

## **Capt. Amit Bhandari profile**

Captain Amit Bhandari is a distinguished veteran of the marine industry with over 32 years of experience, embodying a unique blend of technical expertise and deep human insight.

Beyond his illustrious maritime career, Captain Bhandari is a certified life coach, trained hypnotherapist, and professional counselor, dedicated to empowering seafarers to achieve mental well-being and career excellence.

With a profound understanding of the challenges faced by maritime professionals, he has successfully guided numerous individuals in overcoming mental health struggles, strengthening relationships, and charting strategic career paths. Captain Bhandari's holistic approach reflects his passion for fostering resilience, purpose, and fulfillment within the seafaring community.