

MENTAL HEALTH & WELLNESS PROGRAM

COURSE OBJECTIVES

The Mental Health and Wellness Program is designed to strengthen the psychological well-being of maritime personnel by equipping them with practical tools to manage stress, build resilience, enhance emotional well-being, and maintain operational effectiveness. The program aims to create healthier work environments onboard and ashore by improving awareness of mental health challenges in maritime settings, reducing associated risks, promoting crew welfare, and supporting long-term career sustainability within the industry.

ABOUT THE COURSE

The Mental Health and Wellness Program addresses the unique psychological demands of maritime life, including isolation, fatigue, long deployments, high-pressure work environments, and separation from family. The course helps participants recognize early signs of stress and mental health concerns, adopt healthy coping mechanisms, improve communication around emotional well-being, and contribute to a supportive workplace culture. The training emphasizes both individual well-being and collective responsibility for maintaining a mentally healthy workforce.

PARTICIPANTS

All Officers, Senior Ratings and aspiring leaders, Human resource Managers in maritime organizations, Professionals Responsible for Crew Management, Personnel Handling Seafarer Welfare and Well-being, Managers Overseeing Training and Development of Crew, Marine Superintendents and Training Managers

DURATION

One day (Six hours)

KEY TOPICS

- Understanding mental health challenges in the maritime environment
- Recognizing early signs of stress, fatigue, anxiety, and burnout
- Developing healthy coping strategies and emotional resilience
- Improving communication and peer support for mental well-being
- Promoting a positive and psychologically safe workplace culture

TRAINERS



Sanjana Kumar

Sanjana Kumar, Manager (Human Factors), is a Clinical Psychologist with expertise in anxiety, depression, trauma, workplace stress, and interpersonal issues. She holds an M.Sc. in Clinical Psychology along with certifications in trauma-informed therapy, attachment theory, counseling psychology, child psychology, and Internal Family Systems Therapy. As the daughter of a Master Mariner, she brings a strong understanding of the psychological challenges within the maritime industry and is committed to fostering mental resilience and holistic well-being.



Anuradha Singh

Anuradha Singh, Superintendent (Human Factors), is a Counselling Psychology professional and Behavioural Skills Trainer with expertise in behavioural safety, leadership development, crew well-being, communication, and soft skills training. As the spouse of a Master Mariner, she possesses a deep understanding of the operational and emotional challenges faced by seafarers and their families. Her work focuses on enhancing crew performance and supporting safer, more resilient, and people-centred maritime organisations.



Sakshi Kochar

Sakshi Kochar, Asst. Superintendent (Human Factors), is a Behavioural Skills Trainer with expertise in PSSR and VICT training. As the spouse of a Master Mariner, she possesses a strong understanding of the maritime industry and its human factor challenges. With extensive experience conducting training at leading maritime institutes, she brings valuable knowledge and dedication to Charismight's vision of becoming a leading global maritime consultancy.