

MYSTIC AURA

Magazine

ISSUE 22 / VOL 02

DECEMBER 2021

The Loafers walk
smart walk



Coolsculpting :
Fat freezing
method

Winter care
beauty &
glowing skin

Warmth of
Christmas

season to sparkle

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MYSTIC AURA The team



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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.



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EDITOR'S NOTE



Coming to the end of the year, when engrossed in the month of December, everyone is preparing and getting ready to welcome the new year'22 in a very grand way. But if we explore deep into the days and months of the year'21 we have come across, it gives a mix feeling of joy and sorrow at the same time. We can say that the boisterous sounds of the people's enjoyment and the cheerful smiling faces depict the light of happiness in everyone's life. We hope that the coming year also will fill each and everyone's life with the blessings of God for a better tomorrow only when we take care of ourself and follow the covid protocols.

Mystic Aura team is thankful to all our readers, viewers and each and everyone who have extended their support, love and blessings and made this year successful for us. We hope to get the same love in the coming days too and we will try our best to add a few more new good contents in our coming editions. This month issue is all about winter fashion, style and beauty.

Feedback and suggestions are always welcome.

Stay safe and healthy.

Regards,

Gitali Pathak Deka

Editor-in-chief.

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On the COVER

MODEL

Jasmine (Amrit) Pal

A gorgeous teacher and model from Bangalore who spent her childhood in Delhi, Nepal, Dehradun and Mussoorie. She has won many beauty pageants and has to her credit many titles. She won Miss Bengaluru title, Miss Karnataka, Miss India Elegant title with subtitles Miss Popular 2021, Miss Glamorous 2021. She has been chosen as the best model of the month by newspapers and magazines. She is a state director for an entertainment company and also has done three south Indian movies so far; worked for TV9 channel as a model for their shows, did numerous photoshoots, calendar shoots, walked the ramp and many more. She is a successful model with dreams in her eyes living a perfect life. She believes in the sayings "Sabar Ka phal meetha hain" and "Hard work always pays". According to her nothing is impossible in this world and believes that this is just the beginning as she has many more dreams to achieve.

Photography: Dharshan Murali.
Makeup artist: Maheswari Raja
Designer: Johanna Fancy Store
& Maheswari Raja





WINTER TRENDS

Winter trends is all about having
chic outerwear and being
fashionable.

2021



By
Bia Sandhu Taneja

Founder
Parfait Image Consulting
Award winning International Beauty Pageant
Coach & Mentor
Grooming & Etiquette Coach
Style Curator

If there's one thing we can say about this year's winter fashion trends, it's that they were created to be mood lifters. This year continues to see the bright and bold ideas that have graced the recent runways. Let the splashes of color, eye-catching prints, vintage-inspired comebacks, and more become your perfect excuse to step outside. With a plethora of options to explore, the only thing you'll have to worry about is which trend to start with.

Colour Clash

Traditional fashion rules are currently being challenged, as both our Instagram feeds and the runways have convinced us that maybe a combination of saturated hues isn't such a bad idea. Pink and neon orange, purple and sunshine yellow, green and cobalt blue—the opportunities are endless. It's been a tough year (or two), and brightening up your wardrobe is an easy opportunity to bring some color into your life.



Wool Blend Straight Pants

An added surprise factor is always a good idea, so investing in a pair of bold-colored pants is guaranteed to pay off. Mix and match this pair with bright blue, neon orange, hot pink, or any other color that just feels right to get the look we're buzzing about.

Leather Weather

Matching sets aren't just for summer. And with the introduction of colder weather and the influx of leather, why not try a head-to-toe leather look. Whether you're headed back to the office, going on a weekend trip, or preparing for a night out, the heavy-duty fabric will keep you shielded no matter the weather. The highlight will be how good these items look as separates.

Shine bright

Though sparkle and shine are typically reserved for evening and special events, the styling tips we've adopted from recent runways have convinced us otherwise. When paired with casual jeans, shimmer can look great in the daylight. Expert layering under vests, trench coats, and blazers create an elevated look.



Dark Double Denim

Start the season right in a series of dark denim. This outfit ensemble combines the effortless chic styling of monochrome denim with a subtle laidback feel for a fun day out or an evening at the hottest bar. With retro stylings back in full force, try a '70s inspired jumpsuit – cinched in at the waist and ballooning from the knee, giving an elongated silhouette. Mix and match with cutouts, skin-tight silhouettes, and everything in between. This trend gives you a lot of room to play around with, so have some fun.



POP of Colour

Briefly popularized in the early 2000s, bright hues are back in full swing. Since the world has been inside for months on end, this season is aching for a burst of color. In fact, it's an instant mood-booster. Designers have embraced the palette on the runway, including Moschino, Rodarte, Prada, and many others.

Tartan

With a deep history in Scotland, it has evolved over hundreds of years and has become an intrinsic part of punk, '70s fashion, across the UK, largely in London. With a promising feel of warmth and comfort, the classic fabric comes back every season with a slightly new take. This year, it's not just about the clothes; it's about the attitude.





THE LOAFERS WALK

BY PRASANTT GHOSH

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4 our choice of loafers makes a huge impact on your ensemble. Make a statement with eye popping prints and hues or keep it stylishly simple with classic neutral Loafers can be dressed up or down depending on the occasion. They can be worn in the office for casual occasions and with dressy outfits too. Identifying the right style is the key. Men should think of loafers when they wish to tone down their formal look, like with a suit on a hot summer day. For a night out, step out in a sockless pair with chinos and a blazer for a casual day out. Give sneakers the day off and switch to a pair of comfortable loafers worn with shorts and tee.



Women look extremely stylish in dressy loafers that often come with low heels. Pair them with everything from a trouser suit for a formal look to skirts, shorts, dressers and skinny jeans for casual wear. Knowing which type of loafers would go well with your outfit is critical to effectively pulling off the desired style.

If you are looking for a pair that easily matches with multiple outfits go for black, navy, grey brown or nude. And if you want your footwear to demand attention without becoming garish or in your face go for a neutral coloured ensemble and wear loafers on pretty kalamkari or quirky prints. Men can opt for colour blocked loafers in attractive colours.

IT'S not just the branded shoes. Your walk could make or mar you. Anyone who walks carelessly may seem to lack grace, while the one who walks correctly embodies the beauty of motion and harmony of poise, revealing both physical health and grace.

According to experts, it is advisable to hold the upper part of the body erect and balance it alternately on each hip without undue swaying. When you take a step, the weight of your body should swing on the ball of your foot.

The strain felt ought to be shared by both the heel and toes. Also make sure you hold your leg straight and when placing it on the ground, first place the heel, then the ball and the toes. In acquiring the proper movement, you're walking should indeed give pleasure and be pleasurable, promoting graceful carriage, something any figure deserves.



Keep your head up, shoulders back, chest out and stomach in. Walk erect and easily, swinging your legs from the hips, keeping your shoulders squared. Do not put your heels first on the ground. Slapping down your toes next; put your whole foot on the ground, leaning more on the balls of your toes.

Do not turn your toes out or in; try to keep in a straight line or two close parallel lines. When you stand keep your feet comfortably together, not far apart. When you walk do not have your arms sticking out like pump handles or swinging like weathercocks in the wind. Carry your clothes as if they were a part of you, not slung on any way. People will be prejudiced for or against you by your walk and the way you wear things.



Aura

Exclusive Interview

of a model and actor

Thaneshwar Rovi

You are an actor, gym trainer and a model too. Tell us in brief about yourself.

First of all my greetings and salutations to the team Mystic Aura.

Basically I am a professional model, groomer, actor, certified Fitness Coach, Fitness entrepreneur. Currently I run my own Gym called " THE MOTIVATION GYM", Nutrition store and Fashion Clothing Store. Started off my career as a model in the year 2011 and my journey in the industry goes on. Did print modelling for different fashion and clothing website for advertisements and later was engaged in many prestigious fashion shows, exhibitions, print shoots, catalogue, advertisement shoot, promotional product shoot in the northeast as well as outside. After I got a call from a casting agent and a call from a Bombay based casting agent telling me about my pictures being got selected for a role of a Coach in Bollywood film starring TAPSEE PANU. It was a six days of shooting with Tapsee Panu and Rashmi rocket team at Birsa Munda stadium, Ranchi. For me definitely it was an excellent experience, lesson and journey, got connected with bollywood, many big renowned and senior artists during the shootings.

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

Well my passion is always to become a well groomed model and to work in Bollywood since my early childhood day's In my



childhood I was always attracted towards fashion stuffs, modelling, fitness activities, posing, films and acting and I am learning , improvising my skills, developing and living that passion as a profession . Today it's been 11 years I am working in this fashion and entertainment industry in the northeast region and I will continue doing that. I love to maintain myself a lot.



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

Yes, I am completely living a life of my dreams. From modelling to acting, being a part of fitness industry, travelling, riding and exploring different places, I am completely living it and each day I am trying to learn, improve and excell in my field with proper knowledge, experience, exposure and guidance through all the ups and downs. Yes there are lot of challenges, tough and smooth times both came in my way and still I face a lot in my journey, but eventually everything falls in a right place at right time I truly believe in myself and my God. My consistency towards my work and goal has put me in a safe place so far, no matter how tough situation or rough time I gone through so far. All these situations had collectively helped me in building myself more stronger physically, mentally, emotionally, financially and spiritually and I will continue to be on my path to chase my dreams and follow

passion to take it to the next higher level. Life's has been really nice to me so far. Thanks to people like you, my family and ofcourse my mentors and good friends.

Your views on modelling and fashion.

Fashion and modelling - the topic which always had been fascinating for me and I always love to talk about anytime and personally for me fashion is something which always drives me crazy and passionate to bring change in trend, to experiment with different kind of style, fashion has to with your lifestyle, your personality, how do u live, how well n confidently you carry yourself and your thought process, dressing sense, your tastes, communication, networking etc etc. Fashion is everywhere - what you do, how you do, which makes you different from the crowd, its ur own identity .

Fashion is change which is necessary to keep life intresting. It's also a mirror of sorts on the society. Its a way of measuring a mood that can be useful in many aspects, culturally, socially even psychologically. Fashion is about showing your identity. It shows what choices you make, what type of person you are, and show's the world what you stand for. Fashion is interesting. If you know how to carry it and there's must be need to have passion for fashion..

I must say modelling is a beautiful n thrilling profession. Its an art and there's a lot of creativity in modelling and fashion industry which is very fascinating and interesting at the same time. One must need to have strong passion for this field if he/she wants to do something great and create their own identity. One's must have x factor in him/her. Modelling is not Just only about glamour and glitter, it has a lot of challenging phases and things that one must go through..

A professional model is someone who has more than just desire. They have drive.



What projects are you currently working on?

A part from my family and friends I would like to add a very special name again who had been very very supportive and helpful throughout my journey of modelling and acting, from taking care of my health and diet to helping me out with financial ups and downs. She has done a lot. Zefrin Hussain. She is a fashion designer by profession who has been very helpful. Thank you so much for being a part of my journey..

Then Rini Baruah ba and Rose who were the main person who approached and helped me to get connected with the Mumbai casting agent for the bollywood movie RASHMI ROCKET.. Thanks a lot..

Your work on Rashmi rocket is commendable . Kindly share your experience.

Well, it feels really good and delightful for being a part of such renowned Star cast and having being worked with the well experienced actors of the Bollywood Industry. It is itself an excellent lesson for me. I have learned a lot through this particular journey from the very beginning of casting me in the role. I must take their name infact I would like to thank personally my dear friend Rose, Poonam maam, Shreya Rini baruah who approached me for this and believing in me. Yes, there's no doubt through those 6 days of experience with all the renowned actor's from the leading role and sensation TAPSEE PANU to Mantra Sir and all the reputed most senior actor's, technicians etc, personally watching and observing them doing their scenes very closely was a great learning apart from that I got some very essential tips too which will help me in life.



A few lines for Mystic Aura magazine.

I must appreciate the team' Mystic Aura and very thankful to the Editor Gitali Pathak Deka for connecting me through this medium. This platform really brings out the hidden talents and highlights to do better in their near future by boosting them up. I must say Mystic aura team is doing a tremendous job by putting up several important columns in a very beautiful way and helping stars to reach mass media and audiences through their medium. Thank you very much Mystic aura team for providing me your beautiful platform. I appreciate your efforts. Respect for you guys.



COOLSCULPTING

CoolSculpting, also called cryolipolysis, is a medical procedure that helps get rid of excess fat cells below your skin. While there are several benefits to this procedure, it's important to have a good understanding of the risks involved with CoolSculpting.

During the procedure, a plastic surgeon or other licensed practitioner will use a special tool to cool certain parts of your body to a freezing temperature. This will kill fat cells in the part of your body that is being treated. Within a few weeks of treatment, these dead fat cells are naturally broken down and flushed out of your body through your liver.

CoolSculpting has been certified by The U.S. Food and Drug Administration as a safe medical treatment. This procedure has many benefits over traditional liposuction. It's nonsurgical, noninvasive, and requires no recovery time. And it's effective in reducing fat cells in a given treatment area by up to 25 percent.

However, CoolSculpting can cause several side effects, and it's not recommended for everyone.

Tugging sensation at the treatment site

During a CoolSculpting procedure, your doctor will place a roll of fat between two cooling panels on the part of your body that's being treated. This can create a sensation of tugging or pulling that you'll have to tolerate for one to two hours, which is how long the procedure takes.

Temporary redness, swelling, bruising, and skin sensitivity at the treatment site

Common CoolSculpting side effects include the following, all located where the treatment was done:

- swelling
- skin sensitivity – pain, stinging, aching
- temporary redness
- bruising

These are caused by exposure to freezing cold temperatures. They usually go away on their own after a few weeks. These side effects occur because CoolSculpting affects the skin in a way similar to frostbite, in this case targeting the fatty tissue just below the skin. However, this procedure is safe and will not give you frostbite.



Paradoxical adipose hyperplasia at the treatment site

A very rare but serious side effect of CoolSculpting is paradoxical adipose hyperplasia. It occurs mostly with men. This means that the fat cells in the treatment site grow larger rather than smaller. It's not fully understood why this occurs. While it's a cosmetic rather than physically dangerous side effect, paradoxical adipose hyperplasia doesn't disappear on its own.

Who should avoid CoolSculpting?

CoolSculpting is a safe and effective treatment for reducing body fat in most people. However, there are some people who should avoid this treatment. People with the following conditions should not do CoolSculpting:

- paroxysmal cold hemoglobinuria
- cryoglobulinemia
- cold agglutinin disease

CoolSculpting could cause serious complications for people with these disorders.

Whether or not you have these preexisting conditions, it's important to talk to your doctor before seeking out a plastic or cosmetic surgeon to perform the procedure. It's also important to note that CoolSculpting is not a treatment for obesity. Rather, it can help eliminate small amounts of excess fat that doesn't easily go away with diet and exercise alone.

Summary

CoolSculpting has some benefits over other fat-elimination procedures. Fat cells frozen by this procedure will never return because the body eliminates them. There's no going under the knife because it's a noninvasive procedure, which means no scars after treatment. Also, no required rest or recovery time. Results will generally begin to show in as little as a few weeks, with most people experiencing full results three months after their final treatment.



By

BRIAN LA COUR

<https://calendly.com/blacour/consultation>

https://youtu.be/_OgbeHRQV88

Exercises for the Naturally **GLOWING FACE**



Facial exercises have been gaining popularity over the past few years. These daily habits are proving to be super beneficial, and when paired with your skincare routine, improve the way your products work on your skin.

The exercises can target specific problem areas like under your eyes and the corner of your mouth while relaxing your facial muscles at the same time. Here are some of the daily facial exercises you can do to transform your skin...



by
Dr. Apoorva Nagar

(Celebrity Physiotherapist)

MD : Dr. Nagar's Dental and
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The mini 'V' for a smooth eye area

Place your index finger on the outer corner and your middle finger in the inner indentation of your eye. Looking upwards, with just your eyes, try to squint your lower lash line without pulling on your eye too much. Hold for 3-4 seconds and release. Do this for a minute or so every day to smoothen your under-eye area. This motion promotes blood flow to the area and prevents dull-looking skin under the eyes as well.

Lymphatic drainage in the face

This is more of a massage than an actual exercise for skin that looks puffy, bloated and tired. Cover your skin with a moisturising cream or serum, make your palms into a fist and use your thumbs to massage under your cheekbones and jawline. Go from the inside out to boost lymphatic drainage and give your face a lifting effect as well.



Jaw pull for laugh lines

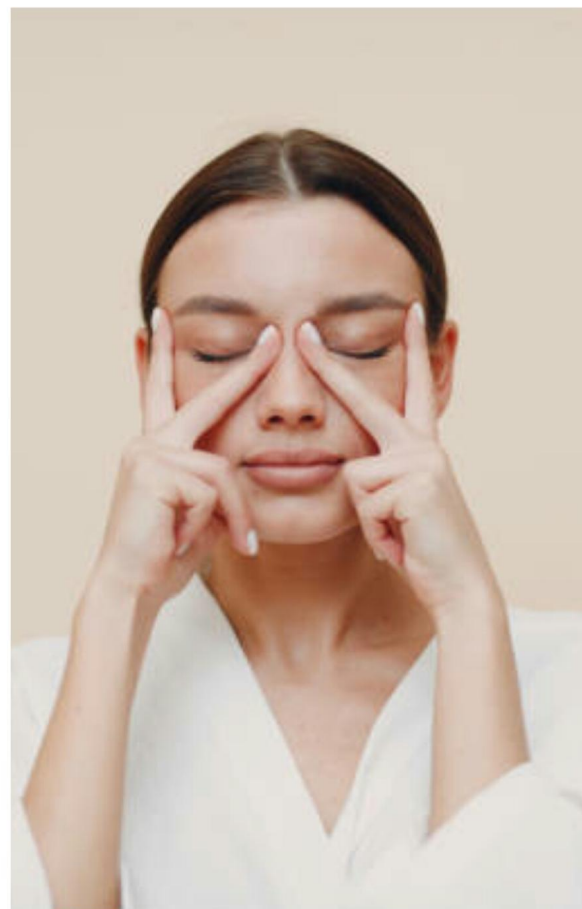
If you love to LOL daily, chances are, you might start to notice fine laugh lines around the corner of your mouth sooner than expected. But instead of holding your smile in, practice this facial exercise every day — make an 'O' with your mouth and suck your cheeks in. With your fingers, gently pull down your jaw for 5 seconds and release. Do this 5-10 times every day and see those lines disappear.

Facial gymnastics for a wrinkle-free forehead

Your forehead goes through a lot during the day — it is the main point that takes on all of your stresses from the day. This is why fine lines and creases tend to show up there sooner. Place your hands on your face, as seen in the picture above and raise your eyebrows five times in sets of 5 daily. The motion relieves stress from this part of the face and keeps it wrinkle-free!

Lip closure for a flushed complexion

Lip closure exercises offer many benefits; from plumper pouts to slimmer cheeks, they can do so much for your face. This particular exercise can even give our skin that sun-kissed flush. All you need to do is turn your lips in and pull on them ever so gently. Place your index fingers on your cheeks and massage them gently. This tones the centre of your face and fills it with fresh blood to look instantly flushed.



**The best foundation
is to embrace
yourself naturally
and keep glowing
throughout your life.**



BEAUTY

conception and perception

All human beings on this earth have a desire to look beautiful. In reality when we talk or describe about beauty we mean a beautiful face with good and sharp physical features, a bunch of beautiful hair and good fair complexion skin. Sometimes in addition when one put on a nice dress, shoes, good and stylish branded wrist watch etc, it's look is transformed and he or she looks more beautiful than before.

But now even for a second, the question must be arising in everyones mind , does this outward changes make someone look really beautiful? Can we define and say yeah she/he is beautiful? Obviously the answer would be a big 'no' from a few and 'yes' from some.

Unless and until we try to change the personality, we cannot depict ourself to be a complete beautiful person. Here,



What did I mean by personality?

Personality not only points to one's way of talking or is limited to one's way of behavioral action towards others, it's the mentality of a person that if not adjusted according to the present situation and environment then we are often known by the society as an illiterate person. Even though many have eternal physical beauty but we are incomplete without having the quality of being kind and empathetic.

If we talk of the beautiful stages of one's life, the role beauty plays we can say that it's the attraction more than inner beauty. For instance, in childhood, we get attracted by our friends and next stage, its physical beauty that naturally attracts others and by the time we grow up and turn out to be a complete man or woman we are usually attracted by someone's good personality and their kind and humble nature or character. Here, I mean to say that it's always the outward beauty that attracts which is momentary but in the long run a person with real beauty remains as a memory for friends, relatives and for the society forever. So, it's necessary that being beautiful is not enough, we need to have a good personality, be a good human in the society. A good society is born only when we have good human beings that can inspire and be a good ideal example for the youth of the present.

Every individual is unique and has the freedom to think in different ways. This is just my personal thought and perception on BEAUTY.



By
Ivaa sonowal

Civil Engineer and a
model.
Assam.



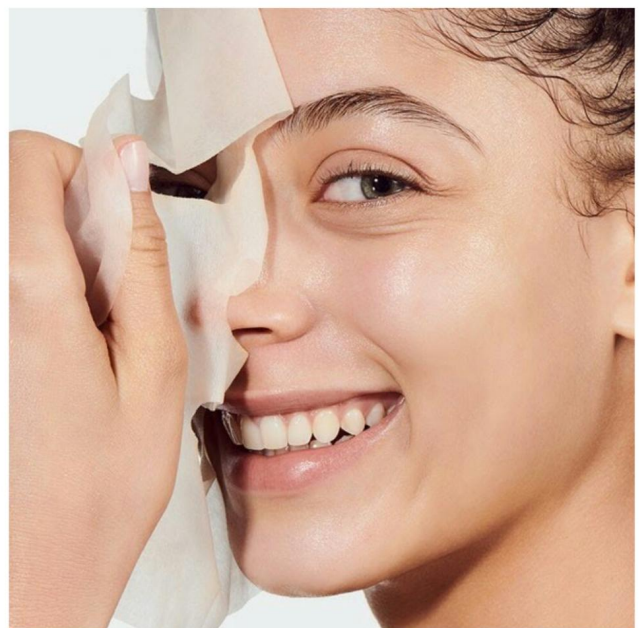
WINTER CARE FOR YOUNG AND GLOWING SKIN

“One who keeps the ability to see beauty never grows old”.. **Franz Kafka**

By: Rosy Das
Mumbai

People say age is just a number when you know better how to keep yourself fit, young and healthy with growing age. As people start ageing they become lazy too and hardly take care of the skin as in their younger days. In winter it becomes prominent because the climatic conditions of a particular country makes the difference and as usual the skin becomes dry for some and wrinkles can be seen on the face clearly causing creases for the skin for the lack of moisturiser and elasticity. Gone are the days when we get tensed as we look at our face in the mirror. Science and technology has made everything possible and created miracles in making and keeping beauty static at one point and made life easier. But it all depends at one how people maintain and balance life to look beautiful. Who doesn't want to look beautiful, a little bit of effort and daily routine helps to keep you young as ever.

Here are a few ways for winter skin care





Moisturize your skin by using good moisturiser because in winter our skin becomes dry due to cold weather and often use of heater at home. Best way is to keep it to use oil for dry skin, either coconut oil for Indian skin tone or avocado oil depending on the type of skin. Aragan oil can also be used for better results during night.

- Instead of using occasional sheet mask use hydrated mask at night for 4/5 hrs so that your skin is back to life in the morning.

Apply sunscreen while stepping out of the house in the morning because in winter UVB rays of the sun is stronger and hence can damage the skin. So whatever day cream is used you need to check if there is SPF or not. According to age SPF power in the cream should be used for skin.

--Water that adds more to beauty than any beauty products and keeps the skin supple and glowing naturally.

Lastly, sleep well and relax your body from your work and tensions, for it is said that life begins at the end of your comfort zone.

Follow up this regular regime beauty steps and be younger each day where age remains as a digital number only.





TRANSGENDERS LIFE

I am **Vanessa**, a transwoman.

Since young, I was interested in how women dressed up, how they behaved and wanted to be one. Unfortunately, I had to squash these interests as my parents were conservative and brought me up with strict parenting. I face the pointed edge of the cane whenever I behaved in a feminine way. Therefore, I begin to hide this secret identity since young. In order to frustrate my parents for doing so and giving me a certain sense of satisfaction, I always kicked up a recuse whenever I had to follow my mother shopping but like any secret agent, I never showed that I bled from my inner self. The twist of fate was that my mother asked me to select her clothes and asked my opinion

about whether her dressers were beautiful and fitted her. There was a period of bliss when I could watch beauty pageants with my mother.

As years went by, I kept this great secret, but I became braver and more started venturing out dressed as a woman. It brought about some great pleasures and some great heartaches. Pleasure came about when some people treated me as a woman, called me madam, inviting me to try dressers and lingerie. Heartache came about being verbally insulted, spitted at, sexually violated and beaten up. The shit hit the fence when I was ganged raped by my boyfriend's during our lovemaking. That episode hardened my heart and I decided not to be a woman. I decided to deny everything. Find a new life. Have more faith in God. Decided to have a girlfriend and marry but have a girlfriend I did but I never married. Why I did not marry? Well because deep down in my heart, I could not deny who I was. I was a woman and Vanessa were raging to get out. I had buried her long enough and now she was in rage. She decided to plant explosives and blast her way out. She succeeded hence I started to be Vanessa again after 5 years.

Due to my experiences, I was really scared. I was trying extremely hard to accept who I was. I was desperately trying to get acceptance (I am still but less). I even tried to get involve in selling cosmetics and some health products, but I was not totally accepted. Some friends are still trying to accept me for whom I am because I met them in my male form initially. Someone told me that if I were not confident of myself, people would not have confident in me. I gave out the wrong vibes. However, how I could I believe the person after a few years (2) of abuse that I have gown though. Like the universe connects all living things, it connected me with people who could accept me in time. It was something that I did not expect to happen. I guess everything has its own space and time.

These friends have helped me to find myself. Have helped me to accept Vanessa in my life. To make me know that I am a woman. There was positive energy filling my inner being and that gave me strength to do battle with all the negative energy directed at me. There is still negative energy being directed at me but like Captain America's shield which is made up of Adamantium which is unbreakable, I am unbreakable and can deflect the negative energy that is directed towards me.

When I travelled to Meerut, I had some comprehension of how the people I was going to meet would react towards me. As expected, the organisers of the event did accept who I was but were being cautious at the same time. During the time of the event, I manage to win many hearts because I spoke bravely in front of the audience of who I am. I am proud to say I was much loved in Meerut. All this was possible because I had found myself and knew who I was but was this good enough for me?

"A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose, a cause to pursue, a person to love, a goal to achieve." – John C Maxwell

As I continue my journey through my transition phase to become a woman & finding myself, I will face never ending problems. I may have found my purpose in life, I may have found myself, but some may never find and accept Vanessa. For example, some are still bad mounting me. telling some organisations not to hire me for work, not to allow me to perform in fashion shows, some smile broadly until you can see the shine of their teeth's if they brush them well, only to back stab me whenever they can and some are just using me because of my talents.

My pride to organise pageants have helped to find myself. It has given me a platform to empower women. I intend to continue to do so despite the obstacles I face.

My educational background is in having an honours degree in Sociology (Gender, medical, education & criminology & communication media). My passion in life is to empower women and help society. I am an advocate for the down-trodden and those who are suffering in society, supporter of the breast cancer awareness campaign & supporter of the LGBT community.



Besides my everlasting love to help society, I am a freelance writer, administrator, social media promoter and social researcher. I offer my services to those who need content writing and social media promotion of their services.

I organized events for the empowerment of women and children for International Women's Day & Mother's Day & recently an online Diwali online beauty contest in my capacity as National Secretary for AICPW (SG).

I will be sending my motivational talk video to a pageant in Delhi soon. The pageant is called Mrs India International Queen 2020. I was given the title of National Representative for Aesthetics International Council and I had also received the She Inspires Me Award 2020. The Red Jacket of Excellence 2020, We Are The Change Award 2020 & Image Maker Award 2020. To top all of that, I have given 8 interviews about Transgender Inequalities & the lives of the LGBT community. I have also developed 8 affirmation videos and 53 empowerment videos for the LGBT community and the transgender community. I have just been also appointed as one of the Global Council members for Arts & Literary to promote the arts and literature culture for Aesthetics International Council.

Recently I had been appointed as co-editor in chief go International Business Youth Committees. I will being oversee the media expects of the organisation and also the creation of it's magazines. I will be interviewing the partners of IYBC ad giving empowerment talks for the youths.

I have also been featured in 3 books: The World Experts book , a book where 100 motivational leaders who are in various fields of their expertise are featured. The second book is entitled Quarenten And Beyond. The book includes 47 stories of inspiration leaders from diverse backgrounds and fields of expertise from all over the world.



These stories will help readers to get truly inspired & motivated to use the crisis of 2020 to their advantage, to transform and dramatically overhaul their lives. We want those whoever read the book to find strength and motivation to move forward and use the lessons of the Pandemic, adapt fast to the new environment and create a brand new, successful and abundant life they truly desire.

The third book is a co-authored book of poems written with 18 female poets from India. It has already been published. I will do one soon with my fellow female poet counterparts in Singapore soon.

I had also given two motivational talks: Living Life Without Envy & Letting Go Of Unnecessary Baggage In Our Lives and down three poem recitals: two live and one online.

I basically prioritise my life in helping out the LGBT Community to motivate themselves hence my motivational videos. They will be converted in written format as I intent to publish a life motivational book for the LGBT community. These community faces many discriminations. They may be verbally abused, murdered , chased out of certain organisations, not respected of the sex that they want to be recorgnised in and certain infrastructures did not cater to the LGBT community. I have spoken out on these issues at a few webinars. I will continue to fight for LGBT rights.

On this note, I sincerely wish for the various LGBT communities to keep on fighting for their rights and protecting and motivating each other. United we stand, the stronger we are.

Northeast Eastern Style Week SEASON-1

The Eastern Style Week season-1 was held at Spring valley resort, Sonapur, Assam on 17th and 18th November 2021 under the direction of the organizer Dipankar Kashyap in association with T -Series Stage Film and Music Academy.

Super models and showstoppers walked the ramp, showcasing the gorgeous designs of different designers. Bollywood star Koena Mitra , Sonalika Sahay Zulfi Syed, Shawar Ali . Kapil Bora and Nishita Goswami, the popular actors from Assam also graced the fashion show.



Celebrity designers from across the country like Aslam Khan, Aurian Nayaab, Ashfaque Ahmed Anaam, Debarun Mukherjee, Arab Sengupta have been a part in the event and showcased their latest creations on the show. Official and popular choreographers from Assam Meenu Paul, Kakoli Tamuli and Shakir Sheikh from Mumbai has choreographed the show very beautifully that made the show very enjoyable for the spectators who were came to grace the occasion.





WINTER

Everything around became so chilled,
But a soul felt the same astute of being killed.

Nippy was just not a climate,
But his mind state, which never changed till
date....

Hands got pale coz of gelidity,
But the old maim geriatric fumbled it with
jaunty....

Decades passed but he was still not veered,
And his thoughts for her still cant be be
steered.

A sudden wash made the hamlet so freezy..
The paramours got the chance to be a bit cozy.

The amorousness made everything so hazy.
Flaskbacks made the wrinkles shine like a
daisy.

He gabbed to himself and said,
The brittled can bare, a lot more cold,
Just to feel her presence and have her hold

Down with a whisky glass, ache in his heart..
Down with a whisky glass, ache in his heart...

By
Athorb kr Hazarika

Immunity boosters for **KIDS**



Get serious about fighting germs and strengthen your child's immune system with different immune boosters for kids.

Although we are in the heart of the season for colds, viruses, and the flu, kids get sick all year round. As parents, we quickly learn that this comes with the territory. Many parents find themselves wading through a pool of gross mucus, phlem, and boogers at least half the year! The good news is that we can do something about it! There are immune boosters for kids that are effective and easy to manage with a little planning.

Immunity Boosters for Kids

Improving your child's immunity is important to you, step number one is taking a hard look at their sugar intake. Where can you cut back, and how can you begin to make some reasonable changes? If your child is consuming a lot of sugar, it is important to gradually decrease it. Sugar is literally addictive and you can experience real withdrawal symptoms like headaches, mood swings, and fatigue

Sleep Baby Sleep

Most of us know that it is important to get our z's, but few of us actually do. While we make a more concerted effort with our kids, we sometimes fall short. Making sure kids get enough sleep is vital for brain development, behavior, attention, AND immunity. For example, kids ages 3-12 need 10-12 hours of sleep total in a 24 hour period. Find more sleep requirements by age [here](#).

Kids are constantly exposed to a barrage of germs, and their immune system is always working to fight them off. If the body becomes tired, it's energy is sent to manage that fatigue instead of fighting off the germs. Then, they are sick.



Knowing this as a classic type A personality, I have been pretty strict about sleep with the kids, but on occasion circumstances force more flexibility and the kids have gotten off schedule. On more than one of these occasions, they ended up getting sick.

Without consistent, regular sleep habits, you will lose the immunity battle.

Eat (Probiotics)

Foods like yogurt are filled with millions of good bacteria that help replace the bad bacteria that lines our gut. When this replacement occurs, a new internal army is available to fight off germs. Unfortunately, even one serving a day of yogurt usually isn't enough. Unless your kid is up for eating sauerkraut and kombucha throughout the day, they probably won't be getting enough of the good little bugs to boost their immune system. Probiotics are basically the good bugs and having your kiddo take them regularly will get the good bugs in their gut!

This is something new we are doing in my house for the kids. Probiotics have numerous other benefits including help for constipation (a big problem around here) or diarrhea.

Maximize your food

There are a variety of vitamins and nutrients that will naturally support strong immunity that go far beyond the well known Vitamin C. If your child struggles to eat fruits/veggies and protein sources other than cheese and yogurt, it may be difficult to get some of these foods into your child's diet.

Vitamin A: A fat-soluble vitamin that is an immunity powerhouse. Super sources of this vitamin include: Sweet Potato, Pumpkin, Carrots, Spinach, Dried Herbs, and Butternut Squash.

Vitamin C: An amazing antioxidant that helps heal and restore the body. Some foods that have high levels of vitamin C are: Citrus Fruits, Peaches, Bell Peppers, Berries, Tomatoes, Peas, Broccoli, and Papaya. Papaya has a subtle flavor that works great in smoothies.



Omega 3: A fatty acid chain that may support a healthy immune system by increasing white blood cells, see this study for more information. Great sources include: Walnuts, Eggs, Flaxseed, Canola oil, Pumpkin Seeds, and High Quality Fish Oil. We add flaxseed into yogurt and oatmeal a few times a week.

Zinc: A trace element that supports at least 100 different enzymes. It is only needed in a small amount, but it is critical for a healthy immune system. Find it in: Fortified Cereals (choose ones low in sugar), Beans, Peanuts.

Selenium: A mineral found in the soil that has antioxidant properties. We only need a small amount of selenium in our diets and it can be found in: Brazil Nuts, Sunflower Seeds, Walnuts, Salmon, Cod, Whole Wheat Bread, and Poultry. I will grind the nuts and add into breads or smoothies.

Bioflavonoids: Plant pigment that produces large amounts of antioxidants. Look for it in: Sweet Peppers, Strawberries, Citrus Fruit, Parsley, Broccoli, Sprouts, Spinach, Mango, and Papaya.

Garlic: Contains sulfur enzymes that create antibiotic effects. Try adding it to spaghetti/pizza sauces, butter, noodles, etc.



By Dietician Dipikaa A Bhatia

Health Guru with all natural healing techniques.

Founder president of Aas Ek prayaas NGO. Director of BBEHEALTHY.

Aura **NEW FACE**



MODEL

Bandita Das

Place: Nagaon

Height: 5'3



WINTER FASHION

Model **Neha Saloi**

MUA: Lipika Das

Photographer: Rahul Boro

Designer: Olimpica Sonowal



WINTER FASHION

Model Queen Baruah

Makeup : Parashmoni Borgohain Dihingia

Photography: Xheetul Sonowal

Place : Assam



Aura

INDO-

FUSION

Model **PEU DEY**

City: Lumding

Photogfr name: Akshay Saha

Makeup artist: Pooja Sharma



ASSOCIATE PARTNER



‘प्रयास’ कैंन्सर को हराने का
Beat Cancer by Spreading Awareness

ASSOCIATE PARTNER



To appreciate the beauty of a snowflake it is necessary to stand out in the cold.



Mystic AURA

Models: Liza Das, Krisangi Hazarika & Rosy Das
Make-up: Sushan Subhankar Mandal
Photographer: Madhurjya Borah

www.mysticauramag.com

CALENDAR
2021

12

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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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Assam Book of Records

(Break Superlatives To Be Ultrasuperlatives)



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