



MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (MoU) is entered on 17th of January, 2025 at Mumbai between

Directorate General of Shipping

through Director General of Shipping, Government of India (hereinafter referred to as "**First Party**" which expression shall unless repugnant to the context there of include his/her successor in office) of the one Part

and

National Union of Seafarers of India (NUSI)

Trade Union registered under the Trade Union Act, 1926 having its Office at NUSI Bhavan, 4 Goa Street, Ballard Estate, Mumbai 400 001, Maharashtra through its General Secretary cum Treasurer, Shri Milind V. Kandalgaonkar (herein after referred to as "**Second Party**" which expression shall unless repugnant to the context thereof include its successor) of the other Part.

Now, therefore, this MoU witnesses as follows:

1. The "**First Party**" under the aegis of the Ministry of Ports, Shipping and Waterways' has initiated "**Sagar Mein Yog - Complete Wellness at Sea**" initiative aimed to improve the well-being of seafarers by integrating yoga into their daily routines. The initiative recognizes the challenges that seafarers face, such as isolation, confined spaces, and unpredictable routines, which can lead to mental and physical health issues. The benefits of incorporating yoga into daily life include building resilience, reducing anxiety, improving overall quality of life, managing stress, improving physical fitness, enhancing mental well-being.
2. The "**Second Party**" has embarked upon initiatives to deal with mental health and wellbeing issues of seafarers including the pioneering "NUSI Sahara" which was started in 2017. The "Second Party" will provide all necessary assistance, guidance, logistics, financial etc. including collaboration with experts to facilitate the successful implementation of the flagship program "Sagar Mein Yog-Complete Wellness at Sea" of the "First Party".





Project Name	Target group	Proposed Financial Assistance for the Project (Rs in Cr)
"Sagar Mein Yog - Complete Wellness at Sea"	All ranks of Indian seafarers' pre-sea / post-sea and on board the ships and their families pan-India	"Second Party" shall be responsible for funding the total costs associated with the project for the wellbeing of the Indian seafarers

Parties to this MoU further agree as below:

1. There will be periodic meetings between the parties to discuss and assess the implementation and continuation of the project successfully.
2. The "Second Party" agrees to provide time bound updates of the project to the "First Party".
3. The "First Party" will provide direction, guidance and support to "Second Party" wherever applicable and which is within the domain of the "First Party".
4. This agreement will be limited to the outcome, The "Sagar Mein Yog" module, however, the ownership of the module shall be a co-branded DGS-NUSI product that will then subsequently have a faculty development and training module and post STCW compliance board approval and standardization shall be incorporated as a standard part of the curriculum in pre sea and post sea institutions, pre sea mandatory and post sea, as a primer course mandatory and the detailed course as an optional course thereof.
5. Also, all faculty would have to undergo the same course development and delivery aspects separately under a formal structured faculty.

IN WITNESS THEREOF the Parties hereto have set and subscribed their respective hands on the day and the year first herein before written.



For and on behalf of First Party

(Authorised Signatory)

Name: Shri Shyam Jagannathan
Designation: Director General of Shipping
E-mail: dg-dgs@gov.in

श्याम जगन्नाथन, भा.प्र.से.
Shyam Jagannathan, I.A.S.
नौवहन महानिदेशक
एवं अपर सचिव, भारत सरकार
Director General of Shipping &
Joint General Secretary to the Govt. of India

For and on behalf of Second Party

(Authorised Signatory)

Name: Shri Milind V. Kandalgaonkar
Designation: General Secretary cum Treasurer
Email: nusi@nusi.org.in

