



2020-2021

Name of the Department/Society: National Service Scheme

Name of the Event 38: Webinar on Body Shaming

Date of the Event: 13th February, 2021



We at NSS Hansraj organised a webinar on sixth day of Love Week, i.e., 13 February, 2021, to discuss the crucial topic of 'Body Shaming'. The webinar was an amusing interaction of 160+ participants with the guest speaker Ms. Saima Salman, who is the founder/CEO of Rational living Inc. Pte. Ltd. She not only enlightened the audience about body shaming and its types, but also highlighted the difference in promoting obesity and body positivity. She listened to body insecurities and experiences of body shaming of students along with sharing instances from her own life. In all, it was an insightful session and taught the audience how to overcome this problem of body shaming, also how to be confident and happy in your own skin.