

“COMPARING ONE’S SELF TO OTHERS WILL ONLY MAKE US INFERIOR” SAYS NAVARASA NAYAKA JAGGESH ON MUTHOOT BLUE YOCHANE YAAKE CHANGE OK WITH RJ SHRUTI ON 92.7 BIG FM

Our society defines what is considered beautiful and ugly based on the colour, shape, and size of one’s physical appearance. Even though body shaming affects both men and women, it is an extra burden on the shoulders of countless women especially in a patriarchal society like India. We have reached a point where fat shaming has almost become synonymous with body shaming, but that doesn’t mean thin girls are spared. Girls who are thin, are criticized for being too skinny and are advised to dress up as per their body, which can hide their flaws. **Muthoot Blue Yochane Yaake, Change Ok’ with RJ Shruti** brings imperative social topics to the forefront, encouraging people of the nation to open up and participate in positive conversations about social challenges and prevalent issues. One such prevalent topic to be/that will be discussed by the RJ in the upcoming episode is *body shaming*. The discussion will further be joined by **Actor- Navarasa Nayaka Jaggesh**.

Speaking on this serious subject on '**Muthoot Blue Yochane Yaake, Change Ok'** show, **Actor Jaggesh said**, *“Not everybody has a great smile or a beautiful face. The looks we embrace is all because of our genes and comparing ourselves to others only make us inferior. The best way to avoid it is by not letting factors like appearance and looks affect you and rather focus on working on yourself by learning new skills. I have been following the same which has helped me come a long way in the industry. Having a positive mindset will always help you deal with the voices around you, which are constantly criticizing, without affecting your mind.”*

Speaking on this stigma, **RJ Shruti of 92.7 BIG FM said**, *“Body shaming can lead to an inferiority complex, lowered confidence, eating disorders and other such issues. It can cause insecurities leading to troubled relationships. There are chances that the victim may feel too self-conscious and withdraw from social situations. Instead of judging people just because they don’t look as we want them to, we need to be more mature, accepting and empathetic. Don’t be a bully and don’t even let someone body shame you and it’s high time we say Yochaneyaaake Originality Ok”.*

Catch this engaging conversation with **Pat Pat Pataki Shruti** as she explores the other aspects of **Body Shaming and Navarasa Nayaka Jaggesh** on this Tuesday-Wednesday episode of the show ‘Muthoot Blue Yochane Yaake Change Ok’ with ‘RJ Shruti’ on 92.7 BIG FM.

MUTHOOT BLUE YOCHANE YAAKE CHANGE OK WITH RJ SHRUTI presented by MUTHOOT FINCORP is BIG FM’s new show which focuses on bringing imperative social topics to the forefront, covering two topics each week from 10am-11am.