



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

**DGS Circular No. 48 of 2025**

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

**Date: 06.11.2025**

**Subject: Training of Trainers (ToT) for "Sagar Mein Yog" Programme for Promoting Holistic Wellness among Indian Seafarers - reg.**

The Directorate General of Shipping (DGS) is pleased to announce the **Training of Trainers** guidelines (as annexed) under the "**Sagar Mein Yog**" initiative, aimed at promoting holistic wellness among Indian seafarers. This initiative is part of our ongoing efforts to enhance the physical, mental and emotional well-being of seafarers through the integration of Yoga practices onboard ships.

2. Whereas, the Directorate has conceptualized and launched a pioneering initiative titled "**Sagar Mein Yog**", aimed at fostering comprehensive physical, mental and emotional well-being through the integration of yoga and mindfulness practices into the maritime ecosystem.

3. Whereas, Yoga, widely acknowledged as a philosophy of life, embodies principles that empower individuals to cultivate resilience, inner peace and enhanced focus qualities that are imperative for seafarers who routinely operate in high-stress, isolated and challenging environments. The "**Sagar Mein Yog**" programme has been envisioned to harmonize yogic wisdom with the distinct life conditions and professional demands encountered by seafarers.

4. Whereas, this programme is structured around the foundational belief that Yoga serves as a transformative support system for seafarers across different phases of their maritime journey. To this end, a comprehensive and stage-specific syllabus has been meticulously curated for the following categories:

- Pre-Sea Training
- Post-Sea Phase
- At-Sea Practice

5. Whereas, it shall be mandatory for all approved MTIs to train their trainers and specially equip them with the requisite pedagogical skills, content mastery and contextual understanding essential for the effective dissemination of the "**Sagar Mein Yog**" syllabus.

6. This is issued with the approval of the Director General of Shipping.

*Nitin Mukesh*  
Capt Nitin Mukesh 06.11.25

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Enclosure(s):

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## ANNEX

### **GUIDELINES FOR TRAINING OF TRAINERS FOR SAGAR MEIN YOG INITIATIVE**

#### **1. Aims**

The syllabi for the "Sagar Mein Yog" programme incorporate key elements of **Ashtanga Yoga, Kriya Yoga,** and the **Bhavas of Buddhi**. These principles are applied to real-life situations through Yogic and other alternative techniques designed to naturally help individuals achieve balance. The programme aims to offer a Yogic perspective that sets the foundation for deeper learning while preventing the misinterpretation or misuse of techniques. This foundational theme is considered essential and may be delivered in multiple layers, aligned with the readiness of the learners.

#### **2. Objectives**

##### **a) Self-Care through Yoga:**

This section covers various Yoga techniques (Kriyas, Asanas, Pranayama, and Bhavana), along with their foundational understanding, step-by-step execution, benefits, and the appropriate mindset required for practice.

##### **b) 8 Steps to a Better You:**

This theme explores the Eightfold Path of Yoga, addressing all dimensions of human existence and guiding individuals towards harmonious living with oneself, others, and the environment.

##### **c) Relationships and Personal Development:**

Focusing on relationships with oneself and others, this theme emphasises enhancing both interpersonal and intrapersonal dynamics while maintaining high energy levels. It encourages a balanced approach to communication and well-being across financial, physical, mental, personal, professional, and spiritual domains.

##### **d) Yoga and Wellness:**

This section introduces Yoga Therapy aimed at achieving balance in behaviour, thinking, diet, and relaxation referred to as Achar, Vichar, Ahara, and Vihara in Yogic philosophy.

##### **e) Preventive Health Care / Understanding Your Body:**

This module highlights the importance of understanding the body's structure and functions (Anatomy and Physiology) to maintain health. A healthy body is foundational to Yogic thought and behaviour.

##### **f) Stress Management through Yoga:**

Yoga views stress as a matter of perception and proposes that a shift in perception can be the solution. Concepts such as Klesha, Klishta-Aklishta Vrittis, and Kriya Yoga (Tapas, Swadhyaya, Ishwarapranidhana) are employed to facilitate this transformation based on the learner's readiness.

##### **g) Emotional Management:**

Acknowledging emotions as a powerful driving force, this theme presents Yogic methods for regulating and channeling emotions effectively. Key concepts include Ahimsa, Satya, Brahmacharya, Ishwarapranidhana, a sense of duty, concentration, letting go, confidence, and willpower.

##### **h) Special Yoga Protocols for Self-Help:**

This section provides practical, ready-to-use Yoga protocols tailored for seafarers to manage challenging physical or mental situations at sea or home. It also helps learners understand the structure of these protocols, empowering them to design their own for other scenarios.

##### **i) Evaluation / Performance of Learning:**

This component assesses the transformation experienced by learners throughout the course. Participants are encouraged to express their growth through words, actions, presentations, or creative performances and to reflect on their alignment with the Yogic way of life.





### 3. Trainers' Qualifications

A postgraduate degree in Yoga with a minimum of 55% marks from a recognized University/Institution, along with at least 5 years of experience as a Yoga teacher in a UGC-recognized University/College/Institute, or a reputed school / organization.

**OR**

A graduate degree from a recognized University/Institution, along with a Postgraduate Diploma in Yoga of at least one year duration, with a minimum of 55% marks from a recognized University/Institution, and a minimum of 5 years of experience as a Yoga teacher in a UGC-recognized University/College/Institute, or a reputed school/organization.

- For institutions not governed under the UGC Act, candidates must submit a certificate of equivalence for the degree/diploma from the appropriate authority.
- Candidates submitting experience certificates from their own institutions must also provide the registration certificate of the institution, along with valid proof demonstrating their teaching tenure during the claimed period.

### 4. Additional Requirements:

- Level 3 Certificate from the Yoga Certification Board, Ministry of AYUSH, Government of India.
- Proficiency in both Hindi and English.
- Working knowledge of computer operations.

### 5. Trainees Qualifications:

A graduate degree in any discipline with a minimum of 55% marks from a recognized university or institution. Additionally, individuals who have completed a Registered Yoga Teacher Training Program of 200 or 300 hours from a Yoga institution accredited by the Ministry of Ayush are eligible.

- For institutions not governed under the UGC Act, candidates must submit a certificate of equivalence for the degree/diploma from the appropriate authority.
- Candidates submitting experience certificates from their own institutions must also provide the registration certificate of the institution, along with valid proof demonstrating them teaching or instructional tenure during the claimed period.

### 6. Desirable:

- Proficiency in both Hindi and English.
- Working knowledge of computer operations.
- Knowledge of Vedas, Upanishads, Indian Philosophy, History and Culture of India, Sanskrit, and Hindi language.
- Knowledge of any additional foreign language.
- Experience in sports training, physical education, or wellness instruction with exposure to fitness management or athlete well-being programs will be considered an added advantage.

### 7. Course durations

18 hours (3 days)

### 9. Training of Trainers (TOT) programme

- a) It is essential to orient qualified Yoga instructors to ensure the effective delivery of the "Sagar Mein Yog" syllabi. The ToT programme includes a concise review of key concepts and techniques, with a primary focus on teaching methodologies suitable for the maritime context.
- b) Special emphasis should be placed on adapting the delivery based on the nature of the course Pre-sea, Post-sea, or At-sea. Trainers should learn how to structure lessons effectively, including how to begin and conclude sessions, develop content, and conduct learner-focused evaluations all while upholding the true spirit of Yoga.
- c) Prerequisites for attending the ToT programme include:



- Thoroughly reviewing all relevant syllabi.
- Gaining clarity on the topics and techniques, along with preparing thoughtful questions.
- Preparing a list of points of agreement or disagreement with the content, along with reasoning.
- Wearing comfortable clothing suitable for practicing basic Yoga techniques.
- Demonstrating active participation, taking notes, asking questions and freely expressing opinions during sessions.

#### 10. Implementation

Approved maritime training institutes interested in implementing the "Sagar mein Yog" programme should ensure that their instructors meet the specified qualifications and successfully complete the required Training of Teachers (TOT).

#### 11. Teaching Aids (A)

- A1 The Instructor Manual
- A2 Audio-visual equipment
- A3 Any new (or contemporary) technology relevant to instruction
- A4 Yoga Mats

#### 12. Books / Publications (B)

- B1 The Bhagavad Gita - *Eknath Easwaran*
- B2 Light on Yoga - *B.K.S. Iyengar*
- B3 The Complete Book of Vinyasa Yoga - *Srivatsa Ramaswami & Tirumalai Krishnamacharya*
- B4 The Yamas & Niyamas: Exploring Yoga's Ethical Practice
- B5 Restore and Rebalance: Yoga for Deep Relaxation
- B6 Roots of Yoga
- B7 Yoga: Immortality and Freedom
- B8 The Heart of Yoga: Developing a Personal Practice
- B9 Yoga Anatomy
- B10 The Yoga Tradition
- B11 The Wisdom of Yoga
- B12 Yoga Sequencing

#### 13. Course outline / Timetable:

Sr No	Days / Timings (Hrs)	Subject area	Hours	
			Lecture (Hrs)	Activity (Hrs)
1	<b>Day 1</b> 1000 - 1500	Seafarers' profession: Nautical, Engineering and Catering, Officers and Ratings Lifestyle Stresses Work hours	4.0	
2	1500 - 1700	Sagar Mein Yog concept	2.0	
3	<b>Day 2</b> 1000 - 1300	Preparing body, mind & soul for yoga	3.0	
4	1400 - 1700	SMY Syllabus	3.0	
5	<b>Day 3</b> 1000 - 1100	<b>Stress Management through Yoga</b> How to teach differently in Pre and Post Courses and for At sea Protocol	0.5	0.5
6	1100 - 1200	<b>Emotional Management</b> Significance as the bases and Heart of Yoga for Beginners at all ages	0.5	0.5
7	1200 - 1300	<b>Special Yoga Protocols for Self Help</b> Understanding the sequence and time assessment	0.5	0.5
8	1400 - 1700	<b>Evaluation / Performance of Learning</b>	0.5	0.5

		What to evaluate and how		
		<b>Total</b>	<b>6.0</b>	<b>6.0</b>

**14. Lesson plan:**

The Maritime Training Institute (MTI) intending to conduct the course shall prepare detailed lesson plans in alignment with the proposed course outline and the available course materials, books, and publication.

Nitin Nigam

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