

LOOKING INTO LIFESTYLE

Get your fashion swag on this summer

DON'T LET THE scorching heat dampen your style quotient.

Be it clothes, accessories or shoes, there are numerous options available in terms of print, colours, pattern and material that you can pick, says an expert. Fashion designer Sakshi Relan, who is the founder of brand Sakshi K Relan, has shared some tips to help you dress up in summer:

• **Choose light colours:** Light coloured clothes always look great during the summer time. They give you a fresh look and protect you from heat too. Colours like sunshine yellow, fuchsia pink, cool blue, white and pastels are some of the best shades to try out during summer.

• **Go for a relaxed look:** You can wear loose white shirts and pair it with light blue denim or opt for some loose

printed kaftans to get the casual look. Loose fitting clothes give you a laid back look and are perfect for summers. You can also opt for a maxi dress or a loose fitted shirt dress for a casual day out.

• **Accessorise it right:** Funky accessory, wide brimmed hat, sun glasses or a stylish handbag helps to complete your look and help you to stand out from the crowd. A classic watch or large pair of shades can be paired with any outfit.

• **Shorts or hot pants:** Summer season is the perfect time to wear shorts as they are comfortable and give you a stylish look. They can be best paired with colourful tops and oxford shoes for that chic look.

• **Play with prints:** You can pick and choose from printed tops. The prints can range from floral, stripes to abstract prints and pair the same with bright coloured pants or skirts. *IANS*



ALIGN YOUR LIFE

Feng Shui and white noise

MY recent trip to India revealed many Feng Shui myths that people tend to follow. A visit to an old friend's house was very interesting. I had not met this friend in years, and was not prepared for what I was going to stumble upon. The house was full of Chinese statues and many so-called Feng Shui items. From entrance to the bathrooms; every inch of space was covered in items. This friend had been visiting China for a few years due to her work. And I believe the Feng Shui bug had officially bitten her!

Outside her main door a pair of stern-looking lion statues faced me. The lobby was very narrow and the lions looked oversized and out of place. Inside at the entrance she had a big three-legged frog and a large golden laughing Buddha facing the entrance. These big items crowded her small entrance and I had to squeeze my way to get to the living room.

Now the living room décor was another issue altogether. A big fish made of fake jade was placed at the center of the dining table. A huge red lantern was hung by the window and dominated the mood in the living room. A huge aquarium was blocking the wall next to the TV and next to it was a huge water fountain that filled the living room with its sound.

Her bedroom was tiny and looked even smaller as she had covered the bed in red bed sheets with a Chinese duck print. A pair of large Mandarin ducks were staring right at me from her bedside table. Next to it was a metal tree that had some multicoloured stones hanging from it.

I was overwhelmed to say the least. She insisted on getting my approval on these so-called Feng Shui changes and wanted to know how I felt about them. When I asked her why had she turned to Feng Shui and what she was looking for, her answer was simple. She was looking to get married and needed to earn more money. Her trips to China motivated her to implement these changes as she thought it would change her life. In spite of making all these changes she was still single and there had been no windfall as far as money was concerned.

I had to gently break the news to her that none of these items were going to change her luck and they had more significance for Chinese people than for her. Feng Shui is about balancing energies after taking into consideration compass direction, layout of the property, facing direction of the property and changing time. Everything else termed as Feng Shui is just white noise.

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Why people ignore friends for smartphones

INTERNET ADDICTION IS the reason why people often snub social companion to concentrate on their smartphones, suggests a new research.

According to researchers, addiction to the Internet has proliferated this behaviour - known as phubbing - wherein they are prompted to 'phub' as well as experience being 'phubbed' in social situations.

The term "phubbing" represents the act of snubbing someone in a social setting by concentrating on one's phone instead of talking to the person directly. The findings revealed that Internet addiction, fear of missing out and lack of self-control predicated smartphone addiction.

This addiction, in turn, was directly linked to people's phubbing behaviour.

"This experience of phubbing and of being phubbed themselves made people more likely to think that phubbing was 'normal' behaviour," said the Varoth Chotpitayasunondh from the University of Kent in Britain.

The study, published in the journal *Computers in Human Behaviour*, was designed to examine some of the psychological antecedents and consequences of phubbing behaviour. *IANS*

