**a neglected story of postpartum weight retention**

"Supporting mothers is not just a choice; it's a commitment to the well-being of humanity."

Women are born with pain built in, pain is women's physical destiny, they carry it throughout their lives from period pains to childbirth yet they have been castigated for their physical appearance and failing to meet society's expectations. Fat- shaming is a hideous problem faced by both men and women but women are more likely to face it perceptibly during postpartum. During pregnancy and after child birth women have a predisposition to endure permanent obesity also known as Postpartum Weight Retention ( PPWR ) associated with Postpartum Depression ( PPD ) for various reasons like hormonal changes, fluid retention and breastfeeding. So, are women responsible for postpartum weight retention and should they take ownership of it? certainly not. No woman is defined by anyone's comment notwithstanding people sit on women's backs and comment unsolicited opinions. In the period of pregnancy and post- pregnancy witnessing and hearing such horrendous comments could have an agonising effect on them by leaving emotional wounds. According to an article published by Angella Incollingo Rodriguez, assistant professor of psychology at Worcester Polytechnic Institute, an astronomic 65% of women have experienced weight stigma while pregnant and postpartum and it's their family and friends behind the cause however, the majority women reported 'society in general' as top offender. some of the hurtful comments were "you should put your baby up for adoption because you're going to make it fat", "aren't you mortified of your weight?" , “you shouldn't try for another baby because you are already fat enough". Pregnancy can be indeed stressful and shaming mothers and expectant mothers can lead to an increased risk for depression and other psychotic symptoms. Fat-shaming is a monstrous act which can not only affect the mother, expectant mothers, but also the child. Stress in pregnancy can lead to cognitive and learning disabilities, behavioural issues in the child. so, how to get over this? Accept yourself as you are, it might not be easy but if you can't accept yourself, why do you want to accept someone else's unsolicited comment and self loathe ? you must stand up for yourself and never give people the nerve to make you feel belittled and never let their comments get to you. Get inspired by public figures who are celebrating their postpartum body and life like south Indian actress Sameera Reddy , Pop singer Beyoncé and Jennifer Lopez. Everybody wants what they don't have but, at the end of the day what you have inside is much more beautiful than what is on the outside.