



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

Merchant Shipping Notice No. XX OF 2025

File No.: 25-17/1/2024-NT - DGS

Date: XX.XX.2025

Subject: Standardization of Mandatory Minimum Medical Investigations for Indian Seafarers – reg.

WHEREAS the Directorate General of Shipping, under the Ministry of Ports, Shipping and Waterways, has consistently prioritized the health, safety, and welfare of Indian seafarers. In recent years, the Directorate has observed the need for a more uniform and scientifically grounded approach to medical fitness evaluations conducted across the Indian maritime sector. Given the physically demanding nature of seafaring, prolonged periods at sea, and limited access to advanced healthcare facilities while on board, it becomes imperative to identify and mitigate health risks before deployment.

2. **WHEREAS** it has been observed that variations in medical assessment protocols have resulted in inconsistencies in evaluating the physical and mental fitness of seafarers, and the absence of standardized diagnostic investigations has often led to the non-detection of asymptomatic and latent medical conditions; such inconsistencies and undiagnosed health issues not only endanger the well-being of individual seafarers but also pose significant risks to vessel safety, operational efficiency, and emergency preparedness at sea.

3. To address these critical concerns and bring uniformity, transparency, and preventive health measures into seafarer medical examinations, the Directorate General of Shipping is introducing a standardized framework of mandatory minimum medical investigations. This initiative is intended to facilitate early diagnosis, enable timely treatment, and ensure that only medically fit individuals are deployed on board ships whether in coastal or international waters.

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4. Accordingly, these circular mandates the implementation of a standardized set of minimum medical investigations to be conducted during Pre-Sea and Periodic examinations. These investigations are to be carried out by DG Shipping-approved Medical Examiners only. This measure aims to ensure a consistent, evidence-based assessment of physical and mental fitness for all Indian seafarers.

5 **Applicability:** - The provisions outlined herein, including the mandatory minimum medical investigations and certificate validity requirements, shall be applicable to all Indian seafarers who have been issued an INDoS number. This applicability extends to all seafarers, irrespective of the type or flag of the vessel they are serving on, and regardless of whether they are deployed in coastal or international waters.

6. **Mandatory Minimum Medical Investigations:** - For Pre-Sea and Periodic Medical Examinations, the assessment of seafarers' health parameters shall be conducted through an evidence-based evaluation, incorporating prescribed diagnostic investigations to detect any underlying medical conditions. These provisions mandate compliance with a specified set of diagnostic tests designed to identify ailments that may not be clinically apparent. Such mandatory investigations are intended to facilitate early diagnosis, enable timely medical intervention, and promote overall health, thereby mitigating potential medical complications while onboard.

7 **Mandatory Minimum Pre-Sea Medical Investigations**

Category	Investigations
Physical Examination	Height, Weight, Blood Pressure
Vision Testing	Distance, Near & Colour
Blood Tests	CBC, ESR, Blood Group, Fasting Blood Sugar, Lipid Profile, Liver Function Test, Renal Function Test
Infectious Disease Screening	HIV 1&2, Hepatitis A, HBsAg, HCV, VDRL
Other Pathology	Urine Routine, Stool Routine
Drugs of Abuse	Morphine, Barbiturates, Marijuana, Cocaine, Amphetamines

Other Tests	Audiometry, Spirometry, Sonography Whole Abdomen, Chest X-Ray, ECG, Psychometry Evaluation (for Psychopathology)
Vaccinations	As per guidelines or if required

8. Mandatory Minimum Periodic (Coastal & International Waters) Medical Investigations

Category	Investigations
Physical Examination	Height, Weight, Blood Pressure
Vision Testing	Distance, Near & Colour
Blood Tests	CBC, Fasting Blood Sugar, SGPT, GGT, Sr. Creatinine, Sr. Cholesterol, HIV 1&2
Other Pathology	Urine Routine
Other Tests	Audiometry, ECG
Additional	Any other test if required by Medical Examiner / Shipping Company

9. Mandatory Minimum Female Seafarers (Pre-Sea & Periodic) Medical Investigations

Category	Investigations
Pregnancy Screening	History of missed periods / Urine Pregnancy Test (Confirmatory test if required)

10. Mandatory Minimum Seafarers above 65 Years Medical Investigations

Category	Investigations
Physical Examination	Height, Weight, Blood Pressure
Vision Testing	Distance, Near & Colour
Blood Tests	CBC, Fasting Blood Sugar, SGPT, GGT, Sr. Creatinine, Sr. Cholesterol, HIV 1&2
Other Pathology	Urine Routine
Cardiac Tests	Audiometry, TMT, 2D Echo
Additional	Any other test if required in consonance to STCW.

12. **Validity of Medical Certificate of Physical Fitness:** - The Medical Certificate of physical fitness issued to seafarers shall remain valid for a maximum period of two years. However, for seafarers below the age of 18 years, the validity shall not exceed one year. In the case of seafarers aged above 65 years, the certificate shall be issued with a validity of not more than one year. In instances where the certificate expires during the course of a voyage, it shall remain in force until the vessel reaches the next port of call where an approved Medical Examiner is available; however, such an extension shall not exceed a period of three months under any circumstances.

13. **Authorized Medical Examiners:** - Only DG Shipping-approved Medical Examiners are authorized to conduct the investigations and issue the medical certificates.

14. This Circular is issued in exercise of the powers conferred under Section 98(3) of the Merchant Shipping Act, 1958 and in accordance with the provisions of the Merchant Shipping (Medical Examination) Rules, 2000, specifically Rules 3, 4, 5, 8, 10, and 12. These rules empower the Directorate General of Shipping to prescribe physical fitness standards, designate medical examiners, and regulate the medical examination framework for Indian seafarers. Compliance with the standardized investigations as set out herein is mandatory for all seafarers holding an INDoS number, regardless of the vessel type or flag, and is to be enforced by DG Shipping-approved Medical Examiners only.

15. This is issued with the approval of Directorate General of Shipping.

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