



MONDAY  
11/08/2025

# INSPIRING HEALTHY CHOICES AMONG WOMEN IN NETTISSERY, THRISSUR



## Interactive and Insightful Learning

Through a mix of storytelling, fun quizzes, and relatable real-life examples, the session broke down complex nutritional facts into simple, memorable lessons. Students learned to decode food labels, identify hidden sugars and fats, and make smarter choices when faced with tempting junk food. The energy and curiosity in the room reflected a genuine interest in adopting healthier lifestyles. Beyond facts and tips, the session inspired students to take ownership of their health. Discussions on mindful eating, hydration, and balanced diets created a sense of empowerment, with many promising to share their learnings with friends and family.



## Session in Nettissery, Thrissur for nutritionally empowering women

The Oleevia Foundation recently conducted an engaging Food for Thought session for students in Nettissery, Thrissur. The program aimed to spark awareness about the connection between food and mental health. Students enthusiastically participated, discovering how daily eating habits influence mood, focus, and long-term well-being. The project was under Oleevia Foundation's Project Sashakt Naari and Nairujya Bharat initiative.

## Guided by Visionary Leadership

Teachers acknowledged the importance of such sessions in shaping not just academic success, but the overall development of young minds. This impactful initiative was executed under the visionary guidance of Shri Krishnakumar K T, Chairman and Managing Director of Oleevia Group, whose commitment to community well-being continues to drive meaningful change. Food for Thought reflects the Foundation's mission to build a healthier future by starting with the youth. The success of this session in Nettissery is yet another milestone in Oleevia Foundation's journey of creating healthier, more aware communities.