

# Mystic

AURA

NOVEMBER 2020  
VOLUME 09  
ISSUE 09

## GLEAMS

Dreams of a New Dawn

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# COVER GIRL

## DEBJANI DAS

Guwahati, ASSAM

I am a simple lady with an extraordinary dream, a lady of sunshine mixed with a little hurricane. A lady who never gives up. By profession I am an Educator in Sanskriti The Gurukul and a Model too.

Stepping into the fashion world was quite challenging, though I found it very interesting and rewarding at the same time. It is an enriching experience for me to know myself more, giving my best effort to each. Chasing my dream in making every woman realise that a woman can be a natural caretaker, a true leader, a lover and yes a queen too.

Make-up: Pia Sanyal.  
Photography: Bashistha Das

# EDITOR | NOTES



**T**ime changes and brings the transition to a new reality which is the proof of unity and love, bringing everyone together and that which makes a sea change in human life. MYSTIC AURA in this regard tries to reach its height of milestone, giving a better taste to the readers seeking goodwishes and blessings from all.

As spring follows after the fall of winter and embraces and enlightens nature with a new aura so is the month of November symbolizes the victory of Good over Evil. This month issue covers up mostly the festive variations of Diwali celebrations along with other topics as usual covering from beauty, fashion, health and so on but how can we forget the another speciality of this month that brings a grinned smile when we all think of it. yes, its CHILDRENs day.

**Mystic Aura team wishes everyone a very very HAPPY DIWALI and HAPPY CHILDRENs DAY to all the amazing kids of the world.**

**Regards & Love**

*Gitali Pathak Deka*

**Editor-in-Chief**

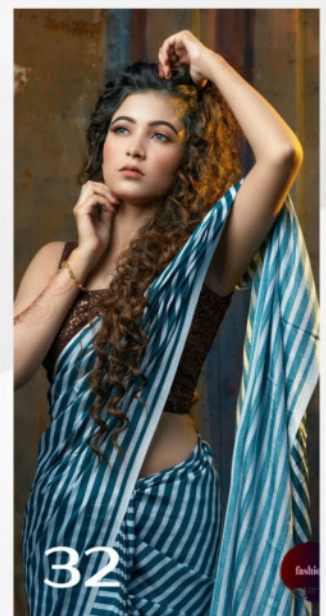
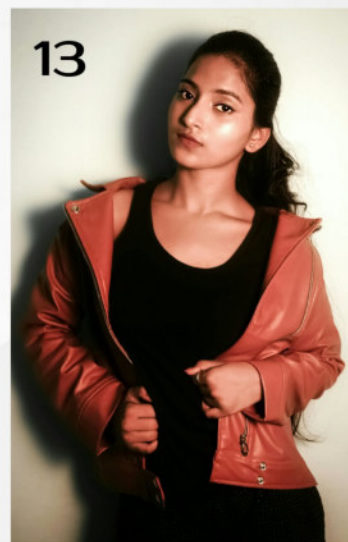
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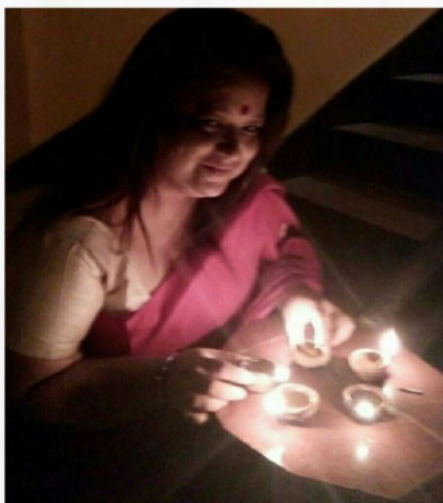
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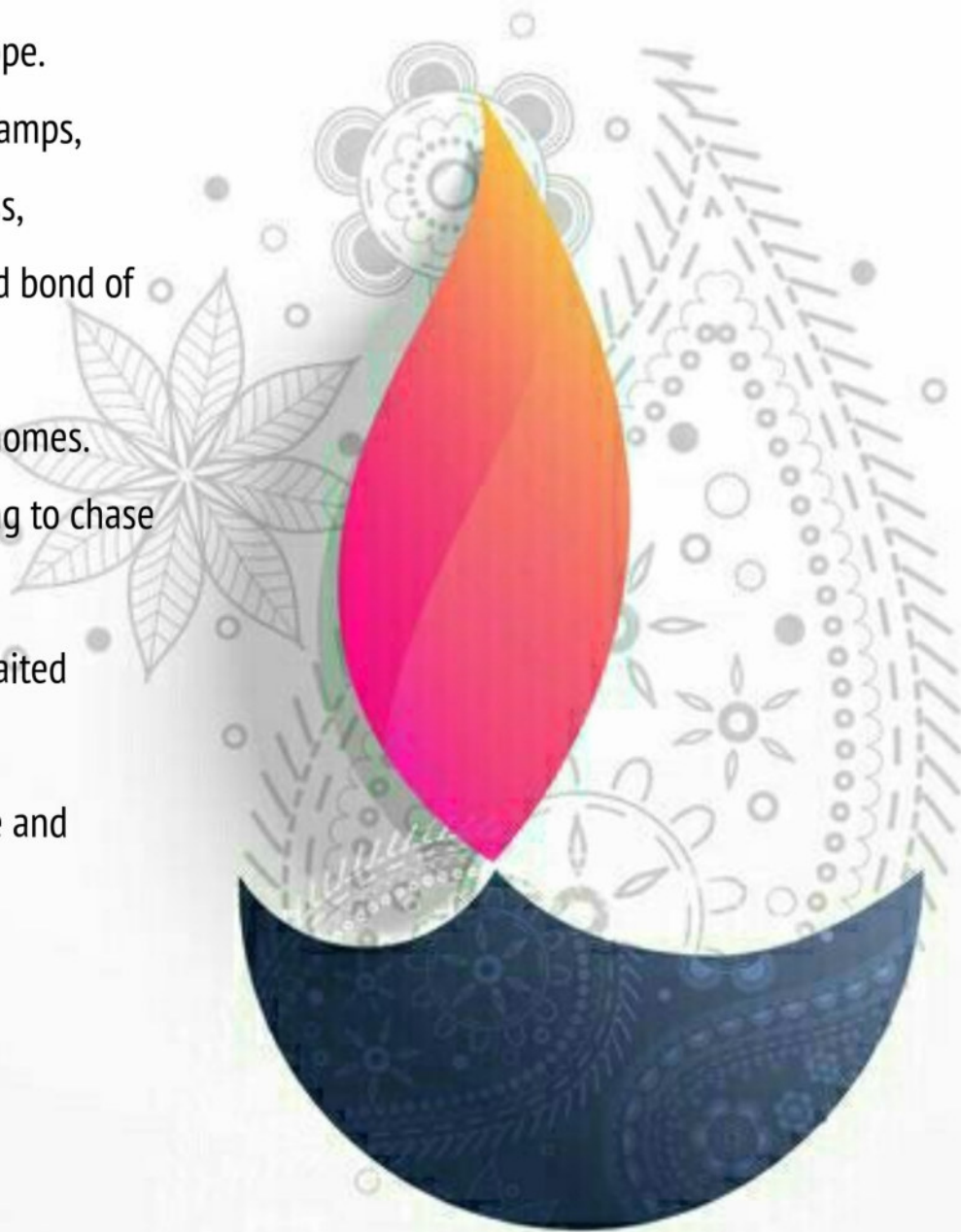


# ***DIPAWALI*** Ray of Hope

Every Indian's festival of joy and hope.  
Lighting the moonless night with lamps,  
To chase away poverty and darkness,  
We light lamps of hope, dreams and bond of  
love.  
Welcoming Goddess Laxmi to our homes.  
Let us lit the lamp of divine blessing to chase  
away the evil,  
And bring the change for much awaited  
tomorrow.  
A clean colourful tomorrow of hope and  
happiness.



By  
**MONALI HAZARIKA**





# AESTHETIC दीवाली

**D**iwali, the festival of light, is celebrated by Hindus, Jains, Sikhs, and Newar Buddhists, although for each faith it marks different historical events and stories, but nonetheless the festival represents the same symbolic victory of light over darkness, knowledge over ignorance, and good over evil.

It's good to see the shining lights hanging from the top floor of large buildings, people burning fire crackers and sharing gifts and delicious sweets with one another. But, there's some other stories from each household untold from

societies, a bit different from us. Faith always has a different story prepared for them. Thinking of these people makes us feel sorry for them, yes!! It's the poor section of people that we always witness in our society. It's really very tough to understand their livelihood and it's their sad reality, but festivals brings a lot of joy within each one of us irrespective of what we are, which class of the society we belong to.

It is seen that a number of people who aren't financially strong enough, seem to celebrate the festival

of Diwali with the same happiness and enthusiasm. They decorate their teeny tiny small traditional houses using easily available earthen lamps or candles. This makes a beautiful scenario to be enjoyed by any person from the society. They prepare their own traditional food and sweets and never hesitate it to share with their neighbors, family and friends and in the matter of gifts, it's observed that the blessings of the elders from their society is considered somewhat the biggest gift of all. Parents who irrespective of suffering from financial crisis, brings a good amount of toys, eatables, clothes for their children, spreading smiles

and gaining blessings and satisfaction. There's a lot to learn from this in my personal opinion. People who possess lots sometimes lack in sharing while those who have limited, has the biggest heart to share the limited they have. It's always good to see these people getting engaged among themselves, loving and caring for each other in every occasion.

“Diwali is more about the spirit of giving than receiving.”  
There are a lot of families who wishes to celebrate Diwali the way we do in our homes. Nowadays, it's seen many people who possess excess, donates lots to the underprivileged section of the society in







occasions like Diwali, it is also considered as a blessing to the donators as well as the receivers. Some real instances like, in November 2018, a father and daughter who brought the light of knowledge to several girls by providing their school fees, also ensured that 2,700 persons including the blind and senior citizens celebrate Diwali. This kind of noble acts are always welcomed and well appreciated, giving goosebumps and examples to the entire society. There are numerous people who do these kind of noble acts in occasions like Diwali. Even spending the day with this underprivileged section of the society on these special occasions can be very special to them.

To enjoy the utmost simplicity and depth of this occasion one must learn to see and share the happiness among the poor section of the society. This will help in celebrating Diwali in the most aesthetic way possible making the festival more grand and beautiful.



*Words by  
Sunita Saikia*

# FACE

OF THE MONTH

VISHNUPRIYA SURESH CHENNAIITE

FREELANCE MODEL

Bangalore, Karnataka





## • Tell us in brief about yourself

Myself Vishnupriya suresh chennaiite from Bangalore . Happily married and blessed with a princess. Presently working in Aposs Healthcare as head of human resources.

Modelling which was by accident I stepped in but now it became a part of my life . Otherwise I'm a fun loving lady to my surroundings and introvert with little attitude a good dancer,cook,sketch artist and a multitasker.

## • Why did you choose to pursue a career as a model

Modelling was just a one day decision were my husband encouraged me to participate in Mrs chennai in 2018 where I was one of finalist . He encouraged me to join in order to help me fight my anxiety depression disorder , low self-esteem and confidence . Now it has become part of life. I'm enjoying the phase cause I'm lively again.

## • Being a reliable model is of utmost importance. How would you describe your work ethics?

My work ethics is that I stick to what I'm comfortable in . Professionalism is very important for me and I strictly follow it and if it is there with the people who approach me only then I work with them.

## • If you weren't a model, what would you have liked to have been?

I'm already successful in my field of human resources. If not modelling I would have balanced my bharatanatyam career and would have become an entrepreneur.



• **Since you are from Bangalore, what do you know or like about Assam?**

Assam is a beautiful state which is known for its rich tea plantation and archeological sites. I still want to visit a few known places in assam especially the Kamakhya Temple, the Umananda Temple and the silk bazaars.

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

To all the aspiring models I would like to say to always remain focussed and determined in whatever they do. Mystical Aura keeps aspiring and encouraging new models and helps them live their dream in fashion industry. Also keeps empowering women and womenhood from all other fields. Best wishes to the team of Mystic Aura.

# AURA

## NEW FACE

### *Tisha Saha*

I m a model  
17 years old from Tangla, Assam  
I was inclined towards modelling from a  
very young age. I am a trained classical  
dancer. My parents encouraged me and  
helped to fulfilled my dream and that  
changed my life to what I m today.

Height - 5.8  
Weight - 47

Photography Rakesh Saha

# WINTER

## Hair Care Tips

**W**inter weather is harsh on all hair textures and types. Just like skin, hair needs protection from the cold to remain soft and healthy. Defend your tresses from arctic air, whipping winds, static electricity, and even indoor heat. You want to have lovely locks to show off when spring (finally) comes!



**TRY THESE 10 WINTER HAIR CARE TIPS TO KEEP YOUR HAIR IN GREAT SHAPE EVEN WHEN IT'S FREEZING OUTSIDE:**

### **Wear a Hat .**

It is important to cover your hair during the winter months to shield it from the moisture-robbing dry air, snow, wind, and rain. This is not the time to worry about dreaded hat hair. The elements dry your hair out, making it more prone to breakage.

Wool, cotton, and other fabrics can cause breakage as well, so make sure to line your hat with silk or satin to help prevent damage. Fight static electricity under your hat by using a dry oil spray. Dry oils are weightless and contain natural oils that moisturize hair, bringing back its shine.



### Buy a humidifier.

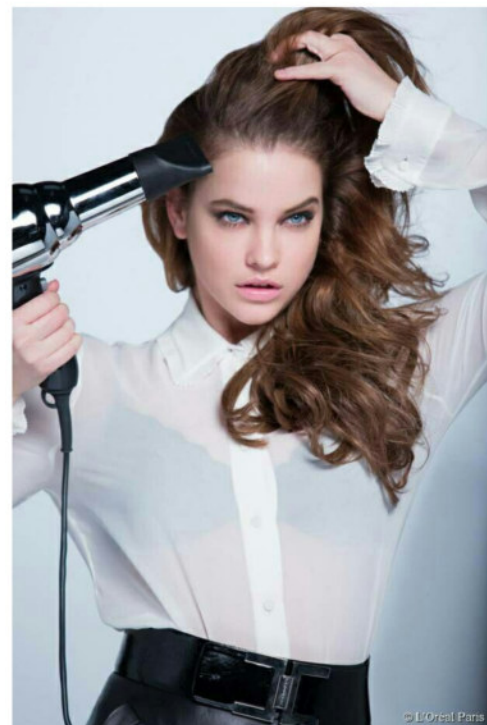
Want to know a surprising way to fight dry hair in the winter? Use a humidifier. Indoor heating causes the air in your home to become very dry, pulling moisture out of your hair. Humidifiers help rehydrate the air to keep your locks looking lustrous. lady receiving a hair trim.

### Lower the water temperature when you shower.

Even though a steamy shower might be just what you're looking for when the temperature is below freezing, hot water can zap moisture from your hair making it brittle and more vulnerable to breaking. Wash your hair with lukewarm water and follow with a cool rinse instead.

### Get regular trims.

Trimming your hair every four to eight weeks is a good way to maintain hair health and keep your locks looking fresh. Take a half inch off the bottom to reduce the chances of developing dry, split ends.



### Avoid heat styling.

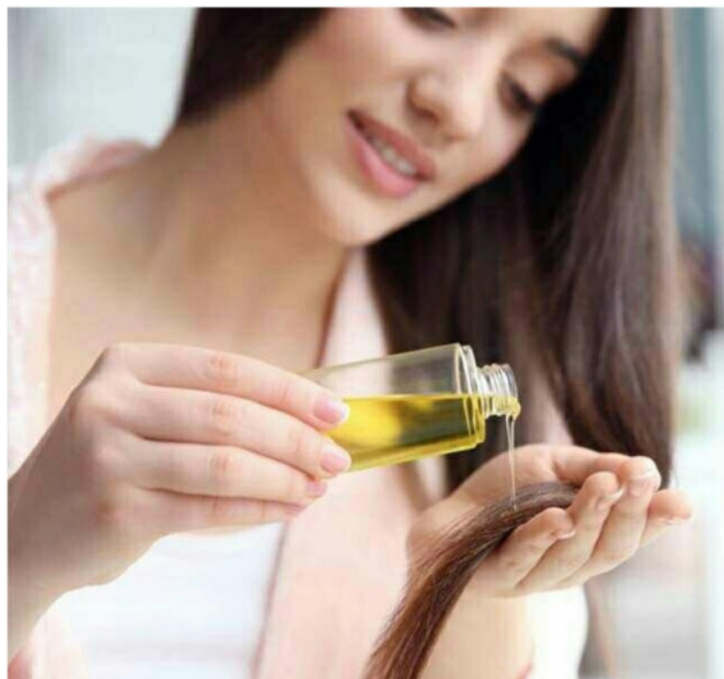
Allowing your hair to air dry is best. Blow drying draws moisture out of your hair increasing the chance of breakage. Heat-free drying helps keep your hair shiny and healthy. Short on time? Try taking your shower in the evening so your tresses can dry naturally overnight. Embrace your natural hair and air-dry whenever possible. When your hair is already delicate in the colder months, heat styling amplifies the issue and sucks the moisture right out of your strands. Refrain from straightening or curling your hair during the winter. Use this time to explore new styles like twists, braids, and buns. woman with wet hair.

### **Don't leave the house with wet hair.**

Wet hair is more vulnerable to damage than dry hair. Walking outside in winter with a wet head can cause hair to freeze and break. While air drying is best, it's better to blow dry your hair than go outdoors with a saturated mane.

### **Use an oil treatment.**

When winter wreaks havoc on your hair, restore moisture with an oil-based hair treatment. Choose a lightweight leave-in formula with argan oil to instantly revitalize dry, damaged hair. Apply nourishing hair oil at the ends daily to help replenish moisture and protect your hair.



### **Deep condition once a week.**

Moisturizing is the name of the game for winter hair care. Use a leave-in conditioner weekly to replenish moisture and combat the effects of hot styling tools, indoor heating, and cold winter winds. Static hair is a common occurrence when your hair is subject to cold weather. Keeping hair hydrated with a leave-in conditioner will help protect it. You may also want to try lightly swiping a dryer sheet over the fly-aways to rid your hair of static.



### **Commit to a weekly hair mask.**

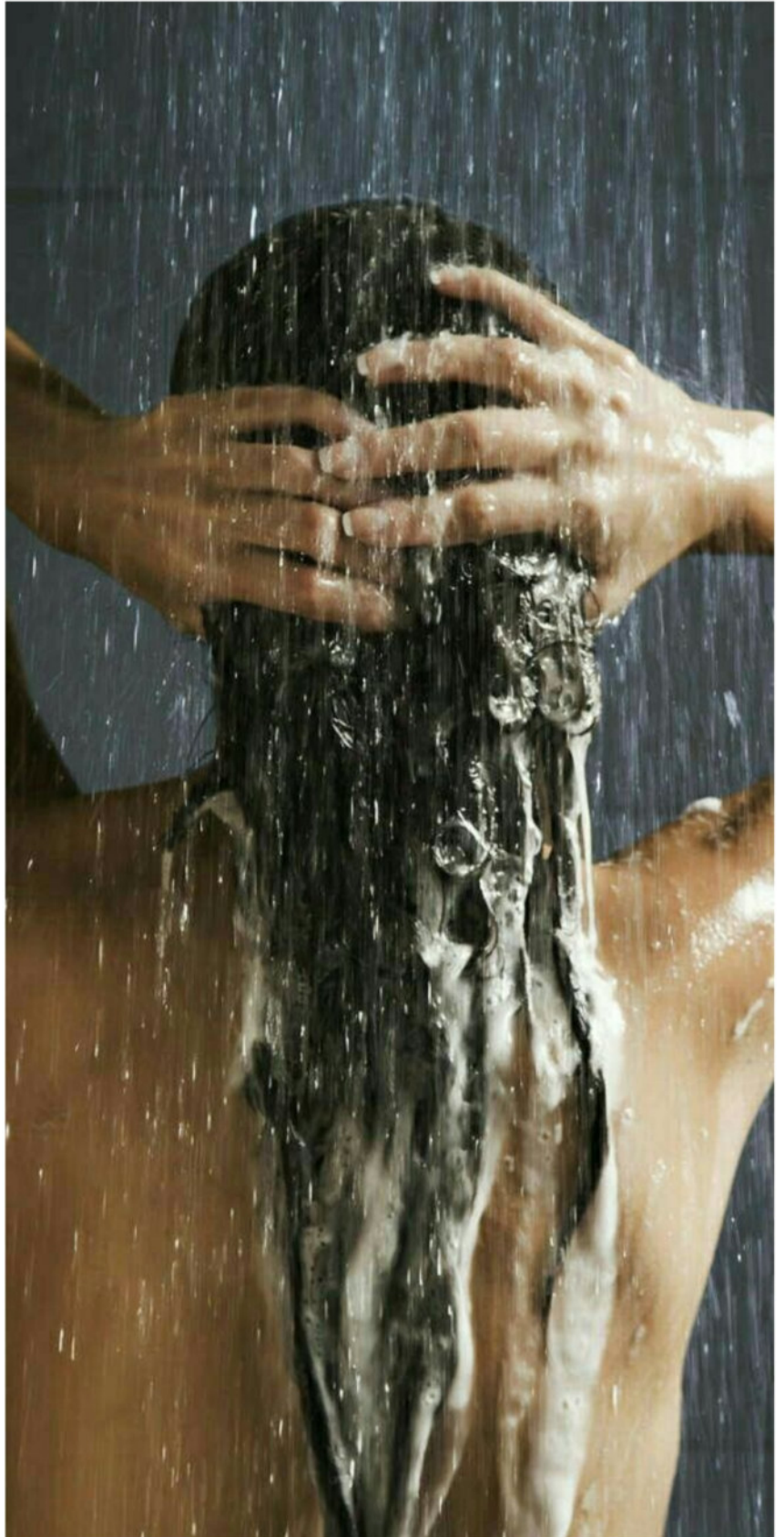
Just like weekly face masks are essential for healthy skin, weekly hair masks can make a significant difference when it comes to dry, damaged hair. They can reverse the effects of dryness while making sure your hair is protected at an optimal level all year round. Hair masks are quick and easy to use. They are packed with tons of hair health benefits and are effective in under 20-minutes. Hair masks offer benefits like softening, hydrating and adding shine.

### **Avoid frequent hair washes.**

If you're someone who washes their hair every day, it's time to switch things up. Over-washing your hair will strip it of natural oils that help to keep hair moisturized and protected. This is especially bad in the winter when those oils are much needed. Try extending the time between your washes as much as possible. If you typically wash your hair every day then switch to every other day. If you find your hair is still very dry, try every three days. Another way to help extend the time between washes is to use dry shampoo. Dry shampoo opens up the hair shaft and brings life back to your hairstyle. It will also keep your hair smelling and looking fresh.



By **Chandra Rekha**





**By**  
**Dietician Dipika Bhatia**

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

## Be beautiful and charming with simple home remedies -

**O**n this festive season everyone wants to look beautiful and charming but nowadays good and branded cosmetics is very costly and moreover don't know about originality so we have many kitchen ingredients which has no side effects and also no chemicals. Here are the solutions to look good and charming.

To maintain your skin healthy and damage-free, ingredients which are rich in antioxidants can help. It is known that green tea is considered as one of the richest sources of antioxidants. The face mask prepared by inclusion of green tea and many other ingredients has lots of skin benefits. Here are some effective homemade green tea face mask recipes.



## How to Prepare Green Tea Face Mask? homemade green tea mask

### Green Tea Face Mask

Initially open a green tea bag, then moisten the green tea leaves and combine with relevant ingredients in order to prepare a uniform paste. Now apply this pack to your entire face, and let it leave for few 20 minutes. Lastly, rinse it off using warm water.  
!!Matcha Green Tea Face Mask  
matcha green tea face mask

## Benefits of Green Tea Face Mask How to Prepare Green Tea Face Mask?

### Green Tea Face Mask

### Matcha Green Tea Face Mask

### Honey and Green Tea Face Mask

### Strawberry and Green Tea Face Mask

### Coffee and Green Tea Face Mask

### Avocado and Green Tea Face Mask

### Green Tea and Yogurt Face Mask

### Lemon and Green Tea Face Mask

### Egg and Green Tea Face Mask

### Oatmeal and Green Tea Face Mask

### Baking soda and Green Tea Face Mask

### Sugar and Green Tea Face Mask

### Benefits of Green Tea Face Mask

Green tea functions to detoxify your face and skin. It is essentially packed with anti-oxidants that assist to protect your body against free radicals. This helps to setback formation of wrinkles as well as fine lines. Catechins present inside green tea possess antibacterial properties that aid to decrease acne and also prevent breakouts. It has capability to remove impurities from the pores, toning your skin as well as works to minimize pore size.

The antioxidants present in Matcha green tea are useful for curing acne and enhancing skin elasticity. The present mask is very easy to prepare and let your skin feel like silk.

### Ingredients:

1 teaspoon Matcha Green Tea Powder  
1/2-1 teaspoon raw honey  
Preparation Time: 5 mins.

### Procedure:

First mix the honey and Matcha to prepare a paste. Based on the consistency of your honey, it is possible that you may require slightly more or less.  
Now spread the paste all over your face and neck by use of circular movements.  
Lastly, leave it on for 10-15 minutes and then remove using a warm and wet washcloth.  
How it works: Matcha is considered as an outstanding ingredient for the skin. Its epigallocatechin gallate (EGCG) property is useful in decreasing inflammation as well as evening skin tone.

Repetitions: Once a week.

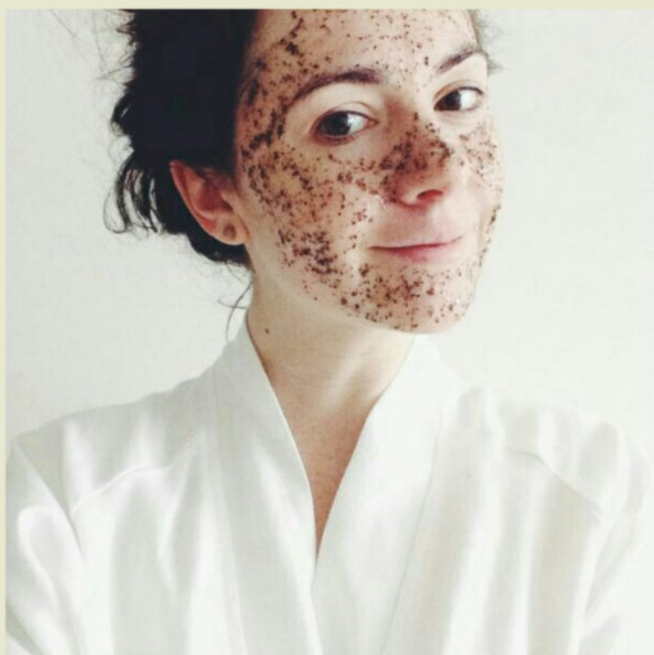
Best time to apply: At any time of day.

## Tips:

For getting a probiotic-rich variation, one can combine Matcha with plain yogurt in place of honey.

## Honey and Green Tea Face Mask

Honey is known to possess subtle bleaching properties which assist to lighten your skin and also work to fade blemishes. Besides that, it is an exceptional humectant, making it a perfect ingredient for dry skin.



## Ingredients:

2 tbsp raw honey

1 tbsp green tea

Preparation Time: 2 mins.

## Procedure:

First combine the ingredients until you get a smooth mixture.

Apply 2 tbspp of raw honey and 1 tbsp of green tea and apply the mixture onto your face.

# Dark Spot Corrector

Brightens dark spots and improves the overall tone and texture of the skin



Now leave the mixture for around 15-20 minutes. Lastly, rinse the mixture off using cool water and then pat your skin dry.

## How it works:

Green tea functions to reinforce the skin's antioxidant barrier and honey assist to restore moisture balance. The face mask too assists you to remove zits and exfoliates your face.

**Repetitions:** Once a week.

**Best time to apply:** In evening.

**Tips:**

It is recommended to take care that the mixture does not get very close to your mouth and eyes.

**Strawberry and Green Tea Face Mask**

Strawberry has capability to fight wrinkles and fine-lines. Also, green tea comprises of the anti-oxidants which aid you to treat issues of skin imperfections-aging, dark spots, pimples, etc.

**Preparation Time:** 5-10 mins.

**Procedure:**

First mash three strawberries and then add 1 tbsp. of green tea and 1 tbsp. of honey to make a paste.

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

Allow it to stay for 20 minutes and finally wash it off.

How it works: Green tea and strawberry face mask contains ample of anti-oxidants which assist to curb the aging effects. Besides, the natural face mask functions to clear all the fine lines and wrinkles.



**Repetitions:** Twice a week.

**Best time to apply:**

In morning.

**Tips:**

Make sure to use fresh strawberries only.

**Ingredients:**

3 strawberries

1 tbsp of green tea

1 tbsp of honey

# HATS OFF *GIRLS*



By Prasantt Ghosh



Hats should stay on your head and make sure your hat fits and will stay on even if it is too windy weather. A black hat will make a lined face look older. The colour of the brim will reflect on your face so choose a complementary colour for your skin tone. Choose a hat to suit you face shape if you have a small framed face a small to medium sized hat will suit you best. Make a big hat fit your small head, a hat that is slightly too big can be made to fit with adhesive hat inserts. These act like heel grips only thicker and give your hat a better fit. Match your hat to your shoes and handbag to complete your race look coordinate your hat shoes and handbag with your outfit.



**I**ts bright sunny weather and you do not want to miss going to the race ground or picnic, a picture hat should sit firmly on your head, these hats are not designed to sit on the back of your head like schoolgirl hats. If you can't see then your brim is too wide.

Short women will be most comfortable in upturned brims if you are short and your hat prevents you from making eye contact when talking then you could be in trouble. It is a very long day to be standing there with your neck arched back to engage in a conversation.



Avoid huge brims if you are going to be standing in a crowd. If you are not tall enough to look over the crowd your hat and your temper will be crushed by the end of the day. Make the most of decorations fascinators and flowers look best when worn off centre. Something perched square on the top of your head will simply look like it has landed there. Wear these items slightly off centre on your head. Make sure your hat style matches your outfit style. A traditional suit worn at the races looks best with a traditional hat.



Don't wear new shoes to the races unless you have hard feet or you will end up carrying them in your hand by the end of the day. If you must wear new shoes start wearing them before the day to soften them up.

Only carry what you need, it is pointless to stuff your handbag with everyday nonessential items. It makes your bag look bulky and you will need that space for your winnings. Things can get tight be prepared for everything too feels a little lighter by the end of a hot day in the sun. If you plan a full day at the races wear something that won't cut you in two before the end of the last race.



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# High heels and back pain



By **Dr. Apoorva Nagar**

BPT, MPT (musculoskeletal)  
MD- Dr. Nagar's Dental and  
physiotherapy center, Gzb



**W**e all know that a good pair of heels can elevate any outfit, but do they come at a cost?

Your feet impact how your entire body moves and functions, and your shoes affect that stability and posture, making your choice of footwear very important.

You want comfort, stability and support for proper alignment – but you want to look good too. And we all know high heels look good! (It should be noted, however, that flat shoes have come a long way in the fashion department!)



## The Negative Impact of Wearing High Heels

When wearing flat shoes, weight is evenly distributed throughout the feet.

High heels distort your natural balance by placing the heels above the toes, resulting in:

Extra pressure on the balls of your feet and knees, affecting stride length, walking speed, and gait, which alters your biomechanics. Even the smallest change in the foot can throw off your entire body's alignment.

The normal s-curve of the spine acts as a cushion or spring, reducing stress on the vertebrae. When wearing high heels, the shape of the spine is altered and you don't get that same shock absorption as you walk, which, over time, can lead to uneven wear on the cartilage discs, joints and ligaments of the back.



I'm sure you can see where this is going: the more years you wear high heels regularly, the more likely it is that you'll experience some type of pain as a result of wearing the high heels. Realistically, most women won't give up high heels altogether.

However, abiding by the following guidelines can go a long way in saving you from pain experienced by repeated high heel shoe-wearing:

1. Don't wear heels higher than 2 inches; the higher the heel, the more pressure on the ball of the foot.
2. Don't wear high heels for long periods of time during the day.
3. Don't wear high heels every day – switch it up
4. Stretch your leg muscles before and after wearing high heels.
5. Insert leather insoles to minimize slipping (if your foot is slipping around, it causes you to grip harder, which causes even more stress and pressure on your legs and spine)

**It couldn't hurt to try the above recommendations and see if your back pain gets better. For more details be in touch with us at Dr. Nagar's Dental and physiotherapy center.**



## The ramification of Technology and early **childhood Education**

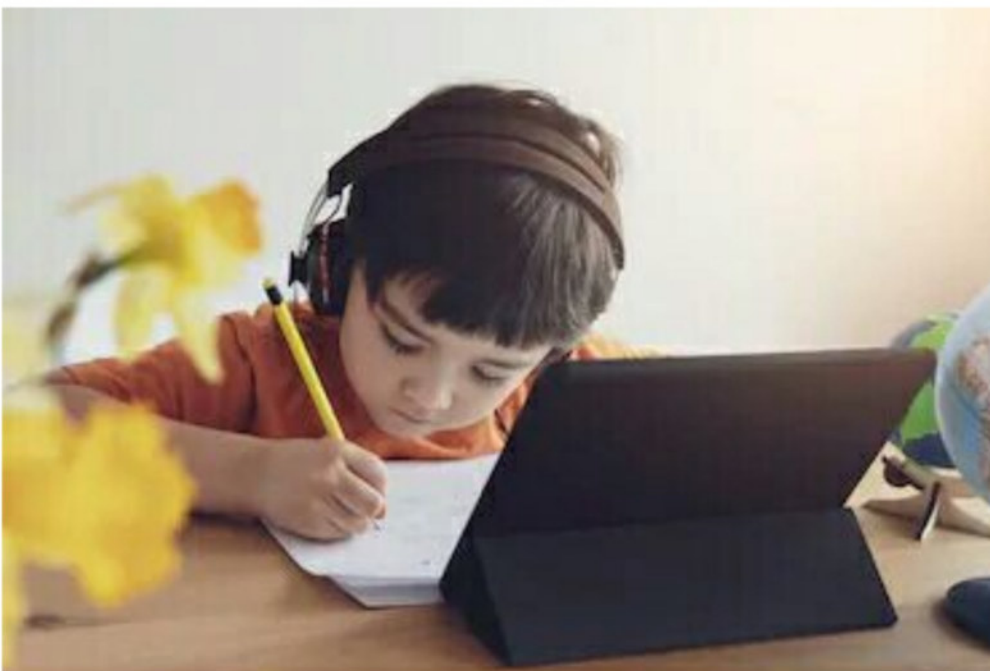


Over the years, technology has played the most crucial revolution in human kind. Technology is indispensable in our day to day life. Technology is a revolution, a game changer in every span or stages of human life in this modern world. Most importantly the utilization of Technology in school cannot be ignored. The impact of Technology on Education has greatly affected the way things are presented and taught in the classroom. But the paramount question is how much it is salient in the early childhood education?

As per psychology, early childhood is the period from birth till the age of six years hence it covering infancy, kindergarten and first grade. So, what are the pros and cons of use of technology in such a tender age? Lets discuss about some pros and cons of it. If we discuss about some positive points we can consider some development on motor skills. Swapping screen, pushing buttons, moving mouse are certain motor skills. These are some valuable or same type of workout they get from finger painting or doodling. Also, there are certain fine motor skills most importantly the hands and eye coordination as it will help them the way they learn to catch the ball activity. Also, Smart phones or computers can play another role of boosting up the enthusiasm in some children. It gives them ecstasy to now more about how it works. They are able to understand more about the teach cause and effect. Color identification too up to some extent. It also increase the IQ level in kids. As per the scientific research of American Cornell University, after research on 9000 students it has found out that the IQ level is higher in this generation compared to previous generations.



But there many psychological cons of using technology in the early childhood. Technology is only recommended for children if the daily use of device is under control, otherwise it can be harmful. Too much use of technological devices like smart phones, tablets and computers can cause a major concentration difficulties. It also minimize the Social interaction in children as they at times do not want to connect to the real world. It is limited the communication skills in children in early age. Children are also exposed to many scoopy cartoon characters in some videos which can cause them mentally aggressive and insecure.



Children are not cognizant to the difference between the real and imaginary can experience unfavorable situations such as fear of being alone and nightmares. Above all, it antecedent many health problems like vision problems, neck pain, distortion of skeletal structure of the body, arm, hand and finger numbness and overstrains. In addition to that the negative effects of technology on children's health are not limited,

they also can suffer of sleeping disorder. Remarkably, there are many negative impacts implies on children specially at the period of early childhood so what ought to be the education process and the syllabus for an early age? Many schools have been adapting different technology to get children engaged which makes things easier and help teachers to create a fun fill environment. Smart boards,, computers , smart phones are the tools and techniques implementing by most of all schools. A new trend of online classes egress exceedingly now a days. Children are forced to sit hours in front of the screen form a huge mental pressure on both children and on their parents too. The mind of children are not made to sit in front of a laptop for an extended amount of time and follow the instructions unlike adults. Online classes cannot be an alternative to classrooms.

Young minds are not things to be molded, but are people to be unfold. This is the time to nourish the little mind to explore to see how the planet functions. Let the young minds understand about the beauty of this planet. Lets impart the young minds the education of life, Every child is genius within but they need the environment where they can be groomed. This is where a school has to play the decisive role to molding, shaping and polishing the prodigies of tomorrow. School education is not just about teaching the kid a lesson just for sake of completing the syllabus. Every school should perpetuate a culture of experimental learning which is antiquated in todays syllabus as technology has overpowered . We should strengthen those little minds “what to think” not “How to think”. This enables them to keep thinking and maintain a keen observation for learning things for life. That what the purpose of education should be. Not only the schools, parenting also has to play the most crucial role in empowering children to explore. Moving along with technology is a welcoming



approach but chaining young children within a syllabus or book is not how education should be in early childhood. The word Education comes from Latin word ‘educere’=e-(out of) + - ducere (to draw) . Education is not just about putting information in, in fact it begins in the child heart. You cannot make people learn you can only provide the right conditions for learning. Lets us together work towards to expose those young children an atmosphere which expressly gets them on a track for bright tomorrow as all children are unique, develop their own pace in their own way !!!

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Writer **Momi Hazarika**  
IT Senior Analyst  
Delhi





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FESTIVE

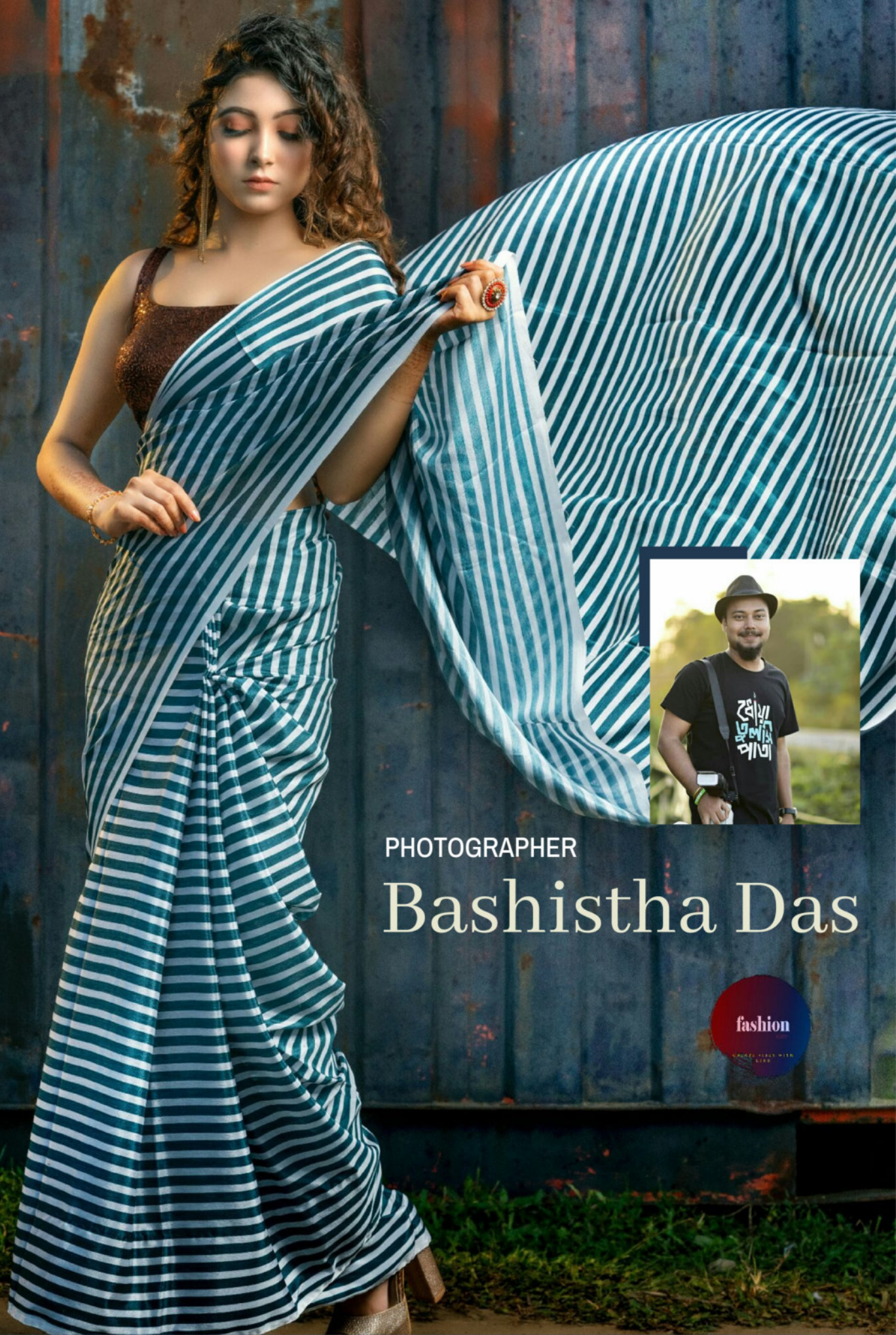
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# AURA Photography



PHOTOGRAPHER

Bashistha Das







# WORKOUT GUIDELINES FOR BEGINNERS

- Fitness is not seasonal it's a life style. To make fitness a lifestyle a commitment is required to be made to one self. With this as a backdrop in this article I will talk about how to embark on a fitness journey with a solid foundation which will later help you stay motivated and injury free.

- To start with, once you enter a gym or any place where you are going to start your workout the first thing you should do is warm-up and stretching. The second thing you need to do is to activate all the muscles that are going to get engaged in the activity. Once you have done this only then you should start your workout as such with proper loading.



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- Here I will list out few of the activities which one should do before proper workout

- (a) Double Glute Bridge (03 sets , 10- 15 reps)
- (b) Single Glute Bridge (03 sets , 10-15 ups each leg)
- (c) Crunches (03 Sets, 10-15 reps.)
- (d) Side Plank (Three sets with 1 minute hold each side )
- (e) Prone Cobra (Three sets 10 reps)
- (f) Body weight squats (3-5 sets, reps can vary )
- (g) Pushups (3-5 sets, reps can vary )

- If you do all these activities at the beginning of your workout, your entire body is now primed up for the activities to follow. For example, if you plan to do legs on a particular day then, after this schedule, your entire body is activated to take on the load, be it back squats, front squats or Goblet squats. Again for example on a particular day you plan to do chest , then also your entire upper body and lower body is now primed up to take on the load of bench press of various kinds. For days you want to do back workout your body is now primed to take on the load for bent over rows, dead lifts and pull-ups.



It is very important to understand how your body reacts to various movement it is subjected to. This initial schedule will exactly help you do that. It is very important to do these movements with correct form and technique so that later when you lift heavier loads your body moves in correct form. This will help you in staying injury free and with time you will become stronger and your mobility of joints well improve. Stay motivated, have patience and put in the required hard work and you will soon see yourself becoming stronger and fitter.



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# ICELAND

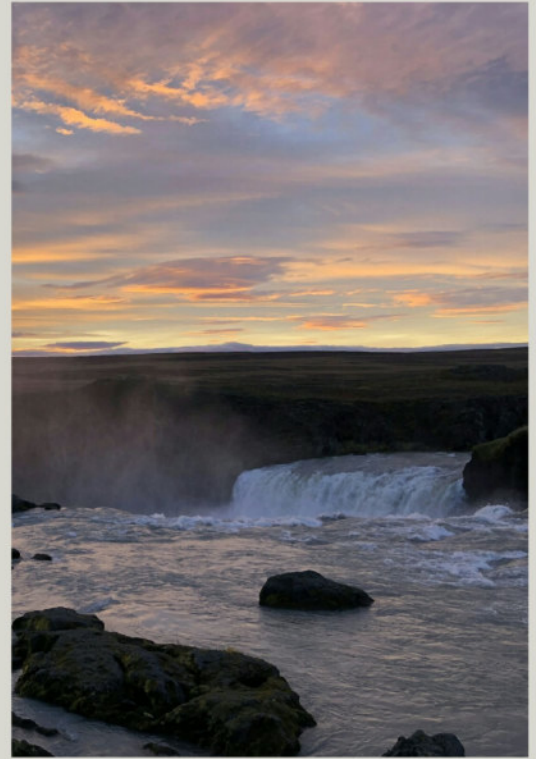
**ICELAND** is a Nordic island country in the North Atlantic Ocean, with a population of a mere 375000 people and an area of 10300 sq.km. It is one of the most sparsely populated country in Europe. It is well connected, but with limited flights from Europe and USA.

Iceland is volcanically and geologically active. The interior part of the island consists of a plateau characterized by mountains and glaciers. Many of these glacial rivers flow into the sea through the lowlands. Temperatures here varies from a high 31 degrees to minus 38 degrees.



The settlement of Iceland began in 875 AD, when the Norwegian settlers came here, primarily for fishing and agriculture. Today it ranks are the third highest median wealth per adult. Most of the population follows Christianity as a religion, and one inevitably comes across several churches, as one drives around the island country.

In Iceland one is never far away from waterfalls, rivers and lakes. Every few kilometres one comes across them. We visited at least half a dozen waterfalls, and there are over a dozen, we missed. Being a creation of volcanic eruptions, most beaches and soil is dark brown to black in colour.



Food consists of mainly fish, lamb and dairy products. It's said that Iceland has more sheep than people. It also has short but sturdy horses. There is no wildlife here, except the arctic fox, and an occasional polar bear that may visit from neighbouring Greenland.

Skiing, fishing, snow-boarding, ice+rock climbing are the sports residents involve in, when the weather allows it.

The highlight of our visit to Iceland, was watching the NORTHERN LIGHTS

(Aurora Borealis) from September onwards. Northern Lights are the visible result of solar particles entering the earth's magnetic field and enormous speed, and ionizing high in the atmosphere. They appear as dancing lights high in the sky and vary in colour.

The lights usually appear green, but occasionally also as purple, red, pink, orange and blue.

The houses are all centrally heated and are extremely clean and comfortable. It's that country that is worthwhile to visit and experience its varied landscape.



# The Color of LOVE



Lovers Cory Wagner and Raveena Dewan dolefully gazed out across the vast land with their arms tightly around each other. The setting sun—a massive, red-orange ball—shone between two snow-capped, purple peaks on the far horizon. The verdant, undulating valley was dotted with huts and bungalows and rectangular fields of corn and wheat. The air was cool and still. Hundreds of birds sang gleefully in the trees behind them.

“It’s so sad it’s come to this,” Raveena said in an ethereal voice. “We tried to show by example that love transcends race and color.”

“Yes we did,” Cory agreed. “But we were despised wherever we went

because I’m white and you’re dark.”

“What’s the different what color our skin is? That I’m Indian and you’re American? Love is love! And ours is intense, genuine, and eternal.”

Cory turned to his woman of two years, held on to her small waist. She wore a turquoise sari. Her straight, luxurious, jet-black hair cascaded halfway down her trim body.

“Across the globe people hate without reason,” Cory rejoined. “And they’re getting more hateful.”

“Love is blind, should be blind,” Raveena put forth.

“The problem is, you can’t pass a law and make people love each other,” Cory said. “And when someone asks me, ‘Why can’t people just get along?’ I answer,

'Because it's a matter of the heart. And man can't change his heart. Only God can.'

Raveena cupped her small hands around his kindly visage. "You're so wise my darling."

"And you're so loving and kind."

"Nothing will ever separate us from each other."

Cory grasped her hands and kissed them. "You're the most beautiful thing in the universe."

"So are you, my love."

Cory ruefully sighed. "Maybe someday interracial couples will be openly accepted and be able to live anywhere they want in peace."

"Maybe," said Raveena. "But till then, the world's not yet ready for lovers like us."

He gently kissed her full red lips. She hugged him, then pulled back and said, "I know where we're going will be beautiful; it's just a shame we can't stay here."

"We would if we could," said Cory, "but it hurts too much."

Raveena made a sad face.

"Ready to leave here?" he asked.

"More than ready," she replied.

The couple turned and faced the horizon. The birds stopped chirping. Preternatural silence fell upon the forest. The sun had just slipped below the purple mountains. Above the twin

peaks, a thin mass of clouds, reflecting the red-orange rays of the sun, had aggregated into the shape of a human heart.

"Look at the heart, Cory!" Raveena cried, pointing to it. "Look how red it is!"

"It's the color of love," he calmly remarked.

She serenely smiled. "That's where we're headed—to a place where there's only love."

"I can't wait to get there," he said with the same smile.

She grasped his hand—he squeezed it—then, they cast themselves over the edge of the mountaintop, struck the rocky ground far below, and lay side by side as if they were sleeping—still clutching hands, and still smiling.

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