



**Priya Mulji**

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## The effects of dating on mental health

THERE has been so much in the media about mental health recently and I just had to write about it from a dater's point of view. The title of this column might conjure images of a girl lying in bed and drinking wine with an empty pizza box by her side; or waking up next to a stranger for what seems like the hundredth time; someone sitting alone with sad Bollywood songs playing in the background or going on the third date of the week when it's only Wednesday.

This could be true in some cases, but I want to talk about the effects of dating on a person's mental health and wellbeing on a daily basis, something most will never see.

Imagine this: it all started when this girl was around 22 and straight out of university, with a whole new take on the world. Fresh, young and excited to embark upon what the world had to offer. She finds a great job, perhaps moves to a different town, makes a new set of friends and thinks, hey I should maybe think about meeting someone with the view to settling down. So, she does just that. Ten or 15 years later after a string of failed relationships the world of dating has begun to take its toll on this poor girl. A guy cheated on her, used her for sex or she wasn't what he was looking for. She may have had some wonderful relationships, but the guy wasn't ready or didn't love her the way she deserved. The list of "excuses" as to why the girl is still single is endless. And even today she doesn't know what went wrong. She begins blaming herself.

She feels sad that friends and family have got married and had kids, while she hasn't and thinks: "What's wrong with me?" She doesn't know and like others in her situation, she absolutely hates being asked about it.

A mid-thirties woman will constantly be asked: "How's dating, why haven't you found someone, what's wrong with you and don't you want to settle down?" We just don't know how to answer these questions anymore. What do you want us to do; walk around with a board strapped to our backs reading I'm single, marry me? It's not as easy as that.

We are really, trying, we're trying harder than you could possibly imagine. Please stop saying things like: "You'll find someone," or "It'll happen when you least expect it." We know it will, but it sounds patronising. Just because it happened to you at 25, doesn't mean we are nearer to finding that person. It takes a heavy mental toll.

I want to say a lot more on this subject, so please do read my next column, in which I will discuss the subject further.



Brand: Sania Maskatiya  
Collection: *Gardenia - Edit II*  
- Eid Collection  
Model: Amna Ilyas  
Photographer: Shahbaz Shazi  
Make-up: Shazia Rashid  
Jewellery: Allure by MHT



# Exploring femininity

## SANIA MASKATIYA IS READY FOR EID WITH HER LATEST COLLECTION

by DIMPLE SANGHANI

**LEADING Pakistani fashion designer Sania Maskatiya recently introduced her latest Eid collection *Gardenia*, which celebrates and explores femininity. She launched a first and second edition of the elegant outfits in a range of sizes featuring her acclaimed signature digital prints along with hand and machine embroideries.**

The elegant luxury designs are bursting with colours to get that festive Eid feel. The collection also features 10 menswear ensembles in linen and cotton with subtle print and pleating details. *Eastern Eye* caught up with the ace designer to look at the second edition of her Eid collection and talk all things fashion.

**What inspires you as a designer?**

The beauty of cuts together in harmony with measured embellishment inspires me most. I believe in change; in transforming the conventional to contemporary and this urge to constantly innovate is the driving force behind my brand.

**Does the success of previous collections put pressure on you?**

I have a certain design philosophy that is emulated in my work and it keeps all of my collections cohesive. I have been fortunate enough to present successful collections in the past with the immense love and support of Sania Maskatiya's patrons, so I don't feel pressurised at all.

**Tell us about your latest Eid collection.**

My latest Eid collection *Gardenia* celebrates and explores femininity with exquisite digital prints, hand and machine embroideries. The *Edit I* features 13 elegant designs combining signature Sania Maskatiya geometrics and florals in sleek eastern and western silhouettes, whereas *Edit II* features 24 elegant designs in luxury prêt wear. Both editions come in a diversity of whites such as ivory, cream and ash white along with corals,

golds, midnight blues, greys, maroon and black for that festive feel. This collection is comprised of separates available in multiple sizes. It also features menswear ensembles in linen and cotton with subtle print and pleating details.

**What was the biggest challenge in creating it?**

The biggest challenge while creating the *Gardenia* collection was to keep our designs on-trend and ensuring that it didn't lose its essence among a wide range of other festive collections.

**Who are the outfits aimed at?**

The collection is for those who want to make a unique statement by opting for minimal yet chic ensembles this Eid.

**How does this compare to other collections you have done?**

With every season, we bring a collection that resonates with trends that are in vogue. This collection also features silhouettes and cuts that are suitable for the festive season.

**What keeps you in tune with what women want?**

In today's digital age it is really easy to find what exactly your customer wants. Our customers' constant yet valuable feedback on our social media platforms keeps us up-to-date.

**What will you be doing this Eid?**

I will be spending quality time with family and eating a lot of traditional delights.

**What has been your most memorable Eid?**

Eid has been such a special occasion for me and my family because that's one time of the year we make sure to leave all our commitments behind and spend some quality time together while making a lot of fun memories. It's really hard to tell which has been the most memorable one.

**What can we expect next from you?**

Our bridal collection for this season.

**What is your greatest fashion ambition?**

All I can say is that I am working hard towards fulfilling it.

**Who would you love to create an outfit for?**

It would be really cool to see Emma Watson or Blake Lively wear Sania Studio by Sania Maskatiya. On the Bollywood front it would have to be Deepika Padukone.

**How would you describe your own style?**

(Smiles) Minimal.

**What are the hot fashion trends this summer?**

Ruffles, structured silhouettes and tassels are all the rage this summer.

**What top fashion tip would you give?**

Just be yourself and don't follow the fashion blindly.

**Why do you love fashion?**

Fashion is just like any other expression of art, except it travels from one person to another. What else could be more encouraging than seeing your vision being endorsed by other people.

For further information about Sania Maskatiya visit her website: [www.saniamaskatiya.com](http://www.saniamaskatiya.com), or see her on Facebook, Twitter and Instagram using the handle: @saniamaskatiya



**ELEGANCE:**  
Sania Maskatiya



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## Good fats and bad fats

WHEN it comes to diet, fats tend to be seen as the enemy. Certain types of fat and the fat-like substance, cholesterol may contribute to health issues including obesity, cardiovascular disease, diabetes and cancer.

However, some fats are better for your health than others. It is important to understand the difference between good and bad fats.

Research is ongoing, but some facts are clear. Fatty acids can be found in animal and plant foods. Some fats are known to be bad for our health whereas the good fats have significant benefits. Certain bodily functions rely on the presence of fat, for example, some vitamins require fat in order to dissolve in your bloodstream. Fat plays an essential role in our bodies similar to carbohydrates and proteins, in fuelling your body.

A diet rich in saturated fats can increase cholesterol and tip the balance toward more harmful LDL cholesterol. This encourages blockages in the arteries.

**Bad Fats:** Two types of fat identified as harmful are saturated and trans fats. Most foods that contain saturated and trans fat are solid at room temperature. Examples are deep-fried fast foods, margarine and processed snack foods like doughnuts, cakes and pastries. Similar to saturated fat, trans fat can raise the bad LDL cholesterol. Saturated fats are found primarily in animal-based foods like lamb, dark chicken, poultry skin, beef, full fat milk, butter, cheese, ice cream and lard. Saturated fats and trans fats should be avoided or eaten very sparingly.

**Good Fats:** Two broad categories of beneficial fats are mono-unsaturated and polyunsaturated fats. Mono-unsaturated and polyunsaturated fat are considered more "heart-healthy". These should be included in moderation in your diet. Polyunsaturated fats are found in plant-based foods and oils such as olive oil, canola oil, vegetables, avocado, fish, nuts and seeds. Healthy fats are liquid at room temperature. Research has shown consuming these fats can lower your blood cholesterol and decrease your risk of cardiovascular disease.

Omega-3 fatty acids are particularly beneficial for your heart. These fats can help reduce blood pressure and decrease the risk of coronary artery disease and strokes. They are found in soybeans; walnuts; tofu; sunflower, sesame, pumpkin and flax seeds, canola oil and fish such as salmon, mackerel, herring and trout.

Healthier fats are an important part of your diet, but it's crucial to moderate your consumption because all fats are high in calories. Learn to recognise the difference between healthy and unhealthy fats so you can make an informed choice.

Health and fitness expert Dal Dhalawal is the Founder of Body Perfect Personal Training Studio. See [www.bodyperfectpt.com](http://www.bodyperfectpt.com) Twitter: @daldhalawalPT and Facebook: Dal Dhalawal