

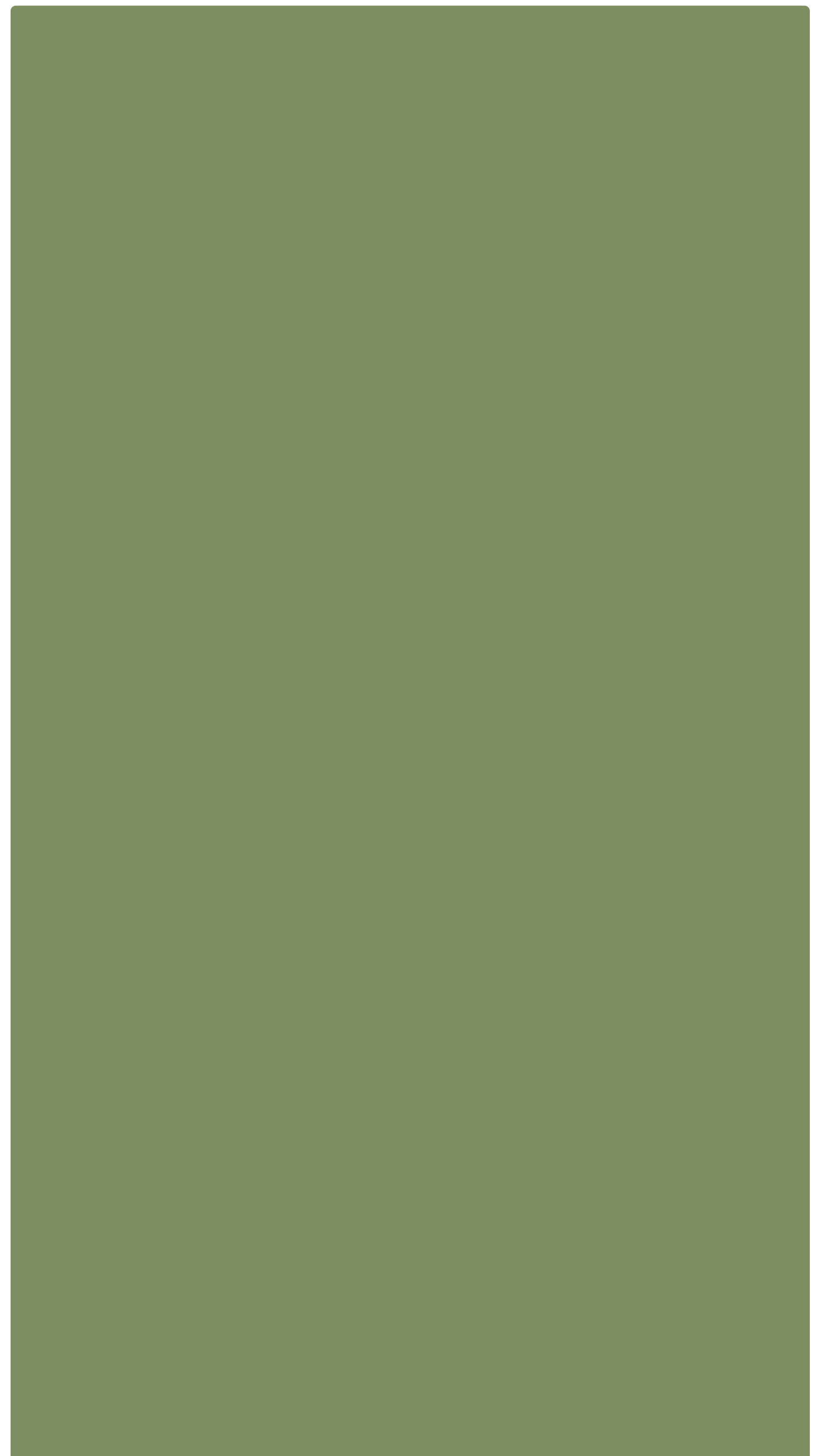
Let's figure: Body Positivity and Inclusion



We have seen various movements happening across the globe for centuries now. One such movement that has gained attention in the last few decades is that of body positivity. The standards laid down by societal norms are being challenged so as to bring in inclusivity.

Bringing in body positivity in our thoughts as well as actions would result in a healthier society at large. An inclusive attitude also brings visible changes in the quality of relationships among people.

Let's *figure* brings insight into this movement and how each of us can become inclusive in our approach through an hour-long discussion along with a Q&A segment.



Content

A. Understanding our bodies

- Acknowledging different body types
- Exploring our relationship with bodies

B. Understanding the differences and similarities

- Dividing factors
- Uniting factors

C. Understanding body positivity

- Exploring the concept
- Importance
- Drawbacks
- Representation

D. Understanding Inclusivity

- Exploring the concept
- Importance
- Caution
- Practical application

E. Understanding our role

- Walk the talk
- On being body positive
- On being inclusive

