

Art of Living

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Abstract- Take bold action towards achieving your dreams. Overcome your fears & live confidently. Be healthier, happier and more inspired. My deepest belief is that there is greatness inside all of us. If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Laughter is the best medicine. Examine life, engage life with vengeance; always search for new pleasures and new destinies to reach with your mind. Worry only about the things that are in your control, the things that can be influenced and changed by your actions, not about the things that are beyond your capacity to direct or alter. Treasure Friendship, the reciprocal attachment that fills the need for affiliation. Friendship cannot be acquired in the market place, but must be nurtured and treasured in relations imbued with trust and amity. Experience True Pleasure. Avoid shallow and transient pleasures. Keep your life simple. Seek calming pleasures that contribute peace of mind. True pleasure is disciplined and restrained. Master Yourself. to Resist any external force that might delimit thought and action; stop deceiving yourself, believing only what is personally useful and convenient; complete liberty necessitates a struggle within, a battle to subdue negative psychological and spiritual forces that preclude a healthy existence; self mastery requires ruthless cadour.

Index Terms- Interiors, Importance, Impact, Lifestyle Modification

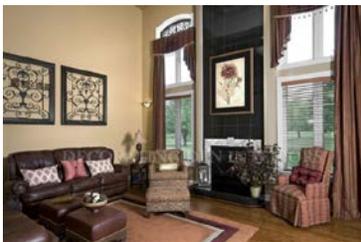
I. INTRODUCTION

Nature itself is an art & life is also an Art. To lead a purposeful, peaceful & artistic life we should plan to live a nature oriented life. To achieve that always give importance to have unpolluted air, water, functional clothing, healthy natural food & good shelter. Here are certain ways & means of leading your good life style.

Impact of interior decoration: “A well-designed interior reflects the personalities and wishes of the people in it, as well as being functional.” Most people are not fortunate enough to decorate a new home in the way they want it all at once. With the help of an expert they can achieve their goal. The interiors express a lot about aesthetic state-of-mind and lifestyle. The Art Deco style influenced all areas of design, especially interior design, because it was the first style of interior decoration to spotlight new technologies and materials. Its striking lighting fixtures include an illuminated ribbon running down the middle of the ceiling to the top of the screen, which creates a streamlined effect, with a circular light be placed in the recessed ceiling area as a focal point. Geometric patterns provide by sharp angles and well-define lines that give the whole space a clean and elegant looking. The popular color themes consist of metallic color, neutral color, bright color and, black and white. The use of primary color in interior design is predominant by cool metallic colors including silver, gold, metallic blue, charcoal grey and platinum. These metallic colors not only create a shiny and glitz look to express the wealth and prosperity. The neutral colors can easily achieve the feeling about streamlined and modern look.

Japanese design is based strongly on craftsmanship, beauty, elaboration, and delicacy. The design of interiors is very simple but made with attention to detail and intricacy. Japanese interior design is very efficient in the use of resources. Traditional and modern Japanese interiors have been flexible in use and designed mostly with natural materials. The spaces are used as multifunctional rooms. The rooms can be opened to create more space for an occasion or more private and closed-off by pulling closed paper screens called shoji. A large portion of Japanese interior walls are often made of shoji screens that can be pushed open to join two rooms together, and then close them allowing more privacy with light.

The photos are a great example of color and style trends in home design:





However, as we begin to understand the psychology behind design, and especially interior design, we can start to uncover the incredible influence that space and design have over individual behavior, mood and actions. While we have recently explored the impact that [colour](#) has over individual feelings and how it affects us in a range of various ways, the concept of space in rooms has had little exploration, even though it has a big impact.

Proxemics The study of space is known as proxemics, and it goes a far way in explaining why we feel a certain way when we enter a room. It specifically deals with the amount of space people need between each other in order to feel comfortable and relaxed, which is heavily related to how a room is laid out or a public space situated. Studies have found that when chairs in public spaces are positioned too close together, or a room too tightly formed it forces individuals into socially interacting or excessively acknowledging those around them, causing stress levels to rise. This increased stress level has been linked with both decreases in performance, productivity and mood. In addition to this information, in 1962 John B. Cohn discovered a link between violence and close proximity and density, which

he labeled 'defensive space'. He discovered that unwanted, frequent social interaction caused feelings and eventual physical manifestations of violent behaviour. The success of a space, public or otherwise, relies for the most part on the atmosphere that it creates for the user. While functionality is always a key part of design, if individuals feel uncomfortable in the space, its functional aspects are simply wasted.

That is why for the success of an interior space to come to its full fruition, in addition to an understanding of proxemics (which is but one key element to understanding the psychology behind interior design) there must also be a complete understanding of its sensory effects. Not only can the design dictate the entire mood of a space, but also the actual social interactions one has. For example, the positioning of seating which is so close at sports games – while it is obviously an efficient use of space it actually also heightens the mood of the crowd, which can either create a strong camaraderie between complete strangers or bouts of violence between opposing supporters. The sensory effects of seeing, *taktilnye* (feeling), hearing and *obonyatelnye* (smelling) should be taken into consideration in understanding the influencing power that an interior design can actually hold.



Seeing

It includes the very influencing aspects of colour and light, shape and line, and can influence mood, attention and memory. In this regard, findings from a few studies of hospitals and prisons suggest that prolonged exposure to window views of nature can have important health related benefits (Ulrich, 1984). **Taktilnye**

The idea of touch is also an incredible sense to consider. The nervous or aggressive gravitate to soft textures due to their calming influence, while tiredness or sluggishness can be relieved through angular shapes and harsh lines. While this may not be ideal in the public setting, by using textures, lines and patterns that alleviate laziness in the workplace, like hard lines in an office kitchen to invigorate sluggish lunchers, productivity can be boosted.

Hearing

The same can be said for hearing. While it is not a highly uniformed sense (some people cannot stand the sound of a ticking clock, while it soothes others) it certainly has influencing

power due to its memory association, strong influence on mood and ability to create any given atmosphere according to the chosen sound, be it music or otherwise.

Obonyatelnye

Finally there smells. Possibly one of the least emphasised design influencers, smell can actually influence attitudes and show physical manifestations. Fresh strong smells invigorate us, the smell of certain foods can physically make our mouths water or conversely make us gag.

Color is an important consideration in interior design. Color has a powerful impact on people, it can energize, relax or stimulate. By considering the effects of color you can encourage activity or create a calm mood. Colors can energize you, put you in a happy mood, make you feel secure, make you feel calm and serene remind you of positive memories, make you hungry, make you smile, lift your spirits, focus and clear your mind, feel high-status. How colors make you feel should be an important factor in your decision-making. Colors can make you feel good so it makes sense to choose those colors that leave a

positive impression on you. It's your home and well-being, after all. Following is general information on the effects of color. See how these match with your experiences and preferences.

THE COLOR WHITE

In Western culture, white is associated with purity (think weddings, angels, white sheets hung on a line), elegance, and is perceived as uplifting. White can be used to make a space feel larger or that it has more light. When used in the wrong way, however, white can seem lifeless and boring. On its own, pure brilliant white can look high-maintenance, particularly with very modern interior design styles that include lots of polished surfaces. To soften the look of a room, use layers of tints (from chalky white to ivory) and textures (in walls, textiles, and floor coverings). This will help make a white room warmer and more inviting – both psychologically and physically.

THE COLOR ORANGE

The color orange is the warmest color. It is perceived as emotionally stimulating, energetic, vibrant and fun. Saturated orange attracts attention and stimulates appetite. It is often used in advertising, as well as in kitchens and restaurants. As with other colors, the effect of the color orange depends on its hue (yellowish or reddish), its tint (mixture with light neutrals) or its shade (mixture with darker neutrals). The saffron robes of Asian monks evoke feelings of spirituality and serenity. On the other hand, in Mediterranean design, orange is mixed with brown and a bit of gray to create different shades of terracotta. These hues create the warmth and richness of country living in Italy, Spain, and Provence.

THE COLOR GRAY

Used well, the color gray can lend interiors an elegant formality that is subtle without being overly conservative. It is the color if you want to create an air of calm, understated confidence. For gray to have this impact, it's best combined with whites and other neutrals. Gray can be a wonderful background color for other, more intense colors. If you get the right shade of gray and use it with colors that "pop" like pink, turquoise, or orange, it will calm the other colors down just enough. The danger with gray is that if you have this color on too many surfaces, with no other color (or a clean white) to brighten it up, the color gray will be overpowering and you'll end up in a dull, ominous environment. But throw in some whites, or more intense colors, and the color gray will become a chic, sophisticated backdrop for your living space.

THE COLOR BLACK

Used well, the color black can lend an air of sophistication and elegance to an interior design scheme. Against a background of lighter colors or neutrals, anything in black will stand out. It can be used well to highlight architectural detail, furniture, or ornamental details. **Brown** can be a 'delicious' color (think chocolate, coffee, cookies, bread). Those are the shades of brown that remind us of comfort, home and hearth. Nature, too, is full of the color brown. In most parts of the world, brown is the color of the earth, and most plants have got at least some brown in them.

This is why the psychological effects of the color brown are often described as reassuring, safe and stabilizing – we tend to feel safe in nature (as long as we focus on the positives and not the possibilities of natural disasters). In interior design, the color brown can add warmth and depth. It can inject earthiness into a cool or neutral color combination and make a room more more inviting and comfortable.

THE COLOR GREEN

The color green is perceived as calming and reassuring. In nature, the color green tells us that we are safe, that we are in a fertile, water-rich environment, above freezing temperatures, where there is enough to eat and we will survive. We can relax. While we love the greens of nature, the fact is using green in interior design is a bit tricky. Natural greens are made up of many hues of green; this can make green paint or fabric seem flat and fake by comparison. One of the ways to use green successfully in rooms is to combine more than one shade of it, or to combine it with other colors. Sage, gray, pink and magenta go well together. Or, you can combine greens with neutrals and blues for a coastal look.

To have a beautiful living room, you need beautiful living room furniture. Beyond just looking good, our furniture should be designed with plenty of storage space in each piece, whether it's a wall unit or the famous Bronson room divider. Living rooms are for lounging. Your guests and yourself will need comfortable Sofas to sit.

THE COLOR PURPLE

They say purple is the color of royalty. For centuries, the intended psychological effect of the color purple was to show that the wearer was of the nobility. However, purple is a rich, deeply satisfying, complex color that can add real luxury to a room. On the other hand, there is a danger that purple can look garish or cheap. The psychological effects of the color purple depend on how 'warm' or 'cool' the hue is: Bluish purples can be serene and calming and have a 'mysterious' depth. Reddish purples demand more attention and can dominate a room, so it should be used sparingly.

THE COLOR RED

Red is an extremely powerful color. It is the color of passion, appetite, and action. For these reasons, along with the color orange, red is often used in advertising, as well as in kitchens and restaurant decor. As with other colors, the psychological effects of the color red depend very much on its intensity. So while vibrant hues of red have been shown to raise people's heart rate and blood pressure, you might feel quite comfortable with muted, warm, earthy shades of red around you. While red is also associated with danger (think fire, stop lights, and red ink in business) it is also the color of action. Red should not be over-used. Red can make it feel that the walls are closing in on you. But as an accent or even a wall color, it can be very effective at creating a mood that is passionate and action-oriented.



THE COLOR PINK

The color pink comes in lots of hues. Ripe-peach pink, bubble gum pink, hot Caribbean pink – they each have their own appeal and psychological effects. In most Western countries, the color pink is seen as a 'feminine' color, and frequently used for anything to do with baby girls. But refined, sophisticated versions of the color pink have been used in European interior (and fashion) design for centuries, for both men and women. Generally, when used in interior design, the psychological effect of the color pink is described as soothing and comforting.



THE COLOR BLUE

More people say that blue is their favorite color than any other. In interior decorating, you can use the color blue to create a reflective, intellectual atmosphere. It's not common to overheat emotionally and get upset or aggressive in a 'cool' environment – and the color blue has actually been shown to lower our blood pressure and heart rate. You can use the color blue to cool down a hot, sunny room. Obviously, blue doesn't actually lower the temperature, but it makes us feel cooler. The reverse is true when you're decorating a north-facing room. Blue walls, flooring, or furniture can give it a distinctly icy feel to a space. Indigo is a rich deep blue that is a favorite hue of the color. Indigo is the color associated with intuition and understanding. Dark blue evokes feelings of trust and dependability and is often used in

advertising for banks and other financial institutions, as well as for business attire.

Apart from these aesthetic living places, we should have sound mind in sound body .

To Live Life To The Fullest:

- Take bold action towards achieving your dreams.
- Overcome your fears & live confidently.
- Be healthier, happier and more inspired.

"The Feel Good Lifestyle is one of those few blogs that actually makes your life better. 'Feel good' is the definitely right word for it."

A step in the right direction

Previously, experts thought taking 10,000 steps a day was enough to control your weight, but a world-wide study has just established that women up to the age of 40 and men up to 50 need 12,000 steps a day to help shift that middle jiggle.

Laughter is the best medicine Studies have found that those with a positive attitude suffer less from conditions such as heart disease. Find something to laugh at every day to give your feel-good hormones a boost.

Tips for a healthy lifestyle

Sometimes it can feel as though eating a healthy diet, getting enough exercise and finding the time to find yourself is impossible. But learning to live a healthier lifestyle is easy when you change one small thing at a time.

Golden Tips for Good Life

Examine life, engage life with vengeance; always search for new pleasures and new destinies to reach with your mind.

Worry only about the things that are in your control, the things that can be influenced and changed by your actions, not about the things that are beyond your capacity to direct or alter..

Treasure Friendship, the reciprocal attachment that fills the need for affiliation. Friendship cannot be acquired in the market place, but must be nurtured and treasured in relations imbued with trust and amity.

Experience True Pleasure. Avoid shallow and transient pleasures. Keep your life simple. Seek calming pleasures that contribute to peace of mind. True pleasure is disciplined and restrained.

Master Yourself. Resist any external force that might delimit thought and action; stop deceiving yourself, believing only what is personally useful and convenient; complete liberty necessitates a struggle within, a battle to subdue negative psychological and spiritual forces that preclude a healthy existence; self mastery requires ruthless cadour.

Avoid Excess. Live life in harmony and balance. Avoid excesses. Even good things, pursued or attained without moderation, can become a source of misery and suffering.

Be a Responsible Human Being. Approach yourself with honesty and thoroughness; maintain a kind of spiritual hygiene; stop the blame-shifting for your errors and shortcomings. Don't Be a Prosperous Fool. Prosperity by itself, is not a cure-all against an ill-led life, and may be a source of dangerous



Choose food that contains minimal amounts of unhealthy fats. Unhealthy fats will raise your LDL cholesterol, and elevated LDL cholesterol often correlates with an increased risk for heart disease.

Poly-unsaturated, mono-unsaturated and omega- 3 fats are all good lifestyle choices. These good fats lower your LDL cholesterol and raise your HDL cholesterol, which correlates with decreased risk for heart disease. Select foods that are low in both sugar and highly refined carbohydrates. Minimize your consumption of sweets, soft drinks, sugary fruit juices and white bread. Choose whole fruits, freshly-squeezed juices and whole grain bread instead. Eat a variety of different whole foods instead of eating processed foods. Eat fruits and vegetables for their high vitamin and mineral content. Choose lean meat, beans and tofu for their protein content. Enjoy whole grains such as whole wheat bread, whole wheat pasta, brown rice and quinoa. Eat low-fat dairy products. Skim milk and reduced fat cheeses will reduce your fat intake while ensuring that you receive enough calcium.

Incorporate organic foods. Shop at a natural food store or buy food from your local farmer's market.

Get Some Exercise

Start and finish your workout with stretching. Gentle stretching will warm up your muscles before you work out and will relax your muscles after you work out.

Go to the gym 3 to 5 times per week. Work out for half an hour to an hour, combining both cardio and strength training programs.

Exercise in your neighborhood. Go for a jog or take your dog for a walk. Make sure that you move at a moderate pace for at least 30 minutes

Enjoy rigorous daily activities. Both high-intensity gardening and housekeeping can exercise your body.

Ditch your car. Walk or bike to your destination instead.

foolishness. Money is a necessary but not a sufficient condition for the good life, for happiness and wisdom.

Don't Do Evil to Others. Evildoing is a dangerous habit, a kind of reflex too quickly resorted to and too easily justified that has a lasting and damaging effect upon the quest for the good life. Harming others claims two victims—the receiver of the harm, and the victimizer, the one who does harm.

Kindness towards others tends to be rewarded. Kindness to others is a good habit that supports and reinforces the quest for the good life. Helping others bestows a sense of satisfaction that has two beneficiaries—the beneficiary, the receiver of the help, and the benefactor, the one who provides the help.

Healthy Lifestyle

Choose Healthy Foods, Get Some Exercise, Avoid Unhealthy Habits, Remember Good Hygiene and leave your couch potato days behind. All you have to do is follow a few simple steps that will significantly improve your health.

Avoid Unhealthy Habits

Avoid yo-yo dieting. Once you've lost weight thanks to your improved lifestyle, then work hard to maintain your weight instead of cycling up and down the scale.

Stay away from fad diets. Avoid liquid diets, diet pills and other diet supplements unless you are under the supervision of a physician.

Exercise in moderation. Working out too long, too often or with too much intensity can increase your risk for injury. Make sure to build in some rest periods between your workouts.

Know what you weigh. Being overweight and being underweight are not healthy states of being. Consult your doctor or a reputable weight chart that shows ideal weights for your age and body type.

Avoid excessive smoking and alcohol intake.

Get plenty of sleep. Studies have shown that those who sleep less tend to weigh more.

Remember Good Hygiene

Shower every other day. Shower again if you have performed an activity that has made you sweat.

Brush and floss your teeth daily. Regular flossing not only prevents gum disease but also prevents heart disease.

Clean your feet. Make sure to scrub between your toes to prevent athlete's foot and unpleasant odors.

Always wear clean clothes. In particular, always change your underwear and socks once daily.

Wear antiperspirant. Wearing antiperspirant will prevent odor and will keep your shirts from being stained with perspiration.

II. CONCLUSION

Art refers to anything that involves the sense of beauty like literature, music, painting, sculpture, architecture etc. The aesthetic aspect of human mind craves for its satisfaction and

gets reflected in many of our day-to-day activities like food preparation, choice of cloth, construction and decoration of house etc. This aesthetic sense makes human beings superior to all other beings. Any aesthetic expression is sure to attract all. Try to enjoy beautiful life that nature has given to us.

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