



## Diversity: Awareness and Acceptance

### Maithili A Athavale\*

Senior Manager (R&D), Cancer Biology Lab, Sathgen Biotech (A Unit of Godavari Biorefineries Ltd.), Navi Mumbai, India

**\*Corresponding Author:** Maithili A Athavale, Senior Manager (R&D), Cancer Biology Lab, Sathgen Biotech (A Unit of Godavari Biorefineries Ltd.), Navi Mumbai, India.

**Received:** September 25, 2019; **Published:** November 01, 2019

Today's woman is progressing by leaps and bounds in every field. A vast range of opportunities await her and she is leaving no stone unturned to make her own mark. Each woman is "unique" and it is utmost important to accept and respect this aspect. One should embrace and celebrate this rich dimension of diversity contained within each individual. After all, "A lot of different flowers make a colourful bouquet".

A woman undergoes a diverse Physiological and psychological changes during her life.

As there is food for healthy body so is the food for healthy brain. Diet plays an important role in managing not only Physiological but also psychological changes.

Here is some food for brain-Minerals especially zinc, magnesium and iron have important roles in neurological function. Fat soluble vitamins like Vitamin D are required not only for bone but also for brain development. Our body is capable of storing fat soluble vitamins but B vitamins (including folate), which play a crucial role in mental and emotional health are eliminated from body and hence need daily replenishment. Among fatty acids omega-3-fatty acids found in nuts and oily fish, have shown incredible impact on the brain, especially when it comes to mild memory loss and depression. Serotonin is a chemical in brain that can affect our mood. It is an important chemical and neurotransmitter in human body. Eating protein rich food, like eggs, fish and spinach supplies the body with amino acid tryptophan which can help to produce more serotonin. Recently it has been shown that there is a strong relation between bacteria in our gut and brain health which ultimately affects mental health. Regularly eating the probiotic foods like yogurt, sauerkraut, pickles and fermented foods like Idli and dosa can keep a healthy gut flora.

Also the demand of nutrients depends upon the age, climatic conditions and health status of a woman. It is thus important for a woman to be physiologically and psychologically healthy.

Diversity related challenges are present in almost every walk of life. It is best to accept and respect this diversity and adjust as per the situation demands. Choose a field of interest and exhibit devotion and dedication. One should always remember that-

"Doing what you like is freedom and liking what you do is Happiness".

**Volume 1 Issue 7 December 2019**

**© All rights are reserved by Maithili A Athavale.**