

A beautiful morning saw more than 30 enthusiastic elders gathered in the enrichment centre at nightingales to know about Aashwasan Science and the impact that it could make in their health and wellbeing. Discussions unfolded as elders shared about their life experiences and the expectations from the program. Some of them were keen to know the impact of spirituality in their life.

Holistic understanding of the human system, cause and effect of human life, the role of passion, interests, living and one's "soul" played in one's life and health were brought out by the speakers. Experiences of clients of Aashwasan who benefited from its services including rejuvenation from depression and loneliness, better health that brought enthusiasm when shared fostered discussions and questions to get a deeper understanding. Elders shared their challenges in getting support from the community or coming from their own limitations including getting access to health care, or doing things they enjoyed seeking Aashwasan's support. An open and enthusiastic exchange continued much after the time for the talk was over.

Elders thanked Aashwasan members for spending their time and were keen to know how they could benefit from Aashwasan services. A beautiful morning ended with possibilities elders saw for themselves for their physiological, psychological and emotional wellbeing.



To know more or participate in the next event

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