

# Aashwasan Foundation

Monthly Newsletter from Aashwasan

For private circulation only

Dear Readers,

Greetings!

I am Abhishek Singhal, General Manager (Finance) of Aashwasan.

A year back, before I joined this organization, I was a typical finance person, one who talked numbers..... There was a side of me that has always loved to help others. I felt supreme happiness whenever I helped someone in little or small ways, but this side remained unexpressed.

But after joining Aashwasan, I felt a sudden shift in me and I realized that my work as finance person is not an end in itself. This is not the end of my life; there are many bigger things to do especially for others, which I always loved to do. Things became clear when I got the golden opportunity to become a **Healer**. My life changed. Now, everyday there is something new to discover, everyday I find myself doing something different which I had never imagined. And while this doing part, I came up with the Aashwasan News Letter.

This is the first edition. I look forward to comments and suggestions from you readers. My objective is to share our experiences and give you a glimpse of what we do.

This month we have started various projects & educational events for children.

Editor!

## About Aashwasan

**Aashwasan is the only organization in the world that uses spiritual science tools and techniques such as Aura science and ESP to transform lives.**

The transformation is brought about by connecting an individual to his/her infinite self. The services empower one to identify, explore and express one's infinite potential.



**Rashmi Aiyappa is the Founder and Managing Trustee of Aashwasan Foundation.** Unlike other practitioners of the paranormal, she has to contend with

these powers, which can be invoked at will. She can see people like a movie, see their energy patterns and find out parts of the body that are diseased or unhealthy; she can understand the spiritual trauma and the impact of such trauma on the psychological and physiological levels. Though endowed with such remarkable talents, Rashmi used them more informally and at will.

The spiritual knowledge she is born with integrates human science (science of human existence) and objective science (medical science, physical science etc.) to bring about a complete and accurate understanding of the universe. Her persistence and acceptance of her inborn abilities & skills and seeking a deeper knowledge from it with clarity saw the birth of "Aashwasan". Aashwasan journey is that of rendering this knowledge with clarity to bridge the gap between spirituality and science. She brought forth the science of Aura and ESP to this world in a manner that it transformed lives - physiologically, psychologically and spiritually. Realizing the responsibility, she was able to convert her knowledge using these inborn gifts in the form of tools and techniques. The culmination of her life's unique experiences in the form of knowledge gave birth to a ten-stage process called Theory of Transformation.

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From the Editor

Aashwasan Foundation is a Wholly Public Charitable Trust registered under Income Tax Act, founded in 2006.

### Board Members:

Rashmi Aiyappa, Founder  
R. Ravi, Trustee  
Lt Col B B Aiyappa, Trustee

### Team Members:

Maithili B  
Trishna Pandey  
Sylvia Hii Siew Hie  
Sean Tay Choon Hui  
Abhishek Singhal  
Gurpreet Kaur  
Jenny Ho  
M Robert Vijay Kumar  
C Ramakrishna Reddy  
Goh Lee Sim  
Alamelu

## *Aashwasan Initiatives so far.....*

### **Aashwasan Reaches Children (ARC) Project**

Fifty years earlier, the awareness about children with special needs was very limited. All children with disabilities were bracketed under the one category or another and estranged from the mainstream society. They were deprived of earning education and opportunities as a rule. Many of these children were incarcerated for life and even if they were normal, many of them became unsound as a result of the confinement.

Today, the recognition of these conditions as a problem has grown. There are several dedicated institutions, parent groups and schools addressing the special needs of children in our society. While we have come a long way there is still much to do. Aashwasan has studied the current situation in great detail and has evolved a holistic method of supporting children with various disabilities including Anxiety disorders, Depression, Bipolar Disorders, Conduct Disorders, Schizophrenia, Epilepsy, PDD (Autism), Learning Disability, Mental retardation, Cerebral Palsy, Down's Syndrome, ADHD, etc.

The ARC (Aashwasan Reaches Children) was conceived with a view to **“Transform lives of children.”**

Aashwasan comes out with a unique set of techniques, which comprehensively address the special needs of children. Our techniques are based on the framework of **HOPE**. This is found to be applicable in cases of all children. **Hope** stands for

**H**olistic  
**O**ne size does not fit all  
**s**piritual  
**E**ncompass all

**Aashwasan team has come up with ARC project and tied up with two renowned NGOs - APD and WARDS in Bangalore** for a period of one year. We started the work in August this year.



## Aashwasan Silent World Project

Aashwasan has undertaken a project called Silent World that constitutes speech and hearing impaired members of society, who as a part of Aashwasan not only bring to the forefront their unique abilities, talents and capabilities, but also empower others to make their dreams a reality. Silent World is here to transform people's perspective and allow people see the power of their own potential. Silent world reaches out to everyone, whether they can hear or not. The programs have been designed to bring out the best in people and appreciate their own potential going beyond physical constraints.

It has started work towards following areas:

- Sign language curriculum
- Awareness Programs
- Life skills Workshops
- Programs to empower the parents and the support group of the deaf and the mute

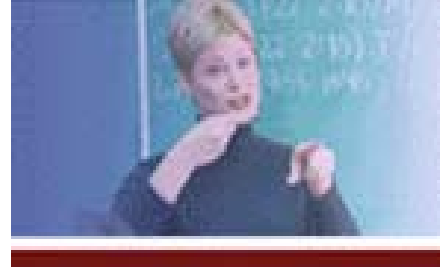
The department has been with Deccan Herald – Newspaper in Education (DH-NIE) for one year to provide sign language course to students of different schools of Bangalore.

## Aashwasan Creative Debate (ACD) – The Eastern Approach

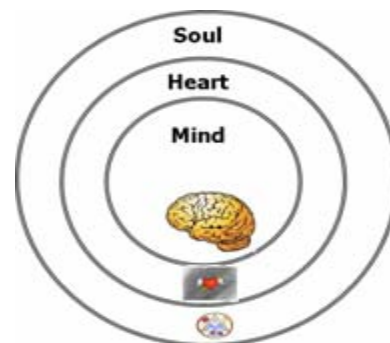
Creative Debate is a tool to implement Coopetition in schools that will facilitate students to recognize that real contribution comes from bringing out each individuals strengths, interest and talent. This initiative is going to bring about the best qualities in students - empathy, lateral thinking, creativity, enhancing listening skills etc. and therefore empowering them to create more collectively than they would have done individually. ACD first event was successfully organized at JSS Public School, BSK, Bangalore .

## Aashwasan in Education

Aashwasan team has come up with new module called as "Aashwasan Transformative Growth Program (MHS Module)". The MHS program works at three levels – Mind, heart and the soul. Specific Mind modules develop logical, thinking skills and improve specific skills required to perform well in life. The Heart modules improve the feeling and awareness part of the student. The Soul modules increase awareness about oneself and gives direction and purpose to the student. Aashwasan has started these courses at BIM and MATS Management Institute of Bangalore.



*When asked to describe the situation of the people with hearing impairment, Ramakrishna Reddy, Head-Silent World Department had this to say – A tortoise has an advantage of swimming in the sea as well as walking on the beach. But for the fish, sea is the only place that they can be in. That is how the Deaf and the Mute feel. Lack of verbal communication restricts them from exploring and expressing confidently what they feel and what they can do. They don't have awareness of their own possibilities of their life. There is nothing to pity about the deaf and mute people; what will bring about change in their life is their own as well as mindset of the society.*



### Aashwasan looking forward to.....

In the coming months, Aashwasan is looking forward to join hands and work together with NGOs at different parts of the country who are helping people suffering from issues such as addiction, cancer, depression and other serious ailments. We are also looking forward to helping third gender groups. Some of the upcoming projects are:

- Aashwasan Depression Project
- Aashwasan Cancer Project
- Aashwasan De-Addiction Project
- Aashwasan Third Gender project
- Aashwasan Project for Women Empowerment
- Aashwasan Sign Language Project in Kerala

Aashwasan is also looking forward to set up De-addiction and Wellness center and has identified certain locations in Bangalore, Trivandrum & Coorg. The objective of the wellness center to provide holistic treatment to all people irrespective of caste, creed and race. Aashwasan team is approaching people in government and corporate for donating land, Office space, building, interiors, manpower etc. The major upcoming projects are:

- Aashwasan De-addiction & Rehabilitation Center
- Aashwasan Wellness Center

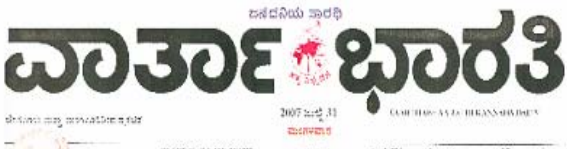


## മാതൃഭൂമി

2007 August 31 31 2007

### കുട്ടികൾക്കായി സംവാദം സംഘടിപ്പിക്കുന്നു

ബാംഗ്ലൂർ: സന്നദ്ധ സംഘടനയായ ആശ്വാസ് ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ സ്ത്രീകൾക്കായി ആഗസ്റ്റ് 24, 25 തിയതികളിൽ സംവാദം നടത്തും. ക്രിയാത്മക സംവാദം എന്ന പേരിലുള്ള പരിപാടി ബന്ധുക്കൾക്ക് ഐ.എസ്.എസ്. പബ്ലിക് സ്കൂളിൽ ആണ് നടത്തുക. ക്രിയാത്മകതയിൽ ഊന്നി തോർന്നിരുന്ന വ്യത്യസ്ത തലത്തിൽ കുട്ടികൾക്ക് കാണിച്ചുകൊടുക്കുന്ന പരിപാടിയാണിത്. നഗരത്തിലെ 20 സ്കൂളിലെ കുട്ടികൾ ഇതിൽ പങ്കെടുക്കുന്നുണ്ട്.



### ആഗസ്റ്റ് 24-25 രണ്ട് 'ക്രിയാശീല സമാഹരണ'

ബാംഗ്ലൂർ: 2007 ഓഗസ്റ്റ് 24-25 തീയതികളിൽ സംവാദം നടത്തും. ക്രിയാത്മക സംവാദം എന്ന പേരിലുള്ള പരിപാടി ബന്ധുക്കൾക്ക് ഐ.എസ്.എസ്. പബ്ലിക് സ്കൂളിൽ ആണ് നടത്തുക. ക്രിയാത്മകതയിൽ ഊന്നി തോർന്നിരുന്ന വ്യത്യസ്ത തലത്തിൽ കുട്ടികൾക്ക് കാണിച്ചുകൊടുക്കുന്ന പരിപാടിയാണിത്. നഗരത്തിലെ 20 സ്കൂളിലെ കുട്ടികൾ ഇതിൽ പങ്കെടുക്കുന്നുണ്ട്.

**APPEAL FROM THE HEART**

When you contribute to Aashwasan Foundation, you make a significant and lasting impact on the lives of many.

**You can contribute through Cheque and in Cash to:**

Aashwasan foundation  
#2, 2<sup>nd</sup> Floor, Lakshmaiah Block, Opp. Govt veterinary college, Bellary Road, Bangalore

**You can contribute in kind and in the form of services**

Office space, Land, Building, Computers, Furniture and fixtures, peripherals, copiers, printers, scanner, projector, vehicle etc. Web designing, Publications, IT Support, event management, Catering, Manpower support etc.

## Aashwasan Esteemed Contributors.....

### Individuals

Mr. B S Badriprasad, Bangalore  
 Mr. Ramesh, Bangalore  
 Mr. Krishnamurthy, Bangalore  
 Mrs. Rajya Lakshmi Ramamurthy, Bangalore  
 Mr. Ravi Oberoi, Bangalore

### Companies

Blue Valley Properties Pvt. Ltd, Bangalore  
 Cambridge University Press India Pvt Ltd, Bangalore  
 DLF Retail Developers Pvt Ltd, Delhi  
 Science Olympiad Foundation

## Aashwasan Associates with.....

Bangalore Management Academy Pvt. Ltd, Bangalore  
 Banjara Academy, Bangalore  
 Deccan Herald- Newspaper in Education, Bangalore  
 Mahaveer Academy of TEC & SC, Bangalore  
 The Association of People with disability (APD), Bangalore  
 Welfare Association for Rehabilitation of Disabled & Society (WARDS), Bangalore

## Aashwasan Links of the Month.....

<http://aashwasan.mypodcast.com/>  
[www.aashwasantransforminglives.blogspot.com](http://www.aashwasantransforminglives.blogspot.com)  
[www.aashwasannews.blogspot.com](http://www.aashwasannews.blogspot.com)  
<http://www.youtube.com/watch?v=QmTOs0CfU74>  
[http://www.youtube.com/watch?v=KpOinTTX\\_-Y](http://www.youtube.com/watch?v=KpOinTTX_-Y)  
<http://picasaweb.google.com/seantaych>  
<http://health.groups.yahoo.com/group/aashwasanandme/>  
[www.orkut.com](http://www.orkut.com) – Aashwasan Community

## Testimonial.....

*"I don't know what to write. It's like I feel "God" is working through Aashwasan to make me feel "I am there for you". I feel like I am in the school of life once again".*

## From the Editor.....

I would like to invite from my loving readers their experiences, stories, paintings, poems, articles etc. Also, in the next issue we would love to hear from children so that we can start a kids section.



## Aashwasan in News.....



Article



### Corporate Social Responsibility

Mr. R. Ravi, Trustee, Aashwasan Foundation

The concept of charity has undergone dramatic changes in the last few decades. There were always religions which used to espouse charity and there have always been some individuals who had a streak of magnanimity in them. Mercy given to the poor, help to various people used to be means by which the magnanimity would be expressed. Charity as a concept in organizations came much later. Organization of the yore days, used to pride themselves on the profit motive. Some of them offcourse took it to rapacious limits and some would still maintain dignity while carrying out their business.

Social responsibility is a term of recent origin and reflects the complexity of the society today. Corporate Social responsibility has also become an initiative which is practiced by many organizations. Some organizations realize that CSR (Corporate Social responsibility) is just not giving support to various organizations. CSR implies that support is given in a responsible manner. In the case of normal charity, there is no transparency into what happened with the support given.

Corporate Social responsibility involves four key ingredients:

1. **Identify:** Corporate identifies their core purpose and answers the question "Who they are".
2. **Take responsibility:** Corporate give responsibility. They take

responsibility for what they give. Based on the identify define the change that they need to make in the society

3. **Track:** Corporate tracks, monitors and measures the efficacy of the SCR initiatives
4. **Empathy:** Empathy towards all stakeholders

#### Identify

Every individual embodies a cause and a purpose. Irrespective of whether they know it or not the purpose can be summed up in a few words. This purpose or forms the core of the individual and defines their identity. Individuals who know their identity, whose actions are in consonance with their identity, run their actions more joyfully and empowering. Their actions then flow very smoothly, with minimum efforts. Just like individuals organizations also have an identity. This collective identity is not defined by the vision or the mission statement. Every organization needs to understand and comprehend this identity. The identity is not what the CEO or the top management thinks. The identity is something intangible which drives the very essence of the organization. All actions need to emanate from this identity. As an example the identity of an organization may be "Creativity". If the organization does creative acts and if they involve in services and

products which harness this element, the organization will be energetic and successful. Any action which go against the grain of the identity, seem stressful and difficult to achieve.

CSR is just one of this set of actions that an organization performs, but an activity which does not yield anything tangible and direct to the organization. It is therefore more critical that organizations identify what they are, identify their soul, before they give responsibly. Failure to do this would result in short lived or ineffective CSR campaign.

#### Take responsibility

Once the organization identity is known, the next step is to define actions, projects or initiatives that would be in tune with its identity. If an organization identity is "Creativity", initiatives which involve furthering creativity in schools and colleges, or sponsoring activities which impart and unleash people's creativity may be the right initiative for the organization.

It is at this stage that specific activities need to be identified. Activities should not be too specific, since this makes the entire CSR very myopic and neither should it be too sweeping and generic, because it will lose its focus and effectiveness. This implies responsibility by the organization in terms of defining projects as much as identifying existing projects. Keeping a balance between genericity and specificity

enables an organization to strike the right balance between creating new projects and supporting existing ones.

Another aspect of responsibility is for the organization to understand that CSR embodies not only the society but its own employees, their families, their vendors and all entities that are connected to the organizations. An organization which acts responsibly towards the society at large but does not act responsibly towards its own people will falter in the long term and the CSR activity will be a flash in the pan. A sustained CSR needs proper alignment and balance.

#### Track

Once the projects are defined, the organization needs to monitor and check if the support reaches the target that have been defined and verify if the change desired has actually happened. This implies a proper Project Management office to track, schedule and verify the key aspects of success of any CSR initiative.

Many organizations do not set up a robust tracking mechanism, because of which even though the initiative is laudable, the results of the initiative do not reach the targeted audience or the change expected is too feeble. A

CSR activity needs to be taken as seriously as a mainstream project.

#### Empathy

Some organizations implement their CSR just like any other project and their actions start looking too mechanistic. A sense of empathy towards all the stakeholders who are implementing the program and who are receiving the benefits is a must. An initiative which assumes "Giver", "taker" mentality is likely to create pent up feelings in the receiver of the support and cause some opposition to the initiative in the long term.