

Aditi Rao Hydari: “It’s Not Only in My Court to Break Stereotypes”

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In a recent cover feature for LifestyleAsia India, actor Aditi Rao Hydari opened up about her ongoing journey of challenging stereotypes in the entertainment and fashion industries. She emphasised that breaking preconceived notions is **not solely her responsibility**, but a collective pursuit involving filmmakers, brands and audiences alike. She reflected on how her appearance and early roles often placed her in narrow boxes—“fragile woman”, “beauty first”—and how she’s moved beyond them. This is a nuance she expresses in other interviews as well: saying she won’t apologise for her looks and insists her womanhood and vulnerability are also strengths.

Tackling Stereotypes: What She Shared

- Hydari revealed that she’s been told she is “fragile like glass” because of her looks. In her view, this perception underestimated her as an actor.
- She states that while her appearance is unique, what she wants is to be **challenged as an actor** beyond that.
- On fashion, her viewpoint has shifted: she believes in effortless style and authenticity, rather than trying to fit into someone else’s definition of glamour.

Why This Matters

Aditi’s message resonates because it speaks to broader dynamics in film, fashion and representation:

- **Industry expectations:** Her stance brings attention to how change requires systemic shifts, not just individual gestures.
- **Fashion as identity:** Hydari’s remarks about style being “effortless” and rooted in self-respect rather than show-off highlight how personal branding is evolving.
- **Narrative shift:** Her roles—such as in Heeramandi: The Diamond Bazaar—and interviews show she’s seeking characters with depth, agency and complexity, aligning with her core message.

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