

Dear Sir,

Greetings from [Charista Foundation](#).

I am Shilpi Das Chohan, Founding Trustee of Charista Foundation.

We are a registered public charitable trust working towards the causes of psychological care of the elderly, aiming at supporting the artistic aspirations of underprivileged children, uplifting the lesser-known performing artists, reviving the dying handicrafts of India and supporting the artisans, as well as a cleaner and greener planet.

We seek your support and interest in organising a **Group Sound Meditation/Healing Session** on 1st October 2023, Sunday from. 11:00Am-1:00PM or 3:00-6:00PM, for the Indian Army Veterans and Senior Citizens, to observe **International Day of Older Persons** marked by the United Nations to create awareness about caring for the ageing community and to remind ourselves that ageing is inevitable.

The sudden spike in death rate is proof of the presence of the silent killer called 'stress' that stems from lack of **emotional wellbeing**. Stress, loneliness, age-related issues result in health disorders like memory loss, Alzheimer's, Parkinson's, Dementia apart from physical ailments. We can feel the stress, we can see it all around us.

Wellness enthusiasts are constantly on the lookout for innovative avenues to rejuvenate and de-stress. Our aim is to create awareness about the idea of harnessing the power of **cosmic sound vibrations** through the **Himalayan Singing Bowls**, a way of wellness that is **ancient, holistic and scientific**. The uniqueness lies in its **non-invasiveness** and ability to heal our bodies at the cellular level that **strengthens the mind and enables emotional stability** in individuals.

Sound Meditation or **Sound Healing** though ancient, is now being recognised as our saviour, in bringing us health benefits scientifically by uplifting our mood, reducing anxiety, calming our nervous system by entraining our brainwaves. **Group Sound Meditation Programs** ensure **wellness and positive energy** at workplaces, communities etc. contributing to **enhanced productivity and collective wellness**

We want to encourage everyone to not only adapt to this alternative wellness therapy for themselves, but also gift it to their ageing parents as these sessions are remarkably impactful on the **degenerating brain cells** and have the power to arrest memory loss in the ageing community. It's all about energy, atoms, frequency and vibrational balance that is also the foundation of **collective consciousness & wellness**.

Sound Energy is the source of our existence and Sound Energy is the future of our wellness as well.

I am attaching the brochure and sharing a link here for more information along with my profile for your reference.

<https://shilpivoiceandvisuals.com/the-power-of-sound-energy-sound-healing/>

Venue: RSAOI

Space: An enclosed area that can accommodate at least 40-50 persons in lying down position

Audience: Indian Army Veterans, Senior Citizens & currently serving officers

Date: 1st October 2023, Sunday

Time: 11:00 AM -1:00 PM or 3:00 - 6:00 PM

Donation: 1000 INR per participant, specially discounted for our Army personnel vis-a-vis 3500 INR

Supporting A Cause: The donation raised is spent on healing the underprivileged elderly adding to your spiritual wellness

Warmest regards,

Shilpi Das Chohan

+91 9902077066

<https://www.linkedin.com/in/itsshilpisvoice/>

C-Suite Voice Coach | Voice Artist | PoSH & DEI Trainer | Certified Sound Healing Practitioner | Author

Founding Trustee ~ [Charista Foundation](#)