

On August 8th, Aashwasan conducted an awareness program on Find health as you discover your happiness at Sriram Samruddhi. Mr. Arun and Mrs. Purnima Shakya, a couple who have been clients to Aashwasan, hosted the program for their friends and acquaintances so that they could benefit from the Hope that Aashwasan Science™ offers. Aashwasan brought out the fact that health and happiness are two inseparable aspects of wellbeing. It threw light on the fact that many physiological conditions that we suffer stem from a lot of unresolved emotions. One goes through various experiences in their life, right from the beginning of their life, some of which are unpleasant and traumatic. These experiences stay with a human being and over time impact the body in such a way that its original functioning gets altered. The non-communicable diseases that the world is grappling to find solutions for are a result of this alteration. Cardio-vascular issues, cancer, diabetes II, Hypertension, psychiatric conditions, addictions etc are some of the non-communicable diseases which dog lives of many. Aashwasan Science™ offers hope as they address the root cause of conditions. It helps people resolve experiences, thus free them of unresolved emotions, find happiness and thus allow their body to experience holistic well being.

To know more or participate in the next event

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