

2026

ISSUE 02



# *The Helm*

## BY GMOS WORLD



### Global Maritime & Offshore Solutions

*"Integrity at the helm, excellence in the boardroom."*

Chartering, S&P &  
Newbuilding

Maritime  
Advisory

Crew  
Management

Corporate  
Finance

[WWW.GMOS.WORLD](http://WWW.GMOS.WORLD)



# ABOUT GMOS WORLD

We are a maritime services provider offering Chartering, S&P, Crew Management, Technical Support, and Financial Advisory for shipping and offshore operations.

We focus on operational excellence, safety, regulatory compliance, vessel commercial operations, and digital optimization solutions for vessel owners.



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**CAPT.  
ABHISHEK  
ASIJA**

**GLOBAL CEO**

GMOS WORLD • SINGAPORE HQ

*Our purpose remains unchanged: to help shipowners navigate uncertainty while keeping global trade moving safely, responsibly, and efficiently.*

Global shipping is currently navigating one of the most complex geopolitical and economic environments in recent memory. Yet, despite these disruptions, thousands of merchant ships and dedicated seafarers continue to move the world's vital goods every day.

At GMOS World, our responsibility is to help shipowners manage these operational risks, improve performance, and ensure safety remains the absolute priority. This edition of The Helm celebrates those efforts, highlighting milestones like our recent ISO certifications and our participation at Posidonia 2026.

As we approach GMOS World's first anniversary, I want to sincerely thank our partners across more than 30 countries for your trust. Guided by integrity and technical excellence, we remain fully committed to our core purpose: helping you navigate uncertainty while keeping global trade moving safely, responsibly, and efficiently.

# CAPT. RISHI SHARMA

## CEO – INDIA

GMOS WORLD INDIA • NEW DELHI

*Seafarers carry the weight of global trade. It is time the system carried its share of the risk. Recognition must evolve into protection — a shield that ensures safety is not sacrificed for.*



Seafarers carry the world's trade, it's time the world carries their protection

On June 25th, the world paused to honour seafarers on the Day of the Seafarer. This year's theme "Carrying world trade. Carrying the risks", could not be more fitting. It reminds us that while ships move 90% of global trade, it is the men and women at sea who shoulder 100% of the risk.

**Recognition Must Become Protection.**  
**Seafarers carry the world's trade, it's time the world carries their protection.**

To every seafarer, congratulations and gratitude. Your resilience keeps the lifelines of commerce flowing, often in conditions that test both courage and endurance. Yet recognition alone is not enough. True support means creating structures that protect you when danger becomes real.

We must move beyond acknowledgment to action:

- Decision ownership must be clear, so seafarers are not left alone to choose between duty and danger.
- Protected refusal must be guaranteed, allowing crews to say "no" to unsafe passages without fear of reprisal.
- Intelligent monitoring must empower shore teams to share responsibility, intervening before risk escalates.

# COMPANY NEWS

## GMOS WORLD ACHIEVES INTERNATIONAL ISO CERTIFICATIONS

At GMOS World, excellence is not simply an objective—it is embedded in every process, every service, and every relationship we build.

We are proud to announce that GMOS World Pvt. Ltd. has successfully achieved certification to four internationally recognised ISO management system standards:



### ISO 9001

Quality management that ensures consistent processes and customer satisfaction.



### ISO 14001

Environmental management for a sustainable and responsible future.



### ISO 45001

Occupational health and safety management for a safer workplace and stronger teams.



### ISO 50001

Energy management that drives efficiency and supports a more sustainable tomorrow.

These certifications reflect our commitment to quality, safety, environmental responsibility, and continuous improvement—values that drive everything we do.

# WHAT THIS MEANS FOR OUR CLIENTS & STAKEHOLDERS



For our clients, partners, and stakeholders, these certifications provide added confidence that GMOS operates according to internationally recognised best practices.

## They reflect our commitment to:



Delivering consistently high-quality services



Strengthening operational reliability and accountability



Protecting people and promoting workplace wellbeing



Operating responsibly with environmental sustainability in mind



Improving energy efficiency and reducing environmental impact



Driving continual improvement across every area of our organisation

These achievements further reinforce GMOS World's position as a trusted global partner dedicated to excellence, innovation, and responsible business practices.



# GMOS WORLD



With Lars Juul Jorgensen (CEO, Founder) and Rune Zeuthen (Founding Partner, COO), A-REX Shipinvest



With Christos Kottas (Independent Consultant, Todimar Ltd)



With Trym Otto Sjølie (COO, SFL Corporation Limited)



With Annette Suhrbier (WISTA Germany), Martina Meinders (Founding Member, WISTA Cyprus), and Dafne Anghelidis (Vice President, WISTA Argentina)



With Maria Viassa (Senior Marketing Manager, Swedish Club)



With Kathleen Haines (Independent Director, Genco Shipping & Trading) and Annette Suhrbier (Sales Director, Döhle Group)

# ω POSIDONIA 2026



With Dr. Anil Sharma (CEO, GMS; CEO, Lila Global)



With Takeshi Hashimoto San (Chairman of Board, MOL)

# Strengthening Partnerships. Exploring Opportunities. Shaping the Future of Maritime.

With Stelios Krasanakis (Bunker Trader, Propeller Fuels Limited)



With Pranjal Borkotorky (Senior Director, Global Events, DN Media Group)



With Maria Dragoumerli (Country Manager - Greece, ABL), Shravan Shastri (Business Development & Commercial Manager, Infinity Group)



GMOS World was proud to participate in Posidonia 2026, one of the world's largest and most influential international maritime exhibitions. Bringing together more than 40,000 maritime professionals from across the globe, the event once again demonstrated the strength, innovation, and collaborative spirit that continue to drive the shipping industry forward.

Throughout the week, our team actively participated in a wide range of networking receptions, business meetings, exhibition visits, and industry conferences, including the prestigious TradeWinds Shipowners' Forum. These engagements provided valuable insights into emerging industry trends, technological developments, regulatory priorities, and the evolving needs of the global maritime sector.

## Building Meaningful Connections

Posidonia 2026 presented an exceptional platform to reconnect with long-standing partners while establishing new relationships across the maritime ecosystem. Our team met with shipowners, ship managers, P&I representatives, classification societies, maritime lawyers, technology providers, media organisations, and industry leaders to exchange ideas and explore opportunities for future collaboration.

Each conversation reinforced the importance of partnership, innovation, and shared expertise in addressing the challenges and opportunities facing the industry.

## Creating Opportunities for Growth

Beyond networking, the week opened the door to promising business opportunities that will support GMOS World's continued global growth. Discussions focused on strengthening strategic collaborations, expanding service capabilities, refining operational workflows, and identifying new ways to deliver greater value to our clients and partners.

As the maritime industry continues to evolve, GMOS World remains committed to building lasting relationships, embracing innovation, and contributing to a stronger, more connected global shipping community.



With Akanksha Batura Pat (Executive Director, Sinoda Shipping Agency), Aditya Batana (Director, RAMS International), Prabhat Chopra (VP Technology, SeatTech Solutions), Abhishek Pandey (Global Head, Managing Director, Transportation Finance, Standard Chartered), Natalie Chong (Business Development Executive, SeatTech Solutions)



With Tabitha Logan (Director of Projects, Cetus Maritime), Olivia Lennox-King (COO, Cetus Maritime), Nikhil Shah (Exim Inc.), Riya Shah



With Dipak Karki (Founder and Investor), Jonathan Chia (Managing Partner, MTI Network)

# Women in Shipping

A conversation with

**Ms. Miki Ogura**

Managing Director  
MOL Energia Pte. Ltd.

Ms. Miki Ogura is the Managing Director of MOL Energia Pte. Ltd., leading the company's strategic shift toward next-generation gas and energy transportation. Beyond her corporate leadership in decarbonizing maritime logistics, she is a passionate cricket enthusiast and an active, well-known figure within Singapore's vibrant Maritime Cricket scene.



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**1** The maritime industry has traditionally been viewed as a male-dominated sector. From your perspective, how has the role of women in shipping evolved over the years, and what progress gives you the greatest optimism?

When I joined the shipping industry, most women were expected to take on administrative or accounting-related roles rather than commercial positions. I was fortunate to have supportive bosses who recognized my potential and gave me the opportunity to move into chartering. That experience changed my career and showed me how important it is for leaders to look beyond traditional assumptions.

Over the years, I have seen the industry make significant progress. More women are now taking on commercial, technical, and leadership roles, proving that **capability is defined by talent, commitment, and performance and not gender**.

What gives me the greatest optimism is seeing the next generation of women entering the industry with greater confidence and more opportunities than ever before. I believe we will continue to see more women contributing not only to commercial success but also to strategic decision-making, thereby helping shape the future of the global shipping industry.

2

**Throughout your career, were there any experiences or mentors that significantly shaped your professional journey? What lessons from those experiences continue to influence your leadership today?**

Yes. I have been fortunate to work with outstanding mentors throughout my career, especially my former manager, customers, and ship's captains. My manager taught me how to evaluate business opportunities and entrusted me with managing a fleet of 30 vessels. That responsibility gave me not only skill but also tremendous confidence and a strong sense of achievement early in my career.

The customers and captains I worked with also encouraged me to pursue challenging and creative business opportunities. Their trust and support played a significant role in shaping who I am today. The most important lessons I learned are the value of trust and strong relationships, which are the foundation of our industry. Whenever I face uncertainty, I always go back to the Charter Party and the fundamental principles rather than making assumptions. Just as importantly, I believe in taking ownership for my decisions, being honest, never hiding mistakes. Admitting errors, learning from them, and moving forward has made me a better leader.

3

**Creating an inclusive workplace requires commitment from both organisations and individuals. What practical steps do you believe companies can take to encourage greater diversity, inclusion, and equal opportunities within the maritime industry?**

I believe inclusion starts with everyday actions rather than policies alone. Leaders need to provide a clear vision while creating an open and supportive workplace where everyone feels comfortable sharing ideas and opinions. Simple things like having regular conversations, giving sincere feedback, and treating people with honesty and respect all make a real difference.

Personally, I do not focus on achieving a certain number of women or people from different backgrounds. I believe our goal should be to create an environment where everyone has an equal opportunity to succeed based on their ability and commitment. At the same time, we should always make a conscious effort to give opportunities to those who may not have had them before.

The shipping industry does not need exceptional talent. It needs people with passion, integrity, and a genuine desire to contribute to society. Those are the qualities that build strong teams and great leaders.



4

**For young women considering a career in shipping or maritime, what advice would you offer to help them build confidence, overcome challenges, and thrive in the industry?**

It's simple, if you are passionate about the shipping industry, don't hesitate and just go for it. Don't be disheartened by negative behaviour and comments. Today, I believe the barriers between men and women are far lower than when I started my career, and opportunities are greater than ever. Be curious, work hard, and never stop learning. Don't be afraid to ask questions or take on challenges outside your comfort zone. Every new experience will help you grow, both professionally and personally. More importantly, be yourself. **Your passion, integrity, and willingness to learn will matter far more than your gender.** The maritime industry offers exciting opportunities to make a real impact on global trade and society, and I encourage more young women to be part of its future.





# Expert Spotlight

A conversation with

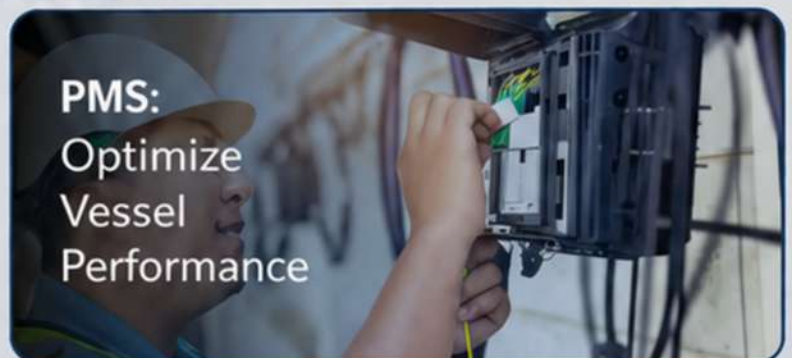
## Mr. Abhay Kumar

Director - Business Development and  
Technical Management  
UAE

Mr. Abhay Kumar, a DMET Kolkata graduate, has over 35 years of experience in technical operations for various marine vessels, including VLOCs, VLCC, LNG and LPG, Offshore Vessels, and Bulk Carriers. His expertise includes dry dockings, conversions, newbuilding supervision, and regulatory compliance. Currently, he leads technical advisory services, assisting shipowners in enhancing vessel performance, lowering operating costs, and maximizing asset value.



- 35+ years experience
- DMET graduate
- MBA - International Finance
- 50+ docking projects
- Technical management
- Fleet optimisation
- Cost control
- Machinery reliability
- Decarbonisation readiness



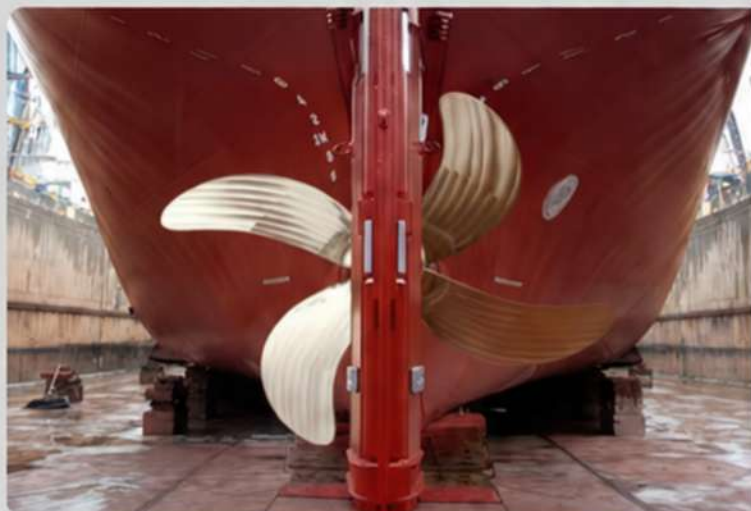
**PMS:**  
Optimize  
Vessel  
Performance

### Five Principles of Successful Dry Docking

1. Plan 12–18 months ahead.
2. Define clear repair specifications.
3. Control variation orders rigorously.
4. Engage Class and makers early.
5. Measure lifecycle value, not just docking cost.

# HOW WE CREATE VALUE FOR *Shipowners*

From the dock to delivery and beyond, GMOS World provides end-to-end maritime solutions that drive safety, performance and long-term value across every stage of your vessel's journey.



## DRY DOCK CONSULTANCY

Planning, specifications,  
budgeting, yard selection,  
supervision.



## TECHNICAL MANAGEMENT

Reliability, PMS, Class compliance,  
machinery health.



## NEWBUILDING SUPERVISION

Yard selection, contract review,  
construction supervision,  
commissioning and delivery.



## SHIPYARD REPRESENTATION

Owners' site office, quality  
assurance, progress reporting.



## FLEET PERFORMANCE OPTIMISATION

Fuel efficiency, maintenance  
strategy, operational benchmarking.



## TECHNICAL DUE DILIGENCE

Pre-purchase inspections, asset  
condition assessments,  
investment support.

“

*Every successful vessel begins with  
sound engineering, disciplined execution  
and transparent communication.*

”



By Aahana Asija

# *Unsung Heroes*

## THE BRAVERY OF SEAFARERS AT SEA

**“Seafarers are the unsung heroes of global trade.”** That line, often used in maritime advocacy, is not rhetorical flourish; it is a plain description of how the modern world actually works. Every day, hundreds of thousands of seafarers move the goods, energy, and raw materials that keep economies functioning, usually far from public view and often under conditions of considerable risk. Their work is essential not only to shipping, but to the stability of the wider global economy.

Life at sea is defined by endurance, discipline, and adaptation. Crews operate in an environment that is physically demanding, operationally complex, and mentally isolating, where the boundary between routine and emergency can disappear in a matter of minutes. **“We can’t live without seafarers,”** as the International Maritime Organization’s Secretary-General Arsenio Dominguez has said, a statement that captures both the dependence of global commerce on maritime labour and the relative invisibility of the people who make that commerce possible.



***“This is not a profession that rewards complacency. It demands technical precision, situational awareness, and the capacity to make difficult decisions quickly, often without immediate external support.”***

## **LIFE BEYOND HORIZON**

For many seafarers, the horizon is both a literal and emotional boundary. Their working lives unfold across long voyages, shifting time zones, and extended periods away from home, with little of the predictability that most shore-based workers take for granted. Daily life on board is structured around watchkeeping, maintenance, navigation, cargo operations, and constant safety vigilance, often in confined spaces and under pressure to maintain absolute reliability.

This is not a profession that rewards complacency. It demands technical precision, situational awareness, and the capacity to make difficult decisions quickly, often without immediate external support. The vessel may be physically isolated, but its consequences are not: every delayed departure, navigational error, or equipment failure can ripple through global supply chains.

## **HAZARDS AT SEA**

The challenges faced by seafarers extend well beyond the physical demands of the job. Severe weather remains one of the most persistent hazards in maritime work, with storms, high seas, poor visibility, and shifting conditions capable of turning a routine voyage into a dangerous one. In these moments, seamanship becomes a matter of judgment under uncertainty, not simply procedure.

The IMO has repeatedly stressed that seafarers face a broad range of risks, from fatigue and isolation to operational incidents, criminal threats, and crew-change disruptions. One especially stark reminder came during the pandemic, when the IMO described the situation as a **“humanitarian crisis”** for seafarers trapped at sea beyond the end of their contracts. That language was not exaggerated; it reflected the reality of people unable to go home, unable to be relieved, and often under extraordinary strain.

There are also less visible pressures. Extended shifts, limited privacy, uncertain communications, and the emotional burden of being far from family all add up. Seafarers do not merely manage machinery and cargo; they manage stress, isolation, and the constant requirement to remain alert in a setting where fatigue can have serious consequences.

## **FAMILY AND DISTANCE**

One of the most difficult aspects of seafaring is the long separation from family. Months away from home means missing birthdays, anniversaries, school events, illnesses, and sometimes even funerals. The distance is not just geographic; it is emotional, and it can be intensified by poor connectivity, irregular schedules, and uncertainty about when the next shore leave will come.

Studies and welfare reports consistently show that prolonged separation is one of the profession’s most significant stressors.



Seafarers often carry a dual burden: maintaining concentration at sea while worrying about what is happening at home. The emotional cost of that arrangement is easy to underestimate from shore, but for crews it is a lived reality throughout every contract.

## EMERGENCY READINESS

Despite the risks, seafarers are not passive victims of their environment. They are trained to respond to emergencies in ways that many people outside the industry rarely appreciate. Firefighting, first aid, survival craft operation, damage control, and man-overboard drills are part of the professional baseline, not exceptional skills.

That training matters because, at sea, there is rarely an instant rescue. The crew is often the first and only line of defense. In a fire, a medical emergency, or a collision incident, the people on board must respond immediately, coordinate effectively, and stabilize the situation until outside assistance arrives. That makes seafarers not just transport workers, but frontline responders in a uniquely unforgiving environment.



## THE ECONOMY ON THEIR SHOULDERS

The global economy depends on seafarers in a way that is often overlooked precisely because shipping is so efficient when it works well. More than 80 percent of world trade by volume is carried by sea, which means that everything from food and fuel to pharmaceuticals, vehicles, and industrial inputs relies on maritime labour. If seafarers stop moving cargo, the consequences are immediate: supply chains slow, costs rise, inventories tighten, and energy security comes under pressure.

That dependence became especially visible in recent years as geopolitical tensions, route disruptions, and sanctions reshaped maritime flows. Yet the focus often fell on vessels, chokepoints, and markets, while the seafarers themselves remained in the background. In reality, they are the human infrastructure of globalization. Ports, terminals, and logistics systems all matter, but without crews willing and able to sail, none of it functions.

## A TRIBUTE TO RESILIENCE

The 2026 Day of the Seafarer theme — **“Carrying world trade. Carrying the risks.”** — is especially apt because it captures the dual reality of the profession. Seafarers carry the goods the world needs, but they also carry the burden of danger, fatigue, isolation, and responsibility.

Their resilience is not abstract; it is tested every day by weather, distance, regulation, and the demands of operating in one of the world’s most challenging workplaces.

Recognition should go beyond ceremonial praise. It should mean better welfare, stronger protections, reliable crew changes, mental-health support, and a sustained commitment to maritime safety and decent working conditions. Seafarers deserve more than gratitude after the fact; they deserve systems that match the scale of what they contribute.

**“We stand in solidarity with seafarers everywhere,”** as IMO’s 2026 messaging emphasizes in spirit and in policy direction. That solidarity should be visible not only in words, but in the standards, enforcement, and practical support that make the profession sustainable. For the world to keep moving, seafarers must be able to keep sailing — safely, humanely, and with the recognition they have long earned.



# DAY *Of The* SEAFARER

This year's International Maritime Organization (IMO) Day of the Seafarer campaign carries the powerful theme:

**"CARRYING WORLD TRADE. CARRYING THE RISKS."**

The campaign shines a light on the realities of life at sea, recognising the physical dangers, operational pressures, and personal sacrifices that seafarers face every day—particularly those serving in high-risk and conflict-affected regions. While their work often goes unseen, their commitment ensures that global supply chains remain resilient and that essential goods continue to reach communities around the world.



At GMOS World, we proudly stand alongside the IMO in recognising these extraordinary professionals and reaffirm our commitment to supporting a safer, stronger, and more resilient maritime industry. Together, we honour the dedication, courage, and perseverance of every seafarer who keeps world trade moving.

# GMOS GIVES BACK

EMPOWERING YOUNG MINDS THROUGH EDUCATION

LALIT NAGAR



As Nelson Mandela famously said, "Education is the most powerful weapon which you can use to change the world." This belief came to life during a school bag distribution initiative held on 3 May in collaboration with Shivoham Foundation and the Rotary Club.

As part of the initiative, Lalit Nagar joined volunteers in distributing school bags filled with essential stationery and learning materials to children, equipping them with the resources needed to begin or continue their educational journey with confidence. Beyond the distribution itself, the initiative created an opportunity to interact with the children and their families, offering a meaningful reminder of the transformative role education plays in strengthening communities.



While a school bag may appear to be a simple gift, it represents far more than its contents. It symbolises opportunity, encouragement, and the promise of a brighter future. The enthusiasm and gratitude displayed by the children reflected the profound impact that even small gestures of support can have on young lives.

Initiatives such as these demonstrate how collective efforts can contribute to creating lasting social impact. By supporting access to education and encouraging young learners to pursue their aspirations, Lalit exemplifies GMOS World's commitment to giving back to the communities it serves and helping build a brighter future for the next generation.

# GMOS GIVES BACK

## BUILDING BRIDGES THROUGH LANGUAGE

**AAHANA ASIJA**



Believing that education has the power to connect people across borders, Aahana, our Global Commercial Associate, dedicates her time each week to teaching English online to young learners living in war-affected regions. Through regular virtual sessions, she helps students strengthen their English communication skills while creating a supportive and encouraging environment where they can learn with confidence.

More than language lessons, these weekly interactions foster meaningful relationships built on trust, empathy, and mutual respect. Each session provides an opportunity for students to develop practical skills that can expand their educational and professional opportunities while offering a sense of consistency and encouragement amidst challenging circumstances.

Volunteering in this capacity reflects the belief that knowledge becomes even more valuable when it is shared. By making education accessible beyond geographical boundaries, Aahana contributes to empowering young people with skills that can positively influence their future and broaden their horizons.

Her continued commitment demonstrates how individual efforts, when driven by compassion and purpose, can create meaningful and lasting impact. Through every lesson, she reinforces the idea that education is not only a pathway to opportunity but also a bridge that brings people together, inspires hope, and helps build stronger communities around the world.



# NAVIGATING WHAT COMES NEXT

As the maritime industry continues to evolve, GMOS World remains committed to driving excellence, fostering meaningful partnerships, and contributing to a safer, more sustainable, and innovative future for global shipping.

The months ahead promise exciting opportunities for engagement through leading *industry conferences, networking events, and collaborative initiatives* that bring together maritime professionals from around the world. GMOS will continue to strengthen relationships with clients, partners, and industry stakeholders while expanding its presence across the global maritime community.

Alongside these engagements, the company remains focused on **continuous improvement, operational excellence, and delivering value-driven solutions** that support the evolving needs of the maritime sector.

In the next edition of *The Helm*, readers can look forward to **fresh industry insights, exclusive conversations with maritime leaders, highlights from upcoming events, and updates on GMOS World's ongoing initiatives and community engagement activities.**

Thank you for being part of our journey.  
We look forward to sharing the next chapter with you.

# THE HELM

BY GMOS WORLD

# CONTACT US



We value every connection and look forward  
to hearing from you.

*Let's navigate a stronger tomorrow, together.*



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