

**REPORT**  
(2020)

**Ananda: Positivity Unfolded**  
*Under the aegis of*  
**Internal Quality Assurance Cell**  
**Bharati College**

Event: **BODY POSITIVITY**

The event was held on **February 2nd, 2020**

The number of students who participated in the event was 45.

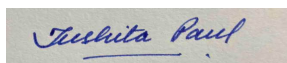
Description:

**“Accepting yourself only as long as you look a certain way isn't self-love, it's self-destruction.” -Laci Green**

ANANDA, under the aegis of IQAC, Bharati College has taken a small step to spread Positivity and Happiness by organising a session on 'Body Positivity' to inculcate feelings of self-love among young females. This was followed by a Live Makeup Tutorial. Himani Sharma (makeup artist) explained the students about how body positivity instills the understanding that people should feel positive about their bodies and how accepting our appearances is the kindest thing that we can do for ourselves. Let's not continue the slaughter and torture of our emotions and our body. She urged the students to try, one step at a time, to learn to love ourselves unconditionally. 'Be unapologetically yourself' - this was the main message conveyed. Students mentioned that they felt motivated. The feedback from students was extremely positive. Hence the goal of spreading happiness and positivity was achieved.

A handwritten signature in blue ink that reads "Anupama Mahajan". Below the signature, there is a small, faint watermark that says "Scanned with CamScanner".

**Mentor, Ananda: The Happiness Club**  
**Bharati College**

A handwritten signature in blue ink that reads "Tushita Paul".

**President, Ananda: The Happiness Club**  
**Bharati College**

