

Mystic AURA

VOL. 05 | ISSUE 05
JULY 2020

SPOTLIGHT
featuring
JONQUI

Obesity

SYMPTOMS
AND DISEASES

INDULGE
YOURSELF IN
**Rainy
Fashion**

SUMMER SOOTHER

A FISTFUL OF RAIN

Mystic ^{AURA}

Vol 05 | Issue 05 ; July 2020
www.mysticauramag.com



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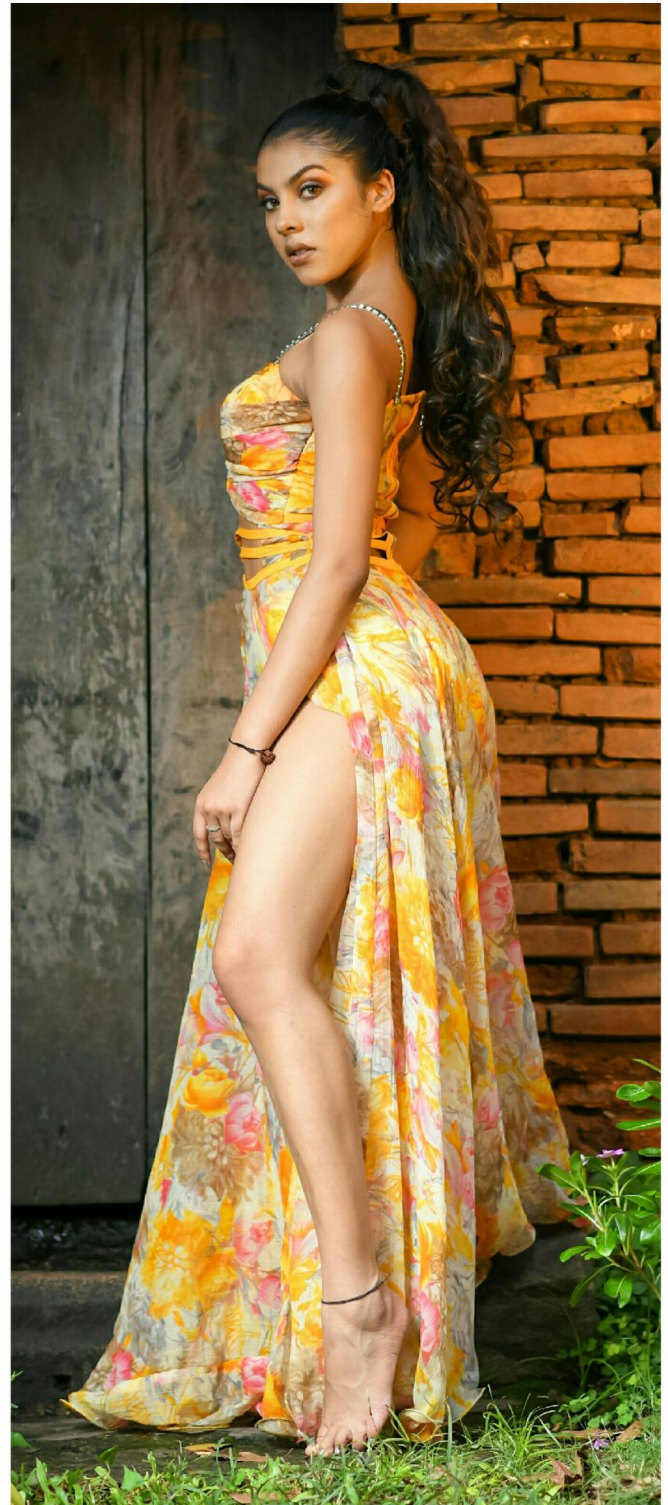
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 Mystic aura magazine

 Mystic aura magazine

ON THE COVER



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EDITOR'S *note*

Mystic Aura yields a platform for all people from different fields to unfold their ideas and skills and highlight to the world diversity of views.

This JULY month issue covers up the happiness and enjoyment of MONSOON season with rains sprinkling and splash of water, cooling effect of blowing cool winds that gives everyone a feeling of unknown and unexpected joy bouncing inside us making us feel like carefree toddlers. The pleasure of viewing NATURE changing its colour gives a feeling of peace in heart and human being the connoisseurs of all beautiful things likes to get lost in this beauty of monsoon in a single glance.

THE BETTER YOUR CHOICES THE BETTER OPPORTUNITY TO LEAD A HAPPY LIFE.

Stay home, stay safe and healthy .

Enjoy reading Mystic Aura. Your valuable feedback and suggestions will help us to provide our readers a better issue in coming months.

Love & regards

GITALI PATHAK DEKA
(Editor_in_chief)

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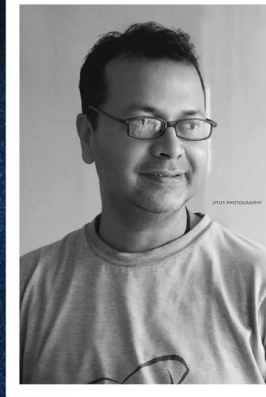


Saroj Khan

better known as 'The mother of choreography in India' was the first woman choreographer in Bollywood. In forty years of her career she has choreographed in more than 3000 songs and was also honoured with many awards during her life span.

(22nd November 1948 - 3rd July 2020.)

Mystic Aura team offers homage to the departed soul.



RAINY FASHION

By Prasantt Ghosh

Rain Rain, please don't go away...if you go away then come again another day. You must be thinking what happen to the original poem; well this is the new version for those people who plan to look fashionable in a rainy day. Rainy day never look so beautiful then some romantic bollywood songs. Monsoon fashion is all about bright color so dump the grays and brown unless you want to look gloomy and dull.

Go for transparent raincoats when you wear fashionable cloths. The clothes that befit this season this should be bright but simple and practical in style. This is to ensure that your trip to your destination, wherever that may be, so that you do not end reaching there as a mess. You cannot afford to go out in those starched cottons that you were wearing this summer. Because that is a sure way to look like a used paper napkin at the end of your journey unless you are traveling business class. Make your wardrobe ready to wear in a rainy season keeping away the delicate and elaborate fabric for the next season. The fabrics that are the most comfortable and easiest to maintain are crepes silks and terry cottons. The styles that are most sensible this season are simple, straight cuts with very little frills and fineries that might require careful handling. The colors that are in these days are purple, blue, yellow, pinks and green in a variety of shades. They can be combined with brighter color to give them a vibrant look.



Knitted fabrics are also very hardy and will continue to look fresh even after your wrestle with the weather. For formal wear men could get into wrinkle free muted shades shirts and trousers highlighted with bright ties. Women can opt for bright colour sarees or salwar kameez embellished with badla work or embroidery. Choose the western cloths in the same line like Indian cloth but just avoid cloths which need frequent dry cleaning.



Your feet require special attention during the rainy season as they are the most affected part of your body. The muddy waters and the shoes covering your feet each take a toll on the wellbeing of your feet in their own separate ways. So protecting your feet from these should be top priority. The footwear you choose should match the bright colors of your clothes. The market is flooded with lovely plastic coated shoes and sandals and you can take your pick from them. One could also look for open sandals in rubber or gumboot. These kinds of shoes do not trap moisture and keep your feet protected from fungal and other infections. Leather footwear should be avoided as far as possible as you would end up with sore and scratchy feet. Not only that leather readily loses its softness when exposed to water and spoils easily. The market is full of wild and mind boggling range of rainwear and umbrellas which will not only keep dry but also manage to look great in them. The new range available is sure to entice into the spirit of the season and drive away the blues. Or you could use bright colored or patterned rainwear and umbrellas over your formal business clothes.

These are sure to give you a high and your mood will definitely inspire others around you to be happy. Give up those staid leather and canvas bags you always carried with you and go for the water resistance pvc bags. Black and grey overcoats look great when you want to project a formal and business like image. Clothes, rainwear and now your make up too. As in summer try to avoid your make up as far as possible for it can ruin with the rain. But do not denounce make up in totality. You still have your options to brighten your face with waterproof make up making headway into the market. Invest on some waterproof mascara transfer resist lipsticks and waterproof liners. For evenings you can always get a waterproof foundation if you can't do without a layer of it. Hairstyles too must be kept simple and easy to redo. Elaborate hairstyles becomes limp in the damp weather. So go for layered hairstyles that can weather the rains and can be touched up at any given time.



Enjoy the rainy season with stone studded jewelery or diamonds and do not overload yourself with accessories. They can sure to add glamour without making you look overdressed. So to end with I would say look comfortable, smart and fashionable in a rainy season.



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

SPOTLIGHT



JONQUI'S

Drums of Passion

JONQUI, the Percussion King who is honoured with the title 'Godfather of DJ Percussionists' is the first person to establish live percussion with the DJs in India. Jonqui had been a part of Kailash Kher's band 'Kailasha' for 3yrs and performed a few shows with Shankar Ehsaan Loy's band in India and abroad. He also performed for Asian underground band 'Midival Punditz' featuring Jonqui and Papon. Jonqui spoke to Mystic Aura about his musical journey.

• Tell us about your journey. How did you get into music?

There were no professional musicians in my family but my dad was a child artist and he used to sing and dance in his early days. Love for music has been in my family. My grandfather bought a gramophone from the British in 1940. As a kid I used to play drums with spoons and sticks and I used to make a lot of noise by playing beats by banging on the dining table and plates. At the age of 9, my father bought the Tabla and I started learning it.

• **Now you are settled in Mumbai. Being from Assam have you faced any difficulties at your initial stages?**

I shifted to Mumbai and started my struggle period in 1995. I and my friend Zubeen(singer Zubeen Garg) stayed as paying guests and shared the same room. Since there were very few well known Assamese musicians, it was difficult to get help from others and tough to enter into a bigger platform. Another problem that I faced was my language issue. Because of it I used to hesitate to meet new people. Assamese musicians now have proven their talent and are recognized nowadays but during that time nobody showed interest to listen to us. During that time, I used to play small gigs and recordings for my survival until I joined to play fusion with a well known dj, DJ Whosane! in 1998/1999 as a Tabla player. After that I started my successful career as a percussionist.



• **You have been performing across the globe. Which is your favourite place till date?**

I have performed in 24 countries till date. Among those, city wise, my favorite cities are Barcelona and London. My favorite countries to visit are South East Asian countries because they remind me of Assam. I particularly love Thailand because I have travelled there over 50 times and performed more than 100 gigs over there.

You have been recently awarded. Would you like to share about it.

I received the title "Top Live Entertainer" in the Country by 'Wedding Sutra' at Wedding Sutra Influencers Award, 2019 held in Mumbai

I was also nominated for Live Quotient Award 2015 under the nomination category of INSTRUMENTAL ACT by EVENTSFAQ. I was really honoured to be nominated for this award because I was nominated along with artists like Niladri, Sivamani, Vikram Ghosh, Anoushka Shankar and Taufiq Qureshi etc.

<https://www.eventfaqs.com/lqa/2015/nominees.html>

A few words for the aspiring musicians.

For the aspiring musician. Devotion in any field is very important. Learn and practice with patience. Above all have faith in God and also in yourself.

FACE OF THE
MONTH



Nomi Nath

Profession : Advocate
Guwahati, Assam



• ***Why have you chosen to become an advocate?***

From my childhood itself I wanted to be an advocate because I believe this is the right platform from where I can help the people in getting justice as law is equal for everyone.

• ***How do you handle a disagreement with a superior over a legal matter?***

Well if I have a disagreement with my superior than first I will study the case to the root and then in a polite manner would try to make him/her understand my matter or case. Secondly I will never try to make it personal as I believe that age and experience should always be given due respect. If I am confident and have the complete knowledge about the matter than definitely I will stick to my point and lastly I think I will be able to make him/her understand about the matter and also it will be a new learning for me as he/she is more experienced than me.

• ***What are your future plans and what would you like to say about Mysticaura magazine?***

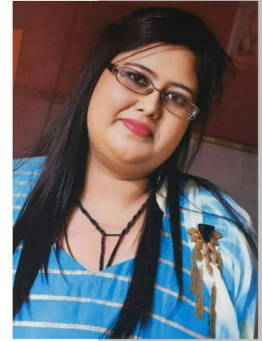
My future plan is to open an Orphanage home. Hope I will be able to fulfill my dream. May God bless me for the purpose. Mystic Aura is online fashion magazine which is a perfect platform for everyone. It connects people worldwide. Mystic Aura always moves with the flow and trends of the generation. My heartiest best wishes to the entire team of Mystic Aura.

Much needed trend

MINDFULNESS MEDITATION

By: Dr. Nikhita Nagar

Dental surgeon
Cognitive Behaviour
Therapist
Director : Dr. Nagar's Dental
and physiotherapy center,
shalimar garden, gzb



It's a busy world. You fold the laundry while keeping one eye on the kids and another on the television. You plan your day while listening to the radio and commuting to work, and then plan your weekend. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. Did you notice whether you felt well-rested this morning or that forsythia is in bloom along your route to work?

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

What are the benefits of mindfulness?

The cultivation of mindfulness has roots in Buddhism, but most religions include some type of prayer or meditation technique that helps shift your thoughts away from your usual preoccupations toward an appreciation of the moment and a larger perspective on life.

It is demonstrated that practicing mindfulness can bring improvements in both physical and psychological symptoms as well as positive changes in health, attitudes, and behaviors.



Mindfulness improves well-being. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

Mindfulness improves physical health. If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.

Mindfulness improves mental health. In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder.

How does mindfulness work?

Dr. Nikhita Nagar, who is a cognitive behaviour therapist, believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

It's become increasingly common for mindfulness meditation to be combined with psychotherapy, especially cognitive behavioral therapy. This development makes good sense, since both meditation and cognitive behavioral therapy share the common goal of helping people gain perspective on irrational, maladaptive, and self-defeating thoughts.

Mindfulness techniques

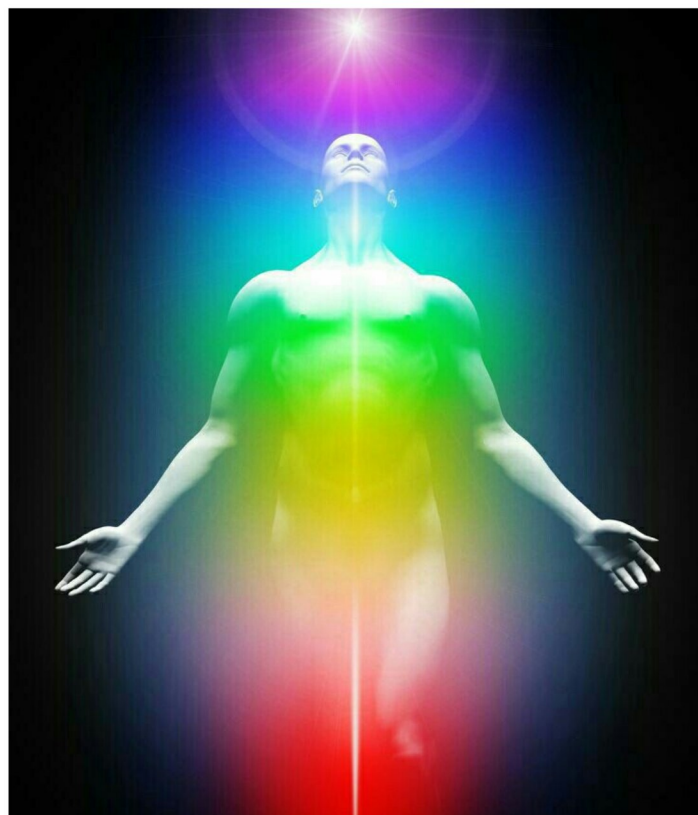
There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation.

Basic mindfulness meditation – Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.



Body sensations – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

Sensory – Notice sights, sounds, smells, tastes, and touches. Name them “sight,” “sound,” “smell,” “taste,” or “touch” without judgment and let them go.



Emotions – Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: “joy,” “anger,” “frustration.” Accept the presence of the emotions without judgment and let them go.

Urge surfing – Cope with cravings (for addictive substances or behaviors) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.



This is the new trend : so embrace your present with much ease and help yourself by unloading the burden of the past and the future to come and indulge in MINDFULNESS MEDITATION.

Ditch Perfection

Let's Just Be Good Enough Mothers



Writer

Ankurita Pathak

Joint Director, FICCI
New Delhi.

Being a mother is by no means easy. I will not get into the nine months pregnancy woes or the pain of labour and giving birth. Those are perhaps only the tip of the iceberg or a preparatory phase to the journey afterwards, which is even more daunting.

I am a mother to a 9 year old boy and it has been one roller coaster ride for me. Every moment has been a new experience, a mixed bag, with highs and lows but never without that sense of happiness to see your little one grow a little every day.



I must say that I am not a very 'responsible' mother in the most traditional explanation of the term. Now being a responsible mother is a very subjective concept. But I have often been questioned or given unsolicited advisories about my way of bringing up my child.

Many a times I wouldn't remember his exam dates, most often I mix up with his books, never ever remember his syllabus and almost always cribbing and complaining about assignments. My PTM meeting with his teacher gets over in maybe 2 quick minutes without a barrage of questions to his class teacher or my efforts in making his EVS project or Science Project may be the poorest in the class. I may not be able to churn out the best of kid friendly culinary delights or I may not be able to wake up at the crack of dawn to teach him a disciplined life. But that doesn't make me a bad mother or an irresponsible mother.

His little joys definitely make me the most joyful mother and I love flaunting his little milestones but I personally do not believe in any kind of comparison or any kind of additional pressure. I want him to have a relaxed and stress free childhood and also I myself do not want to take the loads of an outdated curriculum. Learning is not just about the pedagogy or about his grades in classes. It is much more than that.

When I gave normal birth, I was applauded for not choosing to get a C-sec done. When I breast fed my son, I got some more applause. But when I joined back work after 4 months, I started being questioned for my choice. I received endless suggestions about food habits, about his milestones , about diapers, about clothes, about this toilet training and the list is endless. Oh yes, flak on my body weight being one of the many advisories too!!

Another mostly asked question is how do I manage my 'ME' time... oh you leave your child and go for trips with friends or you indulge in a social life on your own.. you do a lot of parties. And the funniest of it being ' How do you get time to be so active on social media?' !!! I am a mother for god's sake, not a dead person.

In this process, many people don't realise that they are in a way indulging in mom-shaming. With due respect to all the concerns and good will, a mother will know best on how to take care of her child.



Its not like we come with an inherent instruction manual for the perfect upbringing of a child. Motherhood is not a race. It is a slow and beautiful process of learning and growing along your child. There is no need to be perfect and to speak of it, what is actually perfection? It is just the yardstick that you choose to measure anything on the basis of societal norms or the so called traditional ways or what you have always been asked to follow as conventional.

Also, your own life doesn't come to an end with becoming a mother. Self love and self care is as much important as your love and responsibilities for your child.



It can often make you question your self worth as a mother and it is normal. All we need to do is take a moment to remind ourselves that there may be a thousand way to bring up a child and just because someone may do it differently does not mean that our way is wrong.

Our role is critical in supporting the child grow physically, mentally, emotionally socially and intellectually, to nurture and guide, to help them find their own path in the journey of life, to help them find themselves, to help them grow up with compassion, to be that emotional anchor for them to grow up strong enough to deal with their struggles and failures as gracefully handling their success and achievements.

So, instead of giving in to all expectations, to getting demotivated due to endless judgements and forcing ourselves to be an 'ideal' mother, let's try to be a 'good enough mother' — a term that was coined by the British pediatrician and psychoanalyst D.W. Winnicott in his famous book *Playing and Reality*.

To all the 'good enough mothers' in the world.. you are enough.. your love is enough and you are the best in your own way!!!



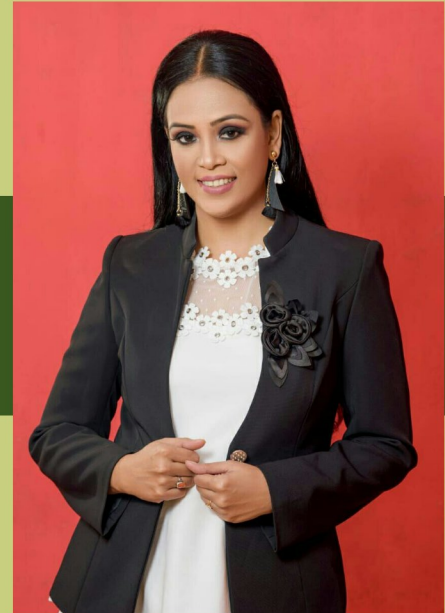


AURA Trends

Costume Designer :
Ms Madhumita M.Sharma

Needle & Spun

Ms Madhumita M.Sharma



Dreamt to create attires that the world would feel, touch and wear. Her passion for textiles, motifs, prints and designs took her on a journey to study fashion and thereby pursue fashion as a career. She always wanted to create her own space in the world of fashion. The year 2012 was a dream come true when her own customized label, "Needles & Spun" saw its inception. A traditionalist with a contemporary outlook, Madhumita firmly believes in using artisan techniques in her Indian as well as Western creations. Her Indian embroideries is quite vivid as well as the age old craft techniques that portrays to the world. Her specialization mainly caters to surface ornamentation while focusing on fusion attire in both traditional as well as Western wears.



AIKIA
API V |

Model : Rimi Boruah
Make up : Monikangkana Gogoi



AURA PHOTOGRAPHY

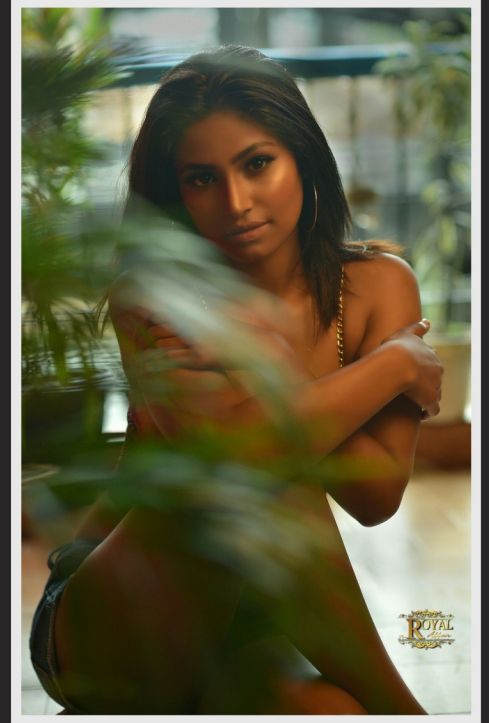
LENS QUEEN STUDIO
PHOTOGRAPHER SANU TALUKDAR

Email : Talukdarsanu@gmail.com
Gohpur Biswanath



AURA

New face



Ragini Sharma

Height : 5.6
Hobby : Dancing
Address : Duliajan
Very new in modelling.

My goal is to become an model. Modelling happened to me by chance, after meeting one of the best stylist Sidhart barman. He inspired me a lot about my height, my skin tone then I realized that yah I can do modelling, I can do photoshoots. And then I started my modelling carrier. I follow one thing, Get it your best if you see yourself walking the ramp. Never give excuses. Always believe that you deserve what you getting.

Photographer : Wazid Rehman
MUA : Gayatri Borah
Styling : Siddharth Barman

AURA

New face



Nikita Das

Age : 20yrs

Height : 5.5", Weight : 50kg

Vital status -32,26,36

I am from Satranagari Barpeta, pursuing graduation, love singing, dancing and modelling is my passion. I believe in hardwork because when one works hard though the result may come late but the fruits of hard labour is always regarded as special and last forever in life. I believe in living the life the way one wishes to live.

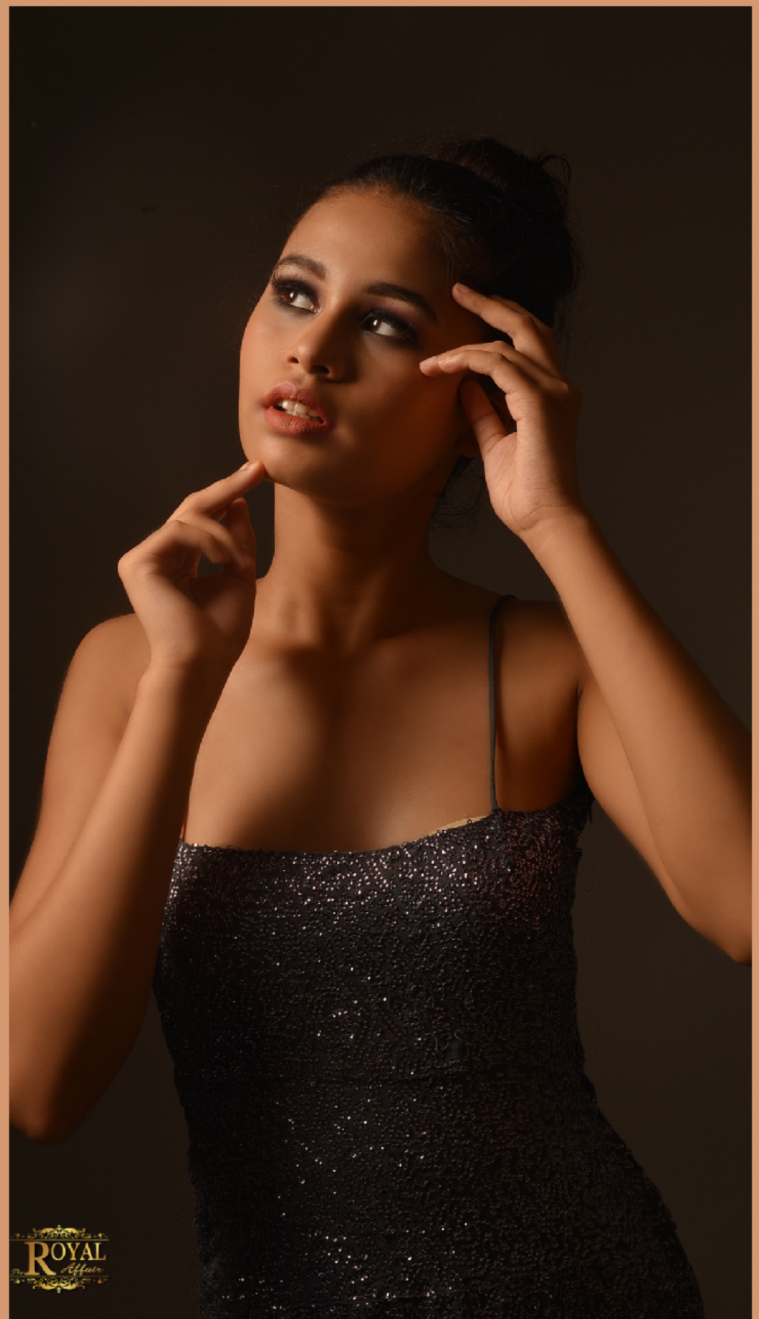
AURA *New face*



Joyoshree Malakar

An ordinary woman with an aim to do extraordinary deed. I believe in entrepreneurship and empowerment. Being Co- founder at The Royal Affair, gave me the scope to traverse my inventiveness and provide dais to emanating talents of our land.

After all, you just can't let life happen to you, you have to make life happen.



Raisha Sahnwaz

I respect and love my profession. I hold the title of Miss Meghalaya and subtitle of Miss Selfie at KIIT Nanhi Pari Little Miss India and it was an amazing experience.

Photography by : Wazid Rehman
Make up by : Ani Sadhana, Kakali Mahanta



Mohit Brahma

School name - Shankerdev
Vidya Neketan, hengerabari.

Address - Six mile laxmi
mandir pragati lodge

Age - 13

Height - 5'7

Waist - 74

Hobby - Playing football

Hip - 54

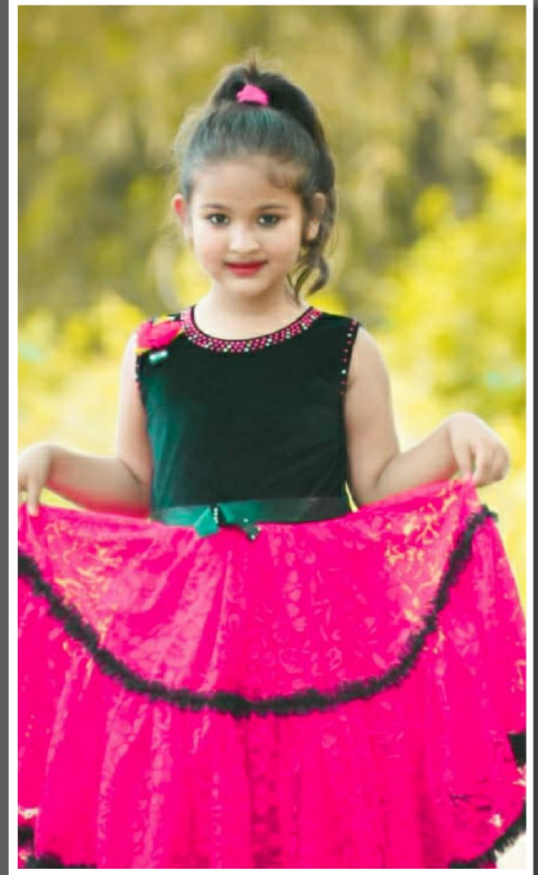
Bust - 87

Hait colour - black

Eye colour - brown

Skin colour - white

Photographer : Wazid Rehman
MUA : Gayatri Borah
Styling : Siddharth Barman



**Miss Khreesti
Xubax Kalita**

Age : 6 years

Place : Sivasagar

SWEET SMELL OF THE SUMMER RAIN

A dawn of a summer

*Suddenly shadowed by a web of clouds,
The breeze and trees touched by a sudden
stillness,*

*Accompanied by the melting of clouds.
The little drops with a rhythmic scale of fall
from the heaven,*

*Embracing the earth, relivening the air.
Letting the plants breathe again with a
grin.*

*Shaking off the summer laziness,
Plants and Trees gambol around with the
kiss of the rain, pouring over it.
The winsome fragrance of rain all around,
The mucky byway looked appealing after
the rain laved.*

*The wilted crops and parched earth
quenched their thirst contentedly
The merry earth saluted the monsoon
muzzle*

Yes!!! The rainy days are back again.



By Monali Bhuyan



OBESITY



Written by
**Dietician
 Dipikaa A Bhatia**
 (Nutritionist) Director
 of BBE Healthy and
 founder of Aas ek
 prayaas ngo cancer
 awareness.

Medical Conditions

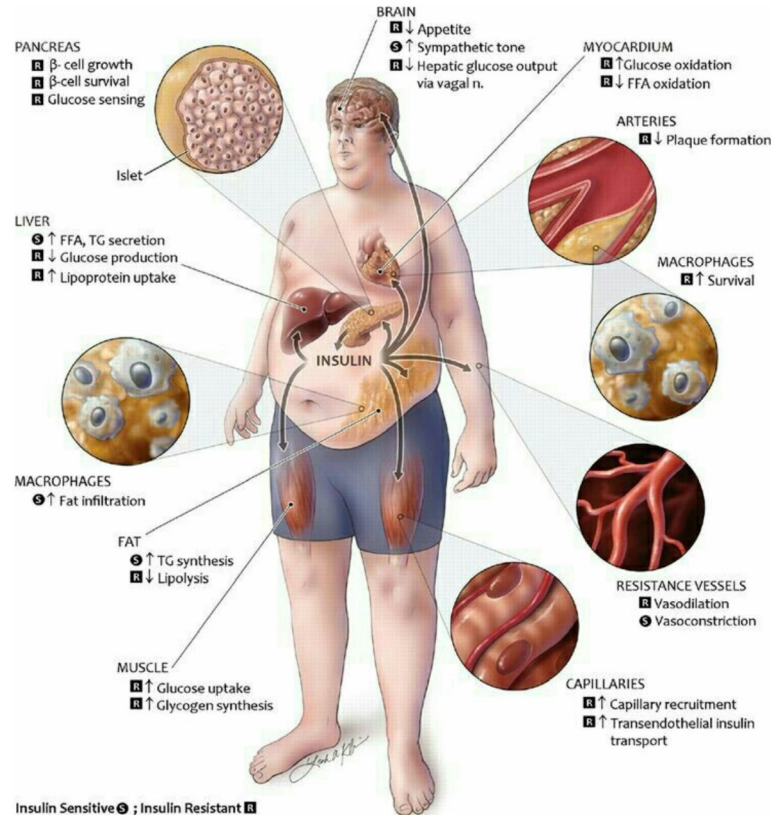
There are many medical conditions like thyroid, PCOS, etc. which cause obesity. It is best to go for a health checkupto understand the cause of obesity.

What are the Symptoms of Obesity?

The person's appearance is sufficient to arrive at a diagnosis in most cases.

Some of the common signs and symptoms of obesity are :

- **Large body frame**
- **Fatigue**
- **Breathlessness**
- **Breast region adiposity**
- **Big belly**
- **Flabby fat in the upper arms and thighs**
- **Difficulty in doing physical activities**
- **Joint Pain**
- **Trouble sleeping**
- **Skin problems caused by moisture that accumulates in the folds of your skin**
- **Gallstones**
- **Osteoarthritis in weight-bearing joints, especially the knees**



The symptoms as mentioned above of obesity can also resemble other medical problems.

How is Obesity Diagnosed?

Obesity is diagnosed usually on the basis of a physical examination and the patient's history (eating and exercise habits). It is also diagnosed by calculating BMI. Body Mass Index (BMI) is based on your height and weight. BMI does not measure body fat directly, but it is an essential tool to assess the health risk associated with being obese or overweight. If a person's BMI is in the range of 18.5 to 24.9, then a person is not considered obese. A BMI of 30 or more means that a person is obese. Generally, it means that your body weight is 35% to 40% more than the ideal weight. The Body Mass Index (BMI) is calculated using kilograms and metres instead of pounds and inches/feet.

BMI is calculated as under :

$BMI = \text{body weight (kg)} \div \text{height}^2 \text{ (m)}$.
the healthy range.

BMI value

Classification Health risk

Less than 18.5	Underweight	Increased
18.5 to 24.9	Normal weight	Least
25.0 to 29.9	Overweight	Increased
30.0 to 34.9	Obese class I	High
35.0 to 39.9	Obese class II	Very high
40 or higher	Obese class III	Extremely high

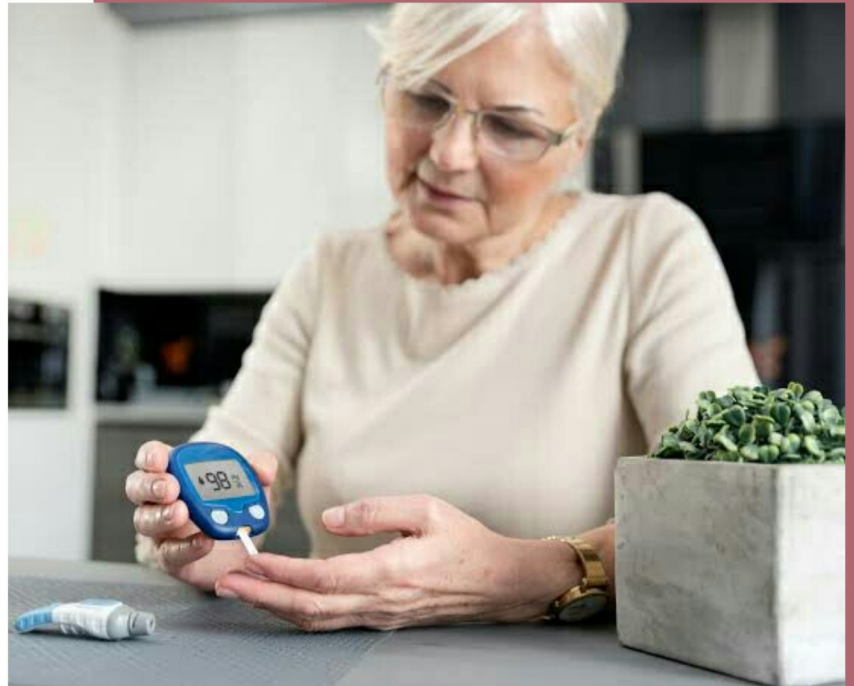
What are the Diseases Caused by Obesity?

• Type 2 Diabetes

Obesity is one of the major causes of type 2 Diabetes. People afflicted by obesity are about ten times more likely to have type 2 diabetes. Furthermore, type 2 diabetes can lead to heart disease, stroke, blindness, kidney disease, high blood pressure, impotence and much more. When the blood sugar levels are above normal, it leads to type 2 Diabetes. The causes of type 2 Diabetes include genes, unhealthy diet, obesity and a low physical activity level.

You will be surprised to know that about 80 per cent of people with type 2 diabetes are obese or overweight. The reason behind this is that obesity leads to the development of insulin resistance which causes type 2 diabetes. Being obese causes cells to change and make them resistant to the hormone insulin.

Insulin carries sugar from the blood to the cells, where it is used for energy. When a person is insulin resistant, it makes it difficult for the cells to take up the blood sugar, which results in high blood sugar. Additionally, the insulin-producing cells have to work harder to keep blood sugar normal, and this causes these cells to fail gradually.



If you are at risk for type 2 diabetes, you should lose weight to delay the onset of diabetes. Becoming more physically active and losing weight can help you control your blood sugar and prevent or delay health problems. So, hit the gym and eat a nutritious diet to keep diabetes and obesity at bay.

• High Blood Pressure

Obesity is a significant risk factor for hypertension (also known as “High blood pressure”). Hypertension increases the risk of other diseases including kidney disease, stroke, congestive heart failure (CHF) and coronary heart disease (CHD). A blood pressure is considered normal if it is in the range of 120/80 mm.



Obesity leads to high blood pressure in several ways. When a person is obese, the blood pressure increases because the heart needs to pump harder to supply blood to all the cells. Besides, excess body fat may also damage your kidneys, which help in regulating blood pressure.

Losing weight can help you lower high blood pressure. You should quit smoking, cut back on salt and exercise regularly to lose weight and reduce blood pressure. High Blood Pressure is one of the top diseases caused by obesity.

• Cancer

Cancer is indeed one of the deadliest diseases in the world. When cells in one part of the body, such as the colon, start growing abnormally or out of control, cancer occurs. These cancerous cells can also easily spread to other parts of the body, such as the liver. Cancer is a severe disease and is the second leading cause of death in the US.

The reason why obesity leads to weight gain is still not known. It is assumed that fat cells may release hormones that affect cell growth and lead to cancer. Moreover, unhealthy eating habits and lack of physical exercise can also lead to obesity and contribute to cancer risk. Generally, obesity increases the risk of certain cancers.



• Infertility

Obesity leads to hormonal imbalance which can cause ovarian failure. Women who weigh 15% more than their ideal weight are at a higher risk of developing ovarian cancer and infertility. Obesity also causes problems for the pregnant women. Women who are pregnant and obese have higher chances of developing gestational diabetes and high blood pressure. Also, babies of obese or overweight mothers are at an increased risk of being stillborn, being born too soon and having neural tube defects.

Obesity increases blood sugar, blood pressure and insulin resistance in the body which is highly unhealthy for the body. Obesity also increases surgery time and blood loss.

There are high chances that the children of obese mothers will gain too much weight over time. So, being obese affects child and mother, both. Hence, if you are pregnant, you must talk to your Doctor about losing weight first. On the other hand, obese men are at a greater risk of developing low sperm count and motility.



• Liver Disease

Nonalcoholic Steatohepatitis, which is also known as fatty liver disease occurs when fat accumulates in the liver and causes injury. This disease may lead to cirrhosis, liver damage and even liver failure. There are usually no symptoms of the fatty liver disease, and the cause of the disease is still not known. This disease mostly affects people who are middle-aged, obese or diabetic. There is generally no specific treatment for fatty liver diseases, but patients are advised to eat a balanced diet, quit alcohol and increase physical activity to shed pounds. If you have a fatty liver disease, then losing weight may reverse the disease to some extent. Liver disease is common these days. Book a health checkup package now to keep liver problems at bay.



• Depression

This is one of the leading diseases caused by obesity. It is a well-known fact that obesity causes psychological problems too. Many clinical studies have shown that obese people are about 25 % more likely to experience depression in comparison to those who are not obese.

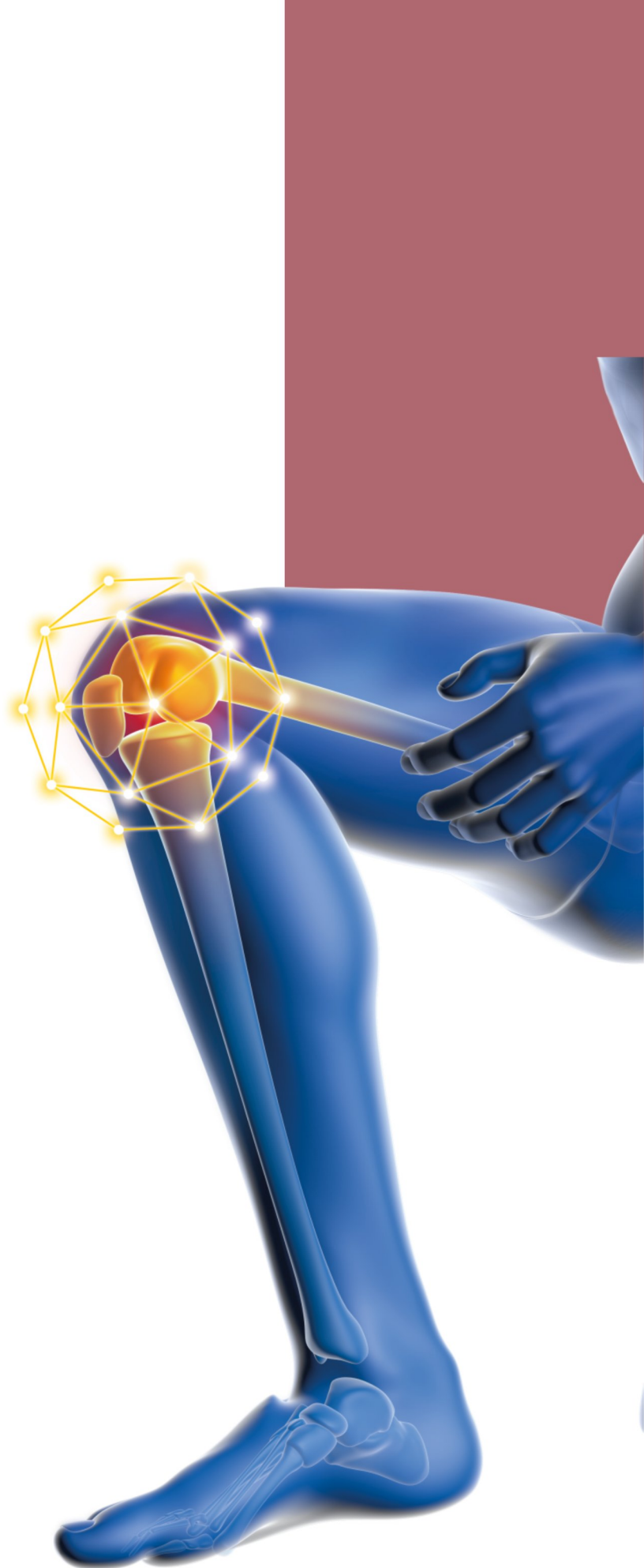
When you gain too much weight, you lose confidence, and this increases the stress levels in the body and leads to psychological problems such as anxiety, mood swings, aggressive behaviour and much more. Obesity can cause low self-esteem, poor self-image and social isolation; all factors that contribute to depression. Obese people are often stereotyped and made fun of which make them feel left out, and hence they start taking a lot of stress.

On the other hand, depression is one of the reasons why people gain weight. So, the best thing to do is keep yourself calm, practice meditation, focus on your hobbies and surround yourself with supportive people to beat stress. And eat a balanced diet to keep obesity away from your life. Depression is one of the major diseases caused by obesity.

• Osteoarthritis

Osteoarthritis is a health condition that causes pain and stiffness in joints. It is a condition that is generally related to ageing or an injury that affects the joints of the hands, knees, hips and lower back.

Obesity is one of the major risk factors for osteoarthritis. That is because extra weight puts lots of pressure on joints and cartilage and cause them to wear away. Additionally, obese people have higher blood levels of substances that lead to inflammation, and inflammation increases the risk of osteoarthritis. Losing at least 5% of your body weight can decrease the pressure on your hips, knees and lower back and reduce inflammation. This, in turn, can improve the symptoms of osteoarthritis.



• Kidney Disease

One of the leading diseases caused by obesity is kidney disease. The major functions of the kidney include filtering blood and removing toxins from the body in the form of urine. The kidneys also control blood pressure to keep your body healthy. When kidney disease occurs, the blood is not filtered, and wastes get stored in the body, which leads to many health problems.

Obesity elevates the risk of high blood pressure and diabetes, and these are the most common causes of chronic kidney disease. Even if it does not result in diabetes and high blood pressure, the chances are that obesity will harm your kidneys in the long run.

So, to prevent kidney disease, you must maintain your body weight. Eat foods rich in nutrients and reduce the consumption of salt to keep your blood pressure under control. To evaluate your kidney health, get a health checkup done now.

• Skin Infections

You will be surprised to know that obesity also leads to skin problems. Being obese may cause skin problems due to several factors. Change in hormones may cause acanthosis nigricans, which are dark in colour. On the other hand, stretching of the skin may lead to stretch marks.

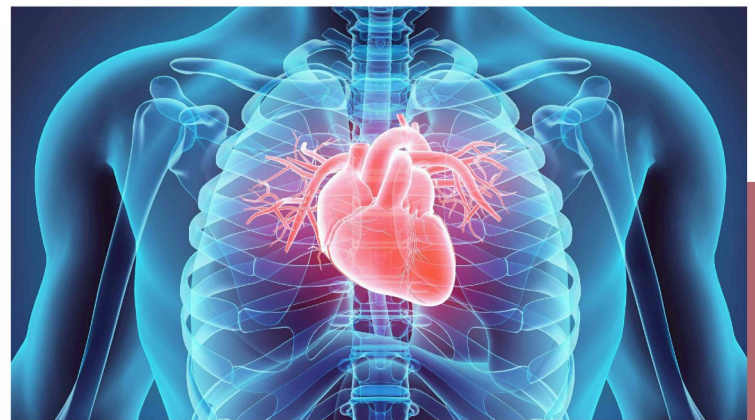
Increased strain on the leg veins may result in leg swelling, dermatitis and ulcers. Retained moisture in the body may aggravate the growth of fungi and bacteria, leading to skin rashes. And the foot may develop calluses and corns due to the increased weight. So, exercise and eat a healthy diet to keep your skin healthy and glowing.

These were the top 10 diseases caused by obesity. Being obese is not good at all; hence, you should adopt a healthy lifestyle to keep obesity and other diseases at bay.

• Heart Disease

Heart disease is one of the leading diseases caused by obesity. Obesity can even lead to a heart attack or stroke. According to the American Heart Association, people who are obese have a higher risk of having a heart attack before the age of 45.

Obesity and overweight increase blood pressure and it is a well-known fact that high blood pressure is the leading cause of stroke. Obesity also elevates your chances of developing other problems related to strokes, such as high blood sugar, heart disease and high cholesterol. So, you should lose your weight if you are obese to keep your blood pressure in control. Lowering blood sugar helps in lowering the risk for stroke.





Beauty & You

"Beauty is not in the face, Beauty is a light in the heart"

We all strongly believe in that but equivalently outer beauty is not eternal but yes its a God's gift to us and a very few are gifted with it. We all want to be beautiful in our own way.

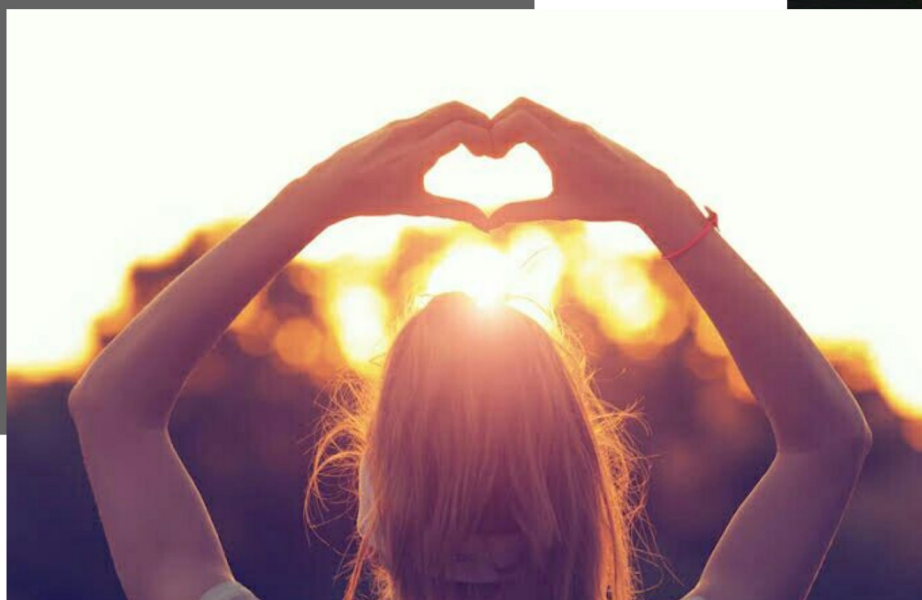
When we think about outer beauty the first thing that probably strikes our mind is makeup, good dressing sense, shoes etc. that enhances our beauty. But natural beauty undoubtedly is more attractive and a eye catching to all of us. This happens only if we are conscious from our head to toe, from diet to daily routine exercise we do, how we can keep ourself hydrated and be aware of what products we use on a daily basis.



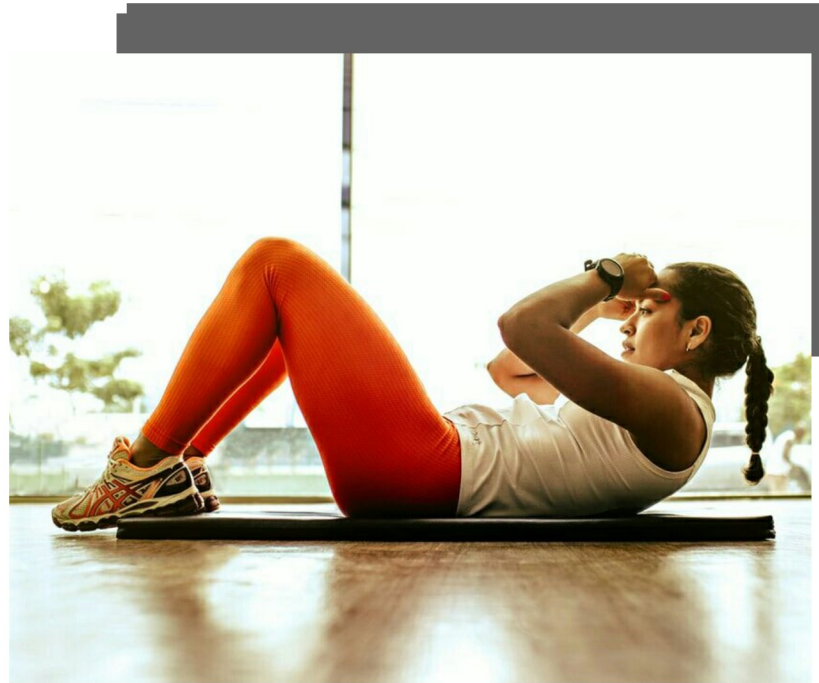
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Most important it is and solely advised that our body should remain hydrated everytime. If we go for a detailed study on that we can see outstanding and shocking benefits of this easy available thing. It reduces hairfall, reduces acnes problems which seems to be men's forever enemies. So keeping our bodies hydrated in life is necessary and worth focussing. Secondly, if we are to speak about taking a proper diet, then we must take extra attention to what kind of food contains beneficial minerals, proteins, vitamins, calcium etc.

In this context citrus fruits like lemon which is easily available in all of our kitchen gardens is worth mentioning. Having this fruit along with it's outer shell is very beneficial for our skin. Usually intake of fruits is always considered a plus point for a healthy skin. We must try to avoid oily and fried food that makes our skin ten times unhealthier resulting in many skin and health problems. So its important for all to know about it such that we don't have to regret later.



Both men and women deserve some time for self and being conscious of self is not a matter of shame. Yoga, exercises, meditations with the correct posture play an indispensable role for that matter. This gives human both 'me time', which is really necessary for this generation of running continuously and mental peace that makes them happy. And that is equal to beauty. If we are to be naturally beautiful it doesn't count colour complexion, height or weight, it's our contribution to self ; how much we try to meet our expectations, the amount of hard work we do to keep ourselves active, happy and fit. In a nutshell what's important is to understand nature. Nothing is, was or will be greater than inner peace. A healthy mind and body always makes us beautiful naturally which is above all. This makes us confident and enhances our beauty letting us feel the core of how we are inside and out. This increases the alacrity within our ownself.



We also must be obedient and learn to love oneself in order to own a beautiful body. We cannot cheat ourselves. We must remain true to what we do, like sleeping and rising early, following a strict diet.

It's quite convinced that following this types of information might let us stroll the path of natural beauty, introducing us to a healthy field.

Succulent fruit - Litchi

As the mercury level ascends, the danger of numerous ailments increments as well. The singing warmth as a rule carries with it a ton of maladies, for example, typhoid fever, loose bowels, jaundice, heat stroke, lack of hydration, and skin issues. In spite of the agonizing warmth and moistness that attributes of summer, a few people anxiously trust that the season will show up for different reasons. One is that mid year carries with it an assortment of heavenly occasional natural products, including the most awaited mangoes, watermelons, guava, papaya, lychee etc.



LYCHEES : Health Benefits

Lychee, otherwise called litchi or lichee, is one of the flavorful summer organic products that individuals hang tight for all year. This delicate, whitish-pink hued thick organic product is broadly developed in tropical and sub-tropical areas. It is accessible for an exceptionally brief timeframe throughout the mid year and has a short time span of usability. It is the sweet and fancy kind of this organic product that makes it so unique and a most loved for some individuals. Lychees are generally eaten new, however they are additionally utilized in frozen yogurts and handled into juice, wine, sherbert or jam. Not simply eating lychees cools your body and assist you with beating the singing warmth; this delicious natural product likewise accompanies numerous medical advantages. Lychee is a decent wellspring of a few nutrients, minerals, and sound cell reinforcements, for example, potassium, copper, nutrient C, epicatechin, and rutin. Every one of these supplements are fundamental for your wellbeing and can likewise help lessen your danger of a few interminable infections. Here are a couple of reasons why lychees ought to be a piece of your late spring diet.

- It's your skin's best mate: Lychee contains nutrient E, which helps in mending burns from the sun – a typical skin issue during summer. Nutrient E additionally calms your skin and forestall the indications of maturing. Lychee is likewise a decent wellspring of Vitamin C which helps keeps your skin solid.

- Reestablishes your resistance: Rich in nutrient C, lychee is a fantastic nourishment for boosting your invulnerability. Nutrient C advances creation of white platelets that help ensure the body against contamination

- Helps Digestion: Lychee contains a decent measure of dietary fiber that directs the solid discharge. It can do some amazing things for clogging and other stomach issues.

- Keeps your heart sound: Potassium and oligonol in lychee may assist you with keeping a control on your pulse and circulatory strain. This thus can bring down your danger of stroke and coronary heart sicknesses

- Quickens weight reduction: The dietary fiber in lychee assumes an instrumental job in weight reduction. Additionally, lychee organic product is 82% water, has a practically irrelevant fat substance and is likewise low on calories which further makes it a perfect natural product for weight reduction.

The fruitarian, or natural product, diet is an exceptionally prohibitive veggie lover diet. It rejects every creature item, including dairy. Individuals following this program eat an eating routine comprising principally of crude natural products. Vegetables, dried organic products, nuts, and seeds can likewise be eaten with some restraint. Different kinds of food, for example, grains, vegetables, and tubers, are seriously constrained or disposed of totally. Prepared food of any sort, including cooked natural product, is maintained a strategic distance from. There isn't one explicit approach to do the natural product diet. Some fruitarians just eat natural product that has fallen onto the ground, as opposed to organic products that have been picked. Others won't eat any seeds, in light of the fact that these have the ability to become living plants.



Mrs Aayushi Biswas

from Silchar, Shivalik park.

A Pharmacist from Silchar Medical college. A Senior Research Fellow in Chemistry from NIT Silchar, a Model, Show Anchor, An athlete, Eassy writer, social worker, Education Officer at International Human Rights Council (IHRC) Cachar Board.

SUMMER SKIN CARE

As season changes we also need to change the daily routine of skin care, infact an extra care is needed for the scorching heat, pollution and other environmental conditions that change the skin's natural radiance leaving it oily, dull n blemished. Every beauty conscious people nightmare is when summer peeps in. But before we loosen our purse strings for those expensive products in the market, let's try out some simple homemade remedies and packs for summer skin care.



CURD :

An excellent beauty ingredient that has a beneficial effect on skin and acts as a good moisturizer for all types of skin. It heals dry skin naturally as it contains lactic acid that acts as an exfoliator and clears off all dead cells, blemishes, pigmentation and ageing.

- 1 and ½ tbs curd
- 1 tbs honey
- 1 tbs basan

Mix well and apply it on face. Leave it for 15min and wash your face nicely with cold water.

Using this pack on alternate days increases the radiance and gives a clear soft skin.

PAPAYA :

1 piece ripe papaya
1 tbs lemon juice
1 tbs honey

Mix well and make a paste and apply it on face. Leave it for 20mins and then wash off with cold water.



ALOEVERA :

Applying Aloe vera juice cubes gel on face in the morning and night before going to bed gives a fresh face glowing skin. Its reduces skin inflammation and sunburn. It ideal for oily skin and has good healing effect for dry and acne prone skin.

HOMEMADE packs are always natural and has no fear of side effects but it is very pure and effective, works magical when applied on face for all skin types. Homemade packs are easy to make and is always available in our home / kitchen garden.



Summer Time **Stay Healthy and Hydrated**

Drinking juices in summer not only keeps you hydrated but also helps in healing lots of health problems. Drinking water is essential but human body absorbs nutrients faster in the form of juices for it is light and provides a detoxifying effect on human body. So its the juices that provide health benefits and help to remain hydrated.

Mint lemon juice

Homemade mint lemon juice is refreshing, tasty and perfect for summer parties. Mint is the best herb to put in various summer drinks from mocktails to ice tea.





Mango juice

The king of all fruits helps to promote our health and boost immunity, lower cholesterol, clears the skin and helps in weight loss. Having a glass of mango juice in summer awakens our tastes. So try and spare a few minutes in preparing and enjoying its taste.

Orange juice

A glass of orange juice has high vitamin C that has proved to be an immunity booster for kids and grown ups. It helps in balancing the hormones, the production of collagen to improve the health of skin.





Coconut water

It is a delicious source of hydration, it helps to prevent kidney stones, reduces blood pressure, helps in digestion and supports organ functions. It contains more calcium and magnesium and having a glass of coconut water keeps one well hydrated and strong.

Watermelon juice

During summer people feel tired, lethargic, fatigue as the energy level reduces due to high humidity and heat. So its necessary to keep our body hydrated. Watermelon juice contains 92% water and so it is a good source of nutrition. It contains vitamin-A, vitamin-C and potassium.



Sassy Friends



It all started almost a decade ago, back in 2009. I was a new comer in Christ Jyoti School. Being the very first day in a new ambience,

I felt perplexed and jittery. But my intrigue of meeting new people and knowing them had always fascinated me and what better than a new school to experience the same. The first day went well and I was already looking forward to the second one. The very next day after I got up into the bus my eyes were searching for a vacant seat. I could see one in the left with a girl sitting by the window side. I asked her whether I could sit beside her to which she agreed. We interacted and became friends in no time. Her name was Shibangi and she was also a newcomer so our thoughts resonated a lot. However, our sections were not the same, hence we connected only over our bus journeys to school. Our conversations mostly included - fashion, clothing and skin care as the topic of interest. She had a sister called Debangi who would accompany our fashionista talks whenever I visited her place. Years passed, although the friendship remained the same, our passion to do something 'big' disappeared in thin air amidst the chaos of tuitions, homework, assignments, tests and exams.

After all these years, now that the world has come to a standstill and most of us have got a break from our busy lives, one fine day, Debangi came up with the idea of starting a YouTube channel. Shibangi informed me about it and I was amazed thinking why not give it a shot! Now, it has been more than a month and we have already posted more than 10 videos. Our channel is named as "◆" and our videos mostly include skin care home remedies, food hacks and to add to the spark and excitement of the channel- some food challenges.

We believe that we should always aim for the big but start with the small and with that perspective, we have together headed onto a new journey. We are certainly aware that there is a long way to go but as they say "The journey is more beautiful than the destination", let's cherish every bit of it.

Writer : Ritisha Saikia

