Star LIFE Style

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E-mail: lifestyleds@yahoo.com, 64-65 Kazi Nazrul Islam Avenue, Dhaka-1215

Body positivity

"My friends used to tease me about my breast size, which is in every sense wrong," says Samia. Many of us, including Samia, have faced crude, insensitive remarks like, "Why did you put on weight?" or "Why did you lose weight?" These questions are all too common and often directed at us.

Such questions are undoubtedly hurtful. No one deserves to be taunted about their shape because all shapes and sizes are good.

Sumaiya Sayat Rubama, a strong advocate for self-love, shares her thoughts on the emotional complexities of body positivity: "Body positivity for me means being able to hug myself on days I catch my reflection in the mirror."

"It's about accepting that maybe today, the outfit doesn't look as good as I thought, and the love handles seem more pronounced. But even then, I'll still hug myself because this body has been incredible at staying strong, even when my mind has played tricks on me."

Many people struggle with feelings of inadequacy, believing that they don't measure up to the standards set by the media, peers, or even their unrealistic expectations. This negative self-image can lead to a range of emotional and psychological issues, including low self-esteem, depression, anxiety, and disordered eating.

However, self-love stands as a powerful antidote to these challenges, offering a path to healing and acceptance. Understanding why self-love is needed and how it can help overcome a negative self-image is essential for personal growth and well-being.

The need for inclusive fashion

The fashion industry has long been dominated by narrow beauty standards that cater primarily to a limited range of body types. This lack of diversity not only restricts choices for plus-size individuals but also perpetuates harmful stereotypes about body image and self-worth.

Zarin Farhana Rakhee, founder of Zaria – a fashion brand for plus-size women – explains her motivation: "The inspiration to start a business catering to plus-size women in the fashion industry came from a combination of personal experiences, social awareness, and a passion for inclusivity. I noticed a significant gap in the industry concerning the representation and options for plus-size women."

Rakhee's vision goes beyond business – it's about challenging stereotypes and creating a more inclusive fashion landscape. "The vision for the business was clear—to redefine beauty standards and empower plus-size women to embrace their bodies confidently," she says.

By offering stylish, well-fitting clothing for plus-size individuals, designers like Rakhee help to normalise diverse body types and promote body positivity. Fashion is a powerful form of self-expression, and everyone deserves to feel confident and beautiful in what they wear.

To conclude, body positivity is more than just a hashtag or a fleeting trend. It's a movement that calls for radical self-love and acceptance. It is about time we embrace diversity fully and take intentional steps towards creating a world where every type of body is celebrated and respected.

By Ayman Anika
Photo: Shahriar Kabir Heemel
Models: Arsila, Natasha
Wardrobe: Starlet Style Studio
(Starlet Style Studio is an advocate for body positivity and circularity in fashion)