

MYSTIC AURA

Magazine

VOL 02 | ISSUE 15
MAY 2021

**Foods
that Heal**

A way to healthy life

**Coronavirus
& Oral Health**

Hygienic oral health can
prevent severe COVID-19

**Fashion during
Covid Times**

Scenerio of fashion world

AURA EXCLUSIVE

**Yankee
Parashar**

COVER MODEL

Bidya Dutta

**FASHION
ERVOUR**

A Melange of
Class and Style

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Mystic Aura Magazine



MYSTIC AURA TEAM



GITALI PATHAK DEKA
Proprietor and Editor-in-chief.

She is a model and an educator too who is also a Master Trainer of English language under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level and Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She has won Dazzle Mrs India International at Sri Lanka .



MRIGAKSHI D BHARALI
Copy Editor

A very graceful and talented lady, an' educator by profession and a Master Trainer under the British Council. Focussed, determined and stylish are the qualities which define her the best and better known to all as a lady with a crown but with principles & values. Recently she has been awarded with the most prestigious Indian Icon National Award 2020. She is also the founder and Principal of Little Laurels Preschool, Jorhat. Achievements :

- Mrs Global Universal 2019, 1st Runners up, COLOMBO, Sri Lanka.
- Mrs Globe India, Northeast



SANTANU BAISHYA
Chief Managing Editor

He is a model, model co-ordinator & an employee working in a private company. A man who is sincere, disciplined, believes in hardwork, honesty and being comfortable in his own skin. Loves to help others always.

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ON THE Cover

Model: **Bidya Dutta**

In associated with Aslam Khan
seesaw entertainment

Photographer: Sagar s Mindhe
Make up: Amrin Shaikh
Retouching by Safyanali

Bidya Dutta

From Tezpur, Assam.

Acting has been her passion since childhood and so she trained herself to fulfill her dream. Bidya's first move towards acting started with the school play 'Abhijan,' which was written and directed by Rumi Dutta (her mom).

As she grew up, her passion for acting kept growing. For the first time she faced the camera as a background dancer for the feature film 'Mohasomor'. Then she stepped into modelling.

Bidya is a good anchor as well. People of Assam showered love and thus she came to limelight as 'Tanvi' (mega serial Aaina Rengoni channel) and after that she got offer for another serial 'Bia Korabor Mon' as Shantona. Being successful in Assam as an actor she shifted to Mumbai, and starred opposite Bollywood star Kainat Arora in a web series directed by Hemanta Nilim Das.

She performed in 'Shaekhavi Ki Kahani'. She also did a few ads and a cameo for Shakti in Colors, apart from saree shoots, print shoots, etc.



EDITOR NOTES



I believe that in the midst of darkness there is still light that persist if we wish and choose to look at the good sides and spread the light among all. It is known to all that the second wave of Covid which has spread all over the world has made human life very pathetic and people have lost hope of survival. The present circumstances of the people around depicts the phantasmic version of reality that life is uncertain but even in the midst of it there is happiness that prevails in everyone's heart that someday mother nature will shower blessings upon all. The month May is also the celebration of Mother's day. Love of a mother is always above all imaginations. So leaving aside the gloomy part of our lives, lets all pray to God and seek His blessings for a bright day soon.

This month issue flows on with the regular topics of beauty and fashion to health.

Mystic Aura team conveys heartiest wishes and regards to all the super moms.

HAPPY MOTHER'S DAY

Stay Safe, Stay Healthy.

Gitali Pathak Deka

**Editor-in-chief.
Mystic aura.**

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MAY SPECIAL

Mother's Day

Model **CHELLY**

Place: Hongkong, China.

Photographer **Luyi Zhao**

Woman,

the most beautiful and wonderful creation of God, is the one whose love is divine, selfless, pure. A woman spreads happiness, teaches everyone the true meaning of love and trust. She builds a strong base that helps a child to shape his life. The power of a MOTHER'S LOVE cannot be defined in terms of words, it's a blessing for those who are bestowed upon that acts as a magical power to face the realities and challenges of life.

Mother's Love

Sketch by
Saurav Jyoti Hazarika



Mother is the symbol of affection, kindness and sacrifice but nothing in the world can be compared with a mother's love so its a special gift for the ones who are blessed with. A mother is the one who teaches her child about the world and also the cultural and moral values of life rather than pampering and nurturing. A mother is undoubtedly inherited with some superpower and so she can manage and has the courage to face and overcome all the obstacles that comes her way to protect and safegaurd her family .

There is a famous saying that only a woman and that too especially a mother, can convert a house into a livable home.

When I think of my own mother, I have a feeling that am blessed to have an ideal mother next to God.



AURA EXCLUSIVE

Yankee Parashar

Most beautiful and talented actress, model and a popular anchor of Assam.

• **You are a glamorous model, actress and a popular anchor. Tell us in brief about yourself.**

Here comes the most difficult part. When you need to speak about yourself. I will make it short. Well, I started my career as a Print Model way back in 2012 when I was in my 12th standard. My career so far has been full of surprises. Mostly, one led to the other.

From Print it moved on to the Ramp and slowly my journey started as a full on actor doing Video albums, Brand Commercials, Web Series and finally playing the lead role in a Movie. I have had my own share of experiences and I definitely have to admit I did learn a lot in the process. I was not prepared for any of the roles I am performing today so I took it slow. You can also say one step at a time and I believe this could be the possible reason for my little share of success today which I am sharing with you guys. I still do have a long way to go and keep learning. Also, most of you know me as a Professional Anchor. Again this was something totally unexpected and unplanned but yes it did take me to a lot of places and helped me reach a greater height in my professional career.

• **Like to know a little more about your passion and profession.**

See, according to me one until you are very passionate, proud and content about what you are doing as a profession there's absolutely no point in doing it. One should always do what they love the most and where they derive their inner peace from. I strongly believe that more than showing it to others that you're successful and you're doing great, I think what's more important is saying and believing in yourself that you're doing what you love and also you're extremely happy doing it.

Same goes with me, I love music, films, live audience, stage etc and I believe I have made the right decision.

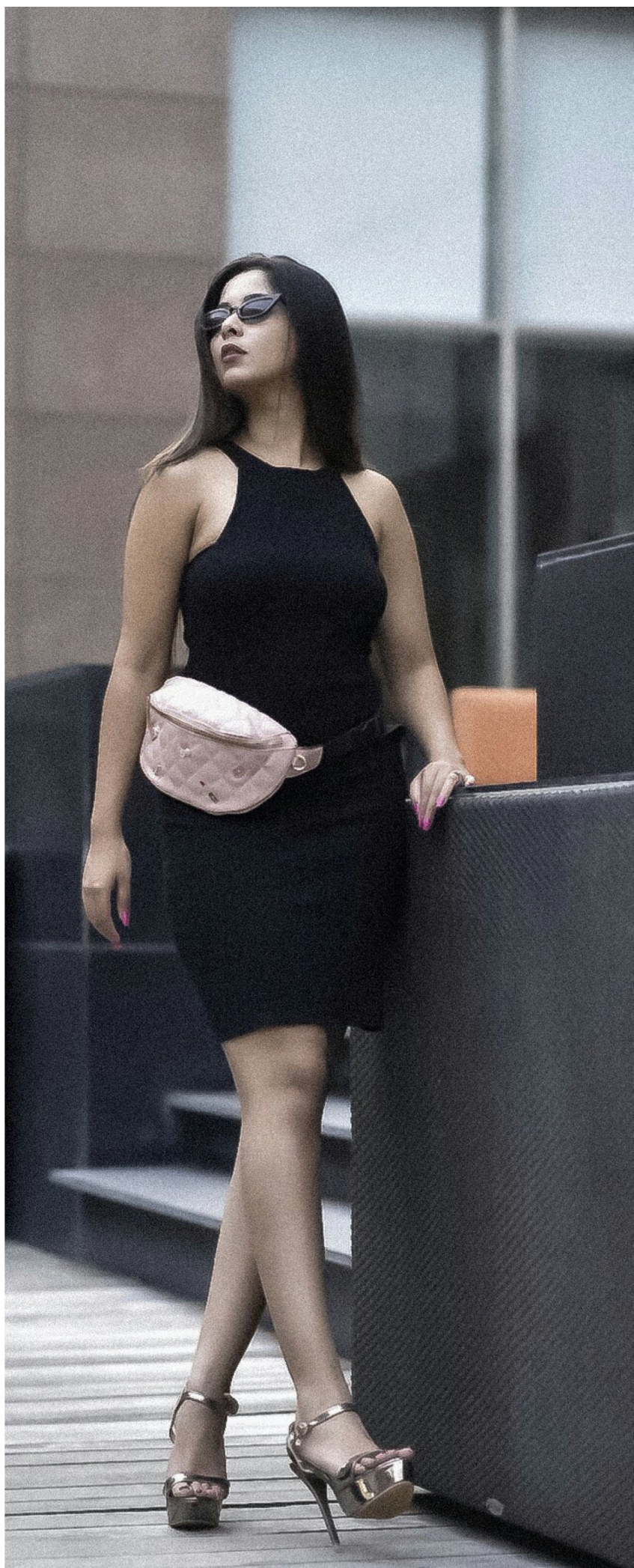
• **Are you living a life of your dreams ?What are some of the challenges that you have faced in your profession?**

There's obstacle, enemies, challenges in every profession. If you get offered a gold platter with everything prepared, there's no fun there. Real success counts when you face them, fight with them, overcome them and still stand strong with your head held high. I have had my own share of experiences, good and bad both. I carried on with the good ones and learned my lesson from the ones I need to stay away from. I made sure it wouldn't happen ever again and took my journey ahead. Life is short so we need to stay away from the negative forces and focus on the ones which will lead us to success.

• **Your views on modelling and fashion.**

See, just as I said earlier take your steps slowly and wisely. There's no rush. Focus on learning in order to expand your knowledge. Remember, you don't need to copy someone or be someone else in order to be successful. Take your own decisions, make your own fair share of mistakes and learn from them. Fashion is something which you create on your own suiting your body type. You can't just look at someone who's not you. Focus on creating your own style, people will admire you more.

Regarding, modelling it has got different dimensions. It's not always about clicking a picture with a DSLR and posting it on Social Media in order to gain followers. It's an Art and today's generation must master it.





• **What projects you are currently working on ?**

Due to the pandemic scenario, there's not much work happening around. Just the basic photoshoots maintaining all the Covid protocols. I recently got done shooting for a Web Series to be aired within a short time. Let's hope all this ends soon so that we can get back to our usual life and start working again without any fear.

• **A few lines for Mystic Aura.**

Well, it's my first time with them. All I can say is that they are doing great. Even at this crisis period, they are operating. That's something to be proud of. Most importantly thank you for choosing me out for this month issue and allowing me to share my views. I feel obliged and honoured. Wishing good luck to the entire team for the future.

GENTLEMEN'S *Pants*



PRASANTT GHOSH



J jeans may be acceptable in your work place but will not help you move ahead quickly. They are comfortable and stylish but not to be taken seriously in the corporate world. I know of one client who wore jeans as the work place was casual but wondered why he was constantly overlooked for promotion. Even if your boss wears them you will go further if you dress just one step up the style ladder.

Ensure pleats fall flat. Pleats are a design feature of a garment to allow greater flexibility of movement. They are designed to sit flat. As soon as they are pulled tight the wearer appears to be too large for the garment.

Pleats are not hidden handbags. Don't wear trousers that have pleats simply so you can stuff your pockets with more junk than my handbag. Packing trousers is simple. If you are travelling with more than one pair of trousers, fold them all together on top of each other with the waist end up against the end of the case this will lessen the effect the creasing.

Know your body and your hemline. I have one client who has a habit of stitching his trousers up higher during the day making his trousers appear too short for him. If this is you, ask your tailor to pin your trousers longer than necessary you will look better in the end.



Have your pants altered if they are too long rather than making your long pants clean the floor. It is quite common to need your pants altered when you purchase them. This is best done through the store from which will purchase them. Get it done immediately and properly; otherwise you may find yourself wearing them at the wrong length for quite some time.

Lose the clown look. Never overstuff hip pockets unless you want to look heavy. Consider buying two sets of trousers with your suit.

Trousers are the first part of a suit to wear and look shabby two sets of trousers will allow you to rotate them and get a longer life out of your suit.



Be careful of the damage a large watch can do to your trouser pockets. I have seen many pairs of pants with the pockets fraying due to oversized watches being jammed into them.

Pants should have no more than two breaks at the bottom. The correct fit for your pants is to have one or two creases over the front of your shoe, known as a break. More than that and your pants will be considered too long.

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Be careful of the damage a large watch can do to your trouser pockets. I have seen many pairs with the pockets fraying due to oversized watches being jammed into them.

Cords are dressier than jeans if you can afford to dress casually at work a pair of cords will have you casual and still looking smart. The thicker the cord the dressier the pants.

Do not wear cuffed pants if you are not tall. Cuffs break the flow of pants and can be very stylish but on a short man will make his legs appear shorter.

Pants should only have one crease. Creases in pants should be singular. Be careful when you are attempting to repress anything that you do not create tramlines. When you take your pants off hang them over a chair to give them a chance to air and not crumple.

Shorts can shorten your career no matter where you live shorts are a no in the corporate world. They can be acceptable in other areas of work but to the corporate man they are purely for social occasions.

Suit pants should not be worn with sports shirts. Suit pants have a very obvious suit look to them and will be too dressy to wear with a sports shirt.

If your pants have a belt loop, wear a belt. It will make you look finished. Going without a belt will tell everyone that you did not bother.

Woolen pants look great with a turtleneck top and blazer for a smart casual look. Dressing casually means more than slipping on your jeans. This look will do you proud both in the office and in your social life. It is best achieved with a low to medium contrast happening with not much difference in colour or tone between the trousers and the blazer or shirt.

Don't settle for a near fit have your clothes made or altered to fit you will always look better groomed. The clothing will sit better and create better lines to the body. Also a well fitting garment will make even an inexpensive garment will expressive. Don't let your pinstripe take over. Wide pinstripes can make a heavy person look heavier and a short person shorter. Medium pinstripes of about 1cm make a short person appear tailor and a heavy person lighter.

Keep an eye on the details. Good quality buttons are a sign of a good quality garment.

Always dress as if you are expecting to run into someone you respect. Running out of the house in your oldest tracksuit of your warrick capper shorts will be the time you run into the last person you were hoping to see when you are so poorly attired. Always expect the unexpected.

Ensure your clothes are appropriate to the occasion. There is nothing wrong with jeans at a picnic or on the beach or a sophisticated black suit in the boardroom. But mess these items and the locations and you just look wrong or worse uneducated.

THE WRITER IS A FASHION DESIGNER AND FASHION CHOREOGRAPHER AND CAN BE CONTACTED AT
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FASHION during COVID Times



It's safe to say that the trends we thought would make it this season have changed dramatically. The global pandemic, which no one could have predicted, has drastically changed the outlook of fashion the world over. But, while these new trends might not have been the predicted ones, they're interesting nonetheless. Seeing some success in spite of the lockdown, or even because of it, here are some of the trends we've noticed.

By

Bia Sandhu Taneja.

Founder Parfait Image Consulting .
Finesse and Flair , Image Evangelist,
Style Curator

A bright future for sustainable fashion

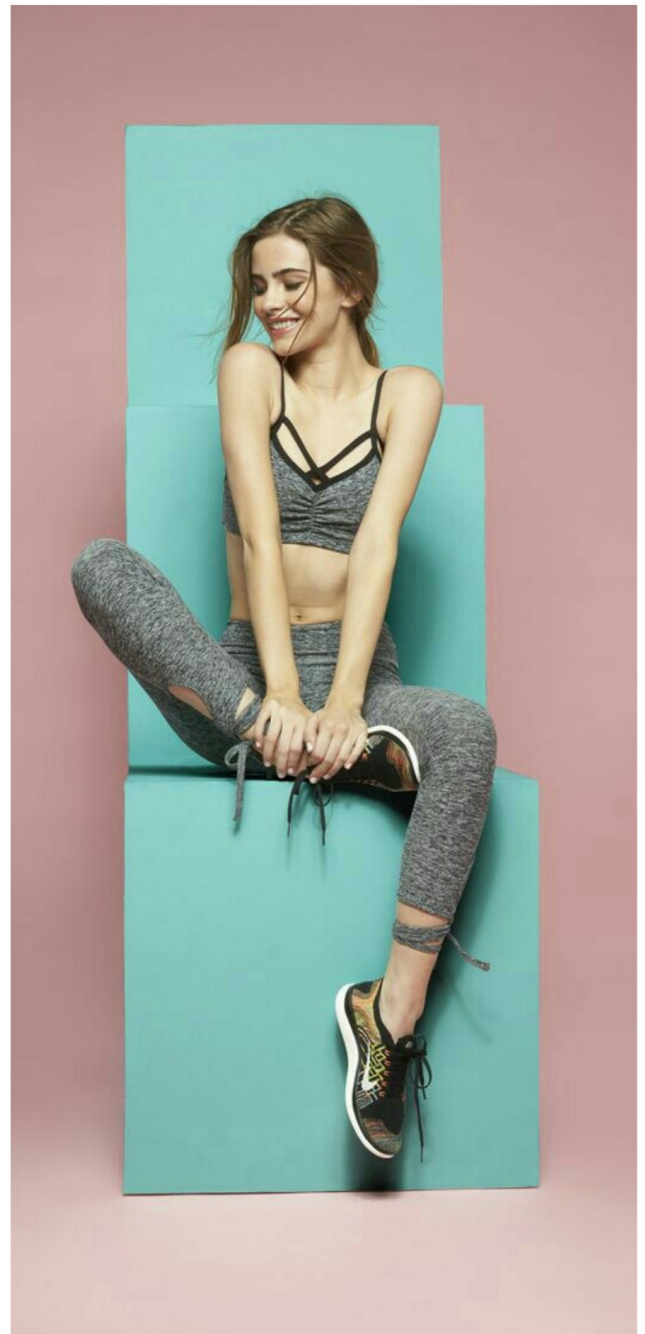
As many small businesses, retailers and designers struggle to adapt to the necessarily changing consumer behaviours, news of the current industry outlook can be less-than-inspiring at times. And, whilst we cannot ignore this issue, we must also look to the impact our industry has on the planet. We're already seeing positive changes in our environment, and with less production able to take place right now, it won't be surprising to see a sharp fall in pollutant levels in our air and oceans as a result.



And this focus on environment is predicted to translate to consumer behaviour as well. Just last month, Dame Anna Wintour was quoted saying, “I feel very strongly that when we come out at the other end, people's values are really going to have shifted”.

Athleisure's making a comeback

A sector that was starting to see a decline, athleisure and loungewear has well and truly had a resurgence during the lockdown period. London department store, Browns, reported a 70% increase in loungewear sales during this period, with online retailers like Matches Fashion and Net-a-Porter detailing similar increases. In many ways, this comes as no surprise; of course we, as consumers, are buying comfier clothes as our lives shift to a more interior world.



Seasons are going out of style

Just as fabric rationing affected fashion in the wartime and post-war eras and the 2008 financial crash influence production just a few years ago, the 2020 pandemic will see a greater shift towards season-less styles that are produced from what is available.



Alongside the arguable more casual athleisure and loungewear pieces, retailers like those listed above have noticed skyrocketing popularity in those styles that are more classic and timeless. Shirting, dresses, leggings and knitwear are all popular products, with a seeming focus on building layer-able, capsule wardrobes from useful and versatile pieces.

A more casual approach to fashion

But that's not to say that consumer behaviour will do a U-turn once all of this is over. Along with a predicted rise in home and remote working, experts are predicting fashion to remain more relaxed as well.

However, there are always two sides to every story, and many believe that a new form of dressed-up-casual will emerge from this period. With consumers increasingly purchasing "investment" pieces during this time, Heather Gramston, Head of Womenswear Buying at Browns believes people will also be looking for excuses to dress up once the lockdown is lifted.

Face *of the* Month

Model & actress

Surabhi Das

• Tell us in brief about yourself.

Myself Surabhi. Currently working as an actor in Assamese industry. I also run my own YouTube channel. completed my graduation in the year 2019 in English, and now only focusing in this field.

I've worked on serials for channels like Rang, Rengoni, Arunprabha, music videos; my recent video was "Tumake Napale", a web series and short films.



• **How did you get connected to the acting field?**

I was always passionate about acting, it has been something I really wanted to do. So I appeared for audition for a serial in Rang channel i.e *Indradhenu* where I was cast for two episodes. Later on, I started doing print modelling and one of my brother referred my photo for the serial "Parineeta" which was my turning point.

• **How did you get connected to the acting field?**

I think, Talent.

• **What are your long term goals?**

To progress more in acting and take myself into the national level.

• **What are your future plans?**

Let's see what future has to offer. As for now I am doing and giving my best.

• **Few lines for Mystic Aura.**

Thank you mystic aura for having me.

Wish you good luck...

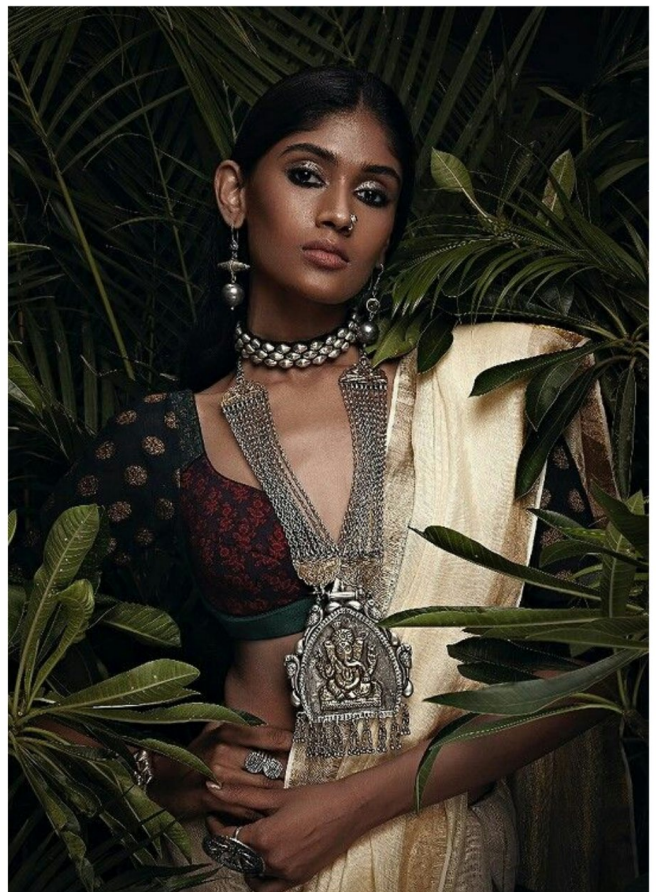
And to all the people reading this please stay safe, take care



Beauty of Dark skin

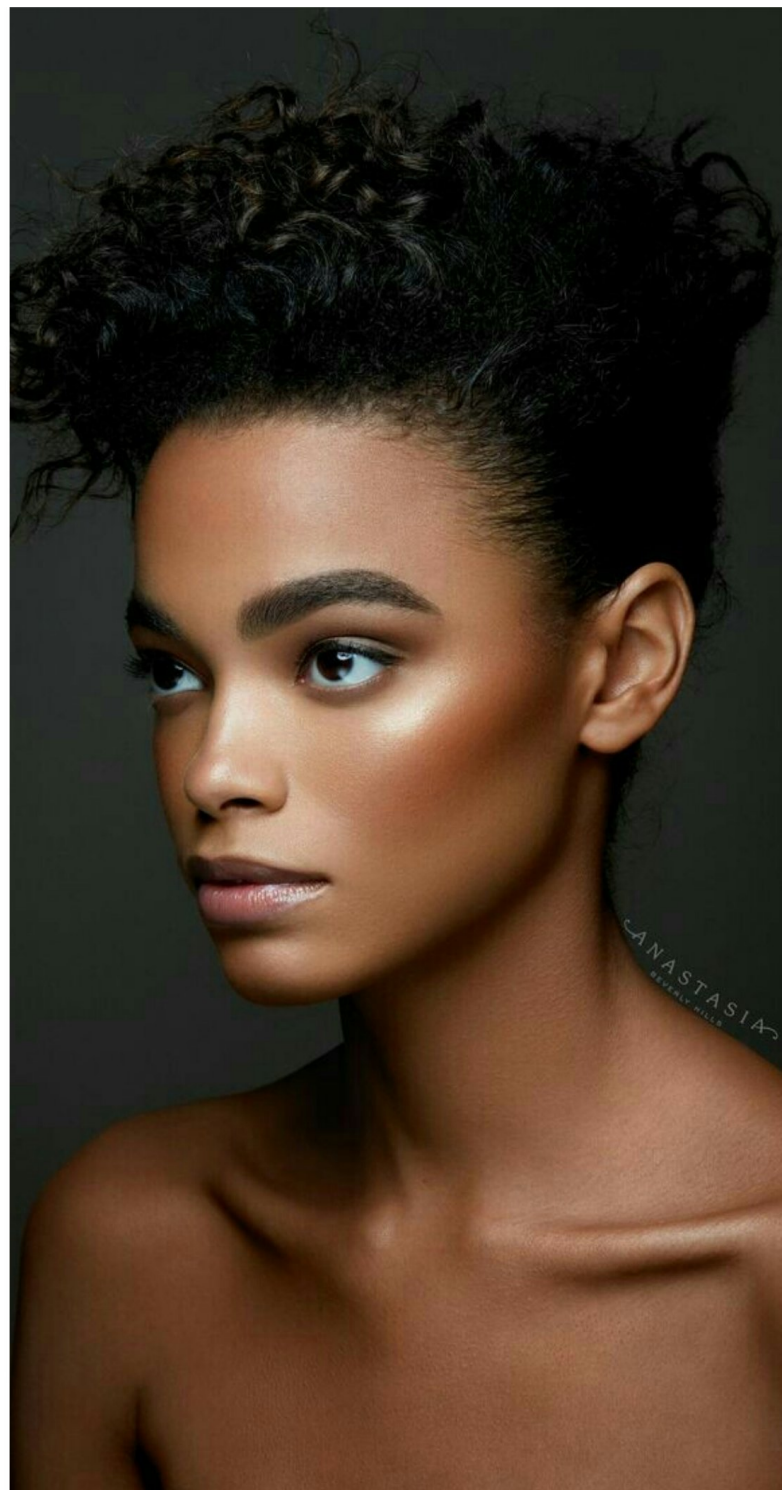
The climatic conditions and weather changes according to season. Summer, in India, peeps in from May to October. In some places people suffer from extreme heat and humidity where its natural to get suntan or sun burn . Some may find it astonishing that in some counties people with tanned skin are considered more attractive and treated better than those fairer and light skinned people. Researches and irony of present trend and generation have proved that people who percieve a light brown skin tone is said to be physically more attractive and sexy.

People normally in India have dark or wheatish skin tone that obviously and naturally makes a Indian look more attractive among all. Maybe that's the reason why Indian beauty is marked today by most as the most attractive and sexiest. In many culture around the world, tanned skin is associated with good health and superior social status and believes that skin glows.



It sometimes adds more to beauty unknowingly and can be said as nature's gift because signs of aging also appear less severe and starts at a later stage on darker skins. It has been deep rooted in the minds of a few that being fair is equal to being beautiful. Now the question is, **Does beautiful mean only being fair or it means more than the words. Are dark skin tone girls/boys not beautiful?**

The answer to these questions depends on the perception of every individual how one likes to view beauty as SHAKESPEARE said **"Beauty lies in the eyes of the beholder"**. But at the same time we cannot deny the fact that the dark skin tone people feel insecure when compared to the fairer ones. This was just a thought among the people of the society years back but today as a matter of fact, the reality is dark skinned are as beautiful and appear even more appealing than fairer complexion. Whatever may be the skin tone if you carry it with confidence then this can be the most powerful feeling one can have because you have the right to be yourself and show the world that you are the best version of yourself and love yourself.



Every skin tone has its own beauty and acceptance of who you are makes the world a difference and not the skin colour.

AURA

Beauty Touch

Model
Ruli rani Das



Photo courtesy **Tarik hazarika**

Styling by **Sukalpa Das**

Shoot director **Franco Parakka**

Make-up by **Dhritisikha Saikiah**

Assist **Asif ikbal Photography**

AURA
**New
Face**



MODEL

Deena Poojari

Place: Bangalore

Photography: Sathya Vagale



AURA

Photography

Photographer **PRANAB JYOTI MAHANTA**

In frame **BOIBHABI GOSWAMI**

Pranab jyoti Mahanta

(THE PERFECT FRAME)

Pranab jyoti mahanta is currently working as an Assistant Manager at Assam Electricity Grid corporation Limited. He founded the photography team called 'The Perfect Frame' in the year 2018. Since then, they have been doing photography and videography in various fields like fashion, wedding, conceptual etc.

MAA

The Emblem of Love

A very common saying is- as God could not be present everywhere, so He made a mother. To the unconditional love and beauty is what we call mom, mummy, maa or mother. Motherhood is a natural quality inherited in most women. Mothers are the first guides, philosophers, mentors, and first friends of every individual in this world.

A mother is the emblem of love and she displays all the affection she has for her children selflessly. She sacrifices everything without the intention of getting anything in return. She is contented if her child is so. For her the whole world is her children and family.

Mother's Day is an occasion which is celebrated in various parts of the world to express respect, honour, and love towards mothers. The day is an event to honour the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society.



It is a day which makes people remember the importance and significance of mothers in their lives and is observed as a day to give special emphasis to the motherly figures around the world.

The celebration of Mother's Day allows us to reflect on who we want to be as a family and how we're all connected to one another—a gift, mom is sure to appreciate no matter how it's packaged.

Let's pledge on this Mother's day to make our mothers feel special and loved for whatever they have contributed to your lives. Make her feel alive by bringing on her face a sweet smile that she deserves.



By **Debjani Das Bhattacharjee**
Educator at Sanskriti The Gurukul
Guwahati, Assam



Food That Heals

“Eating is a necessity but to eat wisely is an art”

Food is the only ingredient for life. We have to be wise while eating food. When the whole world is suffering due to Covid-19 now the only concern is, how to boost our immune system. If our immunity is strong then only we can fight the virus. Eating food is important but also avoiding chemical based food is equally important to boost our immunity.



Regular intake of organic food and avoiding chemical based food can prevent you from all the life style diseases, reduce 90% of your physical discomfort immediately. Our main objective is to aware people about this vital life saving information in this pandemic. Specially to the youths of the nation, so that they can contribute and take part in nation building with a healthy mind and healthy body.

Why organic food?

There is more and more evidence that chemical based fertilizer, pesticides are extremely harmful for our body. Conventional agriculture relies heavily on chemical fertilizer and toxic pesticides. Which are harmful to human health and which enter the food supply, penetrate water sources, harm the livestock, deplete the soil condition, devastate natural ecosystem and contaminate the food grown for the general public. In addition to which there are over 7000 artificial and chemical preservative and additives permitted in non organic foods. Besides chemical fertilizer, antibiotics, artificial colour, artificial flavour, amino acids or mono-sodium-glutamate (MSG), genetically modified organisms (GMO), trans fats, hydrogenated fats, sulphur, iodine which are the main cause for lifestyle diseases and affect our immunity directly.

What are the benefits of organic honey?

Modern scientific research confirms that regular intake of organic honey can reduce stress, enhance stamina, relieve inflammation, lower cholesterol, eliminate toxins, protect against radiation and prevent gastric ulcers, lower fever, improve digestion and provide a rich supply of antioxidants and other nutrients. The unique chemistry of organic honey is highly complex. It contains 100 of different beneficial compounds known as phyto-chemicals working together, these compounds possess strong antioxidants, antibacterial, antiviral, adaptogenic and immune enhancing properties that promote and protect the body by enhancing natural defense against germs.

What are antioxidant?

Antioxidants slow down the process of excess oxidation and protect cells from the damage caused by free radicals. When cells are attacked by free radicals, excess oxidation occurs which damages and destroys cells. Antioxidants stop the process. The cellular damage caused by free radicals can be responsible for causing and accelerating many diseases.

Tulsi & organic honey

Tulsi and Organic Honey is very rich in antioxidants and is recommended to guard against free radicals and protect from damaging excess oxidation. It helps slow down the aging process and boost immunity.



What does adaptogenic means?

An adaptogen is an agent that helps the body adapt more efficiently to stress. Adaptogens reduce, in-testify the negative impact of the stress caused by mental tension, emotional difficulties, poor life style habits, disease and infection, pollution and other factors. Tulsi and Organic Honey is one of the most effective adaptogens known.



Benefits of Himalayan pink salt

- Improves respiratory health
- Cleans and deodorized the Air
- Reduce allergy and asthma symptoms
- Eases coughing
- Increases energy level
- Neutralized electromagnetic radiation
- Better sleep, Improve moods and concentration
- Treats seasonal affected disorder
- Skin detoxifier
- Healthy skin, hair & nail
- Contains 24 essential mineral
- Drinking Himalayan salt water in empty stomach can help respiratory system. Detoxify and added 24 types of mineral in your body.

Health benefits of plam sugar

- Maintains electrolytes
- Promotes musculoskeletal health
- Boosts energy level
- Increase metabolism
- It has no chemical at all, it is a reach source of potassium, magnesium, Zinc, Iron in addition it contains Vitamin B-1, B-2, B-3 & B-6.

Organic turmeric or lacadong haldi

- Boost immune system
- In Ayurveda, it is not a spice, it is a Medicine.
- Strong antibacterial
- Helps to enhance respiratory health
- Helps to relieve arthritic pain
- Good for skin
- In Lacadong Turmeric a component called Carcumin is 7% but in normal turmeric it is 0%. Only lacadong turmeric of Meghalaya, contain 7% Carcumin. The more Carcumin means more health benefits.
- Take lacadong turmeric with milk at bed time can do miracle for your bodies defense system. Based anti aging and antibacterial.



By

Dr. L. Abraham

B.Sc, MBA, DN

Naturopath & Life Skill
Consultant
Ex-Project
Implementation Officer
at IIE, Govt. of India



How to
improve your

Lung Health

Coronavirus- Today the whole world is upset due to the increasing number of Covid positive cases but in this article you will learn how to improve lung health as it's the very necessary part of your life.

How To Improve Lung Health

For many COVID-19 patients, clearing out the virus is only half the battle won.

Many still suffer from unpleasant after-effects or the threatening damages COVID causing SARS-COV-2 virus unleashes on the vital organs- particularly the lungs.

From impaired lung function, COVID pneumonia, oxygen saturation and shortness of breath, lung fibrosis and chronic pulmonary distress- one of the gravest damage COVID-19 does it to the lungs. Those with chronic respiratory issues and frail immunity also face a higher severity and mortality rate.

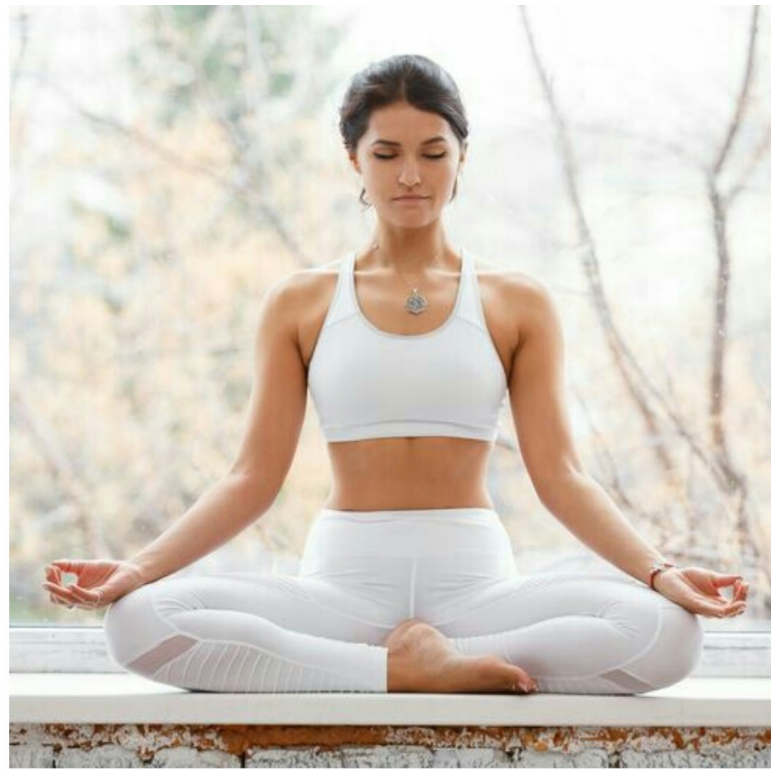
Even the young and healthy patients are reporting problems of declining lung function post recovery, some also require oxygen and ventilation support machines, which can disrupt the quality of life as well. Acute respiratory problems and diminished immune functioning can make you prone to other problems as well.

- Environmental factors, such as bad air pollution levels are also making matters worse.
- Therefore, it's pertinent that taking care of your lungs is something that should be at the top of your list after resuming normal life.
- I bring to you a list of precautionary measures to follow to protect your lung health post COVID-19:

Regular breathing exercises

Breathlessness and obstructed oxygen flow is a common symptom of COVID severity, as COVID-19 starts to attack the lungs.

- COVID patients are often asked to practice simple deep breathing exercises and meditative postures which can help them breathe better and improve blood flow to the lung and chest passageways.
- Diaphragmatic breathing, deep breathing movements promote deeper inhale and muscle movement in the lungs and the chest. Taking deep breathes while lying on the stomach can also help boost oxygen flow. Pranayama has also been hailed as a wonderful exercise to promote lung functioning.
- Patients who suffer from breathing issues and fluctuating oxygen levels can also exercise using a respirometer, which also promotes good lung health.
- Have foods which help boost lung capacity
- A good vitamin and mineral-rich diet boost immunity and there are certain foods which cut out toxins and help you breathe easier as well. It could be an easy way to manage and promote better lung health at home.



While as a rule, one should avoid consuming an excess of processed and refined foods, seasonal produce like beets, green tea, blueberries, tomatoes, nuts and seeds boost lung capacity. Jaggery, citrus foods specially lemon peel should be had in abundance as well.

- Garlic and turmeric are powerful antioxidant-rich foods which are said to have anti-viral properties.
- Make sure to have a lot of Omega-3 rich foods, which are particularly helpful in controlling inflammation in the lungs and cut down the risk of other respiratory ailments.





- Avoid smoking

Smoking not only puts you at a higher risk for contracting and transmission COVID, but it is also one of the worst things you are doing to your lungs, which are already vulnerable. Smoking and tobacco induce extra stress on your vitals, increase the likelihood of developing other pulmonary problems and infections in the long run.

- Cardio workouts can improve respiratory function

Any activity which ramps up your breathing- is a good way to restore lung capacity and function when you are on the road to recovery.

Experts suggest patients pick up moderate or brisk physical exercises or sports which can elevate heart rate and promote blood flow. Go for regular walks (if safe), pick up home workouts and cardio activities which are good for your respiratory health. Yoga asanas can also help restore functionality and boost immunity. Aerobic activities may help too.

Remember to be regular with your workouts, but take it slow, initially. Athletes have also been advised to kickstart recovery with rehab exercises which benefit pulmonary health, before moving on to other fast-paced and intense movements.

- Avoid exposure to pollution and smoke

People who have just recovered from COVID-19, or have compromised lung function should avoid unnecessary exposure to smoke, polluted environments and any activity which may obstruct functioning. Pollution may not only increase your risk of reinfection, but it may also expose you to PM 2.5, carcinogens and other potentially harmful irritants which can settle in lung cavities and make breathing difficult.

If you must step out, follow all necessary precautions, take medications and care. Steam inhalations and detox habits may also prove good.

- Consider getting a flu shot

Taking flu shots can be one of the ways to curb your COVID risk post recovery. It can also lessen the problems of chronic respiratory distress which is commonly encountered right now. In many cases, flu shots have been said to speed up recovery, lessen respiratory complications in high-risk age groups and safeguard you from additional ills, which can set in with a change in season and polluted weather conditions.

- Right Diet and nutrition
- Vaccination is necessary step to move out from covid
- Yoga with deep breathing exercises are the success keys to come out of with this pandemic crises.



By
Diptika A
Bhatia

Director: BBEHEALTHY
All India president
and founder of Aas Ek
prayaas NGO



Coronavirus and Oral Health

The deadly coronavirus has caused an unprecedented pandemic around the world.

The disease produced by the novel coronavirus and its consequences have posed a challenge for health authorities worldwide.

Transmission through direct contact and saliva in the form of small drops and through aerosols have caused the rapid spread worldwide.

Day by day, scientists are learning more about the different new symptoms of this deadly virus infection with the hopes of eventually being able to treat it.

According to the latest report of the National Institute of Health, half of the coronavirus patients suffer oral symptoms during the infection.

Here are the known oral symptoms identified by the researchers and dentists:

Xerostomia (Dry Mouth)

Dry mouth refers to a condition in which the salivary glands in your mouth don't make enough saliva to keep your mouth wet. Dry mouth can have causes that aren't due to underlying disease. Examples include not drinking enough fluids, sleeping with mouth open, dry hot weather, eating dry foods or medication side effects.



By **Dr. Nikhita Nagar**

Director :
Dr. Nagar's Dental and
Physiotherapy center, gzb
President: Being Caring Ngo



Lesions

An oral lesion is an ulcer that occurs on the mucous membrane of the oral cavity. This happens when the virus attacks your muscle fibres, oral linings. They are very common, occurring in association with many diseases and by many different mechanisms.

COVID tongue

In this condition, your tongue may start to appear white and patchy, according to scientists. In the COVID tongue, your body fails to produce saliva that protects your mouth from bad bacteria. People with this symptom may also find it difficult to chew food and to speak.

Covid tongue could also be accompanied by a change to the tongue's sensation, as well as muscle pain while chewing and persistent ulcers. However, it's not entirely clear what specifically causes Covid tongue.

Due to all these symptoms it becomes evident that your oral hygiene plays a very important role in the manifestation of the disease.

Here are some tips to stay safe:

1. Try to store oral health products separately during illness
2. Disinfect all oral health tools and products daily
3. Discard and replace the toothbrush and toothpaste after recovery.
4. Clean your hands before oral care
5. Disinfect with hydrogen peroxide or rinse your toothbrush under hot water for a few minutes
6. Never share your toothbrush

Dr. Nagar says It has been a big message that washing the hands help prevent contracting COVID-19. Avoid touching the face, lips, mouth, eyes, and ears with potentially contaminated hands. Studies show that people touch their face approximately 23 times in an hour and this can pose a for virus threat through mouth, nose, or eyes. When a person's hands touches their own mouth and have the virus in their saliva, they can potentially transfer it to others. It is this cycle of clean hands and mouth that is important to curb the pandemic. Keep smiling and stay safe.

EDEN LOST

Living through euphoric dreams.

I stopped suddenly.

A sight touched my eyes...

Broken glasses on the bed of soft dew
kissed baby grass.

It was odd, it was never the scene.

I was choked by the pulse beat in my throat.

My breath uneven.

The Magic spell broke.

Crushing the soft baby grass with dew.

Men 's pollution follows..

Crushing and infecting the soft grass.

Creating highs and lows.

It is addiction in vain.

Everything blows..

Only left behind silent soundless footsteps
of a once hallucinations



By Monali Bhuyan

Do you remember ?

Do you remember?

Do you remember, my love?

When you used to shower red roses

Do you remember those days?

When we used to pass sweet phases!

I miss being loved now

And I miss loving you,

Oh! dear what love brought for us,

I can see nothing clear, just dew!

I don't know where we are heading towards,

I wish it is something beautiful,

But as soon as I wake up,

I know it's a dream

Never going to be true...



By

Sunita Saikia

Head Digital journalist
The Northeastern Chronicle .

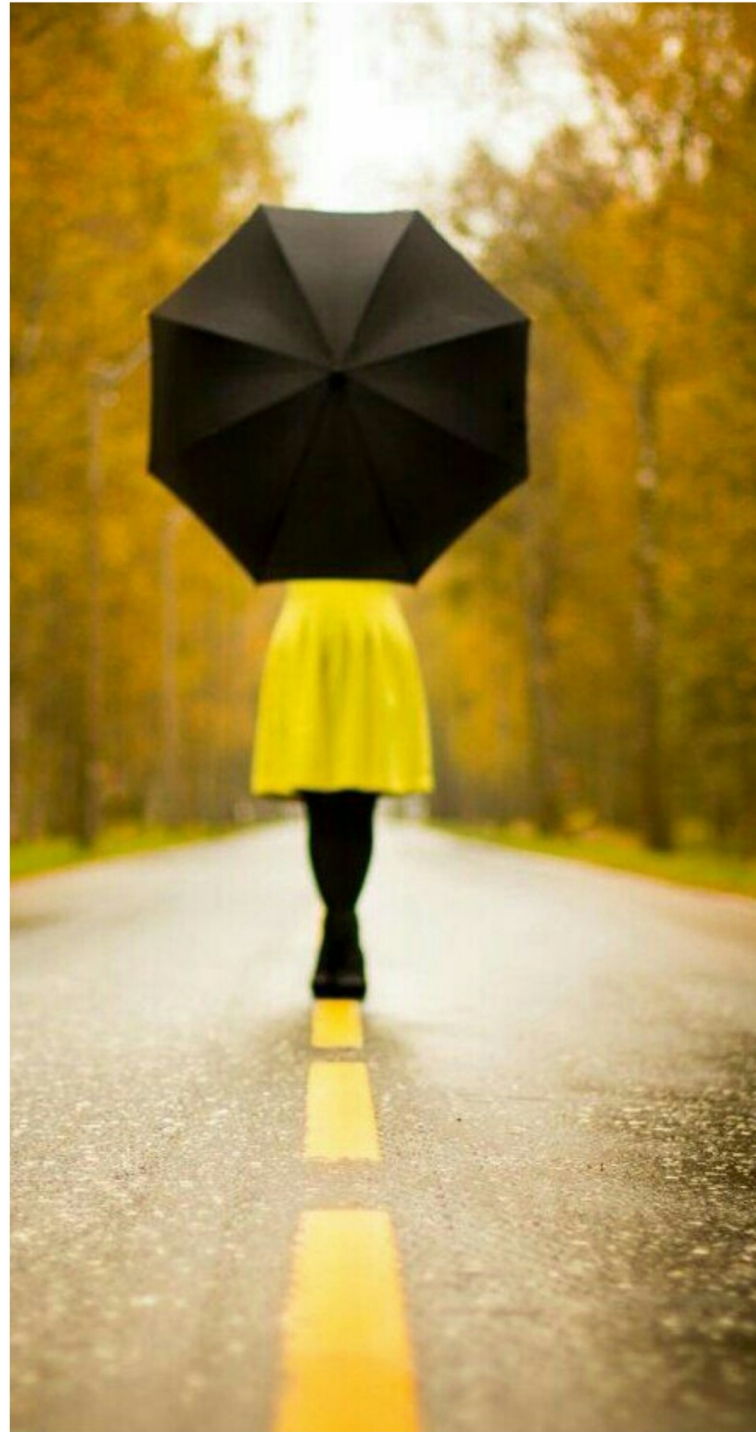
BE WITH ME

A little far, yet near,
Stranger yet, special,
A beautiful journey of life,
That I spent, Beholding you day and night,
Engrossed in what you said,
Adorably I responded at your every word,
Trying to imprint them in the deepest
crevice of my heart,
My whole self sang in the music of love.
I dared to sway with the reeds by the
downhill stream,
I waited dawn to dusk,
While the little bunnies scurried around
and the birds chirped most melodiously,
The soft breeze touched my cheeks,
Wet with tears,
Opening my eyes, I wished I was back in
my dreams.
Atleast you were with me.

By

Sumitra D Chetty

**Asstt. Professor Deptt. of English.
Narangi Anchalik Mahavidyalaya. Guwahati**





12 TH **MALESTORM** 2021

MALESTORM was one of the first initiatives of this event management group –Kreative People started in the year 2000 and it has indeed proven to be a huge success in the sense that it has largely achieved what it set out to in the first place. With MALESTORM, for the first time, the aspiring male models got the opportunity to showcase their potential on a big stage. The various training sessions that they go through, as a part of the contest, helps them in grooming themselves, in terms of their looks, body, confidence, acting skills and personality which is not only beneficial for this particular contest, but if we see the larger picture, it helps them in life as well! The Grooming happens for nearly a month in Catwalk, Public Speaking, Acting classes, Skin and Body care, Makeup application, wardrobe management and above all Confidence Boosting. The best examples of some male models,

who have benefitted enormously from this pageant are Rishi kaushik ,popular actor of Kolkata and Grasim Mr India Finalist 2002 Debojit Bhattacharya, who went on to win the RU-BA-RU Mr. India Grand International, 2017 and Sanju Ray, who was the winner of RU-BA-RU Mr. India World Tourism, 2016. Zulfi Sheikh IS too winner of MR India world tourism 2018 is popular actor who featured in many music videos. Franco Parakka, Sidhartha Roy and Sanju Wani are Popular Fitness experts. Suvam Das, Mr Model of the World Confident 2019 title won at Thailand and has also appeared on ZeeTv Tuhse hai Rabta. Apart from this few names, the past Malestorm winners are all doing successfully well in different corners of India.

MALESTORM is organized every alternate year and this year, and this is the 12th edition .A total of 30 candidates were selected and they got further eliminated to 15 from the lot who came from every nook and corner of Northeast India for the auditions and they would be competing for the main title TONIGHT. Also, the winner of MALESTORM will get a direct entry to Mr India- 2022 which is going to be a huge advantage, as they will not have to apply for the auditions.

The event took place in BREATHE AIR LOUNGE AND CAFÉ, Anil plaza, Guwahati in the day time. Grooming of the guys took place in SK27, GYM, Guwahati, the mentors were Mr Tourism India Sanju Ray, grooming expert Meenu Paul and Prasantt Ghosh. The show was choreographed by Meenu Paul. The Judges were Stylist Dipankar Kashyap, Mr Grand International Debojit Bhattacharjee, International Airlines trainer and makeup mentor –Christina Joseph and Assam,s Best Physical Trainer Nipan Rabha. The show was open by Miss India Diva Finalist from Assam who won three subtitles in the finals in 2020 – Malashya Kashyap.

Various subtitles were won by

- MR FITNESS - ASHIK IQBAL
- MR PHOTOGENIC - ARNAB MEDHI
- MR POPULAR - DHRITIMAN TALUKDAR
- MR PERSONALITY - GAUTAM SARKAR
- MR FASHION ICON - DEEPENDRA SHARMA
- MR CATWALK - NISHANT SINHA
- MR TALENTED - DIP DEORI
- BEST MODEL - NISHANT SINHA
- MR PHYSIQUE - GAUTAM SARKAR

The winners were -

LAST YEAR MALESTORM WINNER - PARTH DUTTA
GAVE AWAY THE TROPHY TO THE WINNERS OF
2021-22

WINNER - MR DHRITIMAN TALUKDAR
(Malestorm-2021-22)

1ST RUNNERS UP - MR FARAN HAQUE

2ND RUNNERS UP - MR NIBIR TALUKDAR

NAMES OF ALL THE CONTESTANTS

- 1 ARNAB MEDHI 2. ASHIK IQBAL. 3 ABDUL HUSSAIN
- 4 DIP DEORI 6 FARHAN HAQUE .7 GAUTAM SARKAR
- 8.NIBIR TALUKDAR 9.NISHANT SINHA 10 SURIANSH PAUL
- CHOWDHURY 11.DEEPENDRA SHARMA 12. DHRITIMAN TALUKDAR



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