



Empower HER Wellness by Nutrition

Shoolini University organised an insightful talk on ‘Empower HER Wellness by Nutrition’ to highlight the significance of nutrition in women’s health and well-being. The event, attended by villager ladies of housekeeping staff and other women from nearby villages of Sanhol and Sultanpur Panchayat, aimed to create awareness about the role of balanced nutrition in preventing lifestyle-related diseases and promoting overall wellness. Chancellor Shoolini University Prof PK Khosla inaugurated the session, emphasising the crucial role of women in shaping a healthy society since ancient times in India. The keynote speaker, Dr. Mamta, Assistant Prof, Faculty of Bioengineering and Food Technology Shoolini University, shared valuable insights on the importance of macronutrients and micronutrients in women’s diets. She explained how proper nutrition helps prevent conditions like osteoporosis, anaemia, and hormonal imbalances. She also discussed the varying dietary needs of women across different life stages, from adolescence to menopause, and stressed the importance of hydration and physical activity for overall well-being.

The talk also addressed the link between diet and mental health, highlighting how proper nutrition can help manage stress and anxiety. The session was highly interactive, with attendees seeking expert advice on dietary recommendations, supplements, and lifestyle modifications.

Director of Sustainability, Mrs. Poonam Nanda, shared her views on the vital role of nutrition in women’s wellness, urging attendees to make mindful dietary choices. The event concluded with a vote of thanks by Associate Dean Students Welfare, Dr. Neeraj Gandotra, who appreciated the speaker’s valuable contributions in raising awareness about women’s health.

