

Season in the sun

Look glamorous this summer season

ADD A DASH of florals and a pinch of bright hues to your wardrobe; team bright dresses with a trendy hairstyle and chic accessories for the perfect look during the spring-summer season. Here are some tips from FashionAndYou, a flash website in the fashion and lifestyle space, which will help you be a diva in the summer:

- **Nature-inspired prints mainly derived from floral and foliage:** No Spring-Summer collection is complete without a generous dose of floral bloom - whether it is bright pink flower motifs, leafy foliage prints on a flowy skirt or gown or even geometric or digitally crafted designs on dresses, jackets or trousers. Pair up your love for nature-inspired patterns with plain or neutral colours to balance the look.
- **Yellow in various shades will be in along with blue, black and whites:** If you want to give a youthful, bright and happy flavour to your

attire, say hello to yellow - the colour of sunshine, warmth and energy. Besides this bold colour, the fashion brigade is also heavily favouring blue, black and whites this season. These solids not only suit the androgynous nature of clothing that is making waves these days but are also safe colours to play with, any time of the year.

- **Obi belt to accessorise the look:** Obi belts add a feminine Geisha-inspired tourniquet styling to your ensemble. Giving a more shapely form to your waistline, an obi belt can be worn in different ways - tied at the back, or front. Also known as the Japanese Kimono belt, you can use this easy-to-wear belt to fashion your midi dress or even a jumpsuit.
- **One-shoulder cuts:** While one shoulder cuts have always rocked evening gowns, this asymmetrical kind of styling has found its way to casual tops, bikinis and dresses as well. Modern, chic and flirty at the same time, flaunt your



fashion with a one shoulder cut outfit.

- **Trouser suits:** These smart and practically styled outfits have inspired ethnic wear in a perfect fusion of east meets west. A rage globally right from the red carpet to the ramp, you can mix and match separates, like a loose fitting tunic with a straight-lined or slim trouser cut or go in for the conventional black or blue

lined trouser suit look, with the right accessories to soften the masculine form.

- **Fringes:** Now you can champion the fringe in your bags, skirts, leather jackets, scarves, shawls and boots as well. Originating among Native Americans and often associated with hippie fashion, make sure only one item of your look reflects this trend. IANS

Be safe online

Teenagers not aware of privacy risks on social media

MOST TEENAGERS UP-LOAD personal information on the social media networks like Facebook without considering the risks involved, says a study. Researchers from the Pennsylvania State University found that they were not really thinking at all while posting private pictures or information, or at least were not thinking like most adults do.

"What our model suggests is that teenagers do

not think this way - they disclose and then evaluate the consequences. Adults often find this very difficult to understand and paradoxical because they are so used to considering possible risks of disclosing information online first and then taking the necessary precautions, based on those concerns," said Haiyan Jia, post-doctoral scholar in information sciences and technology.

"The process is more experiential in nature for teenagers," Jia added.

For the study, the researchers used data from the Pew Research Centre's 2012 'Teens and Privacy Management Survey'.

The survey gathered information on social media behaviours from 588 teenagers in the US, most of whom were active users of sites such as Facebook.

Teenagers are often more exposed to online risks because they are using social media as a platform for self-expression and as a way to gain acceptance from their peers.

When teenagers begin to struggle with privacy concerns, they often try to find possible protective actions to mitigate risk.

Those remedies include seeking advice from adults, removing online information

or going offline completely. "A parent's first impulse may be to forbid internet or social media access, but completely avoiding risks may cause other problems," according to researchers.

"First, we cannot imagine a teenager growing up and avoiding the internet and online communications in this age. But there is also a danger that without taking on the minimum risks, teenagers will not have access to all the positive benefits the internet can provide, nor will they learn how to manage risk and how to safely navigate this online world," Jia said.

"It is a lot like learning to swim. You make sure they enter the water slowly and make sure they know how to swim before you let them swim on their own and in the deeper parts," Jia added. IANS

ALIGN YOUR LIFE

Understanding Meditation

The word meditate stems from the Latin root *meditatum* (to ponder). Meditation is generally an inwardly oriented, personal practice, which individuals practice by themselves. Spiritual practices across the world recommend some form of meditation as a source of connection to one's self and for stress reduction. There are many misconceptions about meditation and the most common one is that only monks meditate regularly.

The practice of meditation has been found in cultures across the world for thousands of years. Dr. Herbert Benson, founder of the Mind-Body Medical Institute, which is affiliated with Harvard University and several Boston hospitals, reports that meditation induces a host of biochemical and physical changes in the body collectively referred to as the 'relaxation response.' The relaxation response includes changes in metabolism, heart rate, respiration, blood pressure and brain chemistry. In short, meditation is like riding a bike; you get better when you practice regularly.

The short breathing meditation process below will help you to bring about instant calm and can be done at home or at work.

- Lie down or sit in a comfortable position.
- Breathe in at the count of 8 and breathe out at the count of 16 a few times till your body is completely relaxed.
- Now start breathing deeply at the count of 16 and exhale at the count of 32.
- As you inhale, visualise white light entering your lungs and gently spreading in your body.
- As you exhale visualise all the stress and tension being thrown out from your body.
- Continue breathing in deeply and exhale all the tightness and tiredness.

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