

Special lives... Special Journeys

Life is precious. What makes it more precious and special is the journey we take through multifarious moments of joys and sorrows, fulfilled expectations and broken dreams, known banalities and unknown surprises. A combination of choice and destiny, life feels like a wave of crests and troughs that ebb and flow, creating tides of experiences.

We bring to you a basket of events that were a consequence of journeys of many lives and paths for many more to walk on. Read on to walk these journeys with them...

children with Autism. The event began early in the morning at 7 a.m. with an inspiring opening speech by the Chief Guest, Dr. Sathyapal, President, National Road Safety Organisation. A warm up session of "Zumba" by the vibrant Ishwarya Venkatesh set the tone for the Walkathon. Flagged off by Dr. Sathyapal and Dr. Anthony from Civil Defence Division, the walkers took off on a three kilometre stretch and finished at Aashwasan office, where they were greeted by some high energy celebrations and a delicious breakfast.

Bensahayan Nithin, a nine-year-old boy with "Autism" not only participated but completed the three kilometre Walkathon without taking a break. Adithya Venkatesh, a seventeen-year-old with Autism, not only walked for the cause of Autism, but also played beautiful Bollywood songs on his keyboard and had everyone swaying to his music. Shagnik Sett, a seven-year-old boy with Autism, exhibited his stunningly meticulous paintings of trains at the show. His mother, Sujatha, expressed with delight that her son's 'Autism' was a blessing in disguise and how coming to Aashwasan has increased the acceptance levels in both her and her husband. A ten-year-old singing prodigy, Rishabh, stood up for the cause of Autism and sang a Beatles number and children's all-time favourite song 'Hakuna Matata' on his guitar.



Life beyond Autism

April 2 is observed as World Autism Day! This day is earmarked to acknowledge the travails and triumphs of children and adults with Autism, their parents and all other stakeholders who relentlessly work towards bringing in new perspectives, interventions and disseminating knowledge in Autism related circles.

The 14-year long journey of Aashwasan with hundreds of children and their families has been a deep reassurance that Life doesn't stop with Autism. Life goes beyond Autism!

WALKATHON for 'AUTISM AWARENESS'

Aashwasan wore a blue look on the morning of the last Sunday of April. Blue balloons and blue lights had been adorning Aashwasan office for the whole month of April as that is the colour of Awareness and Acceptance of Autism. People gathered at Aashwasan office around 6.15 a.m. in blue T-shirts, all prepared to walk for the cause of Autism.

Aashwasan Foundation had organized a Walkathon for Autism Awareness in the Kalyan Nagar area in Bengaluru, India - on 28th April 2019. The theme of the event was celebrating "Life beyond Autism" and true to its name, the event also featured a talent show by

All these children were gifted with a memento from Aashwasan and every walker was awarded a participation certificate. The event ended with a vote of thanks to one and all, including the supporters and sponsors.

WALK IN THEIR SHOES

"Walk in their shoes" is an initiative by Aashwasan Foundation to build an inclusive society by generating awareness about the struggles and hurdles that children and adults with Autism face in reaching their full potential. Under this initiative, Aashwasan Foundation organized an Autism Sensitization Program at Epiance Pvt. Ltd, a software product company on the 30th of April, 2019 in Bengaluru, India. Aashwasan practitioners shared about the need for jobs to be provided to people with Autism so that they also live an active, productive and fulfilling life.

Vidhya Venkatesh, a mother of a teen with Autism, Adithya, shared her journey which had people choke with emotion. Now, a well-known young musician, Adithya gave a scintillating performance of popular songs from Tamil, Hindi and English on the keyboard. The month of Autism Awareness and Acceptance culminated with this program.

Spirit-U-All®
Conversations that enlighten lives

We see life unfolding in contrasts. Day exists along with night, love with fear, trust with doubt, abundance with lack and peace with chaos! Our experiences in life also are felt, responded and articulated in contrasts - positives and negatives. Is it possible to take experiences as they are and not know them as positive or negative? Is it possible to be in a zone of as-is? What would that mean? How would that feel? Would life feel any different? This was the essence of the space of inquiry, **Spirit-U-All**. People from all walks got together on 4th May, 2019 in Bengaluru to be a part of this unconditional and non-judgmental space created by Aashwasan to facilitate a journey for people to share, express, introspect and inquire into the secrets of life experiences.

What emerged was a seamless and spontaneous interaction between the participants, who revisited their lives, inquired into their experiences and expressed what they were going through - their emotions and their thoughts. This not only brought relief but also helped them understand their experiences. These conversations took them through an inward journey and made them see how their predetermined identities,

It was very well done. I felt very happy in being in the event, I experienced a lot of positive energy. I could also clear many doubts about myself and my life situations, thank you for that. I have experienced myself very clear and got more deeper into myself to understand what I am going through. I felt very relaxed and lively. Thank you for a beautiful experience.
- shared a young student with learning difficulties

It was very nice to see people coming together to support each other even though they were strangers. During the event, it felt as if I lost track of time and wanted the event to last even longer. And this experience has been true for all the events of Aashwasan I had been part of.
- shared a freelance film-maker

I think it was a great concept. It gave a great platform for those spiritually inclined or finding themselves to share experiences, thoughts etc. The interaction opened some more facets where I realise I need to work on. I think the way it was organised it made people feel safe to share their experiences.
- shared a seeker of spirituality



conditioning, notions and judgments do not allow them to be in the moment and limit their experience of themselves.

People resonated with the queries and experiences of one another and stood by those who shared their vulnerability. Many felt a deep sense of relief that they found a space to bring out questions that remained unexpressed in them for years. They felt they were not alone in this journey of self. As people bonded through the conversations, a group energy session was facilitated. And in that silence, people found a sense of oneness within and with each other.

The program was a new concept for me and it was flawlessly organised. The organisers were very polite and loving. I really enjoyed the positive space that was created without judgement. The topic of discussion was very well chosen and I had a lot of takeaways from the session in terms of different perspectives that were put across. It gave a lot of clarity and a firsthand experience to be ourselves from a different angle rather than the usual manner.
- shared a homemaker

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A special cause to run for...

Aashwasan Foundation has been participating in the “TCS World 10K Bengaluru” Marathon continuously for the last four years to bring visibility of the path-breaking approach of Aashwasan Science™. On 19th May, 2019, Aashwasan Foundation participated in the marathon to raise awareness and funds for the cause of nature preservation in human beings. Aashwasan Foundation was recognized for its powerful message and innovative presentation and awarded with a cash prize that will be used to create awareness and offer support to the underprivileged.



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 We will keep you posted on our events and update you about our activities.
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