

St. Mira's College for Girls, Pune
(Autonomous-Affiliated to Savitribai Phule Pune University)
Subject: FYBA Compulsory English A11501
Living Literature
SEMESTER: II
Year 2017-18

1. Unit No.: 3
2. Employability/Entrepreneurship/Skill development–
Employability/Entrepreneurship/Skill development – Article writing for the Press,
Biographies, Film Reviews- Employability- Journalism
3. Activity:
Harman Madan gave a guest lecture- Writing for the Press and Ethics in media
Activity- Students wrote articles for the College Magazine and designed the cover.

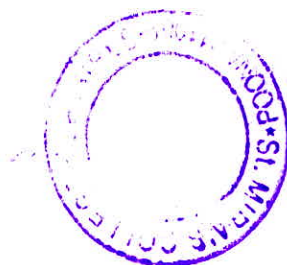
12th December 2018, AV Room



Cover of 2017-18 Magazine designed by student-
Darlene Mascarenhas

J. J. Sataravale

Dr. J. S. Sataravale
Subject teacher



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Principal Incharge
St. Mira's College for Girls

Article published in the
2017-18 Magazine by
FYBA student
Ayushree Nair

FINDING YOUR INNER SELF

Ayushree Nair
FYBA

It's 11:24 right now. I'm on my bed with my laptop wearing an oversized shirt and sweatpants. I am watching Modern Family reruns while scarfing down a whole bag of Cheetos with a glass of the one-drink-that-goes-with-everything Coca Cola. An hour later I decide to call it a night and switch off my laptop to get ready for bed. As I'm settling down, I catch a glimpse of myself in the mirror. I see a borderline obese girl with tyres of fat on her stomach, way too wide hips, log-like knees and some Cheeto dust on the corner of her lips. A horrible feeling sunk in me about well, everything in the moment.

Now it's not news to me that I'm well, fat and not to mention completely unhealthy when it comes to my consumption of food. I've been told that I'm fat in many artistic and creative ways by my friends and family who preferred to not tell me directly so that my feelings wouldn't be hurt. And I've ignored it like I usually do when it comes to touchy issues like that. But that particular moment when I looked at myself in the mirror, I saw a person I didn't recognize. It wasn't because I was fat but because of what I'd become in the past couple of years. I knew I had to make a move that will fix the issue.

Next afternoon, on my way home from college, I took a slight detour to a unisex gym nearby and received the information I needed from the receptionist. As I walked home I felt a sense of victory but that soon got replaced by a feeling of shame. I promised myself that I would never be one of those girls who worked out till every bone in their body hurt and worse. FOLLOW A DIET!! But then I saw the image of the girl in my mirror the night before with the Cheeto dust still on her lips. I shook myself hard and kept a stubborn mind and in two days, I became a gym member undergoing personal training and unfortunately following a strict, practically no-calorie diet.

The first two weeks, I'm not going to lie, were the worst I've endured yet. Two weeks of painful squats and lunges, weight training, intense cardio not to mention the terrible diet plan that made me feel the lowest I've ever felt in my entire life. Not to mention the hardy bores who come to the gym. Practically all the people I've spoken to including my trainer asked me about my 'working' status and the best, whether or I'm not married? I felt appalled of course, but responded with a nice fake chuckle that I'm just a first year student. But then it got better. I managed to get a grip of everything I needed to know and did everything with a sound mind knowing what I wanted. I even managed (shockingly) to follow my diet without any cheat moments. Well, mostly.

I've had some good days as well as bad days at the gym. The bad ones are hard and painful to recall honestly. The most important thing you need to remember is that you need to have a positive start to the day if you want a good workout later on. Things like early morning college and bad vibes shouldn't bother you because if it does, get ready for a rough day at the gym. Now I want to state clearly that I didn't start working out so that I can fit into size zero clothes (who even fits into a size zero?!). I joined gym to feel fit again and make healthy choices in the future, and believe it or not, I've got some good results.

This article is not about encouraging unhealthy girls to join the gym but to try their own ways to make sure they take good care of their health. It's about making women who struggle with weight issues and looks believe that they have nothing to be ashamed of and that it's their personality and all their other inner features that count. I know what it feels like to be ashamed and that's something I don't want to feel ever again. I'm actually still working out and whatever I've elaborated on in this article may sound blasphemous if you consider the previous thing I said but this is a choice I made for myself. You're allowed to make your own. All I'm trying to say is that I've really found my true self of being a better person in this experience. If you feel lost too, then make a move to find yourself.

J. J. Sataravala

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(Subject Teacher)



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