

# Mystic AURA

MAGAZINE

Vol 11 / Issue 11  
January 2021

Inside Story

*Riya Ghosh*

Smarten your styles with

**Leather Mania**

By Prasantt Ghosh

**Start Where You Stand**

- A reflection

By Mystic aura

AN EXCLUSIVE INTERVIEW

Elegant and  
lavish actress

Sukanya Rajguru

New year

make-up trends

Simple, elegant and  
graceful- a perfect look

**A NEW DAWN**  
2021

YEAR TO BEHOLD;  
WONDERS TO UNFOLD



**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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**Mystic**

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Cover Girl

RIYA

GHOSH

**R**iya, popularly known as Phoring, is a professional Indian Model and Actress featured in many leading TV commercials and magazines. Her accolades includes two major beauty pageant crowns. Apart from being an actor and model, she is also a classical dancer and Voice over artist.

Model Riya Ghosh  
Photographer Deepankar Adhikary  
Wardrobe & Styling Kiara and Himadri  
H&M Kajju Guha and Amropali  
Studio JMD Entertainment Studio

I I M G

Integral Institute of modelling and grooming is the first of its kind in eastern India that caters to the needs of aspiring models and artists not only from Bengal, but from all over the nation. The institute has been set up with a holistic approach of building Indian modelling more organized and professional. Comes with a transparent structure of creating an unbiased platform; And eventually making its presence felt on the international sphere.

Their highly esteemed faculty consists of stalwarts in their respective fields, who are well capable of churning out the full potential in the aspirants and thereby making them industry-ready!

Shaping up the aspirants with unparalleled accomplishment and instilling in their bright minds, confidence about their career, being aware of their strengths and weaknesses, and channelling their predicaments to motivation, building up communication skills, it's all about them becoming constructive contributors to the artistic aspirations in the society.

Mystic Aura congratulates the founder of IIMG Mr. Amitabh Majumder, directors Mrs. Soma Majumder and Mr. Deepankar Adhikary for their journey.

IIMG

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# EDITOR NOTE

As the world ushered in 2021 a new aura, a flash for a new today with hopes for everything new and fresh start. Mystic aura team is geared up with new contents keeping in view the taste of the readers. We are happy to share the news that Mystic Aura Calendar 2021 was launched on 10th January 21, by respected chief guest madam LOVITA MORANG and by a few other honourable guests present in the event on that auspicious day.

It's the love and blessings of everyone and a proud moment that MYSTIC AURA team is able to give a platform to 35 models in the NEW YEAR CALENDAR within its 9 months journey. Mystic Aura team expresses heartfelt gratitude to all the regular writers who has been sending us wonderful articles every month which is really recommendable.

By gone year has taught all of us and made everyone mentally strong for any situation and challenges and left a message that life is to enjoy the present moment and spread love and happiness among all for it's the time which is most important. Leaving behind all that is bygone we all must start a new day, a new beginning.

**WISHING EVERYONE A VERY HAPPY  
NEW YEAR 2021.**

Regards

*Gitali Pathak Deka*

**Editor-in-Chief**



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EXCLUSIVE

ADRA

# SUKANYA RAJGURU BORTHAKUR

A beautiful and pretty actress with elegance who is able to win the hearts of millions by her acting and pleasing personality



• **You are a very gorgeous, pretty and fabulous actress. Would you like to share a little more about yourself.**

Yeah sure.

• **Did you like acting since childhood? What attracted you to begin your career as an actress?**

I always wanted to become an actor. I loved dancing. I did my visharad in kathak dance. I was into theatres right from my childhood than I went modeling. So ya. This craft attracted me and somewhere I always knew this is my only job.

• **You have done quite a lot of designer shoots and a super actress at the same time. According to you which profession is more challenging... acting or modelling?**

Modeling ...Well I was a model. Not any more now I am into some print adds and video. But ramp was of course one of my favorite place. I was miss assam 2009, mega miss north east 2011. And those days I was seriously involved in it. I did shows around state and also represented my state in several festivals around the nation. modeling helped me to enhance my personality,groom myself and bring a better of version of myself. But than Acting was somewhere in my blood. My entire family is related to it(although they are not famous ppl) so ya I can say my profession as an actor got the preference.

• **What has been keeping you busy these days? What projects are you currently working on?**

I am into a daily soap now. Shoot is going on. well this festive season is also lined up with several designer photoshoot which am loving these days I completed a webseries with my actor husband recently which is in its post production stage. So yaahhhh life is going great.

• **You are into print modelling and acting as well so what is your view about fashion at present time?**

My fashion statement changes from time to time. I believe in being relevant. so I go with the flow. but yes I always prefer to stay comfortably so yeah whatever I carry needs to be comfortable for me. And yes I am not a regular brand person. I like pocket friendly shopping like any other does. but it needs to be quality checked.

• **Your message to the aspiring models and actors?**

I am actually not a person who is good at giving advice but of course from my journey so far all I can say is anything we love to do. our passion. Our dreams.. should be chased. But all we need is dedication. Without dedication and proper homework your craft is impossible to nurture. So plz stay dedicated and stick to roots.

**Mystic Aura.**

**Thank you it was really fun sharing my feelings. my thoughts and views with your readers. Thank you for choosing me for this session. all the best to the entire team. Love you.**





# LEATHER

## Mania



By  
Prasantt ghosh

***It's tough. It's warm. It's leather. As winter grips the capital, suddenly its leather, leather everywhere.***

Articles made of leather have gained such universal acceptance that everybody has something of leather in his or her wardrobe. You see the tough macho guy, astride a bike in his leather jacket, you see svelte females wearing hip hugging leather skirts, you can see the avante garde in their oh so expensive leather overcoats, Leather has become so versatile and it has been put to optimum use by fashion designers, the world over.

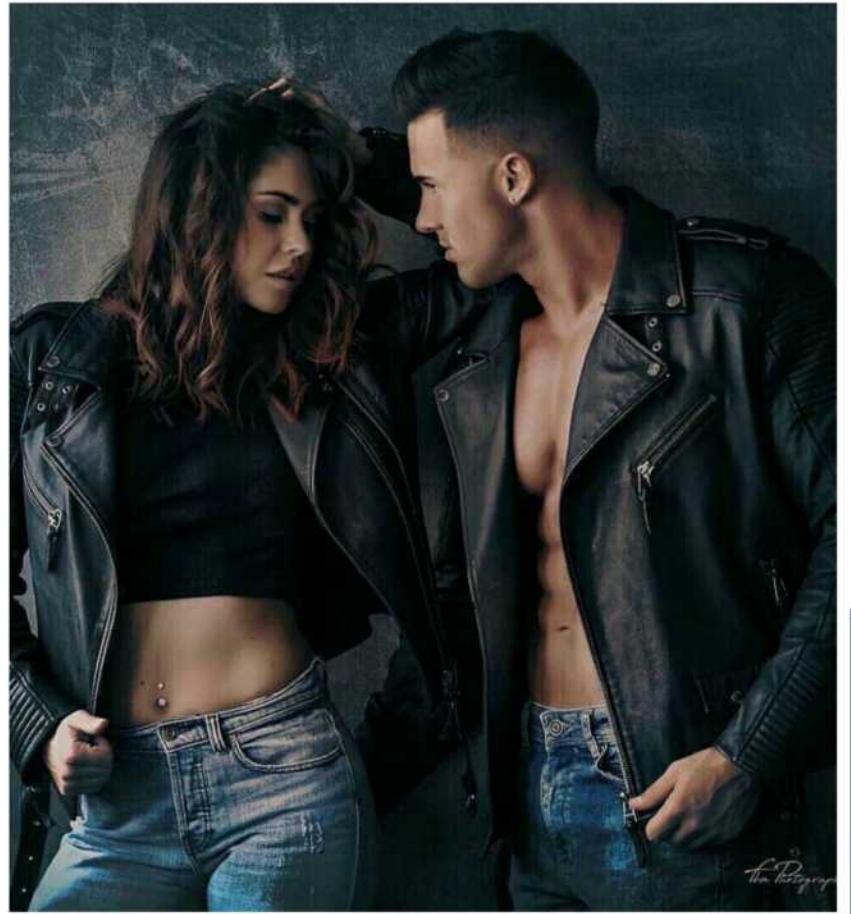
In fact because of its amazing qualities of durability, toughness, etc it forms some part of everybody's wardrobe be it a sweet sixteen or not so sweet 60 years old.



Today, accessories like belts, purses, jackets, wallets, footwear and waistcoats have become indispensable items of daily use.

As India is fast acquiring technology and know how from advanced countries, the Indian footwear industry is fast becoming a major foreign exchange earner.

And as the Indian consumer becomes more fashion conscious and wants to look as smart as his western counterpart, leather garments are becoming a must for the wardrobe.



Leather jackets are a necessity with the tough young dudes who want to 'blaze a trail' on their 'cool wheels' in winter.

People who want to rename leather as the 'tough' n' strong wear'.

Remember James dean in Rebel without a cause and Marlon Brando in the Wild ones.

The most amazing thing about leather is its easy adaptability. As fashion pundits experiment, leatherwear gathers greater acceptability the world over.

So what if you are not a teenager. You could maybe still wear that leather jacket that you always wanted to but could not afford, it is not uncommon today, to see a leather jacket worn with a formal shirt and a tie in today's corporate.

In fact leather need not be worn as a jacket at all. Walk into any hi fi leather showroom and you will be amazed at the range of products crafted from leather coats, overcoats, waistcoats trousers, skirts, blouses, belts, buttons, purses, shoes, ties, wrist bands, headbands, gloves you name it and it's on the racks.

Of course different articles require different types of leather for best results and we have been ingenuous enough to create different varieties of leather by altering the curing process.

The 'newcrinkled' and printed varieties of leather, though expensive are lasting. Nubuck' leather is very much in demand for footwear 'antique, leather is look given to leather to create the real worn out look. Molte and textured leather can be seen in the market in different kind of combinations.

So the next time you see leather do not ignore it saying "it will not suit my image.



*Go ahead, pamper yourself. Indulge in your fantasies and be sure that you will emerge a winner.*

**THE WRITER IS A FASHIONDESIGNER AND FASHION CHOREOGRAPHER AND CAN BE CONTACTED AT [prasantt@rediffmail.com](mailto:prasantt@rediffmail.com)/[www.prasanttghosh.com](http://www.prasanttghosh.com)**



# Benefits of wheat *Bread*



***As you all know there is myth about Roti, that Roti gains weight but after reading this article your doubts about wheat roti is clear.***

Wheat is generally processed into flour, bread, pasta, and other processed products. Although it is not the main staple food, wheat is quite widely consumed in the world. The benefits of wheat for health also no doubt.

## ***Wheat content***

Whole wheat consists of 3 parts, namely bran or bran, endosperm, and germ or seeds. Each of these parts has its own nutritional content, so to get all the benefits of the wheat content, choose products made from whole wheat.

***• Here are the various nutritional contents of wheat that you must know:***

<b>Protein</b>	<b>Iron</b>
<b>Carbohydrate</b>	<b>Potassium</b>
<b>Sugar</b>	<b>Sodium</b>
<b>Fiber</b>	<b>Zinc</b>
<b>Fat</b>	<b>Folate</b>
<b>Water</b>	<b>Vitamin C</b>
<b>Selenium</b>	<b>Vitamin B1</b>
<b>Manganese</b>	<b>Vitamin B2</b>
<b>Phosphor</b>	<b>Vitamin B3</b>
<b>Copper</b>	<b>Vitamin B6</b>
<b>Calcium</b>	

In addition to the above content, wheat also contains several compounds that can act as antioxidants such as ferulic acid, alkylresorcinols, lignans, and also lutein.

## Benefits of Wheat

Consumption of wheat is identical to a healthy diet. As we can see for yourself above, wheat does contain a lot of nutrients the body needs, it's no wonder that daily consumption of wheat is highly recommended.

### Health benefits of wheat include the following:

- **Source of fiber and other nutrients**  
One reason wheat is recommended as a staple food is because of the fiber content in it.
- **Wheat contains both soluble and insoluble fiber needed by the body.** The fiber content of whole wheat bread is known to be higher when compared to the fiber content of white bread. Besides having high fiber content, the macronutrient content in wheat is also complete including carbohydrates, fats, and proteins.
- **Improve the digestive system**  
Regular consumption of wheat can provide benefits in the form of healthier digestion.
- **The fiber content in wheat will help the intestine to work more regularly.** Wheat is also believed to prevent diverticulosis, which is the formation of small cords in the walls of the large intestine which can cause various digestive problems. Wheat also contains compounds that can act as prebiotics.
- **Help reduce cholesterol**  
The second benefit of wheat is that it can reduce levels of bad cholesterol.
- **Whole wheat is believed to reduce levels of bad cholesterol in the blood by preventing the absorption of LDL (low-density cholesterol) or also known as bad cholesterol.** In addition, consumption of whole wheat is also believed to reduce triglyceride levels in the blood.
- **Helps reduce blood pressure**  
Besides being able to reduce cholesterol levels in the blood, another benefit of wheat is that it can reduce blood pressure.



A study showed that a group of men who consumed more than seven servings of whole wheat cereals per week had a 19% lower risk of developing hypertension than those who only consumed one or less.

- **Control blood sugar**  
Consumption of whole wheat is believed to help control blood sugar, even reduce the risk of type 2 diabetes.

- **This is because most wheat has high fiber content and can control body weight and prevent obesity or overweight.** Obesity is one of the main risk factors of diabetes. In addition, magnesium levels that are contained in whole wheat are also believed to help metabolize carbohydrates that are bound to insulin sensitivity.

- Reducing the risk of cardiovascular disease  
The benefits of wheat are still related to the benefits of wheat which can reduce cholesterol levels, maintain blood pressure, and control blood sugar levels.

Yes, both high cholesterol, high blood pressure, and also high blood sugar can increase the risk of cardiovascular disease from heart attack to stroke. Therefore, with these benefits, wheat also believed to be good food for heart health.

- Help control body weight

Previously it was mentioned that whole wheat can help control weight and prevent obesity because of the fiber content in it.

Processed wheat can be an option to help you lose weight and get the ideal body weight. As we know that obesity can not only increase the risk of diabetes, but also many other diseases such as heart disease, stroke, and other chronic diseases.

So, consume wheat according to your body's needs and conditions so you can enjoy the benefits for the body. I hope this information is helpful!

- Reducing chronic inflammation

Inflammation is one of the causes of various chronic diseases.

The benefits of wheat that can help reduce inflammation have been proven by several studies. A study shows, women who eat whole grains are almost impossible to die due to chronic conditions caused by inflammation. Recent research also shows groups of people who replace unhealthy eating patterns with whole wheat and see a reduction in signs of inflammation.

- Maintain oral health

Another unexpected benefit of whole wheat is that it can maintain oral health.

It turns out that these benefits are still related to the ability of wheat to prevent inflammation. A study conducted on 35,000 men aged 40 to 75 years showed that participants who consumed whole wheat had 23% less risk of developing gum disease than those who did not consume it.



- Reducing the risk of cancer

Based on research, wheat is also believed to reduce the risk of cancer, especially colon cancer.

The fiber content and the role of whole wheat as prebiotics are often associated with the benefits of this one. In addition, as mentioned earlier that wheat contains several antioxidants that can help slow the development of cancer.

- Reducing the risk of premature death

Many early deaths are caused by various diseases and one way to avoid it is by consuming wheat.

Various benefits of wheat that have been mentioned above make wheat can be categorized as good food for health. Wheat can maintain overall health so as to reduce the risk of premature death.

That's the information about the benefits and content of wheat that need to be known. Wheat does have a lot of health benefits, but it's also important to remember that not everyone can consume wheat. Some conditions such as celiac disease, gluten sensitivity, and irritable bowel syndrome are some conditions where wheat should be avoided.



By

**Dietician Dipikaa A Bhatia**

Founder : Aas ek prayaas.

NGO, Delhi.

# BEAUTY TOUCH



MAKE-UP ARTIST

## Daniel Marak

An inhabitant of Tezpur who started his career as a makeup artist in the year 2000. His first magical touch of work was seen in karbi- Anglong doing makeup for the movie stars. Then moving by he shifted to Guwahati and came in contact with the fashion world and started doing fashion makeup, bridal shoot makeup and high fashion makeup. Since times he has been in this field and is loved by all. He deserves more than one could appreciate because his hands create magic and that adds more to the beauty of a model. When asked he said that his future aim is to open an institute.



# YELLOW GAZE

*The warm yellow gaze..*

*Spread it's joy of golden hue around  
from a distant land..*

*Your warmth felt..*

*You face always faced towards  
sunshine..*

*Spreading hope and brightness...*

*Chasing away the dark vibes around..*

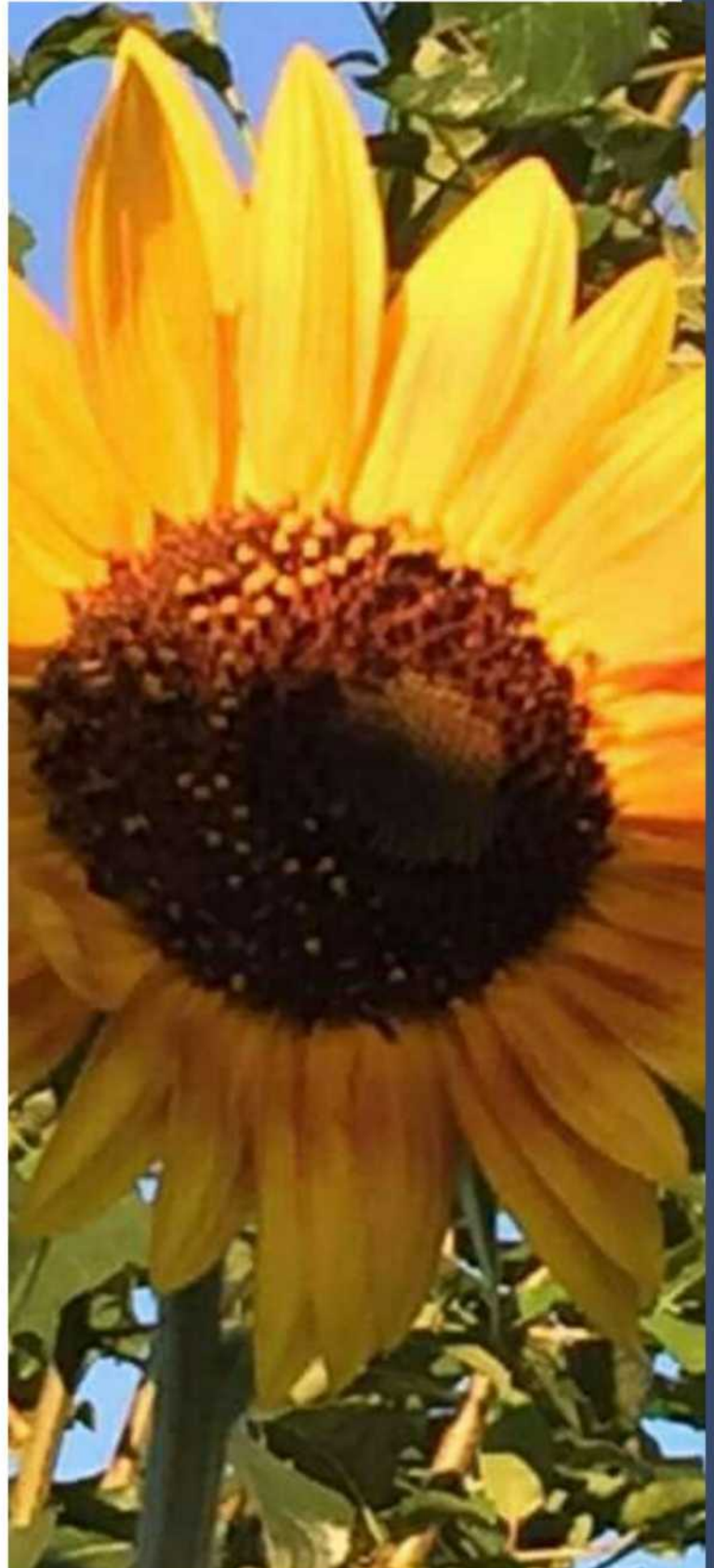
*Your strength and dignity can be felt..*

*I would love to drown in you*

*But you are too busy watching for the  
Sunrise..*

*Your Sun kissed gaze weaving dreams of  
happiness..*

*You always stand tall and straight  
spreading  
your warm golden hue..*



Writer: Monali Bhuyan





## WINTER CARE WITH

# HOMOEOPATHY

Although winter season is called as healthy season but even then there are some common health problems like cold, cough, fever and congestion. These common problems affect almost everyone from infant to old age. when anyone suffer from any of these above mentioned health problems fever is considered to be the most common manifestation of the disease. Fever develops mostly as a result of infections. And the major illnesses of winter seasons are recurrent cold, sinusitis, strep throat, flu, backache, the current headaches, body aches and most commonly in anaemic individuals calf muscle pain, pneumonia, bronchiolitis, tonsillitis, ear infections etc.

Homoeopathy is an effective way to treat above mentioned illnesses. A few dose of suitable homoeopathic remedy maybe we need to terminate or we can say for the prevention and cure of these above mentioned symptoms.



Writer **Dr. Falaq Vikram**  
BHMS

Health expert : Being Caring NGO

Homoeopathy believes for boosting the immunity power of individuals to deal with viruses, infections and bacterias. Homoeopathy is not only curative but also works as a useful preventive medicine especially infrequent cold and infections.

Winter can be a tough time for people who have weak immune system. During winters our body heat usually experiences a drop as the environment cools down. At the same time our body is trying to adjust to the new climate. As a result of this change in temperature there is demonstration of diseases in our body whose most commonly affected part is skin.

## Dry skin and skin cracks

The dry skin problems in winter are due to relative humidity which dries out our skin. The one solution is moisturizing the skin. In winter we can advise patients with dry skin to use glycerine based soaps because other type soaps make the skin drier.

## Common cold

The direct result of the loss of body heat due to an obvious drop in the temperatures leads to cold.

## Headaches

Frequent headaches are most common symptom which we came across in winters. In order to avoid headaches one should cover his head properly from exposure of cold winds.

A constitutionally selected homoeopathic remedy can strengthen your immune system. Homoeopathy is entirely based on individualization. Cold, flu or cough symptoms vary from individual to individual. If two persons from the same family catch flu, one may present with the headache, stuffy nose, body ache and severe prostration, and the other person from the same family may have a runny nose, frequent sneezing, dry cough and nausea. Homoeopath select two different medicines for two persons and these medicines help improve their health by strengthening their immune system and promote self healing mechanisms.



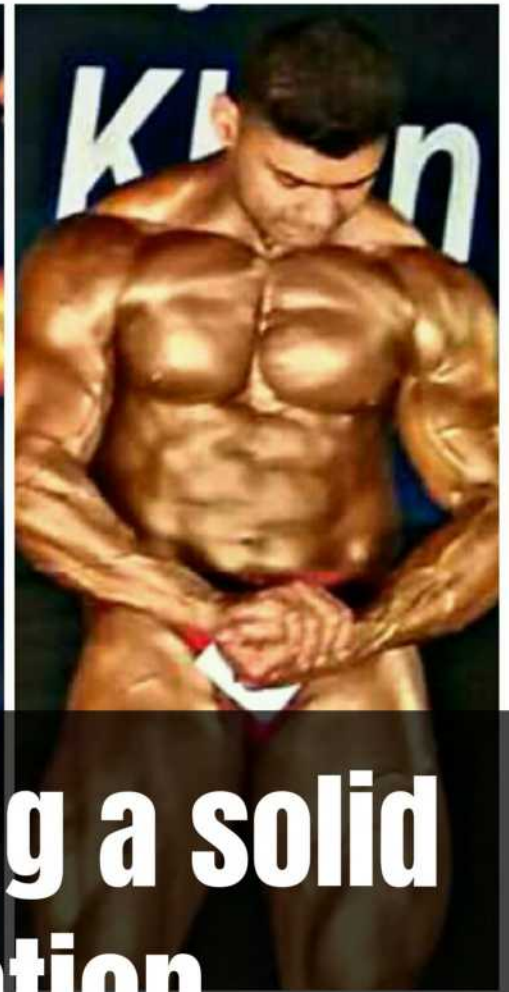
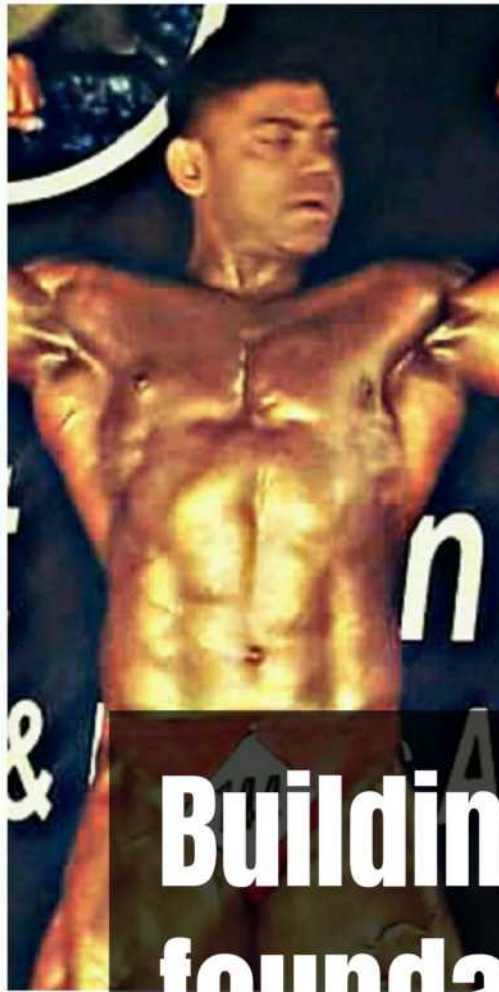
Today homoeopathy represent the second most used medicine in the world and it is consistently increasing in popularity.

Homoeopathy can be used effectively by everyone with no side effects. For more information or to schedule an appointment to discover the benefits of homoeopathy by the yourself, contact us today.

E-mail us at:

falaqikramansari@gmail.com





# Building a solid foundation

An all round developed physique requires more than curls, extensions and crunches. The most important aspect of physique development is to build a solid foundation which requires mastering proper techniques, good nutrition and quality sleep.

If I am asked to choose just one exercise to build a solid foundation for physique development that would be Squats and only Squats. No other exercise can give the benefits which you can get out of doing squats regularly and for this reason only the squats has been called as the 'King of all exercises'.

Having said that it is very important to execute a Squats movement correctly and this require understanding of the movement and mastering the techniques so that you continue progressing injury free for as long as you desire.

A Squat movement can be broken down into the following to understand and execute it with proper form and technique.



By **Mr. Dharmesh**

IBBF Mr Meghalaya 2019 (Champion of Champions)

Mr MP Silver Medal 2017

Mr Delhi Bronze Medal 2016

Fitness Consultant: Body Transformation weight Loss & Fat Loss.

# SQUATS

Parallel



Plie



Single Leg



## Feet placement on ground

Ensure that your feet is firmly planted on the ground with your big toe jammed on the ground, ensure fingers widely spread and clasped on the ground and your heel also firmly clasped to the ground. Ensure this at all times abd you have prepared yourself for the big movement.

## Proper breathing and bracing your core

Very important aspect again. Breathe into your stomach for more stability and strength instead of breathing into the lungs. Hold your breath and brace your core from start to finish of the rep.

## Getting down into a deep squat.

While getting down ensure that your knees are extended outwards and in line with your toe placement. Go down deep as deep as your body allows you to do to start with and with more practice and employing proper stretching and mobility drills in your schedule you will find yourself squatting deeper.



## Getting up to the start position and preparing for the next rep

Hold your breath after you get down to the squat position and only release your breath once you reach the starting position. For the next rep repeat the same drill.

## How to start Squatting

Start with body weight squats and master the movemnt first before graduating to other forms of squats. After mastering the proper body weight squat graduate to goblet squat and finally to barbell Squats.



### Types of Squats

Depending on your requirement of targeting different parts of legs muscle you can do variations of squats.

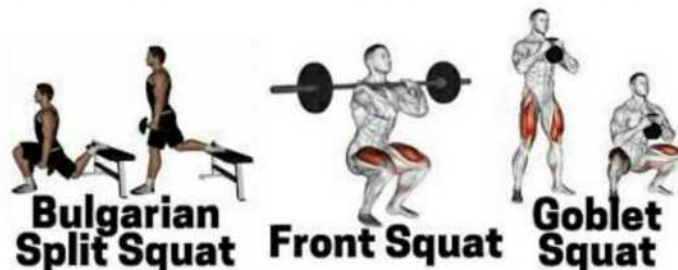
- Body weight Squats.
- Goblet Squats.
- Barbell Back Squats
- Front Squats
- Sumo Squats
- Single leg Squats

## TYPES OF SQUATS

<b>FRONT SQUATS</b>	<b>BACK SQUATS</b>	<b>SMITH MACHINE SQUATS</b>
QUADRICEPS ACTIVATION	QUADRICEPS ACTIVATION	QUADRICEPS ACTIVATION
HAMSTRING ACTIVATION	HAMSTRING ACTIVATION	HAMSTRING ACTIVATION
GLUTE ACTIVATION	GLUTE ACTIVATION	GLUTE ACTIVATION
QUAD HYPERTROPHY	QUAD HYPERTROPHY	QUAD HYPERTROPHY
LEG STRENGTH	LEG STRENGTH	LEG STRENGTH
STABILIZATION	STABILIZATION	STABILIZATION



**Split Squat      Lunges      Hack Squat**



**Bulgarian Split Squat      Front Squat      Goblet Squat**

Master this one big compound movement lift and you will see your strength, size and the way you move improving with just few weeks of doing this movement regularly. You may start this journey in this new year by taking up a personal challenge of doing 5 sets of body weight squats with as many repetitions in these five sets for the next thirty days and feel the change yourself.

For more on fitness and related issues you may mail your queries to me at [krashroad.dg@gmail.com](mailto:krashroad.dg@gmail.com) or DM me on my insta ID [beast\\_dg005](#).



## Sathya Vagale

From Bangalore, Karnataka.  
An Architect - City Planner.  
He is an Actor, an expertise  
photographer of fashion and wild  
life.

# SVALBARD

Svalbard is a Norwegian Archipelago in the Arctic ocean. Situated Northwest of mainland Europe, it is about midway between northwest coast of Norway and the North Pole. The largest of the islands is SPITZBERGEN and the largest settlement is LONGYEARBYEN, having a population of 2000 persons.

The Archipelago was discovered by the Dutch in 1596. In the 17th and 18th century it was used by whalers, which has been abandoned since past few years. For several decades it was also a mining area for coal. Almost all the mining dormitories have now been converted into immaculately clean hotels.

Approximately 60% of the archipelago (36,502 sq.km.) is covered with glaciers. Since Svalbard is located north of the "Arctic Circle", it experiences midnight sun in summer and polar nights in winter. Its like, almost all of summer, there is no sunset, and all of winters there is no sunrise. The midnight sun lasts for 99 days and polar nights for 84 days.

The main industry now is Tourism, as whaling and coal-mining has been banned for decades. Svalbard airport at Longyearbyen is the only airport . There are only two flights in a day, and if the weather is bad, these get cancelled. My ship was to sail on a 8-day cruise from Longyearbyen. In order not to miss boarding the ship, I arrived a day earlier. In order to reach Svalbard from Bangalore, I had to take three flights. Bangalore to Frankfurt to Oslo to Longyearbyen.



*Sathya Vazale*

The ship I sailed in was named PLANCIUS. It was a research ship which had been remodelled as a 128-passenger ship. It was an extremely comfortable ship, centrally heated. Inside the ship one could live in normal summer clothing, but the outside temperatures outside were around 3 degrees Celsius. The ship was spotlessly clean. It has a dining room, a bar, a 300 book reading room/library, some computers to download photos. The captain was an ex-Russian Navy person, who knew this region like the back of his hand. Kitchen, dining and room maintenance had been outsourced to a Philipino company. The ship also had naturalists who knew the region and its flora and fauna really well. Also an official photographer was onboard to guide passengers who weren't too familiar to click in these conditions. There was no mobile network, but the ship has a satellite connectivity, and one could use its paid-services, although it was expensive.



Each Zodiac took 10 passengers and an armed guard to the shore, in order to visit spectacular landscapes and sometimes some birds. Polar bears, was the star attraction for most passengers. In addition one could occasionally spot an arctic fox, terns, puffins, reindeer, walrus and sealions.

The ship offered different accommodation, from a single-bed cabin, to a two-three-four bunker cabins. All cabins have a pretty loud public address system, which intimates you if any wildlife is sighted. Also the ship anchored at a dozen places, zodiacs (motorized rubber boats).

Although our ship was an "ice-breaker", which would crush one-foot ice sheets, we couldn't go nearer than the 600km, due to frozen ice, which has been in existence for tens of thousands of years. Global warming is rapidly increasing the melting of these glaciers and ice-sheets.





On the whole, being on a ship for 8 days, free from any TV, mobile, pollution, traffic, noise was a real blessing. Added to it was the thrill of experiencing pristine beauty of the Arctic region, where the weather changed constantly and rapidly, from clear skies and visibility of over a dozen miles, to dense fog limiting sight to barely few feet.

Its a once-in-a-lifetime experience, which everyone should experienced. I am so eager to do it a second time. If anyone needs more details, i will be glad to share them with you. [svagale@gmail.com](mailto:svagale@gmail.com)





## NEW YEAR MAKE-UP TRENDS

We will be wearing this year expect colour blocking eyeshadows, stained glass skin and statement lashes.

This year has been full of change least of all in your makeup routines.



### CHANDRA REKHA

Celebrity Make-up Artist  
From Bangalore, Karnataka

As most of the spring and summer months were spent indoors under lockdown for many of us The year was spent almost entirely fresh faced.

Then as face masks became mandatory in public spaces to reduce the risk of coronavirus transmission, we all quickly realised that compromises needed to be made in our beauty regimes.

Creamy lipsticks and heavy foundations went out the window in favour of bold eyeshadows and long lashes, while for some, it meant ditching lengthy routines all together.

## So what does 2021 hold?

With the pandemic still in full swing and the need for face coverings is going now here soon, I believe next year we'll be opting for bold, bright colours through our eyeshadow, taking a fun approach to makeup after spending almost the whole year at home.

I don't believe that people are going to spend a lot of time on elaborate looks, but we will see effortless colour blocking to create a statement.

Describing the trend in two words. Easy but impactful, I recommend using one of foundation bold but super wearable eyeshadow palettes. Either the expressionist palette or the movement palette would be my go to, Featuring hues of blue, peach, lavender and khaki in a mix of matte, shimmer and satin shades that are all vegan and cruelty free, they are richly pigmented with long lasting colour pay off.



## Clean tonal and translucent

2021 will see the end of clutter to reveal a more stripped back beauty look. After months of staying in and not wearing makeup, 2021 is the perfect moment to change your style and update your look. Think clean, tonal and translucent beauty, honed to you and your skin like a stained glass glow.

## Radiant and light weight tonal shades will be front and centre for 2021

I recommend using glow play blush for a wash of colour over cheeks and eyes. It has a spongy texture that's easy to build and delivers a radiant, healthy looking glow that can be applied directly with your fingers or a brush.



For lips try the a new take on a matte lipstick that looks sheer with a soft focus finish that feels moisturised. Its like a tinted lip balm without the wetness.

## Light weight foundation and long lashes

As we continue to wear face masks, I expects eye looks and lightweight foundations to be a focus in 2021.

Invest in a really great mascara that's long wearing with a big impact to take you from work to dinners with your support bubble.



A flawless base paired with fluttering lashes will be our go to everyday look.

I predicts that we'll also be ditching heavy contouring and unnecessary layers of base makeup, Allowing our natural skin to shine through.

Go light on the base and use a foundation with skincare properties that helps to hydrate and protect the skin on those cold, new year walks.



## Bold Eighties hues

We'll be revisiting the bold bright colours of the eighties but with a modern twist. That whether its a focus on the eyes or the lips bold or a soft stain, Its a look for not only the catwalk but to stand out in a crowd.

People are craving escapism and glamour so I think that will filter into trends we see across the catwalk, runways and red carpets. People will be rebelling against comfort and security and push the boundaries with the looks they create.

For a bold, but low maintenance lip, Findlay recommends a stained effect as an everyday way to wear colour.

The Eighties is making a comeback this year with bold bright hues on lids and lips.

Use a lip balm in your morning routine to really hydrate and moisturise the lips, then grab your lipstick and use your fingertip to take from the product and press onto the lips, This will allow you to customise how much of a stain you would like and for a complimentary cheek and lip combination, I recommends taking a tiny amount of product from your lips and pressing onto the cheeks.

Whether you like a bold pink, classic red or deep plum, the matte lip colours offer 18 different shades in a matte finish, which means minimal transfer on your face covering.



# Aura WINTER

## Trends

Timeless styles that comes in mix of all kinds from romanticism to sexy charms of extra volume as they are versatile to be adapted to one's personality.



Model **Swati Borgohain**

Photography: Keshob Mohan .

MUA: Parashmoni Borgohain Dihingia

# Aura WINTER

## Trends

Timeless styles that comes in mix of all kinds from romanticism to sexy charms of extra volume as they are versatile to be adapted to one's personality.



Model **LIZA DAS**

Assam

Photography: Madhurija Borah

Model Ayeashyra Chatterjee  
Photographer Deepankar Adhikary  
Styled by Wrick Chanda Bhadra  
H&M Deepak Shaw & Abhishek Indu

# AURA PHOTOGRAPHY



Deepankar Adhikary

A Kolkata based fashion photographer, film maker and entrepreneur. He's the founder/director of Mac Fiction Studios. His career being a success so far, he presents his services in an elegant and professional way.

Deepankar's latest endeavor is IIMG (Integral Institute of Modelling & Grooming), a professional model training academy in Kolkata. He's one of the directors and founding bodies of IIMG.



deepankara



deepankara



iamdeepankara



# Importance of AI in HUMAN RESOURCE



Writer: **Sonia Kumaresan**  
From Bangalore

Seasoned HR professional, Model passionate about dancing, cooking and a fitness enthusiastic.

**Artificial intelligence** is being used in HR to automate repetitive, low-value tasks thus increasing the focus on more strategic work. AI tools automate common HR tasks like benefits management or handling common questions or requests.

AI has the power to transform employee experience manifolds through speedy and accurate processing of large volumes of data. In the era today, AI capabilities are scaling new heights and driving the way we function.

The success of any organization is dependent on how efficiently and effectively people, process and technology combine and delivers value at optimum cost. Artificial Intelligence helps to automate most of the back office transactional work thereby enabling quick service delivery.

## Pros of Artificial Intelligence for the HR function

- With a high level of automation and a major focus on customer experience around the environment, employees also expect a useful and constructive experience when they come on board with personalized engagement. Consumer technologies are shaping employee experiences these days and they are looking for options on how they wished to be engaged and supported.

AI can be effectively embedded into the entire employee lifecycle, right from recruitment and onboarding, to HR service delivery and career pathing thereby providing a bespoke employee experience

- While HR technology has been path-breaking and supported real-time data available to businesses, however many organizations still rely on manual methods to draw insights and decisions from data. This task is often aligned to data analysts and hence creates delays in drawing insights. Decisions also continue to be made with outdated or obsolete information.

AI enables HR teams to extract insights from data and give recommendations in real-time. AI also removes many of the common human biases and inconsistencies in a function that is as sensitive and crucial as Human Capital Management. Thus, decisions powered by Artificial Intelligence is potentially faster at scale and more data-informed and consistent, and unbiased.

• Intelligent automation is a combination of AI with automation to enable machines to sense, understand, learn and act on its own or with little human assistance. Intelligent automation can not only perform manual tasks but also make intelligent insights and decisions as any human would do. Its capabilities can enable machines to understand processes and their deviations. Not only this but AI can be involved across all repetitive processes to boost efficiency, productivity, and drive innovation.

AI in Human Resources opens doors to limitless opportunities and is a huge intervention in creating path-breaking value for the Human Resources Professional.

## Cons of AI in HR

- It can be very expensive considering the dearth of skilled people on the technology for integrating HR functions.
- Since HR data is quite confidential and needs to be maintained securely. Data security is a huge concern in amalgamating HR functions through Artificial Intelligence.
- Similar to other technologies. Constant reviews and up-gradations are a necessary part of Artificial Intelligence making it a tedious maintenance process.
- Data availability is limited due to shifting towards SAAS (Software as a Service) hence limiting the scope of integrating the HR functions technologically with full bandwidth.

## Final thought

AI-based HR interventions can strongly raise employee productivity and help HR professionals boost employee performance and experience. HR applications powered by AI can analyze, predict and support decision making for key stakeholders. Adopt AI solutions that you're your business needs and fit in with the culture of your organization and develop the required Digital maps. Employees will be eventually impacted by the AI function in multiple ways and can claim to have a fast-paced and accurate user experience. Therefore, it is quite crucial to focus on employee needs and know the possible outcomes that you are expecting.

HR data privacy is also a crucial challenge in AI development. Employee data needs to be protected and appropriate governance guidelines need to be set up in administering AI-driven HR interventions. The guidelines should not just address overall technical and data inputting processes but also varied legal aspects.

A strong AI system will foster a deeper understanding of people's behavior and pattern. By consolidating and comprehensively analyzing employee, mood, and intentions on different digital platforms human behavior can be simulated and validated for useful employee experience.



# Aura **GLAM** FACE

## Preethi Amaresh

She is a model and an Indian Author and a Political Scientist, who is currently pursuing Doctor in International Relations (DIR) from Geneva School of Diplomacy, Switzerland. She is the author of two Internationally released books, "Nihonomics": Economic Foreign Policy of Japan and "Nànmín": Concavity of China's Refugee Policy. Also, a foreign affairs columnist who has written articles for national and international magazines and journals.



*Sathya Va*

# Aura NEW FACE

Model **ROSY DAS**

Assam



2021

# START WHERE YOU STAND

## NEW DAWN, NEW DREAM

**A**s one year comes to an end, its time to look forward to the upcoming new year. For many, its the time to get new goals. New Year is the time for people to leave all the bad experiences and negative energies behind and move forward to a fresh beginning with positive energies.



Everyone keeps his / her goals for the new year. Some people might like to have a look at the zodiac signs or star predictions with their new year commitments. We are humans with good and bad bundled together. Setting New Year resolutions is a good move to renew ourselves year after year. Its great to make resolutions; they are a way for us to look forward to the new year with optimism that is active. Its a proclamation of how you want the new year to be better and how you're going to do it.

Year 2020 was a year of changes and challenges. The whole world was at a halt. The Covid - 19 pandemic is the defining global health crisis and the greatest challenge we have been facing. It has also brought an unprecedented socio- economic crisis. Everyday people are losing jobs and income, with no way of knowing when normality will return.

The pandemic, on the other side, was an advantage to the environment, as we humans were in lockdown. People also had some quality time with their family members which have otherwise become a rare occasion.

This year has made us realize how shallow the materialistic pleasures are in life and preeminent, the life itself.

Hope 2021 brings a healthier world. Let's cherish the memories left by the bygone year and welcome the new year with news hopes and great anticipation to rejoice all along the journey in 2021.

## Here's wishing everyone a Very Happy New Year.

By **Mystic Aura**



# Mystic <sup>AURA</sup>

CALENDAR  
2021

HAPPY NEW YEAR

*Love is to be shared with those you love  
and create evergreen memories.*



Mystic <sup>AURA</sup>  
[www.mysticauramag.com](http://www.mysticauramag.com)

Models: Santanu Baishya, Rumon Baishya, Baby Shreya Baishya

Make-up: Sushan Subhankar Mandal

Costume: Moonmee Boruah

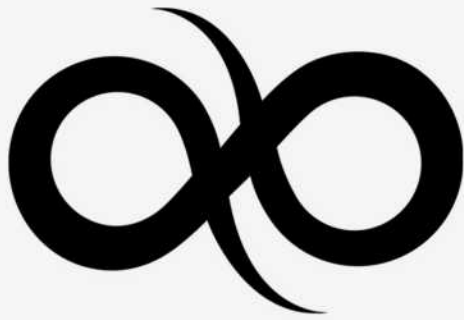
Photographer: Bashistha Das

CALENDAR  
2021

1

JANUARY

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	29	30
31						



# iINFINITY CALENDAR 2021

REDEFINING BEAUTY

## LAUNCHING EVENT

Guwahati-based graphics designing studio Infinity Studio launched their calendar for 2021 at an event held at NYX Lounge and Deck, Hotel Palacio on Sunday.

SRS Entertainment and Germinate Group were the title sponsors for the calendar along with many partners.

Pratik Bharali was, the official anchor and also the choreographer for the fashion show.

Payal Oshan Goswami of the label "Zaree" was the designer for the calendar launch event and the 12 models for the show all represented their faces in the calendar shoot.









A dream written down with a date becomes a goal  
A goal broken down into steps becomes a plan  
A plan backed by action makes your

**DREAMS COME TRUE!!**



Fashion is constantly viewed as the vital piece of our Life. Our country, India has achieved fashion in its own particular manner. Mystic Aura is an online fashion magazine which provides a soothing and pleasant aura to its readers and a perfect platform for aspiring models, photographers and writers to showcase their talents and live their dreams. From fashion, beauty and health to food and photography, the magazine offers a unique point of view and content deliverance that is intriguing and influential. The Team is very glad to announce the launch of the first ever Calendar of MYSTIC AURA, 2021.

The team MYSTIC AURA wishes everyone a very happy new year ahead to all and welcomes everyone to connect with us for a better upliftment of the society.

**EVENT : The Launch OF The Calendar, MYSTIC AURA, 2021**

**DATE: 10th January**

**VENUE: Hotel Shoolin Grand**



**HOST: EDITOR OF MYSTIC AURA (Ms.Gitali Pathak Deka)**

**COPY EDITOR OF MYSTIC AURA (Ms. Mrigakshi Dutta Bharali)**

**MANAGING EDITOR OF MYSTIC AURA (Mr Shantanu Baishya)**

**ANCHOR: Ms. Debjani Das Bhattacharjee**

**CHIEF GUEST : Ms Lovita JR Morang**



Maam is a writer, director, producer, artist, and poet too. She has also been honoured by the Karamveer Global Fellowship and karamveer Chakra award by United Nations. She was the winner of Supermodel(NE) and Miss Assam-first runners up and selected for Femina Miss India. Nominated as Best Author for short story "Lotus Shoe" for Sanmati Literary Award 2016, Delhi. Her docu film "Rhododendron Forest-Where highest Rhodidendrins grow" was screened at the biggest Biodiversity convention of the world, where the film has been considered as the Best Documentary.

## GUESTS OF HONOUR :

### Prashantt Ghosh

He has been the pioneer in the line of modelling, fashion designing and choreography internationally. Sir has been a part of the fashion Industry for 3 decades and has been awarded for his contribution in the industry and has also been contributing in the fashion industry creating unique and innovative styled.



### Medha Saikia

Ms. Medha Saikia, she is the Founder President at North East India Fashion and Design Council.

### Dr. Namrata Sharm

She is the State president , Rashtriya mahila Suraksha Sangathan Foundation.

### Priyanka Sharma P Bharadwaj

She is the senior anchor and producer of the TV channel, News 18. She has worked as a journalist from 2005 till date. Her special programme Shremoyee is women oriented and focuses on the lifestyle and gives a platform to those who deserve it. and for her programme she is well known as the Shremoyee girl.

### Rashmita Goswami

She is the senior anchor and producer of the TV channel, News 18. She has worked as a journalist since 2008.

***The grand launching and opening of the First ever Calendar of the Mystic Aura Magazine 2021 was performed along with the marking of the celebrations by cake cutting ceremony witnessed by the gracious presence of everyone in the evening***

***Ms Surekha Chetri delighted the gathering with her euphonious voice and beautiful songs. She has been awarded as the best debutant singer for her song "Nepali Jadio Axomiya moi". She was also awarded as the best singer for her beautiful song "Eka Beka Kotha".***

Arnab Medhi, Krisangi and Debjani Das Bhattacharjee rocked the stage with their dance performances and the audiences really enjoyed it with their share of tea and snacks



Mystic Aura wouldn't have been possible without the team members and the special day is the perfect moment of honouring their sincere effort and cooperation. The associated members were all felicitated and were also very elated to share their experiences working for the Calendar shoot of MYSTIC AURA. Models related to the calendar were also welcomed to introduce themselves and share their view points. A Unique Borah team of budding photographers led by Kangkan Baruah was also present trying their skilled passion for photographs.

Finally, the MYSTIC AURA TEAM took the opportunity to place a hearty thanks to the beautiful gathering and also extended their heartfelt thanks to the enormous cooperation and support to the team members for making it a huge success and that they are fortunate enough to be backed by a team of very motivated and dedicated professionals. The ceremony ended with a good spirit and hope in mind welcoming everyone to input their views for the magazine to flourish and serve as a platform for many budding talents. The team sending best wishes and greetings for a very happy Bihu and a joyous New year ahead.

