



S Pujah



S Pujah

About the Founder

S PUJAH

Pujah Subhash Srivastav, Chief Energizing Officer of Balance 1 Studio™ is a pioneer in bringing Energy solutions to the United Arab Emirates and she is a renowned energy consultant and corporate wellness trainer and an electromagnetic radiation expert, practicing body and mind energies in a scientific way, for more than half a decade and with her expertise she has been providing radiation solutions to create electromagnetic free homes, offices, factories, industries, etc. across the globe.

While she was excelling in her banking Investment career in UAE, things were not all that bright for her family back in India and this became a major turning point for her. Her younger sister's ailing medical condition made her venture into the world of energy and with her sheer grit and determination, she could heal her sister. While healing her sister she could envision the trauma that hundreds undergo each day when medicines fail to treat diseases. It is then that she wanted to let go of her extremely well-paying job and start working for the greater good of mankind.

The incident got etched in her mind and made her vow that she pursued the science of energy from the coveted former nuclear scientist Dr. Mannem Murthy and got certified as a geopathic consultant.

“Decoding Vedas Ayuverda Wellness & Spaces”

S Pujah



You are completely healthy when
 you have 5 senses ,5 elements and
 5 directions are truly in sync with
 the universe

S Pujah

OUR CLIENTS

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Dr S Pujah Is A Celebrity Energy Coach Speaker And Has Given Over 50 Seminars/workshops And Lectures To Various Audiences For University Students, Various Corporates On Balancing Energy, To Architecture Forms Addressing The Impact Of 5 Elements In Spaces And Balancing Energy Through Spaces, Encouraging & Supporting Women By Focus On Emotional Wellbeing & Positive Energy Flow, Decoding The Frequency In Spaces And Body And Balancing Ayuverda Elements In Over 3 Continents.

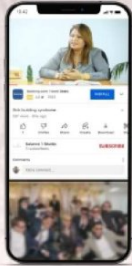
Truly Unique Style And Impressive Content Makes Her The Acclaimed Speaker. She Is The Founder Of Balance 1 Studio And Curated Bio7@ Wellness Signature Method A Program Helping To Map Out The Body & Space Energy In 40 Minutes

“We Create Synchronicity Between Mind, Body, Soul, And Spaces.”

Exploring Possibilities

- One Day Workshop Or Regular 90 To 120 Minutes
- You, Your Team, Your Organization
- Practice Alternative Approach To Employee Wellness
- Realign Conscious Living And Workflow
- Invest On Employees -create Strong Foundation
- Creating More Tolerance Between Each Department For Growth
- Creating Vibrational Oracle Coherence.
- Theme-topics Based Activities
- Evaluations Of Each Participant
- Signature Bio7 “Wellness Method Scan Of Each Participant
- Energy Report For Individuals
- Succession Plan
- Managing Stress, Anxiety, Fear ,performance , Happiness
- 360 Degree Solution

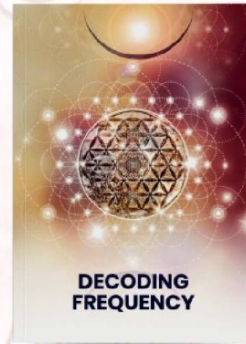
HERE'S HOW **S PUJAH** CAN HELP



COACHING



COURSES



BOOKS



SPEAKING



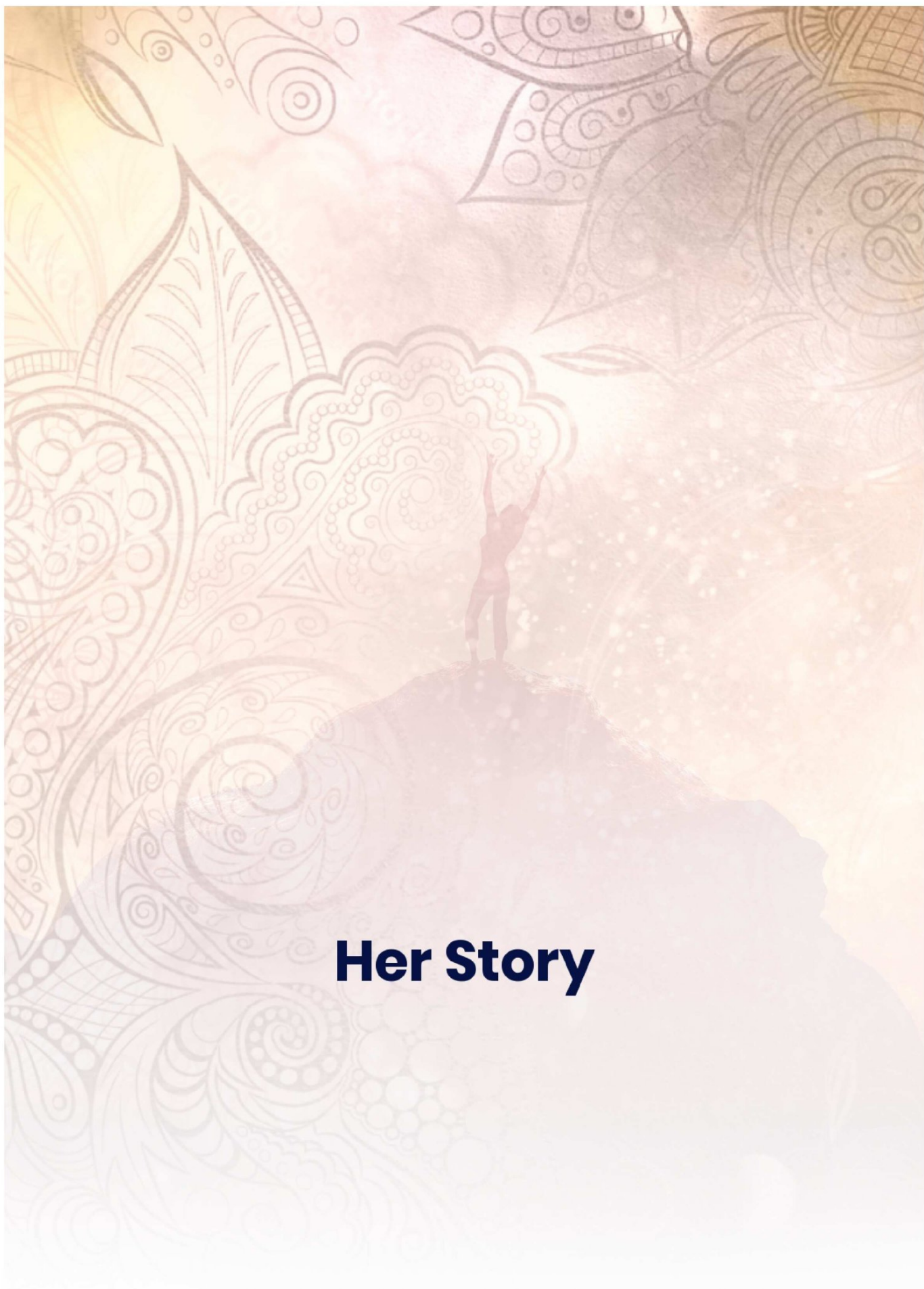
PODCAST

Themes To Explore

- Healing Power Of Spaces
- Sacred Geometry And Wellness
- 5 Elements Balancing –self Care Workshop
- Bio Scanning And Body Meridians
- Aligning Spaces & Wellness
- Radiation Free Living And Geopathic Stress Around Us
- Powerful Ancient Techequies For Peace, Happiness
- Connecting To Higher Resonance Shifting Realities
- Chakras Petals On Our Living Spaces
- Elements Of The Spaces
- Frequencies Of Spaces
- Marma Points Of Spaces



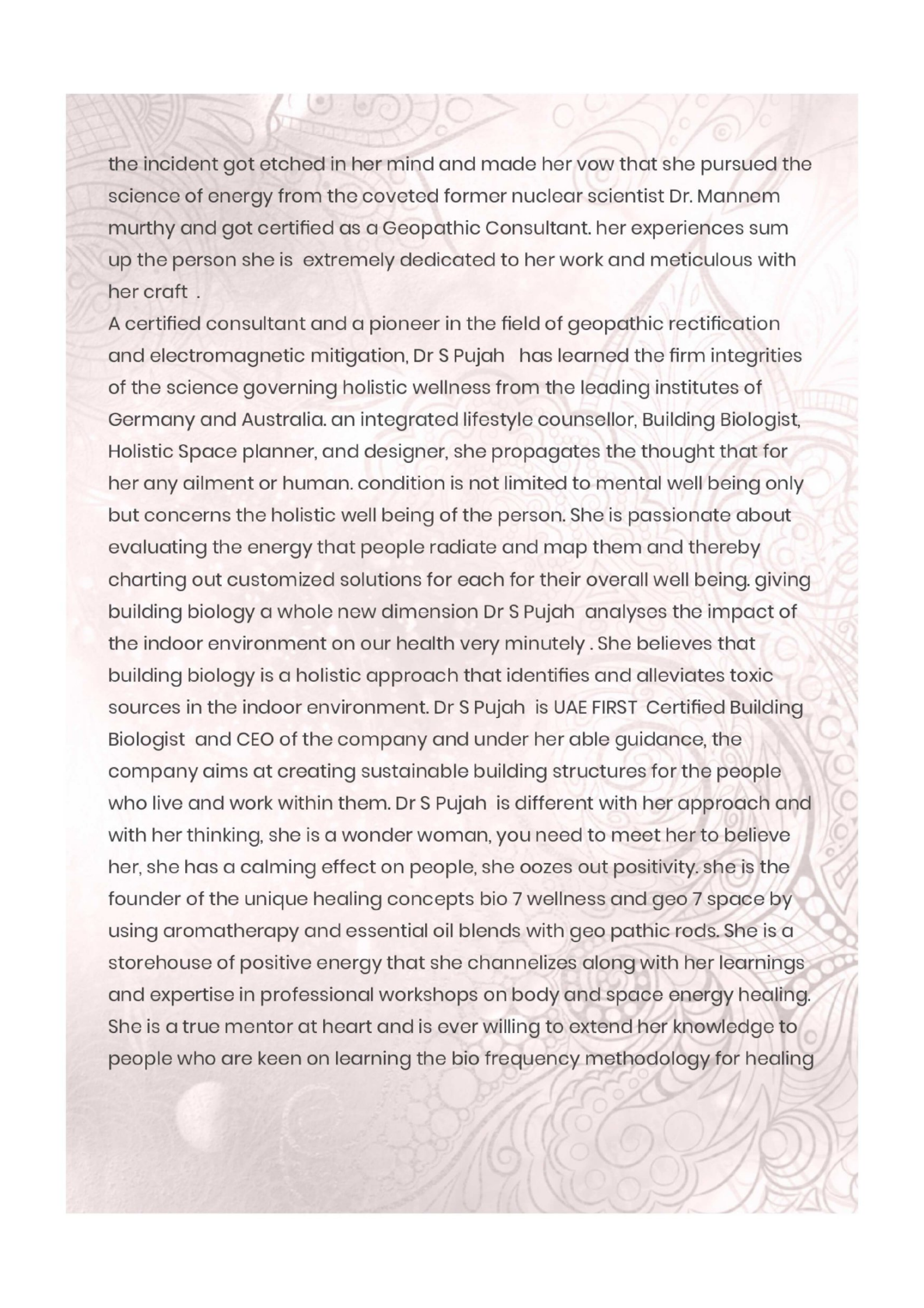
**MASTER OF
FREQUENCY WELLNESS**



Her Story

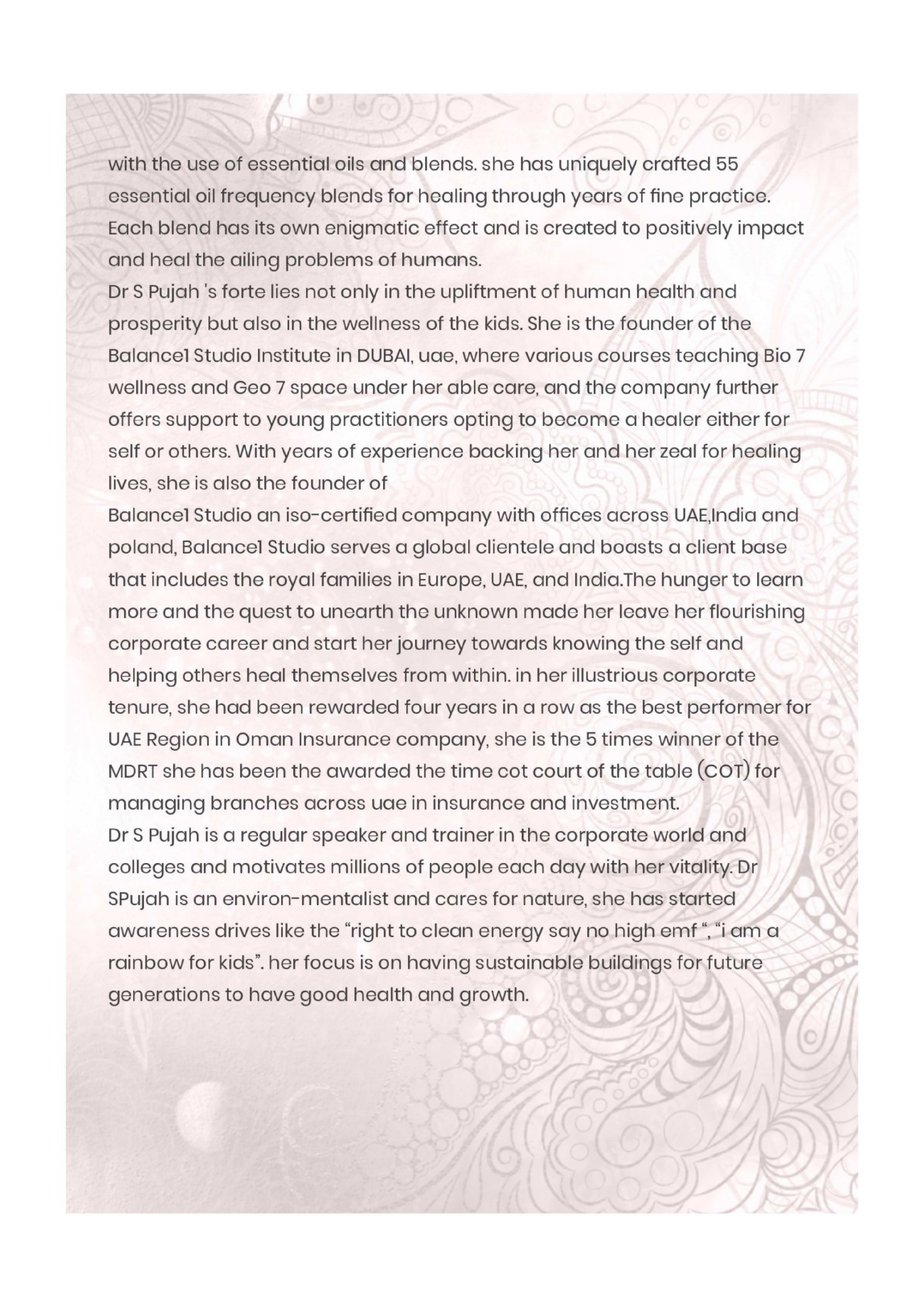
Her Story

Spirited, Driven, Passionate are the words synonymous with Dr S Pujah committed to serving mankind with the very belief of healing is what sets her apart from the rest. Dr S Pujah believes in exploring the world beyond medicine. Guided by the spirit of helping people discover themselves beyond the realms of their external selves is her prime motivation. She helps people delve deeper within themselves with the help of knowledge and insight. coming from the land of the five rivers “punjab” and traveling through the length and breadth of the globe, this wonder woman is miraculous with her understanding and solutions. A fighter all her life, she had undertaken the responsibilities of her family at a very tender age. She overcame her losses and stood the test of time. She considers her father, whom she lost at a very young age, to be her ideal and owes her feisty spirit to him. She recollects from her childhood days that she had given up on her aspirations and hobbies to fulfil the dreams of her younger siblings and her mother. She switched jobs including the prestigious job of a teacher in the Indian army and climbed the corporate ladder rapidly due to her extreme dedication to her job. while she was excelling in her banking investment career in uae, things were not all that bright for her family back in india and this became a major turning point for her. Her younger sister’s ailing medical condition made her venture into the world of energy and with her sheer grit and determination, she could heal her sister. while healing her sister she could envision the trauma that hundreds under-go each day when medicines fail to treat diseases. It is then that she wanted to let go of her extremely well paying job and start working for the greater good of man-kind



the incident got etched in her mind and made her vow that she pursued the science of energy from the coveted former nuclear scientist Dr. Mannem murthy and got certified as a Geopathic Consultant. her experiences sum up the person she is extremely dedicated to her work and meticulous with her craft .

A certified consultant and a pioneer in the field of geopathic rectification and electromagnetic mitigation, Dr S Pujah has learned the firm integrities of the science governing holistic wellness from the leading institutes of Germany and Australia. an integrated lifestyle counsellor, Building Biologist, Holistic Space planner, and designer, she propagates the thought that for her any ailment or human. condition is not limited to mental well being only but concerns the holistic well being of the person. She is passionate about evaluating the energy that people radiate and map them and thereby charting out customized solutions for each for their overall well being. giving building biology a whole new dimension Dr S Pujah analyses the impact of the indoor environment on our health very minutely . She believes that building biology is a holistic approach that identifies and alleviates toxic sources in the indoor environment. Dr S Pujah is UAE FIRST Certified Building Biologist and CEO of the company and under her able guidance, the company aims at creating sustainable building structures for the people who live and work within them. Dr S Pujah is different with her approach and with her thinking, she is a wonder woman, you need to meet her to believe her, she has a calming effect on people, she oozes out positivity. she is the founder of the unique healing concepts bio 7 wellness and geo 7 space by using aromatherapy and essential oil blends with geo pathic rods. She is a storehouse of positive energy that she channelizes along with her learnings and expertise in professional workshops on body and space energy healing. She is a true mentor at heart and is ever willing to extend her knowledge to people who are keen on learning the bio frequency methodology for healing



with the use of essential oils and blends. she has uniquely crafted 55 essential oil frequency blends for healing through years of fine practice. Each blend has its own enigmatic effect and is created to positively impact and heal the ailing problems of humans.

Dr S Pujah 's forte lies not only in the upliftment of human health and prosperity but also in the wellness of the kids. She is the founder of the Balance1 Studio Institute in DUBAI, uae, where various courses teaching Bio 7 wellness and Geo 7 space under her able care, and the company further offers support to young practitioners opting to become a healer either for self or others. With years of experience backing her and her zeal for healing lives, she is also the founder of

Balance1 Studio an iso-certified company with offices across UAE,India and poland, Balance1 Studio serves a global clientele and boasts a client base that includes the royal families in Europe, UAE, and India.The hunger to learn more and the quest to unearth the unknown made her leave her flourishing corporate career and start her journey towards knowing the self and helping others heal themselves from within. in her illustrious corporate tenure, she had been rewarded four years in a row as the best performer for UAE Region in Oman Insurance company, she is the 5 times winner of the MDRT she has been the awarded the time cot court of the table (COT) for managing branches across uae in insurance and investment.

Dr S Pujah is a regular speaker and trainer in the corporate world and colleges and motivates millions of people each day with her vitality. Dr SPujah is an environ-mentalist and cares for nature, she has started awareness drives like the “right to clean energy say no high emf “, “i am a rainbow for kids”. her focus is on having sustainable buildings for future generations to have good health and growth.

DR. S PUJAH

Certifications & Awards



IPHM International Practitioners
of Holistic Medicine
APPROVED THERAPIST

- Certified as Geopathic Consultant from Dr. Mannem Murthy
- Geopathic Mitigation from AUSTRIA
- Geopathic Mitigation Advance from Germany Institute of Radiation Protection
- EMF Mitigation From Australia Academy of Radiation protection Building BIOLOGIST – Building Competence in Radiation Protection and the Safe Use of Radiation Sources PhD Research work from Australia Academy of Radiation Protection Building Competence in Radiation Protection and the Safe Use of Radiation Sources FROM International Atomic Energy Agency AUSTRIA
- Gas Discharge Visualization technique (Kirlian effect) From Russia from Dr. Korotkov St.Petersburg Federal Research University of Informational Technologies, Mechanics and optics in Saint Petersburg, Russia Energetic Homeostasis by Measuring Energy Field of Building, Environment, and Human BODY From USA from Dr. Korotkov USA advance EPI.
- Aura Reader
- Business Numerology
- Logo Design Expert
- Astrology
- Gemstone consultant
- Crystal Therapist
- Aromatherapist
- Traditional Vastu
- Energy Vastu
- Geopathic consultant Germany
- Building Biologist Germany
- Electron Photon Imaging
- Past life Healings PLNR



Her Journey

Khaleej Times

Building the right approach for an energised way of living

HOME / LOCAL BUSINESS

'Building' the right approach for an energised way of living



Pooja Srivastav believes it's important to learn how the business idea can win venture capital or crowdfunding.

Dubai - Don't stress out; holistic well-being starts where you live and work



By Muhammad Riaz Usman & #13;

The She Factor

Published: Sat 29 Jun 2019, 5:40 PM
Last updated: Sat 29 Jun 2019, 10:58 PM

Pooja Srivastav, CEO and chief energising officer of Shreem International Consultancy, was enjoying a successful career in corporate sector until a personal crisis hit home when her sister fell sick a few years ago.

Shuttling between India and the UAE, she searched for the real causes behind her sister's ill health looking for a holistic approach that would assist with her treatment. While in India, she eventually connected with Dr Mannem Murthy, former Indian nuclear scientist, who taught her about the holistic, yet scientific solutions for her sister's well-being.

"I learned that suppression of ailments is not the answer; instead we have to identify the root cause and heal that for complete solution," Pooja explains.

Armed with this knowledge, Pooja set up Shreem International Consultancy four years ago, becoming a pioneer in bringing energy solutions to Dubai.

"One of our aims is to convey the message of World Health Organisation that certain 'buildings make us sick' or what is known as Sick Building Syndrome. This is due to certain electromagnetic rays and geopathic stress, which have a negative impact on our physical and mental well-being. Through our company's lifestyle division, we have been providing holistic and scientific answers to our clients who are now able to understand how wellness depends on structures, both workplace and home," says the electromagnetic radiation expert.

With experience spanning over several years, Pooja uses her expertise to train and educate people to free themselves from geopathic stress in different spaces including homes, factories and industries, across the globe. Her radiation solutions have helped hundreds of people root out negativity from their lives and instill positivity through scientific and practical methods. She is a firm believer in practising body and mind energies and conducts several workshops, interactive talks and corporate sessions to impart the knowledge.



<https://www.khaleejtimes.com/business/local/building-the-right-approach-for-an-energised-way-of-living>

Property show stokes energy balance discussion

MENU GULF NEWS  SOCIETY

Property show stokes energy balance discussion

Property show stokes energy balance discussion

Visitors to Indian real estate exhibition in UAE can seek advice on body and home energy quotients to foster a positive and healthy environment

Published: June 17, 2018 17:31

Staff Report



Dubai: Visitors to the upcoming Indian Property Show exhibition will be able to attend interactive workshops on how to enhance their body and home energy quotient.

The workshop 'Healthy Living: Body, Spaces and Interiors' will be conducted by Pooja Srivastav, energy consultant on Geopathic and Electromagnetic Radiation.

Scheduled for June 22 and 23 between 2pm and 3pm, the session will include tips on eco-friendly green interiors, guidance on creating balances in our bodies and house for a positive, healthy and harmonious environment.

The biannual fair, the most popular Indian property exhibition in the UAE, returns to Dubai from June 21 to 23 at the Dubai World Trade Centre, Shaikh Rashid Hall.

Besides talks on body and home energy, the property fair will also host celebrated

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How geopathic stress is a significant contributor to cancer

BODY

How geopathic stress is a significant contributor to cancer

Hina Navin | Nov 10, 2018

The distortion of the earth's natural electromagnetic field causes stress, which curbs the immune function



Experts say remaining in close contact with nature can help
Photo by: Shutterstock

Around 85 per cent of patients who died from cancer had regular exposure to geopathic stress, meaning stress from the earth. The distortion of the earth's natural electromagnetic field causes this stress, which in turn curbs the immune function, shutting down the body's natural defence system, thereby facilitating illness.

Experts say remaining in close contact with nature can help. Sitting on the ground, hugging a tree, taking a bath in salt water, re-arranging living spaces to avoid geopathic lines and maintain the balance etc.

Research conducted at Dulwich Health Society, US, on over 5,000 people with ill health found that 90 per cent of people who have secondary cancer were affected by earth's radiations. Similarly, around 95 per cent of cancer patients were either sleeping or working in a place exposed to geopathic stress before or at the time of their diagnosis.

Pooja Srivastav, Geopathic Stress and Energy Consultant at Shreem International says, 'while geopathic stress is not directly causing cancer, it weakens our immune system, making it much more likely to acquire cancer.'



ASPIRE

The Art of Living Well

IN FOCUS



DR. S PUJAH

• Energy Consultant

The Art of Living Well

Geo 7 Space Wellness “Radiation & Geopathic Stress” Solutions helps create sustainable buildings and stress-free homes adapted to physical, mental, emotional and spiritual health

The homes and offices where most of our lives are spent, should not only protect us from bad weather, thieves and predators. These places where we eat, rest, unwind and sleep should also contribute to our well being, our mental health status, and a healthy lifestyle. It is not only healthy body that we need to look at and apply ourselves to, and creating an environment that holds space for our inner lives should be something we actively we need to build and maintain. Therefore the physical space we stay in should continually contribute to replenishing our life's energy reserves. It's important to address the emf

(electromagnetic field) radiation issue we all face in a more holistic and sustainable way rather than just improving in the short term and creating quick-fix solutions.

Here's what happens...

Along with the natural radiations coming from the stress lines below a building, developed by the heat generated from molten lava at the earth's lower layers, there is much radiation that emanates from the electrical wiring in the house, power supplies and cables running past properties that containing electricity. This creates increasing exposure to high-frequency radiation that can profoundly affect our physical and non-physical selves.

It's important in the long run that architects, electricians, developers, building owners and policymakers collaborate and work to improve on the weak aspects of building design and structure to incorporate and maximise radiation protection within living environments. Or, at the very least, institute eliminatory measures to combat the negative impact of these emf radiations on humans. It is vital for people to have a healthy lifestyle not just to work efficiently, but also have flourishing relationship with people they live with and have alignment within their mind, body and soul.

However it is not possible to achieve if our buildings are the ones making us sick.

This is how...

The process to shield the building starts at the developing stage, and it is essential for real estate developers to either develop a stress-free building while it is under



“The electrical wiring in the house, power supplies and cables running past properties thar containing electricity. This creates increasing exposure to high-frequency radiation that can profoundly affect our physical and non-physical selves.

ASPIRE

Balancing Polarities naturally – Bio 7 Wellness Method



Dr. S Pujah

Chief Energizing Officer, Balance 1 Studio™

A healthy body has a frequency between 62-72MHz. Diseases start if the frequency drops to 58 MHz. Aligning and making the right shift in energies using the essential oil blends and salts is the art and science of what we do. Chakras and Meridian points are energy centres in our bodies. They make up the Energetic Anatomy together with the Biofield or what we also know as Aura. Our physical body is dependent on the energetic body for health and wellbeing. Each body organ, meridians, chakras, chakra petals, koshas, glands, planets, emotions, and space around us has a frequency that can be measured. We utilize the energy measurement through the proprietary and engineered concept healing method, which integrates the measurement of the frequencies of the body and the mind. We can align and correct those frequencies using essential oils and sacred geometry and balancing 5 elements within.

Meridians matter

Our Body is like Electric Circuit – there is twin flow of current in our meridians, A blockage in a meridian (like unplugging two of the extension cords in the circuit) causes an interruption in the flow of energy. The qi (energy) may then find a way to reroute itself through other meridians, but this will lead to a buildup of energy on one side of the blockage and a deficiency of energy on the other. So, balancing the flow of meridians is very important for healthy living.

<https://aspiremagz.com/balancing-polarities-naturally-bio-7-wellness-method/>



Dubai's first building biologist wins leadership award

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PEOPLE

Dubai's first building biologist wins leadership award

Pooja Srivastav is a pioneer in bringing energy solutions to the UAE.

by MEP Staff | February 13, 2019

SHARE



Pooja Srivastav receiving the 'Adam Global Outstanding Leadership Award'

Dubai's first building biologist, and CEO of Shreem International, Pooja Srivastav was awarded the "Adam Global Outstanding Leadership Award".



<https://www.mepmiddleeast.com/people/71987-dubais-first-building-biologist-wins-leadership-award>



B4U Plus Interview



<https://www.youtube.com/watch?v=5jmxTWi6CMw>

Dibai's first building biologist receives global recognition

NEWS

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HEALTH

Mar/Apr 2019

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PIONEERING 3D MAPPING TECHNIQUE ENABLES ARRHYTHMIA CARDIAC TREATMENT WITH ZERO RADIATION



With those in the Middle East more at risk of suffering from atrial fibrillation than other parts of the world, Dr. Sabine Ernst from Royal Brompton & Harefield

Hospitals Specialist Care (RB&HH) conducted a simulated catheter ablation during Arab Health 2019 using 3D mapping which mitigates the requirement for harmful x-ray.

The corrective procedure is well known, however the consultant cardiologist and cardiac electrophysiologist showcased the pioneering 3D mapping technique, which removes the need for radiation and is unique. The procedure was performed at the Association of British Healthcare Industries (ABHI) stand, and highlighted the new and innovative technique that helps to reduce patient exposure to radiation.

Arrhythmias, or abnormal heart rhythms, are widely experienced by people across the world.

Atrial fibrillation is the most common form of arrhythmia and a major cause of strokes. The prevalence of atrial fibrillation in the Middle East triples with each decade of life compared to other developed countries, where it doubles with each decade of life. This innovative procedure corrects abnormal electrical impulses in the heart using 3D mapping gained through cardiac magnetic resonance (CMR) or computed tomography (CT) imaging.

DUBAI'S FIRST BUILDING BIOLOGIST RECEIVES GLOBAL RECOGNITION



In recognition of her efforts to champion the cause of sustainability goals in the UAE and across the world, Dubai's first building biologist, and CEO of

Shreem International, Pooja Srivastav was awarded the prestigious "Adam Global Outstanding Leadership Award". Pooja Srivastav is a pioneer in bringing energy solutions to the UAE and is a known electromagnetic radiation expert. She also possesses a deep understanding of Geopathic Stress - a distortion of the earth's natural electromagnetic field that weakens human immune system, thereby making us more vulnerable to illnesses.

Commenting on the occasion, Pooja said, "I'd like to thank Adam Global for acknowledging our efforts. This will serve as an encouragement as we aim to create further awareness about 'Green buildings' which are eco-sustainable and emit positive energy, inside and outside. World over, builders and developers have begun using building material that reduces electromagnetic radiation and geopathic stress, a pollution that many

people are not aware of, but which has consistent and gradual impact on our physical and mental well being".

The award was presented by Rt. Honorable Paul Clark, Past Minister of State for Her Majesty the Queen, United Kingdom. The ceremony, which took place during the three-day Adam Global International Business Conference, was attended by Lords, ministers of state, ambassadors and business icons from the UK and Europe. More than 200 business leaders from five continents representing over 100,000 corporate clients, investors and business owners participated in the event.

HEALTH | Mar/Apr 2019 | 94



December 27, 2018

BUSINESS MANAGEMENT, MANAGEMENT ARTICLES | 2 MINUTES READ

Energy Mapping: The New Success Formula

Posted By : admin



Westford University College in partnership with Adam Global organized its second WEConnect event. The college warmly welcomed Ms. Pooja Srivastav, Chief Energising Officer at Shreem International Consultancy. Ms. Pooja is a successful entrepreneur and an expert in geopathic stress relief and has guided many organizations in the UAE in achieving their true potential.

The second session of Weconnect was organized by our extremely diligent BABM and MBA students. The success of the event can be attributed to their exceptional planning event management skills. The inspirational talk by the CEO enlightened the whole ambience with pure knowledge by bringing the audience closer to nature. She highlighted the essence of little activities in daily life which can contribute significantly to a healthier and successful being. 'Staying closer to nature improves the energy level', was an important antidote given by her while reflecting the stressful living conditions in this fast-moving world.

Get In Touch

Fill your details in the form below and we will be in touch to discuss your learning needs

Full Name

Email Id





CEO Clubs Network®

The ambience & energy which interiors will exuberate is simple amazing...

▶ CEO Clubs Member Article & News

The ambience and energy which interiors will exuberate is simply amazing when holistic interiors governs the approach

Fire is associated with SIGHT senses – it governs how farsighted the person is – goal oriented, warmth in relationships and flow of income, health issues

If fire is not balanced then one witnesses skin allergies, weight issues, high BP, Anemia.

Mother Earth gives stability, balance, infinite patience and maturity in character

Earth dominates the center and diagonal directions in every built-up space.

Earth element is associated with the sense of SMELL – if the element is balanced then there is stability in body, health, body joints, income, and relationships.

If the element is not balanced then depression can be one of the issues one has to deal with.

SPACE represents expansion, enhancement, extension, spread, communication and even thought process (mental space).

Space is associated with the HEARING sense It governs mood swings, new ideas, conceptions and growth.

In conclusion, **Holistic Interiors vision is to create user-friendly spaces that nourish body, mind and spirit and which have the least possible negative impact on our community and global environments**

Holistic interiors' vision to body, mind and spirit is integral for creating interiors which breathe – let us look at the attributes



POOJA SRIVASTAVA
CEO - SHREEM OHM, HOLISTIC DESIGNER

BODY needs environment and interiors which are functional and in harmony with people's lifestyle and purpose and when holistically designed the structure empowers individuals with physical limitations.

MIND requires stress-free and organized environments where people can be productive and have limited space distractions.

SPIRIT needs beautiful, warm and welcoming spaces to relax and enjoy – these spaces energize people and revive their spirit.

To know more connect with:
positiveenergyosh@gmail.com
or call @+971585377861
or WhatsApp @+971585396999
to book an appointment for consultation.



https://drive.google.com/drive/folders/1_t8gWjsITvXpVes7Qebc2NS0pR-iqO92



CEO Clubs Network®

Radiation : What Every Woman Needs to Know

CEO Clubs Member Article & News

Radiation: What Every Woman Needs to Know

And I am appalled at the commercialization, where you get the 3D imaging in shopping centers. I think this is grotesque and a really bad idea. Like a lot of things we're doing in technology we are overdoing it."



Can Wi-Fi harm your baby?

What about all the other sources of EMF's out there? Does sitting in Starbucks pose a hidden menace to your unborn child?

Unfortunately, that's a question we may never know the answer to. Practically speaking, we all now live in a sea of radiation that has never existed before. And there's really no way to test its effects, because we don't have a control group of people who are living a similar lifestyle without the radiation.

With that in mind, it's a good idea to err on the side of caution and limit exposure to wireless radiation as much as possible. For instance, we can use landlines and standard internet connections at home, and reduce our contact with the highest exposure devices: cell phones, cordless phones, phone base stations, and the backs of computer monitors (so if you work in an office try to avoid sitting against the back of your colleague's computer screen.)



Dr. POOJA SRIVASTAVA
CEO - SHREEM OHM

One important point to remember is that wireless exposure is an inverse square law. This means that being twice as far away results in four times less exposure. That's why moving a short distance from the source (like using your phone on speaker setting instead of holding it to your ear) can make a dramatic difference in the amount of radiation you receive.

When using laptops and similar devices, understand that they're not approved for use next to the body. Laptops are tested to be safe at a distance of 8 inches. So while your pregnant belly may make a beautiful table, save it for a bowl of popcorn or a paperback. Another thing to be aware of when you're pregnant is timing. The most sensitive period for your baby is between the 8th and 15th weeks of pregnancy. That's when her brain and nervous system are developing and growing at the most rapid rate. You'll want to be especially careful to protect her during these weeks.

But while it's important to be prudent, there's no need to panic. "Don't worry," says Dr. Davis. "Babies have a way of getting what they need."

Her top recommendations?

"Make sure you sleep in the dark. That will let your body make sufficient amounts of melatonin, which helps fight radiation. Eat your broccoli. The general emphasis on nutrition is wonderful. That, and practice safe phones."

August 2021 | 34



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NOV-DEC 2018

YOGA & WELLNESS

Geopathic Stree : Effects & Solution

Feature



Pooja
Energy Vaastu
In Dubai



Geopathic Stress: Effects and Solutions

Are you concerned that something about one or more rooms at your home just doesn't feel right? Or are you continuing to experience poor sleep patterns or symptoms of ill health for no apparent reason, despite good medical or natural health treatment? If so, you may be experiencing the effects of 'Geopathic Stress'.

Pooja Srivastav, a consultant in geopathic and electromagnetic radiation, speaks to Dhanya AK on geopathic stress, its effects and solutions.

Geopathic stress is relatively a new term that covers the relationship between the earth energies and people's well-being. There are areas of geopathic stress across the surface of the earth but how these areas affect living organisms and the mechanism of interference is something worth understanding. The world has become more curious about it as there is an increase in the number of people who

"There is an immense need to understand geopathic stress and learn the solutions as well as to get deeper into electromagnetic radiation, its effects and solutions," says Pooja Srivastav, who is the Chief Energising Officer of Pooja Energy Vaastu, Stream International Consultancy, located at Fairmont Hotel Offices, Dubai.

She says, "When I stepped into the world of stress, I found that there was a

to me when my sister fell ill a few years ago. She was sinking. And I was not willing to take that answer - so I stepped out of my comfort zone in Dubai and went to India - my home country, to discover a permanent solution. I started learning about energy and my faith in it began to encompass my life. I put all my learning into practice for the well-being of my



https://drive.google.com/drive/folders/t_t8gWjsITvXpVes7Qebc2NS0pR-iqO92

climate control MIDDLE EAST

KEY PERSPECTIVES ON THE REGION'S HVACR INDUSTRY

When did you begin your career as a building biologist? Also, please highlight the effects of Electro Magnetic Radiation (EMR) on the people living inside the building?

I began working on Geopathic Stress lines on building structures around six years ago. We first set up an office in Poland and then here in the United Arab Emirates. I earned my first certifications in Geopathic Stress Rectifications and Electromagnetic Stress Rectifications; the latest is that of a Building Biologist. Building biology is a very new concept in the United Arab Emirates and, even though it is practiced in the West, having certifications is crucial. With WiFi and electronic gadgets, EMR is inevitable in structures today. The gadgets give a static burden in our bodies that slowly drains them of their natural minerals, causing health issues and impacting our well-being. As we build more Smart buildings, we need to neutralise the structures at the earliest to avoid Electromagnetic Stress. The World Health Organisation defines this as Sick Building Syndrome, and studies have shown that people living in buildings that are high on EMR and Geopathic Stress are more prone to falling sick. However, while the term Sick Building Syndrome is not new, it is important to note that not many people are aware of the term's true meaning.



Pooja Srivastav

Could you elaborate on Geopathic Stress in buildings from an IEQ standpoint, and the importance and relevance of Geopathic and Electromagnetic Rectification? And what are your observations of the United Arab Emirates?

Geopathic Stress (GS) refers to the earth's natural energies that are harmful to human beings. These energies run under the earth, and when we build homes and structures above these lines, our bodies come in contact with the stress. GS is the sole factor found to be associated with a majority of serious ailments and psychological issues. The negative effects of GS were medically proven more than 70 years ago, and many doctors in the West are now of the opinion that no treatment can be considered a complete success without eliminating the GS. When buildings are neutralised with Geopathic Rectification and Electromagnetic Rectifications, the energy within the individuals living in the structure is resourcefully used for maximum work performance. In effect, our energy or energy frequency is not 'robbed' by Electro-Magnetic Fields (EMF) within the structure or the geopathic stress lines under the earth, on which we may be sitting, standing or sleeping. Geopathic Stress Rectification and Electromagnetic Stress Rectification is still a very new concept in the United Arab Emirates, as this Smart building aptitude is applied by select professionals only. We need to create more mass awareness on the impact of EMR and how to minimise it. On our part, we have already reached out to several corporates and universities for awareness programmes.

Do you believe that end-users are willing to invest in technology and HVAC equipment, so as to contribute to bettering IEQ? What are your observations?

The concept of Geopathic Rectification or Electromagnetic Rectification is fairly new knowledge in the region; however, we are beginning to see more acceptance of this science. People are applying the concept personally and are noticing positive changes in their health, well-being and performance, and an increasing number of people are considering this as an option, convinced that the IEQ would be enhanced. From our experience, our clients are quite open to Rectification. Now, the new thinking is that Smart Buildings should be well-equipped to counter the EMR and Geopathic Stress and their adverse effects.



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SUSTAINABILITY

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Pooja Srivastav awarded 'Adam Global Outstanding Leadership Award'. [Read more >](#)



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Westford Collage Welcomes Ms. Pooja Srivastav

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Westford College Welcomes Ms. Pooja Srivastav

Westford University College organized its second WeConnect event, an initiative of Westford College to connect Westfordians to the Industry. The college warmly welcomed Ms. Pooja Srivastav, Chief Energising Officer at Shreem International Consultancy. Ms. Pooja is a successful entrepreneur and an expert in geopathic stress relief and has guided many organisations in the UAE achieve their true potential.

The second session of Weconnect was organized by the extremely diligent B&B and MBA students. The success of the event can be attributed to their exceptional planning event management skills. The inspirational talk by the CEO enlightened the whole ambiance with pure knowledge by bringing the audience closer to nature. She highlighted the essence of little activities in daily life which can contribute significantly to a healthier and successful being. 'Staying closer to nature improves the energy level', was an important antidote given by her while reflecting the stressful living conditions in this fast-moving world.

Westfordians also had an opportunity to test their interview skills by hosting a talk show post the event. Ms. Pooja warmly expressed her opinion on all the questions put forward by the students.

B&B and MBA students expressed their delight in exploring this new segment of knowledge. Aeron, a student from the new HND batch expressed, "Truly, it was a wonderful experience! It felt great knowing that I am a part of something that is growing exponentially (WeConnect). Being on stage is something I have never done before, yet I felt comfortable on it because of Ms. Pooja and her fellow colleagues' calming presence and the engaging crowd. Her talk about chakras did spark an interest in me."

The event not only left the students with high energies, but this new facet of Geopathy was appreciated by the Westford faculty members as well. Prof. Zawahir Siddique, Associate Dean at Westford, expressed that "The session by Ms. Pooja on Geopathic stress and its impact on health and well-being was extremely insightful."

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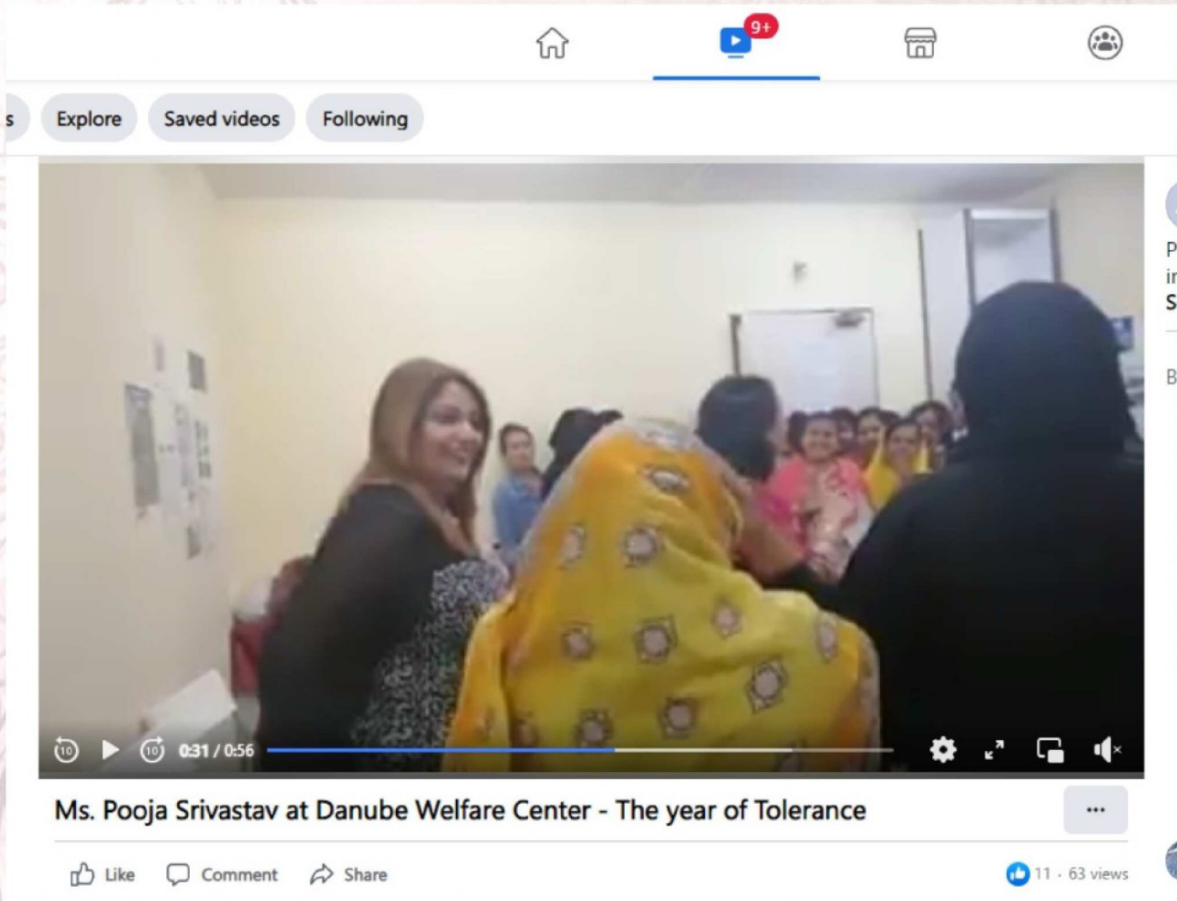
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Learn to enhance your body & home energy quotient - Pujah Shrivastav



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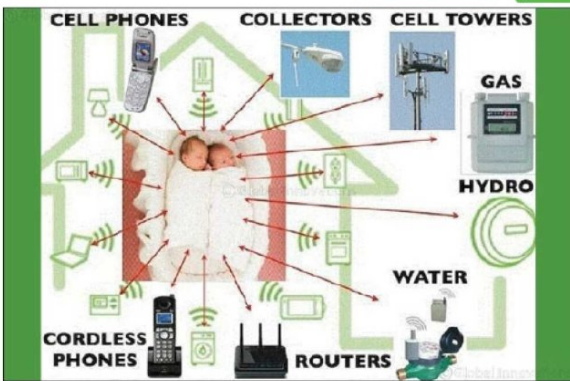
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Interactive sessions at Indian Property Show to guide on body energy science, provide tips on Eco friendly green interiors

June 17, 2018; Dubai, UAE: There are certain external energies in our homes that can disturb the harmony of the environment as well as our health and well-being. To educate people on such of earth's energy, also known as Geopathic stress, the upcoming Indian Property is hosting an exclusive seminar on "Healthy Living: Body, Spaces and Interiors" to be conducted by Ms Pooja Shrivastav, Energy Consultant on Geopathic and Electromagnetic Radiation. Scheduled for Friday, June 22nd and Saturday, June 23rd between 2pm and 3pm, the interactive seminars will include tips on eco-friendly green interiors, guidance on creating balances in our bodies and house for a positive, healthy and harmonious environment.

The biannual fair, the most popular Indian property exhibition in the UAE, returns to Dubai from June 21st to 23rd at the Dubai World Trade Centre, Sheikh Rashid Hall. Besides talks on body and home energy, the property fair will also host celebrated Vaastu expert Dr Padmaja Yadav on all three days between 7pm and 8pm on 21st and 22nd, and 4pm and 5pm on 23rd June. Dr Yadav will be advising visitors on the science of architecture and home décor to bring in positivity into their homes.

"Statistics show that around 80 percent of the houses, offices and schools, etc., are suffering from Geopathic stress," said Ms Pooja Shrivastav, "Through this seminar we want to create this awareness among people to ensure that their houses are free of such negativity and create healthier energy. Often it so happens that the earth energy is not quite compatible with the energy in a human body, which creates stress, and results in a number of health issues. Strong vibration of the earth, for example, can weaken the immune system. Hopefully, in these sittings people will learn how to avoid and manage the stress, and instead go green in their approach."

Tips on reducing Geopathic stress and creating green interiors

- Identify disturbing areas in the house and reposition furniture to avoid being exposed to Earth's energy for prolonged period.
- Place rods made out of copper, brass, or steel on the identified area to block any negative energy
- Minimize the use of sources that can encourage electro-magnetic radiation, such as cell phones, routers and microwave. When not using them, keep them unplugged.
- Use energy efficient appliances and lighting
- Place small plants inside the house in various locations.



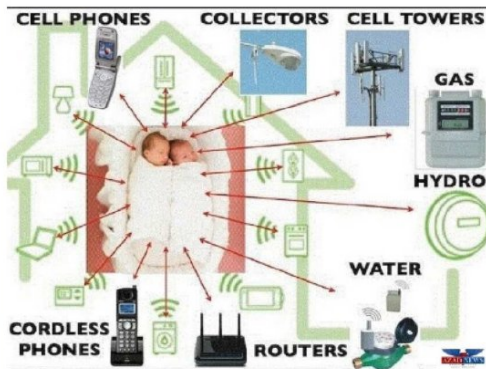
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Learn to enhance your body & home energy quotient - Pujah Shrivastav

Home > Health > Learn to enhance your body and home energy quotient

Learn to enhance your body and home energy quotient

By Azad Ali - June 17, 2022



- Interactive sessions at Indian Property Show to guide on body energy science, provide tips on Eco friendly green interiors



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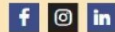
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Offering

Spirited, driven, passionate are the words synonymous with Dr. Pooja Srivastav, committed to serving mankind with the very belief of healing is what sets her apart from the rest. Dr. Pooja believes in exploring the world beyond medicine guided by the spirit of helping people discover themselves beyond the realms of their external selves is her prime motivation. She helps people delve deeper within themselves with the help of knowledge and insight, coming from the land of the five rivers "Punjab" and travelling through the length and breadth of the globe, this wonder woman is miraculous with her understanding and solutions.

A fighter all her life, she had undertaken the responsibilities of her family at a very tender age, she overcame her losses and stood the test of time. She considers her father whom she lost at a very young age, to be her ideal and owes her feisty spirit to him. She recollects from her childhood days that she had given up on her aspirations and hobbies to fulfill the dreams of her younger siblings and her mother.

She switched jobs including the prestigious job of a teacher in the Indian army and climbed the corporate ladder rapidly due to her extreme dedication to her job. While she was excelling in her banking investment career in UAE, things were not all that bright for her family back in India and this became a major turning point for her, her younger sister's ailing medical condition made her venture into the world of energy and with her sheer grit and determination, she could heal her sister. While healing her sister she could envision the trauma that hundreds undergo each day when medicines fail to treat diseases, it is then that she wanted to let go of her extremely well-paying job and start working for the greater good of mankind. The incident got etched in her mind and made her



<https://www.iphm.co.uk/directory/find-a-professional-therapist/pooja-srivastav/>

MIDDLE EAST MEP

The Future Is Nigh by Dr. Pujah Shrivastav

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Geopathic stress is a significant contributor to cancer 85%

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Of patients that die from cancer had regular exposure to geopathic stress, meaning stress from the earth. The distortion of the earth's natural electromagnetic field causes this stress, which in turn curbs the immune function, shutting down the body's natural defence system, thereby facilitating illness. Experts say remaining in close contact with nature can help. Sitting on the ground, hugging a tree, taking a bath in salt water, re-arranging living spaces to avoid geopathic lines and maintain the balance etc.

Research conducted at Dulwich Health Society, US, on over 5,000 people with ill health found that 90 per cent of people who have secondary cancer were affected by



earth's radiations. Similarly, around 95 per cent of cancer patients were either sleeping or working in a place exposed to geopathic stress before or at the time of their diagnosis. Pooja Srivastav, Geopathic Stress and Energy Consultant at Shreem International says, 'while geopathic stress is not directly causing cancer,



Geopathic Stress a major stimulus of Cancer, says Dubai based energy expert

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- Microwave, cell-phones, routers and other electronic devices contributing to stress.
- Close contact with nature can optimize health by warding off negative energies.

22nd Oct, 2018; Dubai, UAE: Studies have shown that over 85% of patients who die from cancer had regular exposure to geopathic stress. This stress is actually the distortion of the earth's natural electromagnetic field. Earth has high voltage lines called ley lines, curvy lines and Schumann resonance which are negative and highly electromagnetic in nature causing Geopathic Stress meaning the stress from earth.

A research conducted at Dulwich Health Society, USA, on over 5,000 people with ill health found that 90 percent of people suffering from secondary cancer were affected by earth's radiations. Similarly, around 95 percent of cancer patients were either sleeping or working in a place which was exposed to geopathic stress before or at the time the cancer was diagnosed.

Experts claim that when earth's natural electromagnetic field is in balance it is restorative to optimal health. However when it gets corrupted – by natural geological faults, underground flowing water, mineral deposits, electricity lines, constructions, mineral deposits and man-made excavations - the changed frequency becomes harmful to our health. Geopathic stress suppresses the immune function, shutting down the body's natural defense system, thereby facilitating illness.

Commenting on this, Ms. Pooja Srivastav, Geopathic Stress and Energy Consultant at Shreem International said: "While geopathic stress does not directly cause cancer, it weakens our immune system making it much more likely to acquire cancer. The world is filled with sources of electromagnetic pollution that can magnify the stress. High tension power lines, satellite towers, electric poles, or circuit breakers all send out high and low frequency energy that may increase geopathic stress, as can everyday items like microwaves, cell phones, and wireless routers".

Pooja further clarifies that geopathic stress is not an illness, but a distorted natural energy that affects the 'body energy' leading to a variety of symptoms including tiredness, disturbed sleeping patterns, reduced energy levels, headaches, anger, impatience or behavioral problems, slow or lack of response to medical treatment among many others.

Other potential problems of geopathic stress includes cardiovascular deficiency, attention deficit disorder, immune deficiency disorders, and chronic fatigue. It is also a common factor in cases of infertility and miscarriages, learning difficulties, behavioral problems and neurological disabilities in children.

"Awareness is knowledge. Knowledge can lead to action. Learning about geopathic stress will help you take timely action and remove it from your life; that will result in vast improvement in your health and relationships. Minimizing exposure to electronic devices can help reduce the problem. For instance, get rid of unneeded appliances or keep them unplugged when not in use," further commented Pooja.

Experts suggests that in order to protect oneself and to reduce the geopathic stress, one should remain in close contact with nature. This includes sitting on the ground, hugging a tree, taking bath in



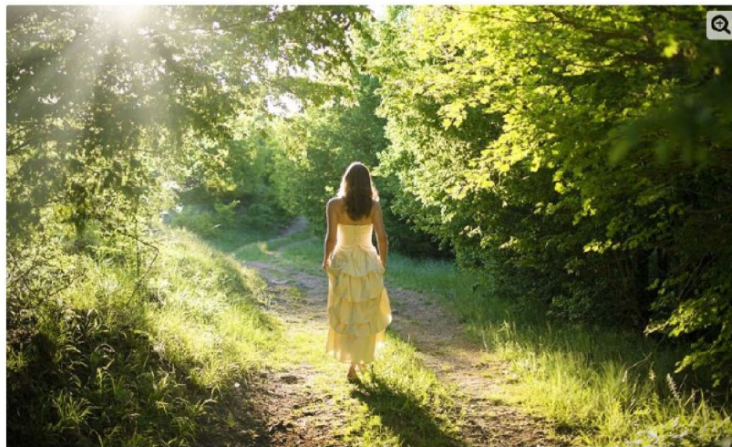
Geopathic stress - A Major Contributor to Cancer

Geopathic Stress – A Major Contributor To Cancer

Sitting on the ground, hugging a tree, taking a bath in salt water, re-arranging living spaces etc can help against this particular kind of stress

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Geopathic stress is a significant contributor to cancer; 85 per cent of patients who die from cancer had regular exposure to geopathic stress, meaning stress from the earth. The distortion of the earth's natural electromagnetic field causes this particular kind of stress, which in turn curbs the immune function, shutting down the body's natural defence system, thereby facilitating illness.



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Pooja Srivastav, Geopathic Stress and Energy consultant at Shreem International says, "While geopathic stress is not directly causing cancer, it weakens our immune system,



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Dubai's First Building Biologist Receives Global Recognition

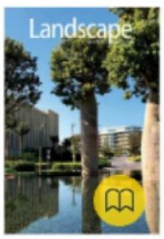
Landscape Middle East | March 2019

Pooja Srivastav awarded 'adam Global Outstanding leadership award' for her efforts to create toxin-free, sustainable body, buildings and structures in the Uae and across the world

Rt. honorable Paul Clark, Past minister of state for her majesty the Queen UK presented the award

In recognition of her efforts to champion the cause of sustainability goals in the UAE and across the world, Dubai's first building biologist, and CEO of Shreem International, Pooja Srivastav was awarded the prestigious "Adam Global Outstanding Leadership Award".

Pooja Srivastav is a pioneer in bringing energy solutions to the UAE and is a known electromagnetic radiation expert. She also possesses a deep understanding of Geopathic Stress – a distortion of the earth's natural electromagnetic field that weakens human immune system, thereby making us more vulnerable to illnesses.



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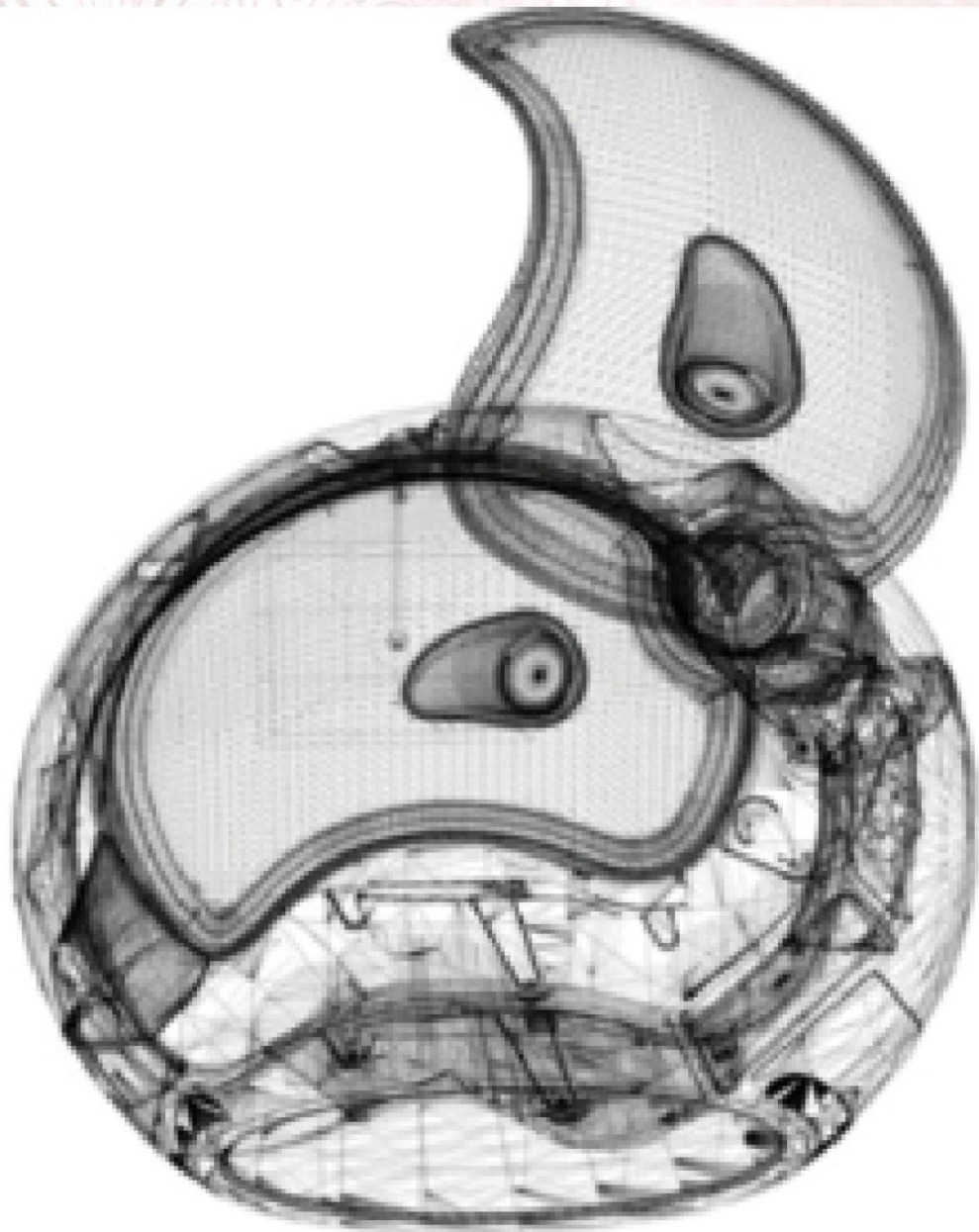
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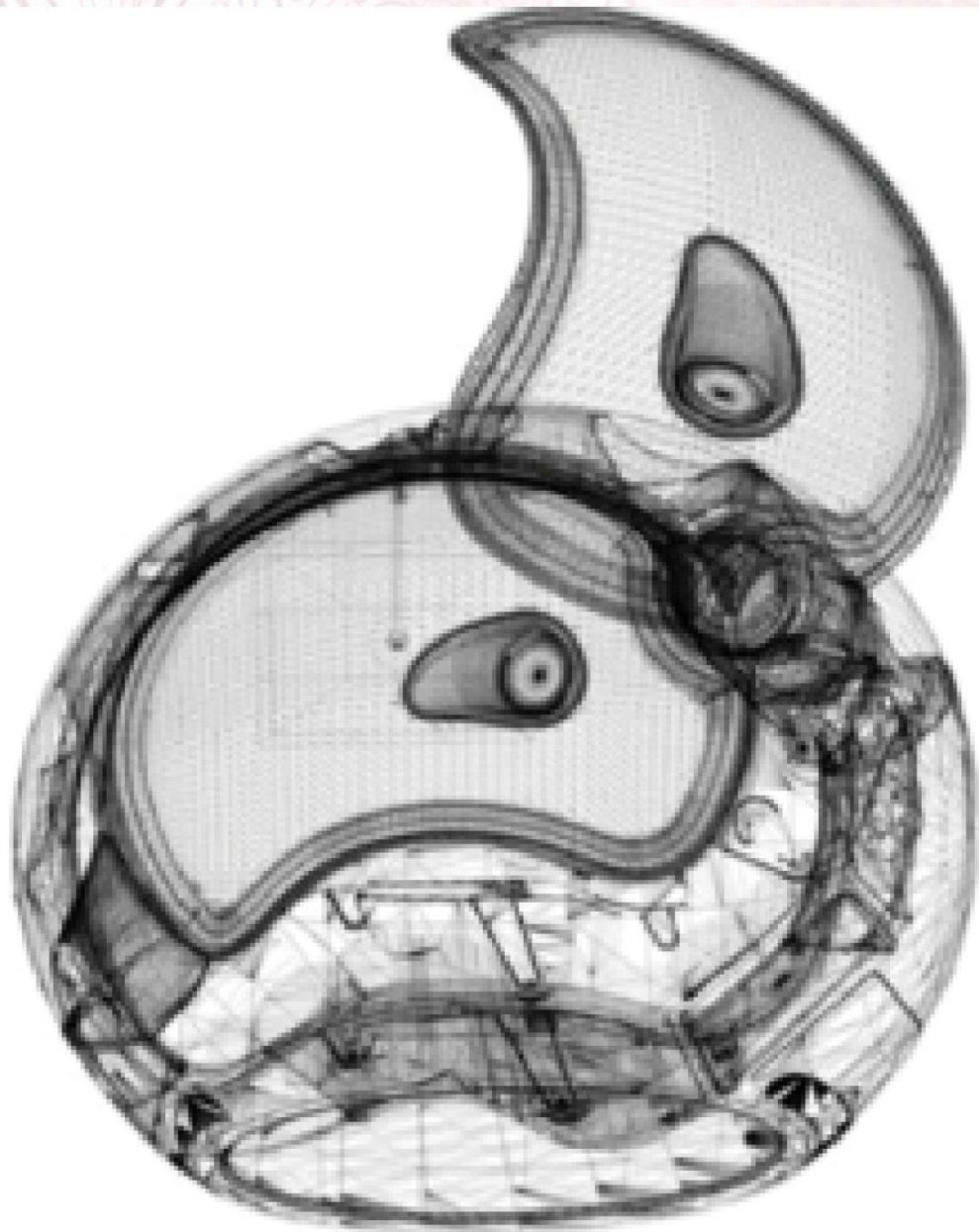
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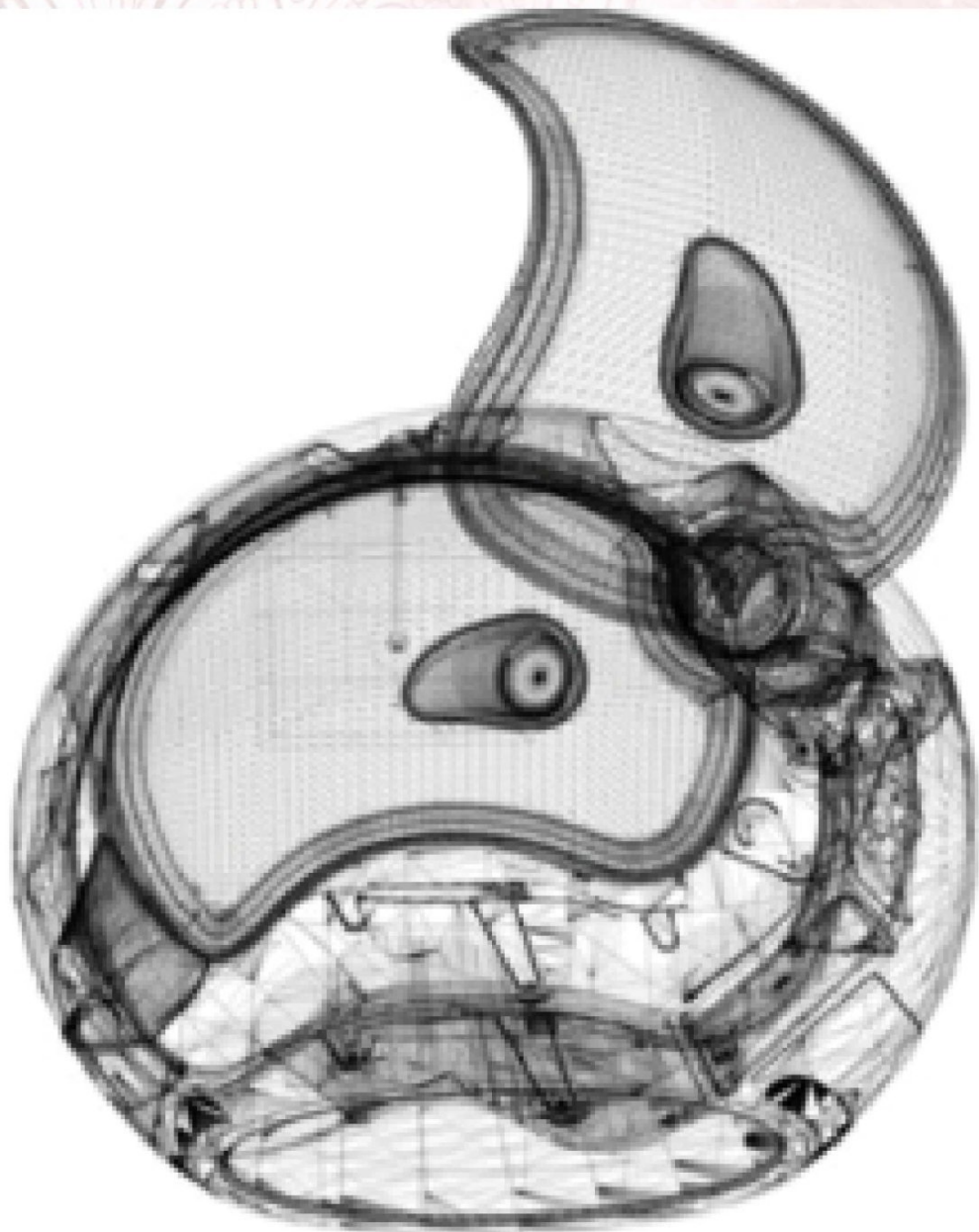
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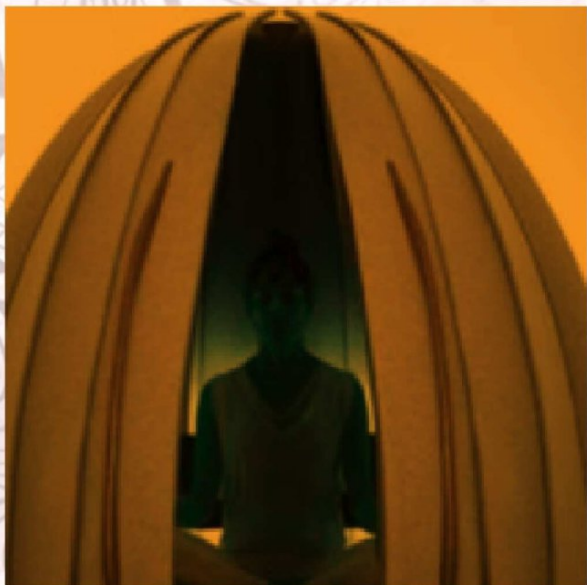
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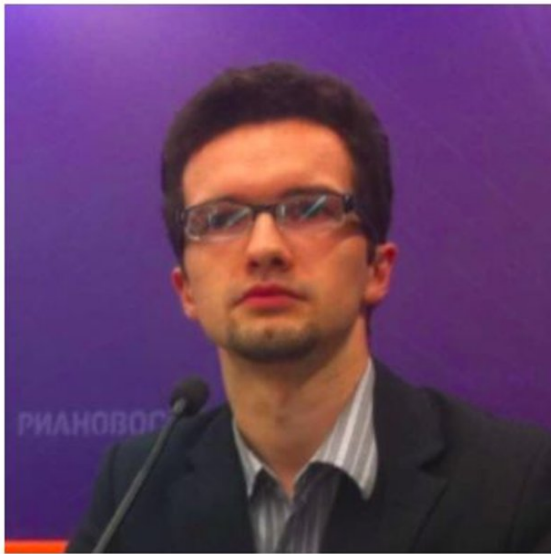
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As UAE strives for quality Education, Healthcare and Safety of Children, EYEDEX brings the best professionals to educate parents and share best practices with Early Years education & Child care providers for the benefit of all children and communities of UAE.

WORKSHOP HIGHLIGHTS:

- The Workshops will feature local experts in the field of Early Childhood Quality Control & Training, Road Safety, Art Therapy and Holistic Development to speak about:
 - Developmental Screening at Home for Parents
 - Road and Car Safety for Children: Importance of Car Seat
 - Importance of Art & Play in Early Childhood
 - Subverting Positive Energy for Holistic development

Raffle Draws for all workshops:
 Win great prizes from our workshop partners

REGISTRATION:
 Contact Sharon Patel
 Email: sharonpatel@eyedex.ae | Tel: 04 8820482
 Web: www.eyedex.ae/teacher-registration



Exhibiting at EYEDEX (2017)



**I AM A RAINBOW WORKSHOP AT
GEMS FIRST POINT SCHOOL (2017)**



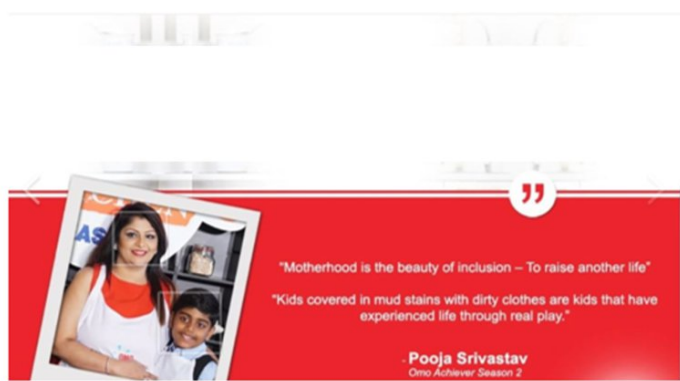
**I AM A RAINBOW WORKSHOP AT
GEMS FIRST POINT SCHOOL (2017)**



Spacelift / Vaastu / Energy Workshops (2017)



Training for Japanese Company EISSA on Energy



B4U Plus chooses Pooja Srivastav as one of the 13 women achievers (March 2018)

Arab Women's Summit (April 2018)




Arab Women's Summit (April 2018)



Exhibition on Holistic (April 2018)



Exhibition on Holistic (April 2018)



Fasting – the path to internal happiness

Elizabeth Percy in conversation with Pooja Srivastav – Energy Consultant

www.poojaenergyvastu.com
www.elizabethpercy.com

#POOJAENERGYVASTU

In Media (2018)



Styles for Spring

Designers and brands from the region, and the subcontinent, showcased their collections at the Spring lifestyle exhibition Modista, at Roda Al Murooj Hotel.

Photos: Muhammad Murtaza Khan

Arshadha Agarwal, Padma Kothapuri and Jyoti Karmali

In Media (2018)



At Exhibition – Modista (April 2018)



At Exhibition – Modista (April 2018)



elizabethpercyuae An opportunity for women leaders to be seen in one platform at 4th Arab Women Leadership and Business Summit. Her Excellency...



**THE ARAB WOMEN IN LEADERSHIP AND BUSINESS SUMMIT
MS POOJA SRIVASTAV WITH HER EXCELLENCY
AMNA ALNAKHI AND PILOT SALMA (MAY 2018)**



Arab Women's Summit in Dubai (May 2018)



At Indian Property Show Dubai
(June 2018)

Lawyers & Consultants
at the Indian Property Show


Ministry of Housing, and represented Central Regional at National Consultation Programme on Pradhan Mantri Awas Yojana (U) @ Delhi organized by Ministry of Housing and Urban Affairs.

He has in his young age joined his family owned real-estate business company as a Managing Director of Kachhi Properties Pvt.Ltd and has successfully completed various projects comprising of Affordable Housing, Mid -housing, High-end apartments and plotted developments as well.

MS. POOJA SRIVASTAV – ENERGY CONSULTANT – GEOPATHIC & ELECTROMAGNETIC RADIATION

Ms. Pooja Srivastav believes in Being Extraordinary. The CMD of SHREEM International is a pioneer in bringing the Body Energy solutions to Dubai. Pooja is a renowned energy consultant and corporate wellness trainer and an electromagnetic radiation expert, practicing body and mind energies in the scientific way for more than half a decade. With her expertise, she has been providing radiation solutions for homes, offices, factories and industries across the globe to keep them electromagnetic-free. She has also given lectures plus demonstrations and talks at many events and conferences.

"Knowing your potential and tuning in correctly brings tremendous success. Change your world inside to change your world outside – STEP IN TO STEP OUT! This is the science to balance your inner being effectively within oneself and in the environment to achieve maximum potential for yourself, your clients and your organization. With this technique you can redefine the art of business and sales," says Pooja.



She adds: "After much introspection and understanding the nuances of the corporate world, I embarked into the world of Inner Energy and Space Energy. There can be easy flow of energy towards achievements when we tune into the positive energy within us. When practiced in the corporate realm, positive energy can do wonders to uplift the brand."

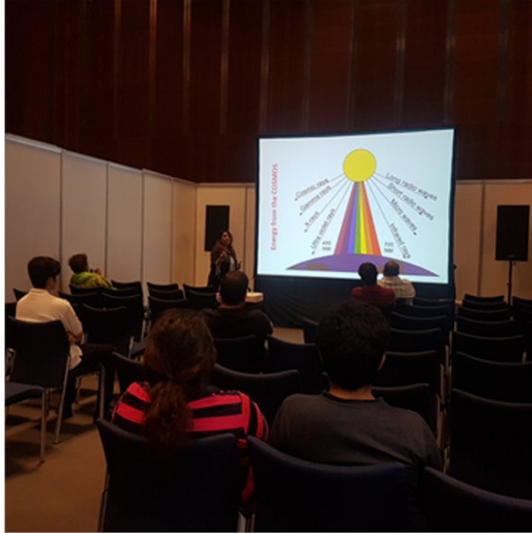
Speaking Opportunity at
The India Property Show (June 2018)



**Ms Pooja at Ladies group Empowering sessions Dubai UAE
(July 2018)**



**Ms Pooja at Ladies group Empowering sessions Dubai UAE
(July 2018)**



At Property Exhibition UAE



SHREEM WOMEN TEAM (2018)



Ms. Pooja Srivastav receives ADAM GLOBAL Outstanding Leadership Award from the Honorable Paul Clark, past Minister of State, for Her Majesty the Queen, UK at the ADAM GLOBAL Annual International Business Gala Dinner held at Sobha Hartland on 23 November 2018



Ms. Pooja Srivastav, (CEO of Shreem International) and Team With Honorable Paul Clark, past Minister of State, for Her Majesty the Queen, UK, and ADAM GLOBAL Team at the ADAM GLOBAL Annual International Business Gala Dinner held at Sobha Hartland on 23 November 2018



Audience congratulating Ms Pooja for ADAM GLOBAL Outstanding Leadership Award (Nov 2018)



Shreem Team with ADAM GLOBAL Leadership Team & Honorable Paul Clark past Minister of State, for Her Majesty the Queen, UK (Nov 2018)



#shreempower (Nov 2018)



Ms Pooja in session - Woman Empowerment Ladies
(Dec 2018)



**Ms Pooja in session -Danube Welfare Event
(Dec 2018)**



**Westford University Students in Energy Session
(Dec 2018)**

A glowing Earth is held gently in two hands against a dark, starry space background. The Earth's surface is illuminated from within, showing continents and oceans in a golden-brown hue. The hands are positioned at the bottom, supporting the globe. The overall mood is one of care and global unity.

S PUJAH

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