



SUMIRA LIFE

M A N A G E M E N T



ABOUT US

Sumira Life Management empowers individuals to enhance inner well-being through unique duality consciousness assessments. We offer transformative programs, counseling, yoga, meditation, and self-healing techniques to balance personalities, achieve mental clarity, and elevate physical and mental health. Our expert-led services, online courses, and workshops guide you on a journey of self-discovery and holistic transformation.





OUR VISION

To create a world where individuals attain inner harmony and holistic well-being by unlocking the potential of their consciousness.

OUR MISSION

To provide comprehensive tools and resources that enable individuals to achieve balanced personalities, optimal mental health, and improved physical well-being.

CHALLENGES

Lack of self-awareness

Many individuals struggle with understanding themselves, leading to confusion and inner conflict.

Limited access to holistic wellness

Many people lack resources or guidance for holistic healing and personal growth.

Lifestyle management

Balancing work life, relationships, and personal well-being is challenging in today's fast-paced world.

Mental and emotional challenges

Issues like stress, anxiety, and depression are prevalent, affecting overall well-being.

Sudden life issues

Unexpected events such as loss, trauma, or major life changes can disrupt mental stability and coping mechanisms.



SOLUTIONS

Holistic lifestyle programs

Develop comprehensive programs to manage stress, improve resilience, and promote overall well-being.

Meditation and self-healing techniques

Teach practices that foster mental clarity, emotional balance, and inner peace.



Duality consciousness assessments

Offer personalized assessments to enhance self-awareness and understanding.

Counseling and therapy

Provide professional guidance and support to address mental and emotional challenges effectively.

Community engagement

Create supportive environments through community programs and workshops to encourage growth and connection.

SERVICES OFFERED



**Personality assessment
with consultation**



**Overcoming mind
challenges by balancing**



Life Sudden issues



Meditation programs



Community programs



Virtual coaching sessions



**Online Workshops and
Seminars**



**Virtual Guided
meditation sessions**

WHAT MAKES US UNIQUE

Duality consciousness assessments (Pentented)

Exclusive tools for deep self-awareness and personal transformation.

Holistic approach

Integrated programs combining counseling, yoga, meditation, and self-healing techniques.

Transformative impact

Empowering individuals to achieve mental clarity, emotional balance, and holistic well-being.



Flexibility with Online Services offered on LMS platform

In addition to offline consultations and workshops, Sumira Life Management offers convenient online services, including virtual coaching sessions and guided meditations, accessible to clients globally.

Tailored programs

Customized solutions for individuals, schools, colleges, and corporate clients.

Three-step approach to transforming individual personality and achieving life balance.



Step I : Identify

Introspect: Take time to deeply reflect on your current personality traits, behaviors, and patterns through an assessment developed by Sunil Shetye. This unique assessment, grounded in 25 years of meditation and healing expertise, provides a comprehensive analysis of your personality. The outcomes of this assessment serve as key parameters, offering valuable insights into your strengths and areas for improvement. By understanding these results, you gain a clear direction for your transformative journey, helping you achieve a balanced and harmonious state of well-being. Let these insights guide your path to personal growth and holistic health.



Step II : Accept

Accept the situation with owning responsibility to transform. Embrace the path to self-improvement by accepting your current situation and taking responsibility for your transformation. With the guidance of Sunil Shetye, develop a comprehensive transformation plan tailored to your needs. Through our detailed assessment, identify the areas of your personality you wish to change or improve. Understand your strengths, weaknesses, values, aspirations, and goals. Let Sunil Shetye's expertise and personalized approach help you charter a complete plan for your holistic well-being.



Step III : Transform

Tap into the profound benefits of 25 years of meditation and healing practices developed by Sunil Shetye. We offer personalized guidance that draws from this extensive experience, ensuring a deep and effective transformation journey. Our intuitive interface delivers tailored recommendations, seamlessly integrating yoga, meditation, and self-healing practices to meet your unique needs. Experience a novel approach to well-being that effortlessly combines the timeless wisdom of traditional practices with the precision and efficiency of cutting-edge technology. This harmonious blend ensures that you receive a comprehensive and holistic strategy for achieving optimal health.

Life Coach and Healer

Sunil Shetye

Sunil Shetye is the Founder of Sumira Life Management, an education enterprise to spread the knowledge of human consciousness, its existence and how our personality exists, builds and operates and how to achieve life balance by balancing personality.

Through Sumira Life Management, Sunil Shetye has created a knowledge and service platform through which humans can benefit on various levels of the Soul, mind, and body and reach their fullest potential.

He integrates the best of Eastern techniques of healing. Hundreds of people benefited from his teachings. He has evolved over 25 years of soul study with blessings from various masters and divine spiritual guides. Countless souls eagerly await the transformative power of his services.

Founder of Sumira Life Management



SUNIL SHETYE

Bridging Ancient Wisdom & Modern Healing for Conscious Living



Did you know that over 95 percent of our decisions are made by the subconscious mind? That means most of what drives our success, or sabotage, is invisible to us. This is where life coaches come in. Skilled coaches help unravel the hidden threads linking past experiences to present struggles. True transformation requires uncovering karmic loops, shifting limiting beliefs, and tuning into a higher frequency of thought. Blending psychological insight with intuitive precision, life coaches help clients reprogram their inner operating systems, acting as catalysts that offer both clarity and challenge to start rewriting their inner programming.

Sunil Shetye, the visionary founder of Sumira Life Management, brings over four decades of combined

corporate experience and spiritual wisdom into a unique model of personal transformation. Having spent nearly 25 years in senior roles with leading multinational corporations, including Siemens and Wipro, with international appointments and high-level service delivery portfolios, he made a conscious decision to transition from the external world of business to the internal journey of self-realization. Since 2011, Sunil has dedicated himself full-time to exploring the dimensions of human consciousness, blending ancient Vedic knowledge with modern energy psychology to build a framework that empowers individuals to understand and evolve their personalities at a much deeper level.

His approach lies in the belief that every individual is a composite of three vital planes of existence, namely the etheric, emotional, and mental bodies. He developed a proprietary consciousness assessment model that decodes these subtle layers, identifying the levels of development across key faculties like logic, emotional intelligence, intuitive perception, and leadership. Instead of labeling people with fixed traits, Sunil's methodology offers a dynamic, percentage-based mapping that reflects each person's current energy balance, revealing areas of strength and potential imbalance.

This leads to customized healing protocols, including chakra-based meditation, energy realignment, self-reflection, and practical lifestyle changes. These methods are part of a broader transformational journey Sunil guides through his online learning platform, Sumira Life, where users can access structured courses, participate in weekly Q&A sessions, and receive personalized guidance. His work extends to corporate environments as well, where he designs wellness programs focused on stress management, work-life balance, and emotional resilience, bridging spiritual understanding with real-world challenges.

"I share content in Hindi, English, and Marathi to connect with a diverse audience through my channel Soul Awakening on YouTube, social media, and my LMS-based community. Whether I am guiding a corporate executive or someone in personal crisis, my mission is to awaken consciousness and help people live in true alignment, where the soul, mind, and body exist in harmony", informs Sunil.

Understanding the Blueprint of Conscious Evolution

A published author of the book 'Soul Journey of Human Being', Sunil explores how consciousness defines personality, showing how energy imbalances formed through life experiences influence behavior. In his book, he offers a profound framework that maps the evolution of human consciousness across four distinct life stages. These stages begin with alignment to material existence, where foundational chakras and basic awareness develop, and gradually move toward advanced spiritual states marked by Kundalini awakening and eventual detachment from material life.



To truly heal, one must understand how the internal imbalances affect everything from work-life balance to team dynamics and begin aligning their inner self accordingly

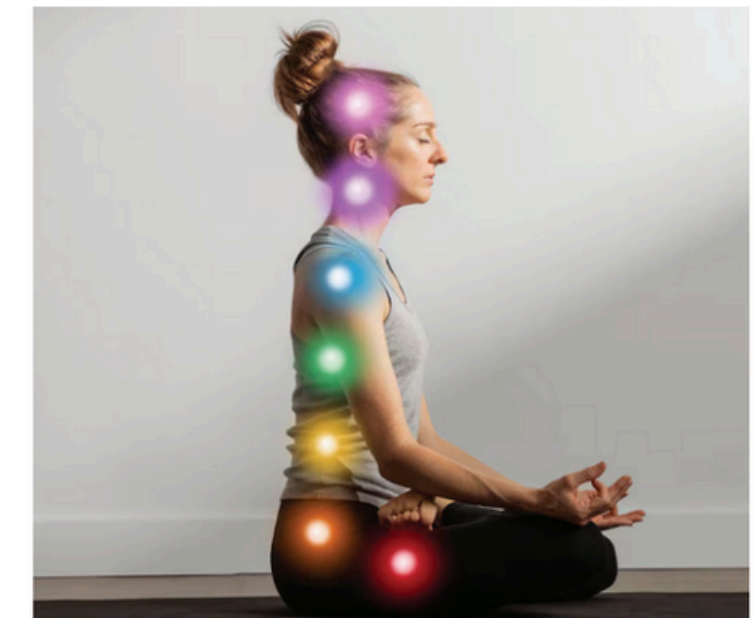
According to Sunil, many individuals operate within the first and second stages, focused on survival, ambition, and societal roles, without fully understanding the root of their emotional or physical imbalances. Readers have resonated deeply with his insight that challenges they face in adulthood often stem from long-standing energetic imbalances built up over the years. What sets Sunil's work apart is his emphasis on early awareness. He advocates for introducing consciousness assessment tools as early as school or college to enable balanced personality development.

Healing through Conscious Alignment

One of the most significant challenges Sunil has consistently encountered in his life coaching journey is guiding individuals through deep-rooted anxiety and lifestyle imbalances. Drawing from his soul-mind-body alignment model, Sunil emphasizes that anxiety is not merely a psychological disorder, but a misdirected overflow of internal energy caused by imbalanced consciousness. He often finds that clients, especially younger individuals, struggle to channel

their mental and emotional energy constructively, resulting in confusion, indecision, and distress. Sunil also works closely with parents, helping them detach from imposed expectations and supporting their children's authentic development. He identifies the root causes of these imbalances, whether they stem from emotional blockages, physical neglect, or inherited belief systems through personalized assessments and consciousness-based diagnostics.

A breakthrough came with clients suffering from chronic spinal, neurological, or anxiety-related conditions, where conventional treatments had failed. "I have found that most of the major challenges people face, whether it's spinal issues, anxiety, lifestyle disorders, or relationship conflicts, stem from deeply ingrained personality patterns shaped by their past experiences. To truly heal, one must understand how these internal imbalances affect everything from work-life balance to team dynamics and begin aligning their inner self accordingly", asserts Sunil.



Empowering India's Future

With the recognition of the 2024 India 5000 MSME Award, Sunil's work in consciousness-based coaching has gained significant momentum and credibility. He envisions a massive future for transformational coaching in India, rooted in both scientific insight and ancient wisdom. As more people become aware of inner imbalance and the need for emotional clarity, the demand for such holistic solutions is surging. "Most people dismiss consciousness because they can't see it, but I believe it exists beyond what we currently know, just like we see stars without fully understanding them. I have experienced higher states of consciousness, and I am convinced that only an evolved human being can truly access and manage these subtle dimensions through deep inner work", concludes Sunil. 📖

Achievement: India 5000 Best MSME Award 2024

We are honored to receive the India **5000 Best MSME Award 2024**, recognizing our excellence in **holistic well-being** and **lifestyle management**.

This achievement highlights our dedication to empowering individuals through innovative and transformative wellness solutions



Achievement: National Achievers Award 2025

We are honored to receive the **NARF National Achievers Award 2025**, recognizing our excellence in **holistic well-being** and **lifestyle management**.

This achievement highlights that our achievements are recognized on National levels





Sumira Life Management

Founder & CEO of Sumira Life Management

Sumiralife.com

Sumira Life website
offering various services
Soul Awakening
Sumira Life YouTube
podcast channel

Sumiralife.in

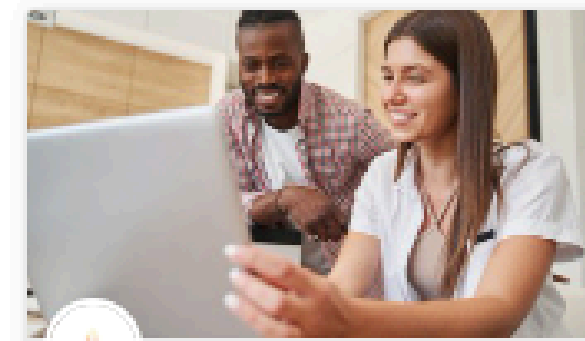
Sumira Life Learning
Management Services (LMS)



Unlock Your Potential with Our Various Programs.

- . Lifestyle Management
- . Work Life Balance
- . Life balance program
- . Personality Transformation
- . Personality assessment
- . Stress Management
- . Meditation programs Level I- IV
- . Retreat programs
- . Yoga practices
- . Community programs
- . Webinars
- . Podcast

All Courses



Sumira Life Management Private Ltd.

Course Title: Parenting for Success:
Nurturing Your Teen's ...

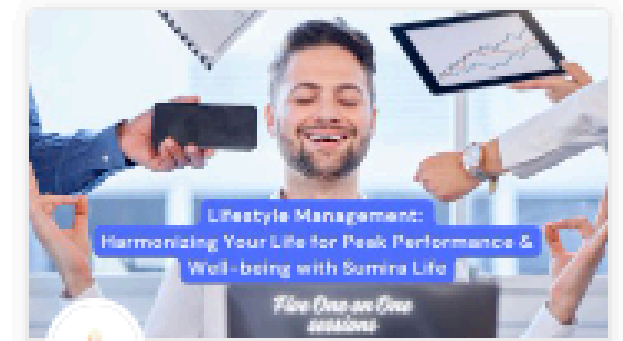
For Parents (of SSC & HSC Students)



Sumira Life Management Private Ltd.

Course Title: Academic Ascent:
Mastering Your Mind & ...

For Students (SSC & HSC)



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Lifestyle Management: Harmonizing
Your Life for Peak ...

Design & Implement Your Lifestyle



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Crisis Management: Navigate &
Transform Life's Unexpected ...

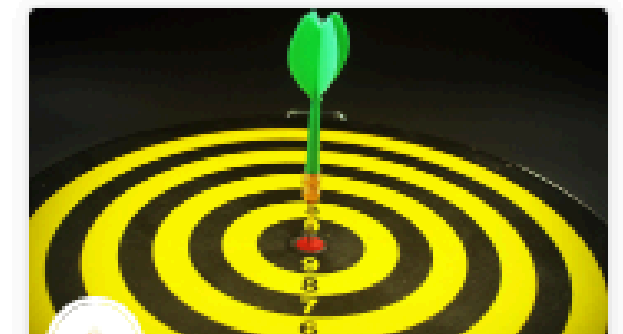
Transformative Action



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Mind Balancing: Harmonizing Your
Inner Duality for Clarity ...

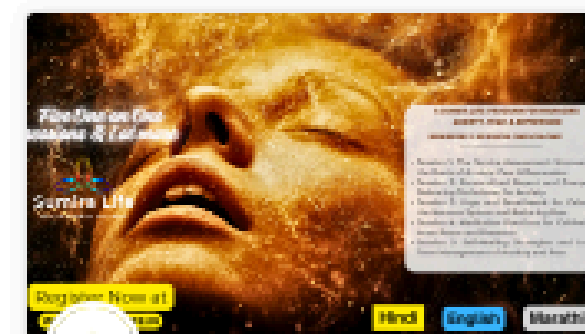
Conscious Mental Mastery



Sumira Life Management Private Ltd.

Conscious Manifestation: Your
Personalized Path to Reality ...

Path of self creation



Sumira Life Management Private Ltd.

Sumira Life Program for Managing
Anxiety, Fear & Depression

Targeted approach based on your unique
consciousness profile

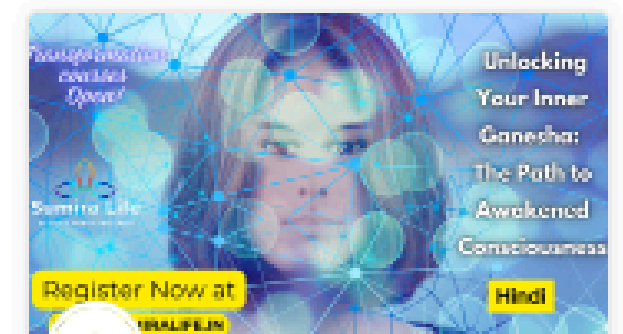


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Unlock Your Inner Potential by
assessment test: The Sumira Life

Self-discovery with Sunil Shetye (Two one one One
session)

1999 INR



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Unlock Your Inner Ganesha:
Awaken Your Hidden Potential

Discover 12-Week Journey to Understand Your Inner
Consciousness

999 INR



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