

# Mystic

AURA

VOLUME 03

ISSUE 03

MAY 2020

## FASHION TIPS

for  
Plus Size Women

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## IMMUNITY BOOSTERS

How to boost your  
immunity during Corona  
virus.

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TRIBUTE TO  
THE WARRIORS.

# CHALLENGES

OF SINGLE MOTHERS

# Mystic <sup>AURA</sup>

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 Mystic aura magazine

 Mystic aura magazine



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# Editor's Note

Mystic Aura emanates positivity and always looks forward to give a platform to the upcoming buddies from different fields. We had launched Mystic Aura with the aim to quest for excellence and spark that can highlight the skills and fill the world with the glow of its goodness and talent.

Each individual on this planet is born with a divine fire and Mystic Aura gives wings to those talents. Nodoubt, lockdown has proved to be a blessing in one sense but at the same time a great economic downfall all over the world we can say. But still the Earth at this crucial time has proved that there's a ray of hope and the people are waiting for the day when the dark clouds will part to reveal a blue sky and the sun will forever shine.

This May month issue is dedicated to the Mothers and the holy month Ramadan with a few interesting write-ups highlighted in cover page and winding up with articles from fashion to kitchen recipes etc.

This is our 3rd Edition and we are happy to see the response from the viewers who have showed immense love and support that encourages Mystic Aura team to give the best and at the same time we would also welcome everyones valuable suggestions.

Love & regards .

**Gitali Pathak Deka .**

(Editor\_in\_chief).

EDITOR'S NOTE

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# MOTHERHOOD

The Divine phase in a woman's life

*Motherhood is more than bearing children, though it is certainly and definitely that. It is the essence of who we are as women.*

*Motherhood defines our very identity, our divine stature and nature, and the unique traits, talents and tendencies our Father gave us. Sheri Dew*

The definition of 'Motherhood' can differ from person to person. For some it may be the art of raising children, for some it may be the way a lady manages all the household chores and her children along with career, whereas, according to some Motherhood is the ability to feel your heartbeat along with every little person you raise, whether your own or not of the same blood.

The word Mother fills everyone's heart with emotions. A person with excellent communication skills even struggles to select the right words to describe a mother's influence in our lives. A mother holds an important place in everyone's life and also plays an important role in the upbringing of a child. Hence the future of a society, in a large way is the result of a mother's teaching. From the time when a mother conceives her child, she gets emotionally attached to the child. She undergoes immense pain while delivering a child. Yet, she can never see her child in pain. A mother's selfless love, care and affection make it the most significant and divine relationship.

A mother is a gem in everyone's life. She is the ultimate source of happiness for a child.

Words always fall short when you talk about the sacrifice and love of a mother.

We should never forget to thank the Almighty for the gift of parents to our lives. Let's love and respect our parents unconditionally today and always. So, on this special occasion let's thank our mothers and be grateful to them for being in our lives.

Wishing all the wonderful mothers of the world a healthy, a happy and blessed life.

HAPPY MOTHER'S DAY.



# It's Tulip Time in Holland, Michigan, USA

Writer : Himadri Kalita  
Detroit, MI, USA

*Wishing you all a Happy Mother's day.*

The proverb, "April showers bring May flowers," just reminded me that it's time for an important Dutch heritage Festival that features tulips in Holland, Michigan.

Holland is a very beautiful small city in the western region of the Lower Peninsula of the State Michigan. It is located near the eastern shore of Lake Michigan on Lake Macatawa. The city is best known for its Dutch heritage, which serves not only as a part of the city's cultural identity, but the local economy as well. Every year, the Tulip time festival in May and various other Dutch themed attractions near Lake Michigan attracts thousands of tourists from across the world. In the spring, more than 100,000 tulips in bloom throughout the beautiful gardens in Holland. It is also a popular venue for weddings and special events as well.





The Windmill Island Gardens is a 36 acre seasonal park with a recreational Nelis' Dutch village, with costumed guides and tours of a working windmill. It is also the home to the 259-year-old windmill, De Zwaan, the only working Dutch windmill in the United States. This one and only windmill still grinds local organic grain into flour using nothing more than Lake Michigan's strong winds to turn the grindstones. There are probably a wide variety of colorful tulips blooming right now in this beautiful city waiting to be photographed and admired. But, it is very unfortunate that this year the Tulip festival has been cancelled due to the COVID -19 pandemic, which is heartbreaking for many visitors.

As a personal note, we lived in this beautiful city for one and a half years, from 2013-2014 and got the opportunity to enjoy these beautiful flowers in person. We also got to be a part of this big festival twice, which will always be fondly remembered. Our older daughter also got the privilege from her school to be a part of a Dutch parade, with a traditional Dutch costume as well.



After moving to Michigan again after six years, the very first thing that came to our minds, was to visit Holland again during the Tulip festival as it is just a 3-hour drive from Detroit. But, it is upsetting that we will not be able to visit this year due to the present situation.

I am going to share a few old pictures from the time we lived there.

# How to

# BOOST YOUR IMMUNITY DURING CORONAVIRUS :

*Feeding your body with some foods may help keep your immune system strong remember everyone has immunity but many people have low and many people have good immunity so you can boost your immunity.*

*Some things are easily available in your refrigerator or easily available in market so chose those things which boosts your immunity in your daily routine.*

## Citrus fruits

Most people turn straight to vitamin C after they've caught a cold. That's because it helps build up your immune system.

Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections.

Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

## Popular citrus fruits include:

- grapefruit
- oranges
- clementines
- tangerines
- lemons
- limes

Because your body doesn't produce or store it, you need daily vitamin C for continued health. The recommended daily amount for most adults is:

75 mg for women  
90 mg for men

If you opt for supplements, avoid taking more than 2,000 milligrams (mg) a day.





## Red bell peppers

If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again. Ounce for ounce, red bell peppers contain almost 3 times as much vitamin C. They're also a rich source of beta carotene.

Besides boosting your immune system, vitamin C may help you maintain healthy skin. Beta carotene, which your body converts into vitamin A, helps keep your eyes and skin healthy.



## Broccoli

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate.

The key to keeping its power intact is to cook it as little as possible — or better yet, not at all. Steaming is the best way to keep more nutrients in the food.

## Garlic

Garlic is found in !! almost every cuisine in the world. It adds a little zing to food and it's a must-have for your health.

Old civilizations recognized its value in fighting infections. Garlic may also slow down hardening of the arteries.

It's immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin. Take it raw



## Ginger

Ginger is another ingredient many turn to after getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may help with nausea as well.

While it's used in many sweet desserts, ginger packs some heat in the form of gingerol, a relative of capsaicin.

Ginger may also decrease chronic pain <sup>Trusted Source</sup> and might even possess cholesterol-lowering properties



## Spinach

Spinach made our list not just because it's rich in vitamin C — it's also packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems.

Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking makes it easier to absorb the vitamin A and allows other nutrients to be released from oxalic acid, an antinutrient.



## Yogurt

“live and active cultures” printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases.

Try to get plain yogurts rather than the kind that are flavored and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits and a drizzle of honey instead.

Yogurt can also be a great source of vitamin D, so try to select brands fortified with this vitamin. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

Many trials are even in the works to study its possible effects on COVID-19.





## Almonds

When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. However, this powerful antioxidant is key to a healthy immune system.

It's a fat-soluble vitamin, which means it requires the presence of fat to be absorbed properly. Nuts, such as almonds, are packed with the vitamin and also have healthy fats.

Adults only need about 15 mg of vitamin E each day. A half-cup serving of almonds, which is about 46 whole, shelled almonds, provides around 100 percent

## Sunflower seeds

Sunflower seeds are full of nutrients, including phosphorous, magnesium, and vitamins B-6 and E.

Vitamin E is important in regulating and maintaining immune system function. Other foods with high amounts of vitamin E include avocados and dark leafy greens.

Sunflower seeds are also incredibly high in selenium. Just 1 ounce contains nearly half the selenium that the average adult needs daily. mostly performed on animals, have looked at its potential to combat viral infections such as swine flu (H1N1).



## Turmeric

turmeric as a key ingredient in many curries. This bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis.

high concentrations of curcumin, which gives turmeric its distinctive color, can help decrease exercise-induced muscle damage. Curcumin has promise as an immune booster and an antiviral.



## Green tea

Both green and black teas are packed with flavonoids, a type of antioxidant. Where green tea really excels is in its levels of epigallocatechin gallate (EGCG), another powerful antioxidant.

In studies, EGCG has been shown to enhance immune function. The fermentation process black tea goes through destroys a lot of the EGCG. Green tea, on the other hand, is steamed and not fermented, so the EGCG is preserved.

Green tea is also a good source of the amino acid L-theanine. L-theanine may aid in the production of germ-fighting compounds in your T cells.



## Papaya

Papaya is another fruit loaded with vitamin C the daily recommended amount of vitamin C in a single medium fruit. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects.

Papayas have decent amounts of potassium, magnesium, and folate, all of which are beneficial to your overall health.

## Kiwi

Like papayas, kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C.

Vitamin C boosts the white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.

**A healthy diet is key to flu prevention and a working immune system. Stay healthy and fit with healthy diets.**



## Written by

**Dietician Dipikaa A Bhatia**

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



# Nutrition Advice

## during the COVID-19 home quarantine

-A Mystic Aura Report

**T**oday, while governments are taking stronger measures to tackle the spread of the COVID-19 pandemic, businesses are being temporarily closed, and newswires are full of information about the disease. In some countries, restaurants and take-away offers are being limited and some items in supermarkets are becoming less available. Limited access to fresh foods may lead to an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt. Such changes in eating behaviour could have a negative effect on the immune system, overall physical and mental health, and the well-being of individuals globally. For all these a balanced nutrition chart can be the rapid booster in improving one's immune system.



### Psychosocial support with counseling

People living with chronic illnesses who have suspected or confirmed COVID-19 may need support with their mental health and diet to ensure they keep in good health and seek counseling and psychosocial support from appropriately trained health care professionals. Along with it the Proper nutrition and hydration are the magic bullets to improve health and immunity.

## **NUTRITIONAL BALANCED DIET –**

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Your diet must include the following as habit:

- **Drink enough water every day**

Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints. Drink 8–10 cups of water every day. Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.

- **Eat smaller meals more frequently**

Another great strategy to keep your immune system strong is starting meals early in the day to maximize caloric intake for healing and aiming for around 4-6 small meals per day. For those with serious respiratory symptoms, eating smaller meals may help prevent early satiety (getting full too quickly) and in turn take stress off the diaphragm, which can allow for easier breathing. Eating frequent meals may also help diabetics who are trying to maintain glycemic control while they're sick.

- **Eat fruits and veggies (Thriving of healthy bacteria)**

Fruits and vegetables, particularly citrus fruits and leafy greens, provide a steady stream of vitamins A and C, while nuts, seeds, and vegetable oils are rich in vitamin E, dairy products, eggs, and seafood are good sources for vitamin D. Zinc is also important, which is rich in food sources like meat and nuts. All of these are vitamins and minerals known to provide immune support.

With 70% of immunity being in the gut, it's also good to keep your healthy bacteria thriving. Probiotic sources, such as yogurt and kefir, help keep healthy bacteria thriving and supporting your immune system.





- **Eat less salt and sugar**

When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce). Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.

Avoid foods (e.g. snacks) that are high in salt and sugar. Limit your intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).

And apart from all these the most relevant and important measure we have to adopt is Avoid eating outside.

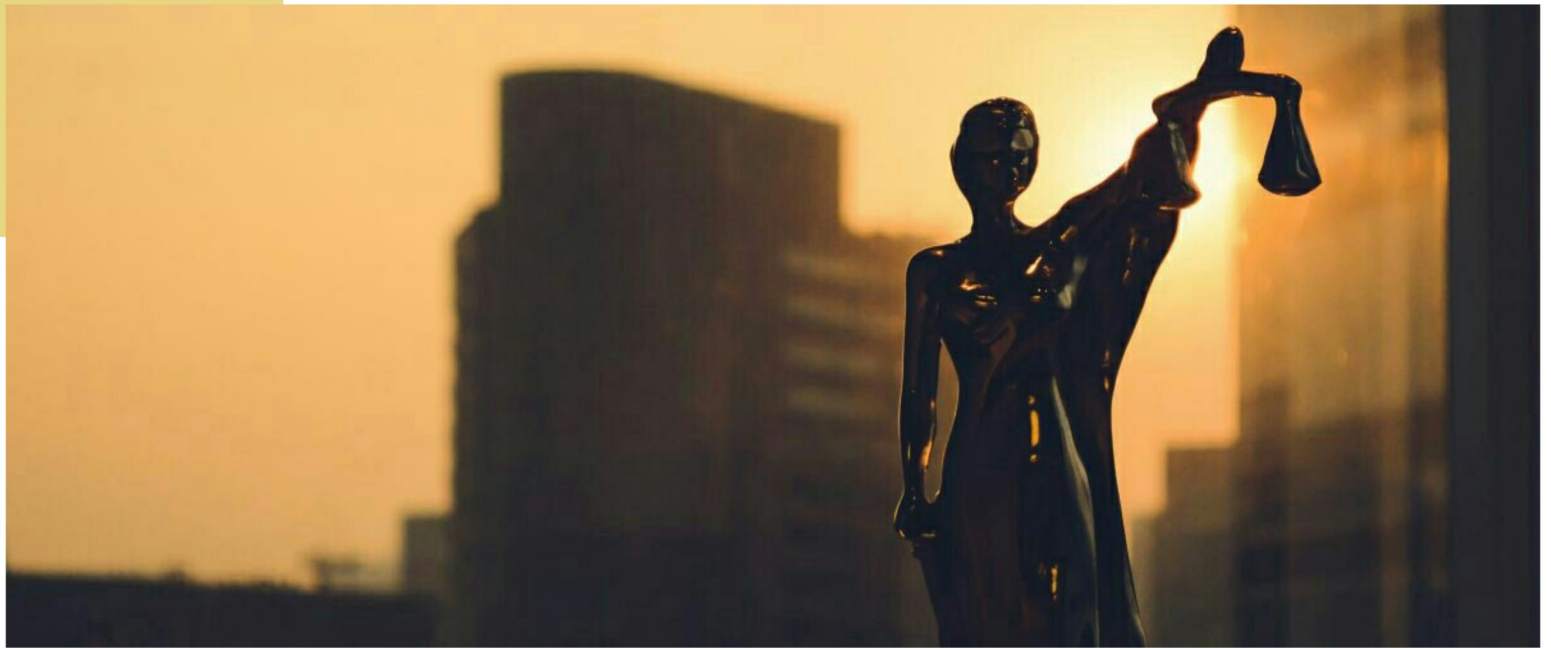
Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19. We recommend maintaining a distance of at least 1 metre between yourself and anyone who is coughing or sneezing. That is not always possible in crowded social settings like restaurants and cafes. Droplets from infected people may land on surfaces and people's hands (e.g. customers and staff), and with lots of people coming and going, you cannot tell if hands are being washed regularly enough, and surfaces are being cleaned and disinfected fast enough.

(N.B- In reference to WHO measures laid for nutrition plan)

- **Drink plenty of fluids**

Be sure to stay hydrated. Not only is this good overall for fighting infection, but it also helps keep mucus thin and easier to remove from the body. In general, drink 6 to 8 glasses of water a day, 8 oz. per glass, unless you're on a fluid restriction by your physician. Foods like soups, fruits, and vegetables with high water content, such as melon and cucumber, also count as fluid sources. Unsure if you're getting enough fluids? One way to tell is by your urine. If you're well hydrated, your urine should be a light color.

**STOP**  
  
**COVID-19**



# My Journey as a Single Mother

(Highlighting Laws for 'Single Mother' in India)

Although, the Indian Society doesn't accept Single Unmarried Mothers , but legally those mothers can become guardians of their own children. There is no Legal bar in it unless the custody of such children is challenged. The Court also ruled that it was not required from the mother to reveal the identity of the father in case of an Unmarried women. Parenting is not easy and Single Parenting, to be honest, is much more tougher as its added with many responsibilities. A single parent has to face numerous new challenges on every sunrise. When my better half passed away, life seemed very difficult. It was really hard to cope-up with all the things back than at that moment. It was like an end to my life as well. But gradually I made up my mind, thinking I have a small baby girl whom I have to live for and mould her to be a good and responsible human being. But to be honest that too seemed quite impossible right then, but once you decide and make up your mind and make a mindset, that to manage everything by yourself, nothing is impossible like I did. Because I thought and analyzed everything very minutely and most importantly, even The 'IMPOSSIBLE' says 'IM-POSSIBLE ' so why can't I

work the things out for myself ? I questioned myself. So the result here I am now happy as ever, living again by myself for my daughter and building up myself to build up my daughter's future. Well, I would not forget to mention: I drew Inspiration from, 'Sushmita Sen', A single mother of two girls at a mere age of 22. That influence got me the courage to be, what I am being right now today. Though her and my circumstances are miles apart, but yeah, her example worked out as a great influence and an inspiration from what I learnt a lot and I am the one what I am now, for what I am proud of. Why? Because at a point, I lost all hope to live, but now I am living my life as happily as ever. But being a single mother and specifically a 'Widow' in India, is quite a difficult task comparing it to the other countries.





Like talking generally and taking, for example, the most awful thing that a single mother or widowed women face is, 'The Approach of Another Men' trying to get close to her and her life. That's quite unappealing, if it is in terms of his personal benefits which is quite common everywhere mostly, but things are different sometimes too when a person really comes into your life and is really willing to take care of you and your life in a positive way. But mostly, the difficulties usually faced being a single mother, are [1] Social Isolation [2]Economic Difficulties and [3]Personal Problems. As per my perception, these three I have quoted are the most common difficulties usually faced, many others are there too, but as per my personal experience I have pointed these out here. Also, I would like to enlighten the difficulties faced being a single mom myself. Few of them I am quoting it below :

- [1]Struggling to take the Responsibilities and fulfill the duties of both, a 'Mother' and a 'Father' all together.**
  - [2]Hard To find a reliable baby sitter, while going for work .**
  - [3]No social or Financial Support.**
  - [4]The most common is the pressure of getting Re-Married.**
  - [5]And the most hardest thing I found is unable to spend or give ample amount of time to your child.**
- These were the hardships that usually a single parent and specifically a widow faces and I am no other.**

I too / faced these or deals in my Hard Phase of life when everything in life seemed to be over. But I faced them with courage with a proper mindset, always keeping my daughter's face ahead, and trying to make myself as hard as I can and making myself Self-Independent on every aspect of life and making myself ready to face any kind of situations coming ahead in my life, may it be as hard as it is, but I will overcome each and every hurdle as I have crossed till now, and now I am at this position of life where I am happy as ever. I would lead my life ahead in this way, living it for my daughter for making her a responsible and successful human being in future.

Well, there are several Schemes and Laws, introduced by the Indian Govt. to which many of us are unknown. So, being an Advocate I would like to put a limelight on few of them, from which the people like us can take benefits from, when in dire need.



- [1]Welfare Scheme for Single Mother.
- [2]Mother & Child Tracking System.
- [3]Indira Gandhi Matritva Sahyog Yojana.
- [4]Name of child's father need not be disclosed in birth certificate of the child. As per a decision held by Madurai Bench Of The Madras High Court.
- [5] Section 7 (Power of the court to make an order as to Guardianship) of the Guardians and Wards Act, 1890 to be appointed the sole guardian.
- [6] The Hindu Minority and Guardianship Act, 1956
- [7] The Guardians and Wards Act 1890.
- [8] The Indira Gandhi National Widow Pension Scheme (IGNWPS) under the National Social Assistance Programme.
- [9] According to 12th Five Year Plan , The Planning Commission has proposed that Schemes like Indira Awas Yojana and the Mahatma Gandhi National Rural Employment Guarantee Scheme(MGNREGA) should earmark a percentage for single women.



Lastly, a shoutout to all the single mothers and widows throughout the World, a simple thing to be always kept in mind, " Never Lose Hope, If God has taken away a precious entity that means a lot to you, never be sad. He certainly has some good and beautiful things kept and planned up for the future. So never lose faith in God, but yeah, it may seem difficult at that very instant during the hard phase but, try to overcome it, work out things, make a proper mindset keeping an aim in life of what you want to see yourself and your daughter in the coming future. And I am sure life will be as beautiful as ever, like I am personally experiencing myself now....!!"

**-- Words From a True Experience of a Single Widowed Mother**



**Writer : Rohima Ahmed  
Advocate, Gauhati High Court"**



# Momness

After working with thousands of women across nations, I was always keen on understanding the emotional quotient of women for which I started running a campaign in India called #GorgeousYou – “Redefining the meaning of Gorgeous”, by bringing the powerful success stories of women and their inner & outer synchronicity from different walk of life.

I worked with working women, non-working women, single women, married women, single mother's, working mother's, women bosses, women entrepreneurs, housewives.

**What is all about “a woman”?**

**What is the first thought that comes to mind when we say “a woman” ?**

For me when I say a woman, first thought that comes to my mind is a mother, whom we are connected with even before we are born. As a child, mother is the universe, all that we know from the womb till we grow up and try to understand the world with our mother's perspective before even we go and explore on our own. As a child, we never could imagine to measure the IQ or EQ of our mother, whatever she tells us that is right even if we do not like it, even if that doesn't make sense to us, sometimes even if it irritates us to the core. She is the epitome of love and sacrifice, we appreciate it or not, doesn't make any difference to her, she continues to be the same. From deep within we always know and understand , how much important she is for us.

Here I want to mention about all such mothers and their Emotional Quotient.

Gemini Dhar –Author & Take Charge Expert, a single mother of two teenagers, says; “I am a single mom and so proud and grateful to be one, the biggest perk of it is having the undivided love of my kids. So many mothers are anxious the moment they become a single parent, I had the same feeling and fears. From the time of my divorce to now I have gone through a sea of emotions. Those have been of joy discovering how tiny hands can hold yours and give you strength. Those feet that wobbled it walk stood strong for me and held me when I waddled. My journey has taken a sharp turn towards growth and prosperity being an empowerment coach for teens and women , the mission is to help billions like me. So as a single mom, I became the role model to my children and they rarely listen to what I say, more than that, they observe my every move and learn from what I believe and do. It’s not how much you give, it’s how you give that touches a cord, overwhelmed with love I don’t feel any anxiety fear or sadness anymore. So my story is simple walk your talk and they will adore you for being honest, truthful, strict and above all loving and understanding each other. We together make a bunch of dreamers and our teamwork creates happiness joy and peace in our lives. Singles moms are as human as any other mothers they just have invisible extra wings and their children are the wind beneath their wings”



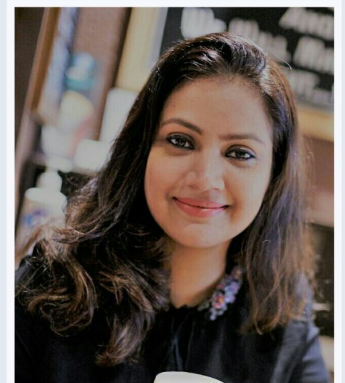
Suma Venkatesh – Vice President Real Estate & Development for IHCL, a working mother of two children, tells us, “With proper communication & participation, our children can be the biggest support system; I always share my professional life with my children. I feel a "women need other women to support them in their lives", and my support system has been my mother in-law. My journey to “success” would be incomplete without her constant encouragement. She became my cheerleader. Every time I had work commitments or in extreme situations when I had to leave my children behind in high temperature, my first instinct was to feel guilty and questioned my ability to be a good mother. My mother-in-law encouraged me to continue without an ounce of guilt while she held the fort strong and took care of the children, not just once but whenever I needed such support and much more. She taught me that while doing and believing things will happen, we make them happen, all we need is conviction and confidence to achieve and support will come through. My family has been my biggest support and I believe you never succeed alone; your support system succeeds with you.” – (Reference from GorgeousYou Campaign Story on Social Media)





Alisha (name changed) – Homemaker (non-working woman), mother of two kids; says, “my kids are my world, I don’t want to miss any opportunity to see my kids growing up. I don’t mind who they become, doctor or engineer, but I want to see them as a good human being, a good citizen. I am creating future.”

The power of mother is unparalleled. Here, I don’t want to miss about the women, who are not mothers, it may be single women or married women, working women or non working women; for whatever may be the reason of being not a mother, you are no less of a woman. As per societal norms, you may be sympathised, but you know you are not bound by any norms of showing who you are & sharing what you are good at, that is the gift of being a woman. Being not a mother by giving birth, you got an opportunity to be mother of everyone else, your parents, your siblings, your spouse & to everyone old or young, to shower your love and selflessness. As, a woman is a born mother, a caretaker, a love giver!



**Writer : Shirin Latif**

Shirin is a life transformational coach and a writer. She Co authored 4 books and an author of an upcoming book. Shirin had also worked in Corporate for 15 years with diversified experience in setting up 5 star hotels as an Interior Consultant/Project Manager in different cities & countries.

# Aura Mother's Day Special.



## Pompy Das Bora

• Tell us in brief about you and your family.

I am originally from Howly, BARPETA dist, but now I am based in GOLAGHAT. I have been working as a Junior Accountant at Golaghat Treasury from last 7years. I am a proud mother of two sons. I really like cooking, travelling, going to movies, listening music, baking etc. I am a big fan of Vicky Kaushal and Ayushmann Khurana

• What is MOTHERHOOD according to you.

For me motherhood means family, happiness, unconditional love and affection. It's a gift that not all of us get. In one word, it's like Roller coaster.

• Any message for Mystic Aura.

First of all I would like to thank MYSTIC AURA for giving us such opportunities  
I am humbled and grateful.

# Aura Mother's Day Special.



## Dipali Doley

• **Tell us in brief about you and your family.**

I hail from the beautiful and traditional place of Assam, JORHAT.

I am a housewife and I love spending time with my family and my kid.

• **What is MOTHERHOOD according to you.**

According to me Motherhood is the state or experience of having or raising a child and the best part about it is being a mom and showering unconditional love.

• **Any message for Mystic Aura.**

First of all I would like to thank Mystic aura and the team for arranging the Mother's day special photo contest online and giving an opportunity for ladies like us to participate and being in the 2nd position of the contest I am very happy. I hope your team will organize more such beautiful contest in the near future too.

# Aura Mother's Day Special.



## Junmoni Kaman

- **Tell us in brief about you and your family.**

I reside with my family in DULIAJAN. I worked as a teacher for few years, but left the job after I conceived. Now I am a homemaker taking care of my son and family.

- **What is MOTHERHOOD according to you.**

According to me Motherhood is the ultimate bliss in a women's life, it makes a woman realise the realities of life in a true sense. Motherhood can be best labelled as the greatest satisfaction in life and career of any married woman when the child she bears turns out to be a successful individual.

- **Any message for Mystic Aura.**

First of all, I would like to thank MYSTIC AURA for giving me the opportunity to participate. Though it is a small contest but I think it bought immense happiness to all the ladies who participated. I wish mystic aura to grow and wish them success. Looking forward for more such competitions. Thank you.



# TRIBUTE



## **RISHI RAJ KAPOOR**

**(4 September 1952 – 30 April 2020)**

Kapoor King of Bollywood who won the Filmfare Critics Award as the Best Actor (acted in more than 100 films during his 50 yrs of spanning career). He was also honoured with the Filmfare Lifetime Achievement Award in 2008.

Mystic Aura team pays homage to bid adieu to the departed soul.

RIP.



# TRIBUTE



## **SAHABZADE IRFAN ALI KHAN**

(7 January 1967 – 29 April 2020)

One of the finest actors in Indian cinema known for his versatile and natural acting. In 2011, he was awarded the Padma Shri, India's fourth highest Civilian Honour for his contribution in the field of arts.

Mystic Aura team offers homage to bid adieu to the departed soul .

RIP.



# Fashion tips for plus size women

–Prasantt Ghosh



A standout amongst the most plus size design tip is to pick clothes as indicated by your correct measurement. You ought to never take motivation from a Skinny model. In the meantime there is no reason behind why more full figured ladies ought to hide behind baggy and exhausting garments. Today clothing companies are designing adorable designs for plus sized ladies.

## *Too tight is bad.*

**1.** Tight clothes on a plus sized body will overstate your weight. Better, get dresses that will fit you and disregard the size tag. Even in the event that it implies you have to begin wearing hefty size ladies attire.



## *Why baggy.*

**2.** Larger ladies pick curiously large clothes. The thought here is concealing their body. Yet, truly they are just attracting attention to their body. Your outfit must skim your body, regardless of what your size and shape.



## *Choose darker colors on heavy bits.*

**3.** Shading or color is an astonishing device to disguise weight. Dark colors retreat and light colors progress in the event that you wear dark colors on your Substantial parts those parts will look smaller.

## *Avoid too much detail*

**4.** On the off chance that you have a rich back that you are attempting to make light of, you should not Purchase jeans with studs, weaving or whatever else energizing the back pockets. In the meantime, if your upper arms are bulky, a short sleeved top with sleeves that end at the thickest piece of your arm will make them look heavier.





### ***Scale your accessories.***

**5.** Imagine a plus sized lady with a little handbag. It will simply make her look much bigger. On the off chance that you're a plus sized lady, you need heavier accessories.



### ***Buy twice if you found the right outfit.***

**7.** When you come across attire that looks great on you, purchase and stick with it. If you purchased an exquisite dress that is ideal for your full figure then purchase more than one, yet in different hues. The same goes for skirts, pants and shirts.

### ***Fabrics***

**6.** With regards to fabric decision, better don't go for fluffy textures and prints. Laces and fluffy textures don't make you look great rather they give you a whimsical look. It's better to wear clean cuts and exemplary outline that can make you have a classic, chic and exquisite appearance being hefty size form.

### ***Longer tops.***

**8.** Wear tops that are longer. On the off chance that you have a belly that you would prefer not to flaunt, then cover it up. A more drawn out tops likewise extends your torso and makes you look slimmer.

### ***High or low waist?***

**9.** You can both exploit high and low waists. With wearing a high waist dress with a slimmer waistline You will emphasize your curves better. You can even utilize a belt. On the opposite side. In case you 39re wearing jeans, a lower waist could be a superior decision. Wearing jeans, which will sit low on your hips, would shroud our belly.

### ***Slip over tops would help as well.***

**10.** V neck tops are looking particularly magnificent on plus sized ladies. In the event that you like with it, you can wear a marginally more profound neck as well.



# Aura New face



## Debpriya Ghosh

I am a model, 22yrs old from the city of joy KOLKATA.

Modelling was never into my plan as I am a trained dancer and yoga artist.

I believe that height is not a barrier if we have the determination to do something positive in this world. So I never turned back in life even though my height is not as expected to be in modelling. My parents encouraged and motivated me and that changed my life to what I am today.

I have bagged an assignment with Senco Gold but I aspire to be a fitness model and wish to be an inspiration and role model for all the short ladies and make them believe that success is possible regardless of how tall you are.



Photographer : Shibam dutta  
Make-up : Sashwata debnath  
Wardrobe : Jeet satya



# Aura New face

## Lipi Neog Bhuyan

I am from NAGAON and am a professional Fashion Designer and Trainer under Skill Development of Assam.

Fashion designing is my passion and I have been working in this industry from the last 10yrs. I love making innovative creations in this field of fashion designing.

My future plan is to open my own institute and boutique.

# Aura Kids



## Aashrita Das

Age : 4 years

School : Faculty higher secondary school

Home : Guwahati



Aanuddhya Bharali

Age 4.5yrs

Class : Nursery

Don Bosco School, Jorhat





# Aura Kids

Age : 8 years  
Deerfield Elementary School  
Novi, Michigan, USA

**Inika Tamuli**

Age : 8 years  
Deerfield Elementary School  
Novi, Michigan, USA

# Aura Trends

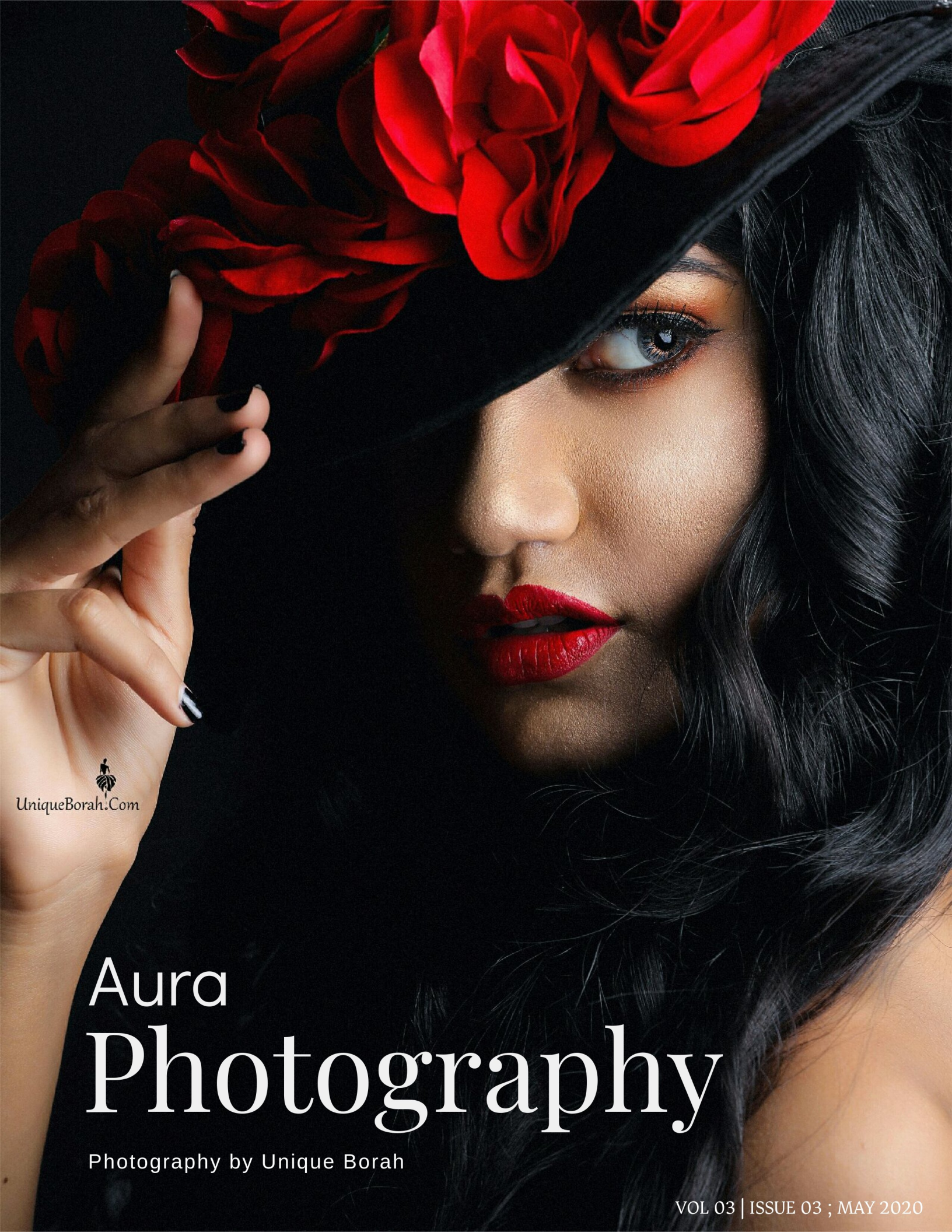


Costume Designer  
Ranjita Borah

( last batch 2018-2019 ) NEIFT  
Blu Cloud Academy

Theme - Crafted With Love :  
Craft as a profession requires  
skills and knowledge of the Art.  
Handicraft has a rich tradition in  
India.  
Handicraft industry has unique  
and diverse customs and  
traditions which mirrors in the Art  
& Craft and the artisans creates  
products which are labour of love  
for them.

Model :  
Hemaprabha Tamuli  
Photography :  
Subhanjan Bordoloi



  
UniqueBorah.Com

# Aura Photography

Photography by Unique Borah

VOL 03 | ISSUE 03 ; MAY 2020



# Institute of Photography

**Fashionable Century Studio**

Contact : 8876490887

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PHOTOGRAPHY BY Unique Borah

MODEL : Preeti Sharma

MAKE UP : Diya Bharali



# Face *of the month*

## Tajmin Hadi

### • Tell us in brief about yourself

I'm 19 years old and I'm currently pursuing my graduation from Handique Girls College. I am from a very beautiful place called Hajo. Reading and writing have always been my favourite things to do. I am a very hardworking person and also very passionate about my work. From childhood onwards I have dreamt of being a model and I believe that my determination towards this is my strength. I just want to work hard towards my dreams and for that I get inner motivation to do whatever it takes. My parents motivate and support me in each step of my life. I am a very grounded person with high hopes and big dreams and I hope someday I will be able to set an example to all the girls who dream big and fight for success.

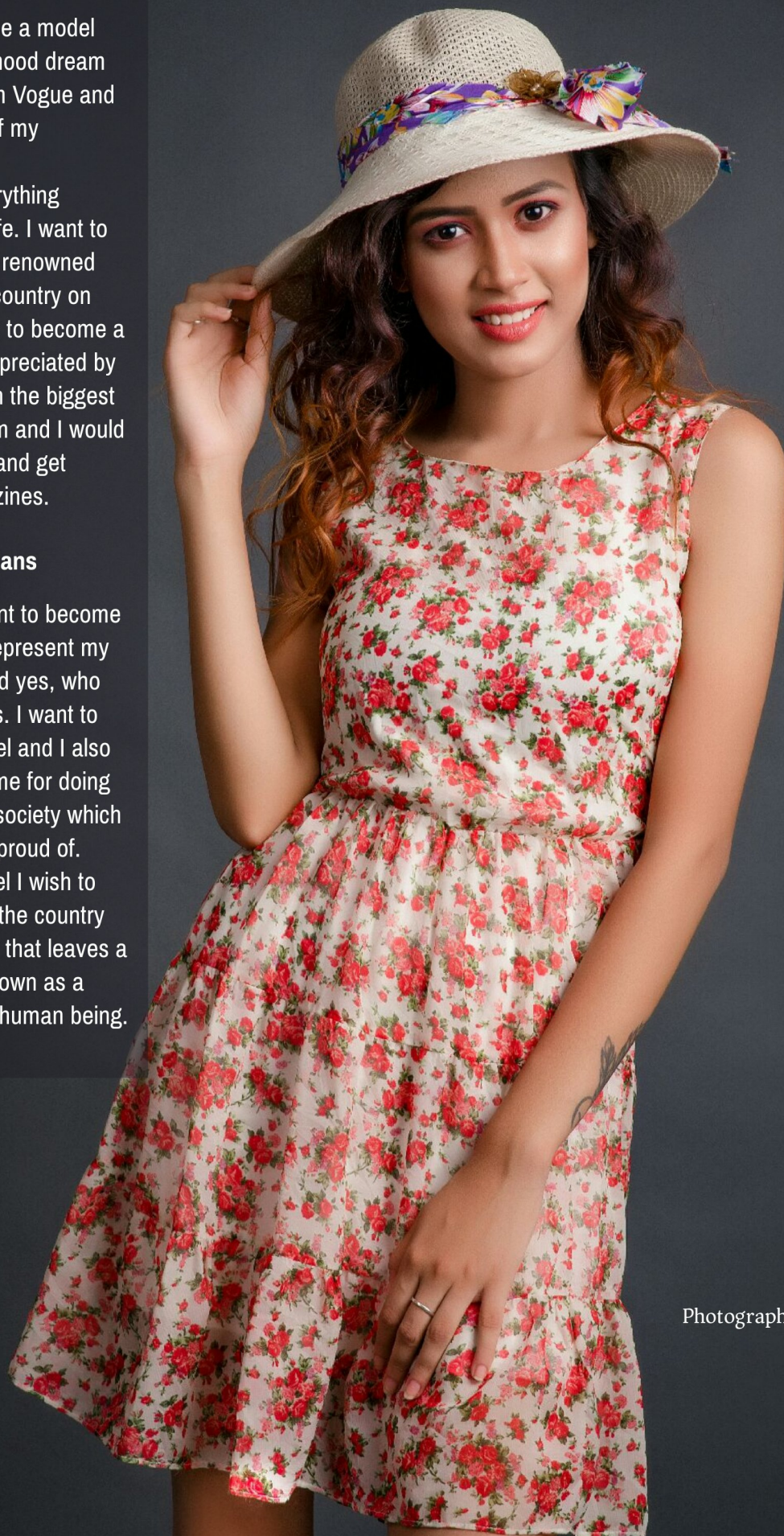
• **Why do you want to work as a model**

I always wanted to become a model since childhood. My childhood dream accelerated as pages from Vogue and Elle decorated the walls of my bedroom.

I have been following everything related to fashion all my life. I want to become a successful and renowned model and represent my country on international levels. I want to become a famous face loved and appreciated by people all over. To walk on the biggest ramps has been my dream and I would love to do endorsements and get featured on the top magazines.

• **What are your future plans**

Just as I already told I want to become a successful model and represent my country internationally. And yes, who doesn't want to be famous. I want to become a renowned model and I also wish that I can use my fame for doing some useful work for the society which I and my family would be proud of. Besides becoming a model I wish to become a good citizen of the country and want to do something that leaves a mark. Also I wish to be known as a good and compassionate human being.



Photography by Madhurjya Borah

# *I can feel*

Glimpses of morning dew,  
Chirping of alarming birds,  
Paired butterflies fluttering-  
Rivers proceed gushing.

Years before it was just nature  
Now companion of my pleasures.

You-

Care like stickleback guards,  
Amuses the way Nightingale sings,  
Adores me like Weaver build nests,  
Shields me as Squirrel hide nuts.

Your love is pure and magical.  
I found only nature relatable.  
As mornings are followed by night.  
You make my life delight.



Composed by Harry Kaur

Gender: Female, Age: 26  
Qualification: Pursuing PhD from Indian  
Institute of Technology Roorkee  
Permanent Address: Bengenakhowa,  
Subhash colony

# #Nemesis

and one day i wake up  
and the world around me changed  
everything seemed to be still  
the curtains open  
and i could see the blue sky  
with the sun embracing me  
with every bit of its beams  
and the clouds that i slept on  
many a times in my dreams  
the aroma of my coffee beans  
and the bliss that it all seems  
i was scared  
if it was for real  
or am i in a different world  
of death and aftermath

as the day dawned  
i realised  
that the mystery of the universe  
has emerged to let us traverse  
through chaos and order  
of wisdom and blunders  
to let us know  
what we are and where we stand  
that death sees no religion  
no caste, no class, no gender  
the beauty of the cosmos  
that seemed trivial forever  
in our madness and frenzy  
that it will be the nemesis  
of humans and our folly

who knew  
that we will be asked to stop  
that we will be asked to stay away  
that we will be asked to look within  
who knew  
that life and existence will be challenged  
that rags or riches will no more matter  
that great lessons will be learnt this way  
that life is not a race  
and everything has its own pace!!!



By  
Ankurita Pathak  
Joint Director, FICCI  
New Delhi



# Lockdown Diaries

Lockdown! Yes, perhaps the word that we became accustomed for the first time in our entire lifetime. Our world, our usual busy life has all of sudden come to a standstill. It seems as if someone has put a pause button in our daily schedule. This is the result of a global Coronavirus pandemic. What we usually read in science fiction novel or movies has now become a horrifying yet true reality.

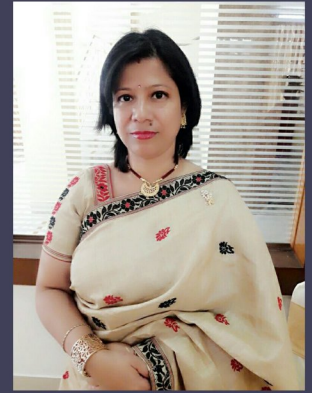
One fine morning, we wake up and find ourselves locked down in our own home. We people have the habit of lamenting that we don't have enough of free time in our hands. Almost every one of us is busy in our life, career etc. as a result of which we cannot give enough of time either to our family or develop our hobbies.

But we see how lock down has come as a God sent opportunity for us. Instead of lamenting the negative vibes of this global pandemic, let us utilize this time in a proper way. This is a fact that with no helping hands around us, we have to devote maximum time in our household chores, but I think, with proper time management, we can get some free time for ourselves. In my case, since my daughter is preparing for her entrance examination, my better half helps me in my household chores, so I get some spare time for myself.

I am an avid lover of books. In fact, I found my solace in books. But, due to busy life, I find very less time to delve in books. This lockdown period, I have utilized fully to read some of the books from our home library. Due to the long-standing demand of my daughter, who is a avid fan of Harry Potter, I have finished first two books of this series – “The Philosopher’s Stone” and “Chambers of Secret”. And after finishing these two books, I too have joined the club of Harry Potter’s fan and love to wander in the world of magic and fantasy.

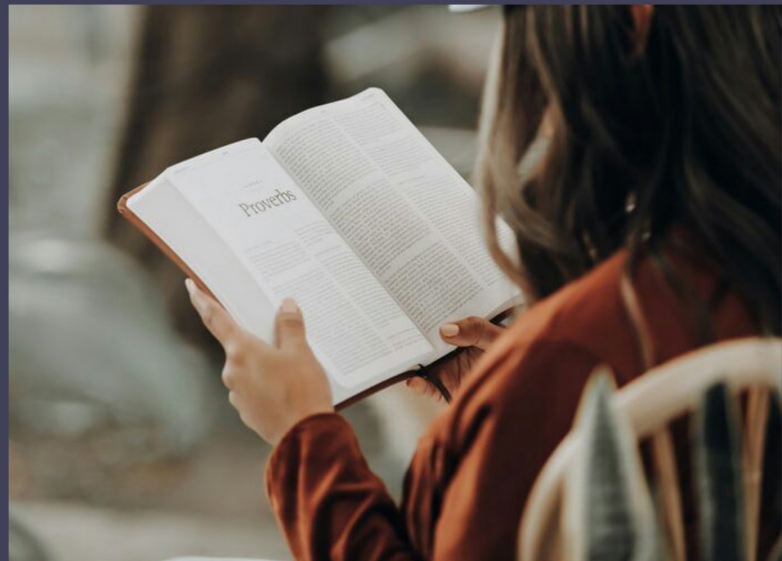
Currently, I am reading “The Hindu Way”, one of the bestselling books by Shashi Tharoor.

Enough of books, now I have utilized this lockdown to hone my culinary skills. In fact, you can call me a home chef. I have a number of cooking books which I have collected from various bookfairs as well as the You tube channel which I consult to cook a variety of dishes and desserts for my family and the appreciation which I get from them gives me immense joy.



**Mrs. Rimjim Deka**

TGT teacher  
Nirmal Renu Complex  
Bamunimaidam, Guwahati



The third book that I have finished is the “Autobiography of a Yogi” written by Swamy Paramahansa Yogananda. This is a highly philosophical book dealing with Atma (soul) and Paratma (God). Being a spiritual person by nature, I love to read books on spirituality. And that may be reason I have a number of copies of Gita. But this time, I lay my hands on “My Gita” by Devdutt Patnaik, which I find to be the best discourse on Gita.

Gardening is another activity which I engage during the lockdown period. I have a small kitchen garden whose produce help me a lot during this period when vegetables are spares. By growing a little sapling, seeing it sprung to life instills a sense of hope and faith in us.

This is a trying time for humanity as a whole. The world is facing a horrifying macabre. Each day brings more gloom, with death and suffering plunging into us. To all the doctors, nurses, police personal and the health care workers, a big thank you for being there when the world is in shortage of super heroes. In this catastrophic situation, you came with your never holding back and never bowing attitude to save us all. All of us by now, must be frustrated, muttering angrily because it could have been your last month of college, your birthday or that trip you always wanted to take. But think about how happy the world will be, after all this is over. I hope we understand the fragility of life and learn to be kind to nature. Let's be there for each other, build stronger relationship and come out as happier and stronger individuals.

Stay safe, don't let yourself get bored and make a colourful and happy quarantine. Pray for the ones who are affected and the ones treating the affected. Don't let this be a story of how hard we feel, but a story of how we rose together. Hang in there everyone, we have got this.



# Fitness during Quarantine

Rashmi Dhawan

Mrs. India International Global  
2nd Runners Up 2018



Hello Friends

As you all know we are going through a challenging time due to the outbreak of this Novel Corona Virus. This has been declared as global epidemic by World Health Organisation and not only India the whole world is suffering.

In the current situation we should not panic and face the problem with patience. We can not neglect our physical and mental well being and at the same time be calm and alert. Just like little carelessness can destroy everything, so it is advisable to follow a discipline in our daily routine and follow it also positively.

I strictly follow the path of Yoga for my daily fitness and would suggest everyone one to connect with Yoga because it not only rejuvenate your minds but also helps you in keeping fit.

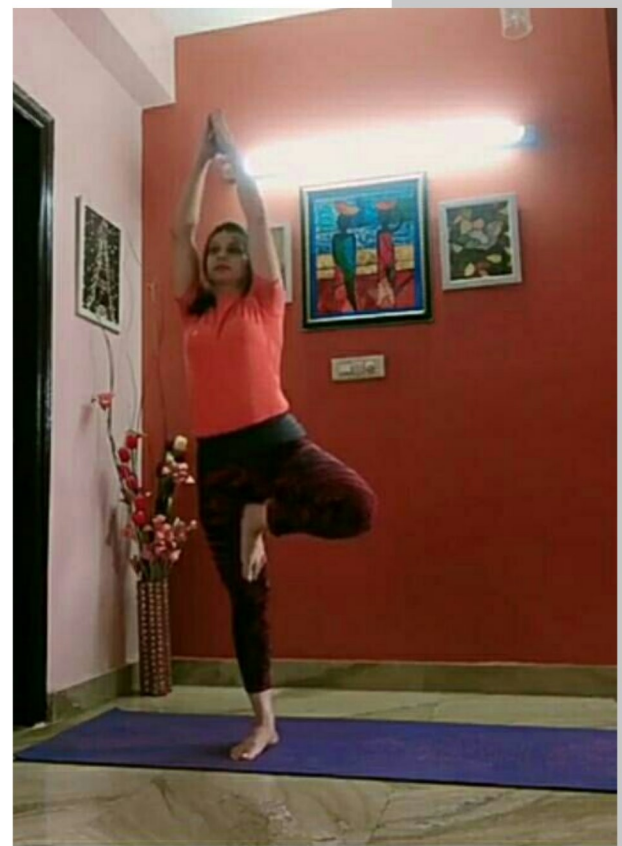
Yoga and physical exercise is very crucial for everybody in their life. With the help of yoga one can easily improve their flexibility. In addition to this, one can easily remove the problem of back pain. Yoga also improves muscle strength and strong muscles not only make you look good but also protect us from conditions like arthritis.

In context to this, yoga also perfects your posture. Poor posture can directly effect your body but with correct posture one can solve back pain, joint problems etc. Moreover, spine disks is the of the major problems and nowadays, yoga can directly solve the problem of spinal disks. So in the end I would like to say you that everybody must do yoga and exercises regularly so that one can boosts their immunity and increases the blood flow.

So my message for everyone is that even during the lockdown period start practicing Yoga in your homes from today to stay fit and healthy.

*Stay at home*

*Stay Healthy Stay Fit.*





# My Dream

Writer : Chitra Bose Bhowmik

**G**lamour is the impression of attraction. Most often glamour is confused with style. Glamour is external and deliberate, although glamour may give the appearance of beauty or present as a personal style.

Today, I just want to share my journey to the world of glamour. I am a married women and a mother of a kid. After my pregnancy I left my job and became house wife where my primary duty was to raise my son. After five years of my journey to motherhood I then started to get engaged in some work again. I started doing my business from home and also look after my son and other work. But somewhere something was missing, my dream to start my career in modelling.

From my childhood I wanted to be a model. But to somewhat my family is conservative and my parents did not allow me to do so. After marriage with the support of my husband & friends I started to pursue my dream. I started engaging myself in social media and came into contact with a few people who supported me a lot. Then in the year 2018 I got my first break in a beauty contest, where I won the title of Mrs Personality. After that in the year 2019, I won Mrs. Northeast 1st runners up. And along with that I went through several fashion shows, designer shows and after all this I felt that to some extend my dream was fulfilled. Apart from being a mother and a wife I somehow manage to pursue my dream of becoming a model.



Though it's a very short journey and have a very long way to go still I hope my story will inspire those other women who aspire to come into the glamour world.

# Ramadan Snippets

## Myth and Musings

Writer : Saba Anish

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you.” (Surah Baqarah 2: 183)

This quote from The Quran in a way summarizes the spirit of fasting by the followers of Islam during the holy month of Ramadan. Ramadan, the ninth month of the Islamic calendar is observed worldwide as the month of fasting to be followed compulsorily by every Muslim adult. It is observed from sunrise to sunset, and the Arabic word for fasting is sawm, which literally means to refrain. However, the implication is not only to refrain from food but also from drinks, misconduct and any sort of physical intimacy. It is typically a month of discipline and self-control and to immerse oneself in the path of righteousness shown by Allah and his chosen one, prophet Muhammad (S.A.W).



### Ramadan's Socio-Psychological and Physiological Dimensions:

The socio-psychological and physiological benefits of Ramadan fasting are intertwined. Looked at from the practical point of view, food is one of the basic ways to self-control and self-discipline. Almost all of us have weakness for our taste buds and literally it is impossible to think of spending the whole day missing our regular and favourite meals. It is even more difficult to think of a day, specially a scorching summer day going without water and our favourite sharbat or aerated drinks. But the moment we control our taste buds and our thirst (even on a hot, humid day) we have actually conquered our self that is dominated by numerous needs (the prominent being food). Once we have achieved control over food and hunger, it becomes easier to control other desires related to our mind and body, like anger, misconduct, mood swings, sexual urge etc. And this month-long self-control over literal food paves the craving for spiritual food that in turn entails our closeness to our creator. However, one has to take care to refrain from overindulgence in food after breaking the fast. One should eat just enough to satiate the pain of hunger and preferably keep it simple. This ensures maximum health benefits and a simple diet also contributes towards a rigorous self-disciplined regime.





Ramadan instils in the devout Muslims a spirit of empathy and charity for the poor brethren. By restraining oneself from food, or for that matter, lavish food, one can feel the pangs of hunger that is experienced by the poor. This rejuvenates in him the urge for charity and generosity that is encouraged in the month of Ramadan. The empathising factor coupled with making arrangements for the needy and suffering bring much inner peace and tranquillity. This compassion, generosity and mercy showered on the underprivileged inculcates in the donor positive vibes.

The physiological or health benefits of fasting are numerous. In fact, almost all religions prescribe fasting for mental, physical and spiritual gains. In countries like the United Kingdom, the Ramadan has been taken up as a model by various health departments and organizations to reduce the addiction of smoking and alcohol in addicts. However, it also needs to be mentioned that after the day-long fast, one needs to go for a balanced and simple diet at iftaar (the fast breaking meal at sunset). A balanced and nutritious diet is advisable to improve the blood cholesterol, reduce gastric acidity, prevent constipation and other digestive problems, thereby boosting an active and healthy life style. Fasting accompanied by a proper diet also leads to weight loss for people suffering from obesity. Even scientific and medical research has claimed several benefits of fasting, some of which include decrease markers of inflammation, lower risk of coronary heart disease, thereby helping lower blood pressure, boost the brain functioning, increase metabolism and preserve muscle tissue to reduce body weight and body fat.

## Ramadan, Fasting and Women:

As Ramadan fasting is binding on all adult Muslims, women are no exception to it. However, there are relaxation for both men and women on certain grounds. As quoted in the Surah Al-Baqarah itself:

“But if anyone is ill, or on a journey, the prescribed period should be made up by days later. Allah intends every facility for you; He does not want to put you to difficulties.”

The strict observance relaxes pregnant, lactating and menstruating women from its ambit. Women who are in post childbirth confinement, those who are ill and those who have to undergo travel are also exempted from observing fast.

These different categories of women can postpone their fasting rites to a later period when their mental and physical state permits them to undergo the rigorous regime. In spite of such relaxation, it is noticed that a myth has been fabricated that even ill, pregnant and lactating women can observe fast, which may actually turn detrimental to their mental and physical health. These women insist on strict adherence of rules and at times, it is also noticeable that the family elders encourage fast on the pretext that these women can fast if their health permits them to do so. However, one ought to remember that the health of women should be the prime concern of any household. And specially pregnant and lactating women should take utmost care not only of their own lives but also the lives that are dependent on them. After all, a healthy mother can only be the root to healthy children and a healthy family. So, as one practises to be a devout Muslim by strictly observing Ramadan fast, one should be well versed in the do's and don't's prescribed by religion itself, so that faith and religious rituals do not come in the way of one's health. After all Islam has accorded priority to human health over rituals.

To conclude, in the words of Mirza Ghulam Ahmad, a prominent Islamic cleric: “Fasting is not just the state of remaining hungry and thirsty. . . . God's purpose is that you should reduce one kind of food (physical) and increase the other kind (spiritual). The person fasting must remember that the aim is not simply to remain hungry; he should be engrossed in the remembrance of God so as to attain severance from worldly desires.”

• *The writer teaches English in Jagannath Barooah College, Jorhat, Assam.*



# Potoler Dolma

(Bengali Style Stuffed Pointed Gourd Curry)



Potoler Dolma is a wholesome Bengali dish that can be served along with phulkas or rotis. It is a delicious curry of parboiled parwal, stuffed with a mix of paneer/Dry fish, dry fruits, sugar and salt, shallow fried and sauteed in a spicy, tasty gravy. Potoler Dolma can also be served with hot rice.

## Directions for Potoler Dolma Recipe

- To begin making the Potoler Dolma recipe, heat 2 cups of water and when it starts to boil, add the peeled and deseeded parwal.
- Let it boil for 3-4 minutes only. Drain the water and pat dry the par boiled parwal and set it aside.
- Grind all the ingredients given under 'for the gravy' into a puree in a grinder and set it aside.





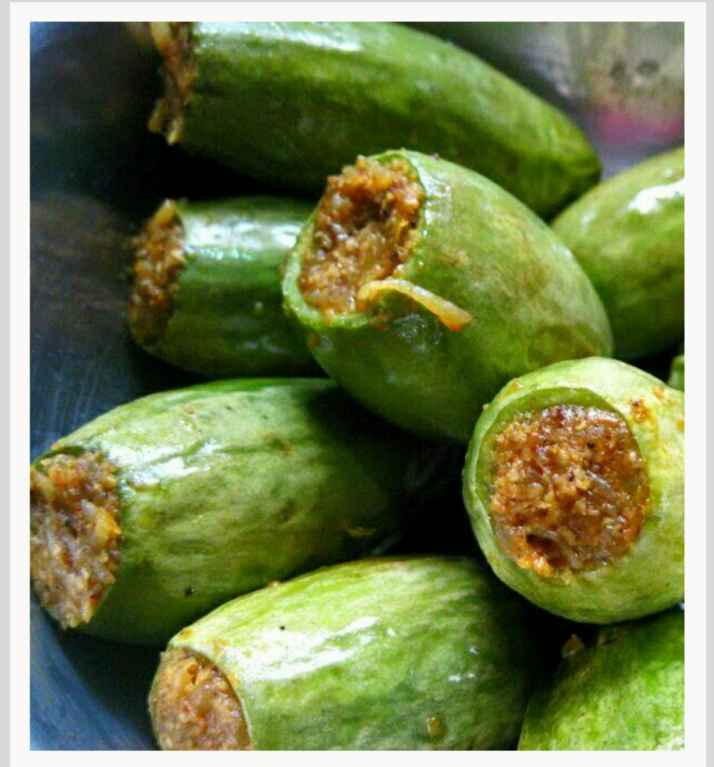
- In a bowl, add the crumbled paneer/Dry fish, dry fruits, sugar, salt and mix well.
- Stuff all the parboiled parwal carefully without breaking it.
- You can tie the stuffed parwal with a thread if you are going to deep fry them.
- Heat oil in a wide pan and shallow fry the stuffed parwal over low flame till they are uniformly browned on all sides.
- Remove them and set it aside

### Directions for the gravy

1. Onion, paste, 5 heaped tbsp
2. Bayleaves, 2
3. Ginger paste, ½ tsp
4. Red chilli powder, ¾ tsp or to taste
5. Turmeric powder, ½ tsp
6. Bengali Garam masala powder, ¾ tsp
7. Salt, to taste

### For the gravy

Heat up the remaining oil in a kadhai/wok.  
 Add in the bay leaves, onion paste and ginger paste.  
 Fry very well, add red chili powder and turmeric.  
 Mix and sauté for a couple of minutes.  
 Add water and let it come to a boil.  
 After a couple of minutes, add in the stuffed potols and let it all simmer on low heat till gravy thickens.  
 Add garam masala powder, stir and remove from heat.  
 Arrange potols on a serving plate and pour the gravy on top.  
 Serve with plain boiled rice or pulao.



compiled by  
**Rumon Baishya**  
 Guwahati, Assam

*(Tried this simple recipe at home, easy to cook and tasty.)*

# Chana Dal Fritters with herbs

Chana Dal Fritters mixed with herbs from my backyard. Curry patta and Musondori leaves (leaves of chameleon plant or it is called fish mint also) prepare it for your family, I am sure they will love it and relish it and at the same time these two herbs have medicinal value also good for health specially for stomach. And friends it saves a few vegetables also in your refrigerator during these Lockdown period.

## Recipe

Mix a handful of curry patta (Noroxingho pat) and Musondori leaves (Fish mint leaves) cut it finely and mix it with 1 and half cup of grinded Chana Dal paste. Add a chopped onion ,a chopped chilli, salt and turmeric powder to it and mix everything together. Now heat Mustard oil in a cauldron and fry the fritters in it and serve.



## Monali Hazarika

Teacher by profession. Cooking, traveling and exploring new things are my passion. Love to cook Ethnic Dishes (of Assam) and let people of other parts of the world know about the dishes and their benefits.

