

Vol 01 / Issue 01

Mystic AURA

MARCH 2020

LIFE AND
COLOURS
BY SAIKH MD
SABAH AL-
AHMED

GLITZ AND
GLAMOUR
of NEIFW by Prasant Ghosh

THE
SMILE....
A WOMAN'S
SEXIEST
CURVE

AN
EXCLUSIVE
INTERVIEW
with the
Cover Girl

Spark s of Life
ISSUE

<http://www.mysticauramag.com>

Mystic ^{AURA}

ON THE COVER

Vol 01 Issue 01 March 2020

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EDITOR'S NOTE

Mystic aura is geared up with the herculean task of setting new hopes and aspirations to bring out the first issue of the digital magazine that would unfold the unraveled world of some of the new trends of life styles, fashion, beauty, education, motivation, travel etc. marching with the changing times to outshine others in this progressive world to become a global sourcing.

I hope mysticaura will be able to hold the interest and admiration of the readers and give unalloyed joy and pleasure to this treasure trove and foster the blending of different skills under one roof. I am thankful to my team for their efforts in crafting and making mysticaura embark to new heights keeping in view the taste of the readers. Thank you everyone for the support and blessings.

Love & regards ..

Gitali Pathak Deka .
(Editor_in_chief).

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COVER STORY

An exclusive interview with stunning ANOOSHKA GOHAIN who is a talented actress as well as a model who has to her credit some pretty enviable work experiences. She is also pursuing Law from JB Law college, ghy. She believes that learning is a never ending process and thus tries to learn from every step of her life.



Who is your ideal and why?

My Parents are the ones whom I forever look upto. My mom is a strong woman with a great personality. She does everything to make her family rise and shine and to fulfill everyone's desire.

I wish I could be like her. My dad too supports me in every possible way. Both my parents motivate me every step of my life.

Besides my parents being my inspiration, I also get inspired by anything and everything that gives me positive vibes.

As you are an actress and a model too so which part you enjoy most ?

Um! When you love doing something it gives you joy and happiness. And in every step you get to learn new things which I find the best part about in being into this field. Because you get a chance to experiment with yourself. I always aspire to be an actor first as modelling comes hand in hand with it.

But as a whole I love and respect every work that comes my way.

share your most happiest moment in life?

Well I cherish every moment of life. I believe in the idea of positive vibes, it really gives you strength & energy to move forward & look world into a different way and to make it in a better place to live it. You know, I can't name one to be honest. Anything and everything that happens in around me may it be small and give me positive vibes I jot them into a happiest moment of my life.

**Where would you like to see yourself in the coming years?**

Of course would like to see myself into Headlines which says "Anooshka Gohain! The successful lady of the year - added on with some prasing words along"

touchwood Has acheived this that. You getting me.

Haha. Well, jokes apart. Um! I just want to make my people, you & everyone proud of me. I also want to work for the welfare of the society by helping the needy one. And, Get abandoned love & encouragment to be and get more better in life. Cause human wishes are endless. Right. So yeah.

And, Along with being successful into my field I want to be happy more. Because self care is very important in today's world.

So, this is where I would like to see myself I couple of years.

What message would you like to give to the world?

To the world, I would like to say that just be yourself. Try to channelize positivity within you and work hard. Follow your dreams,your passion. Take care of yourself,stay fit, as we all know Health is Wealth. Never lose hope and enjoy life to the fullest. Love to all!



Life

A rainbow of colours Holi

Without black, no colour has any depth' – Amy Grant

Can anyone really define life? Or what's the colour of water? Let's put it this way – Is life merely to inhale, exhale, eat, work, sleep, sing, dance and engage in merry making till one fine day we realise that it's time for us to bid our mundane adieu and lull into a slumber in our graves forever. Life, then, at that very moment, seems as if it had just slipped out of our hands like a fistful of sand. Sadly we didn't have enough time 'to stand and stare'. Sadly we didn't pause and ponder. And it's too late now !

So isn't life a rainbow of colours? We talk of the hues of life – the dappled and variegated shades working to tandem to bring a smile on our lips or make our eyes moist. That's what life is all about – life is colourful, not in its context of a 'happy go lucky life' but colourful implying that life is a montage of myriad emotions conforming to the various colours around us.



Writer : Saikh Md Sabah Al-Ahmed

- **Author, freelance journalist, lyricist, an award-winning poet and Columnist, The Assam Tribune**
- **Winner of the Reuel International Prize for Poetry (2019)**
- **Guest Faculty, Cotton University (Creative Writing)**
- **Teacher, Don Bosco School, Panbazar, Guwahati (English, Social Sciences)**

Colours are like emotions, they range from so many things. Just like the many emotions in life, each and every emotion is so diverse and unique in its own way – sadness, love, joy and fear. They all have their own colour and feeling. Colour plays a vitally important role in the world in which we inhabit. Colour can sway our thinking, change actions and cause reactions. It can irritate or soothe our eyes, raise our blood pressure or restrain our appetite. Colours do impact us, sometimes even negatively. We often talk of dark colours like black, pale colours, cursed colours, unlucky colours, and many more. But couldn't these same colours be a good luck charm upon someone else. It's all about how we take life in as it comes along.

Our National Tricolour too has three colours on its – so goes its name – Tricolour. Everything around us is an assortment of colours – right from the earth we trod upon, to the sky above, the rich flora and fauna, fire and ice and all that our eyeballs can zoom on to. This apart, the colours we actually see also influence the way we feel and the decisions we take in our life?

So, life indeed is 'Holi'and colourful and just like the festival of colours that brings joy to some – may be after a lean phase, or even vice versa, so too we must take life in its stride – and that too with a pinch of salt.

THE WORLD OF COLOURS

Writer : Runa Sarmah
M.A. English



*“The trees smile with their sprout
of tender leaves and blooming flowers,
Eternal nature with its transient expression.
Hails spring with ecstasy and joy !
Bewildering shades with so many tinge.
The land of beauty and greatness.
India, witnessing colour of happiness and peace.
Nation come alive to enjoy the spirit.
A celebration of colour Holi !
An experience of content, harmony and delight”.*



Holi is not a festival of colours only it is also a symbol of happiness, contentment and harmony. People surround a jovial person rather than a morose, dull tempered person. We all want to live a life full of colours. But life is not a lopsided moment of happiness alone. Sadness cannot be totally excluded from our life. White is a symbol of truth and purity but what is the value of this colour if it cannot absorb all other colours. Have we ever questioned why do we wear a white dress while going out to play holi. It's because all other colours play hide and seek against the white background. They are made prominent by the white backdrop.

Joy, sorrow, laughter, tears are all inseparable part of a man's life. These are different colours of our life. White colour dress symbolizes simple life as well as sad moments of our life. The different colours symbolizes joy, contentment, mixed reaction of our lives. If there is no sadness we cannot understand the value of happiness and vice versa. We can understand the value of these colours only once they are juxtaposed against each other.

Once the season of Holi is over my child asks me “ Mamma, when will the holi come again?” And he starts the countdown. These shows the excitement about ‘Holi’ in a child's world. Not to speak of a child even adult too are excited to welcome the festival of colours :



BIDIT KR BORA

*“ Holi aati yaad dilate/Pichli kitni Holi/Vo bachpan vali Holi/
Vo gubbaro ki Holi/Vo sakhiyo wali Holi/Vo gujiyo wali Holi”
By sprinkling colours we create a bond of love with humanity
forgetting our enmity. So wish you all a happy holi and at last
will wind up with few lines of a poem :
“pyar ki rang se/ bharo pichkari/sneh ki rang do
Duniya sari/ye rang na jane/koyi jaat na koyi boli”*



Holi

The Colour of life

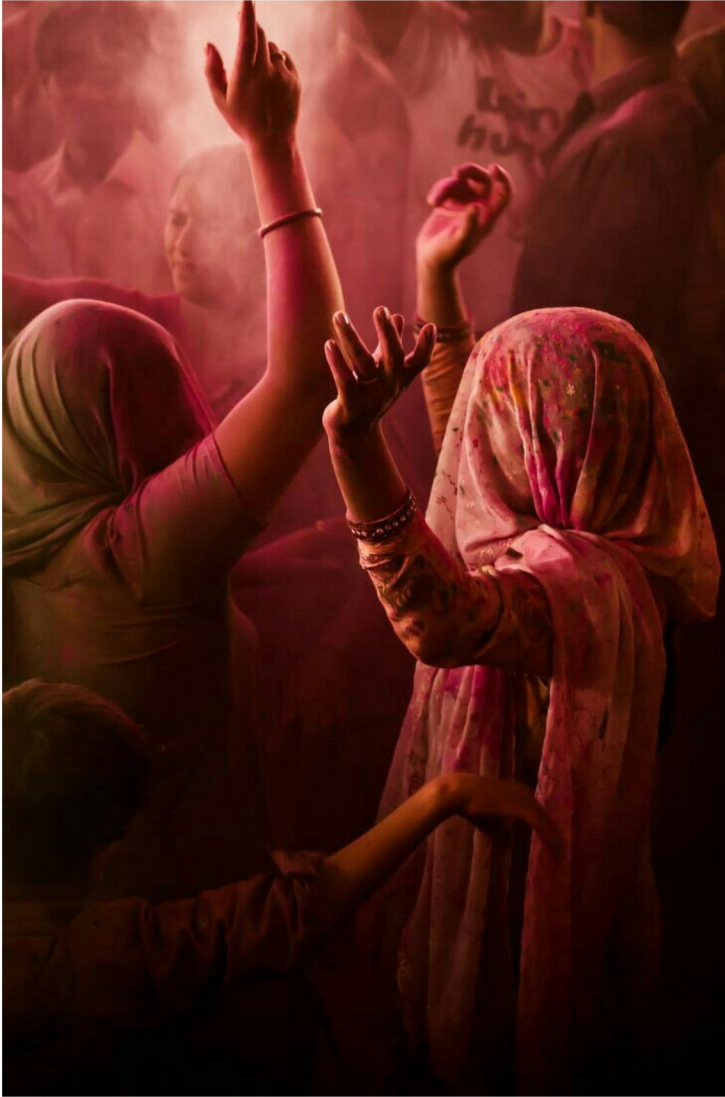
All the joy explodes freely during Holi, the Indian festival which celebrates spring . In colors and inspirations. A colorful flight. A breath of spring. Two days where all mingle, where prayers rise to the same deity. Green for harmony, orange for optimism, blue for vitality and red for joy and love .

Holi is one of the many Hindu religious festivals that are celebrated across India with zeal and enthusiasm. Known as the festival of colour welcoming the season of spring, it falls in the month of Phalgun on a full moon day according to the lunar calendar (on the Gregorian calendar this day falls either in February or March), typically marking the end of winter and the beginning of warmer days, signifying the start of a new and happy phase.

Though celebrated by people across the country, it is known by different names in different states. For example, in some states it is given names such as shimga or dolayatra.

There are innumerable legends associated with the origin of this festival. A more popular one concerns the demon Hiranyakashyap who was an ambitious and ruthless king. To attain supreme power over his land and people the King wanted to be regarded as God and worshipped as such. Unfortunately for him, his own son, Prahlad refused to follow such orders and disobeyed his father. He was a fervent devotee of Lord Vishnu and so gave his allegiance and utmost devotion only to his lord. The proud king was not happy with his son's behaviour and decided to punish him. He ordered his sister Holika to jump into a fire with Prahlad. Holika had a special gift whereby she did not get affected by fire.

In order to obey her brother and satisfy her own sinister thoughts, she did not take heed of the fact that her gift was only good so long as she was to enter the fire by her self. As Holika entered the fire with young Prahlad whose devotion towards Lord Vishnu saved him. Holika instead was burnt to ashes. This was seen as a triumph of good over evil.

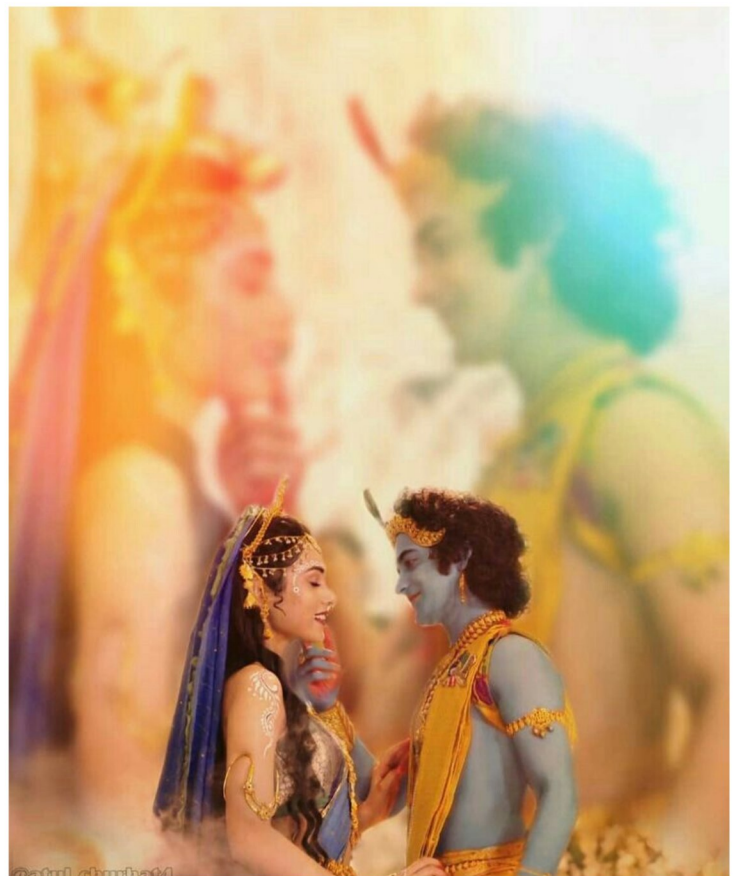


Irrespective of what the origins of this festival really were or the variety of ways that it is celebrated – one truth remains...Holi is the expression of the sheer joy of life and the overwhelming spirit of acceptance and togetherness.

WRITER : RUMON RAI BAISHYA

Other accounts include the story of Lord Shiva-Parvati and Madan or Kaamdeva, the God of love. Madan was requested by the Gods to make Shiva fall in love with Parvati. However, Madan's attempt failed and Shiva got so angry that he immolated him.

Another account concerns the mischievous young Lord Krishna and his childhood sweetheart Radha. It is believed that in conversation with his mother Lord Krishna once quizzed her on why he was so dark while his friends, including his closest and most liked friend Radha, were so pretty and fair. His mother replied that he could colour Radha and all his other friends any hue that he wished. So Lord Krishna decided to do just that and set off to visit his favourite Gopi (milkmaid) Radha and her friends in Barsana, a little village in the district of Mathura in Uttar Pradesh. The women were not happy about this and decided to chase him away from their village with the help of wooden sticks – Lath Mar. So what started off as a harmless prank soon became a tradition which evolved into the celebration of Holi. Even today, Mathura and the little village of Barsana comes alive at the time of Holi and the tradition of Lath Mar is followed.



FACE OF THE MONTH

Male

Mridupaban Mosorong



- **Tell us in brief about yourself**

I am Mridupaban Mosorong from Guwahati, Assam.

By profession I am a model and my interest includes modelling, travelling and is very keen about knowing and learning new things.

i stepped in the fashion world in my collage days and the journey continued till date and i was successful in winning many titles and subtitles.

- **Why do you want to work as a model**

I always wanted to work as a model because since my childhood i was very passionate about fashion and glamour.

- **What are your future plans**

I always believe in Simple Living and High Thinking. I want to pursue my engineering degree and wants to be a successful actor and a model too.



Photography : Unique Borah
Make up : Payal Chakravarti

FACE OF THE MONTH

Female

Zafrin Ahmed



- **Tell us in brief about yourself**

I am Zafrin Ahmed from Nagaon. By profession i am a Yoga teacher and a Physiotherapist.

- **Why do you want to work as a model**

As its my passion i love modeling and i have a dream since my childhood to walk on the ramp and be a top model one day.

- **What are your future plans**

I want to be an ideal for the Society and work for those woman who are not being able to fulfill their dreams.



Photography : Unique Borah
Make up : Payal Chakravarti

THE GLITZ AND GLAMOUR OF FASHION

By MIMI SEAL



The glitz and glamour have been high at every season of the NEIFW since its initiation and this year too it was beyond exception. The grand celebration knew no bounds. This year has brought in a lot of fashion events in Guwahati, putting our city in the fashion radar. Gone are those days when there was a lack of exposure and a good platform for talented and upcoming designers from the region.

Northeast International Fashion Week -Northeast India's 1st platform created in 2015 for the tomorrow's fashion, accessories and jewellery designers to showcase their talent to a targeted group of domestic, international buyers and media organised by Kreative People. This show promises a huge mileage to the Sponsors, models, designers and people associated with it. The 5th season of Northeast International Fashion Week (NEIFW) held recently in Silpagram, Panjabari, Guwahati. It had every present-day top designer who showcase their creativity to a targeted group of domestic, international buyers and media. Most importantly the objective of the event is to create brand awareness of the local talent of northeast India among the public and media associated with the fashion industry of the North East. It has always been a promising platform for models, aspiring & amateur established designers which gives everybody a chance to work with the big names of the fashion industry. The event is managed and powered by the team of Kreative People under Designer and choreographer Prasant Ghosh.



In the past it has big renowned national and international designers like Sarbhari Dutta, Mona Pali, Bibi Russel, Hemant Trevedi, Tejas Gandhi, Avishek Dutta just to name a few, who had showcased their collection, won a lot of interest nationwide and internationally. Last year Bollywood, BigBoss Designer Kern Ferns opened the show of Northeast International Fashion Weekend (Season4). It is the best platform for the fashion industry of Northeast India.



The last seasons attracted outstanding talent of established emerging and gen next designers who showcased their creativity and designs, a year-round fashion concept. The game changer, however, is the impressive lineup of designers and models from Sri Lanka, Bangladesh, Nepal and Bhutan which never happened before in Eastern India. It is a landmark event in the sense that the North east is now going to be the latest fashion destination for all designers of the neighboring regions.



This year the event was for all and sundry, as the opening theme goes FASHION FOR ALL, this is a collaboration with all our neighboring Countries and for people of all contemporaries, which allowed to spotlight more natural designers and professional models, making this a larger-than-life fashion event.

The 5th season experienced us style with flair and appeal, which reconsider fashion, that was seldom visible in any fashion event until at time in Assam or rather the Northeastern region of India. It is the best platform for the fashion industry of Northeast India. The show & exhibition space provide them a dynamic platform to interact with and develop lucrative business-driven relationships with the domestic and international industry as well as celebrities, fashionistas and opinion leaders. Basically Season 5 target the domestic/international buyers with the right trends and promote North East Handloom.



The weekend began with two day event. It was an attempt to infuse North East's unique heritage of indigenous crafts with avant-garde style and gave it a global exposure. The Northeast International Fashion Week (NEIFW) season 5 had around 30 designers showcasing their creations which encouraged new talent as well as help veteran designers build their brands. It was hosted by talented Fashion Designers from all over Northeast India like Madhuri Gupta, Goldee Borah, Gayatree Rajbangshi, Moyuri Boruah, Deepa Moni Das, Isha Mittal, Sneha Gurung, Nimdiki Sherpa, Pratima sharma, Laxmi Limboo, Purnima Lungking, Harapriya Nath, Susong lepcha, Shalini Sharma, Archita Dutta, Pranami Saikia, OLimpica Sonowal, Sashi Kt Sinha, Bharati Sinha, Sikha Gohain Gogoi, Pirbee Beypi, Maloti Kropi , Sonali Teronpi , Ranju M, Mimi Seal, Neisavonuo Rupreo, Ruguozelhou Mereg, Priyanka Chakraborty, Dolly Verma, Priyanka Buragohain, Manju Bora, Junjunale Dutta, Rina Das, Bikash Rabha, Faisal Ansari, Moonme Baruah and Shaan Das. The established and opening designers of both the days included Nandita Thirani and Ashfaque Ahmed from Delhi and Kolkata who presented their exclusive high end women party wear. There was also makeup artistry show called REVA by Christina Joseph and Team along with catwalk from the students and staff of Ajitaaksh Ventures (award winning skill development institutions) The models were groomed on skincare by L'ueur Aesthetic by Dr. Debeshi Bhattacharjee. There were also catwalk from the tiny kid models and teenagers along with married ladies from all works of Life.



The event always has a social theme, Peta (People for ethical treatment to Animals) was a part of it in the first season, Women empowerment, EYE donations, support old age people were previous social awareness campaign which are done in the Northeast International fashion Week. This year it was to give shelter and food to homeless animals was our social awareness campaign for Paws Foundation, guwahati. The 5th season of Northeast International Fashion Week was powered by Ajitaksh Ventures.

Mou's wardrobe



Moushumi Bora

Costume Designer



Mou's wardrobe

By Moushumi Bora

An icon of the Assam Fashion Industry and frontrunner in establishing a position for Guwahati.

The designer excels in both traditional and western outfits, though ethnic and fusion attire's being her specialty. The gradual change in the fashion scenario has also led to a change of designs for her brand "Mou's Wardrobe "by Moushumi Bora. She has kept in sync with the varying times and has effectively brought creativity and innovative ness with each collection.

Working with a spirit to shine in her field, this talented designer showcased her designs in more than seventy various platforms, judged many events and able to keep the trust of people shown in her, with her classic fabrics and work efficiency all under the name "Mou's Wardrobe ". Moving with the flow of time, designing dresses and putting it together beautifully which is hard enough to create a balance for a designer but she was successful in every small bit to make it perfect and influence a retro sporty vibe thats eye catching with colour and texture that could earn name and fame in the glamour world.



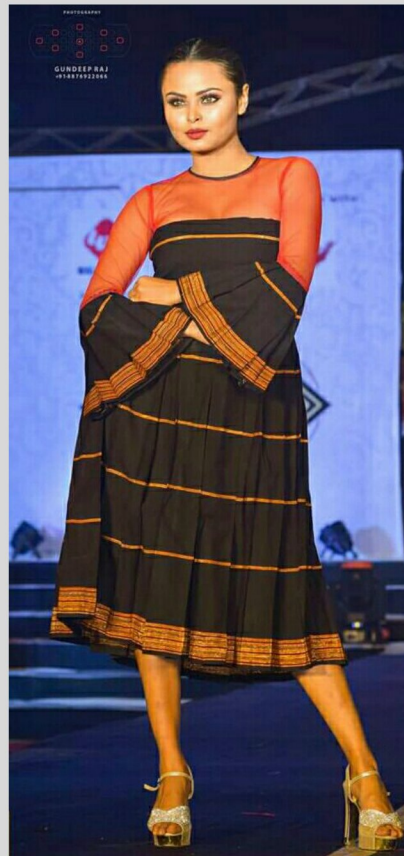
Designer of Northeast Tasso Lily

Tasso Lily Kago is a fashion Designer from Ziro, Arunachal Pradesh. who has been working in this fashion industry for more than 5yrs. She won The DIVA of INDIAN ICON in 2018. which was telecast in National Tv zoom channel. She also won the Title of MISS LUNE and MRS ZiRO 1st Runners_up in a beauty peagant and it was just like the turning point where she was being invited by many organisers as a SHOWSTOPPER for their shows.

she has participated in various fashion shows as a Designer and her designs are highly praised by all. She loves to blend a traditional motif in her designs but some fusion touch in her collections can also be seen.



Tasso Lily
Fashion designer
from Arunachal.





WOMEN'S ORAL HEALTH

A gentle word, a kind look, a good natured smile can work wonders and accomplish miracles. Each time you smile, you benefit your health and happiness. As we all know smile is the first impression. Smiling is healthy, smiling is beautiful, smiling is contagious. Behind a healthy smile is a good oral health.

Believe it or not, women and men have different oral health needs. Infact women oral health needs change at different stages throughout their life including puberty, pregnancy, menopause and during menstruation. Changing hormone levels during menstrual cycle, pregnancy, menopause can raise risk of problem in mouth, teeth and gums.

● Link between women's oral health and overall health

Good oral health is essential to good general health. There is a direct link of gum diseases to a variety of health problems that affect women. Gum disease is a bacterial infection that enters the bloodstream and may be a factor in causing other health complications.



Dr. Moushumi Das

**Dental surgeon
NCD Nodal officer
Guwahati**

- Heart diseases people with gum diseases may be more at risk for heart disease and have nearly twice the risk of having fatal heart attacks.
- Stroke there is a relationship of oral infections as risk factors for stroke
- Diabetes people with diabetes are more likely to have gum disease and may make it more difficult for diabetics to control their blood sugar. Diabetes Mellitus is linked with the progression of periodontitis.
- Respiratory diseases Bacteria that are present in the oral cavity can travel to the lungs causing respiratory diseases such as pneumonia especially in people with gum disease.
- Pregnancy outcomes pregnant women who have gum diseases may be more likely to have baby born too early and too small. Gum diseases may also trigger increased levels of biological fluids that induce labor.

• How Oral health needs of women change throughout the life

Women have special oral health requirements during the unique phases of their life. Changes in the female hormone levels during puberty, menstrual, pregnancy and menopause exaggerates the way gum react to plaque.

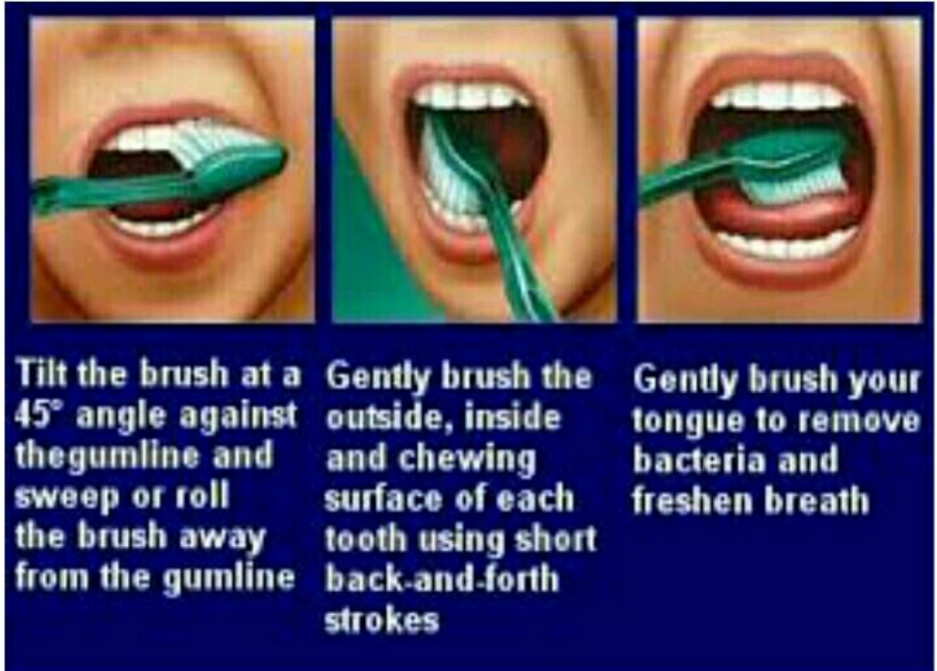
- Menstruation some women find their gums swells and bleeds prior to their periods while Others experience cold sore and canker sores. These symptoms generally goes away once the period starts.
- Oral contraceptives inflamed gums are the most common side effects
- Pregnancy pregnant women experience pregnancy Gingivitis when dental plaques build up on the teeth and irritates the gums. Symptoms include red inflamed and bleeding gums. Pregnancy tumors also occurs in some. Tooth pain and tooth discoloration also occurs in most cases. Menopause oral symptoms experienced during this stage of women's life include red and inflamed gums, oral pain and discomfort, burning sensation, altered taste sensations, dry mouth.



- Osteoporosis There is a direct link between osteoporosis and bone loss in the jaw which results in jaw bone resorption and tooth loss altering the face contour. When combined with gum diseases osteoporosis speeds up the process.
- Preterm labor Periodontal diseases is associated with increased risk of preterm labor. Inflammatory reactions due to periodontal diseases stimulates progesterone and cytokines production and thereby stimulate labor resulting in too small and too early child birth. In some severe conditions with other systemic complications miscarriages have been reported too.

• Maintenance of good oral hygiene

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth and gums not only enable you to look and feel good, they make it possible to eat, thus overcoming malnutrition, anemia and other health issues. Good oral health is important to your overall well being. There are simple steps that each one of us can take to greatly reduce the risk of developing tooth decay, gum diseases and other dental problems. These include



- ❖❖ Brushing properly and thoroughly twice a day
- ❖❖ Flossing daily
- ❖❖ intake of balanced diet (high fiber and protein diet)
- ❖❖ Limiting snacks between meals
- ❖❖ Using dental products that contain fluoride including toothpaste etc
- ❖❖ Rinsing with fluoride mouthwash
- ❖❖ Avoid using tobacco and other tobacco products
- ❖❖ Limit intake of sugar and carbohydrates
- ❖❖ Limit intake of acidic and citrus food
- ❖❖ Limit intake of acidic and citrus food
- ❖❖ stop chewing betelnuts and pan
- ❖❖ quit smoking
- ❖❖ Routine dental checkup
- ❖❖ Treatment of systemic disease

Bhapa Shorshe Pomfret

(Steamed Mustard Pomfret Fish)

Traditional Bengali delicacy which is I made steamed mustard pomfret fish. I'll make it little south Indian style; it is a very easy, simple and a delicious recipe where Prawns or Hilsa fish can also be substituted. You just need to steam it and ready have it.

Prep Time: 10-15 minutes

Cook time: 16-20 minutes

Serve: 3

Level Of Cooking: Easy

Taste: Pungent Spicy

Ingredients

-3 pieces Pomfret fish (Small Size)

-1 tsp. lime juice.

-Salt to taste

-½ tsp. Turmeric powder

-2 tbsp. Yellow Mustard

-½ tbsp Black Mustard

-2 tbsp. Coconut Cream

-1-2 Green chillies

-1 tsp. mustard oil

-1-2 tbsp. coriander leaves, chopped

-3-4 pieces Curry leaves

-1 tsp Ginger



Method

Step 1

Take Pomfret fish dardnes in a bowl. Add salt, ½ teaspoon turmeric powder, ½ red chilli powders, ½ coriander powder, ½ jeera powders, 1 tsp mustard oil and ½ tsp lemon juice and rub well. Set aside.

Step 2

To prepare paste, grind together green chillies, ginger, black mustard, yellow mustard, remaining turmeric powder and salt along with some water to make a smooth paste.

Step 3

Put some prepared mustard paste, curry leaves and coconut cream over the fish mixture and mix well. Add mustard oil and mix again.

Step 4

Heat some water in a steel container. Place a steel steamer in it and heat.

Step 5

Now place the steel container over it and steam for 16-20 minutes. (Do not keep the vent).

Step 6

Serve it with hot steamed rice.



Chef Moonu (Bikash Sarkar) the blogger. who focuses on food, travel, and inspiration.

By profession he is an Executive Master Chef and has achieved an award "Gplus Chef of the Year 2018." Guwahati Assam. Former Executive Chef "Dynasty Hotel" Guwahati.

Moonu & Co

(www.moonuandco.com) offers a full complement of services for new product.

Thanks & Regards

Chef Moonu

Steamed Mustard Pomfret Fish.png



Recipe on PHIRNI

Ingredients

Half cup joha rice(soaked and drained)

Milk - 1 litre

Sugar - 4 to 5 teaspoons

Half tea spoon-cardamon powder

One teaspoon - kewra water

Dry fruits for garnish(kaju, Badam)

1 pinch of saffron

Method

on a tray, spread the soaked Rice evenly and let it air dry and grined to a coarse powder , Heat Milk in a souce pan and let it come to boil, than add coarse powder. Suger, stir until the milk reduce to half it's quantity add dry fruits, kewra water, saffron, Rose petals, Refrigerate for half an hour and phirni is ready to serve.



Stuti Hazarika

is a multitalented lady who is an Entrepreneur, singer, Beauty expert, youtube blogger and food blogger. Her YouTube channel konjolokia which is mainly on variety of food recipes is a most popular channel among all. She is also a good singer. Despite this she is also an active social worker.



RED LOVE

The sadness in my heart
Strikes me today,
When blood from my body
Rolls between my thighs
In a nasty way...

The cramps and pains that I have got,
Is a thing of blessing or curse
What had it bought?

Today I stand where thoughts surround me,
I am born being a girl
Nothing can set me free!

Don't touch this and don't touch that
The rituals and rules,
Why are they so bad?

When I am made feel so unwanted
The holy things to me these days
Are not granted!

Why? Why? Why?
My voice don't reach,
Why am I not allowed to preach?
I'm holding the purest thing,
But none can understand, And that she's impure
The world will tend!



**Writer : Miss Sunita Saikia
from Nagaon (Assam)**

All negativity they will put on me,
I hope one day the world will see...
The positivity and purity that I hold,
For I'm so brave and perfectly bold.
And I go deep and dig my thoughts,
What a wonderful patience , I have got!
It's a blessing to release red love
For I can bring a life to this earth....

AN ODE TO WOMEN

Written by :
Dr Rachna Singh Thakur.
W/O Maj DIVESH LOC NO- 219



She gives birth, she embodies the core and bears it all. She's the essence of all existence. She's a well of affection, patience and tolerance. She's Almighty's loveliest creation. The sacred power to mould mankind is hers. She nurtures a new life, brings it up and cares for it. "The hand that rocks the cradle rules the world". She's a MOTHER. She's born; she looks like a doll, she grows up and is a darling of all. She aspires to be just like her mother. she's a DAUGHTER. She ties the knot with him, she's all his forever, and steps into a whole new world of relationships. She begins life anew. She's a WIFE. She's the homemaker of a new family. She has numerous duties to fulfill, and expectations of many to live up to.

She's a DAUGHTER-IN – LAW. A mother, a daughter, a wife and a daughter – in – law, this is not all! She can do anything she determines to. Meandering through the darkness of ages and times exploring her own identity, she finds the light today. A pathway to making her dreams come true, unleashing a hidden spectrum of her abilities, when she accomplishes the role to be herself. Though men may pride themselves for muscle power and as far as male ego goes, women equal men in all aspects, even better than them in some! She's a singer, a dancer, an artist, an actress, a model, a social worker, a writer, a teacher, a doctor, a scientist, a sportsperson, a mountaineer, defence personnel and an able administrator too! She's the one string that weaves one to one. Whether at home or at work, she's a pillar of strength for all, a source of encouragement even when the worst befalls. A generous heart that's unfathomable, a persona that's so adorable and a soul that transcends all spirituality, that's how God created her, a 'MASTERPIECE'. She can face all odds yet walk tall.



A symbol of sacrifice and selfless service, an edifice of unconditional love, an epitome of compassion and acme of beauty, that's the inherent virtue of every woman you know. virtue that's God's benovolant gift. I feel 'A woman must not accept; she must challenge. She must not be awed by that which has been built up around her. She must revere that woman in her which struggles for expression, because she's the ONE, born with the innate strength of heart and mind, cause she's a WOMAN. The woman of SUBSTANCE.

**A short dedication to the woman I owe my life –
My mother (Mrs Martha Singh)**

GIVE WAY TO A NEW YOU

Flowers in the vase,

Spring on the grass

Outside and inside of your gloomy grave,

Look! the frost has already passed.

Do not cage yourself inside your dark inn,

Come out! The sun is holding back

to seek your beautiful skin.

It ain't cold like it was before,

The warm breeze hopes to melt your heart
once more

The time is new, admired eyes laid upon you.

Nothing is empty, everything is full,

Look around, the enlightened universe ain't
grateful.

Open up your mind and set yourself free

You aren't chained to someone's gifted grief,

You aren't tied to their chaotic peace.

You owe yourself unbiased love to heal,

I wish you a new spirit and the will to live.

.....

Writer : Purabi Kalita (Teacher)
Nagaon (Assam)

A poem dedicated to the first and the last love of my life: Mom
 She is Nahid Hazarika, mostly known as Lipi and I call her Monu, out of affection.
 Monu was a legendary warrior to battle cancer and everyday that I saw her fight
 through the pain, has made me this strong that I am today!

Writer : Shadeeda Shahin
 M.S Electrical Engineering (NCTU, Taiwan)

I Wish...

*Season comes and goes and my
 desire always rose;*

*how beautiful it would have been, if
 possibly a magician I reap within.*

*No, that's not to bring worldly
 delight, but to get mom back and
 relieve my dismal plight.*

*You can call me stubborn as a mule
 or foolish as a donkey, I buy none
 and wait patiently for the re-union
 guaranteed.*

*I dream the phone ringing and
 hear her the other end, such are
 none but forced manipulations
 instead.*

*Still strong and till long my wait has
 begun, though I am not a magician
 but wished I could be one!*





Mafiz Ali

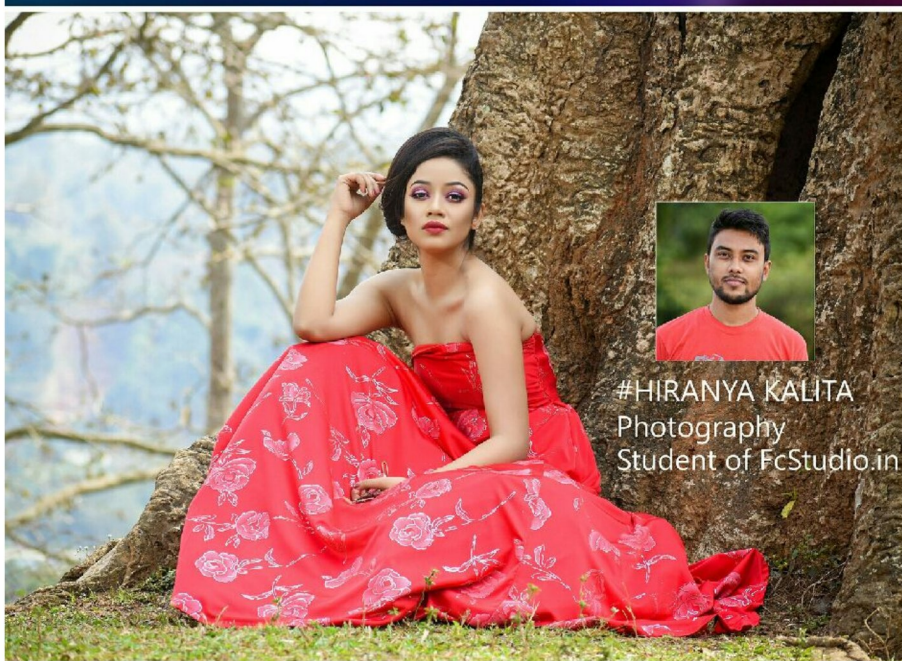
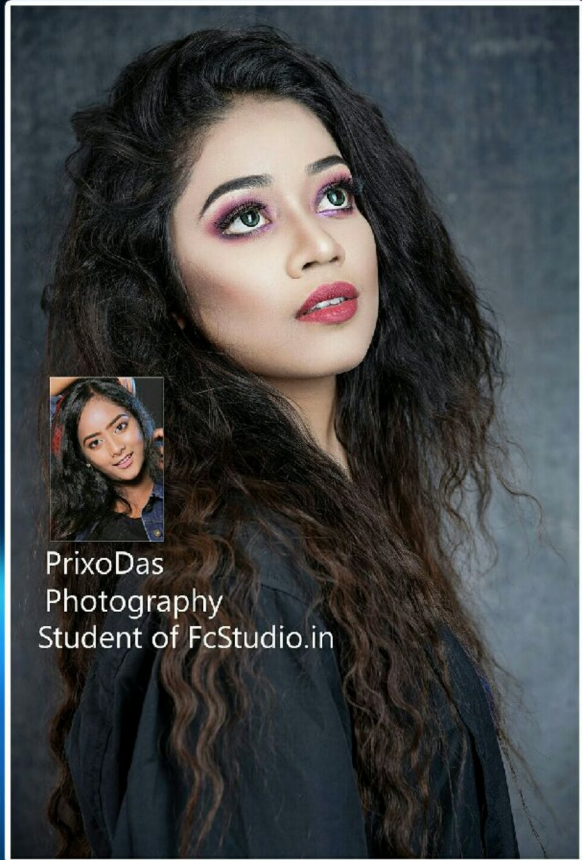
is a Guwahati based Makeup & Hair Stylist working in the Fashion Industry since last 7yrs. He is mostly known for his Creative & High fashion Makeover. Within a Short period of time, he owned his identity with great hardwork and Patience.

He has started his own Makeup Academy with the name " MAFIZ'S MAKEOVER STUDIO CUM ACADEMY " at guwahati near Downtown hospital, with a batch of 30students and is now proudly running the academy every month with new contacts. Mystic aura team wishes him good luck and success for further endeavours in the coming days.



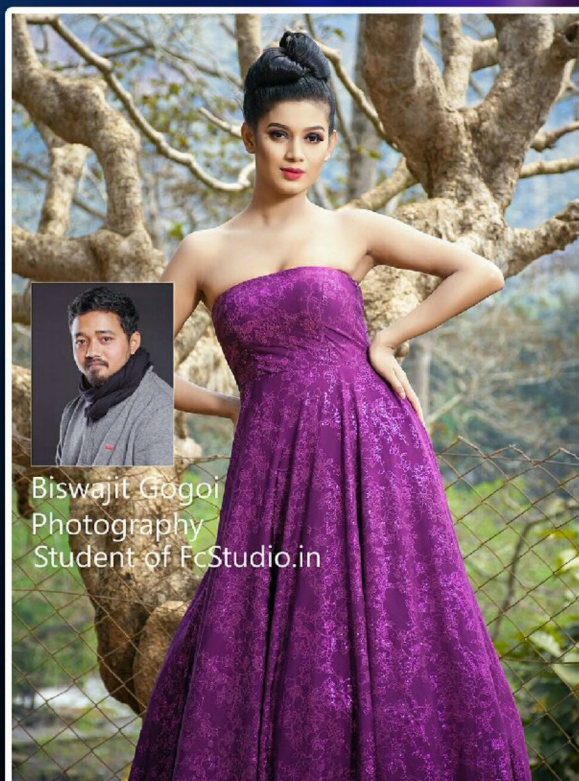
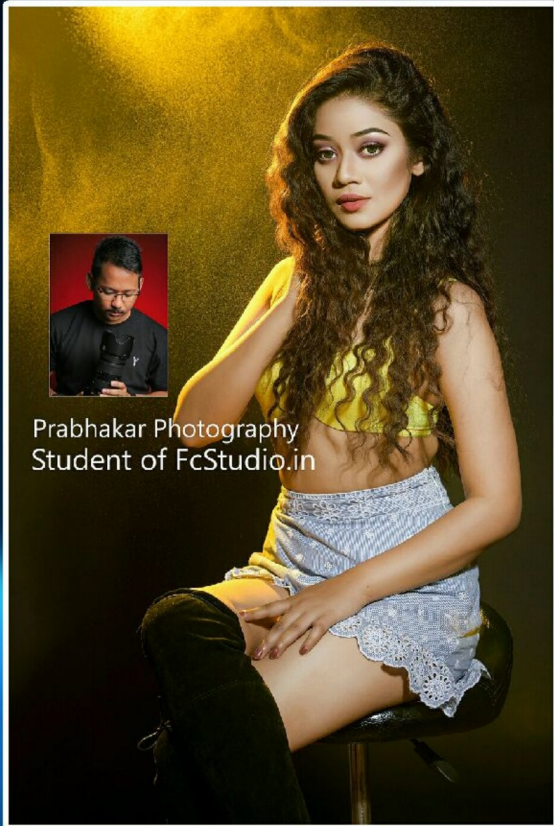
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 **HIRU BORGHAIN**
PHOTOGRAPHY

Aura trends



Rasidul Haque
P H O T O G R A P H Y

Rasidul haque photography

MUA : Diya bharali

Model.: barsha haloi

Contact :

9101503119/8486550702

Aura NEW FACE



Purnima khatun

From : nagaon
Live : Mumbai
Age : 22
Height : 5.3
Hair color : black
Eye color : black
Weight (kg) : 45
Waist (Inches) : 24.0
Chest/bust (inches) : 32.8



Aura NEW FACE

Mrinmoyee Chetia

Height 5ft
Currently Pursuing MTech in
CSE
Gauhati University
Passionate About : Music, Styl



Photography - Pankaj Lahon
Makeup by - Bijoy das



LAWS FOR THE PROTECTION OF WOMEN

The laws of our country provide special provisions for crimes directed specifically against women. Offences like Rape (sec. 376 IPC), Kidnapping and Abduction for different purposes (sec. 363-373 IPC), Homicide for Dowry, Dowry Deaths or such attempts (sec. 302/304B IPC), Physical and Mental torture (sec. 498 A IPC), Molestation (sec. 354 IPC), Sexual Harassment (Sec. 509 IPC) etc. are all women centric and seek to get speedy justice for an aggrieved women.

Constitutional Rights to Women:

The rights and safeguards enshrined in the constitution for women in India are listed as follows:-

- The state shall not discriminate against any citizen of India on the ground of sex [Article 15(1)].
- The state is empowered to make any special provision for women. In other words, this provision enables the state to make affirmative discrimination in favour of women [Article 15(3)].
- No citizen shall be discriminated against or be ineligible for any employment or office under the state on the ground of sex [Article 16(2)].
- Traffic in human beings and forced labour are prohibited [Article 23(1)].
- The state to secure for men and women equally the right to an adequate means of livelihood [Article 39(a)].
- The state to secure equal pay for equal work for both Indian men and women [Article 39(d)].
- The state is required to ensure that the health and strength of women workers are not abused and that they are not forced by economic necessity to enter avocations unsuited to their strength [Article 39(e)].
- The state shall make provision for securing just and humane conditions of work and maternity relief [Article 42].
- It shall be the duty of every citizen of India to renounce practices derogatory to the dignity of women [Article 51-A(e)].
- One-third of the total number of seats to be filled by direct election in every Panchayat shall be reserved for women [Article 243-D(3)].
- One-third of the total number of offices of chairpersons in the Panchayats at each level shall be reserved for women [Article 243-D(4)].
- One-third of the total number of seats to be filled by direct election in every Municipality shall be reserved for women [Article 243-T(3)].
- The offices of chairpersons in the Municipalities shall be reserved for women in such manner as the State Legislature may provide [Article 243-T(4)].

Legal Rights to Women:

The following legislations contain several rights and safeguards for women:

- **Protection of Women from Domestic Violence Act (2005)** is a comprehensive legislation to protect women in India from all forms of domestic violence. It also covers women who have been/are in a relationship with the abuser and are subjected to violence of any kind—physical, sexual, mental, verbal or emotional.
- **Immoral Traffic (Prevention) Act (1956)** is the premier legislation for prevention of trafficking for commercial sexual exploitation. In other words, it prevents trafficking in women and girls for the purpose of prostitution as an organised means of living.
- **Indecent Representation of Women (Prohibition) Act (1986)** prohibits indecent representation of women through advertisements or in publications, writings, paintings, figures or in any other manner.
- **Commission of Sati (Prevention) Act (1987)** provides for the more effective prevention of the commission of sati and its glorification on women.
- **Dowry Prohibition Act (1961)** prohibits the giving or taking of dowry at or before or any time after the marriage from women.
- **Maternity Benefit Act (1961)** regulates the employment of women in certain establishments for certain period before and after child-birth and provides for maternity benefit and certain other benefits.
- **Medical Termination of Pregnancy Act (1971)** provides for the termination of certain pregnancies by registered medical practitioners on humanitarian and medical grounds.
- **Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act (1994)** prohibits sex selection before or after conception and prevents the misuse of pre-natal diagnostic techniques for sex determination leading to female foeticide.
- **Equal Remuneration Act (1976)** provides for payment of equal remuneration to both men and women workers for same work or work of a similar nature. It also prevents discrimination on the ground of sex, against women in recruitment and service conditions.
- **Dissolution of Muslim Marriages Act (1939)** grants a Muslim wife the right to seek the dissolution of her marriage.
- **Muslim Women (Protection of Rights on Divorce) Act (1986)** protects the rights of Muslim women who have been divorced by or have obtained divorce from their husbands.
- **Family Courts Act (1984)** provides for the establishment of Family Courts for speedy settlement of family disputes.
- **Indian Penal Code (1860)** contains provisions to protect Indian women from dowry death, rape, kidnapping, cruelty and other offences.
- **Code of Criminal Procedure (1973)** has certain safeguards for women like obligation of a person to maintain his wife, arrest of woman by female police and so on.

- **Indian Christian Marriage Act (1872)** contain provisions relating to marriage and divorce among the Christian community.
- **Legal Services Authorities Act (1987)** provides for free legal services to Indian women.
- **Hindu Marriage Act (1955)** introduced monogamy and allowed divorce on certain specified grounds. It provided equal rights to Indian man and woman in respect of marriage and divorce.
- **Hindu Succession Act (1956)** recognizes the right of women to inherit parental property equally with men.
- **Minimum Wages Act (1948)** does not allow discrimination between male and female workers or different minimum wages for them.
- **Mines Act (1952) and Factories Act (1948)** prohibits the employment of women between 7 P.M. to 6 A.M. in mines and factories and provides for their safety and welfare.
- **National Commission for Women Act (1990)** provided for the establishment of a National Commission for Women to study and monitor all matters relating to the constitutional and legal rights and safeguards of women.
- **Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal). Act (2013)** provides protection to women from sexual harassment at all workplaces both in public and private sector, whether organised or unorganized.

Apart from the above, there are various legislations which contain rights to safeguard women at every stage, the only thing they have to do is not to suffer quietly but to vehemently raise their voice against injustice without the slightest delay.

**By : Advocate Mrs Meeta Choudhury Dutta,
Gauhati High Court, Guwahati,
Assam**





The Hand That Rocks the Cradle Is the Hand That Rules the World

William Ross Wallace

On a lonely road she walks, clutching the stole she wore, trying to figure out if someone is observing her wet and cold body and then she hears a few boys, calling her names and making lewd comments, but none was there to help her, she rather kept mum and walked towards her destination, gulping down the immorality she felt.

It could happen to any women, irrespective of her age, caste and creed. It could happen in a lonely road or a crowded market place, in a posh restaurant or a park. The menace is everywhere. Whether we call it sexual harassment or take it less seriously by calling it eve teasing but we cannot deny the impact of such situations amongst the women.

Eve teasing is a euphemistic expression that lives in post – colonial India and refers largely to sexual harassment of women in public places, thereby constituting women as eves, temptresses who provoke men into sexual titillation. This popular perception of sexual harassment posits the phenomena as a joke where women are both a tease and deserve to be teased. Considered a growing problem throughout the sub – continent, eve teasing ranges in severity from sexually coloured remarks to outright groping. It is the same story every day.

Categorically, in the Indian Penal Code, the word ‘eve-teasing’ does not exist. Eve teasing is an attitude, a mind set, a set of behaviours that is construed as an insult and an act of humiliation of the female sex. However, victims of eve teasing could take recourse to certain sections of the IPC.

Before embarking upon the examination of the law related to sexual harassment, it is important to understand what sexual harassment is. The supreme court of India defined sexual harassment to include ‘such unwelcome sexually determined behaviour as physical contacts and advance, sexually coloured remarks, showing pornography and sexual demands, whether by words or actions’. This definition of sexual harassment is similar to that given in other jurisdictions. Sexual harassment also includes what is called the quid pro quo sexual harassment. It occurs in employment establishments, where as a pre-condition to receiving employment or employment benefits, an employee agrees to confer sexual favours to meet the employers demand. However, these related laws are framed as offences that either amount to obscenity in public or act that are seen to violate the modesty of women under sections 294, 354 and 509 of the IPC. While section 294 IPC is a law applicable to both men and women, the latter two are specifically oriented towards women.

Section 354: Assault or criminal force to woman with intent to outrage her modesty

Whoever assaults or uses criminal force to any woman, intending to outrage or knowing it to be likely that he will there by outrage her modesty¹, shall be punished with imprisonment of either description for a term which shall not be less than one year but which may extend to five years, and shall also be liable to fine IPC.

Section 354 A: Sexual harassment and punishment for sexual harassment

A man committing any of the following acts—

physical contact and advances involving unwelcome and explicit sexual overtures; or a demand or request for sexual favours; or showing pornography against the will of a woman; or making sexually coloured remarks, shall be guilty of the offence of sexual harassment.

Any man who commits the offence specified in clause (i) or clause (ii) or clause (iii) of sub-section (1) shall be punished with rigorous imprisonment for a term which may extend to three years, or with fine, or with both.

Any man who commits the offence specified in clause (iv) of sub-section (1) shall be punished with imprisonment of either description for a term which may extend to one year, or with fine, or with both.

Section 354 B: Assault or use of criminal force to woman with intent to disrobe

Any man who assaults or uses criminal force to any woman or abets such act with the intention of disrobing or compelling her to be naked, shall be punished with imprisonment of either description for a term which shall not be less than three years but which may extend to seven years, and shall also be liable to fine.

Section 354 C: Voyeurism

Any man who watches, or captures the image of a woman engaging in a private act in circumstances where she would usually have the expectation of not being observed either by the perpetrator or by any other person at the behest of the perpetrator or disseminates such shall be punished on first conviction with imprisonment of either description for a term which shall not be less than one year, but which may extend to three years, and shall also be liable to fine, and be punished on a second or subsequent conviction, with imprisonment of either description for a term which shall not be less than three years, but which may extend to seven years, and shall also be liable to fine.

Explanations

For the purpose of this section, “private act” includes an act of watching carried out in a place which, in the circumstances, would reasonably be expected to provide privacy and where the victim’s genitals, posterior or breasts are exposed or covered only in underwear; or the victim is using a lavatory; or the victim is doing a sexual act that is not of a kind ordinarily done in public.

Where the victim consents to the capture of the images or any act, but not to their dissemination to third persons and where such image or act is disseminated, such dissemination shall be considered an offence under this section.

Section 354 D: Stalking

(1) Any man who—follows a woman and contacts, or attempts to contact such woman to foster personal interaction repeatedly despite a clear indication of disinterest by such woman; or monitors the use by a woman of the internet, email or any other form of electronic communication, commits the offence of stalking;

Provided that such conduct shall not amount to stalking if the man who pursued it proves that—

it was pursued for the purpose of preventing or detecting crime and the man accused of stalking had been entrusted with the responsibility of prevention and detection of crime by the State; or

it was pursued under any law or to comply with any condition or requirement imposed by any person under any law; or

in the particular circumstances such conduct was reasonable and justified.

(2) Whoever commits the offence of stalking shall be punished on first conviction with imprisonment of either description for a term which may extend to three years, and shall also be liable to fine; and be punished on a second or subsequent conviction, with imprisonment of either description for a term which may extend to five years, and shall also be liable to fine.

Section Section 509– Word, gesture or act intended to insult the modesty of a woman

Whoever, intending to insult the modesty of any woman, utters any word, makes any sound or gesture, or exhibits any object, intending that such word or sound shall be heard, or that such gesture or object shall be seen, by such woman, or intrudes upon the privacy of such woman, shall be punished with simple imprisonment for a term which may extend to one year, or with fine, or with both.

Section 294– Obscene acts and songs

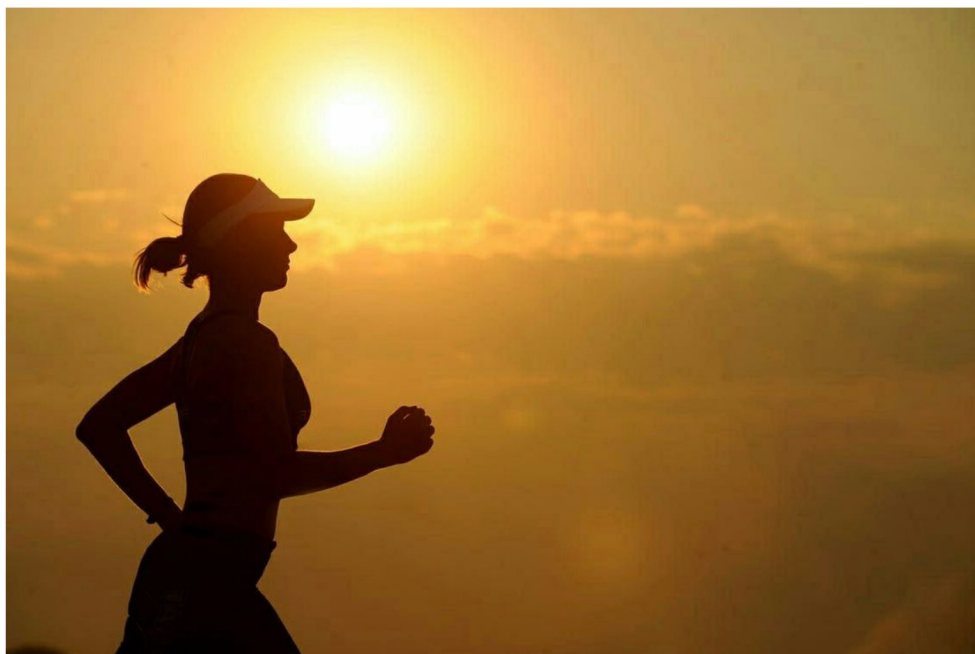
Whoever, to the annoyance of others–a) Does any obscene act in any public place, or b) Sings, recites or utters any obscene song, ballad or words, in or near any public place, shall be punished with imprisonment of either description for a term which may extend to three months, or with fine, or with both.

Hence, in a summarily, these are the recourses a victim lady can opt for, if she faces any of such behaviour against her. But apart from nurturing the damaged leaves of a tree why not make the tree strong enough to stand and shine no matter what the weather gives her. Why cannot we be the heroes rather than being the victims? The fire is within, and before expecting others to respect us, the womenfolk must respect themselves. It is time we stand up and teach our juniors, our sons, our brothers, and our elders too, that we deserve to be respected and that objectification of womanhood is not the inherent right of men. Instead of crying over feminism let us all fight for equality and work as an equal and never let anyone, male or female, to objectify our sexuality. Let us be strong and let us be free.



Writer
Sibani Dutta
OFFICER, ASSAM JUDICIAL SERVICE, AJS. SIVASAGAR

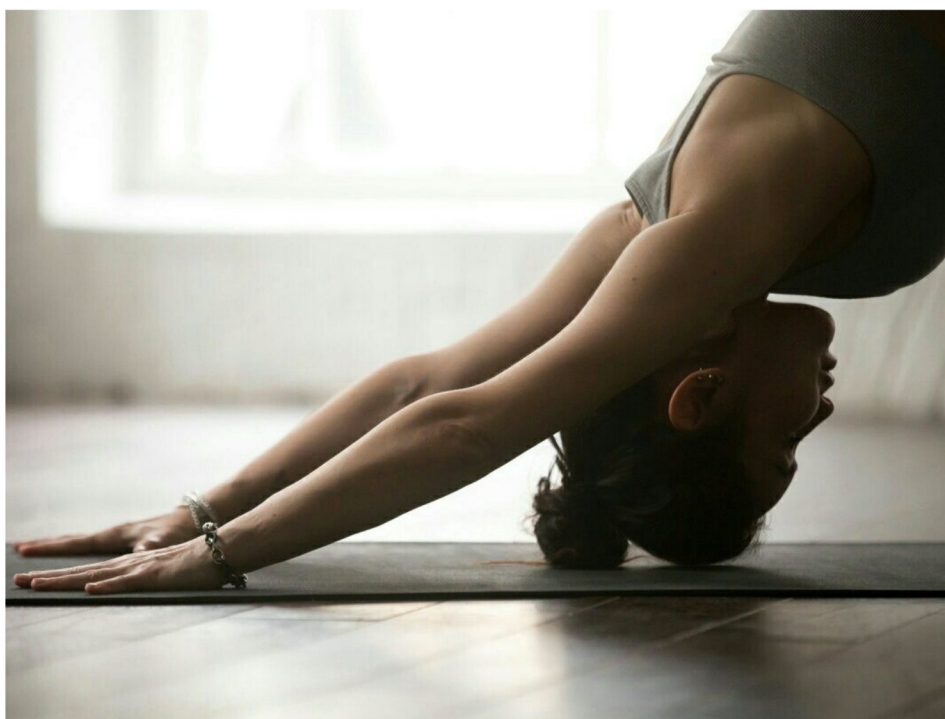
FITNESS IS FOREMOST



We often hear the phrases like ‘health is wealth’ or ‘fitness is the key to success’. But what does being healthy or fit really mean? It simply means to take good care of both your physical and mental health. In today’s stressed out life where most people are suffering from anxiety, depression, obesity and other health issues and diseases, doing regular exercise and taking healthy food have become a necessary. Being fit allows us to perform our activities without being lethargic, restless or tired. A healthy and fit person is capable of living the life to the fullest.



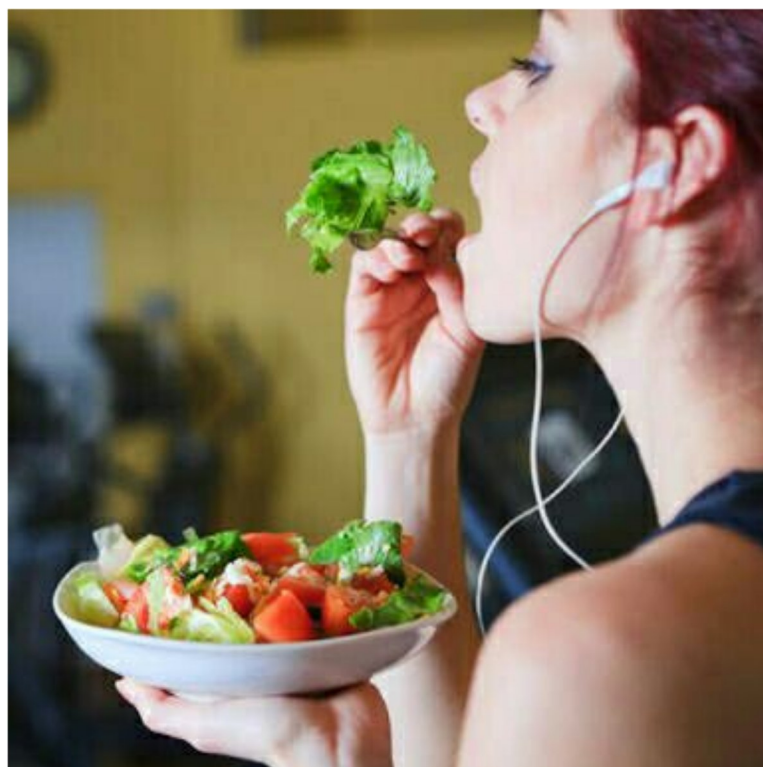
Writer : Nikita Bordoloi



Yoga is one form of exercise which can easily be done at home, which keeps our mind stress free and relaxed and our thinking becomes positive. It gives peace to our mind and increases our efficiency of the brain. Good health of both mind and body helps one maintain the required energy level to achieve success in life. Healthy habits not only improve your mental stability but also physical appearance.

Fitness is not only about doing regular exercise but it starts from taking the right food. Generally a healthy diet consists of taking a proper nutritious food.

Our body needs food which are rich in protein, vitamins, minerals and carbohydrates but in right proportion and balanced amount.



What you have for breakfast really sets the turn for your entire day and helps sustain energy through the day. So start your day with 1 litre of water, which helps improve digestion and rehydrated your body. Get some fresh air and grab a cup of organic green tea.

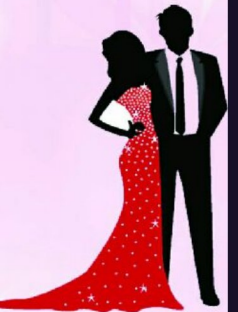
A recommended balanced diet chart for women comprises of

- a) 2-3 scrambled egg whites with a whole grain toast
- b) fruits or dry fruits of your choice or a bowl of oats porridge with sprout salad.

A person becomes happier when he or she is fit. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle. Everyone must try to maintain a balanced diet, do some regular exercise, a proper amount of sleep and avoid harmful substances.



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