



# SUBHAVAHINI SEETHARAMAN

World Record Holder | Corporate Wellness Strategist | Leadership Coach | Holistic Transformation Facilitator

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## About Subhavahini

I am Subhavahini Seetharaman, a World Record Holder in Training, Corporate Wellness Strategist, and Creator of L.E.A.D.E.R. Reimagined™, a transformational framework that fuses inner mastery with outer impact.

For two decades, I've walked two parallel paths — one as a corporate professional in world-class organizations such as Titan Industries, SKF Technologies, and Festo India, and the other as a holistic educator and transformation coach, empowering individuals and organizations to evolve from within.

My work integrates the science of human energy, yogic psychology, and leadership behavior — helping people reconnect with vitality, confidence, and clarity to lead consciously in their careers, classrooms, and communities.

*Because leadership isn't just about strategy or skill. It's about alignment, presence, and energy. And that's the space where I create transformation.*



## Core Expertise

- Corporate Wellness & Emotional Resilience Training
- Stress Management & Energy Alignment Frameworks
- Holistic Well-being & Lifestyle Science Education
- Leadership & Behavioral Transformation Programs
- Mindfulness & Emotional Intelligence for Professionals
- Faculty Development & Student Empowerment Programs



## Signature Framework

### L.E.A.D.E.R. Reimagined™

A 6-part leadership evolution model blending psychology, communication, energy management, and yogic science—designed for emerging leaders and educators to evolve from managing performance to mastering presence.

L

Lead with Awareness

E

Energize with Purpose

A

Align with Values

D

Drive with Clarity

E

Elevate with Empathy

R

Reimagine Leadership from Within

## Uyirmei Life System™

My digital coaching community that blends energy science, mindfulness, and human behavior to help individuals build emotional resilience, inner alignment, and purposeful leadership. It is a guided ecosystem for people who want to break burnout, elevate their energy, and live with clarity and confidence.

### Training Portfolio

#### Student-Centric Programs – Self-Leadership & Personal Mastery

Reclaim Your Vitality – Breaking burnout and rebuilding focus, confidence, and inner strength  
Mindfulness for Engineers – Training the mind to think clearly under pressure  
From Efficiency to Excellence – The role of energy intelligence in career growth  
The Power of Self-Awareness – How emotional clarity shapes personal success  
Energy Reset Experience – A practical 90-minute session for energy renewal and stress release

#### Faculty & Leadership Programs – Professional Growth & Mindful Mentorship

Transformational Leadership through Energy Intelligence – Leading with awareness, empathy, and vision  
Mindful Mentorship in Academia – Building authentic teacher-student connection  
Work-Life Energy Equation – Balancing output with inner harmony  
Machine vs. Man – Sustaining human energy in the era of automation  
Holistic Habits for High Performers – Designing sustainable well-being systems

#### Corporate Training Portfolio – Leadership, Culture & Human Potential

*Building high-energy, high-performance teams through inner transformation*

L.E.A.D.E.R. Reimagined™ – Transformational leadership evolution for mid-level and senior managers  
Energy Intelligence at Work – Managing emotional, physical, and mental energy for peak productivity  
Stress to Strength™ – Turning high-pressure environments into zones of resilience and growth  
The Inner Game of Leadership – Emotional regulation, mindset mastery, and self-leadership  
Conscious Communication™ – Enhancing empathy, clarity, and influence in leadership dialogue  
Mindful Productivity – Aligning energy and time management to achieve meaningful output  
Resonant Teams – Building emotionally intelligent teams for synergy and collaboration  
The Human Factor in Business – Integrating empathy, wellness, and strategy for sustainable results  
Wellness Leadership for HR & People Managers – Creating workplaces that prioritize human energy  
Burnout to Breakthrough – Restoring vitality, clarity, and drive for peak performance

*(All corporate programs are customized for leadership teams, HR functions, and organizational wellness initiatives.)*

#### Institutional Programs – Culture, Connection, and Well-being

System Thinking for the Self – Applying engineering logic to personal evolution  
Emotional Engineering – Understanding the energy blueprint behind innovation  
Energy Leadership Labs – Experiential workshops integrating corporate and campus learning



## Professional Background

### Founder & CEO – Uyirmei Holistic Wellness Research Centre

Designs and delivers high-impact wellness, leadership, and lifestyle programs for corporates and academic institutions.

**70+**

Corporate Wellness Initiatives

**60+**

Awareness Workshops

**6,000+**

Professionals Empowered

#### Measurable Results Achieved:

- ✓ 25% reduction in stress levels
- ✓ 30% improvement in productivity and engagement

### Former Corporate Leader

**12 years of experience** at world-class organizations:

- **Titan Industries** – Project Management & Business Excellence
- **SKF Technologies** – Leadership Training & HR Engagement
- **Festo India** – Business Excellence Initiatives



## Academic Roles & Community Work

- Assistant Professor, World Community Service Centre – teaching Kundalini Yoga and Human Excellence
- State Coordinator, SVYASA Yoga University – Open & Digital Learning Programs
- Southern Region Coordinator, Indian Yoga Association – leading yoga and health initiatives across five states
- Advocate for the Stop Diabetes Movement – bringing health awareness to 4,000+ rural individuals



## Professional Gallery







## — 🏆 Recognitions & Achievements

### 🏆 World Record Holder

Recognized by **Elite World Records**, **Asian Records Academy**, **India Records Academy**, and **Tamilan Book of Records** for excellence in soft-skills training.

Set record for **The Longest Soft Skills Training Marathon by a Team** - 29 hours and 5 minutes with 30 participants at JCI Hosur Lake City, Tamil Nadu, India (May 17-18, 2025).



- 🏆 World Record Holder – Recognized by Elite World Records, Asian Records Academy, India Records Academy, and Tamilan Book of Records for excellence in soft-skills training
- 👛 20 Years of Dual Expertise – Corporate leadership + Holistic education
- 🧠 Certified Diabetes Educator (Govt. of India) | Yoga Instructor (SVYASA)
- 🎤 Toastmasters International (CC) | Train-the-Trainer (SKF) | Millionaire Mind Intensive Graduate

## — 🎓 Education & Certifications

- Masters in Computer Application (MCA)
- Post Graduate Diploma in Yoga Therapy
- Certified Diabetes Educator – Government of India
- Certified in Digital Marketing, AI Funnels, and Advanced Law of Attraction
- Masters in Yoga for Human Excellence
- Diplomas in Nutrition, Acupuncture, Natural & Dorn Therapy
- Certified Industry Trainer – SKF Train the Trainer Program

## — 💖 Philosophy

*"Rewiring the inner image, so professionals and educators can lead with truth, energy, and impact."*

### Let's Connect

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