



Aashwasan
TRANSFORMING LIVES™

PANDEMIC CONTINUED, but Hope also walked along

To help fight the Covid-19 battle, Aashwasan Foundation has reached out to individuals offering treatment and counselling services, and conducting webinars.

3-phase support to help people deal with the virus Pre-Covid Immunity Boost and Care

Aashwasan Science™ tools and techniques offer holistic support to boost immunity, deal with uncertainty, fears or changes in lifestyle and any mental health concerns due to the pandemic.

Covid Treatment and Support

Aashwasan tools and techniques can be beneficial in

- Mental health
- Fighting infections
- Improving the ability of the body to fight the disease
- Reducing the damage due to the virus
- Protecting the lungs and internal organs from severe damage.
- Enabling people to accept life situations gracefully.

Post-Covid Recuperation support

Aashwasan tools and services can significantly benefit cases with lung fibrosis or where lung capacity is severely compromised. They can boost the overall functioning of internal systems and enhance immunity and resilience. They can also resolve post Covid trauma.

Breaking Myths on Counselling

Aashwasan Foundation conducted a program on Breaking Myths on Counselling for over 350 employees of an international bank. We offered the Zero Frequency Session and many shared that they felt very positive and relaxed.

Holistic support for Frontliners

Aashwasan Foundation conducted the program "Holistic Support for Frontliners" in July offering the Zero Frequency Session to doctors, nurses and other health workers to help restore their mental, physical and spiritual health. Some doctors shared their experiences:

It was nice to be part of such an interactive and soothing session! It aided me to channelize

my thoughts and focus on my life's priorities!
- Dr. Spoorthi.

After very long, I felt so calm, as if in meditation. I loved this session. - Dr. Shashikanth

I went through a snapshot of my entire life experiences. I feel deeply relaxed. - Dr. Aishwarya

16 years of journey through lives -Aashwasan celebrates life

Aashwasan completed 16 years on May 23, 2021, of connecting people to their infinite possibilities and bringing solutions to undiagnosed, untreatable, genetic, degenerative, developmental, lifestyle, and many psychiatric and psychological health and well-being conditions.

The founder, social innovator, and inventor of Aashwasan Science™, Rashmi Aiyappa, has brought new and updated techniques to address the most intractable health and life issues. Events and webinars have been created and designed for people from every walk of life throughout 2021-2022. The themes and topics span mental, physical and spiritual health, corporate growth and well-being, innovation and flow, and zero frequency sessions to bring about body-mind-soul connection in every individual.

Wishing you a safe, healthy and purposeful life ahead.



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