

Indulge in Chinese flavours at the 'Taste of China' Festival, with a menu that comprises traditional flavours and ingredients picked by Chef Hsiung Chan at Zen, *The Leela Palace*

AASHWASAN FOUNDATION: INFUSING HOPE WHERE THERE IS NONE

IN A TWIT



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BENGALURU, JAN. 29

The Aashwasan Foundation, the "spiritual science organisation", aims to bring hope where there is none.

"In May 2017, Aashwasan will complete 11 years of its existence. It was this month 11 years ago that I saw the manifestation of a dream called Aashwasan, a place where people who have lost hope come to," said founder Rashmi Aiyappa, who is a spiritual scientist and inventor.

She started Aashwasan to make people experience their true self and realise that their dreams, Rashmi says.

The foundation offers Aashwasan Science, which helps people realise more than their normal potential. "It has helped us cross boundaries and reach out to the people all over the world, bringing breakthroughs in over 29 areas of physiological and psychological health, including degenerative diseases, developmental disorders, genetic disorders, lifestyle issues, undiagnosed and untreatable conditions and life threatening. For many individuals, doctors, hospitals, medical centres and research institutes Aashwasan is the last line of support. Aashwasan Science contains the knowledge of human mechanism, creation and experience. It is a methodology through which root cause of issues, illnesses and conditions are identified and solutions are offered, including assessment/ diagnosis, treatment and counselling. They address the mind-body-soul mechanism of the people holistically," Rashmi added.

"Our health and wellbeing services are offered to cure many disorders, including addictions, genetic issues, psychiatric conditions, developmental disorders, degenerative conditions, neurological conditions and others," she said.

The foundation also has another initiative, Aashwasan Reaches Children (ARC), which supports children with various conditions, including anxiety disorders, depression, bipolar disorders, conduct disorders, schizophrenia, epilepsy, PDD (autism), learning disability, mental retardation, cerebral palsy, Down's syndrome, ADHD and others.

"The children are put in touch with their potential. It opens up a world of hope and possibilities for



Rashmi Aiyappa (right) started Aashwasan to make people experience their true self and realise their dreams

ANGEL INVESTOR

MAKING A DIFFERENCE

them," she said.

Last year, the foundation helped 95 people, who were suffering from cancer, Alzheimer's, development disorders, genetic disorders, allergies, sleep disorders, addictions, diabetes Type 2, hypertension, depression, heart conditions, epilepsy, infectious conditions, hypothyroidism and more.

"Till now, more than a thousand people have benefited from our holistic approach," she said.

Funds are raised from individu-



als who want Aashwasan's services are offered to the downtrodden.

The Global Giving, headquar-

tered in the United States, also helps the foundation get funds from abroad.

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— Rashmi Aiyappa, founder of Aashwasan Foundation