

Aashwasan shows fitness through lifestyle



The audience is given tips to lead a health life at the programme organised by Aashwasan. —DC



At a time when the world is facing a health crisis, 'Aashwasan', a spiritual science organisation conducted a programme on 'Lifeless Style' in the city to bring new insight into the understanding of lifestyle issues.

An WHO estimate places the total number of deaths

under 60 years at 9 million people. Unhealthy lifestyles have been attributed as the cause for various diseases. The amount of research and resources being spent to create awareness, diagnose and treat these diseases are creating overwhelming impact on the socio-economic state of the country.

Headquartered in Bengaluru, Aashwasan practitioners held an event at Nageswara Rao Park in Mysore.

The programme introduced the organisation and

the unique science brought forth by world renowned spiritual scientist, inventor and social innovator, Ms Rashmi Aliyappa. They talked about the genesis of this science, a science which was discovered with deep knowledge of life's mechanism - its creation and experience.

Over 80 people attended the event. There were two clients - Vaidehi Srinivasan and Vidhya Venkatesh - who shared their experiences as to how their lives were transformed with the support of Aashwasan.