

Be body positive

Your Body Is So Much More Than A Number On The Scale; Know It, Own It!

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part IX** of this exclusive series, based on the panel discussions organised by YP teams in 2022-23, and a host of opinions as experts debate on 'Body Positivity', the cause chosen by the YP team of AIS Noida.



The panellists with Youth Power team of AIS Noida

Beauty lies in good health, not perfect body

Panellist: Dr Nirupama Pushkarna
Dermatologist and cosmetologist

"We are indubitably born with certain looks that come from our genes. Howbeit, post that, everything depends on how we take care of our bodies and the kind of lifestyle we follow. For the very same reason, I advise my young patients to sleep on time and eat the right stuff, for our bodies need sleep and good food to rejuvenate. Still, 99% of today's youngsters fail to maintain a healthy routine, and when it all does not go their way, they opt for cosmetic surgeries. This is because they feel insecure about the way they look, but as a doctor, I believe that I have to first understand where the person is coming



from and why they feel so underconfident about themselves. Is it their looks or just a race to fit in the standards set by the society? As doctors, we should give our patients our most honest advice and not be swayed by what they think they should do owing to any kind of societal pressure."

Size is just a number, it can't define you

Panellist: Sonal Mehandaroo
Plus size model and actor

"My journey to becoming a plus size model is filled with a lot of bullying, negative comments, and unsupportive people who used to underestimate the fact that someone of my body type can make it big in this industry. There might be a good number of people who are confident of how they look, but the reality is that there is an even greater number of those who hate their bodies. Self-love isn't something that can be bought or taught. Self-love comes from within and once it does, it becomes easier to not only feel good about oneself,



but also about others. I believe that mentality plays a huge role in this. There's a half-glass-full scenario and then there's a half-glass-empty scenario; it's all about how you see it. I am glad that the members of Team DehSaakaar chose this topic. It feels great to see our future generation going on the right path."

Part IX

Expert Speak

You must dress to express not to impress

Panellist: Bharti Singh
Social media influencer

"I feel proud when people say that I look like my father. In fact, we should all feel good about the way we look. This is not to say that we won't get bullied along the way, but we need to learn to ignore these voices. I often see comments like 'If the wind blows, you will fly off', 'Don't your parents give you food' et al on my posts, but with time, I have learned to pay no heed to them. At the end of the day, my audience follows me because they can relate to me. And I think someone should do this for men too because they too go



through such bullying. Though there are a lot of influencers today, you just need to find that right one to follow in the footsteps of. Invest time in yourself. Try out everything and then make a decision and most importantly, be proud of your body."

Acceptance is the key to contentment

Panellist: Dr Jyoti Goel
Dentist & laser and face aesthetics specialist

"Learn to start loving yourselves. Learn to have the attitude that I am the best version of myself. If you get this confidence now, you will never lose in life. People can be concerned about their jawlines, acne, puffy cheeks, etc, but these are all superficial factors propagated by people who have undergone a lot of treatments themselves. Not only women but men too face the same thing if they don't have perfect bodies or facial hair. Know that it is not right to criticise ourselves because of



some artificially created beauty standards. I feel that raising awareness and educating people is the most important step in helping the ones struggling with their body image. If people are educated, they will feel more confident about their bodies."