

MEERA GANDHI

FORGING AHEAD WITH HER MESSAGE OF PEACE AND JOY



Meera Gandhi is a well known humanitarian, philanthropist, social activist, mother, businesswoman and mental wellness advocate who divides her time between New York City, London, Mumbai, Dubai and Hong Kong.

Following the launch of her latest book — **3 Tips: The Essentials for Peace, Joy and Success**, Meera explores the topics of self-guidance and preserving spirituality while meeting modern demands. In the time, Meera breaks down her complex life learnings on 52 subjects into three easy to follow, with easy practical tips that anyone can incorporate into their lives.

While her latest book is doing rounds with accolades being showered upon it, her first-ever book she had authored touches upon the people who have inspired her to venture out into her philanthropic dreams.

The coffee table book – called ‘**Giving Back**’ – was published worldwide in the latter half of 2011 and narrates the stories along with stunning imagery from 75 charities who have devoted their lives in deeply personal ways to philanthropic causes.

As Founder and C.E.O of The Giving Back Foundation, Meera



has dedicated herself to making a difference through her commitment to enhance the lives of others and create a more just world. **She is on a mission to spread positive energy and a message of well-being, and she believes that ‘giving back’ is the way to move forward as a race.**

“I believe we have all the answers we seek inside us. So, if we are in perfect harmony with the universe by simple measures like eating right, sleeping well, and not letting stress get the better of us, we can make the best decisions for ourselves almost intuitively,” she says.

Meera has devoted her life to working for the betterment of children, the disadvantaged, and the differently-abled. Her passion for making a difference at the grassroots is directed through **The Giving Back Foundation®**.

The organisations avowed aim is to act as a catalyst in creating a new generation of leaders and thinkers

from poor urban and rural communities around the world, particularly amongst women and children. The foundation focuses on educating and empowering, catalyzing positive dialogue and breaking the taboo against mental health to promote a holistic living concept. **M**

“ We are to the universe only as much as we give back to it...”