

SELF DRIVEN ACTIVITY

Title- Innovative Approach: Awareness Program for Eating Disorders

Date: February 16, 2024

Venue: Lecture hall 2, College block

Time: 2:00 PM - 4:00 PM

Participant details: 60 students; 10 faculty

Introduction:

On the auspicious occasion of February 16, 2024, the Department of Psychiatry at Sri Manakula Vinayagar Medical College and Hospital orchestrated a profoundly impactful Awareness Program focused on "Eating disorders." This event, held within the nurturing confines of the College Lecture Hall, brought together a cohort of eager minds from the First Year Allied Health Students.

Lecture by Dr. S. Arun:

The pinnacle of the event was undoubtedly the enlightening lecture delivered by our esteemed Professor and Head, Dr. S. Arun. With a rich tapestry of knowledge and experience, Dr. Arun adeptly navigated through the intricate nuances of understanding and treating eating disorders. His presentation transcended the conventional boundaries of discourse, delving deep into the psychological and physiological facets of these disorders. Through vivid examples and empirical evidence, Dr. Arun illuminated the importance of recognizing and addressing eating disorders in contemporary society. The lecture resonated profoundly with the audience, sparking a cascade of introspection and enlightenment among the attendees. The positive feedback received from the students is a testament to the efficacy and impact of Dr. Arun's discourse.

Screening by Clinical Psychologist:

Following the captivating lecture, the students underwent a comprehensive screening process facilitated by a seasoned Clinical Psychologist. Utilizing the validated "Eating Attitude Test" Performa, the psychologist meticulously assessed the students for any underlying signs or symptoms of eating disorders. This proactive approach towards early detection and intervention underscores our commitment to promoting holistic well-being among our student community. The screening session served as a crucial juncture for self-reflection and awareness, empowering students with the necessary tools to recognize and address potential challenges pertaining to their eating habits and attitudes.

Unveiling of Awareness Pamphlets by Dean (AHS) Dr. Ramya:

As the curtains drew close on this enlightening event, we were honored to have the distinguished presence of Dean (AHS) Dr. Ramya. With grace and poise, Dr. Ramya unveiled a series of meticulously crafted Awareness Pamphlets dedicated to elucidating the intricacies of eating disorders. These pamphlets, laden with invaluable insights and practical advice, serve as beacons of guidance for individuals navigating the labyrinthine terrain of eating disorders. Dr. Ramya's unwavering support and patronage underscore the institutional commitment towards fostering a culture of awareness and inclusivity within our academic ecosystem.

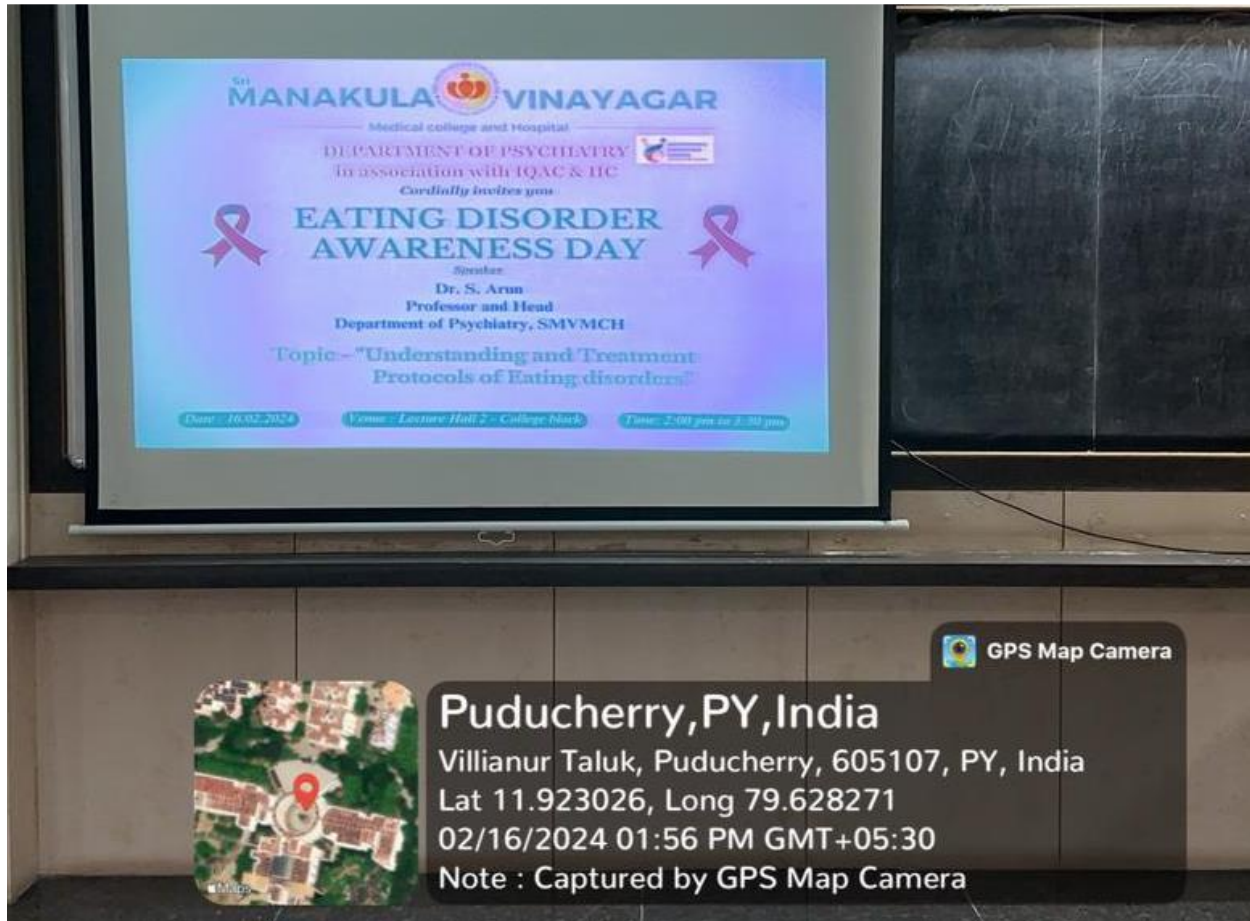
Conclusion:

In retrospect, the Awareness Program for Eating Disorders stands as a testament to the transformative power of knowledge and collective action. Through innovative pedagogical approaches and interdisciplinary collaboration, we have transcended the confines of conventional discourse, paving the way for a more enlightened and empathetic tomorrow. As we embark on this journey towards holistic well-being, let us remain steadfast in our resolve to champion the cause of mental health awareness with unwavering zeal and compassion.

Acknowledgment:

We extend our heartfelt gratitude to all the faculty members, students, and staff whose unwavering support and dedication made this event a resounding success. Special thanks to Dr. S. Arun, the Clinical Psychologist, and Dean (AHS) Dr. Ramya for their invaluable contributions towards realizing the vision of this Awareness Program.

Let us continue to nurture the flames of enlightenment and compassion, illuminating the path towards a brighter, healthier future for all.





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Villianur Taluk, Puducherry, 605107, PY, India

Lat 11.923049, Long 79.628294

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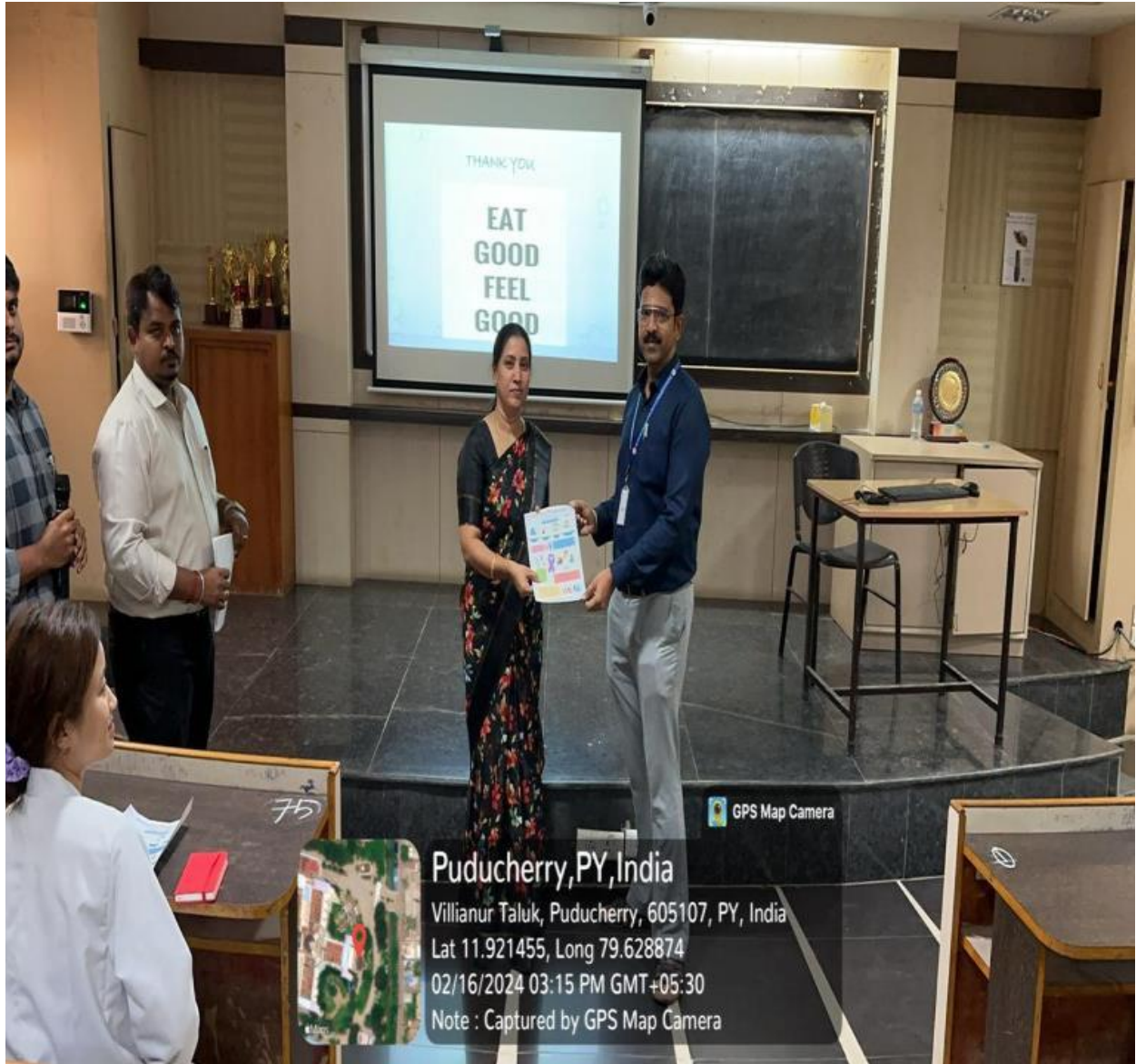
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THANK YOU
EAT
GOOD
FEEL
GOOD



GPS Map Camera



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PAMPLETS DISTRIBUTED

Sri MANAKULA VINAYAGAR
Medical college and Hospital
Department of Psychiatry
Understanding Eating Disorder





Anorexia Nervosa Disorder

Bulimia Nervosa Disorder

Binge Eating Disorder




Avoidant/Restrictive Food Intake Disorder

M : F Ratio - 1 : 5
(Females are affected more compared to males)




1 in 4 teenagers have abnormal Eating Patterns & 1 in 20 peoples may develop Eating Distress Syndromes (Subsyndromal eating disorder) in lifetime!




Genetic, environment and psychological risk factors play a role in development of eating disorder.



Eating Disorder Awareness





BMI



Food restriction or eating excess, obsession about food and body images, significant weight loss, distorted body image, self-induced vomiting or misuse of laxatives, exercising too much, anxiety and depression.

Therapy, Nutritional counselling, Medical Monitoring and medication can be part of comprehensive treatment Plan. With early and effective treatment most, people make a good recovery.



Only 1 in 5 people with eating disorder seek help
So Encourage individual with an eating disorder to seek support from healthcare professionals.