



# ATMA RAM SANATAN DHARMA COLLEGE

(UNIVERSITY OF DELHI)

## Webinar on Body Positivity

**Date of the Program:** 25<sup>th</sup> October, 2021

**No. of Participants:** 27

**Organized by:** NSS, ARSD College

**Name of the Speaker:** Ruchika Kanwal, Founder – Anaamkaaruh Therapy Care and Counselling

NSS ARSD organised a webinar on the topic of "Body Positivity" on 25 October 2021. The speaker for the webinar was Ms. Ruchika Kanwal who's a Licensed Clinical and Child Psychologist and Founder of Anaamkaaruh Therapy Care and Counselling. The session commenced with an interactive quiz where the speaker interrogated our fellow volunteers with a few questions regarding the topic. She then delved into her own life experiences and how they fostered the way of seeking positivity and acceptance.

She then went on describing how a negative body image is carved in our minds, what are its ill-effects and how these thoughts can hinder our mental and spiritual health. She also elucidated a few of her clients' experiences, asked us to perform mirror technique and also laid stress upon the fact that these flaws and unrealistic standards are self-created in our own minds. At last, the session was made open to queries where all the participants actively asked their doubts and shared their experiences. The session was then brought to an end by presenting a Vote of Thanks. Overall, the session turned out to be profoundly insightful and informative. It definitely rejuvenated our thoughts and helped every one of us carve out the ways of self-care, positivity and acceptance towards ourselves.



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## Poster

 **ATMA RAM SANATAN DHARMA COLLEGE**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
(MINISTRY OF YOUTH AFFAIRS AND SPORTS) 

Organises a Webinar on

# Body Positivity



**Ruchika Kanwal**  
Licensed Clinical and Child  
Psychologist | Founder-  
Anamkaaruh Therapy Care &  
Counselling

**Date - 25th October 2021**

**Time - 6:30 - 7:30 pm**      **Platform - Google meet**

 @nss.arsd.du      **Palak Priya**  
(Secretary)      **Dr. Avnish Pratap Singh**  
(Program Officer)      **Prof. Gyantosh Kumar Jha**  
(Principal)      @Arzd.Nss

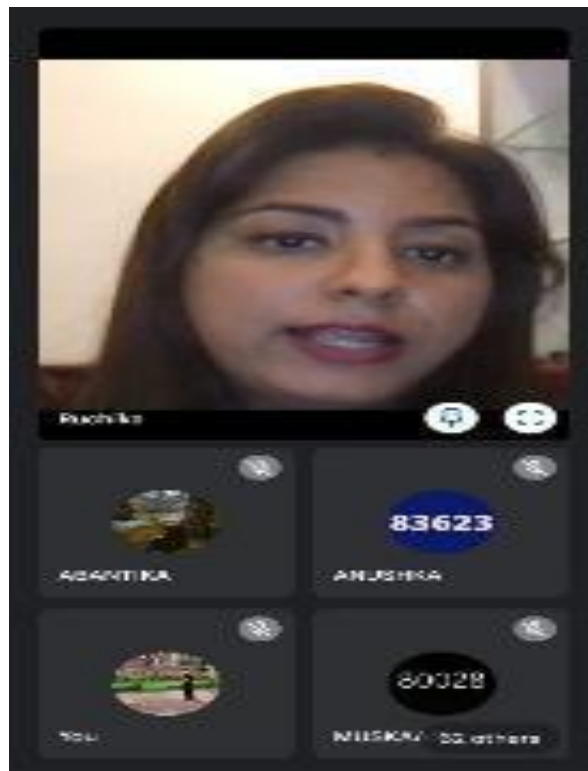
 @NssArzdcollege      National service scheme, ARSD  



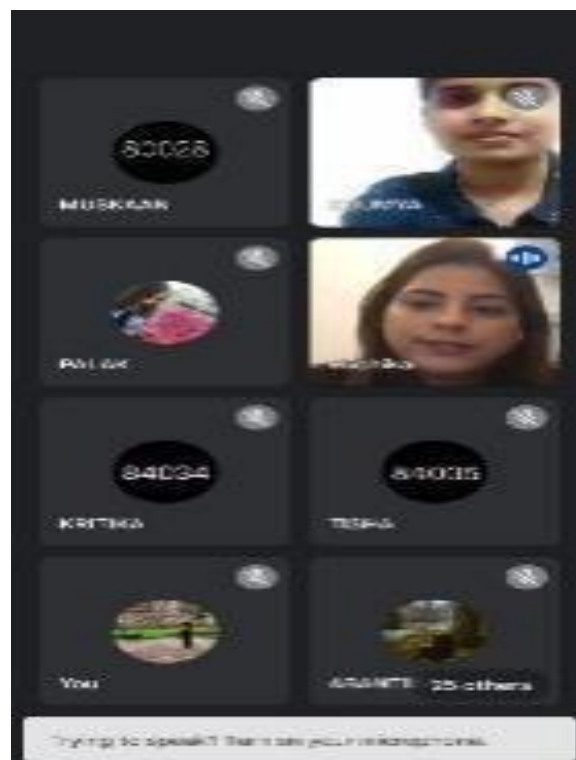
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## Photographs



Speaker delivering the Talk



Speaker interacting with Students



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## List of Participants

1. Aman raj
2. Amritanshu nautiyal
3. Anurag chaudhary
4. Archit Verma
5. Akansha Verma
6. Anushka gupta
7. Divya singh
8. Chetanya yadav
9. Harsh bundela
10. Ishika
11. Guddu
12. Darshan
13. Shefali negi
14. Palak
15. Sonam sharma
16. Pranjal singh
17. Suhani Bisht
18. Tisha yadav
19. Riya Tiwari
20. Vaishnavi
21. Sunidhi Singh
22. Darshan gaur
23. Shubham
24. Sukriti
25. Pranjal singh
26. Pooja goal
27. Neha khandewal