

# Walking together - Working together



#### FOR THE CAUSE OF HOPE

As the intensity of Covid started waning and people started to come out of their homes to get back to everyday life, Aashwasan restarted its community services. It created forums of hope for parents of children with autism and individuals suffering from mental health issues. In addition, it extended a unique gesture of gratitude and appreciation for the Pourakarmikas, Namma Bengaluru City Cleaners.

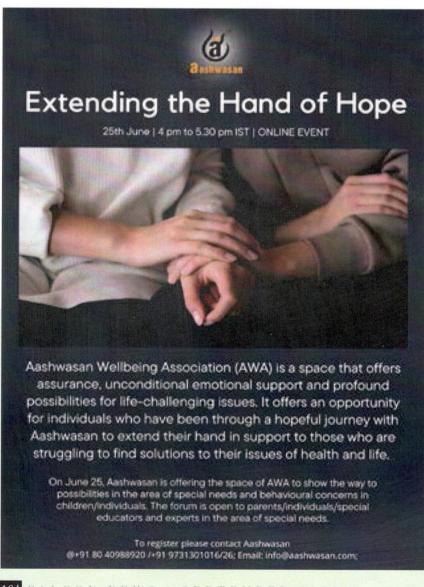
Let us take a journey into the events of the Aashwasan Foundation...

#### WALKATHON: HOPE FOR AUTISM

April 2 is observed as World Autism Awareness Day and the entire month is dedicated by Aashwasan to Autism related conferences and events. Aashwasan Foundation held a walkathon on April 30 to stand for Hope for Autism. Over 200 people walked for the cause. The 3 km walk that started at the Aashwasan office in Kammanahalli, Bangalore, was flagged off by the Kannada actor Prathap Simha Reddy, who connected to the cause of Autism. Parents of children who benefitted from Aashwasan Science services shared their experience to be greatly applauded by the participants. Later, Mr. K J S George, the ex-minister and MLA, visited Aashwasan to congratulate us on the walkathon and the unprecedented hope that Aashwasan ScienceTM has brought to people's lives.







#### AASHWASAN FOUNDATION STANDS FOR MENTAL HEALTH AT TCS **MARATHON**

Mental issues have increased in incidence and are impacting society's well-being. resulting in diminished creativity and performance. This year on May 15, Aashwasan Foundation participated in the TCS Marathon to create awareness of hope for mental health issues and raised funds to diagnose, heal, counsel and empower people and their families who have psychological and psychiatric conditions. The motto Run as One, Aashwasan, ran with the theme of emotions, saying that all feelings are important and that expressing these emotions can prevent many diseases and create a healthier community.

### **AASHWASAN WELLBEING** ASSOCIATION (AWA)

Aashwasan Wellbeing Association (AWA) is a space that offers assurance. unconditional emotional support and profound possibilities for life-challenging issues. On June 25, Aashwasan offered an online space of AWA to show the way to possibilities in the area of special needs and behavioural concerns in children/individuals. Parents of children with Autism, caretakers of children. adults with Autism and practitioners of Aashwasan ScienceTM participated in the online event. They shared hopeful stories of solutions and transformation.

## WALKATHON FOR NAMMA CITY HEROES, POURAKARMIKAS

Our homes and cities are clean because our city heroes, Pourakarmikas, are working relentlessly, daily, cleaning our city lanes so that you and I can walk in these lanes without any inconvenience.

Aashwasan Foundation conducted the 3km walkathon on 30th July to thank and honour BBMP and Pourakarmikas for their yeoman service in keeping the city lanes and our homes clean. Senior Health Inspector of Sarvagnanagar, Mr Hanumanthappa, and BBMP office-bearers presented medals and mementoes to the Pourakarmikas. He was delighted,





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profoundly appreciative and grateful to Aashwasan Foundation for conducting such an event. Never before were Pourakarmikas acknowledged by the public or any organization in this manner. Representing eight wards of Sarvagnanagar, 112 Pourakarmikas participated. Respective junior health officers also enthusiastically participated in the event.

To know more or to support this initiative, do connect with us @ +91 8530039666

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