

St. Cecilia's Public School
Workshop on: Body shaming vs Body Positivity
Date: 16.07.25
Class: VIII

“To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.”



To promote awareness on self-image, kindness, and acceptance, a workshop on “Body Shaming and Body Positivity” was conducted for the students of Class VIII on 16th July 2025. The session was led by Mr. Lucky Pushrat, a well-known resource person in the field of student development and emotional wellness.

The workshop began by defining body shaming — the act of criticizing or mocking someone's physical appearance, whether openly or subtly. Mr. Pushrat emphasized that both outer and inner traits are affected by such behavior which cause deep emotional pain, questioning one's self worth, and in serious cases, lead them to hurt themselves.

The session provided a meaningful understanding of the concept of body shaming and its various forms highlighting what it means and how it commonly appears in everyday interactions. The speaker then addressed the psychological impact of such behaviour, emphasizing how it can cause long-term emotional harm.

The session also introduced the Body Positivity Movement, which advocates for acceptance and appreciation of all body types. Students were encouraged to practice empathy, tolerance, and respect, understanding that everyone deserves kindness regardless of their appearance. The resource person also stressed the importance of building healthy self-esteem by accepting and valuing oneself. Finally, the discussion focused on the need to shift attention from shame to confidence and self-worth, empowering students to embrace themselves and others with positivity.

The workshop served as a transformative learning experience, helping students reflect on their own behaviors and the importance of creating a safe, respectful school environment.