

Sashakt Naari Empowers Women Through Nutrition Education at Kandathpara



Project Launch under Nairujya Bharat

As part of the **Nairujya Bharat program** under the **Sashakt Naari Initiative**, the Oleevia Foundation conducted an impactful **nutrition awareness session** for women in the reproductive age group at Kandathpara, Marutharoad Gramapanchayat. The session was led by Chief Project Manager and Psychologist Gautam Ramakrishnan, who highlighted how **balanced nutrition plays a critical role in a woman's physical, emotional, and reproductive health**. With engaging discussions and relatable examples, the session aimed to equip women with practical knowledge to make **healthier food choices**, not just for themselves but for their families too. The event saw active participation and genuine curiosity from the local women.

Exposing the Everyday Hazards in Packaged Foods

Project Coordinator Sreeja educated participants about hidden health threats in popular packaged foods. From excessive sugars to artificial chemicals, she explained how daily consumption of these items affects hormone health, metabolism, and long-term wellness.

Learning Through Doing – Hands-On Nutrition Workshops

Participants engaged in interactive workshops where they practiced reading food labels and comparing nutrition values. They were introduced to natural and affordable alternatives rooted in local traditions. These exercises helped demystify food marketing and gave women tools to make conscious, informed dietary choices in their households.

A Beginning for a Healthier Community

The initiative sowed the seeds of a healthier, more informed community. Women left the session feeling empowered and motivated to spread what they learned. With this small yet meaningful step, Sashakt Naari is nurturing a culture of preventive health and wellness, driven by awareness, access, and local leadership.