



भारत सरकार / GOVERNMENT OF INDIA
पत्तन, पोत परिवहन और जलमार्ग मंत्रालय
MINISTRY OF PORTS, SHIPPING AND WATERWAYS

नौवहन महानिदेशालय, मुंबई
DIRECTORATE GENERAL OF SHIPPING, MUMBAI

File No. 23-MISC/33/2024-CREW-DGS (C. No. 28779)

Date: 25.11.2024

DGS Order 19 of 2024

Subject: Establishment of Task Force for nurturing and supporting the Directorate's initiative of "Sagar Mein Yog - Wellness at Sea / Shore" - reg.

Reference is invited to the growth of Indian seafarers in the global maritime industry which has been significant in recent years, with India emerging as one of the leading suppliers of skilled seafarers worldwide. Indian seafarers are highly regarded for their technical skills, English proficiency and adaptability. This demand has led to an increasing number of Indian officers and ratings on international vessels.

2. The Directorate General of Shipping and Ministry of Ports, Shipping, and Waterways in India have implemented policies and programs to support seafarer training, welfare and employment. These include providing more cadet berths, simplifying recruitment procedures, and addressing welfare issues.

3. The seafaring profession is inherently stressful, given the unique set of challenges faced by seafarers. The life of a seafarer involves physical demands, mental strain and social isolation, all of which contribute to stress. The factors such as isolation and loneliness, long working hours, mental health challenges, job uncertainty and economic pressure, physical strain and limited medical facilities, cultural and language barriers, environmental challenge and safety and security threats leads to increased stress level in seafaring profession.

4. Yoga is an ancient practice originating in India that combines physical postures, breathing exercises, meditation, and ethical principles to promote physical, mental, and spiritual well-being. Rooted in Hindu philosophy, yoga is much more than a physical exercise; it's a holistic approach to health that seeks to unify the mind, body, and spirit.

5. Directorates initiative of "Sagar Mein Yog" (Yoga at Sea) is a concept that would promote integrating yoga practices into the daily routines of seafarers to help them manage stress, improve physical fitness and enhance mental well-being. The idea recognizes the unique challenges of life at sea, prolonged isolation, confined spaces, and unpredictable routine that can lead to mental and physical health issues. By incorporating yoga into their daily lives, seafarers can build resilience, reduce anxiety, and improve overall quality of life onboard.

[Handwritten signature]
25/11/24

9वीं मंज़िल, बीटा बिल्डिंग, आई थिंक टेक्नो कैम्पस, कांजुर गाँव रोड, कांजुरमार्ग (पूर्व) मुंबई- 400042

9th Floor, BETA Building, I-Think Techno Campus, Kanjur Village Road, Kanjurmarg (E), Mumbai-400042

फ़ोन/Tel No.: +91-22-2575 2040/1/2/3 फ़ैक्स/Fax.: +91-22-2575 2029/35 ई-मेल/Email: dgship-dgs@nic.in वेबसाइट/Website: www.dgshipping.gov

6. Recognizing the pressing need to address the issues and challenges being faced by seafarers at sea and on shore effectively the Directorate General of Shipping (DGS) is pleased to constitute “**Task Force for Sagar Mein Yog**” comprising the following members (**As enclosed in Annexure 1 list**) from the Yog Gurus (Experts), including representatives from reputable shipping companies, allied offices and other relevant stakeholders to work and look after the seafarers cause, issues and support the seafarers well-being at sea and ashore.

7. Whereas, the future of Indian seafarers depends on their ability to adapt to technological advancements, regulatory changes and global market dynamics while fostering sustainable and inclusive growth. The constituted Task Force shall serve as a consultative body dedicated to analyzing and devising comprehensive Yog Syllabus to combat them.

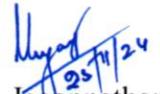
8. The **Terms of Reference (ToR)** for the constituted Maritime Task Force by the Directorate shall be following but not limited to:

- i. Preparing “**Sagar Mein Yog**” - **Yog Syllabus document**
- ii. Preparing Yoga syllabus for seafarers attending courses such pre-sea and post-sea courses
- iii. Preparing Yoga syllabus for seafarers to perform yoga at sea

9. The constituted Task Force by the Directorate may further co-opt experts who can guide and support them for providing direction, advice and recommendations as deemed fit. Also, the Task Force may accordingly convene meetings as required in-person or virtually with all such meetings minutes be documented and shared with all members as required.

10. Participation by the members / officials shall be purely voluntary and will not be subject to any manner of remuneration, honorarium etc. and any incidental expenditures for conduct of meetings or specific activities arrived at by due consensus in the Task Force meetings shall be subject to the stipulations as mandated on raising a charge on the public exchequer as per due process.

11. The constituted Task Force may explore potential funding sources to support its initiatives, including partnerships with industry stakeholders, grants from governmental organisations and sponsorships as required.



(Shyam Jagannathan)
Director General of Shipping

Encl: As above

To,

1. All Task Force members
2. Maritime Unions - MUI / NUSI etc.
3. Industry Associations - MASSA / FOSMA / INSA / ICCSA / IMF
4. Professional Organisations - CMMI / IMEI / WMU India Alumni Association

Annexure 1:**List of volunteers /members of Task force for "Sagar Mein Yog -Wellness at Sea / Shore"**

SN	Name	Organisations	Email
1	Capt. Daniel J Joseph	DDG, DG Shipping	danieljohn-dgs@gov.in
2	Mrs. Anita Sinha	Asst., DG Shipping	anita.sinha71@gov.in
3	Ms. Suchitra Pareekh	The Yoga Institute	spareekh@gmail.com
4	Ms. Sharu Anjirbag	The Yoga Institute	joystoreindia@gmail.com
5	Mr. Prakash Parshuram Pawar	Shri Ambika Yog Kutir	prakashsampada@gmail.com
6	Mr. Sunil Ramesh Kulkarni	Shri Ambika Yog Kutir	srkulkarni61@gmail.com
7	Mrs Chaya Keshava Salian	Shri Ambika Yog Kutir	chayasalian0160@gmail.com
8	Dr. Subbulakshmi Velusamy	Meenakshi Academy of Higher Education and Research	principal.yoga@maher.ac.in
9	Ms. Shalini Balasubramani	Meenakshi Academy of Higher Education and Research	drshalini_yoga@maher.ac.in
10	Dr Jayeshkumar D Mungara	P G Dept. Shree Somnath Sanskrit University, Veraval	jdmungara@gmail.com
11	Ms. Satyaki Chakraborty	NSHM College of Management & Technology	satyaki.chakraborty@nshm.com
12	Ms. Drashti J. Baraiya	Shree Somnath Sanskrit University Veraval	drastibaraiya56@gmail.com
13	Mr. Kachot Dharam ben M.	Shree Somnath Sanskrit University	dharamkachot24@gmail.com
14	Dr. Udham Singh	Gurukula Kangri, Haridwar	udham.singh@gkv.ac.in
15	Mr. Dileep Dauneria	Kaivalyadhama Yoga institute	ddauneria@gmail.com
16	Capt. Amit S Deshpande	Shipshore Consultancy Services OPC Pvt Ltd.	amitdeshpande16@gmail.com
17	Mr. Sudarshan Gupta	Absuma Logistich India Pvt Ltd	captisudarshan@gmail.com
18	Dr. Gayatri Gohil	Kaivalyadhama Mumbai	gayatri@kdham.com
19	Capt. Santosha Kumar Nayak	Yogic Excellence	nayaksantosha.kl@gmail.com
20	Mr. Vasanthakumar	Navodaya School	vasanth.hockey@gmail.com
21	Mr. Arjun Naik	ITM B- School, Navi Mumbai	arjun9naik@gmail.com
22	Mr. Venkatesh Vaidyanathan	Self Employed	vaivenkatesh91163@gmail.com
23	Mr. Anil Puri	Yoga Expertise	captanilpuri@gmail.com
24	Mr. Shubhra Varma	The Yoga Institute	shubhrasaxenavarma@gmail.com
25	Capt. Ajay Achuthan	Synergistic Solutions	ajayachuthan26@gmail.com
26	Ms. Meenakshi Gupta	Art of Living	meenakshi.doordarshan@yahoo.com
27	Ms. Vasanti S Iyer	Sri Sri School of Yoga	director.in@srisrischoolofyoga.org
28	Mr. Pramod Sharma	The Art of Living - Sri Sri School of Yoga	support.training@srisrischoolofyoga.org
29	Dr. Niraj Nayan Rishi	Swami Vivekanand Subharti University	niraj.rishi10333@gmail.com
30	Ms. Ishita Chattopadhyay	Confidence Shipping Co. Pvt Ltd	ishichat@gmail.com
31	Mr. Vijay Kumar	FOSMA, Noida	kevijay@gmail.com
32	Ms. Arushi Sethi	Trijog	arushi.sethi@trijog.com
33	Ms. Eka Shukla	Maersk Line	eka.shukla@maersk.com
34	Mrs. Priyanka Gupta	Anglo Eastern Ship Mgmt	guptap@angloeastern.com