

# MYSTIC AURA

MARCH 2022 / ISSUE 25, VOL 03

MAGAZINE

THE  
LUMINARIES  
women  
accomplishing  
goals.

GLOWING SKIN  
40 PLUS FEMALES

BINDI  
beauty of  
Indian  
woman.  
Emblematic  
of Indian  
culture

AN EXCLUSIVE

*Meghrajani Medhi*

# WOMAN

BRAVE & BEAUTIFUL

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MYSTIC AURA MAGAZINE

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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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# On the COVER

## Moushumi Chakraborty

Branch Head North East Small  
Finance Bank from Assam.

Working in banking sector since  
last 16years. She was attracted to  
fashion and glamour world since  
her childhood. While in college she  
joined two beauty contests, Ms  
Banjara and Ms Jalwa and was in  
the first runner up and second  
runner up position. After that she  
started doing a few modelling  
assignments since 1999. In 2015 she  
returned back to Guwahati and  
again resumed modelling in 2018  
and joined a beauty pageant  
organized by Prasantt Ghosh and  
won the coveted crown of Mrs India  
calendar Hunt. Then she got an  
opportunity to represent India in an  
International pageant Mrs  
International Global held at  
Malaysia. Honoured with a very  
prestigious title Brand Ambassador  
for Goodwill and women  
Empowerment. Currently, she is  
busy in her professional life at the  
same time doing small  
assignments in modelling too. She  
wishes to continue to live her  
passion and profession with dignity.

---

**Makeup: Daniel Marak.**

**Photography: Abhijit Baruah.**







# EDITOR'S NOTE

MARCH 2022, ISSUE 25 / VOL 03

## **Mystic Aura,**

is an incarnation of fashion and lifestyle style that tries to recognize the spark and the skills and takes the pleasure to feature them and bring to limelight the talents in the long run. Glad to share that Mystic Aura has successfully completed its journey of 2 years on 8th March '22 with the support, love and blessings of the public. It's all the hard work and effort of my team members that includes respect, trust and team spirit which is the backbone of Mystic Aura.

**This month issue covers a bandwidth of topics including the regular topics along with the success of woman and how she has been evolving gradually. Hope the readers and viewers will enjoy reading this issue.**

Thank you.

**REGARDS,**

**Gitali pathak Deka**

Editor-in-chief

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



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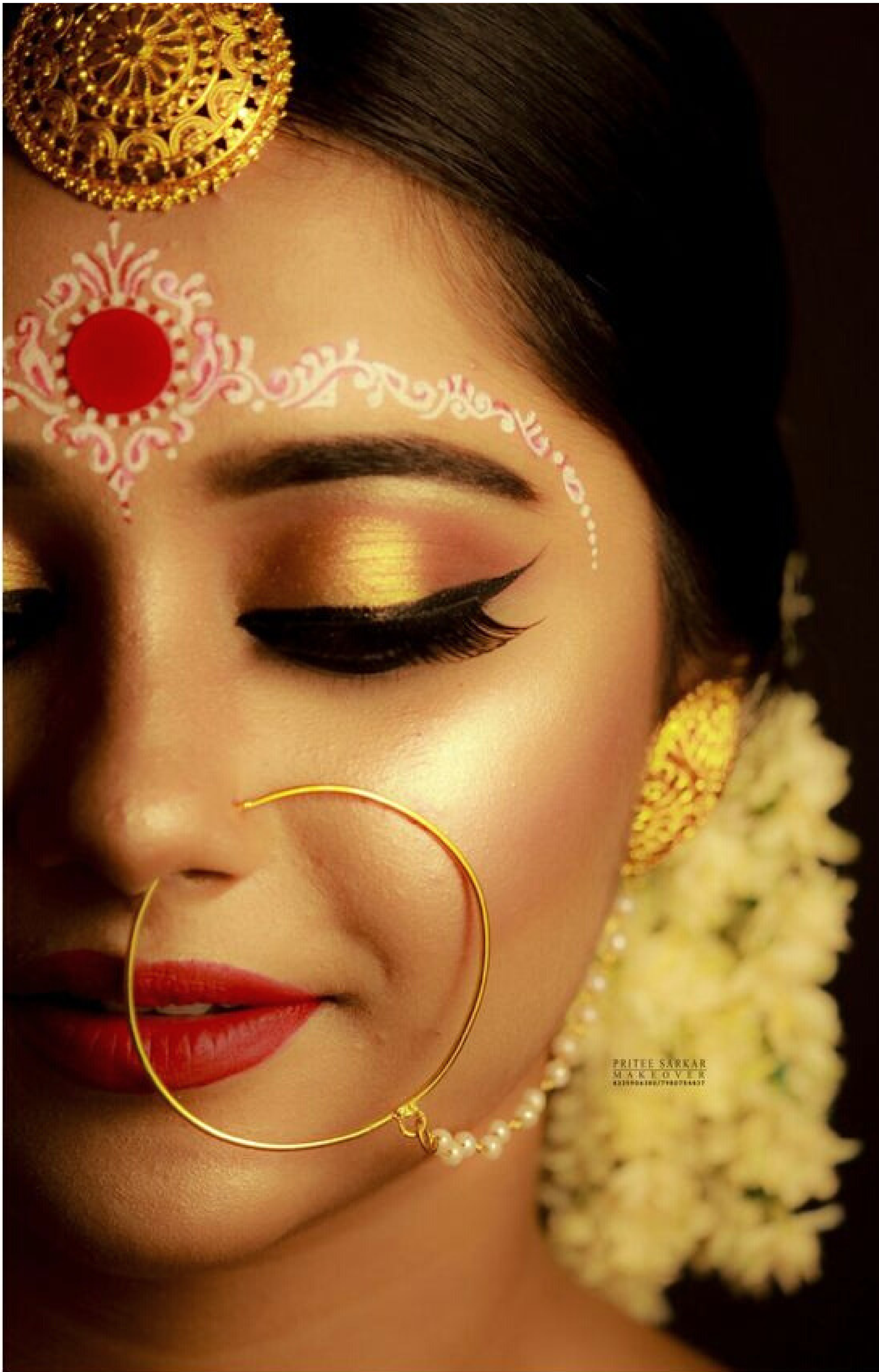
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### By Prasant Ghosh

THE WRITER IS AN ESTABLISHED  
FASHION DESIGNER AND FASHION  
CHOREOGRAPHER

Today, bindis are available in different colours to match the makeup and dress. You are the best judge to decide what suits you. The colour of your dress and shape of your face should determine the shape, size and colour of the bindi you choose; some popular motifs available are round, long, oblong, triangular, crescent, moon- like, etc.

# Bindi

## BEAUTY OF INDIAN WOMEN

Add a zero after figure one and its value will increase ten times. Likewise, place a bindi [dot] on your forehead after make-up and the charm of the face will enhance ten times. In ancient times women used to decorate the forehead with roli, kumkum, sindoor and chandan.

### Some tips on what will suit your kind of face are given below :

A small forehead appears large with an oblong bindi.

A broad forehead looks good with a round bindi.

On fair complexion, red looks striking whereas on dark complexion pink, orange or sandalwood colours appear prominent.

Wheaties complexion requires a light red bindi.

If the facial skin is very dark, do not use red, steel grey or chocolate colours.

If the eyes are large, apply a big bindi and for small eyes a small bindi.



A tall women should use a round- shaped bindi, whereas a short woman should put on a long shaped bindi. If you have a broad forehead, place the bindi in the middle of the forehead, but in case of a narrow forehead put it between the eyebrows. In summers, light tinged bindis look pleasant. During winters, bright colours add a glow to the face.

Bindi is the symbol of Indian culture of the Hindus but now-a-days, we can see that when there's a runway fashion show held in any part of the country or abroad in traditional wear ,models love to wear a fancy and colourful bindi that matches well with their attire which not only enhances their beauty but gives a very gorgeous look .It's not the Hindus in India that wear bindi,sometimes it can be seen even the hollywood celebrities spot on their forehead occasionally with a beautiful bindi and the foreigners whenever they pay a visit to India and dress up in traditional Indian attire as in saree or salwar kameez

## **"Bindi is an auspicious mark worn by young girls and women in India."**

It's not only the culture and tradition of the married woman to wear a bindi, even the unmarried girls like the fashion of bindi matching with their colourful beautiful dresses. With the rapid changes in the society and people's mind to modernity, bindi as of now is like fashion and few even hesitate to put on for the purpose of bindi has changed with time, but before there was a time when it was considered to be a sin if a married woman didn't wear bindi .

Sometimes it is found that even man put on bindis as it signifies different reasons in different religions . The land of diversity, rich in culture and tradition follows the age old tradition of bindi even today almost by all people except a few who thinks not wearing bindi is a fashion and sign of modernity.

Will the culture and tradition of India fade away with the world changing in passage of time or modernity will teach people how to give space but keep alive our culture? The answer to this questions can be given by every individual reading this article as the saying goes

**"OLD IS GOLD"**





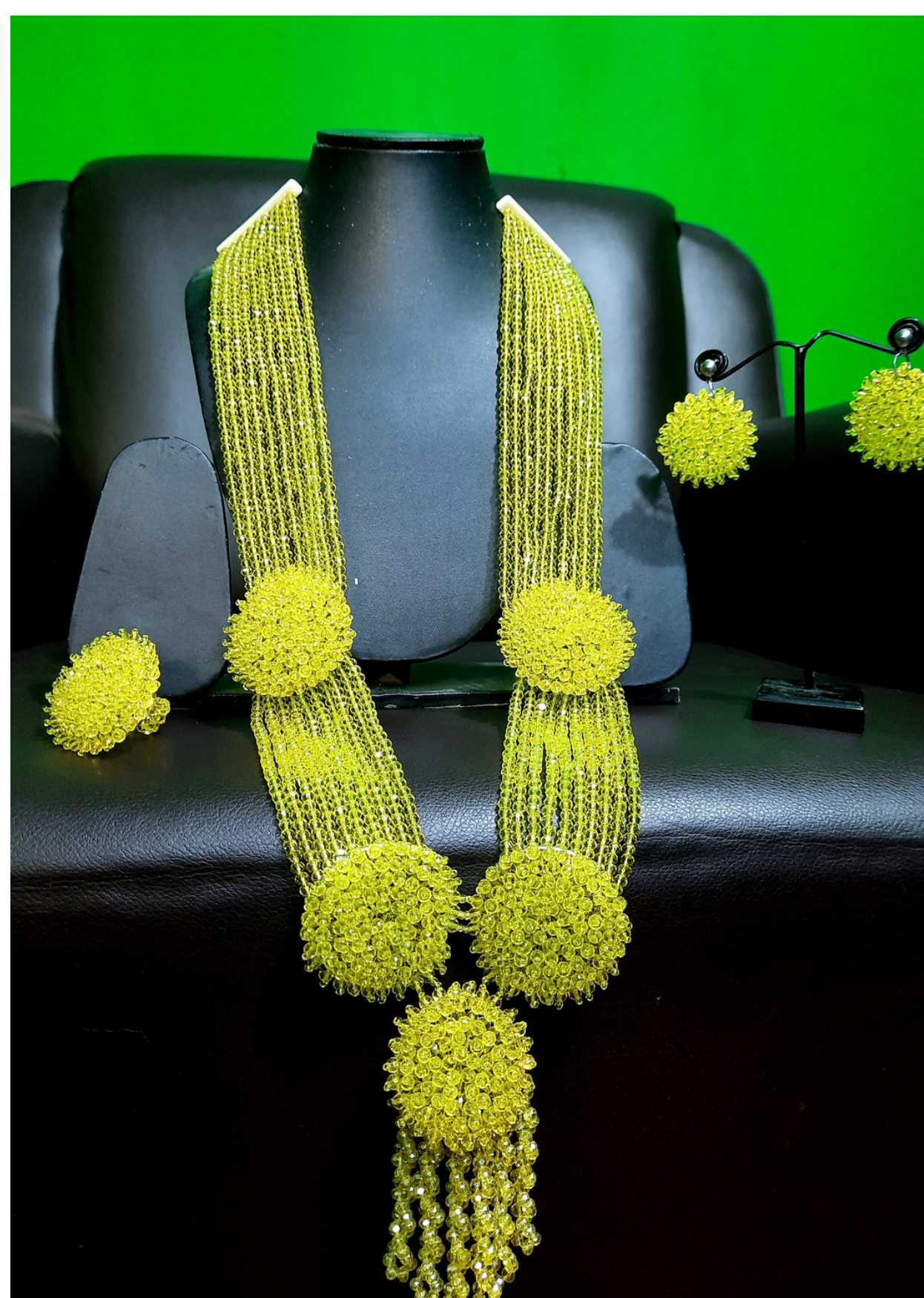
## JEWELLERY DESIGNER

## Toingam Khangam

I got connected to the fashion world on self interest and the beautiful jewellery of my ethnic community i.e the Wancho tribe of Arunachal Pradesh inspired me to take up this work. I am not a professional jewellery designer, its my passion that I want to convert to my profession.

I showcased my design in Northeast International fashion week, season 6 and also took part during several events and set up my own stalls.

My designs are mostly inspired by the jewellery worn by the wancho ladies and I aim to promote our ethnicity along with a mix of modernity to it so that people of all groups can wear them. The name of my boutique is 'Khangam Collection' on instagram and 'Khangams Jewellery' on facebook







An Exclusive interview  
with the most popular and prestigious  
actress and kathak dancer

# Megh Ranjani Medhi





**You are a very gorgeous and fabulous actress and at the same time a good kathak dancer too as we all know. Would you like to share a little more about yourself.**

Well, I am blessed to be born in a very cultured family. My mother, Moromi Medhi, is a well known Kathak exponent and she was also an actor. My father is a vocalist. My beautiful parents are a gift to me. I always say that I never chose dance, dance chose me. That's the way I became a dancer. In the span of my career I got many opportunities to showcase my acting talent. Personally I am a very family person apart from being a dancer and an actor. I like spending time specially with my family, relatives and my limited friends circle.

**Did you like acting since childhood? What attracted you to begin your career as an actress?**

Well, as I have said in my reply in the first question that dance was my first preference as a career because that was in my family, in my blood that's why I got attracted to dance. Anyway, I never thought that I will ever work on-screen but since acting was like co-related to dance form so in that sense I like acting too. My mother was also associated with the acting world as she was an actress. So in that way we have a bonding with the people of film fraternity I got lots of opportunities and offer for acting during my school days. My parents always encouraged me in this regard but at the same time they also said that education is of utmost necessary part to broaden the mindset and live in this world so during my college days .



I had to balance my studies and dance as well. When I was studying in cotton college I got a very good offer to act in a video film 'Lakhimi' but at that time as we all know the status of Assamese film industry was not so good. The story of the video film which was offered to me was very suitable for me as Luckily, my acting was loved by all where I got good response from the public and so even today people recognize me as Lakhimi, the character I played in the video ten years back even though till date I have done acting in ample lot of music videos and films. So now I am a good dancer and a actor.

**You have also walked on many prestigious ramps as a Showstopper and is connected with fashion. what is your view about fashion at present times?**

Yes, I have walked on many ramp shows as a showstopper for many reputed designers. Its a different genre. It feels so good to showcase different beautiful outfits specially to showcase our very own traditional attire on different platforms all over India and abroad. Well, the definition of fashion differs from person to person. I believe that fashion reflects the personality of a person. I don't say that I am perfect but I do fashion depending on time, place and environment. It feels so good to see that the present scenario of fashion has brought tremendous changes. Now fashion is into a global level.

**Would like to know little bit more about your passion and profession. which one according to you is more challenging ?**

I must say that I am very lucky that my passion is my profession. I am living my passion through my profession. Nowadays, everything is becoming very challenging. Life has become a challenge. You have to manage time, work, family, our personal lives. You have to stay upto-date because nowadays everybody wants to win the 'race of life' and move forward. And, yes, I too am trying my best to live a fruitful life.



**What has been keeping you busy these days? What projects are you currently working on?**

After the pandemic good days have come no doubt but the work culture has changed everyone's life now. Before the pandemic I was busy travelling abroad after every 2/3 months for programs in different places and rest of the days I used to be busy in shoots. My parents have an established dance school where I teach dance but during the pandemic I adopted a new technique to keep myself busy and that was online classes where most of us are also used to it at home. Actually its the pandemic situation that has given me an opportunity to share my art form with the children who have a desire to learn dance passionately. The moments and the time I spent in those days I love it. Now, slowly back to work and currently am busy in shoots and hopefully waiting for the next programme many more things that's planned and will be executed soon.



**what's your greatest strength as a dancer?**

As people go to gym and do yoga to keep themselves fit, is the habit they form that become a part of their life but for a dancer its a lucky point because dancing is similar and as like doing exercise for when I dance I burn calories and I gain energy and can maintain a daily fitness routine which you can say is the greatest strength of a dancer. My passion is my profession ofcourse and it is my profession that helps me a lot in keeping me healthy and the fact that a dancer has the power to reverse age is known to all and I have seen this power in all the great dancers including my mom who still looks young and beautiful.

**your most memorable day in life.**

I don't consider only one day as a memorable day. Every small bit of fruit that I get like when I did my first National and International programmes, during my college days. Or when I achieved gold medals for five years, when I got married with the man I love, all these are counted as memorable days in the diary of my life. For me, every step of success I achieved in life is my memorable day.

**Your message to the aspiring models and actors.**

I am too young to send message. Still I would say that follow your passion, follow your mind along with your heart. Work hard. Work is worship. Pray to God. Always respect your parents and elders. You will find everything so beautiful.

Another message, being a dancer, but of course, on a lighter note, this is for everyone, sometimes try dancing. Life is so stressful these days. Just play a music and move your body, relax, you will realize life is so very beautiful.

**A few lines for Mystic Aura magazine.**

Thank you so much Mystic Aura magazine for this beautiful opportunity to share a few beautiful experiences of my life. I would like to wish all the content creators, the team for doing such great work. All my positive energy and best wishes for the grand success of Mystic Aura for many many years. Thank you.







**By Vzanessa Jacqueline D'cruz**

**International representative: Aesthetics  
International Council**

## WOMEN

# EMPOWERMENT

## What Is True Women Empowerment? Stop the biases

Let me begin on itinerating two dictionary definitions of empowerment:

- Authority or power given to someone to do something.
- The process of becoming stronger and more confident, especially in controlling one's life & claiming one's right.

We always write about empowerment as a good thing for women but today I am going to write about what the true meaning of women empowerment is and unless one knows what this true meaning is, empowerment can be used as an abusive entity. Don't create biases against women.

Today, we are gathered to campaign for women empowerment. For many centuries, since queen Elizabeth's era, women have been campaigning to earn their rights to work, rule and be treated equally. Unfortunately, it has been a long fight for women to gain these rights and we, women are in danger of undoing all the hard work we have done to allow the world to know who we really are if we do not know the true meaning of empowerment.

The true meaning of empowerment is to make ourselves better women. We must first start with empowering ourselves before we empower others. I know you all know this but are women making themselves better or worse in a way that women only want power for themselves and help others in a selfish way.

They will given only certain women that they like the promotion they want. Some may see some women too weak or "motherly" to handle the job. In other works , they do not have the male grit and mentality to handle a task. **Example : important decision makings.**



Empowerment can be both good and evil and these can be seen in the corporate world. Women bosses humiliate their own female colleagues. Some women feel that they prefer to work for male bosses because they are more caring. What has happened to the true meaning of women empowerment whereby the meaning tells us that we need to empower ourselves for the better and later help other women to be their best and good self.

I emphasize the word good because if we empower ourselves in bad way and empower other women with our “bad empowerment” we will perpetuate a circle of wrong doing. For example, if you as a woman boss only knows how to unscrupulously indulge in ways to climb the ladder, you may pass on the knowledge to your female protégé.

To understand the true meaning of women empowerment, we need to go back to Emmeline Pankhurst's era and look at how women of their time fought for their rights. I feel this meaning needs to be rediscovered again. Emmeline Pankhurst's, one of the 1st female feminist to fight for women's suffrage main motto was that ‘all women needed each other, support each other & stay united in good times and bad times.

That is the fundamental true meaning of women empowerment. More so in 21st century we need to re-evaluate whether we know the meaning and whether we are administrating it properly because to be honest, we as women, we are very dis-jointed in our principles in how we are to support each other. Various feminist groups fight with each other because of deferring beliefs. We are bias in our own believes

Each has their own meaning of what true women empowerment should be. I believe that we women need a consensus agreement to what the true meaning of women empowerment should be. This is needed so that women can again work together & not argue with each other so that we can be united in the betterment of women.

## I leave you with this thought:

“What's the use of women empowerment if we are empowering over each other and being bias against each other”





# Glowing skin

40+  
Female

Essential Vitamins For Healthy And Glowing Skin at the age of 40 for females.



Your body needs vitamins to stay healthy and function properly. The same goes for your skin too. Some vitamins play a key role in maintaining your skin health. However, knowing just the vitamins for glowing skin is not enough. You must also understand which one to apply and which one to consume.

Supplements often work well when you have a deficiency, and for that, you must consult a doctor. However, you can avoid deficiencies through a balanced diet. Moreover, adding vitamin-enriched skin care ingredients to your routine ensures that your skin is protected against free radical damage. Keep reading to understand the connection between vitamins and skin and how to make the best use of the vitamins (through diet and skin care) to improve your skin health.

## The Best Vitamins For Healthy And Glowing Skin

Your skin reflects what you eat. Nourishing your body with foods dense in vitamins and nutrients is the only way to combat skin conditions and get an even skin tone. These vitamins repair cellular damage and promote skin regeneration.

1. **Vitamin A: To Prevent Aging And Acne**
2. **Vitamin B3: To Treat Sun Damage And Pigmentation**
3. **Vitamin C: To Amp Up Your Antioxidant Levels**
4. **Vitamin E: To Prevent Dryness**
5. **Vitamin K: For Stubborn Dark Spots And Scars**

## Sources

Vitamin A: To Prevent Aging And Acne

If you are looking to minimize the signs of aging, you might be aware of retinol. Retinol is a form of vitamin A that is highly effective in improving the signs of aging. Vitamin A, when applied topically and ingested with food and other supplements, keeps many skin-related issues at bay.







## How Does It Help?

### vitamin A:

Reduces fine lines and wrinkles. Boosts collagen production, which increases the elasticity of your skin. Improves skin appearance. Reduces damage caused by free radicals

### Prevents acne.

A study found that people with low levels of vitamin A or retinol had severe acne and other skin conditions, such as atopic dermatitis Retin A, Tretinoin, Retinol, Renova, Retinaldehyde – these are all types of vitamin A found in skin creams.

While retinol is readily available as an over-the-counter medication, you will need a doctor's prescription to get retinoids. This is because retinoids are stronger and do not suit every skin type. Retinol and the other forms are a bit milder and are generally irritation-free.

If you are applying retinol or similar types of vitamin A, remember that its efficacy decreases in sunlight. Hence, it is better to apply it during the night. Also, if you are using it for the first time, don't apply it every day. Use it every other day, unless advised otherwise by the dermatologist.

## Vitamin B3: To Treat Sun Damage And Pigmentation

While exposure to the sun rays gives you your daily dose of vitamin D, overexposure can cause significant damage to your skin. Long-term exposure to UVA and UVB rays can cause pigmentation, fine lines, and dark spots. Vitamin B3 (also called niacinamide or nicotinamide) can safeguard your skin from the damaging effects of sun rays.

## How Does It Help?

Oral Vitamin B3 (also known as niacinamide or nicotinamide) protects your skin from sun damage and may also prevent nonmelanoma skin cancer in patients who are at high risk.

It reduces hyperpigmentation (which is caused by sun exposure) by preventing the transfer of melanosomes (sites for synthesis and storage of melanin) from melanocytes (melanin-forming cells) to keratinocytes (skin cells)

It minimizes the aging process of your skin by working on fine lines and dark spots caused due to excessive UV exposure. It also improves your skin texture and elasticity.

### Best Sources of Vitamin B3

If you are someone who mostly consumes processed foods, you may be at risk of being deficient in this critical vitamin. Include these foods in your diet and get your daily dose of vitamin B3:





Mushrooms, Tuna, Sunflower seeds, Avocado, Green peas, Peanuts, Chicken breast, Kidney beans. You may also take vitamin B3 supplements after consulting your doctor.

You can buy niacinamide powder, mix it with your moisturizer or cream, and apply it to your face.

One thing you need to remember is that niacinamide is soluble in water. Hence, your moisturizer needs to be water-based. Otherwise, the vitamin will not mix properly, and it won't be of any use.

The best way is to make your own moisturizer.

Combine aloe vera gel with niacinamide powder, and it's good to go!

## Vitamin C: To Amp Up Your Antioxidant Levels

This vitamin is mainly found in the epidermis (outer layer of the skin) and the dermis (inner layer of skin). Vitamin C plays a vital role in maintaining skin health and the formation of collagen.

.....to be continued in next issue.



### By Dietician Dipikaa A Bhatia

Director ofirector of  
BBEHEALTHY and founder of Aas Ek  
prayaas NGO  
Naturopathist yoga expert and social activist







# PIONEER OF FASHION

Medha Saikia

One of the Pioneers of Northeast India Fashion Industry and Beauty pageants. A Fashion Promoter and a Curator, a name popular among all in fashion. She has Curated many shows/ events including Miss Luit Beauty Pageant, Metro Night Carnival, Celebrating Assam in Bangkok and runway fashion show East India Fashion Week held every year showcasing designer's creative designs. She is instrumental in getting Femina Miss India and Lakme Fashion Week to Northeast India.

She is the Founder and President of Northeast India Fashion and Design Council and Founder of Fashion Fraternity of Assam. Promoted regional designers in Las Vegas, Dubai, Bangkok, Dhaka and India Fashion Week in New Delhi and Lakme Fashion Week in Mumbai.





# ASTOUNDING SUCCESS

Story of

**Meenu Paul**  
in her own words.

**S**tarted my job in a travel agency and modeling together in the year 1995 and gradually when time persisted I worked for three travel agencies for three years. Modeling was and is still my passion. As days were passing, started choreographing fashion shows and upgraded myself as a grooming expert. Choreographed fashion shows for Pooja Batra, Anupama Verma, Achala Sachdeva, Gauhar Khan, Dipannita Sharma, Zulfi Sayed, Sonalika Sahay, Nishita Goswami, Barsha Rani Bishaya, Utpal Bora and many more. Won the title of Mrs India Northeast in 2008. Was graced with awards namely Byatikrom Masdo presents Unique You Women's Achievers Award for best Fashion Choreographer, Biju Phukan Recognition Award 2021 for best Fashion Choreographer and grooming mentor Women Achievers Award 2021 for best fashion choreographer.





A PRODIGIOUS EFFORT  
OF LADY FROM

# Teacher to queen

fashion and modeling is still lit inside me even though am in a teaching profession. Earlier there wasn't any platform for married woman in a beauty pageant but the scenario is very different now. I participated and became the winner of Mrs. Sikkim 2020 and the Sub title Mrs. Body Beautiful by the grace of Almighty, blessings of my heavenly parents and through my hard work.

## RITA GURUNG

from Siliguri, Northeast India

**You are a glamorous model and a teacher by profession. Tell us in brief about yourself.**

I am a school teacher by profession and still working. By luck and chance, I got an opportunity to participate in a beauty pageant held in my state. From then on I stepped into the field of modelling .

**You are a glamorous model and a teacher by profession. Tell us in brief about yourself.**

For me to become the part of a pageant was a dream since childhood. Because of my early marriage and then becoming a mother at the very early age of 17, I thought my dream will remain a dream. My passion for

I have done some short movies and music videos too. Besides this I love my profession as a teacher because we not only teach the young mind in return we also learn so many new things from them everyday.







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

I thank god for the beautiful life where I have a very supportive and loving husband, two lovely sons and my in laws, in reality they are my parents after my heavenly parents. Because of their love, support, trust and care which motivated me to grab the opportunity to fulfill my dream. I am really blessed to have them in my life. Beside this I am very thankful to my family members, my friends and the people who support me in every step of my life. As a teacher, sometimes it's very hard to manage time and keep a balance in life in all what I do but at the same time we cannot skip from reality. I believe if there is a will there is a way, teamwork of the staff in school where everyone is always ready to help each other, makes my work easy.

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

Fashion and modeling are like sisters linked together where we find the display of their latest designs that is in trend, in the costumes that the models wear and showcase them in the fashion shows .

## **How would you define the term beauty in your own words?**

In my opinion, beauty cannot be define by the outer looks only but with the pure soul. The outer looks doesn't last long forever, it fades away with time but the pure soul last long and remains forever.

## **A few lines for Mystic Aura.**

I saw the live program of Mystic aura magazine in North East International Fashion Week season 6 in Guwahati. It is the wonderful platform for the models, photographers and writers. I am very blessed for this precious opportunity to open my short book of life through you. Will ever remain thankful.



# A Lawyer's passion: success goal.

*When life gives you lemons,  
make a lemonade out of them  
is what I believe in !*

This is how the additional dimension of me gradually unfolded, from delivering my presentations in courtrooms before the Hon'ble Judges to performing on screen before the camera. Then, out of nowhere and to everyone's shock Corona hit the world devastatingly, bringing life to almost a standstill when the whole world just locked down. Initially I felt lost, was rendered completely home bound and life looked blank.

Then came encouragement of the loved ones especially my husband and a few dear friends who advised me to pursue my passion for 'acting' to which I wasn't able to devote much time earlier because of my professional commitments. I honed my skills and made two short films in 2020 during lockdown - 'Black Coat' and 'Green Tree' for an online film festival which was judged by the who's who of the Bollywood that earned awards for the 'Best Motivational Content'. I not only was the script writer and director of the short films but she also acted in both of them. After that there was no dearth of offers for movies/webseries for me but due to Covid my artistic journey was hampered severely.



This year my short film 'Impersonator' has been released on MX Player, Hungama Play, VI Movies and TV network and has earned great appreciation worldwide for its poignant theme and power-packed performances by all the characters therein. Coming from a family which had once been a part of the film industry in a big way as producers, distributors and exhibitors of many a super hit films, my ambition of turning into a producer soon is well within the realms of possibility !

**By Meeta Dutta**





**iINFINITY**

GRAPHICS STUDIO

## PHOTOGRAPHY & RETOUCH STUDIO

Infinity Studio is a high end photo retouching and post processing studio based in Guwahati, Assam. We specialize in beauty, fashion, macro skin, advertiing, editorial and product photo retouching

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Model: Mirmily Hansepih

Designer: Ankita Choudhury Mahanta

Makeup: Kalpana Chetry

A shot from Infinity Calendar 2022



# Aura FASHION

MODEL **Anita Boro**

Makeup Moon Bagchi

Photography Unique Borah

  
UniqueBorah.Com



# Aura BRIDAL

Makeup is an art and  
Beauty is spiritual and  
combine together  
reveals a beautiful  
soul.

---

MAKEUP BY

**Mafiz Ali**

MAFIZ'S MAKEOVER STUDIO  
CUM ACADEMY

MODEL

**Neha Baruah**





# Aura KIDS

Model

Aanuddhya Bharali

Age: 6yrs

Photography :San Jay.

Place : Assam.





# Aura KIDS

Model

Gargee borah

Age- 5years

Makeup- Priyanka  
borah

Photo- Shaan

Bosumatary

Styling- Parashmoni

Dihingia





# Aura Traditional

*Traditional attire is a beauty in itself no matter how others wish to view but it gives a very classic look that's enough to catch everyone's eye.*

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Model

Pragyanjali  
Lahon

Height- 5.7 ft

Age- 18

Makeup Parashmoni

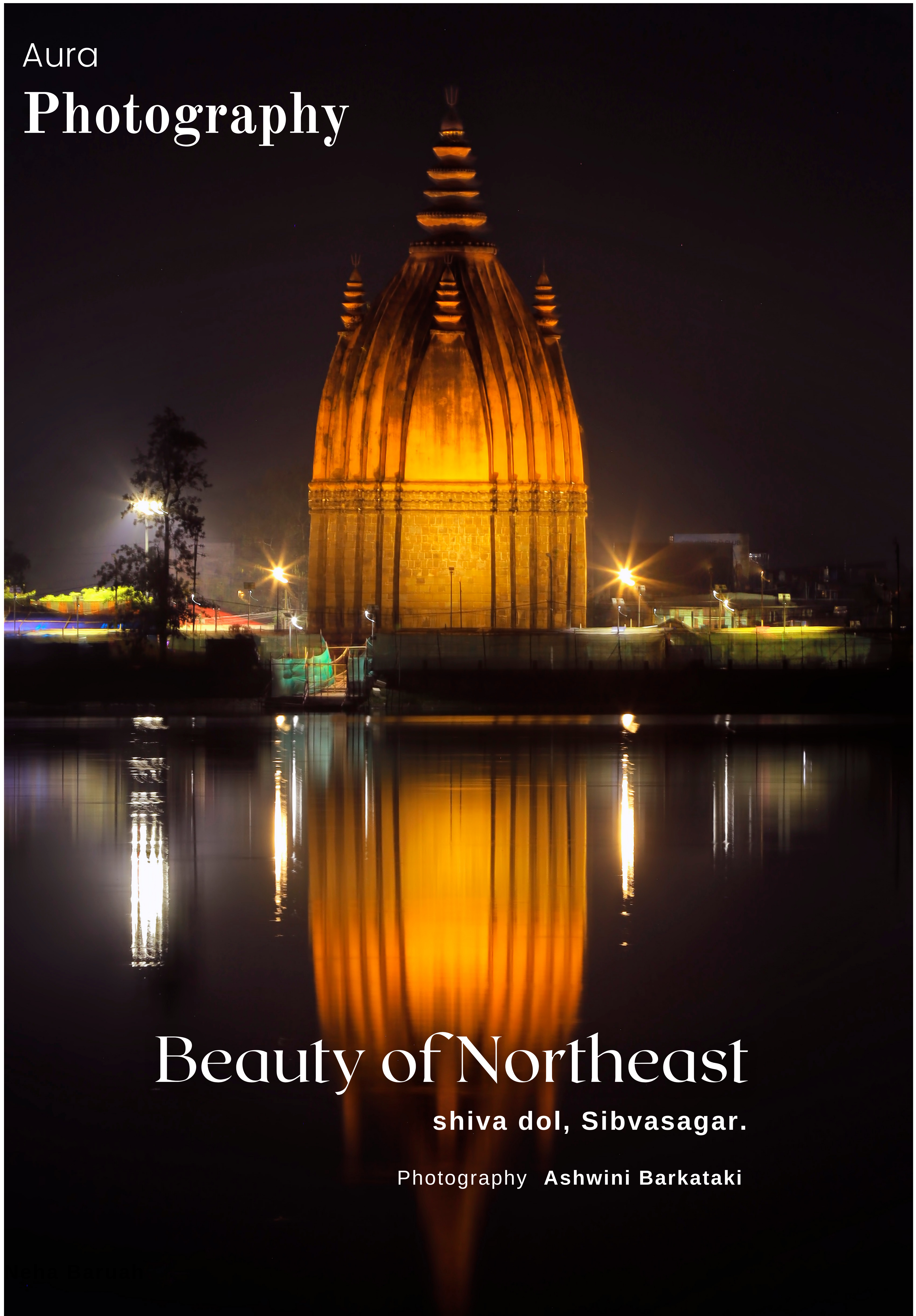
Dihingia

Photo Shaan Bosumatary





# Aura Photography



## Beauty of Northeast shiva dol, Sibvasagar.

Photography Ashwini Barkataki



# The colour of the Spring

The earth is ready to dance in colours to the  
Rhythm of love.

The zephyrs blowing away the leaves.

Everywhere we look we can see colours.

The full moon is on the way to spread it's  
silver to welcome Holi.

Ah! It's time to burn away the evil and let  
goodness flow,

The colours of the Holi washes the darkness  
of soul ,

Bringing sparkle to our lives.

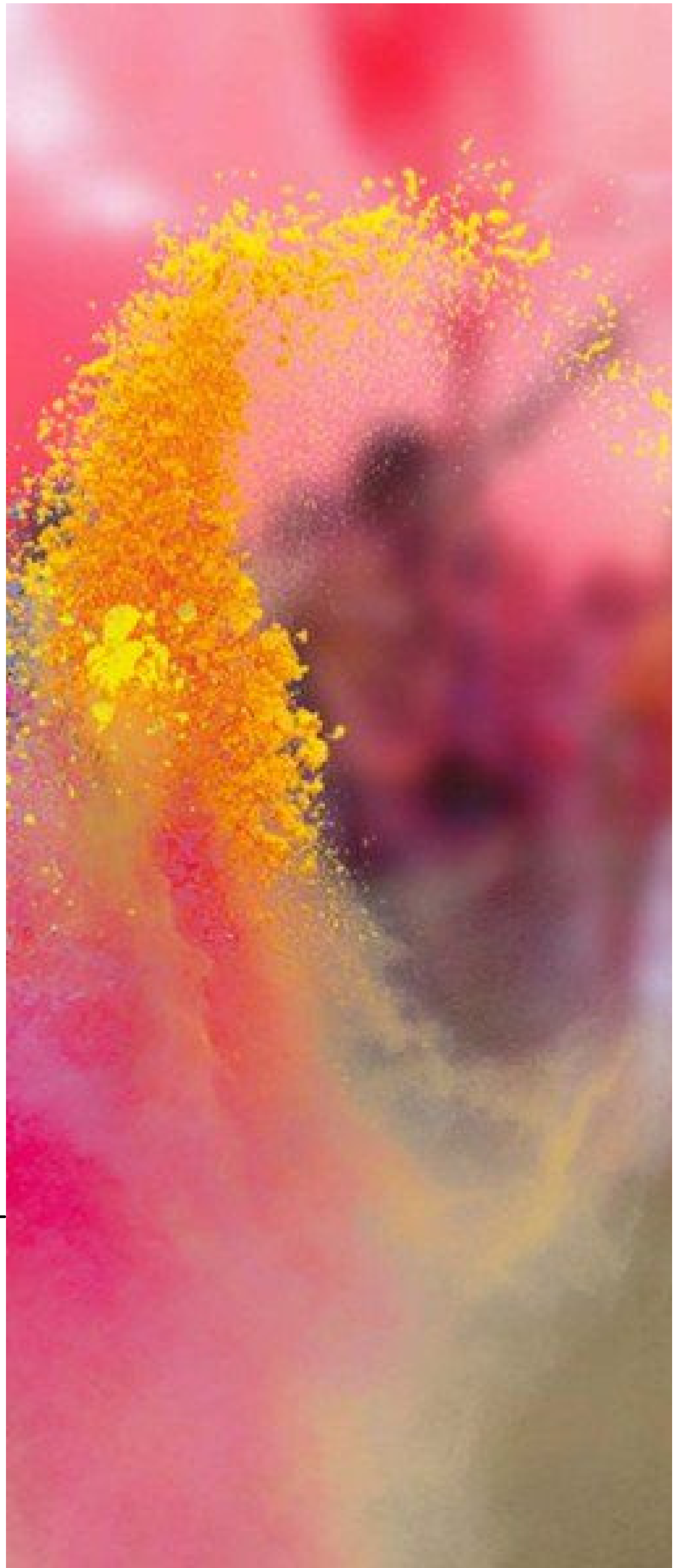
A festival of joy and fun,

Spraying colours at each other.

Signifying we are one colour in nature in  
different colours.

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By Monali Hazarika





# FITNESS TRAINER INCREDIBLE TRIUMPH



## M A Murtoza

Guinness World record holder,  
a crusader on a mission to  
make India fit



**You are a fitness trainer and expertised in martial arts. Tell us in brief about yourself and about the skill?**

I'm a working professional in the day & in the evening I am a fitness freak. Currently, I am residing & working in Gurgaon. It was since my college days I am interested in martial arts & self-defence. So, I started training for the same & eventually got Black belt 3rd Dan in Taekwondo . The goal of my life is to provide fitness training to the youth of India as they are the future of our country. I am happily married & have a 12-year-old son. Besides training & fitness mentorship, I also like to write about fitness & have already published useful articles in international medical & sports journals & magazines. The ongoing COVID pandemic has taught us the value of exercise & fitness in day-to-day life. I feel that every citizen of India should implement the concept of Fit India which is the key to a prosperous & productive society.



**You have achieved the highest accolades in your life being in Guinness Book of records & Limca Book of records . Would like to know about your journey in a nutshell ?**

I am thankful to god & especially to my family & friends for their support & guidance in achieving the Guinness Work record & Limca record. After my success at national level competitions I always wanted to represent my country on the international level. Guinness Book of record is the best medium for the same but the journey was long & quite difficult. Initially I was not aware of the procedure & requirement for attempting a Guinness record. So I started my research & in 2017 I tried my first attempt but got failed but I tried again and again, and after 10 unsuccessful attempts in 2019 I succeeded in my 11th attempt. After 2 years in 2021, I succeeded in Limca's book of record also. I use to spend hours after my job for the training of my world record with my team & I have sacrificed a lot of my family time for the same. But as it is said "Opportunities don't happen. You create them." Recently I was honoured with the Prestigious Dadasaheb Phalke Indian Television award for promoting the Fit India movement & achieving multiple world records.



**What do you think about work ethics and what kind of ethics you believe in following while working ?**

Work ethics plays a very critical role for an individual in any field. It is a set of values that strengthen individuals characters and abilities. I follow below 5 work ethic points while working : Integrity ,Honesty, Discipline , Fair & Respect , Responsible & Accountable .

**How would you describe your personal style ?**

I believe in my team/students more than myself, as I know if my team/students will grow I will grow parallel. I follow this rule in my professional as well as personal work. Because teamwork is the key to success for any task. I think without the support of my team/colleagues I can't achieve my targets.

**As a fitness trainer, what advice would you like to give to all the fitness freak youngsters?**

My advise to all fitness youngsters will be to improve their will power/mental strength. If a person has strong will power/mental strength he/she can achieve any task. Nothing is impossible with strong will power. Strong will power always leads you to success in Life.

**Few lines for Mystic Aura magazine.**

First of all I would like to thank Mystic Aura team for providing me this opportunity for sharing my views through your magazine.

As Mystic Aura magazine is very famous among youths of India, I think it's a great medium for me to get in touch with the youth of India and convey my thoughts and ideas for my movement.







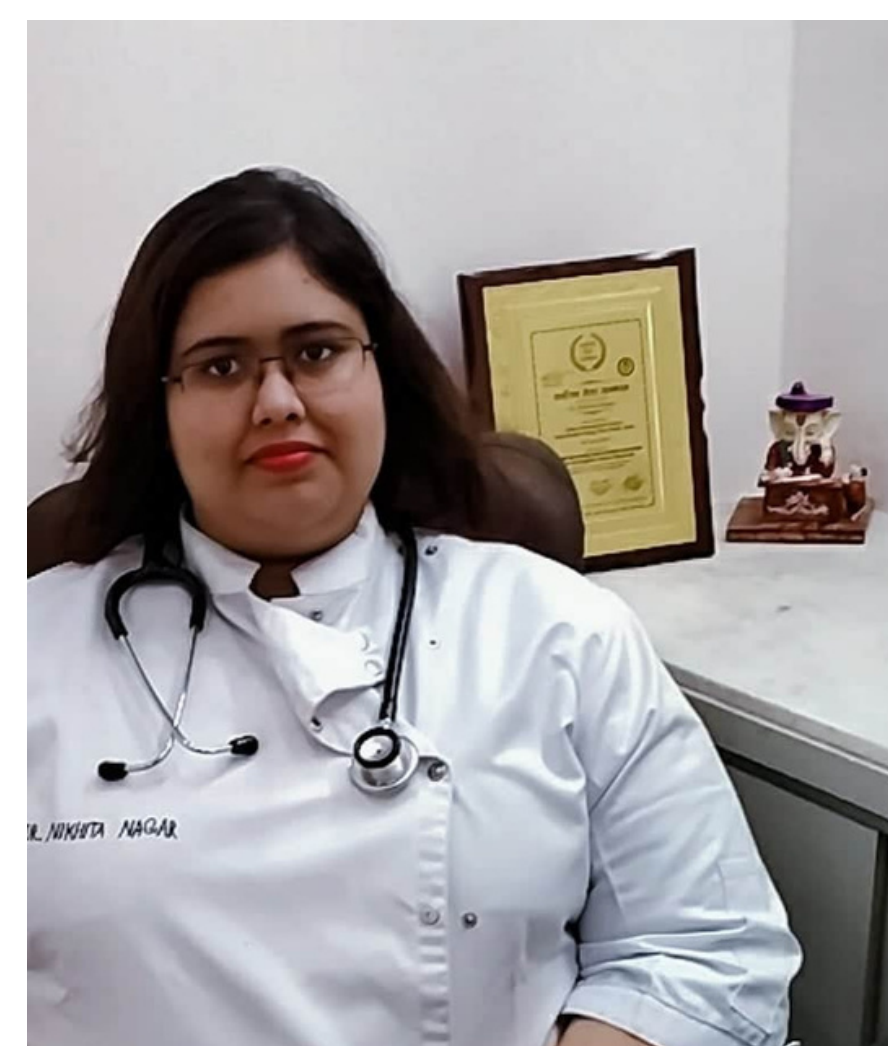
**E**very year on March 8, the world comes together to honor women and womanhood on International Women's day. It's an opportunity to salute the achievements of inspiring females across the globe.

But for all the strides made by the female half of the population, there is still progress to be made. Women and women's advocates continually strive for equality in pay, education, representation, and health care. Women have unique health concerns that are not always seen and heard by the medical community. This extends to women's dental health, too.

By understanding how their health differs from men's, women can be empowered to advocate for their own health and wellbeing. For International Women's Day, we've compiled some facts about women's dental concerns and how gender plays a role in oral health

### **The Surprising Role of Hormones in Oral Health**

Women's bodies go through more changes than men do throughout their lives. And the hormones responsible for those changes can affect teeth and gums too. Women can expect new dental health concerns to crop up during menstruation, pregnancy, and menopause. Here are some hormone-related issues unique to women:



**By: Dr. Nikhita Nagar**

Director : Dr. Nagar's  
Dental and  
Physiotherapy centre ,  
Ghaziabad.





An increase in hormone levels during puberty can make young women suffer from sore or bleeding gums. They may also be prone to cold sores and canker sores. Sometimes these conditions correspond with their menstrual cycle.

Women taking oral contraceptives have an increased risk of gingivitis because of the progesterone and estrogen in the drugs. Pregnant women are at risk of gum disease. When it is severe, it has the potential to harm the baby too, leading to preterm birth and low birth weight.

Women in menopause may experience dry mouth, altered taste sensations, and sore, sensitive gums. Menopausal women with an increased risk of osteoporosis may have bone loss in the jaw which can lead to tooth loss. Discussing hormones with the dentist might not be something that most women would think to do, but it can be helpful. There may be things a dentist can recommend for various life stages and the dental changes that come along with it.

### The Mouth and Body Connection

Dental problems like gum disease and tooth decay can contribute to serious medical issues. This connection is especially relevant to women, as they are more prone to dental health problems at various times of their lives. Some diseases and medical conditions that have been linked to issues in the mouth are oral cancers, diabetes, cardiovascular disease, COPD, osteoporosis rheumatoid arthritis and even dementia.

While having impeccable dental hygiene won't guarantee that you won't get any of these diseases, there is a clear connection. Good oral health contributes to the body's overall health.

Motherhood and Mouth Health at no time does a woman's body undergo more changes than when she is pregnant. Hormone fluctuations, diet changes, and morning sickness are just a few of the things that can affect a mom-to-be's oral health. The gums are especially at risk during pregnancy, but so are teeth. Cravings might have moms grabbing more sweets. It's important to keep up with good oral hygiene during those nine months of waiting for baby.

One big concern while expecting is whether or not to go to the dentist. Cleanings, fillings, and even x-rays are all safe for pregnant women. If you need dental care, go ahead and make an appointment. It is better to get a dental problem taken care of than to risk it getting worse can causing more serious issues.

With the additional challenges that women face regarding their dental health, they have one thing going for them: According to the Journal of Periodontology, women are more proactive than men in doing what it takes to keep their teeth and gums healthy.

A study published in 2011 showed that women were almost twice as likely to have seen a dentist in the past year. They were also more likely than men to schedule follow up treatments that were recommended by their dentists. Overall, they had a more positive attitude about going to the dentist and a better understanding of what it took to have a healthy mouth.







# Aas ek prayaas NGO

promote equality and brotherhood  
among all.

An effort was made by AAS EK PRAYAAS NGO to promote equality and brotherhood and spread a message to all sections of the society ".

## SAMRASTA

VISHWA KALYAN YAJ organized under the program was successful.

In this unique initiative, for the first time in Yaj by \*Tansgenders\* , Almost everyone participated in this event as an innovative part of the society. As this event was named "Samrasta " which means to end inequality, caste, gender discrimination and untouchability and establishing unity in all sections of the society considering everyone to be equal.

Everyone in the universe are the children of God, all have the same consciousness to accept this from heart.

Celebrity Naaz Joshi Beauty Queen, Shri. Vinay Arya , General Secretary of Delhi Arya Sabha ,Shri Ajay Sehgal secretary DAV College managing committee Corporation Councilor of Trinagar Mrs. Manju and Sanjay Sharma , Spokesperson of BJP District Keshav Puram, Mr. Ajay Ravi Hans and members of Arya Samaj Trinagar were also present and graced the occasion held on that day.

Beautiful Yaj program was held by yaj Brahma Acharya Anand , in which all transgenders participated and joined in the program with a pure heart. Acharya and Vinay has explained the importance and values of Yaj and showed the way to attain God through this holy work and how one can avoid the evil things by joining Yaj and bring about a sense of harmony and unity among all sections of the society with a pure mind and soul.

Aas Ek Prayaas NGO founder & All India President Dipikaa A Bhatia and Director Ajay Bhatia has honoured all the transgenders and the team for making the program successful.

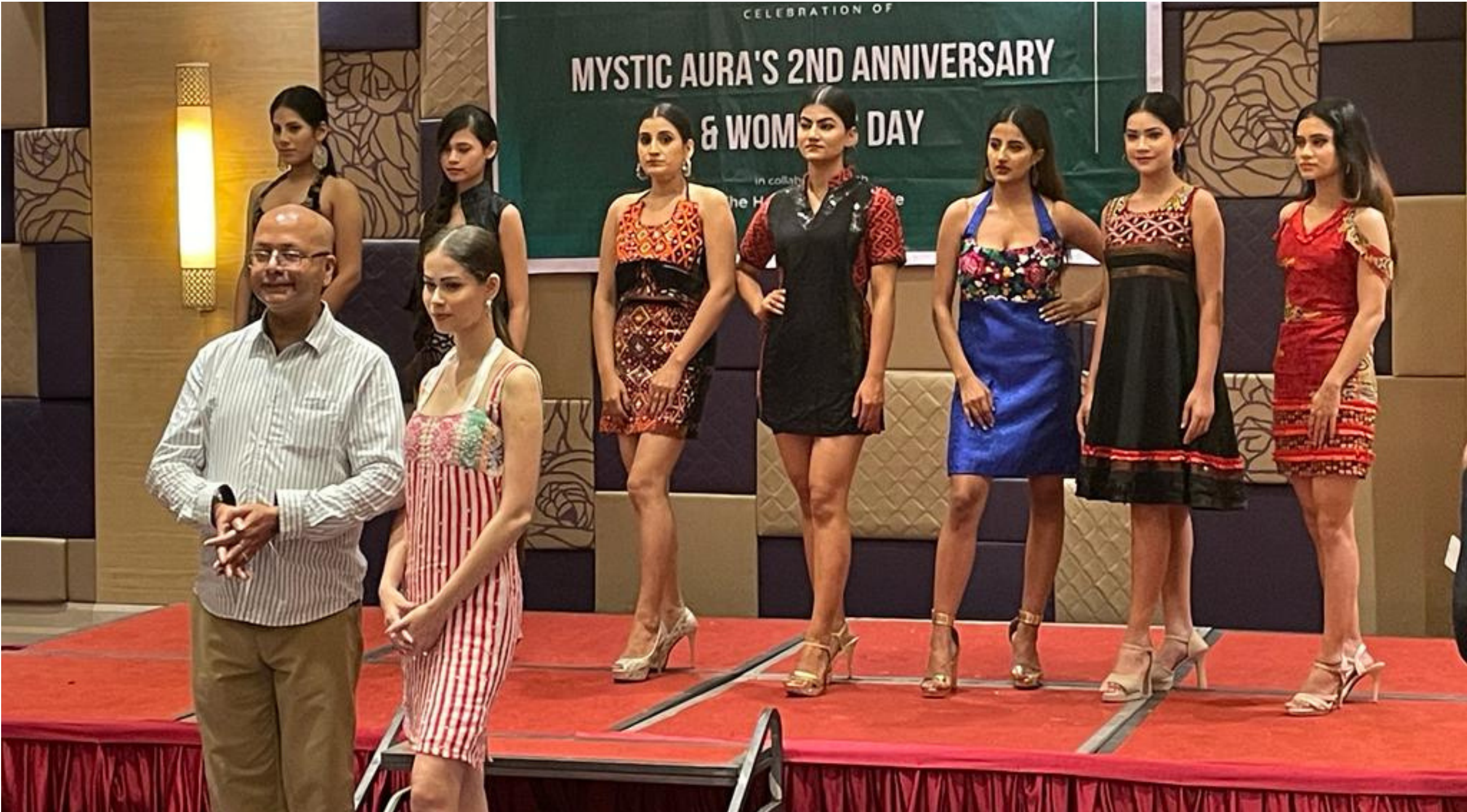


# Memorable Date to remember:

8th March'22. Mystic Aura magazine has successfully completed its 2years of wonderful journey and its grand celebration was held at Hotel Palacio, Guwahati. Dignitaries from the fashion fraternity graced the pompous event which had energizing dance performances, exhilarating music and glittering fashion sequences of the designers and the gorgeous models flaunting in their designs that was a pleasing sight to all. The evening concluded with the felicitation of our guests and the monthly writers of the magazine and sponsor partners of Mystic Aura.









ASSOCIATE PARTNER



# *Assam Book of Records*

(Break Superlatives To Be Ultrasuperlatives)



ASSOCIATE PARTNER





ASSOCIATE PARTNER



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



# MYSTIC AURA

MAGAZINE

Year  
**MARCH** 2022

T	01	18
W	02	19
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F	04	21
S	05	22
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W	09	26
T	10	27
F	11	28
S	12	29
S	13	30
M	14	31
T	15	
W	16	
T	17	

“The splash  
of the beautiful  
colours of Holi  
brings happiness and  
adds colour in  
all relations...”

Model

PUJASHREE GOGOI &

SONIYA TOKBIPI

Make-up

SUSHANT MANDOL &

PUJA PATHAK

Photography

SAN JAY



*With best compliments from*

# MYSTIC AURA

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