

FOOD FOR THOUGHT: EMPOWERING WOMEN THROUGH NUTRITION AWARENESS

13TH JUNE 2025



REVEALING THE HIDDEN DANGERS IN DAILY PACKAGED FOODS

Project Coordinator Sreeja sensitized the group about the alarming ingredients hidden in common packaged foods we consume daily—such as excess sodium, synthetic additives, and misleading labels.



PRACTICAL TOOLS FOR LASTING CHANGE

The session included practical, interactive workshops where participants read labels, learned to decode nutrition charts, and explored local, healthy food alternatives. The women responded enthusiastically, sharing their own food habits and committing to spreading awareness in their communities. This session marked a crucial first step in making nutrition a grassroots movement for women's empowerment and well-being.



A STEP TOWARDS A HEALTHIER GENERATION UNDER SASHAKT NAARI INITIATIVE

As part of the **Nairujya Bharat** program under the Oleevia Foundation's **Sashakt Naari Initiative**, a special awareness session was organized for women in the reproductive age group to foster informed nutritional habits in Vadakumuri Panchayat. Chief Project Manager and Psychologist, Gautam Ramakrishnan, led the session, highlighting the **deep connection between nutrition and physical, emotional, and reproductive health**. The session aimed to empower women to make healthier dietary choices for themselves and their families. Hands-on **workshops and real-life case** discussions helped participants understand practical steps toward mindful eating and long-term wellness.

