ratings, and Defence Civilian Staff. The visit formed part of efforts to acquaint himself with unit operations while formally welcoming personnel into the new training year.

Addressing personnel during the tour, Cdre Agambire encouraged them to remain committed, disciplined, and focused in the discharge of their duties, wishing them a successful and productive training year. He reaffirmed the Command's commitment to excellence in training and capacity development.

The FOC also used the opportunity to engage unit commanders on challenges confronting their respective units. He assured personnel of his readiness to work collaboratively to address identified issues in order to enhance operational efficiency and welfare across the Command.



NARCOTICS CONTROL COMMISSION SENSITISES NAVTRAC PERSONNEL ON ILLICIT DRUGS

A delegation from the Narcotics Control Commission (NACOC), South Tongu Command, has delivered an educational talk on illicit drugs and trafficking for personnel of the Naval Training Command (NAVTRAC) on Friday, 13 March 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The sensitisation programme was organised to raise awareness among personnel on the growing threat of illicit drug use and trafficking, and to enhance their understanding of the role of law enforcement agencies in combating the menace.

The presentation covered several key areas, including an introduction to the Commission and its mandate, an overview of drugs and drugs of concern, as well as the various types and categorisation of drugs. Participants were also taken through the effects of drug abuse, common modes of concealment used in trafficking, and the legal ramifications associated with drug-related offences.

The session further highlighted the importance of vigilance and collaboration among security agencies, emphasising why law enforcement personnel must remain alert to emerging trends in drug trafficking and abuse.

In her remarks, Assistant Narcotics Control Officer Phidelia Attiogbe encouraged personnel to remain proactive in identifying and reporting suspicious activities related to drug trafficking. She stressed that collective efforts by security agencies and the public are essential in addressing the challenges posed by illicit drugs and in safeguarding communities.

Also speaking at the programme, the Training Coordinator, Naval Captain (Capt GN) David Dela Kpetigo, expressed appreciation to the delegation from the Narcotics Control Commission for the insightful presentation. He noted that such engagements are essential in broadening personnel's understanding of contemporary security threats and encouraged personnel to apply the knowledge gained in the discharge of their duties.



FOC NAVTRAC INTERACTS WITH PERSONNEL

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC), Commodore James Adongo Agambire, held a durbar with officers, ratings and Defence Civilian Staff on Friday, 10 April 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The engagement formed part of the FOC's routine interactions with personnel aimed at strengthening communication, fostering unity and addressing issues affecting the welfare and operational effectiveness of the Command.

In his address, Commodore Agambire commended personnel for their dedication, professionalism and commitment to duty. He emphasised the importance of discipline, teamwork and adherence to the core values of the Ghana Navy in achieving the Command's training and operational objectives.

The FOC highlighted ongoing projects and key initiatives within the Command and urged personnel to remain focused and supportive to ensure their successful completion. He further encouraged personnel to prioritise their health and physical fitness and to maintain positive relationships with the surrounding community. Commodore Agambire also underscored the importance of open communication and assured personnel of his continued efforts to liaise with Higher Command to address their concerns.

The durbar concluded with an interactive session, which provided an opportunity for personnel to ask questions, share suggestions and engage directly with the Command leadership in a spirit of mutual respect and cooperation.



NAVTRAC HOLDS FIRST QUARTER RELIGIOUS PARADE

The Naval Training Command (NAVTRAC) has held its First Quarter Religious Parade on Sunday, 12 April 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The parade also served as a farewell and thanksgiving service for soldiers of Basic Training Intake 62 (BT 62) who are due for retirement after years of dedicated service to the Ghana Armed Forces. The service, held under the theme “Humble Service in God Leads to Success,” provided an opportunity for spiritual reflection and renewal for all personnel of the Command.

Beyond honouring the retirees, the religious parade aimed at strengthening the moral and spiritual well-being of officers, ratings, and Defence Civilian Staff. It reinforced the importance of faith, integrity, humility, and selfless service in both military and personal life, while fostering unity and a sense of shared purpose among personnel.

Speaking on the theme, the invited speaker, Reverend Nelson Kwame Tetteh, an ordained minister of the Global Evangelical Presbyterian Church and Chaplain at Sogakope Senior High School, emphasised that humble service to God and humanity is the foundation of lasting success. He encouraged both the retirees and serving personnel to remain steadfast in their faith, uphold the values of discipline and integrity, and continue to serve as positive examples in their communities. He further noted that the virtues cultivated during military service—commitment, loyalty, and sacrifice—are essential for a fulfilling life beyond the uniform.

The Command Imam, Sub-Lieutenant Yusha Faith, also delivered an exhortation, urging personnel to uphold righteousness, gratitude, and trust in God in all their undertakings. She offered prayers for divine guidance, protection, and wisdom for both the retirees transitioning into civilian life and the serving personnel as they continue to discharge their duties.

In his remarks, the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, expressed profound appreciation to the retiring soldiers for their unwavering dedication and invaluable contributions to the Ghana Armed Forces. He commended them for their years of meritorious service and encouraged them to remain ambassadors of the Armed Forces in their communities.

The FOC further highlighted the importance of the religious parade as a platform for nurturing the spiritual resilience of all personnel. He noted that strong moral and spiritual values are essential for effective leadership, discipline, and operational success. Commodore Agambire therefore urged serving personnel to remain committed to their duties while upholding the ethical standards and traditions of the Ghana Navy.

The service featured prayers, hymns, Quranic recitations, and exhortations from the clergy, fostering spiritual reflection, unity, and thanksgiving among personnel. The parade forms part of NAVTRAC’s routine spiritual activities aimed at promoting moral values, discipline, and the overall well-being of its personnel.





NAVTRAC HOLDS HANDING AND TAKING OVER CEREMONY FOR COMMAND COXSWAIN



The Naval Training Command (NAVTRAC) has held a handing and taking over ceremony for the outgoing and incoming Command Coxswains on Monday, 27 April 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The ceremony saw the outgoing Command Coxswain, Fleet Chief Petty Officer Class Two (FCPO2) Abotsi Prince, formally hand over responsibilities through the signing and presentation of handing over notes, as well as the symbolic presentation of the Command Cane, marking the transition of authority to the incoming Command Coxswain, FCPO2 Adjetej Martin Mensah.

The symbolic transfer of the Command Cane signified the continuity of leadership, responsibility, and discipline expected of the office of the Command Coxswain within the Command.

In his remarks, the Guest of Honour and Training Coordinator of NAVTRAC, Naval Captain David Dela Kpetigo, commended the outgoing Command Coxswain for his dedication, commitment, and valuable contributions to the Command during his tenure. Naval Captain Kpetigo also congratulated the incoming Command Coxswain on his appointment and encouraged him to uphold the highest standards of discipline, professionalism, and leadership.



LEADERSHIP, DISCIPLINE AND SERVICE DEFINE THE SENIOR RATES – FOC NAVTRAC

The Flag Officer Commanding (FOC) Naval Training Command (NAVTRAC), Commodore (Cdre) James Adongo Agambire, has stated that leadership, discipline and selfless service remain the foundation of the Senior Rates and the strength of the Ghana Navy.

He made this remark during an initiation, reaffirmation and send-off ceremony organised by the Senior Rates of NAVTRAC for newly appointed , Petty Officers reaffirmed Chief Petty Officers, and retiring senior rates of Basic Training Intake 62 on Wednesday, 29 April 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The ceremony formed part of the Command's tradition of recognising leadership progression within the Senior Rates while honouring personnel proceeding on retirement after completing years of dedicated and meritorious service in the Ghana Navy. It also served as a platform to reinforce the values of discipline, responsibility, and continuity within the Service.

The event brought together Officers , senior rates, ratings, and Defence Civilian Staff to celebrate the transition of Petty Officers into higher responsibilities and to bid farewell to those exiting active service after serving the nation with commitment and professionalism.

In his remarks, the President of the Mess Committee congratulated the newly appointed Petty Officers and reaffirmed Chief Petty Officers, urging them to uphold the values and traditions of the Senior Rates corps. He reminded them that leadership comes with responsibility and encouraged them to lead by example, maintain discipline, and support the growth and welfare of junior personnel under their charge.

Addressing the gathering, Cdre Agambire commended the retiring senior rates for their long years of dedicated service and invaluable contributions to the Ghana Navy. He described their retirement as a proud milestone and encouraged them to remain ambassadors of the Service even in retirement.

The FOC also charged the newly initiated and reaffirmed senior rates to embrace professionalism, loyalty, and integrity in the discharge of their duties.

He noted that the strength of the Command depends greatly on the quality of leadership within the Senior Rates and urged them to continue fostering unity, discipline, and excellence across the Command.

The ceremony concluded with goodwill messages and presentations in honour of the retiring personnel, while officers, senior rates, junior ratings, and Defence Civilian Staff of the Command joined in celebrating the occasion.





DIRECTOR OF RESETTLEMENT SENSITISES NAVTRAC PERSONNEL ON GAF PROVIDENT FUND

The Director of Resettlement, Colonel (Col) Joseph Kobla Buame, has advised officers, ratings and civilian staff of the Ghana Armed Forces (GAF) to actively plan and prepare for retirement. This formed part of a sensitisation session on the GAF Provident Fund (PF) held on Friday 27 February 2026 at the School of Maritime Operations (SMOPS) Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

The session was organised to educate and raise awareness on the benefits of the Provident Fund, including tax-free withdrawals, pension income supplementation and investment opportunities available to contributors.

In his presentation, Col Buame emphasised that the Provident Fund was established to provide financial security and support to personnel after active service. He noted that many individuals fail to adequately prepare

for retirement and therefore encouraged participants to intentionally build their social, health and financial capital to ensure a stable and comfortable post-service life.

He cautioned against frequent withdrawals from the fund, stressing the importance of long-term financial discipline. He further advised personnel to openly discuss retirement plans with their families to prevent misunderstandings or disputes in the future.

Highlighting the growth and sustainability of the Fund over the years, Col Buame underscored its significance as a reliable financial safety net for GAF personnel.

The sensitisation programme provided valuable insight into financial planning and reinforced the importance of early and deliberate retirement preparation within the Armed Forces.



NAVTRAC PERSONNEL SENSITISED ON FIRE SAFETY AND PREVENTIVE MEASURES

Personnel of the Naval Training Command (NAVTRAC) have undergone a sensitisation session on fire safety and preventive measures on Tuesday, 17 March 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The session was aimed at enhancing awareness on fire hazards and equipping personnel with the knowledge required to prevent and respond effectively to fire incidents.

Participants were taken through the various classes of fire, their characteristics, and the appropriate methods for handling each type. The lecture also covered the proper use of fire-fighting equipment, including extinguishers, and emphasised the importance of selecting the right response based on the nature of the fire.

Facilitators from the Ghana National Fire Service (GNFS), So-gakope Division, led by Divisional Officer Grade One (DO I) Ekor Ernest, highlighted common causes of fire outbreaks in

both operational and domestic environments and outlined preventive measures, including proper handling of electrical appliances, safe storage of flammable materials, and adherence to safety protocols.

The facilitators further emphasised the importance of vigilance, early detection, and prompt response in minimising damage and safeguarding lives and property.



NAVAL HQ PRINCIPAL STAFF OFFICERS ENGAGE NAVTRAC PERSONNEL ON POLICY AND WELFARE

Principal Staff Officers from the Naval Headquarters have engaged personnel of the Naval Training Command (NAVTRAC) on Tuesday, 17 March 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The engagement, led by the Deputy Chief Staff Officer (DCSO) Naval Administration and Personnel, Naval Captain Isaac Aratuo, was aimed at sensitising personnel on administrative policies, welfare issues, and professional conduct within the Ghana Navy.

In his remarks, the DCSO Policy and Plans, Naval Captain Douglas Yaw Akotey, highlighted key policy directions of the Service and emphasised the importance of adherence to laid down regulations and strategic guidelines. He encouraged personnel to remain committed to institutional values and to align their duties with the broader objectives of the Ghana Navy.

Speaking on administrative matters, Naval Captain Isaac Aratuo underscored the importance of discipline, accountability, and proper conduct in service. He further addressed personnel welfare concerns, urging them to take advantage of available support systems and to remain professional in the discharge of their responsibilities.

The Director of Naval Public Relations, Naval Captain Andrews La-Anyane, addressed the responsible use of social media. He cautioned personnel against the misuse of digital platforms, stressing the need to protect the image and integrity of the Ghana Navy at all times. He further advised personnel to be mindful of the content they share, noting that operational security and professionalism must not be compromised.

Also speaking at the durbar, Gender Advisor to the Chief of Naval Staff, Naval Captain Cecilia Amoo-Welsing, in her remarks, emphasised the need to uphold gender sensitivity and inclusivity within the Service. She encouraged personnel to maintain respect for one another and to support ongoing efforts aimed at promoting equal opportunities and a conducive working environment.



CNS INSPECTS ONGOING PROJECTS IN NAVTRAC



The Chief of the Naval Staff (CNS), Rear Admiral Godwin Livinus Bessing, has paid a visit to the Naval Training Command (NAVTRAC) on Thursday 30 April 2026, ahead of the induction ceremony of the Flag Officer Commanding (FOC) NAVTRAC.

The visit formed part of his routine engagements to inspect ongoing projects within the Command and assess their progress.

During the visit, the CNS received a briefing from the FOC-NAVTRAC and the Technical Officer on the state of various infrastructure developments, and later toured the Command to observe the level of work first-hand.

Rear Admiral Bessing commended the leadership and staff of NAVTRAC for their dedication to maintaining the Command's infrastructure and training standards. He emphasized the importance of effective leadership and teamwork in addressing challenges and driving progress within the Navy.



GMA BOARD MEMBERS PAY FAMILIARISATION VISIT TO NAVTRAC

A delegation of Board Members from the Ghana Maritime Authority (GMA), led by the Board Chairperson, Madam Jemilat Jawulaa Mahamah, has paid a familiarisation visit to the Naval Training Command (NAVTRAC) on Thursday 30 April 2026 at Nutekpor.

The visit was aimed at reaffirming the enduring partnership between the Ghana Navy and the Ghana Maritime Authority, as well as to acquaint the Board Members with the training facilities and methodologies at NAVTRAC.

The delegation was received by the Chief of the Naval Staff (CNS), Rear Admiral Godwin Livinus Bessing, the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, and other senior officers of the Command.

As part of the programme, the Training Coordinator, Naval Captain (Capt. GN) David Dela Kpetigo, delivered a presentation on the organisation and role of the Command, outlining its mandate as the principal training institution of the Ghana Navy. He highlighted the various schools under NAVTRAC, their specialised functions, and the Command's role in building professional competence and operational readiness for naval personnel.

In his address, Cdre Agambire highlighted the increasingly complex nature of the maritime domain and the evolving security challenges confronting the sector. He noted that threats such as piracy and armed robbery at sea, illegal bunkering, illegal, unreported and unregulated (IUU) fishing, as well as drug and human trafficking, continue to pose significant risks. He further pointed out emerging cyber threats targeting ships and port facilities, stressing that these developments underscore the need for stronger collaboration among maritime stakeholders.

The FOC therefore called on the Board to consider and facilitate collaboration in key areas, including maritime safety simulation, port state control instruction, and the exchange of technical expertise in maritime protection and security.

As part of the visit, the GMA Board Members toured the Li-I-May Didriksen Simulation Centre, where they had a first-hand experience of the training environment used to develop the precision and competence required for safe maritime operations.

The visit reinforced the shared commitment of both institutions to strengthening maritime safety, security, and capacity building within Ghana's maritime domain.





MASTER COXSWAIN OF GHANA NAVY VISITS NAVTRAC

The newly appointed Master Coxswain of the Ghana Navy, Fleet Chief Petty Officer Class One (FCPOI) Johnson Isaiah Chriss, has paid a working visit to the Naval Training Command (NAVTRAC) on Wednesday, 13 May 2026, at Nutekpor.

The visit was aimed at introducing himself to the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, as well as familiarising himself with the Command and interacting with personnel.

During the visit, the Master Coxswain engaged senior rates, and ratings on issues relating to leadership, discipline, welfare, and professionalism within the Service.

He encouraged personnel to remain committed to the core values of the Ghana Navy and to continue discharging their duties with dedication and integrity.

The visit also provided an opportunity for discussions on matters affecting personnel and ways of strengthening morale and cooperation within the Command.

The FOC NAVTRAC welcomed the Master Coxswain to the Command and expressed appreciation for the visit, noting that such interactions contribute significantly to strengthening communication and cohesion among personnel across the Ghana Navy.



NAVTRAC HOLDS MENTAL HEALTH SENSITIZATION FOR PERSONNEL

The Naval Training Command (NAVTRAC) has held a mental health sensitization session for its personnel on Tuesday, 26 May 2026, at the School of Maritime Operations (SMOPS) Auditorium, Nutekpor.

The session, led by the 7 Garrison Clinical Health Psychologist and Officer in Charge of the Therapy and Wellness Department at the 7 Medical Reception Station, Captain Christian Gyamfi, was organized by the NAVTRAC Medical Centre to raise awareness about mental health, reduce stigma, and encourage personnel to seek professional help when needed.

Capt. Gyamfi highlighted that health is holistic, encompassing physical, mental, social, and spiritual well-being. Citing a 2024 World Health Organization (WHO) report,

he noted that up to 95% of physical health issues may have underlying mental health components, stressing the need to treat mental health with equal importance as physical health.

He explained that mental disorders often lead to distress, impaired functioning, and strained relationships, urging personnel to seek help when experiencing prolonged sadness, sleep difficulties, social withdrawal, or mood changes. He also encouraged self-care through healthy eating, regular exercise, and adequate rest.

In closing, the Training Coordinator, Captain (GN) David Dela Kpetigo, thanked Capt. Gyamfi for the enlightening presentation and reminded personnel that maintaining good mental health is essential for peak performance and overall well-being.



COMMAND PT AND GAMES





NAVTRAC CONDUCTS SECOND-QUARTER BASIC FITNESS TEST FOR PERSONNEL



MESSAGE FROM THE COMMAND COXSWAIN

FCPOI ADJETEY MARTIN MENSAH

COMMAND COXSWAIN
NAVAL TRAINING COMMAND



excellence, discipline, and leadership are built, and I am committed to supporting initiatives that contribute to the development of our personnel.

Training goes beyond acquiring skills; it is about shaping character, instilling discipline, and preparing leaders who will confidently meet the demands of service. The successes of our Command are a testament to the dedication of our instructors, trainees, and support staff, whose collective efforts continue to strengthen the operational readiness of the Ghana Navy.

I commend the Editorial Team for this laudable initiative and encourage all personnel to embrace *The Trainer* as a platform for sharing knowledge, celebrating achievements, and preserving our institutional memory.

As we embark on this new chapter, let us remain steadfast in our commitment to professionalism, teamwork, and excellence in all that we do.

Fair winds and following seas.



It gives me great pleasure to extend my warm congratulations to the Naval Training Command on the publication of the inaugural edition of *The Trainer*. This magazine marks an important milestone in documenting the achievements, experiences, and enduring legacy of the Command and its personnel.

As the newly appointed Command Coxswain, I am honoured to serve alongside the dedicated men and women who work tirelessly to uphold the values and traditions of the Ghana Navy. The Naval Training Command remains the foundation upon which professional

MESSAGE FROM THE COMMANDING OFFICER SCHOOL OF MARITIME OPERATIONS (SMOPS)



NAVAL CAPTAIN MICHAEL CUDJOE
COMMANDING OFFICER
SCHOOL OF MARITIME OPERATIONS

It is an honour to congratulate the Naval Training Command on the successful introduction of The Trainer. This publication provides an excellent platform to showcase the Command's training achievements, promote knowledge sharing, and strengthen our institutional identity.

At the School of Maritime Operations, we remain committed to delivering quality operational training that equips personnel with the skills, confidence, and professionalism required to meet the dynamic challenges of the maritime domain. Through continuous innovation and practical instruction, we strive to enhance operational readiness across the Ghana Navy.

I applaud everyone whose efforts have brought this publication to life and trust that The Trainer will become a valuable source of information, inspiration, and professional development for all personnel.

SMOPS HOLDS GRADUATION PARADE FOR SG 1 COURSE – 25

The School of Maritime Operations (SMOPS) has held a graduation parade for students of the Seaman Gunner Specialist Qualification Course Class One (SG 1) 2025 on Thursday, 18 September 2025, at the Naval Training Command (NAVTRAC) Parade Grounds, Nutekpor.

The parade, which formed part of the course assessment, showcased the graduates' proficiency, discipline, and teamwork in military drill and ceremonial training while reflecting the values of precision, power, and professionalism.

The Guest of Honour and Reviewing Officer, Master Coxswain of the Ghana Navy, Master Chief Petty Officer (MCPO) Ayelvae Lawrence, congratulated the graduating class for their resilience and commitment throughout the demanding training. He highlighted the vital role of Seaman Gunners as guardians of naval platforms, defenders of shipmates, and sentinels of Ghana's maritime sovereignty.

He reminded the graduates that they now carry the trust of the service, the pride of their instructors, and the expectations of their shipmates as they return to their units. He urged them to train hard, lead by example, and uphold the highest standards of courage, loyalty, and professionalism in safeguarding Ghana's maritime domain.

MCPO Ayelvae further commended the instructors, training staff, and support personnel for their dedication and mentorship, noting that the excellence displayed on the parade ground reflected their tireless efforts.

At the ceremony, Leading Seaman Richard Asafo was adjudged Best in Academics and Overall Best in Order of Merit.



SMOPS CLOSES VBSS TOT AND CIV BASIC COURSE

The School of Maritime Operations (SMOPS) has held a closing ceremony for the United Nations Office of Drugs and Crime (UNODC), Visit, Board, Search and Seizure (VBSS) Train-the-Trainer and Civil Basic Courses on Friday, 21 November 2025, at the SMOPS Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

The closing ceremony marked the completion of an intensive training programme designed to enhance the capacity of participants in maritime law

enforcement, boarding procedures, and collaborative security operations within the maritime domain. The courses also aimed at preparing selected trainees as instructors to support future training sessions within their respective units and agencies.

UNODC Maritime Crime Programme Specialist Lieutenant Commander Shalom Elorm Yao Morladza, commended the participants for their commitment and active participation throughout the programme. He stressed that the training sought to ensure a common understanding of operational procedures, improve information sharing, and promote synergy during joint operations. He encouraged the trainees to continue building networks across agencies, noting that

strong professional relationships significantly enhance maritime security efforts across the Gulf of Guinea.

Delivering his remarks, the Monitoring and Evaluation Coordinator at the Danish Gulf of Guinea Maritime Security Programme, Mr. Benjamin Antwi Serebour, expressed satisfaction with the progress of training support initiatives across the sub-region. He highlighted Denmark's continued commitment to strengthening partner capacity, especially in areas of practical maritime enforcement, operational readiness, and regional cooperation. He urged trainees to become change agents within their units, ensuring that the knowledge gained would translate into improved operational results and accountability.

The Commanding Officer of SMOPS, Captain (GN) Michael Cudjoe, congratulated the trainees on completing the course and acknowledged the dedication of instructors and partners who contributed to its delivery. He emphasized that SMOPS remains committed to professional military training and continues to make strides in strengthening the Ghana Navy and regional capacity in maritime security. He charged the participants to apply the lessons learned with discipline and professionalism and to represent their institutions creditably in the execution of their duties.



LILL-MAY DIDRIKSEN SIMULATION CENTRE HOLDS TRAINING FOR RMU AND GMA REPRESENTATIVES

The Lill-May Didriksen Simulation Centre conducted a five-day simulation training for representatives from the Regional Maritime University (RMU) and the Ghana Maritime Authority (GMA) at the Naval Training Command (NAVTRAC) in Nutekpor, Sogakope.

The training, which took place from Monday, 9 June to Friday, 13 June 2025, was a Train-the-Trainer course focused on sustainable navigation in a simulator environment. The course aimed at enhancing participants' instructional capabilities while building practical competencies in navigation training.

Participants were taken through various simulation exercises with a primary focus on maneuvering through harbour channels, ship handling, and instructional delivery techniques relevant to simulator-based learning.

The course also served as a platform to strengthen inter-agency collaboration and improve maritime safety education through modern training tools. The simulation centre, equipped with Danish-sponsored technology, continues to play a vital role in advancing maritime capacity development in Ghana and the sub-region.



SMOPS COMMENCES SIMULATOR INSTRUCTOR TRAINING COURSE

The School of Maritime Operations (SMOPS) has held an opening ceremony to commence the Simulator Instructor Training Course on Monday, 2 March 2026, at the SMOPS Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

The two-week course is aimed at equipping officers and operators with the requisite skills, knowledge and competence to effectively conduct simulator training as well as undertake basic maintenance of simulator equipment.

In his opening remarks, the Second-in-Command (2IC) of SMOPS and Course Coordinator outlined the objectives of the course, stating that it seeks to create a pool of simulator-trained instructors the Ghana Navy can rely on to conduct simulator-based training. He added that the course is also intended to develop experts who can, in turn, train other simulator instructors, as well as establish a cadre of simulator technicians capable of diagnosing and repairing simulator malfunctions.

The Guest of Honour, the Commanding Officer, SMOPS, Naval Captain (Capt. GN) Michael Cudjoe in his remarks, encouraged participants to avail themselves fully to the training and demonstrate a high level of professionalism and discipline throughout the course.

He emphasised the importance of simulator training in modern naval operations, noting that it provides a safe and controlled environment to rehearse operational scenarios, enhance decision-making skills, and improve tactical proficiency.

He further urged participants to approach the course with commitment and seriousness, stressing that the knowledge and skills acquired would significantly contribute to strengthening the Ghana Navy's training capability and operational readiness.

The course forms part of ongoing efforts to enhance training delivery and technical capacity within the Ghana Navy.



SMOPS COMMENCES UNODC VBSS BOAT OPERATIVES COURSE

The School of Maritime Operations (SMOPS) has held an opening ceremony to commence the United Nations Office on Drugs and Crime (UNODC) Visit, Board, Search and Seizure (VBSS) Boat Operatives Course on Monday, 16 March 2026, at the SMOPS Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

The course is designed to equip participants with the operational skills and knowledge required to effectively support maritime interdiction operations, particularly in the safe handling and manoeuvring of boats during Visit, Board, Search and Seizure activities.

Delivering his remarks, the Second-in-Command (2IC) of SMOPS, Lieutenant Commander Yaw Achiaw Owusu Danso, welcomed the participants and encouraged them to approach the training with discipline, dedication, and professionalism. He emphasised the importance of boat handling skills in the successful execution of VBSS operations, noting that such competencies are critical in ensuring safety and effectiveness during maritime interdiction missions.

He further urged the participants to actively engage in both the theoretical and practical components of the course and to apply the knowledge gained to enhance operational efficiency within their respective units.

The training forms part of ongoing efforts to strengthen maritime law enforcement capacity and enhance the ability of personnel to respond effectively to maritime security threats, including piracy, smuggling, and other forms of transnational organised crime at sea.



SMOPS CLOSES RADAR PLOTTER SQ 1/26 COURSE

The School of Maritime Operations (SMOPS) has held a closing ceremony for the Radar Plotter Specialist Qualification (SQ 1/26) Course on Friday, 8 May 2026, at the auditorium of the Naval Training Command (NAVTRAC), Nutekpor.

The course, which marked the final stage of the trade course, aimed at equipping participants with the technical knowledge and practical skills required for effective radar plotting, navigation support, and maritime surveillance operations within the Ghana Navy.

Throughout the training period, participants were taken through both theoretical and practical lessons designed to enhance their competence in radar operations, target tracking, communication procedures, and situational awareness at sea.

In his remarks, the Guest of Honour and Acting Second-in-Command (2IC) of SMOPS, Lieutenant Commander Daniel Otu, commended the participants for their discipline, commitment, and resilience throughout the course. He noted that the successful completion of the training reflects their determination to improve professionally and contribute effectively to the operational readiness of the Ghana Navy.

Lt Cdr Otu further urged the graduands to apply the knowledge and skills acquired responsibly in the discharge of their duties, stressing the importance of professionalism, teamwork, and continuous learning in modern maritime operations.

The ceremony concluded with the presentation of certificates to participants who successfully completed the course.



MESSAGE FROM THE COMMANDING OFFICER SUPPLY APPLICATION SCHOOL (SAS)



COMMANDER DENNIS ADJEI
COMMANDING OFFICER
SUPPLY APPLICATION SCHOOL

I warmly congratulate the Naval Training Command on the launch of The Trainer. This publication is a commendable initiative that will preserve the Command's legacy while highlighting the dedication and achievements of its personnel.

The Supply Application School remains committed to developing competent logistics and support-service professionals who provide the foundation upon which successful naval operations are sustained. Through quality instruction in logistics, supply management, administration, catering, and stewardship, we continue to prepare personnel to meet the operational demands of the Ghana Navy.

As we celebrate this milestone, I encourage all personnel to embrace this publication as a platform for learning, collaboration, and institutional pride.

SAS CLOSES ST 1 COURSE

The School of Application Supply (SAS) held a closing ceremony for the Stores Inventory Management First Qualifying Course (ST 1) on Wednesday, 15 October 2025, at the School of Maritime Operations (SMOPS) Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

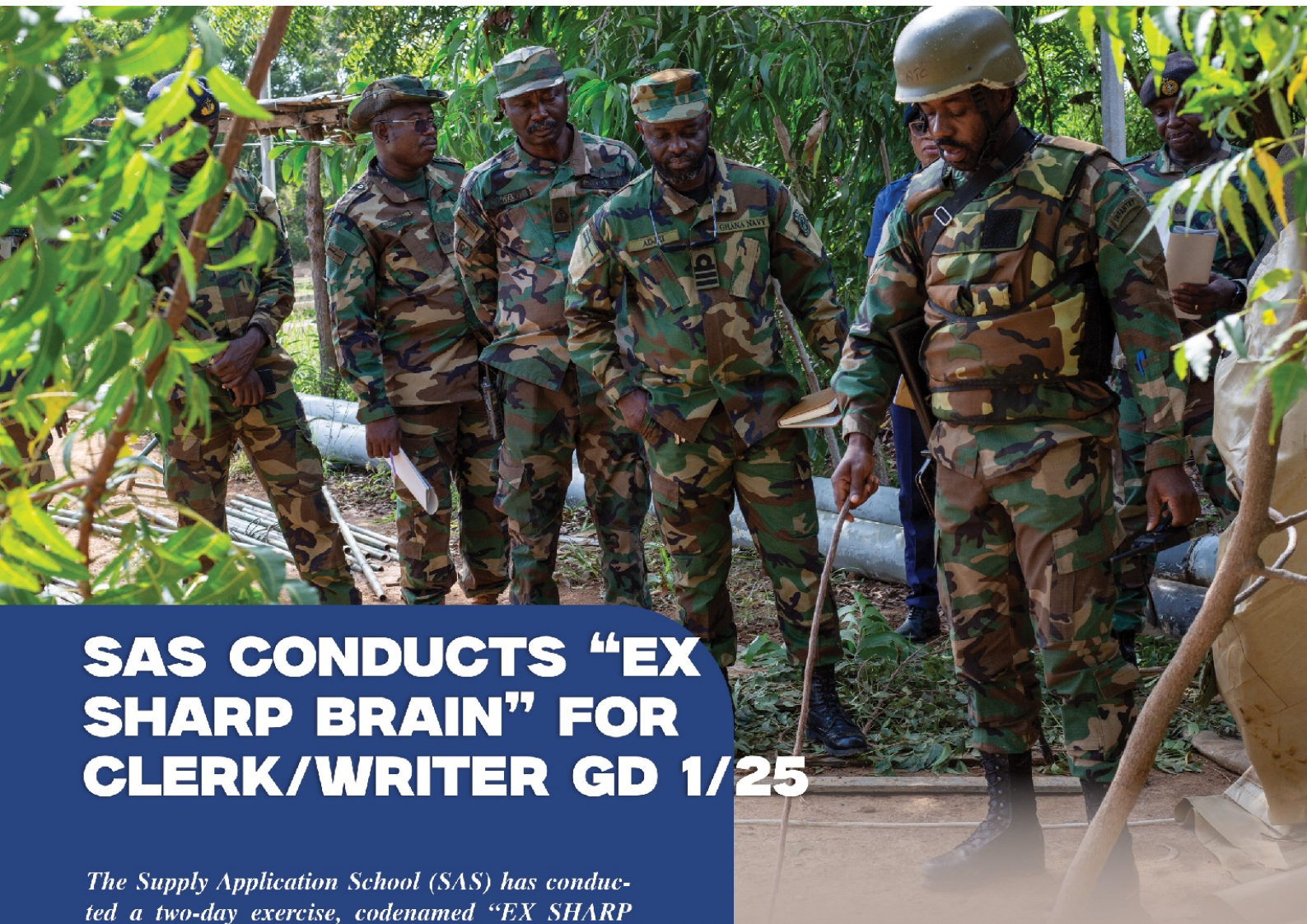
The course was designed to equip trainees with the professional knowledge and practical skills required to serve as competent storemen within the Ghana Navy, the Ghana Armed Forces, and across the broader field of modern supply chain management.

In his address, the Commanding Officer of SAS, Commander Dennis Adjei, commended the trainees for their discipline and determination throughout the training. He expressed appreciation for the continued collaboration between SAS and the Ho Technical University (HTU), noting that the partnership has enhanced the quality and relevance of the school's training programmes.

Commander Adjei urged the graduates to apply the skills acquired to improve efficiency in their respective units and to pursue further academic advancement to meet future professional demands.

The completion of the ST 1 course reinforces NAVTRAC's commitment to building capacity and maintaining excellence in military logistics training.





SAS CONDUCTS “EX SHARP BRAIN” FOR CLERK/WRITER GD 1/25

The Supply Application School (SAS) has conducted a two-day exercise, codenamed “EX SHARP BRAIN”, for students of the Clerk/Writer General Duty First Class (Clk/WR B1) Qualifying Course 1/25 from 13–14 November 2025 at the Naval Training Command (NAVTRAC), Nutekpor.

The exercise was designed to assess the students' competence in clerical duties in a field environment. It enabled them to practicalise the theoretical knowledge acquired in the classroom by setting up and operating a functional office, applying administrative procedures, and demonstrating accuracy and efficiency under realistic conditions.

The Commanding Officer, Commander (Cdr) Dennis Adjei, commended the students for their dedication and professionalism throughout the exercise. He encouraged them to remain disciplined and meticulous as they prepare for their final assessments.

Cdr Adjei further urged the students to identify areas where they fell short and work to improve, noting that such self-awareness is essential for effective performance in real operational settings.



SAS STUDENTS UNDERTAKE CATERING PRACTICALS AT HTU

The students of Cook/Stewards Course 2 (CS 2) have successfully completed their catering course practicals on Thursday, 23 April 2026, at the Ho Technical University (HTU), Ho.

The practical session formed part of the course requirements aimed at equipping trainees with hands-on experience in food preparation, catering management, hygiene, and hospitality service delivery.

During the exercise, students demonstrated various culinary skills and catering techniques acquired throughout the training, showcasing their competence in meal preparation, presentation, kitchen management, and professional service standards.

The practical training provided participants with the opportunity to apply classroom knowledge in a real working environment, thereby strengthening their confidence and readiness for operational responsibilities within the Ghana Navy.

The exercise forms part of the continuous collaboration between the Supply Application School (SAS) and Ho Technical University (HTU) in enhancing professional and technical training for personnel under the Naval Training Command (NAVTRAC).



HTU GRADUATES 164 PERSONNEL FROM SAS

The Supply Application School (SAS), in collaboration with the Ho Technical University (HTU), has graduated 164 personnel from various academic programmes on Wednesday, 17 December 2025, at the School of Maritime Operations (SMOPS) Auditorium, Naval Training Command (NAVTRAC), Nutekpor.

The ceremony marked the sixth graduation since the signing of the Memorandum of Understanding (MoU) between the Ghana Navy and HTU, reaffirming the shared commitment of both institutions to academic advancement and professional development within the Ghana Armed Forces.

In all, 23 personnel graduated with a Diploma in Procurement and Supply, 26 with an Advanced Certificate in Procurement and Supply, 30 with a Certificate in Procurement and Supply, 25 obtained a Diploma in Hospitality Operations, 12 earned an Advanced Certificate in Hospitality Operations, 19 received a Certificate in Hospitality Operations, while 29 graduated with a Diploma in Secretaryship and Management Studies.

Delivering his remarks, the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, described the partnership between HTU and the Ghana Navy as a model of cooperation that continues to enhance training and professional growth. He congratulated the graduates on their resilience and commitment, urging them to apply the knowledge acquired, pursue continuous learning, and remain adaptable in the discharge of their duties.

In his address, the Vice-Chancellor of HTU, Professor Ben Honyenuga, commended the graduating personnel for their

perseverance and discipline in successfully balancing rigorous academic work with demanding military responsibilities. He further encouraged them to remain actively engaged with their alma mater, noting that their continued involvement would contribute significantly to its growth and development. He urged them to sustain professional ties with their lecturers and fellow alumni, emphasizing that such networks would provide support, enhance career progression, and uphold the legacy of those who paved the way.

Speaking on behalf of the graduating class, the Valedictorian, Corporal Danna Albert, expressed gratitude to the Ghana Navy, HTU, instructors, and families for their unwavering support throughout the programme. He noted that the journey demanded sacrifice, discipline, and determination, adding that the knowledge acquired would be applied diligently to enhance efficiency and professionalism in their respective units.

The Supply Application School (SAS) presented awards for outstanding graduates for their exceptional academic performance. They included Able Seaman Class I Aidoo Jones Mary, Overall Best Student for the Stores Inventory Management Advanced Certificate Course 1/2025; Leading Seaman Addo Frederick Larbi, Overall Best Student for the Stores Inventory Management Diploma Course 1/2025; Able Seaman Class II Haruna Salamatu, Overall Best Student for the Cook Steward Certificate Course 1/2025; Leading Seaman Ansah Ackon Solomon, Overall Best Student for the Cook Steward Diploma Course 1/2025; Leading Seaman Awanfene Mawutor Augustine, Overall Best Student for the Cook Steward Advanced Certificate Course 1/2025; Corporal Danna Albert, Overall Best Student for the Clerk/Writer Diploma Course 1/2025; and Able Seaman Class II Amegbedzi Afi Jennifer, Overall Best Student for the Stores Inventory Management Certificate Course 1/2025.





MESSAGE FROM THE COMMANDING OFFICER NAVY RECRUIT TRAINING SCHOOL (NRTS)



COMMANDER MICHAEL ASIAMAH
COMMANDING OFFICER
NAVY RECRUIT TRAINING SCHOOL

It gives me great pleasure to extend warm congratulations to the Naval Training Command on the publication of the inaugural edition of The Trainer. This magazine marks an important milestone in preserving the Command's history, celebrating its achievements, and strengthening communication within the Ghana Navy.

At the Navy Recruit Training School, our mission remains the transformation of civilians into disciplined, resilient, and mission-ready sailors through rigorous military and professional training. We are committed to instilling the values of integrity, courage, teamwork, and selfless service that define the Ghana Navy.

As we celebrate this new platform for sharing our collective story, I commend the Editorial Team for their vision and dedication. It is my hope that The Trainer will continue to inspire excellence, foster institutional pride, and serve as a lasting record of the Command's contributions to national security.

NRTS HOLDS PASSING OUT PARADE FOR NACOC COURSE 7 RECRUITS

The Naval Recruit Training School (NRTS) held a Passing Out Parade for Recruits of the Narcotics Control Commission (NACOC) Course 7 on Wednesday, 4 June 2025, at the Naval Training Command Parade Square, Nutekpor, Sogakope.

The colourful and well-attended ceremony marked the end of a 24-week intensive training programme, symbolizing the recruits' transformation, discipline, and resilience throughout their training journey. It also signified their readiness to support the national mandate of combating illicit drug trafficking and abuse.

The Minister for the Interior and Member of Parliament for Asawase Constituency, Honourable Muntaka Mohammed Mubarak, served as the Guest of Honour. In his address, he commended the recruits for their perseverance, discipline, and commitment to national service. He urged them to uphold the core values instilled in them during training and to serve with integrity, dedication, and professionalism.

Hon. Muntaka further emphasized that narcotics trade remains one of the gravest threats to society, undermining public health, safety, and national security. He charged the recruits to be vigilant enforcers of the law and guardians of Ghana's entry and exit points. He called on them to protect border communities, dismantle criminal networks, and contribute meaningfully to the nation's ongoing fight against drug trafficking and abuse.

A key highlight of the ceremony was the administration of the Oath of Allegiance and Oath of Office, officially inducting the recruits as officers of the Narcotics Control Commission.

After six months of rigorous training, Recruit Akisikpak Julia was adjudged the Overall Best Recruit and also received the Best in Shooting award for her outstanding marksmanship.

Present at the event were the Director-General of the Narcotics Control Commission, the Comptroller of the Ghana Immigration Service, senior military officers, and families of the graduating recruits.

The 24-week training was tailored to equip the recruits with the physical, mental, tactical, and professional skills necessary to effectively support the Commission's operations in safeguarding national security and public health.







NRTS RECEIVES FIRST BATCH OF BT 85 RECRUITS

The Naval Recruit Training School (NRTS), Nutekpor, officially received its first batch of recruits for Basic Training Intake 85 (BT 85) on Friday, 27 March 2026.

The recruits reported to the school to commence their military training, which is aimed at equipping them with the fundamental skills, knowledge, and discipline required for service in the Ghana Navy.

Speaking to the recruits upon their arrival, the Deputy Chief Staff Officer (DCSO) Naval Administration and Personnel, Captain (GN) Isaac Aratuo, who received them in Accra and accompanied them to the school, congratulated them on their successful enlistment into the Ghana Navy. He urged them to embrace the training with commitment, discipline, and determination, noting that the training would shape them into responsible and professional naval personnel capable of meeting the demands of military service.

Their arrival marks the beginning of a rigorous training programme designed to develop their physical fitness, military bearing, leadership qualities, and operational readiness in preparation for their future roles as naval personnel.



CNS INTERACTS WITH RECRUITS OF BT 85

The Chief of the Naval Staff (CNS) Rear Admiral (R/Adm) Livinus Bessing has interacted with recruits of Basic Training Intake 85 (BT 85) at the Naval Training Command (NAVTRAC), Nutekpor.

The interaction formed part of the CNS' visit to the Command and provided an opportunity for him to engage directly with the recruits undergoing training, assess their welfare, and encourage them in their journey of military service.

Addressing the recruits, R/Adm Bessing commended them for choosing to serve the nation through the Ghana Navy and reminded them of the discipline, commitment, and sacrifice required of every military personnel.

He urged them to remain focused, obedient, and determined throughout their training, noting that the foundation they build during basic training would shape their future careers in the Service.

He further encouraged the recruits to uphold the core values of integrity, loyalty, professionalism, and teamwork, stressing that excellence in service begins with discipline and a strong sense of responsibility.

The interaction strengthened morale among the recruits and reaffirmed the Ghana Navy's commitment to developing competent and disciplined personnel for national service.





NRTS HOLDS INDUCTION RELIGIOUS PARADE FOR FIRST BATCH OF RECRUITS

The Navy Recruit Training School (NRTS) has held an induction religious parade for the first batch of naval recruits on Sunday, 10 May 2026, at the school's Lecture Hall, Naval Training Command (NAVTRAC), Nutekpor.

The religious parade formed part of activities marking the commencement of training for the recruits and was aimed at seeking divine guidance, protection, and strength throughout their training period and future careers in the Ghana Navy.

Addressing the recruits, the Flag Officer Commanding (FOC) NAVTRAC, Commodore James Adongo Agambire, congratulated them on their successful recruitment and safe arrival at NAVTRAC to commence training. He noted that their selection into the Ghana Navy was not a small achievement, having gone through a competitive process, and urged them to prove themselves worthy of the confidence reposed in them.

The FOC further reminded the recruits that military service is a calling that demands sacrifice, discipline, courage, loyalty, and commitment to excellence. He encouraged them to embrace the training process with humility and determination, stressing that every aspect of the training is intended to shape them into stronger, disciplined, and capable naval personnel.

He also urged the recruits to remain focused, respect their instructors, support one another, and avoid all forms of misconduct that could undermine their future. Commodore Agambire added that true strength is not only found in physical ability, but also in character, integrity, self-control, and faithful service to duty.

In his sermon, the Director of Naval Religious Affairs (DNRA), Commander (Cdr) David Quayson encouraged the recruits to place God at the centre of their training and service, noting that faith, discipline, and integrity are essential qualities of every successful serviceman and woman. He urged them to remain steadfast in the face of challenges, uphold good moral values, and conduct themselves in a manner worthy of the uniform they have chosen to wear.

In attendance at the ceremony were, the Director Naval Training, Naval Captain Nathaniel Osei-Brobby, the Training Coordinator, Naval Captain David Dela Kpetigo, the Commanding Officers Supply Application School (SAS) and NRTS as well as representatives from sister services.

The ceremony concluded with prayers for the recruits, instructors, and the Ghana Navy as a whole.



MESSAGE FROM THE COMMANDING OFFICER LEADERSHIP TRAINING SCHOOL (LTS)



LT CDR EVANS KWAME ADZAKLOE
COMMANDING OFFICER
LEADERSHIP TRAINING SCHOOL

It is with great pleasure that I congratulate the Naval Training Command on the publication of the inaugural edition of The Trainer. This magazine is a significant milestone that reflects the Command's commitment to documenting its achievements, sharing knowledge, and promoting a culture of continuous learning and professional excellence.

At the Leadership Training School, we recognize that effective leadership is the cornerstone of every successful military organization. Our mission is to develop leaders of character who possess the competence, confidence, and ethical values required to inspire others and accomplish the Ghana Navy's mission with distinction. Through carefully designed leadership courses, professional development programmes, and practical learning experiences, we continue to prepare personnel to lead with integrity, accountability, and vision.

I extend my best wishes for the continued success of this publication and encourage all personnel to support its growth as a true reflection of the Naval Training Command's enduring commitment to Leadership and Excellence.

LEADERSHIP TRAINING SCHOOL CLOSES WATER LIFEGUARD COURSE

The Leadership Training School officially closed its 2-week Water Lifeguard Course at the Junior Rate Mess, Eastern Naval Command, Tema.

The course included 18 participants drawn from the Ghana National Fire Service and several metropolitan assemblies across the Greater Accra Region. The course sought to equip trainees with practical skills, knowledge and discipline required for lifesaving operations in aquatic environments.

In his closing remarks, the Commanding Officer of LTS, Lieutenant Commander Evans Kwame Adzakloe, expressed gratitude to the organisers at Kwame Nkrumah University of Science and Technology, with support from the Johns Hopkins International Injury Research Unit, commending the instructors and staff for their professionalism and dedication.

He congratulated the participants for their diligence and resilience throughout the training, highlighting improvements in swimming,

rescue techniques, first aid, Cardiopulmonary Resuscitation (CPR), and water safety. Lt Cdr Adzakloe said the competencies acquired will enhance safety at beaches and waterfronts in the Greater Accra Region, urging graduates to sustain regular practice and pursue further professional development.

The course was run in collaboration with the Ghana National Fire Service, Ghana Tourism Authority, National Disaster Management Organisation, Ghana Police Service, Ghana Maritime Authority and various metropolitan assemblies.





LTS CLOSES SENIOR RATES ADMINISTRATION COURSE 2-2025

The Leadership Training School (LTS) of the Ghana Navy has conducted the closing ceremony for Senior Rates Administration Course 2-2025 at the Eastern Naval Command, Tema, on Thursday, 11 December 2025.

The Commanding Officer gratefully received the donation, noting that it will bolster academic references, administrative efficiency, and future training programs.

The Commanding Officer, Lieutenant Commander Evans Kwame Adzakloe, commended the graduates for their dedication, discipline, and resilience, urging them to apply the acquired leadership principles with integrity and commitment.

Participants demonstrated practical skills through a successful gardening project promoting teamwork and sustainability.

The Graduates presented 55 printed copies of Armed Forces Regulations (AFR) Volume II to the school as a gesture of service and appreciation.



LTS CLOSES OPEN SOURCE INTELLIGENT COURSE



MESSAGE FROM THE COMMANDING OFFICER SCHOOL OF MARINE ENGINEERING AND COMBAT SYSTEMS



COMMANDER MK NYARKO
COMMANDING OFFICER
SCHOOL OF MARINE ENGINEERING AND COMBAT SYSTEMS

Congratulations to the Naval Training Command on the publication of the first edition of The Trainer. This magazine is a testament to the Command's commitment to documenting its journey, celebrating excellence, and promoting effective communication.

At the School of Marine Engineering and Combat Systems, we are dedicated to producing technically proficient personnel capable of maintaining the engineering systems that support the operational effectiveness of the Ghana Navy. Through practical training, innovation, and adherence to the highest professional standards, we continue to prepare our personnel for present and future challenges.

I commend the Editorial Team for this remarkable initiative and look forward to seeing The Trainer grow into a publication that reflects the excellence and professionalism of the Naval Training Command.

SMECS HOLDS CLOSING CEREMONY FOR BNDC 1-2025

The School of Maritime Engineering and Combat Systems (SMECS) has held a closing ceremony for Basic Navy Diving Course 1-2025 (BNDC 1-2025) on Friday, 27 March 2026, at Naval Base Sekondi.

The 14-week course, which comprised two officers and five ratings, was designed to train the sailors in water confidence, diving theory, and practical underwater demolition tasks.

The Commanding Officer SMECS, Commander MK Nyarko, in his address, commended the participants for their resilience, commitment, and hard work throughout the period of the course. He stated that they had faced challenges, mastered courage in moments of fear, and were now qualified Ghana Navy Divers. He admonished them to always prioritise safety, teamwork, excellence, and resilience in their line of duty.

The Commanding Officer appreciated the efforts of the instructors, acknowledging their hard work, enthusiasm, professionalism, and relentless endeavours in sustaining the high standards of training employed to train the participants over the full duration of the course. He noted that Command was so proud of them, especially the two female sailors who participated in the course.

Able Seaman Class One (ABI) Muslim Fayad emerged as the overall Best Diver; Sub-Lieutenant Vincent Agbosu took second place, and Able Seaman Class Two (ABII) Brako Frimpong Timothy placed third on the course.

Citations were awarded to Chief Petty Officer Class One (CPOI) Gbekte E; CPOI Dovlo G, and CPOI Taylor J for their efficient administration and the exceptional roles they played as instructors. At the end of the closing ceremony, the course leader, Sub-Lieutenant Vincent Agbosu, presented snorkels and face masks to SMECS on behalf of the course participants.



SMECS PAYS INDUSTRIAL VISIT TO KARPOWER GHANA



The School of Maritime Engineering and Combat Systems (SMECS) has undertaken an industrial visit to Karpowership Ghana on Tuesday, 21 April 2026, at the Naval Base Sekondi.

The visit formed part of the practical training for participants of the Electrical Mechanician Qualifying Course II (LM II) and was aimed at exposing them to the operational and technical aspects of the Karpowership. It was also to provide the course participants with valuable practical exposure and to enhance their understanding of modern maritime power generation systems.

During the visit, the Head of Health, Environment, Safety and Security at Karpowership, Mr Patrick Mensah, took the students through a presentation on safety and operational protocols on board the vessel.

He educated them on issues such as fire emergencies, oil spillage management, and maritime regulatory requirements. He explained that the vessel functioned both as a power plant and a maritime asset, highlighting its power generation capacity and its operational collaboration with Ghana Grid Company Limited (GRIDCO) and Electricity Company of Ghana to ensure a stable electricity supply.

Also addressing the participants, the Assistant Manager for Operational Health and Safety, Mr Kalim Tanko, educated the course members on safety measures on board the vessel, operational procedures and the safety systems that ensure efficient and secure operations.

In addition, a Control Room Operator, John Sefah, provided the students with a practical demonstration of how the vessel's systems were managed to ensure stable power generation. He also offered detailed explanations on the mechanical aspects of the ship's power generation process.



SMECS CALLS FOR STRONGER COLLABORATION WITH MANTRAC CRC

The Commanding Officer of the School of Marine Engineering and Combat Systems (SMECS), Commander Michael Kofi Nyarko, has called for stronger collaboration between Mantrac Component and Rebuild Centre and the Ghana Navy to enhance the professional development of naval engineering personnel.

He made the call when a group of 15 students undertaking the Engine Mechanics Specialist Qualification Course (EM 1-2026) at the Western Naval Command paid an industrial visit to the Mantrac Component and Rebuild Centre (CRC) in Takoradi on Wednesday, 10 June 2026.

The visit was part of SMECS' practical training programme, which aimed to expose students to modern engineering practices and maintenance procedures in the industrial sector.

The delegation, led by Commander Michael Kofi Nyarko, was warmly received by the CRC Operations Manager, Mr Abirriall Guillaume, who welcomed the team and provided an overview of Mantrac's operations and services.



Before the commencement of activities, the Health and Safety Officer, Mr Richmond Kwame, conducted a comprehensive safety briefing to ensure adherence to safety protocols throughout the visit.

The students subsequently participated in a series of technical presentations facilitated by the Training Manager, Mr Abraham Gyesie, who took them through key areas, including maintenance procedures, machine systems, powertrain operations, hydraulics, engine systems, electrical and electronic equipment management.

The tour continued through various sections of the facility, including the Machine Shop, Soft Strip Bay, Engine Strip Bay, Engine Cleaning Bay, and Engine Detailing Bay, where they observed practical maintenance, overhaul and rebuilding processes.

Speaking at the end of the visit, Commander Michael Kofi Nyarko expressed appreciation to the management and staff of Mantrac for their warm reception, hospitality, and willingness to share their expertise with the students. He noted that such engagements provide invaluable practical exposure that complemented classroom instruction and contributed significantly to the development of competent engineering personnel.

Also present during the visit were the Chief Instructor, CPO1 Osei Bernard; Head of the Electrical Department, CPO1 Asante, Head of the Engineering Mechanics Department, CPO1 Haysel Stephen Abosompem; Instructors, CPO1 Klutse and CPO1 Otu Aboagye and the Course Coordinator, PO1 Adjumani Samuel Tetteh.





FCPOII GYASI ALEXANDER
CHIEF INSTRUCTOR, SMPOS

OPINION & REFLECTION · VOICES FROM THE FIELD

FROM THE FRONTLINES:

WHAT IT MEANS TO BE A CHIEF INSTRUCTOR TODAY

The title Chief Instructor carries more significance than many realise. It is not merely a position, it is a calling. One that blends leadership, mentorship, vision, and a profound sense of responsibility to those who teach and those who learn.

In today's fast-paced, ever-evolving training environment, the Chief Instructor stands at the frontline, not only guiding learners but inspiring fellow educators, shaping institutional culture, and upholding the highest standards of excellence. The role is as demanding as it is rewarding, and it belongs to those willing to lead with both authority and humility.

The Heart of Instructional Leadership

At its core, being a Chief Instructor is about leading through learning. It requires more than expertise in a subject area, it demands the capacity to connect with both students and staff, to align instructional practice with institutional goals, and to cultivate a shared vision of excellence.

Chief Instructors serve as essential bridges: between policy and practice, between leadership and faculty, between ideals and operational realities. From lesson planning and curriculum development to classroom observations and instructor mentorship, the role is pivotal in ensuring that teaching remains both effective and value-driven.

A Mentor and Model for Others

Instructors frequently look to the Chief Instructor for direction. Whether navigating a classroom challenge, refining instructional strategies, or facing a difficult decision, the Chief Instructor must lead with experience, empathy, and example.

Often, the words of a Chief Instructor stay with learners long after graduation, not because they made things easier, but because they encouraged growth, demanded excellence, and offered unwavering support when it mattered most.

This mentorship extends beyond the training staff to the trainees themselves. The influence of a good Chief Instructor is not always immediate, it is cumulative, taking root in the habits, values, and decisions of those they have guided.

Striking the Balance

The role is a delicate balancing act. It requires walking the line between discipline and compassion, between supporting staff and holding them accountable, between preserving time-honoured traditions and welcoming necessary innovation.

There are days filled with rewarding breakthroughs and others marked by tough decisions that carry real weight. But in maintaining this balance, the Chief Instructor earns trust, commands respect, and keeps the school moving steadily forward, even when the path is not straightforward.

A Leader of Change and Innovation

In a landscape shaped by rapid technological advancement, evolving training doctrine, and increasingly diverse operational needs, the Chief Instructor must also serve as a forward-thinking change agent.

Are we preparing personnel for the environment they are stepping into? Are our teaching methods relevant and effective? Are we bold enough to rethink the familiar when the situation demands it? These are questions a Chief Instructor must be willing to ask, and willing to lead in answering. Growth begins with honest reflection, and it is the Chief Instructor who must initiate and sustain that conversation.

The Work behind the Curtain

Much of what the Chief Instructor does takes place out of sight: early planning meetings, quiet interventions, thoughtful conflict resolution, preparation that extends well beyond regular hours. It is a demanding and often underappreciated role, but those who embrace it find deep fulfilment in the impact they create.

The rewards are rarely visible. They do not come in applause or public recognition, but in the progress of an instructor, the transformation of a trainee, and the quiet knowledge that one's work has shaped lives and strengthened the institution.



GHANA NAVY LILL-MAY DIDRIKSEN SIMULATION CENTRE: A STRATEGIC ASSET FOR MARITIME EXCELLENCE AND THE BLUE ECONOMY

LS ADAMS AWENAWOM ISHMAEL
SIMULATOR TECHNICIAN

Powered by state-of-the-art simulation technology, Ghana's premier naval training facility is redefining maritime readiness — building competence, confidence, and a new generation of professionals fit for the demands of a global maritime domain.

The Ghana Navy continues to advance its training capabilities through the Lill-May Didriksen Simulation Centre — a state-of-the-art facility dedicated to building competence across the maritime domain for both naval and merchant marine operations. Named in honour of Lill-May Didriksen, the first Danish female naval officer, the Centre reflects a bold commitment to excellence, innovation, and professionalism.

Powered by the advanced Wärtsilä NTPro 6000 system, it provides a highly realistic and risk-free environment for developing critical ship-handling and operational skills — bridging the long-standing gap between classroom theory and open-sea practice.

WORLD-CLASS TRAINING IN A RISK-FREE ENVIRONMENT

Designed to immerse personnel in complex and dynamic maritime scenarios, the Centre prepares trainees to operate effectively without the inherent dangers of live sea operations. Personnel build confidence, sharpen decision-making abilities, and enhance overall operational readiness — all before setting foot on a vessel.

Training spans a wide spectrum of operations and vessel types. Personnel are trained on Offshore Patrol Vessels (OPVs), Offshore Support Vessels (OSVs), tankers, container ships, and other specialised platforms.

The simulation environment incorporates selected ports and waterways from across the globe — including the Panama Canal — giving trainees exposure to the full breadth of international navigation challenges.

BEYOND CONVENTIONAL TRAINING

The Centre's capabilities extend far beyond standard exercises. In addition to core drills such as replenishment at sea, helicopter operations, fleet formation, oil spill response, and man-overboard procedures, the system supports highly customised and complex simulations.

These include congested traffic navigation, restricted waterway transits, adverse weather operations, emergency system failures, and multi-vessel coordinated missions. Specialist training is also provided in key maritime systems — the Global Maritime Distress and Safety System (GMDSS), Radar, Sonar, and the Electronic Chart Display and Information System (ECDIS) — ensuring personnel are proficient in modern navigation, communication, and detection technologies.

CUTTING-EDGE FACILITIES

At the heart of the Centre is a Full Mission Bridge (FMB) with a 270-degree high-definition visual system, delivering an immersive navigation experience that closely replicates real-world conditions. Complementing this are three Part Task Bridges, each with a 120-degree field of view, enabling multi-user and team-based training.

A dedicated debriefing room supports structured pre- and post-exercise analysis, where performance is reviewed using recorded scenarios to reinforce best practices and drive continuous improvement. Overseeing all activities is the Instructor Station — the command hub from which instructors design, control, and monitor customised scenarios in real time, adjusting environmental variables such as weather, sea state, traffic density, and emergency situations.

Training delivery is a coordinated effort between experienced instructors and simulator technicians, ensuring both technical integrity and instructional quality are maintained at the highest standards.

STRATEGIC IMPACT: SAFETY, SECURITY, AND THE BLUE ECONOMY

The Lill-May Didriksen Simulation Centre stands as a critical enabler of maritime safety, security, and economic development — with its impact extending across Ghana, the West African sub-region, and the broader global maritime community.

By producing highly skilled maritime professionals, the Centre significantly reduces the risk of accidents at sea, enhances operational efficiency, and strengthens maritime security. Its contribution to efficient port operations — particularly at Tema Port and Takoradi Port — supports smoother vessel traffic management, reduces turnaround times, and facilitates international trade.

The Centre also plays a vital role in promoting sustainable maritime practices. Training in oil spill response, environmental protection, and safe navigation contributes directly to the preservation of marine ecosystems and supports the sustainable development of the Blue Economy — a priority for sectors including shipping, offshore energy, and fisheries.

REGIONAL AND GLOBAL REACH

Regionally, the Centre enhances cooperation and capacity building within the Gulf of Guinea, serving as a platform for advanced maritime training that addresses shared challenges such as piracy, illegal fishing, and maritime accidents — thereby improving safety and security across regional waters.

Globally, training at the Centre aligns with standards set by the International Maritime Organization (IMO), ensuring that Ghana's maritime professionals meet internationally accepted competencies. This strengthens confidence in maritime trade, supports safer global shipping operations, and contributes to the protection of the marine environment.

The Ghana Navy Lill-May Didriksen Simulation Centre is not merely a training facility — it is a strategic national asset that underpins maritime excellence. Through advanced simulation technology, diverse training capabilities, and an unwavering focus on operational realism, the Centre is shaping a new generation of maritime professionals equipped to meet the demands of a rapidly evolving domain. Its relevance is far-reaching: enhancing safety, strengthening security, supporting economic growth, and advancing the sustainable use of ocean resources. As such, the Centre remains a cornerstone in positioning Ghana as a leader in maritime training and a key contributor to the global maritime industry.



THROUGH THE LENS OF DISCIPLINE: DOCUMENTING THE MAKING OF NAVAL WARRIORS

SGT AMPOMAH SAMUEL
COMMAND PHOTOGRAPHER

The first light of dawn breaks quietly over the training grounds, but silence never lasts long at the Naval Training Command. Within moments, the sharp echoes of commands pierce through the morning air as boots strike the parade square in perfect rhythm. Sweat glistens beneath the rising sun while young recruits push their bodies beyond exhaustion, driven by discipline, purpose, and the unrelenting standards of military life. Standing just beyond the formation line with my camera in hand, I witness not merely a training routine, but the transformation of ordinary civilians into sailors entrusted with the defense of a nation's maritime frontiers.

As a military photographer, my duty extends far beyond pressing the shutter. Every frame captured becomes a permanent record of sacrifice, resilience, professionalism, and national service. Through the lens, history is preserved — not only in ceremonies and official portraits, but in the raw moments where determination is forged under pressure. In this environment, photography becomes both documentation and testimony: proof of the discipline that shapes the men and women who wear the naval uniform.

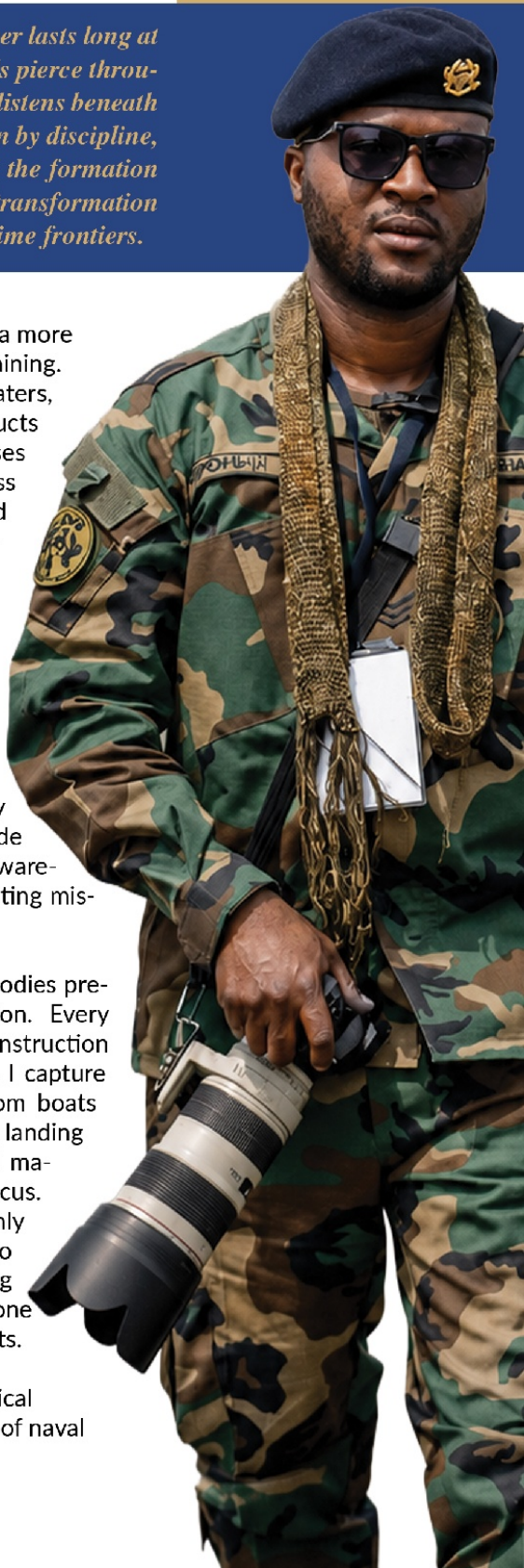
The day begins with physical endurance drills designed to test both strength and mental resolve. Recruits move across obstacle courses covered in sand and sweat, crawling beneath barriers, scaling walls, and carrying heavy equipment under the watchful eyes of instructors. Their breathing grows heavier with every command, yet no one falls out of formation. Faces once marked by uncertainty slowly harden into expressions of focus and confidence. Through my viewfinder, I see exhaustion transformed into resilience.

The parade square offers another kind of battlefield — one where precision, discipline, and unity are demanded without compromise. Long lines of recruits stand immaculately aligned as drill instructors correct every movement to perfection. Rifles rise and fall in synchronized motion while polished boots strike the concrete with thunderous authority. Capturing these moments requires patience and timing, because military drill is more than ceremony; it is a visual representation of order, leadership, and collective strength.

Beyond the parade grounds lies a more intense dimension of naval training. Along the shoreline and open waters, the Special Boat Squadron conducts tactical and amphibious exercises that test operational readiness under extreme conditions. Clad in combat gear and carrying specialized equipment, operators maneuver aggressively through watercraft drills, coastal assaults, and rapid deployment exercises. Sea spray crashes against inflatable boats as engines roar across the water at high speed. In those moments, photography becomes physically demanding as I move alongside the teams, balancing stability, awareness, and timing while documenting missions unfolding in real time.

The Special Boat Squadron embodies precision and controlled aggression. Every movement is calculated, every instruction deliberate. Through my camera, I capture images of operators leaping from boats into waist-deep waters, securing landing zones, and coordinating tactical maneuvers with unwavering focus. These photographs reveal not only operational capability, but also the silent trust that exists among team members who depend on one another in high-risk environments.

Inside the classrooms and technical workshops, another vital aspect of naval professionalism takes shape.



Here, sailors undergo trade qualification training across various naval specialties, mastering the technical knowledge required to operate effectively at sea and ashore. Navigation systems, communication equipment, marine engineering, weapons maintenance, logistics, and seamanship are taught with precision and discipline. Instructors move carefully between rows of trainees while diagrams, charts, and technical manuals fill the learning spaces with concentrated intensity.

The transformation visible in these classrooms is often quieter than the intensity of field exercises, yet equally significant. Recruits who once struggled to understand naval terminology gradually evolve into competent professionals capable of managing critical maritime responsibilities. My photographs capture moments of concentration — hands gripping navigational instruments, eyes fixed attentively on instructors, and sailors working together to solve technical challenges. These images tell stories of intellectual discipline just as powerful as physical endurance.

The Naval Training School also serves as an important center for international maritime cooperation through programs involving participants from the United Nations Office on Drugs and Crime (UNODC). These multinational training sessions focus on maritime security, counter-piracy operations, law enforcement coordination, and regional cooperation at sea. Officers and trainees from different nations stand side by side, exchanging knowledge and operational experiences that strengthen collective maritime security.

Photographing these international engagements carries special significance. Every image reflects unity beyond borders — professionals from diverse backgrounds training together under shared objectives of peace, security, and maritime stability. The presence of UNODC participants reinforces the reality that modern naval operations extend far beyond territorial waters. Today's sailors must be prepared not only to defend their nation, but also to contribute responsibly to international maritime partnerships.

Military photography preserves these realities for future generations. Long after training cycles end and uniforms fade with time, photographs remain as evidence of commitment and service. They become historical records, institutional memory, and sources of inspiration for those who will one day follow the same path. A single image can communicate discipline, courage, leadership, and national pride more powerfully than words alone.

Behind every photograph I capture is a story of endurance, sacrifice, and readiness. To serve as a military photographer in a naval training school is to stand at the intersection of duty and storytelling — preserving the moments where discipline shapes identity and where ordinary individuals rise to extraordinary responsibility. Through both the camera and the uniform, I carry the privilege of documenting the making of warriors whose commitment will safeguard the nation's waters for generations to come.

PURPOSE BEYOND THE UNIFORM

Every institution thrives because of individuals who believe that service is more than a duty — it is an opportunity to make a lasting impact. Leadership is not merely a position or a rank; it is the willingness to inspire others, preserve institutional values, and contribute meaningfully to the growth of an organisation.

In today's dynamic environment, effective communication has become an essential tool of leadership. The ability to tell stories, document achievements, and share knowledge strengthens institutional identity — ensuring that the sacrifices and successes of personnel are not forgotten. Every training exercise, every mi-

lestone achieved, and every lesson learned contributes to a legacy that deserves to be preserved.

As members of the Naval Training Command, we are reminded that excellence is built through discipline, continuous learning, and a commitment to service above self. Beyond the classrooms and training grounds lies a greater responsibility: to lead with integrity, empower others, and leave every institution better than we found it.

"True leadership is not measured by the number of people who follow us, but by the number of people we inspire to pursue excellence, serve with purpose, and continue the journey long after we have moved on."

A portrait of Miss Morkli Rebecca, a Black woman with short, dark, curly hair, wearing a colorful patterned top. She is smiling slightly and looking towards the camera.

Miss Morkli Rebecca
Command Public Relations Officer,
NAVTRAC



THE BENEFITS OF PHYSICAL TRAINING IN MILITARY READINESS AND EFFECTIVENESS

Physical training (PT) is one of the most vital components of military life. For both new recruits and active-duty personnel, it forms the foundation of combat readiness, endurance, mental resilience, and unit cohesion. In any branch of the military, including the Ghana Armed Forces, physical training is not simply about building muscle—it is about shaping soldiers who are physically, mentally, and emotionally prepared for the demands of military service.

Enhances Combat Readiness

Physical training ensures that soldiers are fit enough to handle the physical demands of military operations. From carrying heavy loads and equipment to sprinting across rugged terrain or engaging in hand-to-hand combat, the military environment requires peak physical condition. Regular PT sharpens strength, speed, agility, and endurance, which directly translate to effectiveness on the battlefield.

Builds Mental Toughness and Discipline

Military operations often take place under high-stress, unpredictable conditions. Physical training develops mental resilience and the ability to perform under pressure. The discipline required to maintain a regular PT regimen cultivates focus, patience, and perseverance—core attributes every soldier needs in high-stakes situations.

Promotes Injury Prevention and Recovery

A well-conditioned body is less prone to injuries. Structured physical training helps build strong muscles, joints, and cardiovascular health, reducing the risk of strains, sprains, and atigue-related injuries. For serving personnel, ongoing fitness also aids in quicker recovery from wounds and better

foverall health management during deployment.

Strengthens Teamwork and Morale

Group PT sessions are more than just exercises—they foster unity, camaraderie, and mutual support. Recruits learn early on to push themselves not just for personal success, but for the strength and survival of their unit. For seasoned soldiers, group workouts reinforce a shared sense of purpose and strengthen the bonds that are critical in team-based missions.

Supports Long-Term Health and Career Longevity

Physical fitness contributes to a soldier's overall health, reducing the risk of chronic diseases like hypertension, diabetes, and obesity. This ensures military personnel are not only fit to serve but are also more likely to have longer, healthier careers and lives beyond service.

Boosts Confidence and Leadership

Physically fit soldiers tend to display higher self-confidence, which is key to leadership both in training and in combat. Strong bodies often inspire strong minds—soldiers who are confident in their physical abilities are more likely to take initiative, motivate peers, and respond effectively to challenges.

Conclusion

Physical training is not an optional activity in the military—it is an essential part of building capable, resilient, and professional soldiers. For both recruits and seasoned personnel, PT is the engine that drives operational success, mental strength, and unit cohesion. Investing in fitness is investing in the force's effectiveness, readiness, and the overall security of the nation.

