

Life of a Naturally Skinny Person

FARIA KHAN

Is it hard to believe that a skinny person can be a food lover? I am basically skin and bones and no extreme foodie, but I have come across people who are thin and have an angular figure who manage to eat more than forty slices of pizza in the oh-so-alluring all you can eat *iftar* offers. Here's an insight on the life of a naturally skinny person.

Once you do come across this type, you'll find yourself questioning how they still get to keep their bony selves on show after eating so much. The secret lies in their GENES. In addition to the thousands of things parents pass on to their children, when this particular gene is passed on, God bless you! On this matter, I think it's safe to say, I'm blessed too. I wouldn't say I eat excessively, but I shamelessly survive on cheese and *ghee*. So, yes, I do take a little advantage of it.

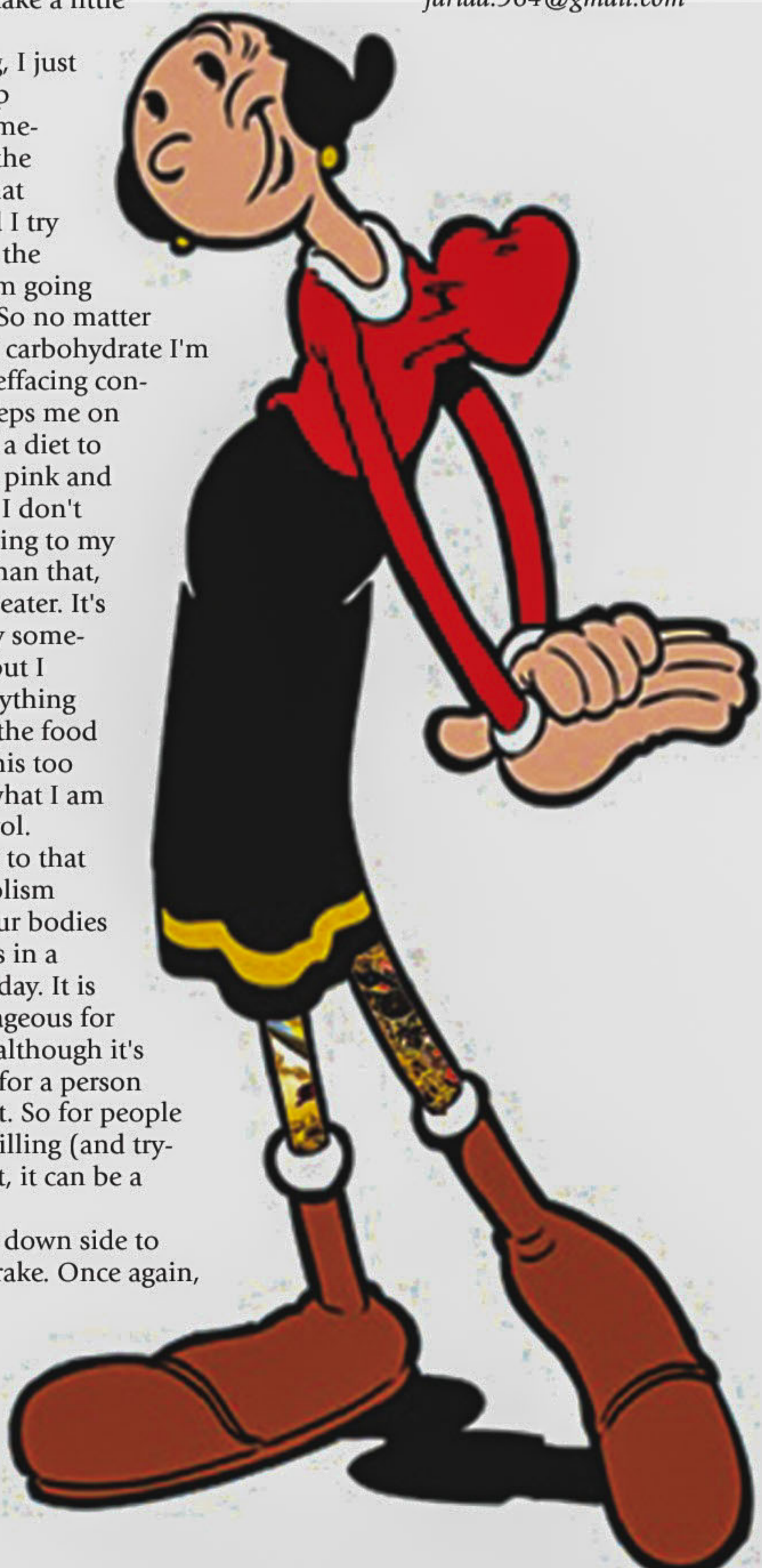
Here's the thing, I just know when to stop eating. I have a somewhat firm idea of the amount of food that will satisfy me and I try to steer clear from the "stuffed so hard I'm going to vomit" feeling. So no matter how much fat and carbohydrate I'm taking in, my self-effacing conscious stomach keeps me on track. I don't need a diet to keep myself in the pink and most importantly, I don't feed myself according to my emotions. Other than that, I'd say I'm a picky eater. It's not that I won't try something new, I will, but I won't be eating anything and everything in the food to eye radius. So this too helps in keeping what I am eating under control.

Now what adds to that is the high metabolism rate. Principally, our bodies burn more calories in a resting state every day. It is essentially advantageous for those who are fit, although it's quite unfortunate for a person who's underweight. So for people like me who are willing (and trying) to gain weight, it can be a sturdy barrier.

There's another down side to being as thin as a rake. Once again,

the aunties come into the picture. We all know how much they love judging. Rather than worrying about their own kids, they pass a comment sooner than you can avoid eye contact with them. I have grown up hearing things like "Tomar ma bashay khawa dey na?" and "Ish ato shukna dekhlei koshto lage". There was a time when I did let these things get to me, but after a point I didn't care anymore. My replies turned into "No, there's no food at home" and "I wish you could feel my pain, but you can't" from a simple sad and stunned expression. Sarcasm saved me as long as the aunties had a good humour. Fact is, as long as I am healthy, I'm good to go. At the end of the day, we are a lucky bunch!

Faria Khan is an ambivert who truly believes in the spiritual power of music. Give her a piece of your mind at fariaa.964@gmail.com



PERKS OF INSOMNIA

MUSTAFID RAIYAN KHAN

Early to bed and early to rise makes a man healthy, wealthy and wise. Really? Twenty-first century and we're going to obediently accept this ancient axiom? How does sleeping even correlate to wealth when I've already spent about 50% of my life sleeping and haven't earned enough in the process to buy a quarter of a chicken ball at CP?

The average human has a life expectancy of 71.4 years, and spends about 25 of those years snoozing. Are we making the most of our time? Fact of the matter is, sleeping is a very mainstream activity, as is breathing, eating, existing etc. The rules must now be redefined in our strife for originality, lest we be consumed by banality. No longer will insomnia be regarded as a weakness, but our greatest strength, our means to living life to the fullest. Why, you ask? Why should you sacrifice your precious sleep in lieu of coffee beans? Here's why.

GET YOUR NERD GAME ON AND FAM GAME STRONG

Twenty-four hours in a day is almost no time at all when you have to juggle academics, a social life, family responsibilities, that snotty kid you tutor with the annoying mom who calls you 24/7, and manage the time to squeeze in 8-12 hours of sleep in between. Cut down sleep count to 4-6 hours and you're automatically looking at time you can spend studying, eating, cooking, solving world hunger and planning for not spending the rest of your life alone. Give or take.

PEACE AND QUIET

The constant chatter of people around the house – parents YouTubing loudly,

kids watching *Doraemon* defeating bad guys (big surprise), help glued to the Indian TV serials gobbling up the fresh dilemma Gopi Bahu is in as her evil twin makes better *laddoo* than she does – it gets tiresome. Shift the time frame past midnight and all is quiet. You finally have the time and space to think, feel, and study productively. Make yourself a cup of coffee, read a book. Arrange said cup of coffee and book on a nice wooden surface, Instagram it. Share it on Facebook and respond to the numerous comments pouring in, the book abandoned a few feet away. Ah, the life.

ALL THAT TV PRIVACY

Absolutely nothing is more awkward than when a parent walks in on you when you're knee deep into an episode of *Game of Thrones* and an, umm, not-quite-family-friendly scene comes on.

"No mom, I'm not too young for this."

"What do you mean 21 isn't old enough?"

You can go through 83649975 minutes of screen time without a single awkward scene, but they'll be hovering over your shoulder the minute things get risqué.

ALL THAT PP PRIVACY

One of the most liberating feelings in the entire world is using the loo with the door wide open. And without the threat of the average privacy-oblivious parent/sibling barging into your room, your jet streams can fly in peace.

But in all seriousness, sleeping late does have very real advantages given we can maintain a proper balance and meet the minimum requirements. Moreover, President Obama himself admits to being a night owl, staying up in his entire presidential swagger.

Need I say more?