



Sri Arvind Mahila College, Patna
Accredited by NAAC with B Grade
(A Constituent Unit of Patliputra University, Patna)



Report of Awareness Session on Eating Disorder

Date of Event: 28thFeb 2026

Venue: Psychology Lab, Sri Arvind Mahila College

Organised by: Department of Psychology

No. of Students: 55

An awareness session on **Eating disorder** was organized by the **Department of Psychology** on **28th Feb 2026 at 11:30 a.m.** in the college Psychology Lab. The session aimed to educate students about the nature, symptoms, causes, and treatment of eating disorder, as well as to promote empathy and understanding toward individuals suffering from the eating disorder.

Objectives

1. To create awareness about Eating Disorder, its symptoms, and its impact on an individual's life.
2. To dispel myths and misconceptions associated with eating disorder and promote accurate understanding of the condition.
3. To encourage early identification, professional help-seeking, and emotional support for individuals with eating disorder.

Event Highlight

Educational Presentation:

A comprehensive presentation was given on eating disorder, focusing on major eating condition anorexia nervosa, bulimia nervosa and binge eating. The presentation also covered biological, psychological, and environmental factors contributing to the disorder.

Interactive Session:

Students actively engaged in an interactive discussion, where they shared their

thoughts and asked questions regarding eating disorders. Real-life case examples were discussed to help participants relate theory to practical understanding.

Awareness Building:

The session emphasized that eating disorder is a treatable mental health condition which is curable. Students were informed about therapy options such as Cognitive Behavioral Therapy (CBT) and the importance of social support were also discussed.

Conclusion

The awareness session on eating disorder proved to be an informative and impactful initiative by the Department of Psychology. It helped students develop a deeper understanding on major eating disorder, recognize its symptoms, and acknowledge the importance of early intervention and empathy. The session successfully promoted mental health awareness, encouraged open dialogue, and strengthened a supportive environment within the college community.



Sri Arvind Mahila College, Patna
Accredited by NAAC with B Grade
(A Constituent Unit of Patliputra University, Patna)



Department of Psychology

“Eating Disorder Awareness Week”

NOTICE

All faculties and students are informed that the Department of Psychology is organizing an awareness session on eating disorder on 28th February 2026. The session aims to educate students for eating disorders and early intervention for serious physical and mental outcomes of eating disorders in our day-to-day life which is generally ignored. The session will also help students to encourage support for affected persons and reducing stigma.

Date: 28th February 2026

Time: 11:30 A.M

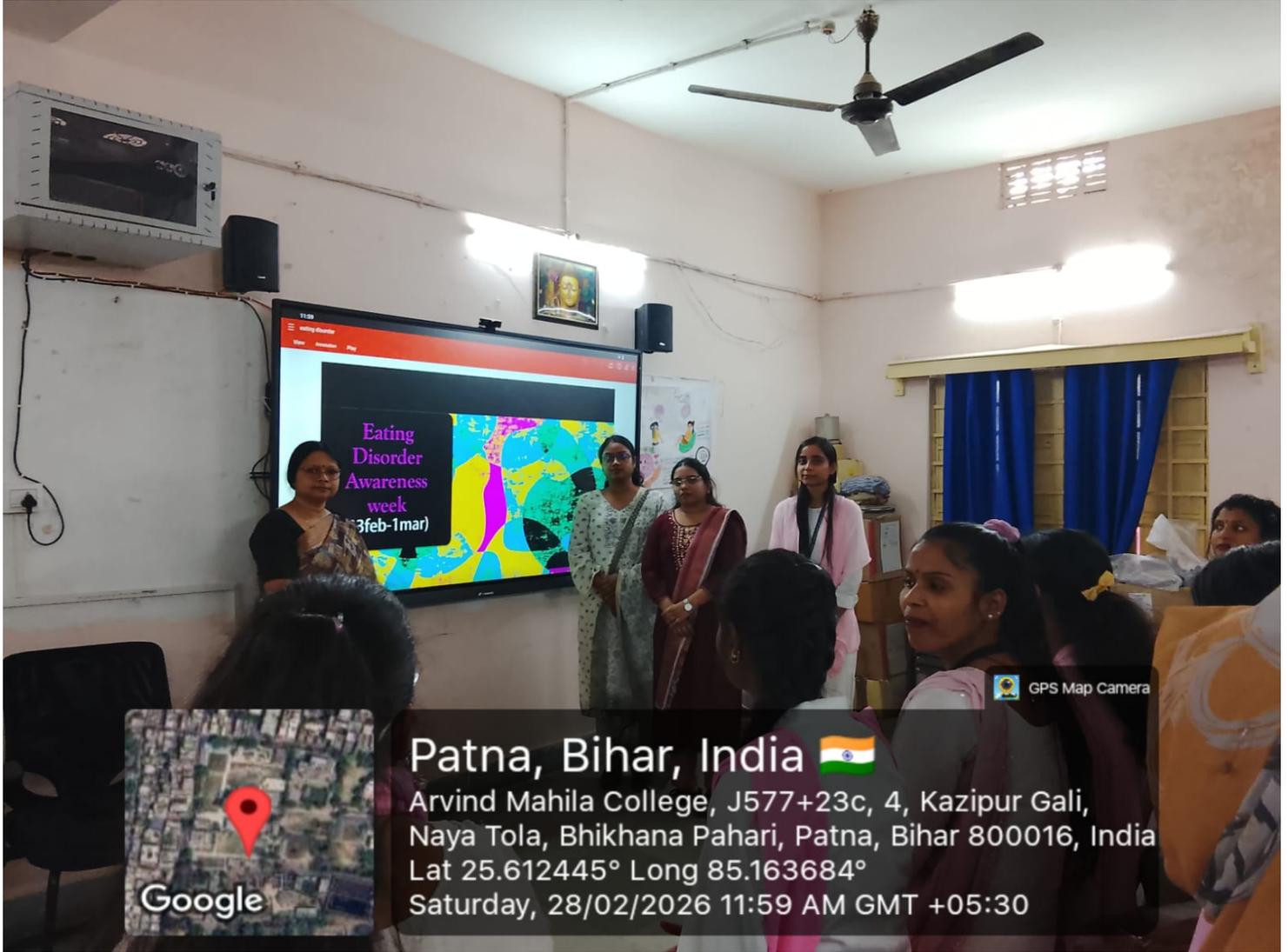
Venue: Psychology Lab

We encourage every student to attend and contribute to building a more informed, compassionate, and resilient community. Let's work together to support mental health and save lives.

Signature

Head of the department





Patna, Bihar, India 🇮🇳

Arvind Mahila College, J577+23c, 4, Kazipur Gali,
Naya Tola, Bikhana Pahari, Patna, Bihar 800016, India
Lat 25.612445° Long 85.163684°
Saturday, 28/02/2026 11:59 AM GMT +05:30

GPS Map Camera

" EATING DISORDER AWARENESS WEEK "

On 28th February 2026, "Eating Disorder Awareness Week" was celebrated with enthusiasm to educate students for eating disorders and early intervention for serious physical and mental outcomes of eating disorders in our day to day life which is generally ignored. The session was started at 11:30 am with a brief introduction on the topic by Dr Wellie Sirota (H.O.D). It was followed by active participation of the faculties Dr Vibha Kirti, Ms. Shreuti Rani and the students.

W. Sirota
28/2/26

(H.O.D)

Participating Faculties :

1. Dr. Wellie Sirota - W. Sirota
2. Dr. Vibha Kirti - Vibha Kirti
3. Ms. Shreuti Rani - Shreuti Rani
28/2/26

Participating Students :

Name	Class / Roll NO.	Signature
1. Nisha Kumari	M.A. Sem (II) 37	Nisha Kumari
Sweety Kumari	M.A. Sem (II) 67	Sweety Kumari
Manisha Kumari	M.A. Sem (II) 27	Manisha Kuri
Minakshi Kumari	M.A. Sem II 42	Minakshi Kumari
SIKHA KUMARI	M.A. SEM II 27	Sikha Kumari
PRIYANKA RAI	M.A. Sem II 69	Priyanka Rai
Shubhlaxmi Kumari	M.A. Sem II 74	Shubhlaxmi Kumari
Abhilasha Kumari	M.A. Sem II 9	Abhilasha Kumari
Annu Kumari	M.A. Sem II 31	Annu Kumari

Name	Class / Roll NO.	Signature
Koyal Kumari	M.A. SEM II 75	Koyal Kumari
Sangama Kumari	M.A. Sem II 68	Sangama Kumari
Rani Khatoon	M.A. Sem II 25	Rani Khatoon
JAYATI KUMARI	" " " 15	Jayati Kumari
Aditi Ranjan	B.A. Sem II / 772	Aditi Ranjan
Nayati Kumari	B.A SEM II / 30	Nayati Kumari
Ekta Singh	B.A SEM-II / 258	Ekta Singh