



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

F.No.20-19016/4/2026-TRG-DGS(C.No.40321)

Date:20.05.2026

DGS Circular No. 27 of 2026

**Subject: Introduction of Standardized “Sagar Mein Yog” Syllabus for Implementation in All Approved Pre-Sea Maritime Training Institutes — reg**

The Directorate General of Shipping (DGS) is pleased to announce the formal implementation of the “Sagar Mein Yog” syllabus across all approved Pre-Sea Maritime Training Institutes in India. This initiative forms a part of DGS’s ongoing commitment to fostering holistic wellness among Indian seafarers and is in alignment with international standards such as the Maritime Labour Convention (MLC), 2006.

2. As part of the Directorate General of Shipping’s flagship initiative “Sagar Mein Yog,” a structured yoga and mindfulness syllabus has been developed for integration into all Pre-Sea training programmes. This initiative aims to build a strong foundation of physical fitness, mental clarity, and emotional resilience among seafarers from the very beginning of their maritime careers. The curriculum has been tailored to meet the unique requirements and training durations of various pre-sea courses, ensuring relevance and effectiveness across disciplines.

3. Whereas, the “Sagar Mein Yog” programme is a transformative wellness initiative conceptualized to integrate traditional yoga and mindfulness practices into the maritime training ecosystem. The primary objective is to enhance the physical, mental and emotional well-being of seafarers throughout their professional journey — starting from pre-sea training, continuing post-sea, and during life at sea.

4. Whereas, Yoga offers a time-tested framework that supports mental clarity, emotional resilience and physical vitality, especially in the high-stress and isolated environment of maritime life. Recognizing these benefits, a structured and stage-specific curriculum has been developed and is to be implemented across all pre-sea training programmes.

*[Handwritten Signature]*  
20 May 26

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5. Whereas, the syllabus has been meticulously tailored to cater to the unique requirements of each pre-sea course. The duration and contents of the course-specific yoga curriculum are detailed in the respective annexures, as outlined below.

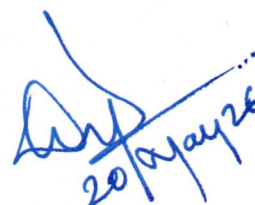
6. Whereas, yoga, universally acknowledged as a timeless science and philosophy of life offers a profound and holistic framework for cultivating mental clarity, emotional stability and physical vitality. Its principles of mindfulness, discipline and self-awareness are particularly relevant to seafarers, who routinely operate in high-pressure, confined and socially isolated environments.

7. Whereas, the “Sagar Mein Yog” Programme is thus envisaged as a bridge between ancient yogic wisdom and the modern seafaring experience — delivering customized wellness interventions tailored to the unique demands and conditions of life at sea.

8. Whereas, the programme is based on the belief that yoga is not merely physical practice, but a transformational life support system that can accompany seafarers throughout all phases of their maritime journey. Accordingly, a stage-specific curriculum has been developed, addressing the distinct needs of each phase.

9. Whereas, all approved maritime training institutes are hereby directed to incorporate a dedicated module on “Sagar Mein Yog” as an essential and integral part of their training curriculum for Indian seafarers. This inclusion aims to ensure that seafarer trainees are equipped with foundational knowledge and practical skills in yoga and mindfulness, thereby promoting holistic well-being and preparing them to effectively manage the unique physical, mental and emotional challenges associated with maritime life.

10. This issued with the approval of the Director General of Shipping.



(Deependra Singh Bisen)  
Dy. Director General of Shipping

Enclosure(s): As above

Annexure 1 Detailed “Sagar Mein Yog” syllabus

# DIRECTORATE GENERAL OF SHIPPING

## SAGAR MEIN YOG INTEGRATION PROGRAM

*Standard Curriculum Framework — To be Implemented by MTIs*

**64 Sessions**

2 Semesters · 32 each

**90 Min / Session**

Twice Weekly

**Assessment**

50% Practical + 50% Theory

*Design Philosophy: Practice-First → Brief Theory → Self-Study Notes*

## PROGRAMME STRUCTURE AT A GLANCE

<b>Total Sessions</b>	64 (32 per Semester)
<b>Session Duration</b>	90 Minutes
<b>Frequency</b>	Twice Weekly
<b>Session Flow</b>	65 Min Practical → 15 Min Theory Discussion → 10 Min Self-Study Brief
<b>Delivery Standard</b>	IDY Protocol Aligned + Maritime Wellness Adapted

## SEMESTER 1 — "ANCHOR"

*Awareness · Navigation · Cleansing · Healing · Optimal Energy · Renewal*

Sessions 1–32 | Focus: Foundation, Detox & Physical Alignment

### MODULE 1 — "ARAMBH"


*First Contact: Foundations & Body Awareness | Sessions 1–4 | Weeks 1–2*

#### SESSION 1 & 2 — Setting Sail

Segment	Content	Duration
<b>Centering</b>	Breath awareness, intention	5 min
<b>Sukshma Vyayama</b>	Full joint rotation sequence — neck to ankles	10 min
<b>Sun Salutation</b>	Surya Namaskar — 4 rounds, alignment focus	10 min
<b>Asana Series</b>	IDY Standing Series — Tadasana, Vrikshasana, Trikonasana, Virabhadrasana I & II	15 min
<b>Pranayama</b>	Diaphragmatic Breathing + Ujjayi introduction	10 min
<b>Closing Practice</b>	Shavasana with body awareness	10 min
<b>Theory Discussion</b>	What is Yoga? — Origin, Definition, Global Relevance, Maritime Context	10 min
<b>Self-Study Brief</b>	Patanjali Yoga Sutras — Chapter 1, Verses 1–4 (notes provided)	5 min

## SESSION 3 & 4 — Reading the Compass

Segment	Content	Duration
<b>Centering</b>	Pranava chanting, settling breath	<b>5 min</b>
<b>Sukshma Vyayama</b>	Micro-circulation sequence with spinal waves	<b>10 min</b>
<b>Sun Salutation</b>	6 rounds — breath synchronization emphasis	<b>10 min</b>
<b>Asana Series</b>	IDY Sitting Series — Dandasana, Paschimottanasana, Vajrasana, Gomukhasana	<b>15 min</b>
<b>Pranayama</b>	Ujjayi + Bhastrika — introduction and safe practice	<b>10 min</b>
<b>Closing Practice</b>	Yoga Nidra — 10-point rotation of consciousness	<b>10 min</b>
<b>Theory Discussion</b>	Scientific Basis of Yoga — Nervous system, psycho-neuro-immunology, WHO definition of health	<b>10 min</b>
<b>Self-Study Brief</b>	IDY Protocol overview + personal practice log setup	<b>5 min</b>

 **Self-Study Notes:** Yoga — Etymology & Eight Limbs Overview (Ashtanga Map), Physiological effects of conscious breathing

## MODULE 2 — "SHUDDHI"


Internal Cleansing & Shatkarma Sciences | Sessions 5–8 | Weeks 3–4

### SESSION 5 & 6 — Clearing the Hull

Segment	Content	Duration
Centering	Nadi Shodhana — 5 rounds, present-moment anchor	5 min
Sukshma Vyayama	ENT-focused micro-exercises — eye rotations, jaw release, neck series	10 min
Sun Salutation	6 rounds — continuous flow, drishti introduced	10 min
Asana Series	Detox-Activating Series — Pawanmuktasana, Jathara Parivartanasana, Ardha Matsyendrasana	15 min
Pranayama	Kapalbhati — technique, rhythm, contraindications	10 min
Closing Practice	Yoga Nidra — Sankalpa planting	10 min
Theory Discussion	Shatkarma Philosophy — Six classical cleansing practices, physiological rationale	10 min
Self-Study Brief	Jala Neti & Trataka — home practice safety guidelines	5 min

### SESSION 7 & 8 — Flushing the System

Segment	Content	Duration
Centering	Trataka — candle or focal point gazing, 3 min	5 min
Sukshma Vyayama	Digestive activation sequence — abdominal lifts, Uddiyana prep	10 min
Sun Salutation	8 rounds — pace variation, internal heat building	10 min
Asana Series	Twisting & Abdominal Series — Navasana, Paripurna & Ardha, Marichyasana	15 min
Pranayama	Bhastrika — full practice with retention intro	10 min
Closing Practice	Yoga Nidra — deep abdominal relaxation	10 min
Theory Discussion	Agni — Digestive fire in Ayurveda, toxin accumulation & elimination science	10 min
Self-Study Brief	Shatkarma chart — six practices, purpose, frequency (reference card)	5 min

 **Self-Study Notes:** Shatkarma — Complete Reference Card, Detox vs. Medication: A holistic comparison

## MODULE 3 — "SWASTHYA"


*Holistic Health & Life Integration | Sessions 9–12 | Weeks 5–6*

### SESSION 9 & 10 — Whole-Ship Thinking

Segment	Content	Duration
Centering	Body-mind-breath unity check-in	5 min
Sukshma Vyayama	Shoulder girdle + hip mobility sequence	10 min
Sun Salutation	8 rounds — Chandra Namaskar introduced	10 min
Asana Series	IDY Balancing Series — Vrikshasana, Garudasana, Natarajasana, Virabhadrasana III	15 min
Pranayama	Nadi Shodhana — full alternate nostril with retention	10 min
Closing Practice	Guided visualization — professional resilience	10 min
Theory Discussion	WHO Model vs. Yoga Model of Health — 5 dimensions of wellness	10 min
Self-Study Brief	Lifestyle audit worksheet — sleep, nutrition, screen time, movement	5 min

### SESSION 11 & 12 — Navigation by Wellness

Segment	Content	Duration
Centering	Gratitude breath — inhale receive, exhale offer	5 min
Sukshma Vyayama	Wrist, ankle, spinal rotation — desk-job decompression	10 min
Sun Salutation	8 rounds Surya + 4 rounds Chandra	10 min
Asana Series	Professional Wellness Series — Forward folds, chest openers, hip flexor release	15 min
Pranayama	Bhramari — vibration healing, vagal tone	10 min
Closing Practice	Yoga Nidra — healing body scan	10 min
Theory Discussion	Yoga in Maritime Life — Watch duty, sleep disruption, isolation, musculoskeletal risk	10 min
Self-Study Brief	"5-Minute Deck Yoga" — compact practice card for duty shifts	5 min

 **Self-Study Notes:** Holistic Health Model diagram, Maritime Health Statistics (IMO/DG Shipping data), Daily Wellness Audit Template

## MODULE 4 — "KOSHA"


*Pancha Kosha — Five Layers of Human Existence | Sessions 13–16 | Weeks 7–8*

### SESSION 13 & 14 — Mapping the Inner Ocean

Segment	Content	Duration
Centering	Kosha body scan — layer-by-layer awareness	5 min
Sukshma Vyayama	Pranic body activation — arm swings, breath locks	10 min
Sun Salutation	10 rounds — meditative flow	10 min
Asana Series	Annamaya Kosha Series — structural alignment poses, Tadasana family	15 min
Pranayama	Pranamaya activation — Kumbhaka (breath retention) introduction	10 min
Closing Practice	Yoga Nidra — Kosha withdrawal technique	10 min
Theory Discussion	Pancha Kosha Model — Annamaya & Pranamaya in detail	10 min
Self-Study Brief	Kosha mapping worksheet — where do you hold tension?	5 min

### SESSION 15 & 16 — Diving Deeper

Segment	Content	Duration
Centering	Manomaya awareness — observing thought patterns	5 min
Sukshma Vyayama	Emotional release sequence — chest, throat, hip openers	10 min
Sun Salutation	10 rounds — emotion-body connection focus	10 min
Asana Series	Inner Layers Series — Manomaya & Vijnanamaya: meditation postures, Siddhasana, Padmasana prep	15 min
Pranayama	Anuloma Viloma — extended practice	10 min
Closing Practice	Yoga Nidra — Anandamaya Kosha touch	10 min
Theory Discussion	Manomaya, Vijnanamaya & Anandamaya Kosha — consciousness layers explained	10 min
Self-Study Brief	Taittiriya Upanishad — Kosha teaching (translated excerpt, 1 page)	5 min

 **Self-Study Notes:** Pancha Kosha Diagram (color-coded), Practice mapping — which asana addresses which Kosha

## MODULE 5 — "MERUDAND"


Spine Alignment & Therapeutic Series | Sessions 17–20 | Weeks 9–10

### SESSION 17 & 18 — Straightening the Mast

Segment	Content	Duration
Centering	Spinal awareness — vertical axis breath	5 min
Sukshma Vyayama	Spinal decompression sequence — cat-cow waves, lateral bends	10 min
Sun Salutation	10 rounds — spinal extension emphasis	10 min
Asana Series	Supine Therapeutic Series — Supta Tadasana, Supta Pawanmuktasana, Setu Bandhasana, Supta Matsyendrasana	15 min
Pranayama	Ujjayi with spinal breath visualization	10 min
Closing Practice	Yoga Nidra — spine luminosity visualization	10 min
Theory Discussion	Spine as Command Center — vertebral anatomy basics, common maritime injuries	10 min
Self-Study Brief	Postural assessment guide — identifying your pattern	5 min

### SESSION 19 & 20 — Core Structure

Segment	Content	Duration
Centering	Prone body awareness — earth connection	5 min
Sukshma Vyayama	Prone prep — gentle neck, shoulder, hip warm-up	10 min
Sun Salutation	10 rounds — backbend components highlighted	10 min
Asana Series	Prone Therapeutic Series — Makarasana, Bhujangasana, Salabhasana, Dhanurasana	15 min
Pranayama	Bhastrika with Mula Bandha engagement	10 min
Closing Practice	Yoga Nidra — healing light on spine	10 min
Theory Discussion	Therapeutic Yoga — back pain prevention, herniation risk factors, yoga as intervention	10 min
Self-Study Brief	Daily spinal hygiene routine — 10-minute morning protocol	5 min

 **Self-Study Notes:** Vertebral Column diagram, Contraindications for common spinal conditions, Therapeutic Yoga vs. Physiotherapy

## MODULE 6 — "PRANSHAKTI"


Energy Systems & Optimal Performance | Sessions 21–24 | Weeks 11–12

### SESSION 21 & 22 — Fueling the Voyage

Segment	Content	Duration
Centering	Prana awareness — sensing energy in palms	5 min
Sukshma Vyayama	Energy-activating sequence — dynamic arm movements, Shakti mudras	10 min
Sun Salutation	12 rounds — full energization protocol	10 min
Asana Series	Chakra Activation Series — Muladhara to Anahata: standing, core, and heart-opening sequence	15 min
Pranayama	Surya Bhedi — solar energy activation	10 min
Closing Practice	Trataka + short Yoga Nidra	10 min
Theory Discussion	Prana — Five Vayus, energy pathways, nadis & the nervous system parallel	10 min
Self-Study Brief	Vayu map — Prana, Apana, Samana, Udana, Vyana and their functions	5 min

### SESSION 23 & 24 — Regulating the Engine

Segment	Content	Duration
Centering	Energy inventory — high/low/balanced check	5 min
Sukshma Vyayama	Balancing sequence — neither stimulating nor sedating	10 min
Sun Salutation	8 rounds Surya + 4 rounds Chandra — balance pairs	10 min
Asana Series	Bandha Integration Series — Mula, Uddiyana, Jalandhara practice in postures	15 min
Pranayama	Chandra Bhedi — lunar energy calming	10 min
Closing Practice	Yoga Nidra — energy restoration	10 min
Theory Discussion	Optimal Energy Utilization — conservation vs. generation, sleep debt in maritime life	10 min
Self-Study Brief	Energy audit — tracking alertness levels over a week	5 min

 **Self-Study Notes:** Pancha Vayu reference card, Nadi system overview (Ida, Pingala, Sushumna), Circadian rhythm basics

## MODULE 7 — "PRATYAHAR"


*Restoration, Recovery & Rejuvenation | Sessions 25–28 | Weeks 13–14*

### SESSION 25 & 26 — Coming Into Harbor

Segment	Content	Duration
Centering	Permission to rest — conscious surrender breath	5 min
Sukshma Vyayama	Gentle lymphatic drainage sequence	10 min
Sun Salutation	6 rounds — slow, deliberate, restorative pace	10 min
Asana Series	Wall-Supported L-Series — Viparita Karani, Supta Baddha Konasana at wall, Legs-up-the-wall variations	15 min
Pranayama	Extended exhale breathing — 1:2 ratio, parasympathetic activation	10 min
Closing Practice	15-minute Yoga Nidra — full body restoration	10 min
Theory Discussion	Restorative Yoga Science — parasympathetic dominance, cortisol reduction, tissue repair	10 min
Self-Study Brief	Sleep hygiene protocol for rotating shift workers	5 min

### SESSION 27 & 28 — Systems Check

Segment	Content	Duration
Centering	Gratitude practice — what the body has endured and accomplished	5 min
Sukshma Vyayama	Full joint survey — notice what has changed since Session 1	10 min
Sun Salutation	Personal pace — student chooses speed and depth	10 min
Asana Series	Personal Restoration Series — student-led, instructor supported: target personal areas of tension	15 min
Pranayama	Bhramari + Shanmukhi Mudra — deep sensory withdrawal	10 min
Closing Practice	Yoga Nidra — Sankalpa reinforcement	10 min
Theory Discussion	Recovery as Discipline — why rest is not weakness; Yoga Nidra research findings	10 min
Self-Study Brief	Design your personal "port day" restoration routine	5 min

 **Self-Study Notes:** Restorative pose prop guide, Yoga Nidra vs. Sleep (brain wave comparison), NSDR (Non-Sleep Deep Rest) science

## MODULE 8 — "SAMEEKSHA"

Semester Review & Integration | Sessions 29–32 | Weeks 15–16

### SESSION 29 & 30 — Charting Progress

Segment	Content	Duration
Centering	Reflective meditation — Semester 1 journey	5 min
Sukshma Vyayama	Full sequence — all joint groups	10 min
Sun Salutation	12 rounds — Semester 1 peak flow	10 min
Asana Series	Comprehensive Review Flow — best of Standing + Sitting + Supine + Prone series	15 min
Pranayama	Student-led selection + instructor refinement	10 min
Closing Practice	Extended Yoga Nidra — integration and rest	10 min
Theory Discussion	Modules 1–4 Rapid Review — Q&A format, concept reinforcement	10 min
Self-Study Brief	Prepare Module 1–4 theory summary (one page)	5 min

### SESSION 31 & 32 — Semester Assessment

Segment	Content	Duration
Practical Assessment	Individual demonstration: Sun Salutation + 2 Pranayamas + 1 Mudra	40 min
Theory Viva	Oral examination — 5 questions from Modules 1–7	30 min
Feedback Round	Instructor feedback + peer observation notes	10 min
Closing	Group meditation — transition to Semester 2 intention	10 min

#### Semester 1 Assessment Criteria

Postural alignment accuracy — 20%  
 Breath synchronization — 15%  
 Pranayama technique — 15%  
 Theory comprehension — 50%

## SEMESTER 2 — "HORIZON"

*Harmony · Optimization · Rhythm · Intelligence · Zen · Onward · Navigation*

Sessions 33–64 | Focus: Mental Clarity, Breathwork & Professional Excellence

### Semester 2 Practical Composition (Applied to all sessions unless noted)

Centering	5 min
Sukshma Vyayama + Advanced Sun Salutation	15 min
Core Asana — Supine, Prone & Padmasana Series	20 min
Advanced Pranayama (Surya/Chandra Bhedi, Bhramari, Mudra Pranayama)	15 min
Deep Meditation / Dharana / Dhyana techniques	15 min
Theory + Self-Study Brief	15 min

### MODULE 9 — "SAMATVAM"


*Balanced Integration of All Five Layers | Sessions 33–36 | Weeks 17–18*

#### SESSION 33 & 34 — All Systems Aligned

Segment	Content	Duration
Centering	Five-Kosha sequential awareness	5 min
Sukshma Vyayama + Sun Salutation	Advanced Surya Namaskar — 12 rounds with mantra	15 min
Asana Series	Integration Flow — Padmasana Series: Baddha Konasana, Ardha Padmasana, Padmasana, Tolasana	20 min
Advanced Pranayama	Nadi Shodhana with Kumbhaka + Mula & Jalandhara Bandha	15 min
Meditation	Antaranga Trataka — inner light visualization	15 min
Theory Discussion	Balanced Approach — aligning all Koshas simultaneously through integrated practice	10 min
Self-Study Brief	Design a 30-minute personal integrated practice	5 min

## SESSION 35 & 36 — Dynamic Balance

Segment	Content	Duration
Centering	Breath balance — equal inhale/exhale	5 min
Sukshma Vyayama + Sun Salutation	Chandra Namaskar — 8 rounds	15 min
Asana Series	Balancing Pairs Series — Every pose balanced: strength/flexibility, effort/surrender	20 min
Advanced Pranayama	Surya Bhedi alternating with Chandra Bhedi	15 min
Meditation	Yoga Nidra — psychic sleep at Semester 2 depth	15 min
Theory Discussion	Samatvam — equanimity as the definition of yoga (Gita 2.48)	10 min
Self-Study Brief	Bhagavad Gita — Chapter 2, selected verses on balance (translated, annotated)	5 min

 **Self-Study Notes:** Integrated practice design template, Equanimity in leadership — maritime officer's mind

## MODULE 10 — "AHARA"


*Ayurveda, Prakriti & Performance Nutrition | Sessions 37–40 | Weeks 19–20*

### SESSION 37 & 38 — Knowing Your Vessel's Fuel

Segment	Content	Duration
Centering	Digestive awareness — abdominal breath	5 min
Sukshma Vyayama + Sun Salutation	Agni-activating sequence — 12 dynamic rounds	15 min
Asana Series	Digestive & Liver Series — Paschimottanasana, Ardha Matsyendrasana, Jathara Parivartanasana, Pavanamuktasana	20 min
Advanced Pranayama	Kapalbhati extended + Agni Sara	15 min
Meditation	Pratyahara — sense withdrawal for digestive healing	15 min
Theory Discussion	Ayurveda Basics — Tridosha (Vata, Pitta, Kapha), Prakriti self-assessment	10 min
Self-Study Brief	Dosha quiz + basic dietary guidelines per constitution	5 min

## SESSION 39 & 40 — Eating for the Watch

Segment	Content	Duration
Centering	Gratitude for food — mindful eating meditation	5 min
Sukshma Vyayama + Sun Salutation	12 rounds — post-meal timing discussion	15 min
Asana Series	Sattvic Body Series — heart-opening, grounding, clarity-promoting postures	20 min
Advanced Pranayama	Sheetali + Sheetkari — cooling pranayamas	15 min
Meditation	Annamaya Kosha healing meditation	15 min
Theory Discussion	Diet at Sea — Sattvic/Rajasic/Tamasic food classification, galley food choices	10 min
Self-Study Brief	Tridosha dietary chart + 7-day Sattvic meal planning guide	5 min

 **Self-Study Notes:** Prakriti assessment form, Ayurvedic daily routine (Dinacharya), Foods that support mental clarity vs. brain fog

## MODULE 11 — "KALCHAKRA"


*Circadian Intelligence & Digital Detox | Sessions 41–44 | Weeks 21–22*

## SESSION 41 & 42 — Syncing with the Sun

Segment	Content	Duration
Centering	Circadian breath — morning activation protocol	5 min
Sukshma Vyayama + Sun Salutation	Dawn practice simulation — 12 slow, conscious rounds	15 min
Asana Series	Biological Clock Series — energizing morning poses vs. winding-down evening poses (contrast class)	20 min
Advanced Pranayama	Surya Bhedi — daytime; Chandra Bhedi — nighttime application	15 min
Meditation	Trataka — natural light or flame	15 min
Theory Discussion	Circadian Rhythm Science — melatonin, cortisol, optimal performance windows	10 min
Self-Study Brief	Sleep debt calculator + light exposure protocol for shift workers	5 min

## SESSION 43 & 44 — Logging Off

Segment	Content	Duration
Centering	Digital absence — 90-minute phone-free zone begins	5 min
Sukshma Vyayama + Sun Salutation	Eye-care sequence integrated — palming, rotations	15 min
Asana Series	Screen Recovery Series — neck, shoulder, thoracic, wrist therapeutic sequence	20 min
Advanced Pranayama	Bhramari + Shanmukhi Mudra — sensory reset	15 min
Meditation	Antar Mouna — inner silence practice	15 min
Theory Discussion	Digital Detox Science — dopamine regulation, attention restoration, blue light biology	10 min
Self-Study Brief	7-day digital detox challenge card — gradual reduction plan	5 min

 **Self-Study Notes:** Circadian rhythm chart, Jet lag vs. Shift work disruption comparison, Evidence-based screen hygiene guidelines

## MODULE 12 — "DHARMA"


*Advanced Mudra, Bandha & Inner Mastery | Sessions 45–48 | Weeks 23–24*

### SESSION 45 & 46 — Sealing the Energy

Segment	Content	Duration
Centering	Hasta Mudra awareness — sensation in hands	5 min
Sukshma Vyayama + Sun Salutation	12 rounds with Hasta Mudras at each station	15 min
Asana Series	Mudra Integration Series — Jnana, Chin, Chinmaya, Adhi Mudra in seated meditation postures	20 min
Advanced Pranayama	Mudra Pranayama — Vishnu, Nasagra variations	15 min
Meditation	Khechari + Shambhavi Mudra — higher practices introduction	15 min
Theory Discussion	Mudra Science — psycho-physiological mechanisms, research evidence	10 min
Self-Study Brief	Mudra reference library — 12 essential mudras with benefits	5 min

## SESSION 47 & 48 — Locking the Power

Segment	Content	Duration
Centering	Mula Bandha — subtle engagement awareness	5 min
Sukshma Vyayama + Sun Salutation	12 rounds — all three Bandhas coordinated	15 min
Asana Series	Bandha Mastery Series — postures specifically practiced with each Bandha	20 min
Advanced Pranayama	Maha Bandha — integration of all three locks with breath retention	15 min
Meditation	Dharana on Ajna chakra — Bhrumadhya concentration	15 min
Theory Discussion	Bandha Science — intrabdominal pressure, pelvic floor, core integration, endocrine effects	10 min
Self-Study Brief	Bandha progressive practice chart — 4-week development plan	5 min

 **Self-Study Notes:** Mudra-to-element mapping, Bandha anatomy diagrams, Contraindications and precautions

## MODULE 13 — "TAPAS"


*Yoga for Maritime Stress & Mental Resilience | Sessions 49–52 | Weeks 25–26*

### SESSION 49 & 50 — Anchoring in the Storm

Segment	Content	Duration
Centering	STOP technique — Stop, Take breath, Observe, Proceed	5 min
Sukshma Vyayama + Sun Salutation	Emotional regulation sequence — slow controlled rounds	15 min
Asana Series	Stress Decompress Series — hip openers (emotion storage), shoulder release, forward folds (nervous system down-regulate)	20 min
Advanced Pranayama	Extended exhale protocol — 4:6:8 ratio	15 min
Meditation	Yoga Nidra — emotional body healing	15 min
Theory Discussion	Maritime Stress Factors — isolation, sleep deprivation, authority gradient, emergency stress physiology	10 min
Self-Study Brief	Personal stress inventory — identify top 5 maritime stressors + yoga antidotes	5 min

## SESSION 51 & 52 — Clear Skies Protocol

Segment	Content	Duration
Centering	Compassion meditation — Metta for crew and self	5 min
Sukshma Vyayama + Sun Salutation	12 rounds — joy and lightness focus	15 min
Asana Series	Mental Resilience Series — backbends (courage), inversions (fresh perspective), balances (mental focus)	20 min
Advanced Pranayama	Bhramari extended + internal visualization	15 min
Meditation	Witness consciousness — Sakshi Bhava	15 min
Theory Discussion	Emotional Intelligence through Yoga — recognizing, regulating, redirecting emotions	10 min
Self-Study Brief	"Bridge Deck to Boardroom" — stress management protocols adapted for officers	5 min

 **Self-Study Notes:** Stress response physiology diagram, Vagal tone exercises, Maritime mental health resources (ISWAN, MHSS contacts)

## MODULE 14 — "VAYU SIDDHI"


*Advanced Pranayama Science & Application | Sessions 53–56 | Weeks 27–28*

### SESSION 53 & 54 — Solar & Lunar Mastery

Segment	Content	Duration
Centering	Nostril dominance check — natural ultradian rhythm awareness	5 min
Sukshma Vyayama + Sun Salutation	12 rounds with Surya/Chandra Namaskar alternated	15 min
Asana Series	Pranayama Prep Series — postures optimizing lung capacity and diaphragmatic mobility	20 min
Advanced Pranayama	Surya Bhedi (extended) + Chandra Bhedi (extended) — alternating practice	15 min
Meditation	Nada Yoga — internal sound meditation	15 min
Theory Discussion	Surya & Chandra Bhedi Science — sympathetic/parasympathetic regulation, nasal cycle, hemispherical brain activation	10 min
Self-Study Brief	Research summary: Pranayama and autonomic nervous system (3 key studies)	5 min

## SESSION 55 & 56 — Complete Breath Mastery

Segment	Content	Duration
Centering	Complete yogic breath — abdomen, thorax, clavicular	5 min
Sukshma Vyayama + Sun Salutation	12 rounds — pranically charged	15 min
Asana Series	Peak Breath Practice Series — inversions and chest openers for lung capacity	20 min
Advanced Pranayama	Full advanced sequence: Nadi Shodhana → Bhastrika → Kapalbhata → Bhramari → Mudra Pranayama	15 min
Meditation	So-Ham meditation — breath as mantra	15 min
Theory Discussion	How Pranayama Enhances Maritime Physical Performance	10 min
Self-Study Brief	Personal pranayama prescription — design your daily 10-minute sequence	5 min

 **Self-Study Notes:** Pranayama progression chart (beginner to advanced), Research abstracts on breathwork and cognition, Contraindication matrix

## MODULE 15 — "SANYAM"


*Comprehensive Review & Synthesis | Sessions 57–60 | Weeks 29–30*

## SESSION 57 & 58 — Charting the Full Journey

Segment	Content	Duration
Centering	Complete body-mind-breath integration	5 min
Sukshma Vyayama + Sun Salutation	Surya + Chandra — 20 combined rounds	15 min
Asana Series	Complete Synthesis Flow — representative poses from all 14 modules sequenced beautifully	20 min
Advanced Pranayama	Student-designed sequence — instructor validates	15 min
Meditation	Dhyana — 15 minutes sustained, silent	15 min
Theory Discussion	Modules 9–12 rapid conceptual review — Q&A format	10 min
Self-Study Brief	Prepare comprehensive theory notes — Modules 1–14	5 min

## SESSION 59 & 60 — Final Preparation

Segment	Content	Duration
Centering	Sankalpa for excellence — deep intention setting	5 min
Sukshma Vyayama + Sun Salutation	Assessment-standard demonstration practice	15 min
Asana Series	Mock practical assessment with peer feedback	20 min
Advanced Pranayama	Full sequence — assessment simulation	15 min
Meditation	Yoga Nidra — confidence and clarity	15 min
Theory Discussion	Modules 13–14 review + common viva questions practice	10 min
Self-Study Brief	Final revision checklist — theory and practical both	5 min

 **Self-Study Notes:** Complete concept glossary (60+ terms), Visual mind-map of all 14 modules, Mock viva question bank (30 questions with answers)


## MODULE 16 — "DEEKSHA"

*Certification, Assessment & Graduation | Sessions 61–64 | Weeks 31–32*

### SESSION 61 & 62 — Final Assessment

Segment	Content	Duration
Practical Examination	Full individual practical — Sukshma + Sun Salutation + Asana Series + Pranayama + Meditation demonstration	45 min
Theory Examination	Written/viva — 25 questions covering all 14 modules	35 min
Closing	Silence and reflection	10 min

### SESSION 63 & 64 — Graduation & Commissioning

 **Certification Ceremony | Capstone Group Practice | Student-Led Session**  
Group Yoga Nidra | Commissioning Pledge | Certificate Presentation

# SEMESTER 1 OVERVIEW — "SADHANA"

Sessions 1–32 | Focus: Foundation · Detox · Alignment · Energy

M#	Code	Meaning	Sessions	Theme	Core Practical	Theory
M1	ARAMBHA	The Auspicious Beginning	1–4	Foundation & Body Awareness	Joint rotation · Surya Namaskar 4–6 rounds · IDY Standing & Sitting Series · Ujjayi + Bhastrika · Yoga Nidra	What is Yoga? Origin · Science · Maritime relevance · Patanjali intro
M2	SHUDDHI	Purification of Body & Channels	5–8	Internal Cleansing & Shatkarma	ENT micro-exercises · Twisting & abdominal series · Kapalbhati · Bhastrika · Nidra — digestive relaxation	Shatkarma — 6 cleansing practices · Agni · Digestive fire science
M3	SWASTHYA	Rooted in Complete Wellbeing	9–12	Holistic Health & Life Integration	Surya + Chandra Namaskar · Balancing series · Nadi Shodhana · Bhramari · Professional resilience visualization	WHO vs. Yoga health model · 5 dimensions of wellness · Yoga at sea
M4	KOSHA	Mapping the Five Sheaths of Self	13–16	Pancha Kosha — Five Layers	Pranic activation · Tadasana family · Meditation postures · Kumbhaka intro · Nidra — Kosha withdrawal	Pancha Kosha — all 5 layers · Taittiriya Upanishad · Consciousness map
M5	MERUDANDA	The Sacred Axis — Spine as Meru	17–20	Spine Alignment & Therapeutics	Spinal decompression · Supine therapeutic series · Prone series · Setu Bandhasana · Dhanurasana · Ujjayi spine breath	Vertebral anatomy · Maritime spinal injuries · Therapeutic yoga research
M6	PRANA SHAKTI	Awakening the Life-Force Energy	21–24	Energy Systems & Performance	Chakra activation series · Bandha integration · Surya Bhedi · Chandra Bhedi · Trataka + Nidra	Pancha Vayu · Nadi system · Optimal energy — conservation vs. generation
M7	PRATYAHARA	Conscious Withdrawal & Deep Rest	25–28	Restoration & Recovery	Wall L-Series · Restorative poses · Extended exhale 1:2 ratio · Bhramari + Shanmukhi · 15-min deep Nidra	Parasympathetic science · Cortisol reduction · Yoga Nidra research · Sleep at sea
M8	SAMEEKSHA	Reflective Review & Self-Assessment	29–32	Semester Review & Assessment	Full comprehensive flow — best of all series · Student-led pranayama · Sessions 31–32: Practical + Theory Exam	Modules 1–7 rapid Q&A review · Concept consolidation

# SEMESTER 2 OVERVIEW — "VIVEKA"

Sessions 33–64 | Focus: Mental Clarity · Breathwork · Professional Excellence

M#	Code	Meaning	Sessions	Theme	Core Practical	Theory
M9	SAMATVAM	Equanimity — The Yoga of Balance	33–36	Balanced Integration — All Layers	Advanced Surya + Chandra 12 rounds · Padmasana series · Nadi Shodhana with Kumbhaka · Antaranga Trataka · Deep Yoga Nidra	Samatvam — equanimity · Gita 2.48 · Integrating all Koshas · Officer mindset
M10	AHARA	Sacred Nourishment of Body & Mind	37–40	Ayurveda & Performance Nutrition	Agni-activating 12 rounds · Digestive & liver series · Kapalbhāti + Agni Sara · Sheetalī · Pratyahara meditation	Tridosha — Vata Pitta Kapha · Prakriti self-assessment · Sattvic diet at sea
M11	KALACHAKRA	Wheel of Time — Rhythm of Nature	41–44	Circadian Intelligence & Digital Detox	Dawn simulation Surya sequence · Eye-care Sukshma · Screen recovery series (neck/shoulder/wrist) · Surya/Chandra Bhedi · Antar Mouna	Circadian rhythm · Melatonin/cortisol · Blue light biology · Shift worker sleep protocol
M12	DHARANA	Concentrated Inner Mastery & Sealing	45–48	Advanced Mudra & Bandha Mastery	Hasta Mudra in Sun Salutation · Mudra integration series · Maha Bandha with retention · Khechari + Shambhavi intro · Dharana on Ajna	Mudra psycho-physiology · Bandha anatomy · Intrabdominal pressure · Endocrine effects
M13	TAPAS	Fierce Discipline Under Fire	49–52	Maritime Stress & Mental Resilience	STOP technique · Hip openers + shoulder release · Extended exhale 4:6:8 · Backbends + inversions + balances · Sakshi Bhava meditation	Maritime stress factors · Isolation · Sleep deprivation · Emotional intelligence · Vagal tone
M14	VAYU SIDDHI	Mastery Over the Breath & Life-Force	53–56	Advanced Pranayama Science	Nostril dominance check · Pranayama prep postures · Extended Surya + Chandra Bhedi · Full advanced sequence · So-Ham meditation	Nasal cycle · Brain hemisphere activation · CO <sub>2</sub> tolerance · VO <sub>2</sub> max · Pranayama research
M15	SAMYAMA	Total Integration — Mastery of Self	57–60	Comprehensive Review & Prep	Full synthesis flow — all 14 modules · Student-designed pranayama · 15-min Dhyana · Mock practical assessment · Peer feedback	Modules 9–14 rapid review · Viva practice · Mock Q&A · Revision checklist
M16	DIKSHA	Sacred Initiation & Commissioning	61–64	Certification & Graduation	Sessions 61–62: Final Practical Exam · Session 63–64: Certification ceremony · Capstone group practice · Student-led session · Group Yoga Nidra · Commissioning pledge	Results · Certificate presentation · Lifelong practice commitment

## ASSESSMENT FRAMEWORK

Component	Marks	Key Elements
<b>Practical — 50%</b>		
<b>Sukshma Vyayama</b>	10	Precision · Completeness
<b>Sun Salutation</b>	15	Alignment · Breath sync · Flow
<b>Asana Series</b>	15	Posture · Stability · Awareness
<b>Pranayama + Meditation</b>	10	Technique · Control · Stillness
<b>Theory — 50%</b>		
<b>Modules 1–4 Foundation</b>	15	Core concepts
<b>Modules 5–8 Applied</b>	10	Therapeutic & energy
<b>Modules 9–14 Advanced</b>	15	Breathwork · Nutrition · Stress
<b>Maritime Integration</b>	10	Real-world application