

# Mystic AURA

VOL 04 | ISSUE 04  
JUNE 2020

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## OBESITY

Best way  
to overcome it.

## THE GOLDEN LANGUR

The Sole Representative  
of Indian Mythological  
'SUGRIVA'

THE AMAZON OF  
THE EAST

## DEHING PATKAI

## RIGHT SUNGLASSES

Choose a perfect sunglass  
for a smart look

# NATURE

THE RESERVOIR OF BEAUTY AND STRENGTH

# Mystic <sup>AURA</sup>

Vol 04 | Issue 04 ; June 2020  
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# EDITOR'S NOTE

**H**umans are fallible. No one is perfect but still we should do our best and spread happiness.

When the world is difficult and things seem to go out what we can control is our inner lives, our spiritual lives, find personal meaning and deep happiness-by facing the worst in the world with the best in ourselves.

It is said that one can reach its goal easily when the blessings of God, love and support of the well-wishers and team work go hand in hand. Today I am immensely happy and thankful to all that our viewers have been increasing day by day and have crossed more than 1k. Expecting to be more in the coming month issues.

Mystic Aura always moves with the flow and trends of the generation with a view to inspire others.

Love & regards

**Gitali Pathak Deka .**  
( Editor\_in\_chief )

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Sarmah

FACE OF THE  
MONTH

**Nam Aehng**





• **Tell us in brief about yourself?**

I am an ambivert who believes to be the mixture of extrovert and introvert and also cheerful, moody and friendly person too. I'm doing Bachelor of Design in Fashion Design from Nift Shillong which was my dream college to get in.

• **Besides good look and figure what is more important in modelling?**

BE YOU is more important nowadays we can see everyone is running, struggling and facing the circumstances. From me this will be the advice "Don't ever forget yourself", what's your priority, your interest, your skills, always remember yourself, who you are and also always love yourself, your inner self that's the most precious thing during this period .

• **What are your future plans?**

My future plan is to work under luxurious brands and companies which will help me to learn and explore more. That's why I'm more focused on my studies. I'm more interested in visual merchandising and stylist as a creator.

**Model: Nam Aehng**  
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# GOLDEN LANGUR

The Sole Representative of Indian Mythological 'Sugriva'



**Dr. Amarendra Nath Dutta**

Retd. Professor of Zoology,  
Debraj Roy College, Golaghat.  
Senior Faculty, Biology.  
Reliance College Jr. Golaghat.



A warm handshake -  
The writer and a Golden Langur

**T**he green Globe is full of different kinds of diversified forms which man has been always curious to know. The Golden Langur locally known as 'Sugriva' or 'Xonali Bandor' and scientifically known as *Trachypithecus geei* is a nonhuman primate species of wildlife which is exclusively found in strips of forest at Manas Tiger Project, Manas Biosphere Reserve, Chakrashila Wildlife Sanctuary located in the northwest of the state of Assam, India and southern part of Bhutan Kingdom in eastern Himalayas.

This primate species was discovered in 1956 by Edward Pristichard Gee, a renowned British born naturalist and conservationist of India. Grob Tea Company, Calcutta entrusted E.P.Gee into the responsibility of serving Doyang Tea Estate, Golaghat, Assam as the Manager.

In the animal kingdom Golden Langur belongs to the sub family Colobinae of family Cercopithecidae under suborder Anthropeida, order Primates in the class Mammalia.

This legendary and beautiful primate is historically the sole representative of the Indian mythological 'Sugriva' in the Indian epic 'Ramayana' written sometimes around the fifth century B.C.

Golden Langurs are calm, gentle and graceful by nature. In natural habitat the Golden Langurs live in groups. A group may consist of one dominant male, one or two adult females, one subadult male, one or two subadult females, one or two juveniles and an infant. They are exclusively arboreal and are never found on ground. They are seen walking on the ground only when they come to drink water from the nearest water sources of the habitat.

Golden Langurs are cream coloured, golden in sunlight, the sides are reddish, the face is black and hairless except for the long pale beard. This langur species shows seasonal variations in colour, becoming cream or almost white in summer, golden in early winter, golden red in late winter. The tail is long with slight tassel. The ventral parts of the body show varying shades of light golden, golden red, pale yellow, orange or silvery. The body of Golden Langur possesses a full coat of long flowing hairs. The head is round and the face is flat. Like all other langurs the cheek pouches are absent. The face, pinnae, palmar and the plantar surface are purplish black in colour and hairless. Iris of Golden Langur is brown in colour and the sclera is white. The forehead is narrow. The long haired row on the forehead and rows of long and black eyebrow intermingle and directed forward forming a bow. The weight of an adult langur is about 10kg. The cranial capacity of an adult female is 96cc. approximately.



The newborn Golden Langur baby at birth possesses a soft and full coat of golden hairs. The face, pinnae, palmar and plantar surface are bare and pink in colour. The cheek, throat and ventral parts of the body are silvery white. The weight of the one day old newborn is about 300gm.

Golden Langurs feed on blossoms, flower buds, flowers, young leaves, tender shoots and fruits. They move from tree to tree at a height of 15-21 metres. Members of a group usually roost in a single tree.





The habitat destruction through felling of trees and unabated encroachment into Golden Langur's habitat have threatened its habitat and thus declined their population. Now there are only about 5000 Golden Langurs globally.

Hence, Golden Langur is included in the endangered list of Category-1 under Wildlife Protection Act of India 1972 and in Schedule-1 Category of endangered list and Red Data Book of IUCN (International Union for Conservation of Nature and Natural Resources), Switzerland.

For long conservation of this prestigious heritage and sole prerogative of the state of Assam its habitat must be maintained as a dense Tropical Moist Semi- evergreen Forest with trees up to 45 metres high and its canopy must be made to be almost closed. The habitat of Golden Langur must be protected from encroachment and destruction of the habitat through felling of trees.

Wishing long conservation of this legendary and precious primate species of the world and patrimony of the state of Assam, the Golden Langur and other faunal species and their natural habitat in the state of Assam, India.

## References:

- Gee, E.P. 1956. A new species of langur from Assam. J. Bombay Nat. Hist. Soc.  
Dutta, A.N.2017. MONOGRAPH ON GOLDEN LANGUR.  
Printed at Binayak Offset, Sivasagar, Assam.

# Colour of a tree

Mixed media art work by  
**DIPLU HAZARIKA**



**N**ature is an important and integral part of mankind. It is one of the greatest blessings for human life; however, nowadays humans fail to recognize it as one. Nature has been an inspiration for numerous poets, writers, artists and more of yesteryears. This remarkable creation inspired them to write poems and stories in the glory of it. They truly valued nature which reflects in their works even today. Essentially, nature is everything we are surrounded by like the water we drink, the air we breathe, the sun we soak in, the birds we hear chirping, the moon we gaze at and more. Above all, it is rich and vibrant and consists of both living and non-living things. Therefore, people of the modern age should also learn something from people of yesteryear and start valuing nature before it gets too late.

## **Significance of Nature**

Nature has been in existence long before humans and ever since it has taken care of mankind and nourished it forever. In other words, it offers us a protective layer which guards us against all kinds of damages and harm. Survival of mankind without nature is impossible and humans need to understand that.

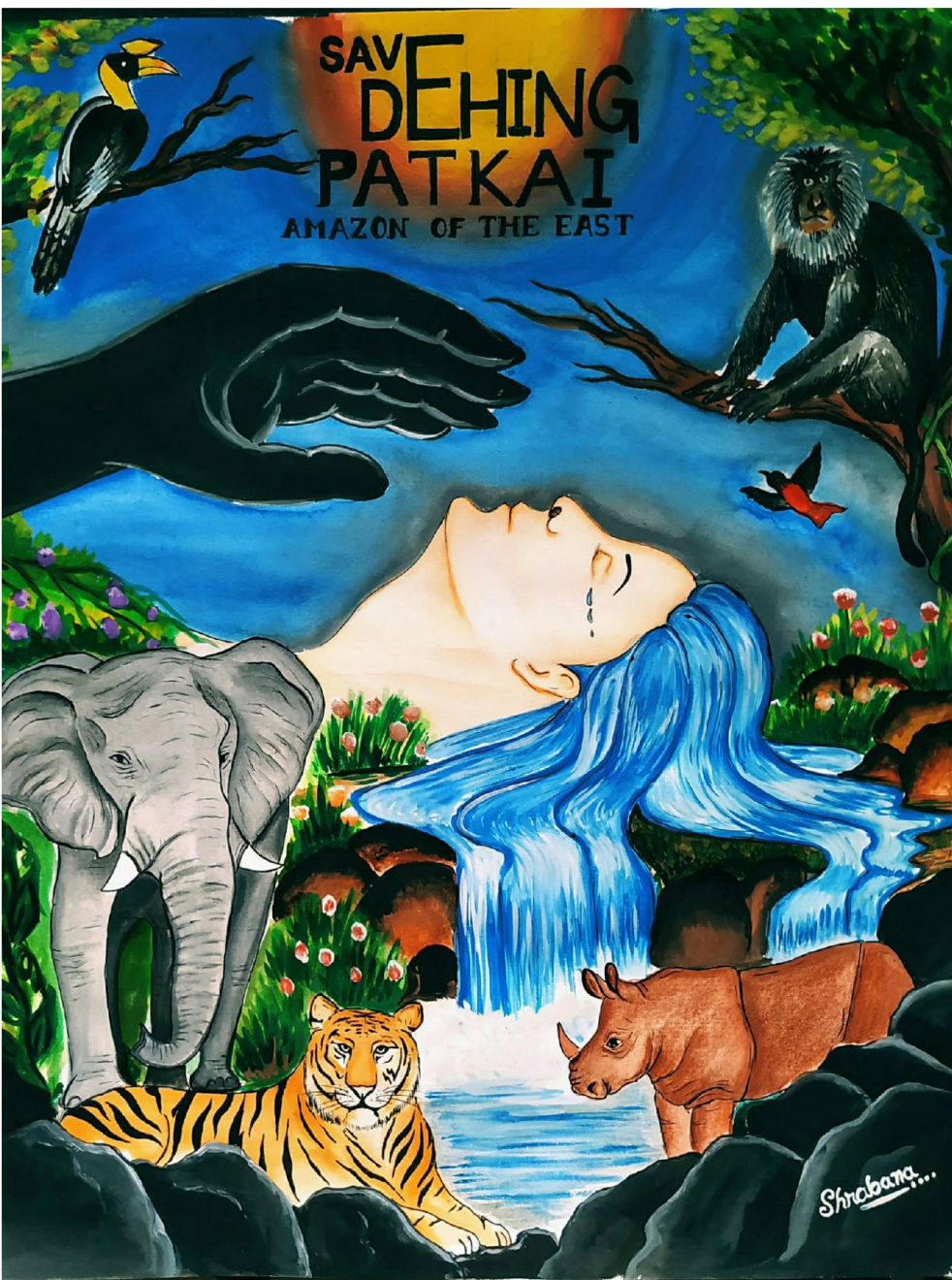
If nature has the ability to protect us, it is also powerful enough to destroy the entire mankind. Every form of nature, for instance, the plants, animals, rivers, mountains, moon, and more holds equal significance for us. Absence of one element is enough to cause a catastrophe in the functioning of human life.

We fulfill our healthy lifestyle by eating and drinking healthy, which nature gives us. Similarly, it provides us with water and food that enables us to do so. Rainfall and sunshine, the two most important elements to survive are derived from nature itself.

Further, the air we breathe and the wood we use for various purposes are a gift of nature only. But, with technological advancements, people are not paying attention to nature. The need to conserve and balance the natural assets is rising day by day which requires immediate attention.



# Save the Amazon of the east



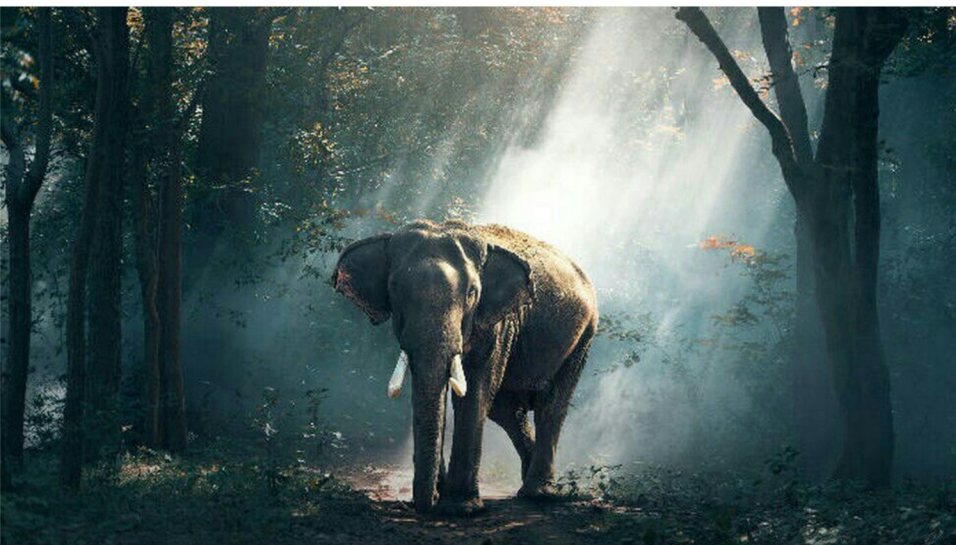
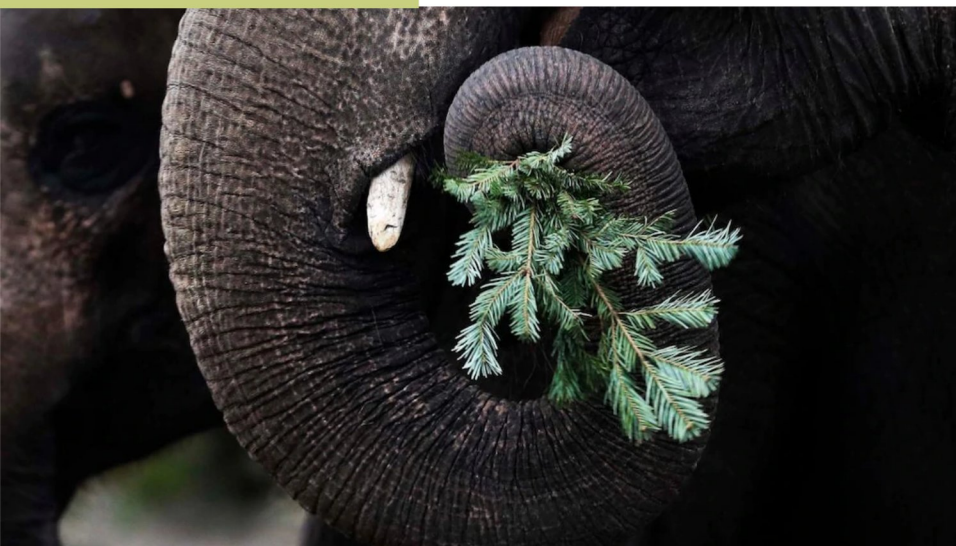
**Writer: Nikita Bordoloi.**  
Sivasagar.



**D**ehing Patkai, referred to as the ‘Amazon of the East’ is one of the biggest wildlife reserve of India. Situated in Dibrugarh and Tinsukia districts of the Assam, covering an area of 111.19km<sup>2</sup>, this rainforest is a home to a variety of fauna and flora, some being endangered and critically endangered. This sanctuary is also a part of Dehing Patkai elephant reserve. 47 mammal species, 47 reptile species and 30 butterfly species have been recorded till date. The rainforest also harbours 293 bird species. This four layered rainforest has over 60 types of trees and over 100 varieties of orchids. The towering Hollong tree, which is also the state tree of Assam, dominates the emergent layer of the rainforest. The forest region is also the habitat to more than a dozen of different ethnic groups.

Recently, the National Board for Wildlife (NBWL), amid the nationwide lockdown, approved a coal mining project in Saleki area of the sanctuary, which is almost 98.59 hectare of land belonging to the Dehing Patkai Elephant reserve.

The nature has always warned us with the destruction of biodiversity. These demolitions which paves a way for zoonotic diseases like Ebola, Bird Flu, Middle East Respiratory Syndrome, Nipah virus, Ziba virus and now the Corona virus. These zoonoses are prevalent throughout the world and we have already seen how badly these diseases have affected us. They are all linked to biodiversity and forest destruction.



Rain forests are an integral part of an ecosystem and activities like coal mining affects the ecosystem adversely as a whole. It creates an unbalance in the system we live in, which ultimately will affect the human beings. Tampering with the nature is like calling threat to our existence.

It affects us all, whether we realise or not. The only hope of the survival of the planet lies in sustainable use of the environment. Our nature needs more respect and care from us. So we should all try to protect our nature in the best way possible. To oppose the decision of NBWL, social media protest using hashtags “I am Dehing Patkai” and “Save the Amazon of the East” has been generated. Let us all be a part of this and raise our voice too.

# RIGHT SUNGLASSES

- Prasant Ghosh



Sunglasses are meant to be worn in the sun. For some foolishly glamour victims who wear sunglasses inside their ac offices. When you are indoor take your sunglasses off. Unless you are Tom Cruise or Shahrukh khan or a huge celebrity you will look like a wannabe.

It adds to the charm if you have beautiful eyes, large, twinkling and shapely and you enhance the beauty by wearing a transparent colour sunglass.

But if you have not been bestowed with this bounty, you can ensure their beauty by a few careful strokes here and there. It has been observed that the secret of success of most world famous beauty queens was their beautiful eyes. Like shiny hair and clear skin, bright eyes indicate glowing good health and vitality. The first and most basic requirement for beautiful eyes is a good diet. The top vitamin for healthy eyes is vitamin A.



Sleep is vital for right shining eyes. Without it, they become blood shot, strained and tired looking. Eight hours sleep during night s a good rule. Watching TV for a long time, continuously reading in a bad light can make eyes dull looking too. The nicotine can stain the whites of the dull, yellowish colour, just as it stains teeth and fingers.

Your glasses should frame your eyebrows. They should sit just below your eyebrows and follow the curve of your brow. Glasses should be no wider than your temples. Arms are there to hold you. Like the arms on our body that can hold someone tight the arms of your glasses should be long enough to get over your ear but not so long they slide forward.



How to hide a big nose. A low bridge will make a large nose look smaller. Perfect vision comes with perfect alignment. Your pupil should sit in the centre of the lens. Glasses need to sit on your nose alone. They should not sit on your cheeks rest on your brows or side up and down your nose.

Don't stretch your glasses. Any retailer of glasses will tell you that wearing your glasses on your head will stretch the frames. It also is a very casual look and can destroy even the best presented outfit.



Pocket your glasses when meeting. No matter how bright it is outside if you are in sales always take your sunglasses off when talking to a client. You will build trust this way. Keep an eye on the plastic nosepieces. Your glasses can start looking old and dirty before too long. It costs very little to replace the nose piece and keep your glasses looking fresh. Wear fine metal framed glasses if you are over 60. They will give you a more modern lighter and younger look.

Match your Hair colour and frames. Blondes look good in transparent or light coloured frames. Brunettes look great in darker plastics and metal frames.

Redheads will suit most frames except yellow and white frames. Remember your eye colour. Brown eyed men look great in any colour of frames except possibly brown. It could dull your eye colour. Green eyed men look best in chocolate khaki tortoiseshell, purple and burgandy frames. Blue eyes are highlighted by frames in dark purple orange tortoiseshell and rose. Light brown and hazel eyes men will shine in rose purple gold and warm green frames.

Carry two pairs of glasses. Transitional lenses can appear darker in a well lit room and you can look silly with tinted glasses on whilst indoors. Not to mention showing no respect for the people you are dealing with.



*THE WRITER IS A FASHION DESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT –[www.prasanttghosh.com](http://www.prasanttghosh.com)*



# THE SAGA OF MY SOUL

*I have never forced you to love me like an insane  
I have never promised to myself to keep you alive  
In my dreamy eyes ,*

*You have never surprised me  
In a moonless night.*

*We used to share our vivid imagination  
Through the long nights of summer*

*You used to be my inspiration  
In the lazy afternoons  
My shapeless thoughts used to get a new horizon  
I have never complained you about my loneliness.*

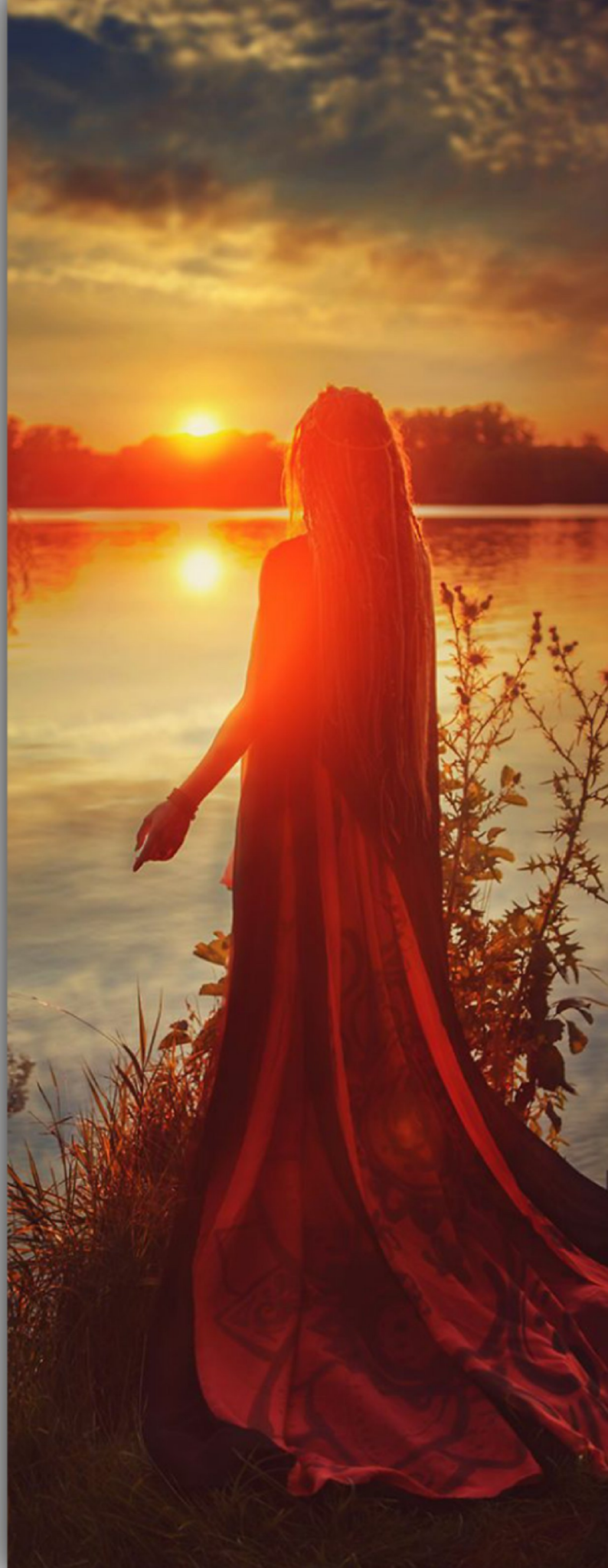
*I am a free soul, without you here I am  
No more pain, no more suffering  
In isolation my days are.*

*In nothingness I run through the dusty brown path  
In my solitary land my clueless eyes search for your  
divine glance  
I have never found myself in the arms of blue.*

*I have never felt the warm embrace of your tender  
lips  
Never I tried to wake you up from deep slumber.*



**Preety Bora.**  
( Golaghat, Assam)



# THE EXOTIC NIGHT

I let myself free  
Under the night sky.  
The night breeze caressed me  
With a soft sweet smell.  
With open arms and closed eyes  
I welcomed the night.  
Chasing away my nightmares  
The wild orchids dallying with  
my nostrils intoxicated me.  
I gave myself to the exotic night.  
My existence blurred  
Burked my memories of yesteryears.  
I became my own queen of the Night.  
A wild excitement played with my thoughts,  
And rose my Gypsy Spirit.  
The Whistling breeze and far off drum  
beats  
Told me the truth, I had not dreamed.



Monali Bhuyan

I am a Teacher by profession.  
Cooking, traveling and exploring  
new things are my passion.



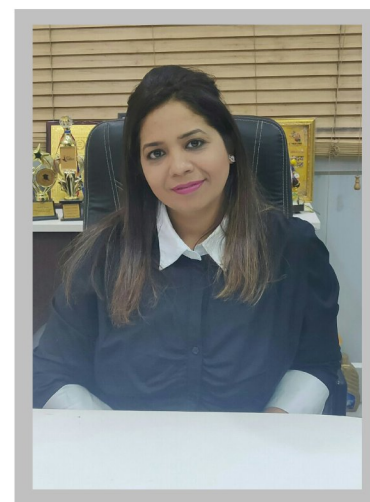


## **AS THE RIVER FLOWS!!**

The river flows  
like it is the only thing  
that it knows  
tender and kind  
like a heart that loves  
with all beauty hidden  
in the depths unknown  
gliding along gently  
untill i saw its fury  
my words are now lost  
in the sudden ripples  
of my floating thoughts  
is it the river  
or me  
sweeping away in feelings!!!

**Ankurita Pathak**  
Joint Director, FICCI  
New Delhi

# Obesity



Written by  
**Dietician Dipikaa A Bhatia**

( Nutritionist) Director of BBE Healthy and founder of Aas ek prayaas ngo cancer awareness.

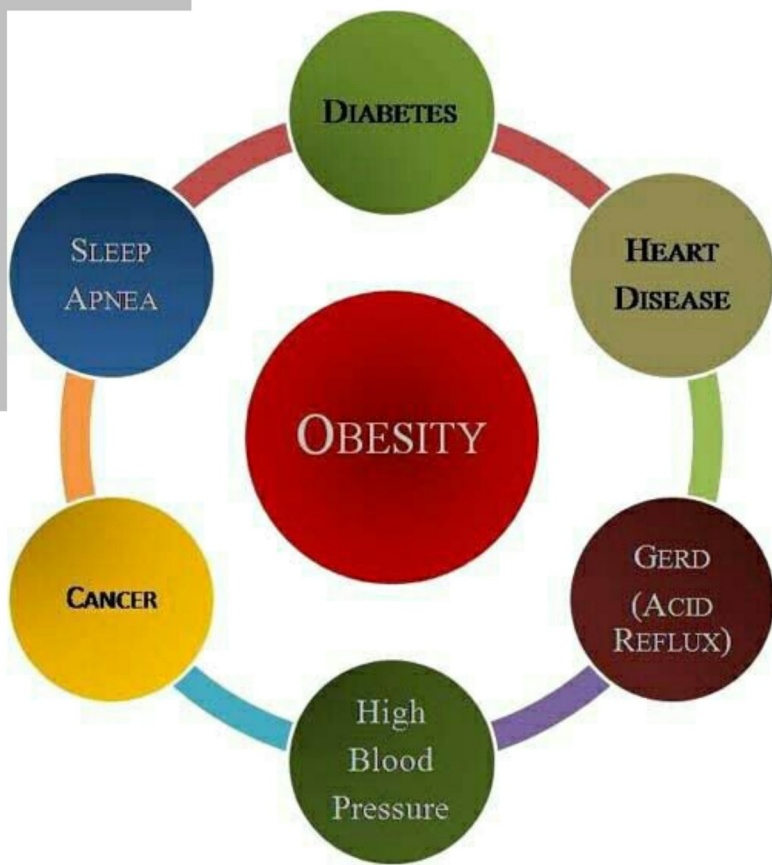
***In Today's life Many people are obese and actually they do not know the reasons of Obesity: Why it Happens and the Best ways to Overcome it!***

Obesity is a health problem that is growing day by day. The main reason behind obesity is an unhealthy lifestyle which includes a poor diet and lack of physical activity. Obesity invites many health problems and can ruin a person's health and happiness.

## **What is Obesity?**

Obesity is a health condition in which excess body fat gets accumulated below the skin and around the visceral organs. A person is considered obese or overweight when his or her body weight is about 20% more than the ideal body weight. Also, if your Body Mass Index (BMI) is 30 or more, you can be considered obese. Obesity can cause many diseases like heart disease, cancer, arthritis, PCOD, depression, sleep disorder, and type 2 diabetes.. obesity is a cause of many health conditions and hence it is best to stay aware of your health and detect diseases at an early stage.





## What are the Causes of Obesity?

Obesity is generally a result of poor eating habits. However, overeating is also driven by many biological factors like hormones and genetics. There are many causes of obesity apart from leading a sedentary lifestyle and eating junk food.

## CAUSES OF OBESITY

Below are some of the factors that can cause obesity:

### Genetics

There is a strong connection between genes and obesity. Children who have obese parents are much more likely to become obese than children of lean parents.

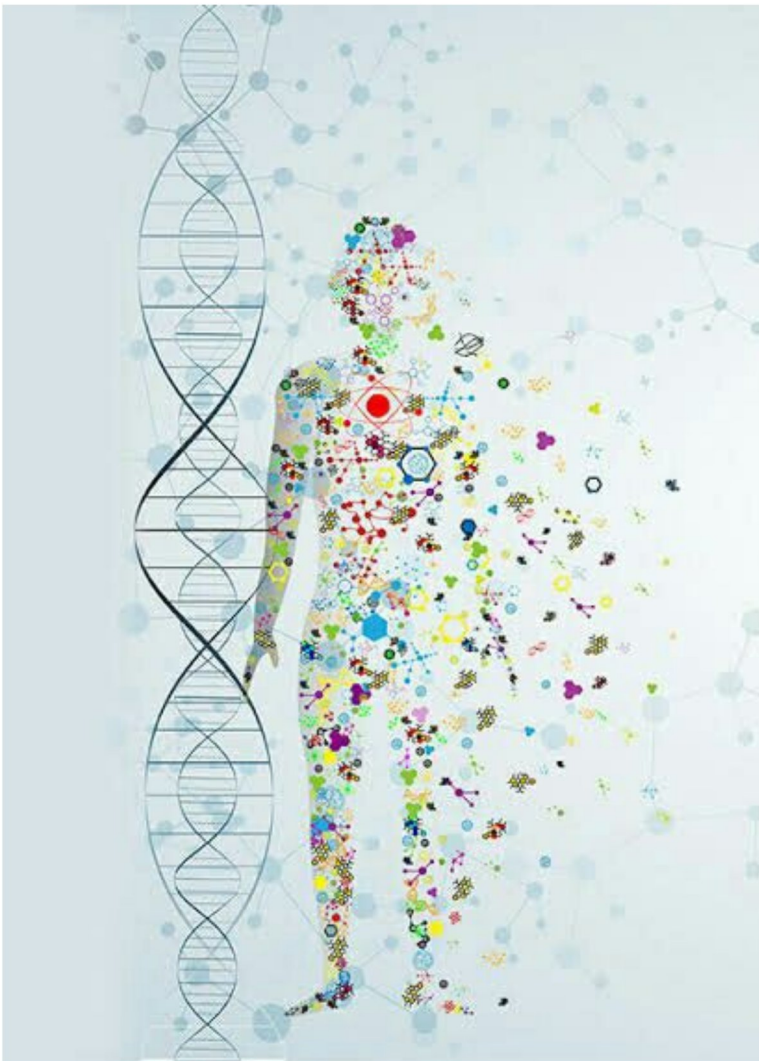
Scientists believe that a combination of genes and behaviour can trigger obesity. A person's genes can make him or her susceptible to obesity, however other factors are also required to make a person obese.

That does not mean that if your parents were obese, then you will be obese too. Your eating habits and lifestyle will determine which genes are expressed and which are not.

Genetic components affect your susceptibility to gaining weight. But you can prevent obesity by eating a healthy diet and exercising regularly.

- Obesity has a strong genetic component. Children of obese parents are much more likely to become obese than children of lean parents.
- Certain Medications

There are many drugs (steroids, diabetes medications, and antidepressants) that can cause weight gain. There are certain medications that can cause weight gain as a side effect.



These drugs alter the function of your body and brain, reduces metabolic rate and increases appetite. Some medications promote weight gain by reducing the number of calories burned.

If you are taking any medication and gaining weight, then consult your doctor or dietician.

### **Leptin Resistance**

Leptin is a hormone that plays an essential role in obesity. Leptin is produced by fat cells and the blood levels increases when there is higher fat mass in the body. That is why the levels of leptin are higher in people who have obesity.

In healthy and fit people, high levels of leptin are linked to reduced appetite. When this hormone works properly, it tells your brain how high your fat stores are.

The problem is that leptin does not work as it should in obese people and because for some reason it does not cross the blood-brain barrier.

This condition is known as leptin resistance and is believed to be one of the leading factors in the pathogenesis of obesity.



### **Added Sugar**

Added sugar is one of the leading causes of obesity. When we consume sugar in excess, our hormones and biochemistry of the body changes. This causes weight gain.

Added sugar is half fructose, half glucose. We get glucose from many foods, including starches, however, most of the fructose comes from added sugar

Consumption of fructose in a large amount may cause insulin resistance and increase insulin levels. Therefore, sugar leads to increased energy storage, and obesity. Limit the consumption of sugar to prevent obesity.





### • **Junk Food**

This is so obvious, isn't it? Junk food is high in fats, salt and sugar and makes people obese. Foods which are heavily processed foods are designed to be cheap and taste so delicious that it is hard to resist them.

Food manufacturers try their best by making these foods finger-licking good but they also promote overeating.

Junk food is hard to resist, but it is bad for health. One should quit eating junk food to prevent obesity.

### • **Insulin**

Insulin is a major hormone that regulates energy storage. One of the functions of insulin is to tell fat cells to store fat and hold on the fact that the cells already carry.

Insulin resistance is a condition wherein the efficiency of insulin in transporting glucose (sugar) into cells decreases. Fat cells are more insulin resistance than muscle cells, and hence there is a strong connection between insulin resistance and obesity.

An effective way to lower your insulin levels is to cut back on refined carbohydrates and increase fibre intake.



### • **Stress**

When we are stressed, we crave foods that can provide us comfort. specific hormones that play a major role in the process. These hormones are serotonin and cortisol.

When we reach for comfort foods that are fatty when we are stressed, it raises the body's serotonin level. Serotonin is the body's chemical that makes us feel good and better. On the other hand, stress causes the body to release excess cortisol.

Cortisol is a hormone essential in managing fat storage and energy use in the human body. Cortisol increases appetite and cravings for fatty and sugary foods. Manage your stress levels to maintain your ideal weight.



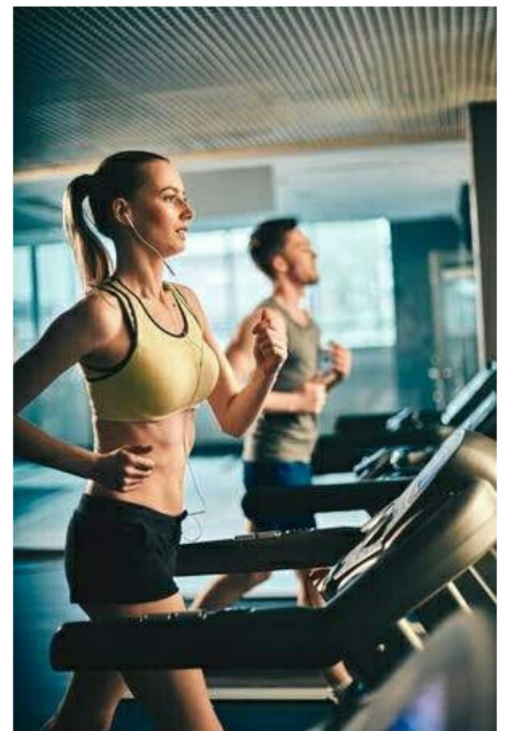
### • Lack of Physical exercise

This is one of the major contributors to obesity. When you consume calories and do nothing to burn it, you are bound to gain weight. These days, most people have desk jobs where they have to sit for hours and work.

And it is almost impossible for people to leave junk food. So they consume excess calories and then just sit comfortably on their seat which makes them gain weight.

Physical activity increases the total energy expenditure of people, which help them stay energetic and lose weight. It also decreases fat around the waist and slows down the development of abdominal obesity.

To keep obesity at bay, one must work out. Because of the lack of physical activity is a significant cause of obesity.



### • Poor Quality of Sleep

Do you sleep for less than 5 hours? You may gain weight if you do not get proper sleep. Getting inadequate sleep is another reason why people gain weight.

When you do not get proper sleep, your body creates a vicious cycle which makes you prone to various factors contributing to weight gain.

When you are sleep-deprived, the stress level increases in the body which increases your appetite and make you gain weight. Improve the quality of your sleep to prevent obesity.

### • Hormonal Imbalance

The hormones insulin, androgens, oestrogens, leptin and growth hormone have a major impact on our appetite, metabolism and body fat distribution.

Hormonal imbalance can increase our appetite and decrease metabolism, contributing to weight gain. If you have gained weight suddenly, consult a doctor as sudden weight gain may be a result of a hormonal problem.

### • Medical Conditions

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

( To be continued in July month issue- Symptoms of Obesity and the diseases cause by it. )

## Signs of Hormonal Imbalance In Women







# Beauty Blush

*“Beauty isn't about looking perfect. It's about celebrating your individuality.”*

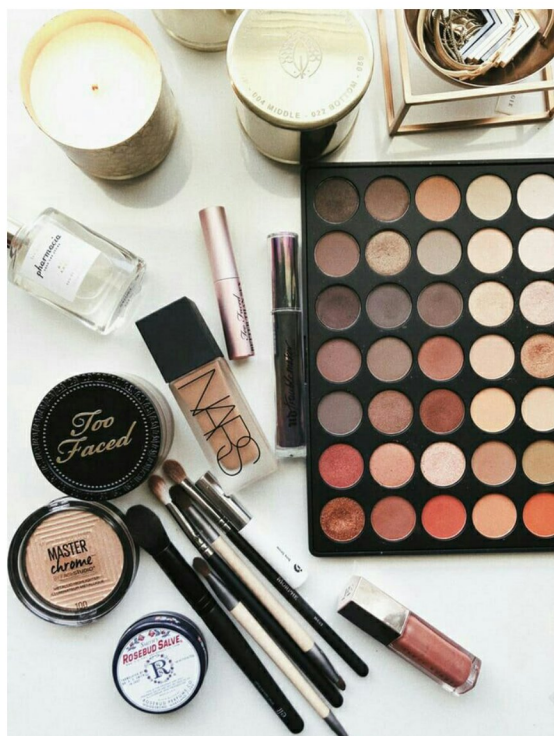
**Bobbi Brow**

Enhancing natural beauty is the foremost in my mind. Ever since my childhood I grew up in an artistic environment and that led me to be a makeup artist (MUA). Since my teenage I started doing makeup on my face. My mother noticed this and one day she very lovingly told me to continue my passion. My interest gradually grew when I started watching makeup vlogs and reading blogs of renowned make-up artists' across the world. Some of the make-up artists and influencers that inspire me are Bobbi Brown, Jeffree Star, Patrick Starr, Val Garland, Ojas Rajani, Shaan Muttathil. There are so many great things that I

love about makeup and one of the best perks is getting to meet and work with wonderful and lovely new people. Having great people around you makes it easy to smile while on the job. For me makeup artistry is "painting on living canvas and every canvas (face of a client/model) is different. whether that be in shape, colour, texture, etc. Each canvas has a vision, an opinion, and a story. Each must be specially prepped and painted to create a customised and flawless application. The makeup products are my mediums, artfully layered and blended to achieve the desired effect.

Generally when we talk about makeup, most of the people have some misconceptions that makeup would make them look over the top or something which they can't relate to, but this is not the truth. Makeup should not be a mask, rather with proper shading and blending anyone can get a natural look. Makeup for stage-light is very different from a day makeup. The key point to get a flawless and natural look is to pick the exact shade of your skin tone. One shouldn't get a too light or a too dark shade foundation for their skin tone. Using the right proportion of foundation is very necessary and one must choose their foundation according to the texture of their skin. If your base tends to be cakey and too oily then the problem is not in your makeup kit, may be your blending skills aren't good enough to give you a flawless look. A blending sponge isn't enough, you need to add some blending brushes too. The way we hold our brushes also matters a lot when it comes to makeup.

The brushes shouldn't be held too tight or too loose. And for foundation blending move your brush in circular motion and then buff the foundation then again dab the foundation with a makeup sponge. Try not to use too much powder, just use a minimum amount where you needed. Try to use mineralised powder to get a dewy look. You can recognise a good makeup artist by his/her foundation proportioning skills and blending skills. I always say less is more, the more we keep it simple and sober the more a client looks gorgeous. When it comes to contour, I always prefer a 3 shades darker tone than the actual skin tone, blend it with a beauty blender. One mistake a lot of people make is, they only contour the cheeks. Different people have different face shapes and for each shape different techniques are applied and different amounts are applied for different shapes and sizes. There are many foundations available with different formulas like oil based foundation, powder foundation, aqua based foundation, creme based foundation, spray foundation etc. and they are used depending on the texture. Foundations are available in different coverage; high, medium, low coverage.



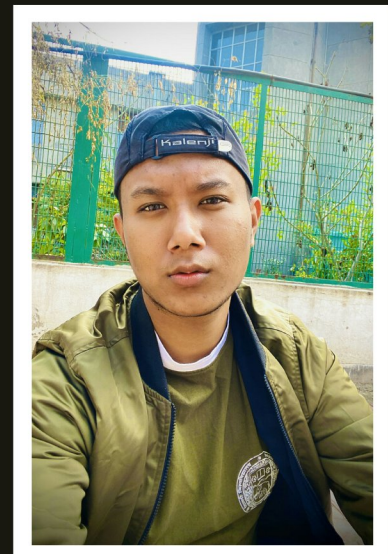
Depending on the makeup look we want we can use different coverages for different occasions. For example if we go for a bridal look we can use medium to high coverage foundations or if we want a day makeup we can use low to medium coverage foundations. Before choosing any foundation we should know our skin shade and skin type first then on the basis of that we can get our foundation. I always recommend my clients to use branded makeup whether its a drugstore makeup or a luxury makeup brand like MAC, Armani, NYX, Sephora, Bobbi Brown. My favourite foundations are estee lauder double wear foundation, MAC Studio fix fluid, makeup forever Hd Foundation, hudaBeauty foundation etc. Even people with natural beauty needs to do makeup because even they too have some pesky spots that we need to minimise. Makeup shouldn't be a mask, its just a way to enhance your natural beauty. I do Airbrush make-up mostly when it comes to bridal makeup. Bridal makeup is something which I love doing as a makeup artist.

For me Bridal makeup should be simple and sober. The makeup shouldn't be exaggerated or too heavy. No bride wants her makeup to be loud for her big day. I keep the makeup as flawless as possible. Too much contouring isn't necessary, just a hint of bronzer and blush can glow up her face. The eye makeup should be minimal and her brows should be groomed well and give it a fleek. Red lips is a big yes for me, MAC's ruby woo is my personal favourite. Use A minimum amount of highlighter on the cheek bones and nose to give it a shiny edge. All I want to say is, the wedding day is the biggest day for a bride in her life, so the make-up should be done in a way that she feels confident and comfortable.

Makeup Artistry is a wide field. This is just in brief that I shared my opinion about it. In the future I want to see myself as a successful entrepreneur. I have a dream of launching my own makeup studio and continue makeup artistry as my profession.



# Depiction of Dehing Patkai



Article written by  
**Sekhar Swashat Gogoi**  
a delhi based makeup artist  
(MUA), pursuing bachelor  
Degree in Geography from  
University of Delhi .



# Deboshree Das

I am a MAKE-UP artist by profession, born and raised in Lanka Hojai. I am a friendly girl and more enthusiastic to learn about make-up that is in new trends.

My love for makeup has started early since I was 15 years old. But in 2019 my passion blossomed into professional make up artist. YOUTUBE videos inspired me more and I follow my Idol Cyrus Mathew, famous make up artist. After completing my degree I was offered to learn about beauty therapy under Assam skill development mission and it was my turning point to fulfill my dreams. Learned Advance make-up in an Institute of Shinning Diva Makeup Academy and it helped me to reach my goal. My interest in designing costume for model is another passion which I would like to continue in future.

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deepanjali borah1992@gmail.com  
Mobile no-8876396129



Photography by Swapnajit Borkakoti

# Aura Trends





Photographer: Shibam Dutta  
Model: Purvi Nath  
Makeup: Sashwata Debnath  
Designer: Jit satya

Brand

## Pashmina

The thread of fashion  
Pashmina means a fine  
variant of spun

Collection name :

### ENCHANTED

“The applique garden”  
A decent high fashion  
pastel shades lahenga  
one side floral applique  
work and floral printed  
blouse makes it perfect  
for wedding season.

## Jit Satya

Designer based Kolkata.

Done 25+ shows in major cities of India. Designed dresses for many celebrities like Anushka Sharma for tv ad shoot, Paoli Dam, Shree Gauri Sawant and alexius macleod. Awarded as best celebrity designer by loaqman awards 2019 With his brand Pashmina, won hearts many fashion shows arranged by Lakme, Blender's pride, Vogue, black & white etc.

# AURA Kids

**Name: Saiaansh Ghosh**  
Guwahati.

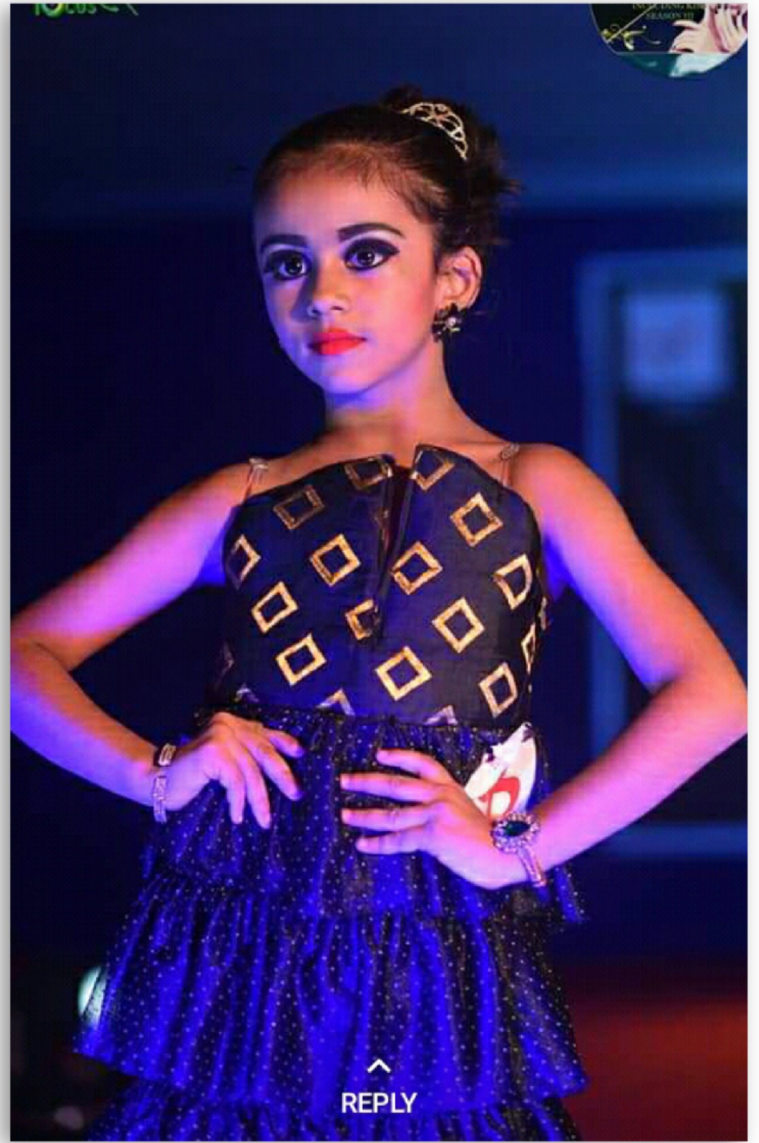


**Name: Mehal Agrawal**  
Guwahati.



# AURA Kids

Name - Eshana Das  
Sonari



Name - Sainali Ghosh  
Guwahati.

# BEAUTY TIPS

*compiled by Mysticaura.*



With the changing times beauty has been the main concern of a girl/boy when they reach a certain age. They take keen interest in knowing more from beauty experts –how to keep a glowing radiant skin. Best skin care should be from early 20's for after that with growing age skin problem starts. But according to dermatologist best way to have a clean and clear skin is to keep the skin hydrated and that helps to glow from inside.

Besides taking proper diet, one should also do exercise on regular basis in proper intervals, avoid taking junk food, proper sleep and take less stress and be happy. During these pandemic days when the fear of death and being affected by the virus has made every people to live a life of depression and living in such a state makes the skin looks shaggy. So all those who are beauty conscious can try out these simple homemade beauty packs for skin.

# BEAUTY TIPS

## Pack 1

Take 4 tablespoon rose water  
1 drop lemon juice  
1 tablespoon turmeric  
1 tablespoon corn flour

Mix all the ingredients in the bowl and then apply on the face and leave it to dry for 15-20mins. Wash your face with cold water and dap with a clean towel. This pack helps to remove dullness and gives a clean and clear skin. This can be used twice a week to get a healthy and beautiful skin.



## Pack 2 (Fairness Face Pack)

1 tomato smashed  
1 tablespoon curd  
½ tablespoon honey  
2-3 tablespoon besan

Mix all nicely and apply it on face, leave it for 10-15mins till its dry. Then wash your face with fresh water.

Applying this pack thrice a week makes the skin glow and also removes the dark spots, pigmentation and gives a clear glowing skin. We all know tomato is most beneficial as it has many properties which is good for skin that gives an instant whitening effect. In summer curd is the best remedy for skin which increases the beauty and gives a clean, bright and glowing skin.

# Homemade Yummylicious Pancakes

Rupshikha Dutta Sarmah  
Branch Manager  
(ICICI Prudential, Jorhat)



## Ingredients :

1. 1n half cup- All purpose flour( maida )
2. 1 cup luke warm milk
3. 1/2 cup refine oil
4. Pinch of salt.
5. 1/2 cup of sugar.
6. 2 eggs.
7. Baking powder (optional).

## Procedure :

First of all grind the sugar to powder form then mix maida, pinch of salt and a pinch of baking powder in a bowl. Take another bowl in which mix all the wet ingredients for our pancake mixture such as powdered sugar, luke warm milk and refine oil. whisk the wet ingredients properly so that oil will get into milk thoroughly and should not float above the milk or else we won't get the best output.



According to great bakers sugar is considered to be a wet ingredient.

Now mix both the dry and wet ingredients in a single bowl to a batter form and keep it aside for about 20 minutes. After that heat the pan until the pan is evenly hot, now pour the batter in small amounts according to your required sizes, no need of oil. When one side is evenly baked, turn it upside down. "Yummylicious Pancakes" are ready.

Serve those with honey, butter or sauce.