

PB&J Club Session (27.01.24)

This is to bring to your kind notice that the PB&J club conducted the first session on 27th January 2024. This session was in an online format and the topic was on **Gym as a replacement of therapy**. The students were shown a video on effects of physical health on mental well-being before starting the discussion to gain more insight and knowledge regarding the topic. Interesting remarks were made throughout the discussion. The session was attended by 10 students of the department, out of which most were from the 3rd year. Several points of view were exchanged and everyone readily participated and engaged with one another.

The following aspects were talked about:

- Exercise and Therapy: Exercise is a coping tool, not a therapy substitute.
- Neurotransmitters and Impact: Exercise affects neurotransmitters without reviving mental processes.
- Complementary Role: It complements therapy, aiding in stress management.
- Gym's Social Benefits: Gyms offer a supportive, socializing environment for mental well-being.
- Caution on Social Media: Exercise promotion, especially for breakups, needs caution against misinformation.
- Physical Health and Outlet: Gym maintains physical health, provides an emotional outlet for some.
- Patriarchy and Biology: Gym culture relates to patriarchy and biological factors in men.
- Supportive Community: Gyms foster support, competence, and positive feelings.
- Routine Satisfaction: Gym routines bring satisfaction.
- Control and Self-Efficacy: Gym benefits those seeking control, boosting self-efficacy.
- Diverse Emotional Responses: Gym transforms doubt into a positive escape. (Eg- drop students, unhappy home atmosphere)
- Avoidance through Over Exercising: Over exercising may avoid addressing deeper mental health issues.
- Physical and Mental Risks: Excessive gym involvement risks health, including eating disorders.

- Healthy Coping with Moderation: Gym is a healthy coping mechanism with moderation.
- Impact on Professionals: Fitness pros may face mood shifts due to job constraints and performance expectations.
- Conclusion: Exercise is recommended by therapists for certain situations but can't replace therapy. The myth that the gym is superior for mental health needs clarification. The notion of "physically fit is mentally fit" is a misconception.