

#FASHION & BEAUTY

BODY POSITIVITY

A call for self-love, acceptance, and inclusivity

We have long been obsessed with the idea of perfection. But what does the “perfect” really look like? Is it a slender figure, six-pack abs, or a fair complexion? Unrealistic beauty standards have conditioned us to prioritise a narrow and often unattainable definition of beauty.

However, it's time to change our perception. Challenging these rigid standards, the body positivity movement emerged, which advocates for the appreciation of all body types — irrespective of size, shape, or appearance.

The essence of body positivity

The body positivity movement has its roots in the fat acceptance movement of the 1960s, which sought to combat discrimination against overweight individuals. However, it has evolved into

something much broader over the years.

At its core, body positivity is about finding peace within ourselves. It's a commitment to appreciate our bodies as they are. Samia Tunazin, a development worker, aptly captures this sentiment: “For me, body positivity means accepting how we are. I believe that if you

don't have any health issues, you need not be bothered about your shape.”

She adds, “We need to be aware of our well-being instead of getting concerned over people's remarks or the latest trends.” Samia's perspective highlights the essence of body positivity: prioritising health and well-being over societal expectations.

A fundamental aspect of body positivity is the concept that health is not determined solely by body size or weight. This principle advocates for a holistic approach to health,

focusing on physical, mental, and emotional well-being rather than a specific body type.

“Body positivity starts with awareness”

Body positivity is closely linked to mindfulness. Eliza Chowdhury, a certified yoga instructor, highlights, “Body positivity, I believe, essentially comes from awareness. It is about being positive about the way our body naturally is.”

Mindfulness helps individuals appreciate their bodies and recognise their intrinsic value beyond appearance. It promotes a healthier self-image and encourages self-compassion. On developing a positive self-image, Eliza points out, “I have seen women who are on the heavier side perform yoga poses with incredible ease and flexibility, often surpassing what some slender women can do. It's a reminder that physical ability and grace are not confined to a specific body type!”

It is about how we treat our bodies. Thanks to social media, we are exposed to picture-perfect lives of people and as a result, is easy to get hypnotised by all this glitz and glamour.

Eliza asks, “It's easy to feel envious of someone you perceive as beautiful, but what if that person is struggling with an illness and isn't truly healthy? Would we still feel the same way if we knew their reality?”

Though the grass may appear greener on the other side, in reality, it might be bleaker than you realise. It is about time we start questioning and dismantling the unrealistic and often harmful beauty ideals perpetuated by media and advertising.

Why all shapes and sizes are good

Human bodies are wonderfully diverse. Our differences in size and shape are natural and beautiful. This diversity should be celebrated, not stigmatised.



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