

MYSTIC AURA

Magazine

VOL 02 | ISSUE 16

JUNE 2021

Nature
Savvy

save nature for a
better future

AURA EXCLUSIVE

Debashree
Gogoi

Very beautiful, gorgeous
and eye-catching model
& actress of Assam.

Yoga

boost
metabolism
and grow
stronger.

COVER MODEL

Prayashi Prashor Sharma

Life

manifestation
of shades and
tints.

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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EDITOR NOTES

If you want light to come into your life, then you have to stand where it is shining. So wherever you go, no matter what the situation is, try to spread happiness and be your own sunshine. Life is full of challenges in every step we put forward and being successful in overcoming them makes life more meaningful. For instance the present situation created by the 2nd wave is also a challenge for human beings and people at this crucial point need to keep in mind and follow the Covid-19 protocols while moving/going out of the house in order to be safe.

As summer peeps in from June, we are trying to give our readers some articles related to it . We have also highlighted two important days of this month i.e. World Environment Day and International Yoga day followed up by our regular features.

Mystic Aura team wishes everyone
Happy International Yoga Day

Stay Fit ; Stay Healthy

Gitali Pathak Deka

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

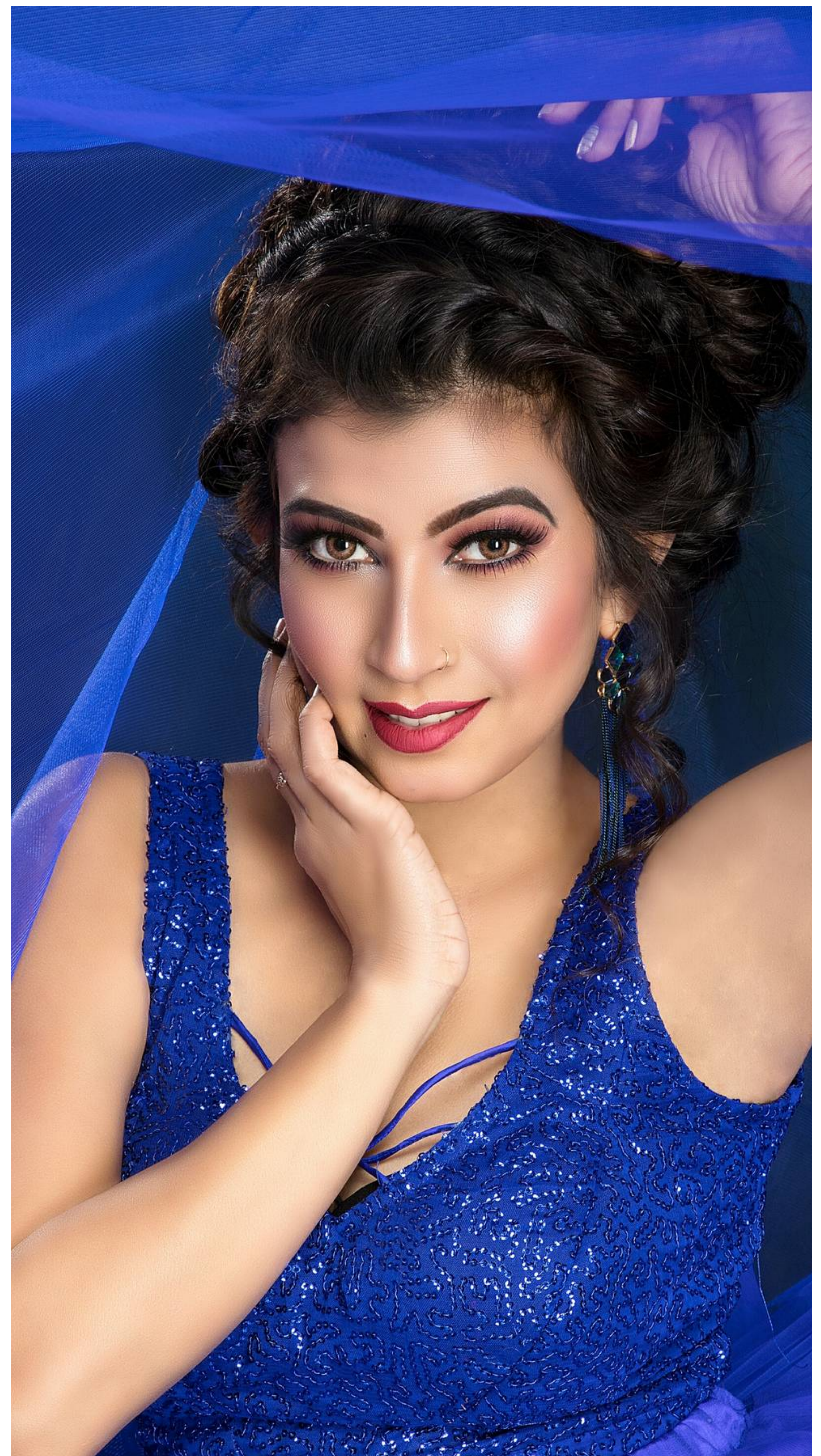
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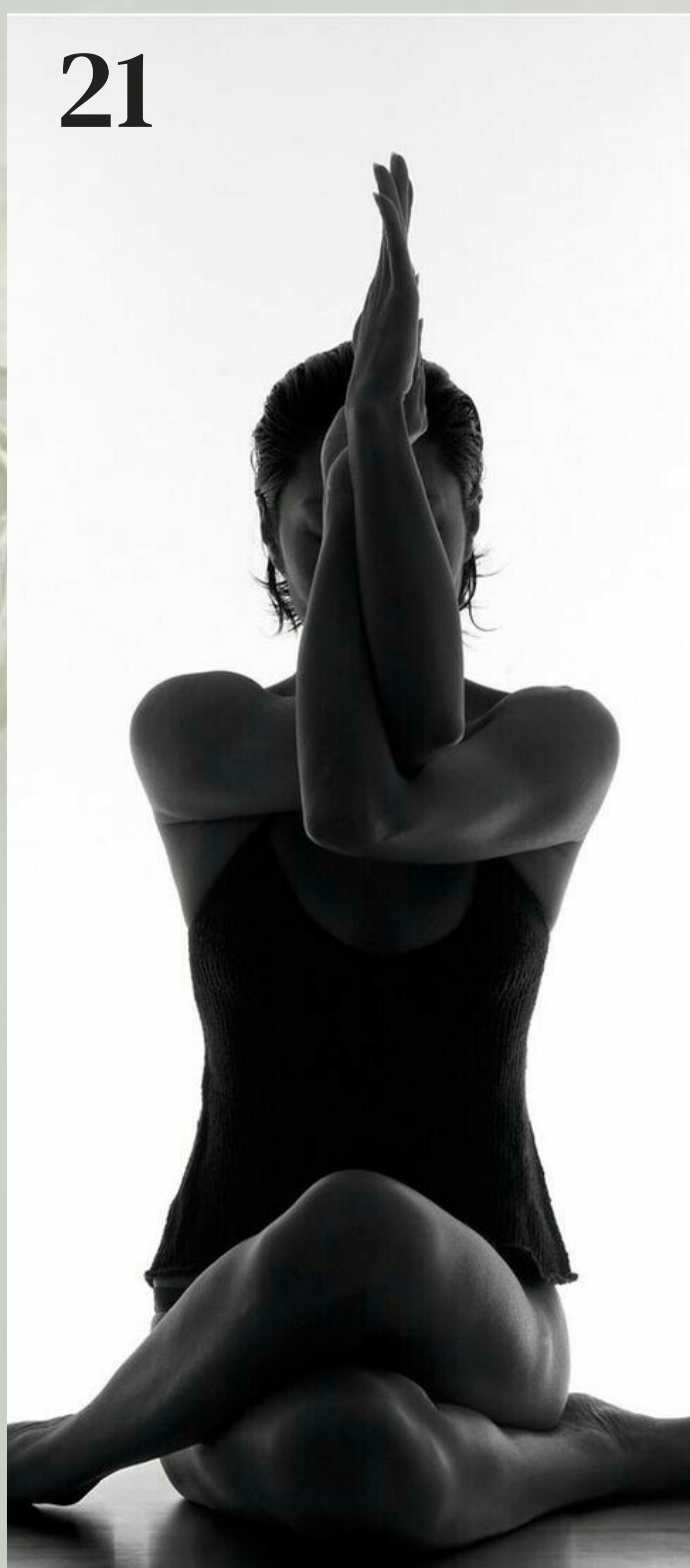
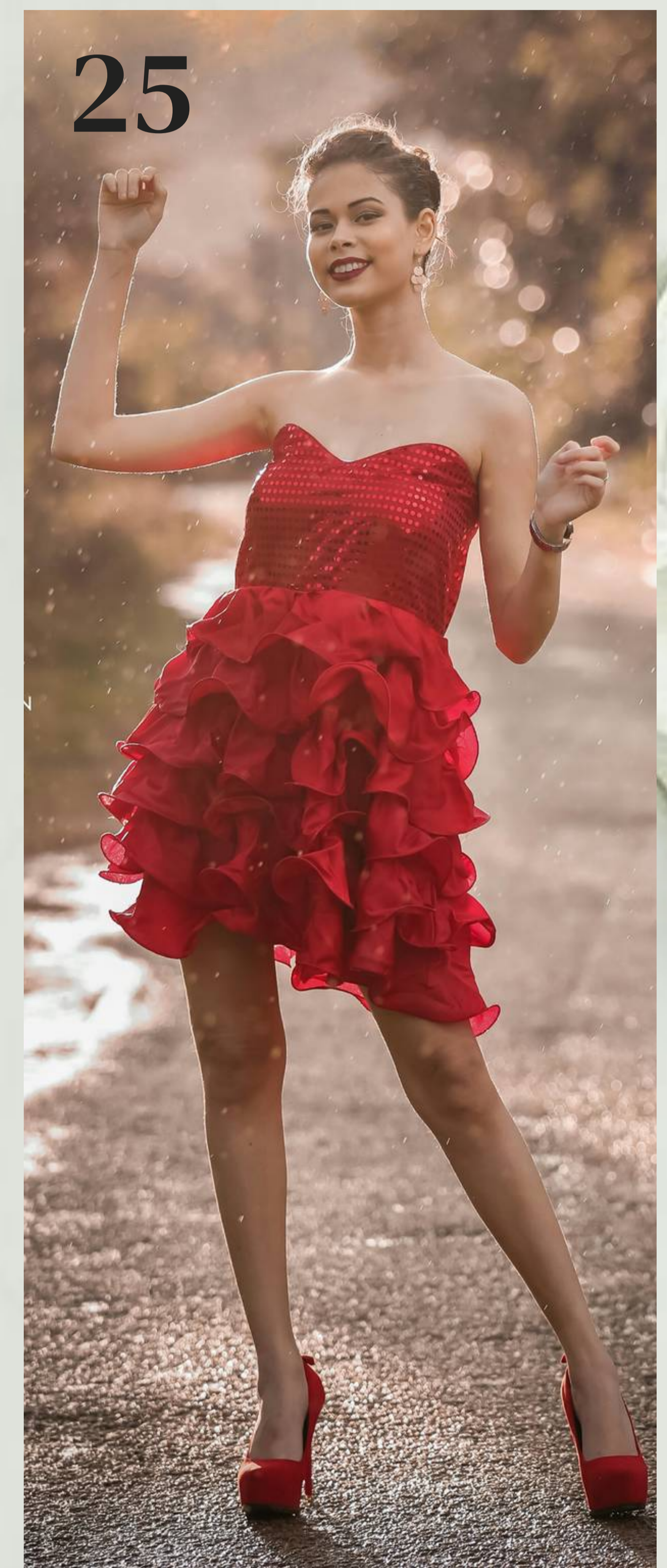


Model **Prayashi Porashor Sharma**

Designer **Chiranjib Hazarika**

Make-Up **Chanupriya Nath**

Photographer **Swapnajit Borkakoti**



AURA EXCLUSIVE

Debashree Gogoi

Very beautiful, gorgeous and eye-catching model & actress of Assam.

Photography by Deepak Das

Debashree Gogoi

Tell us in brief about yourself.

As Mark Twain said, "The secret of getting ahead is getting started." So, let's start. Well I was born and brought up in a small town, Namrup.

I did my schooling from Bvfcl model school, Namrup and graduated from B Borooah College, Ghy.

I started my career during my college days as a contestant in a beauty pageant "92.7 big fm Axom jiyori rupe gune" in the year 2014.

Then I started acting in music videos, then gradually in Assamese serials and then in mobile theatre.

I am a fun loving person. I love travelling, dancing. I have a special corner in my heart for dogs.

I believe in, "Do good, find good".

Would like to know a little more about your passion and profession.

It's beautiful when passion becomes your profession. The 3 C's that built my career are choices, chances and changes-Choice to take a chance to see the change.

I believe that it's never too late to follow your dreams and to find your passion.

Desire! That's the only secret for everyone's career not educated or being born with hidden talents.

I still remember, as a child I used to sit in front of the mirror and used to imitate the famous characters of the famous daily soaps. Acting is my passion. I am very glad that my passion gradually became my profession. Don't fail to listen to your heart, focus on what excites you and above all don't let anyone limit your dreams because the best feeling is getting paid for what you love doing.





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

I would say, Yes ! Living the dream is an attainable state of mind. Its not a way of life. Living the dream is to do with freedom and choice. You are living the dream when you believe you are living.

Aspiring to be an actor/actress in itself is quite a challenging thing to begin with. It takes a lot of hardships to get going. We face numerous challenges like technical issues, rejections etc. There would be rejections along the path and at those times you would need to stand tall.

How would you describe your work ethic?

I am honest, reliable, flexible, consistent and ready to work hard everyday. I am always excited to learn.

What is the most pleasant thing that has happened in your life till date?

A lot of things best things have happened in my life in the past. It somehow becomes difficult to easily choose one over another but I am definitely going to say that MY FIRST CAR was something very pleasant for me.

A few lines for Mystic Aura.

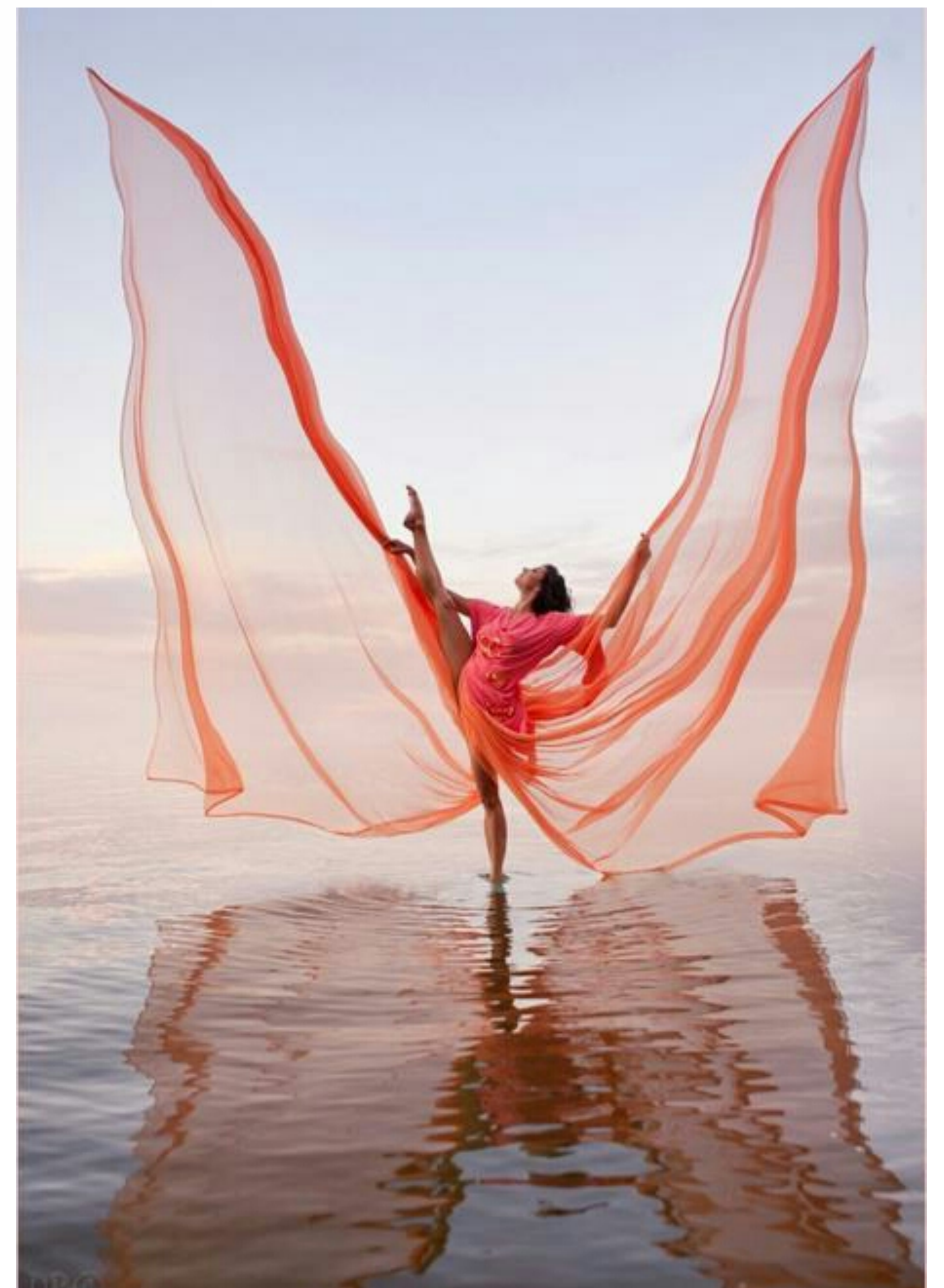
I am very grateful and honoured that you made me a part of your magazine. I wish you all the best for your future endeavours. Thanks for being such an amazing host.



ADD COLOUR TO YOUR LIFE

Add some colours with strength so that you don't fade away to anything. Choose and discard colour according to your colour of your skin. Colour can really affect the way you feel. It can affect our health and even change your personality. It can also alter the way people feel about you.

Avoid wearing black too close to your face. This will instantly enhance all of your facial lines and age you immediately. It will also fill in lines with dark shadows and make you appear much older than you are.



By
Prasantt Ghosh

For example, if you were faced with two people , one dressed in brightly coloured clothes and the other in dark browns or greys, the chances are you'd want to make more conversation with the one dressed on bright clothes. You instantly assume that the one dressed in bright is the life and soul of the party. Scarves with a splash of colour will give you an instant lift.

To prove it, let's take five colours, and analyzed what they say about you...

Purple

Purple is regal and dignified, the colour for people who love to look smart and sophisticated. Wear purple and you'll be full of confidence. For accessories go for gold for that really Glam look.

Red

Red is exciting and stimulating .Truly the colour for extroverts. It's a colour that makes you feel bold and able to tackle anything. It's just the colour to wear at parties to make you the centre of attention.



Blue

Wear pale blue if you're in a mood to unwind and relax. Blue is a very soothing colour because its association with water. Relax in a baggy jacket and tube skirt, the perfect casual outfit.

Yellow

Team yellow with orange, a great colour combination that'll make your outfit something special. If you're taking an exam wear yellow because it meant to increase the brain power; it's also meant to be a sunny and cheerful colour.

Green

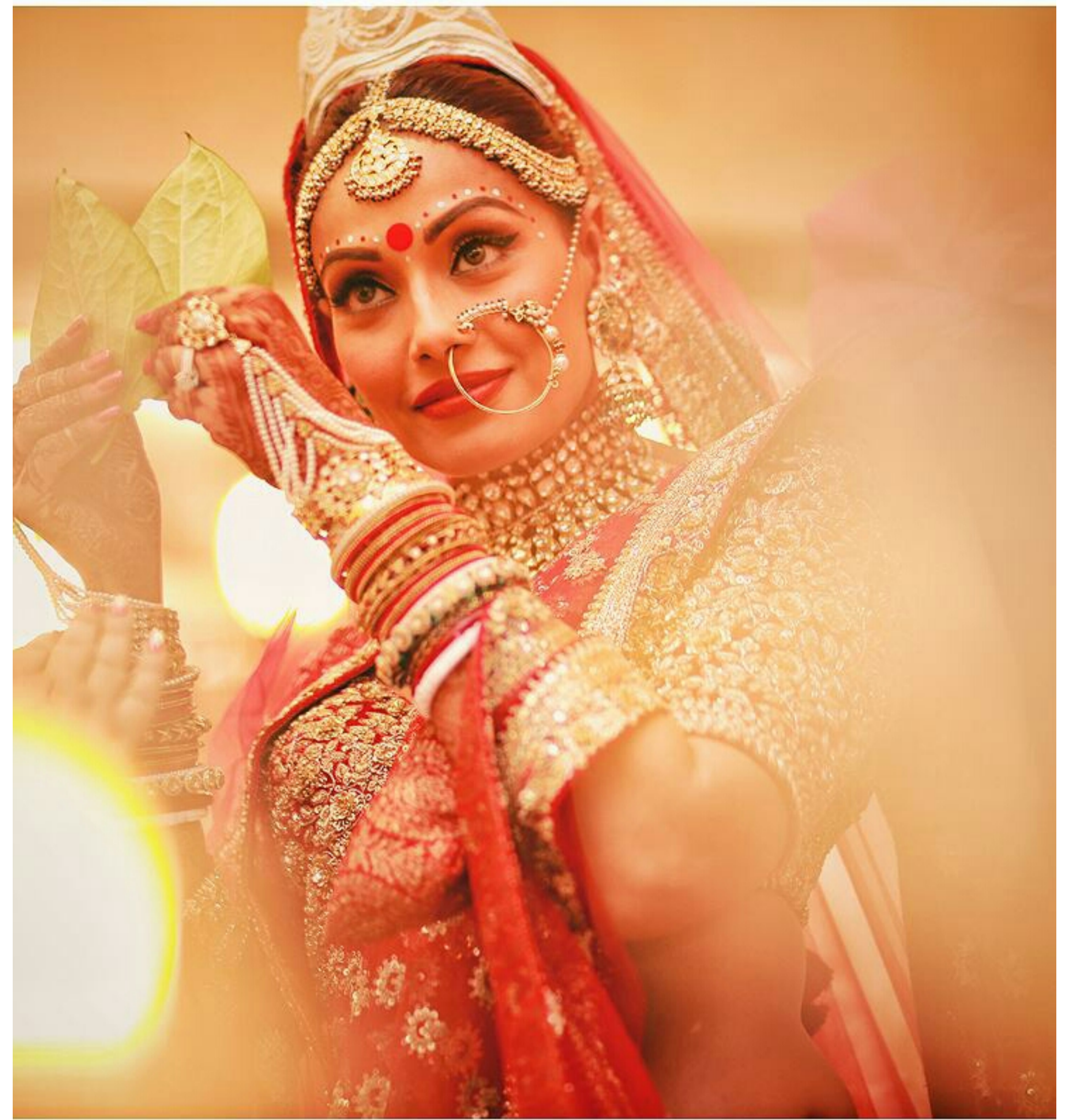
Green is meant to be one of the most relaxing colours to look at. It makes us feel tranquil. It's also the colour to wear when dealing with a tricky situation.



Apart from colours for clothes, colours are chosen for accessories and make up too. Accessories are generally chosen in the same shade as the outfit and make up as the skin tone.

Most Indian women have dark hair and eyes and skins that Range from fair to olive to brown. So more often than not they go for shades of red, black, pure White, violet, bright blue and a bright pink.

What colours would suit an Indian women the best? There is no doubt that woman in our country look best in maroon or almost brick red colour. This maybe reason why red is always worn by brides apart from it being the symbol of happiness.



The other colours are emerald or a very fresh green, a bright pure white. Black only suits those with a fair skin. Here's a list of colours for different skin types which should and should not be used.

For fair skin

Use pure white, red grey, black, all shades of pink, navy blue, spinach and emerald green, purple and violet.

Do not use; brown, orange, gold beige.

For dark skin.

Use- Red, pure white, fuchsia pink, aquamarine, grayish blue, deep orange, silver, dark mauve and fresh green.

Do not use;

Black, brown gold and light orange. How do you access the advantages and disadvantages of wearing the right or wrong colours?

The Right colour adds radiance to your face lifts contours of the face, makes the eyes sparkle and makes one look younger. In contrast the wrong choice of colour dulls your complexion, accentuates lines and wrinkles hardens facial features and overshadows the face.

But how do you go about choosing one. The best way would be to hold the fabric against your face and you will know at once whether that is the correct choice, because it will bring a glow to your skin. Appropriate choice of colour is the most important thing.

Accessories

The accessories you choose are also important for highlighting your appearance. Go for fresh clean glasses. Keep an eye on the plastic nose pieces of your glasses as they can start looking old and dirty before too long. It costs very little to replace them and keep your glasses looking fresh.

Wear fine metal framed glasses. These will give you a more modern and lighter younger look.

Dispose of all chunky, plastic framed glasses. Heavy plastic frames are typical of old people change them to thin metal or go frame less and you will drop years instantly.

You will find some types of jewelry suits you better than others. Some people look great in costume jewelry, while the others carry the same. Remember it's not how much one spends on clothes that counts. It is how one wears it. So be wise and judicious before making the buy.



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JEWELLERY

Style with Simplicity

Status Symbol:

Jewellery often represents a person's status, both in today's society and throughout history. People of higher social status or wealth often own and wear jewellery that is more valuable. They may own more jewellery than others as well.

Religion:

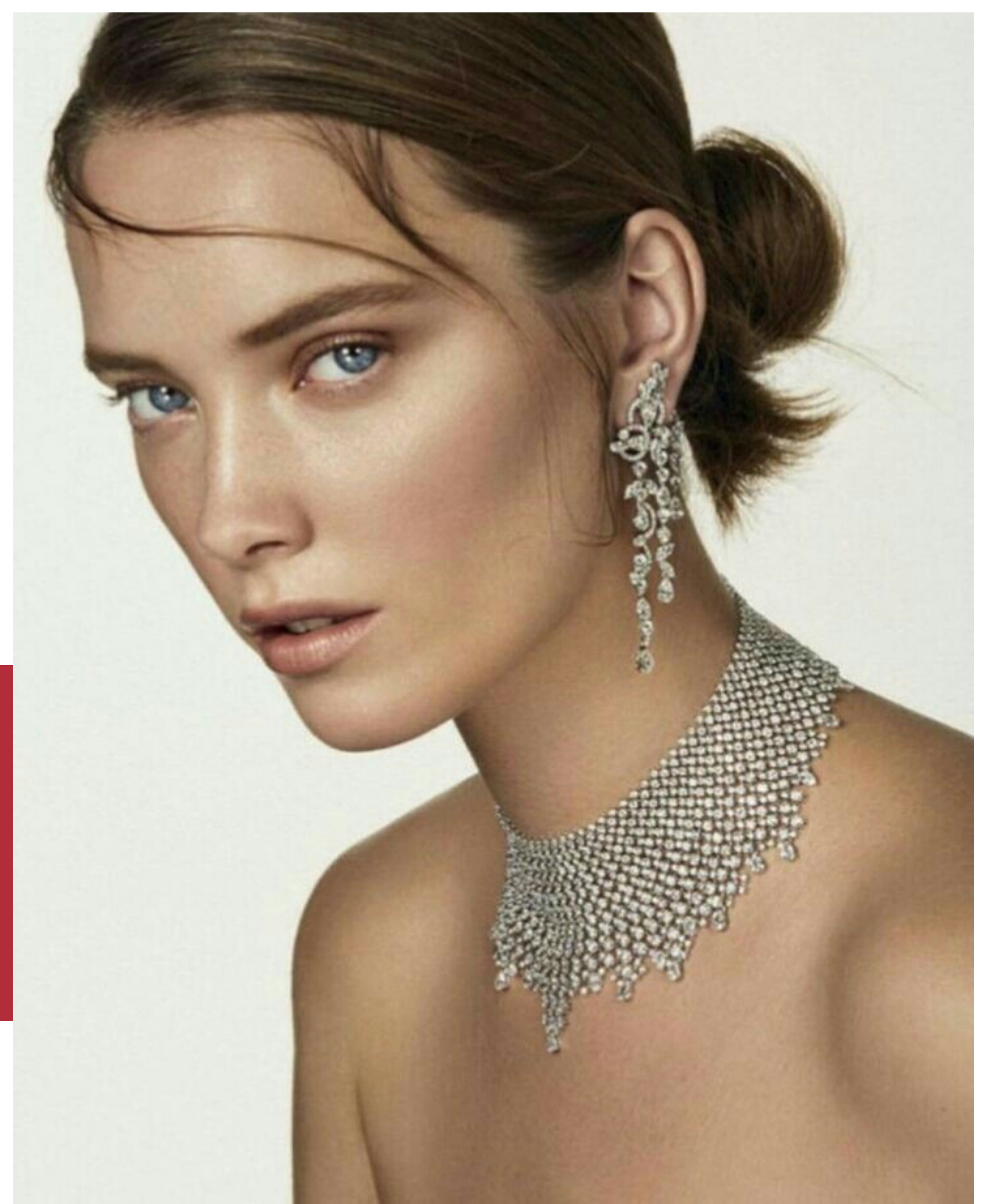
Many pieces of jewellery serve a religious purpose.

To be safe, lovers of jewellery, men or women, should wear one watch or a bracelet, a ring, one pair of earrings, and one simple necklace. Finally, keep in mind that the numbers (and types of jewellery) worn will very much depend on the occasion.



By
Bia Sandhu Taneja.

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



There is a limit to the number of jewellery you can wear, and if you are already wearing one jewellery on top of another, it's likely that you are already overdoing it. We all agree that simplicity is elegant, and one dainty necklace might be better than two or three necklaces layered unless you are attending a fashion/ social event, and the layering is working with your day's look.

You are wearing too much jewellery if you have earrings on, a necklace, bracelets on each wrist, and multiple rings on more than one finger in each hand. Honestly, you can't have jewellery everywhere. And when it comes to looking classy, minimalism wins every day.



For men, you are safe with one watch. Often, men shouldn't wear more than one watch, two rings, or one bracelet. Overdoing, it will subdue your personality and make you look gaudy.

Finally, keep in mind that the numbers (and types of jewellery) worn will very much depend on the occasion.

A woman with dark hair, wearing a red sari with a black border, is posing against a red background. She has her right arm raised and is looking towards the camera. The text 'Face of the Month' is overlaid on a dark circular background on the left side of the image.

Face
of the **Month**

Model & actress

AARUSHI BARUAH

Guwahati, Assam

Photography by **Pranjal Pratim**



• **Tell us in brief about yourself.**

So here comes the most difficult one, narrating about myself. Well, I never thought of becoming a model, I always dreamt of becoming an actress. It all started way back when I had my life's 1st photoshoot when I was still at school. The photographer loved my photos and published those on a few magazine covers which brought me opportunities to shoot for a few brands. From there my journey began. Now I have been working in different music videos, advertisements, web series, serials and also anchored a few shows. Well, I would like to tell everyone that I haven't yet made it yet. I am learning and still have miles to go.

• **Would like to know about your passion and profession.**

Well my passion is clearly acting. I love watching anything related to it, a play, series or films. I even love to read novels where I imagine characters with details. Infact I love doing observation and later to practice it out. I also like singing. And about my profession apart from being an actor I'm a student too, I'm pursuing my last year in M.COM.



• **What do you think is more important to you, a degree or talent?**

Obviously talent but I consider both are equally important in their own fields. Like in our field, talent is all what matters, say it for example, if you have a degree in acting from a great institute, nobody really cares unless you prove your talent. But when it comes to an academic field, degree actually matters, no matter how smarter you are, how capable you are, you need a degree for the next step. And that's the reality.

• **What are your long term goals?**

In simple words to become the most successful actress with quality work not quantity. I wanted to become myself not someone, I wish to become an inspiration for the upcoming generation.

• **What are your future plans?**

Well, it's very simple, as I had mentioned earlier I'll continue with my acting career.

• **A few lines for Mystic Aura.**

Last but not the least, Mystic Aura is such a wonderful platform for all the professionals as well as new commers. It's a wonderful initiative taken by the team who had taken Mystic Aura to another level of success with another year. By appreciating all the little-big works and workers from any field, this wonderful magazine has been doing wonders. And I am happy being a part of it for this month.



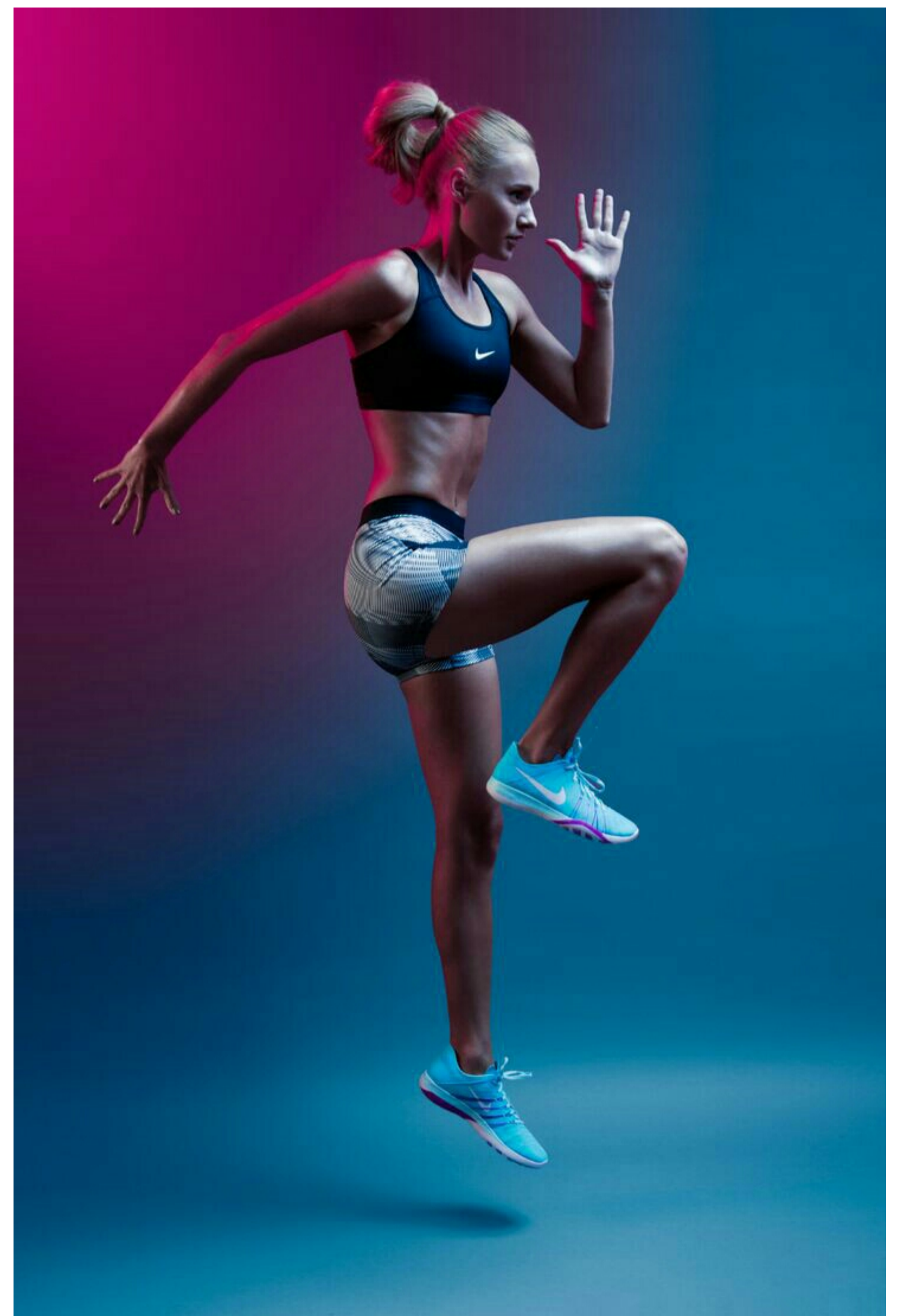
MODELS

Fit & fab

When we look in the mirror or see a model walking down the ramp in a Fashion Show, don't we ask ourselves "Kya main model ban sakti hu?", or "kash meri body bhi model jaisi hoti."

An attractive, tall, slim, gorgeous lady wearing high heels, blessed with glowing skin and skinny legs seems to be the perfect description of a model.

It's a dream for every girl or woman to achieve a body just like that of a model. Who doesn't want to have a drool-worthy and sexy reflection looking back at them from the mirror? The road is so tough ahead especially when you are a new mother. Yes, it's true, "Ek Maa bhi fit aur sexy model ho sakti hai".



Veggies and fruits.

Fruits and vegetables keep us alive always remember to eat your portion of 5. Little rhyme from the kids series Peppa Pig fits in even a model's diet plan. Incorporate a lot of green and fiber-rich fruits and veggies into your diet. Eat small portions satisfying only 60-70% of your hunger.

All you need is to wear your confidence proudly and focus on your diet and fitness.

Models are known to have a flat belly and losing the belly fat and maintaining it can be a real struggle. Diet plays a very important role in sustaining a fit model-like figure and also losing all the baby fat. 90% of your focus must be on your diet and 10% on the workout. It makes no difference whether you are a mother or not. Here are a few routines that are a must-follow to have a model-like fit physique.



Early dinner.

Fix your dinner time somewhere near sunset but not any later than 1 hour after sunset. There must be a gap of at least 2 hours between dinner and bedtime.

Stay hydrated. Drinking water flushes out the toxins from the body keeping the skin naturally glowing. Always remember 'Jal hi Jeevan hai.'

Avoid stress.

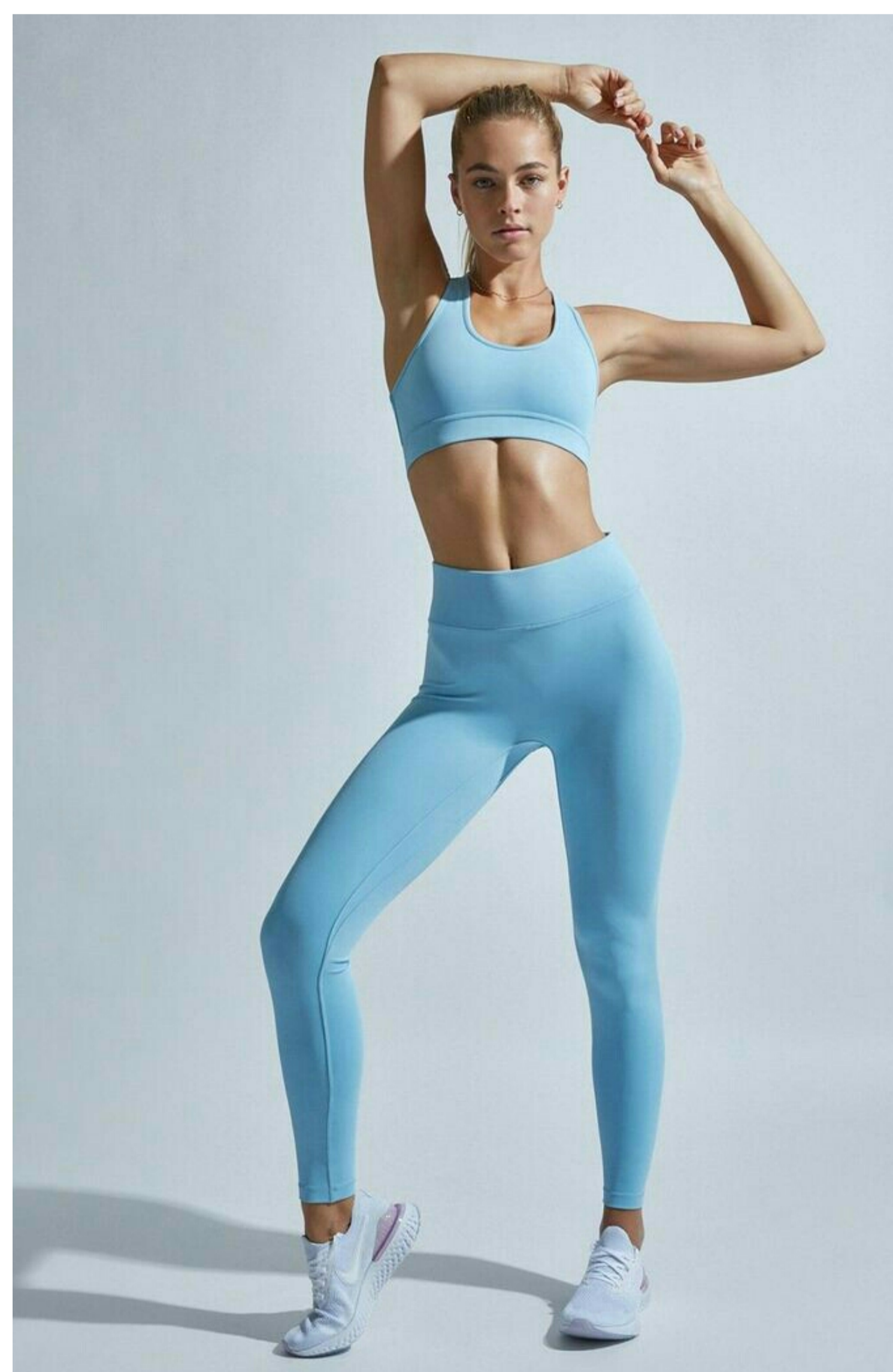
Dark circles, under-eye bags, wrinkled & dull skin, the evil nightmares of a model's dream. Avoid any kind of stress and these scary agonies will come nowhere near your lovely face.

Sleep early.

Early to bed and early to rise, makes every model's glory shine bright. 6-8 hours of good night's sleep is a must to keep that glorious beauty intact. It will also kick away those scary monsters mentioned earlier.

Inflammatory foods lead to a bloated tummy. Eat food with anti-inflammatory properties. Avoid salty food and drink green tea instead of normal tea.

Say no to sugar and carbs. Sweets and food rich in carbs are enemies of a healthy and fit body. Avoid them at all costs.



Cardio-Vascular exercises.

Start with light exercises like walking, slowly moving on to swimming, cycling, jogging, running. Incorporate breathing exercises like yoga into your routine. Zumba, aerobics, and light dancing help achieve the goal.

Gone is the era where models struggled and starved themselves to get that perfect figure. Now are the days of consistency, patience, mental discipline, focus, and determination. No doubt it's a long road but the fruit is sweet. Keep your goals in mind and divert your.



By
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ISSA CPT
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HIMALAYAN TREKKER,
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International

**YOGA
DAY**



By
Dietician Dipikaa A Bhatia

Health Guru with all natural healing techniques, Founder president of Aas Ek prayaas NGO and Director of BBEHEALTHY

Some Best Yoga Postures for Glowing Skin and tummy fat

A healthy glowing and supple skin and a good figure are what every woman dreams of having. But what if I say that with some yoga poses you can attain the same.

There are some yoga poses that can help you attain that charming glow on your skin and have a sexy figure. Read this article

Yoga Asanas for Glowing and Radiant Skin

If you have been relying on cosmetics to lend your skin that dewy glow, well, now is the time to ditch everything artificial and switch to something as natural and organic as yoga. If you wish to know how to do yoga for glowing skin, here are some popular yoga poses and ways to do them:

Seated Forward Bend Pose or Paschimottanasana

This yoga pose involves intense stretching. This pose not only is beneficial in keeping stress and anxiety at bay, but it also helps in purifying the blood, improving skin complexion and reducing the appearance of wrinkles. It also helps improve your digestion, which otherwise can birth many skin conditions like pimples and acne and also reduces your tummy fat



Bow Pose or Dhanurasana

This morning yoga pose for glowing skin works effectively by putting intense pressure on the abdominal region, which in turn helps in detoxifying the body. This pose is also a great stress buster and effective in losing extra weight, thus helping in getting you that healthy glow.



Fish Pose or Matsyasana

This is one of the best yoga poses to attain a healthy glow because it improves blood circulation of the head. Fish pose is one of the back bending poses that can be easily performed even by a beginner. This yoga pose helps in fighting indigestion and bloating and reduce your extra fat too.



Cobra Pose or Bhujangasana

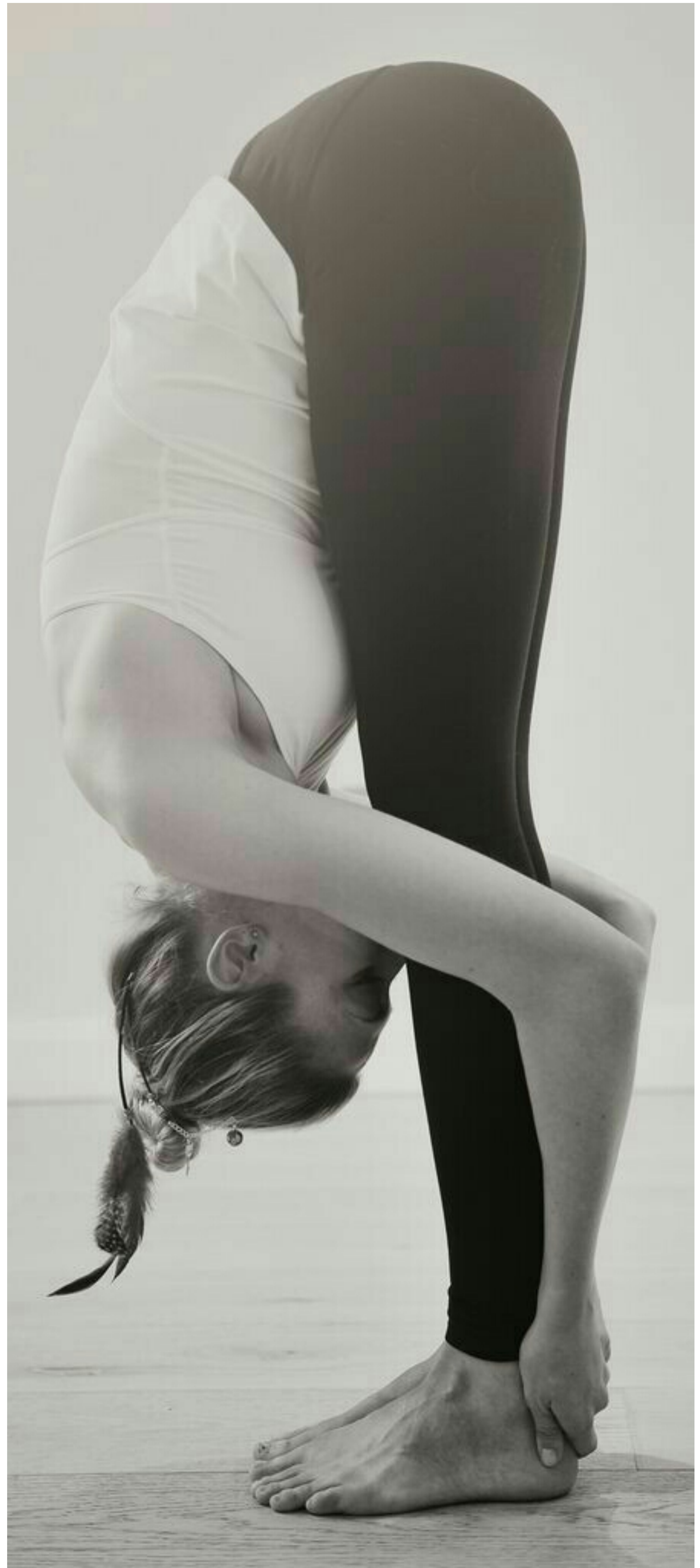
This is not only a great pose for strengthening spine and back muscles, but it is also great for your skin. This pose allows your chest to open up more by allowing more amount of oxygen intake, which in turn lends a natural radiance to the skin also good for lungs and for tummy fat.

Forward Bending Pose or Uttanasana

One of the essential yoga tips for glowing skin to remember is Uttasana, because it enhances your complexion by improving the blood flow to your face. It may seem a bit difficult for the beginners; therefore, one must take it slow.

Plough Pose or Halasana

This yoga pose is effective in improving the overall blood circulation of the body. It helps you feel relaxed and calm, and the positive effective reflects on your skin too. If you are experiencing any sleep issues, it can take a toll on your skin; however, practising this asana on a regular basis can help you to battle sleep issues, this Asan is good for tummy fat .



Shoulder Stand or Sarvangasana

Though this pose is a bit difficult, it can yield you maximum skin benefits. With regular practice, you can master this yoga pose. It helps in improving blood circulation to the facial region, which helps in battling skin conditions like facial dullness, acne and wrinkles.



Camel Pose or Ustrasana

This yoga pose is very fruitful in improving blood flow in your face and head. Improved blood flow helps in releasing toxins from the body, thus making the skin glow from within. This asana is also great for strengthening abdominal muscles, relieving menstrual cramps and for getting a flat belly good for specially for thyroid patients .



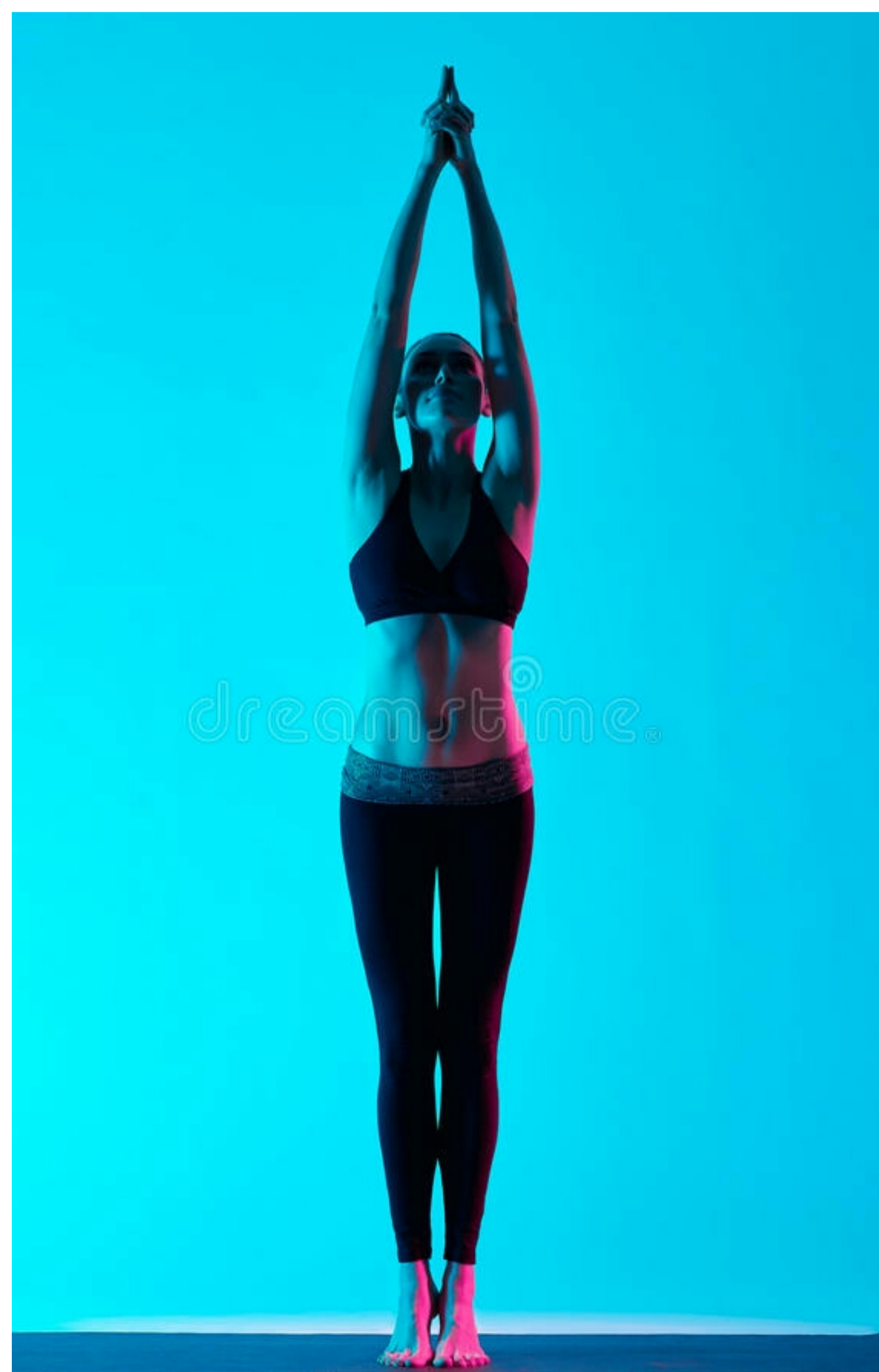
Triangle Pose or Trikonasana

This asana is great for making your skin feel rejuvenated and relaxed by supplying more oxygen to your skin. This is because when you perform this pose, your chest, lungs and heart open up, thus improving oxygen supply and blood circulation it's good for your side fat.



Mountain Pose or Tadasana

This asana is vital for all those who wish to have a radiant and glowing complexion by practising yoga poses. This pose helps you to concentrate on your rhythmic and deep breathing, which is one of the essential components for healthy skin. This Asana is also good for increasing height .



AURA

Trends

MANASH  PRATIM

Fairy Theme

Design & Concept

Olimpica Sonowal

Model **Sudakshina Gogoi**

Photographer **Manash Pratim**

Makeup **Lipika Das**

AURA

Trends

 SNAP
COLLECTION

Design & Concept

Olimpica Sonowal

Model **Saptashikha Nath**

Photographer **Manash Pratim**

Makeup **Moromi Boro.**

AURA Photography

Photographer

KAUSHIK BRAHMA

In frame **JIMI DAS**



Kaushik Brahma

A CREATIVE PHOTOGRAPHER, DEALS IN PORTRAITS, FASHION, WEDDINGS AND LANDSCAPES SHOTS.

Presently working as a PGT Computer science at St. Francis D' Assisi Senior Secondary School Guwahati.

Worked as a photographer in a few fashion shows and beauty pageants held in Assam.

Awarded the 'Best Emerging Photographer' of the North East India 2018, and was also chosen in the list of 10 best Portrait Photographer of the world by 35 International Photography Award 2020. He has also been awarded by Iris 4th All India Digital Salon 2021 in Monochrome Portrait Section.



SUMMER FRIENDLY

Makeup Tips

While summer is all about having fun with your gal pals at pool parties, wearing tiny shorts and sipping on chilled sodas, it isn't too fun for your skin. Your skin is prone to being more oily and red in the heat and is also more likely to feel irritated. Hence, even the makeup that goes on it doesn't sit well and keeps slipping. So, if you're a beauty beginner, we've got some summer makeup tips that will keep your cute look in place at all times.

Summer Makeup Tips For Oily Skin.

If your skin tends to feel greasy and sticky in the summer then you aren't alone. You can use a gel based moisturiser and a charcoal mask for this season to keep your oil production in control and follow these makeup tips for oily skin to make it stay put all day long.



By
CHANDRAREKHA

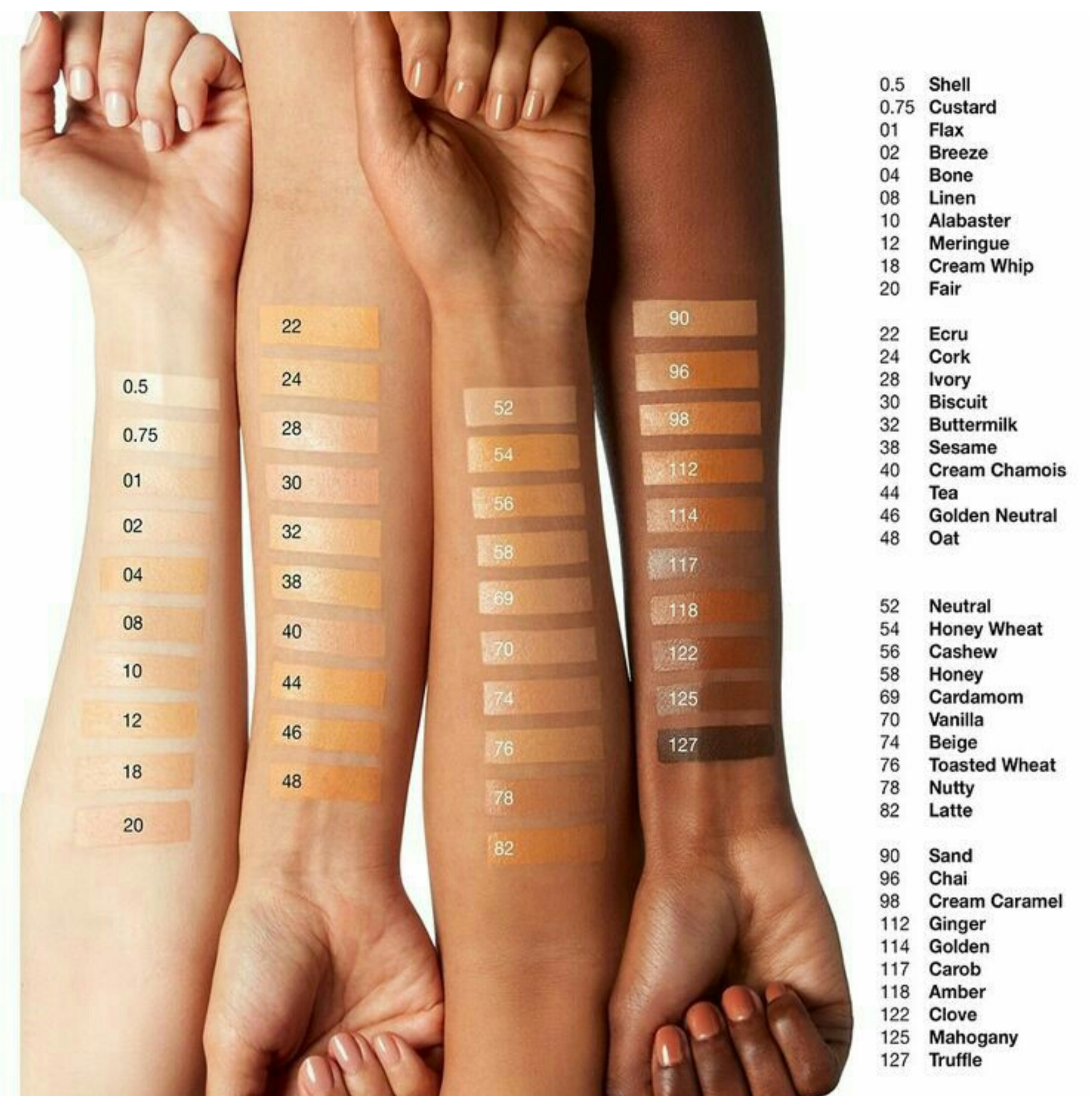
Bangalore, Karnataka.
Celebrity make-up artist.
An Esthetician & skin therapist.
International hair stylist.

Prime Your Skin.

Priming your skin is the key to oil free makeup. Take a pea sized amount of primer and apply it to your face especially on your T zone, chin and wherever you have visible pores. This will help your summer makeup last longer and will give you a smooth canvas for the rest of your products.

Pick A Matte Base.

While dewy foundations look beautiful in the winter, it is the matte and satin ones that really work well for the summer. When you're doing makeup for oily skin in the super hot months then just keep in mind that less is more. Work in thin layers rather than packing on product. This will help in not letting your makeup look cakey and will give you an all in all gorgeous base.



Use Setting Powder.

One of the most helpful summer makeup tips for oily skin that we can give you is using setting powder or translucent powder. Use a makeup puff to apply it on your under eyes and on the sides of your mouth to keep your foundation and concealer from creasing and then take a large fluffy brush to apply it all over your face. This will keep your base in place throughout the day and will also help keep the grease in control.





Dust On Matte Bronzer.

One of the most helpful summer makeup tips for oily skin that we can give you is using setting powder or translucent powder. Use a makeup puff to apply it on your under eyes and on the sides of your mouth to keep your foundation and concealer from creasing and then take a large fluffy brush to apply it all over your face. This will keep your base in place throughout the day and will also help keep the grease in control.

Use A Creamy Blush For A Flush Of Colour.

Many people pick a powder blush in summer so that it can soak up the excess oil from the skin but one summer makeup tip we swear by is to switch this out with a cream blush.

It may seem counter intuitive at first, but it gives you the most natural sunkissed look. Warm up the product by rubbing your fingers together. Apply blush across your face from one cheek to the other. Apply it to the apples of your cheeks and on your nose to give yourself that flushed look. And if you're worried about longevity, you can dust some translucent powder over your cream blush to ensure that it stays in place all day!

So, if you're thinking of how to do makeup for oily skin at home, we hope that these tips came in handy. You will keep your makeup budge proof all day long.

Prime And Set Your Eyelids Too.

Summer is all about trying out poppy shades on your eyes and really going all out with the eye makeup looks. But before you go in with eyeshadow, remember to prime your lids too because they get oily as well. You don't need an eyeshadow primer for this, just take a regular concealer and apply it to your eyelids. Then go in with the same setting powder and set the cream product in place so that the eyeshadows can glide on smoothly. This will not help with the oiliness in the heat but also make the shades look more vibrant.

Pick A Water-Resistant Formula.

Even if you aren't going into the pool with makeup, you do tend to sweat a lot in the summer so picking water resistant formulas is a safe option. You don't want to end up with panda eyes after having your mascara and eyeliner running down your face, do you ?





NATURE SAVVY

A Being Caring Initiative



By **SANSKAR NAGAR**

Director/ Founder : Being Caring
Ngo

World Environment Day is celebrated every year on June 5, to remind humans that they are not alone on this planet.

There is a huge biological ecosystem that exists and humans survive because of that.

The day is observed by United Nations to encourage worldwide awareness and work towards improving the environment. The day is celebrated by millions of people and organizations across the globe to share their experiences, challenges, and solutions.

The theme for this year will be ecosystem restoration, with a special focus on creating a good relationship with nature.

World Environment Day is a once-a-year activity, however, it doesn't mean that we should only pay attention to the environment on that one day. Irrespective of the day, organization, event, country, theme — preserving nature is our responsibility.

Thus Being Caring Ngo has launched a "Nature Savvy" an initiative for spreading Awareness in people to :

- a) Bring a change in your lifestyle. See how we can live better with nature, and make little alterations in our day-to-day life.
- b) Educate other people. This is not a fight we can win alone; even if we are able to create awareness to a small minority of people, it can create a world of difference.
- c) Ensuring that the people associated with the campaign plant atleast 1 tree in their lifetime , to give atleast something back to the nature.

Caring is a virtue and as humans , we should take responsibility of our actions and care to restore the environment in whatever way we can because we have only ONE EARTH.





RAINFOREST

Beauty and Balance

By Anindita Bora

The German Botanist, AFW Schimper, was the first to have coined the term 'Rainforest' to describe the forest of permanently wet tropics. Twenty percentage covered by land surface, these rainforest provide life to living beings. Lots of trees like woody, climbers, shrubs, herbs, number of micro plants, medicinal plants and also bamboos are found in canopy layer. Animals play major role in rainforest. If we go inside the forest we see birds, and butterflies sip nectar from flowers. We also find there snails, ants, earthworms taking shelter for their survival. Spiderweb spread in every branches of tress. Frogs wait in every corridor for insects. Birds, bees make their nests and hives. On trees climb monkeys with their little babies hanging from one branch to the next. Halting squirrels or bears search honey. Microscopic organisms are also found in these forests. Rainforest are also home for, small and big, exquisite birds. It is a sight of endless joy and pleasure to see different animals moving around with their babies. Rainforest are found in Brazil, Amazon, India with Assam, Andaman and Nicobar and Sri Lanka.



Rainforest is the source of nutritional medicinal food, clothing, natural resources. Each and every organism is inter-dependent member of a balanced ecosystem. The scientists, botanists believe that a relatively small change occuring in the atmospheric temperature at various altitudes can disturb the entire ecosystem and send hundreds of species to brink of extinction. So earth's precious rainforest must be saved from futher destruction. Many national and international organisations have taken necessary steps for protection of rainforest as well as endangered species and their habitat .

Eri

Metamorphosis of the worm into art

"Doir paani, Eri kani" an ancient Assamese saying meaning 'the water of settled curd is the most nutritious and, likewise, fabric made out of the Eri cocoon is the most sublime of fabrics.'

Nature plays an important a role in terms of weaving the textile into the local culture and religion and our folk art integrates nature in various forms. The yarns of Eri are used locally to hand-spin fabrics using the centuries old traditional methods and woven to create clothing and art pieces incorporating indigenous motifs.



From butterfly to fabric

The term 'Eri' is derived from 'Era', which means castor. Leaves of castor (era paat) and kesseru plants are the food of choice for Eri-silk caterpillars. The castor and kesseru plants are home cultivated in the villages and Eri-silk cocoons are domestically reared.

The life-cycle of the Eri worm is about 30-50 days, depending on climatic conditions and season. From the butterfly laying eggs to the worms becoming mature, it takes a few weeks. After that, the worm weaves a cocoon around itself with its saliva. Once the cocoon is completed, the worm undergoes metamorphosis and turns into a pupa. It takes a few more days to mature into a butterfly and then the butterfly leaves its cocoon naturally and peacefully. Finally, the cocoon is processed to extract yarn out of it and that yarn is woven into fabric. The whole process is dictated by nature and the worm is not harmed in any way for the extraction of fabric from the leftover cocoon. Hence Eri is known as the 'Fabric of Peace'.



Characteristics & innumerable uses

Eri silk is a sustainable, biodegradable and nature-friendly textile and is an excellent green replacement for the synthetic textile. It is an off-white fabric and can be dyed with natural dyes to produce fabric of vibrant colours. The traditional fabric has a mildly rough texture typical of hand-woven fabrics. The fabric is breathable as well as comforting to the skin, making it an ideal wear in both warm and cool climates. Eri-silk is very durable and it has been a tradition heirloom that can be passed on to generations. The rawness of Eri's texture makes the silk unique and versatile for a multitude of uses. It can be fluidly used in traditional Indian wear as well as for western designs. Beyond that, it can be used for clothing accessories like scarfs, bags, towels etc and even home furnishings like cushion covers, runners, mats, wall decor etc.

About Kiron Foundation

To create a sustainable, earth-friendly and culturally rich textile form, Kiron Foundation is actively involved with the indigenous artisans of Majuli, the huge island situated in the heart of Brahmaputra river. Huge opportunities have been created for the indigenous people by cultivating of kesseru plants and intercropping with castor plants in Majuli. The entire process of kesseru planting, worm-rearing, yarn-spinning and hand-weaving is carried out by the local people. The artwork presented here draws inspiration from the folk attire and traditional motifs of the 'Mishing' tribe, which is spread across the Brahmaputra valley.

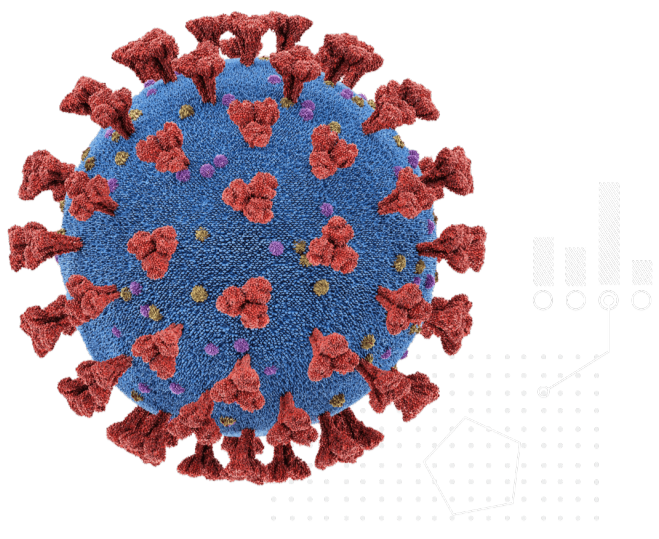
By

Angana Bordoloi. (Developer and Designer).

Owner & Founder of @kironfoundation.

Model – Rimpi Das

Photographer – Ankur Hazarika.



LONG HAUL COVID

All you need to know?



By
Dr. Apoorva Nagar

Bpt, Mpt (Musculoskeletal)
M.D. : Dr. Nagar's Dental and
Physiotherapy center
M.D. : Being Caring Ngo

An increasing number of people are continuing to experience symptoms after their initial recovery from the disease in the second wave. Just recovered from Covid-19? It may not be wise to let your guard down since an increasing number of people are continuing to experience symptoms after their initial recovery from the disease second wave.

These post-Covid health conditions or complications have come to be known as "long Covid" or "long-haul Covid". In such cases, a patient continues to experience symptoms of the disease four weeks after initial recovery. Some of the complications being witnessed in patients recovered from Covid-19 include impact on lungs, kidneys, heart, and cases of a black fungal infection called mucormycosis, white fungal infection called Candidiasis or even Yellow fungus, All these are opportunistic infections.

what precautions one should take before resuming normal life:

Dr Nagar, said if a Covid-19 patient has ILI (Influenza-like illness) symptoms, then within 10 days of onset of symptoms he becomes non-infectious.

"After 17 days from the onset of symptoms, he can resume normal activities while maintaining Covid-appropriate behaviour. For SARI (severe acute respiratory infection) cases, the patient becomes non-infectious after 20 days and he/she can resume normal life depending on the extent of their lung damage and other issues.

What complications may arise after I get cured of Covid-19?

Covid-19 is known to affect multiple organs and body systems, including heart and blood vessels, lungs, kidneys, skin, brain and nerves.

Some of the warning signs of lingering Covid conditions are continuous shortness of breath, chest pain, breathing trouble, reappearance of fever, fatigue, painful joints or muscles and dizziness on standing.

"This virus has the potential to directly involve lung cells, leading to lung fibrosis. They stimulate the fibroblasts, causing fibrosis of the lungs and that is a tripling problem. That is, you land up with a 'triple lung', leading to fatigue and you always pant for breath,".

What precautions should I take after recovering from Covid-19?

people with co-morbidities like hypertension, diabetes, cardiovascular diseases or renal failure should immediately go back to their ongoing/pre-Covid medication.

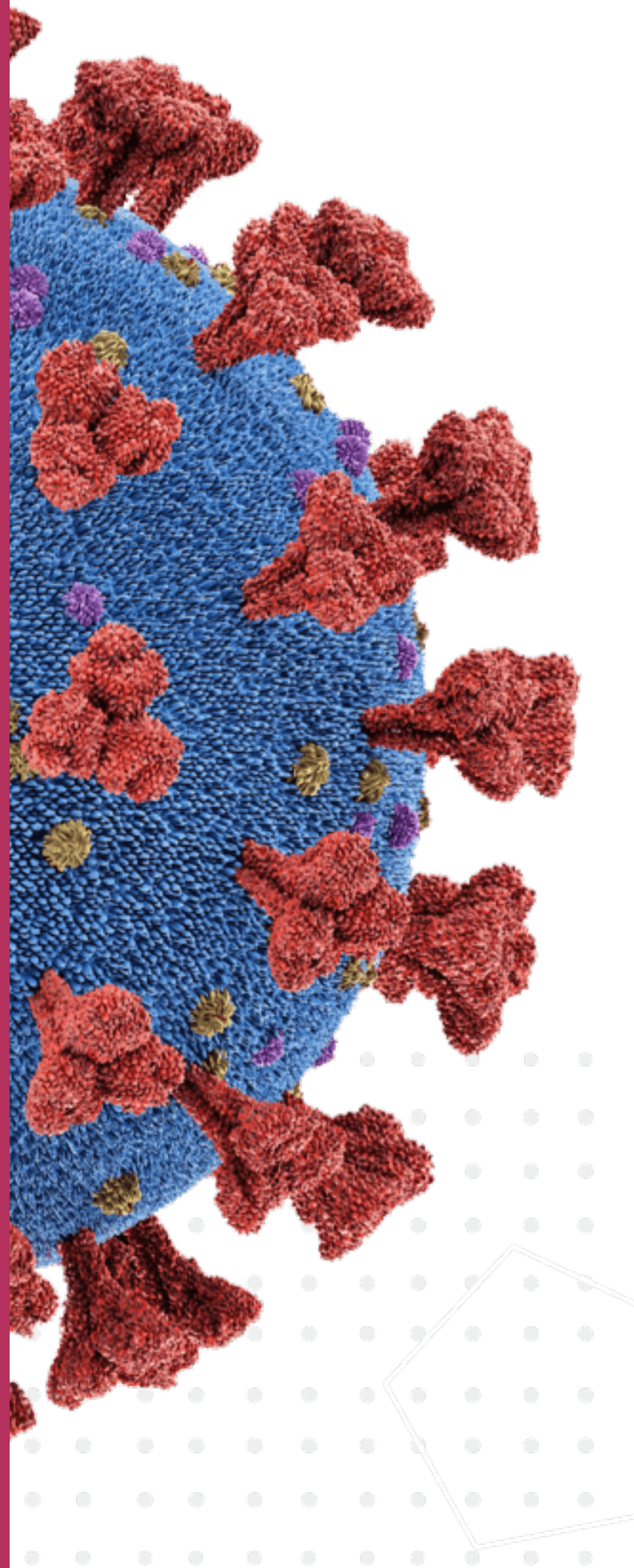
"Because of Covid-19, people are stopping their normal treatment. Just because you have Covid-19, it doesn't mean your diabetes has got better, or your blood pressure has improved. Secondly, after recovering, one should consult a doctor and do some tests to see whether Covid-19 has had any impact on end organs like heart, kidney, liver. He/she should get vaccinated 1-1.5 months after recovering from Covid-19,".

Other precautions include: staying hydrated and drinking plenty of fluids, practicing breathing exercises and meditation, following a nutritious diet, getting adequate sleep, avoiding smoking and alcohol.

When can I resume workout, exercises after recovering?

One key concern of people after Covid-19 recovery is about the right time to resume workout sessions. "The ideal way is to start slow and do low-intensity exercises and perform any activity for 5-10 minutes a day. You can start with jogging or walking in the first week of post-Covid recovery. In the second week, you can double the timing and increase the pace," said Dr Nagar.

Just don't panic , take good care of yourself and your loved ones.



WILDFLOWER LOVE

I dream,

I dream a sunset of love.

A dusky warm hue,

A spiced warm fragrance of the evening.

A shoulder to lay my day's tiredness.

Sudden silver beam falling on me

jerks me from my dream.

I look to see the peeping Moon smiling at me.

Telling me it is always present with silver warmth,

Only the dark clouds sometimes veils it.

The wild spirit danced inside me

I know that everyday you are there

Loving me with each sunrise and each sunset.

A spirit to carry on with the beautiful life.



By
Monali Bhuyan

WE ARE HUMAN

The bravest of the brave
The finest creation of God,
We are the humans,
The symbolic of saught.
Adam and Eve were the first they say,
Who began the flow
And uptil today it prevails.
We are human,
We fought for love,
We helped and helped
Until our lungs gave up.
Peace and truce were all we believed
Positivity and truth
Was all that we received.
But today we stand,
Far, far away
Hatred and war are our friends today,
Sadness in our hearts,
And eyes are gay,
We take and take but never pay!
Lies and loss is all that we see,
Nothing in this world,
Is utterly free.

Nature gets destroyed,
We are killed,
A different world today,
Is now built.
Faith and fiction are identical now
We live in a practical world
With not so practical crowd!



By

Sunita Saikia

Head Digital journalist
The Northeastern Chronicle .

Fashion is the armour to survive the reality of everyday life.



Mystic ^{AURA}

www.mysticauramag.com

Models: Jinti Doley, Mridupaban Mosorong, Puja Das

Make-up: Sushan Subhankar Mandal

Costume: Olympica Sonowal

Photographer: Bashistha Das

CALENDAR
2021

6

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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