

AURA

Mystic

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OCTOBER 2020

Aura Exclusive
RAVI SARMA

Sindoor Khela
The Vermillion Game,
Bengali Tradition

Cover Girl

Payel piya Das

Wildlife Coverage
DANCING DEER

INCREDIBLE
India

Land of Traditions and Festivals

www.mysticauramag.com

COVER GIRL

PAYEL PIYA DAS

From Kolkata

A model & an actress since last 6 yrs. Right now she is doing a project "Beder Meye Jyotsna" serial under Surinder Films as 2nd lead. Her character name is Mohini, a negative one who turns into a positive character.

Photography by Rohit Das (Namelessbong) and his team (Priyanka Toppo, Sayan Mukherjee Sourav Das)

Styling Sougata Sarkar

Make-up Uma Sarkar

Mystic ^{AURA} TEAM



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Editor's

Note



India is the only country in the world where we find celebrations being carried out with great pomp and grandeur in every month of the year. So as now people are also ready for the coming celebrations knocking at the door, DURGA PUJA. But this year though situations are different still in the midst of it people find a way out to be happy and celebrate it in their own way because life has taught people and made them realise that living the present moments, spreading happiness and peace till they are alive can be the support and strength of one another. We Indians believe that cultures grow on the vine of celebrations and traditions which helps to refresh ones soul and forget all the dark shades that time poured in life.

This month special issue covers up the attraction of DURGA PUJA and fashion along with the regular topics .

Mystic Aura team conveys goodwishes to our readers, viewers and to all our near and dear ones.

Happy Duga puja.

Stay Safe ,Stay Happy.

Regards and love

Gitali Pathak Deka

Editor-in-chief.

Mystic Aura.

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Aura

EXCLUSIVE

Most Famous
And Versatile Actor

RAVI SARMA



1. You are a successful versatile actor and a good model. Would you like to share a little more about yourself.

First of all thank you so much for calling me a successful versatile actor and a good model. What I strongly believe is that the toughest thing that I ever had to do was to be good human being because it really takes it toll and its really very difficult to maintain line and length of the way you have to lead your life, to stay clean, to have a clean conscience, to be loved and respected by everyone. So, I think besides being a model and an actor I love to be called a good human being with lot of compassion for others, lot of love, depending on family and aspiring more in spiritual ways then in terms of money.

2. Did you like acting since childhood? What attracted you to begin your career as an actor?

Well, this is a very interesting question because though I love acting since my childhood but I never wanted to take up acting as a profession because my mother is an actor and I have seen the adverse affects, adverse things that happen to you when you are an actor. So, I never wanted to to be an actor. But when I got my first offer as a lead role in my first film 'Hiya Diya Niya', my father told me something that really inspired me to take up acting as a profession. He said " Think of great well known people like Amitabh Bachchan,



Fashion is not something that you do but it means what you are. So I always believe fashion for me is comfort...

Anthony Herman, they are great actors but more than that they are great personalities ". Acting as a profession teaches you how to walk right, how to talk right, how to sit right, how to eat right right, interact right ; you are ready to talk to anyone in the world at any moment of time. You are ready to talk to your barber, you are ready to talk to the President of the United States. That kind of preparation that acting gets you into was something that attracted me a lot and thus took my chances and I accepted the first offer as a lead actor and after that the

love of the people, the kind of importance I started to get from the people got me stuck into this profession and now I am more than happy that I have a profession which has a versatile job, I work in different environments, I get to play different roles, different characters. So I am really thankful that I took up acting as my career.

3. You have also walked on many prestigious ramps as a model. According to you which profession is more challenging _ acting or modelling?

No disrespect for both the professions. Both the professions require different qualities, different talents. So when I was into modelling, at that period of time when we started, modelling actually did have a scenario here. People used to go and see models more than the clothes that were being displayed. We were not seriously considered as professional models. But now I realize an actor also has to be a model but a model doesn't necessarily need to have the ability to act. So I think acting is much more challenging.

4. Besides being an actor, a model, you are also into politics at present. So what was the reason or rather what attracted you towards politics? How do you manage to balance all three in life?

As of now I am not into ramp modelling. Photoshoots and acting goes hand in hand,

so that's not much of a problem. Politics is something either indirectly or directly you are involved. Somebody makes laws, you got to follow it. So you have to have an active idea about politics throughout but I am not into active politics. I just sit back, I know how to choose my government, I know who to choose as a candidate. So I am basically into a sole profession, that's acting, which includes modelling as well.

When I saw other actors, seniors, contemporary actors into active politics and how they were able to help other people at distress. That really got me attracted and I wanted to be in politics not as a politician but as a representative from the cultural side, sports side because I was a national gymnast, national athlete, a martial artist. I always wanted to do something in these fields. That's the reason





why I wanted to be into politics. So I joined BJP, when the question of CAB arrived which later became CAA, as a protest I was the first to resign from BJP and then I realized that my power is more being an actor than a politician because I as a cultural activist have the power to motivate and move crowds. I should have an independent voice to say out loud if I liked something or even if I disliked anything. I found out that I am even more powerful being an actor. So now I have resigned from active politics and I am doing exactly what I wanted to be 23yrs back - a good and dedicated actor.

5. What has been keeping you busy these days? What projects are you currently working on ?

I had been busy with a big budget film RAGHUPATI,my script ,my baby and am also playing the protagonist character. So I was very busy and wanted to set a benchmark so that whatever project comes after that

has to work hard and unfortunately due covid-19,my 2nd schedule is still due and still have to shoot 10% of the movie but now at present busy in a webseries which is also my script .

6.Since you were in the fashion world so what suggestions or advice would you like to give to the models of present generation.?

Its an interesting question and I want to answer it in my own way. Fashion is not something that you do but it means what you are. So I always believe fashion for me is comfort.I don't follow trends but wear clothes that brings out the best in me that highlights what I have best and underlines what I dont have.My advice for models would be to carry anything you wear with confidence and flair and have a great body.

7.Your message to the aspiring models and actors.? A few lines for Mystic Aura Magazine and team.?

My message is not just only for the aspiring actors but to one and all working on earth - be true to whatever you are doing,respect,love each other,be grateful to GOD and enjoy life as good human being .

Mystic Aura sounds good and trending ,the name speaks for itself and I am sure Mystic Aura is going to go high. Best wishes to the team of Mystic Aura.



MRIGAKSHI DUTTA BHARALI

- Founder cum Principal, Little Laurels Preschool, Jorhat.
- Master Trainer of English under the British Council.
- Mrs Global Universal (1st RU) 2019 at Sri Lanka, Colombo.
- Mrs Intellectual at Global Universal.
- Mrs Photogenic 2019 at Sri Lanka, Colombo.
- Mrs Globe India northeast (Winner) 2019.
. Mrs Intellectual at Globe India northeast.
- Mrs Glowing Skin 2019 at Globe India northeast.
- Copy Editor
Mystic Aura



FESTIVE FASHION

AMIDST COVID



Writer

Dristanta Mahanta

3rd semester, Fashion Design
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Festivals in India are one of the four fashion seasons. This is the time when everyone hopes to become fashionable including the ones who are otherwise uninterested in dressing up.

Being a fashion enthusiast, you want to keep up with the latest colors, fabrics and all that but at the same time this is also the season when most people become fashion Victims! Some of us fall for the shopkeeper who manipulated you to buy that uber expensive dress by means of flattery. Additionally, some of us are magazine victims, we wear whatever comes up in there! Some of us get inspired from an instagram photo that popped up on our screen! Well, if you are reading this, this article does not aim to manipulate you to buy a certain dress but rather to make you think about what would suit you.



This year Durga Puja will be observed from the 22nd to the 26th of October. Going by the current situation, we aren't still sure about the COVID scenario! Are we going to have the same amount of pandals with the same extravagant décor? Likely not? Will people come out of their homes for pandal hopping? Well, many will! And so will be the Fashion for this year's Durga Puja be ALIVE, loud and clear. Atleast on Instagram !

So let's start with Tradition! Indian Festivals are beautiful and so is Indian fashion. Hence, sticking to Indian wear during festive season is a VERY BIG YES, especially during Durga Puja! (Those who don't do that yet, need to change their mind asap)!

SAPTAMI

The grand day when all the glamour begins at a large volume ! This is the day when you can be minimalistic yet look chic. Try wearing a silk saree with a pastel color, may be peach, yellow, beige, turquoise. Of course, you need to wear a mask, so you can either match it with your saree or can even colour block it. Keep your hair loose or you can even style it with 'gajras' ! For accessories, you can wear big vintage bangles and pair them with big earrings, and can forgo the neckpiece. Keep your neck bare!

Men although has less choice when it comes to clothing can also start Saptami with mild colour kurtas with tailored pants. Mint and rose gold can be very soothing .

I am not going to talk about shoes and leave it to your comfort!



ASHTAMI

It is one of the very important days Of Puja. Indian traditional clothing thankfully have a LOT of choices apart from sarees . No matter from where it originated, it is a part of Indian dressing style now. This day can be dedicated to all your anarkalis, shararas, ghararas, kurtas and lehenga sets. Blending traditional crafts with youthful design is something people appreciate. For example, bandhani, mirror work, etc. can be worn in the above mentioned clothing. The colour RED would be ideal. Men can try wearing a dhoti with matching kurta. You can experiment different draping styles. Men wearing dhotis while pandal hopping with their dates would be such a beautiful scene to witness (Plus point : there will be less crowd this time).



NAVAMI

The biggest day of the puja week! Literally everyone comes out of their house that day. You really don't need to buy anything new for this day. You can do Sustainable Fashion today. Dig into your closets, bring out all your best 'Mekhela Chadors'. Wear them, make them your statement. Try to refrain from dressing like you are going to attend a wedding with white/golden silk mekhela chador. Devote this day to your traditional fashion. Accessorise it with some real flowers, may be rose?

Men can wear shirts that day ! Beautiful minimalistic prints looks really good in the evening. Style them with a nice pair of pants and avoid blazers.



DASHAMI

The last day of all the fun. Almost all are tired by now but this day has its own traditional significance! Devote this day with the traditional Bengali 'Lal Par Saree'. It is now available in many youthful twist designs and you cannot say no. The good part about the modern twist to this traditional ensemble is that you are free to wear that piece anywhere else. It serves many other purposes and it's a good investment! Keep your hair open wear a big red bindi and there you go, rock your last day!

To all the men who want to dress up today, go for a white kurta (you can try some beautiful Chikankari work on them or even laces) and a pair of perfect denims. You can accessorise your look with a bandana. The Puja season has been a great part of our fashion, dress smartly keeping the importance of tradition in mind! Wish you all a very Happy Durga Puja! Prayers for all those affected in the pandemic. Let's hope we will get back to normal soon!

FASHION & FESTIVE

Season



Writer **Sunita Saikia**
J.B Law College,
Guwahati

Often numerous ideas hit our brain whenever the word 'Festival' comes to our mind, first we would pick our favorite one, be it Diwali, Holi, Christmas or anything we can put our soul into and enjoy. The next is of course decorations done in a special way, and the most indispensable part is undoubtedly, 'Fashion', an eye to eye matching with the festival we want to get ready for!

The train of our thoughts carrying fashion ideas starts right from the base to the finishing which needs immense care and to be done light handed. Who wants to ruin the festive fashion anyway? So some tips are to be followed not to ruin our 'special day'.

First and foremost ,healthy skin, which is to be taken care of even if there's no occasional demands. This is for our own health benefit and on special days it becomes our necessity. So as it is said, a habit may initially be triggered by a goal but over time that goal becomes less necessary and the habit becomes more automatic. So if we are in a habit to take care of our skin we need not worry about it on the day when it becomes our necessity.



Secondly, some obvious questions are often seen to hit our minds "What we will wear on this special event?" or "What will make us look more special and unique on our favourite festive day?" This is really very simple, we are often seen searching for uniqueness everywhere we go, we humans are obsessed with this thought. But 'Charity begins at home', this is where our thoughts needs to be explored more deep. We have our uniqueness within, we don't need to search for that. The ideas, the thoughts that we have, the mix and match tips, the somewhat learned tips are all that we can combine and give it a try once which will surely make us look unique in a beautiful way. Thirdly, self-maintenance, it's not like today is the day, and from the day after we will not take care of ourselves. This needs to be understood that fashion not just includes makeup and dresses, accessories and styling, it is also about self-maintenance. If we can maintain ourself then only we will be able to style according to our liking. We should be conscious enough to understand that even if we have succeeded to look gorgeous in one occasion there are lot more to come. So everyday must be considered as a festive day, staying healthy, maintaining our diet, consciousness of these sort are highly demanded in the field of fashion.



These tips can be considered 'of lifetime importance' as this is a never ending cycle which will be in full continuity and to always walk with on going generation and to look up to standard beautifully the most natural as well as efficient way to be followed is to always wear a smile. This will make us look ten times younger than we are, so this festive season following these can really cheer you up.



SINDOOR KHELA

A momentous celebration.



I never miss the sindoor khela, even though now I am far away from India, my first home. Bidding Devi Durga good bye by applying sindoor on her feet and forehead and then smearing each other's face with vermilion is a tradition I would hate to let go. I love all female bonhomie, the playfulness of the ritual and the energy the celebration exudes. When I was a child I would accompany my mother to the mandap but watch from periphery as the celebrations ensued. I wanted to be included in the celebration, but my mother breathed fire when I asked her if I could join in.

“This ritual is only for married woman, you are absolutely forbidden from taking part. It will bring bad luck,” she said. I would bring to front my rebellious streak and say, “Well, that is not fair. Everyone should be able to take part in it.” To this she would say, “This is a tradition going on from ages, who are we too break it”. I would scrunch my eyebrows, puff up my cheeks, writhe in rage, and then after some time calm down. I hated a negatively charged family atmosphere. Sometimes my jethi visited us during the Pujas and as she was a widow she was not allowed to take part as well. When my mother dressed up in the traditional white and red border sari to get ready for the sindoor khela on the last day of Durga puja, I could see her face turn dark as if a mass of clouds has enveloped the sky. It made her realise she was now incomplete as she did not have a husband. That would hurt me like hundred pinpricks.

What discrimination, I thought. Why can't all be included, after all it was only applying sindoor on Devi Durga and God doesn't believe in discrimination. Two years back, if I am not mistaken, Times of India started a No conditions apply campaign to include all women, never mind they are divorcees, widows, transgender, sex workers to take part in the sindoor khela celebration. The campaign was a huge success, so I read in newspapers, and lots of other pandals had followed suit inviting all women to take part in it. It was a moment I was waiting for since my childhood days. My heart swelled with happiness when I read it. I asked my mother in law, who is a widow, if she would like to take part and I would happily accompany her, my face etched with pride, and she replied, no, I would never. I don't want bad luck to befall on my children. I didn't force her further. It was after all an individual decision.



Though I read about how widows were breaking the shackles of age old rusty tradition and joining in sindoor khela I had yet to come across a woman I knew personally who was audacious enough to go ahead, avert the curious eyes and take part in the celebrations. Then as I was scrolling through my fb page I saw a photo of my friend's mother, who I knew was a widow, all dabbed with vermilion as she posed with her daughter in laws with a beaming smile. As I looked at the photo , for I don't know how long, tears rolled down my cheeks . I didn't realise I was crying. Those were tears of joy, of course. I realised it takes a lot of courage to break age old traditions in a society like ours where one wrong step will set tongues wagging. And I can't help but salute those women.



Shilpi Chakraborty

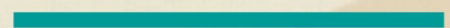
Freelance writer,
UK.

FACE
OF THE MONTH



DIA SHETTY

FREELANCE MODEL
Bangalore, Karnataka



• **Tell us in brief about yourself**

I am a model from Bangalore, South India and pursuing my MBA degree in finance. I am very independent and strong on my own. I always follow moral values and a great animal lover.

I am the brand ambassador for :
“The world peace keepers movement” And also “The Women empowerment programme”

• **Why did you choose to pursue a career as a model**

I always had love and passion towards modelling and I followed my dream. Being successful in my passion and as a part of my job I travel around the world dressed up in my own fashionable style.





• **Being a reliable model is of utmost importance. How would you describe your work ethic**

My work ethics is I do everything with much attention and passion and I follow to “live and let live”, as a model it is easy for me to influence people to make the world a better place to live in and to be kind to all .

• **If you weren't a model, what would you have liked to have been**

I would have been a psychiatrist as I have more interest in psychology of human behaviour or an entrepreneur running my own business.

• **Since you are from Bangalore, what do you know or like about Assam**

I love the Assam lush green tea gardens and very grand Assamese culture, love their colourful dressing & unique style jewellery also the hill station makes me feel close to Mother Earth.

• **Your message to the aspiring models. A few lines for Mystic Aura.**

For all new aspiring models I would love to say have patience and learn things ... always have your own unique style & follow ur mind
Be humble and kind to every one around influence people for a better and kind world.

Sathya Vazale

DANCING DEER ON THE VERGE OF EXTINCTION



Dr. Amarendra Nath Dutta

Retd. Professor of Zoology
Debraj Roy College, Golaghat.



Critically endangered Dancing Deer

INTRODUCTION : Dancing Deer or 'Sangai', a significant and endemic deer species of South Asia which is found only in the northeastern state of Manipur, India. It lives in the marshy wetland of Keibul Lamjao National Park, the only floating park in the world. The park is 40 km square and located in the Loktak Lake, the largest freshwater lake of northeast India. The Dancing Deer is the star attraction and flagship species of Keibul Lamjao National Park (KLNP). The name 'Sangai' is derived from the word 'sa' meaning 'animal' and 'ngai' meaning 'looking back' as if he or she is waiting for mate or someone after walking or running a little distance and gives the deer a dancing aura and hence the name 'Sangai' or 'Dancing Deer'. The forward protruding antler of Dancing Deer appears to come out from its long eyebrows which signifies its name 'Brow Antlered Deer' and *Rucervus eldii eldii* McClelland the scientific name.

HABITAT : Dancing Deer is the only deer species in the Globe having its natural home at the floating mat or carpet like habitat in Loktak Lake, locally known as 'phumdi'. Phumdi is the bed like floating sheet of assortment of heterogenous masses of entangled vegetation which has formed as a result of accumulation of organic debris and biomass in different stages of decay that have been thickened into solid forms. The Loktak Lake is 26km long and 13km wide having an average depth of 2.7 metre. The thickness of phumdi is about 2 metres. The humus is black in colour and very spongy with large number of pores. The phumdi floats with one fifth part above, eighty percent submerged and can support the weight of large mammals. The principal vegetation growing in luxuriant growth over phumdis are *Pragmites karka*, *Oryza sativa*, *Zizania latifolium*, *Saccharum latifolium*, *S. Bengatensis*, *S. Munja*, *Eriethus procerus*, *E. ravennae*, *Alpinia allughas*, *A. galanga*, etc. and these grass species are the main food plants of Dancing Deer.



Mother and baby Dancing Deer

DISCOVERY :

Sangai was first observed by an engineer Captain Guthrie of Manipur in 1838. This beautiful deer came to the notice of Lt.Eldi Percy the assistant Political Agent of Nowgaon district who visited Manipur in 1838 and about 300 Sangai grazing around the Loktak Lake and for identification a few antlers with details of it were sent to John McClelland, an enthusiastic zoologist of Calcutta Natural History Society and thus McClelland gave the scientific name in honour of discoverer of Sangai. Sangai was identified as one of the rarest deer species in the world and it became apple of eye for the people.



MORPHOLOGY :

The Sangai is a medium sized deer with uniquely distinctive antlers. The antlers form a continuous inward curve at right angles. They have reddish brown to grey colour coat, dark brownish black nose and lips. The weight of male Sangai is about 120 kg and the female 105 kg. Breeding season occurs in the spring season. Gestation period is about eight months after which a spotted calf is born. But this spots fade as the animal grows. The weight of a newborn Sangai is about 3.5kg. The deer has the maximum life span in the wild of around ten years.



Phumdi, at keibul Lamjao National Park

HABITAT DEGRADATION :

The habitat of Dancing Deer is already under stress. In 1983 Manipur Government built a barrage for hydroelectric project on the confluence of Imphal river, Khuga river and Ungamel channel of Loktak Lake. To maintain the water and power supply the authorities raised the water level at the reservoir. As a result the floating biomass or phumdi gets ripped and the loose vegetation drifts away causing death of Dancing Deer from drowning. The lake is greatly depleted and degraded due to anthropogenic activity

STATUS :

The population of Dancing Deer are in danger. This deer species was reported extinct in 1951, but rediscovered and only six heads were counted in 1953 by E.P. Gee, the then Honorary Secretary, Indian Board of Wildlife, Eastern Region. Dancing Deer is placed as critically endangered in the Red List of International union For Conservation of Nature and Natural Resources (IUCN), Switzerland and protected under Schedule 1 Category, of Indian Wildlife Protection Act 1972, because of its restricted population undergoing a rapid decline owing to habitat destruction and poaching in its natural habitat. For conservation of Brow Antlered Deer Keibul Lamjas was declared Wildlife sanctuary in 1966. The objectives of establishing national park in 1977 are to conserve and protect Brow Antlered Deer in its natural habitat so as to cherish its beauty and biological value in perpetuity. Dancing Deer and KLNP having universal outstanding value included the park as World Natural Heritage Site under UNESCO's World Heritage Centre, Paris in 1985. The Deer was declared State Animal of Manipur in 1989. In 1999, the Manipur Society has given the name 'Nighthem' to this unique deer which means 'most beloved son'.

such as conversion of pisciculture, poaching, alternation of hydrological cycle and poor management of the lake ecosystem. The waste products from urban sewage brought down by rivers discharge through the Loktak Lake have resulted in the deterioration of water affecting the wetland ecosystem. A large number of people still venture inside the park to collect various herbs, building materials, fodder which are nutritious even for the Dancing Deer and other herbivores. Most fishermen navigate there who depend on the park for their livelihood. They built their huts on the top of phumdi and cut phumdi into strips.





Keibul Lamjao National Park the only floating Park in the world

SUMMARY :

It is very unfortunate that a population of only about 260 Dancing Deer is left in the wild according to a joint census conducted in 2016 by the Forest Department and wildlife enthusiasts. This limited number of Dancing Deer is ultimately confined to floating grassland of just 10 sq. Km of Keibul Lamjao National Park in the planet.

Implementation of substantial and long term conservation measures and proper maintenance of the park is needed to protect the remaining population of the critically endangered Dancing Deer so that the species does not go into extinction. As we can't afford to lose our pride, we the northeastern region of India and Manipur Government need to save Dancing Deer and its habitat , the Keibul Lamjao National Park, the only floating park in the world.



**REFERENCE : P.S .VERMA AND V.K.AGARWAL, 2003
ENVIRONMENTAL BIOLOGY.
INTERNET**



WILDLIFE PHOTOGRAPHER



SATHYA VAGALE

From Bangalore, Karnataka.
An Architect - City Planner.
He is an Actor, an expertise
photographer of fashion and wild life.

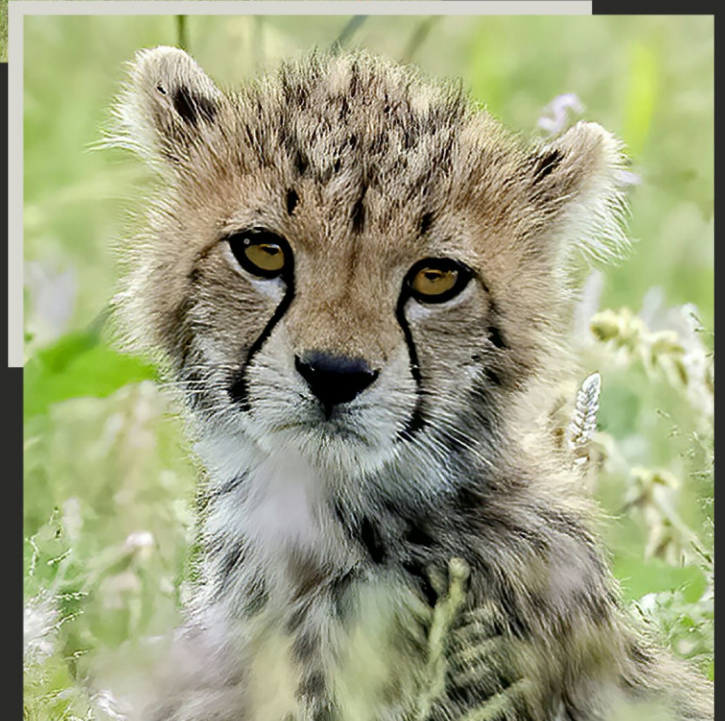
SATHYA VAGALE is an Architect by profession. He practiced as one of Bangalore's leading architects, for over 3 decades. He gave up a flourishing practice in order to pursue his passion for photography. He has been handling a camera for nearly 50 years now.

In 2010 he made a beginning in serious photography with WILDLIFE, and subsequently diversified into Fashion and Product Photography also. He has interests also in Landscape Photography.



As a Wildlife photographer, he has travelled extensively in India and abroad, and has shot in most forests of India, such as Corbett National park, Kaziranga, Ranthambore, Bandhavgarh, Pench, Kanha, Rann of Kutch etc. He ha also travelled abroad several times to Masai Mara, Kenya;

Svalbard Artic Region for clicking Polar Bears, Ecuador for Humming Birds and Iceland for Landscape photography.



As a celebrity Fashion photographer, he has shot nearly 250 models actors, in India, Malaysia and Singapore.

A few of the Wildlife photographs clicked by Sathya Vagale are presented here.



PUJA DEY

an Freelance photographer from Kolkata.
Started Photography since 2018.
For her Photography is like capturing a moment and freezing a time for whole life and making it memorable that adds joy, brings a smile in face while having a glance at it.

THE RED CRESTED POCHARD

The red-crested pochard is a large diving duck. The adult male is unmistakable. It has a rounded orange head, red bill and black breast. The flanks are white, the back brown, and the tail black. The female is mainly a pale brown, with a darker back and crown and a whitish face. Eclipse males are like females but with red bills. They are gregarious birds, forming large flocks in winter, often mixed with other diving ducks, such as common pochards. They feed mainly by diving or dabbling. They eat aquatic plants, and typically upend for food more than most diving ducks.



In winter, During their molting period, red-crested pochards no longer fly. They seek out areas of fresh water. Lakes and ponds are used as daytime resting areas also the fresh vegetation provides them some shelter.

Gals EVENING WEAR & ATTITUDE



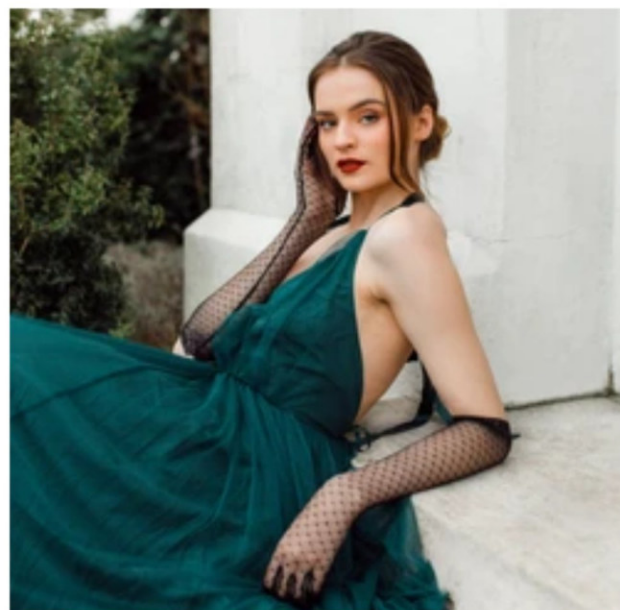
By Prasantt Ghosh



Its not what you wear always but its how you carry your whole presentation and attitude along with it. Be wary of flowing cuff, although it look gorgeous spilling out from a suit jacket but they can play havoc when dining as they can fall into your dinner plate and the plates of others. Watch your cuffs.

Full length gloves are a must for balls and gala events full length gloves are not an item we see everyday but if you are invited to dine with royalty you will be required to wear them. Remember to take them off before eating. Okay so we dont often dine with the queen everyday but it is useful to know.

Go for darker eyes or lips for special occasions to feel extra special for a night out try something a bit more adventurous with your make up. Try darker eyes or lips but remember never both. Reveal skin with a plunging back if you want to reveal some skin try going for a plunging back for a change. It is a sexy look without being too revealing.



Cocktail dress generally means a short sparkly outfit cocktail dress can consist of the little black dress strappy heels and glittery jewellery. You could also wear a sparkly dress elegant strappy shoes and understated gold or silver jewellery. Whether you are a plump girl or more into a great flat, the key is that you're going to shoe is well designed, versatile and timeless. Strappy sandals add glamour take off your court shoes and slip on some strappy sandals for evening glamour. Take off your hosiery as well if your shoes have open toes.

Don't wear a sparkly dress and glittery jewellery together. Expect respect if you find you being referred to as babe, honey or darling respond simply with an excuse me, or pardon to make sure you will not be called by anything but your name. Don't let your breasts speak for you when a man insists on

talking to your breasts don't reply until he looks at you in the eye. I don't know about you but my breasts never have much to say and I don't like to speak for them. Wear the appropriate clothing required if you are invited to a function that has a specific dress code adhere to it is an insult to the host to not wear the suitable clothing. Always shake hands present your hand for a handshake when you first meet someone. There is no need to wait for someone to extend his or her hand first. Extend yours and welcome the newcomer to you. If you want to be treated equal to the men they are prepared to stand at the table to make introductions and shake hands. This will put you on equal footing with the big boys.



Cover your tattoos, it may be fashionable to some people but even a glimpse of one could turn off any potential boss or client. Keep them covered when at work. When applying for a job your research on the dress code presenting yourself to a prospective employer looking the part already will have you halfway there to getting the job. Wear clothing that is fuss free if your clothing is too busy you will be remembered for how you look and not the ideas you had.



Formal dress is one step above the cocktail dress this style of dressing is more elegant than the cocktail dress. It is full length rich in colour and can make you feel like a million dollars. Black skirts look great with sequined tops. The best colours are emerald red amethyst, topaz blue or any colour that represents a jewel.

Avoid wearing white to a formal wedding although the bride may not mind the focus is supposed to be on her and besides you dont want to look like a wannabe bride. Very fine and sheer hosiery is ideal for evening wear. Your daytime hosiery may be too thick for a gorgeous glamorous.



Use a sheer wrap to maintain modesty if you feel uncomfortable in your fine strappy dress wear a sheer top or wrap over the top to still expose the sexiness of skin and still maintain some decorum. Even if youre not a fragrance girl, find a lotion, oil or body wash thats perfectly you.

Good posture exudes confidence no matter how expensive your outfit is or how well presented you are without good posture you will always look shabby.

THE WRITER IS A FASHIONDESIGNER AND FASHION CHOREOGRAPHER AND CAN BE CONTACTED AT
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BEAUTY TOUCH



Chandra Rekha

**Celebrity Makeup Artist
From Bangalore, Karnataka.**

A professional makeup artist since 2009. Specialized in bridal and all types of make_up transformations for different types of skin and an International certified skin esthetician.

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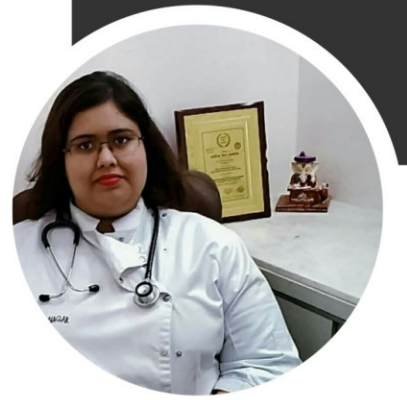
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MODEL PREETI PURONIK. Fashion & Fitness model.



Festivities and Oral Health



Writer **Dr. Nikhita Nagar**

Dental surgeon

Director : Dr. Nagar's Dental and physiotherapy center, ghaziabad.



It is said that during any festival it is necessary to look up to the mark. But is it right to neglect the condition of the teeth? No, during festivities we take photographs to keep a bundle of memory for that we have to smile bright, which ultimately enhances our personality.

India is a country of diverse religions, cultures, languages and cuisines. The whole of country is immensely festival oriented which drives the whole economy. There is a complete festival season ranging from Holi, Ganpati, Id, Durga pujo, Diwali, Christmas etc. there is no end to the list of festivals existing in India.

The most tempting part of these festivals is the different varieties of food. The thought itself leaves your mouth watering, right? People in India love food, there is no doubt about it. They can never deny the fact that one of the main reason behind the celebration is the food, right?



In all these humdrums we consciously or unconsciously serve on wide diversity of foods and we tend to forget to pay heed to our health needs at such times and some foods might adversely affect your teeth, mouth and gums. Oh, now you may be assuming we are asking you to cease enjoying all these delicacies, isn't it?

But no, no, how can someone live without food, it's impossible, it's a prerequisite and food is the part of lifestyle.

Are you looking now for top tips for oral care during these festivals then don't worry, relax? We have a solution to your concerns, and we would like to shed some light on tips for oral care which you can take while serving your loved ones these festive delicacies.

- **Maintain a discipline in your schedule:**

You may think, I guess I am asking for too much? but to be precise, it's a small request to stick to your schedule as the cost benefit ratio of it is very high. you must make sure that you never compromise on your oral health care. With this we mean, you must brush twice a day with a toothpaste containing fluoride for two minutes at least and daily flossing. This will keep many oral infections at bay.



- **Plan your activities minutely:**

Festive seasons are very busy, and the hustle bustle leaves no time for you plan anything as many things spontaneously crop up anytime and anywhere. In such a scenario, it is important that you make your oral healthcare a priority and provide it the care it deserves rather than regret later. To avoid any pitfalls, ensure that you have made a visit to your dentist if you're ready to go out of station for a vacation. It is advisable to treat any dental issue at an early stage as it has many benefits in long term and you don't land up in any emergency treatment which could be a problem to avail at this testing time of pandemic.

- **Avoid dehydration and serve on correct fluids:**

Festivals are time where people forget to drink proper amount of fluids as they are too busy. Either you're occupied with festival or partying make sure you are hydrated with proper fluids which will maintain the health of the oral cavity. And especially if you are on a trip of warm and humid weather, it is highly recommended to drink fluids. Choice of beverages plays an important role here; water and milk are the best options which you keep on your list foremost. Drinks laced with high sugar and high in acid must be avoided. Also avoid the energy drinks, fizzy drinks and fruit juices as they include high sugar. If consumed for the whole day, they will harm your teeth and cause dental erosions at the end.



- **Don't try and become a superhero:**

The primary function of your teeth is to help you chew the food and never to be used as tools for which they are not intended for. Almost all the liquids come in bottles and during festivals and celebrations we always lack an opener. Indians normally have the habit of opening the bottles with their teeth or crack open the bottles with it. This results in many accidents and teeth is subjected to many risks and damages. It may break, cause pain or you could completely lose any tooth. So, please don't try and become a superhero, every organ has its own function and use them for the purpose they are designed for in your life.



• Sun as a source of Vitamin D:

Festive period or outing, it is a time where we spend most of our time out of our home. During daytime, we are subjected to the universal energy provider or the powerhouse of the energy that is the sun which is the ultimate source of Vitamin D. There are many evidences and research which have proved that Vitamin D can help you to maintain healthy gums. Healthy gums are a gateway to healthy teeth. Gum disease can result in many other health related complications like cardiovascular diseases, diabetes and mental health, so its good to get exposed to sun for some time. Keep a track of the amount of time you spend as too much of it can be harmful too.



We at Dr. Nagar's Dental and physiotherapy center would like you the enjoy the festive season with complete care of your dental health as well as over all health. Its of paramount significance that we keep our health in mind while serving on all these festival delicacies. So, keep in mind all these tips for oral care and even book an appointment before the event of festival season with your dentist. Stay safe, stay healthy and happy always.



AURA KIDS

Alisha Gogoi

Dibrugarh

Age 13 years

Binay Das (photographer)
Parashmoni B Dihingia (styling)
Momi Boruah (make up)

AURA KIDS



TATHOI SAHA

Age 11 years

Hobbies Acting, Modeling & Dancing

Address Udalguri (BTAD) Assam

School Pioneer Public School, Tangla

ELEGANT OUTCOMES STUDIO

Rakesh saha's photography

AURA KIDS



Aadarshani Roy

Age 9years

Hobby Dancing

Address Vivekananda Road,
Ward no. 3,Dhekiajuli ,Sonitpur, Assam

School Vivekananda Sister Nivedita
School, Dhekiajuli

Rakesh saha's photography
ELEGANT OUTCOMES STUDIO



Urvi Das

Age 6 years

Hobby Painting

Address ward no. 7. Dhekiajuli,
dist - sonitpur, Assam

School Little angel school,
Dhekiajuli

Rakesh saha's photography
ELEGANT OUTCOMES STUDIO

AURA NEW FACE

BIPASHA HAZARIKA

Dibrugarh

Age 16 years

Height 5ft. 8inc

Photography Binay Das

Styling Parashmoni B Dihingia

Make up Momi Boruah

AURA

NEW FACE

DOLLI GOGOI

Dibrugarh

Age **18 years**

Height **5ft. 8inc**

Photography **Binay Das**

Styling **Parashmoni B Dihingia**

Make up **Momi Boruah**



AURA NEW FACE

SIBANI HAZARIKA
GOGOI

Dibrugarh

Age 25 years

Height 5ft. 9inc

Photography Binay Das
Styling Parashmoni B Dihingia
Make up Momi Boruah

AURA PHOTORAGHY





PHOTOGRAPHER

Rohit Das
Nameless_bong

A professional fashion photographer
from Kolkata, Howrah.

His photography includes different
types of shoot like bridal, ethnic,
editorial, fashion, high fashion,
conceptual etc.

 Nameless_bong

 Rohit Das



A QUEER CONFINEMENT

A time when thoughts and feelings
are strangers.

A demon waltzes in your mind

To the tune of your feelings of the
moment.

A havoc rushes in making darkness
play with your feelings.

The light of hope staggering.

The Pandemic plays it's unknown
game to fullest.

A confinement strange and queer.

Will the bars of this prison break to
the new dawn?

The wait continues..

By **MONALI BHUYAN**



AUTUMN'S HUE

As the autumn breeze blows gently
Through the crimson horizon
Our love grows illuminating the hope inside of chest.
As the golden leaves sway gently
Through the dewy grass
Our heartbeats echo inside the breast .
My vivid thoughts fly to kiss the blue horizon ,
My warm lips quiver and shake
As the sun spreads her glittering dust over the green
fields .
Sweet songs of birds mingle in the air
When autumn breeze spreads her wings
Through the nature's green carpet.
Like dew drops it tingles on my body
Drenching my soul and heart ,
White fluffy clouds form different shapes
Vivid butterflies flutter their wings
When autumn's hue fills the air with rhythmic tune .



By -Preety Bora.

Golaghat, Assam



MUSCLE

HYPERTROPHY & MUSCLE BUILDING

Being a fashion enthusiast, you want to keep up with the latest colors, fabrics and all that but at the same time this is also the season when most people become fashion Victims! Some of us fall for the shopkeeper who manipulated you to buy that uber expensive dress by means of flattery. Additionally, some of us are magazine victims, we wear whatever comes up in there! Some of us get inspired from an instagram photo that popped up on our screen! Well, if you are reading this, this article does not aim to manipulate you to buy a certain dress but rather to make you think about what would suit you.

MUSCLE HYPERTROPHY.



By **Mr. Dharmesh**

IBBF Mr Meghalaya 2019 (Champion of Champions)

Mr MP Silver Medal 2017

Mr Delhi Bronze Medal 2016

Fitness Consultant: Body Transformation weight Loss & Fat Loss.



What is Muscle Hypertrophy?

Hypertrophy is an increase in size and growth of muscle cells. It means an increase in size of muscles achieved through workout. Lifting weights is the most common way to increase muscle size. Muscle hypertrophy is of two types, myofibrillar which means growth of muscle contraction parts and sarcoplasmic which means increased muscle glycogen storage. Which type to focus on depends on your fitness goals. Myofibrillar training will help with strength gains and speed whereas Sarcoplasmic growth helps give the body more sustained energy for endurance activities.

Building Muscles and increasing Muscle Size

To build muscle through lifting weights, you need to have both mechanical damage and metabolic fatigue. When you lift a heavy weight, the contractile proteins in the muscles must generate force to overcome the resistance provided by the weight. This in turn will lead to damage to the muscle fibers. This further will stimulate a repair response in the body and the damaged fibers in muscle proteins will result in an increase in muscle size. Mechanical fatigue occurs when the muscle fibers exhaust the available supply of Adenosine Tri Phosphate or more commonly known as ATP which in simple terms means an energy component that helps the muscles to contract. At some point of time these will deplete and will no longer be able to fuel muscular contractions and lift weights and this can also lead to muscle gain.



TYPES OF HYPERTROPHY

FITTESTATHLETIX



SARCOPLASMIC

- INCREASE IN THE VOLUME OF FLUID INSIDE THE MUSCLE ✓
- HIGH REPS AND LOW REST PERIODS ✓
- FASTER RESULTS BUT WEAKER ✓

MYOFIBRILLAR

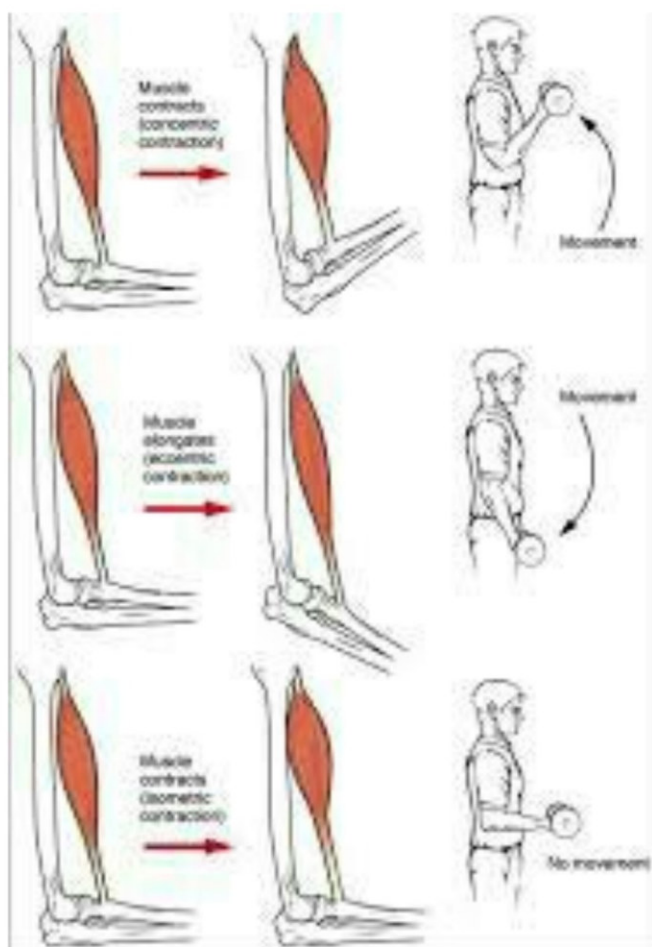
- ✓ • INCREASE IN THE NUMBER OF MUSCLE FIBRES
- ✓ • LOW REPS HIGH REST PERIODS
- ✓ • SLOWER RESULTS BUT STRONGER

Sample Plan for achieving muscle hypertrophy

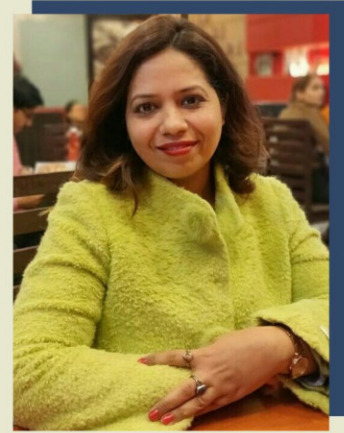
There are various ways of achieving muscle hypertrophy but any such plan should target both your fast twitch and slow twitch muscle fibers for complete growth of the muscle. Depending on how much time you have the plan can be 5 days a week workout schedule for one hour to one hour thirty minutes or 6 days a week schedule for one hour to one hour and thirty minutes. You can train two muscle parts a day or you can train one muscle part a day depending on your present muscular development levels and your goals.

Few rules to follow for maximum gains

- In all schedules keep one or two compound movement lifts and rest can be isolation moves. For example if you are working on your chest always include Bench press and Dumbbell Press in the schedule or Bench Press and Parallel Bar.
- keep three isolation moves, for example in chest workout you can keep cable cross over, dumbbell flys and seated chest press machine or pec dec flys.
- Do four working sets other than the warm up sets and keep the sets in the rep range of 15, 12, 10 and or 12, 10, 8 and 6. Choose the weight for your working sets in such a manner that you have to put in adequate efforts to negotiate the last three or four reps and that is what is going to cause real hypertrophy.
- Keep the rest duration between sets upto 60 seconds or 45 seconds.
- Maintain tension in the muscles throughout the movement and hold the contraction for a second or two before lowering the weight or moving back to the start position and while doing so bring the weight back in a controlled fashion and not through momentum.
- At all times maintain proper form and do the exercise correctly.



MENSTRUAL CYCLE AND FERTILITY



Dietician Dipikaa A Bhatia
Delhi
Director BBE HEALTHY
Founder Aas Ek Prayaas .NGO

Ovulation

Mid cycle, cycle day 14 is theoretically when ovulation is to occur and an egg is released. This is the theoretical fertile window! The ovulation window has arrived.

As you may or may not know, sperm can live up to five days, so in theory, your window is a few days before ovulation and a day or so after.

The egg can only live up to a day after it is released from the ovary before it meets up with the sperm.

FERTILE window ovulation

So, having sperm on board before you actually ovulate, during the fertile window is optimal. Learning when ovulation theoretically occurs for you personally is so important when trying to conceive.

What to do now?

Some doctors say you should have intercourse the day before and the day after this day, day thirteen and fifteen of your cycle in order to make sure the egg meets with sperm and can begin the process to fertilize and work its way down the fallopian tubes and into a nice thick endometrium for implantation.

5 Fertile Days

Luteal Phase

After ovulation occurs, you enter the luteal phase. Typically, this is cycle day 15-28. Here is when the endometrium continues to thicken and hopefully become the new home to a fertilized egg.

Now that you are a little more educated about how your cycle is made up of different components, you need to figure out exactly how long the different phases are for your personal cycle.

Some women have shorter cycles and phases or longer cycles and phases, changing the days that you would expect ovulation. Theoretically, you should ovulate around two weeks prior to your next period.

If you are not on medication to regulate yours. You can have a cycle that comes once a month to once every three or four months.

What does your menstrual cycle indicate about your fertility?

Make sure you fully understand your menstrual cycle and fertile window so you can get pregnant faster and easier!

I truly love helping other people find a healthier lifestyle, which has led me to this healthy coach life and Nutritionist

**WITH NUTRITION AND CHANGING IN LIFESTYLE
YOU WILL BE PREGNANT**

YEARNING



By **Stormy Hazarika**

An educator and a writer.
Author of *Obsession: Eternal stories of Life and Death*.
Her first novel - *A River on the Wall*.
Love music and reads across a variety of genres.

It was the old story. The in-laws and husband wanted a son. She gave birth to a girl, then another and another. After the fourth girl child, the village nurse told her that if she had another child, it would kill her. Either that would, if her husband did not.

When she left the village behind and came to live with her husband in the small room behind the Parish church, I knew nothing of her existence. Owing to the increase in numbers at the boarding school where I worked, a number of new workers could be seen on campus, 'bhaiyas' with deferential smiles and eager-to-settle-in attitudes.

Five years ago, Mina came to work for me. If she had been under pressure from the in-laws, to produce the requisite heir to a kingdom that didn't exist, now she had relaxed into proper womanhood although she was still a slip of a thing who looked 13 rather than 30. When the next-door maid discovered I was looking for house help, she brought Mina to me. Dismayed by the waif who didn't look like she could wield mop or duster, I was astonished to learn of the four daughters.

Time went by. Mina settled in and grew comfortable enough with me to narrate the old 'son' tale.

"Why don't you send your eldest to live with me?" I asked, after she had been with me for two years.

Mina looked shocked.

She'll be company for me and I'll look after her education."

"You'll have more time for the others, then," I urged when Mina was silent.

"Do you have to ask your husband?"

There was a sudden flash of anger.

"He doesn't care!"

"Then think over what I've said." I turned back to my laptop.

A week later, the child came to live with me. She was all of 9, a bedraggled puppy, apparently nervous at the idea of living without her mother. It was raining heavily when mother and daughter showed up at my doorstep. I named the child Joon, even though her name was Bageshwari.

“Say Namaste to Ma’am,” Mina urged the child.

A tiny whisper of greeting emerged. I smiled at the child, trying to look as kind as possible. The enormous eyes stared back.

Do I have to do this? they pleaded.

It has been almost four months since Joon came to stay. The child understands the basics of my language whether it is close the door, wash your hands or tidy your hair. Sometimes, we watch a film together. At others, I go over a picture book with her. She will progress as the days go by. For now, she’s lost that frightened look. Besides, Mina comes every day.

Mother and daughter laugh together and whisper their secrets. I am not privy to them. What I do see is the yearning when Mina has washed the last cup and the house smells of the lavender oil I love.

