

## TLLLF Appoints Ananth Narayanan to its Board of Trustees

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**Narayanan is the Co-founder and CEO of Medlife**



The Live Love Laugh Foundation (TLLLF) has announced the appointment of Ananth Narayanan to its board of trustees. Narayanan is the Co-founder and CEO of Medlife, India's largest e-health company. Previously, he was the CEO of Myntra – Jabong. He has also served as a Senior Partner at McKinsey.

"I have known Ananth over the last couple of years and I must admit that during this time, I hoped that one day we could have the privilege of having him on our Board. I am absolutely thrilled that after having followed the work of the foundation, he saw merit in what we do and has agreed to join us. His expertise and insights will be invaluable for us in the years to come," said Deepika Padukone, Founder, The Live Love Laugh Foundation.

Narayanan, said, "India is affected with the same level of mental health issues as anywhere else in the world which makes awareness and research important. This can have a massive impact in the way we look at mental health and help address the stigma surrounding it. While awareness is key, there is also a need to look at how to solve problems at scale. One way to do this is to make use of technology. I have followed the work of TLLLF for over two years now and I am happy to now have the opportunity to guide the foundation's work with the other members of the team. It is a way for me to give back to society and learn more about mental health in the process."

Anna Chandy, Chairperson of the Board of Trustees, TLLLF, said, "Ananth is well-known for his ability to actively problem-solve and achieve long term impact. I am glad he has agreed to offer his time and expertise to TLLLF. With his credentials, I

am sure we will be able to channel TLLLF's efforts towards building solutions that make mental health awareness and support easier to obtain. I look forward to working with him as we scale our activities in the years to come."

The Live Love Laugh Foundation (TLLLF) was set up in 2015 as a charitable trust to give hope to every person experiencing stress, anxiety and depression (SAD).