

SASHAKT NAARI OBSERVES INTERNATIONAL YOGA DAY WITH NUTRITION AWARENESS AT KALLEPULLY

21 JUNE 2025

In celebration of **International Yoga Day**, the **Oleevia Foundation** organized a **nutrition awareness session** at Kallepully Anganwadi, Kallepully Panchayat under the **Nairujya Bharat program of the Sashakt Naari initiative**. The event focused on women in the reproductive age group, highlighting the deep connection between nutrition, physical vitality, and emotional balance. Chief Project Manager and Psychologist Gautam Ramakrishnan led an insightful session on how holistic well-being begins with the food we eat and the lifestyle we choose to live.



UNPACKING THE TRUTH ABOUT EVERYDAY PACKAGED FOODS

Project Coordinator Sreeja took the participants through an eye-opening session on the dangers hidden in commonly consumed packaged foods. She explained how additives like preservatives, artificial colours, and refined sugars can contribute to hormonal imbalances, obesity, and chronic illness. The women learned how food marketing manipulates perception and were taught to read labels and spot harmful ingredients in everyday grocery items.



INTERACTIVE LEARNING WITH REAL-LIFE NUTRITION EXERCISES

Hands-on workshops were a key highlight of the event. Women practiced reading product labels and comparing nutritional values. They were introduced to healthier, affordable alternatives using traditional local foods. The practical activities made the learning relatable, and the participants left with actionable knowledge to improve their diets at home. The session encouraged simple, everyday choices that could lead to long-term wellness.

EMPOWERING WOMEN, STRENGTHENING COMMUNITIES

By combining the spirit of **International Yoga Day** with grassroots health education, the session became more than just a celebration—it was a movement toward **empowerment**. The women of Kallepully Panchayat left the program informed, inspired, and motivated to take charge of their health and spread awareness within their circles. Oleevia Foundation, through **Sashakt Naari**, continues to build a future where women are at the **forefront of wellness revolutions**—starting with small, meaningful steps that lead to stronger, healthier communities.

"When women nourish their bodies with wisdom, they nurture the health of generations."



“CAPTURING
MOMENTS”

