

oh!!!

# womania

edition 5 - july' 2014

[woo-m-uh-nia] noun, abstract most of the times, raw, unadulterated, ridiculously suave

bazaars of India  
osho gyaan  
selfie fad  
i dont want a  
girl child



classic  
beauties get  
a shocking  
photoshop  
treatment

There is nothing more rare, nor more beautiful, than a woman being unapologetically herself; comfortable in her perfect imperfection.

To me, that is the true essence of beauty. - Dr. Steve Maraboli

*You are beautiful*

*You are beautiful*

i dont have the body of a model or Barbie. My main thing about being in the spotlight with my fans is i want to be real to them. i am happy in my skin right now. I am not going to sacrifice my mental health to have the perfect body - Demi Lovato



Instead of spending hours lamenting over weight loss. I channeled all that energy into living my life to the fullest. Day in and day out What is so amazing about being a size zero anyway. Is because that person exhibits control in a hedonistic world. Or is it just a tool of manipulation against us. I am proud of my body, flaws and all. -Robyn Lawley

JUDGING  
ANYBODY IS  
WRONG

before anorexia and implants there was something called SEXY



## unfolding edition 5

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We happened to get into a casual chat with a friend, (who by the way is not fat) on a common whats-app group and while discussing about our insecurities and fears we happened to talk about physical appearances. Here is a snippet of what we talked and this is an unabashed response to the questions we put up. You would want to know what we talked about, because this may not be anything new or out of the world, but it is a very regular story that you would have experienced too.

When someone else relates a similar story you always wonder "OMG, how vain is she". So did we. We thought the exact same thing. Somewhere, we all are vain, and too conscious about certain things.

**Yes, even men. Read on!**

### 1. How many kgs overweight are you?

I am a few kgs overweight. Don't ask me my weight it's depressing!

### 2. Do you think you are fat?

I am very fat.... I bulge from everywhere; I have muffin tops or love handles. And t-shirts are not wearable because of them. I have a flabby tummy and a baby can fit inside it. I have Dara Singh biceps. But all fat unlike his muscles. I don't fit into S, M

size clothes. I am envious of girls who wear XS. Why is that even a size? Imagine now even Sonakshi is slim. I was so heart-broken like she is my competitor or something?

### 3. Do you like your body?

No I don't like my body. I don't have great boobs.... But that's ok. I have a huge bottom and that's bad too..... I have tummy problems. I am someone who can thrive on air and still get fat. I like myself in Indian wear though. It hides the extra kilos on me. I hate myself in westerns.

### 4. Which three body parts would you change?

I will change ummm my tummy for flat abs.. My ass for JLo's ass....

### 5. What is your best body feature?

My best body feature... I have a neat face. I have nice clavicles, shoulders. I wish arms were just an inch less and it would be perfect. But I wouldn't mind that ass-boob bargain.

### 6. Are you bikini ready?

No no.... I can never be bikini ready. It needs size zero figure and I clearly am not. I wish I could be. But whatever! Who wants to wear a bikini?

So you know what is our topic for this edition?

## "Be The Best of Whatever You Are"

~Douglas Malloch

*If you can't be a pine on the top of the hill,*

*Be a scrub in the valley-but be*

*The best little scrub by the side of the rill;*

*Be a bush if you can't be a tree.*

*If you can't be a bush be a bit of the grass,*

*And some highway happier make;*

*If you can't be a muskie then just be a bass*

*But the liveliest bass in the lake!*

*We can't all be captains, we've got to be crew,*

*There's something for all of us here,*

*There's big work to do, and there's lesser to do,*

*And the task you must do is the near.*

*If you can't be a highway then just be a trail,*

*If you can't be the sun be a star;*

*It isn't by size that you win or you fail*

*Be the best of whatever you are*

big or small, short or tall. None of us our  
beautiful if we tear others down to build  
ourselves up

To read more, keep scrolling the pages! Happy Reading!

you are  
**beautiful!**

## BODY SHAMING

We are a society of perfect people. We all weight slightly over 60 Kgs, we are tall, we are fair, and most of us have abs that we can at least count on fingers of one hand. **At least.** We all love to flaunt our hair – voluminous and shiny.

The women are more than perfect with their thick eyelashes and naturally bestowed eyebrows, and bow shaped lips.

The men flaunt the quintessential chutzpah which is enhanced with moustache and gotis on the face. All of them live in a perfect world, where features are carved, physiques – structured and images – impeccable.

While reading this, did any one of you disagree? I did! I am not any of what is stated in the above paragraph.

**Yet I am flawlessly perfect and perfectly flawed.**

Irony, ain't it?  
Let's break it.

We have lots of fad doing rounds, depending on the mood and trend. There was a **fairness fad**, then **"stay dark stay beautiful"** fad, **zero figure** fad, then **non-zero figure** fad. And they go on.

The major trendsetters for the Indians are the celebrities. We want to look like them, we want to be them. Where very

few celebrities insist on healthy living and healthy thinking, most of them are into quick-fix methods. **There are shortcuts to saggy flabs, non-pouting lips, dull hair, flat hips, anything, and everything. You name it and they have solution for it. Liposuction, laser treatments, plastic surgeries, and all unnatural ways of making things look beautiful, so that we polish the exterior and put it on an exhibition.**

We are not proud of our bodies. Some may be upset because of oversized bottoms, some may be unhappy with clunky calves, some may want broader shoulders, and some may want sexier backs. The list is endless. We want to fix so many things that we deem imperfect in our body.

What needs fixing, if we may ask? We want breasts like Kareena Kapoor, abs like John Abraham, biceps like Salman Khan, waist like Deepika Padukone, smile like Priyanka Chopra and hair like Aishwarya Rai. Everything is tagged. We aim, not for a healthy lifestyle, but we aim to become someone who looks the way she/he does because of so many different reasons.

Are we really proud of whatever we have? Can we look into the mirror and not wonder...what if you were a little slimmer... Are we ok with the size and shape we have been bestowed with, are we ok with the way our anatomy projects itself out in the world? Most of us aren't.

We are looking for acceptance in more ways than one, and we haven't accepted ourselves the way we are, let alone,

expecting others to approve of our appearances.

I am nowhere trying to put a point that getting into good shape and health is bad. It is very very important to be healthy. But health is not "36-24-36" or 6 pack sexy abs! If we don't have those measurements, we are naturally ashamed of our bodies.

Body shaming is a very serious issue. With new-age parents pressurizing kids to maintain weight and join gym at the age of 13-14 years, the idea of "healthy living" per se is going for a toss. We are not interested in maintaining healthy weight, or healthy body composition. We are more into looking better physically, even if that means undergoing operations, or treatments, or starving ourselves to extremes.

Anorexia and Bulimia are diseases which most of the teenage girls suffer all over the world, because they have body-image issues. There is a chronic disease which crores of people all over the world suffer, which is called "Body Dysmorphic Disorder".

They give up on eating. They forcefully throw up after having meals and slowly sink into depression. Tagging body image to social acceptance has been the norm, till now, but we refute it strongly. This is not a very good practice. There are more important things.

Healthy living is indeed very very important, but there is fine line that differentiates the idea of living in good health and becoming slim by compromising health. That fine line needs to be known, defined, accepted and educated amongst everyone.

**Otherwise, it won't be far, when we'd see a day, where everyone is perfect, look wise, and messed up inside!!**



real women are... fat. And thin. And both. And neither.  
And otherwise - Hanne Blank

# BEAUTY



# IS NOT A SIZE

© The Invisible Person

## Bazaars of India

They all are kids after all. The parents get exposed to the various items in this bazaar of Kindergarten and classify kids. Then they compare their own kid to the others. Mr. Sharma's daughter is so active; we should do something about our daughter too. She's too plump to move around so actively like the other kid. We should see a doctor and make sure she becomes active too and shed off some extra weight. She has to get married too, later! Imagine, this, for a 4 year old!

Adolescent kids are the major chunk of population who suffer from complexes related to looks and self-esteem. They are constantly hammered with a belief that if you look good, you are socially acceptable. A pimple on face, a few extra kilos on the tummy, chubby cheeks and oily hair makes one sulk into depression. Most of the kids either give up eating, resort to silence and solitude or become unsocial. Many become aggressive and retaliate, some give up on the idea of healthy living altogether and take up extreme steps and spoil their lives, and there are very few who deal with body image issues which a lot of grit and confidence. This attitude reflects in the adult life and we tend to become the people we are.

### The competition begins.

You want your kid to be a super-kid. You get them dresses so that they stand out amongst the other kids, then the other kids or parents take notice they push themselves or the kids to do even better, and the game begins. The circle is unending. It keeps on going, until these little kids become older, go to school, college, and finally get married. We are always striving to be better than others. On what foundation, though?

### We are all on sale.

Men and Women both. We are either marketing ourselves for good life partners or good jobs and businesses. External appearance is very important. It's the first impression that lasts. But sometimes the pressure is so excruciating that it leads one to depths of uncertainty and insecurity.

Imagine going out in a market and rejecting a stale pumpkin for a fresh one. Of course that is what we all do. Now imagine that pumpkin to be a human being. Is it fair?

**Bazaars of India have lots of variety. They are out for sale. But the living things need more acceptance, because appearances, as they say, are always deceptive!**

Let's look beyond the obvious, because what is obvious, one day shall perish!



diba

**This is no arty topic.**

**We are talking business here.**

**You and I are commodities.**

**You know, we all are items.**

Objectified to be certain things, in certain measurements, tones and type. That is exactly how the Indian society functions.

Let's start from women. They are dolls. Dolls – decked up either in labels or ornaments of expectations. Show pieces on display. In every house. And the house, which doesn't have a decent enough object to display, is customarily ashamed. Ashamed of its items.

How does insecurity run in the society?

Take for instance, a little school going girl. Say she goes to Kindergarten. The kids that age are cute. Every child is cute. Some kids are fair, some chubby, some are dark, some slim, some are over-active, some dull. They are all of different kinds.

**"our first and last love is..... SELF LOVE!"**

## Classic Beauties Get A Shocking Photoshop Treatment

<http://www.visualnews.com/2012/02/08/classic-beauties-get-a-shocking-photoshop-treatment/>

“What would have happened if the aesthetic standard of our society had belonged to the collective unconscious of the great artists of the past?” So asks Italian artist [Anna Utopia Giordano](#) in her [Venus project](#), which re-imagines classic artistic depictions of Venus with a modern and extreme Photoshop makeover. What begin as mostly Rubenesque beauties are transformed into busty, slim-waisted figures more closely matching the ideals we are bombarded with today.

In our current era, we are marketed standards of beauty like never before. Advertisements portraying that ideal hang on every corner of the street and internet, subtly effecting our perceptions of what looks beautiful and setting up standards that put pressure on men and women alike. How do the beautiful women in these classic paintings hold up to a modern treatment? While some may appear to have found some healthy improvement with their digital nip and tuck, others turn out looking disturbingly thin and adolescent. Which do you find more attractive?



J.A.D. Ingres – Venus Anadyomene



Hayez – Venus

Giordano's reworking of the classics raises a number of questions about the aesthetic standards of our current society and its obsession with near impossibly adolescent figures. Is our current ideal healthy or even possible for most women? Is today's preference even as attractive as the more "natural" figure depicted in the original versions of these paintings? As the standards of beauty have evolved through history we have seen vast fluctuations in ideals. From the plump beauty standards of China's Tang Dynasty, to the waif-thin ideals of 1920s flapper style and the voluptuous 1950s, we've seen standards change for a long, long time.



Alexandre Cabanel – The Birth of Venus



Botticelli – La Nascita di Venere

## Fat and Ugly, Thin and Beautiful?

.....that was the name of the book I wrote when I was 17. It became a bestseller. Or sort of a bestseller. I published around 35 copies. Many people bought it from me for 15Rs. I couldn't charge more than that. It barely had 50 pages. Well, it was not about

hand, never believed in that. I was tired of the depressing talks they made.

During one of our college fest, I decided, no matter how round and plump and horrible and gory we looked, we would

### Acceptance.

That's the word.

With Vinay Sir's entry in my life, everything changed. I started getting involved in different activities, where "looking pretty" was not a criteria. I started writing my book too! I got a

There is no Ugly!

money anyway. It was in 1993, internet talks were just in air and I had no idea how I could tell people my story. I did anyway.

I was fat. And Ugly. And Gross. I don't call myself any of that. That was the label that was given to me back then. I was just a teenager and wasn't a famous one. I did not have a group of good looking friends. I just had a few friends who were fat, ugly and gross like me. Birds of same feather flock together, they say. Like fate would have had it, our group was named FATSOS. Five friends, with names from each of those letters. I was the "T". Tina. T for Tina.

Fatema, Anuja, Suji and Oshi were more or less like me. The other four of our wretched group. We would get together, not because we liked each other, but because there was no one left for us to mingle with. What's with this nepotism? Since school days, this was the drift, and we stayed together through all our college years too. It was difficult to accept that we were best friends, consequentially. We had nothing in common, except our physical traits. Ultimately, we were! Best friends. Because we were together. No matter what happened!

I remember, how the most beautiful girl in our class would come dressed in amazing clothes and how the guys would run after her trying to befriend her. She and her group were always in news. Sought after!

By the time I turned 16, I knew there was nothing sweet about it for me and my girls - The FATSOS. There were times, when the other four would whine about how unfair life is to them. I, on the other



go and participate in the competitions and put up a brave show. No one bothered to cheer us, except Vinay Sir. I had an instant crush on him.

I nailed the debates and essay writing events. Many girls couldn't digest that fact. I just wanted to prove a point. Being famous is not because of looks alone. Someone who had real talent could be famous too, I wanted to prove. Suji and Oshi won the fashion designing round and Fatema won face painting, rangoli and Mehndi round. Somehow our paths were carved right during that fest, during those events.

"Tina, you have such amazing oratory skills. You should be a part of the student's group", Vinay sir offered. My confidence trudged up multiple levels. Slowly, yet steadily. Someone was finally looking at me, beyond the fatness that defined my exterior.

No one's ugly.

chance to interact with many guys, and they were all amazing. I had a preconceived notion that they would dislike me because I wasn't pretty. I was nothing but amazing. In my head. I always loved myself. There was no reason for them to hate me, anyway. As I got more involved with other people in the gang, my myths about "being fat and ugly" changed.

The confidence that only rested within me, slowly started to find outlets. I started feeling better about myself, I learnt I had unlimited capacities. I pushed the FATSOS to take up their talent and today, two of them design clothes for plus sized people and make them look beautiful. Fatema is a beautician and she believes every human being is a creation of God and is amazingly beautiful.

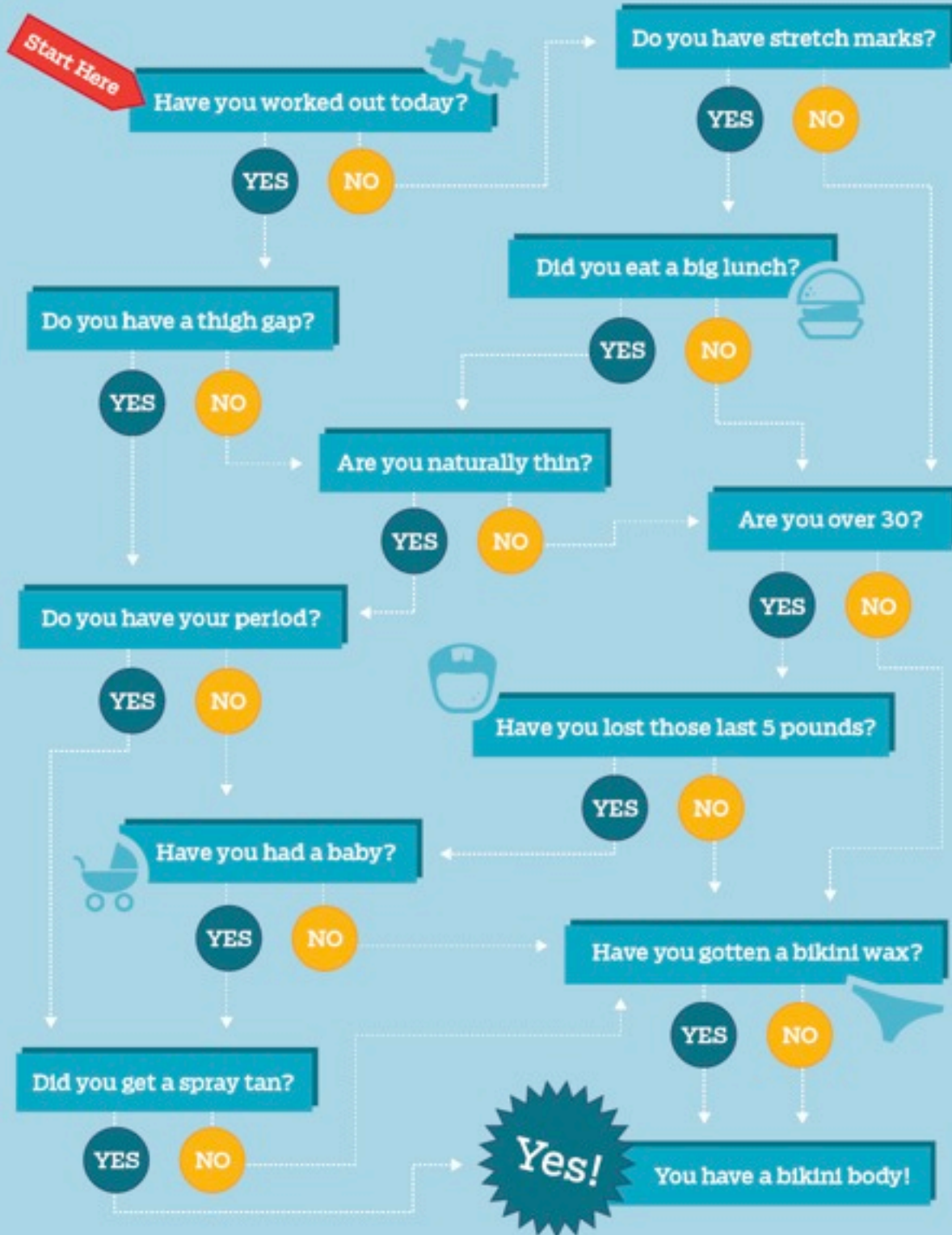
And I...

....Well, I am a writer. I write columns and change the way society thinks, in my own small way. I am thinking of re-publishing the book I wrote 20 years ago, with additional chapters.. Perhaps I shall re-title it to "Fat, or thin - you are beautiful".

We are 38 years old now; healthy, blessed with happy families, but that struggle through school and college is something we never forget. We don't want to, either, because had we not been rejected, we wouldn't have found our true calling.

There is always that one person who changes the way you think. For me it was Vinay Sir. I hope everyone finds their inspiration and appreciate this wonderful life!

# Do You Have A Bikini Body?



## From the Doctor's Desk

### 1. If someone is trying to lose weight, is giving up food the correct way?

Giving up food is definitely not the right way to lose weight. It sometimes seems like it is the only option, but when you see the consequences, it really isn't the best choice. People who crash diet usually end up becoming pale, weak and susceptible to many health related issues like Anemia, Poor immunity - causing increasing chances of infection in the body.

Body needs nutrients to function, that we usually devoid our body of, when we crash diet. This decreases the overall health. It also affects the daily work and routine resulting in lassitude, fatigue and little willingness in doing daily activities as the energy intake becomes low to sustain throughout the day. So losing weight by giving up food is a strict no-no.

The best advice in losing weight as given by many health programs is by eating the same amount you eat, with added nutrients and fiber content. Add exercise to your daily routine. You don't need to compromise on food; instead, exercising 45 min a day, 4 times a week will save you from all health related problems like heart diseases, high cholesterol, hypertension etc. Any cardio activity aids your heart to be active and pumping. It is very good for your cardiovascular system which helps in burning calories. This in turn helps you feel good, fresh and stress free all day. So for a healthy body, exercise and proper nutrition is the only way. The best way you to lose weight, is to eat right.

### 2. Tell us about the disorders which are food related persistent in teenagers and people who are obsessive about their body image??

Two types of food disorders that are very common are Bulimia and Anorexia nervosa. This condition is very common in adolescent girls and boys who are desperately trying to lose weight in a short period of time. Out of the two disorders mentioned, Bulimia is more common and comparatively less dangerous.

Bulimia is characterized by cycles of binge eating, i.e. eating food in large amounts in a short span followed by getting rid of the food eaten by intentional vomiting or other means like taking laxatives etc. People suffering from Bulimia, usually have a normal weight.

Anorexia nervosa, on the other hand, is a condition, where people mostly try to get rid of their weight by reducing food intake to a very less amount. They have distorted perceptions of themselves and their bodies. They starve themselves trying to lose a lot of weight and tend to become dangerously unhealthy and weak. They can starve themselves to death!

Both of these disorders can cause a lot of unhealthy consequences on the body like weakness, anemia, irregular menses, or absent of menses, hair loss, electrolyte imbalance, abnormal heart rhythms thereby affecting kidney and liver.

Both of these can be detected and treated by following good, normal diet, psychotherapy and cognitive therapy which means changing the outlook of these people by attending regular counselling sessions

### 3. How safe are surgical procedures like liposuction, silicone implants and laser surgeries for correcting body issues?

Mostly surgeries are not recommended for cosmetic issues of weight. Bariatric surgery is a branch that deals with surgeries which helps in losing weight which is advised for morbidly obese people, which means it is for people who cannot lose weight by any other means like exercise or diet control. This for the people for whom obesity is causing health issues that could be fatal. These are for people whose BMI is greater than 40. Laser surgeries, thought safe, should be done only if needed. Otherwise, exercise and following proper diet is the best way to maintain a healthy lifestyle

### 4. As a doctor, what would you suggest is a healthy way of living??

A healthy way to lose weight would only be to eat along with exercise, as I have mentioned before! And yes, definitely eat, but eat right. Frequently and in small proportions. By giving the body the nutrients it need in small intervals works very well. The body burns the food we eat from internal body function which is known as the Basal Metabolic Rate. This rate determines how your body processes food. This is one of the main reasons why people who eat in large amounts are still thin and fit. This is because their body utilizes every bit of what they eat which means they have a better BMR - Basal Metabolic rate.

When we eat in small amounts and in frequent intervals we keep the body working and it keeps burning the calories thereby increasing our BMR. Also eating healthy means we need to make sure the fiber intake is more and there are comparatively less carbs in our diet. Carbohydrates should not be done away with completely as they are very important too.

Having more fruits, vegetables, oats, daalia and whole grain food items which involve good amount of fiber ensures good health. Drinking lots and lots of water can help you get rid of toxicities that you always wanted to get rid of. It is good for preventing constipation too. At least 5-10 glasses of water a day is recommended.

~ Dr. Nida Raza





## The Weighting game - A teenager's story

Whenever I watched 'twilight' - the movie, I hated that bland, expressionless - Bella Swan. Why would Edward Cullen fall for her? Whenever I saw her in those hot dress and gowns, I thought, wow! She has a great bod, she can wear anything.

Unlike me, the umm... plumpish, fattish - geek, who finds nothing in the huge malls of India to fit myself into. Maybe, I will get my Edward, if I shed a few... few more.... few more dozens of pounds off my fat self!

Hermione Granger. She deserved to be with Cedric Diggory.... the 'aah'ness it would create. Sigh!

Then Bebo dumped Sasha.... and went to Saifu.... she dumped lots of kilos too, along with that. She got in the SIZE ZERO fad. I had enough weight issues already and, people were flesh over bones and that's what they called a perfect body... duh! It was trending.

That's so unfair. I love food, I hog on it like a pig. French fries and burgers are my life-line. But then, i can't really have them all the while.

But now, we have so many Bollywood divas who are above the standard anorexic numbers on the scales. We also have plus sizes in malls. Maybe that's the new fad. But will this always be according to such temporary fads?

**Often i wonder, are fads important or acceptance of our own self? But then the clothes in vogue are according to these celebs and their designers. I want to fit into hot clothes and look hot, not like a stuffed toy :(**

I am so confused, I want to be slim and fit in clothes and be trendy, but I want to eat too.

I contemplated and I did join gym, did Aerobics, Zumba, Yoga and the artificial slimming techniques. But I am not able to lose enough weight. How do actresses

lose and gain weight so easily? Is there a trick for it? I want a genie, i am so desperate to lose these flabs and look fabulous not flab-ulous.



I read and read, and I realized, excess of junk is bad, I can't quit junk but yes I have resolved to reduce it, and have a good healthy diet. But this happened after I fell in love with this totally awesome guy. Everyone loved him, so did I. My first school time crush. But I knew he won't love the flabby bird that I was. I was so determined to make him mine; I joined the gym - rigorous schedule and lots of dieting. But I wasn't losing much. I realized that eating won't help, i didn't want to lose him, but yes this excess of mass had to go. I starved myself. I lived on water and health drinks. I skipped, I cycled and I gymed. But food? No Food! It helped, from 3digits on scale; I did get down to 2 digits.

But I din treat myself. I starved, the little food my mom stuffed into me - vomited that out! No sugar no salt, no food. I had my boards and i had to study too. But this craziness took its toll. I fell unconscious in the middle of a physical training class. I was rushed to the school

med, they gave me glucose. I was fine for a while. Even this episode did not dampen my high spirits, I continued.

I did reduce 20 kgs, but by then my guy was gone, to some slim

girl. That made me all the more furious, I went crazy. I had to become size zero for him to love me, and I decided, I would. My starvation continued and my activities increased, health drinks gave me enough energy to walk and stay up and try to study. But mostly I was so drained, I slept, I slept a lot.

Boards started, I knew I would flunk; everything I studied seemed so distant. But I didn't care, I just had to look good and slim and wear all those awesome clothes and be with my guy to make all girls go green. Yes, that was important.

But my stars perhaps did not like the new, slim, crazy me. I fell ill, terribly ill and fell unconscious again, just after the second last exam.

I was hospitalized and had all kind of drips injected into my veins, my parents were crying. My siblings had come home tensed from their distant schools and colleges.

I realized how stupid I had been. I created problems not only for myself, but for no good reason I panicked one and all. These were my people, who loved me, who didn't see me as fat, or dark, or stupid. They loved me unconditionally. Alas, I didn't love myself enough.

[That was the day I realized, the importance of loving yourself, loving your people. Loving food you eat, eating wisely, being in control - of yourself, your body, your food and health.](#)

**But most importantly, accepting yourself, your imperfections and knowing that you are a blessed soul!**

## Survey

We love to hit the chords. We had no idea; this topic would be so close to people's heart! Sometimes we struggle in getting responses from our own people and sometimes there is such a huge response that we are forced to put a few comments to let you know how touchy the topic is!

So we put out a question in the open asking 'Are you happy with your body?' And we were seeking answers in just Yes or No. No explanations, nothing. But like they say, you get what you want when you don't want it. So we decided to use the comments and follow-ups in this post, after all, it's a common situation, it's everywhere.

Before we mention that, here are the survey results

### Are you happy with your body? Yes or No?

'Katai nai. Bilkul nahi. Kya puchh liya tune, rula di..'

'A big NO'

'Not at all, you kidding me?'

'Ufff.'

'Ask me after three months, I'll say Yes! Abhi gym lagaya hai!'

'Can I say no? You won't put my name, right?'

'NOPE. What makes you ask this question?'

'NOT AT ALL. HATE IT!'

'So much to change. So answer is NO!'

'Hahahaha... Haahahahaa... NO!'

I am happy the way I look. I was slim earlier, and now I have become plump, but I am not complaining. I am happy with myself because my people love me. My husband, my family accept me the way I am, so why complain?

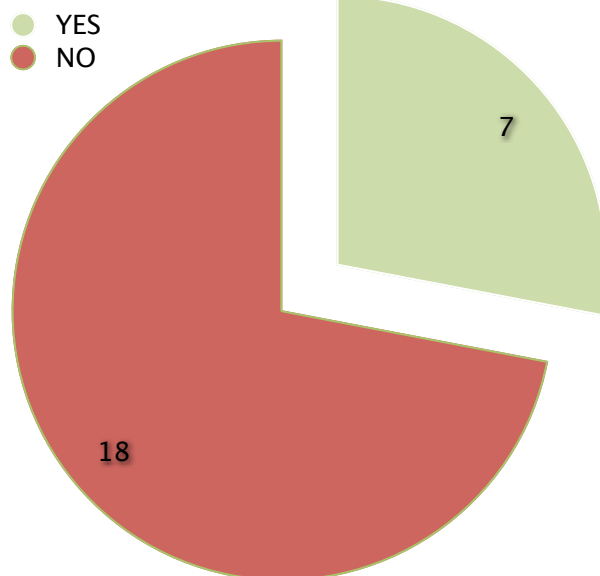
I like myself the way I am now. Earlier I used to be very thin. My husband said, I'd be sexier if I put on some flesh in the right places. Whenever I saw my weight and inches increase, I would rejoice!

Why did you ask me such a question? Oh, I don't like my body at all. I have a list of things. I have extra flabs, my lower body is heavy, I am kinda happy that I have a sexy upper body though. But lower body is really embarrassing. Clothes don't fit me well. Also, my hair is too thin. I wish I could change these things.

Am I happy with my body? It depends. I feel happy when I look good and there are times when I hate what I see in the mirror.

Happy with my body? NO!

What kinda question is that? Am I happy with my body? Yes. Mostly. I wish I had thicker hair, though!



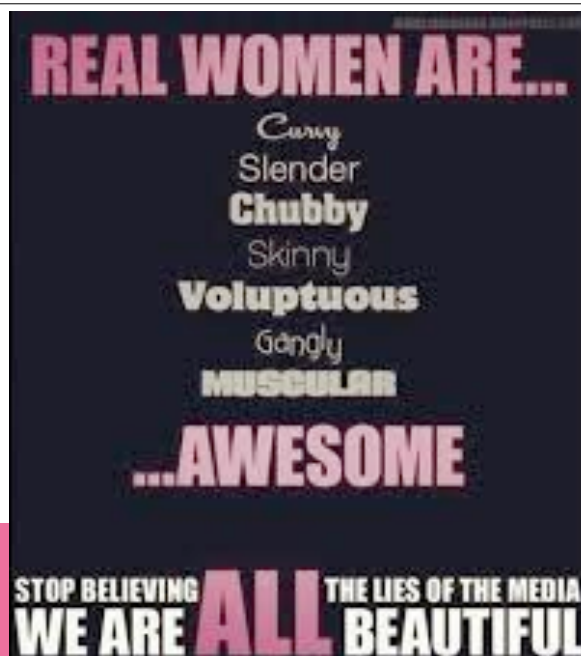
I am happy with my body. Just this little bloated tummy. If it weren't there... it would be perfect!

I kinda feel ok about my body. I have a little extra hair, but that doesn't make me too unhappy. I am cool!

I think, my good looks and features have been affected by the fat I have put on. It adds a little age on me too. I don't quite like my pictures either.

Umm... People just stare at my weird flabby tummy all the time. My toes look horrible and my hair is too voluminous. I could have a better nose too, and perhaps a better complexion. I could do away with the pimples also. Nonetheless I love myself. And I love the pics in which I look slim! :)

And a few of them said YES in confidence, and we are proud of them, for being comfortable in own skins!



"start a revolution, stop hating your body"

# [Osho gyaan]

excerpts from discourse of Osho

**One has to see the foolishness of it. It is not a question of resolving it. One has to see the ridiculousness of it, then it falls. It is not resolved. Diseases are not to be resolved; they fall away. Just try to see the foolishness of it.**

I will tell you a few anecdotes.

A woman, newly arrived to live in a spacious mansion, met the woman she knew lived in a cottage at the edge of her estate. "Welcome to our little community," greeted the cottage dweller. The new resident, drawing herself up haughtily, replied, "Please do not address me. I never speak to an inferior." "Oh," replied the cottage dweller sweetly, "and where in the world did you ever meet one?"

Everybody is an egoist.

It is difficult to see that you are in the same boat. You can see all others in the same boat. Just see it -- that everybody in deep ignorance remains an egoist, goes on thinking in terms of the ego. Nobody is there in the world to fulfill your ego; everybody is trying to fulfill his own. Who has time to fulfill your ego? And if sometimes somebody fulfills your ego, he must be fulfilling it as a means to fulfill his own.

**Basically, everybody is interested in himself. As you are interested in yourself, others are interested in themselves. Just become aware of this.**

Everybody is trying to compete; and in this competition, and in this egoistic, ambitious race, one is destroying all that is beautiful. One is destroying a beautiful life that could have flowered and become a pinnacle of existence -- Buddha-like, Jesus-like, Krishna-like. But everybody is asking others, begging: Approve of me! Say something that gives me a good feeling about myself. Hence, flattery works. Hence, anybody can deceive you just by flattering you. And people go on doing things which they never wanted to do, but they go on doing them because that is the only way they can get the approval of others. Everybody is distracted from his destiny because others are looking, and they have a fixed idea as to how to approve of you.

It happened in a town: The new bride had returned to the small town after her runaway marriage. "I suppose my elopement was a nine days' wonder around here," she commented to the village's lone policeman.

"It would have been," he replied, "only the Smiths' dog went mad the same night."

People go on wasting their time and life and energy. There is no need! In fact, as you are, you are perfect. Nothing is to be added to you. God never creates anybody imperfect. How can he create anybody imperfect? You have heard religious people teaching you: God created the world. And they go on teaching you: You are created by God in his own image. And still they go on teaching you: Become perfect!

**This is simple absurdity. God created you in his own image, and still you need perfection? Then God must be imperfect. How, out of God, can imperfection come?**

**Creation carries his signature. You also go on carrying his signature. Drop this begging!**

Somebody is asking for money, somebody is asking for bread, somebody is asking for approval. All are beggars. Don't ask. In asking you will miss much that is already available to you. Look rather than asking. Look within yourself and the emperor of emperors is there. Start enjoying it, start living it!

It happened: The famous college athlete had just returned from the Olympics with a chestful of medals when he fell ill. At the hospital the doctor took his temperature, shook his head doubtfully, and said, "You're running a temperature of a hundred and five."

"Oh, yeah?" answered the athlete weakly. Then, suddenly interested, he asked, "Hey, doc, what's the world record?"

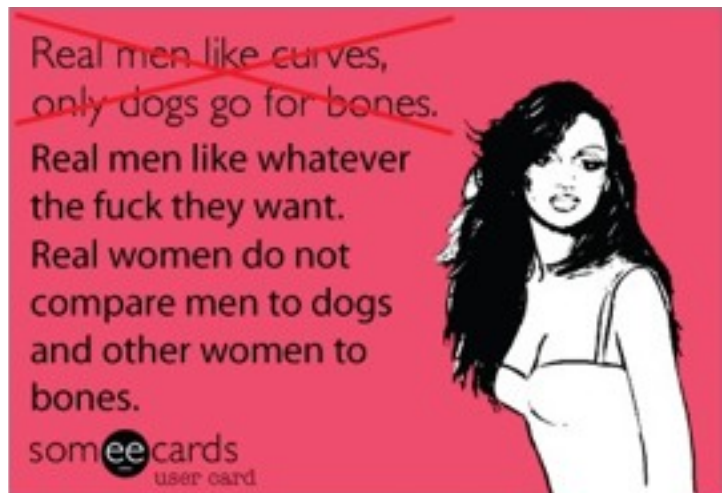
**Drop all this nonsense! You are already approved of, otherwise you could not have been here. God has accepted you, given birth to you.**

If van Gogh paints, whatsoever painting he creates is already approved of -- otherwise he would not have created it in the first place. If Picasso paints something, in the very painting, the painting is approved of. The painter has put his heart into it. Just go deeper into your own being -- God has put all the treasures that you need there. He has approved of you, accepted you. He is happy that you are!

But you don't look there. You are asking from others like a beggar: Approve of me! -- and they are also beggars just like you. Beggars asking beggars. Even if they approve of you a little, they will wait for you to approve of them. It is going to be a bargain. And just think of it: they don't have anything to give to you when they themselves are begging; and what can you give to them when you yourself are begging? Just a little alertness and one drops all begging. And with that, ambition drops, ego drops. One starts living.

**Dance, while you are alive. Breathe blissfully while you are alive. Sing while you are alive. Love, meditate, while you are alive. And once you change, you shift your consciousness, your focus of consciousness, from the outside to the inside, you feel tremendously happy and blessed. Just to feel "I exist" is such a blessing that nothing else is needed. "I exist!" -- all the dance, all the song, all blessings, are included in it. "I exist!" -- God is included in it.**

Don't make your God a beggar. Be a God! Recognize your godliness and then there is nothing to achieve. One has simply to start, one has to start to live. Live like a god: that's my message to you. I don't say: Become a god. I say: You are! Start living! You are -- recognize it! You are -- remember it! You are -- just become mindful of it. There is nothing to be achieved. Life is not an achievement, it is a gift. It has already been given, for what are you waiting? The door is open, and the host has already invited you. Come in!



Brumfit is ideally positioned to make a documentary about body image. The Australian mother of three once felt the way too many women feel every day—like a disgusting, ugly blob. Although Brumfitt dieted and exercised herself into fitness competition shape, she still didn't feel like she met the requirements for perfection presented by Hollywood and most [fitness magazines](#). In early 2013, she planned to have a tummy tuck, but before she went under the knife, Brumfitt wondered what kind of message her dissatisfaction with her body was sending to her daughter, Mikaela.



Taryn Brumfitt is out to challenge the pressure to Photoshop and plastic-surgery yourself into perfection.

That's when she decided to launch the Body Image Movement, which counters the inescapable body shaming in our society by encouraging women to speak positively about their bodies and the bodies of others. In March 2013 Brumfitt shared before-and-after photos of herself. Those kinds of physical-transformation images are in every weight-loss advertisement, celebrity cover story, workout DVD infomercial, and lifestyle magazine. But Brumfitt cleverly made the pictures the inverse of what we've been taught to expect. Her "before" was of her at a bodybuilding competition, and the "after" photo was of her post-pregnancy. They went viral across social media.

<http://www.takepart.com/article/2014/05/15/ladies-not-fat-ugly-moms-mission-counteract-body-shaming>

"it should be illegal to call somebody FAT on tv.....  
why is humiliating people funny  
- Jennifer Lawrence

## how ashamed of your body are you?

1. When I look in the mirror, I only see my faults.

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

2. I am embarrassed for anyone to know what I weigh, including my doctor.

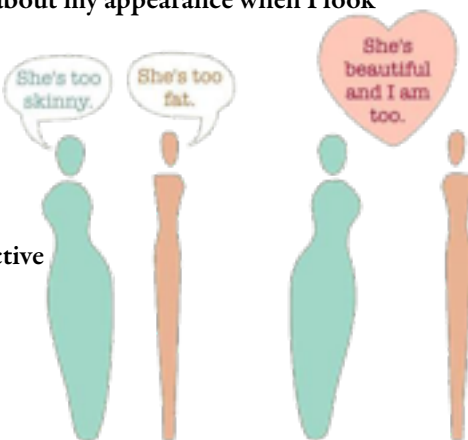
- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

3. I don't like to eat in front of other people because I know they are judging what I eat.

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

4. I feel uncomfortable about my appearance when I look at myself in the mirror

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

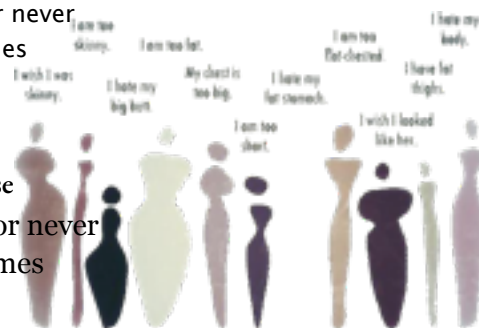


5. When I am with attractive people

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

6. When I try on new clothes

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always



7. When I exercise

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

Stop the negative talk about your body.  
Our differences make us beautiful.  
Embrace your unique qualities and love who you are.

8. After I have eaten a full meal

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

9. When I get on the scale to weigh myself

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

10. When I think someone has rejected me

- A. Rarely or never
- B. Sometimes
- C. Often
- D. Always

A – 1 Points ; B – 2 points; C- 3 Points; D - 4 points

**Score of 0 to 10:** Food is not an issue for you. You have a healthy body ownership. You have no guilt or shame about the way you look or how much you eat. You trust your body to tell you how much and when to eat. You feel good about your body and consider it beautiful. You have an assurance that your partner will accept you and find you attractive. You trust that your body will find the ideal weight it needs to be in and you move around with confidence. You are doing great!! :)

**Score of 10 – 20:** You are healthy, and fit but a tad concerned about your health. You are moderate and flexible in eating habits. You try to follow nutrition in a balanced way. You base your body image equally on social norms, and pay quintessential attention to the appearance because you feel it is important. You are conscious of your body and you put in efforts to maintain it.

**Score of 20-30:** You are either food or body obsessed. You have tried dieting and counting calories for losing weight. You have a guilty conscience when you binge on extra calories. You wish you could change the amount of food you eat. You spend a significant amount of time in front of the mirror trying to find out the areas that need to be fixed. You compare yourself with others and find yourself depressed or concerned at times, wondering how you could be thinner and more attractive. It may not be serious, but you should seek help, before you touch extremes.

**Score of 30- 40:** You hate your body. You sometimes feel so helpless that you end up eating more. Or you feel so horrible for having eaten food that you forcefully vomit. You have used or at least thought of using diet pills and shortcuts to losing weight or getting to the shape you wanted, through surgery or any other means. You have a disturbed body image. You feel depressed and worried and feel socially alienated. You feel your body is the reason why you repel people, jobs or success. Your confidence touches an all-time low many times. Some of you may be on the verge of Body Dysmorphic Disorder. You should perhaps seek help and see a doctor!

## OF OOMPHS AND AAHS!

Dear ladies,

You have hair at unwanted places and you don't know how to get rid of them.

Do you feel ashamed of it?

You have excess flab either in your arms, hips, stomach, thighs, calves and you don't know how you'll ever flaunt that little black dress? Do you feel bad about it?

You are very very thin, and you have nothing called as breasts, and you pad yourself with layers so that people think you are woman enough to have breasts? Do you feel bad about it?

You are very short, and you want to stand next to your tall sexy friends, have long legs that men crave for and you feel bad that your shoe size is that of a 7 year old? Do you feel sorry about yourself?

You are so tall, that you find it difficult to fit in the airplane seats, you never had a boyfriend because all guys were shorter than you, and you have to wear Capri pants because the jeans don't fit you? Do you feel ashamed?

You are fat, overweight, so much, that you have to get your clothes stitched and you fit in none of the 4X sized clothes available in the market? Do you have to lie to people about your health? Are you ashamed?

You are slim and perfect and you have amazing features, but do you have stretch marks in unwanted places that make it impossible for you to wear sleeveless clothes or bare your stomach or lower abs? Do you feel the need to hide it? Are you ashamed of it?

You have a perfect body, flawless skin, lovely hair, you are endowed with every feature, but do you still hate yourself wishing you could be still better?

Do you have huge breasts that guys always gawk at and make you feel uncomfortable? Do you choose your clothes to cover yourself up altogether because you think the Indian society is unfair? Are you ashamed of your breasts?

Do you have a flat arse, so much so that your trousers keep slipping down and you are many times, tagged to be a guy, because of your physique. Do you feel ashamed of it?

Dear Gentlemen,

Do you have that unforgivable beer belly and you binge on alcohol even more to justify it? Do you dream of six pack abs? Are you ashamed that they are not there?

Do you have chicken legs, so much so that getting into shorts for one of those late night movie outings is dreadful? Do you want better, smarter legs? Do you feel ashamed of it?

Do you have man-boobs, you are scared of baring it all when you go near a water body and keep that vest intact? Do you wish for a better, stronger, firmer chest? Are you ashamed you don't have it?

Are you so fat, that you almost resemble a big fat football, and it is sometimes difficult to tell, where your stomach ends and thighs begin? Do you love to it, despite that? Or are you ashamed of yourself?

Are you so thin, that you feel you lack the masculinity and feel that you are not man enough? Do you feel the compulsive need to have broader chest and shoulders so that at least you can 'look' strong, if not be strong? Are you not happy with the way you look?

Are you losing hair, and turning bald? Do you look 40, when you are barely 25? Do you feel tempted to get those hair weaving things done to crank it up a notch. Are you ashamed of the way you look?

Do you not get hair in enough places that define your machismo? Do you not get chances enough to shave properly? Do people tease you for being a 'girl', because of lesser facial hair? Do you feel bad about it?

Are you not confident about your private body parts and are always reading and browsing to make a better impression, sexually? Do you feel ashamed of your assets?

Do you have pimples and scars on your body and sometimes you feel you cannot act like a girl getting all paranoid about eruptions on your skin, yet you feel very concerned about it? Do you secretly purchase cosmetics and skin creams to address these issues? Are you ashamed of your skin?

Do you wonder why it is not possible for you to bare it all, despite being a man. Do you have any inhibitions, and fear of being judged because of your body? Do you look in to the mirror and feel upset?

### Well!

There are so many things that need to be fixed, if you fall in any one of these categories. Instead of feeling bad and sinking into depression, there is a sure shot solution to all these problems. There are two, rather. Let us mention them, You could artificially get any of your problems mended, which may or may not have a side effect on your health. Laser, liposuction, fast and quick weight reduction techniques, height enhancement, silicone implants, surgery etc etc.

OR

You can accept whoever you are, whatever you have, and adopt a healthy lifestyle, make changes where necessary, and slowly compete with no one else but yourself and reach goals that you have set for yourself, without wanting to be someone else. Be healthy, happy and confident about the fact that **you are amazing just the way you are!**

## *How to overcome Negative Body Image issues*

### **1. Don't be harsh on yourself or any of your close ones!**

When you don't like being judged about your body shape and size, you should be kind enough to not do it to others too. Making fun, passing a judgment would mean that you are inflicting a similar judgment on yourself, indirectly.

### **2. Don't go behind the DIET hype.**

Following a certain crash diet is only a temporary solution which may bring in a lot of perpetual problems. Quick weight loss is not the right way of losing weight. Looking and feeling good is in your power. You can do it anytime you want. Don't let a Diet dictate it.

### **3. Change your perspective.**

Instead of spending a lot of time on thinking about what is wrong with your appearance, focus your attention towards other things which will help you hone your skills and keep your mind away from sulking into depression.

Working out and exercising is a great thing, but it should not consume your life.

Moderation in all senses is the key.

### **4. Accept your body**

Know and accept your body. Certain traits you possess may be inherited from your parents.

Like height, built, looks, features. You cannot do much to change it altogether. Key to happiness and peace is to accept what you have.

### **5. Listen to your body.**

Our body talks to us. It tells us when it needs nutrition. It tells us when it needs rest. Listen to it, and don't let temptation rule the mind all the time. Mind and body sync is very necessary and can be achieved by meditation.

### **6. Solve problems. Don't try to eat them.**

When a person is sad or depressed, he tends to overeat. Change your approach and solve the problems the way they should be solved. Don't punish your body unnecessarily.

### **7. Celebrities are paid to look like what they do.**

Always remember, celebrities are not average people. They are paid to look the way they look. Many times, the camera does the trick and their pictures are photo shopped to make them look appealing. They have a gang behind them who takes care of what they should be eating, drinking, wearing and how they should be looking like. Stop comparing yourself to them!

### **8. Set realistic goals**

If you are way too overweight, then, getting into the healthy weight range should be the first goal. Followed by toning and shaping your body once you have reached the healthy numbers.

### **9. Celebrate the beauty of you**

Love yourself! You are beautiful!

### **10. Ask for help**

If you do not know where to begin, seek help. Instead of looking for shortcuts to good physique or figure, take the healthier route. There are many people, doctors who are available.



## 8 things only plus size people understand

1. When you sit on a chair and it squeaks, you feel embarrassed
2. You fear you may break the furniture
3. You sweat!
4. Your anger has a direct relation to your hunger
5. You say things like these in jest "I love my six packs, so I protect it with a layer of fat"
6. Or... "You have six packs? I have family pack!"
7. You wonder why clothes of your size aren't easily available in stores.
8. Knee pains

## 8 things only skinny people understand

1. You are tired of hearing "how can you eat so much and not put on weight?"
2. You always have to adjust on laps of people or in tiny spaces while travelling in car
3. You cannot sit on the floor without a cushion
4. You have to put extra holes in your waist belt
5. You are constantly lectured about importance of proper nutrition
6. You are teased when there is strong wind blowing "Be careful, you may be blown away with the wind"
7. It becomes difficult to talk about weight gain, because everyone around you is trying to lose some
8. You are tired of lose watches and wrist bands. They just don't fit you.



'A cultural fixation on female thinness is not an obsession about female beauty but an obsession about female obedience.'



## the selfie fad

Spending a lot of time on Facebook, looking in to the photo albums of your friends and wondering how and why that image looks so amazing, can push you to the extreme end of insecurity.

The more women are exposed to 'selfies', and other photos on social media, the more they tend to compare themselves with what they see in a negative light. According to a recent study, women tend to feel more insecure looking at the pictures of their friends on Facebook than looking at the celebrities.

The social media stresses a lot on how people should react or feel about their body. With the recent pouting and posing trend, people who do not have kissable or pout-able lips feel

dissatisfied with what they have. This is the easiest and smallest of examples that stand true.

This leads to comparison, and many tend to get depressed. Not only that, the impact of social media and the trends that keep going up, affects a lot with respect to self-image of an individual. **The more time people spend on Facebook, the lesser confident they get about their self-image as it brings about constant comparison.**

People persistently seek a sense of identity by either following what the people are doing on social media, or attempting to be like the celebrities, so that they identify themselves as someone with certain traits. In the

process they fail to recognize their strengths and chase impossible goals.

**Not only us, but even the celebrities have body image issues. In a recent interview, Madonna, the pop star confessed of having a love-hate relationship with her body.**

Even someone so successful, confident and sexy can succumb to body envy and self-doubt. On one hand, it may sound depressing, but if taken positively, it can be used to push yourself to take up activities to become healthier, smarter and more confident.

because my BODY is none of your BUSINESS

Auntyji, don't be depressed because your daughter is not losing weight and not getting married because of her body image. There are some things she has inherited from you. So let her be happy, healthy and make her believe her existence is not defined by when and which man accepts her. If you can't support her, then let her be and kindly,  
Mind your Business.

Grandma, who wears smart, sleeveless Kurtis, and goes for morning walks. She has no shame in exposing her wrinkly flabby and haired armpits. She lives well as per the Indian heat and takes brisk walks to maintain her health. To her snobbish, daughter-in-law, who invariably feels embarrassed by the way her Mother in law dresses - to you lady -  
Mind your business!

The uncle who wears speedos without a vest and takes a wild dip into that swimming pool, tummy first. Youngsters who make fun of a decent health conscious free minded man - to you... people -  
Mind your business

*Mind your business*

The cute little twins who are slightly underweight, and usually remain sick, having been born prematurely. To the parents of these kids, when you keep comparing your kids to the active healthy ones, your kids get psychologically affected.

You, Mr and Mrs - Mind your business.



someone who says "size zero is disgusting" or "looking like twig is ugly" is just as bad as someone who insults people because they are overweight

## *I don't want a girl child.....*

### **Ever since I was young, I was a feminist, a rebel....**

I rebelled against statements and accepted norms, beliefs and the patriarchal society.

I never understood that why my mom and grand mom used to say 'itna messy kamra, koi bolega hi nahí ki ladkiyo ka kamra hai'

To guys people say, 'kya ladkiyo ke jaise kitchen me khada hai'

Why this discrimination?  
Why since birth you instill such thoughts in the minds of innocent kids?  
Why do you want boys to think in a certain derogatory way about girls?  
Why do girls have to go through constant hammering of how she should be and not be free like a boy?

These very thoughts devastate their mindsets from a very tender age.

**From there the discrimination starts.**

Witnessing few of these made me aware of how society works and thinks. People will always blame the girl, for a break up, for a divorce, for domestic violence. Let alone that, they even blame her for rapes. A girl's clothes, makeup, independence, friendship with guys, partying or any damn thing is apparently a trigger for attracting guys. Why these injustices round the globe?

I always thought I won't let my girl go through the microscope of the society, this bloody hypocritical bunch of people won't dictate her life and happiness. My mom says these are just too idealistic thoughts and when you will reach that stage you will also act like we do, that's according to the society. Will I? No, I won't. I am sure.

I won't let people decide her clothes or career or friends. I won't exhibit her to boys and their families so that she is selected or rejected like a piece of merchandise. I condemn these humiliating practises.

*But after our previous edition, a friend came out of the closet and shared her childhood fear, the ghost of her past that*

*haunted her till date. She was abused as a child, by her relative for 6 long years. We all can feel bad and agitated hearing this. But hearing this and so many things on daily basis now makes me think, do I really want a girl?*

Will I be able to save her from the numerous demons that live around us, perhaps with us? She will be a rebel, she will have her life, but what if her childhood is smeared with such horrible acts...

**can I let her out alone?**

So many things my little girl would face since the time she is born.

Being a girl here, is being like an object open to society, to ridicule, play, use, criticize, judge, vandalise, threaten, abuse, point finger at. So much!

**Being a girl is not easy.**

Salute to all the girls, the ladies, the women, who have managed to stay strong in a society full of beasts and hypocrites. You need not be shy, hold your head high.



## Cover Speaks

Marilyn Monroe! The epitome of sexiness of her times. Everyone is a Marilyn.

All of us. Beautiful, pretty, fabulous, gorgeous, hot, sexy, sensuous. Whatever we want to be, we are. Our body has nothing to do with our sensuality it's all in the mind. Even the thundering thighs Silk Smita was a sex symbol. Look around you...

Everyone is beautiful in their own unique way. We don't need people to accept us. We need to accept ourselves and love ourselves. Look at the mirror and say hey gorgeous I am in love with you.

Beauty standards have kept changing since ages, we need not need abide by them. All we need is a healthy self and abundant self love.. Cheers....Celebrate yourself...

'coz u r beautiful!

## Feedback:

Last edition, 'Coming out of the Closet' was a very dear edition to us. But that wasn't taken the way we expected it would have been. We have been very very honest in whatever we write and we strongly feel about these issues. In the process there are many times, we end up hurting many people, untowardly so.

I would take this opportunity to thank our readers, who give us all kinds of feedback, good and bad. And a special thank you to those who read and do

### Self-Doubt and re-assurances

d: I think v r borin  
d: V write for a certain sectn  
y: Hmm..we shud chng it this time?  
d: N mayb it doesnt reach dem  
y: Hmm probably  
d: M nt probably in for dat kinda masala mag  
d: It's nt us  
y: Neither me  
d: N doz are evrywher  
y: Yes.. May be we'll have to promote it better  
d: N I think jaise fb pe random logo k funde n blogs float hote  
y: We r dng a gud job on the mag  
d: Humaare bhi kabhi na kabhi honge

not give any feedback. We assume you were left 'speechless' after reading the e-mag.

Meanwhile, we do promise to maintain sensitivity and privacy of whosever's story we write and we promise to be the change we want to see in the society. This is what we have always done, and will continue to do so.

PS: We have read the comments and taken up a few pointers too. How much we follow and stay in our senses, is all up to the rotation and revolution of the earth! We are unapologetic, but we sincerely respect feedbacks and we couldn't have been more thankful! :)

So keep 'em coming.

## ~Choli ke peechhe kya hai...

### Research

d: Nw I read bout tis women a model  
d: Who Frst hated her body aftr pregnancy n den embraced herslf  
y: Ohk  
y: Cool  
d: N has n ngo to educate d educated bout loving der bodies  
d: The size zero fad  
y: Hmm if we get a contact of one such ngo it will be amazing  
d: N anorexic teenagers  
y: Yep  
d: I hav so many around me  
y: Ispe bohot kisse milenge  
y: Exactly  
d: She is frm USA  
y: Woah..  
y: Ok  
d: Den I shared a pic  
d: R u bikini ready  
d: Al arrows lead to yes u r

### Prevalent social issues and more

y: Like we were talkin the other day... Perfect men r just illusions  
y: Reality me nai hone aise mard..  
d: Hone  
d: My kid vl b  
y: Hmm  
y: That's the point.. Many women r not like us, perhaps

There is a lot of coping up to be done!

Keep writing to us. We love discussions!

### Body Shaming

d: Wel put in ass lik kareena....  
N boobs lik sunny leone....  
Kareena hs a good ass she hrslf claims :p  
d: Or jus let d boobs b  
d: Bazaars me... Second last line.... Me.... Coz looks dey say are deceptive karde

### The obstacles!

d: I wun write again  
d: D story u loved made me a bad person  
d: M v depressed  
y: What?? What r u sayn??  
y: Which story?  
y: Ur friend is mad at u?? So what ya even my frnn hasn't spoken to me after reading the edition.  
y: See people will be hurt because perhaps they know it's true...that's the whole point of the mag... They hafta come out... Kabb tak closeted rahenge... \*Pensive\*  
y: Plus there are hundreds of people with almost the same story!

### Until Next time:

Note: All the typos in the posts are intentional. If you haven't found any, Congratulations! We welcome contributions from interested writers. For more details on the coming issue, please write to us at ohwomania@gmail.com.

Follow us on our new FB page : <https://www.facebook.com/pages/Oh-Womania/469025103199711>

More light, more power to everyone!  
Help spread the love with Diba and Yamini :)

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