

MYSTIC AURA

Magazine

VOL 02 | ISSUE 20
OCTOBER 2021

FITNESS
Myths & Facts

**Shop
intelligently**
wardrobe with
new style

God's own
creation
Kerala

DURGA
PUJA

SPECIAL ISSUE

AURA EXCLUSIVE
Interview with
PALLABI SAIKIA

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*Religious and spiritual
significance of Goddess Durga's
journey undertaken on to earth to
establish a place and symbolize
the victory of good over evil.*

Photographer:

Namelessbong (Rohit Das)

Model 1: Nomomita Kujur

Model 2: Digantika Choudhuri

Makeup artist: Sourav Dey

Designer: Sharique Alam

MYSTIC AURA The team



GITALI PATHAK DEKA *Proprietor & Editor-in-chief*

She is a model, an educator and also a Master Trainer 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, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



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She is a model, an educator and also a Master Trainer 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, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



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'S NOTE



India is a vast country, rich in culture and heritage. It celebrates so many festivals in a year and that sets our country apart from the other countries. The month of October is the most awaited month of the year because this month has obviously many national and international festivals to celebrate. The celebration of Goddess of power and strength DURGA is filled with the feelings of positivity and festive warmth among all. After a long wait,

people are in a festive mood, waiting to welcome Durga Maa. This festival is celebrated with great enthusiasm and zeal. The aroma of beautiful flowers surrounding the atmosphere gives a festive vibe in our hearts.

Mystic Aura team tries to bring out the best and pop out the best to a level by selecting quality contents that can give our readers and viewers the pleasure while going through the articles. The special aura pages are the main attraction of the readers showcasing fashion, trends, beauty as well as covering the regular topics.

Stay safe, stay healthy!

HAPPY DURGA PUJA

Regards,

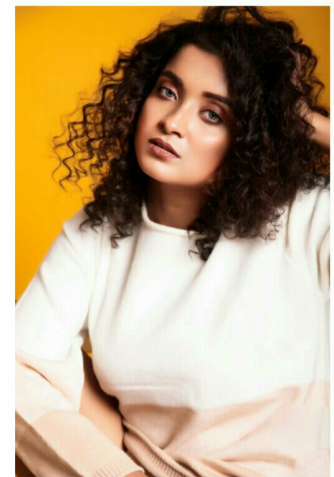
Gitali Pathak Deka
Editor-in-chief.

MYSTIC AURA

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ON THE COVER

Photography: Abhijit Boruah
Makeup: Ranjana shil

COVER MODEL

Shakshi Biswakarma

a 17years old beautiful model from Assam. Currently she is a student of Cotton University.

Her journey to the fashion world started in 2017. Almost every girl has a desire to step into the glamour world and so was hers. She wanted to be a model and walk the ramp someday wearing the coveted crown. She was successful in achieving that desire when she was crowned as the winner of Assam Top Star model 2018. Then next, as the winner in Assam Top Model Season-2, 2021.

She feels that with the support and blessings from the well wishers she would never fail to prove herself the best in the National and International platforms.

Aura

EXCLUSIVE

INTERVIEW

PALLABI SAIKIA

A very beautiful and alluring
model of **Northeast**.





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

I am a trained classical dancer and singer of Assam. Besides that I am passionate about painting, cooking. I am a professional model and want to be an IAS officer and am busy preparing for my goal.



Tell us in brief about yourself.

I am 21 yrs old Pallabi Saikia, Top 10 finalist of Liva Miss Diva 2021. I am from Digboi, Assam. I am a Chemistry graduate from Digboi College and also Visharad in Satriya, Bharatnatyam and classical song. Started my modelling journey in 2018 as a winner of Miss Assam Northeast 2018 then I did many runway fashion shows like East India Fashion week, Neifw, Playfest season 2 etc. After a hardship of 3 years I have joined Liva Miss Diva 2021 through which I wanted to set an inspiration for all women who are deprived of opportunities where I have achieved success in my journey and learnt in every single aspect.

You are among the Top-10 finalist in Liva MISS DIVA 2021-22, share your experience in National Platform.

Miss Diva is a dream of every women and so was mine and to be a top 10 finalist is beyond happiness where words fall short to express my feelings. I got to showcase my talent and my tradition in such national platform which is a super proud moment for me. Being a representative of Northeast makes me immense happy today. I have to say this that, you should always believe in yourself then trust me you can achieve anything. I am glad and honoured to have this opportunity to be a part of such big platform.

Your memorable experience or incident (if any) in fashion industry so far.

When I am with all the 20 talented woman from all over India and learning new things every day from each girl makes each day very memorable. And I miss every moment with each and everyone now when am back to my hometown after the contest.



Your views on fashion and modelling and your future plans?

Fashion for me now-a-days is the basic sense or need of a human being and through modelling one can easily define fashion and can learn which fashion and style suits ones personality. Both are interconnected terms. In the next few years I definitely want to get more success and come back with as the most strongest personality where I can make my parents feel proud and my region Northeast.



A few lines for Mystic Aura magazine.

The best fashion magazine which will addict and attract you to go through the next monthly part of this magazine if you start reading. The best part is the cover pages and the stories they share are awesome.

Good wishes to the team members.

SHOP INTELLIGENTLY

BY PRASANTT GHOSH

There is no need to buy a whole new wardrobe to make a style statement. It is on how cleverly you accessorize it with other items in your wardrobe.



Accessorizing the dress with hats, belts, jackets, stole; scarf etc will help you in a great way and also teach you the sense of styling yourself. If you ever thought have nothing to wear then try it out checking in your wardrobe. Because fashion does not mean buying new items every time you want to give a style statement but also what you can do and play with your own dress laying in your wardrobe.



Every man and woman needs a crisp white shirt in his/her wardrobe. Buy the best quality you can afford in a classical style. It will be with you years and dresses up any other colour outfit. Don't buy clothes that are too small hoping you will lose weight to fit into them. They just might end up sitting in your wardrobe constantly. Before purchasing just think does it go with other clothes you own, to decide if a piece of clothing is worth buying making sure it goes with at least three other items you currently own?

A bargain is only a bargain if it has use and purpose. I still have a fabulous blue handbag in my closet that I paid only 20 percent of the full price for. Ten years later it was a waste of money even at 80 percent discount. Think twice about the bargains offered. A cheap top that requires expensive cleaning will cost you more in the long run. If it doesn't fit you perfectly and can't be altered easily it is not a bargain.

Choose two main colours and build on them. For versatility in your wardrobe choose two main colours for your core garments and build on them. Avoid faddish clothing unless you are in the fashion industry. In the business world you want to appear as if you know what you are doing and you're your faddish clothes do not give you an individual and confident image.

To expand your wardrobe, choose another colour jacket and skirt or trousers which will blend with the first jacket and all of your tops. Before you know, you will have a multitude of options from a minimum of pieces.



Again there is another way to give a style statement without going out and spending a huge amount in shopping and that is if you have a old loving shirt which you would not like to part with or a old suit of your father or yourself which is just laying in your cupboard, you can always cut it and change it into a smart waist coat by adding colour in the border in a planned manner. Make sure you have a plain dark coloured dress in your wardrobe you can add sparkle for evening parties. As for old long shirts ,cut it into half shirt. You can do embroidery, paint and use appliqué work and give it a complete new look. You can do this with other dresses as well even an old saree. Don't become a fashion victim. Choose items of clothing that are very fashionable and go with your personality. Remember good planning behind your wardrobe is a must, just do not go and buy something which looks good on someone else. It might not look good on you.

Avoid cheap and tacky clothing that looks and feels cheap as the end result will also make you look cheap and tacky. Avoid faddish clothing unless you are in the fashion industry in the business world you want to appear as if you know what you are doing and who you are. Faddish clothes do not give you an individual and confident image. Clothing which looks and feels cheap and tacky will have the end result of making you also look cheap and tacky.

Remember along with cloths you should spend around 20 percent of your budget on accessories. Like your clothing they are a wise investment only if they go with two other items in your wardrobe.



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Face
OF THE MONTH



JASMINE ROY

*A very glamorous and charming
model of Kolkata.*



Tell us in brief about yourself.

I am a model based in Kolkata. Apart from being a model, I also work as an actress. I've been in this specific field for more than 3years and I worked with some magazines in Bengal before COVID.

Would like to know more about your passion & profession.

There are a lot of things I would like to try. As a practicener of classical music and arts I've been in this field since my childhood. But I would also like to nurture my bookworm side. As of professional side I would like to stick to this field for now.

What is your opinion on the saying, 'Being beautiful in your own skin'?

My opinion on 'being beautiful in your skin' is not about how much makeup you wear, not about the dress either; it's about how much you love yourself and how much confident you are. When you love yourself, the true beauty shines from within.





**Deepankar Adhikary
photography**

What are your future plans?

My future plan is to work as an actress in various fields.

Your views on modelling and fashion.

Modeling and fashion industry has always been all about glamour. Like many other fields this field has tough competitions. Sometimes you have to go through tough times as modelling isn't an easy job at all, specifically in this field you have to take care of yourself very seriously physically and mentally. But obviously I would say it's very tough to work hours and hours without rest, to sustain in this industry one requires a lot of patience and dedication as it is said, good things take time.

Share one of your weird incident that happened in life.

Well I don't have such weird incidents as I'm very cautious about whom I'm working with, but yes having a dusky skin and being a studious student in the past always caused me some serious bullying which led me towards low self-esteem. But I'm glad that I've challenged myself in every way to bring back the confidence and I'll continue to do so in future to make myself better.

A few lines for Mystic Aura magazine.

Mystic Aura magazine is a great platform to look out for new talents out there specially in this COVID time. It also gives a platform to promote your work. I'm so thankful to be a part of this beautiful platform.....



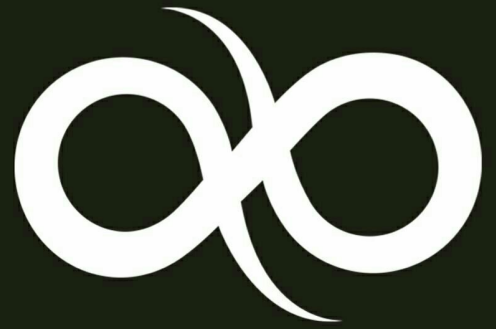
LOOK
OF

ELEGANCE



LOOK OF **ELEGANCE**

Dressing according to one's choices, along with a professional and polished look communicates the wearer's personality. Today's appealing fashion trends both stylish and elegant, are brought into the corporate world. For someone, who is professionally dressed can also look fashionable; its only about how you present yourself. The secret of great style is feel good in what you wear. Its about something that comes from within.



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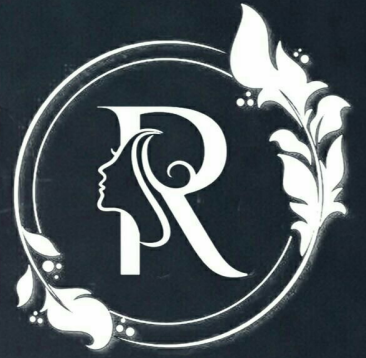
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Ranjana Makeover

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Ranjana make-up artist

Model: Shilpi Mahanta

Photography: Abhijit Boruah

BEING PAWSITIVE

A Being Caring Initiative

Being Caring Organisation was launched an year back with a vision of eternalising and incorporating the virtue of care amongst the youth for better brighter and more empathetic world.

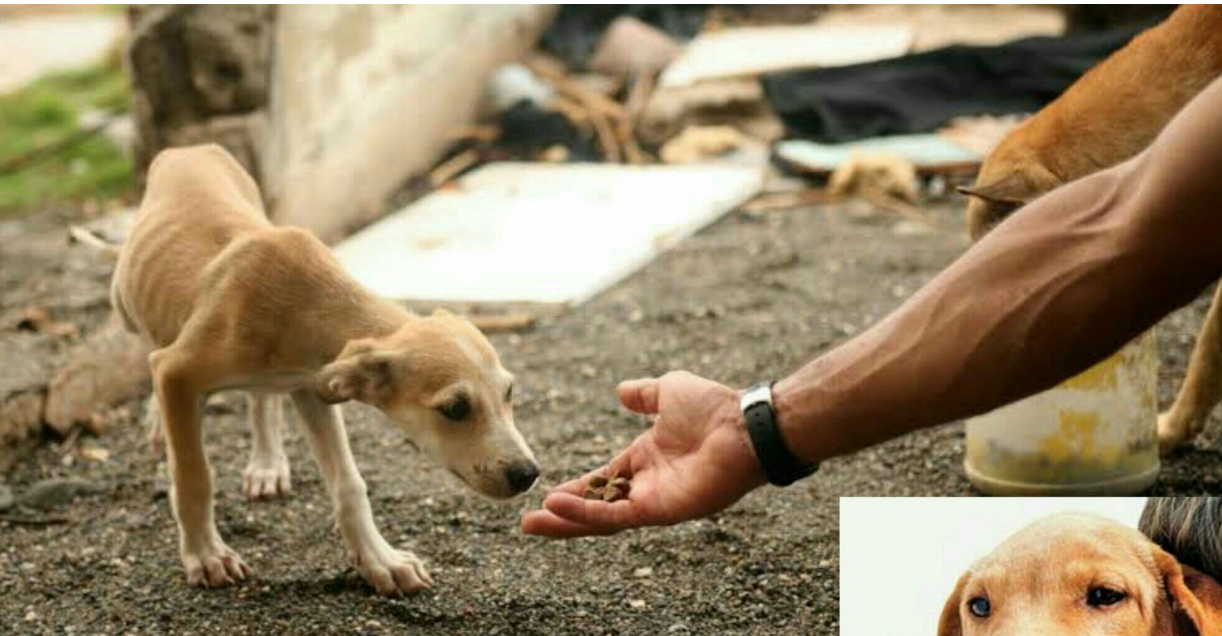


By Sanskar Nagar
Founder: Being
Caring Organisation



This world Animal protection day, we are globalizing our Project-Being Pawsitive by spreading awareness in our youth about the care, the affection our furry friends need from us.

World Animal Day is celebrated on 4th October every year to raise awareness about improving the welfare standards of the animals around the world. World Animal Day celebrates the relationship between humankind and the animal kingdom. We can't ignore that animals play an important role in our lives. They not only provide support and enrich our lives but also give companionship and make us better human beings. This day provide us an opportunity to serve animals and be a part of something special.



The best part of this day is that everyone can celebrate it without any restriction of nationality, creed, religion, political belief or ideology. Basically, this day is for those who care for animals; love them and of course for those who should care for these wonderful creations. There are several organisations, animal welfare groups, schools, charitable trusts etc. that celebrate World Animal Day on large scales.

Several events are organised for celebrating World Animal Day with a particular approach to raise awareness about animals and for also fundraising purpose. This draws attention to animal issues and makes them front page news which is a vital catalyst for change. Various awareness and educational events are organised, pet adoption events, conferences and workshops, animal blessing services, fund raising events, school events to educate the younger generation about animals etc.

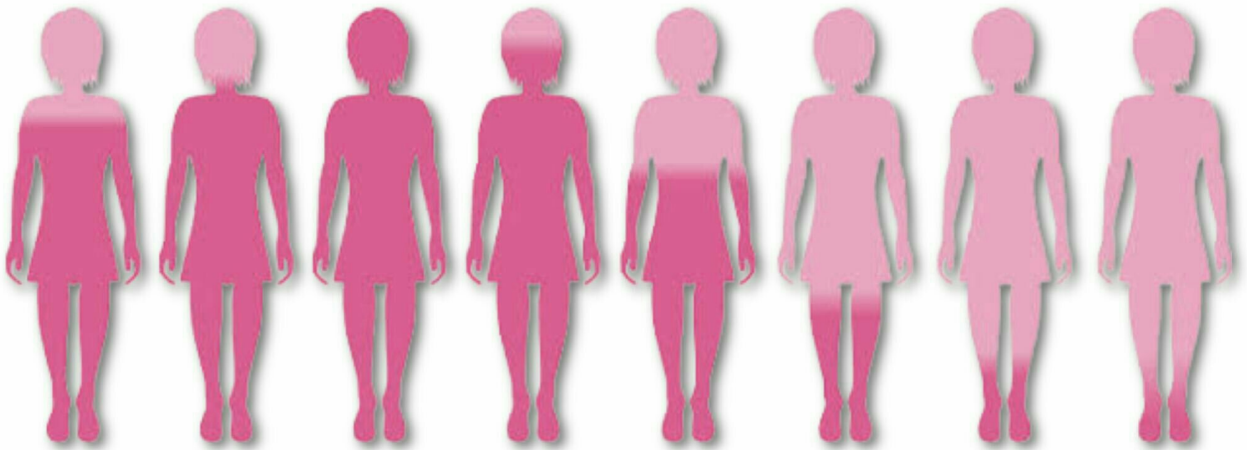


With Being Pawsitive Initiative we have come up with the motive of sensitizing our youth to come forward and help a furry friend in whatever small way possible, either in the form of food or water, a hygienic shelter, an empathetic pat on their head or just by spreading the message of stoping cruelty on them. A little contribution can help bring a PAWSITIVE change.



ESTROGEN

Effects on female body



Too much estrogen cause many issues in women like breast cancer,

The human body is truly amazing. I mean, think of the absolutely intricate mechanisms that happen inside it. Right from the cells getting regenerated on a regular basis, to the perfectly coordinated functions – the entire body is nothing but short of a magical work.

One hormone is let loose and you have it affecting the smooth flow of so many things that your body does! I mean, we all tend to take out bodies for granted till we are denied use of a part. Only then do we realize how precious that part is. Ever broken a limb or sprained an ankle? You'll know exactly what we mean.

Which brings us to the real point of this article: the presence of too much estrogen in your bloodstream. Estrogen, commonly known as the 'female' hormone, is what brings about the normal running of the female reproductive system .It helps in making you fertile, and in maintaining the regular menstrual cycle of your body. It also helps in keeping your fallopian tubes, the uterus, and even your vagina, in perfect shape.

Too much estrogen Can Lead To Weight Gain and here's the more interesting part:

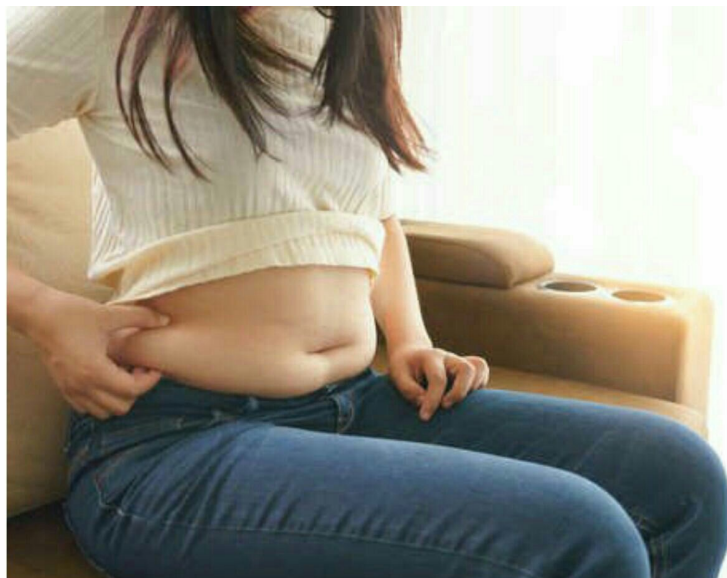
apart from these things, estrogen also helps in maintaining your body's bone structure and calcium supply. It also contributes to keeping your heart healthy as well as maintaining a balanced mental health. As if this wasn't enough, it also keeps your skin looking healthy, young, and wrinkle free. Which simply means that a lack of it can have an effect on all of the above.

But what we must also remember is that not just lack of it, but an excess of it may also have adverse effects on your body. While it is normal to have high estrogen levels in a pregnant woman, it isn't healthy for the same to occur in a normal body. Excess estrogen may lead to various problems, such as weight gain and the inability to lose it later. But weight gain is the least of the ways in which it can affect your body. It can also cause diabetes and tumors in the adrenaline glands and ovaries. Few body signals for women when estrogen levels of your body is high.

DON'T IGNORE

Fluid Retention

You may feel that every time you eat something, you feel exceptionally full and your tummy is always rumbling or feeling gassy and full. If that is the case, it may mean that there is too much estrogen in your bloodstream.



Feeling Bloating

You may feel that every time you eat something, you feel exceptionally full and your tummy is always rumbling or feeling gassy and full. If that is the case, it may mean that there is too much estrogen in your bloodstream.



Irregular Periods

One of the most obvious signs of things having gone off-track is an irregular menstrual cycle. If at any point you realize that your periods are going haywire, it is time to pay a visit to the ob-gyn.

Lumps In Your Breasts

Any lump in your breast calls for an immediate consultation with a doctor. If at any point you feel that there are lumps present in your breasts, which weren't there before, it could be because of estrogen imbalance in your body (8).

Low Sex Drive

If you find yourself absolutely disinterested in sex, estrogen could be the culprit.

Extreme PMS-Ing

By extreme, we mean fatigue and depression that is more than normal, and which affects you so much that it makes you unable to function normally.

Headaches For No Apparent reason

Usually, a rise in estrogen level can cause this, but an extreme rise means extreme headaches that will actually render you helpless and unable to carry out your normal day-to-day activities.

Extreme Tiredness

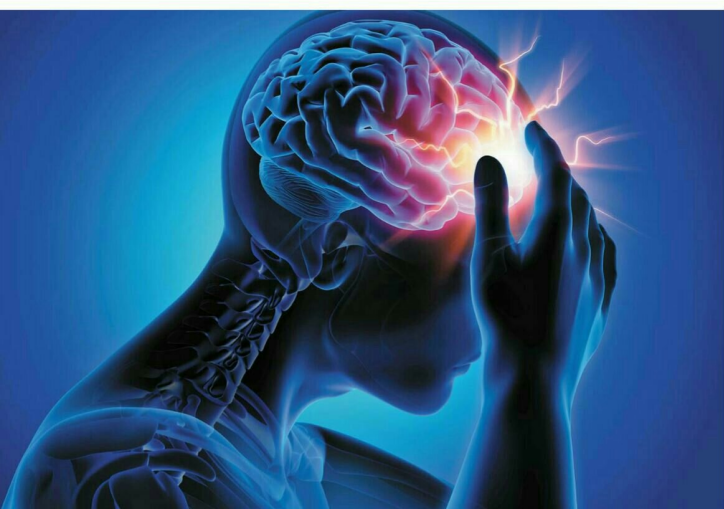
Being always tired and wanting to sleep from morning till night is not a good sign at all. It could mean estrogen is playing havoc in your body, so it's best to get yourself checked.

Clots

This is probably the scariest of the symptoms and the way this will reflect on your body is through pain and swelling in different parts of your body.

More Than Usual Mood Swings

While some amount of moodiness is okay, if it is too extreme, it means that your body is giving you signals. So, don't ignore it.



By Deepika A Bhatiya

Health Guru with all natural healing techniques.

Founder president of Aas Ek Prayaas NGO & Director of BBE HEALTHY

THE ARCANE OF

GOD'S OWN COUNTRY

The canopy of Kerala avow the charisma of malayalam language which enfill the Traditional makeover of the God's own country. From the aid of ancient mythology the sage "parasurama" invented the Kerala which encoded 14 states that shows the idiosyncratic nature of one and only malayalam language in different slangs. "Kera vriksha" are endowed the core of deep sensation of each lands in Kerala.



By, Silpa k
Rj cum writer
From kerala Thrissur



The colossal culture of Keralites are handful of helping mind. Temples are highlighted in each and every area of god's own country. One of the famous guiness recorded Thrissur pooram was held in the premises of Vadakunaathan temple where almost 100 captive elephants are paraded in the kinkadu maithaanam. yakshikavu, manarasala naga kshetram, pambumekatukavu mana etc are the naga kshetras in Kerala. According to the survey of government around 20 billions of asset are there in Sri. Padmanaabhaswami temple.

Mohiniyaatam is the cultural dance performance of Kerala. Kathakali -pacha, kathi, kari, taadi, chakyarrkoothu, otamthullal, nagyarkoothu, Theyam, Thira, chuvat nadakam, margamkali, tiruvathirakali, vellamkali, kalaripayatt Etc are the art performances that belong to the keralites.



Onam, Vishu, Eidid, Vidyarambam, Pooram, Christmas, Ramsan, Sreekrishna jayanti, Sivaratri, Mandalakalam sabarimala jyothish darshanam, Kumba vela, Holi, vinayaka chaturthi, Gandhi jayanti, Independence day, Guruvayur ekadashi, aarattu, aatukaal Pongala, Chotanikara Makam, Makaravilakku, Thrissur Pooram, Bakrid, Keralapiravi etc are the main festivals of Kerala.



The sigil of ruchi or taste augur the flow of foreigners in kerala. Shaapile curry, sadhya, different fish recipes, mutton recipes, uppumavu, idli, sambar, chutney, ila ada, kumbalappam, unniappam, neyappam, putt and kadala, egg dosha, chivaratithu, veleppam, gheeroast, parota, njendu curry, uppumanga pickles, paal payasam, jackfruit curry, chakka varatithu, kanji & payar, tender coconut jam and water, kappa and meen mulagitathu etc are the major taste of Kerala.

The fashion choice of Keralites are both traditional and modern manners. Kaythari products are manufactured in Kerala. kerala saree is the priority of each women in Kerala. They have different style modes which ensure the beauty of each mallus. Those sarees are woven and hand printed types of mural works are highlighted. Tissue materials given the frame work of the Kerala saree.

ICY MUSIC

I Still can feel your Music...

The wild wind weeping outside.

Reminds me of your melodic voice.

The night seem long and cold.

Even the breathing frozen.

Yearning to hear the warm melody of your voice.

My dreams and thoughts shattered by the witch
like hoot of an owl..

Although it was an innocent hoot.

It shattered my world..

I turned my head in the cold night.

The cushion of love wet with the tears..

The warmth no more found..

The tears slide down Slowly frozen

In the Cold Weird Night....



By Monali Bhuyan

The Love I Honour

Thee grow and grow constantly without a stop,

He pushes thee up and up,

Thee someday, will stand high and touch the sky,

With trust, love and luck.

My heart says never lie,

To the one who lets thee fly high,

Righteous to his religion and duties,

He never feels thee harming them

He respects thee for thy decisions,

Although he sticks to his own.

My friend, the bonding of eternal love is The bond
that has respect and understanding,

Thy love will attain the purest of all colour,

When he will see thee fly and laugh with

limitless honour.



By Sunita Saikia
Law Student



TIPS FOR PERFECT JAWLINES AND CHEEKBONES

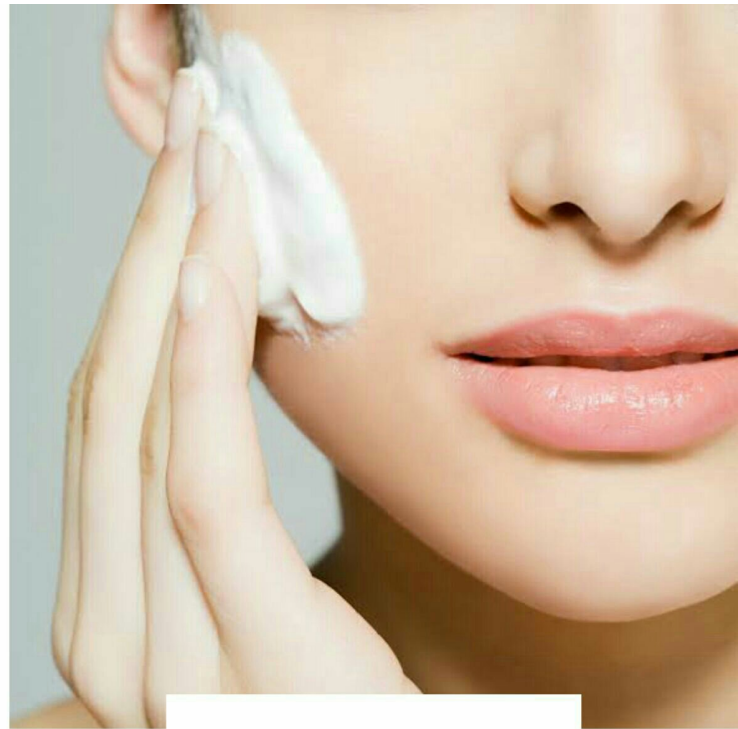
1. Get rid of plumpy cheeks that give a very childish look. It is true that when you have sharp jawlines and cheekbones you look more attractive and appealing in everyone's eye. This gives you a sexy look like a model. Most of us now-a-days forget to do facial exercise while doing exercise for our body fitness. Few home remedies and easy ways to take care of the face :

Egg whites-2
Milk - 1tbsp
Honey - 1tbsp
Lemon juice -1tbsp
oil - 5-7drops

Mix all the ingredients in a bowl nicely and apply it on the face for 10mins and then wash with water. It helps to increase the elasticity of the skin as it contains vitamin A.



2. Wheat germ oil massage or massage cream. This product is easily available in the market but a good and branded cream should be used to get good results. Sometimes it so happens we try cheap products and keep experimenting with our skin. I would personally suggest Lotus wheat germ massage cream which has no side effects and can be used in all skin types. Apply with your fingertip all over the face and gently massage in an upward direction and then in a circular motion for 10-15mins before going to bed. Wipe off with a wet towel and use a toner after cleaning. It helps in tightening the skin.



3. Face exercise – Air puffing is one of the easiest ways of reducing plump cheeks by stretching the facial muscles that keeps the skin toned up. 10 mins of this exercise every day and results will be shown in just 1month.



4. Chewing gum – It may seem very funny for some like how can chewing gum remove the fat from cheeks but the fact is true in reality. The jaw muscles become strong and lifts the chin when we chew so we can see that in most of the Beauty Pageants a beautician usually give the tips to chew 2/3 orbits chewing gum or normal chewing gum to have fine and noticeable jawlines that can reduce under-chin fat too.



5. Another simple way among all is laughing exercise or smiling which is good for health and heart exercise that should be done often.



6. Lastly, eating healthy fruits and taking a good diet definitely helps in perfection of face and body.

By –
ROSY DAS.
Mumbai



MYTHS AND FACTS

**ABOUT WORKOUT
AND DIET**

This information may help you make changes in your daily eating and physical activity habits so that you improve your well-being and reach or maintain a healthy weight.

FOOD MYTHS

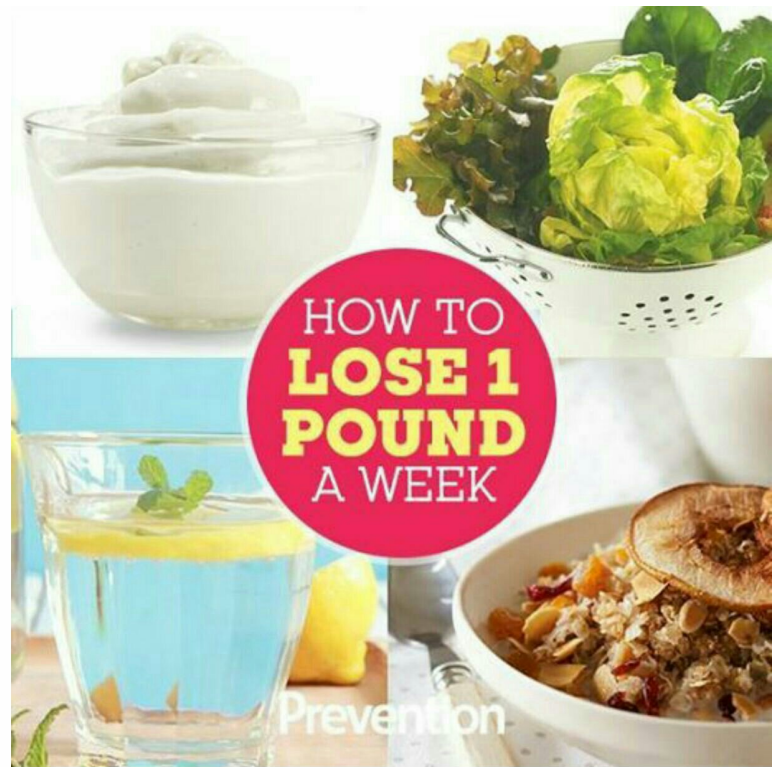
Myth: To lose weight, you have to give up all your favorite foods.

Fact: You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.



Myth: Choosing foods that are gluten-free will help you eat healthier.

Fact: Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten. Gluten is a protein found in wheat, barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten. If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight.



Myth: Grain products such as bread, pasta, and rice are fattening. You should avoid them when trying to lose weight.

Fact: Grains themselves aren't necessarily fattening—or unhealthy—although substituting whole grains for refined-grain products is healthier and may help you feel fuller. At least half of the grains you eat should be whole grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients.





Myth: You should avoid all fats if you're trying to be healthy or lose weight.

Fact: You do not have to avoid all fats if you're trying to improve your health or lose weight. Fat provides essential nutrients and should be an important part of a healthy eating plan. But because fats have more calories per gram than protein or carbohydrates, or "carbs," you need to limit fats to avoid extra calories.

Myth: Dairy products are fattening and unhealthy.

Fact: Dairy products are an important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones. Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium.

Myth: "Going vegetarian" will help you lose weight and be healthier.

Fact: Some research shows that a healthy vegetarian eating plan, or one made up of foods that come mostly from plants [NIH external link](#), may be linked to lower levels of obesity, lower blood pressure, and a reduced risk of heart disease. But going vegetarian will only lead to weight loss if you reduce the total number of calories you take in. Some vegetarians may make food choices that could lead to weight gain, such as eating a lot of food high in sugar, fats, and calories.





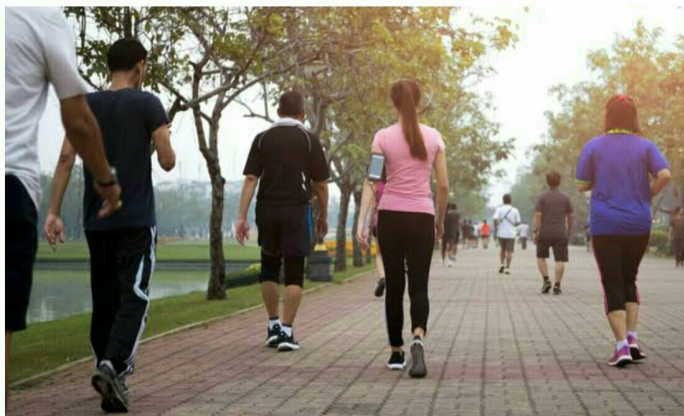
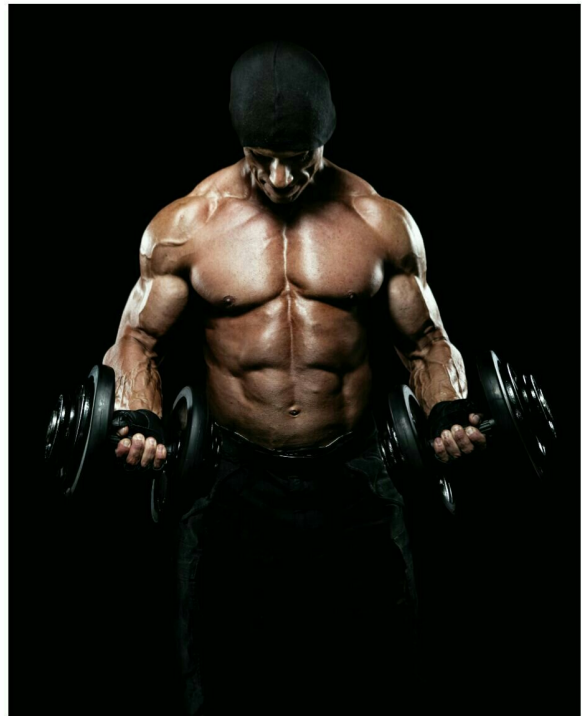
Myth: Lifting weights is not a good way to improve your health or lose weight because it will make you “bulk up.”

Fact: Lifting weights or doing other activities 2 or 3 days a week that may help you build strong muscles, such as push-ups and some types of yoga, will not bulk you up. Only intense strength training, along with certain genes, can build large muscles. Like other kinds of physical activity, muscle-strengthening activities will help improve your health and also may help you control your weight by increasing the amount of energy-burning muscle.

PHYSICAL ACTIVITY MYTHS

Myth: Physical activity only counts if you do it for long periods of time.

Fact: You don't need to be active for long periods to get the amount of regular physical activity recommended in the Physical Activity Guidelines for Americans which is at least 150 minutes, or 2 hours and 30 minutes, of moderate-intensity physical activity each week.



By Mr. Dharmesh
Designation: Fitness & Diet Consultant.
Place: Shillong
Mr Meghalaya
(champion) Mr MP
(Silver) Mr Delhi (Bronze)

Aura
Trends



Très Chic

Muse: **Monisha Sen**

Photographer: **Deepankar Adhikary**

Wardrobe: **CLARICE BOMBAY**
by **Sumana Das**

Styling by: **Sumana Das**

/ **Wrick Chhanda Bhadra**

Aura Glam face

*Glam is a state of mind,
you have to create it to look
glamorous.*



Model:

Jyotishmita Kashyap

Makeup: Ranjana Shil

Photography: Abhijit Boruah

A close-up portrait of a woman with long, dark, wavy hair. She is wearing a white sari with a gold border and a red stripe. Her face is adorned with white body art, including a large floral design on her forehead and a smaller one on her cheek. She is wearing large, ornate gold earrings and a gold nose ring. Her eyes are heavily lined with dark makeup, and she has bright red lipstick. The background is a soft, out-of-focus bokeh of warm colors.

Aura
Festive

PHOTOGRAPHY

*Woman's are capable of
turning themselves into any
particular Devi as per the
need of the hour.*

MODEL: ZUMEE CHOUDHURY
MAKEUP & STYLING : AMAL BARMAN
PHOTOGRAPHY : ABHIJIT BORUAH

Aura
Festive

PHOTOGRAPHY

Model: Sanghamita Das

Mua: Barnali kalita

Photography: Jahnu Bora



AURA BUZZ

Rituparna Das

"MUSIC is the universal language of mankind". It can create an ignite fury among all when words fail. Rituparna's melodious voice has that power to bind people together and to touch every soul. She is from Kaziranga, ASSAM, currently pursuing her Bachelor of Arts degree and who is also the music secretary of her college. Music is her first love. When she was a kid her mom used to play music on the radio and insisted her to listen and that's what made her fall in love with music forever. She started doing music shows since 6th grade and performed Bihu, classical and modern songs etc. Her first music album was 'Boi Juana' which was released in 2018. She pursued her music degree from Bokakhat Sankhadhwani Sangit Bidyalay. She seeks blessings from people so that she could fulfill her dream of becoming a well known singer.

Aura
Photography

Model: Sharmistha Chakraborty

Mua: Sweety Rahman

Designer: Mournii Uzir

Photography:

Swapnajit Borkakoti



Aura kitchen

Cooking is an art and if you think a rule book can make you a perfect home chef, you are definitely going wrong.

some interesting and simple tips that will make this process of learning and practising really interesting. Here is the list of kitchen tips and tricks to make your kitchen life easier.



1. Add some hung curd to your hummus while blitzing it to make it super creamy and smooth.

2. To make soft chapati take the flour add warm water and warm milk knead the dough let it's rest for 15 minutes before making chapati.



3. To keep ginger garlic paste fresh for long period of time mix oil add salt while preparing it and store it in an airtight container refrigerator .

4. While cooking cabbage add bay leaf to reduce it's typical smell.

5. To keep your rice grains safe from pests and insects, put a few neem leaves in them.

6. If the lemon or lime is hard put it in a warm water for 5 - 10 minutes to make it easier for squeeze.

7. Add little rice flour with besan ginger garlic paste fresh coriander to make bhajiyas crispy and more flavorful .

8. To retain the beautiful color of spinach after blanching, transfer it into a bowl full of ice-cold water.

9. To prevent rice from sticking, add a few drops of oil to the rice in the cooker.

10 . Give bananas a longer life
Keep bananas fresh for longer by wrapping the end of the bunch with plastic wrap.



Food columnist - Sandeep Das
Food blogger - Foodlovers332

Durga puja celebration is to honour the goddesses of power.



Mystic ^{AURA}

www.mysticauramag.com

Models: Rinki kalita, Antumoni Saikia & Neha Agrawal
 Make-up: Sushan Subhankar Mandal
 Photographer: Bashistha Das

CALENDAR
2021
10
OCTOBER

| 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 |
| | | | | | | 31 |

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