

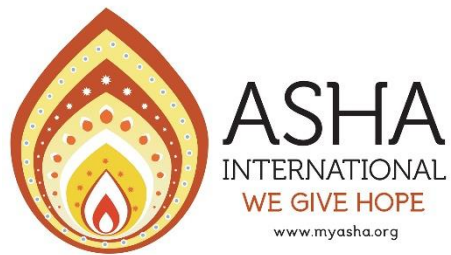
Discover the Light Within

Gayathri Ramprasad, MBA, CPS

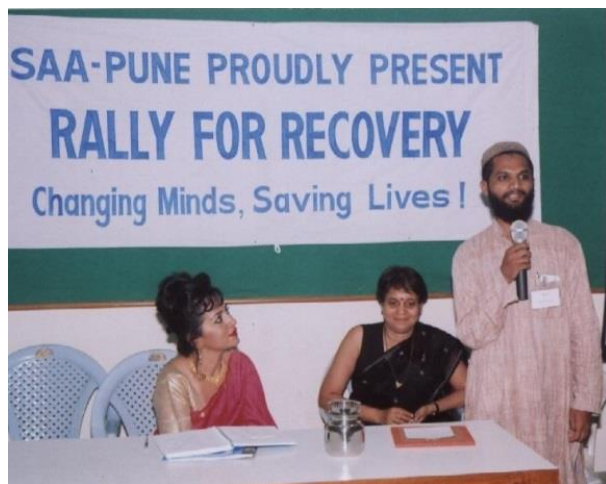


Daddy's Little Princess





Bringing Hope & Healing to People's Lives





ASHA
INTERNATIONAL
WE GIVE HOPE
www.myasha.org

Join the Movement!

Share Your Story. Give Hope. Change Lives.

my story...

MY SUPERPOWER

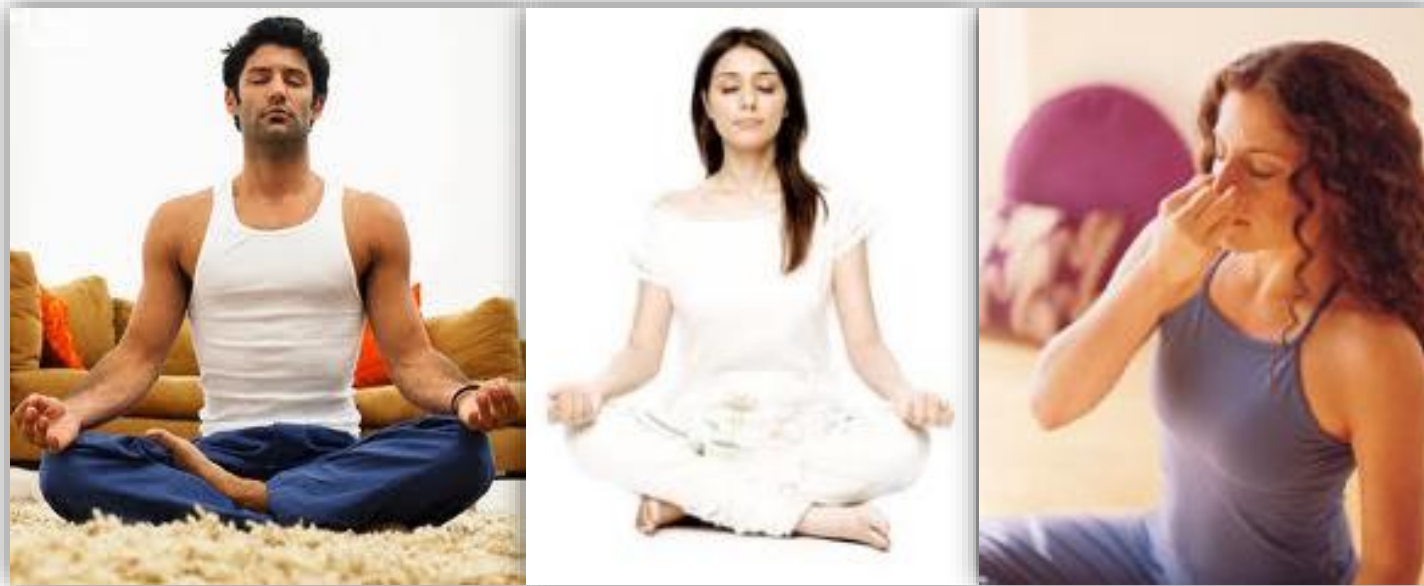
Aida the Angel





The Story of Dr. Michael J. Fox





“Your mind can elicit a healing response
when even conventional medicine has
proven ineffective.”

- Dr. Andrew Weil

Wellness Begins With Me!



The Power of Intention



“You are what your deepest desire is.
As you desire, so is your intention.
As your intention is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny.”

- Upanishads

The Four Pillars of Resilience & Wellbeing



- ❖ Peers
- ❖ Family Members
- ❖ Healthcare Providers
- ❖ Community



*It takes a village to raise a child;
it takes a community to care for humanity.*



*Fear not the darkness in your life.
For it is in your darkest hour that you will
discover the light within!*