

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

**Date: XX.XX.2026**

**DGS Circular No. XX of 2026**

**Subject: Implementation of “Sagar Mein Yog” (SMY) Wellness Modules through Learning Management System (LMS) – reg.**

The Directorate General of Shipping (DGS), Ministry of Ports, Shipping and Waterways, Government of India, has launched the flagship initiative titled “Sagar Mein Yog” (SMY) with the objective of strengthening the overall wellness, resilience, mental well-being, and quality of life of Indian seafarers through a structured and holistic wellness framework. The initiative is aligned with the principles of seafarer welfare under the STCW Convention, STCW Rules 2014, Maritime Labour Convention (MLC) 2006, and the broader objectives envisaged under Maritime India Vision (MIV) 2030 and Amrit Kal Vision 2047 towards promoting safe, sustainable, resilient, and human-centric maritime development. The initiative further seeks to institutionalize wellness, behavioral preparedness, and preventive well-being practices as integral components of the Indian maritime ecosystem.

2. Seafaring, by its very nature, involves unique occupational, physical, emotional, social, climatic and psychological challenges arising from prolonged periods at sea, isolation from families, demanding work environments, multicultural shipboard operations, fatigue, stress and continuously evolving operational responsibilities. In this context, and in furtherance of DGS Circular No. 27 of 2026 dated 20.05.2026, which formally introduces the standardized “Sagar Mein Yog” syllabus across approved Pre-Sea Maritime Training Institutes, the Directorate has conceptualized “Sagar Mein Yog” as a structured wellness framework to promote physical fitness, mental clarity, emotional resilience, mindfulness and holistic well-being among Indian seafarers. The initiative also carries forward India’s global leadership in promoting yoga, particularly through

the International Day of Yoga, by adapting traditional yogic practices to the modern maritime training ecosystem.

3. The “Sagar Mein Yog” framework has been developed to enable the standardized digital dissemination of wellness-oriented learning 10 modules across the Indian maritime ecosystem, with the objective of strengthening the overall well-being and professional preparedness of Indian seafarers refer **Annexure I**;

The framework has been designed to facilitate self-paced learning, digital accessibility, participation tracking, assessment-based learning, and automated certification mechanisms through a structured digital learning environment;

Now, therefore, the “Sagar Mein Yog” framework shall serve as a centralized wellness and behavioural learning mechanism aimed at promoting long-term wellness awareness, emotional resilience, behavioural preparedness, professional adaptability, safety culture, responsible maritime conduct, and the holistic development of Indian seafarers across various stages of their maritime careers.

4. The “Sagar Mein Yog” initiative, which is a structured framework based on ten thematic modules has been developed to promote the holistic well-being and transformational life support of seafarers;

Further, to ensure standardized, accessible, and technology-enabled delivery of wellness education and behavioural preparedness, a dedicated digital Learning Management System (LMS-SMY) has been developed and operationalized as a centralized wellness learning platform;

Now, therefore, the LMS-SMY platform shall function as an integrated digital learning framework for delivering structured wellness and life-support modules to trainee and serving seafarers on a self-paced basis across the pre-sea, at-sea, and post-sea stages of maritime careers.

5. The platform shall facilitate digital participation tracking, assessment monitoring, automated certification, and integration with the DG Shipping digital ecosystem, while promoting preventive wellness practices, emotional resilience, behavioural preparedness, occupational well-being, professional adaptability, interpersonal harmony, safety culture, and the holistic development of Indian seafarers, subject to guidelines issued by the Directorate General of Shipping from time to time.
6. The LMS-SMY consists of the following ten wellness dimensions of total duration 19 hrs. and 14 mins distributed as below:

#.	Wellness Module	Focus Area	Duration
1	Emotional Wellness	Mental health, stress management, emotional resilience	1hr 36 min
2	Economic Wellness	Financial literacy, financial planning, financial stability	1hr 11min
3	Physical Wellness	Nutrition, exercise, sleep, healthy lifestyle practices	2hrs 24min
4	Occupational Wellness	Shipboard adaptation, work-life balance, career growth, professional satisfaction	2hrs 07min
5	Social Wellness	Communication, interpersonal relationships, teamwork, social harmony	2hrs 56min
6	Environmental Wellness	Environmental stewardship, sustainability awareness, responsible maritime practices	1hr 38min
7	Climatic Wellness	Climate awareness, climatic adaptation, climate-related well-being	1hr 41min
8	Intellectual Wellness	Critical thinking, continuous learning, cognitive development	2hrs 40min
9	Cultural Wellness	Cultural sensitivity, diversity awareness, inclusive shipboard environment	1hr 56min
10	Spiritual Wellness	Mindfulness, self-awareness, purpose, inner peace, ethical values	1hr 05min
		<b>Total Duration</b>	<b>19hrs. 14min</b>

7. The LMS platform shall become operational with effect from **XX.XX.2026**. All Maritime Training Institutes (MTIs) are advised to undertake necessary institutional coordination, digital readiness measures, trainee awareness

activities, and onboarding facilitation for effective implementation of the programme. Trainee seafarers enrolled in DG Shipping approved training programmes and Indian seafarers possessing valid INDoS numbers are encouraged to complete the prescribed wellness modules through the LMS platform within the implementation period prescribed by the Directorate from time to time.

8. The LMS-SMY applicable to the followings -

- a. This SMY-LMS Module will be applicable to all candidates pursuing pre-sea courses in DGS approved MTIs. MTIs must ensure that all candidates must complete these modules before passing out of the Institute.
- b. All Indian seafarers holding valid Indian CDC have to complete this SMY-LMS course.
- c. All the MTIs, Shipping companies, Recruitment and Placement Service License (RPSL) agencies and Unions seafarers are advised to disseminate the information among seafarers.
- d. It is mandatory for all the Indian seafarers to complete this course within a period of 1 years from the issuance of this DGS Training Circular No. **XX. Of 2026.**
- e. There will be no fee for the course

9. Upon successful completion of the prescribed wellness modules and assessments, the LMS platform shall automatically generate a digital completion certificate. All users are advised to securely download and retain the certificate for future reference, verification, and institutional requirements. The LMS platform is integrated with the DG Shipping digital ecosystem, including the eNavik Seafarer Profile System linked with the respective INDoS number, and the completion status of the modules shall accordingly be reflected in the concerned seafarer's profile for participation tracking, digital record maintenance, and administrative reference purposes.

10. All the users of the LMS platform shall follow the operational instructions and guidance provided in the User Manual attached as **Annexure-II**.

Any operational inputs, implementation-related observations, technical issues, or suggestions for improvement of the LMS-based "Sagar Mein Yog" Wellness Programme may be submitted to the Directorate for continuous review and strengthening of the initiative. Please send your comments to [training-dgs@gov.in](mailto:training-dgs@gov.in) or [sagarmeinyogcrew@gmail.com](mailto:sagarmeinyogcrew@gmail.com) within 10 days from date of publish on DGS portal **XX.XX. 2026**.

11. This issue with the approval of Director General of Shipping.

(Deependra Singh Bisen)

Dy. Director General of Shipping (STCW)

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**Enclosures:**

1. Annexure I – Overview of 10 Wellness Modules under Sagar Mein Yog
2. Annexure II – User Manual

## Annexure I – Overview of 10 Wellness Modules under Sagar Mein Yog

**DIRECTORATE GENERAL OF SHIPPING**

*Ministry of Ports, Shipping and Waterways | Government of India*

### ANNEXURE

## Overview of 10 Wellness Modules under **SAGAR MEIN YOG (SMY)**

*A Holistic Wellbeing Initiative for Indian Seafarers | Five-Year Action Plan 2025–2030*

**Sagar Mein Yog (SMY)** is a comprehensive wellness movement developed by the Directorate General of Shipping in partnership with the National Union of Seafarers of India (NUSI), with Trijog – Know Your Mind as the knowledge partner. The initiative is structured around **10 Core Pillars of Holistic Wellness**, each designed to address the multidimensional needs of maritime professionals across Pre-Sea and Post-Sea phases of their career.

**01**

### EMOTIONAL WELLNESS

*Managing stress, emotional intelligence, and mental resilience before and after each voyage*

S.No.	Sub-Module	Key Topics Covered
1.1	Mental Health Awareness	<ul style="list-style-type: none"><li>Understanding anxiety and panic</li><li>Managing depression and burnout</li><li>Differences in professional contexts</li><li>Strategies for mental health support</li></ul>
1.2	Understanding Stress and Resilience	<ul style="list-style-type: none"><li>Storm signals for stress</li><li>Stress mapping techniques</li><li>Thought–Feeling–Behaviour framework</li><li>Resilience toolbox for seafarers</li></ul>
1.3	Navigating Anger: Managing Emotions at Sea & Beyond	<ul style="list-style-type: none"><li>Understanding and recognizing anger</li><li>Anger triggers at sea</li><li>Anger management techniques</li><li>Personal anger management plan</li></ul>
1.4	Emotional Intelligence	<ul style="list-style-type: none"><li>Understanding emotional intelligence</li><li>Empathy and active listening</li><li>Self-awareness — mapping my emotions</li><li>Personal EI action plan</li></ul>

**02**

### ECONOMIC WELLNESS

*Budgeting, savings, investment strategies, and financial planning for seafarers*

S.No.	Sub-Module	Key Topics Covered
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2.1	<b>Preparing to Board: Income and Expenses</b>	<ul style="list-style-type: none"> <li>• Concepts in accounts and finances</li> <li>• Income types and expenditure types</li> <li>• Managing expenses and savings</li> <li>• Important accounting statements</li> </ul>
2.2	<b>Saving and Investment: The Anchor Against Shifting Tides</b>	<ul style="list-style-type: none"> <li>• Investment principles and factors</li> <li>• Tips for Indian seafarers</li> <li>• Savings strategies at sea</li> <li>• Long-term financial security</li> </ul>
2.3	<b>Introduction to Financial Markets</b>	<ul style="list-style-type: none"> <li>• Types of financial markets</li> <li>• Understanding stocks</li> <li>• Choosing and deciding to buy/sell stocks</li> <li>• Tips for seafarers in financial markets</li> </ul>
2.4	<b>Inflation, Taxation and Latest Trends</b>	<ul style="list-style-type: none"> <li>• Understanding inflation</li> <li>• Taxation basics for seafarers</li> <li>• Future of finance — emerging trends</li> <li>• Financial planning in a changing economy</li> </ul>

## 03

### PHYSICAL WELLNESS

*Maintaining physical fitness, balanced nutrition, and optimal health at sea*

S.No.	Sub-Module	Key Topics Covered
3.1	<b>Basics of Nutrition — Calories &amp; Macronutrients</b>	<ul style="list-style-type: none"> <li>• Introduction to nutrition</li> <li>• Calories and energy balance</li> <li>• Macronutrients (proteins, fats, carbohydrates)</li> <li>• Practical dietary planning</li> </ul>
3.2	<b>Basics of Nutrition — Hydration &amp; Micronutrients</b>	<ul style="list-style-type: none"> <li>• Micronutrients and their importance</li> <li>• Hydration strategies at sea</li> <li>• Nutritional supplements</li> <li>• Conclusion and application</li> </ul>
3.3	<b>Practical Guidelines to Stay Healthy at Sea</b>	<ul style="list-style-type: none"> <li>• Managing portion sizes</li> <li>• Interpreting food labels</li> <li>• Eating healthy aboard a vessel</li> <li>• Practical wellness habits</li> </ul>
3.4	<b>Alcohol: How Much is Too Much?</b>	<ul style="list-style-type: none"> <li>• Standard drinking guidelines</li> <li>• Best drinking practices</li> <li>• Risks of alcohol at sea</li> <li>• Responsible consumption</li> </ul>
3.5	<b>Western Exercises &amp; Basics of Fitness</b>	<ul style="list-style-type: none"> <li>• Cardiovascular training aboard</li> <li>• Strength training essentials</li> <li>• Cool-down routines and their importance</li> <li>• Fitness habits for maritime professionals</li> </ul>
3.6	<b>Essentials of Sexual Health for Life at Sea</b>	<ul style="list-style-type: none"> <li>• Sexual risk behaviours and infections</li> <li>• Access to sexual health resources</li> <li>• Mental health intersections</li> <li>• Prevention and wellbeing strategies</li> </ul>

## 04

### OCCUPATIONAL WELLNESS

S.No.	Sub-Module	Key Topics Covered
4.1	<b>Understanding the Seafaring Work Environment</b>	<ul style="list-style-type: none"> <li>Recognizing unique challenges of shipboard life</li> <li>Accepting realities of maritime work</li> <li>Developing coping mechanisms</li> <li>Building resilience and adaptability</li> </ul>
4.2	<b>Career Expectations, Adjustment &amp; Growth</b>	<ul style="list-style-type: none"> <li>Expectations vs. experience at sea</li> <li>Adjustment strategies for new seafarers</li> <li>Job satisfaction wheel</li> <li>Career growth mapping and development</li> </ul>
4.3	<b>Giving &amp; Receiving Feedback: A Maritime Communication Toolkit</b>	<ul style="list-style-type: none"> <li>Understanding feedback barriers</li> <li>Giving constructive feedback</li> <li>Receiving feedback constructively</li> <li>Anchor pledge for continuous improvement</li> </ul>
4.4	<b>Transitioning Back to Shore-Based Employment</b>	<ul style="list-style-type: none"> <li>Exploring transition challenges</li> <li>Adapting maritime skills to shore roles</li> <li>Multicultural networking and interviews</li> <li>Resilience roadmap for reintegration</li> </ul>

## 05

### SOCIAL WELLNESS

*Building interpersonal skills, teamwork, and handling communication in a diverse maritime environment*

S.No.	Sub-Module	Key Topics Covered
5.1	<b>Trauma and Critical Incident Management</b>	<ul style="list-style-type: none"> <li>Recognizing trauma signals</li> <li>Coping strategies for critical incidents</li> <li>Support systems mapping</li> <li>Message in a bottle activity</li> </ul>
5.2	<b>Interpersonal Skills, Teamwork and Collaboration</b>	<ul style="list-style-type: none"> <li>Understanding interpersonal skills and their importance</li> <li>Importance of teamwork onboard</li> <li>Using interpersonal skills for collaboration</li> <li>Building effective crew relationships</li> </ul>
5.3	<b>Conflict Resolution and Communication (Onboard and Ashore)</b>	<ul style="list-style-type: none"> <li>Understanding conflict onboard and types of conflict</li> <li>Role of communication onboard</li> <li>Conflict resolution strategies</li> <li>Communication for onshore reintegration</li> </ul>
5.4	<b>Navigating the Waves of Loneliness: Tools for Seafarers</b>	<ul style="list-style-type: none"> <li>Alone vs. lonely — understanding the difference</li> <li>Triggers and statistics</li> <li>Building resilience against loneliness</li> <li>Fostering connection and seeking help</li> </ul>
5.5	<b>Navigating Digital Wellness at Sea</b>	<ul style="list-style-type: none"> <li>Dangers of digital overuse onboard</li> <li>Practising digital wellness at sea</li> <li>Digital wellness ≠ digital rejection</li> <li>Healthy boundaries with technology</li> </ul>

## 06

### ENVIRONMENTAL WELLNESS

S.No.	Sub-Module	Key Topics Covered
6.1	<b>Introduction to Environmental Wellness for Seafarers</b>	<ul style="list-style-type: none"> <li>• Understanding environmental wellness</li> <li>• Environmental wellness in action</li> <li>• Stress and confined spaces at sea</li> <li>• Connection with nature on long voyages</li> </ul>
6.2	<b>Components of Environmental Wellness at Sea</b>	<ul style="list-style-type: none"> <li>• Physical environment onboard</li> <li>• Sustainability at sea</li> <li>• Connection with nature</li> <li>• Promoting environmental consciousness</li> </ul>
6.3	<b>Environmental Hazards and Mental Health</b>	<ul style="list-style-type: none"> <li>• Understanding environmental hazards at sea</li> <li>• Recognizing mental impact of surroundings</li> <li>• Strategies to manage environmental stressors</li> <li>• Conscious living at home and at sea</li> </ul>
6.4	<b>Practical Steps to Improve Environmental Wellness Onboard</b>	<ul style="list-style-type: none"> <li>• Ship-wide collective environmental responsibility</li> <li>• Energy use — mindful consumption</li> <li>• Waste disposal — manage it responsibly</li> <li>• Water conservation and green mindset</li> </ul>

## 07

### CLIMATIC WELLNESS

*Preparing individuals to adapt to varying climatic conditions while maintaining wellbeing onboard*

S.No.	Sub-Module	Key Topics Covered
7.1	<b>Awareness of Climate Change</b>	<ul style="list-style-type: none"> <li>• Ocean is speaking — climate chain reactions</li> <li>• From outer ocean to inner health</li> <li>• Climate emotions and eco-anxiety</li> <li>• Sustainable actions for seafarers</li> </ul>
7.2	<b>Adapting to Different Climate Zones</b>	<ul style="list-style-type: none"> <li>• Climate and the human body</li> <li>• Hydration and nutrition across climates</li> <li>• Sleep quality in varying conditions</li> <li>• Building climate resilience</li> </ul>
7.3	<b>Influence of Different Weather Conditions on Seafarers</b>	<ul style="list-style-type: none"> <li>• Physical impact of weather conditions</li> <li>• Psychological impact of extreme weather</li> <li>• Mental wellness and weather-appropriate practices</li> <li>• Taking care of yourself in different weather</li> </ul>
7.4	<b>First Aid for Climate-Related Health Emergencies</b>	<ul style="list-style-type: none"> <li>• Different climate-related health risks</li> <li>• Emergency preparedness onboard</li> <li>• First aid for heat, cold, and storm-related conditions</li> <li>• Climate wellness commitment</li> </ul>

## 08

### INTELLECTUAL WELLNESS

*Continuous learning, problem-solving, and critical thinking for career growth*

S.No.	Sub-Module	Key Topics Covered
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8.1	<b>Critical Thinking, Risk Management and Problem Solving</b>	<ul style="list-style-type: none"> <li>• What is critical thinking</li> <li>• Barriers to critical thinking</li> <li>• Risk identification and assessment</li> <li>• Importance of problem solving at sea</li> </ul>
8.2	<b>Information Processing and Communication</b>	<ul style="list-style-type: none"> <li>• Information processing and its importance</li> <li>• Techniques to improve information processing</li> <li>• Communication skills for maritime professionals</li> <li>• Overcoming cognitive barriers</li> </ul>
8.3	<b>Mindfulness and Cognitive Function</b>	<ul style="list-style-type: none"> <li>• Importance of mental health and cognitive sharpness</li> <li>• Understanding cognition</li> <li>• The connection between mindfulness and cognitive function</li> <li>• Practical mindfulness exercises</li> </ul>
8.4	<b>Career Development and Intellectual Growth</b>	<ul style="list-style-type: none"> <li>• Intellectual growth frameworks</li> <li>• Career development for seafarers</li> <li>• Skills for career advancement</li> <li>• Continuous learning strategies</li> </ul>

## 09

### CULTURAL WELLNESS

*Promoting understanding, respect, and adaptability within diverse cultural environments at sea*

S.No.	Sub-Module	Key Topics Covered
9.1	<b>Anchored in Identity — Building Cultural Awareness at Sea</b>	<ul style="list-style-type: none"> <li>• Cultural awareness: identity and heritage</li> <li>• Identity mapping exercise</li> <li>• Cross-cultural scenarios at sea</li> <li>• Reflecting on personal cultural identity</li> </ul>
9.2	<b>Navigating Cultural Waters — Respect for Diversity &amp; Intercultural Competence</b>	<ul style="list-style-type: none"> <li>• Understanding diversity onboard</li> <li>• Exploring cultural norms</li> <li>• My cultural compass plan</li> <li>• Building intercultural competence</li> </ul>
9.3	<b>Borderless World — Cultivating Tolerance and Acceptance at Sea</b>	<ul style="list-style-type: none"> <li>• Tolerance vs. acceptance at sea</li> <li>• Me and my borders — personal reflection</li> <li>• Group reflection and closing activities</li> <li>• Building inclusive crew environments</li> </ul>
9.4	<b>Navigating Context — Understanding Communication Styles through Edward Hall's Theory</b>	<ul style="list-style-type: none"> <li>• Understanding communication styles through context</li> <li>• High-context vs. low-context communication</li> <li>• Cultural self-assessment</li> <li>• Strategies to bridge context gaps</li> </ul>

## 10

### SPIRITUAL WELLNESS

*Mindfulness, self-reflection, and maintaining inner peace and purpose across all voyages*

S.No.	Sub-Module	Key Topics Covered
10.1	<b>Calm Seas Within: Meditation for Seafarers</b>	<ul style="list-style-type: none"> <li>• Introduction to meditation practice</li> <li>• Guided meditation techniques</li> <li>• Grounding exercises for maritime environments</li> <li>• Building a daily meditation habit</li> </ul>

<b>10.2</b>	<b>Anchoring Your Spirit: Healing Through Chanting</b>	<ul style="list-style-type: none"> <li>• Healing power of chanting</li> <li>• Shanti Path — universal peace mantra</li> <li>• Ra Ma Da Sa — healing mantra practice</li> <li>• Cultivating compassion and interconnectedness</li> </ul>
<b>10.3</b>	<b>Hands That Heal: Mudras for Wellbeing</b>	<ul style="list-style-type: none"> <li>• Introduction to mudras in spiritual practice</li> <li>• Dhyana Mudra — gesture of meditation</li> <li>• Apana Mudra — detoxification and grounding</li> <li>• Energy channelling through hand gestures</li> </ul>
<b>10.4</b>	<b>Breath of the Ocean: Pranayama for Seafarers</b>	<ul style="list-style-type: none"> <li>• 3-Part breathing — abdominal, thoracic, clavicular</li> <li>• Bhramari Pranayama (Bumble Bee Breath)</li> <li>• Pranayama for stress and anxiety at sea</li> <li>• Building a breathwork practice onboard</li> </ul>

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*Each module is delivered across Pre-Sea and Post-Sea phases, integrating self-paced learning, live workshops, case studies, and reflective practices.*

## **Sagar Mein Yog (SMY)**

*Learning Management System for Seafarers*

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# **User Manual**

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Module:

## **Seafarer Learner Portal**

Seafarer User

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## 2 INTRODUCTION

### 2.1 PRODUCT FUNCTION

The Sagar Mein Yog (SMY) Learning Management System is a web-based e-learning portal for Seafarers. It enables enrolled users to browse structured courses, study video and document-based learning materials, take chapter quizzes and course assessments, and download a Certificate of Completion when assessment criteria are met.

The platform organises content as Courses → Topics → Learning Materials. Each course may optionally include a formal end-of-course Assessment used to determine pass/fail and certificate eligibility. Seafarers can also track their attempts through the Your Progress dashboard, receive in-app notifications, and raise support tickets through Contact Support.

Administrators manage users, courses, tickets, notifications, and analytics through a separate administrative interface.

### 2.2 INTENDED AUDIENCE

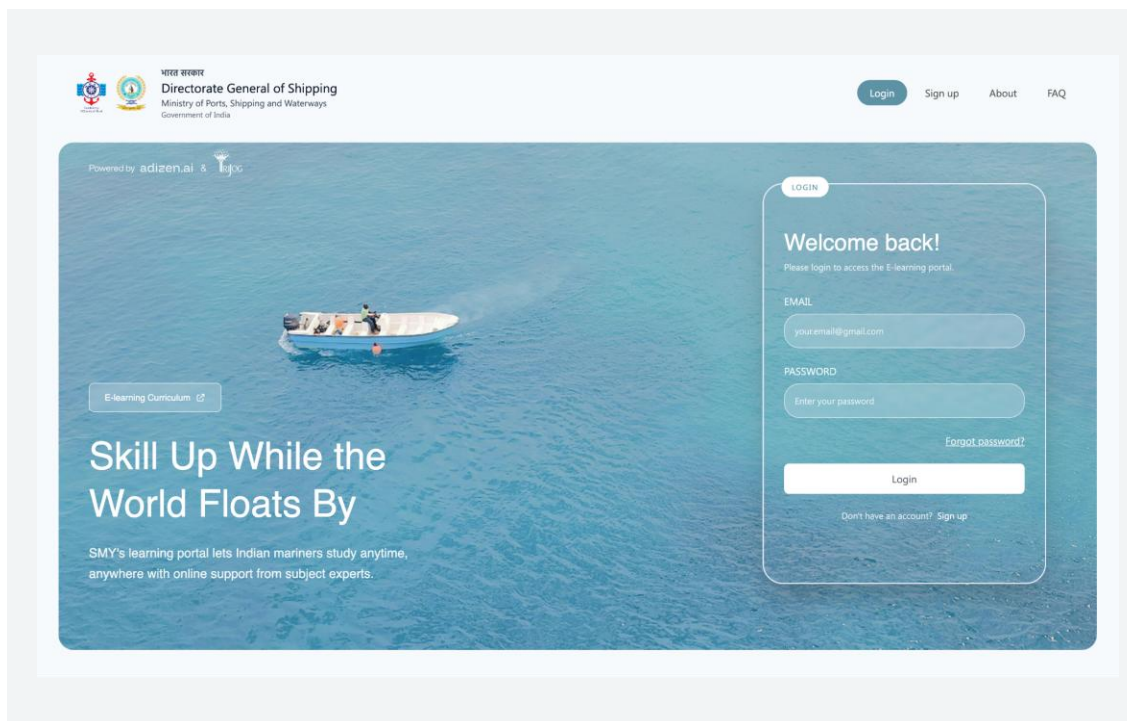
This User Manual is intended for Seafarer users of the SMY Learning Management System. It describes the end-to-end learner journey — from account registration and login, through course study, quizzes, assessments, certification, and progress tracking, to support ticketing and notifications.

A short administrator overview is included at the end of this document for reference; detailed administrative procedures are covered in a separate Administrator Guide.

### 3 LOGIN – SEAFARER USER

This section describes how to register a new Seafarer account, sign in to the portal, recover or set a password, and access all learner features available after authentication.

Open the SMY LMS URL provided by your organisation in a current version of a mainstream browser (Chrome, Edge, Safari, or Firefox) over a stable internet connection. On the landing page, select the Login button to access the portal.



Click [Login] button to access portal.

Figure 1 – Welcome Page

### 3.1 REGISTRATION

First-time Seafarer users must register before they can access courses. Registration is a two-step form followed by email verification.

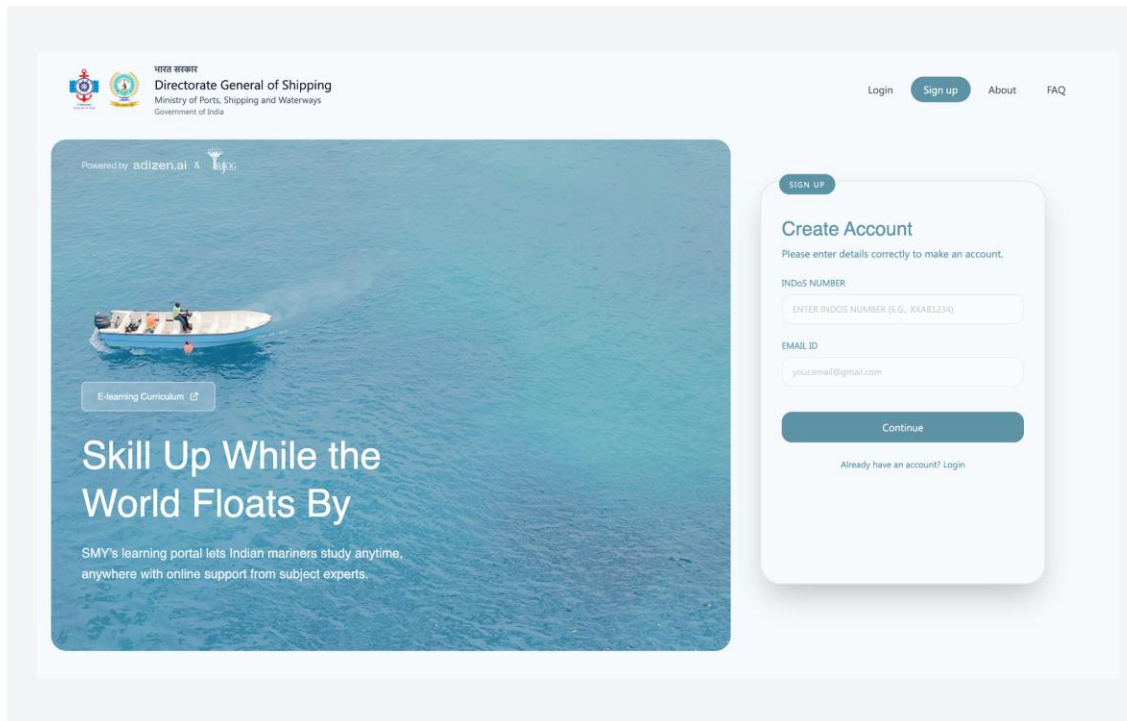
#### 3.1.1 INDoS AND EMAIL

On the landing page, select Sign up (or switch from the Login form to the registration form). The Create Account screen opens.

1. Enter your INDoS Number (up to 8 characters; the field accepts uppercase as you type).

2. Enter a valid Email Address you can access.
3. Select Continue.

*The system validates your INDoS number. If the number is rejected, correct it and try again, or contact support — duplicate or invalid identity data may be refused.*



Enter your INDoS Number and Email Address.

Click [Continue] button to proceed to password creation.

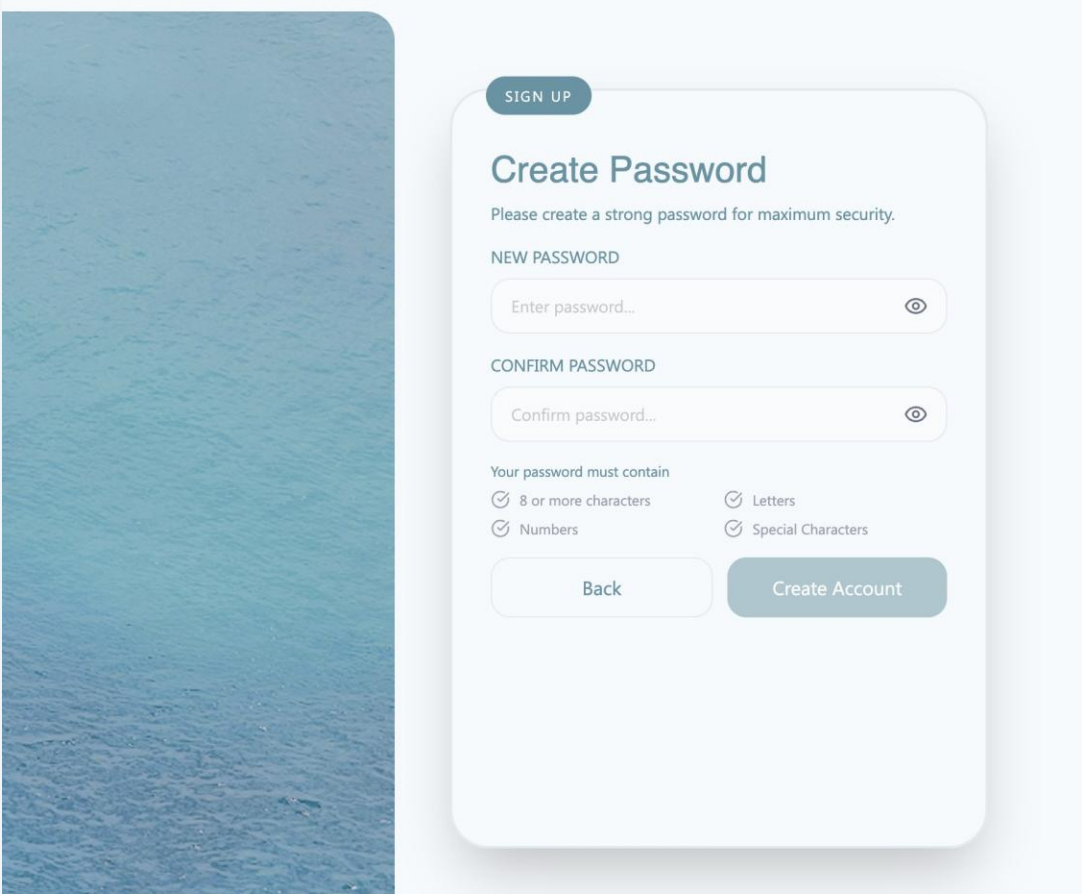
*Figure 2 – Sign Up – INDoS and Email*

### 3.1.2 PASSWORD CREATION

On the Create Password screen, enter and confirm a password that satisfies all of the following rules. The screen displays a checkmark as each rule is met:

- At least 8 characters
- Letters (A–Z, a–z)
- Numbers (0–9)
- Special characters (for example: ! @ # \$ % ^ & \* ( ) , . ? " : { } | < >)

Re-enter the same password in Confirm Password, then submit the form using the on-screen button (label may read Create Account or Continue).



**SIGN UP**

## Create Password

Please create a strong password for maximum security.

**NEW PASSWORD**

Enter password...

**CONFIRM PASSWORD**

Confirm password...

Your password must contain

- 8 or more characters
- Numbers
- Letters
- Special Characters

[Back](#) [Create Account](#)

Enter a password matching all rules, confirm it, and click [Create Account] to register.

*Figure 3 – Sign Up – Create Password*

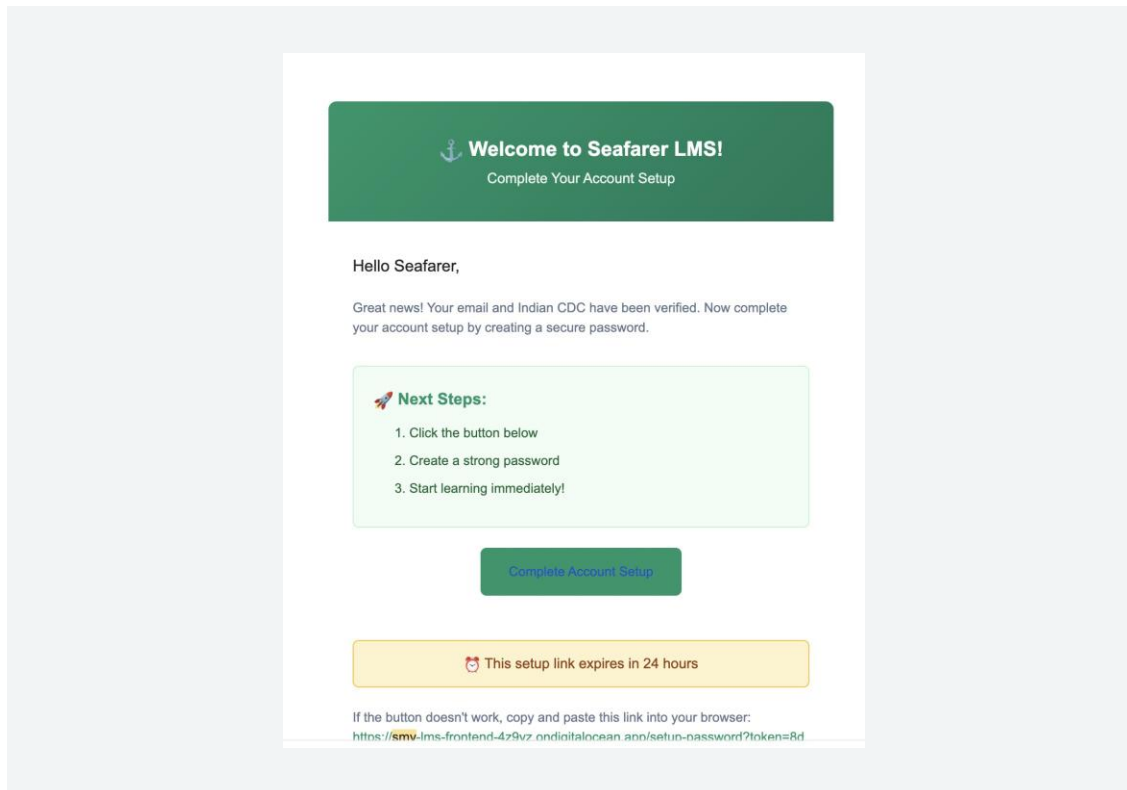
### **3.1.3 EMAIL VERIFICATION**

After successful registration, a verification message or modal appears in the application. Open the email account you registered with, locate the verification message from SMY LMS, and follow the link inside.

If the message does not arrive within a few minutes:

4. Check Spam or Junk folders.
5. Use any Resend Verification control shown on the page.
6. If verification still fails, raise a ticket via Contact Support (see Section 3.7).

*Until your email is verified, you may be unable to use the full portal.*



Open your email inbox, find the SMY LMS verification message, and follow the verification link.

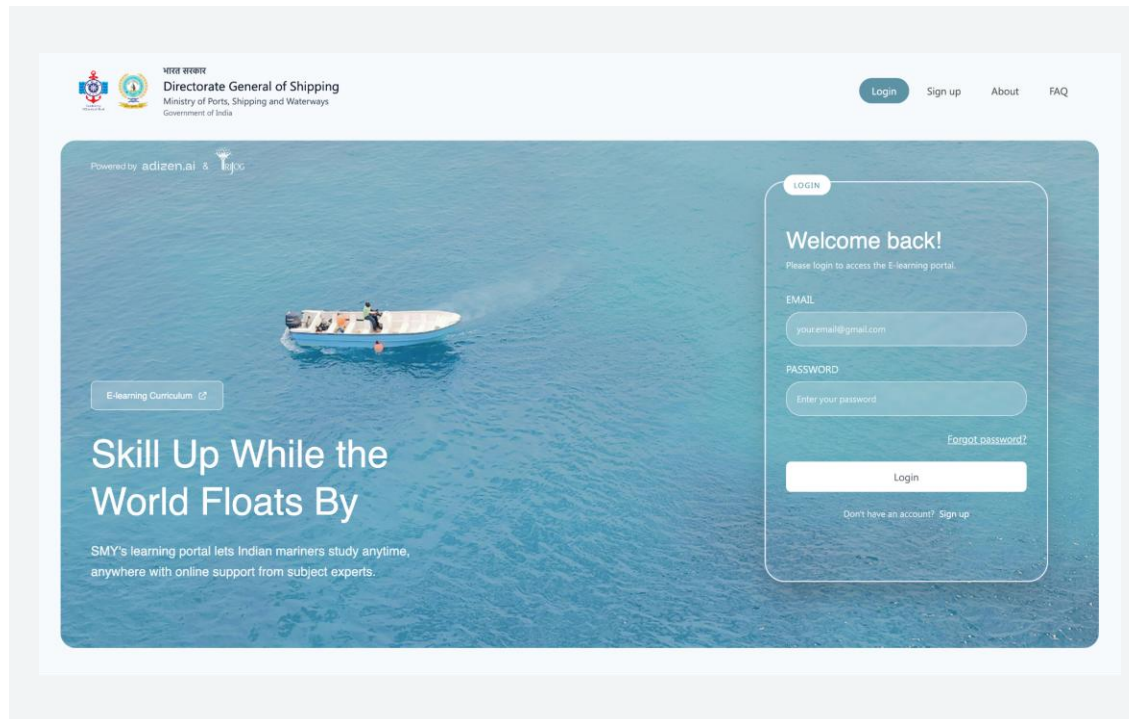
*Figure 4 – Email Verification Prompt*

## 3.2 LOGIN & PASSWORD RECOVERY

### 3.2.1 SIGN IN

7. Open the SMY LMS Login page.
8. Enter your registered Email and Password.
9. Select Login.

On successful authentication, the application redirects you to the Courses area at /dashboard. The portal uses secure, cookie-based session management — you do not manage tokens manually. Stay signed in on the same browser on the same device while studying.



Enter your registered Email and Password.

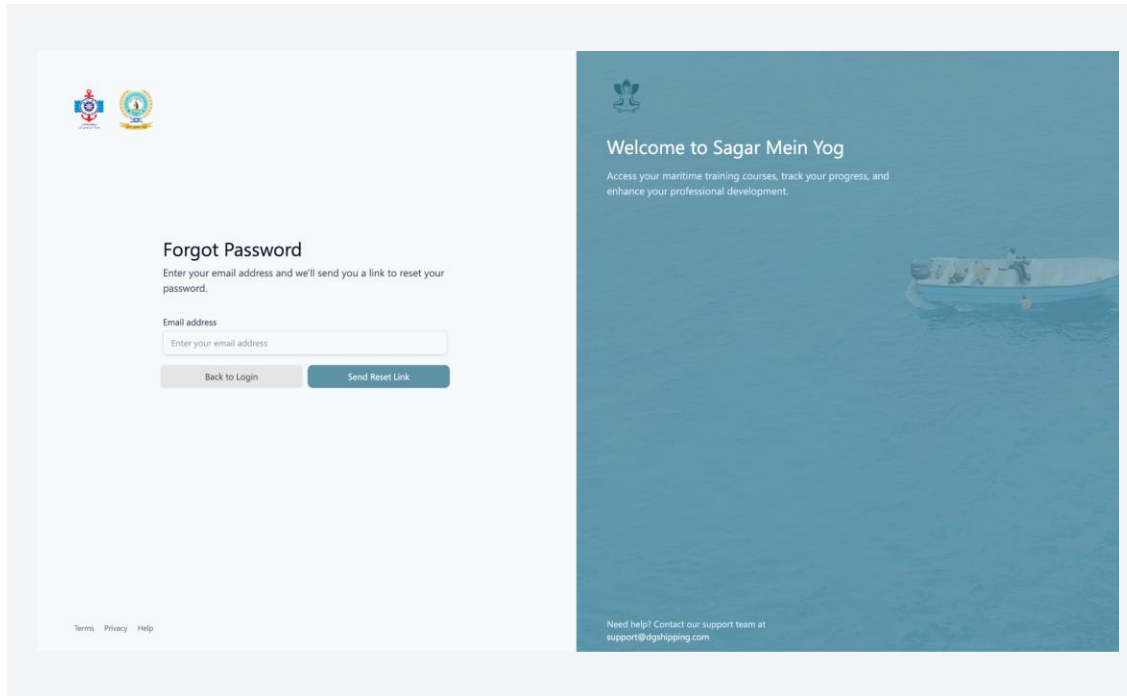
Click [Login] button to access the Seafarer dashboard.

Figure 5 – Login Page

### 3.2.2 FORGOT PASSWORD

10. On the Login screen, select Forgot Password?
11. On the recovery page (/forgot-password), enter the email linked to your account.
12. Submit the form.
13. Open your email and follow the reset link (the link typically lands you on /setup-password).
14. Set a new password matching the rules in Section 3.1.2 and submit.
15. Return to the Login page and sign in with your new password.

*If you received an invitation or reset link from an administrator, follow the same /setup-password flow from step 4 above.*



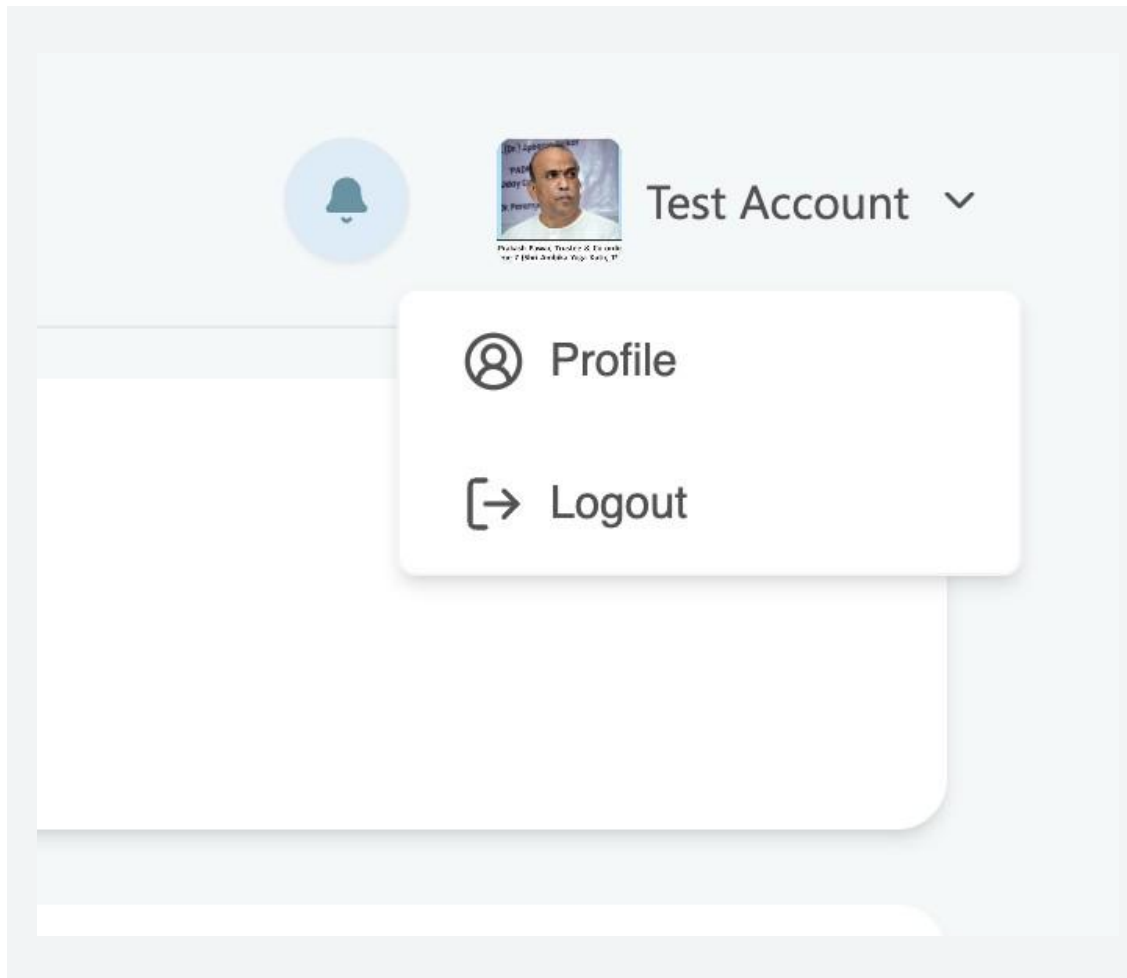
Enter your registered Email and click [Submit] to receive a password reset link.

*Figure 6 – Forgot Password*

### **3.2.3 LOGOUT**

16. While signed in, locate your user menu in the top header of the learner layout.
17. Open the user menu.
18. Select Log out.

*This ends your session on the device you are using. On a shared computer, always log out when finished.*



Click your user icon in the header, then select [Log out] from the dropdown.

*Figure 7 – User Menu – Logout*

### 3.3 PROFILE & ACCOUNT SETUP

Your profile information — name, INDoS number, rank or designation, and profile photo (when uploaded) — may appear on your Certificate of Completion and in support records. Keeping this information accurate avoids delays with certificates and identity verification.

19. Sign in to the SMY LMS.
20. Open the user menu in the header and select Profile (route: /dashboard/profile).
21. Enter or update the fields shown (name, INDoS, rank, photo, and any other fields enabled in your deployment).
22. Save your changes using the on-screen controls.

23. If a profile-completion banner or modal appears after login, complete all required fields before continuing.

*INDoS is required to view Your Progress. If you select Your Progress in the sidebar and the application redirects you to Profile, complete and save INDoS first, then return to Your Progress.*

The screenshot displays the user profile page for a 'Test Account' (SEAFARER). The profile card includes a profile picture, name, role, email, gender, and age. Below the profile card is an 'Additional Details' section with several input fields:

Additional Details		
Aadhaar Number	Mobile Number	Last/Current Ship's Name
123456781234	3214321121	Not provided
IMO Number	Seafarer's Identity Document (SID)	INDoS Number
Not provided	Not provided	test-1234

Update your profile fields and click [Submit] to persist changes. INDoS is mandatory for Your Progress.

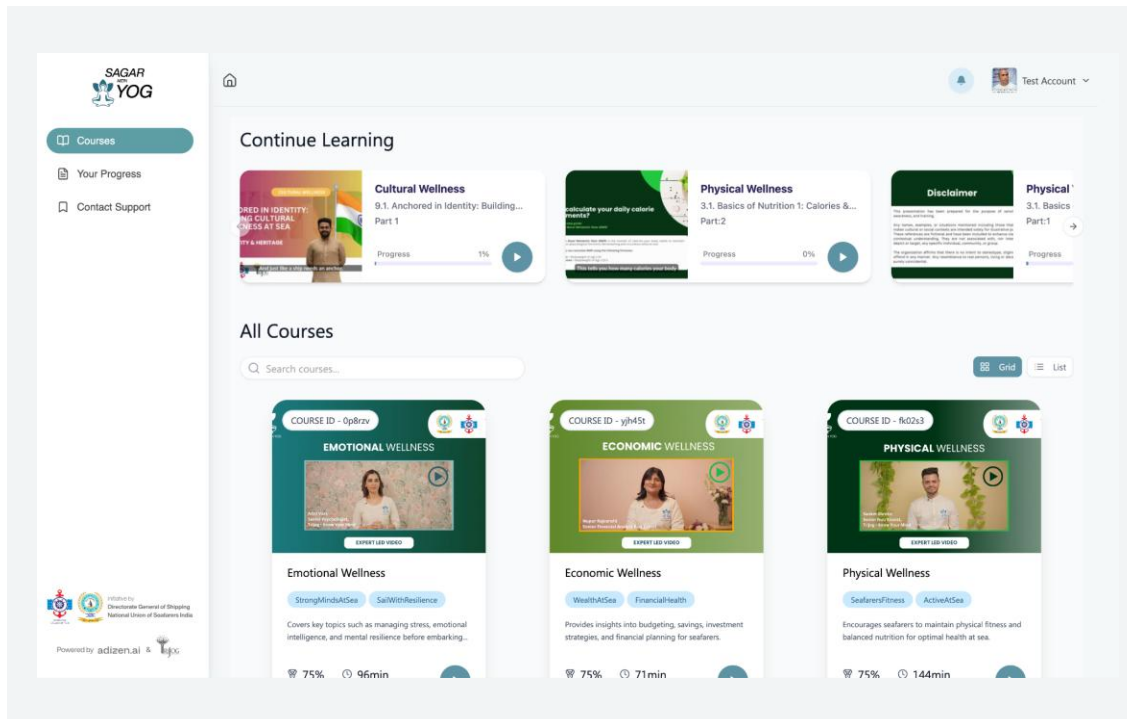
Figure 8 – Profile Page

## 3.4 COURSES

The Courses area is the catalogue of all training programmes assigned or available to you. Content is organised in three levels: each Course contains one or more Topics, and each Topic contains one or more Learning Materials (typically videos or documents). A material may have a chapter quiz attached, and a course may have a formal end-of-course Assessment.

### 3.4.1 BROWSE COURSES

24. Sign in to the portal.
25. Select Courses in the sidebar — the catalogue appears at /dashboard.
26. Optionally, enter text in the search box, or move through pages using the pagination controls.
27. Select a course card or course title to open the course detail page.



Use search, or pagination to find a course.

Click the course card or title to open the course detail page.

Figure 9 – Courses Catalogue

### 3.4.2 COURSE DETAIL PAGE

The course detail page displays the course title, tags, description, Completion Time, and the Minimum Pass Percentage required on the assessment (when configured).

Below the description, the Course Overview section lists every Topic. Select a topic row to expand the accordion and reveal its learning materials. Each material row shows its type, duration, and whether a quiz is attached.

The screenshot shows the SAGAR YOG LMS interface. On the left is a navigation menu with 'Courses', 'Your Progress', and 'Contact Support'. The main content area displays the course 'Emotional Wellness' with a video player, a description, and completion statistics (96 mins, 75%). Below this is a 'Course Overview' section with an accordion for '1.1.1. Mental Health Awareness (English)'. This accordion is expanded to show a table of materials:

Part	Media Type	Duration	Quiz	Action
1.1 Part:1	VIDEO	4 mins	Quiz at end of Chapter	Watch video
1.2 Part:2	VIDEO	5 mins	Quiz at end of Chapter	Watch video
1.3 Part:3	VIDEO	5 mins	Quiz at end of Chapter	Watch video
1.4 Part:4	VIDEO	5 mins	No Quiz associated	Watch video

Below the table, another accordion for '2.1.2. Understanding Stress & Resilience (English)' is visible. The page footer includes logos for the Directorate General of Shipping and the National Institute of Maritime Education and Research, along with the text 'Powered by adizen.ai & epix'.

Read the course title, description, and pass criteria.

Expand a topic accordion to view its materials and quizzes.

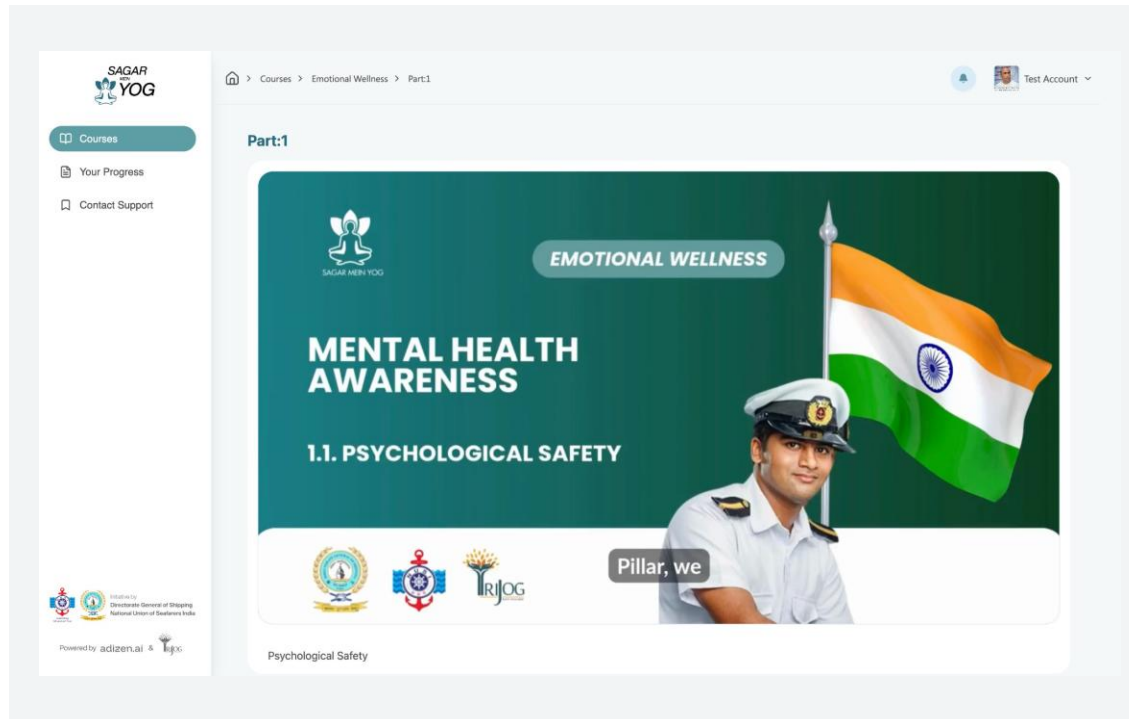
Click [Assessment] (top-right) to start the end-of-course test when all materials are complete.

Figure 10 – Course Detail Page

### 3.4.3 STUDY A LEARNING MATERIAL

28. On the course detail page, expand a topic in Course Overview.
29. For the material you want to study, select Watch (for videos) or View (for documents and other types).
30. Wait for the material viewer to load at `/dashboard/courses/<courseId>/<materialId>`.
31. Play the video or read the document until the application records completion (follow any Mark Complete control shown).
32. Use the browser back button or breadcrumbs to return to Course Overview and pick the next material.

*Progress data — completion percentage, last position, and completed status — is stored per material against your user account. When all materials in a topic are completed, the topic header shows a Completed badge; Pending indicates at least one material is still outstanding.*



Watch or read the material to record completion.

Use [Previous] / [Next] (when available) or return to the course page for the next material.

*Figure 11 – Material Viewer*

### 3.4.4 CHAPTER QUIZ

Some materials have a chapter quiz attached, indicated in the Course Overview row. Chapter quizzes help you check understanding and are separate from the formal course assessment.

33. Open or complete the material that has the quiz.
34. Follow the on-screen link or button to start the chapter quiz.
35. Answer the questions and submit using the on-screen Submit control.
36. Review your past chapter quiz attempts via Quiz History at  
/dashboard/courses/<courseId>/quiz-history.

**Part 2**

**Video Completed!**

You have completed the video. Would you like to proceed to the quiz?

[Start Quiz](#) [Skip Quiz](#)

**Practice your learning!** Question 1 of 2

Not For Grading

**Question: Which of the following is a visible cultural difference that can affect day-to-day work onboard a merchant navy vessel?**

(Select one answer)

A crew's belief about authority

The crew's tone of voice in disagreement.

The types of meals preferred by crew from different nationalities

How quickly crew members adapt to time zone changes.

[Submit](#)

Identity & Heritage

Answer each question and click [Submit] when complete. Quiz attempts are recorded in Quiz History.

Figure 12 – Chapter Quiz

### 3.4.5 START COURSE ASSESSMENT

The Course Assessment is the formal end-of-course test used for certification. The Assessment button on the course detail page becomes active when every required learning material in the course is marked completed for your account.

37. From the course detail page, select Assessment.
38. Read the confirmation dialog:
  - If eligible — the dialog displays Start Assessment and a confirmation that required content is complete.
  - If not eligible — the dialog displays a Warning indicating not all materials are completed.
39. If eligible, select Start Assessment to begin; or Cancel to stay on the course.
40. If not eligible, select X to close and continue studying. Yes, Proceed may be available to start anyway — only use this option if your organisation allows it.

**Emotional Wellness Assessment**  
75% Minimum Passing Score

1 2 3 4  
5 6 7 8  
9 10

End Test

1 out of 10  
Time left  
29:56

**Question 1**  
What is the key difference between normal sadness and depression?  
(Select one answer)

Sadness lasts longer than depression.

Depression improves with cheering up, sadness doesn't.

Sadness causes more physical symptoms than depression.

Sadness comes and goes; depression lingers, affects your whole body and functioning.

< Previous

Next >

Eligible: Click [Start Assessment] to begin.

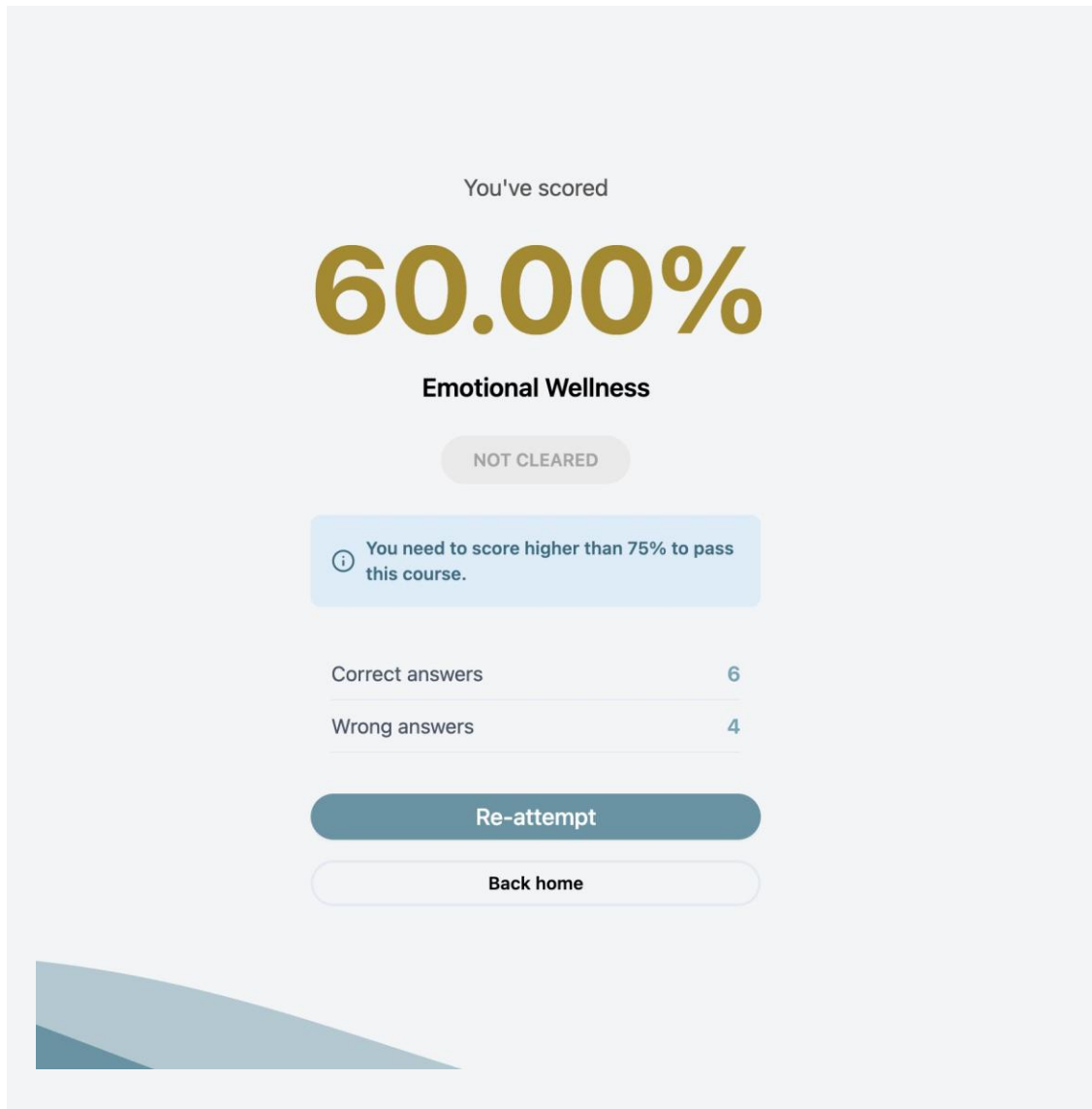
Not eligible: Click [X] to continue studying, or [Yes, Proceed] only with explicit permission.

Figure 13 – Assessment Confirmation Dialog

### 3.4.6 SUBMIT ASSESSMENT & VIEW RESULT

After confirming, the application opens the test page at `/dashboard/courses/<courseId>/test/<quizId>`. Read each question and select or enter your answer. If a timer or attempt limit is displayed, monitor it throughout the test. When you have answered all questions, select Submit.

On submission, you are taken to the result page at `/dashboard/courses/<courseId>/assessment/result/<attemptId>`. The screen displays your score, pass/fail status against the configured passing percentage, and any feedback.



Review your score and pass/fail status.

If eligible, click [Download Certificate] to download the PDF certificate.

*Figure 14 – Assessment Result Page*

### **3.4.7 DOWNLOAD CERTIFICATE**

The SMY LMS issues a Certificate of Completion (PDF) for a course when you pass the course assessment. The certificate references the course name, topics covered, your name and INDoS number,

an optional rank/designation line, a certificate number, the issue date, and may include your profile photo if uploaded.

**Certificate Eligibility Rules:**

- The course must have an Assessment-type test configured.
- You must have at least one assessment attempt on record.
- Your best assessment score (percentage) must be greater than or equal to the configured passing score.

**Certificate Number Format:**

Certificates carry an identifier of the form SMY followed by a short alphanumeric suffix derived from your best qualifying attempt — for example, SMY-A1B2C3D4.

**Two Download Paths:**

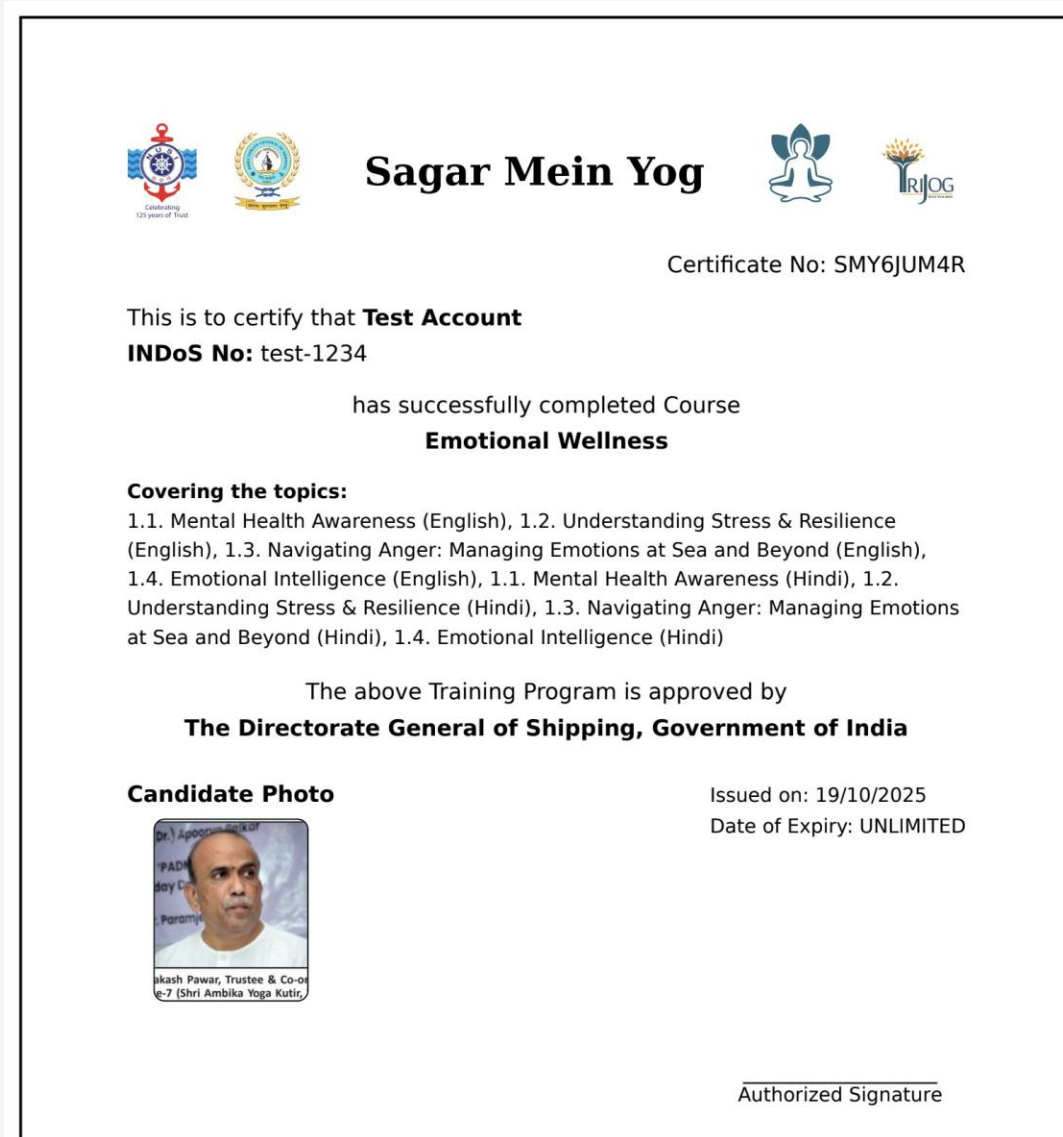
*Path A — From the assessment result page*

41. Confirm your score meets or exceeds the passing requirement.
42. Select Download Certificate.
43. Save the PDF when prompted by your browser.

*Path B — From Your Progress*

44. Select Your Progress in the sidebar.
45. Locate the row marked ASSESSMENT (quiz rows show Certification as not applicable).
46. In the Certification column, select Download Certificate.
47. Save the PDF.

*If you are not eligible, the Certification column shows Not Eligible. Review course materials again and re-attempt the assessment, if the course allows additional attempts.*



Click [Download Certificate] either from the result page or the ASSESSMENT row in Your Progress.

*Figure 15 – Certificate Download*

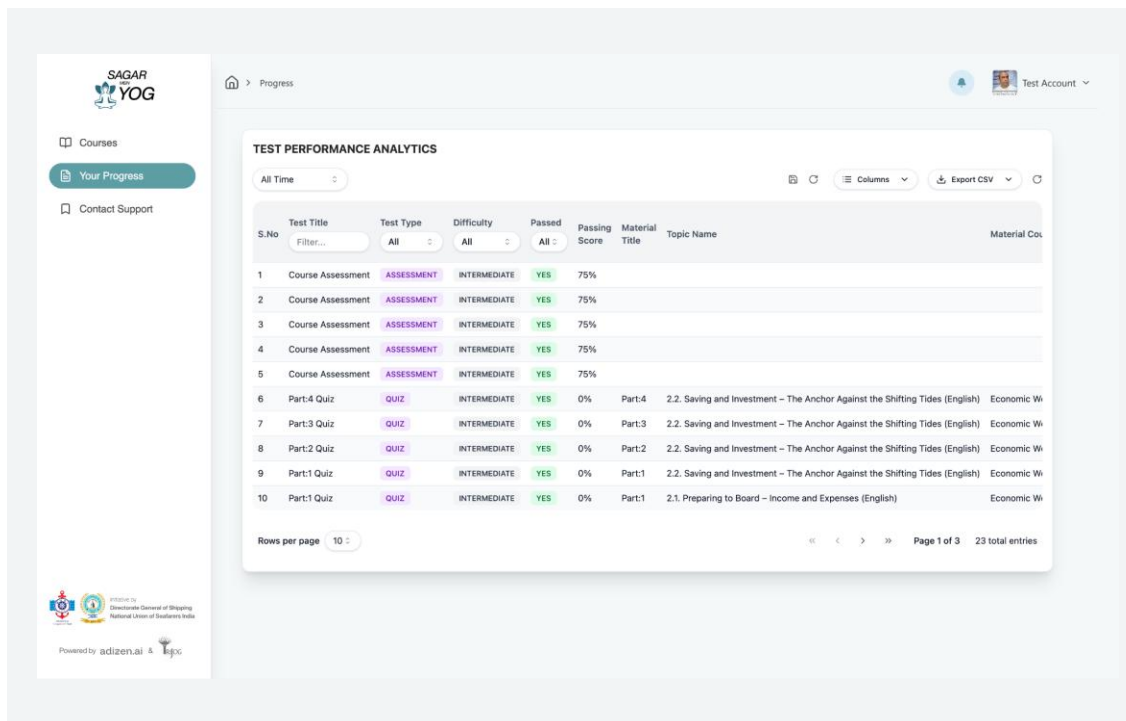
### 3.5 YOUR PROGRESS

Your Progress is a single, sortable table covering all your test attempts — both chapter quizzes and course assessments — along with scores, dates, and certification actions.

48. Sign in to the portal.

49. Select Your Progress in the sidebar (route: /dashboard/progress).
50. Wait for the table to load (Course, Test Title, Type, Scores, Percentage, Dates, Certification).
51. Optionally apply search, filters (status, type, dates), column sort, or pagination using the table toolbar.
52. To download a certificate, locate the ASSESSMENT row and use Download Certificate in the Certification column.
53. If an Export control is visible, use it to download data (for example CSV) for your own records.

*INDoS is required to view this dashboard. If redirected to Profile, complete and save INDoS first.*



Filter or search to find an attempt.

Click [Download Certificate] next to a passed ASSESSMENT row.

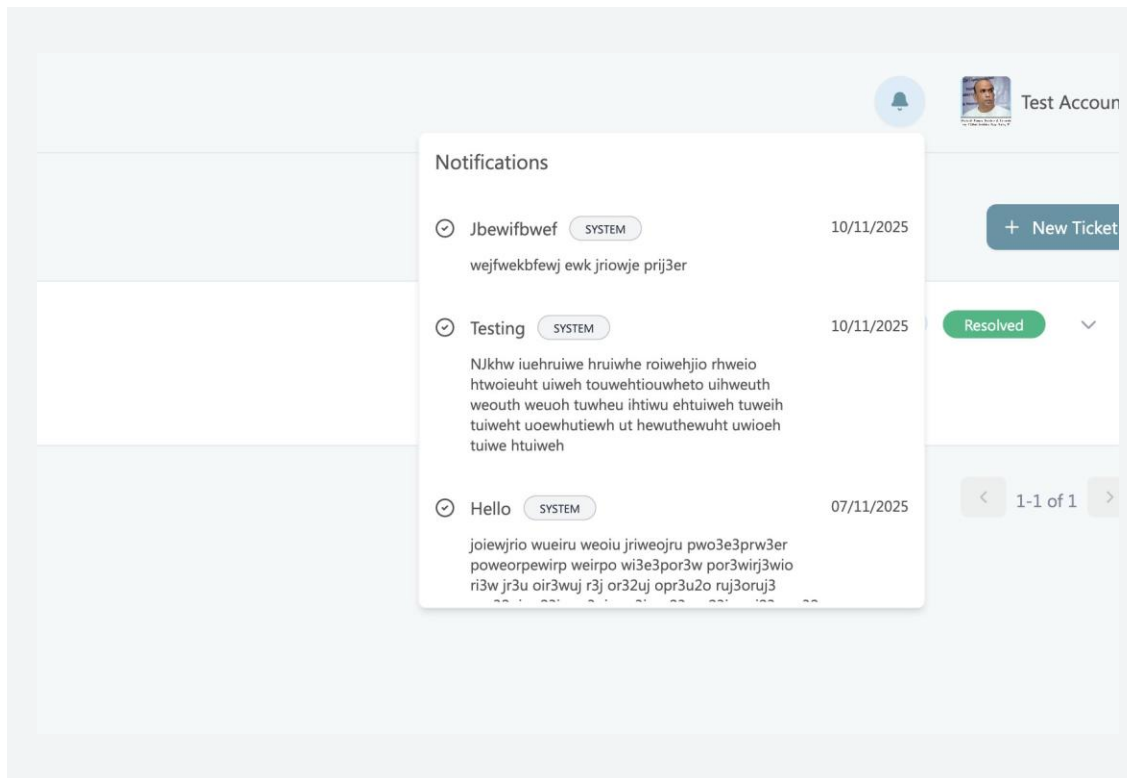
Figure 16 – Your Progress Dashboard

### 3.6 NOTIFICATIONS

Administrators can send announcements that arrive as in-app notifications, often in real time without requiring a page refresh.

54. While signed in, select the notification (bell) icon in the top header.

55. Read each item in the list; select an item to open the detail view, if available.
56. Use Mark as Read on an item, or Mark All as Read, when shown.
57. Close the panel or click outside it when you are finished.



Click the bell icon, read each notification, and mark items as read individually or in bulk.

Figure 17 – Notifications Panel

## 3.7 CONTACT SUPPORT

Contact Support is the channel for raising any operational issue — technical problems, account issues, billing questions, or general feedback. Each ticket has a category, subcategory, status, and a thread for status updates from the support team.

### 3.7.1 CREATE A TICKET

58. Select Contact Support in the sidebar (/dashboard/tickets).
59. Select New Ticket — the Create New Ticket form opens.
60. Enter a short Title summarising the issue.
61. Select the Category (Technical, Account, Billing, General).
62. Select the Subcategory matching your issue (see Section 3.7.3).

63. Enter a clear Description — what happened, what you expected, and any error text.
64. Optionally provide additional information (screenshot links, reference numbers) in the extra field, if shown.
65. Select Submit. Note your ticket ID or title for later reference.

*New tickets typically start in Pending status.*

The screenshot displays the SAGAR YOG Tickets interface. On the left, there is a navigation menu with 'Courses', 'Your Progress', and 'Contact Support' (highlighted). The main area shows a 'Tickets' page with a search bar, a filter dropdown set to 'All', and a '+ New Ticket' button. A list of tickets is visible, with one ticket from 'You' on Oct 20, 2025, at 01:25 AM, categorized as 'Cyber' with the description 'Nahi chal raha'. The ticket status is 'Resolved'. Below the list, it indicates 'Rows per page: 4' and '1-1 of 1'. A 'Create New Ticket' modal is open in the foreground, containing the following fields and options:

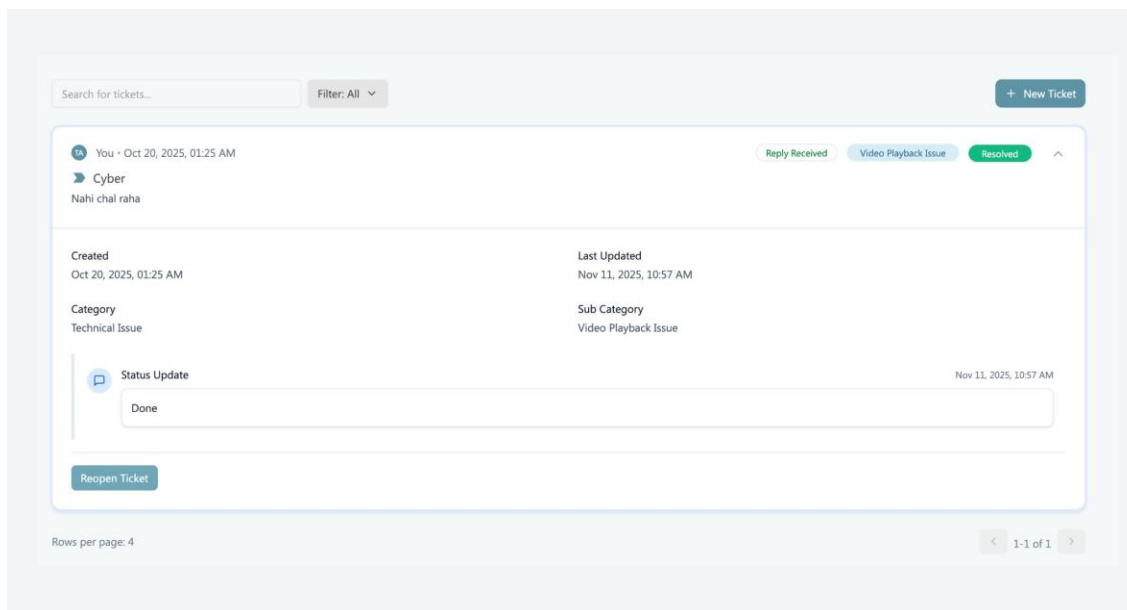
- Subject of the Ticket \***: A text input field with the placeholder 'Enter name...' and a character count of '0/100 characters'.
- Category of ticket \***: Four radio button options: 'Technical Issue', 'Account Issue', 'Billing Issue', and 'General Inquiry'.
- Ticket description \***: A text area with the placeholder 'Describe your complaint or issue here...' and a character count of '0/1000 characters'.
- Buttons: 'Cancel' and 'Submit'.

Fill in Title, Category, Subcategory and Description, then click [Submit] to raise the ticket.

Figure 18 – Create New Ticket

### 3.7.2 VIEW OR REOPEN TICKETS

66. Open Contact Support (/dashboard/tickets).
67. Scan the list of your tickets; apply search or status filters if shown.
68. Select a ticket row to open the details, including current Status and any update notes from support.



Click a ticket row to view details and the status thread.

Use [Reopen] for a Resolved ticket if more help is needed

Figure 19 – Ticket Details &amp; Status

### 3.7.3 TICKET CATEGORIES & STATUSES

#### Categories and Subcategories

##### Technical Issue

- Video Playback Issue
- Download Problem
- Quiz Error
- Mobile App Issue
- Missing Content
- Content Error

- Quiz Question
- Course Access

***Account Issue***

- Login Issue
- Password Reset
- Email Change
- Profile Update
- Certificate Issue

***Billing Issue***

- Billing Problem

***General Inquiry***

- Feedback
- Suggestion
- Other

***Ticket Statuses***

- Pending — newly created, awaiting triage by support.
- In Progress — support is actively working on the issue.
- Resolved — support believes the issue is fixed; you may Reopen if not.
- Closed — ticket is finalised and no further action is required.