

Mystic AURA

MAGAZINE

DECEMBER 2020
Vol. 10 / Issue 10

DECEMBER

Love

A poets view

Aura
exclusive

The multi- talented,
gorgeous and most
popular actress of
Bollywood from
Assam

CHRISTMAS
EVE

Giving love and
happiness to all

Warmth of
DECEMBER

CHRISTMAS is the reason for the season

www.mysticauramag.com



GITALI PATHAK DEKA
Proprietor and Editor-in-chief

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



MRIGAKSHI D BHARALI
Copy Editor

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

- Mrs Global Universal 2019, 1st runners up, COLOMBO, Sri Lanka.
- Mrs Globe India, northeast 2019



SANTANU BAISHYA
Chief Managing Editor

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

OFFICE ADDRESS

H.N. 02, Brindaban path
Guwahati- 38, Assam

Phone: +91 8638684096 /
8638212231

Mail:
mysticaura.fashion@gmail.com

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ON THE COVER KIDS



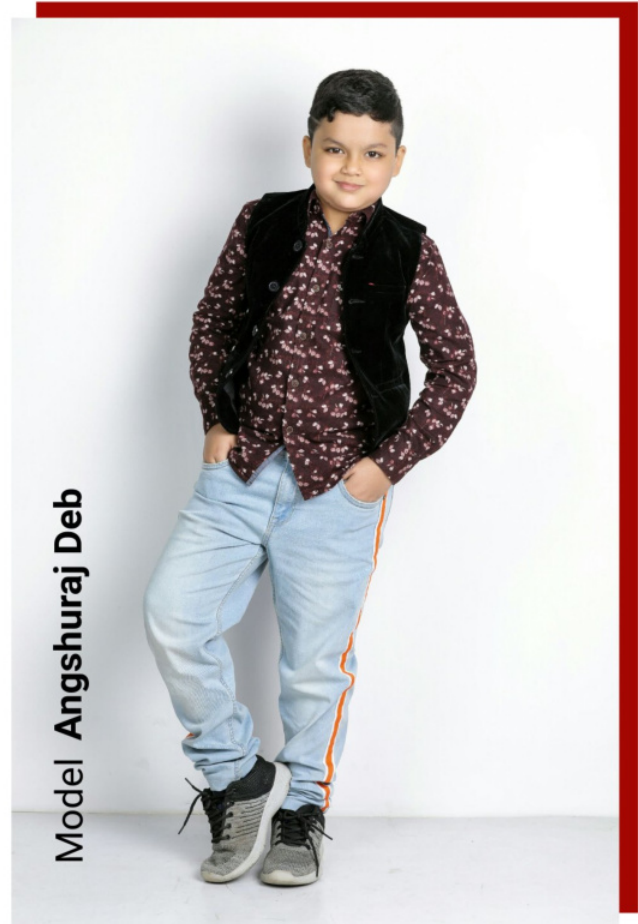
Model Aarhi kalita



Model Meharpreet kaur

PHOTOGRAPHY BY
UNIQUE BORAH

CHRISTMAS, its not about presents or gifts nor about Santa, its about the spirit of joy, birth of JESUES, spreading the source of happiness to others and lighting ones life and remembering it as a special day.



Model Angshuraj Deb

EDITOR NOTE

All must be waiting for another beautiful issue of Mystic Aura. Every month we have been trying to put our best possible efforts 'for a' better than the last best' issue. Within these few months we are thankful for the amazing response from our readers.

Mystic Aura's December issue is on Christmas. It is a festival that is equally lived and cherished by kids and adults. Christmas definitely teaches us to practice kindness and love towards each other and have a positive outlook about life in general.

Each year holds memories. December is the month when we reflect pleasantly upon our good as well as bad memories. With a new year, new ideas and energies come to life. Of course, resolutions aren't what make a new year. They are just a formality. The real trick is not setting the goal but having the resolution to do it.

2021 awaits with so many new ideas, concepts, designs and a very beautiful CALENDER.

I really hope that you have an amazing time going through all the pages of Mystic Aura.

This new year wishing everyone success, love, happiness and prosperity.

Regards

Gitali Pathak Deka

Editor-in-Chief



Contents

DECEMBER 2020

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- 6 **DECEMBER LOVE** By Monali Bhuyan
- 7 **AURA EXCLUSIVE** Parineeta Borthakur
- 10 **CHRISTMAS EVE** By Gary Lombardo
- 12 **BELT IT UP** By Prasantt Ghosh
- 15 **BE BEAUTIFUL** By Dietician Dipika Bhatia
- 18 **WINTER CARE MAKE-UP** By Chandra Rekha
- 21 **AURA WINTER TRENDS**
- 25 **AURA FESTIVE TRENDS**
- 26 **ECUADOR** By Sathya Vagale
- 28 **HEALTHY BONES** By Dr. Apoorva Nagar
- 31 **FITNESS** By Mr. Dharmesh
- 34 **NARI SAKTI**



DECEMBER LOVE

Cool air brushing through my hair
Kissing my cheeks made me alive.
Looking around I saw the foggy blanket
touching almost each and every trees
and plants.
Ah! It is december my love.
Pearl like dew drops a jewel to the
leaves.
Winter flowers sprinkling colours
making winter colourful.
December days are calm and beautiful.
Dusk approaches with seductive
softness.
The twinkling stars, the placid sky
adding it's beauty.
Yes, winter is beautiful
It is a promise that spring is on the way.



Writer: Monali Bhuyan



Aura

EXCLUSIVE

abyjit

Parineeta Borthakur

An amazingly talented actress from Assam who has to her credit many challenging and lead roles in television as well as bollywood films.

Team Mystic Aura is pleased to have a telephonic conversation with her.

• **You are a very gorgeous and fabulous actress as we all know. Would you like to share a little more about yourself?**

Well, I am not so career oriented kind of a person. But I love acting, I love singing and the other forms of art. So as long as I am doing something or the other related to creativity, I am totally fine with it.

• **Did you like acting since childhood? What attracted you to begin your career in the field of acting?**

Yes I loved acting from my childhood and I have done a lot of stage performances during my school days. I was also very active in my co curricular activities. Though I wanted to be an actor but I never use to tell anyone about this because I was very shy to tell that I wanted to be an actor.

• **You have also walked on many prestigious shows and a good singer too. So according to you which profession is more challenging?**

For me both acting and singing are challenging and interesting. I love both and I can't choose one.



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

These days I am busy with the project called Gupta Brothers on Star Bharat, Monday to Friday at 9.30. Its a very beautiful show. So I just hope you love watching it and liking it.

• **What is your view about fashion at present time?**

I have never been very fashion oriented anyways. I always wear whatever I like whether it is in fashion or not. But I have to tell you this that I don't believe in fast fashion. I don't believe in wearing things that just come in trend and go. I believe in sustainable clothing because I love my planet and I don't want to be a part of destroying it.

• Your message to the aspiring youths

My message to all the youngsters is that please have patience and trust because this industry is such that you never know when and where you will get what you have to get. Its like you know, if you have to get a role you will get it no matter what and if you don't have to get it you will not get how much of you try. But that doesn't mean that you will stop trying. Our work is to keep trying, keep doing our exercises, maintaining ourselves. Rest is upto God. Everything happens at the right time and we realize it later.



MIRACLE ON CHRISTMAS EVE



Writer **GARY LOMBARDO** Place: New Jersey,USA.

Lover of words, books, and ideas all of his life. Penned five novels and forty short stories. Writer of Christian and secular fiction, novels as well as short stories. He published his first novel, "My Friend Jesus" in 2009, and since then has published "Running with the Spirit," "The Demons of Fear and three other tales." "The Last Sermon," "Ten Great Tales of Suspense," "Mortal Obsession," "The Deadliest Gunfighter," and "Black Secret," and "The Thought Police."



It was Christmas Eve in Goodtown, and the Church of Jesus was filled to capacity. The choir was singing "O Come All Ye Faithful." On stage behind the pulpit was a Nativity display with wax figures of the Magi, Mary and Joseph, and baby Jesus in the manger. White wax lambs surrounded the kneeling humans. Illumination was provided solely by candles throughout the stone building.

This was the manner in which Christmas was commonly celebrated for centuries in America, but when a strange virus of unknown origin spread across the land two months earlier, liberal governors shut down nonessential businesses in their states, as well as houses of worship.

Believing it would help control the spread of the virus and save lives, Pastor Mark Fitzpatrick had kept the Church of Jesus shuttered for the past eight weeks; but when reputable infectious disease experts repeatedly asserted on TV that the virus was not virulent like had initially been claimed—no worse than a bad cold, actually—he realized that the progressive, godless mayor of Goodtown was using the “deadly” virus as an excuse to close churches permanently.

Enough was enough, Fitzpatrick had decided three days ago. And he had his secretary e-mail each of his 238 congregants, and inform them that he was holding Christmas Eve service at 7 p.m.

When Mayor Parker of Goodtown learned of Pastor Fitzpatrick’s plan, he dispatched the chief deputy sheriff to Fitzpatrick’s house with a terse written warning:

“Open your church,” it said, “and you will face immediate arrest and incarceration.”

The choir—four men, four women—stopped singing and seated themselves in folding chairs on the left side of the stage. Whereupon Pastor Fitzpatrick walked up to the pulpit with a serene smile, and said into the microphone, “Greetings in the Name of our Lord and Savior Jesus Christ. Fear no reprisal from fallen man, friends. For Psalm 91:11-12 says, ‘No harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways.’ ”

The service proceeded without incident, and at 7:42 p.m., Mark Fitzpatrick said, “Have a wonderful, Spirit-filled Christmas, and see you all this Sunday.”

Twenty minutes later, when Mark was climbing in his car, Brad Hill walked up—he lived directly across the street—and said, “That was some display of might, Pastor.”



Mark furrowed his brow. “What do you mean?”
“You didn’t see what happened?”

“No.”

“A little while ago six cop cars pulled up to your church, but when they saw what they had to go through to get inside, they left. And so did the men.”

“Go through?” said Mark.

Brad nodded. “There was a phalanx of men in military fatigues surrounding your church,” he reported. “They were all wielding machine guns.”

Mark’s mouth fell open. Then, he closed his eyes and murmured, “Praise the Lord’s perfect Name.”

“Who were they, Pastor?”

Opening his eyes, Mark replied with a placid smile, “God’s mighty angels.”

Belt *it up*



By Prasantt Ghosh

Belts are a wonderful versatile accessory for the women with a waist and hip line that can be emphasized. The person with a narrow waist and hipline can select exotic colours and sizes and include large belts, buckles and dangling accessories. Never draw attention to your faults many times no one notices our perceived faults until you highlight them yourself. Commenting on your faults even jokingly can detract from your image.

To climb the ladder of success, dress as if you are already there one way to get that promotion you want or to be seen as an equal is to look like you belong. Start dressing the part and before long no one will expect you to be anywhere but the top. Individuality in clothing is important but not at the expense of your professionalism always keeps in mind the image you wish to portray. Eclectic mixes can be too detracting to clients and employers.

Dress accordingly when meeting with a new client; try to match their dress style as much as you can without compromising your own. This will make them feel more comfortable with you.

In India there is hardly any choice in selecting different kinds of belts but there are a few conventional store counters for the best designs. Many a times you may feel short of creative belts, you can always create different looks, for instance twist two contrasting coloured scarves and tie them over a basic blouse or dress to achieve an original look. Use antique fabric, ethnic ties, leather straps or other unique articles to make attractive accessories. Often having one multicoloured woven belt can work wonders with several outfits in your wardrobe. It is interesting to note that amongst the different accessories of leather, footwear alone accounts for nearly 60 percent of all leather consumption and leather shoes, made in India, are not only popular in the country, but have a good demand all over the world.



The women with a figure problem must give more time in selecting a belt. The way she selects a belt can help her in the waistline definition which in turn can help her to look slimmer.

Slim belts should be a part of every woman's wardrobe. These are narrow enough to slim into belt loops and add a finish to the waistline of a tailored part or skirt. Store your belts where they are visible and easy to pick out even if the collection is small. Maintain your leather belts as you do for your shoes. If a favourite belt needs a repair take it to the cobbler. Separate your collection of belts for casual, formal or party.

For large figures you can select blending colours and metal covered in self fashion. A belt with longer ends will provide a slimming effect.

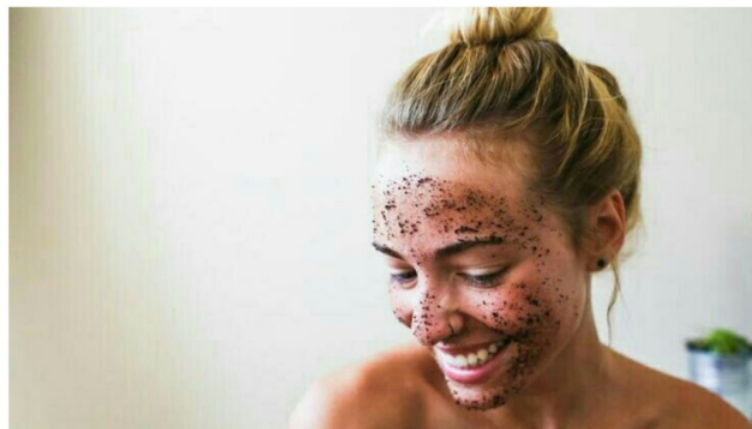
A belt should be comfortable, it should not be so wide or so tight that it causes flesh to collect and roll above it. Belts when worn with jeans should be larger than your waist so that they slide on the upper hip instead of fitting the waist snugly. Walk into any hi fi leather showroom and you will be amazed at the range of products crafted from leather coats, overcoats, waistcoats trousers, skirts, blouses, belts, buttons, purses, shoes, ties, wrist bands, headbands, gloves you name it and it's on the racks.



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



BE BEAUTIFUL AND CHARMING with simple home remedies



Coffee and Green Tea Face Mask

Apart from being used as a beverage, coffee possesses essential property, capable to treat skin problems.

Ingredients:

1 tbsp of green tea

3 tbsp of Coffee

Preparation Time: 5 mins.

Procedure:

First combine 1 tbsp of green tea and 3 tbsp of coffee to form a paste.

Now apply it over your face and then softly massage it for several minutes.

Now sit for 10 minutes and lastly wash it off.

How it works:

The antioxidants available in coffee assist to combat free radical damage, and the caffeine present inside it boost blood flow within your face to provide your skin a glowing look.

Repetitions: Twice or thrice a week.

Best time to apply: At any time of day.

Tips: Make sure to massage the paste with soft hand movements.

Avocado and Green Tea Face Mask

The face mask prepared using green tea and avocado can not only hydrates the skin but even nourishes it, improving overall skin health.

Ingredients:

1 ripe avocado (mashed)

2 tsp green tea

Preparation Time: 2-3 mins.

Procedure:

Initially combine 2 tsp of green tea and 1 ripe and mashed avocado till you get a smooth mixture.

Now apply the mixture over your face. Leave this paste on your face for about 15-20 minutes.

Now rinse it off using cold water and then pat your skin dry.

How it works:

Avocado possess ample of antioxidants. This fruit is too rich in B-vitamins and fatty acids which assist to moisturize and nourish the skin.

Repetitions: 1-2 times a week.

Best time to apply: In morning

Tips:

Take care to avoid getting the paste very close to your mouth and eyes.





Green Tea and Yogurt Face Mask

Yogurt is considered as rich in calcium, protein, and vitamin D. Hence, it works to moisturize, treat issue of acne, clear blemishes, and decreases sunburn as well as discoloration of your skin.

Ingredients:

1 tsp yogurt

1 tsp lemon juice

1 tsp green tea

Preparation Time: 5 mins.

Repetitions: 1-2 times a week.

Best time to apply: In night.

Tips: Make sure that you use yogurt which is not prepared older than a day.

Procedure:

First combine 1 tsp of yogurt, 1 tsp of lemon juice and 1 tsp of green tea, till you prepare a smooth mixture.

Now apply the mixture over your face.

Leave this mixture on your face for about 15-20 minutes.

At last, rinse this mixture off using cold water and the dry out your skin.

How it works:

Yogurt is known to be extremely very mild and allows your skin to relieve off any irritation.

Hence, it is works perfect for sensitive skin. In combination with yogurt, lemon juice functions to moderate sebum production while treating acne.

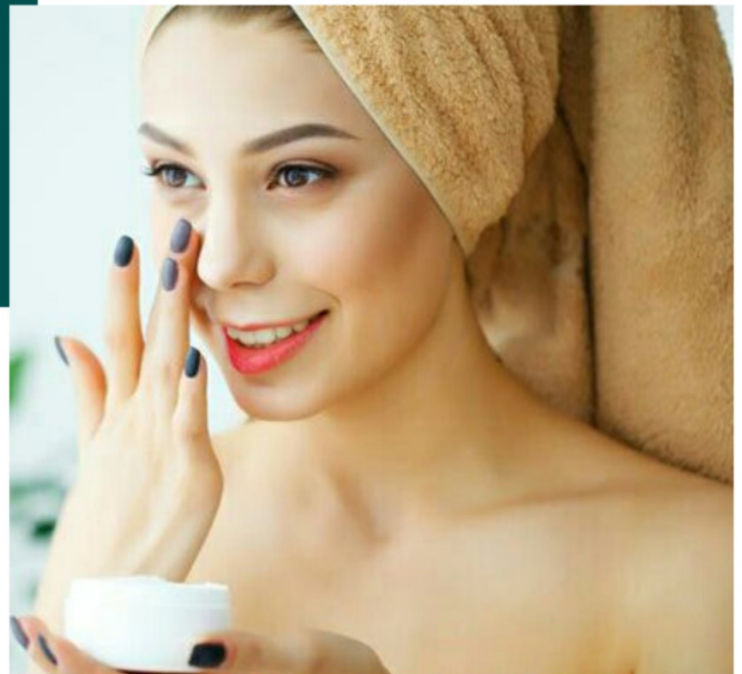
Dietician Dipika Bhatia

Director BBE Healthy .
Founder Aas Ek Prayaas ,
NGO. DELHI.



Winter care & MAKE-UP TIPS

For those of us whose idea of a winter glow doesn't involve getting off to a tropical resort, we have the happy task of adjusting our skin care and makeup instead to accommodate for the dry, cold, sharp air and punishing, even more drying indoor heating (fun). Flaky, dry, irritated skin seems to be the norm every winter and yet, still remains to look cute. Lucky for us, there's makeup. It's just going to take some tweaking to prevent it from betraying us by drawing attention to just how winter ravaged our skin is. Dare we dew? We do. We've enlisted the expertise of professional makeup artists to show us how we can use makeup to appear like an ethereal glowing angel in the depths of winter and none of them involve bronzer.



Don't skip on moisturizer

This is technically a skin care tip, but it's actually helpful to think of it as a step in your makeup routine because it's the best way to achieve a dewy, glowy complexion before you even think about busting out the highlighter. Spend extra time massaging moisturizer in to boost skin's natural glow, says makeup artist Nick Barose. Be generous with it, and don't forget your neck. In need of a good moisturizer? We've already vetted these Best of Beauty winners, or you can try any one of these favorites.

Know when to moisturize.

Be sure to moisturize when your skin is still damp after showering. This is the optimal time to give your freshly steamed and washed skin its much needed hydration. reaches for products such as Fresh's Vitamin Nectar Glow Juice Antioxidant Face Serum, which features vitamins C and E for added radiance.



Stay away from anything too powdery

Powder can make fair skin look duller, says Barose. Instead, he recommends using a moisturizing CC cream that's one shade warmer than your skin tone. Luminessence CC Color Control Brighten Moisturizer SPF 35 because it has a subtle reflective pigment in it. Another excellent option that contains sun protection is Supergoop's CC Cream Daily Correct Broad Spectrum SPF 35 Sunscreen.

Switch up your primer

I recommends using a luminous primer instead of a traditional matte one. The subtle shimmer in the primer will help give your skin that amazing glowing from within effect. With winter winds to worry about, we'll take any extra boost of glow we can get. Plus the primer adds another layer of hydration. Try the glass skin hero VDL Lumilayer Primer, Flesh Beauty's Illuminating Primer or Foundation Primer.

Stick to liquid and cream foundation.

The only thing worse than flakes is when your foundation actually highlights your flaky skin. I recommend a foundation with a creamier base, which glides smoothly over the skin. I recommend any of these 17 foundations made for dry, thirsty skin. In contrast, a matte formula will settle into flakes and dry skin, giving you a patchy and uneven finish. If you don't like your foundation too dewy, you can always set it with powder to dial down shine on your T zone areas.





And liquid highlighter, as well

For the most natural effect, I recommend applying a liquid highlighter with a damp Beautyblender sponge. On your face, he typically uses Beauty Fluid Sheer, a warm nude that's glow boosting without the potential drying of a powder highlighter. You can also try the Best of Beauty award winning Nyx Away We Glow Liquid Highlighter, L'Oréal Paris's True Match Lumi Glotion, or Kevyn Aucoin's Glass Glow Face.

Never stop moisturizing.

If you notice your skin getting dry or your makeup getting cakey throughout the day, keep a facial mist nearby to spray on a dose of hydration. Spray your face with a light mist of water to help set the makeup and provide a little extra moisture, Any one of these face mists will do the job.



By
Chandra Rekha
 From, Bangalore

A Esthetician & Skin therapist from Cidesco International Hair Stylist. Celebrity make-up artist.



Aura
WINTER TRENDS

Model

Sristi Bhattacharjee

Make-up by

Nitu Chakraborty Das



Aura WINTER TRENDS



As
Winter sets in it brings along with it lots of coloured festival which is a feast to the eyes for the people of the world and gives happiness creating positive vibes all over. Christmas, one of the most wonderful celebrations that is celebrated all over the world and that which reminds us of winter has stepped in and along with it nature changes.



Aura
WINTERTRENDS



Model **Jinti Doley**

Photography- Anup Baruah / Make-up- Shubhash Nanu

Aura
WINTER TRENDS



Denim cool
PHOTOGRAPHY

Model

Krisangi Hazarika

Address: Dhekiajuli Sonitpur
Assam

Aura

FESTIVE TRENDS



ETHNICITY

LIVE WITH TRADITION

MODELS: Chandana deka
Asfa Parveen
Krittika chakraborty
Bithika borah
Ambika das
Punam rai

COSTUME CURTIS: Porna Dey
MAKE-UP BY: Diya Das
PHOTOGRAPHY:
Rickey Kashyap

ECUADOR

The Republic of ECUADOR is situated in South America, with Colombia in the north, Peru in the south and calm Pacific Ocean to the west. The Galapagos Islands in the Pacific archipelago is a part of it. The name is derived From the word EQUATOR, which passes through the country.



SATHYA VAGALE

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

Quito is the capital and the currency used is U.S. dollars. Ecuador has a rich cultural heritage. The population is mostly Roman Catholic. Much of what is Ecuador came to be included in the INCA Empire, of pre-Colombian America. It is a major exporter of cocoa and petroleum.



The country is divided into three main physical regions - the COSTA (coastal region), the SIERRA (highlands) and the ORIENTE (eastern region). Spanish is the primary language along with a few tribal dialects.

English is rarely spoken. Ecuador is situated on a seismically active belt of earthquakes, volcanic and tectonic plate. And as it lies on the equator, most of a country has a humid climate, with heavy rains. The Sierra however is quite cold and windy. The Costa receives over 20 inches of rain a year. The Oriente is covered with tropical rainforest, and is part of the famous and vast AMAZON area.

Its in this zone that the famous Ecuadorian birdlife is rich, with over 1500 species of birds, which Include numerous varieties of humming birds, toucans, condors, parrots, tanagers etc. Its said that Though Ecautor has only 1% of the Earth's landmass, it has 10% of the world's bird species.



HEALTHY BONES THIS WINTERS



When the colder seasons start to come around, it can be easy to let go of your healthy living aspirations. It may become harder to motivate yourself to get outdoors to exercise (even more when it's covid scare), and it can certainly be more tempting to choose comfort foods over nutritious dishes.

Although it may be hard to do, taking extra care of yourself during this time of year is important for a number of reasons!



By
DR. APOORVA NAGAR

B.P.T ,M.P.T (Musculoskeletal orthopaedics)
M.D : Dr. Nagar's Dental and Physiotherapy

First of all, colds and flu are much more prevalent at this time of year – meaning that your body needs all the help it can get to keep your immune system function up. Secondly, letting your exercise schedule slide can make it much harder to get back into it when you are feeling up to it again. And thirdly, prioritising your physical and mental well-being is essential at any time of year!

Furthermore, taking care of your body through exercise and your diet is key to protecting the health of your bones. And this is something that deserves your attention all-year round.

EAT WELL

One of the most important ways in which you can protect the health of your bones is with the food that you choose to consume.

Eating for strong bones is key to your ongoing health and wellness. Doing so can help to protect against nutrient deficiencies, which can cause the onset of certain health conditions.

calcium, vitamin D, and vitamin K are among the most important things to consider when eating for bone health. Adults should consume 700mg of calcium daily, and this is certainly possible with a balanced and varied diet.



Aim to include the foods on the following list regularly:

Soya Beans, Tofu, Nuts, Broccoli, Cabbage, Okra,

You can also opt for foods that have been fortified with calcium, such as plant-based milk alternatives and bread. Adults should aim to consume between 10 and 20mg of vitamin D per day and should aim to consume around 100mg of vitamin K per day.



EXERCISE OFTEN

If you usually exercise outside, such as running, cycling, or playing team sports, then it can be much harder to continue with these things when the weather outside is bad. Also, if you usually go to the gym to exercise, then you still might not feel up to it as the colder days can zap your energy and leave you feeling as though you need more time to rest.

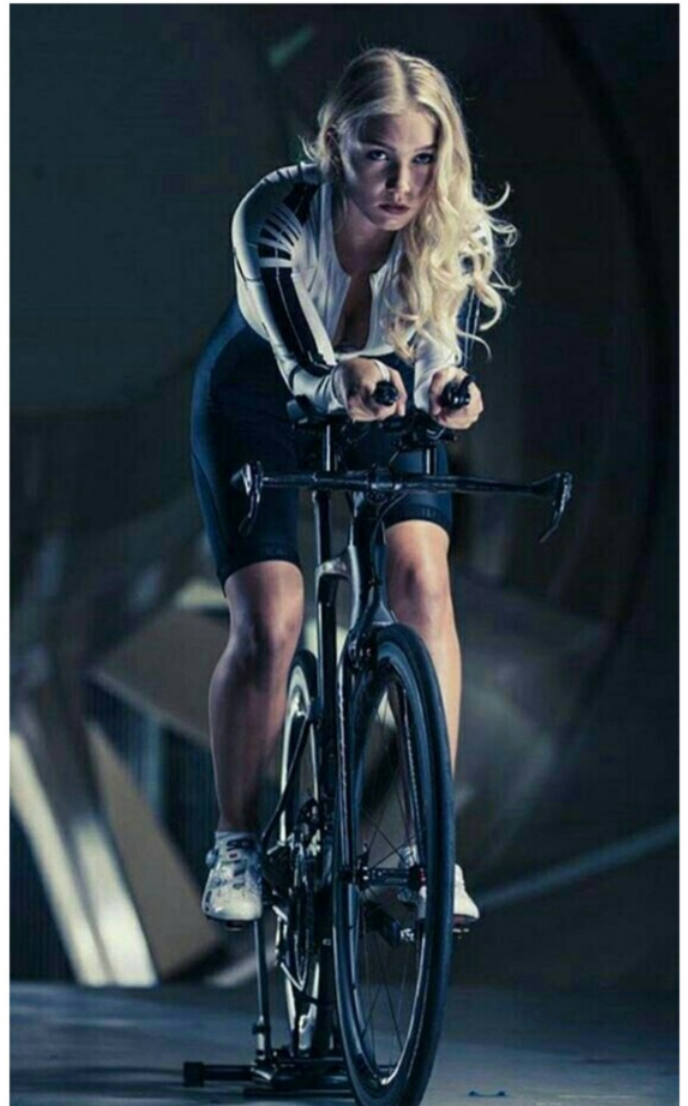
Exercising at home is a good solution to this, as it means you can still move and challenge your body without having to find the extra time and motivation to get outdoors.

Sticking to a workout schedule throughout the winter is important for your bones and your body. Physical exercise helps to decrease the rate at which the body experiences natural bone loss. Working to build the strength of the muscles is also helpful, and it's a good idea to do some kind of moderate - intense physical activity at least two or three times a week.

Good examples of activities to do are:

Walking, Hiking, Running, Cycling, Weightlifting, Gardening (such as digging)

The key here is to get moving and to find the level of exercise somewhat difficult.



STAY HEALTHY

If you are already aware that you have a bone condition or related health problem, such as osteoporosis, then taking extra care of yourself at this time of year is essential.

If you live in an area where you are likely to experience snow and ice, then your chance of an injury and accident is possibly increased. Making sure that you protect against this when you go out is important, such as by choosing shoes that are suitable for the weather and taking a walking aid with you if you know that you need one.

Getting an adequate amount of rest is also a good idea, as you may then feel more physically able to get on with each day.

YOUR BONES

Taking care of the health of your bones is really a simple combination of eating well and exercising often, and these are two things that you should prioritise always. Not just for your bone health, but for countless other reasons too! Also, remember, if you do experience a problem with your bones, such as a break or fracture, then it is important to get an accurate diagnosis and appropriate treatment as soon as possible. At Dr. nagar's Dental and Physiotherapy center we are specialists in treating bone-related health conditions, and you can contact us anytime to discuss a problem and book an appointment!

So we wish you a very happy winters, stay healthy happy and fit.



Weight training & fitness for women

Women fitness and weight training is a subject which is full of misconceptions and most women dread the thought of lifting weights for the fear that they will start looking like a man if they start doing weight training. Many women go to the Gym and most of them end up doing activities like walking or jogging on a tread mill or spending hours on elliptical or both. Some join group classes like Spinning, Zumba or Yoga. All in the hope to lose fat and become toned and slim. Yes these activities do help in burning fat and toning but to some extent only. Fat burning and muscle toning can be done more effectively through weight training without the fear of looking like men.



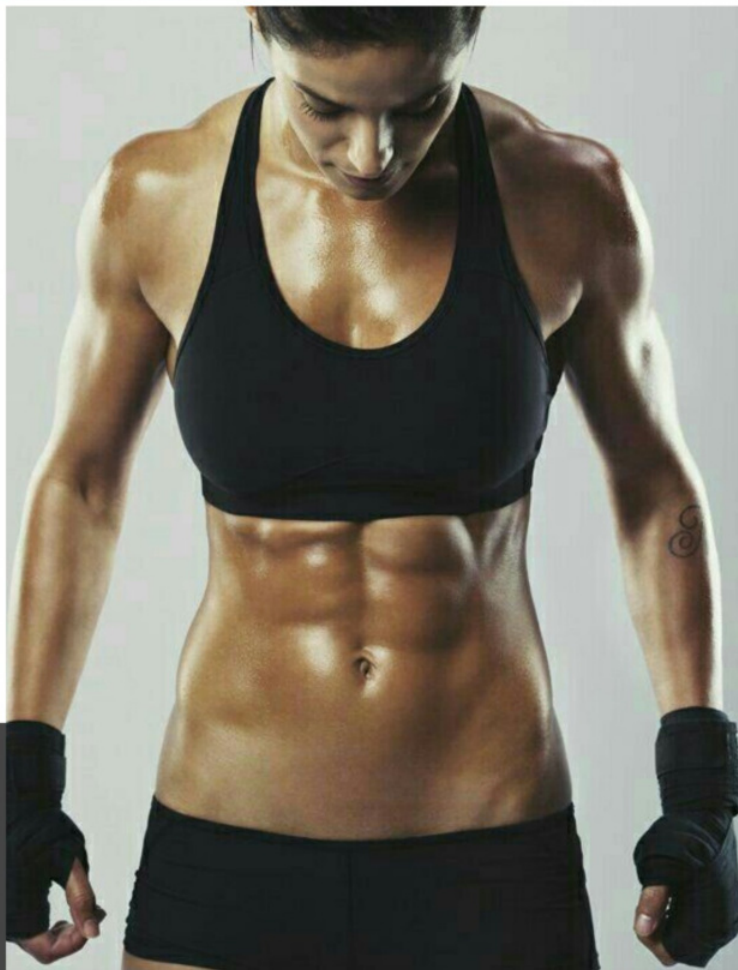
By **Mr. Dharmesh**

IBBF Mr Meghalaya 2019 (Champion of Champions)

Mr MP Silver Medal 2017

Mr Delhi Bronze Medal 2016

Fitness Consultant: Body Transformation
weight Loss & Fat Loss.

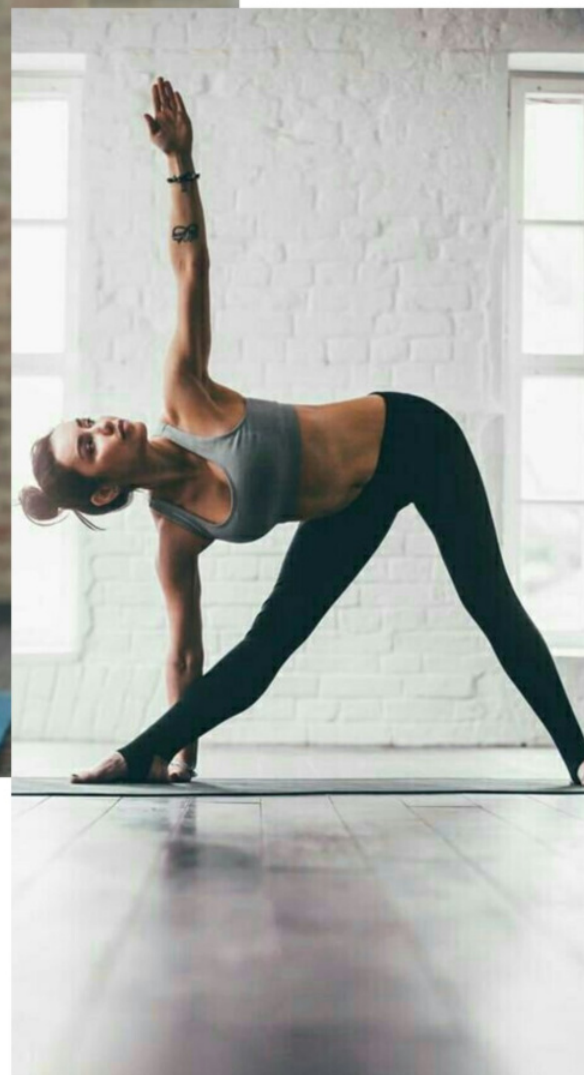
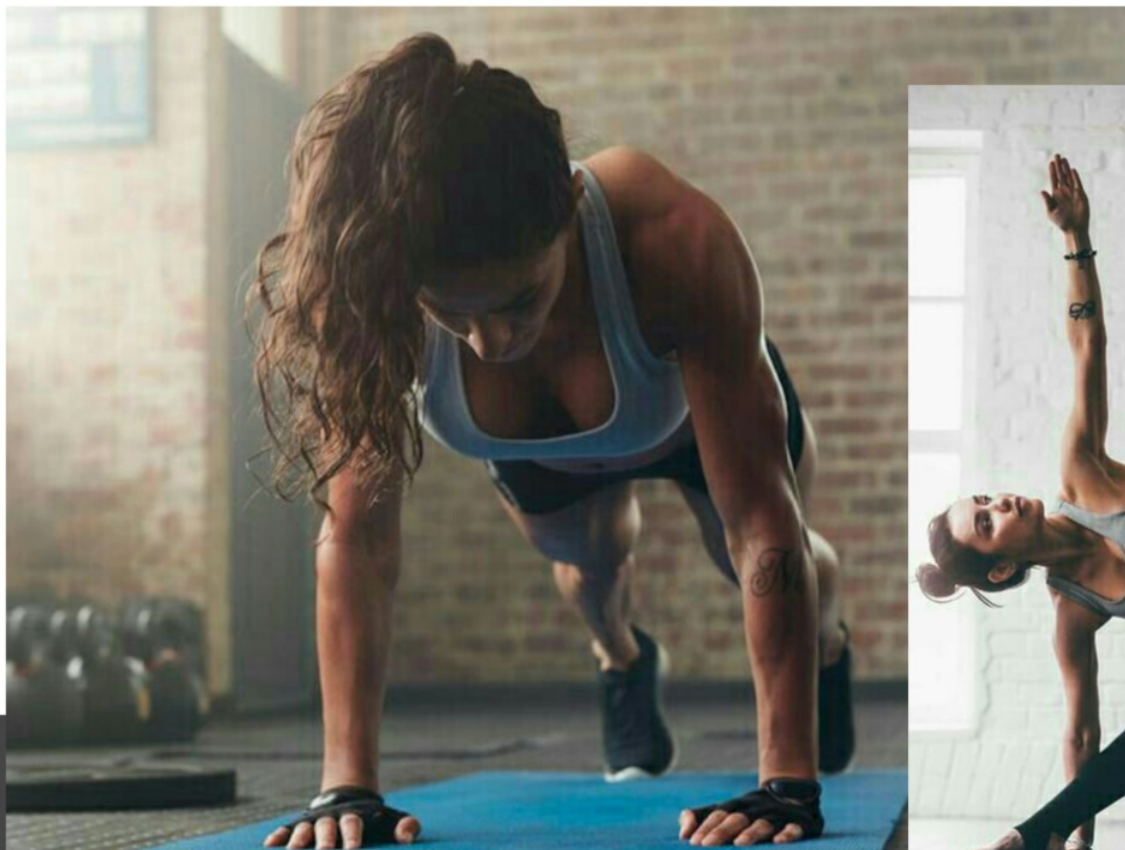


When they finally gather courage and land up in the weights room they get overwhelmed with people there lifting big weights and the first thought comes to their mind is "Am I in the right place". They look around and see some machines and after reading the instructions on them attempt doing something and find that yes this is manageable and keep doing some activity on these machines in all their sessions. Overtime they realise that even after spending so many months in the gym there isn't too much of a change in how they look or feel. If you have felt these in a gym then keep reading and next time when you land in the weights room you will be confident and sure of yourself as to what you should be doing.



It is all in the mind

First of all take out this thought from your mind that if you lift weights then you will end up looking like a man. You will not become a man by lifting weights for the simple reason that you do not have the hormones to build muscle which males have and on the contrary you will gain lean muscle which will make you look toned will improve your metabolic system which in turn will help in burning calories thereby making you lose fat from your body.



Activities to do in the Gym

Start by doing some warmup for 10 minutes of treadmill or cycling or elliptical. Next do a whole body stretching and activate the muscles by doing some muscle activation drills for that body part. After that do some mobility exercises for your joints. All these activities will take not more than 10 to 15 minutes. Now your body is primed up for proper weight training. Focus on compound movement lifts like squats, deadlifts, bench press, overhead press, barbell rows and pull ups. Master the correct technique with the help of floor trainers. Don't be shy of asking them how to do it. Every session of yours should have one or two compound movement lifts.

For example if you are doing legs then squats and deadlift are the two compound lifts which should form part of your legs schedule. Similarly if you are doing chest workout then barbell Bench Press or Dumbbell Bench press and pushups should be part of your schedule as compound movement lifts. In general keep two compound movement lifts and three isolation lifts in your schedule. Do two bodypart workout in every session one which involves big muscle groups and the other light muscle group. Example being chest and triceps and Back and Biceps. Make long term goals stay consistent and you will see your dreams come true.

NARI SHAKTI

DR. Namrata Sarma, founder and President of NARI SHAKTI an NGO, has been doing commendable service for the upliftment of women. Every year great initiatives has been taken which is really appreciable. Different projects are being carried out for women for their development that gives joy and at same time brings togetherness, unity among all working under one roof inspite of the fact that they all belong to different categories and class. NARI SHAKTI, the term itself has a deep meaning, teaches all women to embrace their power and march towards life's goal. In the true sense it teaches a woman to feel free to exercise their rights, be the equal members and be the voice of the society, raise the standards and be the best version of who they are. Women are empowered when their talents and skills get recognition and better appreciated for their hard work and efforts and is rewarded by giving AWARDS. This great step has been always carried out by Dr.Namrata, president of the NGO to empower the women of the society.

Recently an award function was held at Guwahati, ASSAM Press Club by the NGO to give awards to men and women in different categories for their contribution in different fields to celebrate the hard work which is praise worthy such that people are inspired and motivated to do more and more good work in life.

In short, women can bring about a change for the BRAHMA ASTRA is the women herself so they should make the best use of it and fly high.

By

Mystic AURA

