



NEW HORIZON COLLEGE OF ENGINEERING

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Mental Health session on 'Body Image and Eating Disorders in Youth'

Academic Year:	2024-2025
Start Date: 06/05/2024	End Date: 27/05/2024
Organized by: Anna Jogie, Student Counsellor	Number of Days: 3
Venue and Time: 3rd & 2nd floor, C Block	Number of Student Enrolled: 195
Location: NHCE Campus, Marathahalli	Number of Student participated: 154

About the Event: The session was conducted by Ms. Anna Jogie, student counsellor for the 2nd semester BE students of section E, L, P. Body image issues and eating disorders has been the most reported concern in adolescents and it is associated with a wide range of health conditions. It begins at a very early stage due to the transition in puberty and the way their bodies look and their eating patterns have a greater risk of developing mental health concerns in youth. Hence the objective of the session was to create awareness regarding positive body image and healthy eating habits in teenagers to cater to healthy state of mind.

Speaker Profile: Ms. Anna Jogie, Student Counselor, NHCE

Brief Report of the Event: The session started with an activity where they had to read on different body image statements and the best relatable statement had to be read aloud. This

reflective activity helped students understand that they were not alone in this process and it was totally ok to appreciate different body shapes. Further, students were also explained about body image issues and how people negatively perceive from social media.

Factors that influence body image like family environment, social media, attitude of peers, traumatic past, cultural background etc. were also discussed and reflected. Students were given time to reflect upon their body image issues over the past few years and asked to narrate stories based on their past experiences. Strategies including positive self-talk, affirmation, gratitude journaling and self-priority were suggested to help them feel more worthy about their bodies and through which they could enhance their self-confidence and esteem levels.

In addition, since body image issues and eating disorder is a comorbid condition, students were also introduced to different eating disorders in DSM 5 like ARFID, PICA, EDNOS, Anorexia, Bulimia, Binge Eating, Rumination disorder, Orthorexia and Night eating syndrome to have a better understanding and to practice healthy eating habits. Students were also given a forum to discuss on their concerns and understanding on eating disorders and body image through feedbacks.

Photograph

