



AASHWASAN FOUNDATION
Project Document

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DETAILS OF REVOLUTIONARY MOVEMENT

Aashwasan has had remarkable breakthroughs bringing possibilities in all areas of its approach and function. Based on the breakthroughs Aashwasan has brought society is presenting a very high need for Aashwasan services be it in health, education, social interventions or serving organizations that serve community.

Global giving is one of the fundraising strategies undertaken by Aashwasan to support its many revolutionary movements. The project funded by global giving as a result of the challenge is Aashwasan Reaches Children.

Aashwasan Reaches Children

Aashwasan Reaches Children initiative is a revolutionary movement based on ***unprecedented breakthroughs achieved in treating children with developmental, neurological, degenerative, cognitive and genetic issues*** such as Autism Spectrum Disorders, Cerebral Palsy, Epilepsy, Mental Retardation, Learning Disabilities, Attention Deficit Hyperactivity Disorder, Down's Syndrome, Angelman Syndrome, Muscular Dystrophy, Apraxia to name a few. Aashwasan services restore a child's developmental pattern to its natural format bringing remarkable changes physiologically, psychologically and spiritually. This is done by bringing optimal manifestation of physical, mental and spiritual health and wellbeing that enables independent living, brings out innate talents and skills, helps the individual cope with and in many cases overcome their challenges. As a result many children have beautifully integrated with and adapted to the mainstream.

Global giving funding will contribute to the overall goals of identifying and rendering Aashwasan services to children with special needs from the underprivileged background. The goals for 2014-15 are

- To conduct at least 12 awareness Programs
- To offer Aashwasan services to at least 50 families from the underprivileged segment
- To Initiate Aashwasan Wellbeing Association which is a support group for parents

About the Project and Work Done

ARC's mission is to help children achieve independence to live a life of dignity and purpose. This initiative has been instrumental in helping children and adults better adapt to society and the world around them. Aashwasan empowers children to bring out their talents, achieve their dreams, identify, explore and express their uniqueness and live a happy and fulfilling life.

Aashwasan works closely with educational institutes, NGOs, parents, teachers, support groups, therapists, doctors and other stakeholders to not only enable children to be mainstreamed but also bring acceptance and inclusion in the society.

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The Need

Today, one in every ten children has developmental issues. Various experts are frantically researching to gain clarity and offer support in every manner to a large number of families. Ironically, success stories are more of chance than of certainty. Therapies adopt trial and error methods and parents seek out anything that promises even a 20% improvement in hope that it would make the child independent. There are over 400 million children in India, and even using 50% of the incidence rates in the developed world, there would be over 10 million children with developmental disabilities in India.

People with developmental disabilities have problems with major life activities such as language, mobility, learning, self-help, and independent living. They begin anytime during development up to 22 years of age and usually last throughout a person's lifetime. It also indicates a person who has a diagnosed physical or mental condition with a high probability of resulting into developmental delay. It reflects the person's need for a combination and sequence of special interdisciplinary or generic care, treatment or other services that are of life long or extended duration and that are individually planned and coordinated.

Disability continues to fall in the area of 'social welfare'. While efforts are on to bring it into the 'rights' arena, there is still a long way to go. Children with disabilities must cope with all the physical changes, emotional anxieties and social conflicts of their non-disabled counterparts, in addition to those produced by their disability. Along with the physical and communication-related limitations that their disability places on their daily activities, they constantly face discrimination -- economic, educational, architectural, legal, health.

The objectives of ARC project are:

- Provide diagnosis and treatment through Aashwasan services to children with physiological and psychological problems on prevention, curative, coping or palliative levels
- Providing diagnosis and treatment through Aashwasan services to children with developmental problems on prevention, curative, coping or palliative levels
- Enable and empower parents and care givers
- Facilitate and support integration and inclusion in society and education
- Empowering children to identify, explore and express their uniqueness
- Support organizations, systems and support groups to recognize developmental needs of children at the individual and collective levels
- Support organizations, systems and support groups to adequately respond to developmental needs of children at an individual and collective levels

Project Offerings

Aashwasan brings in the child's perspective – the child's experiences, aspirations, talents and enables him/her to connect and adapt to the environment around him/her.

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Aashwasan offers its support through its unique diagnostic, assessment, treatment and counseling tools. Some of the programs offered include

- Awareness programs to public, schools, associations, NGOs, support groups etc
- Individual Services – Assessments and Diagnosis and Treatment
- Parents/Caregivers Support and Handholding
- Consulting services to schools, institutions, Hospitals, NGOs dealing with children with special needs
- Work Shops for the teaching staff

WORK DONE:

Target audience – Parents, teachers, schools and special needs children centers

Number of people reached out – Over 1000 Families creating awareness and reached out to over 250 families providing treatment

Cost of program: FREE OF COST

Event 1 – Hope for Children with Special Needs



Aashwasan Foundation conducts a seminar on ***HOPE for Children with Special Needs*** at the Nalanda Center, Times of India on 5th September 2010, from 9:00 am – 1:00 pm

Aashwasan Practitioners addressed a group of parents and caregivers who had come to seek hope and answers for their special needs children. Aashwasan shared the treatment, diagnostic and counseling services with the audience. There were two parents in

the audience which had availed Aashwasan services and had seen their children's lives change dramatically. The two parents (both named Vidya) shared about the transformation they saw in the life of their children (both named Aditya) after availing Aashwasan services. Vidya Sreekumar shared that her son, Adithya, diagnosed with Cerebral Palsy and cortical blindness, is now able to sit, stand, walk with support, see and enjoy his favourite channel on TV. He is exhibiting tremendous talent in music and has also joined school now. The other parent, Vidya Venkatesh shared that her child Aditya, who was diagnosed with Pervasive Developmental Disorder, has regained health; his gut infections are addressed; he is going to main stream school, enjoying sports and studies. He plays keyboard very well and wins awards for it. Both the mothers feel confident that their children can take care of themselves in the days to come and are going to be just fine. They felt that their life as a family has also transformed.

Event 2 – Hope for Children with Cerebral Palsy

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"We found hope for our children" said many parents who went back with hope in their heart for their children.

"The biggest take away of the event is that we see hope and possibilities for our child", said most of the parents who attended the event, **Hope for Children with Cerebral Palsy, on 4th December '10**. The event was conducted by Aashwasan Foundation supported by Times Foundation. The practitioners went on to share some more case studies and the detailed process of the treatment. They talked about Aashwasan Reaches Children Center (ARC center) which was established that year to offer Spiritual Science services and various other expertise of Special Education, Music therapy etc to contribute to the overall development and wellbeing of the child. The center is continuously evolving and expanding to include various therapies and therapists who are experienced and dedicated to their practice. The event rekindled hope in many who went back with the assurance that all is not lost for their children.



Event 3 – Hope for children with Special Needs at Shristi Special Academy



Shristi Special Academy is a center for children with special needs. Aashwasan Foundation was invited to come and create awareness about its treatment services. The awareness program thereafter got translated into many children approaching Aashwasan for treatment. The chief coordinator of the Academy, Ms. Sharon Watts expressed deep appreciation of the difference brought in the children with special needs, thus association with Shristi Special Academy continues.

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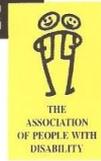
Hope for Children with Special Needs at APD



Aashwasan Foundation reached out to children and parents of The Association of People with Disability, creating awareness through case studies which brought forth the breakthrough diagnosis and treatment offered by Aashwasan. Later many parents brought many children for treatment. The coordinator Ms. Usha of APD saw immense difference in the children and has time and again facilitated awareness programs for parents of APD.

There has been a deep association with APD, where children and parents were given help completely free of cost.

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R-1 / APD / 1143 / ADM / 08

Letter of Appreciation from APD

To Whomsoever it may concern

Dear Sir/Madam,

Sub: Contribution to enhance lives of children with disability

Aashwasan Foundation has been offering services to children of our school in this academic year starting July 2007. In few months our children with multiple disabilities have experienced tremendous improvement while working with Aashwasan all developmental aspects such as their cognitive abilities, fine and gross motor skills, social skills, behavior issues and many more.

We are delighted by the contribution made by Aashwasan and the improvement shown by the children. We would like many more of our children to have access to the treatment Aashwasan offers and benefit from them. APD works exclusively with community children and would like as many children to benefit from Aashwasan's Treatment. APD would therefore, solicit funding from well wishers of the society towards continued treatment offered by Aashwasan.

Thanking you,

Yours sincerely,

V.S. Basavaraju
V.S.BASAVARAJU
Director

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Hope for Teen-agers at WARDS

Aashwasan Foundation tied up with WARDS in Aug 2007 to offer its services to students of students of WARDS free of charge. One year of work saw significant changes in the individuals treated. Aashwasan was associated for many years with WARDS.

Treatment Done

Aashwasan Foundation provides breakthrough diagnoses and treatment services to children and individuals with developmental disorders to make them independent and contributing members of the society.

Testimonial 1

We have a child called Vinayak who was born with mild cerebral palsy. He was not able to walk. He had to be carried. Initially we gave him physiotherapy, he slowly started moving. After 3.5 years we have put him to school. One of the major worries in his studies was his lack of concentration - he doesn't have any concentration or any writing skills. He would quarrel with and even beat his friends. He was hyperactive. We got to know about Aashwasan through the school, and we started treatment. He showed improvement after every healing session. His understanding improved. He could recognize his feelings. He never showed any of his feelings first. Once we went to hair cutting saloon. Due to some distraction he changed the direction of his face and by chance the razor cut his ear. Vinayak didn't feel the pain even though his ear was bleeding profusely. All around him were shocked, but he didn't feel anything. After the healing has started, he has starting experiencing pain and other senses much better. Now he shows irritation even of a mosquito bite. His hyperactivity came down. His concentration has improved, his fighting with others has gone down a lot. He has started to write. There has been a gradual improvement.

Kutty and Viji, Parents of Vinayak – Child with Cerebral Palsy and ADHD

Video: <http://www.youtube.com/watch?v=MU6-79tz8MM&list=PLS-q1U3zAz3xRz7j41QP4MQNheAxSwRye&index=6>

Testimonial 2

"My daughter Ruman is now 6 years old. She started getting convulsions when she was 3 years old and was diagnosed with generalized seizures, tonic clonic seizures, multiple sclerosis, cerebral cerebellum atrophy and neuro-degeneration. She took medications but these did not help, later she developed spasms and dystonia due to side affects. Her muscles had severe spasticity. Her jaw line became distorted in shape. She could not bend her arms and legs. She could not speak. She had to be fed through a food pipe. Doctors gave up. God showed me the way which led to Aashwasan and after the first session itself, we could see changes. Her eye contact improved. She cried and expressed emotions which she hadn't done for very long time. After one year, we could hear her voice. Her first word, after a long time, was "papa" and now she expresses many things now through sounds and gestures. Slowly we stopped the medications. Her seizures

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have reduced dramatically. Her muscles have gained strength. Her limbs are no longer stiff; they bend. Her head is getting fixed straight which earlier used to droop to one side. Her food pipe has been taken of and she eats by herself. It is a something miracle happened to my daughter and we see hope. I am so happy I can't express myself. I got my daughter back. She is the child of Aashwasan."

- **Ruman's Father**

Testimonials 3

We came to Aashwasan in Sept of 2010. There was an article in the newspaper about Aashwasan's work with Children in the Autism Spectrum Disorder(ASD). My son was diagnosed with ASD when he was two and half years old. He had late speech development and would not give eye contact. He was in his own world but seemingly happy there. He had also some sensory and eating issues. We were taking him for Speech Therapy, Occupational Therapy, Special Schools etc. Though they were all helping him to some extent, we felt that there was something missing. After we came to Aashwasan, things started falling into place. They were able to communicate to us what our son could not. We were finally able to understand him completely. The handholding that the healers in Aashwasan provided helped us a lot. Now, after two and half years, my son is fully verbal. His sensory issues have almost become nil. He is much more connected to his surroundings. His eating issues have also been addressed. Aashwasan has truly transformed our lives

Sincerely

Sruthi Retheesh and Retheesh VM

(Parents of a Child with ASD)

Testimonial 4

What I would like to say about Aashwasan treatment, is that despite all therapies I was doing, the results were not seen. It was not addressing him as a whole. What I felt Aashwasan treatment as a great edge is that it addresses things at the entire mechanism level – the mind, body soul level. Somewhere along the line the entire family is taken care off. The kind of care and handholding parents get is not seen in any other institution. I know my son so much better because of Aashwasan.

Srividya T

Mother of Child with CP and Cortical Blindness

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ABOUT AASHWASAN A SUMMARY

Aashwasan Foundation is a PUBLIC CHARITABLE TRUST that offers Aashwasan Science™ to address physiological, psychological, psychosomatic and spiritual issues to bring about complete well-being in an individual.

The Need:

Despite technological advances there is an overall degeneration that is seen in humanity at a global level. Incidence of genetic, neurological, psychiatric, degenerative conditions etc. is increasing, the root cause of this trend is unknown. Quality of life of individuals is also seeing a dramatic change in the last 100 years, natural calamities is going up.

Aashwasan Foundation's Solution

Aashwasan Foundation brings forward Aashwasan Science™ that is the science of human mechanism and experience as it was created to be. This science is brought forward by Rashmi Aiyappa, who is a spiritual scientist, inventor, social innovator and founder of Aashwasan Foundation. She has formulated a scientific methodology that enables the human mechanics to transform in a manner that reinstates its original format, which has been altered as a result of evolution. As a result individuals experience their innate potential physiologically, psychologically and spiritually. This methodology is offered to individuals as diagnostic and treatment services to the economically underprivileged. This science is spiritual in origin, scientific in approach and experiential in nature.

Aashwasan Foundation contributes in seven specific areas to bring a transformation in humanity including

1. Health and Wellbeing
2. Environmental health,
3. Research
4. Education,
5. Social Issues.
6. Awareness and
7. Empowerment of underprivileged and differently abled.

In the past nine years, Aashwasan Foundation has adopted a scientific approach and on documenting 1000s of case studies and found that Aashwasan Science™ has brought 29 areas of unprecedented breakthroughs in areas of health. Aashwasan Science™ has also been the basis for creating innovative programs like humane science, creative debate that has transformed the way we understand our reality.

Aashwasan has initiated various revolutionary movements to offer solutions to specific areas of concern on a larger scale and are based on unprecedented breakthroughs achieved by Aashwasan. Some of the focussed areas Aashwasan Foundation has worked on include:

1. Aashwasan Reaches Children for special needs
2. Heal Cancer Initiative
3. Heal Depression Initiative

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4. Humane Education
5. De-addiction and Rehabilitation Initiative
6. Preventive Health Initiative

In the past 9 years following are the milestones and achievements of Aashwasan Foundation:

1. Transformed Lives of over 6000 Individuals
2. Reached out to over 1,00,000 individuals through public shows, awareness programs, workshops, institutional tie ups etc.
3. Achieved over 29 areas of unprecedented breakthroughs for the first time in the world
4. Implemented over 6 revolutionary movements that are creating a momentum for social change in areas such as special needs, cancer, de-addiction, lifestyle etc. One of the key aspects is that the focused approach of revolutionary movements creates a rapid change in mindsets, belief systems etc. creating a space for acceptance and compassion. Especially in India, this is empowering individuals to deal with their issues openly, with courage to create a unique path of possibility for themselves.

Aashwasan's approach is to reach individuals one at a time. As individuals transform, they impact their families, organizations, environment which initiates a chain reaction in the world.

INTRODUCING AASHWASAN FOUNDATION

Aashwasan Foundation is a PUBLIC CHARITABLE TRUST registered u/s 12A (a) No. DIT(E)BLR/12A/AABTA8249C/A-1087/ W-1/ 2007 - 08 and recognized u/s 80G (5) (vi) of the Income Tax Act, 1961. Aashwasan Foundation is also registered under FCRA (Foreign Contributions regulatory Act) and is eligible to receive overseas donations.

Introducing Aashwasan Foundation

Aashwasan Foundation offers Aashwasan Science™ as path breaking diagnostic and treatment services to address physiological, psychological, psychosomatic and spiritual issues to bring about complete well-being in an individual. Aashwasan Science™ contains the knowledge of human mechanism, creation and experience. Aashwasan Science™ is not only able to identify root cause analysis of issues, illnesses, conditions and problems but it is able to offer transformatory solutions. It enables individuals identify, explore, experience and express their maximum potential to live a beautiful life.

Aashwasan Foundation was founded by Rashmi Aiyappa in the year 2006, who was born with the knowledge of Lifeforce Mechanism™ and Timeless Phenomenon™. She has invented various tools and techniques using her inborn knowledge that has brought Aashwasan Science™ as a path breaking movement. The tools and techniques invented by Rashmi Aiyappa has brought a revolutionary transformation in individuals by putting them in touch with their infinite self, thus bringing in holistic wellbeing at physiological, psychological and spiritual levels. Aashwasan Foundation extends its unique services to support the economically challenged sections of the society.

Aashwasan Science™ has achieved unprecedented breakthroughs in **Developmental Disorders** (Autism, PDD, Asperger's, Cerebral Palsy, Mental Retardation, ADD, ADHD etc.), **Degenerative Conditions** (Muscular Dystrophy, Rheumatoid Arthritis, Motor Neuron Disease etc.), **Psychological and Emotional Concerns** (Depression, Anxiety, Anger, Restlessness etc.), **Psychiatric Conditions** (Personality Disorders, Mood Disorders, Schizophrenia, PTSD, OCD, Phobias etc.), **Lifestyle Stress Concerns** (RSI, Burnouts, Insomnia etc.), **Organ and Systemic Dysfunctionality Related Issues** (Kidney Failure, Heart Conditions, Migraines, Asthma etc.), **Genetic Issues** (Down's Syndrome, Muscular Dystrophy, Diabetes type 1, Angelman Syndrome etc.), **Neurological Conditions** (Epilepsy, Neuropathy, Brain Damage due to accident/stroke etc.), **Addictions** (Drugs, Alcohol, Shopping, Food, Nicotine etc.), **Undiagnosed Issues, Untreatable Issues, Cancer** (All types), **Coma, Auto Immune Diseases** (Multiple Sclerosis, Lupus, etc.), **Infertility, Infectious Conditions, Obesity, Allergies** (Food Allergies and Intolerance, Substances etc.), **Congenital Issues and Concerns, Sensory Dysfunctions, Non Communicable Conditions** (Cardio Vascular Conditions, Diabetes Type 2, COPD, etc.), **Grief, Sexuality Dysfunction, Psychosomatic Concerns** (Weakness, Undefined Pains/aches, Fatigue etc.), **Spiritual Crisis, Past Life Trauma, Chronic Conditions** (Arthritis, Low Immunity etc.), **Abuse Related Conditions and Violence Related Trauma**. Aashwasan has transformed thousands of lives bringing hope, love and happiness to all the lives it has touched.

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Aashwasan delineates the path for transformation by contributing to the following areas including Health and Well-being, Education, Social Issues, Research, Environmental Health, Awareness Programs and Empowerment of underprivileged and differently abled.

- 1. Health and Wellbeing** – Aashwasan’s holistic approach brings out accurate root cause analysis and offers solutions to individuals to prevent, heal and/or cope with issues/conditions/illnesses in the best possible manner. Diagnosis and treatment services are offered independently and in complement to various other systems of medicine. The patterns of development of various conditions result from layers of conditioning. All patterns have an origin, and this origin is traced through a root cause analysis in every individual through Aashwasan Science™ diagnostic and assessment tools. Aashwasan Science™’s healing methodologies (offered as treatment services) brings the human mechanism to its original state by altering the layers of conditioning. The individual’s mind-body-soul mechanism is enabled and empowered to identify, cope with and overcome its condition(ing) at its origin. This gives the system of a human being to manifest optimal health and wellbeing. The outcome or the result has been quantified as preventive, curative or complete reversal, coping or management (enabling individuals to be functional with the condition) and palliative. Such benefits are not only experienced by human beings, but also other lifeforms such as animals.
- 2. Education:** Education was meant to be a medium through which an individual explores and experiences oneself, one’s talents, inborn skills and potential. Unfortunately education over time has lost its true objective and due to lack of humaneness has led to mindless learning. Aashwasan offers Humane Education, a breakthrough approach to transform learning. The objective of Humane Education is to balance learning with scientific inquiry process along with humane processes to foster innovative use of knowledge and creativity, and evoke curiosity in learners to bring out their inquiry process to understand themselves, their unique potential and the world they live in. Aashwasan approach is offered to transform educators, learners and the institutions of knowledge to make learning purposeful and transformative. This in the long run will bring a shift in collective thinking.
- 3. Social Issues:** Collective mindsets drive collective behaviour, whether it is abuse of children, subjugating women, harmful cultural and lifestyle habits that are acceptable in society etc. There is a societal pressure to conform to these norms and they are deeply ingrained in the psyche of people. People are losing tolerance level and their humaneness is coming down. Human beings are losing the ability to accept, forgive, tolerate, love and have compassion for one another. People constantly live in fear and insecurity, thus over time form personalities that are against their true nature. The repercussion can be seen in the form of anti-social behaviours, crimes, abuse, violence, addictions, lifestyle stress, psychiatric dispositions, poverty etc. Aashwasan offers individual, group and family services to reconnect them to their true nature, which brings the experience of love, compassion and acceptance of one another. This brings transformation in families and in the society in the larger context.
- 4. Environmental Health:** Environment is collectively influenced by habitat, animals, plants, ecosystem, elements and atmosphere and nature’s dynamics. There is a subtle natural balance which preserves the dynamics of the environment, and human

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beings have a huge role to play in maintaining this balance. Human thoughts, choices and actions directly impact the environment, both as an experience of people dynamics and external natural forces that govern the conduciveness of living conditions. Significant alteration can happen when people are not in harmony as it causes discord in their living conditions. Energy system of the nature gets disrupted by the human interferences and actions, where the elemental balance in nature gets disturbed. As a response, we experience elemental disasters, climactic distortions, unpredictable changes in the global wellbeing. Aashwasan Science™ brings inborn knowing of the cause and effect of human behaviours and choices on the environment. Aashwasan's scientific methodologies formulated by Rashmi Aiyappa can restore the natural elemental balance in people, which in turn can help nature rejuvenate and manifest as environmental wellbeing.

5. **Research:** Understanding of the root cause merely through conventional methods falls short of real diagnosis because without taking an individual's own mechanism into consideration, the assessment is incomplete. As Rashmi Aiyappa reaches innumerable lives on a daily basis, she seeks depth in learning and clarity through her experience of human life, to see how best her inborn knowledge can help mankind - in health, in career, in purpose, in love, in everything. This is how she comes up with different tools and techniques which can benefit specific human needs. Aashwasan integrates spiritual science and objective science to bring about a complete and accurate understanding of the human life. Objective sciences focus on the manifestation based understanding of a system, and studies the mechanism at the body-mind level. Aashwasan understands the system at body-mind-soul level and brings out the root cause of an issue. Using this deeper understanding of human mechanism, Aashwasan is able to guide other known methods of diagnosis and treatment and the experts practicing different forms of science to get a deeper view of an individual's real issues and offer the best solution possible in that area of expertise. Application of Aashwasan Science™ in this manner brings depth of understanding of the human beings original mechanism, its possibilities and potential. Repeatable and continuous results also bring clarity to genesis of various diseases, illnesses and conditions, and create a path for collaborative solutions for individuals to improve their quality of life.
6. **Awareness:** Awareness is the first step towards a change. Entire world is grappling with rising issues of health related and societal malfunctions, and are spending immense amount of resources to come up with solutions, but as there is no awareness of the root cause of this degeneration, the efforts are failing to provide permanent solutions. Aashwasan Science™ has brought hope through its unprecedented breakthroughs. To share insights of human creation and experience and to build momentum for the collective transformation, awareness programs are offered through small and big events. Through awareness programs, the potential of human life is highlighted so that one can find hope in their own life leading them towards clarity to take appropriate decisions for their survival, growth, development and evolution.
7. **Empowerment of the Underprivileged:** Aashwasan creatively uses services of mentally, physically challenged or underprivileged skilled, talented or passionate individuals or groups such as deaf and dumb, blind, physically handicapped,

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mentally challenged or people of lower strata to enhance, coach and teach individuals or groups in the community. By doing this, employment and opportunities are provided. In such manner Aashwasan offers services and brings in initiatives to enhance the quality of life of economically disadvantaged people and uplift the community levels of cooperation and increase the sense of belonging of an individual to a community. In this manner the participation levels of individuals is enhanced in a community that increases the overall productivity, effectiveness and overall harmony of the community.

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ORIGIN OF AASHWASAN SCIENCE™

About Rashmi Aiyappa

Spiritual Scientist, Inventor, Social Innovator and Founder of Aashwasan



Aashwasan Science™ is a global movement founded by Rashmi Aiyappa. She is born with extraordinary abilities of experiencing life in its truest nature across all life forms. She is bringing forth a unique 'Science of Human Mechanism'. She is born with two unique phenomena. One is, where she experiences people as a web of intricate networks of energies communicating with one another at the subatomic level of existence. This gives her utmost clarity about an individual's mind-body-soul mechanism (Lifeforce Mechanism™). She is also born with an extraordinary ability to experience the arrow of time from its origin. She experiences the whole continuum of time (past, present and future) as a single dimension which enables her to connect to the multi-dimensional realities that exist in nature and the universe (Timeless Phenomenon™). This inborn ability helps her

to understand the complete cause and effect cycle of a human life, giving her a holistic view of an individual's life.

This inborn knowing gives her absolute clarity of a human life, its creation, mechanism, experience and manifestations at their physiological, psychological and spiritual levels. She experiences their complete body-mind-soul mechanism. She sees the happenings in a person's life, identify and bring out the exact root cause of a problem.

Culmination of her inborn knowing of Lifeforce Mechanism™ and Timeless Phenomenon™ gave birth to the world of Aashwasan Science™. Aashwasan Science™ is a unique scientific methodology which has the capacity to revamp the human mechanics whether that is in the body, mind or the spirit. This methodology can be applied to all life forms, to not only change its functioning but also to bring about that change as an experiential reality. As the mechanics is revamped, the body connects to its innate potential to revisit, identify, and change its mechanism by itself. As the body, mind and soul experience the change, a human being is also able to enjoy the experience of that change, thereby facilitating a holistic living.

Rashmi Aiyappa has created unique tools and techniques out of her inborn abilities to reach out to the humanity. These innovative tools have the capacity to identify and bring out the true nature of the issues and have the ability to resolve it at the root cause level. Aashwasan Science™ is experiential in nature, spiritual in origin and scientific in approach. It initiates a reformatting process of the human mechanism, bringing it back to its original state.

Over a period of 9 years, application of these tools and techniques has transformed lives of thousands of individuals, achieving 29 areas of unprecedented breakthroughs in the area of health and wellness. Such breakthroughs are setting a record in terms of successfully identifying the root cause behind symptoms and manifestations of issues in an individual and offering solutions.

The unique application of Aashwasan Science™ has found hope in the areas of Education, Health, Research, Collaboration, Environmental Issues, Social Issues, Empowerment of Underprivileged and many more.

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Aashwasan Foundation, offers its unique services in holistic ways to groups, individuals, organizations, societies irrespective of their economic status enabling individuals, associations, philanthropists, experts to come together to uplift and empower the challenged sections of our society.

AWARDS:

In the CMO Asia awards held in Singapore Aug 2013, Rashmi Aiyappa was honoured with the NGO Excellence Awards for Social Consciousness as "Social Innovator". CMO has over 17,000 members and has presence in over 17 countries in the Asia.



In News:

Audio Visual

A. Rashmi Aiyappa's Interview on Bernama Today

Link: http://www.youtube.com/watch?v=h44igH_XrjQ

B. Rashmi Aiyappa on Degenerative conditions

Link: <http://www.youtube.com/watch?v=NSPiJdulI6k>

C. Rashmi Aiyappa on Women Empowerment

Link: <http://www.youtube.com/watch?v=JZ49iByQVP4>

D. Rashmi Aiyappa on Stress

Link:

Video 1: <http://www.youtube.com/watch?v=-fNEHTe5ghY/>

Video 2: <http://www.youtube.com/watch?v=aAtnbKNkDoU>

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Love is where it begins....

Profile on Rashmi Aiyappa, Stayfit Jan 2014

Link:

<http://www.aashwasan.org/news/stayfit.htm>

2.



Beyond time and space into the world undiscovered

Link:

<http://www.aashwasan.org/news/falcon.htm>

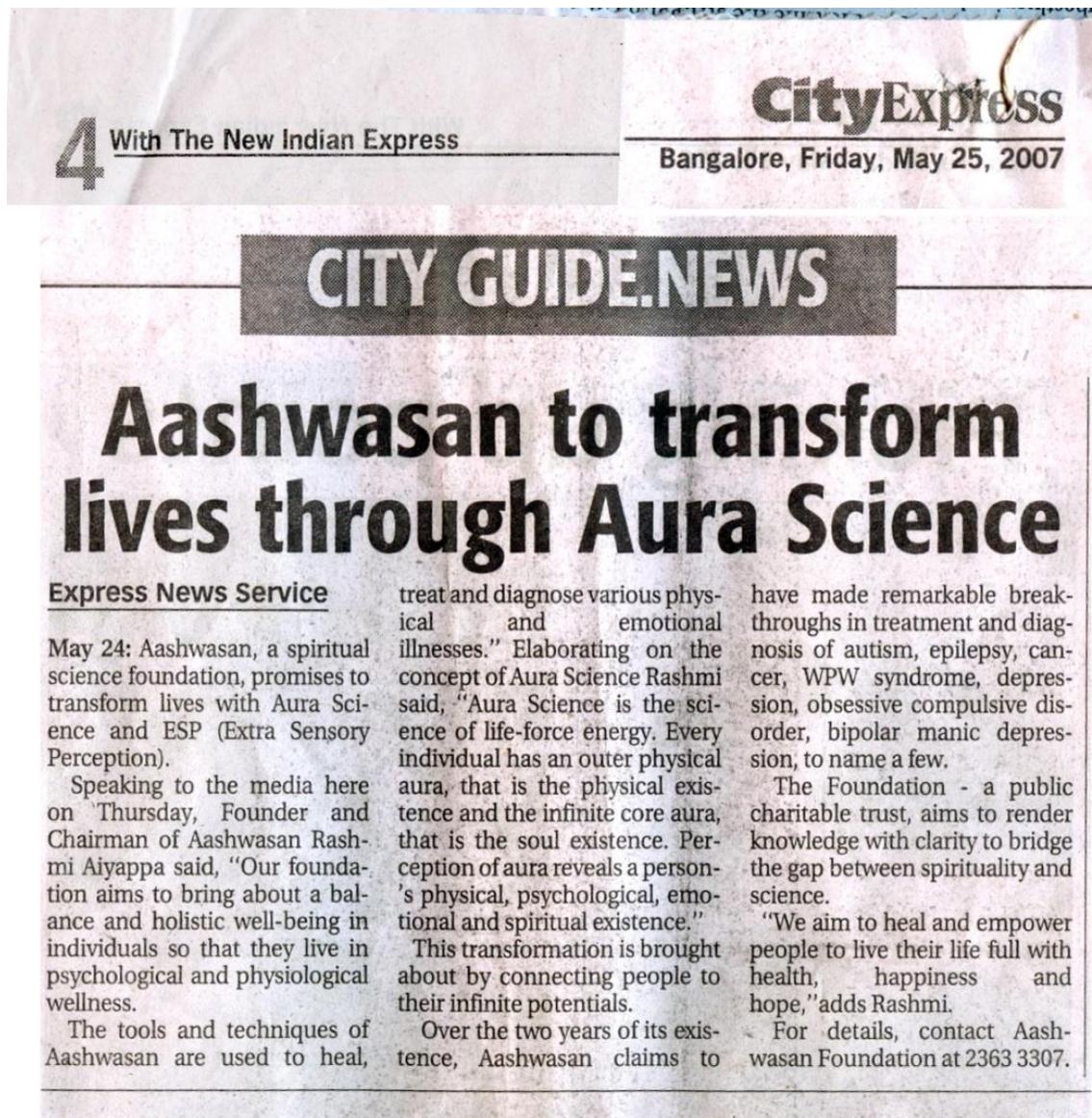
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3.

Aashwasan to Transform Lives, Indian Express, May 2007



4.

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Reaching out



By Meera Vankipuram

TWENTY-nine-year-old Meera, an artiste from Basavanagudi, conducts painting, dance and creativity workshops at home. Hectic schedules often cause her to skip meals and experience lower back and knee pain.

Two months ago, a chance meeting with Rashmi Aiyappa, founder of Aashwasan led to an 'aura healing' session. Post the session, Meera says she is a lot more aware of her body and its workings. "I'm able to connect with my body in ways I was never able to, before. In fact, now I receive early signs and heed them, unlike in the past when I wouldn't even feel hunger pangs for hours!"

At the workshop organised by Aashwasan at Oxford Bookstore, Leela Galleria recently, R. Ravi, President (Engg & Asia Region) of Epiance Software Pvt Ltd, had a similar story to tell.

Says Ravi, In May last year, "I was facing some issues at work and was at crossroads, both professionally as well as on the personal front. A healing session with Rashmi made him realise his innate strengths and

Using techniques such as ESP and 'aura healing', Aashwasan Life Enhancement Services helps people get in touch with their inner selves

weaknesses and explore new aspects of his personality. I was able to make some intuitive decisions and have since become a healer myself," he avers.

Rashmi, the force behind Aashwasan, says she has been blessed with extra-sensory perception (ESP), i.e. perception by means other than the five senses. "From a very young age, I could see, hear and feel other people's pain.

Sometimes, I can foresee events like accidents or deaths much before they occur," she says.

According to Rashmi, these powers can be invoked at will. She is also able to discern certain energy patterns in a person's body and find out which parts of the body are diseased or unhealthy, without referring to medical reports. "I don't wish to change anyone's destiny. I only tell people what they need to know to better their lives and interpersonal relationships. All this may sound bizarre, but I want to utilize my powers to help people, she says, with firm resolve."

Aashwasan (a Sanskrit word for assurance) helps provide "physiological, psychological and spiritual healing" in the form of counselling sessions to individuals, groups, families and corporates.

A recent initiative, the Aashwasan Reaches Children (ARC) project seeks to empower schools, parents, and children with autism, learning disabilities, Down syndrome and Cerebral Palsy through holistic healing techniques.

Aashwasan Life Enhancement Services Pvt Ltd is at No. 2 Ganganagar North, 2nd floor, opp. Govt. Veterinary College, Bangalore; 24. Ph: 23633077. Web: www.aashwasan.com

Hidden TRUTH

UNPRECEDENTED BREAKTHROUGHS

Aashwasan Science™ alters layers of conditioning to restore the human mechanism to its original state. The developmental patterns of various conditions result from layers of conditioning. All patterns have an origin and diagnostic and assessment tools of Aashwasan Science™ traces the origin in every individual. Through Liferforce healing (a tool used to treat people), the individual's mind-body-soul mechanism is harmonized and the individual is empowered to identify, cope and overcome these patterns at its origin, thereby addressing all conditions at its root cause.

Many conditions such as genetic conditions, degenerative conditions, developmental disorders, cancer, etc. can be reversed when the human mechanism is brought to its natural/original state. Therefore Aashwasan Science™ plays a crucial and critical role in enabling reversal of conditions. The extent of reversal and manifestation is dependent on the individual's own mechanism; thereby the outcome can be quantified as preventive, curative or complete reversal, coping or management (enabling individuals to be functional with the condition) and palliative.

Transformation begins in a minute and subtle way that causes a ripple effect of unfathomable magnitude. Since nature is connected in a holistic manner, a subtle impact causing a mechanism to revive/restore its original state can bring about a chain reaction that inevitably causes an overall change in all life forms. When we talk about change in nature, we are talking about the universal system. Aashwasan Science™ is therefore an inevitable journey to bring our planet to where it belongs.

Aashwasan Science™ tools and techniques were invented by Rashmi Aiyappa to offer solutions challenges faced by humanity. These tools and techniques are also rendered to empower people to live a life of optimal health, happiness and purpose. Salient features of this science are:

- It understands the depth of human experience which contains the complete knowing of root cause and effect of all happenings of a person's life. It addresses issues at the root cause level and brings about sustainable and permanent results
- It establishes a cause and effect theory which brings to the forefront the entire process behind all human manifestations and insight behind all universal phenomenon
- It re-establishes mind-body-soul connection which then restores the natural/original mechanism of an individual

29 Areas of Unprecedented Breakthroughs

in Physical, Mental and Spiritual Health Concerns

Services incorporating Aashwasan Science™ tools and techniques have transformed lives of 1000s of individuals with documented unprecedented breakthroughs in the following 29 areas of health. The following section provide a summary of the 29 areas or patterns addressed and documented by Aashwasan.

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Abuse

When an individual's boundaries are crossed through abuse, it leaves an imprint on their basic boundaries of survival. Individuals get fundamentally confused about their existence, rights of dignity and survival which can be classified as an existential dilemma. Experiences of violence and abuse makes an individual question their fundamental rights to survive by birth, leading to unconscious trauma. This trauma may manifest as addictions, relationship issues, psychological and psychiatric problems and many others.

Aashwasan helps a person reconnect to the basic fabric of their creation, helping them slowly overcome imprints of trauma. Such individuals usually identify a deep learning to their experiences.

Addictions

Aashwasan addresses all types of addictions including alcohol, nicotine, drugs, gambling, money, food, shopping, pornography, etc., by enabling a person to become aware of and resolve the root cause of dependence on a substance. Aashwasan helps a person de-addict without withdrawal symptoms by restoring the natural mechanism of the body, thereby eliminating the craving of the substance at the physiological level. On a deeper level, a person loses the dependence on the substance as they have dealt with the issue at the core.

Additionally, many conditions/issues (such as neuropathy, digestive problems, etc.) that result from prolonged substance abuse also get reversed, giving a whole new dimension to life. Individuals also report leading a happier, fulfilling and more meaningful life.

Allergies

When certain aspects of a person's elemental system is not compatible with the environment, the body reacts. Most people have reactions on a subtle level. Some people have reactions to certain things at certain points in their life. However, there are times when the body reaches a threshold and refuses to cope and overcome exposures to certain materials. In such situations, the only way to control the reaction is non-exposure.

Aashwasan increases the body's ability and responsiveness to cope and adapt, thereby helping individuals overcome allergic responses to natural substances and addressing many allergic conditions.

Auto Immune Diseases

Immune system is fundamental to life. It is the first thing that comes into being. Immunity is the only makeup in our system that has an imprint of our original system, i.e. our natural self. Most auto-Immune conditions are a result of an unconscious self-destructive pattern. This pattern drives the immune system to mutate its imprint, thereby causing it to attack what it is meant to protect.

Unlike other conditions, possibility of Auto-Immune illnesses exists from birth. Therefore this condition can only be addressed by changing the unconscious pattern thereby giving the body an opportunity to rejuvenate. With Aashwasan, the manifestation can result in arresting the progression, coping, and in some cases recovery for that individual.

Cancer

Aashwasan helps individuals with cancer on preventive, curative and palliative levels. Treatment of Cancer in Aashwasan is done through healing which restores the body's natural mechanism to cope with fight and/or overcome cancer.

Complete recovery has been recorded till the second stage of cancer. When the condition has progressed further, Aashwasan collaborates with the medical community to help people with cancer. Aashwasan supports in building emotional and physical resilience (immunity) to help the body fight cancer and restore its optimal function to help the body flush out toxins and repair itself after surgery, radiation and chemotherapy. Aashwasan services neutralize the negative impact of these treatments, helping the body benefit from them 100%. In the last stages of cancer, healing helps people cope with the condition gracefully with negligible pain and discomfort. The results reported by Aashwasan clients have been unprecedented.

Chronic Conditions

Chronic conditions such as Migraine, Respiratory Issues, Low Immunity, Digestive System Related Issues, Chronic pains, Sciatica, Muscular System and Nervous System related issues, etc. stay with an individual for a long time. They develop because of acquired physiological and psychological patterns and impair a person's ability to experience their life completely. Aashwasan identifies and addresses the root cause and the original mind-body-soul mechanism is restored. This dissolves the acquired life patterns and eliminates the progression of the condition. As a manifestation, the system gradually overcomes the condition.

A high level of coping is brought about in situations where the condition is in an extremely advanced stage. At a coping level, clients experience immense relief from pain (related to specific conditions), many times eliminating the need for pain-relief medications. Secondary psychological manifestations such as depression, fatigue, lethargy, lack of motivation and stress is also addressed. Overall, an individual experiences a dramatic improvement in quality of life.

Congenital Issues and Concerns

Many congenital issues are caused by the impact of events before, during and after birth. The impact is tremendous because it happens at a very sensitive period. Typically for such situations, the individual's need to overcome these aspects is remarkably high.

Aashwasan helps a person tap into their own physical, mental and emotional possibility to overcome or cope with such conditions. This allows individuals to lead a life of dignity and independence.

Coma

A person enters a coma state when the soul is preparing to leave the body. Death is a decision of time and space, and it's not "time" for all who get into a coma to leave. If nature permits the survival of a person, Aashwasan can revive a person in a coma. In such cases, even 1% chance is enough to revive a person.

Aashwasan has been remarkable in addressing coma in many people. In addition to reviving a person from coma, Aashwasan provides remarkable support to help people respond effectively to treatment. For cases where the person cannot be revived, Aashwasan provides palliative support.

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Degenerative Conditions

Various conditions such as Auto Immune Illnesses (Multiple Sclerosis, Leucoderma etc.) Motor Neuron Disease, Muscular Dystrophy, Alzheimer's, Dementia, Rheumatoid Arthritis, etc. follow a degenerative pattern resulting in inevitable deterioration at the physiological level. Aashwasan restores the optimal mind-body-soul mechanism to dramatically reduce the functional and structural deterioration of the body. Individuals slowly acquire the ability to cope with day to day demands.

Firstly, Aashwasan services bring the degeneration to a neutral state so that the mechanism no longer exhibits the degenerative pattern. Only then the natural system of the individual gets the opportunity to re-instate a natural regenerative process. The extent of benefit varies from person to person, progress of the condition and the type of condition.

Developmental Disorders

Aashwasan realigns a child's developmental pattern which result in remarkable changes in physiology, psychology and spirituality; hence restoring a child's development to its optimal capacity. The output depends on the child's mechanism and the severity of the child's condition.

Aashwasan has recorded unprecedented results at preventive levels, curative and/or coping or management levels. ARC's (Aashwasan Reaches Children), a revolutionary movement in Aashwasan, mission is to help every child become independent and capable of adapting to the world around them. This is done by putting an individual in touch with their infinite potential, thereby empowering them to bring out their talents, achieve their dreams, identify, explore and express their uniqueness and live a happy and fulfilling life.

Genetic Issues

The incidence and prevalence of genetic issues is going up year by year. More and more children are born with known and unknown physiological, neurological and psychological issues such as Down's syndrome, Angelman syndrome to name a few.

For the first time in the world, with Aashwasan, possibility of living with the condition, of grace, independence and dignity has been recorded. Aashwasan brings high levels of coping and preventive health possibilities for conditions that result from eliminated genes genetic and chromosomal defects. Every person responds differently and the benefit experienced by clients is not only condition based but person based.

Grief

Grief is a natural result of loss. It could be a loss from a relationship, a person, a dream, even a leg or an arm. Grief is also a process where individuals have to let go and learn to live life without something that deeply mattered to them. It is about coming to terms with life and accepting finality of certain things. Loss brings something very innate to one's awareness - that we do not control what happens to us. Grief is also about coming to terms with the uncertainty in life, learning to accept and appreciate it. Many people get stuck with this process and find it difficult to go through the process gracefully which may result in secondary psychosomatic and psychological issues.

Aashwasan helps a person process grief naturally by empowering them to face and accept loss. Therefore, the secondary conditions are also addressed.

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Infertility

A couple may be unable to conceive for various reasons. Primarily, lack of self-acceptance at a deep level leads individuals to suppress their potential to give. Due to this, infertility in women is a lot more predominant than in men. In men, it leads to other complication which eventually leads to infertility.

This is an unconscious intent that curtails genetic aspects of oneself to be passed on. Couples that face physiological reasons for not being able to bear a child are manifesting this unconscious choice. It is a struggle for couples who wish to have a child but are not able to give their love to a child. Love for one's child is an amplified experience of self-love.

Aashwasan helps individuals accept and convert this aspect at an unconscious level, translating it as an ability to bear children. Aashwasan has supported many couples in making this wish a reality.

Infectious Conditions

Human beings are vulnerable to infections at some point or other in their lives. We are meant to have infections because it builds our ability to adapt to the environment. However, when we are physically vulnerable, the simplest of infections can become life threatening.

Aashwasan helps to build the body's innate ability to cope and respond to infections. The interventions vary from addressing emergencies to building long term resilience within the body. Aashwasan Science™ plays a very unique role in lives of people having hepatitis, HIV and other debilitating infections as it empowers the body to find its path to cope with such diseases and sometimes overcome them.

Lifestyle Stress Concerns

Lifestyle stress is a situation where our mind and body believe that it has to be constantly in the state of alert, i.e. it recognizes stress as a normal situation. This results in alteration in attention, thought processes, body functions and structures (organs of our body) which eventually cause various physiological and psychological conditions such as Repeated Stress Injuries, Diabetes, Hypertension, Insomnia, Impotency, Depression, Cardiovascular Issues, respiratory conditions such as Asthma and Wheezing, Spondylitis, Muscular Skeletal aches, burnout, relationship issues among others.

Aashwasan addresses these issues at the root cause level, preventing the possibility of them manifesting as psychosomatic conditions. A person's body starts to recognize its natural state or original mechanism to eliminate acquired faulty patterns. The power house behind the lifestyle issues is completely eliminated, enabling individuals to live healthier and a happier life.

Neurological Conditions

Several neurological issues can impact a person's day to day functioning. These can develop in the course of one's life because of known factors or originate for no apparent reason. Conditions such as epilepsy, neuropathy, brain damage, stroke, etc. lead to debilitating physiological and psychological dysfunction.

Aashwasan services have recorded a significant change as a result of restoring neurological issues that stem from a problem in the brain function. This helps individuals

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lead an independent, normal and fulfilling life. In mild to moderate issues that are related to structural damage to the brain, spine and/or nerves, 50% - 95% of its functionality is restored. In such situations Aashwasan services supports individuals to lead a life of dignity and functional independence.

Non Communicable Conditions

Non-communicable conditions can be genetic and can also be triggered by environmental factors e.g. Diabetes Type 1. Chronic conditions sometimes develop into full blown diseases that can be life-threatening if not addressed in time. Solutions available in the world today only allow one to manage the symptoms and give the human system a chance to bounce back.

Aashwasan services facilitate healing to happen naturally from within. At the first stage of healing high level of coping manifests, e.g. for Arthritis, Aashwasan services helps with pain management enabling the person to be functional in his or her life. Aashwasan services also prevents secondary psychological and emotional problems from developing, e.g. depression, enabling the person's system to focus its resources in overcoming the condition. Given the right combination, many have overcome their condition. Therefore, Aashwasan services help bring solutions at preventive, curative/reversal, management and coping and palliative levels.

Obesity

People put on weight for various reasons. It could be related to metabolism, lifestyle, hormonal issue etc. It could also be related to a person's emotional state. Root cause analysis is crucial in addressing a long term solution for this condition.

Aashwasan services identify and address the root cause, bringing about a significant difference in the person's health and ultimately restoring optimal health for the person. Aashwasan's contribution is unique as weight loss in individuals is sustainable and lifelong.

Organ and Systemic Dysfunction Related Issues

Every "body" has a weak zone. For some people it's the lungs, for some it's the stomach, for others it's the brain, etc. Whenever a person goes through a difficult time such as sadness or stress, the body tends to store this in the weak zone to cope with circumstances. This causes change in the functionality of the organ. For example, if a child is very angry and is unable to express it, the child's lung capacity may shrink. The child is unable to resolve this issue and the lung capacity remains shrunk. The child then develops wheezing and/or asthma. Over years, such changes can impair the functioning for that organ and cause physical damage to the organ.

Aashwasan services identify and address issues at the root cause resulting in resolution of the problem. Physical recovery from the condition depends on the physical damage caused and the physical system ability to repair itself at its optimal functioning.

Past Life Trauma

Past life experiences are usually carried seamlessly into the present life, creating compatible and seamless experiences for an individual to learn and overcome aspects of his/her life. This is the natural transition.

However, it is possible that a deep impact from past life is carried over as inexplicable and disconnected aspects of one's experiences in the present life and manifests as

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traumas by birth or spontaneous development of issues. Such impacts and experiences are addressed through Aashwasan services so that the person may completely experience and respond to the present life context.

Psychiatric Conditions

Aashwasan helps individuals who struggle with mental health problems or psychiatric conditions such as Borderline Personality Disorders, Schizophrenia, Depressive Disorders, Post Traumatic Stress Disorders, Abuse, Personality Disorders and Dissociative Disorders etc.

Aashwasan services puts people in touch with their infinite self, resulting in optimal mind-body-soul mechanism. The chemical imbalances are restored to its natural function. An individual is enabled to address deep seated traumas at its root. Thus, the brain mechanism is able to respond naturally to its environment. This brings a high level of connection with self and the environment. As a result many individuals have experienced recovery and have continued to lead an independent, responsible, happy, purposeful and a fulfilling life as contributing members of the society.

Psychological and Emotional Concerns

Living, adapting, responding and emoting are complex processes. There are times when an individual is overwhelmed and unable to deal with life situations, depression, stress and anxiety may result. This starts to affect their relationships and day to day functioning.

Aashwasan services have had remarkable impact on people with psychological and emotional concerns who do not know whom to turn to. Individuals get clarity and support in overcoming their psychological and emotional issues at the root cause level thereby completely resolving their concerns.

Psychosomatic Concerns

Deep emotional and psychological patterns can manifest as physical issues. Such physical issues such as back pain, digestion problems, headaches, etc. get triggered when that specific emotional/psychological pattern is triggered. Over time, psychosomatic concerns can lead to physiological problems.

Aashwasan services enable an individual's system to reconnect back to his/her natural mechanism and identify the root cause. When the individual's system reaches a state of awareness with itself it automatically directs its resources to address the same. E.g., a person becomes aware that stress of his/her job is the cause of his/her back ache. The person feels compelled to deal with the source of stress from within. When a person acts on this intuitiveness, mysteriously just as the back ache symptoms appeared, they disappear. This happens because the person addressed the root cause of the issue.

Sensory Dysfunctions

Many children and adults are born with or develop sensory processing dysfunction during their lifetime. This can be isolated or this can be the result of another condition. Aashwasan helps with such issues by enabling the neural processes to integrate all the sensory information, prioritize and respond to the sensory information in a completely integrated and seamless manner. This restores the natural response system of a child/adult enabling them to cope, adapt and respond to situations that were intolerable for them.

Sexuality Dysfunction

Psychological and physiological factors contribute to one's confusion with one's identity and the role they play as a man or a woman. This spills over in one's life and deeply affects one's intimate relationships.

Aashwasan helps individuals connect to themselves and define their own relationship with self, with their loved ones and society in general. Roles collapse into an expression of one's innate identity rather than an acceptable image.

Spiritual Crisis (Possessions, etc)

These include symptoms, issues and bizarre manifestations that cannot be explained through a conscious or known phenomena. Instead, it relates to an unexplainable phenomenon such as possessions, mysterious bad happenings in the family, un-explicable events out of the human realm etc.

Aashwasan clearly differentiates between known causes and causes on unnatural unconscious happenings and addresses issues at that level, restoring a person's life to relate and respond to a natural human frequency experience. This completely erases connection and identification with such events.

Undiagnosed Issues

One may experience conditions where there is no clear diagnosis of the condition or issue. Many unrelated aches and pains, dysfunction of the organs, metabolic issues, weight problems and water retention issues fall under this category. Such issues cannot be understood or classified in medical terms.

Aashwasan provides a clear and holistic diagnosis of the mind-body-soul mechanism. The root cause of the issue is identified. Treatment in Aashwasan is done through healings. Healings restore the optimal mind-body-soul mechanism by addressing the root cause. Individuals experience relief at preventive, curative, coping and palliative levels.

Untreatable Issues

There are several issues that have a diagnosis but there is no known solution in the world today. Individuals are advised to give up hope or to manage the condition for life. Prognosis is generally not very hopeful. Emergencies such as coma, medical situations, accidents and recurring issues fall into this category.

Many such conditions have been addressed by Aashwasan services, bringing hope through dramatic improvement observed in the person's condition. Aashwasan assesses the condition by understanding the mind-body-soul mechanism, tracing the root cause and addressing the same. The individuals system is led to identify, cope and overcome many mysterious issues and conditions that have no solution in the world today. Therefore, for many, Aashwasan stands as a last line of hope.

Violence Related Trauma

Individuals who have traumatic experiences from violence can get into a deep questioning about life and the world which prevents them from leading a normal life. Their trust and faith in humanity is often shaken if there was no basis for the violence. Aashwasan helps a person overcome the trauma of violence and heal from it mentally and spiritually to re-establish faith and trust in life.

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Aashwasan addresses psychosomatic issues, grief, physiological and emotional issues etc. a person suffers from as a result of trauma. Aashwasan also works with the medical community to help the physiological healing process in a person.

IN NEWS:

Corporate Social Responsibility, FKCCI Journal, July 2007

Article



Corporate Social Responsibility

Mr. R. Ravi, Trustee, Aashwasan Foundation

The concept of charity has undergone dramatic changes in the last few decades. There were always religions which used to espouse charity and there have always been some individuals who had a streak of magnanimity in them. Money given to the poor, help to various people used to be means by which the magnanimity would be expressed. Charity as a concept in organizations came much later. Organization of the yore days, used to pride themselves on the profit motive. Some of them offcourse took it to rapacious limits and some would still maintain dignity while carrying out their business.

Social responsibility is a term of recent origin and reflects the complexity of the society today. Corporate Social responsibility has also become an initiative which is practiced by many organizations. Some organizations realize that CSR (Corporate Social responsibility) is just not giving support to various organizations. CSR implies that support is given in a responsible manner. In the case of normal charity, there is no transparency into what happened with the support given.

Corporate Social responsibility involves four key ingredients:

1. **Identify:** Corporate identifies their core purpose and answers the question "Who they are".
2. **Take responsibility:** Corporate give responsibly. They take

responsibility for what they give. Based on the identity define the change that they need to make in the society

3. **Track:** Corporate tracks, monitors and measures the efficacy of the SCR initiatives
4. **Empathy:** Empathy towards all stakeholders

Identify

Every individual embodies a cause and a purpose. Irrespective of whether they know it or not the purpose can be summed up in a few words. This purpose or forms the core of the individual and defines their identity. Individuals who know their identity, whose actions are in consonance with their identity, find their actions more fruitful and empowering. Their actions then flow very smoothly, with minimum efforts. Just like individuals organizations also have an identity. This collective identity is not defined by the vision or the mission statement. Every organization needs to understand and comprehend this identity. The identity is not what the CEO or the top management thinks. The identity is something intangible which drives the very essence of the organization. All actions need to emanate from this identity. As an example the identity of an organization may be "Creativity". If the organization does creative acts and if they involve in services and

products which harness this element, the organization will be energetic and successful. Any action which go against the grain of the identity, seem stressful and difficult to achieve.

CSR is just one of this set of actions that an organization performs, but an activity which does not yield anything tangible and direct to the organization. It is therefore more critical that organizations identify what they are, identity their soul, before they give responsibly. Failure to do this would result in a short lived or ineffective CSR campaign.

Take responsibility

Once the organization identity is known, the next step is to define actions, projects or initiatives that would be in line with this identity. If an organization identity is "Creativity", initiatives which involve furthering creativity in schools and colleges, or sponsoring activities which impart and unleash people's creativity may be the right initiative for the organization.

It is at this stage that specific activities need to be identified. Activities should not be too specific, since this makes the entire CSR very myopic and neither should it be too sweeping and generic, because it will lose its focus and effectiveness. This implies responsibility by the organization in terms of defining projects as much as identifying existing projects. Keeping a balance between genericity and specificity

enables an organization to strike the right balance between creating new projects and supporting existing ones.

Another aspect of responsibility is for the organization to understand that CSR embodies not only the society but its own employees, their families, their vendors and all entities that are connected to the organizations. An organization which acts responsibly towards the society at large but does not act responsibly towards its own people will falter in the long term and the CSR activity will be a flash in the pan. A sustained CSR needs proper alignment and balance.

Track

Once the projects are defined, the organization needs to monitor and check if the support reaches the target that have been defined and verify if the change desired has actually happened. This implies a proper Project Management office to track, schedule and verify the key aspects of success of any CSR initiative.

Many organizations do not set up a robust tracking mechanism, because of which even though the initiative is laudable, the results of the initiative do not reach the targeted audience or the change expected is too feeble. A

CSR activity needs to be taken as seriously as a mainstream project.

Empathy

Some organizations implement their CSR just like any other project and their actions start looking too mechanistic. A sense of empathy towards all the stakeholders who are implementing the program and who are receiving the benefits is a must. An initiative which assumes "Giver" , "taker" mentality is likely to create pent up feelings in the receiver of the support and cause some opposition to the initiative in the long term.

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Transforming lives for a better tomorrow

THE world, the environment, the community and the space we live in, is turning out to be a dump yard of our insecurities, fears, stigmas, dogmas and inhibitions. But whenever we are faced with the consequences of our choices, we put the whole responsibility on the society. Unfortunately, the youth of today, who are the building blocks of tomorrow, are also reflecting what we collectively as a community have created. Aashwasan, a Spiritual Science™ organization based here in Banaswadi is helping the communities to swim against this current.

Amidst hopelessness among people, Aashwasan is on a mission to heal the world. Aashwasan - a ray of hope for mankind brings Aashwasan Science™ into practice to give answers to the most challenging and fundamental questions we are facing collectively. Rashmi Aiyappa, founder of Aashwasan, the world renowned spiritual scientist, inventor and entrepreneur brings the world of AashwasanScience™ to transform lives.

With the unique knowledge of LifeForceMechanism™ (the mind-body-soul mechanism) and Timeless Phenomenon™ (which unravels the cause and effect of happenings), Aashwasan Sci-

ence™ addresses deep-rooted conditioning in an individual's life that results in various physiological, psychological and spiritual concerns.

As on today these cannot be identified or addressed through conventional methods. It traces the root cause to bring clarity to the manifested issues and conditions such as addictions, lifestyle issues, behavioral and emotional concerns, psychiatric conditions, genetic conditions, degenerative diseases etc.

Rashmi Aiyappa has invented various tools and techniques that are offered at Aashwasan as services through her practitioners. These services are non-intrusive, non-invasive, natural and holistic in nature.

They address the root cause, bringing permanent and sustainable results at physiological, psychological and spiritual levels. Aashwasan services bring out the innate potential of an individual's life transforming his/her life. When an individual's life transforms, he/she feels hope which in turn brings hope to others around.

Aashwasan Science™ is spiritual in origin, scientific in approach and experiential in nature. All the services offered (assessment, diagnosis, treatment, counseling etc.) and the results exper-



rienced by clients are documented. Aashwasan claims that in last 8 years, it has recorded 29 unprecedented breakthroughs in the area of health for the first time in the world. These areas include Psychiatric Conditions, Developmental Disorders, Degenerative Conditions, Genetic Issues and Neurological Conditions etc.

"Whoever comes to Aashwasan finds hope. We always feel deep satisfaction and hope when

we witness a person's life transform. It is also learning for us," one of the Aashwasan practitioners Robert Vijay Kumar says. Currently Aashwasan is dealing with people suffering from Addictions, Degenerative Conditions, Cancer, Developmental Disorders, Neurological Conditions, Psychiatric and Psychological Concerns, Autoimmune Diseases, Non Communicable Issues, Coma, Infectious Diseases, Chronic Conditions to name a few.

Rashmi Aiyappa's contribution to humanity and continuing efforts to make this world a better place has been recognized on a global platform. She was honored with the NGO Excellence Awards for Social Consciousness as "Social Innovator" by CMO Asia in Singapore recently.

CMO Asia held in Singapore had participation of over 17 countries in Asia. Rashmi Aiyappa, a citizen of this country and resident of Banaswadi, stands as an inspiration that one person on a mission can transform society. In her words, "It starts with one owning the responsibility of one's own choices. It starts with compassion and unconditional love towards oneself and others because love is where it all begins."

ED support

CONTRIBUTORS AND BENEFACTORS FOR AASHWASAN FOUNDATION

Contributions of organizations and individuals have made it possible for Aashwasan to bring hope to many all over India. With deep gratitude Aashwasan acknowledges the contributions of the following organizations and individuals supporting Aashwasan in making our world a better place.

INSTITUTIONAL DONORS



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