

# Herald Cafe



FIVE HEALTHY HIGH-FAT FOODS



SUNFLOWER SEEDS: A TINY NUTRITIONAL POWERHOUSE

## This summer, look Goa chic on a budget

Looking stylish doesn't always have to burn a hole in your pocket. With just Rs 1,000, you can put together a breezy, chic look that keeps you comfortable while embodying the spirit of Goa

Elsa Angel Rose

Goa in the summer is all about sunshine and sea breezes, and your outfit should reflect that relaxed, carefree vibe. Creating a look that is both aesthetic and comfortable for a day out in Goa is easier than you might think. This time, Café is embarking on a style adventure: to curate an outfit that screams 'Goa Chic'—all for under Rs 1,000. Our shopping spot of choice? The lively beachside stalls of Candolim. Joining us is fashion and beauty influencer Rhea D'Souza, who not only models the final look but also lends her insight and flair throughout the process.

### EXPECTATION VS REALITY

Our initial plan was to create an effortlessly chic ensemble—ideally a flowy boho dress, paired with sandals, sunglasses, and a hat or a crochet handbag. However, after scouring the stalls for our dream look, we ended up with something completely unexpected: a turquoise blue wrap skirt, a white halter-neck top, a beige hat, and a colourful beaded bracelet. There were no dresses or sandals in sight, yet the final outfit turned out to be breathtaking. Best of all, we managed to stay within our Rs 1,000 budget.

### TURQUOISE BLUE WRAP SKIRT

Light as air and ideal for Goa's sun-drenched days, this skirt is crafted from a blend of cotton and chiffon, making it ultra-lightweight and breezy. As a wrap-around design, it's easy to wear—whether high-waisted or low—offering flexibility and comfort. Its vibrant turquoise hue mirrors Goa's tropical charm, making it a standout piece that's perfect for achieving that effortlessly chic look. The skirt was purchased for Rs 800 and is well worth every rupee.



Fashion influencer Rhea D'Souza sporting the cost effective, yet elegant outfit

### MULTICOLOURED BEADED BRACELET

To bring in a splash of colour, we added a multicoloured beaded bracelet for just Rs 50. Capturing the vibrancy of Goa, this accessory adds the perfect final touch without overpowering the outfit. Made with an eclectic mix of pink, turquoise, yellow, sea green and more, this bracelet provides a playful contrast and completes the look with character.



### WHITE CROCHET HALTER-NECK TOP

Handcrafted with an intricate open-weave pattern, this delicate top ties gracefully behind the neck, leaving the shoulders and back exposed. Made from breathable cotton yarn, it provides all-day comfort and pairs seamlessly with the flowy skirt. The cropped fit and intricate design make it a statement piece—ideal for transitioning from a casual beach day to a sunset dinner. Add some shell jewellery and you've got the perfect beach outfit. This versatile summer essential was picked up for just Rs 300.



### BEIGE STRAW HAT WITH RIBBON

This beige straw hat is the standout accessory of our outfit, offering both sun protection and effortless style. Its neutral tone complements the vivid skirt and crisp white top, while the wide brim adds a touch of sophistication. Woven from straw, it provides just the right amount of shade and flair. A soft ribbon adds a charming touch, making the hat subtly eye-catching. We bought this piece for Rs 130.



### TIPS TO CREATE A GOA CHIC LOOK

- Choose light and breathable fabrics
- Embrace vibrant colours
- Opt for boho-inspired accessories
- Don't forget a floppy hat or sunglasses
- Keep your hair beachy and makeup minimal
- Finish the look with a chic straw or woven tote bag



### THE COMPLETE LOOK

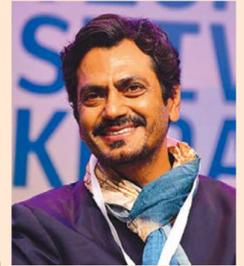
The final ensemble was nothing short of mesmerising. Rhea looked effortlessly flawless in the turquoise wrap skirt and white crochet top. The beige straw hat turned heads, just as we had imagined, and the multicoloured

bracelet offered the perfect pop of colour. To our great satisfaction, the entire outfit came to Rs 980—proof that looking stylish in Goa doesn't require a big spend. The result? A breezy, chic look that's easy on the eyes and on the wallet.

## SWIPE RIGHT

"No real friendships in Bollywood," says Nawazuddin Siddiqui

Actor Nawazuddin Siddiqui, who celebrated his birthday on May 19, opened up in a SCREEN interview for the Creators X Creators segment about the lack of genuine friendships in Bollywood, and criticised the trend of casting untrained actors while skilled performers are sidelined to supporting roles. Reflecting on his journey, the actor revealed that most of his genuine friendships date back to his struggling days, not from the film sets or celebrity circles. He noted, "It's on the basis of need or benefits. The friendships that I also have in life are from old times, not from here."



Jamal Roberts crowned 'American Idol' winner

The American Idol Season 23 finale on May 18 ended with 27-year-old Mississippi P.E. teacher Jamal Roberts winning the title, earning 26 million fan votes. Runners-up were John Foster and Breanna Nix, with Breanna's elimination announced halfway through the finale. Expressing his heartfelt emotions, he wrote on Instagram, "I'm still trying to process this... God is so good". With his victory, Jamal Roberts became the first Black man to win American Idol since Ruben Studdard in Season 2 back in 2003. For his winner's performance, he delivered a soulful rendition of Anthony Hamilton's "Her Heart," surrounded by the Top 14 contestants in a celebratory moment.



While Mumbai rocked to Guns N' Roses' first India gig in 13 years, Kareena Kapoor Khan gave the legendary concert a miss. Instead, she chose a cosy night in, jamming at home with husband Saif Ali Khan and son Taimur. Sharing the sweet family moment on Instagram, Kareena proudly dubbed them her "own band." She captured the moment from outside the room, framing the father-son duo in a photo.

## End the doomscroll: Minutes to hours and more

Just a quick check for urgent stuff before bed then a notification pops up and you've been tagged. You scroll for a moment and suddenly, 20 minutes turn into a solid two hours just doomscrolling

Elsa Angel Rose

Doomscrolling isn't just a harmless habit we can laugh off. We're slowly inching toward a loss of focus, presence, and even mental clarity due to endless, mindless scrolling. Hours spent on Instagram, jumping from trendy reels to random facts, life hacks, and celebrity updates, have become almost unavoidable. But by putting an end to it—or at least gaining control—we can see real improvements in mental health, emotional well-being, productivity, and more.

### EFFECTS OF DOOMSCROLLING ON PHYSICAL HEALTH

Dr Joline Fernandes helps her patients through simple lifestyle changes. She advises, "Insomnia and sleep disorders – Blue light exposure at night disrupts melatonin production, negatively affecting sleep. Digital Eye Strain – Leads to dry eyes, blurred vision, and

headaches, often resulting in Computer Vision Syndrome. Reduced Physical Activity – Long hours of scrolling cause stiffness, fatigue, and sometimes weight gain. Sedentary behaviour over time may also impact metabolism and hormone balance, potentially leading to obesity or metabolic syndrome. Carpal Tunnel Syndrome – Can result from repetitive thumb and wrist movements. Postural Issues – Slouching or hunching over devices may cause pain in the neck, back, or wrists."

### THE MENTAL COST OF DOOMSCROLLING

Constant exposure to negative or emotionally intense content often heightens anxiety and stress. Over time, it can contribute to sadness or depression—especially when individuals start comparing their lives to others online. Scrolling late at night interferes with sleep by keeping the brain overstimulated. It also shortens attention spans, making it harder to stay focused. Even when people are aware of the harmful effects, doom scrolling can become a hard-to-break habit, reinforcing a cycle of digital addiction. Prof Janet adds, "Addiction to social validation, insomnia, intensified stress, anxiety, hopelessness, existential despair, mistrust, and impaired concentration are among the most common outcomes."



### HOW CAN A DIGITAL DETOX HELP?

A well-structured digital detox can limit time spent online and improve mental well-being, productivity, and real-life social connections. Namrata Singh, a young adult from Panjim who recently completed a digital detox, shared, "Mostly before going to bed, I would

scroll through Instagram. It wasn't helping me sleep—it was just another annoying habit. But the habit is under control now, so on average, I spend only about half an hour." She added, "Today, social media is a huge part of our lives, especially for youngsters. We build and maintain many relationships there, but it's important to ensure it doesn't take over completely."



### WHY DO WE DOOMSCROLL?

The endless stream of content, the dopamine hits from engaging posts, and using scrolling as a coping mechanism for boredom, anxiety, or procrastination are just a few reasons people spend prolonged hours on social media. Janet Fernandes, counsellor and Head of the Psychology Department at St Xavier's College, Mapusa, explains, "Filling the space of emptiness, the need for social stimulation, FOMO (fear of missing out), fan-following culture, and more lead people to scroll Instagram or any social media platform for prolonged hours."

