

# PB&J SESSION

## INTERNATIONAL NO-DIET DAY

The PB&J Club met online on May 4th, 2024, with 22 individuals, mainly first-year and third-year students. They gathered to discuss International No Diet Day, promoting body positivity and healthy relationships with food while challenging societal norms tied to body size or weight.

### **KEY HIGHLIGHTS**

- During the session, the group talked about how social media influencers shape people's ideas about body image. They emphasized the importance of showing diverse body types positively to fight stereotypes, using examples from the film "Dum Laga Ke Haisha" to illustrate biases against larger body types.
- Participants also discussed how hurtful comments can affect self-esteem, especially as people grow up. They watched a video showing how society's views can influence how we see ourselves, highlighting the role of parents in shaping self-perception.
- Concerns were raised about the misinterpretation of body positivity, particularly on social media, where too much focus on it can lead to health issues. The group stressed the need for self-love and acceptance without compromising health.
- Personal stories were shared about feeling pressure to conform to societal body standards, with participants advocating for autonomy in self-care practices.
- Cultural perspectives on beauty were explored, noting how different cultures celebrate diverse body types. Examples were given from African and Tollywood cultures, where heavier women are considered beautiful.
- A video presentation reminded participants that happiness comes from within, not from how we look, prompting discussions on self-acceptance and resilience against societal judgment.
- The session concluded with an interactive activity where participants listed one thing they liked about themselves, promoting self-affirmation and body positivity. This activity was well-received, contributing to a sense of self-appreciation among participants.

Overall, the session emphasized the importance of resisting negative societal influences and nurturing a positive self-image. Participants were encouraged to reflect on their worth and challenge societal norms that undermine individuality and self-acceptance.