

GirlUp DPS Sector-45 is a new initiative working under the GirlUp campaign under the aegis of the United Nations Foundation. The aim of this club is to create awareness through activities like webinars, interactive meets, podcasts that aim at promoting and spreading awareness about gender equality, equity, feminism, body positivity and many other related topics.

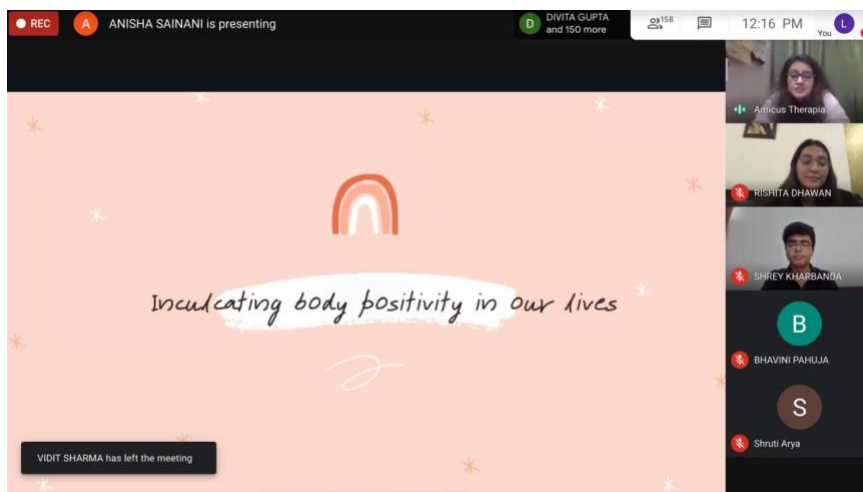
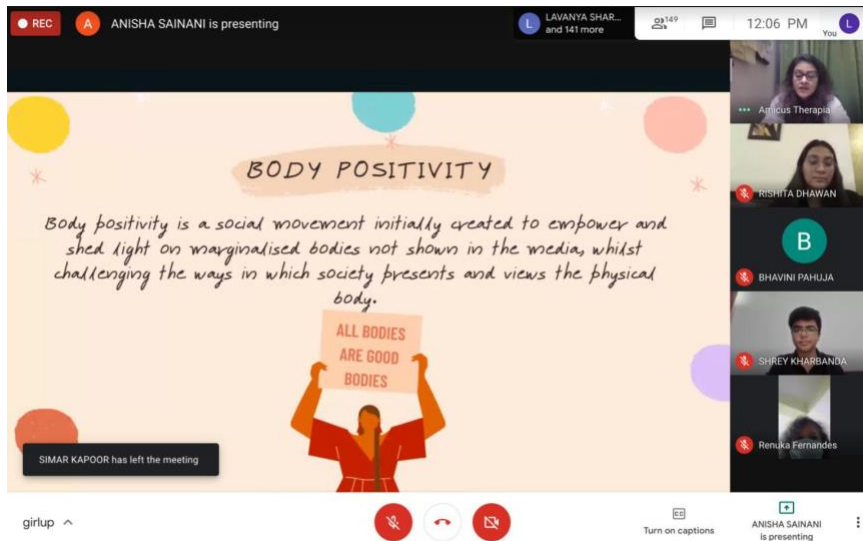
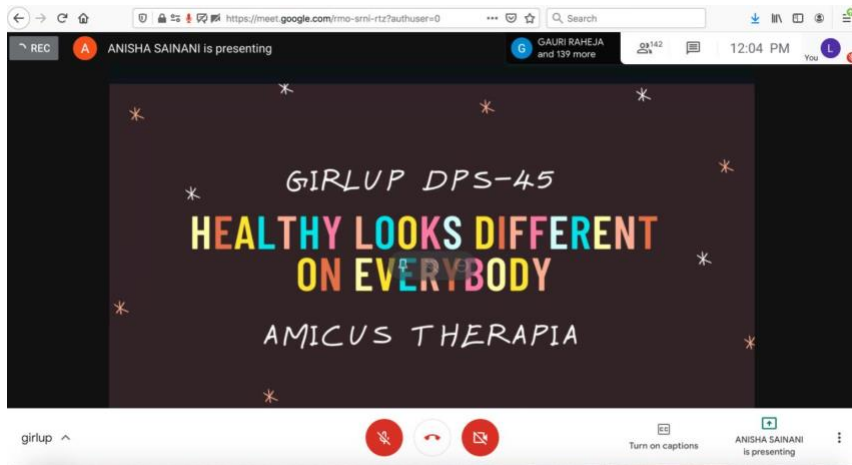
The first session was an interactive meet for the students of classes IX and X on Feminism which was held on 4th July 2020 and was attended by 210 students. This session adeptly handled through a well-designed power point presentation by the core team that helped clear many misconceptions related to the topic.

On Saturday the 26th of September, the Girlup club organized an interesting talk on :- **“Healthy looks different on everybody”** with Body positivity as its focus.

The session began with a short introduction of the Girl Up team and the aim of the workshop. The guest speaker Ms Gyanada Rasyara was warmly welcomed by the team. Ms Gyanda, is a clinical psychologist, with extensive experience in this field. She discussed the significance of body positivity, the harmful effects of body dysmorphia and the impact of a negative self-image. She spoke extensively on eating disorders and gave the students an insight on how to help and support people dealing with such disorders. She gave the students some helpful tips on how to cope with a negative self-image.

The myriad doubts were very well answered by her during the Q&A session. It was a very enriching session which was clearly reflected in the positive feedback and comments in the chat box. The students interacted without inhibition and have requested for many more sessions like this one. It was well attended by 160 students.

Pictures from the session:



REC ANISHA SAINANI is presenting

MANYA MAITHIL and 144 more

12:39 PM

Any Questions?

ASK AWAY

SHREY KHARBANGA

RISHITA DHUWAN

HETRAA VENKATESH

Shrut Aya

RITISHA AGRAWAL

TANVI MANDIRATTA

KARTIK DAS

Feedback from the session:

This screenshot shows an email from Samar Jain titled "Feedback on session by GirlUp | Samar Jain". The email content is as follows:

SAMAR JAIN
to me -
1:09 PM (7 hours ago)

Good afternoon!

I attended today's session by GirlUp, Listening Ms. Gyanada speak was eye-opening and is really obliging for us at this time, and then seeing hosts asking her the most relatable/responsive questions was an added advantage. As I had said before in my previous feedback also, this time too the session was equally good and revealing.

And yes! I will surely fill the forms for the extended team, Thanks....but I hope it won't create a disruption if I'm in a club already?

Thank-you
Samar Jain

At the bottom of the email, there are three buttons: "Thanks for the feedback!", "Thank you for the feedback.", and "Thanks for your feedback."

This screenshot shows an email from Shivika Mewari titled "Feedback of today's session.". The email content is as follows:

Shivika Mewari <shivikamewari5167@gmail.com>
to me -
6:55 PM (1 hour ago)

Today's session went really well. I was really mesmerized by the way Ms. Gyanada helped each and everyone of us in understanding what exactly body positivity is and how important self love is. I honestly feel much more confident about who I am just after one session and I'm really thankful for the same. The girlup team did an excellent job too. I honestly didn't know much about all of this before but the way the girl up team presented and the questions that they asked the guest speaker really helped me gain more knowledge. I am really glad that I attended the session today and I hope to have more of these soon.

Thank you
Shivika Mewari
XI-C

At the bottom of the email, there are two buttons: "Reply" and "Forward".

This screenshot shows an email from Yuvraj Gauba titled "Feedback". The email content is as follows:

Yuvraj Gauba <yuvi.yuvraj.gauba@gmail.com>
to me -
8:35 PM (11 minutes ago)

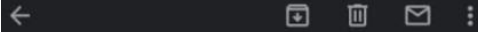
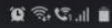
The session today helped me accept and embrace my body as it is. The expectation to meet the conventionally good-looking or "ideal" body type is very overwhelming, listening to a professional explain how normal it is to look a certain way was very comforting. I am now better equipped to deal with other people's comments on my body. I have also realized how important it is to be empathetic towards someone who is suffering from health disorders. I thank the girlup team to have organised this session, tackling probably one of the most pertinent topic for us teenagers, unfortunate victims of body shaming.

I stand by the quote, 'healthy looks different on everyone'

Sincerely
Yuvraj Gauba

At the bottom of the email, there are two buttons: "Reply" and "Forward".

9:19



Feedback Of The Girl Up Session Inbox



Shria Batra 9:04 pm
to me ▾



This is to thank the GIRL UP team for organizing such an interesting yet an informative session with us today.

It actually made alot of sense to me personally and all the questions explained by Gyanada ma'am were very clear and helpful.

I hope we get to attend more of theses sessions in the future.

Regards,
Shria Batra

Thanks for the feedback!

Thank you for the feedback.

Glad you enjoyed it!

↩ Reply

↩↩ Reply all

➦ Forward

