

NOURISHING FUTURES: NUTRITION AWARENESS SESSION FOR WOMEN IN ASHARITHARA

20TH JUNE 2025



UNMASKING THE TRUTH BEHIND PACKAGED FOODS

Project Coordinator Sreeja presented a compelling discussion on the often-overlooked dangers in everyday packaged food items. She explained how ingredients like added sugars, preservatives, and artificial flavoring agents can silently harm hormonal health and metabolic balance.



HANDS-ON LEARNING FOR HEALTHIER LIVING

The session featured practical workshops where women explored nutritious alternatives to common processed items. The initiative sparked a wave of curiosity and motivation, encouraging women to adopt cleaner, more conscious eating habits. This session marks the beginning of a local health movement rooted in awareness, sisterhood, and sustainable wellness.



HEALTH BEGINS WITH HER – NAIRUJYA BHARAT UNDER SASHAKT NAARI INITIATIVE

As part of the Oleevia Foundation's **Nairujya Bharat** program under the **Sashakt Naari Initiative**, a nutrition awareness session was conducted in Asharithara, Marutharoad Gramapanchayat, focusing on women in their reproductive years. Led by Chief Project Manager and Psychologist Gautam Ramakrishnan, the session emphasized the role of nutrition in ensuring overall well-being, maternal health, and future family health. Women learned **how informed eating habits can prevent disease**, boost energy, and promote healthy pregnancies. The atmosphere was interactive, with strong community participation and practical demonstrations that inspired lasting lifestyle changes. Participants were surprised by how widespread and misleading food marketing has become—and learned how to **critically read labels and ingredient lists**. They practiced identifying harmful ingredients and shared traditional knowledge on wholesome diets.