



From Womb to Tomb - and sometimes beyond NATIONAL UNION OF SEAFARERS OF INDIA

Affiliated to International Transport Workers Federation (ITF), Hind Mazdoor Sabha (HMS)

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Circular No. 03 of 2025

30th January, 2025

Dear Brothers and Sisters,

Sub: **National Union of Seafarers of India (NUSI) proudly partners with the Directorate General of Shipping for “Sagar Mein Yog – A Complete Wellness Programme for Seafarers”**

Inspired by the Honourable Prime Minister's **Maritime India Vision 2030**, “Sagar Mein Yog” is a transformative initiative addressing the mental, emotional, and physical challenges faced by India's seafarers. As the backbone of our maritime strength, their well-being is crucial to ensuring they sail with pride and resilience on the global stage.



On 30th January 2025, the National Union of Seafarers of India (NUSI) in collaboration with the Directorate General of Shipping launched the “Sagar Mein Yog – Complete Wellness Programme” at The Shipping Corporation of India (SCI), Mumbai.

The initiative was inaugurated by **Shri Shantanu Thakur, Hon'ble Union Minister of State, Ministry of Ports, Shipping, and Waterways**, in the presence of esteemed dignitaries and stakeholders from the shipping industry.

Shri Shyam Jaganathan, IAS Director General of Shipping, emphasized that under the visionary leadership of **Hon'ble Prime Minister Shri Narendra Modi**, Maritime India Vision 2030 symbolizes hope-empowering oceans, uplifting seafarers, and steering India toward maritime excellence.

The “Sagar Mein Yog” initiative was born from this vision to enhance seafarers' well-being.



In his keynoted address, **Shri Shantanu Thakur** emphasized the profound connection between yoga and Indian heritage, noting the program's significance for our nearly 3 lakhs seafarers who face unique challenges while serving far from home. As global ambassadors of India, our seafarers exemplify the nation's resilient spirit and maritime excellence

A Holistic Approach to Seafarer Wellness



Sagar Mein Yog focuses on wellness at every stage by integrating yoga and wellbeing practices into maritime training and operations - Pre-Sea, At-Sea, and Post-Sea-ensuring seafarers remain resilient, balanced, and prepared for every journey.

- **Pre-Sea** – Sensitization training to build mental resilience, address challenges, and foster peer support, ensuring seafarers embark on their careers with confidence.
- **At-Sea** – Continuous support through **Mentorship and the Buddy Program**, fostering career growth, personal development, and emotional well-being while at sea.
- **Post-Sea** – Tailored workshops to maintain physical and mental health, boost morale, and keep seafarers motivated between voyages.



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Seafarers face multiple challenges, including:

- Physical Well-Being – High-intensity work environments and fatigue.
- Emotional Well-Being – Stress, isolation, and mental health struggles.
- Interpersonal & Environmental Challenges – Conflicts, limited shore leave, and operational pressures.

Through yoga and wellness activities, seafarers will experience:

- Improved mental clarity and emotional resilience.
- Reduced stress and enhanced physical fitness.
- Holistic well-being through breathing techniques, lifestyle management, and energy balance.

By tracking health outcomes, Sagar Mein Yog will refine and expand its offerings to meet seafarers' evolving needs. The initiative is expected to reduce medical emergencies, lower healthcare costs, and decrease turnover rates, creating a supportive maritime environment.



The launch event was attended by stakeholders and seafarers reaffirming India's commitment to setting a global benchmark for seafarer health. From the vast Indian Ocean to our shores of progress, India's maritime legacy continues to drive growth.



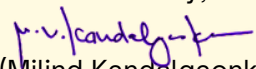
Sagar Mein Yog stands as a symbol of our unwavering commitment to the holistic well-being of our seafarers-before, during, and after their voyages.

Long Live NUSI,

Long Live Seafarers Unity

With warm regards and solidarity,

Yours sincerely,


(Milind Kandalgaonkar)

General Secretary-cum-Treasurer

JAI HIND

JAI NAVIK

JAI NUSI