
Restarting Holistic series-2022 & Congratulating Dr. Lakshmanan O C

1 message

Handi-Care Intl. NL <newsletter@handicareintl.org>
Reply-To: "Handi-Care Intl. NL" <newsletter@handicareintl.org>
To: Sulo <info@handicareintl.org>

Sat, Apr 2, 2022 at 3:02 AM

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Newsletter 197 - April 1, 2022

Dr. V. I Lakshmanan receives ORDER OF CANADA

Handi-Care Intl., is very proud and honored to announce that one of our ardent supporters **Dr. V.I Lakshmanan has received the 'ORDER OF CANADA'** - a very prestigious recognition from the Govt. of Canada. Read his exceptional achievements *here*.

As a small token of appreciation, Handi-Care's president Sulo Krishnamurthy, presents him with a plaque on behalf of Handi-Care Intl., at a community function to felicitate him on March 26, 2022.



L to R: Dr. Chokkalingam, Gita Sankaran, Sulo Krishnamurthy, Dr. V.I. Lakshmanan, Sarada Lakshmanan, Srinu Srinivasan, S. Kalyanasundaram



Dr. Lakshmanan visited [Amar Seva Sangam](#), our partner organization in 2017. The photo above is taken with President Ramakrishnan and Secretary Sankara Raman (in the center in wheelchairs) of Amar Seva Sangam at their Campus in Ayikudy, Tamil Nadu, India.

Starting Holistic Living Program 2022

Please register for our free Online Suddhi Kriya (breathing exercise) and Asanas (Yoga postures) and gain great health benefits. 16 weeks of program, starts on

Sunday, Apr 3, 2022 - 10:30 AM

Free Holistic Living Program - 2022

Shuddhi Kriyas & Asanas

16 Weeks Session

**Starts on
Apr 3
Sunday!
10:30 to 11:30 am**

REGISTER NOW

Chitra and Kunal Shah



Dear Sulo,

Suddhi Kriya -2022 by Chitra and Kunal Shah

Chitra and Kunal Shah have been associated with Ambika Yoga Kutir in Toronto since 2001 and have been teaching yoga for the past 21 years. They will be running a one-hour yoga class for 16 weeks starting on April 3rd, 2022.

In these classes you will learn:

1. **Suddhi Kriyas: cleansing techniques including breathing exercises to improve respiratory system function and enhance utilization of lung capacity.**
2. **Asanas (Physical postures): including micro warm-up exercises to increase joint mobility, muscle flexibility, and to help develop balance and strength.**
3. **Concentration and meditation practices: to reduce stress, relax the body and the mind, and sharpen the intellect.**

[Click here to watch an intro video from the teachers](#)

Date & Time : Apr 3, 2022 Sunday 10:30 am EST

You must register to get your Zoom Link: <https://us06web.zoom.us/j/9101562520>

Gift Certificate:

Give a **GIFT CERTIFICATE** to someone you love for their Birthday / Wedding Anniversary / any significant occasion.

Do you want to celebrate someone's Birthday or Wedding Anniversary or any important occasion? You can now send them a Gift Certificate which would be a donation to Handi-Care Intl. on their behalf. You can select from options to feed the children on that special day or put the money towards buying an assistive device for a child in need or just a general donation. Please [CLICK HERE](#) to fill out your form and send the Gift Certificate to someone special on his/her special occasion.

Current campaigns, requiring your help

1. SPONSOR 100

Help us achieve sponsorship of 100 children from the 'Sponsor 100' project in the [Early Intervention](#) program where **4,700 children** are enrolled. With as little as **\$35 per month per child**, you can transform the lives of these children.

Your donation will be used for [rehab therapies and training](#).

Upon sponsorship, you will receive: Official Tax Receipt, a Photo, profile, and details of initial assessment, Updated progress reports twice a year there after

2. [Assistive devices for the differently abled](#) [An Urgent Need](#)

Close to 5000 children and youth with various disabilities at Amar Seva Sangam, India, are supported by Handi-Care Intl. Many of them need essential mobility devices and equipment **which they cannot afford. This includes hearing aids, walkers, wheelchairs, supportive chairs, orthotics, magnifiers, standing boards, and other assistive technology.** Please [click here](#) for complete details. **We request your support for this much-needed program. The list of beneficiaries and their requirements are listed by name. [See the list](#)**

Please add our email addresses, newsletter@handicareintl.org, and communication@handicareintl.org, phone number, 647-853-4419 to your contact list so our emails/messages can reach your inbox.

Thank you!

Warm Regards,

Handi-Care Intl. Team



Handi-Care Intl. Registered Canadian Charity #BN889046397RR0001
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