

“FOOD FOR THOUGHT” SPARKS CURIOSITY AT KENDRIYA VIDYALAYA KANJIKODE

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REACHING YOUNG MINDS WHERE IT MATTERS MOST

The “**Food for Thought**” session at Kendriya Vidyalaya, Kanjikode, engaged students of Class 9 with around 150 students in an eye-opening discussion about the **impact of food on physical and mental health**. The initiative is part of Oleevia Foundation’s broader vision to shape responsible, informed, and health-conscious citizens from an early age under **Project Sashakt Bachpan** and **Nairujya Bharat Initiative**.



BEYOND CALORIES – MENTAL HEALTH MATTERS TOO

The session didn’t stop at labels. It explored how poor nutrition affects mental health – from mood swings and anxiety to concentration and sleep. Students learned the importance of brain-boosting nutrients and natural alternatives, emphasizing food’s critical role in emotional well-being and academic performance. Brain-friendly alternatives like fruits, nuts, seeds, and hydration were introduced, planting the idea that food isn’t just fuel – it’s a powerful ally for mental well-being and a happy, focused mind.

DEBUNKING MYTHS, READING TRUTHS

The session broke open the deceptive world of packaged foods. With everyday snacks like Maggi, Kurkure, Tang, and Lays under the microscope, students explored how companies use marketing gimmicks and fine print to hide harmful ingredients. They learned to interpret labels, identify chemical additives, and recognize red flags in processed foods. The enthusiastic participation and spontaneous questions from students proved that when given the right tools, young people are more than ready to challenge what’s put on their plate.

A MISSION BACKED BY VISION

This impactful session was delivered under the visionary leadership of **Shri Krishnakumar K T, CMD of Oleevia Group**, whose commitment to community transformation continues to inspire grassroots impact. The program was designed to go beyond awareness – it aimed to spark action. Delivered in a highly interactive format, the session blended science, emotion, humor, and real-world insights to make the content deeply relatable for teenagers. Students not only learned but reflected, questioned, and committed to making better food choices. “Food for Thought” is not just a health education module – it’s a movement toward preventive wellness, sustainability, and informed citizenship. Kendriya Vidyalaya Kanjikode’s openness to innovation and collaboration made the program a resounding success. Oleevia Foundation is now preparing to scale this model to reach more schools across Kerala and beyond.