

# MYSTIC AURA



*Magazine*

VOL 02 | ISSUE 14  
APRIL 2021



**Diet**  
For  
working women

**Spring**  
what to wear

**Silk**  
Pride of Assam

Aura Exclusive  
**Nishita  
Goswami**

**All about**

# Spring

The season of  
fragrance and vibrance





# MYSTIC AURA TEAM



**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



**SANTANU BAISHYA**

*Chief Managing Editor*

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

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# EDITOR NOTES

**T**he word culture doesn't seem very difficult for one to understand. In simple way if we say, it is the culture and tradition of a society or a particular place that binds the people together bringing unity and spreading happiness among all. Spring season means the beginning of a new year where mother nature blooms, fresh air blows and brings along with it happiness and peace. It is the culture and tradition of ASSAM that celebrates Bihu with great joy by the Assamese people during this season and so APRIL becomes the most awaited month for the people of Assam.

Mystic Aura team has taken efforts to depict and reveal the true colours of the BIHU festival followed by the regular topics of fashion and life style of the SPRING season with a view to give a pleasant aura to its readers and viewers.

MYSTIC AURA wishes everyone


**A VERY HAPPY RONGALI BIHU.**

*Gitali Pathak Deha*

**Editor-in-chief.  
Mystic aura.**

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A woman with dark hair, wearing a vibrant red blouse and a cream-colored saree with intricate red and black patterns, is captured in a traditional Bihu Namaste gesture. She is smiling warmly at the camera. Her hands are pressed together in front of her chest, adorned with several rings and bangles. She is standing in a lush, green outdoor setting with trees and foliage in the background. The saree features a wide border with a repeating floral motif and a pattern of small red and black dots on the main body. The blouse is a solid, bright red. The overall scene is bright and natural, with soft lighting filtering through the trees.

When we talk of our Bihu and the bihu dance, we have to mention the name of this pretty lady, Shymontika Sharma. She is a beautiful actress, who has time and again wowed her audience with her brilliant bihu performances. She has not only mesmerized her audience on screen but has also put up remarkable performances on stage for which she has deserved and received several accolades.

Model:

**Shyamontika Sharma**

Designer: Gitashree Bhuyan

Make-Up: Ranjan Kashyap

Photography: Swapnajit Borkakoti



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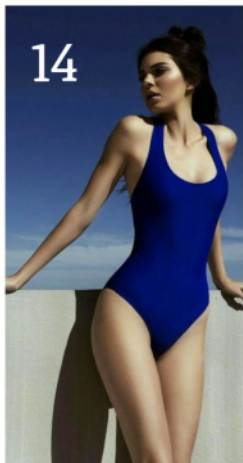
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Model: Nishita Goswami.  
Designer: Gitashree Bhuyan.  
Photography: Swapnajit Borkakoti





ASSAM

# Silk

Pride of Assam

When we talk about Assam's silk, it's not just the raw material, the art of weaving is also included. Together they make for a product that was, once upon a time, good enough to get royal patronage.

Rearing and weaving silk is an integral part of Assam's culture and almost every village across the state is home to generations of silk-producing communities.

Over the centuries, it has not only become the Assam's oldest and largest industry but also the home to the largest cluster of weavers and handlooms in the country - a feat worth recognising.

A village exclusively dedicated to silks, 'Sualkuchi' has been given the nickname "Manchester of Assam"

The timeless Assamese silk signifies the three types of indigenous wild silks produced in Assam—golden Muga, white Paat and warm Eri silk.



The weaving techniques and motifs are still very traditional. They are so beautiful that it totally deserves a wider reach among lovers of hand loom!





## Muga Silk

One of the rarest Silks in the world is the Muga silk from Assam. It is produced only in Assam and nowhere else. The fact that sets this silk apart from all other versions is that it is totally golden yellow in color.

It is the most expensive type of silk and one of the major highlights of Muga Silk is its longevity. It is said that generally, a Muga Silk fabric outlives the wearer.

It is known for its resilience. This is one unique fabric where the golden luster increases with age. Any type of embroidery by a thread can be done on it. Most importantly, while it has got a naturally golden luster and does not need any dyeing to be done, it is still quite compatible with most dyes.

## Pat Silk

Pat Silk fabric is derived from Mulberry Silkworms and is known for its distinctive brightness, high quality and durable nature, hence also known as Mulberry Silk.

Although Pat sarees are available in various bright colors, it was originally woven in shades of white. The Pat sarees are inspired by nature with their traditional motifs that include flower prints, human figurines, animal motifs, flowers,



creepers and ornamental motifs. However, the designs and patterns vary from tribe to tribe. The motifs usually embellish the sari around the border and in the middle.

There are a lot of attempts being made at giving a modern twist to the traditional Assamese Pat by giving it a new modern outlook and using Pat in various contemporary attires.





## Eri Silk

The world of fashion has recently put a spotlight on Eri silk, calling it the most sustainable fabric in the world.

This eri silk has excellent qualities: it is very strong, combining the elegance of silk with the comfort of cotton and warmth of wool.

The more it is worn, the softer it gets and it is a great textile to be worn all year round. Its texture, especially when woven with handspun yarn, is profoundly beautiful – always changing with the charismatic touch of imperfection.

The world of fashion has recently put a spotlight on Eri silk, calling it the most sustainable fabric in the world.

Sericulture is a major part of Assam's ancestry and is followed as a tradition by the people of Assam. The industry also helps in the upliftment of the agricultural economy and employment.



By

**Debjani Das Bhattacharjee**


Educator at Sanskriti The Gurukul.  
Model (Mrs India Global universal Queen.)





*Aura Exclusive*  
**Nishita  
Goswami**





**You are such a beautiful, amazing and successful actress of Assam. Tell us in brief about yourself.**

• I wanted to be an actress since my childhood. My mother, Moloya Goswami, is an actress, so I grew up in a culturally rich environment. I acted in a film as a child artist at the age of 6. When we shifted to Guwahati, I joined Amateur theatre. Professionally, I started my career with my first film ' Mon' which was offered to me by Maini Mahanta and Babi Das.


**What attracted you to begin your career as an actress?**

• As you all know that my mother is an actress, seeing her I got attracted to acting. Many a times I also had the wonderful opportunities of meeting and interacting with the legendary actors and actresses of the Assamese film industry which attracted me to this field. Now I am in love with my passion.

**What are some of the challenges that you have faced as an actress?**

• There are actually challenges in every field of profession. I believe if there are no challenges, life becomes very boring. I too faced many such challenges. It would be difficult to mention any one in particular. But I am most comfortable and happy because such challenges offer a great learning opportunity.





**What projects you are currently working on .?**

- Currently I am busy in doing shoot for a movie that is yet to be completed.

Recently, completed the shoot for a short film "Sonali Shuta". Besides this one of my major projects that I am working on is the launching of my new YouTube channel 'Ri and Mama' a kids show where I am working with my 3 yrs old son Revan. We try to give a good message to the upcoming kids of the society through this colourful programme. Moreover, I have also signed a few brand shoots and as usual busy with a few more important events.

**How would you describe your work ethic?**

- Well, when we say about work ethics I mean honesty in any work we do or get involved in. When I do any work I follow my principles and work with determination and maintain the balance such that when the results are put forward people notices my hard work and effort added in. I believed that hard work pays off. So in order to achieve success in one's own passion, hard work is very necessary. More important is the teamwork, when the word ethics is mentioned and then professionalism is the basis which I maintain. Communication skill and relation with the people around is also necessary in this field.

**A few lines for Mystic Aura**

- I would like to thank each and every member of Mystic aura. Through this magazine 'Mystic Aura' I would like to convey my heartiest good wishes for Rongali Bihu to all the people of Assam and also to all staying in different parts of India and abroad.





# What not to wear in Spring 2021



It has been quite a challenging year for the fashion world. The changes in the way people dress were drastic, as most of us abruptly transitioned to multi-layers of protective clothing and face masks. This particular look pretty much dominated most of 2020. But this year, with a positive disposition that things will start to fall once again into their rightful place, I'd like to give you ladies a few vibe-altering tips. They're simple. You just have to know exactly what NOT to wear in the most cheerful time of the year — The spring!

Bermuda shorts are totally outdated. Many of us started working from home, and we all succumbed to the magic of our comfy trousers so I understand how it feels to have to take a breather. Bermuda shorts used to be a hot alternative to this, but it's time to embrace the spring by definitely showing more skin, especially on rare moments when we have to run some errands outside.

By  
**Bia Sandhu Taneja.**

Founder Parfait Image Consulting .  
Finesse and Flair , Image Evangelist,  
Style Curator

Mini shorts and skirts are totally a thing this year, and we can simply wear knee high boots to finalize the breezy aura we are going for. There is no harm in showing more skin downwards since the pandemic already forced us to cover our faces most of the time. This should balance the aura and make us look fresher.

Skinny jeans may be timeless, but straight-cut ones provide a more relaxed look.



While skinny jeans can provide the same level of comfort depending on who wears it and why, straight cut jeans can be more forgiving than the former since it gives your ankles a little more space to breathe — yes, another effective wardrobe breather. It takes less effort too as you can wear it with almost any top and footwear you have — a pair of sneakers or pointed stilettos, a cropped tee or sleek turtleneck — it really doesn't matter. The possibilities are simply endless.



And if you are on Tiktok, then you have probably heard about the Gen Z and Millenials' debate over skinny jeans and mom jeans. Honestly, this isn't even a debate on who manages to stay on trend and who doesn't. The former is fundamentally more comfortable to wear; these are high-waist jeans that end just above the ankle, and are specifically designed to allow us to move more freely as it gives more space to breathe compared to jeans that literally wrap around our ankles. The pandemic has taught us to be more intentional, and this year's trends do not just focus on the aesthetics, but also the overall efficiency.

*Dress up, make yourself happy and be a sunshine to others! These steps can be overwhelming for beginners, or those with a really hectic daily schedule. Do not hesitate to seek professional help if all these new trends are too confusing for you.*





# Swimwear



PRASANTT GHOSH

**B**ody language in a swimsuit is most essential because there is a very fine line between smart and tart.

However the line is easy to see and half the battle is won by simply choosing the right swimsuit style paying special attention to the cut. This is where body language again comes into play. Be confident of yourself and walk confidently. Swimming is the coolest summer sport but remember not to hit the pool between 10am and 4pm as the sun's rays are most harmful then.

Go shop by instinct and get whatever catches your eyes which compliments your looks and body. A valuable beauty tip for women, a good sun block and hair conditioner are worth investing in. Avoid wearing anything that is a sizes smaller than your actual size. On style trends you can love something for a while and then move on to something else depending on your mood and time in life.



Only water based moisturizer must be used on face and body after a shower. Use minimum make up. Just kajal, lip gloss are great. For a more glam beach party apply waterproof mascara. Wear your cool attitude to look even cooler. Since none of us have the dynamite that can make our stomach into flat ironing boards we all have to work harder. There is no magic way to get a flat stomach. Total body fat has to be reduced to trim the abdominal flab and most spot reducing techniques are ineffective. For stretch marks be extra careful, the area tends to be slightly raised as well as lighter on the inside. Use a darker concealer or foundation to make it uniform. If full body make up is too much for you simply use a liquid or powder bronzer. Blend the liquid with your finger and powder with a brush.



Good posture is essential if you do not want your tummy to protrude. It is not just about looking good; slouching does damage to your internal organs and spine. If you sit straight you also make your stomach muscles work. A flat stomach should be desired not only for aesthetic reasons but also from a health perspective. Abdominal fat is the harmful fat that increases risk of diabetes, heart disease and certain cancers.

All women have a greater sense of smell than men. Be one of the gang, unisex fragrance are often the best to wear to work if you want to smell great without standing out. Avoid the bulging boob wearing a bra that is too tight for you or too small in the cup will have you oozing out in all directions. It is not pretty. Make sure your bras fit properly. White stockings should only be worn by nurses they do not even do the slimmest legs any favours.

Eat better just cut down on fat and sugar. A low fat diet is also an intestinal comfort diet as it is easy to digest and does not cause bloating gas and acidity. I know for a fact that some people prepare six months for a perfectly chiseled body before hitting the beach. Now I am not suggesting that you should give yourself an indication of the kind of commitment it takes. With summer upon us a little diet control combined with regular swimming is going to help you burn calories faster.



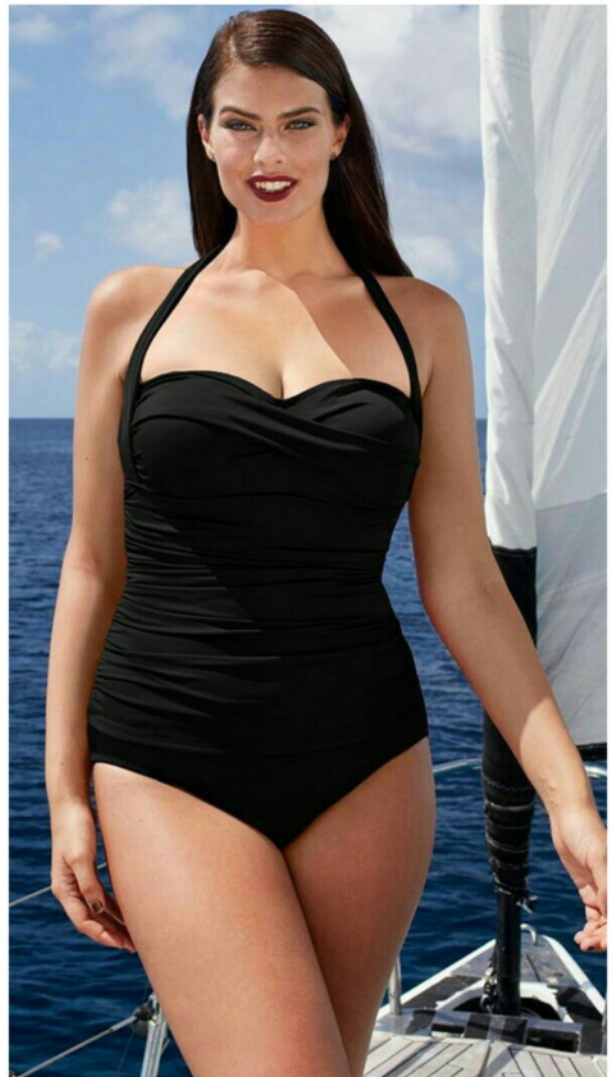




Plus sized women should opt for swimsuits that have shorts instead of the sexy high cuts. Special advice to all you plus size women is to stop being self conscious. That only makes people around you more conscious of you and your size. Walk confidently and do not cling to that towel so dearly.

This is your time off so enjoy. If you're shy still buy a bathrobe or at least a sarong. Contrast or complement your swimsuit with your sarong go printed or plain. Being a bikini babe is tough, so do not attempt to wear one unless you have a perfect model's body. Having said that does not be self conscious of your extra bulges too ●●●

Being self assured only comes with accepting your own body just the way it is. For birthmarks or scars use a heavy concealer that gives more coverage. Make sure the shade is closest to your skin tone to even the look. Freckles are spread all over the body. Since you can't cover each freckle individually use a darker shade of foundation and apply all over. Water wise wear sunscreen at least 30 to 40 SPF. Apply it 30 minutes before stepping out. Wax your body. A bikini wax is a must. Tie your hair and use a cap while swimming.



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# Diet Chart

For Working Women  
And Housewives

diet with foods that keep her full for a long time, and give her the energy that she needs and does not gain unwanted weight. The timing of meals is also very important as keeping long gaps in between grabbing breakfast and lunch or lunch and dinner can wreak havoc on health. Scroll on to find out the right time to eat a meal and foods you should what the meal timings that you can follow and foods you should have to stay healthy, read on.

**W**omen often ignore their health in order to take care of their family. Read this article to know what the meal timings that you can follow and foods you should ...

## The Ultimate Diet Plan housewife healthy diet

### ultimate diet for women

Women may be caretakers of the entire family but they often end up ignoring their own health. A balanced diet is something that a woman often forgets to have and this has a bad long-term impact on her health. Whether she is a housewife or a professional, a woman has a lot of responsibilities that often take her attention away from eating well. While she has to be on her toes almost 24x7 managing work at home and outside, a woman needs to have a





### Breakfast Before 9 AM

Eat 1 medium bowl of porridge/corn flakes/oats/ muesli with milk/poha /eggs white boiled



### Mid-Morning Meal At 11 AM-

buttermilk/coconut water or any fruit



### Lunch At 1:30 PM

One bowl of Rajma / Chana / Soyabean curry with two multigrain rotis, one bowl of curd and one bowl of brown rice.



### Evening Snacks

Protein Milkshake 200 ml, roasted gram or mix nuts, with a handful of rice flakes (murmure)





### **Dinner Till 7 PM**

One bowl of chicken /mutton/paneer/ dal, cauliflower and potato vegetable / seasonal veggie 1 bowl, 2 multigrain bread rotis

If you don't have time to grab breakfast before leaving for work then at least carry something like a sandwich or milk and cornflakes that you can quickly have after reaching office but don't ever start skipping the most important meal of the day.

Try to adhere to the meal timings so that you can work up your appetite for the next meal. Eating on time ensures that the digestive juices and enzymes are released in your body accordingly and there is less scope of indigestion. It also means that you sleep well and feel rested.

Remember, everything that you are doing is to nourish your body and to keep it healthy is your first and foremost task. Everything else can wait.

Whether you get caught up in a meeting or guests come over, don't make it an excuse to skip meals. Don't let your hunger pangs go out of control and carry makhanas (or any healthy snacks) with you, otherwise, you will end up bingeing on something unhealthy.



**Right diet and nutrition is necessary for all to remain fit and healthy.**



By

**Dietician Deepika A Bhatia**

Director of BBE Healthy diet Clinic.  
All India President of "Āas ek prayaas")NGO(.



# mohini's

## BOUTIQUE



**Proprietor:**

**GITASHREE BHUYAN**

from Jorhat, ASSAM.

Started her career as a journalist for 2 years but she was always interested and had a feeling of pursuing a career of her own. The way a woman portrays herself is how she expects herself to be treated. Being from a traditional background she always tried to promote the traditional designs and rich cultural heritage of Assam. Thus to live her passion and showcase her creativity, she entered into the world of Assam Silk materials - Pat, Muga, Mekhela Chadars. Now she is a proud owner of 'Mohini Boutique' which is at the heart of the Guwahati city, where unique items with purity and best price are available.



# MOBINI'S BOUTIQUE

## Collection



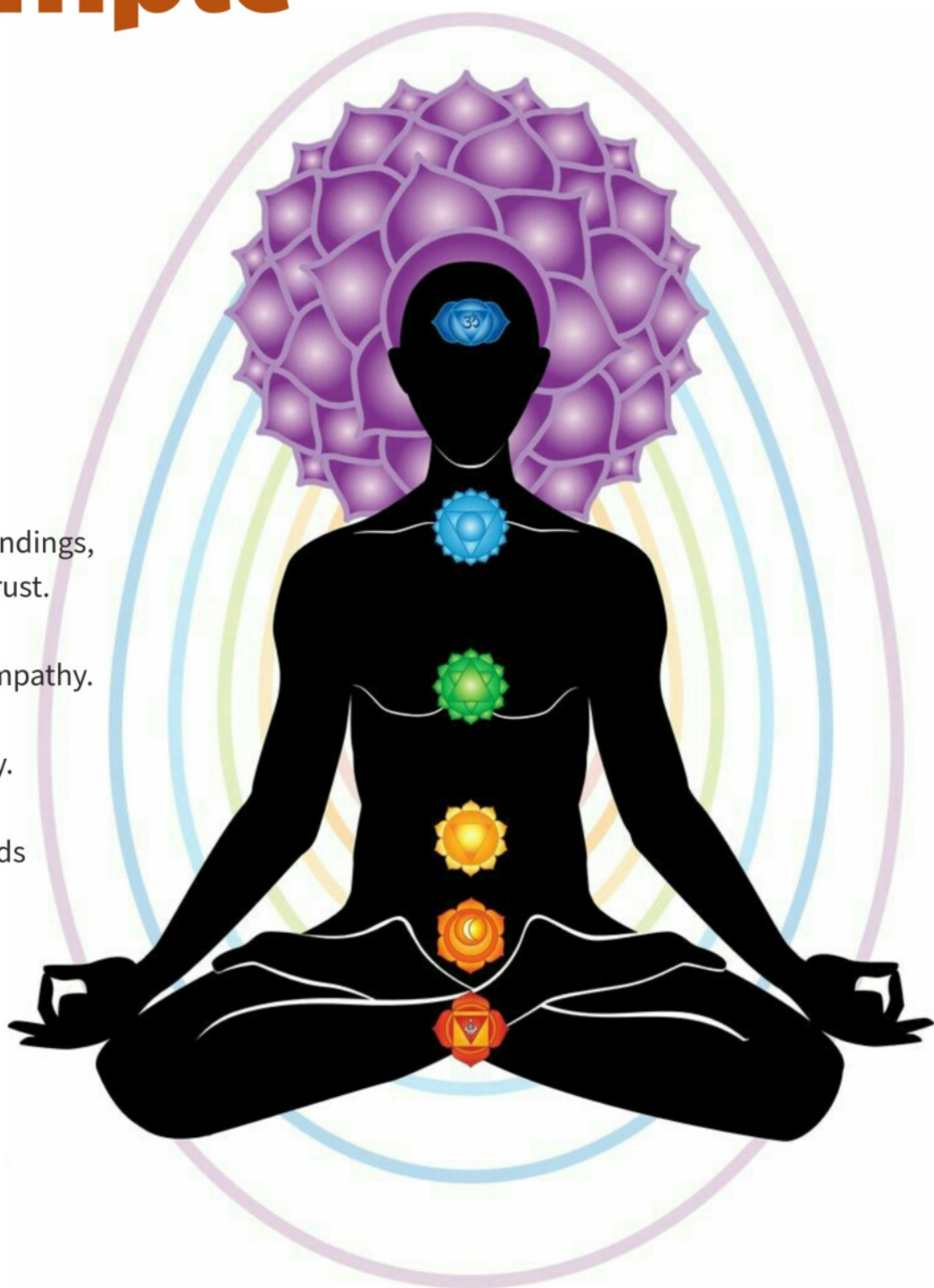
Photography: Swapnajit Borkakoti



# My Temple

My body is a temple  
Wherein resides my soul.  
My face is the mirror  
Of my soul.  
My eyes are the windows  
To my soul.  
I keep my temple clean  
And beautiful.  
I sweep away  
Ego and hatred,  
Dust away all misunderstandings,  
Clean the cobwebs of distrust.  
I decorate my temple  
With love, kindness and empathy.  
I light it up with  
Knowledge and spirituality.  
I take care of it daily.  
I sing prayers with my words  
Spoken through my lips.  
I am a spiritual being  
On a earthly journey.  
I spread love and warmth  
On my way.

-----



By

**Dr Shabnam Akhtar Ahmed**

GNRC hospital ,Dispur.  
Guwahati, Assam



# THE UNVEILED CURTAIN

The winter swayed back to the mother nature's lap

The wind sang in duet with a sweet harshness .

Shaking of the dryness of the winter.

The sweetness of the buzzing insects alluring the beautiful spring,

To unveil herself.

The teasing song of the Quail at the eve of the dawn was flirtatious.

The tantalizing fragrance of the new born leaves and half bloomed flowers was exciting .

Beautiful spring shook of her cocoon and unveiled herself.

Gracefully she adorned herself with different colours and fragrance.

Embracing us all with warmth and kissing us with all her liveliness and colour.

Yes! It is my love Spring. ●●●●

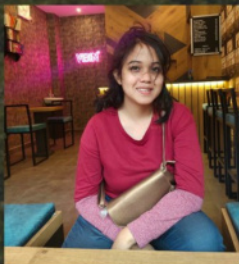


By Monali Bhuyan



# *It's all about* **Northeast....**

Seven sisters we are,  
Along with our most beloved brother,  
We are confined within self  
We know no further.  
We live here together,  
With unity and serenity  
Full of mystery and beauty,  
The land of great identity.  
The festivals and tribes are our richness,  
Our love and respect are assets,  
We all have our own flaws too  
Yet we never fail to celebrate.  
Metergauge train to Cherapunji  
Assam tea to Madhuri lake  
We are famous for our scenic beauty,  
We are enough to keep you awake.  
Natula Pass to Dzuko Valley  
Loktak lake to Vantawng Falls,  
Here who comes, never wishes to leave  
Such a land it is called.  
Mizoram, Nagaland, Assam we are  
We are, Meghaya, Manipur, Tripura  
Arunachal Pradesh and Sikkim we are  
We are the diamonds of this era.



By  
Sunita Saikia



AURA SPECIAL

# Bihu

Model: **Indrani saikia**

From: Dibrugarh

Photographer: Tanuj Senapati

Make up: Parashmoni Borgohain  
Dihingia







AURA  
**Kids**

Model:

**Chitragada Sarmah**

Age: 7yrs

Photographer: Tanuj Senapati

Make up: Parashmoni

Borghain Dihingia.



A young girl is the central focus, dressed in traditional Indian attire. She wears a vibrant red shawl over a cream-colored sari with intricate floral patterns. Her accessories include a red and white headscarf, a red bindi on her forehead, a colorful necklace, and silver bangles. She holds a large, round, woven basket in front of her. The background is a soft-focus outdoor setting with greenery and a wooden lattice fence.

# AURA Kids

Model:

**Tanushree Kashyap**

Age: 7yrs

Photographer: Tanuj Senapati

Make up: Parashmoni

Borghain Dihingia.



AURA

# Kids

Model:

**Reetrishna Borgohain**

Age: 6yrs

Photographer: Tanuj Senapati

Make up: Parashmoni

Borgohain Dihingia.





AURA

# Beauty Touch

Model  
Sharmistha Chakraborty

Make-up artist

**JURIE HAZARIKA**

**Love** for beauty and to keep oneself groomed, is a quality which only a very few people possess. Some have this inborn quality and passion to carry it out wholeheartedly and has also achieved success in this field. Juri Hazarika from Nagaon, Assam is one such lady. She has been into this profession since 2011 and is an expertised in Nude makeup, Bridal, Party, Character makeup etc. She follows the latest trends and uses quality products and gives a new and amazing look by the magical touch of her brushes.







# Orthodontic Braces

Add a pop of colour to your smile

People often feel self-conscious about getting orthodontic braces, but there really is no need too. The majority of young people wear braces at some point in their lives, and increasing numbers of adults are choosing to have orthodontic treatment too.

*If you're still unsure about the impact orthodontics will have on your appearance, take a look at the top ways to make your braces a fashion accessory...*

## **Coloured bands**

Coloured bands can give you a unique style, and set your braces off as the ultimate fashion accessory. Within the brackets on each tooth, there is a small band which helps to move your teeth into the right position.

Braces with colored ligature bands, Now available in a range of colours, you can choose almost any hue you'd like!



By **Dr. Nikhita Nagar**

Director :

Dr. Nagar's Dental and

Physiotherapy center, gzb

President: Being Caring Ngo



Talk to your orthodontist about the options available before you're due to have your braces fitted, and you'll have enough time to choose the perfect colour.

### **Alternate bands**

If you've decided on coloured bands for your braces, you don't need to stick to just one colour. For something even more unique, try alternate colours when you're having orthodontic treatment. Complementing colours can be a great choice, so choose your favourite pair and count down the days until your braces are fitted.

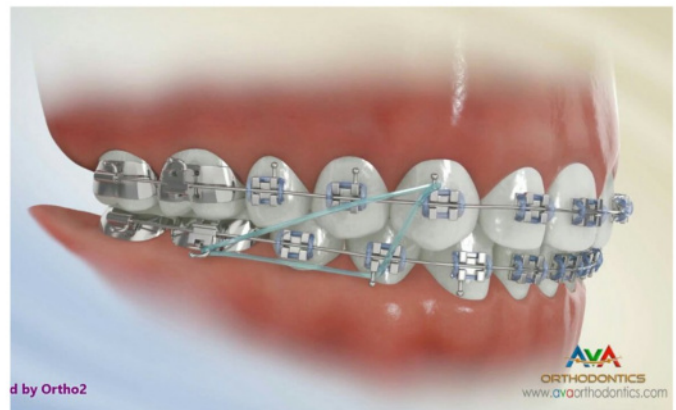
### **Go neon**

For a great on-trend look, opt for neon bands when you're choosing your brace accessories.

Most orthodontists are able to offer neon bands in startling shades of yellow, green, pink and orange, so you can opt for one neon colour or mix and match.

### **Coloured wires**

As well as having coloured bands, many orthodontists offer coloured wires too. If you're opting for clear braces or standard coloured bands, having a coloured wire can give you a subtle yet bespoke look. As a more minimalist way to tailor your orthodontic treatment, you can use your signature style to enhance your braces.



### **Make teeth look whiter**

If you want to keep your teeth sparkling while you're wearing braces, choose darker coloured bands.

These enhance the natural whiteness of your teeth and actually make them appear brighter. Conversely, steer clear of yellows or golds if you're trying to make your teeth seem whiter. Yellow or golds bands may look like light stains on your teeth, so they're not always the best colour choice.







### **Change with the seasons**

Choosing what coloured bands and wires to have can be a big decision, but there's no need to panic. Ask your orthodontist nicely and you may be able to change your bands each time you go for a check-up, so you can update your style regularly and tap into the latest fashion trends.

### **Go clear**

White bands and clear wire can make your braces practically invisible, so if you're feeling self-conscious about your orthodontics, you may want to opt for a more subtle approach. Barely visible to anyone else, you can minimise the visual impact of your braces with barely-there wires and clear bands.



### **Embrace the trend**

You may feel apprehensive about the impact braces will have on your appearance, but did you know they're actually becoming a trend in their own right?

Many young people are eager to get braces because they're a coveted fashion accessory, and some have even gone as far as using fake braces!

So, If you're undergoing orthodontic treatment, you're on-trend before you've even left your orthodontist's office, so embrace your new style and wear them with pride. For more such latest trend in dentistry keep Following us at Dr. Nagar's Dental and Physiotherapy center on all social media platforms. keep smiling.





# DUMB BELLS & BARBELLS



By

**GAYATRI MOHANTY**

Bangalore.

ISSA CPT  
Certified Zumba Instructor  
HIMALAYAN TREKKER,  
Motivational speaker .  
Ex-banker.

**E**xercise. Such a powerful word it is. We all know that exercising makes our body fit and healthy. But do we know the when, what, and how for a fit and strong body?

Building strong muscles is as important as flexible muscles. Weak and tight muscles put a lot of stress on the bones and they become prone to injuries. Strength training exercises help build strong muscles which support our bones preventing them from breaking.







When I first started strength training exercises, I felt my body responded to them within a few sessions. It was a good response and I felt a surge of energy in all the parts of my body and now, I am a proud owner of a fit, healthy, lean, and strong body.

**I encourage women to do strength-building exercises, many of them resist saying 'we don't want to be bodybuilders'. Now, this a big misconception that strength training exercises are meant for a woman who wants to be a body-builder. They help your body become wonderfully lean which looks much more graceful. Believe me, you would love to be lean yet strong rather than skinny. Examples are abundant. Don't we admire the gracefully lean body structure of the actresses, models, famous dancers, sports personalities?**

Strength training is a must for not only men but women too. We, women, do a lot of stuff, in the kitchen, while raising the kids, at the workplace, pretty much at every stage of life that needs a strong body. As we enter our 30's, our body starts losing its lean muscle mass. By the time we reach our mid 30's we are more prone to diseases, like osteoporosis, arthritis, obesity, heart problems, digestive problems which, earlier, were unheard of until women reached their 60's.

Our changed and dependent lifestyle is one of the factors that are responsible for early occurrence of these events that must not happen until the late 60's or rather they must not happen at all. Technology and outsourcing are helping the nation to grow and our tummy as well. And not to forget our beloved chatori jeebh.



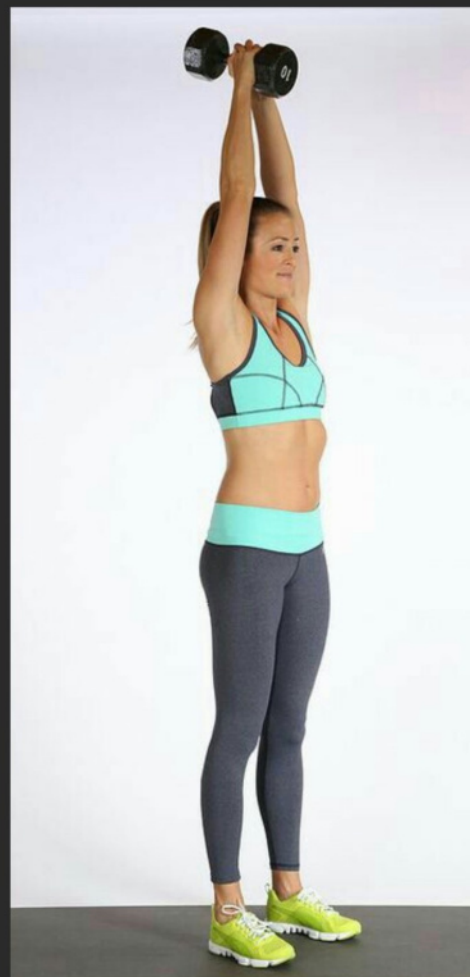
The fitness and health gurus across the globe, advise incorporating at least 2 sessions of 20-30 minutes of strength training exercises in our fitness routine. Strength building exercises include lunges, push-ups, squats, lifting weight, resistance ropes.

**Scary words!! Worry not my lovelies!!**



You may find many activities at your home, amongst your chores, that are similar to muscle strengthening exercises. Lifting water-filled buckets can work as weight lifting exercises, cleaning the floor in sitting posture will work as sit-ups, doing laundry is an alternative for shoulder and arms exercises.

It can seem difficult at first but I can assure you that it's not impossible. Start where ever you like, at home or a gym. Warm-up your muscles to avoid a painful workout session and excessively sour muscles. Your 30's is a good time to take on responsibilities. Own the responsibility of your body as well, as you take that of your little world. Work out, build strength, make your body strong because you have a life to conquer and savor.







NORTHEAST  
INTERNATIONAL  
FASHION WEEK



*The 6th Season of*

# “Northeast International Fashion Week 2021”

Fashion for a cause - is Back!  
Guwahati, Date – 23rd & 24th April, 2021

**N**ortheast's most awaited fashion for a cause event “Northeast International Fashion Week - 2021” is back and is going to be held on the 23RD AND 24TH APRIL 2021 in Guwahati. (NEIFW) Northeast International Fashion Week has always been a big buzz in the entire northeast where all aspiring and notable Fashion Designers of India and abroad participate to showcase their exclusive designs for a noble cause.

The 6th season is going to be filled with a lot of innovation, creativity, and fashion, as the opening theme goes for “Fashion for all”. In collaboration with neighbouring countries and people from different cultures, this event is a great platform for the young talents to showcase their talent and win interest worldwide.



## The 6th Season of Northeast International Fashion Week 2021 will host budding Fashion Designers like

MANISHA RAJBANSHI / SUSHMITA MANDAL (NEPAL) , PAYAL BISWAS (West Bengal), HUANGPI RANI GOGOI, NITU CHAKROBORTY DAS ,HARSHA B CHOUDHURY (Mumbai) ,JENNU DOYUM /NABAM YASSING (Arunachal P) ,PURABI BORA, SUJATA BORO, Gigi (SIKKIM) LAZZU LEPCHA, RICHA RABHA, NOELANI MUSHAHARY ,RAKHI SINGHA, DEBI DEY (West Bengal) , KAJAL KUMARI, SONI SAHANI CHOUDHARY , RAJDEEP KUNDU /MONALISA DAS , ANISHA SHARMA / PRAKRITI DHAMALA, ARBIN TONJAM (MANIPUR) ,RAJLAKSHMI PAUL, MEDHA'S The Flaire Shop(Kolkata), Aloka Rabha , JYOTI BEYPI (KARBI ANGLONG) **and two very prominent designers of India from Lakme Fashion Week .**

The magnificent event is powered and hosted by the team of Kreative People, under Prasantt Ghosh , (Visit [www.prasanttghosh.org](http://www.prasanttghosh.org) ) one of the best fashion designers and fashion choreographers in Northeast, India. Since 2015, Prasantt Ghosh and his team have been working rigorously on creating the biggest platform for the future of fashion and integrate the Northeast's rich handloom crafts internationally. Prasantt Ghosh, the face of fashion designing and modelling from the seven sisters of India, is a man who firmly believes that Indian Threads and artisans can create unmatched magic in the world of fashion. His three decades long career as a fashion designer and choreographer is full of awe-inspiring moments. Apart from being a Fashion Designer Prasantt Ghosh is a versatile fashion choreographer, He has done choreography of more than 2000 fashion and beauty related events in India and abroad.



**Prasantt Ghosh's fashion collection is widely popular across the world and is available in many outlets in India and abroad as well. To check out Prasantt Ghosh's collection, you can visit his official website - [www.prasanttghosh.org](http://www.prasanttghosh.org)**



But this year, it is going to be more enthralling as Prasantt Ghosh, who has revived the legacy of Northeast rich handloom crafts globally, is all prepped up to spread social awareness in a new way through fashion. The fashion designer who has led to the creation of a new fashion wave across the world by defining the authenticity of northeast crafts has come up with a theme to support "The Poor Handloom and Handicrafts Artisans and Craftsmanship" in the 6th Season of Northeast International Fashion Week 2021.



Prasantt Ghosh has worked in shows all over India and countries like Bangladesh, Bhutan, Malaysia, Sri Lanka and Nepal and so on. He has also been awarded the Best Fashion Choreographer of Northeast - 2011, Lifetime achievement award from the wife of the Governor - 2018, and Northeast Leadership Award - 2015 for his excellent service in the field of Fashion, Textile and Craftsmanship.

Due to his excellence in fashion designing and fashion choreography from the last 30 years, today Prasantt Ghosh has carved a niche in the world of the fashion industry. He has been showcasing the potential of northeast's ethnic fashion designs globally by overhauling the northeast handloom, Muga, Paat, Eri, Noon paat, etc. He also runs his own fashion designing and modelling institute in Assam called Assam Art and Designing Institute (AADI).



Worth mentioning here is a fact that NEIFW is not just another Fashion Event but a Fashion Event with a social cause. The social theme of the event previously was for the Old-Age home; Eye and body organ donations, Plant trees and protect environment, give shelter and protect the animals along with PETA, India and PurrPaws. Most importantly the objective of the event is to create brand awareness among the public and media associated with the fashion industry of the North East. There are also fashion accessories stalls from budding and established entrepreneur in this event.

NEIFW always target the domestic/international buyers with the right trends and promote Northeast Handloom and Handicrafts. NEIFW also has the impressive line-up of designers and models from Malaysia, Myanmar, Sri Lanka, Bangladesh, Nepal and Bhutan. It is a landmark event in the sense that the Northeast is now going to be the latest fashion destination for all designers of the neighbouring regions.





NORTHEAST  
INTERNATIONAL  
FASHION WEEK  
Season-6



Bandita das



Manisha Rajbanshi



Sushmita Mondal



Debi Dey



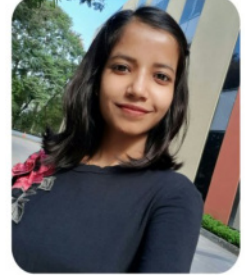
Kajal Kumari



Soni Sahani Choudhary



Prakriti Dhamala



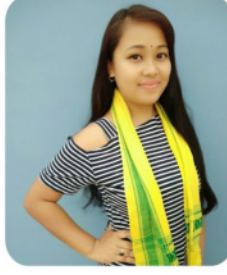
Payal Biswas



Jyoti Beji



Aloka Rani Rabha



Rakhi Singha



Rajdeep Kundu



Anisha Sharma



Rajlakshmi Paul



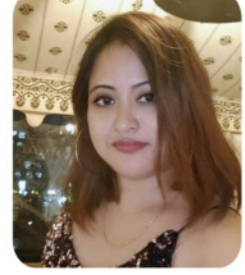
Arbin Toujan



Huangpi Rani Gogoi



Purabi Bora



Harsha Bora Choudhary



Richa Rabha



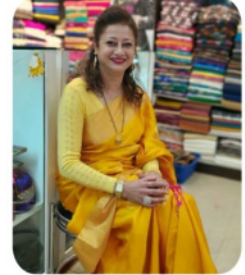
Nubam Yassing



Sujata Boro



Jennu Doyom



Lazzu Lepcha





# Rangoli -2021

season-2

is not only a traditional beauty pageant but also an attempt to keep the power ,dignity and self-respect of the Assamese people alive.This competition was recently held on 6th march, 2021 at the Sahitya Sabha' bhawan at Chowkidinghee, Dibrugarh,Assam. Season-2, contest was wonderfully organised in association with PBD and United Assamese Youth power,Assam. This beauty pageant is held especially for women to encourage and empower them and titles are given in four categories - Miss, Mrs and Kids.The jury panel was graced by actor Nirupam Saikia and model Gitali Pathak Deka(Mrs India International at Srilanka.) More than 50 contestants participated in all the four categories.

The team members has taken the initiative and efforts with an objective to preserve and disseminate the culture and traditions of the assamese community.Organizer of the contest Pareshmoni Dihingia says that she will always be indebted to the people whose co-operation has kept the show going on.







# INDIAN ENTREPRENEURSHIP AWARDS 2021

By Being Caring Org.

**Being Caring NGO organized " Indian Entrepreneurship Awards 2021 " at Iskcon Auditorium, East of Kailash, Delhi on 2nd of March 2021**

The event was inspired by our National scheme of "Atma Nirbhar Bharat Abhiyaan" or the Self Reliant India initiative " vocal for local " by govt. Of India. The event aimed to honour the Entrepreneurs in various categories to motivate them to work even harder and along with them inspire our youth to learn from them and work hard to achieve success in their work fields as well.

North mcd mayor Mr. jaiprakash ji, South Delhi, shrinivaspuri's counsellor Mr. Rajpal Singh ji, Dr. Munish jindal ji : MD hoverbotix, Mr. Rohtash Chaudhary ji : Guinness book of world record holder graced the event as Chief Guests.

The event was well organized and started with an empowering Yoga performance by Rakesh kumar chobdar and team. There was another performance by a social performer and singer Mr. Jassie Wilkhoo ji on self reliant India.





Being Caring organization is founded by Sanskar Nagar a teen who aims to bring a positive change in the society with a motive of Incorporating and eternalizing the sense of "Care" in our youth. The organizers includes Dr. Apoorva Nagar and Dr. Nikhita Nagar who are Director and National president of the organization respectively.

Various other eminent personalities joined the event and graced the stage as vip guest, guest of honour and special guests including Dr. Bhawna Kapoor ji who's a celebrated vedic astrologer ,Dr. Sangeeta Ahuja ji - MD Urban Interiors, a celebrated global influencer and an entrepreneur herself, Ms. Richa Basistha - politician, social activist, Dt. Dipikaa a Bhatia and Mr. Ajay Bhatia : founder/ Director Aas ek prayaas Ngo, WBC champion Mr. Rajesh Kasana - Lukka, South Asian games gold medalist Boxer Mr. Ankit Khatana, National secretary (yuva) of Ljy Mr. Sumit Pratap Singh, Renowned Bollywood Actor Mr. Rajesh Bhati , Dr. Pallavi Prakash : film maker, Ms. Rakhi Tanwar editor Shades of India Magazine, Ms. Madhubala Nagar- Business mentor, Mahamedha Nagar ji a youth icon and a celebrated youth politician , Ms. Bhavisha Buddhdeo : founder rootskills, Mr. Anil Arora : co editor director and vice president AIFTAA, Dr. Zainab Ansari : Director Al-Shifa Dental Clinic and a philanthropist herself and Dr. Shruti Khera.

Various Business personalities were honoured including MD Avani Group Mr. Vikas Sharma, MD Body Care Ms. Divya Sood, Team C cube : A complete Car care App based startup, MD : Mediworld Healthcare Dr. Jyoti Kasana and Dr. Bhupender Bhati, Vastu consultant Ms. Seema Bhattia, Ms. Mala Thapar, Ms. Simran Bhatia, Ms. Rekha Jha, Ms. Shalini Diwan, Ms. Madhumitra, Ms. Sandhya : the soul reviver, Ms. Suman Arya, Dr. Preeti Srivastava, Dt. Warhamna : bluebud diet clinic, MD Potpourri originals Ms. Shweta Khilwani, Mr. Priyadarshi Praveen etc.



The main objective being incorporating self-reliant behaviour and pattern in the upcoming generation, and to help them lead the path of success. The celebration was huge and overwhelming, guests were appalled to see such eminent personalities together on stage. Being pandemic situation the organisers made sure to instill all the precautionary measures being it mask only entry restrictions or installing a sanitization tunnel unit at the entry.

Various brands were associated with the event in some way or the other like Nimco tea : Mr. Ashok Kothari ji, Soul Reviver : Sandhya ji, Oriflame - through Madhubala Nagar ji, Dxn- through Madhu Mitra ji, rootskills : Ms. Bhavisha Buddhdeo ji and the Body Care : Ms. Divya Sood ji. The organisers made sure to honour all the guests present there and requested them to incorporate the sense of "care" in their everyday behaviour. ●●●●



Most auspicious festival of ASSAM that fills the heart of all with joy and happiness.



# Mystic <sup>AURA</sup>

www.mysticauramag.com

Models: Tulika Hazarika, Zafrin Ahmed, Arnab Medhi & Silpee parasar  
 Make-up: Sushan Subhankar Mandal  
 Costume: Gitali Pathak Deka  
 Photographer: Swapnojit Borkakoti

CALENDAR  
 2021  
**4**  
 APRIL

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 01  | 02  | 03  |
| 04  | 05  | 06  | 07  | 08  | 09  | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |



*With best compliments from*

# MYSTIC AURA

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