

Mystic

AURA

VOL 06 | ISSUE 06
AUGUST 2020

Aura
EXCLUSIVE
**SUNITA
KAUSHIK**



Women

Epitome of Resilience : Beautiful,
Brilliant and Brave



TURBAN FASHION

India is known world-wide for its rich culture, ancient traditions and colourful festivals. This is the reason behind why India has lots of admirers from different places across the globe. Wearing a turban in south Asian countries symbolizes that he/she is sovereign, royal and equal. But in INDIA turban was already a status symbol of holiness and spiritual power. Slowly with passage of time and flow, at present we can see a huge resurgence in fashion, the use of turban in a variety of style with trendy dresses worn by men and women. Now-a-days, the turban has been used almost in all over the world in fashion shows that has history and leaves the spectators in an awestruck expression.

Mystic Aura team presents before our readers just a simple TURBAN FASHION shoot of our cover page models which reveals the truth of ancient history. Royal and Glamorous .

MODELS—from left : SHIVANI NATH, KARABI BHARALI, RAGINI SHARMA.

Mystic^{AURA} ON THE COVER



MODEL :
Shivani Nath
Ragini Sharma
Karabi Bharali

STYLING :
Moonmee Boruah

MAKE-UP :
Tinku Teron

PHOTOGRAPHY :
Unique Borah

Mystic^{AURA}

Team



GITALI PATHAK DEKA
Editor-in-chief



**MRIGAKSHI DUTTA
BHARALI**
Copy editor



SANTANU BAISHYA
Chief operator,
Managing editor

OFFICE ADDRESS

Brindaban path, House No. 2
ghy-38, Assam.

contact no : +91 8638684096/ 863821
2231

Mail I'd :
mysticaura.fashion@gmail.com

Contents

VOL 06 | ISSUE 06
August 2020

07. **Aura Exclusive**
Sunita Kaushik



24. **Ecology over economics**
By Ankuran Pathak

26. **AURA**
Kids
New face
Trends
Photography
Fitness

33. **Vegetarian**
By Dietician
Dipika A Bhatia

36. **Basics of fitness**
By Mr. Dharmesh

41. **FEELINGS**
Backstage story
By Monali Bhuyan
You are enough
By Silpee Parashar

43. **AFFECTION**
Sister
By Dr. Nikhita Nagar

The sibling story
By Ankurita Pathak

The day of siblings
By Sunita Saikia

11. **The Stranger's Gift**
By Monmi Goswami

16. **Women in India**
By Dr. Apoorva Nagar

19. **College Fashion**
By Prasantt Ghosh

21. **Trendy and stylish**
By Sara Khan



51. **AURA KITCHEN**
Tomato onion
chutney
By Monali Hazarika

Caramel custard
By Chilka Krishnatreya

Editor's Note



Sitting down with the laptop in hand and was pondering over where to start from and what to drop in this month issue Editor's Note. Obviously, it gives a great feeling of exhilaration when the thought of this special month crafted in my mind which presents a bucketful of exciting festivals, a month of strength, willpower, dignity and courage. We are very much elated to cover up the AUGUST month issue which circles round the celebration and conveys the richness and spectrum of human relations, bonding of love and trust, embracing women independence and winding up with regular topics. Everyone is keen to the changes that has taken place in the world, so MYSTIC AURA team always tries to collect and give our readers that has been curated by the

articles from good staff and beautifully design layouts which is a feast for everyone's eye and works in a miraculous way. Moving with times we try to increase the number of pages accordingly with meaningful topics to reach beyond the metaphors. From this month we will cover up articles related to education. A page will be included with the name-BRITISH COUNCIL-TRAINED MASTER TRAINERS, where we will publish only the articles from the trained Master Trainers .

Mystic Aura team wishes our readers and viewers, a very Happy Friendship Day and Happy Independence Day

Love and regards

GITALI PATHAK DEKA.

(Editor-in-chief)

Jai Hind....





Aura

Exclusive

Sunita

Kaushik

Gorgeous and Charming
actress of Assam



• **You are a beautiful actress and a model. Would you like to share a little more about yourself?**

I come from a small village near Tezpur called Thelamora. I completed my HS in science stream from Tezpur and came to Guwahati to pursue BCA and then MCA from GIMT. When I was doing BCA, I joined kathak classes under guru Moromi Medhi as I was very keen to learn Kathak from my school life. Now I have been learning and practising kathak dance for more than 10yrs and also got opportunities to perform in many prestigious platforms all over India. This is what I have been doing apart from acting.

• **What attracted you to begin your career as an actress? If you weren't an actress, what you would have liked to have been?**

When I was at school I had seen my father doing dramas on stage. There were scripts all over in our house and I used to read them. So in a way I got a cultural environment in my home and later when I was in doing my HS in Tezpur I came in touch with renowned actor Arun Nath sir and his wife dancer/ actress Krishna Das Nath baideu and I took training of acting and dance from them and also got opportunity to act in dramas under the direction of Arun sir and also performed in different stages of Assam and India under Krishna Das Nath baideu's choreography. So I think I am blessed that I got to learn from them in my initial stage and I feel that's how I got attracted towards acting. If I weren't an actress I would have been working as an IT professional or as a faculty in an MNC or in an IT institute.





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

I like to spend my time in enhancing my extra curricular activities which I normally don't get enough time because of my busy schedule. I have been trying to focus more on my dance which I am learning , thats kathak. Whenever I get time I make sure that I practice more and more. Besides this I enjoy cooking, so I experiment with my cooking skills and try to learn and cook new recipes. I also enjoy watching movies and reading books.



• **Whenever you don't have any shoots or interviews, how do you like to spend your time?**

Since we are confined in our house for almost 4 months because of the pandemic that we are facing, it is a very hard time for all of us still I am trying to take it positively because generally we do not get enough time to explore ourselves. So in this time I have explored myself and did what I was thinking and planning from a long time, because of time constraint I was not able to do many things, I considered this opportunity that I have got and capitalize this opportunity to enhance in the way that I have been trying for many years so this is a blessing in disguise for me. I kept myself motivated by doing things whatever I loved. Some projects were on the way but because of corona everything has stopped and now I am also eagerly waiting to resume my work.



• **Your message to the aspiring actors. A few lines for Mystic Aura too.**

My only message to the aspirants who are trying to be on this field...I think there is no shortcut to achieve anything in any field, only hard work is the key to success so if someone is planning to be successful in a shorter period by trying out some shortcuts it can be only helpful for a shorter run it won't help you in the long run of life. So my only advice is that always trust on your skills, enhance them, be brave to face the obstacles of life, work hard and be honest. It was a pleasure interview session with Mysticaura. I am wishing lots of success to Mysticaura.

THE STRANGER'S GIFT

GOOGLE TALK



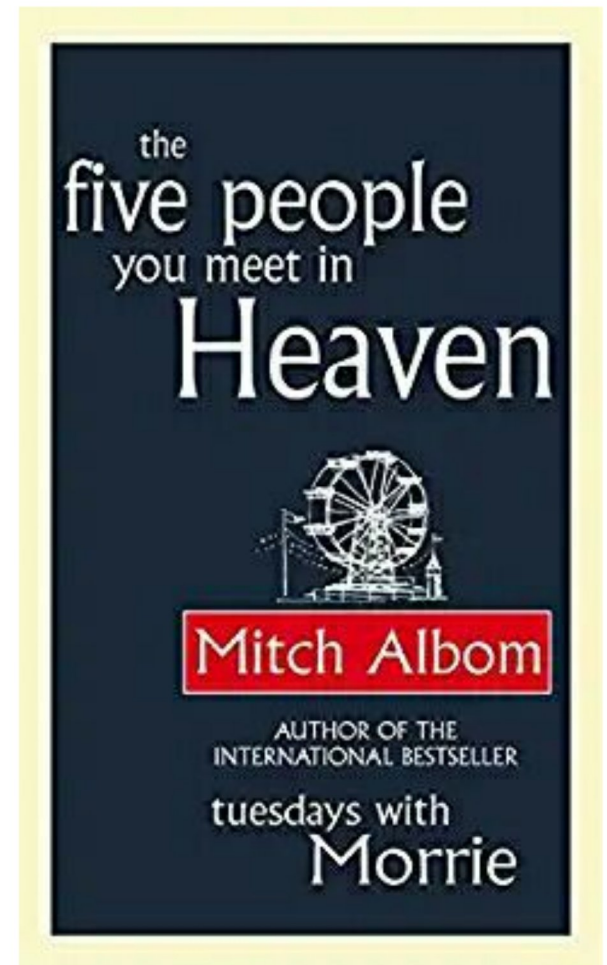
Writer :

Monmi Goswami

A Senior Secondary teacher in a CBSE School, Tinsukia, Assam
Former Master Trainer, State partnership project under British Council And SSA, Assam



Prajakta had no idea of what exactly Flipkart was. The year was 2010. She wasn't really tech savvy and was quite ignorant about E-commerce. She wondered who the sender was. It was a gift which she had never expected. The book was entitled Mitch Albom "The Five people you Meet in Heaven." Her mind was perturbed and she kept on wondering the name of the sender. Being too naive, she hid the book in her closet thinking what if her mother discovers the parcel that contained the book.



The sender was anonymous and the place name read Kharagpur. She was a bit taken aback on seeing the name of the place. May be she knew the sender ,the hyper intelligent being,her long lost G talk(Google Talk) friend who had extraordinary knowledge on history,sports,movies, music,food and so on. However she thought herself to be too dumb to answer his high end queries and restricted their conversations to matters of daily concern or interest



She recalled how the conversations were so very flawless and they discussed a lot many topics of common interest. Things changed drastically in due course of time. The perfect friendship seemed so very imperfect. He didn't show up during the day. When she woke up each morning and checked her phone, she found gloomy and dampening messages of her Gtalk friend. She thought him to be in some kind of trauma or deep pain.

Vikram was her friend whom she had never met or seen. Gtalk was the only communicative link between them. In those days people weren't much into social networking as there were fewer such sites or apps. They communicated amidst their daily chores or duties in bits and parts. However, there was a time bar or slot that was the rule to be followed. She was in a dilemma that how could he be so level headed, formal and reserved in his demeanour during the day and so unstable, insecure and in panic at night. After observing his weird behaviour for a few days, she decided to confront him.

She said to him," Vikram, there is something about you that is troubling me. Why do you send me gloomy messages at the wee hours? I feel that something is bothering you. I would like to know how can I help you in overcoming your grief?"

Vikram said," I am extremely sorry about my behaviour. See, there is nothing on my mind. Do not take me otherwise. There is something I don't know how to tell you. I find my world to be crashing into nothingness. The person whom I love the most,my Dad is battling oesophagus cancer and seeing him suffer so much at night breaks my spirit. You are on my mind since sometime now. We share a camaraderie. I like your benevolence. I do not seek anything from you ever but I shall be grateful if you lend me yours ears now and then and help me overcome this grief."

Prajakta didn't understand what exactly he meant. She agreed to comply. Her heart brimmed with kindness. She decided to sympathise but laid a few conditions that could not be violated by him.

She said,"okay! Do not expect anything like love ever from me. We better restrict ourselves to Gtalk except one call on the weekend. I hope you agree."

He said,"Well! I can't afford to disappoint you. Afterall you are the only one I can count on."

She said," okay then,do not be a sugar cube now. The sweet will affect my tooth otherwise."

Days passed by. The virtual jabbering continued. He finally was turning into hypersomniac from an insomniac. He was transforming and coping up with all the adversities in his life with her as his agony aunt. They knew this can't go on forever. They were both singles and too wary of love. They had their share of heartbreaks in the past and love was out of the window never to come in.

Amidst everything their friendship blossomed. They had shielded their hearts against love. He told her that his Dad was losing it and his days were numbered. She informed him that her family had found a suitor for her. She wasn't ready to take the plunge and intended to deny the alliance. The frequency of their conversations reduced. She did not want to wonder where was or how he had been. Being an introvert, she never initiated anything. The phone buzzed once or twice now in a week. Atleast she got tidings from him, the frequency didn't matter .

After a few days,he sent a message.The message read " Me a veggie boy went to sell my green veggies in the market,couldn't sell any.Met a pretty veggie girl,her words moved my world.But she was taken,I returned home empty -handed."



He disappeared. The chat window was orange forever, it never showed green. Being too naive, she was trying to read between the lines of the message. Did he have an emotional meltdown? Is his father well? Her mind seemed to be bustling with a hundred questions. They were suddenly frozen and in no contact zone. She waited for no reason. Is she violating her own rule? Why he lingered on her mind? She deleted the number to make her mind sane. Without a word, grievance or expression they unfriended each other in their minds. What about the heart? The unquestioned unanswered question became a question mark.

Almost a year passed by. At times she listened to Ed Sheeran's "photograph" and thought of the stranger friend's face. She only knew his name and the place where he lived. How did he look like? Now and then these questions troubled her.

This very parcel via Flipkart, the book "The Five People You Meet in Heaven" that read the place name as Kharagpur increased her curiosity about Vikram. Was it him? She wanted to read the book at once to find out the message that the book contained. How was he and where was he? Why did he leave without a word? Is she going to look at that book all her life and figure out how he looked like? Just then, the phone buzzed. A message from a new number flashed on her Gtalk.

With that message was his image. Finally he sent her a photograph of his with his Dad. Tears welled up her eyes. She can't believe her eyes. He wore a black leather jacket, had ray-ban shades on and a Fossil analogue watch. Looking at the snap, she recalled how he had professed his fetish for leather jackets and watches to her in their previous chats. He had a fair complexion and was of medium build. He sported a french cut beard and looked quite rugged and debonair. Thankfully she had his photograph that was his imprint on her mind.



The message read” You are one of the five people whom I would like to meet in heaven. That is why I had sent you the book with the same title. I lost my Dad to cancer eight months back. I remember you and often think of you yet I choose not to violate your condition of being in love. I shall always remember your kindness in tolerating my weird absurdities. If destined, we shall meet someday. Sending you my photograph so that you remember me. I wish you all the happiness in your life. Love Vikram.”

Prajakta was overwhelmed with emotions. However she chose not to reply. She uninstalled her Gtalk. She carried him in her heart always but never pursued him. She was content with this acknowledgement, the gift that made her realise his place in life.

She began reading the book,” The Five People You Meet in Heaven.”

It read

”Lost love is still love , Eddie. It takes a different form, that’s all. You can’t see their smile or bring them food or tousele their hair or move them around a dance floor. But when those senses weakens, another heightens. Memory becomes your partner. you nurture it. You hold it. You dance with it.”

(Mitch Albom, The Five People You Meet in Heaven)

Prajakta thought that all stories cannot be love stories. Some people have a humane story as well.





WOMEN IN INDIA REALLY INDEPENDENT ??



Writer : **Dr. Apoorva Nagar**

MPT Musculoskeletal
M.D : Dr. Nagar' s Dental and
physiotherapy center
M.D : Being Caring NGO

India is a Sovereign Socialist Secular Democratic Republic. If you're born in India, it is hard to not remember reading this in your civic text books. However, these adjectives remain lost in the textbooks and somewhere in the back of our minds, only to emerge out of the closets in saffron, white and green attires on Republic and Independence Day. For the rest of the days, such meaningful words, for the country, take a back seat.

But we've talked enough about democracy and independence of the citizens in the truest senses. I wouldn't even say that 'women and their independence' is a less talked about subject, but it is certainly one which needs to be addressed actively.

There are many who, despite living in an 'independent country', face issues every day pertaining to the very basic choices in life like following their dreams, getting married and even regarding what they should wear. With such freedom issues, are women in our country really independent?

As the dictionary says, the literal meaning of the word ‘independence’ is self-sufficiency, self-reliance, autonomy, freedom, liberty etc. Women folks, can they walk safe down the street at night without fear of being shouted at, followed, grabbed, or worse. I think the answer is NO.

Dr. Apoorva says, ‘I do walk on my own at night, but not without constantly looking over my shoulder, and sometimes even pretending to be on the phone with my father or brother whenever I see a group of guys walking near me.’

‘The clothes I wear depend on the company that I am with, and which transport I am going to use,’ adds Dr. Nagar.



So a girl doesn't feel safe at night, she doesn't even have the least freedom of wearing the clothes of her choice. Is it only enough being a constitutionally independent country? Are we living with complete freedom, are we really liberated? These are the few questions we have to ponder upon.

It's been years since we are free from the clutches of British rule in India. Today standing here after years, do our women feel the freedom, freedom from the atrocities against them?

Let us remember our very own Swami Vivekananda, and say, ‘There is no chance of welfare, unless the condition of women is improved. It is not possible for a bird to fly on one wing.’

But in our country violence against women is increasing day by day. Rape, female feticide, acid attacks, domestic violence, dowry deaths, honour killings, forced abortion, human trafficking, sexual violence, and the list goes on and on. Unfortunately, the percentages of these crimes are increasing every year.

women in the rural areas have major problems to deal with. Some even find it difficult to keep up with their existence, fighting female infanticide in a patriarchal world aiming to breed just men. Some women even face difficulties trying to take basic decisions about their every day lives, leave alone education and careers.

These may include whether to dine before the men in the family, whether the clothes she selects to wear are appropriate for the men around, whether to give your family a priority or your in-laws, whether to head out of their homes at a certain hour just because the streets are unsafe, and the list goes on.

The situation just gets more complex as we think about education and working women.

But the story doesn't end here. Many urban women, who seem to have had it 'easy' have gone a long way to become independent and self-sufficient. Many, who luckily got the education, have been forced to take up a field where they can lead a normal family life in the long run. Hence, aspirations and dreams are limited for women. Those who do by chance make it to the top have fingers pointing at their independence. Let alone career path, is there a safe independent space for an independent woman in an independent country? Well, there isn't much to be said about safety here.

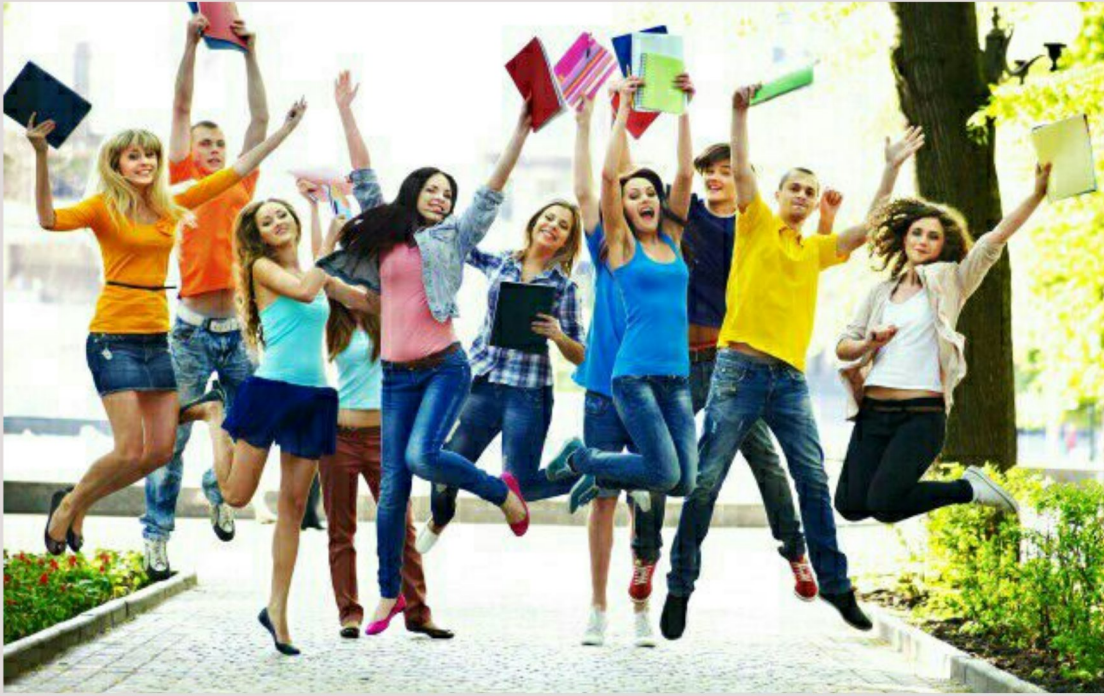


Bachelors, especially women, find it extremely difficult to rent a flat because; first, she is a bachelor; second, there are safety issues which the landlords shy away from. Is that how we're supporting independence for women?

While growing up, every woman has been invariably lectured about male chauvinism and has often observed or taught that women should always be less successful than their spouse, careful not to prick the giant male ego. Moreover, women who are single or divorced, are looked at differently from others after a certain age. Their independence pinches some in the eyes.

This Independence Day, let us keep all our differences aside and fight against those issues that don't make our women independent. She should be raised to be an independent woman and not the victim of anything. In the words of Nelson Mandela, 'Freedom cannot be achieved unless the women have been emancipated from all forms of oppression.'





By Prasant Ghosh

COLLEGE FASHION

Things are different now, mummy. All my friends wear this kind of stuff to college.” Eighteen year old Sainali was holding on tight to a lime green shirt like material. Her mother stared at the shirt disapprovingly; but it was clear that this was one battle she was destined to lose.

“Why can’t you wear a sober salwar suit instead-suggested mummy. “ eeks salwar suits are so behenji,” came the response. As the two women made for the cash counter, the elder raised one last feeble voice of protest; “ I don’t understand why going to college is now like walking down the ramp.”

Yes, it’s true. Colleges are no longer just places where young people work hard for a ‘bright’ future. They are also destinations where it is important to look hip and glamorous to fit in with your peer group. And accordingly, after years of wearing school



uniforms which impose a kind of anonymity on the students, there is a strong urge to express their individuality through their attire. In fact almost every college these days has a clear divide between the jeans – clad and the salwar kameez clad groups. “ western wear is mostly restricted to jeans and more and more students are opting for it. In fact it has almost become a uniform for college students in the metros.

The shop is loaded with a wide variety of clothes that appeal to young people, the very 'in' short kurtas in endless ethnic prints, embroidery and tie 'n dye patterns, more conservative long sleeved cotton shirts, tank tops and spaghetti straps, cutsleeve tops in pastel shades for the summer, short skirts, wrap arounds and hipsters to name just a few. Young men with studs and trendy hair styles with fresh from the gym physiques in muscle- t's and crotch hugging jeans or loose cargos, women in short skirts and tank tops, khaki shorts and strappy tops, body piercing, tattoos, streaked hair you name it, they have it. Infact, this divide between the 'indian' and the 'western' crowd is obvious in almost any college campus in the country. However while most young students tend to follow trends set by music channels and bollywood stars, few of them stand out for being individualistic and innovative. But you need to be really smart to be able to carry off something that's completely different and even outrageous.

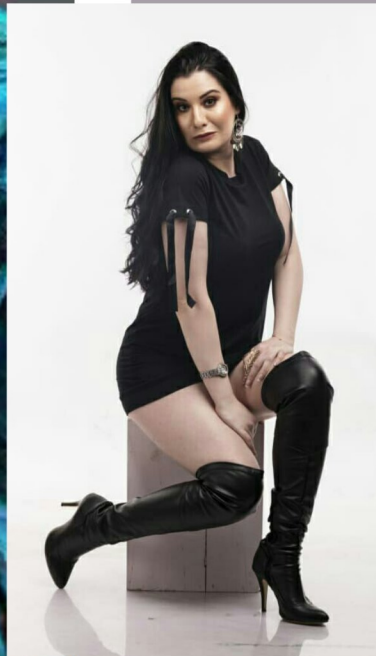


Whether it is innovative or mindless aping, the underlying factor here is awareness about fashion and style. This awareness has been sparked off by the easy accessibility of trendy clothes and accessories. Besides the constant media hype over the hottest 'looks', branded clothes are quite reasonably priced as well, keeping in mind the budget of most college students. Moreover shopping is no longer a seasonal affair with the cosmopolitan crowd. Whatever may be the individual styles the college dress codes or the absence of them it is clear that campuses today are more colourful and trendy than ever before. So, if college is where you're headed make sure you have the right look- and jeans in just the right shade of colour.

THE WRITER IS A FASHIONDESIGNER AND CHOREOGRAPHER AND
CAN BE CONTACTED AT dkreativepeople@gmail.com
www.prasanttghosh.com



HOW TO MAKE WHATEVER YOU WEAR **TRENDY AND STYLISH**



Written by - **Sara Khan**

Phd in International Relations.
Ramp and Print Model. Beauty
and fitness Consultant.

Email :

shafagh0036@yahoo.com

Instagram id : @sara_khan_art

You don't have to buy new clothes everyday to match the current trends. Fashion as I see it is making anything you wear look trendy and fashionable. You should feel confident in your skin with whatever you are wearing.

The first most important thing to this end is being yourself. Never imitate a second person's style and fashion. Even if you succeed in doing that you will end up being called a copy cat.

So the first rule of the game is be yourself, be confident and this confidence comes from accepting yourself the way you are. Once you have accepted that, the next thing is to be aware of your strengths and weaknesses in your figure looks and your skin tone. A healthy body and a healthy skin looks beautiful and glows irrespective of your skin tone so keep yourself fit and healthy by maintaining proper diet, exercise and quality sleep.

Next comes your choice of colours for your dresses you wear. As far as I am concerned I feel the you should select the colour of your dress as per the time, the occasion and the skin tone. Some colours like white, black, red, green and blue are universal colours and can be wore on any skin tone and complexion. Colours like yellow, orange and grey looks good on some complexion and not so good on others. This you have to see for yourself and decide what colour looks good on you.



Next comes your makeup. Never make your makeup loud which gives away the very purpose of doing a makeup. A makeup should be such that it should not look like you have done any make up. It should be used to the extent that it enhances and highlights your feature. For example never use a base or shade which does not go with your skin tone and complexion.

Hair colour should go with your skin tone. It should be contrasting with your skin tone and complexion. Again just like face the hair colour should be done to highlight your overall looks and it should not look out of place with your complexion.



Choice of dress what you wear is another important factor when you want to look stylish and trendy. Choose dresses as per your figure, This is very important otherwise you will end up looking a fashion disaster. I feel there is no restriction in what you want to wear at any point of time but your figure should be able to carry it off and if you want to wear all kinds of dresses then you have to work hard on your figure, maintain a good healthy diet and lead a disciplined life.

Nail work you can do as per the dress you are wearing. Your lipstick shade should again be as per your skin tone and complexion. You can try various shades and find out yourself what looks good on you.

Last but not the least is the selection of your shoes, Heels and sandals. Practice wearing heels and walk because heels looks good with everything you wear. But for that you need to practice walking in heels so that it does not become a punishment for you. Wear the size of heels as per your height and you should never select heels which are too high for your height, you will end up looking as if you are standing on a pedestal.



Remember all women are born beautiful and to look one you just need to groom yourself properly, take care of your skin, your health and you will see your confidence boosting which is the major and most important factor in looking trendy and stylish.

ECOLOGY OVER ECONOMICS

for a livable tomorrow

Economic development is often defined as Improvement in quality of life. The overwhelming quest for Economic growth, however has immensely affected the World We live in, changing almost everything around us. The color of the Sky viewed from the cities we live in has changed from deep blue to dull grey and sometimes shrouded in thick smog caused by various anthropogenic emissions. The Rivers flowing from the glaciers through deep gorges have changed into reservoirs. Encaged in huge concrete structures they are made to rotate turbines in order to light our homes and streets. Even the Horizon has changed; it is no longer the azure sky with the flock of birds returning home it has changed into a concrete wall adorned with fancy lights of material pursuits. Pristine Forests changing into Coalfields, Petroleum drilling sites. And in all these the improvement in quality of life is nowhere evident. It is the sad reality of today, the machines devised for our comfort has become the very cause of our peril. Even the pandemic entire humanity is facing today has put forth some very poignant questions in front of us and maybe the answers can only be found in Nature.



Writer : Ankuran Pathak



Once, I came across a billboard at the entry gate of a wildlife sanctuary in Assam, wherein it was written, “The wilderness holds answers to questions Man has not yet learn to ask” and it is true to its core. But the irony is that in our quest for achieving economic well being we have forgotten that without a healthy ecosystem the survival of the species dwelling in it shall be endangered and this is evident in

the recent times. Many species of flora and fauna has already been declared as extinct and many as critically endangered and this trend may not be considered well for the homo-sapiens either, until and unless we place Ecology over Economics while formulating developmental policies. But sadly the process of amendment in Environmental policies that has been initiated in the midst of the pandemic is diametrically opposite to that of the growing environmental awareness amongst the common masses. When policies and their execution synchronize with the hopes and aspirations of the common people then only desirable results can be expected. Although the policies being formulated does not reflect the same but the growing awareness among the common people for preservation of the natural environment is gradually taking the shape of a revolution. Maybe this is how nature is planning to restore its equilibrium.



Figure 1: Jeypore Rain forest along the bank of River Burhi-dihing



Figure 2: Bicycle lanes in the city of Zurich

Our consumerist life style especially our dependence on fossil fuels is the major factor that has led to the profound damage done to the natural world. Thus, the adverse impacts can be mitigated only if we change our consumption pattern. Many communities throughout the Globe have already geared up to bring about a change. Countries like Netherlands and Germany has created well-planned bicycling infrastructure to facilitate their citizens to take up bicycling with ease thereby reducing petroleum consumption and vehicular emission. Britain has shut down all coal-fired power plants for a coal free energy sector and fossil fuels have been replaced by renewables. Our state of Sikkim has set an example by banning single use plastics. Now it is time for us to act in whatever possible way we can. In our actions we have to consider putting ecology over Economics for a livable tomorrow and surely we will.



junides
R P H Y

AURA KIDS



RAKESH S.
@ELEGAN

Krisangi Hazarika

Dhekiajuli, Sonitpur, Assam
Height-5.1

AURA

KIDS



Kingkinee Bhorali

Sivasagar, Assam.

Age- 9yrs

AURA

New face



Prity Mahela

Name : Prity Mahela

Address : Madhupur,
Nagaon, Assam

Height : 5.2

Hobby : to dance

AURA

New face



Pratham Ghosh

Tezpur, Assam

I am a student pursuing my studies but at the same time driven by my passion modelling. I strongly believe in hardwork and determination. When we focus and put efforts in our work we can reach our goal easily. Modelling was by a chance as I was inspired a lot and so on my modelling career started. Its my dream from my childhood to stretch my hand forward to help others. So I joined a Ngo too. My dream is to represent my country India in a big platform. I love acting too.

My motto :

Never loose hope, be proud of yourself and be unique.

AURA Trends



Aluminum foil dress

Brand name :

Pashmina

Designer : **Jit satya**

place : kolkata

I have showcased my designs in more than 25 shows within 3 years

not only in kolkata but also in big cities like Bhutan, Orissa, Dehradun, Bihar and many more .

Received the best designer award 18 times. Mention may be made of Loqman awards in 2019 as the best designer.

Designed for actress Anushka sharma for tvc ad, for celebrity Alexius macleod, Gauri Sawant.





AURA

PHOTOGRAPHY



Kankan Baruah

from Nagaon but staying in Guwahati, Assam for professional pupose.

I joined as a trainee in the institute of Fashionable Censory studio (FCStudio) in Guwahati, Assam, under the guidance of professional fashion photographer UNIQUE BORAH who is my mentor.

My photography includes- Fashion Photography, Portrait Photography, Wedding Photography, Event Photography. Having taken my passion to a professional level I still feel that there's a lot more to learn for I believe that 'Learning is a continuous and never ending process.' Here I would like to say that Mystic Aura is a superb magazine for everyone who wishes to showcase their skills. Thanks to the entire team of this magazine for showcasing some of my works.

Model : Nabanita Devi



AURA FITNESS

Dharmesh

from Shillong

Fitness Trainer

Mr Delhi Bronze Medalist

Mr MP silver medal

Mr Boss Classic National

Bronze medal.

"Be Vegetarian"

It's not a choice ,it's necessity



Written by -

Dietician Dipika A Bhatia

(Nutritionist) Director of
BBE Health and Founder
of Aas Ek Prayaas NGO
cancer awareness.



"The Rumor and the verdict Vegetarians are healthier than meat eaters or is it Better to be a vegetarian"

You've heard buzz over the years that following a vegetarian diet is better for your health, and you've probably read many articles featuring a celeb or two who swore off meat and animal products and "magically" lost weight. So does ditching meat automatically equal weight loss? Will it really help you live longer and be healthier overall?

The Verdict : Vegetarian diets can be unhealthy if you're not careful

First of all, what exactly constitutes "vegetarian"? There are two basic kinds of vegetarian diet: lacto-ovo and strict (vegan). Most vegetarians fall into the lacto-ovo category: They eat only non-animal products (fruits, veggies, grains, nuts, soy, etc.), but do eat animal byproducts, such as yogurt and eggs.

In terms of nutritional requirements, being a lacto-ovo vegetarian isn't all that different from being a meat-eater, Vegans, however, don't eat any animal products whatsoever - and as a result, "they must be very careful in their selection of foods so that they get all the nutrients they need (Potato chips are vegan, after all). so how vegans get nutrients from plants.

As a nutritionist Following a vegetarian diet "can be nutritionally superior to any other way of eating". "It can be one of the healthiest ways to eat, because we know plant foods are loaded with nutrients to protect our health."

According to my study that a vegetarian diet is associated with a lower risk of death from ischemic heart disease. Vegetarians appear to have lower low-density lipoprotein cholesterol levels, lower blood pressure and lower rates of hypertension and type 2 diabetes than meat eaters. Vegetarians also tend to have a lower body mass index, lower overall cancer rates and lower risk of chronic disease.

But if vegetarian people are eating noshing greasy veggie burgers and fries every day for lunch, is he likely to be healthier than you, who always orders the grilled salmon? Definitely not!

“A vegetarian diet doesn’t necessarily lead to weight loss -- especially if you eat out at restaurants often,” “A lot of times, the only vegetarian dishes on the menu are cheesy and fattening.” It can be hard to find restaurants serving soy burgers or beans and rice, and eating restaurant-size portions of pasta, rice, nuts and cheese could quickly add up to weight gain. The desire to eat lighter meals that provide adequate protein is what makes many vegetarians change their minds and start eating fish.



The most important thing for vegetarians of all kinds to remember is to make sure they are getting key nutrients, including protein, fatty acids, iron, zinc, iodine, calcium and vitamins D and B-12. Protein is essential for building muscle mass, amino function, fighting disease and healing, so make sure you’re getting protein in each meal throughout the day for optimum absorption. “In order to get essential amino acids and nutrients,” vegans must eat soy protein -and quinoa- the only vegetable protein which is as complete as animal protein. or they must mix beans with grains.”

If you're considering going vegetarian, keep these tips in mind:

There are numerous research-proven health benefits to following a vegetarian diet, but only if you’re doing it properly and not substituting meat with processed or high-fat vegetarian products.

Both lacto-ovo vegetarians and vegans need to make sure they are getting adequate nutrition. It’s a good idea to meet with a nutritionist to outline what a few days of meals looks like.

Be aware of how much of your diet is made up of nuts as a source of protein, especially if you're trying to lose weight. An ounce of nuts is about 180 calories and 5 grams of protein. You should be getting between 20 to 30 grams of protein per meal. So: You'd have to eat thousands of calories worth of something like nuts in order to get the amount of protein you need to be healthy. They're a healthy food, but high in fat and calories -- so be sure to round out your diet with a variety of vegetarian proteins.



Many question arises that from where vegans or Vegetarians get B-12 ,zinc, albumin, omega-3 and vitamin -D.

Answers are very easy →here is a list below

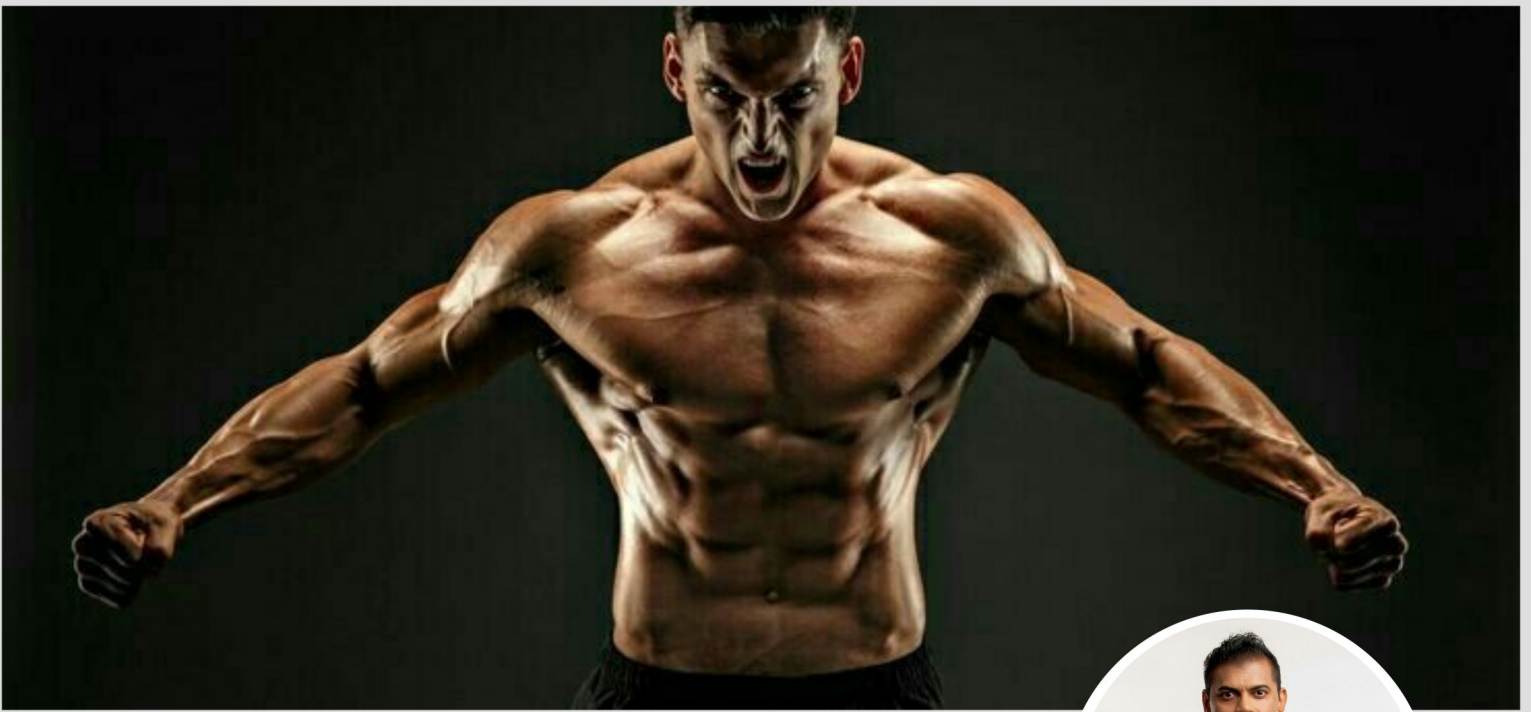
- B₁₂:-Pomegranate, All diary products.
- Zinc:-all the nuts, whole grains, milk products, chickpeas, beans, cashews and almonds and all the seeds.
- Vitamin-D:- Sunshine, soyamilk, Mushrooms, almond milk, fortified orange juice and rice milk.

- Albumin:-Milk, Cottage cheese and yogurt.

- Omega-3:- Seaweed,algae, chiseeds, hempseeds, walnuts, flaxseeds, kidneybeans, soyabeanoil, cannolaoil.

At the last It's better to be vegetarian and don't eat dead animals because plants are grown not born.

Animal products are made from Blood,pain and immotions now it's depend upon you whether you love nature or not.



THE BASICS OF **Fitness**

A well all round developed physique which is also aesthetically pleasing to the eye is desired by people of all ages whether you are a teenager who wants to impress girls by flaunting your 6 pack abs or a serious sportsman who want to make it big in his chosen sport or a normal working professional whose aim is to just remain fit and healthy.

To achieve this desired goal you all take a gym membership, buy new gym attire and training shoes. Most of you are very excited and enthusiastic about your fitness goals but the only problem is that you are in a hurry, you want fast results and you are not mentally willing to dig in for a long battle. Your goals are not realistic with the time and the hard work which is required to achieve this. Your problems get compounded when you convey your goals and desires at the front desk of the gym and you are immediately assigned to a personal trainer at a hefty price. Your trainer puts you through loads of cardio, makes an extreme calorie deficit diet for you due to which your body feels energyless and also encourages you to buy protein supplements of various types which kills your hunger to a great extent. More often than not you end up in stopping going to the gym after few months as you see yourself heading nowhere. If you have experienced this at any point of time in your life then you are at a right place to fix your problem. Read on...

Writer : **Mr. Dharmesh**

from **Shillong (Meghalaya)**
Fitness Trainer.

Mr Delhi Bronze Medalist
Mr MP silver medal
Mr Boss Classic National
Bronze medal.

First thing you must understand and accept is that nothing comes easy in life and so is true with your fitness goals. You have to come out of your comfort zone if you want to achieve your fitness goals and be prepared to put in the required hard work in right direction and bring in some discipline to your lifestyle.

There are three basic rules to follow towards your fitness goals

- (a) Train hard.
- (b) Eat right.
- (c) Rest adequately.

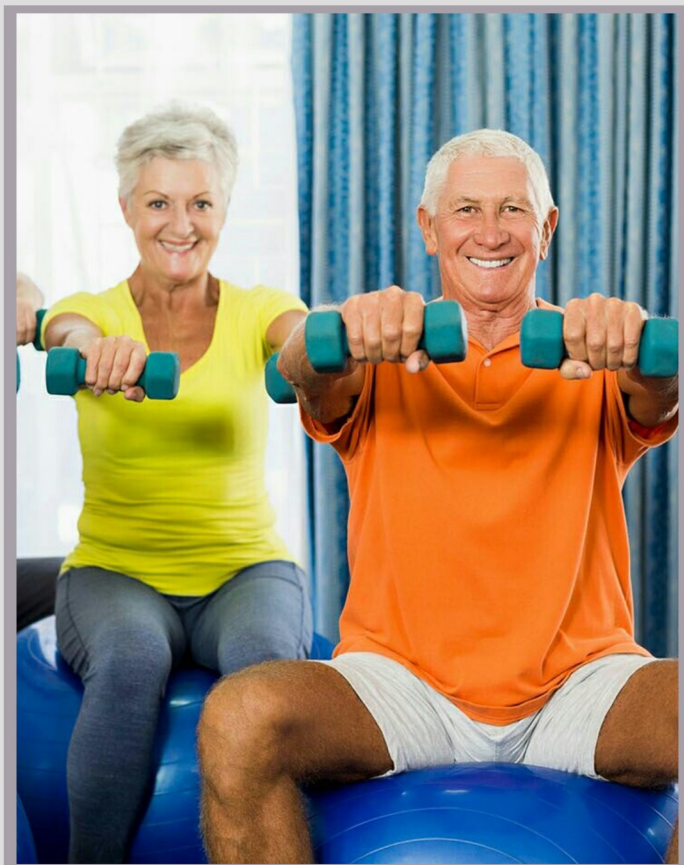
**PUSH YOURSELF
TO DO MORE.
DO NOT ACCEPT
A LIFE OF AVERAGE.
WORK HARD,
TRAIN HARD AND
BE THE BEST THAT
YOU CAN BE.**



No rocket science here. Once you have committed yourself to these basic requirements the next step is to find a training method for your fitness goals. "One size fits all" does not work when you are making a training programme for yourself. Do not get fooled by following the training schedule and diet plan of some celebrity or some fitness guy with sharp muscles and six pack abs. What worked for them may not work for you understand this very clearly. Each human body is different and every person has different body metabolism so it is common sense to understand that your training programme has to suit your body type and your diet plan has to suit your gut.

This brings us to the next important aspect as to what kind of training programme to follow and what to eat. In this article i will stick to basics of training method and the diet aspect i will discuss in later articles. The training programme to suit your body depends on various parameters as under

- (a) Your previous training experience and the results you achieved.
- (b) Your present strength levels.
- (c) The composition of your skeletal muscles fibres whether they are more of fast twitch or more of slow twitch muscle .
- (d) Whether you are suffering from any injury.
- (e) Age
- (f) Gender



Previous Training Experience.

If you have any previous training experience then you will reach towards your fitness goals faster. If you are somebody who is just starting on the path of fitness programme then you will first have to master the lifting techniques. And strength gains. Your focus should be more on doing a particular movement correctly rather than focussing on how much you are lifting.

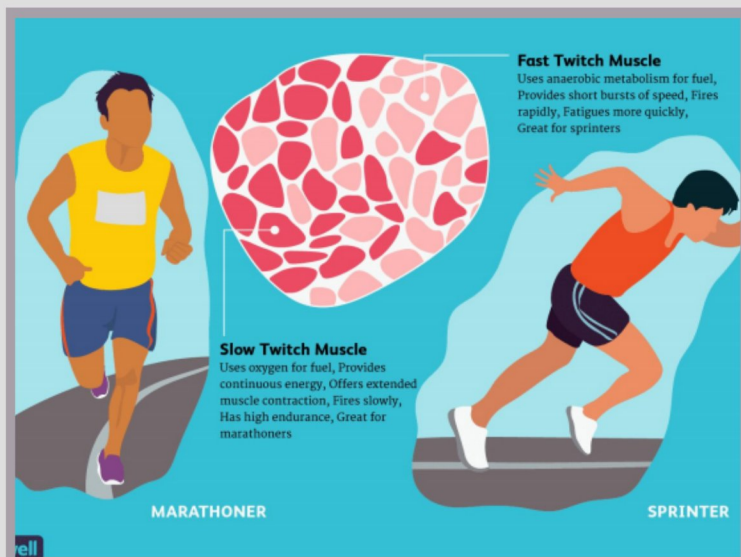
Present Strength Levels.

This parameter plays a very important part in achieving your fitness goals for the simple reason that stronger you are heavier you lift and heavier you lift you build more muscle and burn more calories. So the first aim of a training programme is to build strength whatever is your strength levels. There are three stages of muscle building and fat burning

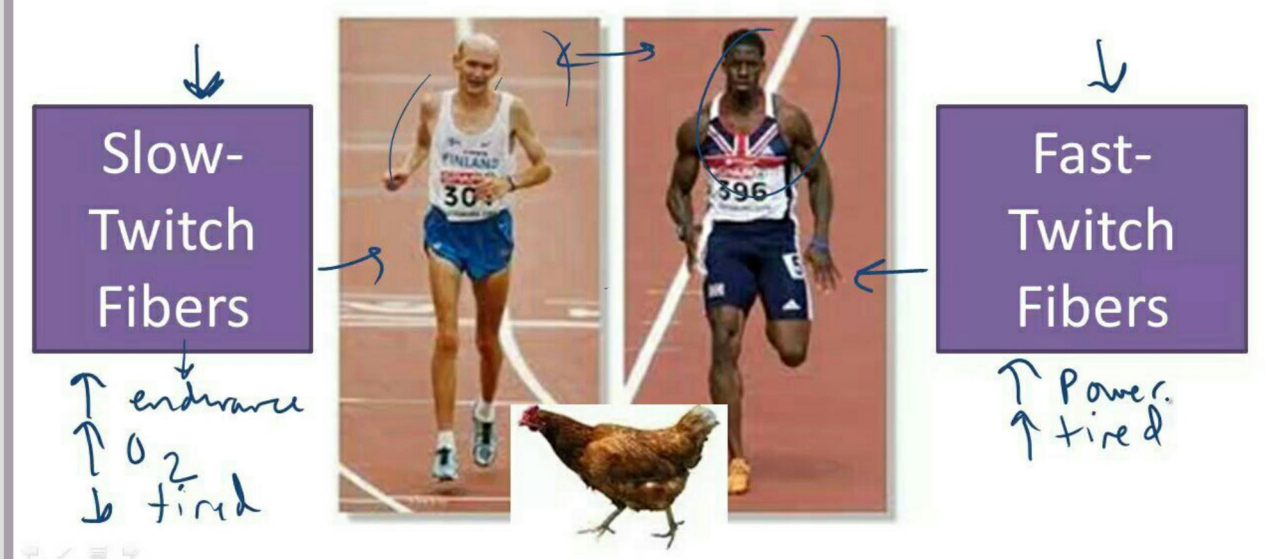
(a) Building strength that is to become stronger

(b) Muscle building which means develop muscles

(c) Fat burning which essentially means chiseling and sculpting your physique by shedding more fat from your body. Most people want to go directly to the third stage that is burn fat. This is a common query i face almost everyday like how to burn only fat without building muscles and they say they do not want to build muscles and their aim is only losing fat. This is like wanting to run your vehicle on reserve fuel without expending fuel from the main tank



What kinds of muscle fibers are there?



Muscle composition.

This is a very important parameter to devise an effective training schedule for your fitness goals that is to know and understand your muscle composition whether it is more of fast twitch type or more of slow twitch types. A simple way to understand this is by taking the example of a long distance runner with predominantly more of slow twitch skeletal muscle fibre and a 100 m sprinter with predominantly more of fast twitch skeletal muscle fibres. A marathon runner is lean with more muscle endurance to see him through the entire distance he has to cover. On the other hand a 100 m sprinter is well built and needs more of explosive strength for shorter duration to cover the distance with high speed. It will be an exercise in futility to try to make a person a champion long distance runner if his body consists more of fast twitch muscle and in the same manner it will be a waste of time to try to make a person a 100 m sprinter with more of slow twitch muscle. Having understood this now we can well appreciate why two different persons need different training schedules for overall muscle development.

Injury

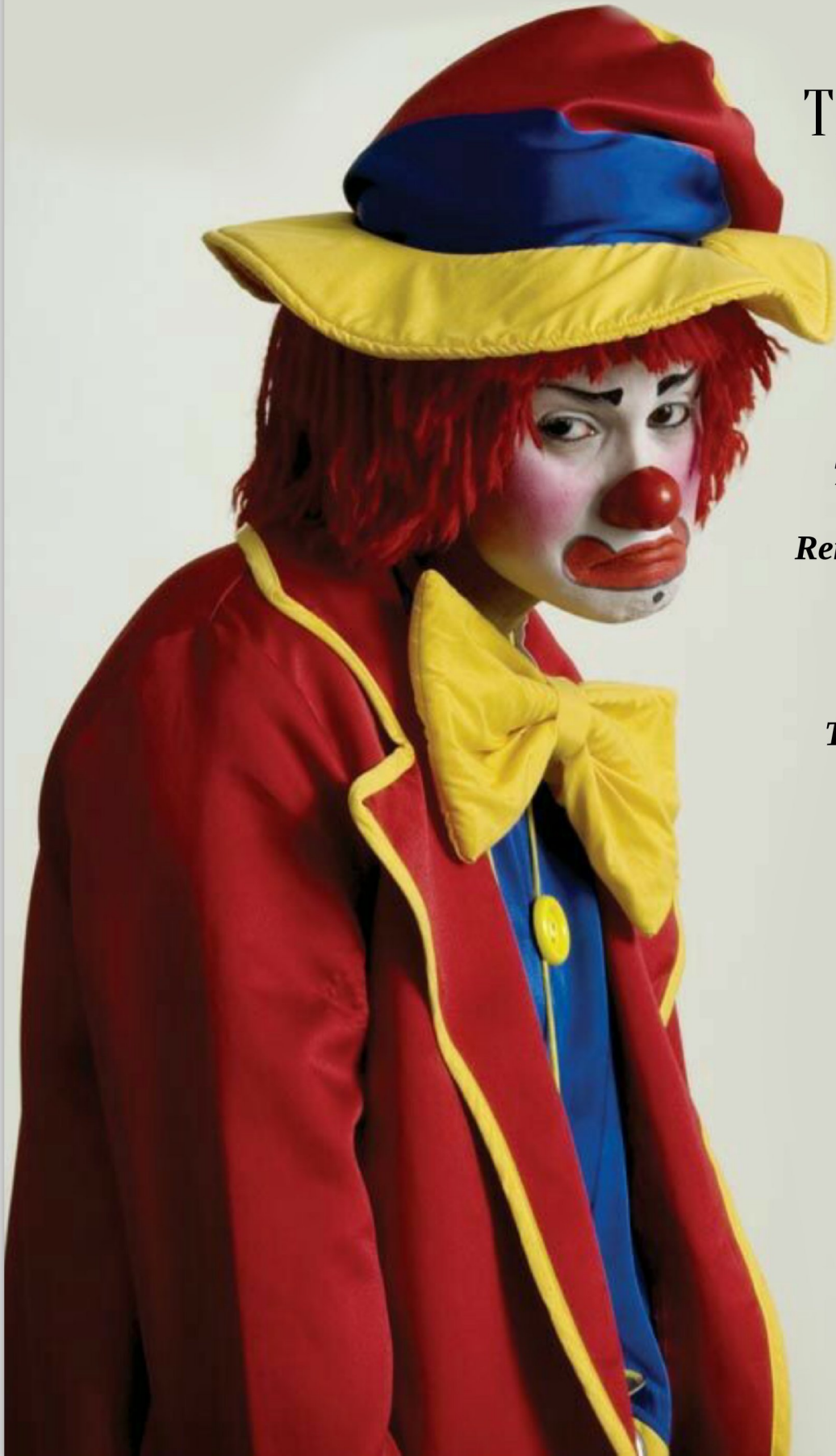
If you are suffering from any injury, that will affect your progress and the best way to make a training programme will be under the supervision of a Doctor or a Physiotherapist.

Age & Gender

If you do not have an experience of any training earlier then your age will play a role in your progress. This in no way mean that you will not make substantial progress if you start weight training late in your life, it only indicates that your training programme and intensity will be different and also the time taken to achieve your goals will be different which of course will again be dependent on your genes. As far as gender is concerned the training programme will be similar to achieve the desired fitness goals only difference will be in the intensity and the load to be used. A female can lift heavy weight as per her capability without worrying that she will start looking like a male for the simple reason that she does not have the required male hormone which helps in building muscle. Also a female body has more of slow twitch skeletal muscle fibre which means that her body is more suited for long duration physical activity with lighter weights higher reps and more sets.

In the next article I will explain the various training methods in detail to suit your body type. Stay tuned.





THE BACKSTAGE STORY

The crowd surrounded..

The curtains fell.

The Joker was applauded.

*Removing the makeup in the
vanity van.*

Faith claimed.

The mirror was only there.

Hey lonely soul !

*And his image reflected
back on the mirror.*

Destiny smiled..



By- Monali Bhuyan

You Are Enough

*Fed up of being good to everyone even
if when they were worse,*

*Perceiving how people can be nicest to
your face*

*Prattling gibberish beyond the
perimeters obviously with a morse.*

*Let people judge you let them
misunderstand you,*

Own faith in yourself and try to exhibit

What august you can really do.

*You don't need to be someone else's
universe*

To be able to see that you are a galaxy,

*You don't need to be someone else's
light*

*To detach the darkness not of
ignorance but of insanity.*



By- Silpee Parashar

SISTER

The Most Important Person In our lives



Written by -
Dr. Nikhita Nagar

Dental surgeon, cognitive
behaviour therapist
Director - Dr. Nagar' s
Dental and physiotherapy
center
Co- founder : Being Caring
NGO



If you were asked to name the most important person in your life, you may say your mom, your dad, or even your best friend. But don't ever underestimate the bond of a great sisterhood. Your sister may not be the first one to come to mind because the reasons she's important aren't so obvious. Her prominence is more subtle. Sure, she's your sister, and could even be one of your best friends, but she's so much more than that.

If you have a close relationship with your sister, you should feel so fortunate, because you really hit the jackpot in the sibling department.

Here are few reasons why your sister is the most important person in your life.

- She's Brutally Honest

Sure, the truth can sting sometimes, and you may rather just listen to your friends who politely say what they think you want to hear... but you need the truth. When it comes down to it, your sister only wants to help you.

You probably don't get that unfiltered, brutal honesty from anyone else in your life but your sister, and it's something you have an endless supply of.



- She's Been There For Everything

You and your sister grew up together. You may have hated having to share a room, or despised the fact that her room was closer to the bathroom, but she was always there.

Since you were kids, you knew she was someone to reach out to for all things, and it's still true through your adulthood. Your sis is like the awesome sidekick you can always turn to for help.

- She's Not Gonna leave you ever

Some friends come and go, but you can't get rid of your sister. She's forever a crucial part of your life.

Even as you get older, things definitely change. People move away, or you even start losing loved ones, but your sister will always be there for you and she wouldn't have it any other way.



- She's Your Closest Confidant Who Totally Gets It

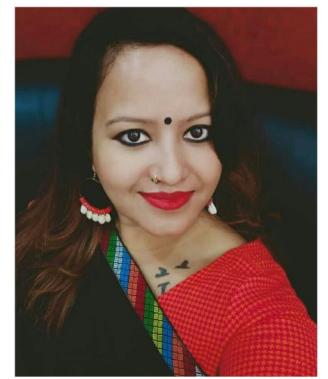
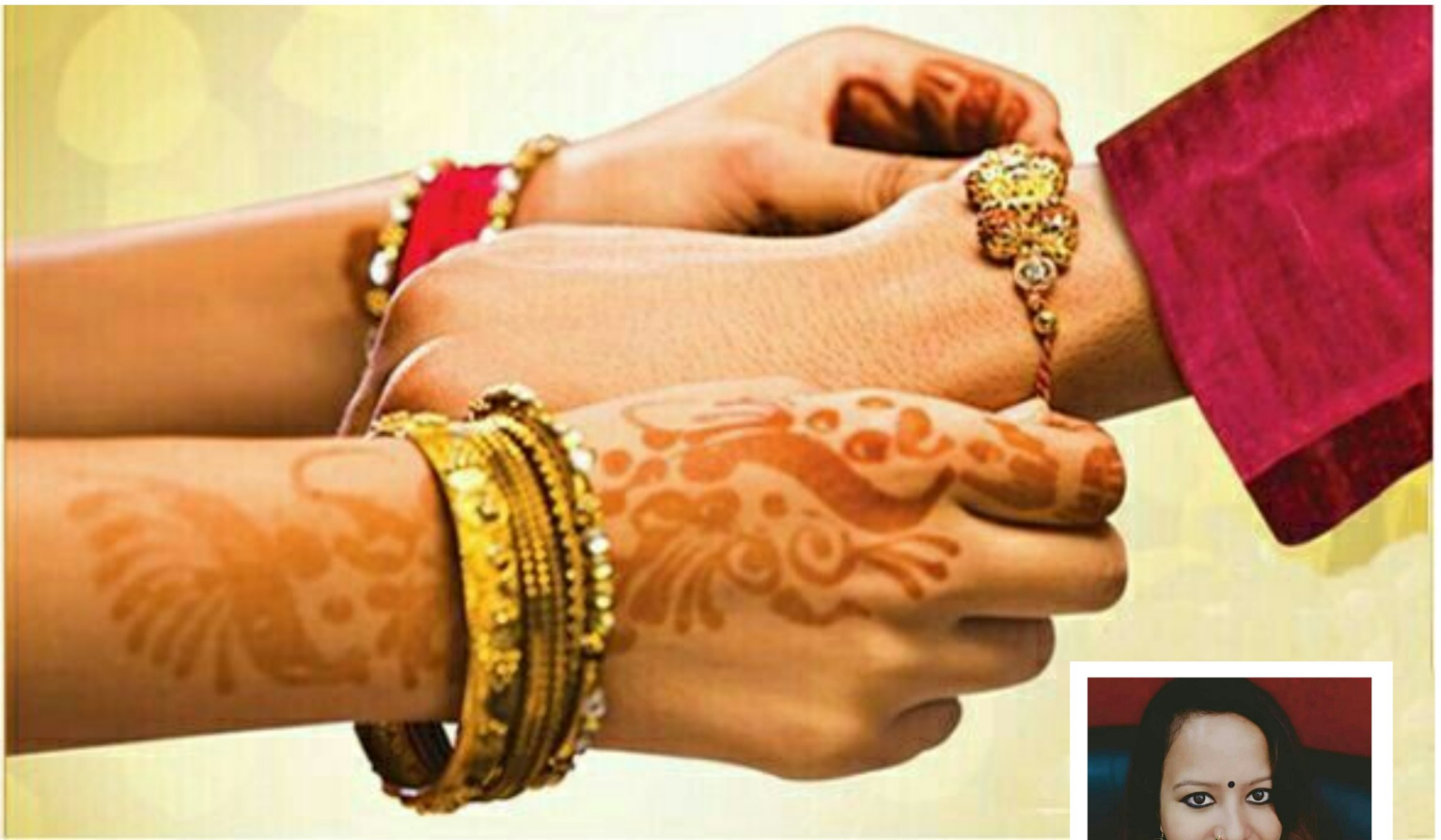
Where your mom might fail to fully understand things like dating apps, texts from the guy/gals you're talking to, or even Instagram, your sister always gets it.

When you need advice, you need someone who naturally can relate. Luckily for you, your sister totally understands and comes in clutch with the advice you were hoping for.

- She's Always On Your Side

When you're fighting with a friend, the other friends may try to be the peacekeepers. It can be frustrating. Your sister has no ties to anyone other than you, so she will always be on your team. She can be the ultimate soundboard whenever you're in need of venting time. Literally, talking to my sister has helped me endlessly, because I can get everything off my chest knowing she has my back. regardless of the situation.

You may take for granted all of the priceless reasons why your sister is the most important person to you. Sometimes, I forget, too. Don't make the mistake anymore. This Rakshabandhan, Let your sister know how much she truly means to you. A tight hug will do all the talking, no fancy gifts required. Go let her know how much you love her.



THE SIBLING STORY

Same Roots, Different Routes

Writer : Ankurita Pathak

“Siblings: children of the same parents, each of whom is perfectly normal until they get together.” -- Sam Levenson, American Humorist and Writer

When I was 4-year-old, my parents introduced me to a little pink bundle as my younger brother and suddenly my world fell apart. I began to wonder that my kingdom will now no longer be ruled by me. Suddenly everyone became busy with the new entrant and I started to feel insecure will the gradual lessening of attention. It has often been a joke in the family circle that I was almost ready to attack the little creature out of my way with my claws out.

Like many, this is how my sibling story began. But today it is perhaps one of the most enduring and dependable bonds of my life. We still argue, we disagree a lot but we know that this relationship is our safe haven, at the end of the day. I particularly remember an instance, when I was hospitalized in Delhi. This was when we were both students, me in Delhi and my brother in Bhopal. The moment he got to know, he hopped on to a train from Bhopal, sat near the toilet and next I know that he is standing beside me, giving me the rock-solid strength to endure. Together, we handled the situation without even letting our parents know about it.

The most pertinent aspect of a sibling story is that it is mostly characterised by strong emotional connection, deeper understanding of each other, selfless concern and playing the role of an instrumental support system. All of these is possible despite huge individual differences.

My younger sibling is a total contrast in behavioural tendencies. He is the calmer one and I am the more hyper one. He is the quieter one and I am loud and boisterous. He is sparsely seen on social media and my life is incomplete without daily posting on Facebook or Instagram. We are at completely different tangents but when it comes to handling life in general, there are uncanny similarities. We may struggle through our differences often, but the comfort of sharing notes at the end of a stressful day is above everything.



According to the Encyclopaedia of Early Childhood Development, siblings are viewed as an integral component of family systems and as an important context for learning and development. Being a part of the same family system and spending most time together, there could naturally be an inherent sense of rivalry, control and disagreement too. The parents are often the referee in these sibling rivalries and eventually they set the children on a path of self-discovery, learning to solve own problems and in the process grow as strong and matured individuals.

This is from where we learn to fight our own battles and learn from our own mistakes. Eventually as we grow up, we need to constantly handle relationships beyond the family. We need to resolve conflicts with friends, peers, co-workers, with roommates amongst others. Sibling relationships are the basic learning ground for all these and more. It helps us with the ability to become patient, to listen, to understand, accept, acknowledge and find solutions with empathy.

The quality of the sibling relations is also one of the contributing factors of mental health in the later stages of life. According to The American Journal of Psychiatry, a Research shows that people who are emotionally close to their siblings have higher life satisfaction and lower rates of depression later in life.

In the Indian context, the sibling relationship is revered and forms a very sacred bond. Every year Raksha Bandhan is a celebration of this sacred bond and symbolises the purity of this bond.

Mythology exemplifies this bond with several stories. I am particularly intrigued by the story of brother-sister duo Ravana and Suparnakha. They are symbolic of a common evil, partners in their journey of death and destruction due to their thwarted egos yet bonded by strong, unusual bond of love, loyalty and protection—the Raksha Bandhan.



Any relationship needs nurturing. So does a sibling relationship. But the best part of a sibling story is that most part of it is effortless and spontaneous and it is likely to be the most long-lasting relationship in one's life.

In my opinion, a relationship of shared genes, shared spaces, shared upbringing and shared secrets, the sibling story is like a seesaw, hanging on the fulcrum of balance. It is messy at times but strongest of all.

In the book *The Sibling Bond*, Stephen Bank and Michael Kahn have very rightly said, "The sibling relationship is life's longest lasting relationship, longer, for the most of us by a quarter of a century, than our ties to our parents. It lasts longer than our relationship with our children, certainly longer than with a spouse, and with the exception of a few lucky men and women, longer than with a best friend."



Writer : Sunita Saikia
J.B. Law College, Gauhati

Here comes the day of siblings!!

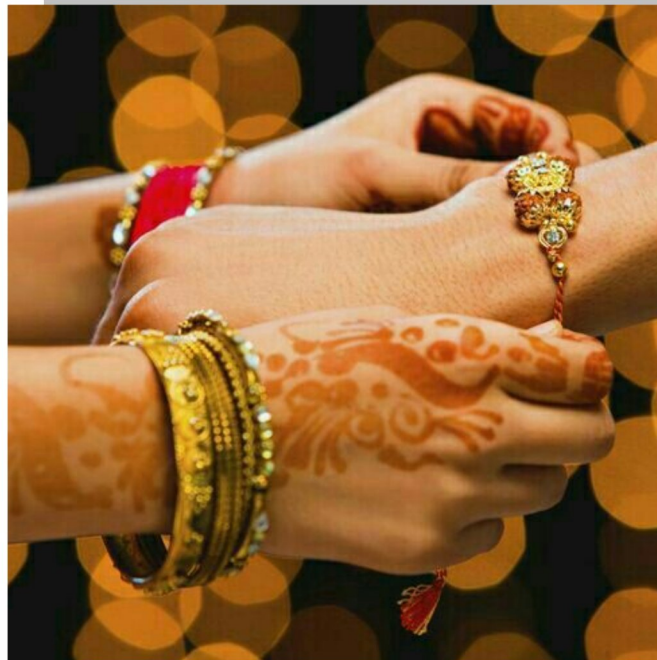
Raksha Bandhan - the eternal bond between brothers and sisters is given a good priority for its celebration on this auspicious day. It is celebrated every year specially in India, on Rakhi Purnima. On this day, in every household, it is seen that with a plate full of diyas, tika and sweets is used to do the 'Aarti' of the brother by his beloved sister and the Rakhi, which is already present in the thali is tied around the wrist of her brother in the hope of getting protected whenever in need. Then as a mark of love and respect, she is gifted something by her brother, specially something that she really adores. Nowadays, it's also seen that even girls tie rakhi to one another, as it symbolises gender equality and equality in strength. In my point of view, this is absolutely spreading modernity in thoughts throughout the country.



Interestingly, the first ever poem on Rakhi was written by a Muslim, named, Nazeer Akbarabadi in Hindustani language. The the last "band" (stanza), the poet fantasizes that he (a Muslim) would like to dress up as a "Bamhan" (Brahmin priest), with sacred thread and mark on forehead, so that he too can tie the

threads on the wrists of all the beautiful people around him. This led to a revolution towards the thoughts of people in ancient India when there were uncountable religious disputes. In urban India, nowadays, people irrespective of caste, creed they belong to, tie Rakhis whomever they feel a brotherly connection to.

Apart from tying Rakhis to the men and women in the society, there's also a practice of tying the same on the trees which are considered as 'Brothers' on this day. This is because of the fact that they provide us shade and shelter throughout the year and protect us by allowing to extract many benefits from medicine to luxury.



An endearing ritual is seen in some villages and also in urban India which is the practice of tying Rakhi to the statue of Lord Krishna in temples on Raksha Bandhan. This is usually done by women who do not have any younger or elder brothers in their houses. By tying the holy Rakhi they hope that Lord Krishna would protect them whenever in need as because to the extent our Holy books speak, Lord Krishna showed excellency in brotherhood.

Thus the bottom line is, without brothers, our lives are undoubtedly incomplete. Also, the care and protection that they can provide us is always incomparable. This day is a means where we can show gratitude and respect towards them as we are blessed with this lovely brothers in different Avatars!





TOMATO ONION CHUTNEY

A quick chutney to have it with rotis, parathas and with rice too.

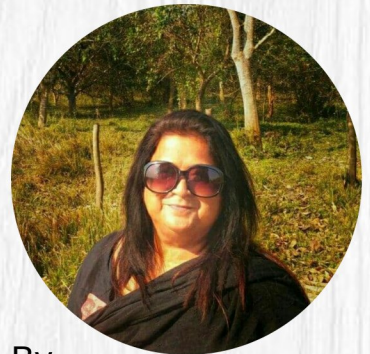
Ingredients

- 1 medium size tomato.
- 2 or 3 small onions.
- Small piece of ginger.
- Green chillies according to your requirement.
- 4or 5 curry patta.
- 1/2 teaspoon urad dal.
- Salt.
- 1 tablespoon mustard oil.

Method

Now grind all the ingredients together in a mixer grinder except the urad dal, curry patta and mustard oil.

After that heat the mustard oil in a pan when heated put urad dal and curry patta to it and stir for 2 or 3 seconds and pour the grinded ingredients to it and stir it in medium flame till the oil seperates from it. After that pour it in a bowl and serve it.



By
MONALI HAZARIKA

Caramel Custard Pudding



Ingredients required

1-1/2 cups sugar
6 eggs
3 cups whole milk
2 teaspoons vanilla extract

Directions

In a large saucepan, cook and stir 3/4 cup sugar over low heat until sugar is melted and golden. Pour into eight 6-oz. custard cups, tilting to coat bottom of cup; let stand for 10 minutes.

In a large bowl, beat the eggs, milk, vanilla and remaining sugar until blended but not foamy. Pour over caramelized sugar.

Place the cups in two 8-in. square baking pans. Pour very hot water in pans to a depth of 1 in. Bake at 350° until a knife inserted in the center comes out clean, 40-45 minutes. Remove from pans to cool on wire racks.

To unmold, run a knife around rim of cup and invert onto dessert plate. Serve warm or chilled.



I am

CHILKA KRISHNATREYA

from NE, Assam.

I am Food Blogger, love to cook different type of cuisine & food items and I have an instagram page named Reconcile Blogster as my Food Blogging Page. Am a Professional Dancer & artist and love to draw & make creative designs.



Admission Going on

Fcstudio.in

887-6490-887

?.. Learn Editing

- * Colour Correction
- * Skin Re-Touching
- * Raw - Processing
- * Shape Enhanced
- * Frequency Separation
- * HDR Toning
- * Noise - Reduction
- * Background Editing
- * Enhanced Lighting
- * Enhanced Exposure
- * Enhanced Quality



- * 1 High Sensitivity Key Board & Mouse
- * 1 Usb 3.0 Pendrive
- * Pro-Version Softwares

Hurry Up!
We have limited place

In Frame # Yugasmita Medhi
Makeup # Pranab Raj




Mafiz's Makeover
 STUDIO CUM ACADEMY


PHOTOGRAHY : UNIQUE BORAH
MODEL : SWEATA BASAK