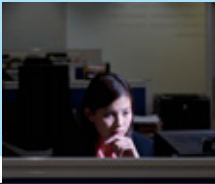


LIFESTYLE

MY BYTE

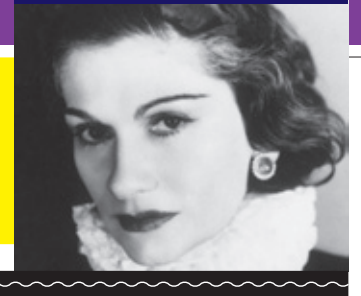
**Late shifts affect women more?**

Disruption to a good night's sleep, especially after working in night shifts, may affect women's brains more than men's, say researchers. The circadian effects - the 24-hour biological cycle - on brain performance was significantly stronger in women than in men.



Fashion fades, only style remains the same."

COCO CHANEL



Happy feet

Kick some fun into summer with casual shoes



TIME WAS WHEN pairs of casual shoes were kept for running, hitting the gym or simply for sporty looks. But entry of such footwear onto the runway has opened a number of fashion hatchways. So this summer, shake up the style quotient by pairing them with a formal look, an elegant long skirt or Bohemian printed maxi dress, says an expert.

Swati Deogire, Myntra fashion advisor, shares some tips on how to style casual shoes right this summer.

FOR WOMEN

- Break the intensity of a formal bodycon or a pencil skirt by wearing it with casual white sneakers. It'll take your fashion game to the next level.
- A bohemian, printed maxi dress is a summer staple. Slip into a pair of casual sneakers the next time you sport one to channel your inner flower child. A floppy hat and

- oversized sunnies are all you need.
- You don't always need a casual outfit to wear those casual shoes. It can be the wow factor when worn with an elegant full skirt and a graceful top. All you need is sun-kissed make-up.
- Casual shoes and denim are a match made in heaven.

FOR MEN

- Add a bit of oomph to your casual printed chino shorts and plain tee look with a pair of casual sneakers. Trust us, the ladies will be noticing.
- Go full formal above the ankles in a fitted suit complete with a blazer and tie. Shake things up a little by slipping into casual sneakers instead of your regular oxfords.

- Give others some serious fashion goals as you step outside in a pair of distressed denims, printed T-shirt and casual shoes. Make sure you wear ankle socks to go with it.
- Summer is synonymous with everything linen. Go for comfy linen separates in pastel hues and break it up with cool sneakers. IANS

ALIGN YOUR LIFE

Feng Shui For Children

Parents are always worried about children performing well at school. Their main concern always remains if the grades will be good and if the health can be improved. Many push their children to study hard and enroll in various classes. While some don't bother and let the child be. Whatever may be the approach, the aim is the same - to help children become well-adjusted adults. There are various methods suggested by counselors and psychologists that can help boost children with confidence and self worth. However some parents wonder if feng shui can also help in anyway.

Feng Shui has various cures suggested for improving health and education for the children. However these are based on the main calculations of the house based on flying star feng shui. But there are some general rules that can help you to create a more conducive and engaging atmosphere for your child.

Using the individual kua number is the key to finding the studying and sleeping directions for your child. After applying a Chinese formula to the date of birth, a compound number and an element is derived. This is known as the kua number. These two will give an indication as to which direction is good for the child and how can it be used. The kua number can indicate a good direction for facing while studying and also while sleeping. By shifting the study table in the suggested direction, the focus of the child can be improved upon. Placing the bed in a good sleeping direction will help to reboot and revitalize.

Along with the implementation of the kua number, there are some general guidelines to follow. Avoid placing the study desk or the bed opposite the door. The harsh energy will directly hit the child and might lead to lack of focus or ill health.

Another no go is placing the bed below the window. One needs a solid wall support when placing the bed. So be careful which wall you choose.

Last but not the least, children should always stay in the room closer to main door or the area of activity. This will keep them active and alert.

Making small adjustments in energies sometimes can help you go a long way.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall well-being. Email align@shivaniadalja.com

