

FICCI FLO KOLKATA'S 'THE CROWN RESET' INITIATIVE BROUGHT TOGETHER TWO THOUGHT-PROVOKING EVENTS FOR MEMBERS AND GUESTS

FICCI FLO Kolkata recently hosted two events following the theme 'The Crown Reset' — an initiative by chairperson Nidhi Jhunjhunwala for members to “reset, rethink and rise together”. The first, ‘Be a Queenopause: Rule It’, was an insightful and empowering session on menopause and perimenopause, providing members with a comprehensive guide to balancing hormones and navigating these significant phases of a woman’s life.

The event was led by two distinguished experts in the field — Nozer Sherlar, gynecologist and co-author of the book *Finding Your Balance*, and Sanjith Shetty, the founder of the Mirror app, a first-of-its-kind digital platform offering a 360-degree approach to managing menopausal symptoms.

Drawing from his extensive experience in women’s health and his published work, Sherlar shared invaluable medical knowledge and practical advice, highlighting the importance of understanding physiological changes and how best to adapt to them. Complementing this, Sanjith Shetty introduced the Mirror app, designed to help women track and manage their symptoms, connect with professionals, and access curated resources for holistic wellness.

With an impressive turnout of



Nidhi Jhunjhunwala and Sanjith Shetty



Nozer Sherlar with FLO Kolkata members



Nandita Shah



FICCI FLO Committee with chairperson Nidhi Jhunjhunwala and speaker Nandita Shah

115 members, the session offered a blend of medical expertise and technological innovation, leaving participants empowered with clarity, knowledge, and practical tools to support their health journey.

The second, ‘Mythbusting: Can Simple Foods Reverse Diseases’, was an eye-opening session on the benefits of plant-based food and its potential to reverse diseases. The event, attended by over 200 members, featured the insights of Nandita Shah, of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature). Through her pioneering work with SHARAN, Shah has been at the forefront of educating and empowering individuals to take control of their health through conscious dietary and lifestyle choices.

With her expertise in the field of Indian homeopathy, she passionately explained the science and philosophy behind adopting a whole-food, plant-based diet. She highlighted how moving away from animal products and processed foods can significantly improve health outcomes, often reversing chronic lifestyle conditions such as diabetes, hypertension, and heart disease. Her session at FLO Kolkata left members deeply inspired, with many discovering the true potential of food as powerful medicine.

“At FLO Kolkata, we are committed to curating sessions that enrich the lives of our members in meaningful ways. Nandita Shah’s talk reinforced the idea that simple lifestyle choices, like embracing plant-based nutrition, can transform our health and

well-being. The overwhelming participation at this session reflects a growing awareness and eagerness among women to lead healthier, more mindful lives. Menopause and perimenopause are often subjects shrouded in silence, despite affecting every woman’s life. At FLO Kolkata, we believe in addressing these conversations openly and equipping our members with the right knowledge and resources. This session was a step towards breaking taboos, creating awareness, and empowering women to take charge of their health with confidence,” said Nidhi Jhunjhunwala, chairperson, FLO Kolkata.

Pictures courtesy: FICCI Flo