

BNS PROTTOY
New Mooring
Chattogram

PF- 3711/2022/

July 2022

Sir

**REQUEST FOR VOLUNTARY RESIGNATION – ACTING SUB LIEUTENANT ROMAN HOSSAIN, (E),
BN (P NO 3711)**

1. With humble regards and due respect, I, Acting Sub Lieutenant Roman Hossain, (E), BN (P NO 3711) joined Bangladesh Navy on 26th July 2021 as a direct entry officer in DEO 21B batch and passed out from Bangladesh Naval Academy on 20th December 2022.
2. I have completed my basic course and now I am appointed to BNS PROTTOY for watch keeping.
3. From the very beginning of my service, I have struggled to adjust to the service rules and extremely strict lifestyle. I have tried my best to reinforce myself to cope and adapt to the differences, but it hasn't been fruitful so far. I have accumulated depressive symptoms, mental fatigue, hypertension, and I constantly feel traumatized by my own living circumstances. Unfortunately for me, I didn't realize that I wouldn't be able to overcome this constant feeling of adversity before joining Bangladesh Navy, which I extremely apologize for. But as I stands at the moment, I am experiencing mental setback, lack of motivation and ability to concentrate, and it's affecting my daily activities as well as hampering mt service towards Bangladesh Navy and our nation. My parents have also been worried about my mental health and it is also their wish that I choose not to pursue my career in Bangladesh Navy if it's costing me my health and happiness and most of all, our nation's safety.
4. I hereby confirm that I, have full consciousness and proper mental wherewithal as I agree to pay off the expenditure Bangladesh Navy has spent to train and accommodate me until now.
5. I therefore, request your kind consideration for my voluntary resignation please.

Yours faithfully

ROMAN HOSSAIN
ACTING SUB LIEUTENANT BN
P No- 3711

Enclosure:

1. Appendix- XXVI- 03 (three) pages

To:

Captain A B M Faisal H Chowdhury, (G), PPM, psc, BN
Commanding Officer
BNS PROTTOY

APPENDIX- XXVI

FORM OF APPLICATION FROM AN OFFICER TO RESIGN HIS COMMISSION OR
RETIRE PREMATURELY FROM SERVICE

(Article 0810)

Part I

(To be completed by the officer)

1. Personal No : 2. Name :
3. Rank : 4. Date and type of Commission :
5. Branch : 6. Appointment :

7. Details of course/ training

Ser	Course	Institute	Duration	
			From	To
1	NBCD	BNS ISSA KHAN		
2	GUNNERY	BNS ISSA KHAN		
3	TAS	BNS ISSA KHAN		
4	NAVIGATION	BNS ISSA KHAN		
5	COMMUNICATION	BNS ISSA KHAN		
6	BASIC INTELLIGENCE	BNS ISSA KHAN		
7	ELMC	SOLAM		
8	OBLC	BNS TITUMIR		
9	ENGINEERING	BNS SHAHED MOAZZEM		
10	ELECTRICAL	BNS SHAHED MOAZZEM		

8. Prospective date from which resignation/retirement is desired to take effect: August 2022
9. Detailed reasons for application: Due to mental fatigue and extreme distress caused by the inability to adjust to naval life.
10. Address of Bankers receiving pension: Trust Bank , Mirpur branch, Dhaka.

BNS PROTTOY

Signature

Date.....

Rank

Part II

(To be completed by C.O)

11.

No Signature.....

Date..... Rank.....

Station..... BNS.....

Part III

(To be completed by Administrative Authority)

12.

No Signature.....

Date..... Rank.....

Station..... BNS.....

Part IV

(To be completed by Naval Headquarters)

13. Decision of the Government

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14. Promulgated in the.

(a) Gazette Notification No..... Dated.....

(b) Weekly List No Dated