# Bela Chauhan: Promoting body positivity

*DECK: @corpamor is a space for students to anonymously or openly share their stories about learning to embrace their bodies.*

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## **Word Count:** 447

## Image: /images/body-artwork.png

## Attribution: Bela Chauhan and Grace Weidner

## ID: bela-chauhan

## Date: April 11 2021

## Tag: profiles

## Photo/Graphic with credit (required for sign off):

[**credit to Bela Chauhan and Grace Weidner**](https://drive.google.com/file/d/1LRK6QYeXAhHp3iUv-xG30Fzcn43t6Z4L/view?usp=sharing)

**Caption: A post on the** [**@corpamor**](https://www.instagram.com/corpamor/) **account features art by Grace Weidner depicting bodies that do not fit the ordinary standard of beauty, breaking up the account’s typical posts of anonymously submitted photographs.**

## Linked to spreadsheet? yes

On social media, users often post their best, most flawless photos. On Bela Chauhan’s Instagram account [@corpamor](https://www.instagram.com/corpamor/), however, people post photos captioned with reflections about their own physical insecurities.

In February 2020, Bela started the Instagram account @corpamor to promote body positivity. The Instagram handle comes from the Latin roots “corp,” meaning body, and “amor,” meaning love. As of April 4, the account has 25 posts and more than 200 followers.

Users message the account with photos of themselves as well as a caption for the post. Captions usually consist of users recounting how they got their insecurities and how they have grown to become more comfortable with their bodies over time. One user, for instance, described how she starved herself for a month when her then-boyfriend made fun of her breasts, while another discussed how she grew to love a large birthmark on her arm.

“I was hearing a lot of people feeling insecure about their bodies, whether it was in the locker rooms or the mall,” Bela said. “I’ve definitely gone through my own arduous journey towards self love, and I wanted to create a platform that helped support and guide others on that journey.”

The purpose of the account is to help people embrace their insecurities and to give them a break from the normal media they consume — images of models and influencers who often have teams of photographers optimizing lighting and editors retouching photos to create the most flattering posts.

“The portrayal of women (and men) in the media is a topic I could go on for hours about,” Bela said. “Most of what we see on social media isn't real, yet a lot of people compare themselves to these unrealistic beauty standards and feel bad.”

Going forward, Bela hopes that she can create an even more inclusive environment by having people of all genders contribute to the account. While the account has only had girls contribute so far, Bela said she is very grateful that many boys have expressed their support.

More than support messages, though, Bela said that the most gratifying part of starting this account was receiving messages and comments from people that her content has helped them gain confidence. She believes that if she has helped even one person feel better about their body, her work has been worth it.

“It's so wonderful to feel like something small I started is actually helping people,” Bela said. “Before COVID-19, people would stop me in the hallways and thank me, or classmates would tell me how much they loved my account during passing periods. [My ultimate goal is for] people interacting with my account to feel good, included and beautiful.”