

# MYSTIC AURA

MAGAZINE

ISSUE 23 / VOL 02

JANUARY 2022

**Tea** : REFRESH  
& REVIVE IN  
WINTER

*Trends*

Northeast designers

**CARE AND WEAR**  
REFLECTS YOUR  
PERSONALITY

2022

*A year of hopes  
and dreams*

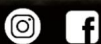
The campus  
of craft :  
Indeginious  
crafts of the NE  
region

AN EXCLUSIVE  
WITH  
**LOVLINA  
BORGOHAIN**

Olympics Bronze  
Medalist from  
Assam

**Deodrants**  
mask the  
offensive body  
odors

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# 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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## **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



Stepping into 2022, a year full of positive vibes, new resolutions with lots of dreams and hopes can be seen in everyone's eye. At the beginning of the year it is necessary for one and all to focus on their dreams and work out in a planned way to make the year a fruitful one. Past always teaches us some lessons, sweet and bitter days are always there in everyone's life which makes life more spicy and memorable. But making the imperfect things perfect and putting those on the right track and working on it makes life easier and successful. So in the coming days one should be determined in whatever you do and try to complete what was undone due to disruptive issues or you couldn't get success, for every coming next day always gives you an opportunity to reach your goal.

Mystic Aura January month edition covers an exclusive interview with the Olympics Bronze medalist LOVLINA and along with it all the interesting writeups of different contents by our professionals .

Hope it will give you all a better taste to the readers and viewers.

***Mystic Aura wishes everyone a Very Happy New Year 2022***

***& Happy Bihu .***

**Regards,**

*Gitali Pathak Deka*

**Editor-in-chief.**



# CONTENTS

ISSUE 23 / VOL 02      JANUARY 2022

## MYSTIC AURA

[www.mysticauramag.com](http://www.mysticauramag.com)

- 07 On the cover
- 08 Tea : Refresh & revive By Rosy Das
- 10 Exclusive interview : Lovlina Borgohain
- 12 Welcome 2022 with a plan By Dr Nikhita Nagar
- 14 Care & wear By Prasantt Ghosh
- 16 The campus of craft By Luicy Bora

### FASHION AND STYLE

- 18 Northeast International Fashion Week-6
- 21 Designer creations for plus size model  
By Designer Purbashree
- 22 Designer Debi Dey's Creations

### BEAUTY

- 23 Natural remedies for dark circles  
By Dietician Dipikaa A bhatia
- 27 Beauty touch

### AURA PAGES

- 29 Photography
- 30 Aura New face
- 31 Trendy look
- 32 Deodorants : mask the offensive body odour  
By Dr. Falaq Ikram
- 34 Let others be right most of the time  
By Vanessa Jacqueline Dcruz

### A POET'S MIND

- 36 Icy Music By Monali Bhuyan
- 37 The me within By Rashmi C Gupta



# CONTENTS

ISSUE 23 / VOL 02      JANUARY 2022







On the  
**COVER**

COVER MODEL

# Ankita kashyap

**A** professional model who is born and brought up in Jamshedpur. Winner of a prestigious title Miss India international, have represented India on National level in Japan in Miss International 2017.

Currently residing in Mumbai with hopes and dreams of becoming a well established actor. Her motto in life is : live and let live and that which is hateful to you, do not do to others. Apart from acting her interest lies in dancing ,love swimming and sports like badminton and is a State level badminton player.

She was also featured in Malabar gold and diamonds campaign ads .

PHOTOGRAPHY: **Sagar Mindhe**

MAKE UP: **Amrin Shaikh**

Agency: **See Saw Entertainment**





## Cold Winter and a Hot Cup of **Tea** Refresh and Revive

As a cold drink refreshes us in summer, a hot cup of tea is so welcoming in the winters. In winter we can chill and engage ourselves in works and keep working after having a sip of hot tea which refreshes everyone's mind. Different countries have different ways of refreshment in winter. Now, let me tell you about the different tastes and recipes of different types of tea that people of India indulge in. Here special mention can be made of the tea from the Northeastern region. As we all know that Assam is famous for tea and one of the largest production of tea in the world. Then how can we leave aside this part.

If we talk about Assam tea it means black tea made from the leaves of *Camellia sinensis* plant, more oxidized and have more intense flavour. Black tea, one of the easiest methods to prepare in minutes and people in most of the countries of the world opt for it as it is considered to be a healthy drink in winter.







In winter another type of tea that warms up your body and chills the day is Honey ginger tea, Lemon grass mint tea, hot Tulsi tea. This types. of tea taken in winter not only warms up the body but is also good for many health benefits that can be easily prepared at home in less time.

Moving up to north India take, for instance, Kashmir where in winter its duskier and bone chilling cold with heavy snowfall, people of that region like to refresh and warm themselves with Kahwa Tea which is one the famous tea. Easy for making-blend of green tea with spices, saffron and almonds. This type of tea is good for skin and hair and boosts energy.

Gujrat ranks the 3rd largest packaged tea company. Masala Milk Chai mainly taken as refreshment drink by the people of Gujrat .It is easy to prepare. Boil black tea and add milk with a mixture of herbs, spices and sugar. Masala Tea is just a super evening refreshing tea that can make anyone's mood active to do the next level of work.



Researchers say that tea is good for heart, lessens blood pressure, reduces the level of cholesterol when cinnamon is used in black tea. It has also been said by the doctors that drinking 4+ cups of black tea per day can reduce blood pressure. Tea is in fact a good drink and has no side effects but one thing that should be always remembered that more than the limit may lead to healthy issues at the same time.



**By Rosy Das**  
Mumbai





## AN EXCLUSIVE INTERVIEW WITH

Pride of ASSAM and honoured with  
ARJUNA AWARD, Olympics Bronze  
medalist

# Lovlina Borgohain

**Winning a Bronze medal in Olympics 2021 and bringing laurels to Assam is one of the most memorable moment. Tell us in a nutshell about your journey.**

Winning an Olympic medal is every athlete's dream and so was mine. The journey was very difficult though. I was very young when I had to leave my home and join the SAI center from where my journey began. Each moment was difficult for me as I knew my family sacrificed a lot for me. I missed them but I had to leave home to chase my dream.



As they say the most difficult choices require the strongest will, I had to forge my heart through fire every single day to overcome my pain and agony due to the vigorous training. The aches and pain became my companions and friends. It is those 10 years of my hard work I believe which payed off and I am so happy to do it for my country.



**Do you have any other hobbies ?**

Listening to music and painting are the two hobbies other than boxing that I cherish.

**What's your strength you believe that helped you reach to the position you are today ?**

My self-belief and power of my will I guess were the two distinctive strength factors in my life to make me reach to the position where I am today.

**Who is your inspiration and why?**

A billion people of our nation inspire me. I am a fighter so I fight, but to see India fight COVID 19 together as a family and a unit shows the true character of our nation. Against all odds we stood tall. My parents taught me to never give up so they inspire me a lot too.

**What do you think is the greatest challenge most youths are facing today?**

The challenge is different and each person goes through varied challenges on a day to day life. I believe that today's youth need to be fearless in trying out new things in life. Explore new horizons in sports. They should not be shy to express their talent.

**What do you think is the greatest challenge most youths are facing today ?**

I follow the diet which my nutritionists generally give me. But I must say that I don't believe in starving. I have always eaten well and I follow my routine religiously.

**Recently, you were seen walking the ramp in a fashion show in Assam as a showstopper. How was the experience in getting connected with the glamour world ?**

Boxing is oxygen to me, nothing can take it away from me. That is the only thing I feel connected to. The rest is just for a little bit of fun when I take a break from boxing for my recovery.

**Your advice or any suggestions you would like to give for the youths of the present generation.**

Nothing comes easy in life and there is no substitute to hard work.

**Few lines for Mystic Aura Magazine .**

Mystic Aura is a wonderful magazine and I would request everyone to read the magazine once.







# Welcome 2022 with a plan

**Don't let the new year sneak up on you. Now is the perfect time to follow these ways to start the year off right, and take charge of what you are getting out of life.**

## **Do a yearly review**

Take stock of where you've been and appreciate all of the accomplishments you've made in the last year. In a typical yearly review, you should answer these types of questions:

What went well for me last year?

What accomplishments did I have?

How did I improve my life?

How did I improve my relationships?

What did I remove from my life that is now making me happier?

What do I wish I had taken more time for?

Keep track of these questions and your responses in a journal that you can refer back to in the future: your answers year over year will be very enlightening.

Ask these types of questions about all the important areas of your life, such as family, relationships, financial, career, home, etc. These questions will help you appreciate all you've



**by  
Dr. Nikhita Nagar**

Dental surgeon, child behavior therapist and a Sociopreneur  
Director : Dr. Nagar's Dental and Physiotherapy center  
Director : Being Caring Organisation

accomplished in the previous year, and you can use this information to start the new year off right, and set better goals for the next year.

## **Finish what you started,**

Which projects, errands, and general list of to-do items do you have left over from the previous year that you can complete in 2 hours or less? Do them now to clear your mind of the old item.

## **Be realistic**

Dreaming is fabulous and highly recommended, but if you want to accomplish some improvements in your life, you need to be realistic. As much as you may want something, it's very likely you don't really believe you can have it. (If you did you would already have achieved it.) We have to turn a dream into something we can picture accomplishing before it can become a reality.



Take your dream and start breaking it down into milestones: if you want to work from home, what are the steps you need to take? Break those steps down further so you can create a game-plan and start working towards accomplishing that dream.

### **Focus on what you really want**

Speaking of dreaming, ask yourself what your dream looks like. What are you doing in the dream? How are you living? Who is in the dream with you? What does a typical day entail?

These questions will help you define what lifestyle you really want, and give you ideas about how you can achieve that lifestyle. For example, if you see yourself relaxing by the fire with a good book and a cup of tea, ask yourself why you aren't spending more time that way now. What things are in your way and how can you re-arrange your priorities in order to have the lifestyle you really want?

If you think that what you want is more money, keep digging at that response. What would you do if you had endless amounts of money? Would you travel, volunteer, or live simply and quietly away from it all?

We often think that money is an end goal, when really we are just stuck in a rut, and we think we can't do or have what we really want unless we have more money. Challenge that idea and dig to find those things that you really want, and aim to pursue them now.



### **Put yourself at the top of the list**

Using the information you gained above by determining what you really want, put yourself at the top of the list this year. The old adage is true; we really can't help others until we help ourselves. Taking care of yourself and striving to reach your own goals will make you a better spouse, friend, child, and parent.

Our examples have a far greater impact on those around us than anything we might say, and taking care of your own health and well-being means you'll be around longer for your loved ones too! Be sure to make time for yourself each day to work toward your goals, or to attain the lifestyle you want.

# Happy New Year

# 2022



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# Care and Wear

Respect for your clothing shows respect for yourself ensure your clothing is pressed and stain free

De pill all jumpers and tops regularly jumpers and woolen tops have a tendency to ball up or pill with constant wear. This can not only age the garment but make you look messy and unfinished. It takes no time at all to remove the balled up wool using a de pilling brush, motorized shaver or razor. Done regularly and carefully you and your garments will always look smart.

Nappy wipes are great for removing small stains this is a little tip I learnt to remove lipstick from a blouse. Keep a small packet of wipes in your drawer to remove any small marks from clothing.

Have your clothes altered to fit many times a few dollars spent on the correct alterations can give an inexpensive garment the appearance of a garment you had made to measure. No matter how expensive a piece of clothing may be if it doesn't fit it looks like rags. Hanging knitswear will pull them out of shape. Keep jumpers, cardigans and knitted tops on a flat surface such as in a drawer or on a shelf in your wardrobe.

**BY PRASANTT GHOSH**

THE WRITER IS A FASHIONDESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT [prasanttghosh999@gmail.com](mailto:prasanttghosh999@gmail.com)





Avoid wire coat hangers they are only good for getting your clothes home from the cleaners. Then move your clothes onto more substantial hangers such as wooden ones that won't ruin the shape of your clothes. Using proper skirt and pant hangers for these items will lengthen their life considerably.

Remove labels from your garments carefully there is nothing worse than cutting a hole in your new top accidentally.

If it's fraying throw it out if you notice the points on a collar starting to fray it is time to throw the shirt out. Dry any garments made with lycra inside direct sunlight will make perish and give it a very short life. By brushing your clothes retain a fresh appearance without the need for unnecessary dry cleaning. Pearls need to be worn to keep their luster wear and keep them looking good. Keep pearls away from other jewellery which can scratch the surface. Be wary of perfumes or hairsprays as these can discolour them and dull their luster.



Update your watch with a new band can create a whole new look without having to buy a new watch.

Treat your soft leather shoes and handbags with leather conditioner to keep them soft and supple. They will look great and last longer. Wash denim inside out to keep your denim from fading and do not dry them in a dryer. Hang denim items inside out on the line.





# THE CAMPUS OF CRAFT By Luicy Bora



Incorporated in 1977, North Eastern Handicrafts and Handloom Development Corporation (NEHDC), is an organisation that attempts to develop and promote the indigenous crafts of the region by connecting craftsmen and weavers to prospective markets, consumers and generating economic, cultural and social opportunities for creators while adding cultural value for consumers. The corporation is under the administrative control of the Ministry of Development of North Eastern Region (DoNER), Government of India. It offers a range of products from all the eight North Eastern states namely Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura. The organisation procures handicrafts and handlooms from artisans and weavers across the region and retails the same through its chain of "Purbashree Emporium" currently located at Shillong, Guwahati, Kolkata and Kevedia and through e-commerce platform "purbashree.com". They have been promoting the handicrafts and handlooms at various national and international markets through exhibitions and trade fairs.

The Corporation also conducts training programmes and seminars for skill and knowledge upgradation of the artisans and weavers. The brand 'Purbashree' by Northeastern Handicrafts and Handlooms Development Corporation Ltd. deals with finest weaves that comes straight out of the Loinlooms of Nagaland, Mizoram, Manipur and the Handlooms of Assam, Tripura and Manipur. The hand spun and natural dyed of Ahimsa silk of Meghalaya and Assam and the beige aesthetic home furnishing crafts made out of bamboo, cane, kauna and water hyacinth all way from the eight Northeastern states.





They have also collaborated and signed Memorandum of understandings with various institutes like Furniture and Fittings Skills Council. Handicrafts and Carpet Sector skill Council, Textile Sector Skill Council, National Institute of Fashion Technology, Indian Institute of Management, Shillong, National Institute of Design, Don Bosco University, USTM, Meghalaya and Indian Institute of Handloom Technology for various training and partnership programmes. Collaborated with companies like Trade India, India Mart, GoCoop and Flipkart for providing the market for handicrafts and Handlooms of Northeast India to pan India. In the month of June 2021 the corporation head office shifted to its warehouse premises at Garchuk Pamohi Road with an interesting motive of turning into a Craft Experience Centre where the craft culture of Northeast India reflects like never before. The premises has a bamboo roof top café whose structure was designed by IIT, Guwahati to enjoy the flavour of ethnic food of Northeast with a whole surrounding of crafts. The campus has a craft museum too which was established in 2011 with a exotic collection of heritage crafts of Northeast India. It also has an Activity Zone where one can recall the rural activities made out of all natural resources like Archery, Fishing and many more to come. The campus tries to convey and influence about the sustainable and eco-friendly lifestyle which will turn people's life towards better considering the climate change issues.

With such delightful eco-friendly campus, Northeastern Handicrafts and Handlooms Development Corporation Ltd. also aims to do various eco-friendly events and hence they came up with a slow fashion movement oriented fashion show called "North East Heritage 2021" on 15th December 2021 directed by Mr. Prasant Ghosh. The motive of the fashion show was to upcycle the damaged handloom fabrics of Purbashree and set to send a message to the youth to adopt slow fashion instead of fast fashion for a better future with a protest-oriented ramp walk. Upcycling represents a variety of processes by which 'Old' products get modified and get a second life as they turned into 'new' products now. This exercise contributes towards slow fashion as sustainable fashion creates fashion in a way which is most considerate of humanity and the environment. The show was a collaboration with Indian Institute of Handloom Technology where the final year students re-designed the damaged fabric's into beautiful wearable outfits.

North Eastern Handicrafts and Handlooms Development Corporation is coming up as an example setter in terms of Crafts, Culture and suitability in Guwahati city.







# The 6th Season of **NORTHEAST INTERNATIONAL FASHION WEEK 2021**

Northeast most awaited fashion show for a cause event “(NEIFW) Northeast International Fashion Week 2021” is back and was held on the 29th & 30th Dec 2021 in Blue Paradise, Guwahati. (NEIFW) Northeast International Fashion Week has always been a big buzz in the entire northeast where all aspiring and notable Fashion Designers of India and abroad participate to showcase their exclusive designs for a noble cause. The inaugurations was done by –CHIEF GUEST Dr L. R. BISHNOI, IPS, special DGP (T & AP) cum IGP, BTAD, Guest of Honour- MR VIJAY NAIDU, owner of Swarnajyoti events and Blue Paradise, Mr UTPAL BARUA MD of Pratham khabar, Newstime Assam and Ub Photos, NITESH RANJAN Das a business men and social worker, SWEETY JANE PALA- award winning actress, Celebrity makeup artist, CHRISTINA JOSEPH from CJ makeup and WRICKIE ANGRISH–renowned Fashion Designer from London Fashion week.

The 6th season was filled with a lot of innovation, creativity, and fashion as the opening theme goes for “Fashion for all”. In collaboration with neighbouring countries and people from different cultures, this event is a great platform for the young talents to showcase their talent and win interest worldwide.

The 6th Season of (NEIFW) Northeast International Fashion Week 2021 had host of Aspiring Fashion Designers like MANISHA RAJBANSHI / SUSHMITA MANDAL (NEPAL), PAYAL BISWAS (West Bengal), GITARTHA KASHYAP, ANURADHA JAIN, PURBHAREE MAHANTA, HUANGPI RANI GOGOI, SUBHRA GHOSH, ANITHA MADDIPATLA (CHENNAI), NABAM YASSING, TOINGAM KHANGAM KENGAM DOKE (Arunachal PRADESH), PURABI BORA, SUJATA BORO, HAINA NARZARY, Gigi- LAZZU LEPCHA(SIKKIM), RICHA RABHA, OLIMPICA SONOWAL, NOELANI MUSHAHARY, KAJAL KUMARI, RAKHI SINGHA (Siliguri),

DEBI DEY, ISHA AGARWAL (West Bengal) SONI SAHANI CHOUDHARY (SILIGURI), MORYCA MARAK, JARIKGAM A GITOK SANGMA (Meghalaya), HRITIDIPTA ROY, ANISHA SHARMA, RUPA SHANKAR (NEPAL), RASHI JAIN, SHAHIN PARWEEN, ARBIN TONJAM (MANIPUR), RUPU BARUA, AFSANA HUSSAIN, RAJLAKSHMI PAUL, DIVYA BHARTIA, ALOKA RABHA, MOONME BARUAH, HEENA MOUR, JYOTI BEYPI, MINTY TUNGJANGPI (KARBI ANGLONG), PARASH MONI BHUYAN and two very prominent Designers of India from Lakme Fashion Week (PALLAVI/ DIPTI) and London Fashion Week – WRICKIE ANGRISH



The magnificent event is powered and hosted by the team of Kreative People - under Prasantt Ghosh,(Visit [www.prasanttghosh.org](http://www.prasanttghosh.org) ) one of the best fashion designers and fashion choreographers in Northeast, India. Since 2015, Prasantt Ghosh and his team have been working rigorously on creating the biggest platform for the future of fashion and integrate the Northeast's rich handloom crafts internationally. Prasantt Ghosh, the face of fashion designing and modelling from the seven sisters of India, is a man who firmly believes that Indian Threads and artisans can create unmatched magic in the world of fashion. His three decades long career as a fashion designer and choreographer is full of awe-inspiring moments. Apart from being a Fashion Designer Prasantt Ghosh he is a versatile fashion choreographer,

He has done choreography of more than 2000 fashion and beauty related events in India and abroad. Prasantt Ghosh's fashion collection is widely popular across the world and is available in many outlets in India and abroad as well.

**To check out Prasantt Ghosh's collection, you can visit his official website - [www.prasanttghosh.org](http://www.prasanttghosh.org)**



Northeast International Fashion WEEK (NEIFW) this year, was more enthralling as Prasantt Ghosh, who has revived the legacy of northeast rich handloom crafts globally, is all prepped up to spread social awareness in a new way through fashion. The fashion designer who has led to the creation of a new fashion wave across the world by defining the authenticity of northeast crafts has come up with a theme to support “The Poor Handloom and Handicrafts Artisans and Craftsmanship ” in the 6th Season of Northeast International Fashion Week 2021. Prasantt Ghosh has worked in shows all over India and countries like Bangladesh, Bhutan, Malaysia, Sri Lanka and Nepal and so on. He has also been awarded the Best Fashion Choreographer of Northeast - 2011, Lifetime achievement award from the wife of the Governor -2018 and Northeast Leadership Award - 2015 for his excellent service in the field of Fashion, Textile and Craftsmanship.



Worth mentioning is the launch of two new year calendars, one by MYSTIC AURA and the other was Subhanjan Bordoloi's white light calendar Launch on the 2nd day of NEIFW. NEIFW is not just another Fashion Event but a Fashion Event with a social cause. The social theme of the event previously was for the Old-Age home; eye and body organ donations, Plant trees and protect environment, give shelter and protect the animals along with PETA, India and many more animal welfare organisations. Most importantly the objective of the event is to create brand awareness among the public and media associated with the fashion industry of the North East. There are also fashion accessories stalls from budding and established entrepreneur in this event.

NEIFW always target the domestic/international buyers with the right trends and promote Northeast Handloom and Handicrafts. NEIFW also has the impressive line-up of designers and models from Malaysia, Myanmar, Sri Lanka, Bangladesh, Nepal and Bhutan. It is a landmark event in the sense that the Northeast is now going to be the latest fashion destination for all designers of the neighbouring regions. WATCH OUT FOR THE 7TH SEASON OF NEIFW WITH MORE EXCITEMENT.





# A designer creations

for plus Size models

In 2004 at Bangalore, she could pursue her dream of becoming a fashion designer as she enrolled in a fashion designing course. However after completing the course, spent around 5 Years teaching in reputed International Schools like Ryan International School and Ebenezer International School in Bangalore. But her innate desire to pursue a career in Fashion designing was always there inside her so after marriage when she shifted to Assam, Guwahati it proved to be a blessing for her that helped her in giving shape to her ambitions. She started her career again in teaching immediately after marriage at Guwahati and slowly could manage to open a small boutique in her own residence in 2020. This led her to have regular interactions with the people from this field and then she started initially by participating in exhibitions, showcasing her designs of traditional Assamese dresses.



BY Designer Purbashree



Her first fashion show was with Mr Dipankar Kashyap, where she showcased her designs in the Eastern Style week with a unique concept of promoting plus size models which was widely accepted as a unique concept in this field and she was able to prove herself as a passionate and professional fashion designer with an aim to promote her indigenous designs and weavers who are behind its success. Models in general are perceived to be slim and good looking who showcase designers creations to the world. But there are people who are no way less talented or not presentable due to their physical appearance or gender (transgenders). She felt that these people who have it in them but are reluctant to showcase their talents due to the said reasons should also get an opportunity to showcase their talent to the world and with that very objective in mind she embarked upon the journey to promote her creations with these set of people and highlighted her creations.





As her achievement is concerned it can be listed in a series like Rural self employment government of India (dress designer for women) being a part of many runway fashion shows in different parts of the country and abroad. Mention can be made of a few like New York fashion show, Stylisha fashion show, Art Festival, North East Fashion Show. She has also been a part of national Designer award competition and doll dress design show etc.

Showcased her designs in Siliguri, Kolkata, Assam, Coochbihar etc.

She had an interest since childhood but due to her personal problem took a break for days and later restarted fulfilling her dreams into reality and completed her fashion designing professional degree from INIFD Siliguri. From then she had never looked back and opportunities were there one after another where she could carry out her work confidently.

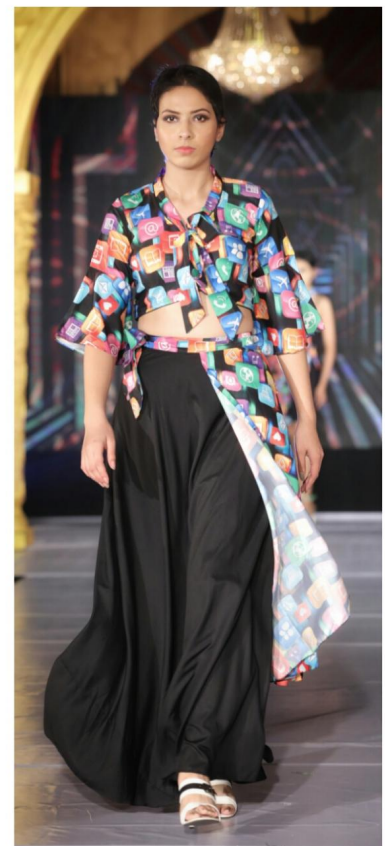
Designer

# Debi Dey

From Siliguri is a faculty of INIFD  
D.R. creation . government registration (MSME).

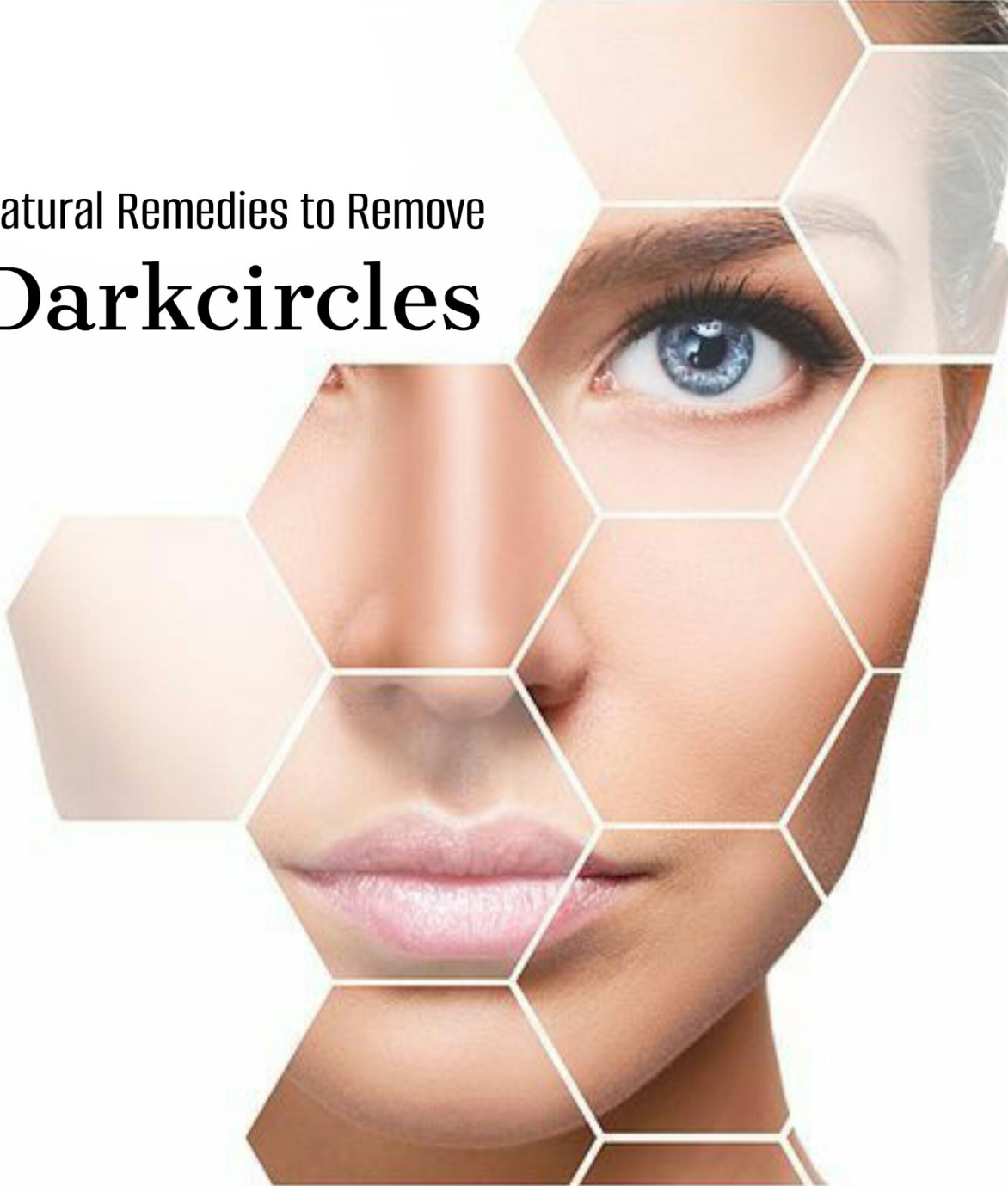
## Debi Boutique & Training center

have a free tailoring training center for poor village women to earn their daily bread and live an independent life.





# Natural Remedies to Remove Darkcircles



**E**very woman wants that her eyes radiate and look beautiful. Actually eyes are usually the first thing you notice about someone. If you have dark circles, you look tired and run down. More important is if you have dark circles, you know something deeper is going on that you need to pay attention to.

• Dark circles are a sign there's something out-of-balance. Here are some possible causes and then lots of remedies and information on how to remove dark circles under the eyes.

- Why Dark Circles?
- What Causes Dark Circles Under the Eyes?

- Heredity
- Sinusitis
- Allergies
- How to Remove Dark Circles Under the Eyes:

## Why Dark Circles?

Dark circles under the eyes are noticeable due to the presence of underlying thin layers of skin and fat. When the skin is thin, it allows the dark purple color of the blood vessels to show through. The lighter your skin color, the more the color shows through.





## Causes of dark circles?

Dark circles around the eyes relate to kidney and adrenal gland function. The adrenal gland is your “stress” gland. Any stress to the body will affect your adrenal gland. If you stay up late and don't sleep well, you may wake up with dark circles under your eyes, which indicates stress due to lack of sleep. Also if your diet is poor, this is chemical stress.

The following are the most common causes and suggestions remedies for each case. But please note that a combination of reasons could be causing dark circles under your eyes.

### Heredity :

How to remove dark circles under the eyes yes, your genes may be responsible for your dark circles. If others in your family have dark circles, you may be more prone to them as well. Like varicose veins, they can be an inherited trait. But even if “everybody” in your family has them, they are still NOT normal.

The skin under the eye is very delicate and thin. So, when blood passes through the large veins close to the surface of the skin, it can produce a bluish tint. The more transparent your skin, (also an inherited trait), the darker the circles look. If you feel like you inherited your dark circles, don't get frustrated or disappointed. Use the information and remedies here, and you too will see results. Even if you inherited your dark circles, natural remedies would still help.

### Sinusitis :

Natural remedies for sinus infections, excessive pressure build-up and nasal congestion in the sinuses could damage the capillaries. When your nose is congested, veins that usually drain from under your eyes into your nose become broader and darker causing dark circles

You can rinse your sinuses with a neti pot to relieve nasal congestion.

If you have chronic sinusitis, you can find many natural remedies for sinusitis here.

### Allergies :

How to remove dark circles under the eyes Itchy conditions like eczema, rhinitis, and hay fever also cause dark circles. Rubbing and scratching the thin skin under the eyes damage the capillaries, which can darken the area.

### Some of the other allergic triggers of dark circles include :

Dust mites, Pollen, Asthma, Dairy products, Eggs, Gluten, Peanuts, Citrus fruits, soy

### The other common causes of dark circles are :

Lack of adequate sleep, oversleeping, suffering from a chronic ailment, skin infections such as eczema and dermatitis

Chronic stress.

Excessive use of certain makeup products

lack of iron,

Kidney Issues,

Chronic tiredness and fatigue. Minor trauma that causes the appearance of a black eye, pregnancy and hormonal changes.

Your bone structure

Presence of blue veins

Fluid retention and aging.

### There are some medical conditions which could lead to dark circles under the eyes :

Cellulitis – is a bacterial infection that affects the eyelids

Mononucleosis – is a condition where the skin could turn yellowish

See your doctor if you believe you have a medical condition.



So now, don't worry about how to remove your dark circles because there are lots of simple and safe solutions.

## How to Remove Dark Circles Under the Eyes:

- Lifestyle Changes
- Home Remedies
- Ayurvedic Remedies
- Yoga
- Lifestyle Changes to Remove Dark Circles Under the Eyes

Get 6 to 8 hours of deep sleep. Different body types have different sleep requirements. Here are some tips on how to get a good night of sleep how to remove dark circles under the eyes

Keep your head raised just a bit with a soft pillow to prevent fluid retention and dark eyes. Sleeping on your back can lead to baggy eyes with dark circles.

Find out if you have allergies to certain types of foods. Some of the common food allergens include dairy, wheat products, nuts, eggs, and soy.

Increase foods with vitamin C to boost your immunity. (Oranges, grapefruit, strawberries, kale, Brussel sprouts, red peppers) Supplement if you need to.

Take Sublingual B-12, & high potency vitamin B complex Deficiency can result in poor oxygenation visible under your eyes. These vitamins also regulate the adrenal gland, the allergy controller

Vitamin K is known for its role in blood clotting and helps to circulate blood around your eyes. When it doesn't, blood can seep out and pool under your eyes and cause dark circles. You can get Vitamin K from these food sources.

Vitamin A is antioxidant-rich which helps to repair damaged tissue around your eyes. It also helps to fight wrinkles and thinning skin. You can find it in leafy greens, carrots, squash, sweet potatoes, red peppers, pumpkin and some fruit Iron Low iron is another cause of dark under-eye circles. Deficiency can result in poor oxygenation of body tissue and the effects are most visible under your eyes. Eat more egg yolks, lentils, spinach, and prunes.



Sulfur, when consumed as MSM, could also protect you from allergies that may be causing dark circles under the eyes.

Cut or reduce alcohol, carbonated drinks, sugar, and cigarettes from your life.

how to remove dark circles under the eyeshow to remove dark circles under the eyesDrink at least 1.5 liters of water daily to keep hydrated, promote detoxification and prevent edema.

Eat 5 to 7 servings of seasonal, antioxidant-rich vegetables and fruits – And avoid packaged/ processed foods.

how to remove dark circles under the eyesExercise – Find an exercise you enjoy that's right for you and do it 3 – 5 times a week.

Manage your stress with Yoga Nidra. anything more relaxing and decompressing than this meditation.

Remove your makeup before bed.

how to remove dark circles under the eyesAdd more collagen foods like bone broth to your diet. Bone broth is rich in nutrients and basically, like eating cooked collagen. And collagen is a protein that gives your skin strength and elasticity to prevent sacks under the eyes.

Anemia can also cause dark circles under the eyes. If you suspect you are anemic, eat foods high in iron and take your iron supplements.

Work on improving your digestion. The underlying cause of skin discoloration under the eyes is related to the health of the liver, gut, and bowel congestion.





## How to Remove Dark Circles Under the Eyes with Home Remedies

Cucumber, Lemon, and Milk

A simple home remedy to get rid of dark circles is cucumber, lemon juice, and milk which all have skin nourishing and lightening properties.

Clean and peel one medium-sized cucumber and grate it. Mix 1 tbsp of lemon juice and 1 tsp milk to the mixture. Apply the mask around the eyes and wash off after 30 minutes with cool water. Do this 3 times a week.

## Herbal Tea Masks

how to remove dark circles under the eyes Chamomile and green tea both contain antioxidants so they can help with skin tone and ease puffiness.

Boil two cups of water for ten minutes. Remove from heat and steep 2 bags of tea for fifteen minutes. Then remove the tea bags and refrigerate for three to four hours and then place the chilled tea bags on your eyes to lighten your dark circles.

Essential oils for wrinkles. Essential Oils

Rose oil lightens the skin. It also contains substances that improve skin tone and elasticity. Just mix 10 to 12 drops with 1 tbsp vitamin E oil or olive oil and gently pat small circles around your eyes, just before bed.

## Massage

The antioxidants and other skin-friendly ingredients in coconut can help remove dark circles. Just massage around the eyes before bed. The vitamin E in coconut oil can help with puffiness and help lighten skin.

## Potato

The natural bleaching properties of potato help to lighten the skin around the eyes. Extract juice of two raw potatoes. Soak a clean cotton ball in it and place them on the eyes for 15 minutes. Repeat twice daily until you see results. You can mix 1 tbsp honey to the mixture for better results.

## Ayurvedic Remedies for Dark Circles

Ayurveda is an ancient healing system that teaches you nature's great principles of natural living. The emphasis in Ayurveda is on self-care, taking responsibility for your health, preparing your own food, appropriate exercise, eating seasonally, and keeping a positive state of mind. Ayurveda treats the person, not the disease... So get to know yourself, learn what combination of qualities you have in your body and mind. When you know which elements make up the majority of your constitution, you will know which conditions you thrive in.

Ayurveda considers dark circles under the eyes a sign of stagnant toxic accumulation in the body. So the Ayurvedic remedy for dark circles under the eyes is body detoxification and to mobilize circulation around the eye.

## Ayurvedic remedies in next month.



**By Dietician Dipikaa A Bhatia**

Health Guru with all natural healing techniques.

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

# Beauty touch



## Puja Pathak

From Guwahati, Assam is a professional makeup artist and specialized in all types of makeup. After completing graduation she joined bridal makeup courses apart from that she have done beautician course too. Now she is associated with people from different places and field. She believes that being in the fashion industry it can provide her with countless opportunities to meet new people and set her own schedule that can offer her with job security as well. Above all it helped her to do something that she actually enjoyed apart from everyday life. New styles and trends are popping up all over the country and in the world so she thinks that if she is in the fashion industry she can get into the exercise of artistry and creativity and show her personality that can shine, get an opportunity to express herself by beautifying other people.



# Beauty touch



## Pallabi kataki

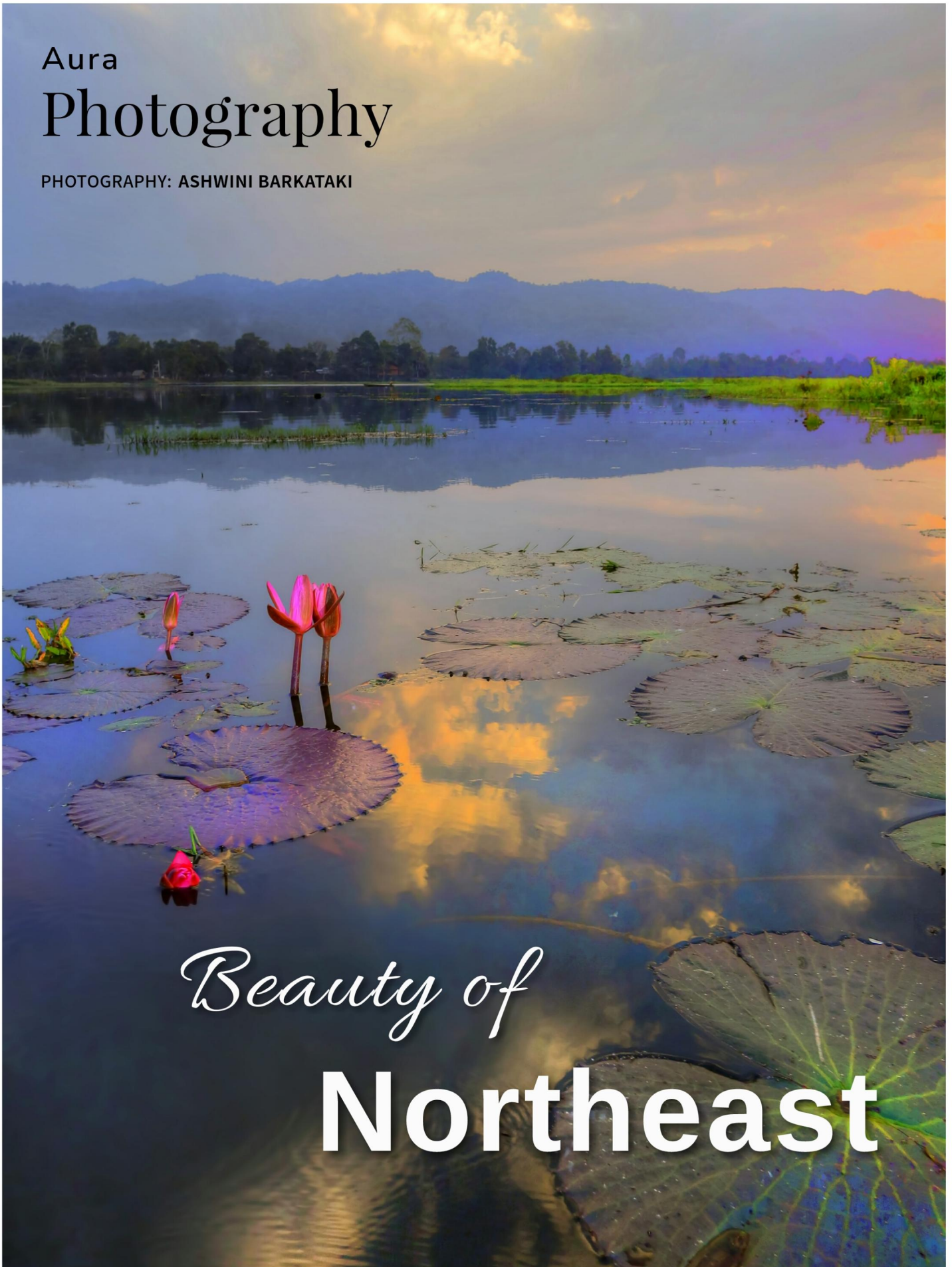
A Professional Makeup artist from Assam. Everyone in this world is a lover of beauty. She believes that a person's inner beauty is always reflected in their personality they carry in their outlook. She loves to groom people and so for that she need to have a proper knowledge of makeup perfectly to give someone a perfect look they wish to. So started a makeup course, slowly this love turned into her profession. makeup is an art. It became her passion and her interest grew more and more with time. She says that makeup is a rich profession and getting proper knowledge can make one perfect and expertise in this field and earn a lot.

In future her dream and wish is to go in for an advance makeup course and open a makeup Institute. She also shared that before falling in love with her passion as makeup artist she was a successful actress but for personal reason she took a break, her life took a twist and started learning makeup and so on now at present its her profession. Need love and support from all to be successful in her new journey.

Aura

# Photography

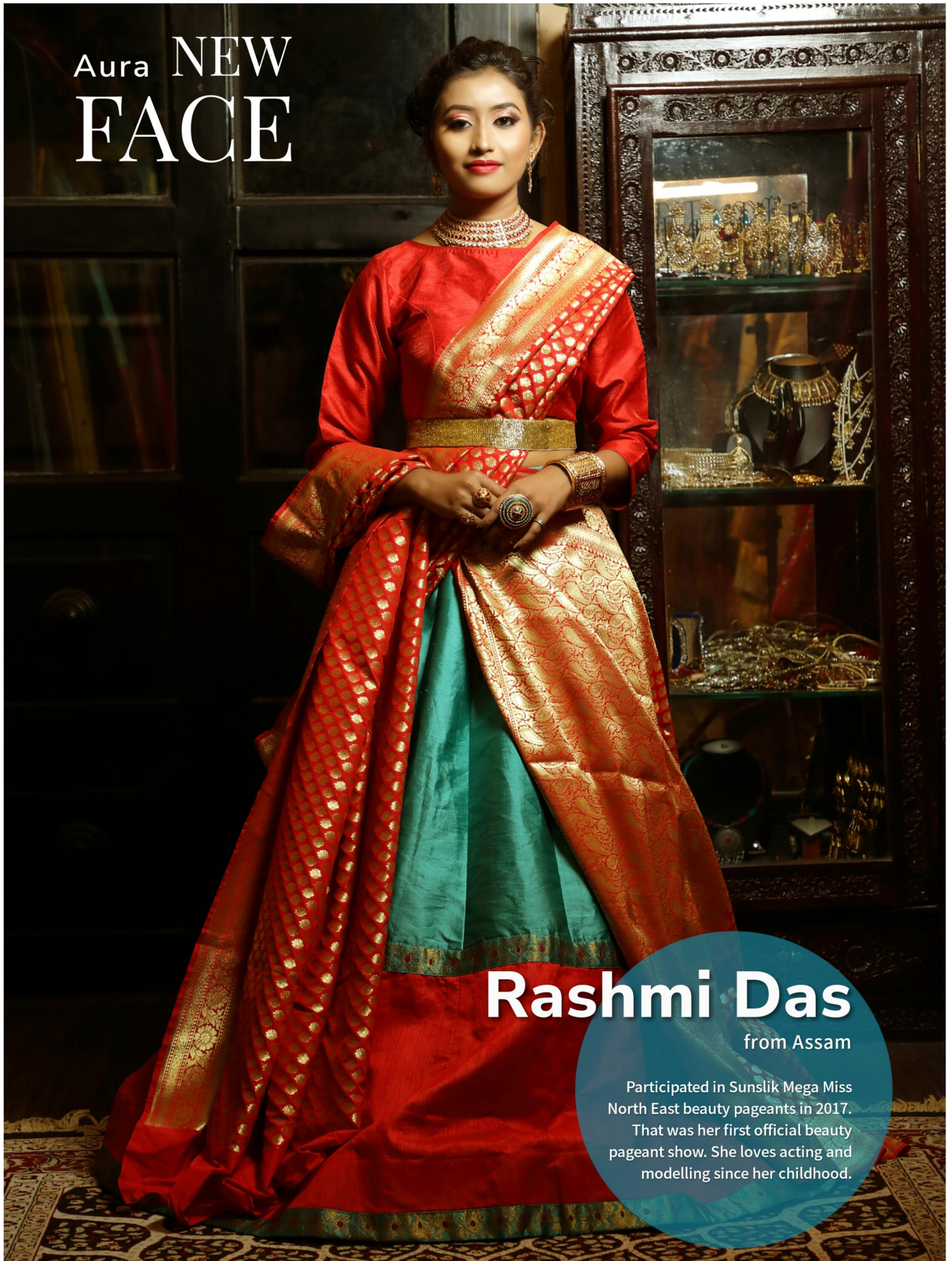
PHOTOGRAPHY: ASHWINI BARKATAKI



## *Beauty of* **Northeast**



# Aura NEW FACE



## Rashmi Das

from Assam

Participated in Sunslit Mega Miss North East beauty pageants in 2017.

That was her first official beauty pageant show. She loves acting and modelling since her childhood.





Aura TRENDY  
LOOK

**Princy Priya**  
Kashyap

North Guwahati, ASSAM  
Currently pursuing Diploma in  
Tourism and Hospitality  
Management

My dream is to be a super model one  
day and represent Assam in the  
fashion industry in a broad way.



# Deodorants

MASK THE OFFENSIVE BODY ODORS



## Deodorants – FRIEND or FOE?

Everyone must have used deodorants once in their lifetime. For some people this might be their basic daily requirements. Have you ever thought how deodorants work?

Deodorant is a substance which is applied to the body to prevent smell or to mask the original body odour. Deodorant or antiperspirant contain aluminum salts, alum, propylene glycol, parabens, activated charcoal etc. Aluminum reacts with the sweat glands or apocrine glands to form a colloid which physically prevents us from sweating. On the other hand activated charcoal absorbs the sweat or smell from our body or from our sweat glands if your deodorant has activated charcoal it can cause blackening of your skin.

Deodorants basically work by blocking your sweat glands.



By Dr. Falaq Ikram  
BHMS,  
Health expert, Being  
Caring Organisation

Have you ever thought the product that you are using on your daily basis can have side effects?

Blockage of sweat glands or the apocrine glands can cause infection and inflammation of the hair follicle. If your deo contains aluminum or any aluminum salt – it dissolves directly in your blood without any filtration and can cause inflammation of hair follicles. If your deo contains zirconium or propylene glycol, it can cause irritation of your skin and thereby causing allergies.

## Example :

Deodorants which are rich in parabens may interfere with your body normal hormonal mechanism. Parabens function as estrogen, which is a female hormone that is important for sexual development, breast health etc. High estrogen is a risk for developing breast cancer.

## How to prevent these conditions?

- Avoid using your deodorants directly on your skin.
- Check your perfumes or deodorants for aluminum, parabens, propylene glycol etc.
- Check yourself for any irritation or discomfort after using deodorants in that particular area.

Person suffering from increased or excessive sweating can benefit from use of natural Homoeopathic remedies. Homoeopathic remedies can help for excessive sweating are: calcarea carb, silicea, sulphur, hepar sulph, bovista etc.

Self medication should always be avoided.





## Let Others Be **RIGHT**

### Most of the Time

Have you ever asked yourself whether you like being right all the time? Being right most of the time gives us a good feeling. It boost our self esteem. Being wrong all the time is also bad. We must strike a balance in being right and wrong.

Being always right and I emphazise on the word ALWAYS, absorbs us of our mental energy. It also alienates us from other people. We become to defensive and we increase our efforts to defend ourselves. We spend alot of time proving that we are right.

He is a believe that if we somehow show someone else that their position, statements and points of view are incorrect consistently, that person is going to appreciate it. I got bad news. That person won't feel great about it.



Think about it. Have you ever been corrected by someone and said to the person who was trying to be right, "Thank you so much for showing me that I'm wrong and you're right. Now I see it, you are great!" Or, has anyone you know ever thanked you when you corrected them, or made yourself right at their expense. I said "at their expense"! because sometimes it is alright to correct some else views and at the same time except their explanation. Do not impose your own points of view without accepting theirs.



The truth is that most of us do not like to be corrected in a way that seems hostile. We want our positions to be respected and understood by others. Being listened to and heard is one of the greatest desires of the human heart. Sometimes just by lending a hear to a person and not commenting on what is said may make the "confessor's" day!

Those who can learn to listen are some of the most influential people in the world. All right, you may disagree with me but isn't it good that you can speak to someone on some issues and not be judged. You will start to like the person, right?

Those on the other hand who are in a habit of correcting others are often resented and avoided.

It's not that it's never appropriate to be right - sometimes you genuinely need to be or want to be. Perhaps there are certain philosophical positions that you don't want to budge on such as when you hear racist comment. Here, it is important to speak your mind.

One of the best ways to become a happy, loving, peaceful and relaxed person is to allow others the joy of being right - give them the glory. Stop correcting or judging!

It may be a difficult to habit to break, it is an effort worth practicing.

When someone says i feel it is rather important to.....do not jump in. Let the person say his or her peace. It is the same as the previous advice on interrupting some else speech.

If you do this, the people in your life would appreciate you more.

Therefore, from today, Let others be right. Let them have their glory.

**By Vanessa Jacqueline Dcruz**







# 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 ME WITHIN

Oh Happy Prince! its me your bird  
who is  
lying dead on your feet...  
I am the girl! Once who is singing  
the  
melancholy song for  
Shakespeare...  
Yes I am Miranda, the one who felt  
in love  
with Ferdinand...  
I am the language for whom  
Professor  
Higgins worked for...  
Oh lil teacher rectify me if I am  
wrong...  
The body which I belongs to is not  
Beautiful...  
Beautiful is my age!  
Yes I want to be remembered by  
you all...  
But as the lil girl who is holding the  
hands  
of her father tightly...  
I want to be remembered as a  
mother  
having her daughter in her arms...  
Yes I want to be remembered to be  
the  
one and only love of my beloved...  
Yes I want to be remembered  
before I  
perish away!!!



**By**  
**Reshmi C Gupta**



ASSOCIATE PARTNER



**‘प्रयास’ कैंसर को हराने का**  
***Beat Cancer by Spreading Awareness***

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# *Assam Book of Records*

(Break Superlatives To Be Ultrasuperlatives)



Year  
**2022**

## JANUARY

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*“ Magic is believing in yourself and making anything happen...”*

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