



AASHWASAN FOUNDATION
Humane Education

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AASHWASAN FOUNDATION

AN OVERVIEW

Aashwasan Foundation is a PUBLIC CHARITABLE TRUST registered u/s 12A (a) No. DIT(E)BLR/80G(R)/355/AABTA8249C/ITO(E)-1/ Vol 2008 - 2009 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. Aashwasan 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 are also going up.

Solution brought forth by Aashwasan Foundation

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

Aashwasan Foundation has adopted a scientific approach and on documenting 1000s of case studies, Aashwasan Science™ has brought unprecedented breakthroughs in 29 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

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

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 unprecedented breakthroughs in 29 areas of health 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 one individual at a time. As individuals transform, they impact their families, organizations, environment, which initiates a chain reaction in the world.

HUMANE EDUCATION

"We learn despite our education" said Mark Twain and this remains true of most educational endeavours today. Education in many cases does exactly the opposite of what it is meant to do. Competition instead of co-opetition, parochial instead of ecumenical, content instead of process of learning, rote thinking instead of creativity, a closed mind compartmentalised into rigid silos instead of open free flow mind, intolerance instead of compassion are all the manifestations of the education system today.

True Education is supposed to bring deep changes in an individual and the society at large. At an individual level, it is supposed to increase creativity, compassion amongst individuals and inculcate a sense of awe and respect towards nature and universe around us. It is supposed to open our mind, our senses and bring about a shift in thinking process that is not parochial.

Aashwasan's Humane Education movement came into existence to bring back the essence of true education. Through a series of techniques drawn from the tools and techniques invented by Ms Rashmi Aiyappa, this movement has created a joy in learning, humanised education, opened up teachers and students' mind in unimaginable ways and made them compete with themselves rather than with others. This has resulted in dramatic reversal and reduction of many of the deleterious impact. In many cases bullying has come down dramatically; students' performance and true learning has increased; it has changed the perspective of teachers and made them more humane. The whole process of learning and education has become more enjoyable. Stress levels in students have reduced dramatically and students are able to focus more on themselves than on others. The effort levels and motivation levels of students has dramatically increased.

Aashwasan brings a series of awareness programs on humane education to spark a revolution in the educational system. The structure and the knowledge shared in these programs are based on the principles of Aashwasan Science™, which contains the knowledge of human mechanism and its experience. These awareness programs promote humane qualities such as compassion, acceptance, assertiveness and the spirit of Coopetition, bringing the experience of oneness. They highlight the importance of recognizing each child as an individual and ignite the spark of imagination, dreaming, creativity, innovativeness, togetherness and collaboration. Conducive educational environment leads to reduced bullying, abuse, crimes, stress, emotional and psychological and psychosomatic problems in children, laying the foundation for a better society tomorrow.

How something is learnt is as important as what is being learnt. An objective process without a humane foundation leads to mindless learning. The process becomes creative only when the humane aspects are involved. Humane Education is about objective inquiry through subjective process. The entire phenomenon creates individuals who can question, enjoy and seek excitement in creating. Humane Education is a revolutionary program that empowers individuals to experience knowledge in their own unique way.

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Initiative Conceptualization

Aashwasan undertook extensive study in understanding the current situation of individuals, systems and society. The conceptualization of the initiative happened as a result of extensive experience sharing of leaders in education, humanities, corporates etc. regarding the current situation. This brought out the gaps in the society and its root cause. The issue clearly emerged as extreme competition that forced individuals, systems, society to focus on win – lose. Embedded in the fabric of all aspects of the society, this issue was seen best addressed in young individuals.

An environment where everybody could express their uniqueness was the key. This is a platform created by Aashwasan through its experiential programs. The entire ideology behind these programs is called Humane Science/Humane Education. Humane Science/Humane Education is a methodology that brings out the unique potential in individuals and co-opetition among the members thereby bringing out the best in teams, groups and systems. Humane Science in the area of education is a revolutionary movement called Humane Education Initiative.

The need in our society

In School -

- Only 15% of the students attain distinction
- Another 70% fall into a bracket of average to mediocre
- And the rest are bracketed as failures
- 90% of the Gen X doesn't associate its education with what they do for living
- More and more children are showing the signs of early stress, anxiety, eating disorders and suicide

When one grows up:

- A Paradox - Only 10 people are qualified for 100 jobs available / Only 10 Jobs are available for 100 students who are qualified for it.
- 90% of the higher study institutions do not equip their students with essential skills. Even the qualified ones learn on Job.
- All top companies have introduced extensive training programs to enable their freshers with necessary skills
- Stressed children grow up to be stressed adults.

Humane Education is a breakthrough program created to redefine education.

- Humane education is based on an enquiry method of learning, where students experience knowledge in their own unique way. Emphasis on how they learn is equivalent to what they learn.
- To explore and experience one's talent and skill
- To foster Coopetition among students

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Benefits of Humane Education

- ✓ Heightened levels of tolerance and compassion
- ✓ Experience of a sense of oneness
- ✓ Deeper understanding and empathy towards others
- ✓ Inculcation of values of compassion, love, sincerity and integrity
- ✓ Objective (and scientific) temper is balanced with subjective aspects such as curiosity, innovation and creativity
- ✓ The big picture is balanced with details of inquiry. An objective perspective is developed.
- ✓ Learning is enhanced as it encourages an individual to explore knowledge in their own way. This results in high levels of creativity and retention (over 90%)
- ✓ Learning is personalized for each individual thus making it possible for the one to have his/her own interaction with the subject. This brings out the unique potential of each individual
- ✓ Learning is application oriented and is practical in nature. Students are able to relate to learning in their day to day lives
- ✓ Teachers are able to use creative and innovative teaching methods that are unique to them, without compromising on the effectiveness
- ✓ Teaching and learning is based on an inquiry process
- ✓ Individuals imbibe essential skills such as listening, Acceptance, Empathy, Assertiveness, Compassion and Perseverance
- ✓ Humane Science creates team synergy
- ✓ This brings out the uniqueness of each individual
- ✓ Outcome is the result of cumulative experiential knowledge of all members of the team
- ✓ Fosters creativity, innovativeness and excellence within individuals and the team
- ✓ Looks for solutions that are practical and have significance in implementation

Project Offering

1. Guest Lectures and Workshops
2. One on one assessment, guidance, coaching and mentoring services to students and teachers
3. Humane Education Awareness program
4. Humane Education program for student development
5. Humane Education program for teacher development
6. Humane Science program for development of the educational institutions

The First Step:

Aashwasan Foundation will utilize Global Giving sponsorships to conduct Awareness Programs in Bangalore. The objective of these programs will be

1. To build awareness
2. To bring give individuals an experience of Humane Education

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Take Aways of Awareness program of Humane Education

1. Experience listening, acceptance, empathy, acceptance, assertiveness and compassion
2. Experience individual and collective benefits of being humane and being focused towards bringing unique insights and solutions
3. Experience connectedness with people. Experience a sense of oneness
4. Experience a facilitation the differentiates the how from the what
5. Experience visibility brought to each individual in the context of the collective
6. Experience the collective and the dynamics of the group. This collective of the group can be experienced by each individual.

The awareness programs give a glimpse of human potential and possibilities that groups bring to humanity. However, to imbibe and practice this at work, school or any aspect of life, further programs are required.

WORK DONE:

Humane Education is here to transform lives of students and learners. It puts students and participants in touch with their true potential and uniqueness they are born with. To bring out uniqueness of individuals, Humane Education employs Creative Debate and Innovative Science as tools. Creative Debate brings out subjective experiences of an individual while innovative science brings in critical thinking through a process of inquiry. It is holistic and goes beyond the individual. It considers everybody's opinion, integrates, develops and grows the group's opinions to evolve ideas, bring out possibilities, identify solutions and much more. The focus is to bring clarity, develop creative group dynamics, develop ideas and methodologies, evolve implementable solutions and find application in the context of any subject matter that is of interest to the group.

Target : Schools and colleges

Number of students reached out to: Over 1000 students

Over 50 Educational Institutions reached out to

Events Implemented

Event 1

Creative Debate an Eastern approach

Date: 24th and 25th August 2007

Venue: JSS Public School (BSK)

Participants: JSS Public School, JSS Public School (HSR), Presidency School, Florence Public School, National public School, Indus International School

Sponsors: DLF, Science Olympiad Foundation, Cambridge University Press, JSS Public School.

Judges: Mr. R. Ravi (Chief Advisor and Mentor – Aashwasan Life Enhancement services Pvt. Ltd., Prof. Balaji (Senior Director – Symphony University), Prof. Krishnan (Dean of Strategy and Operations – MATS School of Business and IT)

Guests: Dr. Ali Khwaja (Chairman – Banjara Academy), Dr. Jayasankaran (Vice Chancellor – Bhartiadasan Institute of Management)

Organizer: Aashwasan Foundation

Reflections of an Observer

- **Mr. R. Ravi**

I want to pen down my experiences on the Creative Debate/Humane Science event that was held on 24th and 25th August 2007. Sometimes, one comes up with an idea, expecting a particular result, something different actually happens. The idea takes its own life. The idea becomes enriched by others' contributions and delivers results that nobody predicted. Creative Debate is that. Everyone felt deeply connected to each other. People made awe inspiring gestures by many other key participants. I realised that I had witnessed something very powerful. I was witness to what founder always said that we



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(human beings) are one. All we need to do is love ourselves and love each other. That's all. I was witness to the power of no opinion, power of conflicting opinions, the power of fluidity, the power of oneness. People forgot their appointments, got drowned in the function and at some time became one with it. The principal of JSS School wanted to leave at 10.30AM, but she could not get out of her seat and was there till 12.20PM. One of the judges was supposed to leave at 12.00, but he stuck on till 2.00PM.

A transformation could be seen in the students. Initially they were bound by the expectations set by the system - principal, teachers, parents and peers. But as they slowly opened, they went beyond opinions and realized that opinions are not important. They discovered true creativity, true humour within themselves. They experienced the harmony and beauty of oneness. They discovered the deepest aspects of each other. The smile on the faces, the happiness that could be seen could only reflect the deepest levels of satisfaction that they had reached.

Parents and teachers saw aspects of children they had never imagined. Many of us stereotype our children and expect them to be something else. Many a time, children become what we expect them to be. This is a self-fulfilling prophecy which hardens one's stand and makes deep level connection difficult. This shattered. The principal saw aspects of her student, which she never thought was possible - the fact that students are so mature, so loving, so empathetic, shoulder responsibility, are insightful, are caring - this was a profound learning for her (and many who were present there). One of the empanelled judges reflected this view, when he said that he had re-established connection with this generation. He found the connection back with the children of today.

Parents of one of the students asked, "Should everybody not have an opinion." I then realized that all of us identify ourselves with set opinions. Opinions are dear to us, because they define our identity. Beliefs, patterns, opinions all define our identity and many a time, we so rigidly hold on to them. If we let go of our opinion, we get in touch with our Self. If we are comfortable with who we are, then we need not identify with opinions. But the question is should we be opinionless at all times? No. Opinion needs to be taken at that moment. Opinion is important for us but once the situation goes, the opinion is not relevant. At the next instance, another opinion may be in its place and we should embrace that opinion. The secret of our growth lies in this. We do not get caught up in what's "right" or "wrong" but evolve to a stand that is relevant to that situation. When we surrender to ourselves, the relevant stand comes automatically at the right time, at the right place, with the right people.

The students made everyone realize their true nature. What they showed us in the last two days was awesome. The kind of spontaneous gestures that people bestowed on them was remarkable. At the end of the program, I just bowed down to them humbly - that was the only way, I could show my gratitude.

Creative debate has a lot more potential. It can be used to unearth conditioned patterns of people. It can be used as a tool for people to break their conditioning and connect with their true potential within. This can possibly be done by choosing irreverent topics, topics which reflect set opinions and allowing them to break. Creative debate is a great tool for team bonding. People feel very close and have a high energy level after the debate. Creative debate is a fairly accurate assessment tool for understanding group dynamics and the role of each person within the team. It can be used by anyone who is

trained. They discover deepest aspects of each other. It can expose the deep issues in a team and resolve them.

Event 2

Humane Science – A Coopetition Initiative

Date: 23rd Feb 2008 and 1st mar 2008

Venue: VidyaNiketan Public School, Ullal Upnagar Bangalore

Participants: Oxford Senior Secondary School, CMR National Public School, New Horizon Public School, VidyaNiketan Public School, Bishop Cottons Boys School, Innisfree House School and National Hill View Public School

Sponsors and Organizer: Science Olympiad Foundation

Creator and Executor: Aashwasan Foundation

Judges: Mr. R. Ravi (Chief Advisor and Mentor – Aashwasan Life Enhancement services Pvt. Ltd.), Prof. Balaji (Senior Director – Symphony University), Mr.Vasudevan (Director – Indian Operations, Synetz India)

Brief on the event

"Humane science has been one of the most innovative methodologies I have witnessed. I have seen my daughter transform. As a corporate citizen I feel there are many learnings which can be applied to improve team work." Said Pankaj, parents of one of the participants

"Humane science enables you to unleash your creativity and teaches you to accept and adjust and the scientific world with a unified stand." – says Shreya Student of CMR National Public school and a participant in humane science

"Humane science is - come together, be together, share with each other and all of us win together. It was inspiring everyone by bringing out passion in them" Said Mrs Srinivas, Teacher Bishop Cottons Boys School



Aashwasan is the creator and executor of the Humane Science – A Coopetition Movement and was supported by Science Olympiad Foundation who was the sponsorer and the organizer. The venue was sponsored by VidyaNiketan Public School, ullalupnagar, Bangalore. Humane science

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was held on 23rd February 2008 and 1st March 2008 from 10:00 am to 5:30 pm.

The teachers and the students were mentored on the entire process before the event. On the 23rd Feb of 2008, every school engaged in creative debate to develop projects on topics of their choice. All teams had prepared well and researched the topics. Their preparedness curbed the very creativity that was needed for humane science to take place. In many cases fixed knowledge seemed to be the order of the day and each student's skills and strengths was compromised and overlooked.

Aashwasan facilitated the students to realize that every topic could have million connotations and variations and depended on the individual creativity. The spirit of Humane Science was unleashed. Students became creative and spontaneous. Many students bonded with each other as they discovered joy of being creative. All the participants came together and worked together. Teachers, students and parents commented that this was the first time in their lives they had seen the uniqueness of their children. They were overwhelmed. Many students mentioned that they felt free. One student said that he had hated Biology all along, but now he feels that it is one of the most exciting subjects. Teachers of a school offered to help out students of another school. There was joy and empathy within the groups.



On 1st March 2008, the students of all participant schools presented topics. "How to make villages urban friendly" Presented by Oxford senior secondary school, "Weightlessness" Presented by CMR national public school, "Should Uranium mining Be encouraged" by New Horizon Public School, "Combating Virus" by VidyaNiketan Public School, "How can virus be used in various aspects of life?" by bishop cottons boys school, "Invisibility" by Innisfree house school and "Why are plants green???" by National Hill view Public school. They not only amazed the judges with what they had come up with, but amazed themselves. There was unanimous opinion that this should be the way education is imparted. Many teachers requested write-ups so that they could discuss this with the stakeholders at their school.

At the end of the day, the buzz of exchange of numbers and the "Miss Yous" between students of school indicated that history had been made. There was hope that change is possible in science education towards humaneness and towards the student rather than the syllabus.

Co-opetition in News



Humane Education Implementation – A case study

VidyaNiketan Public School

VidyaNiketan Public School (VNPS) is known for its innovation in bringing about best practices in teaching, learning and in the upkeep the people culture. Towards bringing out the best potential from their teachers, VNPS opted for Humane Science and approached Aashwasan to conduct the program for a group of 16 teachers chosen by the management. Aashwasan offered a comprehensive program of Humane Science which was conducted for over 50 hours. As part of the program teachers went through various phases

1. **The preparation phase** made them aware of their unique creative potential and empowered them to look at their limitations and strengths objectively. The preparation phase helped them break their comfort zones and prepared them for the required shift.
2. After the preparation stage, they were taken through the **pilot implementation phase** which opened them to various ways of understanding, learning and imparting the concept in their own unique way. This gave them a lot of self confidence, clarity and deep assurance within.
3. After the pilot implementation phase, the teachers were guided smoothly into the **implementation phase**. This is where the teachers became more independent in seeking their inner growth. The participants began to drive the process of their own learning and were Humane Science Mentors guided and encouraged giving them constant support. This phase saw teachers bring out their creative potential in all aspects of their life.

The teachers continue to grow, learn, express and experience independently in the environment of the institution.

To celebrate the transformation, the teachers hosted graduation day where they invited the Principal, the teachers of the school, the facilitators of Aashwasan and Patrons of Humane Science to share their experience of Humane Science. They shared with pride how they could bring humanness to their classrooms. They shared how they could be guides, coaches and counsellors to their students. They shared how sessions not only helped them in their teaching, but also helped them get aware of the unresolved issues and unattended concerns of their personal lives and resolve them within. They were pleasantly surprised at the way their responses had changed, which they related through different incidents. It was a deeply moving experience for all present as the teachers believed their experience of humane science.

All the teachers without exception shared that they felt deep compassion. For this the principal remarked, ***“There will come a time when VNPS will be known for its compassion.”***

Experience Sharing by the teachers

#1: I agreed to be a part of the Humane Science workshop. In the very first session of the workshop we were told what Humane Science is. I have a confession to make, in the first session I had no idea what I was going to learn. During these workshops I realized my true potential.

#2: I had taken a two year sabbatical from my professional life, and during these two years my self confidence had plummeted. I was not very confident about myself or about what I was doing. In the self awareness workshop, I realized my real potential. I came to know what I am. The qualities I had. While attending the workshops, I came to know that I had a lot of patience in me. Patience is something that I have, I knew I had. But I had forgotten completely about it. The workshop helped me realize my true potential, taught me to be more confident about myself. It made me a person that I am today. These one and a half years has been a very beautiful journey

#3: We went through a session called creative debate. When we talk about debate we usually say, that we have to agree or disagree, we have to argue whether it is right or wrong or yes or no. But creative debate is something where you don't say yes or no. You don't disagree or agree on something. You are going to sit together and create something new. You come up with solutions. Creative debate was a platform where we discussed many of our issues in school and outside and we came up with solutions. It was a real eye opener when we were going to do those sessions. I would thank Mr. Ravi, Maithili and Trishna for showing us the correct path. We were not sure about what we were doing, but after we were talked to, we came to know that we were actually on the correct path.

#4: I should thank Aashwasan for improving my communication skill. Now, how does it help to improve communication skill? We learned something called as the shell concept. You must be wondering what a shell is. Shell is something that we have built around us and because of this many times we don't tell our correct feeling. What we are feeling inside, we express it in the wrong way and because of that the person whom we are communicating with also reacts in a wrong way and the communication fails. That is because we have built a shell around us. It was enlightenment to know that we have a shell around us and from that concept I have become a better communicator. My communications were complete. In my personal life and my professional life whenever I communicate with others, I think about the shell concept. Have I constructed a shell? Is my communication complete with others?

#6: We all went through a very beautiful journey. All the group members will agree that we have gone through a very beautiful process. All of us have changed in some way or the other. If somebody asks us what we have gone through here, we have no answers. What we have learnt, what we have experienced is that our joy is within. When we change and we have observed the change within us we come to know that we have learnt something.

ANNEXURES

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 - she experiences people as a web of intricate networks of energies communicating with one another at the subatomic level of existence, which 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 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, not only to 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 humanity. These innovative tools have the capacity to identify and bring out the true nature of the issues and have the ability to resolve them 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 unprecedented breakthroughs in 29 areas of health and wellness. Such breakthroughs are setting a record in successfully identifying the root cause behind symptoms and manifestations of issues in an individual and offering solutions.

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

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=h44jgH_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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1.



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 With The New Indian Express

CityExpress
Bangalore, Friday, May 25, 2007

CITY GUIDE.NEWS

Aashwasan to transform lives through Aura Science

Express News Service

May 24: Aashwasan, a spiritual science foundation, promises to transform lives with Aura Science and ESP (Extra Sensory Perception).

Speaking to the media here on Thursday, Founder and Chairman of Aashwasan Rashmi Aiyappa said, "Our foundation aims to bring about a balance and holistic well-being in individuals so that they live in psychological and physiological wellness.

The tools and techniques of Aashwasan are used to heal, treat and diagnose various physical and emotional illnesses." Elaborating on the concept of Aura Science Rashmi said, "Aura Science is the science of life-force energy. Every individual has an outer physical aura, that is the physical existence and the infinite core aura, that is the soul existence. Perception of aura reveals a person's physical, psychological, emotional and spiritual existence."

This transformation is brought about by connecting people to their infinite potentials.

Over the two years of its existence, Aashwasan claims to have made remarkable breakthroughs in treatment and diagnosis of autism, epilepsy, cancer, WPW syndrome, depression, obsessive compulsive disorder, bipolar manic depression, to name a few.

The Foundation - a public charitable trust, aims to render knowledge with clarity to bridge the gap between spirituality and science.

"We aim to heal and empower people to live their life full with health, happiness and hope," adds Rashmi.

For details, contact Aashwasan Foundation at 2363 3307.

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4.

Reaching out, Indian Express 2006

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.

Hidden TRUTH

Rashmi, the force behind Aashwasan, says she has been blessed with extra-sensory perception (ESP). Her 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

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™ trace the origin in every individual. Through LifeForce 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. 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, thus 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 to the 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 insights behind all universal phenomena
- It re-establishes mind-body-soul connection which then restores the natural/original mechanism of an individual

Unprecedented Breakthroughs in 29 Areas

in Physical, Mental and Spiritual Health Concerns

Services incorporating Aashwasan Science™ tools and techniques have transformed lives of 1000s of individuals and have documented unprecedented breakthroughs in the following 29 areas of health:

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- Abuse
- Addictions
- Allergies
- Auto Immune Diseases
- Cancer
- Chronic Conditions
- Congenital Issues and Concerns
- Coma
- Degenerative Conditions
- Developmental Disorders
- Genetic Issues
- Grief
- Infertility
- Infectious Conditions
- Lifestyle Stress Concerns
- Neurological Conditions
- Non-Communicable Conditions
- Obesity
- Organ and Systemic Dysfunction Related Issues
- Past Life Trauma
- Psychiatric Conditions
- Psychological and Emotional Concerns
- Psychosomatic Concerns
- Sensory Dysfunctions
- Sexuality Dysfunction
- Spiritual Crisis (Possessions, etc)
- Undiagnosed Issues
- Untreatable Issues
- Violence Related Trauma



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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BANASWADI, NOVEMBER 1 - NOVEMBER 7, 2013

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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 TM 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 Science TM 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 transforming his/her life. When an individual's life transforms, he/she feels hope which in turn brings hope to others around.

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

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