

SHAJI N PUSHPANGADHAN



Emotional Wellness Specialist ,Global Guest therapist
Counseling Psychotherapist, Certified Hypnotherapist

Holistic Therapist, Sound therapist

Short film Director, Script Writer

Dubai. UAE ,India & USA

Mobile & what's app +971 553300889, +97154 7409990

snps.shaji@gmail.com



Shaji N. Pushpangadan is a Dubai-based emotional wellness professional with a strong multidisciplinary background in psychology, hypnotherapy, Sound therapy and holistic therapy. He holds an MA in Psychology along with multiple international certifications in hypnotherapy, sound therapy, counseling, and positive psychology, approved by bodies such as KHDA Dubai, IPHM (UK), the American Board of Hypnotherapy and Diploma in Psychological Counseling and Guidance from Bharatheeya Sevak Samaj (BSS, is National Body established by the Government of India Planning Commission. As a global guest therapist, he offers specialized services including emotional intelligence therapy, trauma healing, meditative hypnotherapy, soul fulfillment therapy, workshops, retreats, and wellness collaborations across individuals, groups, and institutions .

Alongside his therapeutic career,

contributions consistently promote compassion, emotional balance, and mindful living, reinforcing his mission to contribute positively to society through Psychology Mental wellness and holistic Practice



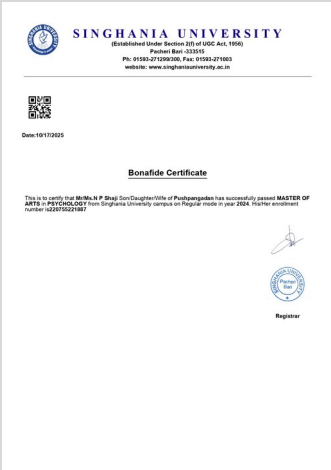
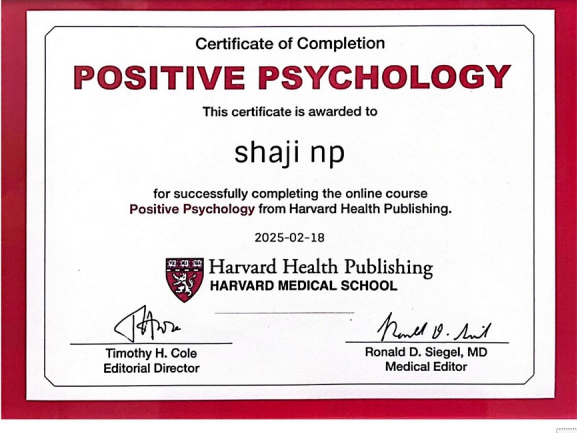
“My passion is understanding the human mind and helping humanity. I believe inner awareness comes first—only then can we serve others and journey into the outer world.”



- **MA Psychology from Singhania University**
- **Sound Healing Therapy** certificate course (Peter Hess® Therapy STYLE) from Illumination Dubai (KHDA Dubai APPROVED)
- **Master Practitioner in Hypnotherapy** from American Board of Hypnotherapy (through Mind village Dubai KHDA Dubai. APPROVED)
- **Positive Psychology** online from **Harvard Medical School From UK**
- **BBA (Bachelor of Business Administration) From Madurai Kamaraj University**
- **Post Graduate diploma in Computer application from Siltek**
- **Abnormal Behavior & Clinical Psychology** online Course from Texas. USA.
- **Diploma in Psychological Guidance and Counseling** from BSS (Bharatheeya Sevak Samaj)
National Development Agency Promoted by Govt.India
- **Basic Training in Counseling Course** from Santawana
- **Complete Hypnotherapy & Hypnosis Diploma** online Certification Dr. Wells London
- **Train your Brain** 7 days training Singapore based Course attended From Dubai
- KCF (Kerala Counselors Forum) Member
- IPHM-U.K. (International Practitioners of Holistic Medicine) Approved
- Therapy Certificate holder Approved by Dubai Govt.
- Approved by Knowledge and Human Development Authority
- IPHM.U. K (International Practitioners of Holistic Medicine) Approved



CERTIFICATIONS ON PSYCHOLOGY





I conduct both online and offline community sessions to raise awareness about stress management, emotional wellness, conscious parenting, and academic pressure among children. Through continuous engagement with parents, students, and teenagers, these sessions focus on helping individuals understand emotions, reduce impulsive behavior, manage digital addiction, and learn how to live a more peaceful, balanced, and mindful life. The programs have received consistent positive feedback and active participation from communities and adolescents.





الإمعة الهنفة بالشارفة
**INDIAN
ASSOCIATION
SHARJAH**

TO WHOM IT MAY CONCERN

This is to certify that **Mr. Shaji Nedumattummal Pushpangadan**, holder of Indian Passport No. **Z4918221**, has been actively cooperating with the Indian Association Sharjah by consistently providing voluntary counselling support, emotional guidance, and mental wellbeing assistance to community members as part of our **R.I.S.E. Program**, which is designed to address family-related disputes among individuals from diverse backgrounds.

Through his dedicated service, Mr. Shaji has demonstrated exceptional commitment to improving mental wellness, reducing emotional distress, and enhancing the overall quality of life of those who seek his support.

His work reflects professionalism, compassion, and a strong sense of social responsibility. The Association acknowledges his positive contributions toward promoting psychological stability, community harmony, and human wellbeing through both counselling and holistic therapeutic approaches.

In view of his sustained contributions to the community and his active involvement in social support initiatives, the Indian Association Sharjah expresses its full support for Mr. Shaji in his pursuit of professional advancement in the United Arab Emirates.

We extend our sincere appreciation for his meaningful service and wish him continued success in all his future endeavours.

This letter is issued by the Indian Association Sharjah to formally acknowledge and support **Mr. Shaji N. Pushpangadan** for his notable contributions to community wellbeing and social welfare. This letter is issued at his request, and the Indian Association Sharjah bears no responsibility or obligation arising from it.

Sincerely,

**NISSAR THALANGARA
PRESIDENT**



P. O. Box 2324, SHARJAH

تلفون : ٥٦١٠٨٤٥ (٩٧١ ٦) ، فاكس : ٥٦١٠٨٠٥ (٩٧١ ٦) ص.ب. : ٢٣٢٤ ، الشارقة - الإمارات العربية المتحدة

Tel. : (971 6) 5610845, Fax : (971 6) 5610805, P.O. Box 2324, SHARJAH - UNITED ARAB EMIRATES, E-mail : mail@iassharjah.com
Website : www.iassharjah.com



SESSION FOR AWARENESS FOR SOCIAL WORK




SESSION FOR AWARENESS

EMOTIONAL INTELIGENCE SESSION


AWARENESS SESSION

PATHWAYS TO ENJOY OUR LIFE

PSYCHOLOGICAL INTERACTION WITH COUNSELOR THERAPIST




- Importance of Counseling
- Emotional Imbalance
- Coping with Loneliness
- Adaptability
- Better Child & Better Parent (Parenting)
- Self Regulations
- Acceptance
- Enjoying the Job Environment
- Boost Self Esteem



SHAJI N PUSHPANGATHAN
Psychology Counselor

05:45 PM (UAE Time)
07:15 PM (Indian Time)



PARENTS AND CHILDREN SESSION



WINTER CAMP

DREAM WEAVERS

22ND November
4.30PM-9.30PM | RAK Desert
AED 200

WELLNESS PRACTITIONERS

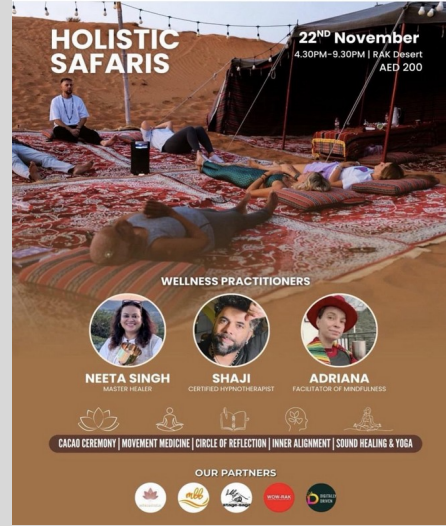
- NEETA SINGH (MEDITATION)
- SHAJI (CERTIFIED HYPNOTHERAPIST)
- ADRIANA (FACILITATOR OF AWARENESS)

CACAO CEREMONY | MOVEMENT MEDICINE | CIRCLE OF REFLECTION | INNER ALIGNMENT | SOUND HEALING & YOGA

OUR PARTNERS



SOUND THERAPY IN DESERT



HOLISTIC SAFARIS


22ND November
4.30PM-9.30PM | RAK Desert
AED 200

WELLNESS PRACTITIONERS

- NEETA SINGH (MEDITATION)
- SHAJI (CERTIFIED HYPNOTHERAPIST)
- ADRIANA (FACILITATOR OF AWARENESS)

CACAO CEREMONY | MOVEMENT MEDICINE | CIRCLE OF REFLECTION | INNER ALIGNMENT | SOUND HEALING & YOGA

OUR PARTNERS



MASTERING EMOTIONS DUBAI



GURUVAYOOR NRI FAMILY-UAE
Together we can
FAMILY AWARENESS SESSION

“Mastering Your Emotions”

Sunday, 27 APRIL 2025 | From 3:30PM | Ousha Bint Library Hall Qusais, Dubai

An Interactive Session with a Counseling Psychotherapist

Mr. Shaji N Pushpangadan

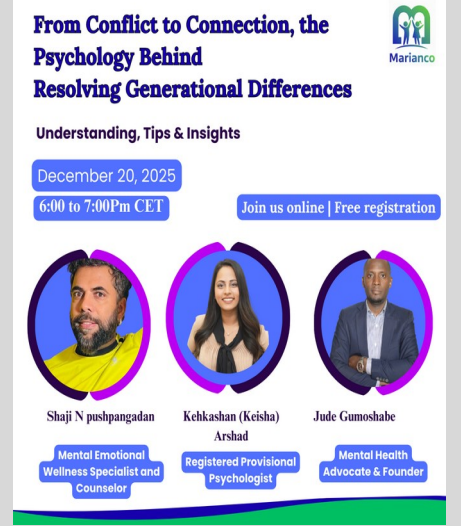
Better Child & Better Parent

- കുട്ടികളിൽ ഉന്നതകൃത്യത സൃഷ്ടിക്കാനും ഉന്നതമാക്കാനും
- കുടുംബത്തിലെ അർത്ഥശൂന്യതയ്ക്ക് പരിഹാരം
- മറ്റുപേരുടെ
- പുതിയതായ സഹായങ്ങളെല്ലാം ഉപയോഗിക്കാനും
- ആശയവിനിമയം വർദ്ധിപ്പിക്കാനും

നിങ്ങളുടെ ശൈശവത്തിൽ നിന്ന്...
ഈ പുതിയ അനുഭവങ്ങളായി മാറേണം!

Limited 40 seats entrv for Parents with Children above 12 Years

MARIANCO SWEDEN WORLD WIDE






From Conflict to Connection, the Psychology Behind Resolving Generational Differences

Understanding, Tips & Insights

December 20, 2025
6:00 to 7:00Pm CET

Join us online | Free registration

Shaji N pushpangadan | Kehkashan (Keisha) Arshad | Jude Gumoshabe

Mental Emotional Wellness Specialist and Counselor | Registered Provisional Psychologist | Mental Health Advocate & Founder



Emotional Wellness Specialist

Snps Shaji
Psychotherapist | Hypnotherapist
Wellness Consultant

- Emotional Intelligence:**
 - Boost Self Awareness & Self Control
 - Improve Relationships & Empathy
- Better Child Better Parent:**
 - Parenting Skills & Positive Discipline
 - Raise Emotionally Balanced Children
- Stress Management & Trauma Recovery**
 - Resolve Academic, Job, & Relationship Stress
 - Regression Therapy & Healing Trauma

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Emotional Wellness & Parenting Programs

Snps Shaji
Psychotherapist | Hypnotherapist
Wellness Consultant

- Emotional Wellness & Stress Management
- Parenting & Digital Addiction Awareness
- Mindfulness & Sound Healing Workshops

Empowering Families & Schools with Effective Tools for Stress, Screen Addiction, and Emotional Balance.

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PERSONAL ACHIEVEMENTS

PROFESSION

THUMBAY BEST PERFORMANCE AWARD



SOCIAL SERVICE

SHARJAH INDIAN ASSOCIATION APRECIATION



CREATIVITY

BEST SCRIPT WRITER AWARD EMIRATES FILM FESTIVAL 2025



NATIONAD DAY CLEBRATION 2025



THANK YOU

Thank you for reviewing my work. I don't want express my self through the words ,but my work speaks beyond language .My strength, insight and experience ,and depth of inner journey and transformation stand as proof of my work

My creative expression, and wellness awareness programs, I aim to inspire emotional well-being, social awareness, and mindful living. My commitment is to continue contributing meaningful creative and community initiatives that positively impact individuals and society.

Shaji.N.Pushpangadan

