

THE OTHER SIDE OF LOSING WEIGHT

Health-wise, it is the best possible outcome that one can hope for. Months (sometimes years) of hard work and maintaining a lifestyle that forced you to take an oath against enjoying the food that you basically lived for (or die of eventually) finally paying off. But losing weight is not about that. There are other cool perks to it that you realise only after completing the transition.

MD. ZAMILUR RAHMAN SHUVO

FITTING INTO YOUR OLD CLOTHES!
 You get to don that favourite Superman t-shirt that you outgrew because of gaining weight. Or that beautiful emerald green overall that's been your go-to choice for weekend hangouts until you simply wouldn't fit in it anymore and would even miss the first few hangouts because of how sad that made you feel. It all starts to 'fit' once again. And while it may seem like an overdramatic load of garbage to some, only the ones who get to relive the experience again can feel its true worth. At least one aspect of life seems to be back to normalcy all of a sudden.

#REDISCOVER

It's not just you who gets to rediscover yourself but the people around you as well seem to find a newly profound interest in this makeover of yours. It usually starts with them commending you for being able to lose weight all the way to the point of complimenting you for looking better than ever (apparently even better than how you looked BEFORE you gained weight) and finally ending with a "Hey, what's your diet?" All of it is flattering, it really is! Although that may not sound believable because the only instant reaction that the person complimenting gets is a wide grin that vividly reminds them of Jack Nicholson's portrayal of the Joker.



THAT IRRITATING 'PASHER BASHAR AUNTY'

This is perhaps the most satisfying of them all. You finally get back one on that aunty next door who has been subtly body-shaming you the entire time. One fine morning she discovers that there is no way to body-shame you anymore and that evil grimace simply fades away. Finally, you have triumphed over your greatest critic and it is a sweet, sweet victory.

P.S. If your ex left you for your weight gain then that's just icing on the cake. Eat that cake!
GETTING BACK TO YOUR OLD HABITS!
 You can get back to lacing up your boots again

if you used to be actively involved in sports before. Or you can start taking those long walks around the streets once again without feeling like you are about to get a heart attack every two minutes. You will even feel better than ever taking those mirror-selfies if that's what you used to do before you couldn't fit into the frame of the mirror.

MD. Zamilur Rahman is a self-proclaimed foodie and comic geek. So if you have enough money to treat him with kacchi he will be interested to hang out with you. Connect with him at your own risk at shuvosanctum@gmail.com



MAYABEE ARANNYA

Trends have no positive outcomes other than the inflation of egos of the trend followers. Therefore, we should strive to start trends that are in the best interest of the people around us and our beloved planet. Positive change does not necessarily need to always be brought about through big movements and protests. Change can start right from the tips of our fingers.

Initiating good trends is easier said than done, for various reasons. If you're starting from scratch, you must first think about what exactly the issues are that you wish to solve. The world has so many problems at the moment that we are spoiled for choice when it comes to picking what we want to work on. A simple

method would be to look up the UN Sustainable Development Goals and discover a specific goal that you want to proceed with. You could also look around your community and try to identify the most significant social or environmental issues that are local to you.

Once you have chosen an issue, you can brainstorm ideas on how you can bring about reformation. Trends are never long-lasting, and hence long-term plans are not really required. Even if we have short-term solutions through trends, at least we are receiving a positive output for a few weeks.

There have already been many great, productive trends going on around us that we might not have taken much notice to. Take for example the recent #TrashTag

TRENDS WORTH STARTING

When you hear the word trend you probably think of young teens eating Tide pods or transforming themselves from "ugly" to "hot" in cringeworthy videos. I can't deny that most trends fall into the category of meaningless stunts for a few likes on social media. What we need is change.

challenge. You may have seen this wonderful trend floating around your social media platforms these days. You might be surprised to know that this challenge has been going on for years but only now has it gained immense popularity.

#TrashTag asks you to go to a place, clean it up, and post satisfying before and after pictures of the place. The trend is extremely simple and that's why it has been so effective. As proven by how popular declutter and organisational YouTube videos or Netflix shows are, people find it soothing and satisfying to see something or someplace get cleaned up. This is why they easily started to pitch into this trend.

The #MeToo movement may have been a much more serious and large-scale project, but it can still be classified as a

trend. Social issues as such need dire attention and #MeToo has undoubtedly helped thousands of women to speak up and break the taboo. Gender-based sexual abuse is not gone. However, we have made progress through a simple trend of sharing experiences on social media using a hashtag.

Trends bring people together for one common cause. All social movements rely on that as well but do not achieve it as easily as trends do. Why not just use trends for a way to fight issues that would otherwise take much longer to handle the traditional way?

Mayabee Arannya can never say no to a cup of tea or cute doggo pictures. Send her the latter at fb.com/mayabee.arannya