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LIFESTYLE

Follow flight etiquette

The Do's and Don'ts of being a considerate passenger

EASE AIR TRAVEL for yourself and your co-passengers by following some basic etiquette, says an expert. Sheena Agarwal, director, Urbanista Image Consultancy, has shared tips to keep in mind for air travel etiquette:

Do's:

*** Wait before reclining:**

Reclined seats are the only thing in an airline where one can get a few inches of extra leg room. Do your backseat neighbour a little favour by waiting just a few minutes before reclining.

*** Stay calm and polite:**

While you are relaxing on your seat, you feel a piercing jolt in the middle of your back. And before you could know the reason, it happens again. Kindly stand up and politely ask the adult to control the child kicking at the back of your seat.

*** Packing travel essen-**



tials: Pack all your essentials in clear plastic cases. This will help the security to see what you have got without having to open a case and touch your stuff.

*** Carry necessary travel documents:** Make sure that you have all of your travel documents before leaving home. This will include airline tickets or boarding passes, passports (if required), and a valid government issued Photo identity card.

Don'ts:

*** Do not be grumpy:**

Delays are quite inevitable with airlines. Yelling at staff members and being rude to fellow passengers would not serve any purpose. Therefore stay calm and co-operate and things will definitely fall in place.

*** Playing loud music:** We understand that travels can be boring when you do not have much option of keeping yourself entertained. Also, we

love listening to music while travelling. But it can be possible even without holding a karaoke contest inside the flight.

*** Questionable items:**

Avoid packing questionable items in your luggage and save yourself the trouble. If you are not sure of a particular item, better play it safe.

*** Luggage unlimited:** Do not stuff your bags into overhead compartments. There is a reason why carry-on luggage is limited. IANS

Fly solo... online

IF YOU WANT longevity in your marital relationship, just delete your partner from your Facebook friends' list and get the romance back in life. According to New York-based relationship expert Ian Kerner, unfriending your significant other on social media can put the spark back into a relationship, *Daily Mail* reported.

Even better, he said, people should delete their Facebook accounts entirely to free up more time to spend with their partners. Kerner said the use of mobile phones means couples are spending less talking to each other face-to-face, causing miscommunication and arguments.

According to the Pew Research Center, 25 percent of married or partnered adults who text, have texted their partner when they

were both home together. The same number have felt that their partner was distracted by their mobile phone and eight percent have had arguments about how much time their partner spends online.

Kerner, who has now deleted his Facebook account, said there were some challenges that arose in his own relationship because of social media. "I realised for a little while with my own wife that I didn't really want her to be my friend on Facebook," he was quoted as saying.

"I didn't want all of that extra information. If anything I wanted less information - I wanted more mystery and more unpredictability," he added. He said that a "digital detox" - even if it's for a short period of time - can benefit all couples. IANS

Delete partner on Facebook, get mojo back



ALIGN YOUR LIFE

Doors, Windows, Ponds

Many people prefer to create oversized doors, windows and fishponds within their homes or properties in the hope of harnessing good energy. The common misconception in Feng Shui is, that the bigger the entry point, the more wealth one is likely to amass. Architects are advised to build out of proportion entry points and create massive windowpanes. The design of the garden or entry to a home sometimes revolves around a huge fishpond. But is this necessary?

Like everything else in the universe, Feng Shui is also about proportions. Building everything in proportion to each other does not throw the energy off guard and things seem to flow more harmoniously. If the building or a home is of small size then the entry point should be appropriate to suit such a structure. And vice versa - if the structure is massive then the entry point needs to suit the requirement.

Places of worship are normally built with massive entry points or doors. This has less of Feng Shui significance and more for convenience. Hundreds of people normally visit such places and so to accommodate all of them such arrangements are made.

Restaurants, hotels and commercial establishments also prefer to have big doors or walkways to boost business and movement. This is acceptable in Feng Shui and is seen in many hotels around the world. But one must remember that having a good Flying Star or good energy at the entrance is required to make such an entry point useful. Otherwise, these modifications have no use or meaning.

It is always advisable to check the Flying Star energy within and outside your home before building or buying a home or an office. Based on the calculations, and the size of the property the Feng Shui Consultant can guide you in regards to the size of the door.

The size of the fishpond should also be in proportion to the property. Too large will create strong energy, which is sometimes not required for smaller properties.

Feng Shui is all about proportions and managing energies. So before you knock down your old door or window or create an oversized fishpond, look at it with a fresh pair of eyes.

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