EVENT REPORT

Training of Trainers (ToT) Programme under "Sagar Mein Yog – Wellness at Sea and Shore"

1. Introduction

The **Training of Trainers (ToT) Programme** under the *Sagar Mein Yog* initiative was conducted as the **first pilot batch** with the objective of creating a structured, standardised, and sustainable framework for imparting Yogic wellness education within the maritime sector. This programme marked a significant milestone in integrating **holistic wellness practices** into maritime training and education, recognising the critical role of mental, emotional, and physical well-being in ensuring safe and efficient ship operations.

The *Sagar Mein Yog* initiative has been conceptualised to address the unique occupational challenges faced by seafarers, including prolonged isolation, extended sailing durations, high levels of occupational stress, disrupted sleep cycles, and limited access to structured wellness interventions while at sea. Through scientifically guided and context-appropriate Yogic practices, the initiative aims to build **resilience, emotional stability, focused awareness, and overall well-being** among seafarers, both onboard vessels and during shore-based training.

This inaugural ToT programme was intentionally designed as a **pilot batch** to gather structured feedback from trainers, validate the proposed Yoga syllabus, refine teaching methodologies, and assess the feasibility of nationwide implementation. Based on the outcomes of this pilot programme, the ToT is proposed to be conducted **annually** and institutionalised as a **mandatory capacity-building requirement**, following the implementation of the approved Yoga Annexure across all Directorate General of Shipping (DGS)–approved Maritime Training Institutes (MTIs).

In accordance with **DGS Circular No. 48 of 2025**, MTIs conducting long-duration pre-sea courses are required to nominate qualified faculty members to undergo this ToT programme. The training equips nominated trainers with the **pedagogical competence, subject clarity, safety awareness, and contextual sensitivity** required for effective delivery of the *Sagar Mein Yog* syllabus in a structured and standardised manner.

2. Objectives of the ToT Programme

The ToT Programme was designed with **clearly defined, multi-dimensional objectives**, ensuring that trainers not only acquire technical proficiency in Yogic practices but also develop the instructional capability required to train seafarers effectively within the maritime ecosystem.

The primary objective of the programme was to offer a **Yogic perspective rooted in authenticity**, preventing misinterpretation or inappropriate application of Yogic techniques. The training followed a layered approach, allowing concepts to be delivered progressively, aligned with learner readiness and contextual requirements.

The programme objectives included:

Self-Care through Yoga:
To equip trainers with comprehensive knowledge of Yogic techniques such as Kriyas, Asanas, Pranayama, and Bhavana, along with their step-by-step execution, physiological and psychological benefits, contraindications, and the appropriate mindset required for practice.

Eight Steps to a Better You:
To introduce trainers to the Eightfold Path of Yoga, addressing physical discipline, ethical conduct, mental focus, emotional balance, and spiritual awareness, thereby enabling holistic development and harmonious living.

Relationships and Personal Development:
To enhance intrapersonal and interpersonal skills, focusing on self-awareness, emotional intelligence, communication, and sustained energy across personal, professional, financial, and spiritual dimensions.

Yoga and Wellness:
To familiarise trainers with Yogic wellness principles, including Yoga Therapy concepts aimed at balancing behaviour, thought patterns, diet, and relaxation, as articulated through *Achar, Vichar, Ahara, and Vihara*.

Preventive Healthcare and Understanding the Body:
To impart basic understanding of anatomy and physiology, emphasising preventive health care, body awareness, and safe Yogic practices as foundational elements of sustained wellness.

Stress Management through Yoga:
To introduce Yogic models of stress management, treating stress as a perceptual phenomenon and applying concepts such as *Klesha, Vrittis,* and *Kriya Yoga* to enable cognitive and emotional resilience.

Emotional Management:
To present Yogic tools for emotional regulation, including Ahimsa, Satya, Brahmacharya, Ishwarapranidhana, sense of duty, concentration, confidence, and willpower, enabling trainers to guide learners toward emotional stability.

Special Yoga Protocols for Self-Help:
To provide ready-to-use Yoga protocols specifically designed for seafarers to manage physical discomfort, mental fatigue, stress, and emotional challenges both at sea and ashore.

Evaluation and Performance of Learning:
To assess behavioural and attitudinal transformation among participants through presentations, practical demonstrations, reflections, and creative expressions aligned with Yogic values.

3. Venue and Dates

The Training of Trainers (ToT) Programme under the *Sagar Mein Yog* initiative was conducted over a period of **three consecutive days**, from **15th December 2025 to 17th December 2025**, at the **NUSI Holiday Homes, Lonavala**. The location was selected considering its serene environment, accessibility, and suitability for residential training programmes involving intensive physical, mental, and experiential learning components.

Participants were accommodated at the venue in a **fully residential format**, enabling sustained engagement with the programme without external distractions. The residential arrangement ensured continuity in learning, peer interaction, reflective practices, and adherence to the structured daily schedule. The calm surroundings of Lonavala further supported the Yogic objectives of the programme by providing an atmosphere conducive to physical practice, mental focus, and emotional balance.

The **National Union of Seafarers of India (NUSI)** made comprehensive arrangements for accommodation and meals for all participants, trainers, master trainers, and officials from the Directorate General of Shipping. The logistical arrangements were efficiently managed,

ensuring comfort, safety, and discipline throughout the duration of the programme, thereby allowing participants to focus entirely on learning and skill development.

4. Organising Authorities and Collaborating Institutions

The Training of Trainers Programme was **organised by the National Union of Seafarers of India (NUSI)** in close collaboration with the **Directorate General of Shipping (DGS)**. This collaboration represents a strategic institutional partnership aimed at strengthening seafarer welfare through structured wellness interventions within the maritime training ecosystem.

NUSI, as a representative body committed to the welfare and well-being of Indian seafarers, played a central role in logistical coordination, venue management, participant facilitation, and overall programme execution. The Directorate General of Shipping, as the maritime administration of India, provided the regulatory framework, policy direction, and institutional mandate under which the programme was conducted.

The programme forms an integral part of the broader *Sagar Mein Yog* initiative, which is being implemented under the guidance of the Directorate General of Shipping. The collaborative approach ensured that the programme remained aligned with national maritime training standards, regulatory expectations, and long-term policy objectives relating to human sustainability and safety at sea.

5. Programme Overview (Day-wise)

The Training of Trainers Programme was structured in a **progressive and sequential manner**, ensuring a logical flow from conceptual understanding to practical application and assessment. Each day of the programme was designed with specific learning objectives, building upon the knowledge and skills acquired during the preceding sessions.

Day 1 – Orientation, Contextualisation, and Yogic Foundations

The first day of the programme focused on orientation and contextual grounding. The day commenced with participant registration, followed by the formal inauguration of the ToT Programme under the *Sagar Mein Yog* initiative. The opening sessions introduced participants to the vision, objectives, and policy relevance of the programme, particularly in the context of seafarer well-being and maritime safety.

Participants were familiarised with the structure of the Yogic syllabus, its integration with maritime training, and the expectations from trainers undergoing the ToT. Foundational Yogic concepts were introduced, along with practical sessions on basic Asanas, Pranayama, and relaxation techniques. Emphasis was placed on correct alignment, safety considerations, and the underlying philosophy guiding each practice.

Day 2 – Intensive Practical Training and Trainer Skill Development

The second day was dedicated to **intensive experiential learning**, with a strong focus on practical training and instructional skill development. Participants engaged in extended Yogic practice sessions, covering advanced postures, breathing techniques, meditation practices, and therapeutic applications relevant to seafarers.

A significant component of the day involved **teach-back sessions**, where participants were required to demonstrate their ability to conduct Yoga sessions as trainers. These sessions were supervised by the master trainers, who provided structured feedback on posture correction, communication clarity, sequencing of practices, safety management, and learner engagement. Group discussions and peer interactions further enriched the learning

experience.

Day 3 – Evaluation, Reflection, and Programme Closure

The final day of the programme focused on consolidation, evaluation, and reflection. Participants underwent formal and informal assessments designed to evaluate their understanding, skill acquisition, teaching competence, and alignment with Yogic values. The assessment process emphasised not only technical proficiency but also behavioural and attitudinal transformation.

The day also included reflective sessions where participants shared their learning experiences, insights, and suggestions for improvement. These reflections formed an important input for refining the programme for future batches. The day concluded with the valedictory session and certificate distribution ceremony.

6. Key Resource Persons, Trainers, and Dignitaries

The Training of Trainers Programme was conducted under the guidance of **experienced Master Trainers from the Art of Living**, who brought with them extensive expertise in Yogic sciences, trainer development, and experiential learning methodologies. **Mr. Rudresh Kumar Singh** and **Ms. Sushma Yenge** led the training sessions, ensuring a balanced integration of theory, practice, and reflective learning.

Their approach emphasised authenticity, safety, adaptability, and contextual relevance, particularly with respect to the unique physical and psychological demands faced by seafarers. Through demonstrations, supervised practice, and interactive sessions, the master trainers ensured that participants developed both competence and confidence as trainers.

The programme was further enriched by the presence of senior dignitaries from NUSI and the Directorate General of Shipping. Their interactions with participants reinforced the institutional importance of the programme and highlighted its role in strengthening seafarer welfare and maritime safety culture.

7. Participation and Attendance

The programme witnessed participation from **56 Trainers and 2 Master Trainers**, representing a wide range of DGS-approved Maritime Training Institutes from across the country. The diverse representation ensured a broad exchange of perspectives, experiences, and best practices related to maritime training and wellness.

Attendance was consistently maintained across all three days of the programme, reflecting high levels of participant engagement and commitment. The structured residential format, combined with a well-balanced schedule, contributed to sustained participation and effective learning. Detailed attendance records have been maintained and are enclosed as **Annexure-I** for reference and record purposes.

8. Methodology and Training Approach

The Training of Trainers Programme adopted a **comprehensive and participatory training methodology**, combining theoretical instruction with extensive practical application. The methodology was grounded in adult learning principles, recognising the professional background, experience, and learning needs of the participants.

Sessions were designed to be interactive, encouraging questions, discussions, and

experiential learning. Demonstrations were followed by supervised practice, allowing participants to internalise techniques and receive real-time feedback. Special emphasis was placed on safety, inclusivity, and adaptability, particularly in the context of conducting Yoga sessions in confined onboard environments.

The training approach also emphasised reflective learning, enabling participants to connect Yogic principles with their own experiences and professional responsibilities. This holistic methodology ensured that learning outcomes extended beyond technical skills to include behavioural and attitudinal development.

9. Key Outcomes and Achievements

The Training of Trainers Programme achieved several significant outcomes that contribute to the long-term sustainability of the *Sagar Mein Yog* initiative. Most notably, the programme resulted in the creation of the **first certified pool of trainers** authorised to deliver the Sagar Mein Yog syllabus across maritime training institutions.

The programme validated the proposed syllabus and training framework, identifying strengths and areas for refinement based on direct participant feedback and observation. Trainers demonstrated enhanced confidence, instructional capability, and understanding of Yogic principles in relation to seafarer wellness.

The successful completion of this pilot batch also established a **scalable cascade training model**, wherein certified trainers will further train seafarers and faculty members, thereby enabling nationwide implementation in a systematic and standardised manner.

10. Valedictory Session and Certificate Distribution

The programme concluded with a formal valedictory session held on the final day. The session provided an opportunity to reflect on the learning journey, acknowledge participant efforts, and formally recognise successful completion of the programme.

Certificates were distributed to all participants who successfully met the training and evaluation requirements. Separate certification was issued for Trainers and Master Trainers, in accordance with the approved certification framework. The valedictory session marked the formal closure of the programme and reinforced the institutional commitment toward continued capacity building in the area of seafarer wellness.

11. Feedback and Way Forward

Structured feedback was collected from participants through a digital feedback mechanism and subsequently consolidated for detailed analysis. The feedback received indicated a high level of satisfaction with the programme content, training methodology, and overall organisation.

Participants offered constructive suggestions, including extending the duration of the programme, increasing the number of practical sessions, and providing training materials in advance. These inputs will be carefully reviewed and incorporated into future editions of the programme to enhance effectiveness and impact.

The way forward involves institutionalising the ToT as an **annual programme**, integrating the approved Yoga Annexure into MTI curricula, and expanding the pool of certified trainers to ensure uniform and quality delivery of the *Sagar Mein Yog* initiative nationwide.

12. Highlights of the Programme

The Training of Trainers Programme under *Sagar Mein Yog* was marked by several noteworthy highlights. As the first pilot batch, it successfully established the foundation for a structured wellness intervention within maritime training. The programme witnessed strong participation, high engagement levels, and positive learning outcomes.

The collaborative efforts of NUSI, the Directorate General of Shipping, and the master trainers contributed to the smooth execution of the programme. The enthusiasm and commitment demonstrated by participants underscored the relevance and acceptance of the initiative within the maritime community.

The programme concluded on a positive note, with clear readiness for scale-up and long-term implementation as part of India's maritime training and welfare framework.

PHOTO GALLERY STORYBOARD

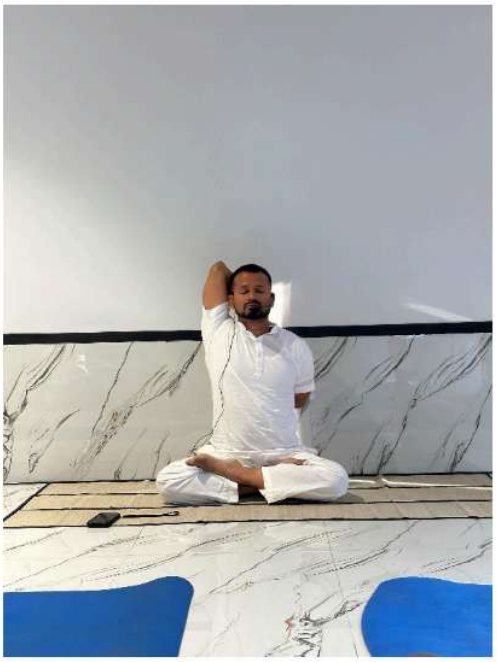
"Inauguration of Pilot ToT Programme under Sagar Mein Yog (15 Dec 2025)"

1. *"Participants attending orientation and syllabus introduction session"*

2. *"Morning yoga practice: cleansing practices followed by guided session"*

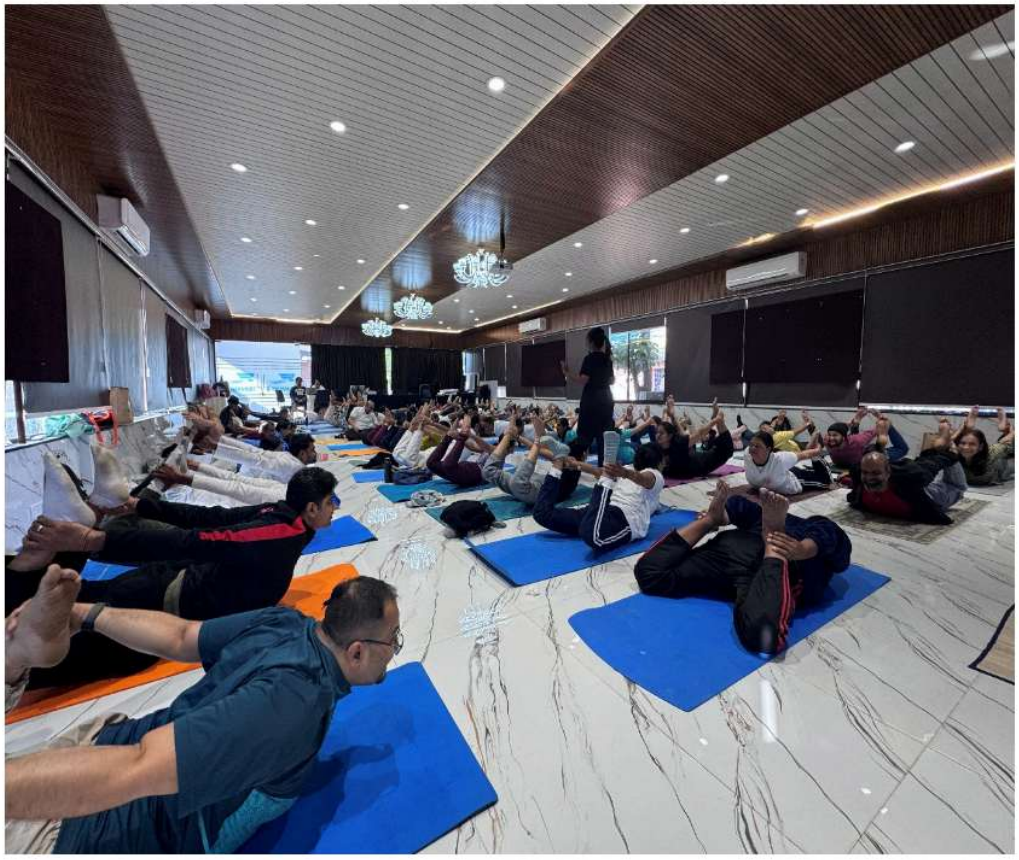
3. *"Lecture session on seafarer wellness and structured syllabus delivery"*

4. *"Practical session: alignment, posture correction, and safe modifications"*



5. *"Trainer teach-back round: supervised delivery demonstration by participants"*

6. *"Assessment and evaluation session conducted on Day 3"*



7. *"Valedictory ceremony marking programme completion (17 Dec 2025)"*

8. *"Certificate distribution to successful participants"*


SAGAR MEIN YOG
COMPLETION


SAGAR MEIN YOG
TOT-Training For Trainers Launch

9. *"Group photograph of trainers, master trainers, and officials"*