# Rachel Gupta quits Miss Grand International citing body shaming and toxic conditions



A beauty queen has dramatically stepped down as Miss Grand International after just eight months, citing a toxic environment that marred her experience. Rachel Gupta, who made history as the first Indian to win the title in October 2024, has handed back her crown amidst allegations of body shaming and unfulfilled promises from the pageant's organisers.

In a revealing 56-minute YouTube video titled "The Truth About Miss Grand International – My Story," Gupta tearfully recounted her struggles during her reign. The 21-year-old model and actress detailed distressing experiences, including instances of body shaming, where she was told by associates to slim down in specific areas, an encounter she described as deeply humiliating. "It was so embarrassing," she admitted, reflecting on how such comments impacted her self-esteem.

Beyond psychological pressures, Gupta raised serious concerns about her living conditions during the pageant. Initially housed in a cramped hotel room, she soon found herself in a rundown house in Bangkok devoid of basic amenities. She claimed that the organisation failed to deliver the promised financial and logistical support, forcing her family to step in to help with expenses. Highlighting another facet of her unfavourable experience, she accused the pageant of exploiting her by requiring contestants to promote low-quality products on social media platforms like TikTok.

In response to her allegations, the Miss Grand International organisation categorically dismissed Gupta's claims as "false, misleading, and defamatory." They contended that her accusations were driven by emotional appeals lacking credible evidence. In defence of their reputation, the organisation released documentation, including photographs of her accommodations and private communications, to counter her narrative. They officially terminated her title, stating her departure was due to her negligence in fulfilling her responsibilities and alleging that she sought inappropriate perks, such as free cosmetic surgery for relatives.

Following Gupta's resignation, she issued a warning to future contestants about systemic issues within the pageant, expressing doubts about any potential for change. "I don't think they can ever change this," she stated emphatically.

The fallout from Gupta's departure raises broader questions about beauty pageants in general. Her exit coincided with that of Milla Magee, England’s Miss World contestant, who also left the competition citing discomfort with an industry she described as outdated. Magee, the first Miss England to resign from the event’s 74-year history, echoed similar sentiments, saying she felt manipulated into playing a superficial role to attract sponsors. "We had to sit like performing monkeys," she lamented while criticising the excessive focus on aesthetics over substance.

The criticism surrounding these high-profile exits suggests a growing visibility of the challenges faced by contestants within the pageant scene. Rachel Gupta's poignant revelations and Milla Magee's alarming experiences paint a troubling picture of an industry that, despite its glamorous veneer, struggles with deeper existential issues.

As for Gupta’s replacement, Christine Juliane Opiaza from the Philippines is set to be crowned on June 3, taking on the mantle amid the ongoing controversies that have begun to cloud the reputation of the contest.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://indianexpress.com/article/lifestyle/life-style/rachel-gupta-first-indian-to-win-miss-grand-international-2024-9641807/)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.hindustantimes.com/lifestyle/fashion/after-meltdown-miss-grand-myanmar-says-she-loves-india-but-deserved-crown-pageant-president-calls-her-delusional-101730086314482.html)
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* Paragraph 4 – [[1]](https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.indiatoday.in/trending-news/story/rachel-gupta-wins-miss-grand-international-2024-everything-you-need-to-know-2623851-2024-10-27)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.hindustantimes.com/lifestyle/fashion/after-meltdown-miss-grand-myanmar-says-she-loves-india-but-deserved-crown-pageant-president-calls-her-delusional-101730086314482.html)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://indianexpress.com/article/lifestyle/life-style/rachel-gupta-first-indian-to-win-miss-grand-international-2024-9641807/)
* Paragraph 7 – [[3]](https://philstarlife.com/news-and-views/909294-miss-grand-india-organization-cuts-ties-with-miss-grand-international)

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## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14776771/rachel-gupta-steps-miss-grand-international-toxic-environment.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://indianexpress.com/article/lifestyle/life-style/rachel-gupta-first-indian-to-win-miss-grand-international-2024-9641807/> - Rachel Gupta, a 20-year-old model from Jalandhar, India, made history by becoming the first Indian to win the Miss Grand International title in October 2024. She also secured the Grand Pageants Choice Award 2024, tying with former Miss Universe Lara Dutta for the most global pageant crowns won by an Indian. Following her victory, Gupta expressed gratitude to her supporters and vowed to be a memorable queen. ([indianexpress.com](https://indianexpress.com/article/lifestyle/life-style/rachel-gupta-first-indian-to-win-miss-grand-international-2024-9641807/?utm_source=openai))
3. <https://philstarlife.com/news-and-views/909294-miss-grand-india-organization-cuts-ties-with-miss-grand-international> - The Miss Grand India Organization announced its decision to part ways with Miss Grand International, citing differing visions and goals. This move allows the organization to focus on new projects and investments. Despite the split, they expressed immense pride in Rachel Gupta's historic achievement and pledged continued support for her reign. ([philstarlife.com](https://philstarlife.com/news-and-views/909294-miss-grand-india-organization-cuts-ties-with-miss-grand-international?utm_source=openai))
4. <https://www.hindustantimes.com/lifestyle/fashion/after-meltdown-miss-grand-myanmar-says-she-loves-india-but-deserved-crown-pageant-president-calls-her-delusional-101730086314482.html> - After the Miss Grand International 2024 pageant, Miss Grand Myanmar, Thae Su Nyein, expressed her belief that she deserved the crown and declared her love for India. The pageant president responded by calling her statements 'delusional.' This controversy added to the drama surrounding the event, overshadowing Gupta's historic win. ([hindustantimes.com](https://www.hindustantimes.com/lifestyle/fashion/after-meltdown-miss-grand-myanmar-says-she-loves-india-but-deserved-crown-pageant-president-calls-her-delusional-101730086314482.html?utm_source=openai))
5. <https://www.hindustantimes.com/lifestyle/fashion/india-s-rachel-gupta-wins-miss-grand-international-2024-crown-drama-queen-miss-myanmar-cries-inconsolably-after-losing-101730014910433.html> - Rachel Gupta from India was crowned Miss Grand International 2024, becoming the first Indian to win the title. However, the event was marred by controversy when Miss Myanmar, Thae Su Nyein, was stripped of her crown and sash by the Myanmar national director, leading to an emotional outburst. This incident drew significant media attention, overshadowing Gupta's achievement. ([hindustantimes.com](https://www.hindustantimes.com/lifestyle/fashion/indias-rachel-gupta-wins-miss-grand-international-2024-crown-drama-queen-miss-myanmar-cries-inconsolably-after-losing-101730014910433.html?utm_source=openai))
6. <https://www.indiatoday.in/trending-news/story/rachel-gupta-wins-miss-grand-international-2024-everything-you-need-to-know-2623851-2024-10-27> - Rachel Gupta's victory at Miss Grand International 2024 was historic, marking the first time an Indian won the title. The organisers praised her for embodying beauty, elegance, and true talent. Gupta expressed her gratitude to supporters and vowed to be a memorable queen. ([indiatoday.in](https://www.indiatoday.in/trending-news/story/rachel-gupta-wins-miss-grand-international-2024-everything-you-need-to-know-2623851-2024-10-27?utm_source=openai))
7. <https://www.firstindia.co.in/news/press-releases/history-created-indias-rachel-gupta-wins-miss-grand-international-2024-title-in-thailand> - Rachel Gupta from Punjab made history by becoming the first Indian to win the Miss Grand International title in October 2024. The pageant, held in Bangkok, Thailand, saw Gupta crowned by the outgoing titleholder, Luciana Fuster from Peru. Gupta's victory was celebrated as a significant milestone for India's pageant and modelling industry. ([firstindia.co.in](https://www.firstindia.co.in/news/press-releases/history-created-indias-rachel-gupta-wins-miss-grand-international-2024-title-in-thailand?utm_source=openai))