

Time for women to realize the importance of their own wellness and invest in it -Harsimrat Kaur Badal

Inaugurates wellness conclave to celebrate International Women's Day

NEW DELHI, 2 March 2016: An Indian woman dons many hats at the same time. She juggles her day between being a homemaker, corporate leader, mother, daughter and many more such roles. A woman's life is full of challenges and in the midst of fulfilling responsibilities she often tends to ignore her own wellbeing. Hence, it is time for women to realize that their own wellness was also of importance and invest in it.

This was stated by **Ms. Harsimrat Kaur Badal, Union Minister for Food Processing Industries**, at a wellness conference on the theme '**Wellness Rules - A Proactive Family Well-being Conclave**' organized by FICCI Ladies Organisation (FLO), Young FICCI Ladies Organisation (YFLO) in association with Sleepwell Foundation to celebrate the International Women's Day, which falls on March 8.

Leading a healthy lifestyle is essential and importance of healthy living should not be ignored. This was particularly important for women who have multiple roles to play and as a result are left with negligible time to devote to themselves. The Wellness Conclave was aimed at helping women delve deeper into the concept of wellness as it encompasses topics ranging from physical, emotional, intellectual, creative, to spiritual wellness.

Ms. Badal said that there was an urgent need to change the mindset of the people and it was essential for every woman to recognize that she was special. She added that the change in mindset would come only when women would be able to bring about a transformation in the mindset of their sons and male members of the house towards women.

She said that women were considered in many households as a burden because they did not contribute financially. Hence, Ms. Badal led initiatives in her state to make women independent by providing them with skills like stitching clothes to help them earn a living and respect in the society. Highlighting her work in the area of upliftment of women in the society, Ms. Badal urged the privileged women of the society to come forth and take up initiatives to promote and encourage wellness amongst their less fortunate counterparts.

Ms. Archana Garodia Gupta, President, FLO, said, "The Conclave aims to reinforce the awareness about living a healthy lifestyle and the essential changes and choices in our daily lives which can be critical in determining our health and lifespan."

Ms. Itiva Chopra, Chairperson, YFLO Delhi, said, "Family wellness is an important topic that needs to be addressed. We at YFLO believe strongly in the importance of family in creating and shaping the person you become. We are thrilled to have got the opportunity to do this event."

Ms. Namita Gautam, Managing Trustee, Sleepwell Foundation, said, "The interdependence of women and family cannot be ignored, so it is befitting that we are holding this conclave to mark and celebrate International Women's Day. At the end of the day, women are the nucleus of the

family and when it comes to the wellness of the family – be it physical, emotional, intellectual, creative or spiritual – women are the principal stakeholders.”

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