

Aashwasan Foundation

Newsletter from Aashwasan

For private circulation only

Dear Readers,

Greetings from Aashwasan!

We like sharing. All our festivals and rituals have an element of sharing. Be it with our friends or family, we like to share happiness and small joys of life. While doing so we also feel the need to share with the less privileged of our society. We often do not know where to start and how to reach out to those in need.

Today, philanthropy has become a prerogative of a select few! All of us may not have the resource to participate in a charity, auction or dole out large sums of money. However, we all want to give something back to the society. Keeping this in mind, Aashwasan has come up with unique programs and opportunities, where in every individual, organization and corporate will get a chance to give back something to society.

Aashwasan has initiated projects in the areas of education, physical and mental health and well being, social issues such as addiction, abuse, preventive health, and upliftment and empowerment of underprivileged and differently abled that focus on bringing out the unique contribution of individuals to the society.

This New Year brings us another opportunity to make this world a better place to live in. Let us come together to experience oneness and connection and create a world for you, me and everyone.

Editor!

Contents

- From the Editor
- Aashwasan 's Initiatives
- Looking forward to Contributions
- Initiate Projects
- In Malaysia
- Esteemed Contributors
- Associates
- News & Articles
- Testimonials
- From the Editor
- Around the World
- Photo Gallery

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 Hi Siew Hie
Sean TayChoon Hui
AbhishekSinghal
GurpreetKaur
Jenny Ho
M Robert Vijay Kumar
C Ramakrishna Reddy
Goh LeeSim
Almelu
Norazliza Zapri
Parthiban



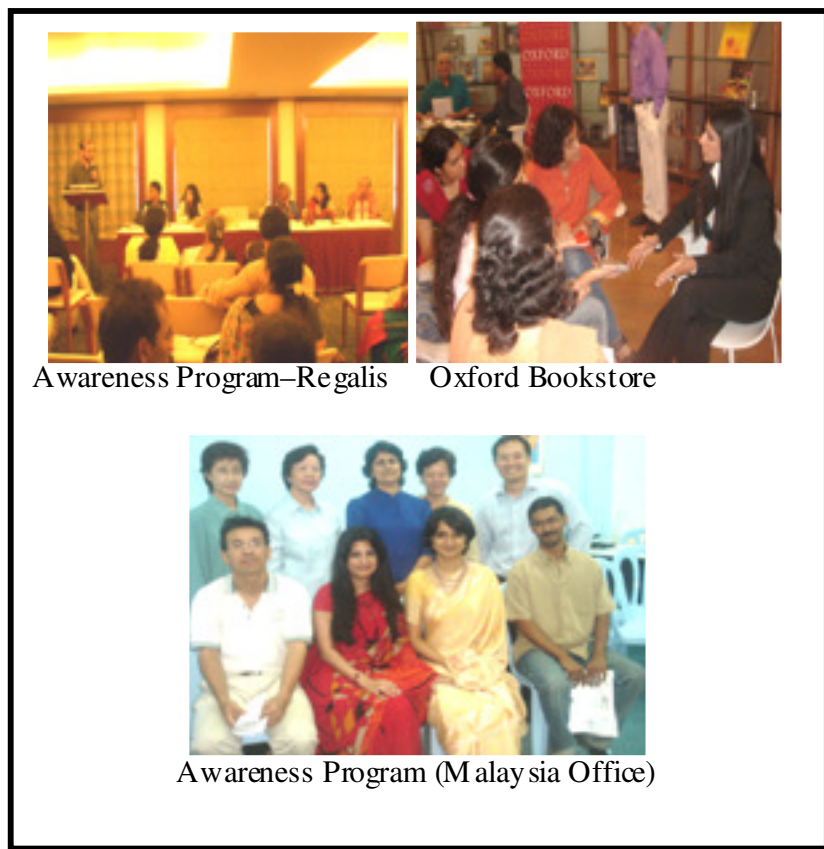
Aashwasan Initiatives so far.....

Aashwasan Reaches Children (ARC) Project

ARC was conceptualized when we came across parents of special needs children and realized that we can do our bit to empower children to live their maximum potential. We have had several breakthroughs in area of Autism, Learning Disability, Cerebral Palsy, and Attention Deficient Hyperactivity Disorder among others. The project catered to children and parents in India, South East Asia, Australia and other places.

Last year, ARC has included in its scope children from the mainstream, their parents and schools. ARC project offers services and specific programs that cater to children from birth till 18 years in all aspects of development. In response to the tremendous need to bring out maximum responsiveness to the developmental needs of children (among other things), the **Coopetition project** was created. Coopetition is a movement that is here to revolutionize the educational system. Another initiative that we are very serious in offering to the students is **Coping with stress**, an initiative that allows children to enjoy the process of learning, preparing and taking exams without stress and above all empower them to bring out their best.

Today, we have worked with more than 100 families all over the world. Several awareness programs including open programs have been conducted all over the world. ARC project is being implemented in two NGOs in Bangalore, APD and WARDS, for over four months now. The work has begun with 10 children of varied disabilities. Parents and teachers have expressed their immense satisfaction that they already see significant improvements in the children.



Awareness Program-Regalis Oxford Bookstore

Awareness Program (Malay sia Office)



ARC Project in News

Aashwasan Silent World Project

The Silent World department offers services 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.

The department is coming up with a sign language book and sign language video in English and Kannada language for speech and hearing impaired members of society. The department has also started rendering counseling services for hearing impaired people.

The department is starting sign language classes from mid of January 2008 at NRID deaf school, Bangalore for teachers and students



Ramakrishna Reddy, Head-Silent World Department – received "Adarsh Vidya Ratna Award" from Adarsh Vidya Sangh on the occasion of Teacher's Day.

Aashwasan Creative Debate (ACD) – The Eastern Approach

Creative Debate, a cooperation initiative, was launched in schools on August 2007 on the 24th of the 25th at JSS Public School (BSK) through an interschool event. The Six schools participated in the event are JSS public School (BSK), JSS Public School (HSR), Indus International School, Florence Public School and Presidency School. Patrons of the initiative, Dr. Ali Khwaja - Chairman of Banjara Academy, Dr Jaysankaran - Director of Barhiadasan Institute of Management, Prof. Balaji C - Senior Director, Symphony University and Prof. Krishnan - Dean, MATS School of Business formed the panel of judges. After two days of joyful debate, the students came out with ideas that brought admiration from the best of the industry. Students strongly felt that these initiatives should be brought to schools and standardized as a practice.

Subsequently, Creative Debate was implemented with 35 students of 7th standard in Mallaya Aditi in 2007. Objectives of the program were jointly worked out with the class teacher. One of the major concerns was that the students bullied each other and teachers. The teachers were keen to find a solution to this problem. A customized program was put together for the class that involved creative debate and group aura harmonization. During the session the students were not only exposed to the process of creative debate (and through it the spirit of Coopetition,) but also discussed relevant topics handpicked by the teachers. By the end of the 4 hour session students felt united and saw resolutions for some of the problems they were facing. Three months later the teachers said that the students were handling issues within themselves and sought support only when required. They felt that the result of the program exceeded their expectations.



Aashwasan is looking forward to.....

Aashwasan plans to extend Creative Debate and Coopetition movement to many more schools. Eventually this will be an integral part of the Humanistic Science curriculum because a blend of Science and humanity is essential for all round development of the society.

Aashwasan and SOF come together to promote, for the first time in the history of education for Humanistic development of Science. The project will begin in Bangalore in the early part of the year.

Aashwasan initiate projects.....

- Aashwasan's Cancer Project
- Aashwasan's De-addiction and Rehabilitation Project
- Aashwasan's Multiple Sclerosis Project
- Aashwasan's Alzheimer's Project
- Aashwasan's Depression Project
- Aashwasan's Environmental Projects
- Aashwasan's Empowers Silent World
- Aashwasan's Women's Empowerment Project
- Aashwasan's Rehabilitation Project for survivors of Child Abuse
- Aashwasan's Transgender Project

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, 2nd 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.

DH Education

DECCAN HERALD III

Thursday, May 24, 2007

Moving towards coopetition

Over-emphasis on competition can lead to stress. The answer is coopetition - where one wins *with* others and not at their expense.

"It is a dog eat dog world out there".

You have to run to stand still. These are the snapshots which most of us are exposed to in the modern world. Competition is such an all-pervading aspect of most people's lives, it has defined our activities, our schedule, our career paths and even our mental state. At a very early age children are told, that the world out there is extremely competitive, that they have to learn new skills every day that it is all about becoming better than your neighbour, your colleague, your peer or your friend. The net result is - runaway stress, never ending set of activities and a feeling of disconnectness from the community.

While there are some aspects of competition that are beneficial, overemphasis on competition to the detriment of everything else, does not lead to a healthy state of being. Competition has extended itself beyond the corporate world. It drives our personal world - notice that much of our ambitions or personal goals are determined by the need to be better than our friends, neighbours or relatives. How many times have

children heard this "Look at your brother, he is doing so well in studies. Can you not learn from him?" Various systems in schools are designed to promote competition.

The flip side of competition is coopetition. While competition assumes that the world out there is the result of a zero sum game, coopetition presupposes that the pie itself can be extended to accommodate new players. A zero sum game has losers and winners, that people win at the cost of others. The emphasis therefore is on winning. Competition is the essence of this. Coopetition on the other hand states that it is possible for everybody to win. Most aspects of this world is not a zero sum game. You can win with others and not at the expense of others. What does coopetition need? Simple things - it asks for empathy among fellow beings, the ability to listen, building positive energy among a team and working hand in hand towards a common goal. Coopetition builds a remarkable state of positive energy in a group. A group becomes much more powerful than the mere addition of people

in the group. Coopetition at its best gives the impression that the group consists of just one individual. Coopetition is most successful when bonding in a group happens at all levels - physical, psychological and spiritual.

People have in the past collaborated together to create a bigger pie. Now, the complexities of demands placed on individuals, institutions and organisations demand that coopetition is not only employed in times of crises but becomes a way of life. Coopetition though an important part of learning impacts the collective and then affects the individual in the long run.

This is not an individual issue, it is a collective one. We not only have to acknowledge that this is critical and but realise that coopetition becomes a way of life at a very early stage. We need to acknowledge that what we need to redefine what being the best actually stands for. We need to look forty years ahead and work backwards. We need to realise that our way of life as we know it, today needs to transform.

R Ravi

Aashwasan in Malaysia.....

Aashwasan conducted an event at Kuala Lumpur & Selangor Indian Chamber of Commerce and Industry on 3rd of Dec 2007. The event was on **21st century transformative leadership**. The purpose was to bring the true essence of today's leaders which can be encapsulated in the **4Cs - Clarity of thinking, Courage of action, Compassion and, Conviction**. The intent to design this program for leader of today is to feel grounded, make strong and correct decisions and implement them boldly.



Aashwasan Esteemed Contributors.....

Individuals

Mr. B S Badriprasad, Bangalore
 Mr. Ramesh R, Bangalore
 Mr. N Hakeem, Bangalore
 Prof C. Balaji, Bangalore

Companies

M/s Samarth Consultants, Bangalore
 Science Olympiad Foundation, Delhi

Aashwasan Associates with.....

Bangalore Management Academy Pvt. Ltd, Bangalore
 Banjara Academy, Bangalore
 Mahaveer Academy of TEC & SC, Bangalore
 The Association of People with disability [APD], Bangalore
 Welfare Association for Rehabilitation of Disabled & Society [WARD S], Bangalore
 Negeri Sembilan Chinese Maternity Hospital & Medical Centre [NSCMH & MC], Malaysia

Aashwasan Links of the Month.....

http://www.aashwasan.com/news/new_earletter.htm
<http://www.aashwasan.com/images/TL.doc>
<http://www.aashwasan.com/images/teatak.doc>
<http://www.aashwasan.com/news/transformation.htm>
<http://www.aashwasan.com/news/thestar.htm>

Testimonial.....

I have been bringing my son to Aashwasan for nearly a year. We did see good change in him. His anxiety and fear have become less; people have told his face has become more clear after two sessions.

- His burping after eating is there occasionally.
- His comprehension and awareness has improved
- His socialization and his flexibility too has improved
- His curiosity and thinking skills have increased
- His therapies seem to have faster effect than before.

I feel the healings facilitated him to grasp the concepts better. My son feels very happy and excited whenever a healing session is scheduled which tells me that he is getting some good experience here, which is not able to explain with someone in near future. - Mother of an autistic child

For more details log on to <http://www.aashwasanfoundation.org> or Email at abhishek@aashwasan.com

Aashwasan in News.....



Working together: Dr Tan-Wong exchanging documents with Nilai International University College vice-president (academic) Datuk Dr Sothi Rachagan. With them is Lai.

Non-profit hospital out to raise funds

SEREMBAN Close to RM3mil has been raised so far for the redevelopment of the Negri Sembilan Chinese Maternity Hospital, the only non-profit medical entity in the state. Project fund-raising committee chairman Datuk Peter Lai said response from the public was encouraging, adding that RM20mil had to be raised. "We hope more will step forward to help," he said, adding that RM15mil will be spent for the redevelopment and the rest on equipment. Hospital president Datuk Dr Nellie Tan-Wong said the 105-bed hospital would be the biggest in the state. "We will be a non-profit hospital and patients need pay only RM10 for outpatient

treatment," she said, adding that the hospital, established 75 years ago, now had 70 beds. There are also plans to set up a nursing school at the hospital, under a tie-up with Nilai International University College. Dr Tan-Wong said the hospital planned to woo medical tourists from Sumatra, adding that six doctors had visited Dumai in Indonesia last month for the purpose. She said the hospital was also negotiating with India's Aashwasan Life Enhancement Services Pvt Ltd chief executive officer Rashmi Aiyappa to open a counselling clinic at the hospital. A fund-raising dinner, to be attended by MCA president Datuk Seri Ong Ka Ting, will be held at Allison Klana Resort on Oct 6.



From the Editor.....

**Aashwasan wishes everyone a very
 Happy and Prosperous New Year.**

Photo Gallery.....



Memento to Rashmi Aiyappa from Dato' Nellie Tan
President of Women Institute of Management, Malaysia



Program by Rashmi on Traxx FM Radio Channel,
Malaysia



Event hosted by Tan Sri Gopal ingham –
Chairman of WestPort, Malaysia



Client gathering in Aashwasan Office-Malaysia



Meeting with the Malaysia Associated Indian
Chamber of commerce & Industries



Public forum at MPH Book store, Malaysia