

# Plus means positive

ANTARA RAISA

Tasnova Tabassum Parisa has proven that body types do not define beauty – it comes from the soul. The talented young woman won the title of “Miss & Mrs Plus Bangladesh”. This plus size beauty pageant challenges the stereotypes of beauty standards and raises awareness against the culture of body-shaming.

In an exclusive interview with Star Showbiz, Parisa talks about her journey as a plus size woman and more.

**How did you feel when you were announced as the winner?**

When I was selected as the Top 5, I knew I could win this. But when they finally announced the winner, I went completely blank. I couldn't gather my scattered thoughts. I had to let it sink in. It was truly a magical moment.

**What motivated you to join the pageant?**

My biggest motivation was my mother. She always encouraged me to participate in extracurriculars. When I first heard about the pageant, I asked for her advice— should I join? She urged me to sign up for it immediately.

Since childhood, she made me learn how to sing and dance. I wanted to share these skills with the world. These are the reasons why I joined the pageant.

**You are also a dancer and a fashion influencer. Did you receive much criticism pursuing these, due to your body type?**

Yes! Even as a child, I had to hear the jeering 'Why are you dancing with this body, you will break the stage'. I think all large girls can relate to this. Even now, when I am in live videos to promote products, people body shame me in the comments. Although I don't care much anymore, it is still hurtful.

**Do you believe pageants like these can actually help people fight against body shaming?**

I think that the “Miss & Mrs Plus Bangladesh” pageant has already shifted people's mindset. Viewers are now more aware of the fact that body types have nothing to do with anyone's worth. People who would body shame me, now congratulate me.

I think this is a big change. There is still a long way to go, and we will need a lot of time to change the perspective of an entire community. But at least the pageant has opened a dialogue.

**What changes can you identify within yourself?**

I was always a person who loves herself. I'm like the character Geet in the film “Jab We Met”. However, after the pageant, I find myself feeling more confident about my body. Now I know how to present myself in a more subtle manner. I feel less insecure about how I look, and more confident about how I am as a person.

**How do you deal with hate comments on your social media?**

I simple: I don't care. That's a good quality of mine, I will say. As I was active on social media for a long time and I am on the healthier side, these hate comments are my constant companion. I have found that the best way to tackle it, is to

avoid it. I never let these hate comments come in my way.

**What do you want to say to young people, who struggle with self-confidence due to body shaming?**

I want to convey to them that you have to love yourself first. You have to embrace yourself as you are. You have to tell yourself every day that you are beautiful the way you are. You can never let anyone make you believe that you aren't.

**What do you want to do to promote body positivity in the future?**

Before the pageant, I didn't put much thought to promoting body positivity in particular. As I joined the pageant and participated in the grooming classes, I encountered many women who are depressed and anxious about their body type.

This made me want to help women work on their mental health— the way the pageant's grooming classes helped me grow more confident about my body. I want to open an institution where I can teach young girls take better care of themselves, and learn ways to be more presentable.



COSTUME: NAZAKAT  
PHOTOS: SHAHREAR KABIR HEEMEL

## Out and about IN DHAKA



**Kabir Suman Live in Dhaka - 2022**  
October 15, 18 and 21 | 5 pm  
Bangladesh National Museum



**AE Bangladesh Presents: Anime Fall Fest 2022**  
October 15 | 11 am  
Marriott Convention Center Dhanmondi



**ABCB presents Rock-O-Phone Season 4**  
October 9 | 12 pm  
TSC, University of Dhaka

## WHAT'S PLAYING

# Running on Empty: Dads in The Park

Dads in The Park is an interesting, up and coming band. Consisting of just two members, the duo has taken the industry by storm. “Running on Empty” is their latest single, and the song itself feels like a slight deviation from the rest of their discography.

While they don't stray too far from their genre of progressive rock/alternative, but it feels just far enough to give the song a fresh feel. The video for the song is definitely a must watch. The song itself, stays true to their melodic roots, and will have heads swaying or banging any day of the week.



PHOTO: TANVIR ALI PHOTOGRAPHY

## Style statement

Shampa Reza took her style game to another level, with a trendy blue kurta-styled jacket and jeans overalls. The actress rocked her silver hair and upped her style quotient with funky jewellerys from 6 Yards Story.

She aced the whole western look with her beautiful smile and graceful confidence. The post containing photos from the shoot immediately went viral upon its release on October 1. Fans were left spellbound by the beauty of the icon.

The new photoshoot was a collaboration of four brands including: Glow by Larissa Fazle, Tanvir Ali Photography, Karutantra, and 6 Yards Story.



## TRENDY STREAMS

Netflix- Blonde

Hoichoi- Bodhon

Chorki- Nokkhotrer Raat

Amazon Prime- Catherine Called Birdy

Disney Plus - The Mysterious Benedict Society