

Mystic AURA


MAGAZINE


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FEBRUARY 2021

COLOURS OF *Love*

Love exits when you learn to love despite the mistakes and keep loving beyond imperfections.

 Mystic aura magazine

 Mystic aura magazine

Website: www.mysticauramag.com



GITALI PATHAK DEKA
Proprietor and Editor-in-chief

She is a model and an educator too who is also a Master Trainer of English language under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level and Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She has won Dazzle Mrs India International at Sri Lanka .



MRIGAKSHI D BHARALI
Copy Editor

A very graceful and talented lady, an' educator by profession and a Master Trainer under the British Council. Focussed, determined and stylish are the qualities which define her the best and better known to all as a lady with a crown but with principles & values. Recently she has been awarded with the most prestigious Indian Icon National Award 2020. She is also the founder and Principal of Little Laurels Preschool, Jorhat.
Achievements :
• Mrs Global Universal 2019, 1st runners up, COLOMBO, Sri Lanka.
• Mrs Globe India, northeast 2019



SANTANU BAISHYA
Chief Managing Editor

He is a model, model co-ordinator & an employee working in a private company. A man who is sincere, disciplined, believes in hardwork, honesty and being comfortable in his own skin. Loves to help others always.

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ON THE
COVER

Model: Yugashmita Medhi
Siddharth Kashyap
Make-up: Bhanima rabha mali
Styling: Diplu hazarika
Male costume Dev Jit
Female costume: Bhaskar Bora
Photographer: Madhurjya Borah

Sidharth Kashyap

From the beautiful Guwahati city. Along with pursuing Btech he has a passion for Modelling and Acting. He was successful in winning the title Mr Assam 2018 at SPARK beauty pageant that has been featured in tv commercials.

Yugashmita Medhi

From Guwahati (Assam) is 21 yrs old who started acting and modelling as passion since childhood and it was her dream to work in this field. She entered into the glamour & film industry in 2018 as a print model, and then she got opportunities to work in music videos like "Lipika" which brought her more to limelight. Presently she is doing an Assamese serial "Momota" which will be telecast on one of the most popular channels of Assam 'Rengoni'. She will also be seen a film very soon.

EDITOR NOTES

Moments that bring smile in others face and that encourages and lifts everyone for a better tomorrow is none other than the name MYSTIC AURA. I am very thankful to my team members, supporters, well-wishers, friends and all our readers and viewers. After the grand launch of Mystic Aura New Year Calendar 2021, I am happy to share another good news. We are going to launch the first edition of the printed version of our magazine in the month of March on completion of one year.

MYSTIC AURA team is overwhelmed for the love shown to us by our viewers and readers. So once again we would like to thank each and everyone from the core of our hearts with a promise to add a new aroma in our upcoming issues.

Wishing everyone

**HAPPY VALENTINE'S DAY &
HAPPY SARASWATI PUJA .**



Regards
Editor-in-chief
GITALI PATHAK DEKA

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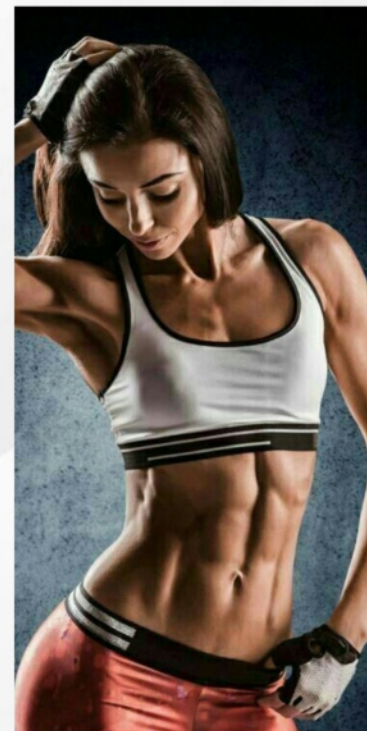
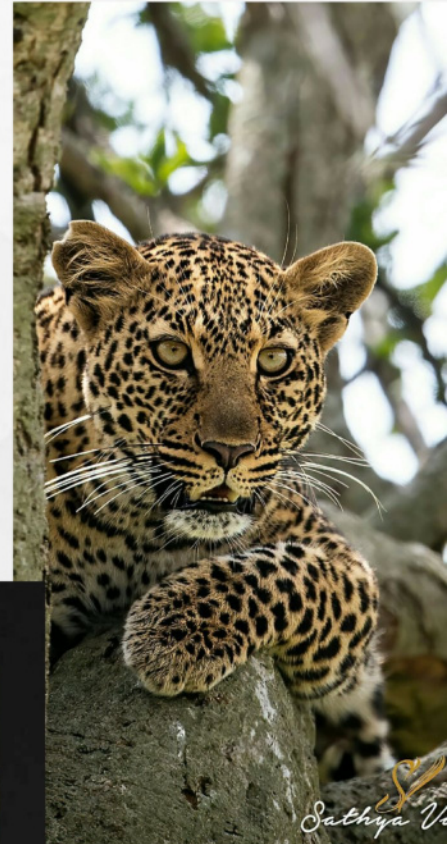
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Marriage Are Planned From heaven

SHOPPING ARE PLANNED ON EARTH



By
Prasantt ghosh

Congratulations you are about to start a new life one filled with the promise of happiness and dreams coming true...

All people want to express themselves. According to them, this sudden fondness for all things colorful can be attributed to the fact that products are available in various hues. And products here again encompass nail polishes, eye shadows, garments, shoes and in fact everything else which a person can need. Gone are the days when being formally dressed meant wearing a sedate suit or an elegant chiffon sari? Now, for a night on town, the requisite garb is anything that is bold in color and bolder the better it is considered to be Possibilities are simply immense. You can cover it all or go dare bare. Advice is to preserve the balances in the autumn season. They recommend the following for enviably fabulous skin and hair.

To maintain the equilibrium of vata, pitha and kapha a bride must include a lot of antioxidants in her diet. Apricots, berries, figs, oranges, pomegranates, gooseberry, cranberries, papaya, pear, peaches and prunes have antioxidants and beta carotene which are beneficial for the skin, hair and immunity. Include a lot of greens but avoid raw vegetables in this season. Breakfast is the most important meal, so make sure you have a hearty and a healthy one. Include lukewarm milk with cereals like cornflakes and muesli.



ter Nguyen Photography

In today's age of fashion flexibility both are possible. The six yard magic has survived all kinds of upheavals in the world of fashion, from minis to over sized t-shirt. Bustier was quite a rage that has calmed down a bit now for very practical reasons. Very few Indian women have the required statistics to carry it off. Draping the sari in the right way is the most important and thanks to our diverse tradition there are a thousand ways in which you can do it. You could wear your sari in the Gujrati way, if you want to be really bold, try draping it like a sarong and team it with a tube top or singlet or if you want a daring suggestion; if wearing a heavy sari, pleat it in such a way so that it leaves a slur in the front to show off your shapely legs.

Plans on Bridal trousseau. Your bridal attire complement your personality and style. Scan wedding magazines for contemporary styles and trends.

Start shopping for your trousseau well in time.

Select the right accessories to complement your dresses including bags and shoes.

Select/ design your wedding and reception outfits and try them out.

Keep time for alterations and final fittings.

Wear simple yet elegant shoes with a western outfit And jootis with an ethnic.

Try out your headgear. It should be different from those of the baraatis.

Start on a complete grooming regime at least a month before the wedding.

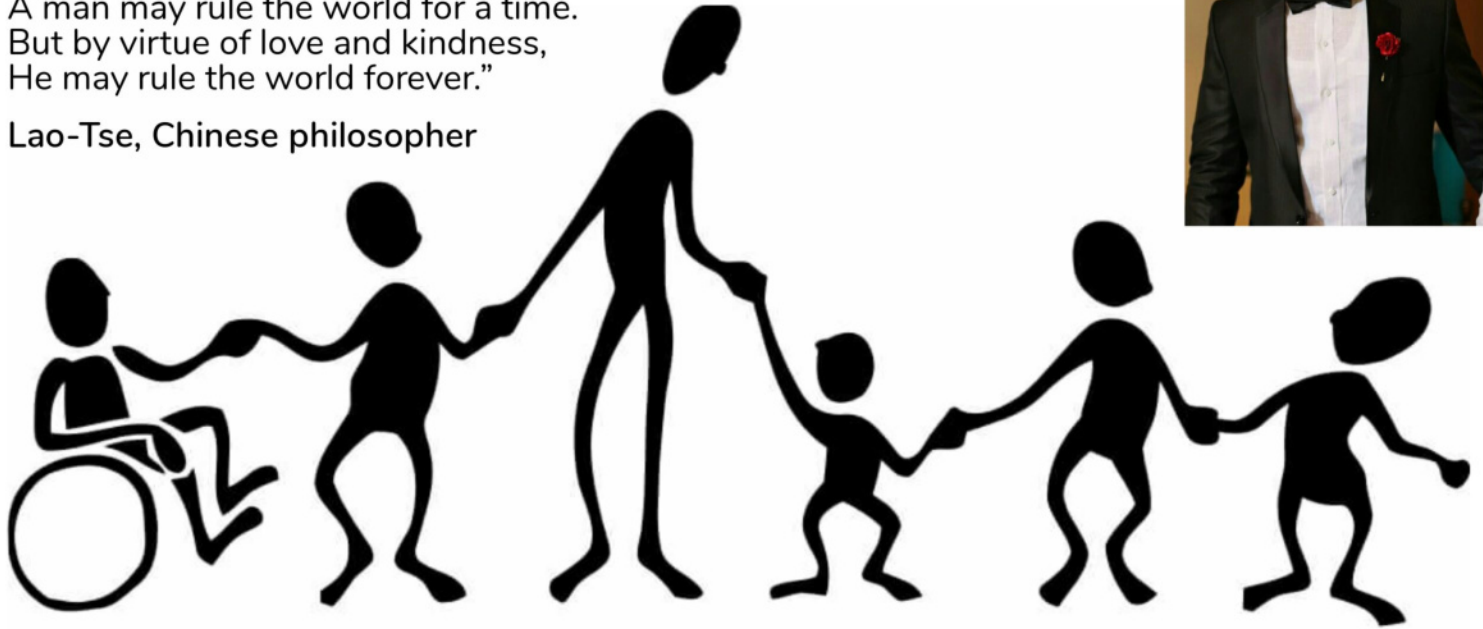


THE WRITER IS A FASHIONDESIGNER AND FASHION CHOREOGRAPHER AND CAN BE CONTACTED AT prasantt@rediffmail.com / www.prasanttghosh.com

Being Caring

“By accident of fortune
A man may rule the world for a time.
But by virtue of love and kindness,
He may rule the world forever.”

Lao-Tse, Chinese philosopher



By : Dr. Sanskar Nagar
Founder/ Director : Being
Caring Ngo

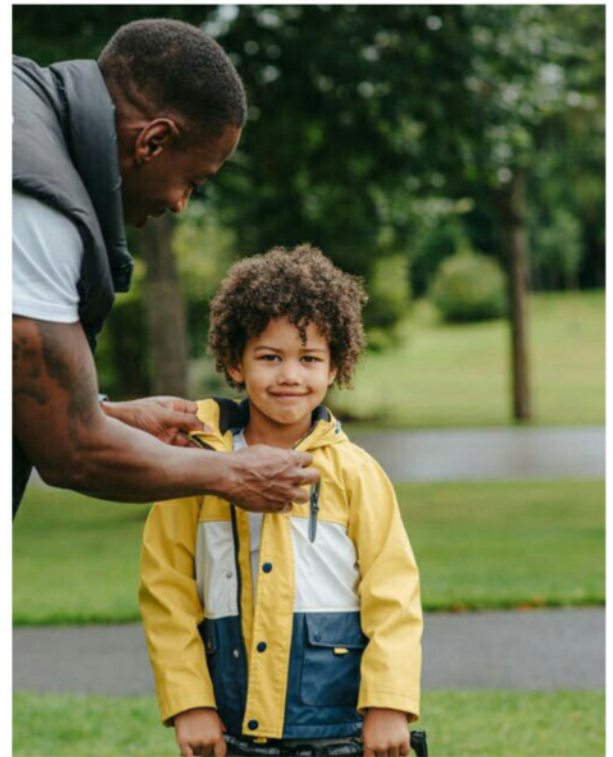


Caring is devotion. Caring is friendship. Caring is genuineness. Caring is loving and kind. Caring is sympathy and empathy. Caring is tender, warm. Caring is complexly simple and simply complex.

While “caring” encompasses a wide variety of things, and can take on many different forms, there is one aspect of it that, no matter what configuration it has assumed, is invariable: it is always there, present in all that surrounds us and everything we do. Caring is the axis around which each of our individual worlds revolve. It is the first step toward and motivating factor behind our actions, it drives us to achieve the greatest feats, and it serves as the basis for all of our positive interactions and relations with others. Friedrich Von Hugel’s last words were not uttered in vain, but rather spoken in absolute truth. Caring is the most important thing.



Why do we do the things we do? This question appears to have the potential to elicit more than one answer. However, at the most basic and definite level, it can be resolved in two words: we care. Whether it is direct or indirect, emotional investment is what compels us to make certain choices and take certain actions. All that we do correlates in some way to our level of interest in that particular thing or decision.



An everyday example, students allotting large amounts of time and effort to their schoolwork aren't usually doing so because it's particularly enjoyable - they do it because they are fueled by their desires to be successful in school now as well as in the future, because they care. This is also demonstrated by our Indian Army, who risk their lives on the battlefield, sacrifice time with their families, and give up the comforts of everyday living because they either care about protecting our country, following suit in a family tradition, or having a productive and meaningful life characterized by regiment, discipline, and honor. In everything we do caring is our impetus, pushing and influencing us to make certain choices and actions.

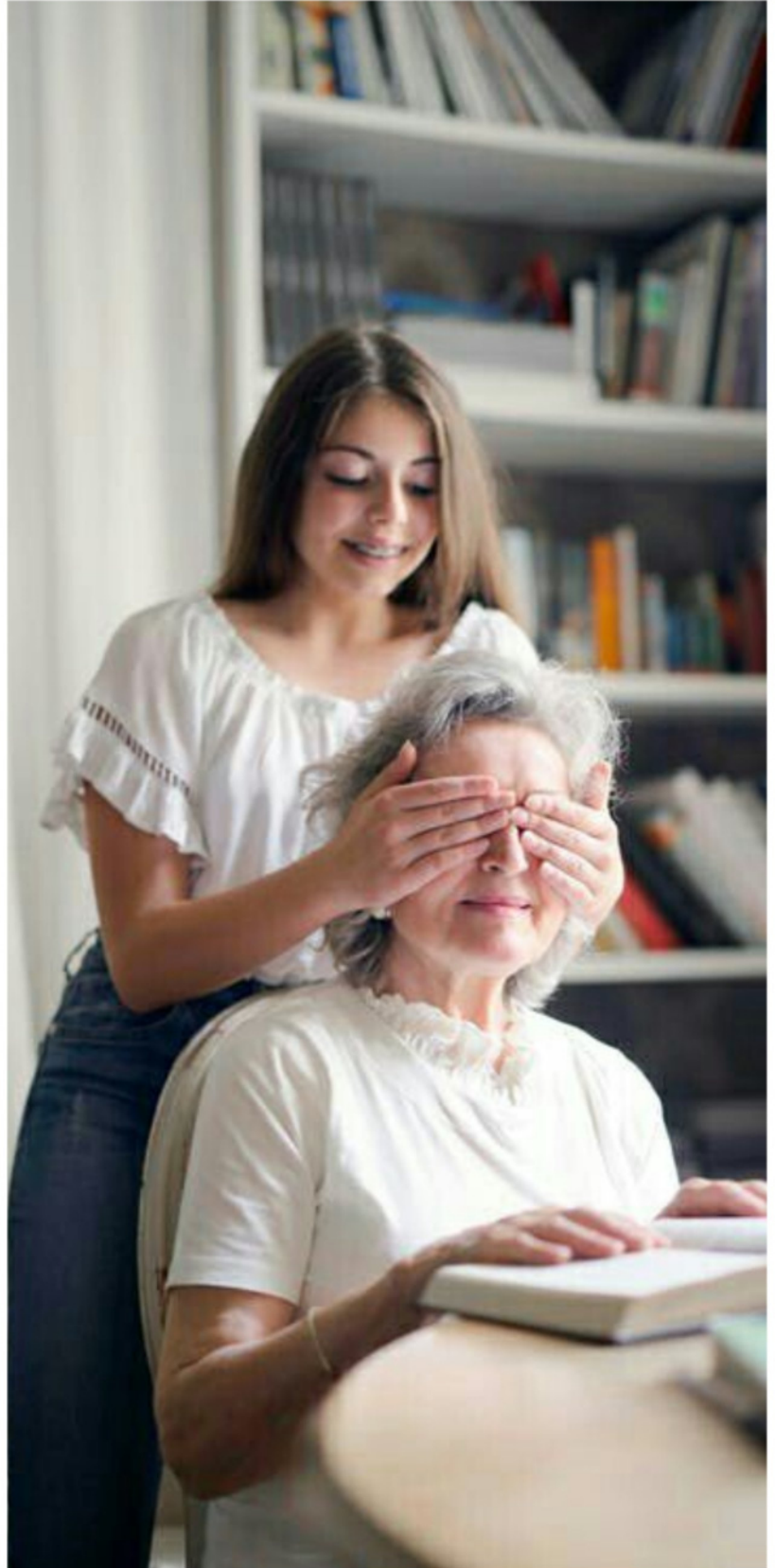
Compassion doesn't just prompt us to take certain actions, caring propels us to reach greater heights than even we can imagine. It is said that we are capable of accomplishing things that even we don't believe we can, and when we care, that is undoubtedly the case. When people are devoted to attaining something, they are willing to provide maximum effort and give all they have in order to achieve it.

Some say that simply caring is not the most important thing, but rather that doing is of the utmost significance. While it is true that caring alone will not get things done, and that action is necessary to do so, is it not also true that people tend to take action upon what they passionately care about? When people care about something (directly or indirectly), even remotely, they will take the appropriate actions or make the relevant decisions.

Likewise, when people do not have concern for something or any of its aspects, then they won't find it necessary to take any action. In this sense, "doing" cannot arise if caring has not done so first, and therefore, caring is necessary for all actions to occur and is at the heart of all of them.

Perhaps the most significant component of caring is the role it plays in our interactions with others. From families to communities to societies to humanity, caring is, in essence, the glue that holds our world's web of people together. Demonstrating empathy, love, kindness, fondness, warmth, etc. toward one another enables us to forge bonds and sustain them. Furthermore, it allows us to understand each other. In encounters with friends, family, peers, colleagues, acquaintances, and others in our lives, care is a social adhesive; adequate amounts of it tend to keep us together while a lack of it causes us to drift apart. The care we harbor for others (and that which we hope will be reciprocated back to us) is one of the only things we surely have. In a world where our purpose is about as clarion as a monsooning sky, one of the only things in which we can find comfort and meaning is care.

Caring is an ever-present shape shifter, swiftly morphing from one form to the next and guiding all we do. Caring is what drives our actions, pushes us to accomplish greater things, and is the foundation for our social interactions. When Friedrich Von Hugel – on his deathbed – articulated, "Caring is the greatest thing, caring matters most," he could not have chosen more perfect words, for what do we really even have, without care?



SILENCE SPEAKS

"Depth of Silence"

*I fell in love with you when I felt your
depth.*

Loving warmth in you is dream like

Letting my thoughts flow

It is in you I express my soul's language.

*I know you are mine, till I feel and respect
your depth.*

It is in you I let my inspiration flow

*Sometimes you maybe loud without a
sound,*

*Sometimes I find you in a crowd , pulling
me to a corner in a warm cocoon.*

Whatever form you are in I love you,

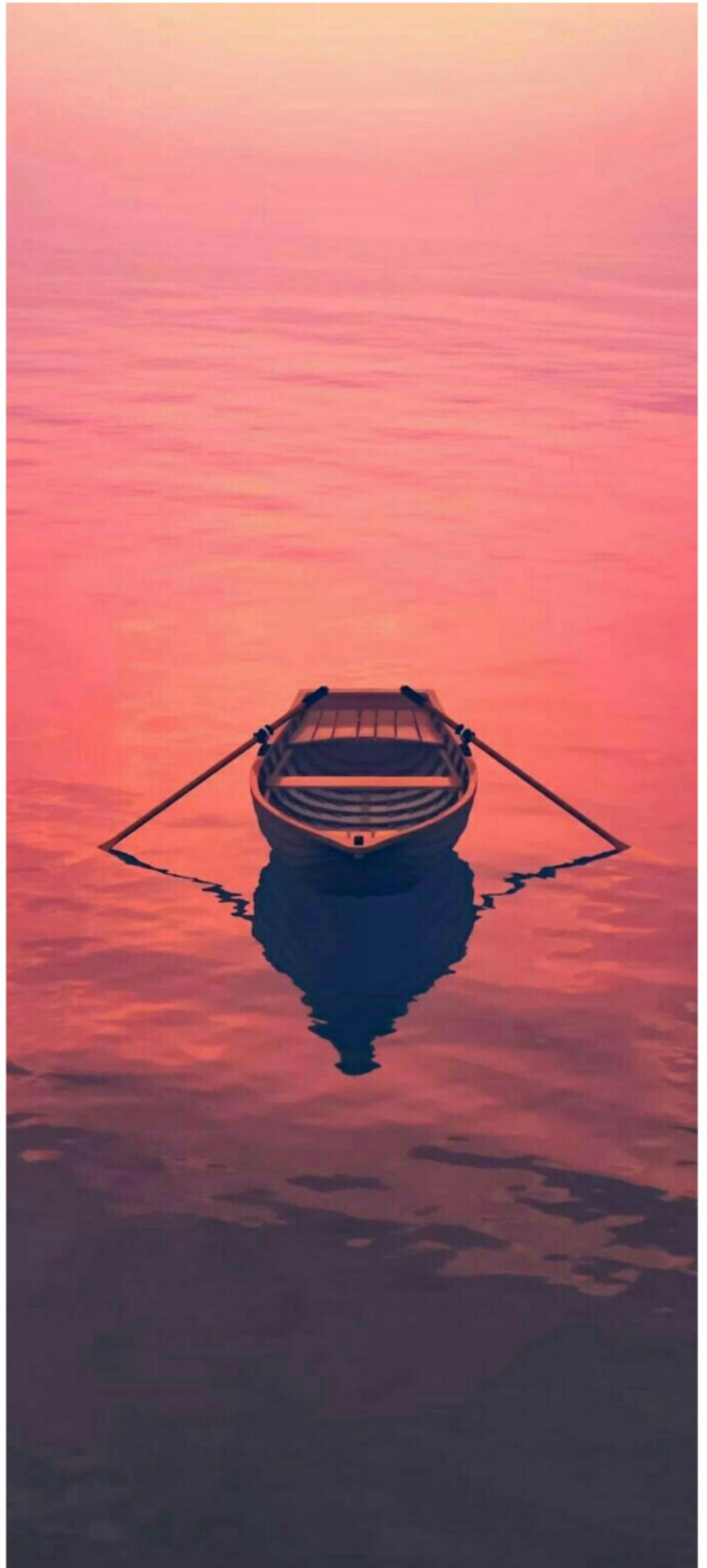
Because in you I find my Solace.

*In you I dream and my pen dances on the
blank dancefloor of paper.*

*Leaving a part of my soul's music in
words.*



By
Monali Bhuyan



FACE OF THE MONTH

Jasmine Pal

from Bangalore

• Tell us in brief about yourself

I am Jasmine Pal from Bangalore, an ambitious and a dreamer. I have been a hardworking and dedicated independent woman since the age of 17. I became a Miss Bengaluru in 2019 at Miss & Misses Bengaluru beauty pageant and was a Jury member to few pageants as well. I have done a shoot for TV9 Channel for their Ladies Club shows numerous times. I walked on a ramp a few times. I did a Calendar shoot. I have acted in two south indian movies for small roles. I am a Solo traveller too. I solo travelled to many cities and as well to Malaysia. I love taking challenges. It wasn't easy as I come from a conservative sikh family but I am glad that they are proud of me and support me now. I think whatever I did and achieved so far is because I believe Life is short and beautiful and I don't want to regret dying thinking I wish I had done this and that. I just want to complete my bucket list and be a role model to the people I know.



• **Is Modelling your profession or are you engaged in other jobs**

Modelling is my passion but teaching has been my profession. I was the youngest teacher in Bangalore. I was 17 when I became a teacher and continued for several years at the same time I was pursuing my studies. Right now I am pursuing MBA in Garden City University. I do events as well whenever I am free and get good opportunities. I can say I literally work 7 days in a week.

• **what is your concept about being comfortable in your own skin**

I would like to mention that it's not easy to be a woman in this 21st century. People have many expectations from women and those expectations are mostly with their beauty, body, skin and may more. It's a challenging world for women. Self confidence is the most important ornament of any woman. Love yourself. Love your body. Pamper yourself. Self Love - Self Care is the most beautiful thing you can give yourselves. I remember how I was criticized for not being too beautiful. I was insulted for being short in this industry. I was made fun for not having a clear skin. I was even criticized for not being skinny. Trust me now no one cares. Imperfection is the best perfection today in a fashion industry. I am now making a good name in the fashion industry. People want to work with me. They love my body, skin, height and my work and praises.

• **What are your future plans**

As I am an ambitious woman I have many plans for the future. I don't want to settle for less. I want to make a good name in whichever profession I choose. I have a dream to be a Professor plus I want to start my own School for Underprivileged children. I want to start my own restaurants in the coming up years. I have a big dream of travelling the world with my parents. Buying the house for my parents. Adopting Children. Adopting and rescuing many animals and making my home heaven.





“Love,

a very special feeling and when showered upon someone along with God's blessings becomes more special for that person. ”

Affection and unconditional care for someone you love becomes the strength and gives courage. No shape, no colour but its all about

Trust & Loyalty is love.



Aura PHOTOGRAPHY



Madhurjya Borah

A Gauhati based fashion and wedding Photographer. He is the owner of Signature the moments, a wedding photography group. He received the title of Best upcoming Photographer of Assam in 2019.

Model Yugashmita Medhi
& Siddharth Kashyap

Make-up Bhanima Rabha Mali

Styling Diplu Hazarika

Male costume Dev Jit

Female costume Bhaskar Bora

Aura **NEW** **FACE**



MODEL

Monalisha Borah

Place: Puranigudam,
Nagaon

Age: 21,

Height: 5ft 2 inch

Qualification: Pursuing
TDC 5th Sem (Major in
Botany)

Hobby: Drawing.

Aim: Professor.

Photographer: Mriganka Borah

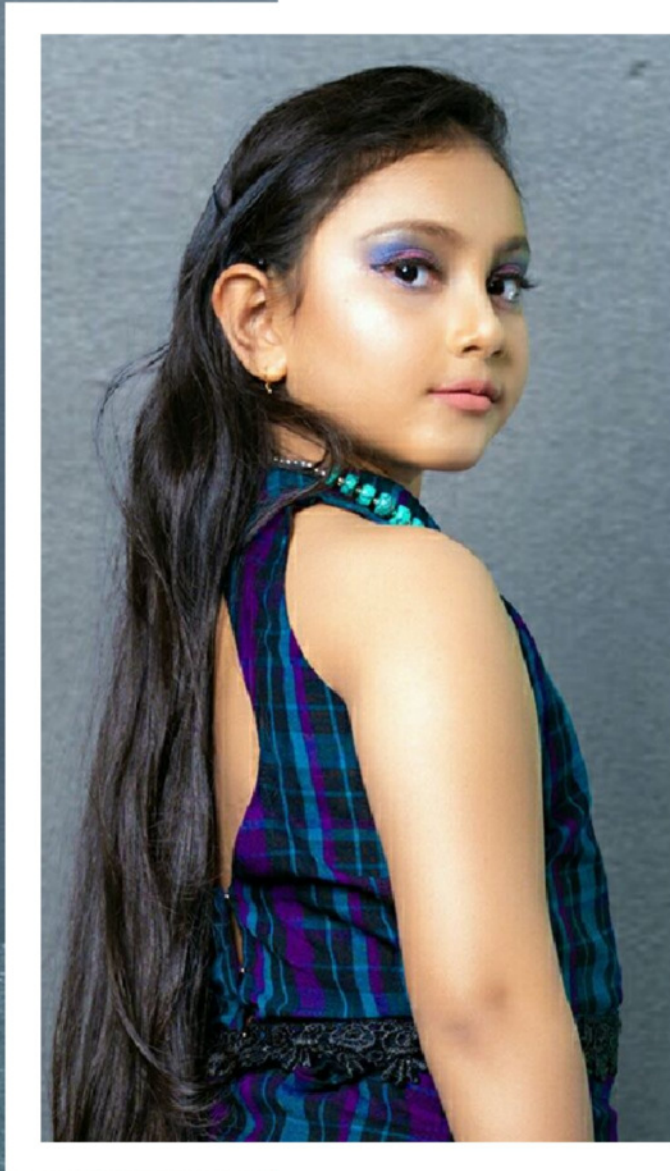
Aura NEW FACE



MODEL
Charchita Hazarika
Place: Golaghat



Aura
KIDS



Aradhya Baradwaj

Age: 7

Make up: Parashmoni
Borgohain Dihingia

Photography: Kesob Mohan

Aura

TRENDS

Krisangi Hazarika

From Dhekiajuli, Sonitpur,
Assam

Every New year presents new fashion trends. Teenage fashion has also been in limelight now-a-days which is very appealing for everyone and center of interest for its classy and latests trend.



Aura
TRENDS



Shivani Nath
From Guwahati

Aura

TRENDS

Arnab Medhi

From Jagiroad

The only trend that everyone likes to is worth saying that the present fashion and style needs to look cool and good too in everyone's eye where people has a craze for it .It should be timeless and trendy always.



ARTERIES

As a dietician many patients came to my clinic for blogging of arteries, As you all know heart is a sensitive part of our body and without heart blood circulation is not possible.

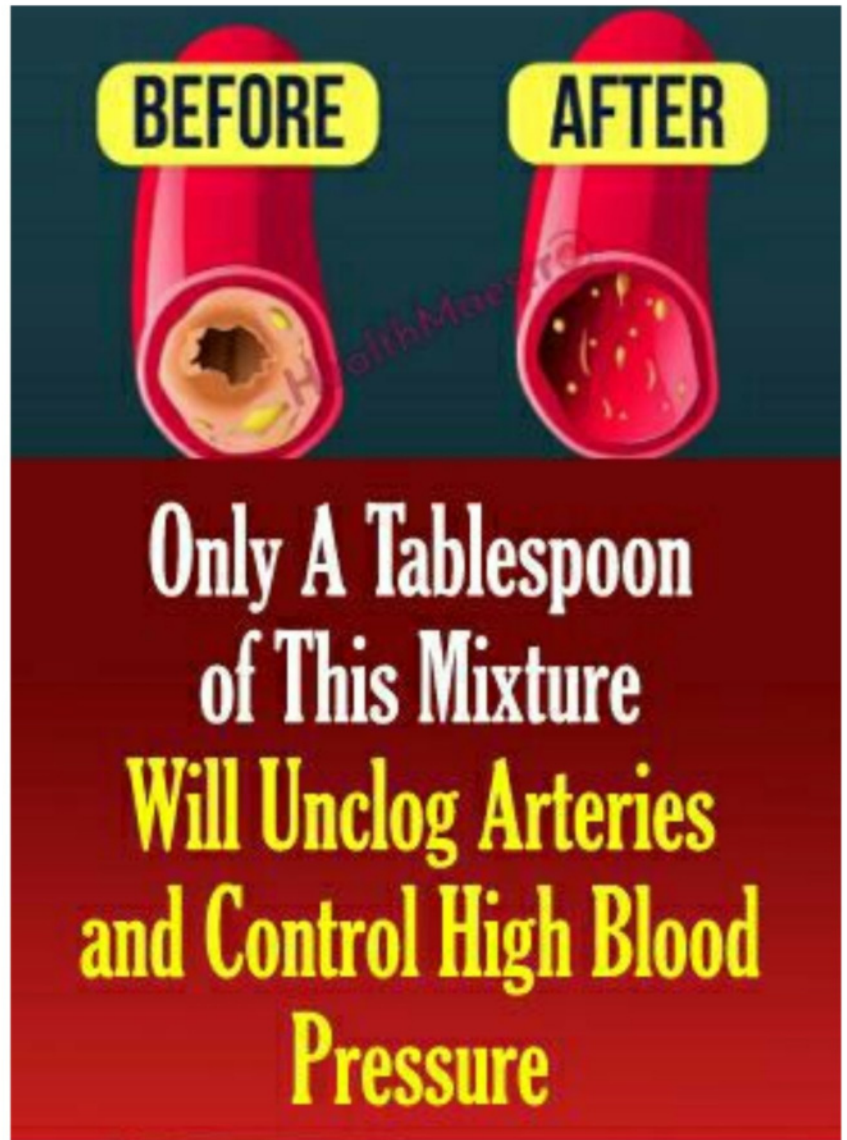
How To Cleanse Your Arteries

We are sure that you all probably know how important it is to have healthy circulation. If your arteries have built-up plaque or get clogged, you run the risk of developing stroke, heart attack, or other forms of heart disease. To help cleanse your arteries, i found an incredible drink that has some amazing health properties.

This drink includes four ingredients that you should always have in your diet. Ginger, lemon, garlic, and water can benefit your entire system with the antiviral, antibacterial, anti-inflammatory, and anti-fungal properties. Garlic and lemon, for instance, work to lower bad cholesterol levels in the body, while promoting good cholesterol levels.



By
**Dietician
Dipikaa A Bhatia**
Director of BBE HEALTHY
diet clinic
All India president of Aas Ek
prayaas





Bad cholesterol can build up in the arteries and inhibit healthy blood flow, ultimately increasing your risk of heart attack.

- Additionally, lemons are loaded with vitamin C, which is an antioxidant that helps fight free radicals in the body, while nourishing cells in the process. The other ingredients also aid in boosting your immune system, cleansing the liver, and decreasing inflammation in the body.

This recipe is very simple and should become a staple in your refrigerator to drink every day for optimal circulatory health.

You need

4 organic lemons
 4 garlic cloves
 1 small piece of ginger root, peeled and sliced
 2 liters/8 cups of filtered water

How to make it:

Wash the lemons and cut them into small pieces. Place the cut lemon, garlic cloves, and ginger slices in a blender and blend well.



Pour the water in a large stockpot and place on the stove over high heat. Pour the blender mixture into the stockpot and bring everything to a boil. Once the mixture is boiling, remove it from the heat and let cool.

Strain the mixture through a fine mesh strainer and store in glass jars in the refrigerator. Drink 1 cup of this solution every day about two hours before eating a meal. You should feel the difference within a week.

Make yourself more gorgeous with simple makeup tips for

VALENTINES DAY

Valentine's Day it's a time for love, lots of rocking a romantic makeup look. We'll leave the chocolate to you, but we can certainly help with finding your perfect Valentine's Day makeup look. Valentine's Day only comes once a year, but we guarantee you. All fall head over heels for these makeup ideas so much so that you will continue wearing them long after this February 14th has passed.

Whether you're celebrating by hanging out with your best girlfriends, watching a meeting your significant other for dinner, find the Valentine's makeup look that best suits your plans and love will surely be in the air.

Red Lipstick

Red lipstick is a beauty staple for a reason. This rich hue gives your pout a sultry and sexy look that Couldn't be more on trend for Valentine's Day.

Pink Eyeshadow

In the mood for a soft and pretty beauty look? Look no further than pink eye makeup. Pink eyeshadow will provide a playful yet sophisticated vibe that won't go unnoticed. And if you want to pull out all the stops this Valentine's Day, this eyeshadow color is sure to take you there. Color your lids.



Heart Eyes

Want to go all in with the Valentine's Day theme? Well, there couldn't be a more perfect occasion to adorn your eyes with hearts. Create a pretty pink eyeshadow look of your choosing, then scatter hearts, so they flow outward from your outer corner. Use pink and red eyeliners to draw on your hearts, or, if you're not quite so artistically inclined, grab a pack of stickers and quickly reinvent your look.



Glossy lips

A glossy look will never steer you wrong. The perfect way to enhance the shape of your lips and call attention to your pout, you'll never look at lip gloss the same.

Metallic Eyes

If you want all eyes on you, metallic eyeshadow is a top choice. These shimmery shadows will work to give your eyes a lustrous touch that draws the eye. Whether you opt for a single shadow look or a blend of metallic shades for a smoky effect, this idea will pair well with any look you dream up.

Halo Eye

If you've been MIA lately, halo eyes are totally in! This look places a bright pop of shimmer on the center of the lid and has darker eyeshadow radiate outward for eyes that look bigger and rounder.

Smoky Eyes

You can't talk about an occasion that's known for being a popular date night without covering the smoky eye. A go to for all sorts of dates, smoky eyes are the gift that keeps on giving. Head on over to our article, The Perfect Smoky Eye for Every Shape, to learn how to smoke out your shadows, and consider incorporating a burgundy or fuchsia shade for a Valentines appropriate twist.

Rose Gold Liner

In our opinion, Valentine's Day is the perfect holiday to try out the gorgeous rose gold makeup trend. After all, what makeup shade is more romantic than rose gold? A subtle rose gold eyeliner is easy to apply and easy on the eyes.

Violet Lips

Who says you have to stick with tradition when it comes to your makeup look? Instead of celebrating Valentine's Day with your signature lip color, switch things up with violet lips. This rich color will give your pout an irresistibly full look.

Dewy Skin

Valentine's Day falls smack dab in the middle of winter, which can lead to your skin looking a little, well, duller than usual.



Voluminous Lashes

One of the easiest ways to upgrade your makeup look for Valentine's Day is to focus on your lashes. Voluminous lashes add an extra touch of glam to your look with little to no added effort.



Cat Eye

There is nothing more feminine than a stunning cat eye! This look works to enhance the shape of your gorgeous peepers while serving up some serious sass for an unforgettable look. A great way to usher in Valentine's Day on a super girly note, you can't go wrong with giving this look a go.

Cut Crease

If you're game for adding a dramatic touch to your beauty look, it's time to brush up on your cut crease skills. Super pretty and chic, this look is all about carving out the crease of your eye with a dark eyeshadow for a glamorous touch.

Blue Liner

While we're sure you won't be feeling blue on Valentine's Day, adding a blue liner to your look is not a bad idea. This color offers something different than your traditional black liner and allows you to play with color.

Inner corner Highlight

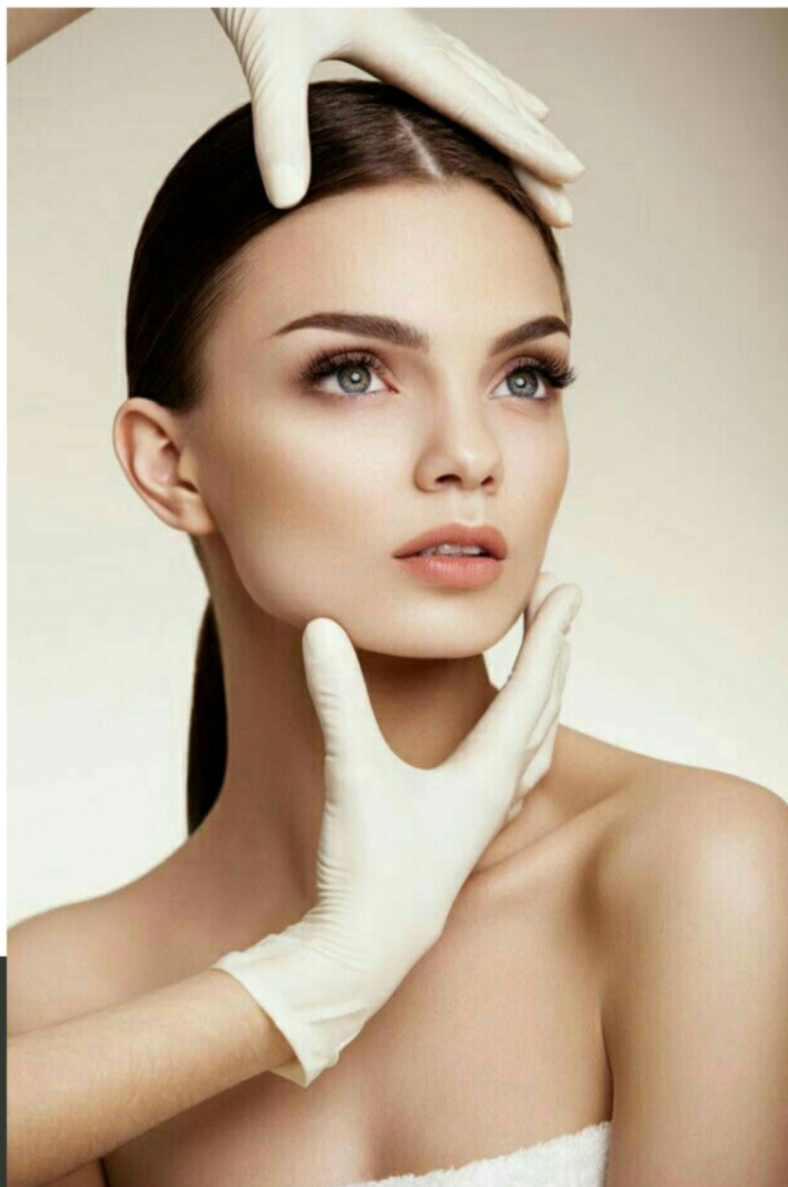
Who says that highlighter is reserved for your cheekbones? An inner corner highlight can take your eye makeup game to new heights. Perfect for those who want to try something new, this glowing touch doesn't skimp on glamour. Give your eyes a beautiful accent with Highlighting Powder. Using a small makeup brush, apply the highlight to the inner corner of your eye for a bright eyed effect.

Purple Underliner

Lining under your eyes has become one of the hottest beauty trends, so you can count on seeing bottom eyeliner all over this Valentine's Day. A great way to spice things up, shifting your eyeliner to your lower lash line will help make your eyes stand out.

Glowing High Points

If you want to embrace your inner angel, why not glow like one this Valentine's Day? To do just that, apply highlighter to all the right places.



By
Chandra Rekha

From Bangalore

A Esthetician and skin therapist from Cidesco
International hair stylist.
Celebrity Make-up artist



Anju Hazarika

Fashion Designer

The super talented, extremely energetic and enthusiastic Anju Hazarika from Jorhat, Assam started her career in the year 2014. Anju has been working to promote Assam silk—Eri, Muga, Pat, Noon, Ghisa, cotton etc. across regions. Anju always had a flair for weaving Mekhela Chador, Saree and Indo-fusion. Her brands Anju's Meenavra Creations and Wear N Style is a portrayal of her passion and love for designing.



MASAI MARA



Sathya Vagale

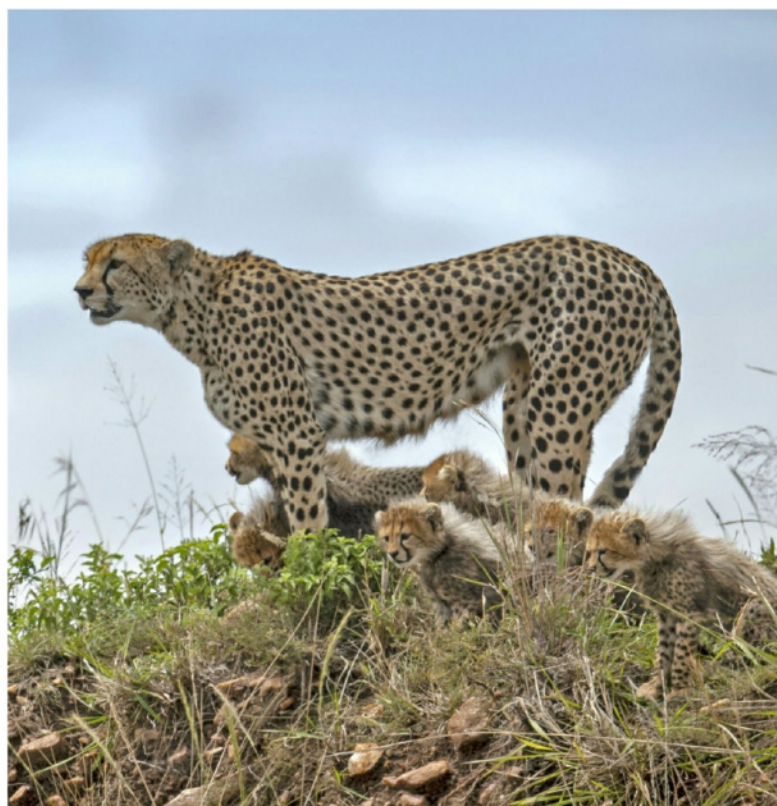
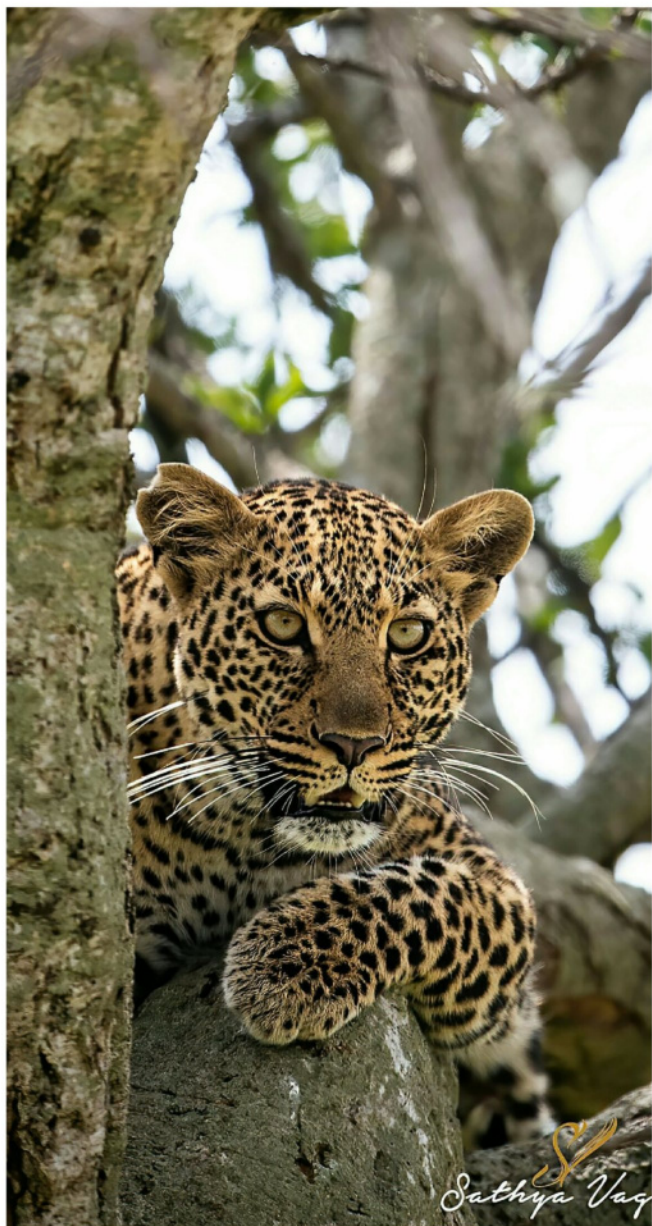
From Bangalore, Karnataka,
An Architect- City planner.
He is an actor, an expertise
photographer of fashion &
wild life.

Masai Mara.

Locally known as THE MARA, is a large national game reserve in Naork, Kenya, contiguous with the Serengeti Park in Tanzania.



Masai Mara is one of the most famous and important wildlife conservation & wilderness in Africa. It is world-renowned for its exceptional Population of lions, cheetahs, leopards, elephants, zebras, giraffes, wildebeest, gazelles, antelopes, topis, cape-buffaloes, black and white rhinos, hippos, crocodiles, spotted hyenas, jackals, servals, foxes etc. It also hosts the most famous GREAT MIGRATION, which secured it as one of the ten wonders of the world. In addition to this it is home to nearly 470 species of birds, the Lilac Roller, which is the National Bird of Kenya.



Sathya Vas



Wildbeest is the dominant inhabitant of the Mara-land. One of the most impressive natural events in the animal kingdom, is the GREAT MIGRATION, wherein over 2.5 million wildebeest, zebras, gazells, topis, elands, cross the river Mara in July, while migrating North from the Serengeti plains and returning South around October.

The Greater Mara ecosystem encompasses areas known as the Mara National Reserve, the Mara triangle and several conservancies including, Koiyaki, Olkinyei, Maji Moto, Samburu etc. The Mara covers a vast area of 1821 square kilometres, with elevations varying from 4900 to 7150 feet.

The Masai people make up a community that spans across northern, central and southern Kenya as well as northern parts of Tanzania. They rely on their lands to sustain their cattle; their most prized possession. The wealth and prestige of a Masai tribesman is measured by the number of cattle he owns.



Tradition

continues to play a major role in the lives of modern-day Masai tribesmen, who are known for their bravery, their lean and tall build and their copper-coloured skin.

To reach Masai Mara from India, one needs to take a 6 hours flight to Nairobi, Kenya. From Nairobi airport, we boarded a safari jeep to take us directly to The Masai-Mara area, which is another 6-8 hours road journey. During this journey itself, one can frequently come across various species of birds and mammals. In this area, one can barely drive a kilometre, without spotting some wildlife, be it a zebra or an elephant. The largest herd of elephants we saw was a humungous single group of nearly 125 elephants.



Each region of the Mara has lodges and large resorts, some built by the British during colonial times. Most of these are encircled with electrified fences, to keep the wild life away. But there are some lodges (mostly tented) which do not have this facility. We stayed in one such place, and one evening on our return from a safari, we could see a leopard sitting barely 150 feet away from our tent. At night we could hear lions roaring and passing by our tents. But most of these resorts/lodges are guarded by the fearless Masai tribesmen, armed with only a spear. All animals fear these tribesmen and stay clear of them. Even the lions, keep their distance from these tribal warriors. In the olden days, a boy, armed only with a spear, was supposed to kill a lion, in order to prove his entry into adulthood. This practice, of course, has now been discontinued, in order to preserve the wildlife. The safari jeeps are well equipped with radios, for communicate with other jeeps, in case of emergencies. The driver of the jeep also acts as our guide and naturalist, and they are very knowledgeable about the wildlife habits and the terrain. Infact the driver stays with us from the moment we land at Nairobi, till the time we fly out of Kenya. Masai also has about 6 airstrips, where one can fly to, instead of spending 6 hours or more on the road. But we preferred the road, because it gave us greater opportunity to see the countryside, and see more of the wildlife. Balloons are also available if one wants to take aerial photographs.

A trip to MASAI MARA, is a must for everyone, especially children and teenagers. Its also an opportunity for them to experience, how disciplined the drivers and visitors are, when they are in these wildlife areas. I have already visited this beautiful Mecca of wildlife, four times, and am longing to go for the fifth time.

HEALTH & WELLNESS



Fitness, health, well-being, etc. Aren't these the most weighing words in our lives? Why is it so? Should we give too much attention to work-outs? Is it necessary to spend excessive time in the gym doing heavy exercises to stay fit and healthy?



**By
Gayatri Mohanty**

**Fitness consultant and
ISSA CPT & CERTIFIED
ZUMBA INSTRUCTOR**

As a fitness consultant and a certified fitness trainer, my response to all these questions would be pretty much "NO".

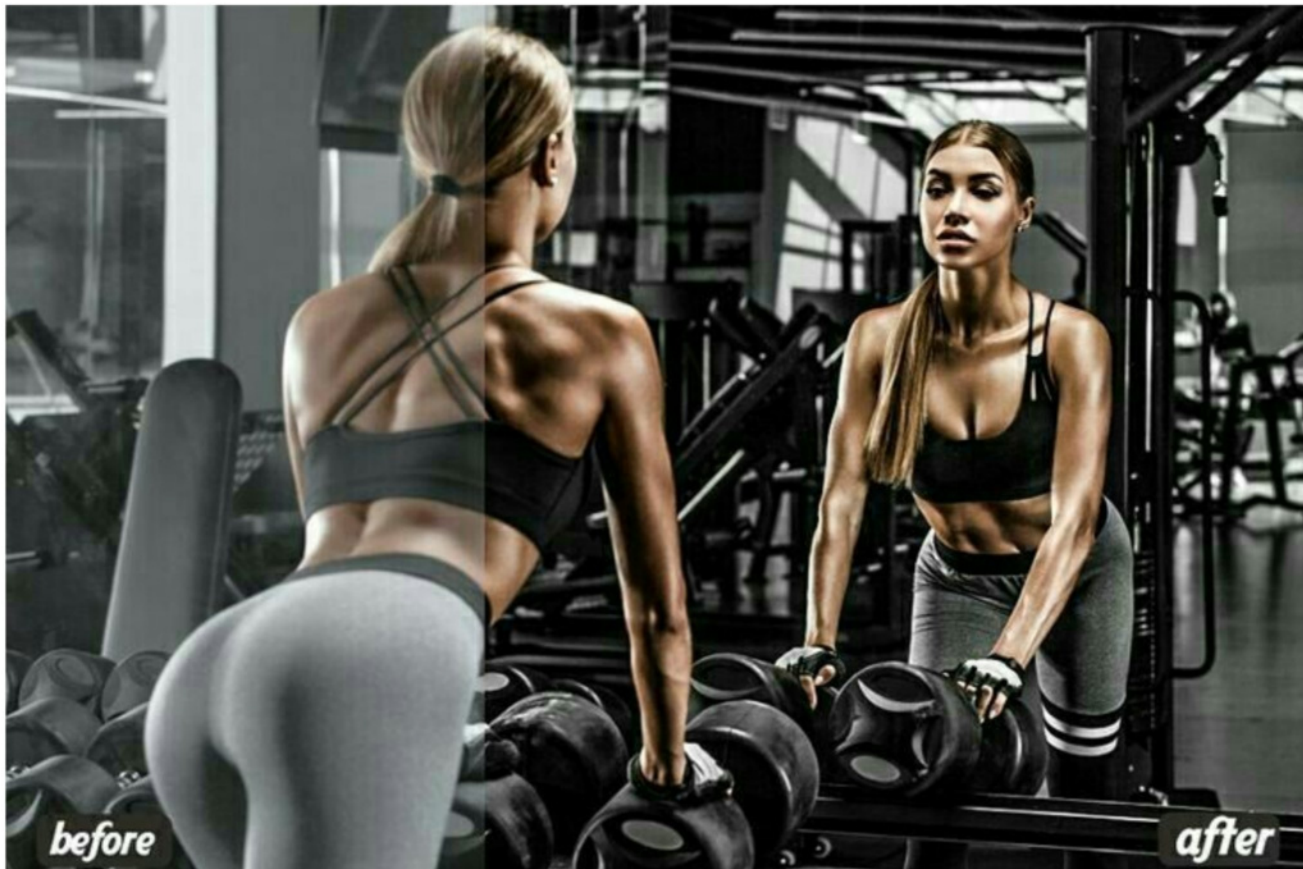
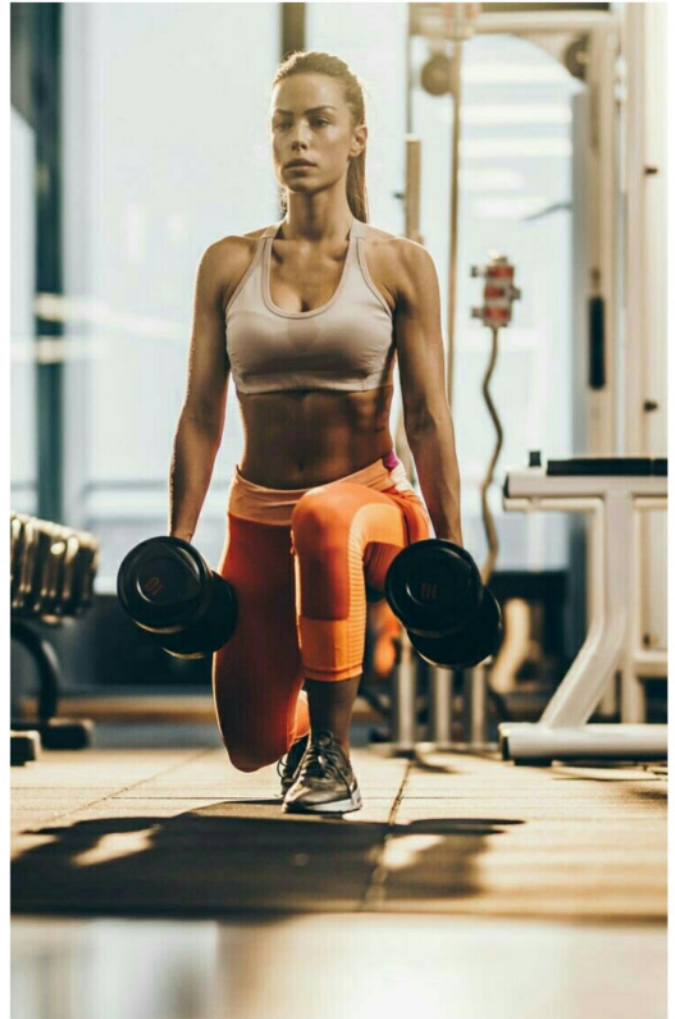
In the morning as we wake up, our thoughts are diverted to household chores, kids' studies, and office work. Somewhere in between, we neglect our health. But, the truth is that the key to our health and a wholesome fit body including our mental and emotional well-being is hidden in our daily routine and lifestyle choices.

If we compare the lifestyle choices of the sexagenarian or septuagenarians with that of ours, we can clearly understand why the older generation was much healthier when they were young.

The lifestyle choices were rather simple and healthy earlier. For example, cooking, cleaning, washing clothes, etc., while sitting on the floor kept the stomach healthy. Not to mention the benefit of Indian style toilet. Remember the movie Piku where Irfan Khan illustrated the benefits to Amitabh Bacchan.

Moreover, the older generation was constantly active and they kept themselves indulged in one or the other physical activity which is one of the crucial factors of a healthy body, externally as well as internally.

With the advancement of technology, our dependence on appliances and gadgets has increased manifold thus limiting the body's indulgence in any sort of physical activity.



I believe that our body needs periodic momentum to stay energetic. Here I would suggest avoiding sitting for a longer period. Instead, move every half an hour or so to keep your muscles active. This simple adjustment in lifestyle can do miracles health-wise.

Stress is the most common cause of deteriorating health and can lead to many other health problems such as cholesterol, diabetes, heart problems, and also mental & emotional health issues. There are certain factors that one can't control. The best way to limit our stress is to stop worrying about such factors. We can not control the weather but it's up to us whether we want to sulk about it or adapt to it.

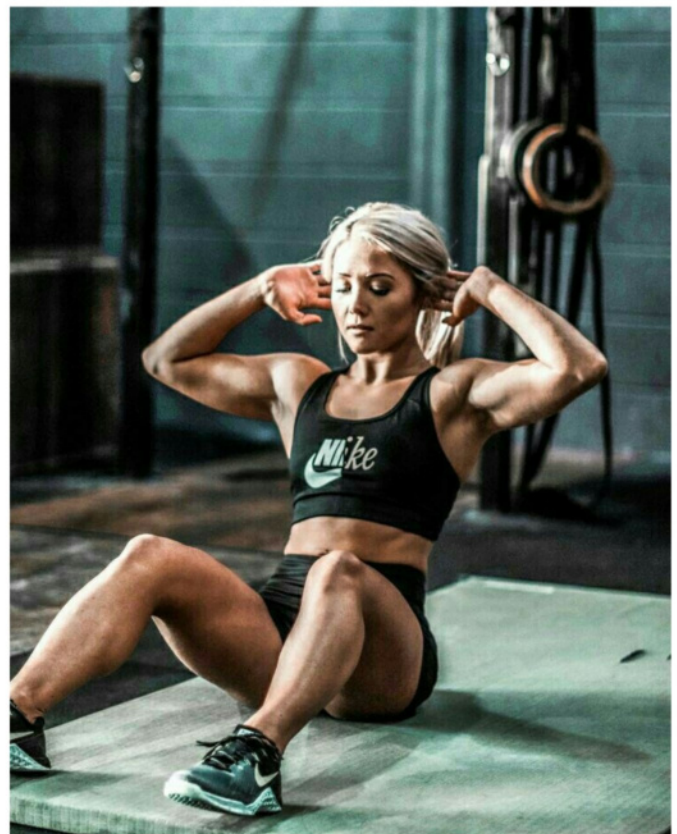
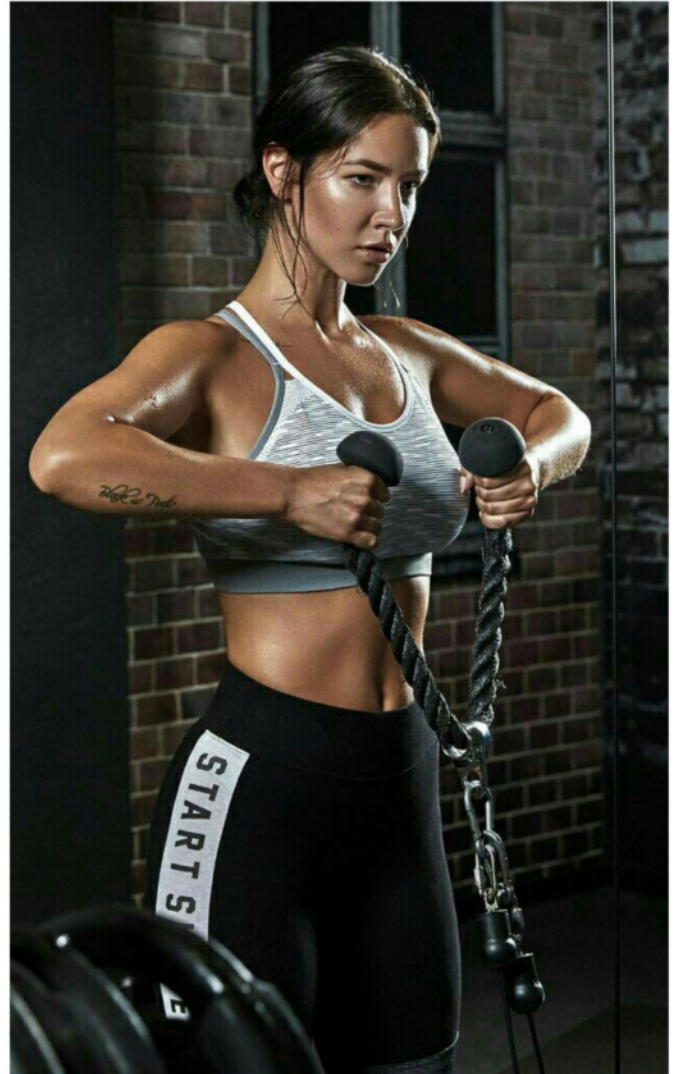
Believe me, adaption is the doorway towards internal happiness which in turn leads to a healthy mind and body. Like we have adapted ourselves to live with the Corona Virus, didn't we? There may be certain restrictions, perhaps a much-needed pause in irrationally fast-moving life but it's definitely not stopping our lives. A blessing in disguise as mother earth started healing herself meanwhile.

Staying healthy and fit is not a journey to mars neither it's a cakewalk. It's something that is the need of our body because it is going to be our 'bhudape ki laathi'.

Incorporate a few simple changes in lifestyle and see the difference yourself. Ditch the aluminum and embrace that 'old lohe ki kadai'. If 8 liters is too much, drink just enough to keep yourself hydrated.

Pamper yourself with the food you love but also burn the calories doing simple aerobics. Don't need to spend hours in the gym rather start with walking in between your chores and office work.

Adapt to changes, adopt simple modifications in your lifestyle to stay happy, and healthy forever!!



SELFLESS *Love*

*I remember holding giant hands,
Back when I was a tiny one,
I remember staring at big eyes,
When I wasn't even able to run.
I took baby steps
And kept falling on and on,
But there were always two giant people
For me, who catch me when I fell all
along.
I grew up big and slowly realised,
That I can't thank enough Almighty,
For blessing me with the self less love
That those two people provide me.
The two people are none but my parents,
That always stands beside me,
The purest of all is this love that they give
And I can trust on undoubtedly.*



By
Sunita Saikia



STAR ENLIGHTEN OF ASSAM

Beauty pageant

The Grand show was held in Sivasagar Yuva dol Assam on 24th Jan'21 under the direction of fashion choreographer and grooming expert Mr Joydhwaj Rajkonwar.

This was his first event and it was a grand success. Contestants from different parts of upper Assam joined the contest which included Mr, Miss, Mrs, Kids category and it was witnessed by more than 500 people in the auditorium.

BEAUTY PAGEANT

stands to be a very popular event since many people show their distinctive dressing sense which is very appealing and the audiences enjoy the pleasure of the different attires presented by the talented and popular designers of Assam . Mustak Ullah was one of them. There were 60 contestants and they were judged by two most beautiful and gorgeous ladies -

GITALI PATHAK DEKA

Mrs India International at Sri lanka and Proprietor & Editor-in-chief of a fashion and life style e-magazine Mystic Aura.

MRIGAKSHI D BHARALI

Mrs Global Universal Queen, International, Sri Lanka and Copy Editor of Mystic Aura.





A beauty pageant was organized on 23rd January by Dr Namrata Sarma, the Event Director. She is the President at NSA Group President at Rashtriya, Mahila Suraksha Sangatan Foundation(Assam Pradesh). The event was beautifully and systematically managed by her team members and the scintillating performances of the contestants really deserved appalause for each and everyone. Most of the contestants were new comers but all had put their best in it to win the CROWN. The category included Mr, Miss, Mrs and kids. Here are the winners of each category and some glimpses of the event.



Judges



Winners of Miss category and Brand Ambassador



Winners of Mr category



Winers of Mrs category and Brand Ambassadors.



Coordinator: Mrinali Das



Winners of Kids category



Kids category title winner : LITTLE ANGEL



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Models: Ragini Sharma and Parth Dutta
Make-up: Sushan Subhankar Mandal
Costume: Moonmee Boruah
Photographer: Bashistha Das

CALENDAR
2021
2
FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						