

File No. 23-MISC38/2024-CREW-DGS (C. No. 28779)

Date: 04.05.2026

DGS Training Circular No. XX 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.

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. Directorate General of Shipping

Enclosure(s): As above

Annexure1 Detailed "Sagar Mein Yog" syllabus

Annexure1

Detailed "Sagar Mein Yog" syllabus

DIRECTORATE GENERAL OF SHIPPING

SAGAR MEIN YOG

INTEGRATION PROGRAM

Standard Curriculum Framework — To be Implemented by MTIs

| | | |
|--------------------|-------------------------|-------------------|
| 64 Sessions | 90 Min / Session | Assessment |
|--------------------|-------------------------|-------------------|

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

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

Awareness • Navigation • Cleansing • Healing • Optimal Energy • Renewal

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

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

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

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

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

| 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 |

| 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

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

| 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 |

| 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 |

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|--------------------------|---|---------------|
| 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

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

| 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 |

| 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

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

| 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 |

| 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

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

| 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 |

| 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

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

| 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 |

| 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

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

| Segment | Content | Duration |
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|---------|---------|----------|

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|--------------------------|--|---------------|
| 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 |

| 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%

Harmony • Optimization • Rhythm • Intelligence • Zen • Onward • Navigation

| | |
|--|---------------|
| 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

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

| 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 |

| 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

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

| 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 |

| 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

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

| 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 |

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|--------------------------|---|---------------|
| 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 |

| 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

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

| 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 |

| 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 — Bhramadhya 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

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

| 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 |

| 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)

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

| 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 |

| 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 → Kapalbhatai → Bhramari → Mudra Pranayama | 15 min |

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| 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

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

| 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 |

| 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)

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

| 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 |

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

| 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 | Awakening | 21–24 | Energy | Chakra activation series • Bandha | Pancha Vayu • Nadi |

| | | | | | | |
|-----------|-------------------|-------------------------------------|-------|------------------------------|--|---|
| | SHAKTI | the Life-Force Energy | | Systems & Performance | integration • Surya Bhedi • Chandra Bhedi • Trataka + Nidra | 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 |

| 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 • Kapalbhata + Agni Sara • Shectali • 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 psychophysiology • 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 ₂ tolerance • VO ₂ max • Pranayama research |
| M15 | SAMYAMA | Total Integration — | 57–60 | Comprehensive Review & Prep | Full synthesis flow — all 14 modules • Student-designed | Modules 9–14 rapid review • Viva |

| | | | | | | |
|------------|---------------|-----------------------------------|-------|----------------------------|---|---|
| | | Mastery of Self | | | pranayama • 15-min Dhyana • Mock practical assessment • Peer feedback | 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 |

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