

MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding ("MOU") is entered on the 30th May 2025 between:

Vyakti Vikas Kendra India, a public charitable Trust having its office at The Art of Living International Centre (Gate No.1), 21st KM, Kanakapura Road, Udayapura, Bangalore-560082, Karnataka, INDIA. (hereinafter referred to as "VVKI")

AND

The National Union of Seafarers of India (NUSI), established over 128 years ago, has been a pillar of support for Indian seafarers and their families. Celebrating its centenary in 1996, NUSI remains the only union in India to do so. Having its registered Office at Samudraseema, 5th Floor, Plot No. 329, TPS III, Dr. Ambedkar Road, Bandra West, Mumbai 400050 which expression shall include authorized representative/s of the second part; (hereinafter referred to as "NUSI")

WHEREAS

IT IS HEREBY AGREED BETWEEN THE PARTIES THAT:

1. **Term:** This MOU shall commence from the Effective Date i.e. 30th May 2025 and remain in effect till the completion of Deliverables, further it shall be extendable upon the mutual discussion with the parties.

2. Deliverables and Consideration:

Under the visionary leadership of the Directorate General of Shipping, and in partnership with the **National Union of Seafarers of India (NUSI)**, powered by **Trijog – Know Your Mind**, India's No. 1 Organization For Mental Health & Holistic Wellness as their knowledge partners, **Sagar Mein Yog** emerges as a groundbreaking initiative, designed to nurture the **mind, body, and spirit** of Indian seafarers.

To further strengthen this initiative, **VVKI and NUSI are entering into a strategic Memorandum of Understanding (MoU)**, to integrate expert-led practices and guidance for the holistic wellness of seafarers.

VVKI will bring their expert guidance and proven excellence to the successful execution of this initiative.



A **10 Pillar holistic wellness curriculum** has been meticulously crafted by highly qualified clinicians at Trijog Know Your Mind, targeting both **pre-sea** and **post-sea**, with the objective to:

- Foster resilience and emotional balance,
- Enhance mental agility and interpersonal effectiveness,
- Support seafarers at every stage of their journey, both pre sea and post sea.

Together, these efforts mark a transformative step in embedding well-being at the core of India's maritime workforce.

IN WITNESS WHEREOF, the Parties hereto have duly executed and delivered this MOU on the day and year first above written.

Vyakti Vikas Kendra India By – Mr. Rohit Sikka  _____ Name: Designation: Chairman, VVKI	National Union of Seafarers of India By - Mr. Sunil Nair  _____ Name: Designation: Assistant General Secretary
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