

# Mystic <sup>AURA</sup>

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APRIL 2020



**COVID 19** SPECIAL ISSUE



# Mystic <sup>AURA</sup>

VOL 02 | ISSUE 02 ; APRIL 2020

## ON THE COVER

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 Mystic aura magazine

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Art by ASHWINI BARKATAKI

Photographer and painter

From : Jorhat, Assam



# Mystic AURA

VOL 02 | ISSUE 02  
APRIL 2020



**PHOTOGRAPHY** Unique borah  
**MAKEUP** Tinku teron  
**STYLING** Moonmee boruah  
**MODEL** Krishna & Pinky





# Editor's *Note*

Mystic aura is geared up with the herculean task of setting new hopes and aspirations to bring out the best that would unfold the unraveled world of some of the new trends of life styles, fashion, beauty, education, motivation, travel etc. marching with the changing times to outshine others in this progressive world to become a global sourcing.

As the clouds of novel COVID-19 virus has covered the whole universe and brought the human race to such a state that even though the world is progressing fast towards advanced science and technology, the irony of fate is people are helpless and hapless. Only way is to depend on God and mother Nature to shower its blessings so that miracles happen soon and the sun shines again in ones life.

Lets all follow the simple steps to stay fit and healthy, safe at home, maintain social distancing and save the world.

Since we are now in a state of lockdown still our team has tried their best to collect good articles. Hope our readers will take the pleasure of reading this APRIL month's issue.

Wishing all our viewers and readers A VERY HAPPY RONGALI BIHU from our mysticaura team.

Love & regards ..

**Gitali Pathak Deka .**  
(Editor\_in\_chief).

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# Ashwini Barkataki *Exclusive*

the mind behind the coverage.

- **Tell us something about yourself ?**

I worked as a visual artist from 1999 in cities like Mumbai, Kolkata, Bangalore, and Guwahati. I am a photographer by profession and worked as a photo journalist in various news papers in Assam. Gradually my interest grew in fashion photography. At present I am the vice president of All Assam Fashion Photographers association. My photography institute named Photostant is the 1st digital photography institute in upper Assam. Graphics designer, painter, poet, flute player, sculptor, artist, writer are also a part of my profession. Recently I am working on my 1st poetry book and an art gallery in Jorhat.



- **Do you write poems on any specific genre. Would you share your thought behind your poem 'Roctobiz r xonglaap' ?**

My poems are not of any specific genre. It depends on the mood of the poet. Believe in feelings not on any genre. Mother Nature (earth) gets annoyed if we try to go against her. We should Go with nature. If we try to destroy her or force to give her a shape according to us, she will destroy us.

- **You have drawn a very creative picture for our coverage. How did this come to your mind ?**

The poem and the painting comes from the same concept, the poem represent the language of the painting.

- **What would say about the present Lockdown scenario?**

Well, about the present lockdown scenario i would say that if all people are aware of why the lockdown is given and take precautions and follow the guidelines of the government" stay at home and be safe" then definately we can soon overcome the dreadful virus Covid 19 and everyone can enjoy a normal life as like before.



## ৰক্তবীজৰ সংলাপ \_\_\_\_\_

নিশব্দ মহানগৰীৰ অন্ধকাৰ ৰঙ্গমঞ্চত,  
ৰক্তবীজৰ সংলাপ ,,,,,,,,,,  
অভিনেতা মহাকাল লগত প্ৰাণহীন  
লাওখোলা,,,,,,,,,  
দৰ্শক – পৰাজিত জীৱন ।

অজৈৱ, জৈৱ হোৱাৰ যুঁজ -  
অধীৰ, উৎকণ্ঠিত জীৱন নাটৰ দৰ্শক -  
জয় কাৰ, পৰাজয় কাৰ ?

আপোনজনৰ ছুটি হৈ অহা উসাঁহবোৰে  
প্ৰমাণ কৰে,,,,,  
জয় অজৈৱ ৰক্তবীজৰ আৰু,  
অন্তিম সময় সমাগত ।

ক্ৰমাৎ লুপ্ত চেতনা,,,,, - জীৱনৰ,  
প্ৰস্তুতি -- -প্ৰকৃতিত বিলুপ্ত হোৱাৰ ।

মহাকালৰ সংলাপ -  
— ভুল জীৱনৰ,  
— ফুল, পখিলা, প্ৰেম, জোনাকৰ কবিতা  
লিখা —  
আধুনিক জীৱনবোৰে,  
লিখিবলৈ ললে ধ্বংসৰ এপিটাফ আৰু  
আৰ্তনাদৰ গীত ।

প্ৰায়চিত্তৰ সময় সমাগত ।  
একোটা ৰক্তবীজ, স্নুদ্রতম ভাইৰাছ,  
যেন মা কালীৰ উদ্যত খৰ্গ,,,,

চেতনা আজি অসহায়,  
হয়তো অকৃত্ৰিম, আদিম যুগলৈ  
ঘূৰি যোৱাৰ প্ৰস্তুতি জীৱনৰ ।

জীৱন নাটৰ অন্তিম সংলাপ --  
— জয়েই পুনৰ ধ্বংস ।  
— পৰাজয়ে পুনৰ জন্ম ।

- অশ্বিনী

Poet : Ashwini Barkataki  
From Jorhat, Assam

## The narrative by Raktabeej

With the stony silence enveloping the city dimming the  
euphoria and merriment,  
Raktabeej narrates....  
Mahakal (Shiva) stands as the actor in the scene while the  
lifeless skulls stare at the befalling wrath,  
And the audience laments mankind succumbing to defeat  
having no point of return.

The ugly fight for assuming supremacy between the animate  
and the inanimate on the centre stage,  
And the audience going berserk in cheerfully inciting the  
conflict,  
Thus provoking a simple existential question- Is there a  
victory in real sense?

As the beloved one suffocating from his shortening breath,  
Signals the inevitable fatal end  
And the apparent victory of Raktabeej rearing its head round  
the corner.

Consciousness gradually falling into a dark abyss,  
Visibly drawing us closer to losing our existence to nature as  
decreed by fate.

## The narrative by Mahakal

Life abounds in mistakes...  
An appeal to write poems on flowers, butterflies, love and  
moonlight.....  
For civilization and modernity taught mankind to capitalize  
on misery and inscribe ideas on epitaph motivated by sheer  
violence and vice.

The time for repentance and introspection is near.  
A tiny Raktabeej, a miniscule virus,  
Manifesting itself like the ferocious Maa Kaali insinuating  
doomsday.

Consciousness stares helplessly as it derails  
And human life is certainly in the process of taking a spin  
back to the early days of its existence.

The concluding narratives as regards life's dramatic portrayal-  
• Victory is tantamount to annihilation.  
• Defeat is tantamount to creation.

Note : This translation is entirely based on a crude understanding  
on my part. I found the initial two stanzas too figurative and a little  
complicated to comprehend, hence my interpretation is likely to be  
erroneous. Apologies for any inconvenience.

Translator : Mrigna Kashyap  
From Delhi- 91



**Face** *of the month*



**Bidur Gogoi**



### ● Tell us in brief about yourself ?

I am, born and brought up in the historic place of Assam, Sivasagar, formerly known as Rongpur. Presently i am pursuing my degree in Geology at Gargaon college. I am a model and apart from that I have a strong interest in singing, anchoring and dancing.

### ● Why do you want to work as a model ?

I want to work as a model because of these three reasons -

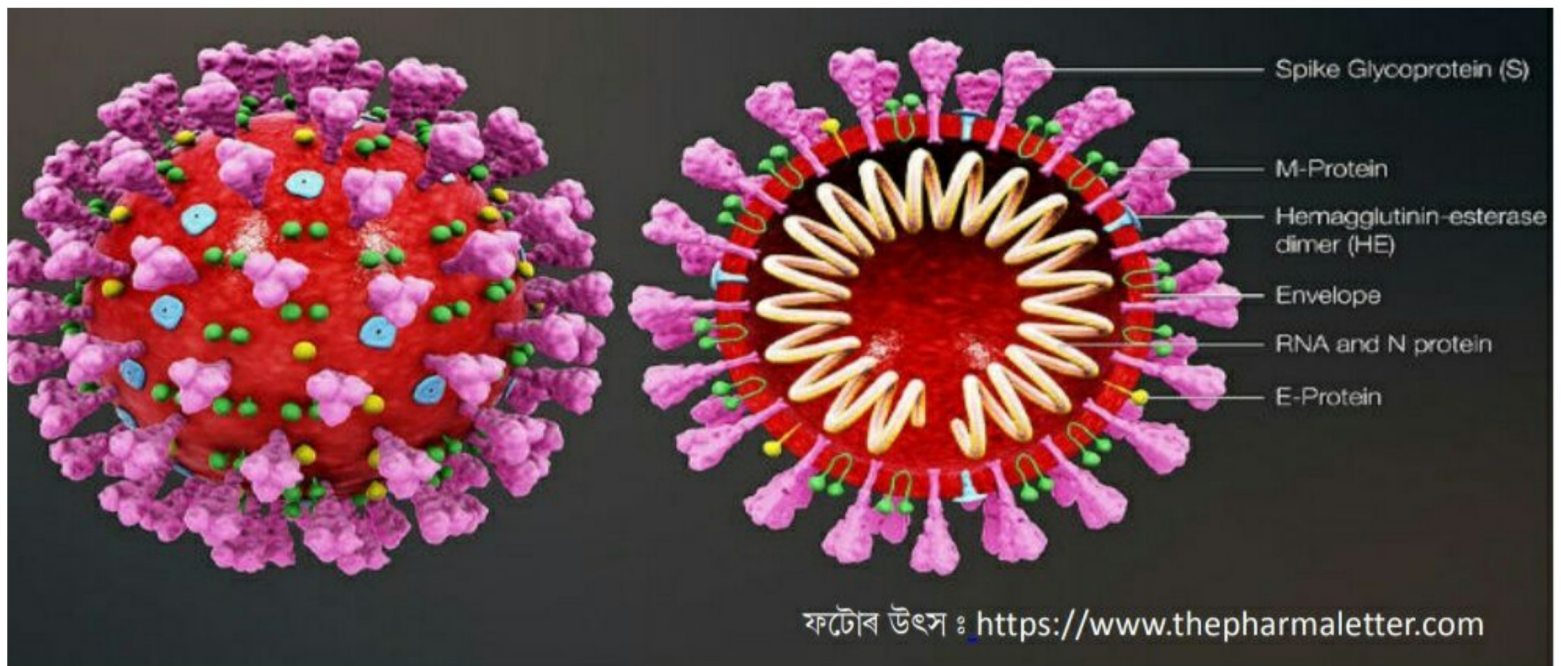
- a) I want to educate the society that is nothing bad in modeling as a career . It is same as other profession.
- b) I am a social person and wish to build up a broad minded society and for that I believe the lessons that I would learn in the journey in become a successful model will help me out.
- c) I want to establish myself as a supermodel.

### ● What are your future plans?

Since childhood as everyone dreams and grow up with lots of hopes in their eyes so also it's me whose hopes kept increasing day by day but i could fulfill few with the blessings of my parents and family. I will try to cross all the boundaries of the oceans containing my wishes, dreams, which I must fulfill it. I hope it will be an amazing fun experience. In future I wish to be a supermodel and make my parents feel proud.







# VIRUSES THE INFECTIOUS HIJACKERS

## INTRODUCTION :

Latin word `virus' means poisonous substance or particle. A virus is too small to be seen with our naked eye. They can be observed only under ultramicroscope. Viruses are non cellular but highly infectious particles. They have no cell membrane or cell wall. They do not show cellular metabolism and lack respiration and motility. They lack the means for self reproduction outside of a host cell and therefore regarded as intermediate between non- living entities and living organisms. Outside the host cell or in open surfaces they are metabolically inert particles. Viruses may be crystallized in the form of crystal. They can be precipitated just like chemical substances. Viruses are regarded as living organisms because they possess genetic material DNA (Deoxyribonucleic acid) or RNA (Ribonucleic acid) which determine their structure and development. Viruses show property of mutation. They respond to the environmental conditions such as heat, ultraviolet rays, humidity, drought, alcohol etc. The viruses lack irritability, energy storing, motility and protoplasm. They can grow inside the host and multiply enormously showing one of the most property of living organism. Viruses evolved about 1.5 billion years ago from complex molecules of proteins and nucleic acids before cells appeared on earth. We can see viruses stand at the very threshold of life.

**Structure :** The viruses are made up of envelope, capsid and nucleoid.

## Envelope :

Some viruses possess an outer thin covering called envelope. It is composed of proteins. Envelope is mainly found in some human viruses such as Herpes, Influenza and rous sarcoma. Envelope is rarely found in plant viruses.

## Capsid :

It is the protein coat that surrounds the nucleoid. The observable 3- dimensional subunits are called capsomeres. The capsid is the shell or armour of the virus.



## **Nucleoid :**

The capsid encloses the nucleic acid. The nucleic acid is the genetic material of the virus and is called the nucleoid. It is the infective part of the virus. Nucleoid infects and hijacks the metabolic machineries of the host cell and utilizes to multiply viral components like themselves. The nucleoid may be double stranded DNA or single stranded RNA. In human virus having DNA occurs in viruses causing Herpes, Chicken pox, Hepatitis B. Single stranded RNA occurs in Influenza, Polio, HIV.

The capsid protects the nucleoid but also helps the virus to infect cells of the host. DNA or RNA is enclosed within the protective coat of protein of the capsid. There are 219 virus species that are known to be able to infect humans. The first of these that was discovered was yellow fever virus in 1901. The human diseases caused by viruses are measles, human papilloma, mumps, rubella, gastroenteritis, viral hepatitis, viral meningitis, viral pneumonia, ebola, rabies, dengue, influenza, yellow fever, AIDS.

A pneumonia of unknown cause detected in Wuhan, China was first reported to WHO country office in China on 31st December 2019. The outbreak was declared a Public Health Emergency of International concern on 30th January 2020. This February WHO announced a name for the new corona virus disease as Covid – 19. Till first week of January 2020, the Corona virus was confined to China only. But after a week it became a global problem. Across the world, the trickle of cases became a flood.

So, what is Covid -19 and how does it spread.

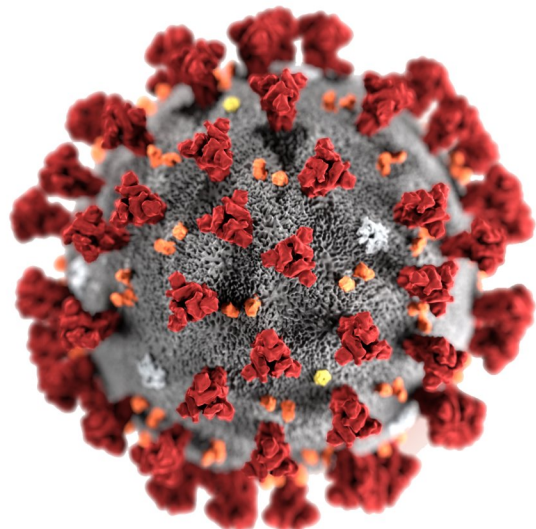
Corona viruses are a large family of viruses that cause illness in the respiratory tract, like common cold in people. Seven corona viruses are known to cause human respiratory disease, four of which are mild. Three of corona viruses can have serious outcomes in people and those diseases SARS (Severe Acute Respiratory Syndrome) which emerged in late 2002 and disappeared by 2004. MERS (Middle East Respiratory Syndrome) which emerged in circulation of camel. The new corona virus that causes severe respiratory syndrome is now known as SARS- COV- 2 or Novel Corona Virus.

Corona viruses of Covid -19 is included in the Phylum Incertae Sedis, order Nidovirales, family Coronaviridae, sub family Orthocoronavirinae. SARS-COV causes both upper respiratory tract (nose and nasal cavity) and lower respiratory tract (trachea or wind pipe, bronchii, bronchioles and lungs infections).

The capsid of corona virus of Covid -19 has a crown of spikes, i.e, large protrusions of glycoprotein and shorter spikelike protein called hemagglutinin esterase on the envelope, that inspired the name corona virus. It is a life threatening virus. Like other viruses, corona viruses have no nuclei, mitochondria, endoplasmic reticulum and ribosomes. The capsid encloses the genetic material single stranded RNA. Corona viruses are capable of adapting to new environments through mutation and therefore health threats from corona viruses are constant. It has a unique pathogenesis because it causes both upper and lower respiratory tract infections.

## **Symptoms :**

Symptoms of Covid -19 may appear in as few as 2 days or as long as 14 days after infection. The most common symptoms are fever, dry cough, tiredness and difficulty in breathing. Some patients may have pain, nasal congestion, runny nose, soar throat. Severe infection causes pneumonia. Lungs are filled with mucous material and are unable to get enough oxygen to the blood reducing the body's ability to take in oxygen and release carbon dioxide. Then it becomes the crucial phase of the disease. People of all ages can be infected by corona viruses of Covid -19.





## **Transmission :**

Common examples of contagious viral diseases include flu, the common cold, AIDS, herpes, including the newly appeared disease Covid-19. Viruses are transmitted from human to human. The transmission occurs through respiratory droplets from coughing and sneezing. If someone with viral illness coughs and sneezes or exhales nearby a healthy person and he inhales these droplets, he may develop the disease. These viruses can also be spread through contaminated objects such as doorknobs, table tops, digital equipments, digital machineries and personal items. If someone touches one of these objects and then touches his nose, eyes or mouth he can develop the Covid -19. Aerolized particles are much smaller and linger in the air. They can travel long distances and can easily be breathed into the lungs. Respiratory droplets can travel to about 6ft or less before dropping to the ground. Corona viruses can stay suspended in the aerolized particle forseveral hours. Air carries viruses laden dust which enter directly through nasal opening or mouth. The virus spreads mainly from person to person between people who are in close contact with one another, i.e, between 3 to 4 ft. The droplets can land in the mouth, nose or eyes of the people who are nearby. It is also possible that a person can get Covid -19 by touching a contaminated surfaces or objects and then touching their eyes, nose or mouth.

## **Preventive measures :**

Antibiotics are ineffective against viruses. The viruse are killed or inactivated by the antibodies of the attacked host. Since the disease is new vaccines of Covid -19 are not yet produced till date. Antibodies of the host are the only weapons against viruses causing Covid -19.

## **Measures to be taken :**

Avoid close contact with people who are sick or show symptoms of the Covid-19. To save ourselves from the attack of this deadly and poisonous virus each one of us should clean our hands thoroughly and frequently with an alcohol based handrub or handwash. This kills the viruses that may be on our hands. Transmission of viruses can be reduced by covering our nose and mouth with mask. Staying at home and social distancing are the best ways to protect ourselves. We should maintain a hygienic environment in and outside our houses.

Our immune system defends us against viruses. So boosting our immune system is one of the best things to do because it is our body's key defense when it comes to fighting a virus. The following steps can boost ones immune system.

- Eat plenty of fruits, vegetables, nuts which will provide your body with the nutrients.
- Get atleast 30 mins of exercise or Yoga daily.
- Avoid alcohol and tobacco.
- Get adequate sleep.
- Get some sunrays.
- Eat more garlic.
- Drink lemon juice, honey, ginger and turmeric with warm water.
- Take plenty of vitamin C which is one of the biggest immune system boosters of all. Vitamin B6 (supports biochemical reactions in the immune system).
- Vitamin E found in nuts and almonds (powerful antioxidant that helps the body fight off infection).
- Vitamin D ( boosts the immune system).

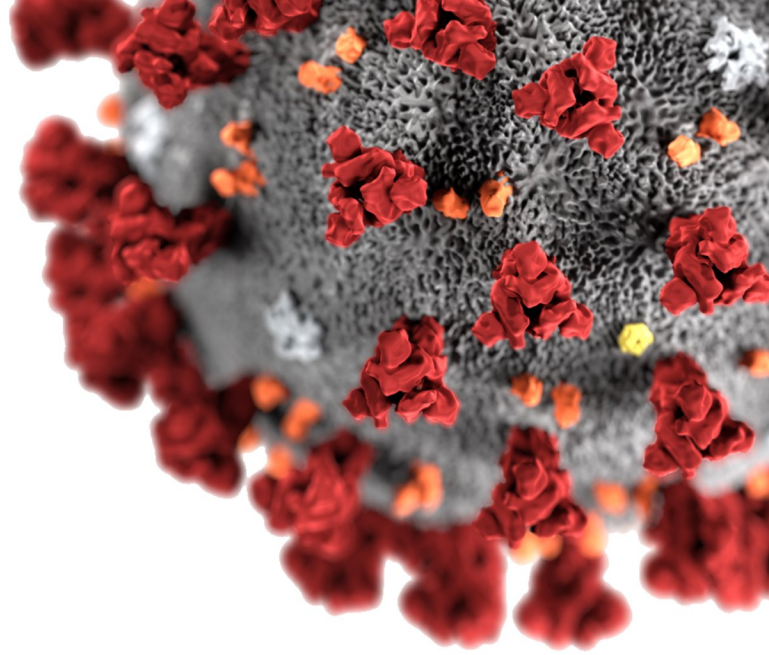


## Summary :

Viruses are microscopic particles of nature. By birth they are infectious, hijackers and poisonous substances for living organisms. We are afraid of tigers, elephants or snakes as they have larger body sizes. We generally neglect the small and tiny organisms of the nature. We overlook their role in the ecosystem. Viruses of Covid -19 have shown their existence.

We use insecticides, herbicides, fungicides on vegetable gardens and thus destroy the nutrients which are required to boost our immunity. Antibodies are the only weapons produced in our immune system to fight viruses and other micro organisms which invade our body and cause diseases.

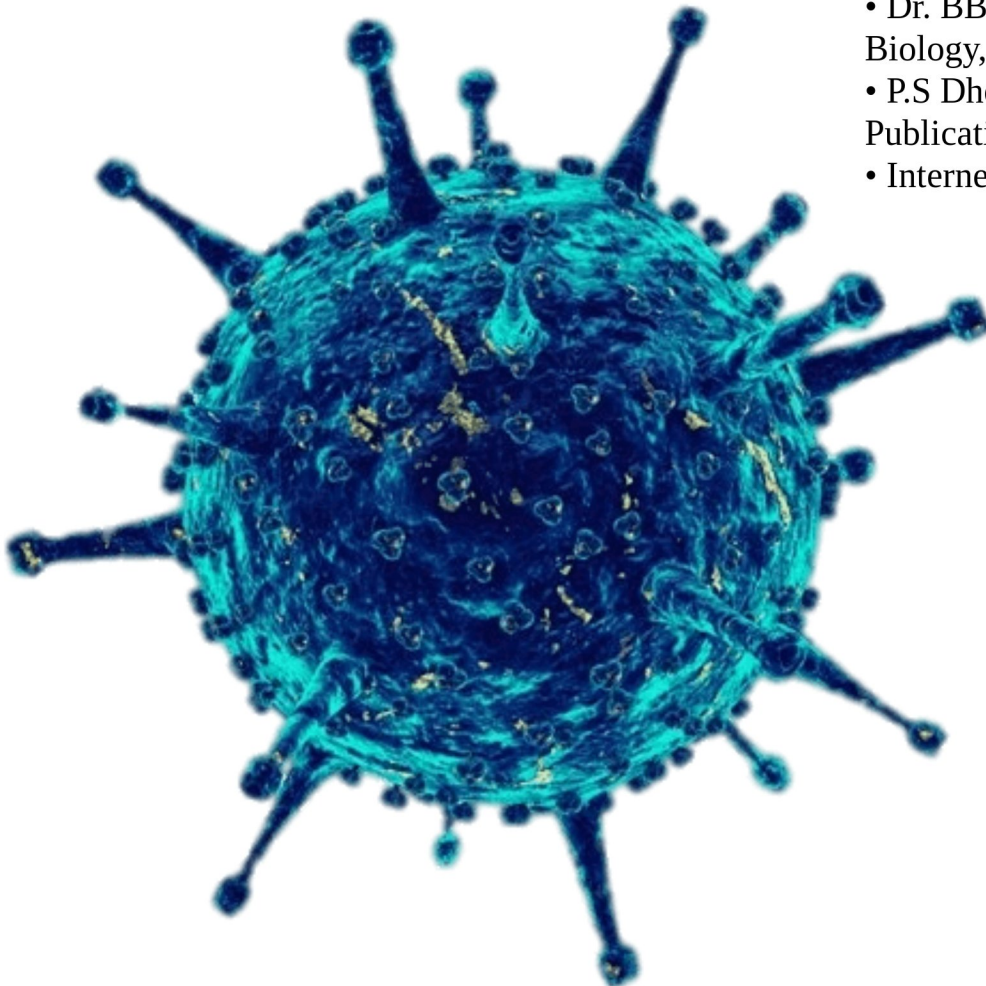
PREVENTION IS BETTER THAN CURE is the apt quote that comes to my mind at this stage. Stay Home ; Stay Safe.



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# BEDAZZLED in BIHU

by PRASANTT GHOSH



**D**o spend an hour or two with your beautician before the Bihu or if you really want to surprise everyone start taking care atleast a month before.

Believe me, a glowing complexion and well kept add more sparkle to one's looks and Bihu than the most precious of jewels and clothes. And that goes for feet as well. Feet, badly in need of a pedicure, look terrible through dainty strappy footwear. Don't wear clogs, platforms or bellies with your graceful mekhlis, saris, salwar suits and lehengas. They look atrocious. Delicate and graceful looking open heels would suit traditional wear. The former can go with a trouser suit or an indo western outfit. But remember, style and grace are the keywords in the choice of footwear.

Do select jewelers that go well with the outfit. While pearls go well with plain pastel silk, chiffon and georgette, gold would be a better choice for bright and darker shades of paat silk or any other silk. If wearing a heavy sari, gold or something in kundan work would do well, but keep the jewelers light. Diamonds go beautifully with muga, paat, satin, velvet, chiffon, georgette and crepe.

Don't wear lots of jewelers when wearing a heavy outfit. Let the outfit shine through and support it with just one piece of jewelers. Heavier sets in gold or pearls can be worn with plain length of silks depending upon the color. Traditional color like maroon, mustard, green, yellow look good with gold ornaments, while paler contemporary shades go rather well with pearls. Delicate diamond sets do wonders to chiffon, georgette, net or velvet outfit.



Don't mix and match jewelers, If you must, be careful of how you do it. As long as one is wearing a necklace, one should have earrings to go with it. In the case of only earrings and bangles, one can match gold and other gold-based ornaments, but do not mix up stones and the nature of the jewelers.

Don't carry bulky leather bags or purses to a Bihu party; in fact leather is best kept out. Beautiful purses, beaded, embroidered or studded with Swarovski's, or simple velvet or satin purses in matching shades look perfect to shine the festival. Clutch bags or bags with small clutch straps, or a long chain string for a strap are just right.



Possibilities are simply immense. You can cover it all or go dare bare. 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. Fashions have come and gone but the sari has remained the same, with no one, not even the self proclaimed bad guys of fashion designing daring to play with it. Left with no choice it's always the poor choli which is the victim. It's been cut, elongated, tightened, loosened and occasionally made to disappear. Also there have been questions about what is behind it ,add to it a few other bizarre accessories and the sari in the nineties remains the same but, at the same time offers quite a few interesting possibilities. The sari is being worn with everything from singlets to shirts. 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. Pleat it in such a way so that it leaves a slur in the front to show off your shapely legs.



To be called a colorful person no longer means that someone is doubting your character or that your lifestyle is under any kind of scrutiny or discussion. It is a perfectly harmless and non-analytical statement that draws evidence from your physical appearance. After all, you can't expect people not to notice you when you hit the streets resembling a traffic signal. Add a zero to figure one and its value will increase ten times. Likewise, place a Bindi [ dot ] on your forehead after make-up and the charm of the face will enhance ten times. In ancient times women used to decorate the forehead with roli, kumkum, Sindoor and chandan. Today, bindis are available in different colours to match the makeup and dress. You are the best judge to decide what suits you. The colour of your dress and shape of your face should determine the shape, size and colour of the bindi you choose. Some popular motifs available are round, long, oblong, triangular, crescent, moon-like, etc. Some tips on what will suit your kind of face are given Below;



A small forehead appears large with an oblong bindi. A broad forehead looks good with a round bindi. On fair complexion, red looks striking whereas on dark complexion pink, orange or Sandalwood colours appears prominent. Wheatish complexion requires a light red bindi. If the facial skin is very dark, do not use red, steel grey or chocolate colours. If the eyes are large, apply a big bindi and for small eyes a small bindi, a tall woman should use a round-shaped bindi, whereas a short woman should put on a long shaped bindi. If you have a broad forehead, place the bindi in the middle of the forehead, but in case of a narrow forehead put it between the eyebrows. In summers, light tinged bindis look pleasant.

Better still, let the immediate family dress up and wear all those traditional fabrics with heavy work, and obvious colors like maroon, yellow and mustard, dusty or pale colors like peach, lilac, cream beige, old rose, shades of pink and turquoise.

My ideal Bihu wear for the current season - a heavy crepe like 80gms georgette, which has a lovely fall and is light enough for the warm weather conditions and heavy enough to take surface work. More specifically, maybe an old pale peach moquash mekhla out of your own trousseau or collections teamed with a new brocade blouse and accessorized with a brocade batua and jewelers of old gold or kundan or jadau work. You should just experiment with what you already have in your wardrobe, something which you have not worn for years and mix it with something new. Puffed sleeves with beaded tassels look very nice, one can go all out and wear a glamorous sari or lehenga. Make sure it's elaborate with crystals, sequins, stonework, beads and threadwork in good fabric.





The outfits remain the same sari, mekhlis and salwar kameez but all of them should be well fitted. Straight cut lehengas or ones with the mermaid cut fitted at the top and flowy at the bottom work well. Some people should look beyond the kanjeevaram, if you must wear your kanjis try to do something different with the way you wear your sari or make different outfits with them.

In vogue seamless and borderless clothes are in vogue, Silk thread embroidery with lots of crystals work, fitted and tapered mekhlis are increasingly becoming popular. Tapered trumpet skirt with gold and semi precious stones like rubies embellished on it look good along with a choli or corset and an elaborate dupatta. Blow dried straight hair studded with a diamond hairpin, make up with full lips and a diamond stud like bindi would complete the simple, chic and well kept picture that I recommend strongly.

The favourite colours for Bihu this year include red, chocolate, burgundy and rust. My ideal Bihu outfit for men; a long, beautifully beaded velvet jacket sherwani with a pair of tight churi jeans pant and maybe a shaded shahtoosh shawl, loosely draped. The jacket could be floor length slatted along the sides and full sleeved with French cuffs, in a lovely champagne color with stunning beads, pearls and Swarovski set in geometric or floral patterns. Shoes and bag should match in color and fabric surface must be plain and simple. Minimal jewelers, maybe just one stunning piece, either a lovely bracelet or an exquisite ring would complement the outfit well.

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



# Celebration of Assamese festivals in the U.S.A.

Himadri Kalita & Ipshita Tamuli  
DETROIT, MICHIGAN, USA



**W**armest Greetings to everyone for a wonderful Rongali Bihu as well as Assamese New Year 2020.

It is the most awaited festival of the year for every Assamese whether we are living in Assam or abroad. Even though we are thousands of miles away from our native place, every year, with great enthusiasm and pride, Assamese communities celebrate Rongali and Bhogali bihu as a big traditional community gathering followed by a Feast and Cultural program.

But, it is very unfortunate that this year our most important festival of the year, Rongali bihu, will not be celebrated as a public gathering like every other year, especially in places like the U.S. because of the COVID-19 pandemic. It is saddening that we have to make compromises for this special celebration, but it is the best course of action for this critical situation right now for the safety of everyone.





We have been moving around the world for the last 16 years for job relocations, but we are fortunate enough to be a part of each celebration with Assamese communities in different places. Currently, we live in Detroit, Michigan in the USA.

Since Rongali Bihu will not be celebrated this year, I will be sharing our most recent celebration, Bhogali Bihu, in Michigan, as well as some pictures and videos of past Rongali bihu celebrations in Los Angeles, California and Boston, Massachusetts.



Bhogali Bihu marks the end of the harvest season in Assam. It celebrates the harvest of crops like rice and is dedicated to the Hindu God of fire, Lord Agni. The traditional celebration includes feasting on the eve of Bhogali Bihu and prayers to Lord Agni.

Even though Bhogali Bihu signifies the end of winter in Assam, it is celebrated in a time where it is freezing in most places in the U.S. Still, through the extreme temperatures, Assamese communities here celebrate with the same eagerness as those back home.

Like every year, The Assamese Association of Michigan (AAMI) celebrates Bhogali Bihu with great presentation of our traditional Japi, Gamusa, and Xorai, along with other artifacts which make us all nostalgic for our homeland. We have a variety of assamese snacks such as Ghila pitha, Tilor laru, Narikolor laru, Chira-doi along with everyone's favorite, Til Pitha. In Assam, we prepare our authentic pithas with a specific rice only found there, Bora Saul. Since it is not available here, we use a substitute rice called Japanese sweet rice. This rice works nearly the same way as Bora Saul, and it ends up tasting practically identical to the original recipe. Like in Assam, Meji is the most exciting part of Bhogali bihu; here we try our best to follow the tradition. We cannot easily build a big meji here unlike in Assam, but we build a smaller version of it to show our younger generation. We do the Meji projwolon and Agni puja with traditional rituals. For the feast, we prepare all the possible delicacies of Assam, like Khar, Masor tenga, Murighonto, Patho Mangshor Jul, Boror tenga, Kordoir tenga-mitha along with regular items.

As always, we conclude all our festivals by singing our state anthem, O Mur Apunar Dex.



**MESSAGE TO EVERYONE:**  
*Stay home as much as possible, practice social distancing, wash your hands frequently with soap and water, eat healthy foods, and avoid unnecessary travel to protect yourself from the COVID-19 pandemic and also to save the lives of our loved ones.*



# Spring

Writer : Avyarthana Dutta

Odes to spring are regularly composed by enamored worshippers of one of the most outstanding seasons of the year. Tender and energetic, delicate and vivid spring is the living picture of the beginning of life. In April, nobody doubts that spring rules over the nature like bright blossoming all around. In this way, in Assam the coming of the spring is celebrated with great hue and gaiety in the form of festival Rongali, which is called Bohag bihu. The name Rongali is derived from the word "Rong", which means happiness and celebration. The festival also marks the beginning of spring season, when the nature adorns itself beautifully with flowers and blossoms, adding to the happiness of the festival. Therefore, it is known as Rongali Bihu or the festival of merriment. Traditionally, Bihu is celebrated with folk dance and songs which are symbolic of communication of love and romance.



The handwoven silk, cocoon farming to produce muga silk to prepare the ethnic costume for bihu is just a symbol of its rich in culture and heritage. The spirit of Bihu is universal and includes people of all castes and creed. In a way it binds the the Assamese community together. Conclusively, spring is the breathe of Assam and its Axomiyas.





Assam, one of the seven sisters state is known for it's rich culture and tradition. Bihu is a religious festival, which is celebrated irrespective of caste and Creed. Bohag bihu, Kati bihu and Magh bihu. Bohag bihu, a sowing festival is observed from the last day in the last month of Assamese calendar (in the month of April).

Husori is an intregal part of Bohag bihu, husori constitutes a team which has an elderly member who leads the other members of the team with men and boys and perform bihu Carols and dance in the courtyard of the villagers. Initially it was performed to entertain the Ahom king but gradually gained popularity in villages.

During the period of vaishnavism Husori gained the spirituality in it's sense and form and the existing structure of Husori is a legacy of that form. Husori bands of men and boys are the symbols of community feelings and blessings from elders is considered as the grace of God. Husori songs are usually hymns. Musical instruments Such as dhol (drum), talk to (cymbals), taka (a bamboo made instrument) are among the main instruments used. While entering into the courtyard of a villagers home, the Husori band starts with ghosha and pod, which are full of spiritual songs, paying obeisance to God. The entire group of performers sit down and start singing together. Jujona. jujona is the opening part of dance performance in the Husori and it's performed after the ghosha and pod part. While one of the performers sing the first line of a jujona, the others follow him.



# HUSORI

Lora naas (dance of the male dancers) after jujona in husori, the boys come forward to dance in a circular motion holding each other's hands and the performers dance to the rhythm of dhol.

Suwali naas (dance by the girls) once the boys complete their dance, the girls come forward. they dance to the rhythm of dhol along with the songs, which are of different kinds like Jura naam, Tela naam.

Burha naas it is performed by the old performers. The rhythm of dhol is very slow as they can't dance fast bcz of their age. but this segment of Husori is very special as it makes Husori more interesting.



Husori team is generally presented with seleng chador (a piece of cloth used to wrap round the body) gamucha (a kind of towel woven in cotton) and silver coin so once the performers finishes their performance, the house owner comes forward with a xorai (an offering tray made of brass) betel\_nut along with a small amount of money. The money collected from Husori singing is used for good of the society and villagers like building of library, namghar etc. Sometimes people also may have community feasts with the money collected in this manner.



"Husori" is an age old custom of Assam and people follow this custom from the core of their heart and make the festival of Bihu (Bohag) more special and unique.....

Compiled by TULIKA HAZARIKA.





# Joyous festival - Rongali Bihu

Photography by Pratishruti Das



**A**ssam, a land of beauty is known for its rich heritage and culture. Often the celebrations are related to nature or nature's beauty as like the celebration of Bihu, the traditional festival of Assam. It praises nature, embellishes the minds and souls of the Assamese people. In the month of April, Assamese people celebrate Rongali Bihu welcoming the advent of spring which is the start of a new life on earth where everything blooms and brings a feeling of joy. This bihu is enthusiastically celebrated throughout the state. Singing and dancing with the incomparable beats of the dhul and pepa is a crucial part of it. Community feast is also enjoyed, that eventually contributes to socialism. It's also called as the festival of love as it showers happiness in everyone's heart.







**Nishant Raj Lahon**

From Sivasagar , Assam



# Nishant Raj Lahon

Photographer

## ● Tell us about yourself

I am from Sivasagar, Assam. In 2011 after completing my HS I studied Industrial training low at Jorhat ITI. After that I had completed my graduation and my hobbies are listening music, watching movies, playing games etc.

## ● Is photography your passion or profession

In earlier days photography was my passion but latter it turned into my profession.



## ● Which is your best experience you want to share with us

There are so many experiences in my photography journey. In 2018, I went to take light trails of a monument with my two senior photographers. On that day I experienced the best. That was a very tough task for us.



# Nishant Raj Lahon

Photographer



## ● What is your future plan

My future plan is to open a photography institute because here in Assam many amateur photographer has the talent but they just need a leading guide so that they don't misuse their talent, so I want to help them in future by guiding them as much as I can.

## ● What do you want to say for Mystic Aura

Thank you Mystic Aura for giving me the opportunity. It is infact a great platform for each and every photographer and models to explore their talent. Wishing Mystic Aura good luck for a bright journey.





Aura  
*new face*



## Susmita Das

I'm 19 year's old from Nagaon. I'm pursuing my B.com degree.Glad to be a part of the glamour world in North-East International Fashion Weekend, season -5, organized by Mr. Prashant Ghosh at Guwahati, Silpagram. Besides modelling i am a makeup artist too.



# Aura

*new face*



*Tanzeena Syeda*

Make Up : BINEE GOGOI

Photographer : SYED ISHAQ ULLAH





*Aanuddhya Bharali*

Age 4.5yrs  
Class : Nursery  
Don Bosco School, Jorhat





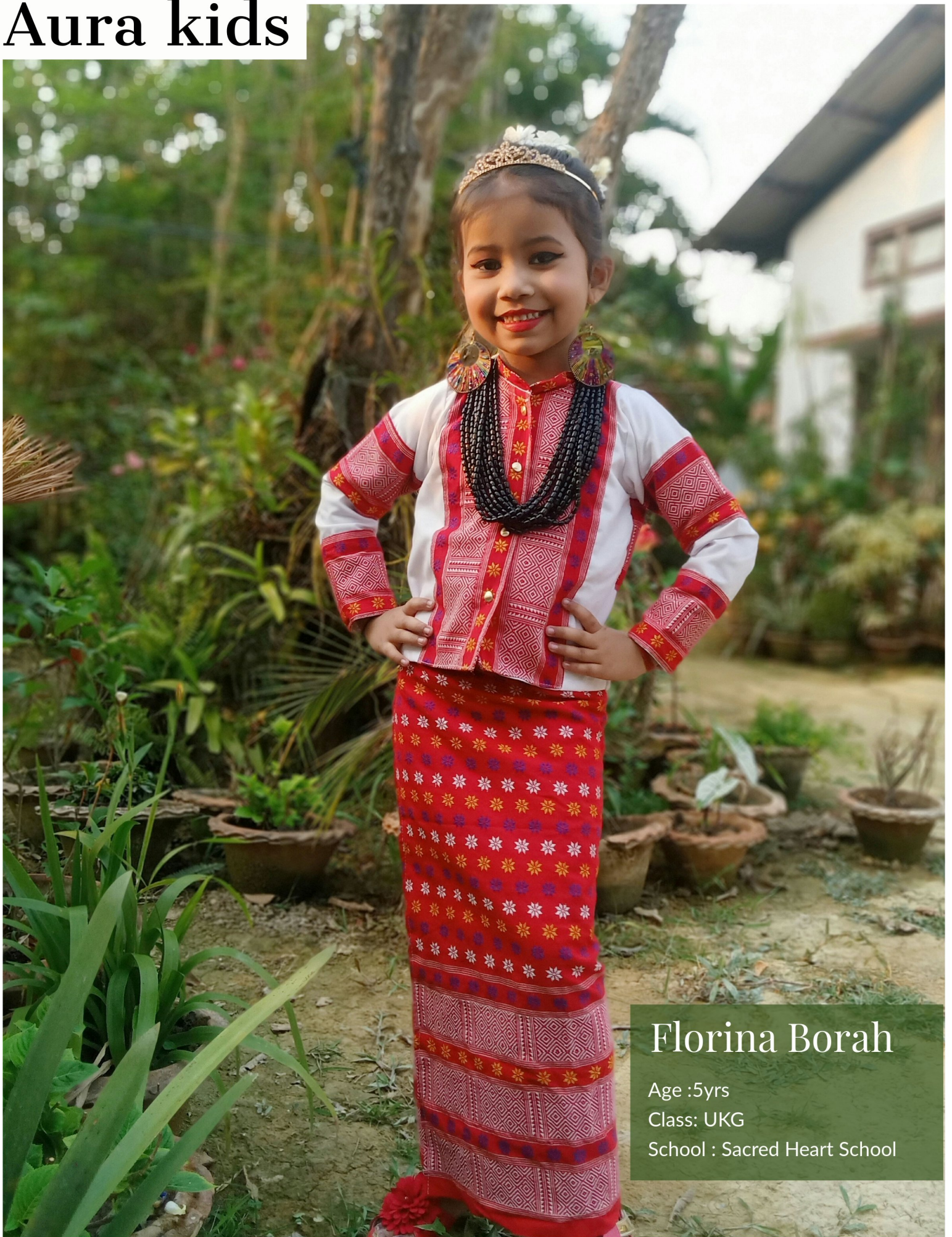
*Akansha Saikia*

Address: Amolapatty, DNB Road, Sivasagar

Class : 2

School : New Look Academy, Sivasagar.





Florina Borah

Age :5yrs

Class: UKG

School : Sacred Heart School





## Asthajiya Handique

Name : Asthajiya Handique

Class: 6

School : Vivekananda Kendriya  
Vidyalaya ,Sivasagar.





Contemporary statement  
detailed with moti, zari and  
cutdana work

Photography : Prashant Brahma  
Makeup: Malaya Dutta  
Model: Sukyana Gogoi  
Costume Desinger: Moonmee Boruah



*Borah*

MADHURIYA BORAH PHOTOGRAPHY



Photography : Madhuriya Borah  
Makeup: Bhanima Rabha  
Model: Monmayuri Deka  
Dress by: Diplu Hazarika



# Lockdown moments



## Purabi Kalita

My journey starts with becoming a govt school teacher here in Nagaon, Assam, where I got the opportunity of teaching the poor and underprivileged children. Along with being a teacher, I am a complete family person taking care of my husband and two little kids, and also managing the entire household chores.

Then again the other traits that I possess, like ambition, succoured me in the continuance of my journey. And there came the time when I thought of entering into the modeling world and so far have done many modelling assignments and projects.

Unfortunately we are witnessing a time when the very existence of human race is under a question mark. But as it is said where there is life, there is hope, thus hoping for this nightmare to be over. So amidst all this chaos around the world, with the acute certainty of one's life, this "not so long but still so difficult" Lockdown turned out to be a bliss anyhow in bringing out again my long lost childhood hobby of sketching. So just tried my hands on something. please don't judge my creativity on my sketching skill. I am not a professional and holding the sketch pencil after ages. Hope you all like it.





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- \* Enhanced Quality
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- \* Students must carry their own Laptop
- \* Students must have Photography Knowledge



- \* 1 High Sensitivity Key Board & Mouse
- \* 1 Usb 3.0 Pendrive

## Class Room

- \* AC Class Room
- \* Hot & Cold Water Available
- \* External Monitors
- \* High Speed Internet Provided to update Required Softwares

**Hurry Up!**  
We have limited place



# MAKE UP

*Of the month*



Make up by MAFIZ ALI



# Skin care

Skin care is the most essential part in one's life to look beautiful. A glowing and beautiful skin adds more charm when a beautiful dress is worn. Summer days are coming shortly and we need to take more care of the skin. But most of us ignore the skin problems that come along with as like oily skin, dull dehydrated skin, acne breakouts and tan are a few summer problems that most of our beauties face. As there are problems there are also solutions to these. All we need is to take out sometime everyday for ourselves to have a pretty, good looking and charming face.

Sundays are the days when most of us are free from our hectic scedules. So we can let it be the day for the skin care. You need to let your skin breathe once in a while and give a day off from make-up and pollution, sun exposure and oily food and give time for it to breathe. Those with skin issues



once in a week. Those with skin issues need to take more care. Follow a skincare regime that is perfect for your skin type and age. Follow 3 steps Cleanse-Tone-Moisturize at bedtime as it is the right time for skin treatments. Before using any skin products, it is necessary to test the product on your hand and it is mostly recommended by beautician to use a good brand product that suits your skin. Sun exposure can destroy your skin. So it is suitable is to use a SPF base cream or lotion or sunscreen before going out. You can start taking SPF 15 first and slowly you can increase the power of SPF like 30+, 40+ etc according to age and skin. Using a sunscreen with high power at the beginning can be harmful for the skin.

For summer days when we think of applying face mask it should be a good brand and having a mattifying one is great. It removes all excess oil from skin making it matte and smooth, removes signs of dullness and adds a soft radiant glow to your healthy skin. Present time a beauty



# Skin care



mask of clay and activated charcoal are great for summer use. It's a light textured mask that can be used for all types of skin to make it look more brighter. It keeps the face hydrated and allows you to have a refresh skin anytime. And it is easily available in the market.

A good moisturizer which suits your skin can be applied regularly to get a smooth and glowing skin before applying a sunscreen.

So, if a regular routine is followed we can keep the skin glowing everyday. A healthy and glowing skin not only makes us look beautiful but also boosts our confidence in life.



Compiled by  
Mystic Aura



# The Nature is Crying

The rapturous bed on which every living being rest,  
Is today in a condition  
She herself is in lest.

The stress of extinction seems to be at it's best,  
But the human society appears to lose it's  
Morality more than anything else.

The degree of enslavement we did on her  
To build the world an amusement park,  
Woe! There is no better designer than the nature.

Nevertheless, it's pay back time  
The destruction we did to her, she is  
Returning it with interest along with grime.

If we had surrendered to earth's intelligence  
We would have grown up like trees,  
Alas! Now we are not even the bushes  
But rotten weeds.

Writer : Silpee Parashar



# Fearless !

Wish I could be like you, grappled in the lap of unease,  
you never gave a damn to any piece.

You made sure to relish every second of life with giggles  
and chuckles, and till date I wonder how bold you were  
to belittle your troubles.

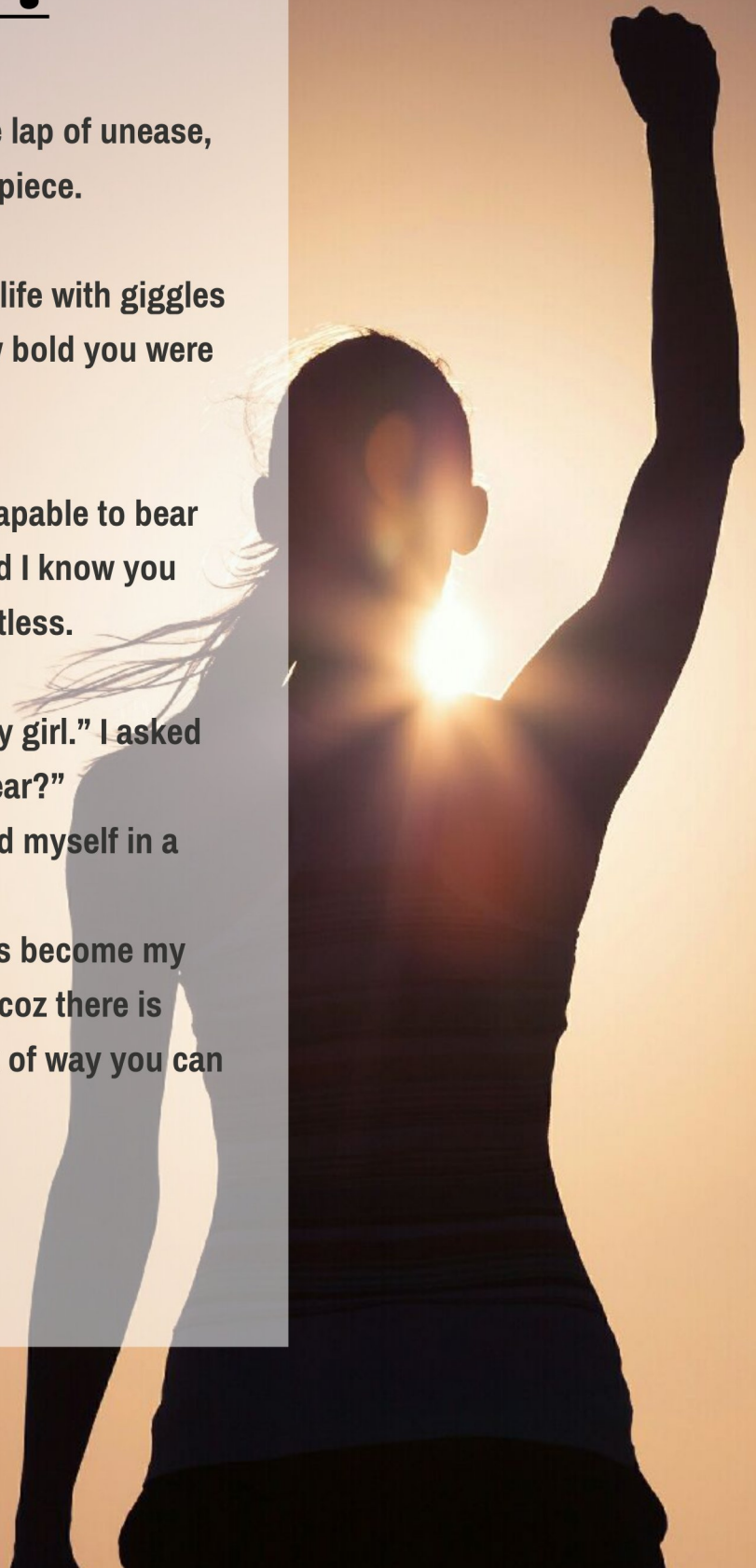
I always felt you were too fragile, not capable to bear  
my tight hugs and kisses, but little did I know you  
cropped within a warrior dauntless.

You said, "Be brave and courageous my girl." I asked  
you, "Is it possible to never fear?"

Now I know what you meant as I found myself in a  
different state.

My once biggest fear of losing you has become my  
greatest strength of not fearing fear coz there is  
nothing left I can lose now; so fear, think of way you can  
fear me how !

Writer : Shadeeda Shahin





# Khorisa pickle (bambooshoot)



## Ingredients:

- Kokum (thekera)-3 peices
- Vinegar- 3 to 4 teaspoons
- Bambooshoot- 350 grams
- Garlic- 6 to 10
- Red chilli powder- 3 teaspoons
- White mustard powder-5 teaspoons
- Mustard oil- 150 gram

Method: peel one young bambooshoot and clean it thoroughly, grade the Bamboo shoot and put it in a big bowl sprinkle a little salt over the bamboo shoot and add little lemon juice, add kokum ( thekera ). After 3/4 days Bamboo shoot will become sour after that add 4 to 5 teaspoons of Mustard powder, garlic, red chilli powder, salt, lemon juice, Haldhi powder 4 to 5 tea spoon and add mustard oil. mix well with spoon and put it in a big jar and leave it in under the sun for three four days shake well every day and pour the rest of the oil on the pickle to cover it above the top level, This can be kept for a year.

