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THE EVERYTHING OCEAN
DIGITAL MAGAZINE





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Editor's Letter

Welcome to the second issue of our 'Everything Ocean' magazine - 70%. We launched 70% as part of the Ocean Blue Collective in August 2025. The reception for the first edition of 70% has been quite heart-warming, from all round congratulations, to suggestions and tips on how to add more value to the magazine. We hear you, and we are in the process of adding contributors - both photo and articles - to upcoming issues of our magazine. Stay tuned!

In this issue of 70%, we will continue our feature on the coastline of India. We will delve into the waters around the Andaman and Nicobar Islands, and dive into the ocean, seeing first hand the beauty of the underwater ecosystem from the eyes of the founder of Dive India - Vandit Kalia, aka Vinnie. Vinnie has spent a long time in the islands, and his photographs bring to life the various dive sites and some of the marine life of the islands.

As part of our insight series, we will continue with our topic on the evolutionary advantages and unique capabilities of the Hammerhead Shark. You will not want to miss that one.

This month, we also launch our special column "Dr. Blue", where we have a ENT surgeon and fellow diver Rosh who answers some of the most common questions divers have around diving under health considerations. If you have questions related to diving with health considerations, do shoot us your question and we will have Dr. Blue answer it for you.



And finally, we are 5 years old in September 2025! Happy birthday to us, and we would like to take you on a photographic journey down the years. It's a trip down memory lane for us, and when we look at how far we have come, we are eager to grow and create something of value in the years to come.

With underwater photography being a core part of our magazine, we bring to you some beautiful shots from below the surface, in the *#myoceanphoto* section. We encourage you to contribute to this section in our upcoming issue.

That's it for now, and I hope you enjoy the magazine!

On behalf of the 70% editorial team,
Suhas





Cover photo:
Spinner Dolphins,
Sataya Reef, Egypt.
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The moment when wildlife allows you to observe and appreciate from close quarters. [@oceanblueimaging](#)

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FEATURE

Exploring India's Coastline - Andaman & Nicobar Islands

70%

Scattered across two seas - The islands of India are a world of their own. The islands, far away from the travails of the mainland seem to exist in a bubble of their own. While they may still be influenced by the happenings of the world, the changes in the climate, and the decisions taken in the mainland, these islands still manage to disconnect themselves to a large extent. To the east, the Andaman and Nicobar Islands lie in the Bay of Bengal, cloaked in dense tropical forests and fringed with mangroves. To the west, in the Arabian Sea, the Lakshadweep Islands form a necklace of coral atolls and lagoons, some so small they can be crossed in minutes.

In this edition of 70%, we visit the Andaman and Nicobar Islands, and dive into the waters around them. These islands, scattered across the Bay of Bengal hold a history as deep and as layered as their forests. This archipelago stretches for over 800 kilometers, consisting of more than 500 islands, islets, and rocks, though only a few dozen are inhabited.

Havelock (or Swaraj Dweep), A&N Islands



For thousands of years, they were home to the Great Andamanese, Onge, Jarwa, and Sentinelese tribes — among the world's last remaining hunter-gatherer societies. Their lives were shaped by the sea, the forest, and a fierce independence that kept them largely isolated from the outside world.

The story does change dramatically, when the British occupation of India brought with them infamy to the islands, with the establishment of a settlement in 1858. Port Blair (or Sri Vijayapuram, as it is administratively known today) houses the infamous Cellular Jail - a place of exile for Indian freedom fighters. During the second world war, the islands came under Japanese occupation, and there are talks and rumors to this day of hidden, un-found Japanese world war 2 bunkers amidst the humid tropical forests of the islands.

Geographically, the islands are divided into two groups — the Andaman Islands to the north and the Nicobar Islands to the south — separated by the 10° Channel, a 150-kilometer-wide stretch of sea. The northernmost tip of the Andamans lies close to Myanmar, while the southernmost point of India, Indira Point in Great Nicobar, is barely 150 kilometers from Indonesia's Sumatra.

Earthquakes and volcanic activity have shaped this region over millions of years. The only active volcano in India, Barren Island, lies in the northern Andamans, a 3 hour boat ride away from Havelock island. Historically, recorded eruptions date back to 1787, with major phases occurring in 1991, 2005–2006, and more recently, the latest starting in December 2022, lasting into 2024. The waters around Barren Island are a glimpse into an ecosystem that seems to have frozen in time. While we have not had a chance to scuba dive around Barren Island yet, we hope to do so early next year as part of our filming project.





Barren Island, A&N

The coastal ecosystem of the A&N islands is diverse, and exceptionally rich, with a mix of sandy beaches, rocky shores, mangrove forests, and intertidal zones. Mangroves are a prominent feature of the coastal areas, particularly in sheltered bays and estuaries. The areas between high and low tide marks are rich in biodiversity, with organisms adapted to fluctuating water levels and salinity. These zones often feature mudflats, rocky pools, and sandy expanses, supporting various crabs, mollusks, and shorebirds. Over the next editions of 70%, we will dive more into the intertidal life of the islands with our guest contributors, so stay tuned.

Further out, and the ocean comes alive. Colorful coral reefs abound in popular dive sites such as Johnny's gorge, Jackson's Bar, and Dixon's Pinnacle. Closer to the shore, popular places such as the Wall, Red Lighthouse, Tribe Gate, Pilot Reef among others have a rich, colorful reef system that houses octopuses, nurse sharks, and a wide variety of fish.





Govindnagar Beach, Havelock Island.

Local fishing boat, Havelock Island.





Common Blue Striped Snapper, Johnny's Gorge.

Common Reef Octopus hiding in its cave.



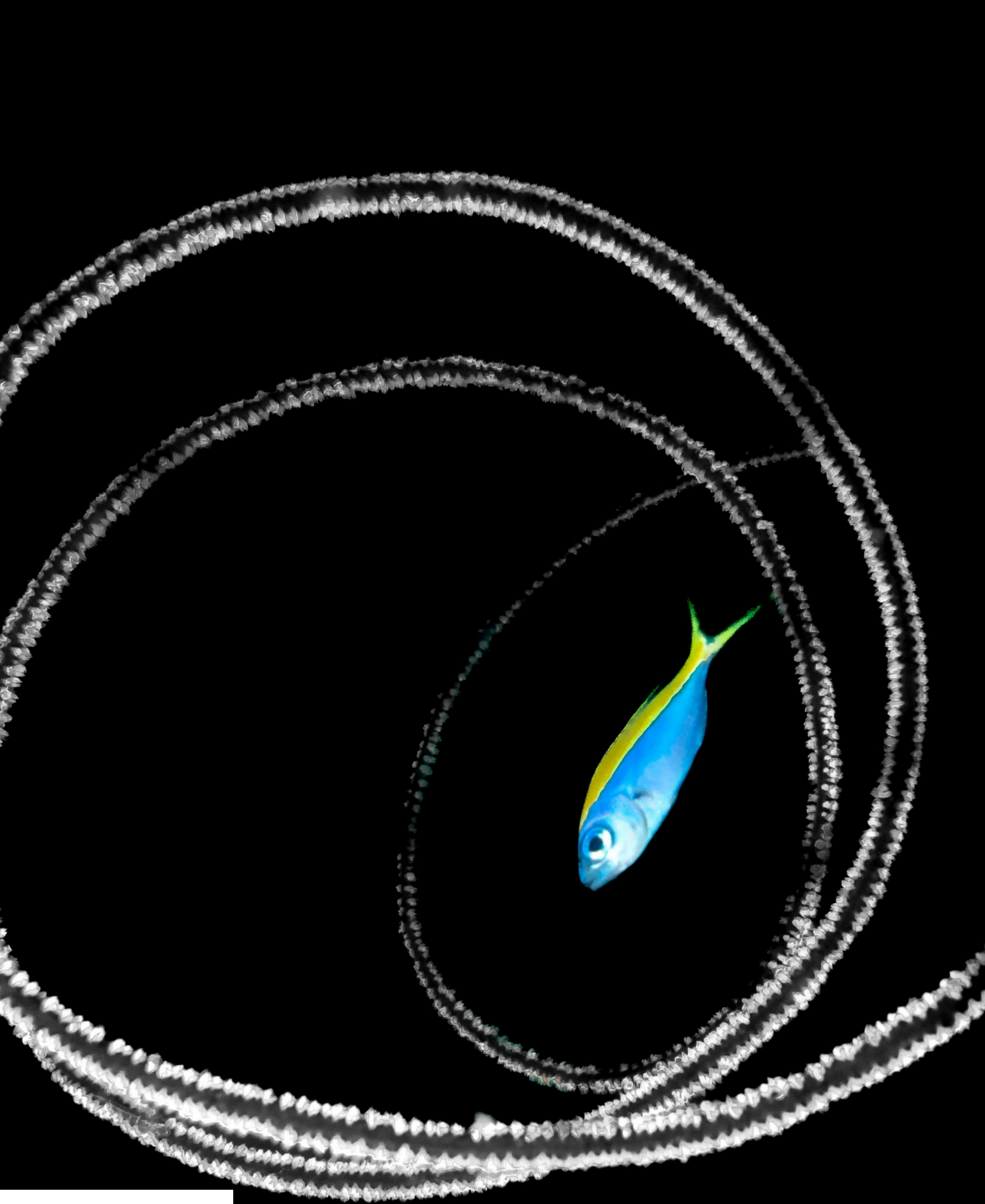
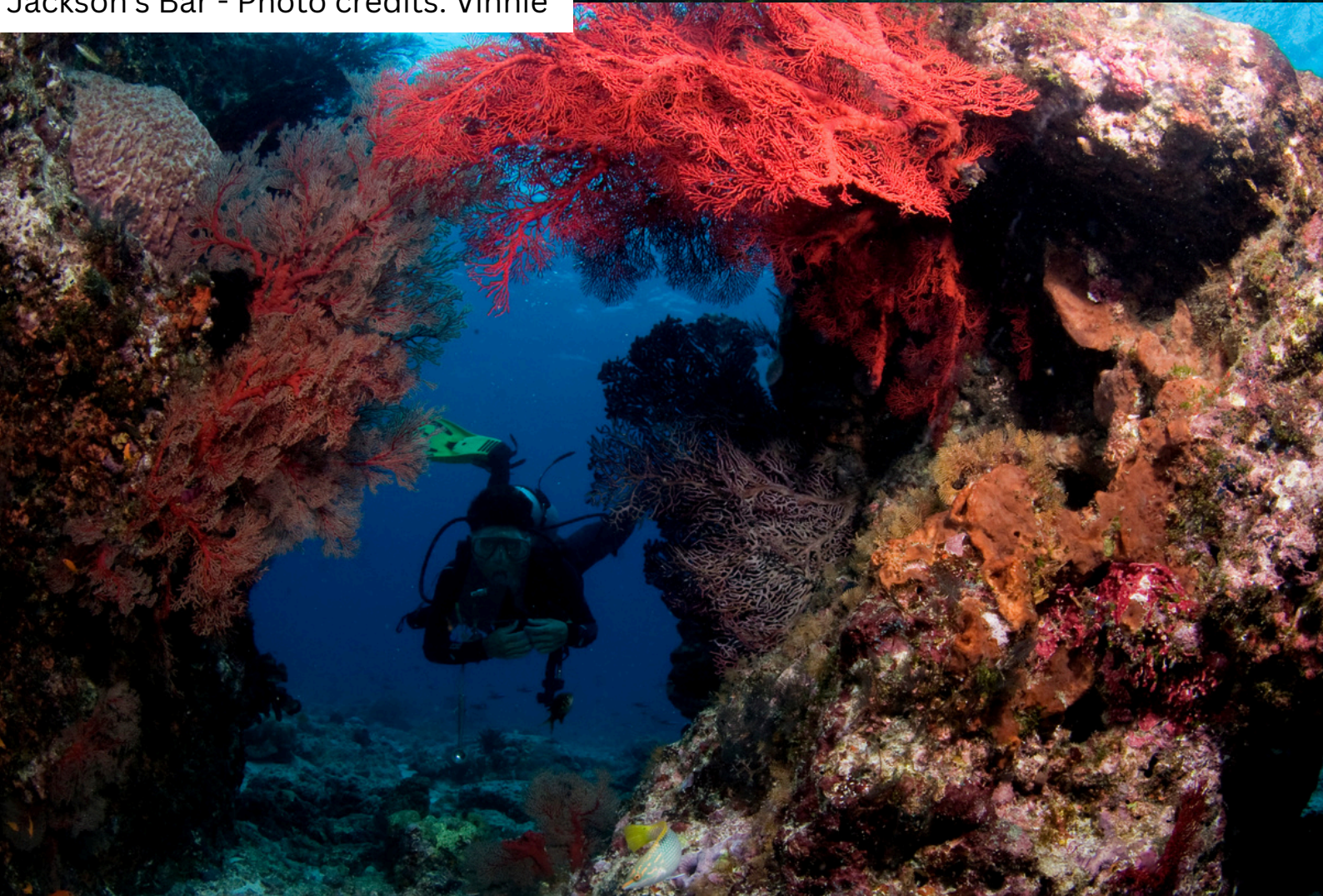


Photo credits: Vinnie



Jackson's Bar - Photo credits: Vinnie





A stone fish can be well camouflaged. These fish are extremely poisonous.

These little crabs hide among corals and can be very difficult to focus and shoot Photo credits: Vinnie





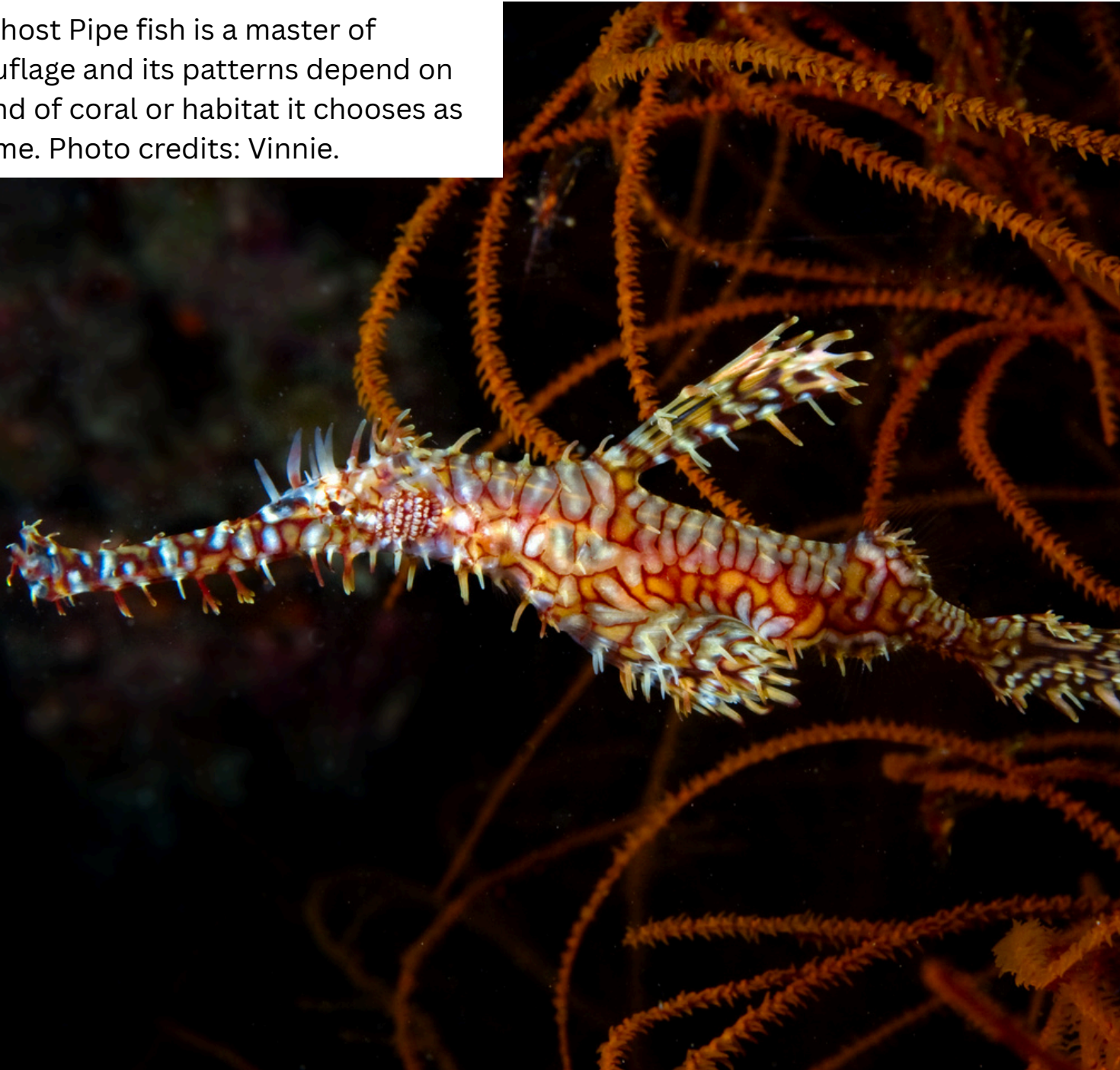




The inner areas of Havelock island are a tapestry of fields, small plantations, and little villages.

The islands of the Andaman and Nicobar offer some of the best scuba diving in India. and this is reflected by the large number of domestic and foreign tourists that visit the islands every year. The Andaman and Nicobar islands are a biodiverse hotspot both above and below the surface, and must be thoughtfully protected with a long term vision in mind. We will feature more about the biodiversity of the islands with our guest contributors in upcoming issues of 70%.

This Ghost Pipe fish is a master of camouflage and its patterns depend on the kind of coral or habitat it chooses as its home. Photo credits: Vinnie.



Skeleton Shrimp
Photo credits: Vinnie.



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Coral reefs are the lifeline of our world's oceans. With changing weather patterns, warming oceans, and acidification, coral reefs are facing a crisis of existence. [@oceanblueimaging](#)

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INSIGHT

Evolution of the Hammer - Part Two



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In our previous issue on the evolution of the Hammerhead shark, we showcased how the 'Hammer' provides unique advantages to the shark in terms of vision. The location of the eyes at the edges of the hammer gives the hammerhead shark exceptional depth perception - a very useful trait for a predator.

It is no wonder hammerhead sharks are one of the most effective predators among sharks.

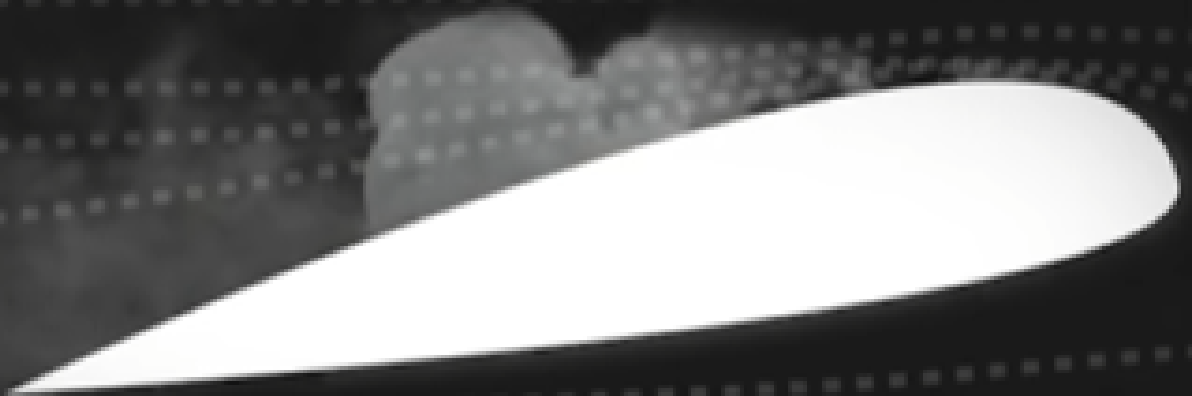
But there is more to the Hammer...



The hammer gives the hammerhead shark an unique hydrodynamic advantage.



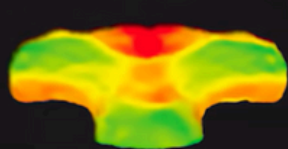
Below: Illustration of Lift generated due to water flow over the cephalofoil aka the hammer.



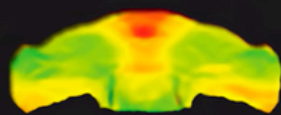
Similar to most other sharks, hammerheads do not have a swim bladder, so they have to constantly swim to avoid sinking to the bottom.

It was long thought that the cephalofoil acted like a wing, the flow of water over it producing lift forces that enabled the shark to stay vertically positioned in the water column. But studies on the cephalofoil have given some interesting insights into how it works.

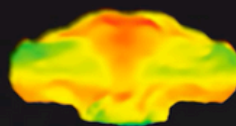




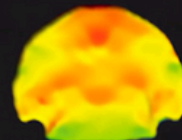
S. mokarran
**Great
hammerhead**



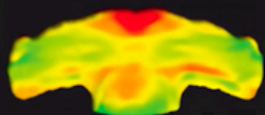
S. zygaena
**Smooth
hammerhead**



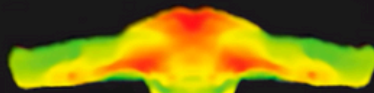
S. tudes
**Smalleye
hammerhead**



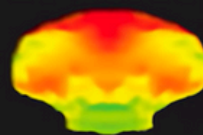
S. tiburo
Bonnethead shark



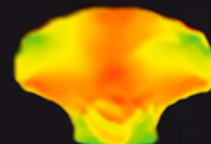
S. lewini
Scalloped hammerhead



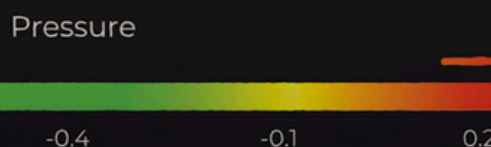
E. blochii
Winghead shark



S. media
Scoophead shark



S. corona
**Scalloped
bonnethead**



Thermal scan of different hammerhead sharks in a simulated underwater environment.

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Digital scans of different types of Hammerhead sharks simulated in an underwater environment showed that the hammer does not produce lift when moving horizontally forward. But when the angle of attack changed, the lift generated changed massively. Due to this, the hammerhead shark can ascend or descend rapidly.

The hammer is not for lift then, but for maneuverability. This is what makes the hammerhead a very efficient and agile predator.





The cephalofoil gives the hammerhead shark an agility unmatched in the world of sharks, and allows them to fill an ecological niche other sharks cannot.

70%

Unlike other sharks such as the Mako shark which hunts its prey in long pursuits, hammerhead sharks swim just above the sand, hunting bottom dwelling prey. This kind of prey can dart away erratically, and the hammerhead can follow suit, thanks to the evolutionary advantages of the cephalofoil.

Most hammerheads eat crabs or stingrays - creatures that are quick, but not known for their agility.



But there is one final advantage from the hammer that is possessed by hammerhead sharks - the ability to detect prey. We will learn more about it in the final part of this series in our next edition of 70%.



70%



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A Thresher Shark rises from the depths of Kimud shoal, Malapascua. This island in the Philippines is one of the few places where sightings of this elusive, shy shark are guaranteed. [@oceanblueimaging](#)

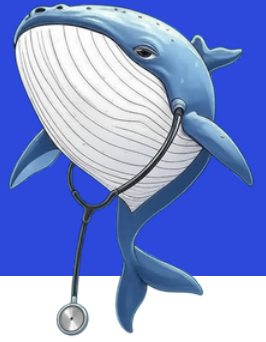
#myoceanphoto



A Wonderpuss Octopus on the sea floor at night. [@oceanblueimaging](#)

[#myoceanphoto](#)

Dr. Blue



Welcome to Dr. Blue, our new section where we team up with a ENT specialist (and a fellow diver) to answer some of the most common questions people have around diving. If you have some questions you would like to get answered by a professional who also understands the science of diving, shoot us a DM via our social handle. We will feature your question and the answer from our Dr. Blue in the next edition of 70%!

This is probably a familiar scenario; you reach your dive destination and your nose has decided to close shop. Do you dive?

The short and safe answer is no.

Sometimes though, it's just the journey and exhaustion that's made you a little snifflly. Lay off alcohol, get a good night's sleep, drink warm fluids and try steam inhalation. Do you feel better? Are you able to equalize or gently pop your ears on land? If the answers are yes, you're probably good to go. If you still feel miserable, you'd be better off skipping the day's dive.

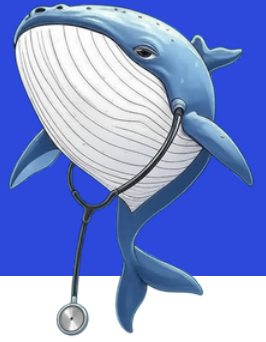
As an extension to the question above, could I take some medication that'll instantly clear up my nose and let me dive?

Again the short answer is no.

Medication will help clear up your cold, but it's not something that'll help you dive easier. You may end up feeling significantly uncomfortable during or after the dive. Taking your prescribed course of treatment however will help you get better faster and back on to the dive boat.



Dr. Blue



I am a new diver and I struggle to equalise during my dives. Why is that?

Imagine my surprise when with all my stellar anatomical knowledge, equalization didn't just "happen". That being said, it definitely gets easier with time. It's a bit like learning to drive a car. It seems impossible at first that you have to breathe, check your depth and air, fin to keep up with your buddies, and equalize- all together!

Somewhere along the way you do find your rhythm though and it becomes as easy as changing gears on a car.

Practice equalization techniques on land and find the one that works best for you. You can ask your dive instructor for the best tips and ways to equalize.

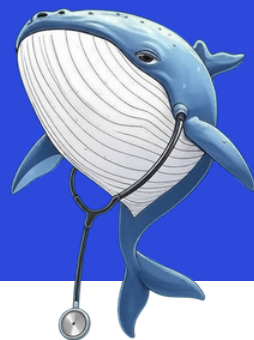
I usually need to get my ears cleaned of wax a couple of times a year. Is it necessary to do so before a dive trip?

Yes, it'll be so much more comfortable if you get the ear wax out.

Impacted wax in the outer ear canal can prevent you from equalizing properly. It may also cause something called external auditory canal barotrauma which causes the ear canal to swell up and get really painful.



Dr. Blue



I have a tiny perforation in my ear drum, how bad will it be if I dive?

You might actually find that your ears equalize a little easier, but apart from that, it's all bad. You will most likely feel dizzy underwater, have pain and discharge from the ear once you're back on land, and the perforation will definitely take longer to heal.

Small uncomplicated ear perforations typically heal in 3 to 6 weeks. If the ear drum has healed completely and you're able to equalize again, you should be good to dive in a couple of months.

Do you have questions about diving or medical conditions that you face during a dive? Do write your question to us, and we will get Dr. Blue to answer them for you. Connect with us on DM via @theoceanbluecollective on Instagram.

Disclaimer: The Dr. Blue column is not intended to diagnose any health conditions or issues. The answers provided are for information purpose only. Although this column is written by a healthcare professional, it does not constitute specific medical advice of any kind. Always consult a qualified healthcare professional regarding any ongoing medical condition or treatment. Never disregard professional medical advice on the basis of anything that you may read here.



**WE ARE
FIVE
YEARS OLD!**



The Ocean Blue brand turns five years old in September 2025, and we have had quite a journey so far!

The brand started as an idea when Suhas and Jerry met at the Adex expo in Mumbai 2019, and wondered where they could buy some ocean themed t-shirts. There were no brands that catered to the diving and ocean loving audience back then. With that simple question, Ocean Blue was born.

Ocean Blue started as an online, ecommerce shop with a focus on creating ocean inspired t-shirts for fellow ocean and scuba diving enthusiasts. Over the years, we have created a brand with a focus on the ocean, the people who love the ocean, and bringing the ocean to people through apparel and everyday products.

As we turn 5 years old, we have had some wins, some failures, and plenty of learnings along the way - from understanding the economics of running a business, creating value as a brand, the difficulties of creating a sustainable brand, finding credible business partners and more. But each of these challenges have always found themselves a solution.



In the early years, everything was hand printed, hand packed and sent out through our shipping partner. It was a 24x7 operation for us on some days and we were always behind on schedule!

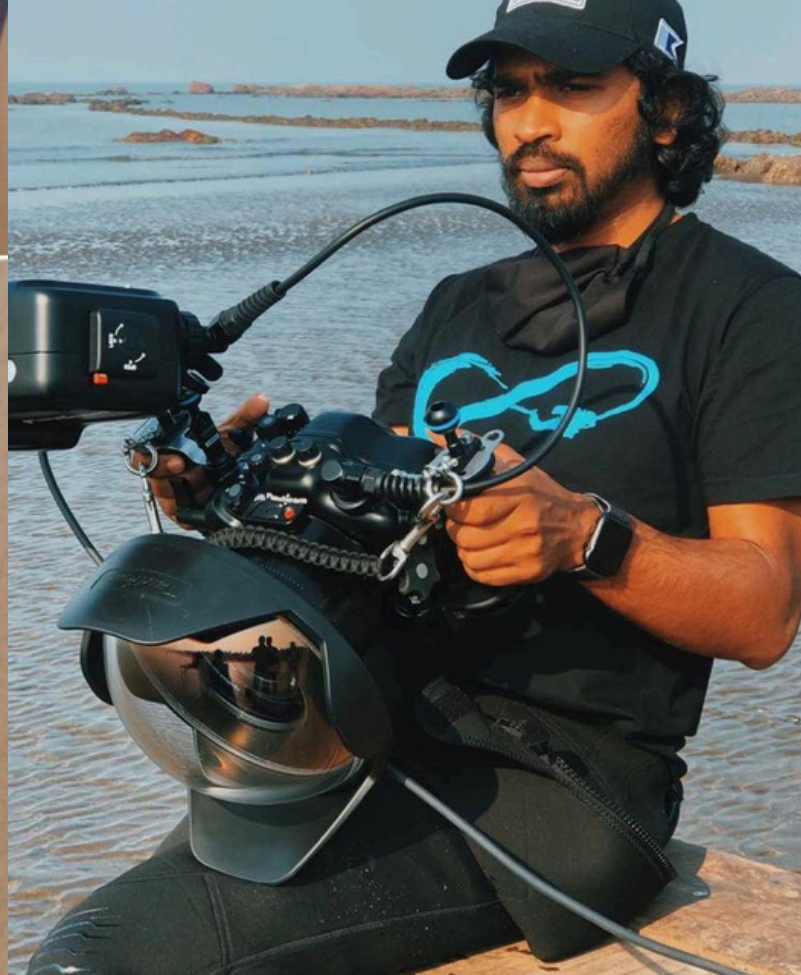
Fast forward 5 years later, and we have been able to build a brand that can sustain the everyday rigors of running a business, and provide a support system to bring more of the ocean and its stories to a wider audience. Ocean Blue is no longer a brand that only sells apparel and merchandise, but is truly morphing into a brand that tells ocean stories, and brings the essence of the ocean to a larger audience. We believe that the more people learn about our oceans and our world, the more we can inspire them to love and protect the ocean.

As we build on the strengths of the Ocean Blue brand and bring the ocean and its stories to more and more people, we would like to offer you a sneak peek into our beginnings, and invite you to join us on our future journey with the Ocean Blue collective.

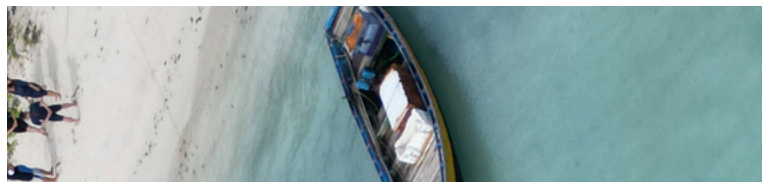
To learn more, visit www.oceanbluecollective.com, or check us out on @theoceanbluecollective on Instagram.







Fishing boats at Govind Nagar Beach,
Havelock Island, Andaman & Nicobar Islands
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