

Mystic AURA

VOL 07 , ISSUE 07,
SEPTEMBER 2020

Fitness

Training for
strength gain

Exploring places

Travelling

Hormonal changes in women

Menstrual Cycle

Aura exclusive

Renowned fashion designer
and choreographer

COVER GIRL

Sumana Das

BEAUTY

Shades of Life

www.mysticauramag.com

COVER GIRL

Mystic ^{AURA}

Story

SUMANA DAS

a Kolkata based Indian fashion model with over 7 years of experience in the glamour industry. She has a great love for creative approaches and huge passion for acting as well. She loves being in front of the camera. Sumana has bagged a few upcoming big budget projects.

Photographer **Deepankar Adhikary**
Styled by **Aloke Kr. Singh**
Makeover **Debrup Ghosh**
Hair Stylist **Aaditya Saha**
Organizer **Vicky D.**

© Mac Fiction Studios
+91-79807-94641

Story II

Deepankar Adhikary

is a renowned Fashion & Lifestyle Photographer, founder of **Mac Fiction Studios**. He is literally addicted to making photos with an unique contemporary style. Deepankar A. is experienced with over 150+ fashion shoots and 600+ model & actor portfolios.

Other ventures labelled under him are **Club Fashion**, **MFS Casting**, **Weddings by Deepankara** and **The FramePage**.

Mystic ^{AURA}
get to
KNOW

Mystic ^{AURA} TEAM



GITALI PATHAK DEKA
EDITOR-IN-CHIEF



MRIGAKSHI DUTA BHARALI
COPY EDITOR



SANTANU BAISHYA
CHIEF OPERATOR
MANAGING EDITOR

OFFICE ADDRESS
H.N. 02, Brindaban Path,
Guwahati-38, Assam

Phone: +91 8638 684 096 | +91 8638 212 231

Mail: mysticaura.fashion@gmail.com

Follow us on   : Mysic Aura Magazine

EDITOR'S NOTE



Mystic aura is a fashion magazine, featuring all aspects of life like beauty, fashion, photography, interview, education, health etc. Here we not only throw light on fashion but also try to make a bonding link through this thin line of thread with the world to those who wish to connect and expose their talent to people around.

When we talk of fashion we see that it takes people to a new era following the trends of challenge and builds a new fashion empire. Though the fashion industry all over the world is effected greatly by this pandemic but still the attention of the public strikes the designers to create new design that will be a thrill for glamour fans. Life at times became like stagnant water of a pond, still all the active minds and brain at work are in search of something new.

This month's speciality is that we have the celebration of two important days- TEACHER'S DAY –(someone who gives the shape of ones life for a bright future)and WORLD TOURISM DAY – (which raises awareness among all people of different nations and spread cultural social and economic value). Due to this pandemic, celebrations have become only a date to be remembered, but still we are optimistic that good days will re-open a door for all.

Lastly,Mystic Aura team conveys regards to all our viewers and supporters for sending love and goodwishes every month .

A BIG SALUTE TO ALL THE TEACHERS.

Thank you

Gitali pathak Deba
Editor-in-Chief

OFFICE ADDRESS

H.N. 02, Brindaban Path,
Guwahati-38, Assam

Phone: +91 8638 684 096 | +91 8638 212 231
Mail: mysticaura.fashion@gmail.com

Follow us on

  : Mysic Aura Magazine

Mystic^{AURA} CONTENTS

VOLUME 07 | ISSUE 07
SEPTEMBER 2020

- 06** Aura Exclusive, Mr. Prasantt Ghosh
- 11** The Art of Living, by Bibha Baruah
- 15** Education in Lockdown, by Sunita Saikia
- 19** Menstrual cycle and Fertility, by Dietician Dipikaa A Bhatia.
- 22** To travel or not to travel, by Ankurita Pathak
- 27** Empathy, by Sanskar Nagar
- 30** Aura New Face
- 31** Aura Kids
- 32** Strength gains, by Mr, Dharmesh
- 36** 2020 Men's trends, by Dristanta Mahanta
- 38** Ambitions Woman, by Christina Roy.
- 40** Beauty tips, by Chandra Rekha
- 44** NEIFW-6 Winners of Fresh Face 2020
- 47** Fakeness by Monali Bhuyan
- 48** Recipe- Thai Egg Salad by Chef Keshabraj Dhakal



Aura exclusive

Renowned fashion designer and choreographer

Mr. Prasantt Ghosh





The 6th season of Northeast International Fashion Week (NEIFW 6) is coming soon. Would you tell us more about it?

The northeast international fashion week is growing more and more each each year with new surprises for everyone. This year too planning is going on to bring something new and exciting for everyone.

Has this lockdown brought any impact in your profession? If yes, how?

Yes, the lockdown has caused delays for everyone, due to this for the 1st time we have done all auditions of Northeast International Fashion Week online, but it is so difficult to select models if you do not meet them physically which we have been doing for more then two decades. Things are not like before but we need to stay positive and never give up so easily what we love.



You started at a time when fashion was not considered a serious profession in Assam. How were your previous shows received by the audience. Do you think it has become better now?

It was a overwhelming response from the day one, can you believe if I say that we used to sell tickets/passes of our previous shows for Rs 500 - to Rs 10,000 and we use to close the door of the auditorium because of house pack people and there were no more seats available; such was the craze when we started. Technically the shows look better now, but love for fashion shows is not like before due to overflowing of unskilled random people just entering this line with lack of knowledge. I am very satisfied now to be in northeast. When I started in 1995, people of northeast hardly knew what fashion designing was. People use to ask me what is fashion designing? I worked very hard to spread the fashion culture in northeast and today I am proud of what I have been doing although still we have miles to go. People very often told me that I am wasting my time in northeast but now I am feel happy that they have started recognizing and appreciating my work that I am doing good in northeast as well as outside northeast.

You have choreographed many bollywood actors during your career. How does it feel?

It always feels good choreographing stars, some remain in touch long after the show is gone and they love to come to the northeast scene of the fashion industry.



Your message to all the aspiring models of the fashion world ?

Many aspiring models and fashion designers from north east India with great potential wish to make a bright future and hope to make it to the top, but because of lack of guidance, exposure and training, the carrier reaches nowhere. They have no guides or mentors to turn to and often end up giving up their modelling and designing careers because of lack of opportunities. My advice to every aspiring models is to please do background check when you work with any fashion personality, because there are many fraud and fake fashion personality without any knowledge everywhere in India, who are spoiling this industry with wrong knowledge and information. Atleast check if they have a website, google them too before joining them.

You have been a regular writer in our magazine. What would you say about MysticAura.

I am very proud of the entire team of Mystic Aura that you have launched this digital magazine which maintains the quality. Please keep up the hardwork, it will never go wasted if you do it with sincerity and try to give something new every time to your readers. There are always many difficulties when we do something new for people and the challenge is how you overcome all these and survive and also how big you grow amidst these difficulties.



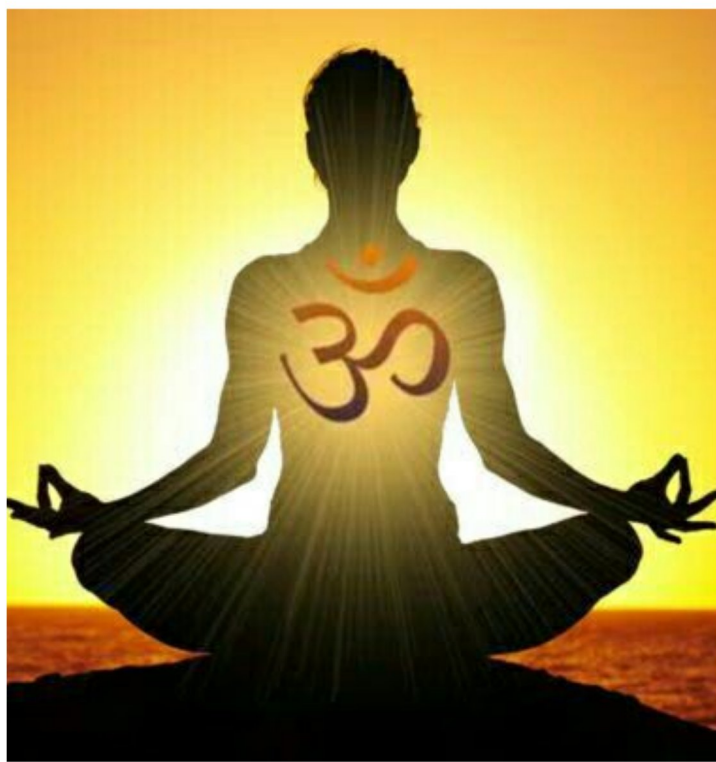
Photography: Swapnajit Borkakoti

GITALI PATHAK DEKA

- ◆ Dazzle Mrs India International (2nd Runners up) at SriLanka, Colombo
- ◆ Mrs Stylish at Mrs India International, Sri Lanka.
- ◆ Mrs Glamorous at Mrs India International, Sri Lanka.
- ◆ Mrs India East at Mrs India International, SriLanka.
- ◆ Goodwill Ambassador of Assam, Northeast.
- ◆ Brand Ambassador of Dazzle Miss & Mrs Universe .
- ◆ British Council: Master Trainer of English language .
- ◆ Editor-in-chief Mystic Aura



Jai Gurudev



The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian, spiritual teacher and peace ambassador – Gurudev Sri Sri Ravi Shankar Ji. It is actively operating in 156 countries. The Art of Living community is diverse and attracts people from all walks of life. All the programs and activities are guided by Gurudev’s philosophy. According to him “ Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace.”

Gurudev as a peace ambassador & humanitarian leader

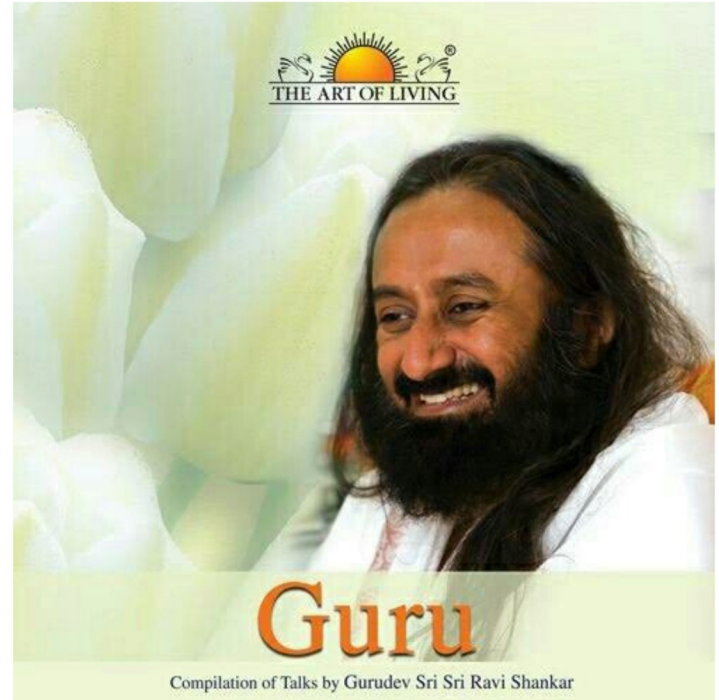
Gurudev Sri Sri Ravi Shankar has united people of different races, traditions, economic and social status, and nationalities. This community, has created a one-world spiritual family.

Gurudev’s message is simple: “Love and wisdom can prevail over hatred and violence.” This message is not just a slogan, but through The Art of Living has been and continues to be translated into action and results.

Gurudev visits over 70 cities a year, promoting peace and inspiring global transformation through ethical leadership, anti-corruption, conflict resolution, and care for all people and the planet.

Programs

The Art of Living offers numerous, highly effective educational and self-development programs and tools that facilitate the elimination of stress. These tools also foster deep and profound inner peace, happiness, and well-being for all individuals. These programs, which include breathing techniques, meditation, yoga, and practical wisdom for daily living, have helped millions around the world to completely transform their lives. Some very popular programs/ courses which are happening worldwide for all ages are: The Happiness program, Advance Meditation program, DSN program (Dynamism for self and Nation), Wellness program, Sahaj Samadhi Meditation, Blessings program, Sri Sri Yoga Level 1 & 2, Teachers Training Program, Utkarsha yoga, Medha yoga Level 1 & 2, Prajna yoga Intuition process, Corporate programs, Government programs, Youth Leadership training program, Weekly follow ups sessions etc.



Social initiatives

The Art of Living movement has promoted development and progress across communities through diverse humanitarian projects. These projects span diverse areas including:

- Integrated Community • Development projects
- Education
- Health and hygiene
- Environment protection and sustainability
- Women empowerment and child protection
- Disaster relief management
- Prisoner rehabilitation and conflict resolution

Organizational structure

The Art of Living is an organization with one of the largest volunteer bases in the world. The international headquarters is located in Bangalore, India. Globally, the organization operates as The Art of Living Foundation formed in 1989 in the United States of America and in Germany. Since then, local centers have been established across the world.

In the Art of Living's organizational structure, there is a board of trustees with a term of two years. Two-thirds of the trustees change every two years. All the Art of Living teachers and the previous trustees are allowed to nominate a new board.

There is a provision for an advisory board that monitors and guides the organization. All the accounts are regularly audited by an external auditor. Other than expenses, no trustee is entitled to benefits in terms of salary or benefits. The Art of Living programs directly help to fund its humanitarian projects. The proceeds from the sales of The Art of Living Publications and Ayurveda products are also directed to the social initiatives.

Sister organizations

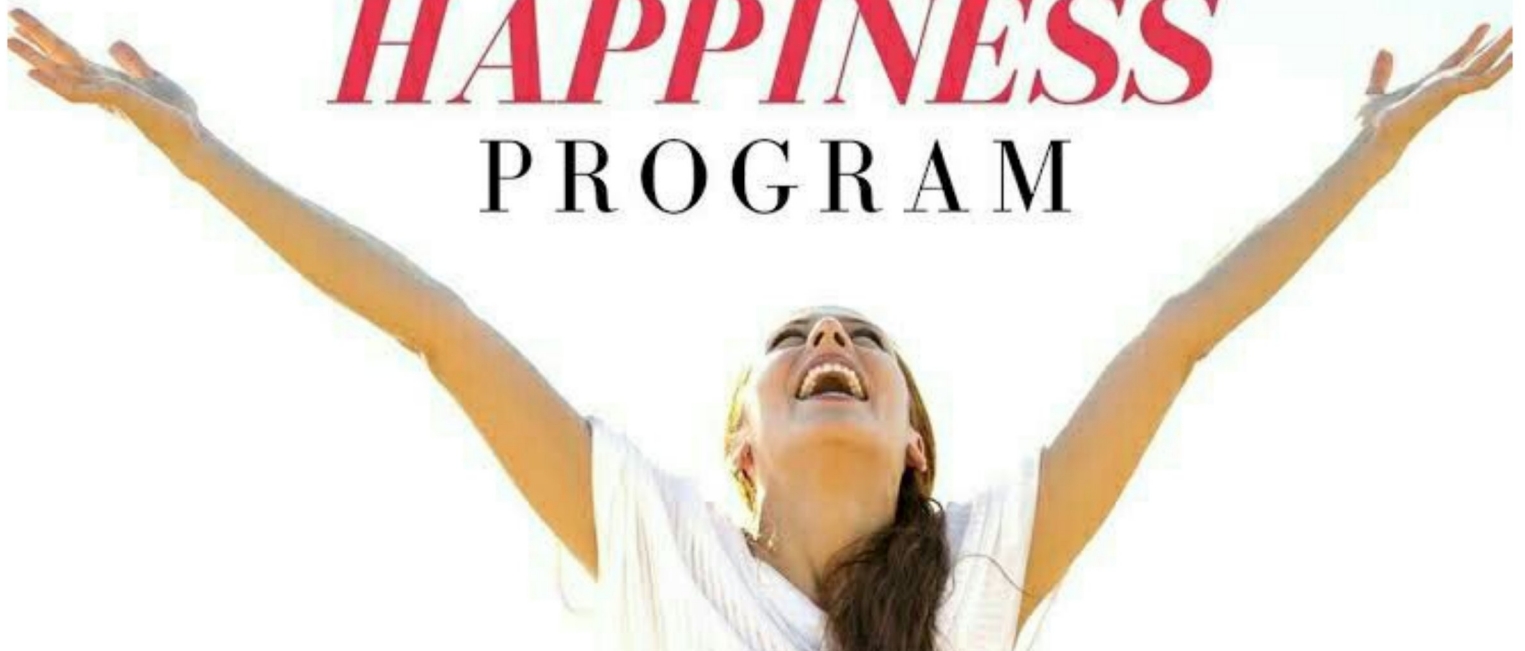
The service initiatives for the Art of Living are managed by different trusts in India. These trusts include:

- The International Association for Human Values (IAHV)
- Ved Vignan Maha Vidya Peeth (VVMVP)
- Sri Sri Institute of Agricultural •Sciences and Technology Trust (SSIAST)
- Sri Sri Publications Trust (SSPT)
- Vyakti Vikas Kendra India (VVKI)
- Sri Sri Ravi Shankar Vidya Mandir (SSRVM)
- Sri Sri Rural Development Program (SSRDP)

These trusts are headed by committed professionals with years of experience in successful management and implementation of large-scale social development projects.

THE ART OF LIVING'S

HAPPINESS **PROGRAM**



Research on Sudarshan Kriya Yoga - Physical & Mental Health benefits

The very famous and most popular rhythmic powerful breathing exercise. A divine gift from Gurudev to Humankind. Sudarshan Kriya and accompanying breathing practices, referred to collectively as SKY and taught through the Art of Living Foundation worldwide, have been found to enhance brain, hormone, immune and cardiovascular system function. Published research shows that SKY significantly reduces stress, depression, anxiety and Post-Traumatic Stress Disorder (PTSD), and significantly increases well-being both mentally and physically. Research also demonstrates that the effects of SKY reach all the way down to the molecular level, to our DNA. Over 100 independent studies conducted on four continents and published in peer reviewed journals, have demonstrated a comprehensive range of benefits from SKY practice.



Sudarshan Kriya uses specific cyclical, rhythmic patterns of breath to bring the mind and body into a relaxed, yet energized state. Its effects have been studied in open and randomized trials, both in healthy and health compromised populations.

Research suggests that SKY reduces depression, anxiety, PTSD and stress. It has also been shown to curb addictive behaviors and substance abuse. It significantly increases feelings of well-being, optimism and mental focus and improves emotion regulation. In addition, SKY is associated with enhanced cardio-respiratory function, antioxidant status and immune system function. The practice has even been shown to impact gene expression at short and long term periods, suggesting that the effects of SKY span all levels of the physiology from the DNA within our cells to organ systems. Viewed together, the wide range of documented benefits suggest that SKY may be an efficient tool for rapidly strengthening the mind-body complex.

“ Samgacchadvam”



By

Bibha Baruah.

Art of Living teacher, Yoga Expert,
Model, Actor, Life Coach and
Social Activist.
place : Assam, Northeast.



Writer : **Sunita Saikia**
J.B Law College

Education in Lockdown

The COVID-19 pandemic in India is part of the worldwide pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case of COVID-19 in India, which originated from China, was reported on 30 January 2020. Since then the time it's like it had stopped. Many problems aroused, among them 'Education', the most salient part, got severely affected.

In a descriptive note, Education got affected not only in India but worldwide. In the beginning, this pandemic wasn't taken too seriously, resulting in untrained teachers and students unable to figure out any solutions which could've helped in continuance in the education process without their physical presence. It's also obvious that no student has ever faced this type of problems earlier in their lives, they were totally unaware of the forthcoming situations and hence it was like a threatened full stop to their education.



Well, after months of trials of different solutions, online education was the only way through which it was thought that there will be continuity in the flow of their education. With this suggestion, new hopes, new ideas got aroused.

The introduction of online education to students as well as teachers gave both the groups a pathway to broaden hopes amidst this pandemic. They got new ways to keep themselves refreshed and busy, resulting in a bit more comfort providing them some relaxing place and extracting knowledge from their comfort level at the same time. With this, the parents also got to eye witness the excellency and hard work of the respected subject teachers, who stood firm and remained true to their profession.

The assignments, projects or any tasks from the colleges or schools let the students learn a bit more and explore more of themselves. Learning got a little more fun as it was a new experience for both the groups.

Well problems also got a chance too. A majority of India's total population lives in Rural areas or backward places and also the bpl(below poverty line)rate is nevertheless higher in these places and hence falls in no smartphone or low network signalled areas. And hence this is undoubtedly, not a problem to be ignored . A total chaotic situation has occurred to these economically backward section students, which is causing more depressed kind of situation for them. Moreover, some institutions are taking good advantage of this situation and messing around with students' lives, also some teachers are getting paid of doing absolutely no classes and avoiding queries from their students.

As a result the whole of the world's education is benefiting as well as harming the students mental health depending on their positions and states. Therefore, some good piece of recommendations by some reputed people from the teaching profession containing a remark on how this problems during lockdown can be resolved has been put forwarded:



"Online teaching during the pandemic has been an entirely new experience. Being not so techno savvy, initially it was bit challenging but gradually could adapt to it. Though it is a far cry from class room interaction with students but we are trying our best to make it a rewarding experience. Online teaching also has its limitations and hurdles, like poor internet connectivity, internet service not accessible in remote areas, online bullying of teachers etc. but inspite of everything, I would like to count it's blessings and take things in a good sport.

Rituparna Saikia, Lecturer, Concept Junior College, Nagaon.



**Rinju Mani Kalita
VICE PRINCIPAL, K.V.No.1 TEZPUR.**

"The course of formal learning in the school has been, undoubtedly, disturbed due to the COVID-19 pandemic and actual classroom situation and teaching cannot be replaced wholly. However, to deal with this unprecedented situation efforts have been made to minimise the loss of learning by the use of alternative modes like online classes, sharing digital content, activity based learning through the Alternate Academic Calender released by NCERT, telephonic guidance by the teachers, distribution of study materials including textbooks, television Swayamprabha channels, radio etc. Learning is a continuous process and it never stops and present situation can be utilised by considering it as an opportunity to reinforce some unemphasised aspects of a child's learning like nurturing moral values and strengthening personal social qualities for the holistic development.

"The flexible, time and cost efficient nature of online learning makes it highly effective for the students in the digital era. There are certain ways to make online classes effective by providing various activities such as -

- 1. Power point SlideShare with voice over.*
- 2. Pre recorded lectures*
- 3. Group Discussions*
- 4. Fun activities and games*
- 5. Counseling sessions, etc.*

And talking about the post-covid world, career prospects in some sectors will grow enormously.

*For any career counseling and career guidance,
email:kaushik.meghna7@gmail.com"*

**Meghna Kaushik
Career Counselor.**



"When we first came to know that we have to switch to online mode to continue our teaching process, we were a bit nervous and excited too as this was completely new to us and were not used to it. Now, we are conducting online classes smoothly and trying our level best so that students can cope up. Sometimes, we face a problem as the students don't mute their mikes and it creates a chaos, if they note of this then it will be more comfortable for us."

**Rashmi Sharma
Asst teacher christ jyoti school,
Nagaon.**



COPYRIGHT
RESERVED
BY
NARDEPRAT
PHOTOGRAPHY



Dietician Dipikaa A Bhatia

Delhi

Director BBEHEALTHY

Founder Aas Ek prayaas ngo

MENSTRUAL CYCLE AND FERTILITY

ALMOST EVERY WOMEN DON'T UNDERSTAND THEIR MENSTRUAL CYCLE AND ALMOST WOMEN ARE CONFUSED, so this article is very important and knowledgeable for every women.

It is important to understand what is going on in your body to fully maximize your fertility window.

How do you Calculate Fertile Window?

What's going on in your body throughout your menstrual cycle. When we better understand what our bodies are going through throughout our menstrual cycle phases, we can better learn to pinpoint when ovulation should theoretically occur.

MENSTRUATION

It is a process by which the body prepares for a potential pregnancy. Each menstrual cycle is regulated by ovarian and pituitary hormones, whose **natural fluctuations** can cause various menstrual symptoms.

NORMAL SYMPTOMS

Many women don't experience any discomforts, while others have **mild symptoms**:



MENSTRUAL DISORDERS

More **severe symptoms** can be a sign of menstrual disorders, like PMS:



Tracking a menstrual cycle can help women:

- ▶ Prevent menstrual disorders
- ▶ Improve fertility and ovulation
- ▶ Monitor overall health

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Menses Phase-

the 1st phase of your cycle

The first day you get your period is considered day 1 of your cycle. Typically, an average period lasts 5 days.

So your period should theoretically be cycle day 1-5.

This is when your uterus is shedding then lining called the endometrium, that built up during the end of your last cycle.

The length of this phase of your cycle can vary from person to person and can vary from month to month.

• Follicular Phase- the 2nd part of your menstrual cycle

The next part of the cycle is called the follicular phase.

• What happens during the follicular phase of your cycle?*

This is still prior to when ovulation happens and technically starts on day one of your cycle as well.

Theoretically, the follicular phase goes from day one to day thirteen of your cycle.

For sake of numbers, we will use the twenty eight day menstrual cycle for this explanation.

What goes on within your uterus and ovaries varies during different parts and phases of your cycle.

Each phase can vary from woman to woman.

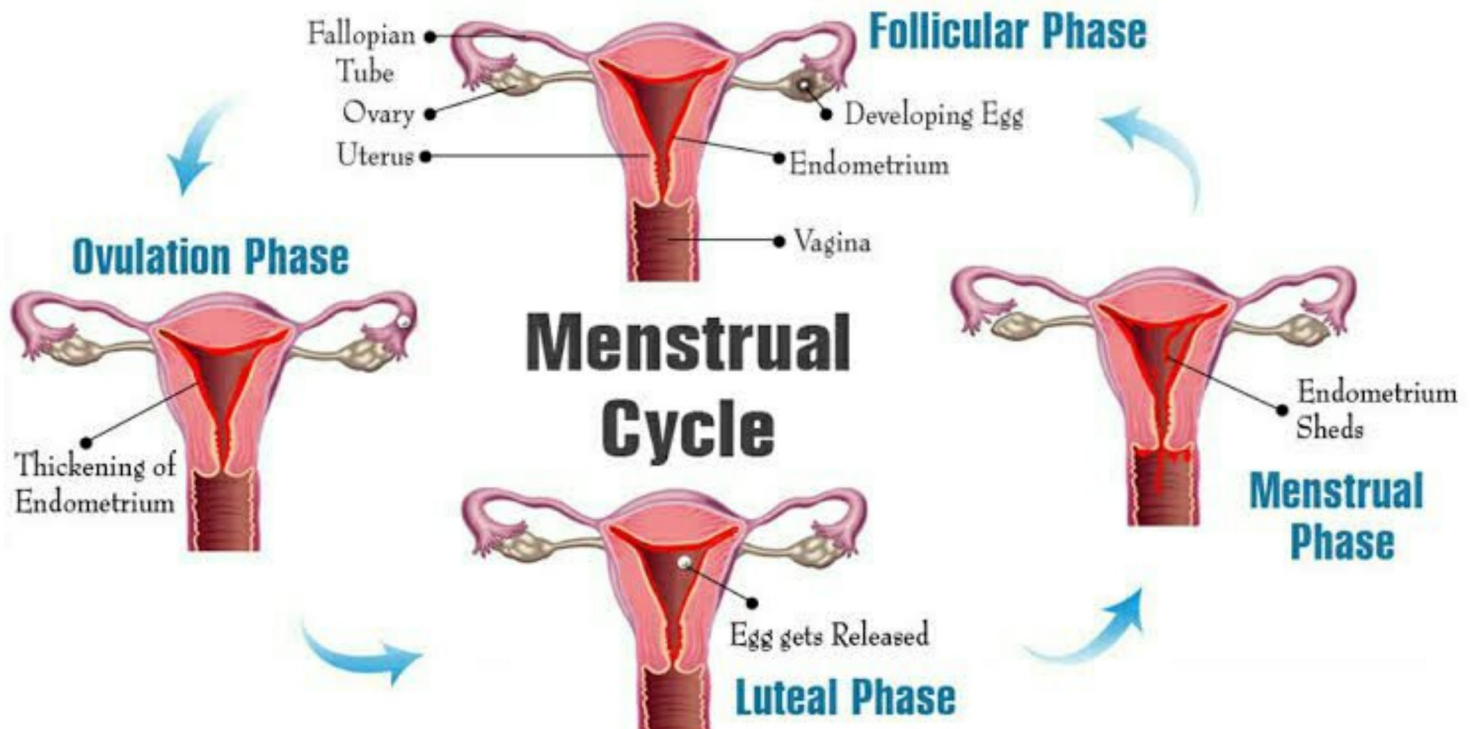
But, for the sake of trying to learn to understand your cycle. let's base this off of a 28 day cycle and find the theoretical time of ovulation.



The follicular phase is when the endometrium, the lining of the uterus, thickens preparing for implantation. It's thickening to try to make a healthy home for a possible embryo.

What happens to the endometrium during this phase is very crucial to whether or not the uterus will be able to house and nourish a viable pregnancy. The ovaries are deciding which one will produce the egg this month. Generally, the ovaries take turns with which side will actually produce and release the egg each month.

This phase is called the follicular phase because important actions are happening in the follicles.



What are follicles and why are they important for ovulation?

Your ovaries are full of thousands of follicles throughout your life. Each month, theoretically, 1 follicle will be the “chosen one”. As hormones change and fluctuate throughout your cycle, these hormones are helping the chosen follicle to increase in size each month.

The chosen follicle will hopefully grow large enough that month to release the egg and then it will become a corpus luteal cyst and will eventually dissolve and decrease in size once its job is done.

if hormones are feeling “extra productive”, they may pick two or more follicles to grow and release eggs. This is one way that *twins* can happen.

At the same time, if hormones are working “in overdrive”, this may cause the follicle to grow larger than it should. This follicle may then release an egg, release an egg that may not be healthy or not even release an egg. In fact, this follicle will continue to grow instead of “burst” when it should have/had released an egg and will become an ovarian cyst.

With increases and fluctuations in hormones this ovarian cyst can continue to grow and become a problem. Many females have experienced the pain from developing an ovarian cyst.

Some times this cyst will grow so big that it ruptures on its own and can cause significant pain as well. Sometimes, these cysts do not want to rupture on their own and will require some kind of medical treatment, like medication or surgical removal.

If hormones are all in line, a normal month will have the follicle increase in size, release a healthy egg and the follicle will decrease in size and degenerate into a corpus luteum which will continue to decrease in size and go away, making room in the ovary for other follicles to grow when they are “chosen”.

Some people choose to use ovulation test strips. These may help determine if your luteinizing hormone is increasing signaling that ovulation is coming soon.

However, these can not always be reliable, especially if you have an infertility diagnosis like Polycystic Ovarian Syndrome.

To be continued in next issue ovulation.



To travel or not to travel

The Pandemic Paranoia



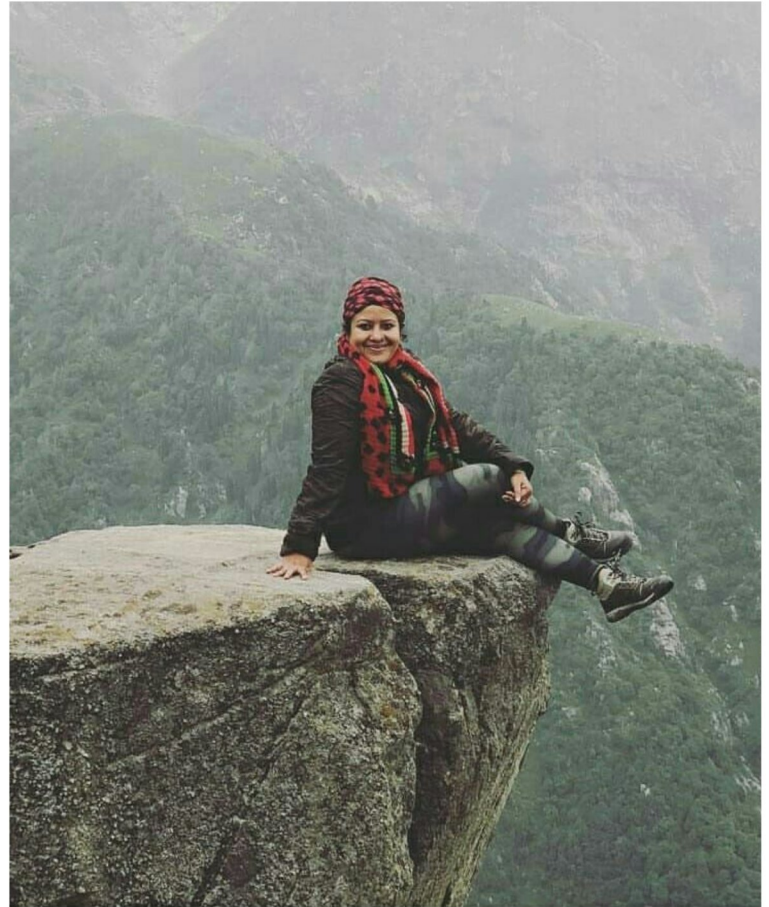
By Ankurita Pathak

In a recent video call with a group of friends, one of them had a hat on his head, dressed in a Hawaiian shirt, wearing a pair of reflector glasses and a glass of mojito in his hand. It was quite an unusual get up, especially at 9 pm inside his room. To our utter amazement and amusement, he disclosed that he missed travelling and thus, created a Goa-like ambience in his room.

Being in social isolation doesn't stop us from dreaming of all the places we would like to visit. Infact, now we've got even more time to daydream. He took a step ahead and lived his dream right there, albeit for a few moments. What seemed crazy to us, was a stress buster for him, as he tried to escape into a virtual vacation by bringing a piece of Goa into his room.

My friend is not alone. There are many of us who have missed traveling due to the ongoing pandemic. The world around us transformed and for many of us, it is now confined to the four walls of the house mostly, either working from home or working for home endlessly. Suddenly the travel posts on Facebook or Instagram are only relegated to throwback and nostalgia posts of the good old days of the past.

Life within the four walls is not easy, some days are good and some days are bad. Some days are calming and some overwhelming. Daily life moves on with its own madness but it often leaves you with some kind of edginess and unease.



I have deep gratitude for the peaceful simplicity of my homebound life in the fold of safety and security, in the company of my family, with more than enough food and a comfortable place to sleep and I consider myself privileged. But, a range of emotions often hit me often, when I think about the uncertainties, the apprehensions and the paranoia as a result of COVID 19 that hit us, even before we knew it.

I miss the human connect, especially the ones that comes from travelling to various places. It is not the absence of travel but the inability to travel in such times is more stifling. Even if there was no travel for a particular amount of time, the planning for one or anticipating one gave the much-needed thrill in earlier days.

This constant need to travel is explained well in context of the Maslow's pyramid, which illustrates the hierarchy of human needs. From the bottom of the hierarchy upwards, the needs are: physiological, safety, love and belonging, esteem, and self-actualization. As you fulfil them gradually, you start ascending the pyramid to ultimately reach self-actualization.

And like clinical psychologist Seth Meyers, Psy.D., says "Travel is not only a source of satisfaction for many people but also a form of self-actualization. Travel – or the sense of being in motion – becomes a part of their identity."

Certainly, travel is much more than what we just see and feel while visiting a new place, it is more permeating change in ourselves, deep and permanent in our lives. While being a meaningful distraction from our routine life and reducing good amount of stress that life brings along, travelling is also a much-needed journey in self-discovery.



With corona virus, leisure travel seems to be a thing of the distant past. The travel industry suddenly came to a screeching halt, with endless losses. Flights stopped plying, hotels were empty, roads were deserted and everything percolated to the virtual world from inside the four walls of the house. The collective effort to save lives meant economic catastrophe for an industry that profits from people leaving their houses. Globally, air travel is down more than 85 per cent from a year ago, according to industry figures. The implications have been grave.

I am fully aware of the current situation but I still yearn for those days when we can plan sudden weekend getaways with family, or a refreshing visit to the hills with friends, some trekking, some camping, or maybe some beach parties or some mindless strolling in the alleys of foreign lands.



After five months of self-isolation, when I ventured out of the house for some errands recently, I realised that the world is slowly moving out and gradually picking up from where we had left. However, it will be a whole new world with new ways of functioning. Wearing masks, washing hands, social distancing, contactless service deliveries, and maintaining a clean environment has become a necessity.

I believe, we human beings will follow what is necessary only if it is mandated. Now that it has become pertinent for survival, I am sure most of us will adhere. While there will still be 'covidots' around to create hassles by their recklessness and foolishness, we have to stop being paranoid all the time. This will take time but eventually, we all have to move out slowly and carefully.

Thinking about travelling, however, will bring a whole lot of delineations of what's right and what's not. According to CDC, travel increases your chance of getting and spreading COVID-19. The website says that staying home is the best way to protect yourself and others from COVID-19. I still feel that there will be a constant dilemma resulting in some cancelled vacations, business trips, weekend getaways, get together with friends and family reunions.



Avoiding the unknown and the uncertain will be a necessity while travelling unfortunately, thereby diminishing the adventure of exploring the unknown. I can only think of the possibility of starting with some outdoor activities and road trips to nearby places, enjoying the blue sky and the nearby greens and giving ourselves little break from the monotony. But we still need to be vigilant while eating out in restaurants, staying in hotels, using public toilets and being in crowded places.

I often plan to be in different destinations and find my happiness in discussing about it with family and friends. But like one of the perpetually sceptical friends says, the checklist for travelling has become so long that we better stay home. My saner mind thinks in the same line but my wilder side prods me to venture out. All I have managed to visit in the past five months is a marketplace and checking on a friend once who hasn't ventured out at all.

With life becoming essentially a tedious to do list, it is like coping with the wings being clipped and yet the need to fly incessantly. It becomes dull, drab, monotonous and stressful.

Though I am only travelling in my mind these days, I am trying to get away from the never ending daily demands through Rolf Pott's book 'Vagabonding: An Uncommon Guide to the Art of Long-Term World Travel'. In the words of Time Ferriss, who has written the foreword, "Vagabonding teaches you how to travel (and think), not just for one trip, but for the rest of your life."

In anticipation to my travels in the near future, I earnestly request, 2020 ... can you move a little faster??? I have my own plans. I have my destinations fixed. I just need to go!!!





By:
Sanskar Nagar.
Place :Ghaziabad, u.p
Founder/ Director :
Being Caring NGO

A tool for social transformation

We can cultivate empathy throughout our lives, says SANSKAR NAGAR —and use it as a radical force for social transformation.

If you think you're hearing the word "empathy" everywhere, you're right. It's now on the lips of scientists and business leaders, education experts and political activists. But there is a vital question that few people ask: How can I expand my own empathic potential? Empathy is not just a way to extend the boundaries of your moral universe. According to new research, it's a habit we can cultivate to improve the quality of our own lives.

But what is empathy?

It's the ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions. That makes it different from kindness or pity. And don't confuse it with the Golden Rule, "Do unto others as you would have them do unto you." As George Bernard Shaw pointed out, "Do not do unto others as you would have them do unto you—they might have different tastes." Empathy is about discovering those tastes.



The big buzz about empathy stems from a revolutionary shift in the science of how we understand human nature. The old view that we are essentially self-interested creatures is being nudged firmly to one side by evidence that we are also homo empathicus, wired for empathy, social cooperation, and mutual aid.

Over the last decade, neuroscientists have identified a 10-section “empathy circuit” in our brains which, if damaged, can curtail our ability to understand what other people are feeling. Evolutionary biologists have shown that we are social animals who have naturally evolved to care for each other, just like our primate cousins. And psychologists have revealed that we are primed for empathy by strong attachment relationships in the first two years of life.

But empathy doesn't stop developing in childhood. We can nurture its growth throughout our lives—and we can use it as a radical force for social transformation.

Research in sociology, psychology, history—and my own study and experience of empathic personalities over the past few years—reveals how we can make empathy an attitude, and a part of our daily lives, and thus improve the lives of everyone around us.



Here are the Six Habits we can inculcate :

Habit 1: Cultivate curiosity about strangers

Highly empathic people (HEPs) have an insatiable curiosity about strangers. They will talk to the person sitting next to them on the bus, having retained that natural inquisitiveness we all had as children, but which society is so good at beating out of us. They find other people more interesting than themselves but are not out to interrogate them, respecting the advice of the oral historian : “Don't be an examiner, be the interested inquirer.”

Curiosity expands our empathy when we talk to people outside our usual social circle, encountering lives and worldviews very different from our own. Curiosity is good for us too: Happiness guru identifies it as a key character strength that can enhance life satisfaction. And it is a useful cure for the chronic loneliness afflicting around one in three people. Cultivating curiosity requires more than having a brief chat about the weather. Crucially, it tries to understand the world inside the head of the other person. Courage is what we need.

Habit 2: Challenge prejudices and discover commonalities

We all have assumptions about others and use collective labels—e.g., “Muslim fundamentalist,” “welfare mom”—that prevent us from appreciating their individuality. We should challenge their own preconceptions and prejudices by searching for what they share with people rather than what divides them.



Habit 3: Try another person’s life

So you think ice climbing and hang-gliding are extreme sports? Then you need to try experiential empathy, the most challenging—and potentially rewarding—of them all. We should expand our empathy by gaining direct experience of other people’s lives, putting into practice the Native American proverb, “Walk a mile in another man’s moccasins before you criticize him.”

We can each conduct our own experiments. If you are religiously observant, try a “God Swap,” attending the services of faiths different from your own, including a meeting of Humanists. Or if you’re an atheist, try attending different places of worships! Spend your next vacation living and volunteering in a village. Like the quote says “All genuine education comes about through experience.

To be continued in next issue few more habits about empathy.

Aura New face

Diya Rajbonshi

Height :5.6

Silchar, Assam

Modeling is my biggest dream. I want to walk in lakme fashion week and want to win the Miss India crown. Representing my country in an International platform is my dream where I want to see myself in the coming years.

Having self confident and a kind heart with a sweet smiling face is what describes me.



AURA KIDS



Shivangi Borbora

Age : 6 yrs

Dibrugarh, Assam

STY
LENS

TRAINING TECHNIQUES FOR STRENGTH GAINS



By **MR. DHARMESH**

IBBF Mr Meghalaya (Champion of Champions)
Mr MP Silver Medal .
Mr Delhi Bronze Medal.
Fitness Consultant - Body transformation
Weight Loss & Fat Loss.

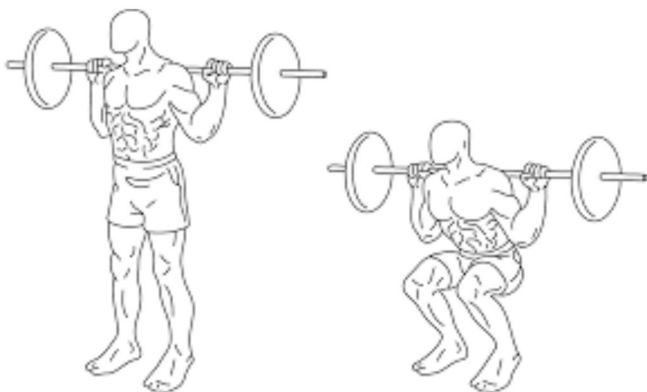
In the last article I explained the basics of fitness and various parameters affecting your progress. In this article I will explain the various training techniques for strength gains.

As explained in my previous article, the first and foremost aim should be to become stronger so that you are able to negotiate heavier weights for your desired goals. Now to measure your present strength levels? The process which I follow and recommend is to find your ONE REP MAX for your major compound movement lifts.

COMPOUND MOVEMENT

Lifts are those lifts which employ all your major muscles and are multi joint movements. These lifts involves almost all your major and minor muscles and if done with proper form and technique, you can expect to gain 10 to 15 percent strength gains in 12 weeks time. These lifts are as under

Squats



Barbell Rows



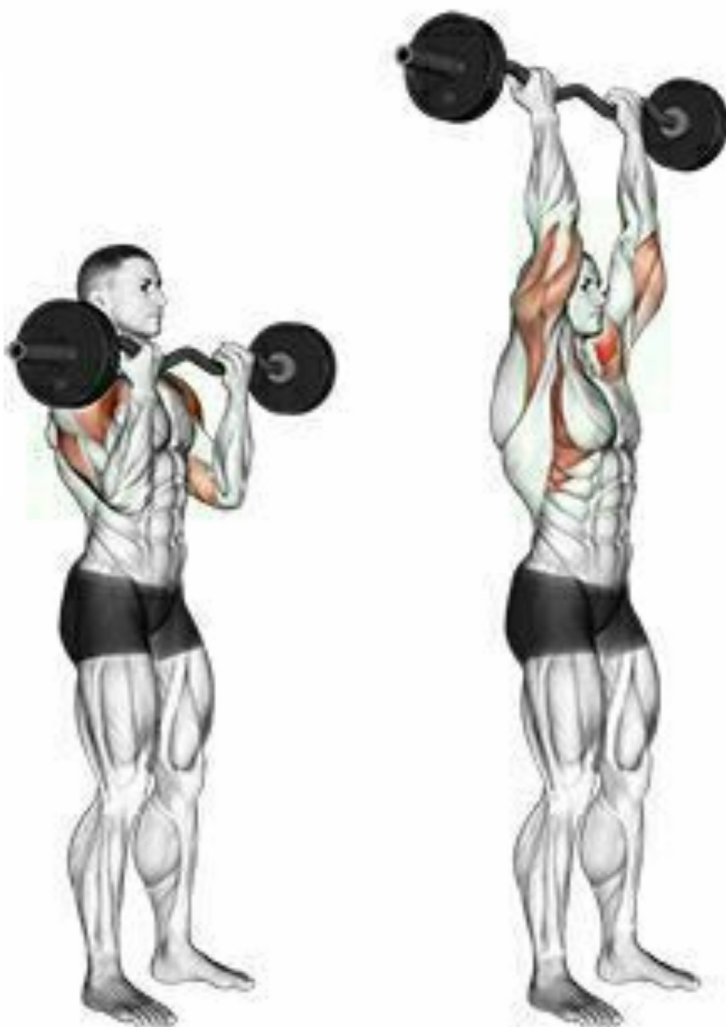
Bench Press



Deadlifts and



Overhead Press



Depending on whether your body has more of fast twitch or slow twitch muscle fibres you can employ the following strength gaining schedule
10X10 for people with more slow twitch muscles.

7X7 for people with both types of muscle fibres in matching quantity

5X5 & 3X3 for people with predominantly fast twitch muscle fibres and

The programme will be for 12 weeks and in this you will be working out just three days a week and you will start at 50 percent of your one rep max. Your one rep max is the weight which you can lift for one rep and is considered as a measure of your strength levels.

To identify whether your body has more of fast twitch or more of slow twitch muscles take any compound movement lift like squats and try to do as many reps as you can at 70 percent of your one rep max. If you are able to do 10 reps and more, your muscle fibres are predominantly slow twitch types and if you are able to do anything in the range of 3 to 7 then your muscle fibres are predominantly fast twitch types.

Your twelve week programme will be like this

WEEK 1

Monday: Squats, Bench Press, Barbell Rows

Tuesday: Rest

Wednesday: Squats, Overhead Press, Deadlift

Thursday: Rest

Friday: Squats, Bench Press, Barbell Rows

Saturday: Rest

Sunday: Rest

WEEK 2

Monday: Squats, Overhead Press, Deadlift

Tuesday: Rest

Wednesday: Squats, Bench Press, Barbell Rows

Thursday: Rest

Friday: Squats, Overhead press, Deadlift

Repeat the schedule for week one and two for twelve weeks

Important points to note:

Do proper warm up and stretching at the beginning of your workout and proper cooling down and stretching after workout.



Start with lighter weights and slowly work yourself up to your working weight
Every week keep increasing your weight to the bar by 1 to 2 kgs
Maintain good form and technique throughout
Keep yourself hydrated.

Keep a spotter to help you and support you

10X10 means 10 sets of ten reps of each workout
7X7 means seven sets of seven reps of each workout
5X5 means 5 sets of five reps of each workout
3X3 means 3 sets of three reps of each workout.



For any query DM me at [beast_dg05](#) on instagram or mail me at krashroad.dg@gmail.com



Dristanta Mahanta

National Institute Of Fashion
Technology (NIFT)
New Delhi

Spring/Summer 2020 men's trends

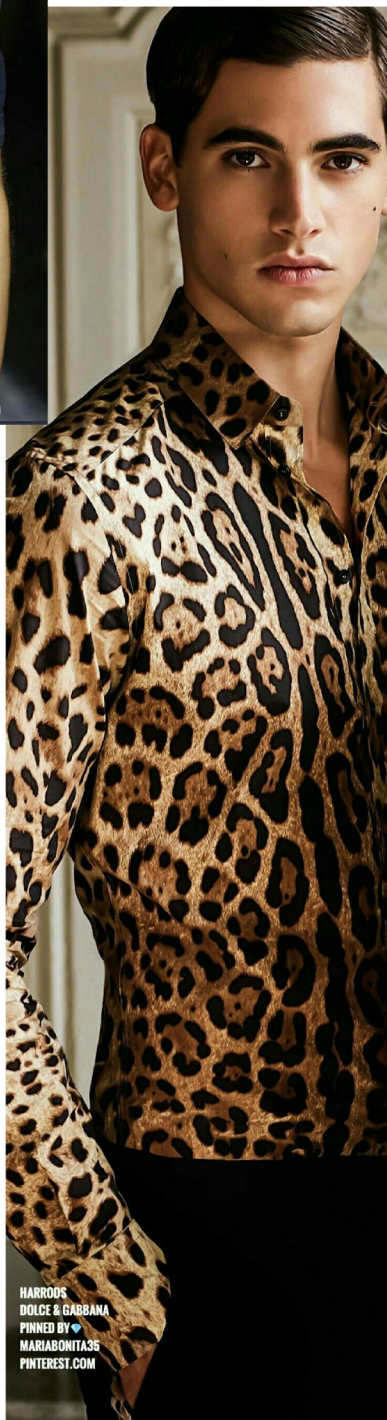


The ultra-close weave of satin helps it achieve that glossy, liquid surface it's best known for.

Spring/Summer 2020 the menswear contingent has given the fabric a fresh new lease of life. Satin and Silk shirt has been worn more than ever on the runway and you too want to try that out. You'll no doubt be aware of the current season's short shorts trend, but for Spring/Summer 2020 the designers have taken the whole look up a gear by imbuing the trend with an altogether more floaty and, ahem, intimate aesthetic. SS20, it seems, is all about wearing shorts that look like, a high-summer, weekend-only trend.



Over the past few summer seasons the co-ord (basically a matching pairing of shorts and short-sleeved shirt) has become the go-to fashion summer get-up. Now, for SS20, the designers have reimagined the co-ord in a multitude of ways – from the matching denim jean and jacket combos to matching sweatshirts and jogging shorts to the matching silk shorts and shirts and matching pyjama bottoms and Cuban-collared shirts – next season the co-ord can be anything you want it to be (so long as it's coordinated).



A sharp-shouldered, black leather biker jacket is the ultimate mark of a rebellious and on-point wardrobe. Part sexy, part dangerous, the best biker jackets for Spring/Summer 2020 could be found studded and rhinestone encrusted, and shown in alternative hues (to classic black). Next summer, the best way to wear your new biker is with a pair of skinny jeans and some heavy-duty biker boots – in black, of course. Animal print made a surprise return to the runways last season in the shape of shaggy leopard-print coats and full-on jaguar suits. Now, for Spring/Summer 2020, animal print is set to pounce back into your wardrobe whether you like it or not. From the silk tiger-stripe camp collar shirts to the leopard-print extravaganza (think trench coats, suits and polo shirts). if you don't already own some animal print, It's time to invest right now. The animal print trend continues. Double Denim had a major resurgence. Most commonly worn in the form of double denim two pieces. A bell bottom denim jean and jacket combo can be rakish and cool.





**LIFE'S JOURNEY OF
AN**

Ambitious Woman

By

Christina Roy

Assam, Northeast, India

Life is a journey to be experienced, not a problem to be solved. Being a cop kid life was really impetuous. At the spur of the moment we had to budge from one place to another, which in a way met many people, made friends or you could say I was among the most socially outgoing lady in my family. Going through ups and downs in my journey, faced obstacles I really didn't feel my life would pass by in a blink of an eye.

I always had a fetish or an obsession with makeup and interest for how I represent myself in front of others. As I grew up in a family where studies weighed more than that of vogue. I am an arts graduate with Honors and also an interior designer.

Soon after I completed my studies, got married and have two sons. I believe in self satisfaction while doing anything that gives happiness so I turned to the side towards my long lost passion and stepped my foot into the fashion industry, with the support of my family.

In 2017, I got nominated for Miss India homemaker as a contestant and that was my first step of establishment of who I was. I was titled with the best catwalk, Ms. Gratitude etcetera. In 2018, I was felicitated with Dr. Bhupen Hazarika borluit award. Recieved quite a number of awards and was felicitated in many shows and functions followed by one after another.

Successively it was really a big moment for me when I was awarded with the prestigious Assam Sahitya Sabha Award .Since then I have been working with a lot of news channels, TV shows, magazines, commercials and a lot more.



position of what I was to the level of what I am at present time. Strongly believed that I would succeed one day as my self confidence and inner conscience always try to give me more power .

Lastly, would like to say that have faith in yourself, respect each other and have confidence in yourself to achieve your dreams. Count in your dreams, believe in your good omen and no one can stop you from doing what you want in life. To all the women out there reading this, always keep in mind that you are valuable, powerful and you can grab every chance and opportunity in the world to pursue and achieve your dreams.





Writer:

Chandra Rekha
Makeup Artist

from Bengaluru.

A Esthetician & skin therapist from Cidesco International.

Hair Stylist, Arth L'Oreal Academy of india.

Hair Designer at Matrix Professional Hair Care, L'Oreal Paris.

Beauty tips

As we follow up our daily life routine, we also need to follow few tips to keep our skin fresh and glowing but in a proper way.



Never give sunscreen a miss.

Although this is one advice you've probably heard a thousand times before, one more time won't hurt. It is one of the best 10 beauty tips we're about to give you. Wear a sunscreen every day irrespective of the season or whether you're indoors or outdoors. Besides protecting your skin against the harmful UVA and UVB rays of the sun, it is also the best anti ageing tool you would ever use. A broad spectrum sunscreen protects your skin

against wrinkles, pigmentation, dark spots as well as skin cancer. Pick a sunscreen that has a non-comedogenic formula to prevent skin breakouts. The Pond's Sun Protect Non Oily Sunscreen SPF 50 is something we totally recommend. It has a non oily, non comedogenic and hypoallergenic formula that is suitable for all skin types and effectively protects skin against major skin problems caused due to sun exposure.

Always carry a lip balm.

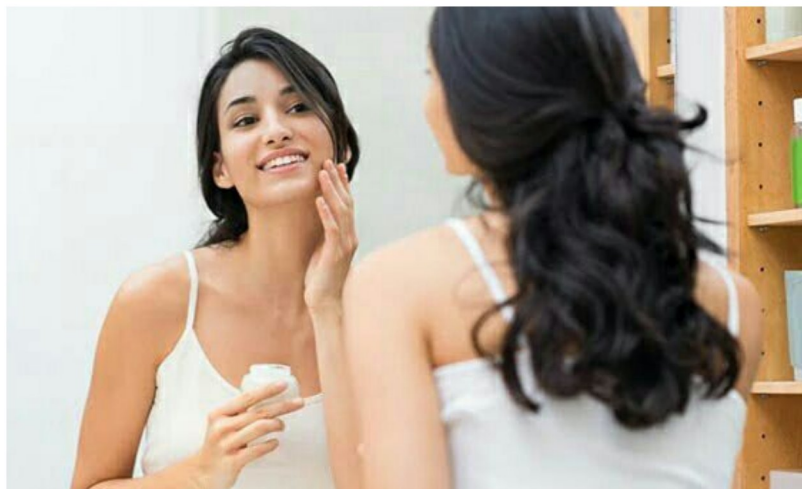
Lip balm is probably the most versatile product ever made and it is mandatory to have one with you at all times. Apart from the obvious, lip balm has some amazing beauty uses that will leave you pleasantly surprised. From moisturising your cuticles, calming down frizzy hair or cowlicks to highlighting your face, this little hero does a lot more than just protect your lips from chapping. A tinted lip balm can be used to add a slight pop of colour to your face when applied as a blush to your cheeks. A non-tinted lip balm can be lightly patted into cheekbones and the bridge of your nose to make your skin glow. Team BB always has a tube of Vaseline Aloe Soothe Lip Care to tidy up all their last minute beauty blunders.



Layer skincare products the right way.

If there is one question we get quite often, then it definitely has to be about how to layer skincare products correctly. This beauty tip for face will definitely change your skincare game and make the products work more effectively. Think of your skin as a sponge that wants to

soak up all the good stuff that you give it in the form of skincare products. But in order for your skin to perfectly absorb everything, it is important to layer the skincare products properly. Always start by applying thinner, watery textured products first and leave the thickest, creamiest products for the end. This helps the skin because heavy creams and oils help seal all the products that have been applied prior.



Keep your hands off your face as much as you can.

That you need to avoid touching your face as much as possible, has to be one of the top 10 beauty tips ever! Your hands come in contact with a lot of things through the day and end up collecting a lot of dirt, grime and germs. Each time you touch your face for anything, you are leaving behind a lot of germs, creating a minefield of potential zits. Avoid touching your face without thoroughly washing your hands with an antibacterial soap. No sanitizers don't count here.





Drink the right kind of liquid.

Although this sounds strange, hear us out, because this top beauty tip for face is extremely helpful. It is quite tempting to grab our hard to wake up without cup of strong morning coffee, is it really helping your skin in any way? According to dermatologists, choosing the right beverage can actually turn out to be a game changer for your skin. Drink about half a litre of water every morning to brighten, oxygenate, and hydrate your skin. Drinking a glass of fresh green juices with lots of veggies every day for breakfast is another great way to transform your skin in a matter of days.

Remove your makeup without fail.

If you're someone who skips removing their makeup more often than not, then you may want to write this beauty tip down and paste it next to your bed as a gentle reminder. At the end of a long, tiring day, it can be super tempting to jump right into bed by just washing your face using a face wash. But this is the perfect gateway for bad skin. It is important to thoroughly clean and removes every last bit of makeup from your place before you go to sleep as failing to do so will clog your pores and give rise to bad zits and acne.



Exfoliate regularly without fail.

Although all of us are aware of the umpteen benefits of this amazing beauty tip for face, we are also guilty of not exfoliating on a regular basis. Apart from sloughing away dead skin cells, exfoliating your skin is extremely important for any skin care treatment or cream to work effectively. Exfoliation thoroughly cleanse your pores from deep within, making it squeaky clean. Therefore it is mandatory to exfoliate at regular intervals to slough away the accumulated dead skin cells that are clogging your pores and forming a layer on your skin. It is also a great way to ensure that your makeup goes on smoothly without appearing cakey on the skin.



Setting spray will change your makeup game.

By now, we are sure primer would have become an indispensable part of your routine to prep your skin for long-wearing makeup application. But if there is one more thing that you need to include in your beauty routine then it is a setting spray. After you finish your makeup, just a few spritzes of setting spray will keep everything in place. Makeup setting spray has found a place in our top 10 beauty tips because not only do they keep makeup from budging, they also have skin cooling, hydrating, brightening and glow inducing benefits.



Get into the practice of double cleansing your face.

Cleansing your face once seems like a task to most women, imagine double cleansing! Double cleansing is a fundamental step to achieving soft, glowing and flawless skin, but unfortunately, it is one beauty tip that is not talked about enough. This two step cleansing process starts with an oil based

cleanser, which is then followed by a water-based one. The first step removes all traces of makeup and dust, while the second step aims to remove stubborn grime that usually stays behind. The process of double cleansing not only leaves your face clean AF, but it also eliminates the possibilities of clogged pores as well as acne.

Follow a healthy diet.

This one amazing beauty tip for face is perhaps going to change your skincare game for the better. All your topical creams and serums will take longer to show results if you don't pair it up with a healthy diet. Good skin and hair should always consist of a nutrition rich diet that is an excellent mix of fruits, vegetables, nuts, cereals, and pulses. Increase the intake of raw or boiled food, include as many fruits and veggies in your meals as possible by choosing to have salads, smoothies, and juices.





NORTHEAST
INTERNATIONAL
FASHION WEEK
Season 6

WINNERS OF
FRESH FACES 2020 (GIRLS)



NYANBENI ODYOU



SUMAN BASUMATARY



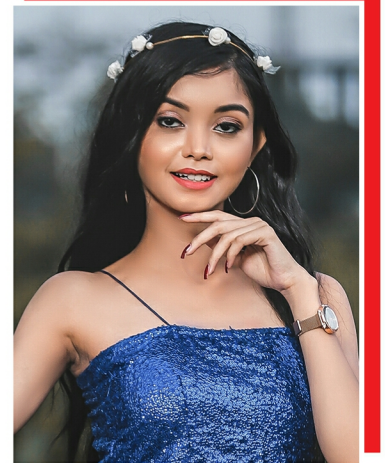
CHOCHOI LHOJEM



BARSHA KAKOTI



OVUNGRHONI PATTON



ANSUMI BHATTACHARYA

TM

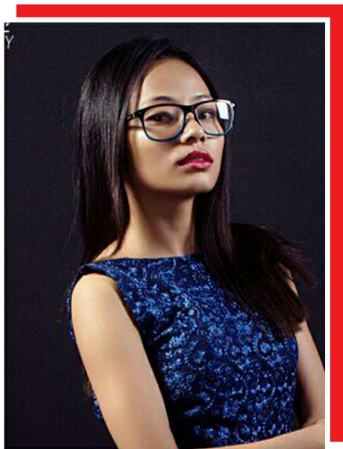
**NORTHEAST
INTERNATIONAL
FASHION WEEK**

Season 6

**WINNERS OF
FRESH FACES 2020 (GIRLS)**



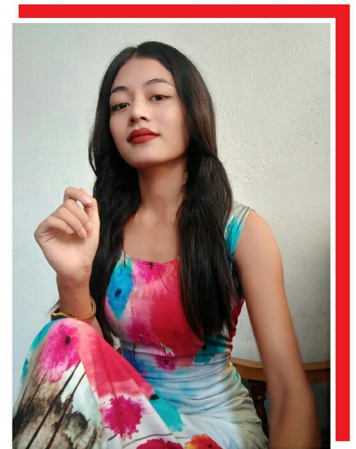
PRATIKSHA NATH



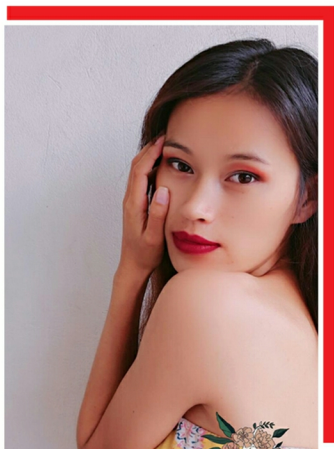
JANGTHAILIU GONMEI



DR. BARSHA NATH



SUSANNA N KIKON



LUCY HRIIDZLIA



JINTI DOLEY



PRIYANKA SARMA

TM

**NORTHEAST
INTERNATIONAL
FASHION WEEK**

Season 6

**WINNERS OF
FRESH FACES 2020 (BOYS)**



PRATTHAM GHOSH



ROHAN HAZARIKA



HACHITHUNG L. KIKON



FAKENESS

Hung like a pretty painting
Colourful but motionless.
Crowded in a room, but empty.
Fake smiles
Fake tears
It is just like a candy floss.
Mannequins with plastic smile
Hypnotized by a pretty painting...

By: MONALI BHUYAN



Chef keshabraj Dhakal

Asian chef in Sofitel hotel
Mumbai bkc

Thai egg salad

For dressing :

- Plum sugar/thai sugar/Jagri-100 gm
- Lemon juice- 200 ml
- Fish sauce/Light soya sauce-50 ml
- Salt for taste.

Fried egg :

- Onion slice - 100 gm
- Tomato slice - 100 gm
- Red thai chilly - 50 gm
- Celery leaves - 50 gm
- Coriander leaves - 50 gm
- Garlic - cut pieces.



First take a big bowl and mix the cut pieces of garlic, red chilly, onion, tomato. Take a plate and put the fried egg. Cut into 2/3 pieces. After that add on dressing and vegetables. Lastly, put celery and coriander leaves to garnish and the salad is ready to serve.

