



FASHION MAJOR THESIS 2020

FATIMA AFZAL

SELF LOVE

MY TOPIC IS SELF LOVE . I CHOOSE THIS TOPIC BECAUSE I EXPERIENCED LACK OF SELF-COMPASSION DURING MY CHILDHOOD , IT BEGINS WHEN I INTERNALIZE THE EXPERIENCE OF FEELING UNWORTHY OR UNLOVABLE .

BECAUSE OF TRAUMA OR DIFFICULT RELATIONSHIPS WITH MY PARENTS AND FAMILY , I GET STUCK IN THE BELIEF THAT **“I AM NOT ENOUGH.”** I BELIEVE THAT I AM NOT GOOD ENOUGH, SMART ENOUGH, ATTRACTIVE ENOUGH, EMOTIONALLY STABLE ENOUGH, AND SO ON. THIS TYPE OF NEGATIVE BELIEF PARADOXICALLY GIVES ME SOME HOPE FOR AN END TO THE PAIN. IF **“I”** AM THE PROBLEM, THEN THERE IS HOPE FOR A DIFFERENT OUTCOME IF **“I”** COULD ONLY CHANGE.

BUT AFTER A CERTAIN TIME I REALIZED THAT WE SHOULD ACCEPT OUR IMPERFECTIONS . WE NEED TO ACCEPT OUR SELVES NO MATTER HOW WE LOOK AND BEHAVE . AND WE DON'T NEED ANYBODY ELSE , WE ARE ENOUGH FOR OURSELVES.

ABSTRACT/THESIS STATEMENT

THE IDEA OF PERFECTIONISM IS AN ARCHITECTURE CONSTRUCTED ON FRAGILE FOUNDATION OF COMPROMISES AND SACRIFICES.

POST MODERNISM DOESN'T SUPPORT THE CONTEMPORARY NOTION OF PERFECTIONISM BECAUSE BEING A SUBJECTIVE MATTER IT HOLDS DIFFERENT MEANINGS FOR DIFFERENT PEOPLE. ONE MAY FIND IT DIFFICULT TO DISAGREE THAT PERFECTIONISM LEADS TO A ROAD THAT CAN CRUSH ONE'S INSTINCT OF SELF-CARE, SELF-LOVE AND SELF ACTUALIZATION.

A PERSON WHO DOESN'T EMBRACE ITS SHORTCOMINGS, WEAKNESS, DEFICIENCIES AND IMPERFECTIONS WOULD NEVER BE ABLE TO CREATE REAL SELF. HE WOULDN'T BE ABLE TO SEE A RAINBOW INSIDE HIM. HE WOULDN'T BE ABLE TO FABRICATE A MASTER PIECE OF HIS CREATIVE SELF.

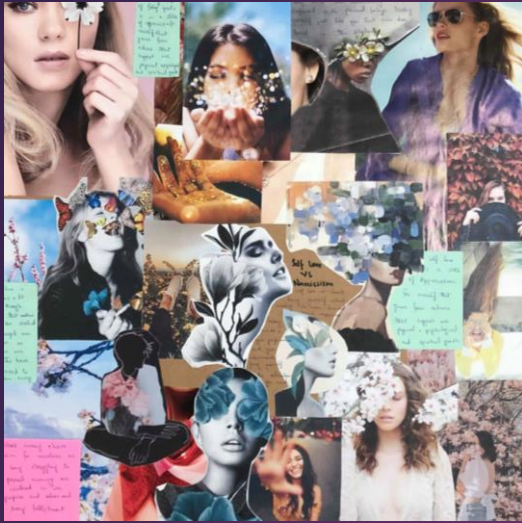
"WHAT MAKES YOU VULNERABLE MAKES YOU BEAUTIFUL"

THE PURPOSE OF MY THESIS IS TO CREATE GARMENTS THAT PROMOTE SELF LOVE WHERE IN OUR SOCIETY OUR OBSESSION WITH PERFECTIONISM IS DAMAGING INDIVIDUALS.

RESEARCH BOARDS



- “self-kindness (i.e., treating oneself with understanding and forgiveness),
- recognition of one’s place in shared humanity (i.e., acknowledgment that people are not perfect and that personal experiences are part of the larger human experience),
- and mindfulness (i.e., emotional equanimity and avoidance of over identification with painful emotions).”



Be kind to yourself

Don't worry about others' opinions

Stop comparing yourself to others

Tell Others About Your Decisions

Celebrate your body



Remember your value doesn't lie in how your body looks

Allow yourself to make mistakes

Go with Your Gut

Realize the Power of Decision Making



Feminist movement

The feminist movement (also known as the women's movement, or simply feminism) refers to a series of political campaigns for reforms on issues such as reproductive rights, domestic violence, maternity leave, equal pay, women's suffrage, sexual harassment, and sexual violence, all of which fall under the label of feminism and the feminist movement. The movement's priorities vary among nations and communities, and range from opposition to female genital mutilation in one country, to opposition to the glass ceiling in another.

Feminism in parts of the Western world has gone through three waves. First-wave feminism was oriented around the station of middle- or upper-class white women and involved suffrage and political equality



Second-wave feminism attempted to further combat social and cultural inequalities. Although the first wave of feminism involved mainly middle-class white women, the second wave brought in women of color and women from other developing nations that were seeking solidarity.



Third-wave feminism is continuing to address the financial, social and cultural inequalities and includes renewed campaigning for greater influence of women in politics and media. In reaction to political activism, feminists have also had to maintain focus on women's reproductive rights, such as the right to abortion.

Self-Respect Movement

The Self-Respect Movement is a South Asian movement with the aim of achieving a society where backward castes have equal human rights and encouraging backward castes to have self-respect in the context of a caste-based society that considered them to be a lower end of the hierarchy. It was founded in 1925 by S. Ramanathan[3] who invited E. V. Ramasamy (also called as Periyar by his devoted followers) to head the movement in Tamil Nadu, India against Brahminism.

The Principles of Self-Respect

Periyar was convinced that if man developed self respect, he would automatically develop individuality and would refuse to be led by the nose by schemers. One of his most known quotes on Self-Respect was, 'we are fit to think of 'self-respect' only when the notion of 'superior' and 'inferior' caste is banished from our land'.

Periyar declared that the Self-Respect Movement alone could be the genuine freedom movement, and political freedom would not be fruitful without individual self-respect.



The leader of the Congress party is a Brahmin. The leader of the socialists is a Brahmin. The leader of the communists is a Brahmin. The leader of the Hindu Maha Sabha is a Brahmin. The leader of I.A.S is a Brahmin. The leader of the Trade Union is a Brahmin. The President of India is a Brahmin. They are all one in the heart of hearts.

– E. V. R. Periyar



Self-Respect marriages

One of the major sociological changes introduced through the self-respect movement was the self-respect marriage system, whereby marriages were conducted without being officiated by a Brahmin priest. Periyar had regarded the then conventional marriages as mere financial arrangements and often caused great debt through dowry. The Self-Respect movement encouraged inter-caste marriages, replacing arranged marriages by love marriages that are not constrained by caste.



Women of the Self-Respect Movement

In Periyar's model of society, women were to be allowed access to contraception and even permanent birth control measures.

Women were given the right to choose partners as well as divorce them and remarriage. Widowhood was not penalized through religious beliefs. These ideas attracted several women from all walks of life to the movement. Women included former prostitutes, former devadasis, wage labourers, doctors and teachers.

92 % of women would change the way they look



only 4% of women consider themselves beautiful



85% of the world's population suffers from low self esteem



SATISFACTION

Blue is also the color of satisfaction. It is often associated with depth and stability. It symbolizes trust, loyalty, wisdom, confidence, intelligence, faith, truth, and heaven.



Yellow is the color of sunshine. It's associated with joy, happiness, satisfaction, intellect, and energy. Yellow produces a warming effect, arouses cheerfulness, stimulates mental activity, and generates muscle energy. Yellow is often associated with food.

Peace of mind is light blue and sunset yellow.

Peace signs are red, purple, orange, yellow, green and chartreuse.

Peace and quiet is midnight blue. Peace time is yellow and gray. Peace and harmony is off white.

War and peace is a dark black gradient into a light gray and on rare occasion an off white.

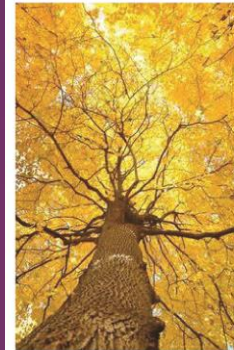


The Color Pink: the Color of Self-Love

Pink, along with green, represent the heart chakra. Pink however, uniquely represents love of self; green representing love of others. Because we must love ourselves before we can love others, pink is a very important color and when used properly, can have a huge impact in our lives.



Pink is much more than a variation of red. Pink combines the energies of white and red; white represents the potential for fullness, red helps achieve that potential.



Yellow is associated with hope, as can be seen in some countries when yellow ribbons are displayed by families who have loved ones at war; yellow stands for freshness, happiness, positivity, clarity, energy, optimism, enlightenment, remembrance, intellect, honor, loyalty, and joy. Bright yellow can lend a sense of happiness and cheerfulness.

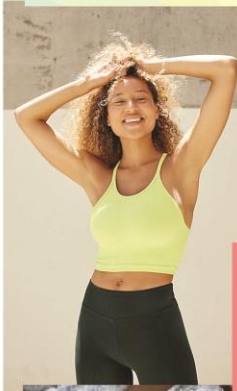


Blue often represents freedom, vigilance, perseverance, justice, prosperity, peace, and/or patriotism.



SELF LOVE

Self-love means living with intention and not haphazardly. Life with design and purpose means that you are fulfilling your destiny, and you wake up in the morning and you are ready to face the day enthusiastically and with a positive attitude. That is when you know that you love yourself!"



Self-love is the act of taking care of ourselves, which includes taking care of our bodies and health. Self-love is showing respect for ourselves and our well-being. Self-love is taking responsibility for our happiness. Self-love is accepting and embracing all the past, present, and future.



To have a high level of self-worth means having a favorable opinion or estimate of yourself. It means having unshakable faith in yourself and in your ability to follow through and get things done. Having a high degree of self-worth means feeling worthy of good things

Sian Amber Fletcher

Sian's artwork is essentially about women learning to love their bodies. She doesn't air brush away, or minimize the lumps, bumps, hairs or freckles as we so often see all over the internet, across social media and in glossy magazines. But instead Sian highlights these, and appreciates how beautiful all those odd bits and bobs can be



Through her works of art Sian wants to encourage other women to like their own bodies more. To appreciate them and forget about all those ideals of what the perfect body should look like.

"You have what you have and instead of wasting your whole life trying to change it, criticizing it, or waking up every day thinking "Oh I don't look good today" just try and look at the good parts of your body.

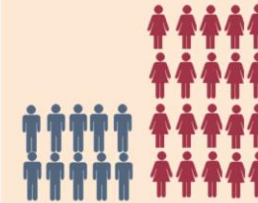
Accept what there is and accept that's what you have... You don't have to have this perfect body, for it to be a good body. Even things like freckles on your body, look at them! They're cute and they're nice, enjoy them!"



Depression

is a mood disorder that involves a persistent feeling of sadness and loss of interest. It is different from the mood fluctuations that people regularly experience as a part of life.

Women are twice as likely to develop depression



8.7% of women have depression
5.3% of men have depression



Depression is nearly twice as common among women as men, according to the Centers for Disease Control and Prevention (CDC).

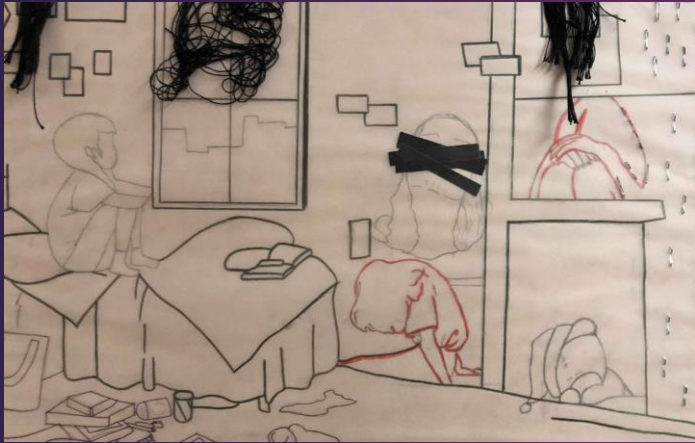
Below are some symptoms of depression that tend to appear more often in females:

irritability
anxiety
mood swings
fatigue
ruminating (dwelling on negative thoughts)

Feelings of emptiness, hopelessness, despair, and sadness
Irritability, anxiousness, and guilt
Feelings of exhaustion, severe tiredness
Loss of interest in previously pleasurable activities
Inability to concentrate or remember details
Suicidal thoughts or attempts of suicide
Sleep disturbances; sleeping too much or too little, insomnia
Changes in appetite – eating too much or too little
Physical symptoms – aches and pains, cramps, headaches, digestive issues, breast tenderness, bloating
Lack of energy
Feeling out of control
Mood swings and feelings of tearfulness
Panic attacks
Feelings of tension
Disinterest in daily activities and relationship



DRAWINGS



FIRST STAGE : LONLINESS
IGNORANCE
REJECTION
AVOIDANCE



2ND STAGE : SELF REALIZATION
PERCEPTION
AWARENESS
HOPE



3RD STAGE : FULFILMENT
ACHIEVEMENT
FREEDOM
ACCOMPLISHMENT
SATISFACTION



MOOD BOARDS



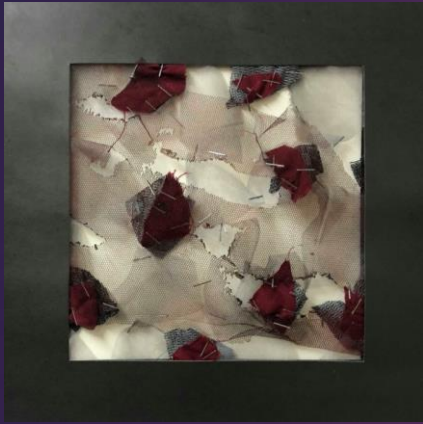
FREEDOM
SATISFACTION
OPTIMISM
TRANQUILLITY



COLOR BOARD

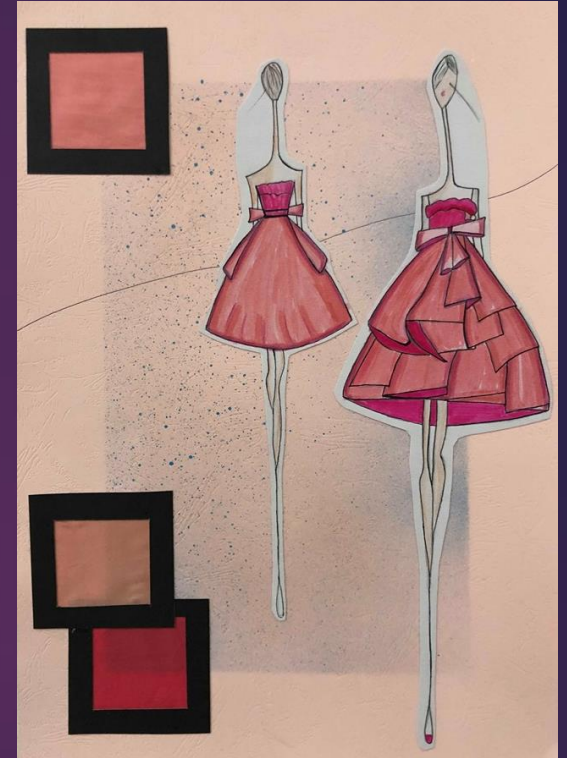


FABRICATIONS

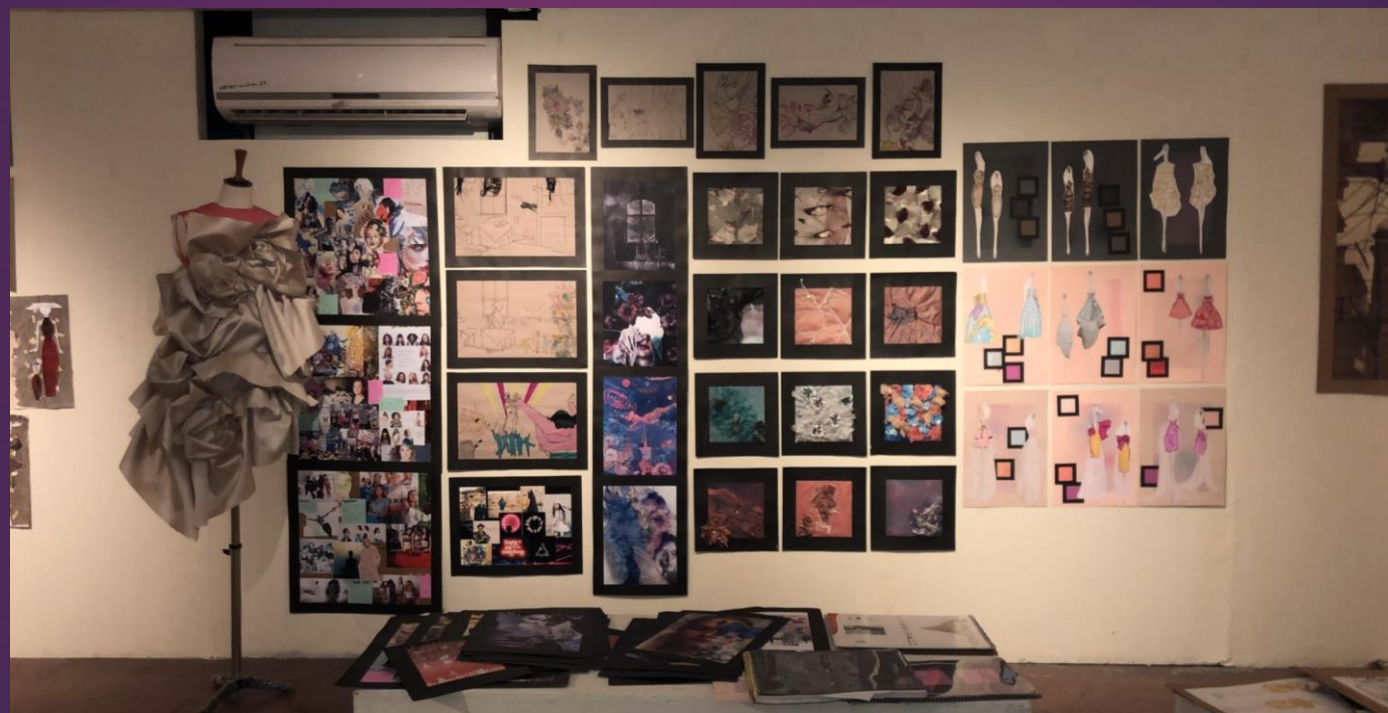


FINAL SHEETS

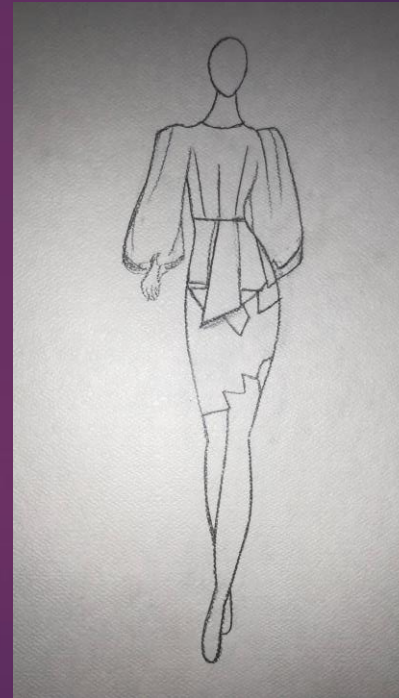


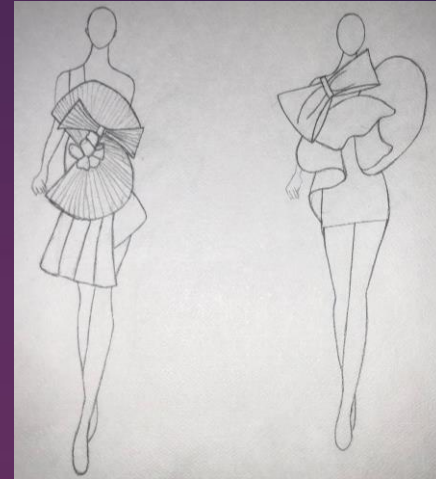
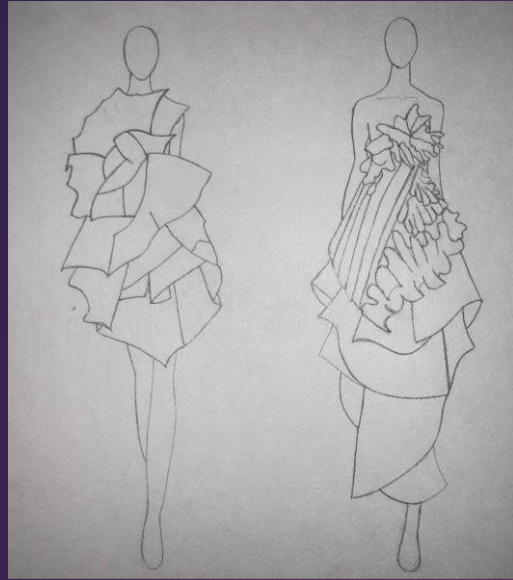


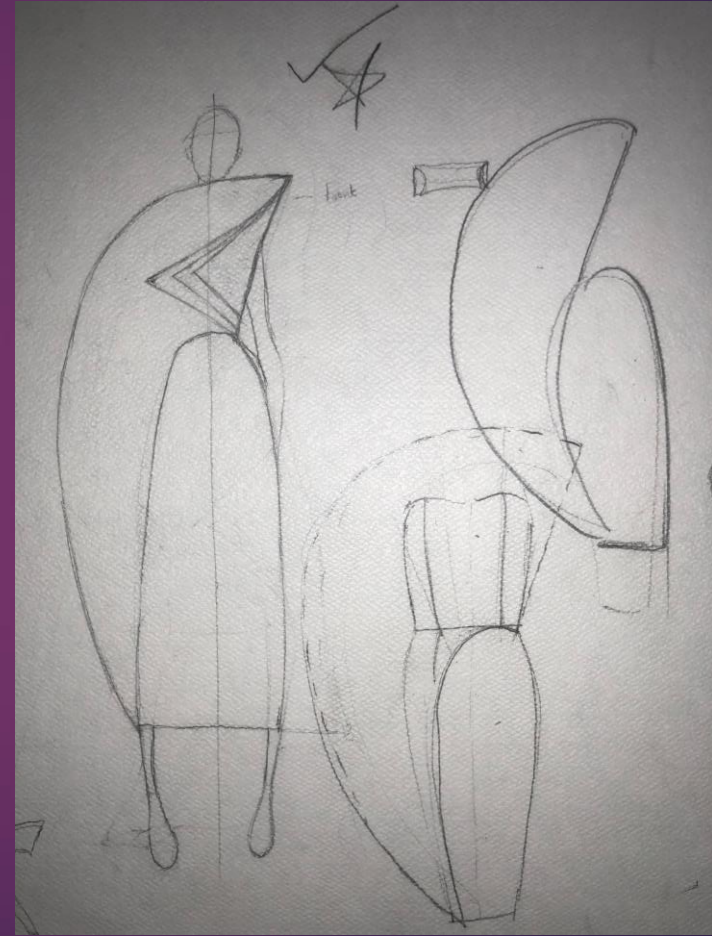
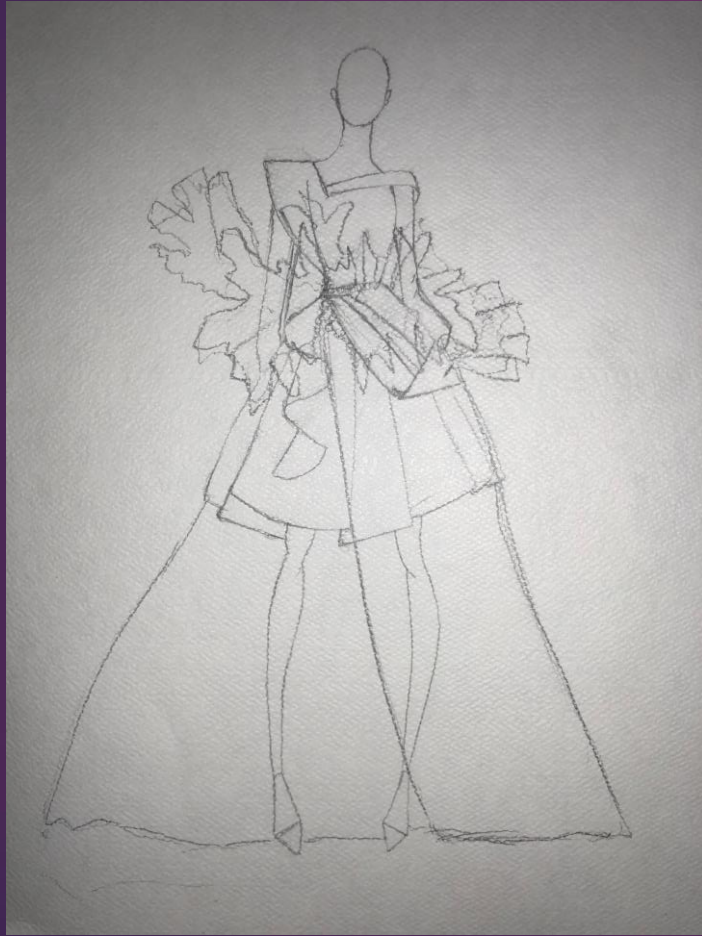
DISPLAY



DEVELOPMENTS

























THANK YOU