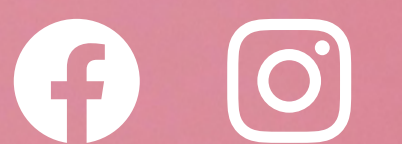


# MYSTIC AURA

MAGAZINE

ARIL 2022  
ISSUE 26, VOL 03

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MYSTIC AURA MAGAZINE  
WWW.MYSTICAURAMAG.COM

COVER MODEL  
**Preety  
Kongana**  
Model, Actress & Dancer

SPRING  
SEASON

FRESH AND VIBRANT

# 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.



## **MRIGAKSHI DUTTA BHARALI** *Copy Editor*

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



## **SANTANU BAISHYA** *Chief Managing Editor*

He is a model, model co-ordinator & an employee working in a private company. A man who is sincere, disciplined, believes in hardwork, honesty and being comfortable in his own skin. Loves to help others always.

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# EDITOR'S NOTE

APRIL 2022, ISSUE 26 / VOL 03



The month of April sets in all the Assamese people residing in different parts of the country and abroad get ready for the celebration of the most awaited festival of Assam, Bihu, which is also celebrated as the beginning of the Assamese New year and the advent of spring season. We can see everyone during this time celebrating with great zeal and enthusiasm and making the bonding among all even more stronger, creating a very positive environment all around.

**Mystic Aura tried its best to unfurl Assam's culture and tradition along with the regular topics on fashion and life style for our readers and viewers making everyone feel the pleasant atmosphere and advent of the spring season.**

**Wishing everyone a very Happy Rongali Bihu.**

**REGARDS,**

**Gitali pathak Deka**

CEO & Editor-in-chief

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



# ON THE COVER

## Preety Kongana

Hails from Guwahati, Assam is a very talented and most beautiful actress, dancer and model. She started her modelling career in "Tilottama" a beauty pageant event held at Kolkata. She represented Northeast India and was successful in winning first runner up.

Preety Kongana makes her debut movie, "Nila Khamor Sithi" She is the wife of the famous singer of Assam Simanta Shekhar.

MUA : Dristirupa Sahariah  
Photography : Unique Borah.  
Designer : Jyoti kashmiri.  
jewellery : Prajapati.

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## Anjali Bharat Verma

**You are a very, gorgeous and fabulous Anchor and at the same time a good model too. Would you like to share a little more about yourself.**

In my most natural element I am a happy camper who like to enjoy life in all circumstances. I am a proud mother of two adorable children. I have certain hobbies and interests like Modelling, anchoring and singing tops the list and that is what makes me celebrity singing emcee. I have also bagged the title of Mrs India International 2017 at Sri Lanka. So you can say that fashion industry defines me the best.

**How did you get connected to the Glamour world ?**

Glamour always fascinated me and I always wanted to be a part of the fashion industry but our conservative society had a lot of bad perceptions about this industry at our times so I could never step in when I was a teenager . I fortunately got married to an Army guy with whom I got to travel and explore myself a lot more that gave me enough confidence to fulfill my dreams and so I could participate in Mrs north India 2010 and won thereafter next I tried my luck once again in a national pageant

and fortunately won the crown of Mrs India International 2017, which helped me to accomplish my dreams and to become who I am today.

**You have also walked on many prestigious ramps as a model and Showstopper. According to you which profession is more challenging anchoring or modeling ?**

You really need to have a burning passion to be a model. It looks very glamorous and it seems like it is a career, but it isn't. It is fantastic as a hobby. Modelling has a very short lifespan.

So according to me one can not pursue modelling as a permanent profession. So that is why I started with modelling and ended up in anchoring as I realised that I can host quite well and also God has blessed me with a good voice. An anchor should be a good communicator and listener. She should have superb writing and editorial skills, social perceptiveness and the ability to improvise and collaborate with others. Other qualities include excellent interpersonal skills, the ability to stay neutral and high levels of professionalism. I got to learn a lot having cloaked five years in this field earlier this year. So I would say anchoring is way more challenging than modelling.

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

Well in COVID times when everybody was sitting at home and waiting for the industry to revive I explored an abstract painter in me, and so I started painting oils on canvas and it has encouraged me to that level that very soon I am putting up my exhibition. Apart from that I am focusing upon being a better version of myself, two yrs COVID break was enough for everyone to explore and realise their other hidden talents and strengths.

**You are into fashion and a Anchor as well so what is your view about fashion at present time.**

I have walked the ramp as showstopper in many beauty pageants and have a good experience of professional brand shoots and currently busy in fashion and corporate events as an Anchor. According to me



fashion today has changed it's definition what it used to be at our times like we had a perception of a model to be slim, beautiful, tall and very glamorous. Today you can be a model even if you have none of these qualities. For example you see brand face of some of the most famous and expensive fashion designers you will find plus size model irrespective of their age, colour and height being their brand face. And I am loving this change, we have shattered that monotonous mentality.

A model should certainly have some qualities like reliable, organised, punctual, confident, positive and persistent. One who is able to handle criticism and rejection too at times. Patient you might have to hold a certain pose or wait around for a long time.

**Your memorable experience in fashion so far.**

Modelling chose me I did not choose modelling. I did digital advertisement as lead model for Mahindra XUV500 which was a

travel shoot in which we were traveling in XUV from Manglore to Mysore and then Mysore to Banglore and in between wherever we found a picture view we used to stop and shoot so it was a lifetime experience for me to do such an adventurous shoot. I realised there is a lot beyond fashion and glamour when you enter into the field of Acting and definitely it comes along with lot of responsibilities.

**Your message to the aspiring models .**

My message for aspiring models- no matter what challenge comes, say "TRY ME" this is the way you will never miss opportunities as I believe opportunity comes only once next it can be better or bitter, so grasp each opportunity and climb the steps one by one as there is no shortcut here.

**few lines for Mystic Aura magazine**

Mystic Aura magazine - I would like to express my heartfelt gratitude to my dear friend Gitali Pathak and her astonishingly great initiative "Mystic aura" for this opportunity of showcasing and publishing my experiences here and I am sure it will help many. It's a great platform to spread your voice and views to like-minded people.  
More power to Mystic Aura.





# ASSAM'S BEAUTY

Beauty in simplicity is a perfect combination of peace and harmony .

Model : Swapnalee pathak.  
MUA : Sushant mandol.  
photography : Swapnajit  
Borkakoti





## NORTHEAST: SETBACK OF FASHION SCENARIO

The fashion scenario of Assam is coming up but has not reached near the national fashion scenario, it is because the region is yet to witness an big advertising boom, therefore the market for designers and models continues to be poor. Although the modeling scene in Assam has become better than before, the time has not come when anybody with the looks and attitude can take it up as a career. Unlike in Mumbai and Delhi where models could buy a car or house with their remuneration in a year's time and use the ramp as a launching pad for a career in films. In Assam, due to lack of sponsorship, organizers often cancel shows at the last hour. Sometimes they even fail to give the promise amount specified in

the contract that explains why the models need an alternative career to fall back upon. Modeling is yet to evolve as an industry in Assam as well as the entire northeast. Young energetic youth who are keen to come in this glamour industry should work very hard to meet with the national standard. The northeast has lots of potential as far as beauty and modeling talent are concerned but due to the lack of exposure and proper guidance it is still lacking. It is not necessary that a successful model must have to be extremely beautiful. A good model is required to infuse life and soul into a product the way an advertise would like necessary for him or her to impart charm to his or her personality, smarten his her



appearance and project himself as a herself as a magnetic and dashing person with self-confidence, cheerfulness, appropriate mannerisms, patience and poise. You must be cooperate and strong enough to stand upto the long hours of photographic work under blazing studio lights or burning sun yet be smiling and unperturbed. Having down to earth nature is the key to success along with professional attitude towards work. He or she has to be self-disciplined with an iron will to keep a constant watch on diet and maintain their body. .A successful model has to be established his or her own style, individuality and unusualness, all glowing with a special charm to reach the top of the modeling profession.



Today, with number of channels, like FTV,TRENDZ,ZOOM, NDTV etc fashion is just everywhere.



**By Prasantt Ghosh**

THE WRITER IS A FASHIONDESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT [dkreativepeople@gmail.com](mailto:dkreativepeople@gmail.com) ,[www.prasanttghosh.org](http://www.prasanttghosh.org)



# SUMMER COLLECTION

## DEBI DEY

Professional fashion designer  
Pradhan nagar, siligur, W.B.  
Faculty of INIFD  
D.R. creation government registration (MSME)  
Debi Boutique & Training center .

Dress designs used here is the Assamese gamucha to promote the culture of Assam. April is the very special month for all the Assamese people residing in different parts of India and abroad.

The designer used bhagolpuri cotton keeping in mind the summer season .

She used the white colour fabric as it's everyone's favourite which gives a very sober elegant and cool look in summer .The dress pattern has been given a Indo-western look for summer collection which is on trend and loved by all.

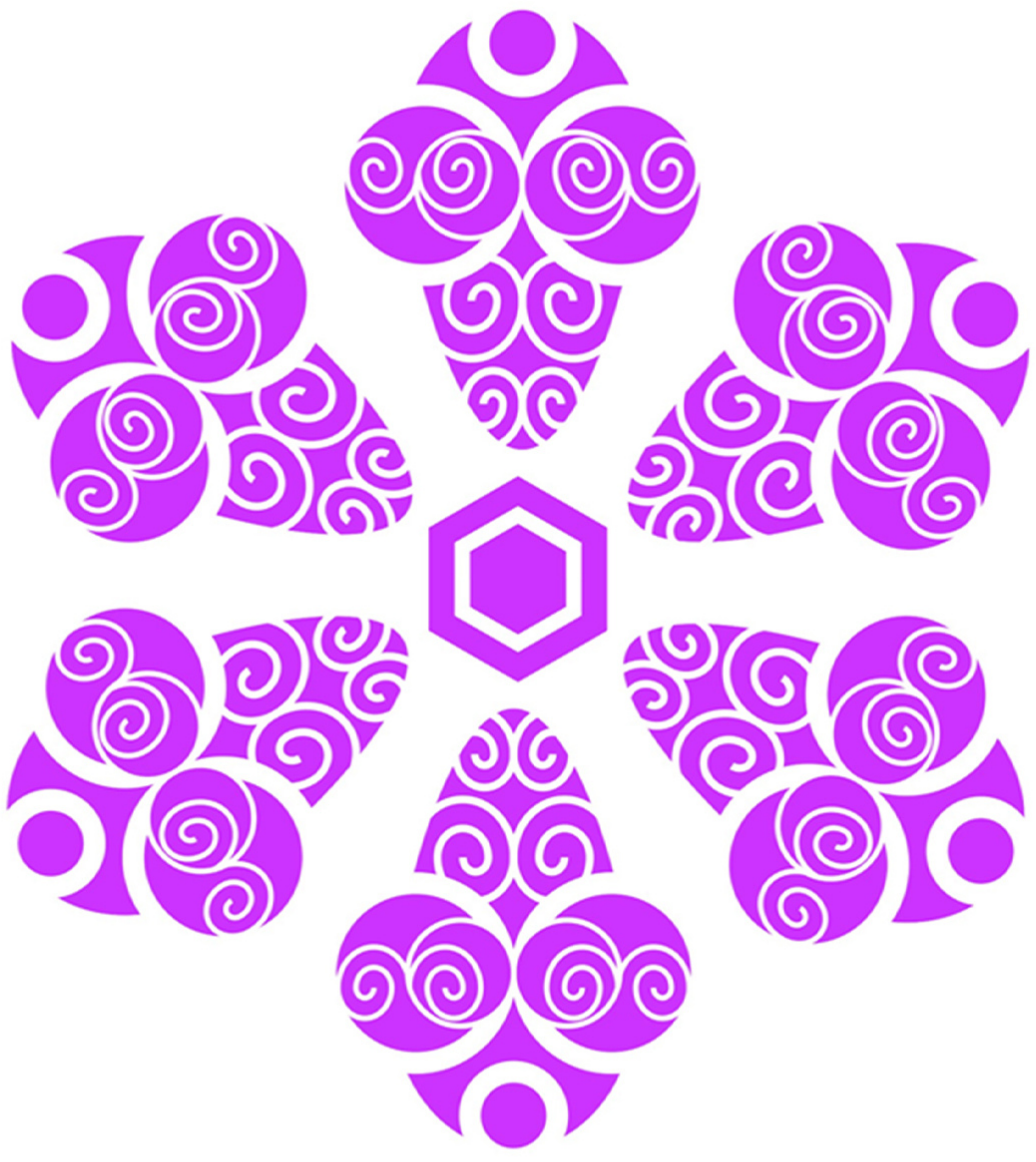


# TRADITIONAL ATTIRE : Men's wear

Traditional outfit is always admired and liked by all for it portrays beautifully the fashion and culture of that particular state.

Model : Siddhartha Kashyap.  
designer : Abhijit Das.  
makeup : Nisha sha.  
Photography : Deepjyoti Bharali.





# FASHION BLOOM

By  
Papli Gogoi



# SUCCESS GOALS

## Deepjyoti Bharali

from GUWAHATI, ASSAM is a professional “Fashion Photographer” since 2017. He started his photography as his passion first and later as time scrolled on it evolved and he became a professional Fashion Photographer. He was indeed blessed to be a part of many prestigious projects like “Awesome Assam”, & Wild life photography in Manas, also few International Events in countries like Dubai, Malaysia & Bangkok. He has done photography in many regional fashion shows and for ethnic and fusion attires in Assam. His achievements in this field is tremendous and happy to share a few where love & felicitations from many renown Designers and Event Organizers in Assam, was a great honor and feels proud today. Received International Awards in Malaysia, Dubai & Bangkok which was one of the memorable moment for him and grateful that his passion has made him reach the goal of his life he dreamt of still striving to do better and give best to the public to keep going this enjoyable journey of photography.





# CHANGE FOR A BETTER TOMORROW

## Are Your Thoughts Harming you or Making You Better.

How do you know that you are alive? The answer is very simple because you know that your heart is still beating and that you are breathing. How do you know when you are thinking? The answer is very simple because you know when your thoughts are making you sad or happy. Like your heart beat & breathing, have you ever considered how your thinking affects your wellbeing? Very often, we do not consider because we have been doing it since we were alive.

From today, I want you to be conscious about your thoughts because they can affect your wellbeing. If you have terrible thoughts about something, you will become miserable and frustrated. Your mood will be affected badly. For example, when you wake up and think how frustrating to go to work because you do not like your job, you will be unhappy and grumpy. Your work performance will be affected badly. However, if you are grateful for your job and have thoughts like your job is helping you to put food on the table, then, you will be happier in your job. Your work performance will be better.







An idle mind is a devils' workshop. When you are idle and allow your mind to wonder, you attract some unpleasant thoughts like thinking about a broken relationship, loss of money or how your job is making you miserable. Sometimes when you walk pass a shop and it is playing a music that you and your ex-girlfriend or ex-boyfriend shared once, your mood can suddenly change because thoughts will travel to the memories you had in the relationship.

If you were to ask me, what is the single thing in life that can bring down your mood, it is your thoughts. You think and you become your thoughts. This is a common fact. Therefore , only you have the control of your thoughts. Therefore from today onwards, invite only positive and happy thoughts. Meditate to keep your mind calm, help it remove the negativity in your mind and open it up to invite a tidal wave of positive thoughts.

Watching a sad movie or reading a sad letter can also affect your mood. It is alright to feel down when indulging in these activities but this is only a one time offer, let your negativity mood go as soon as possible. Do not allow it to hold on to you like octopus tentacles.

If you can change the way of how you think, you are going to be presently surprised at how quickly and dramatically you can change your moods into a happy one. Your work life will improve. Your relationship with people will improve because your moods gives out vibes whether you are happy or not and it all starts about how your think. Next time when you have negativity thoughts, catch yourself and tell your thoughts to go away. It takes practice though. Each day get rid of two negative thoughts that occur in your mind and replace them with two other positive thoughts

BY  
VANESSA JACQUELINE D'CRUZ

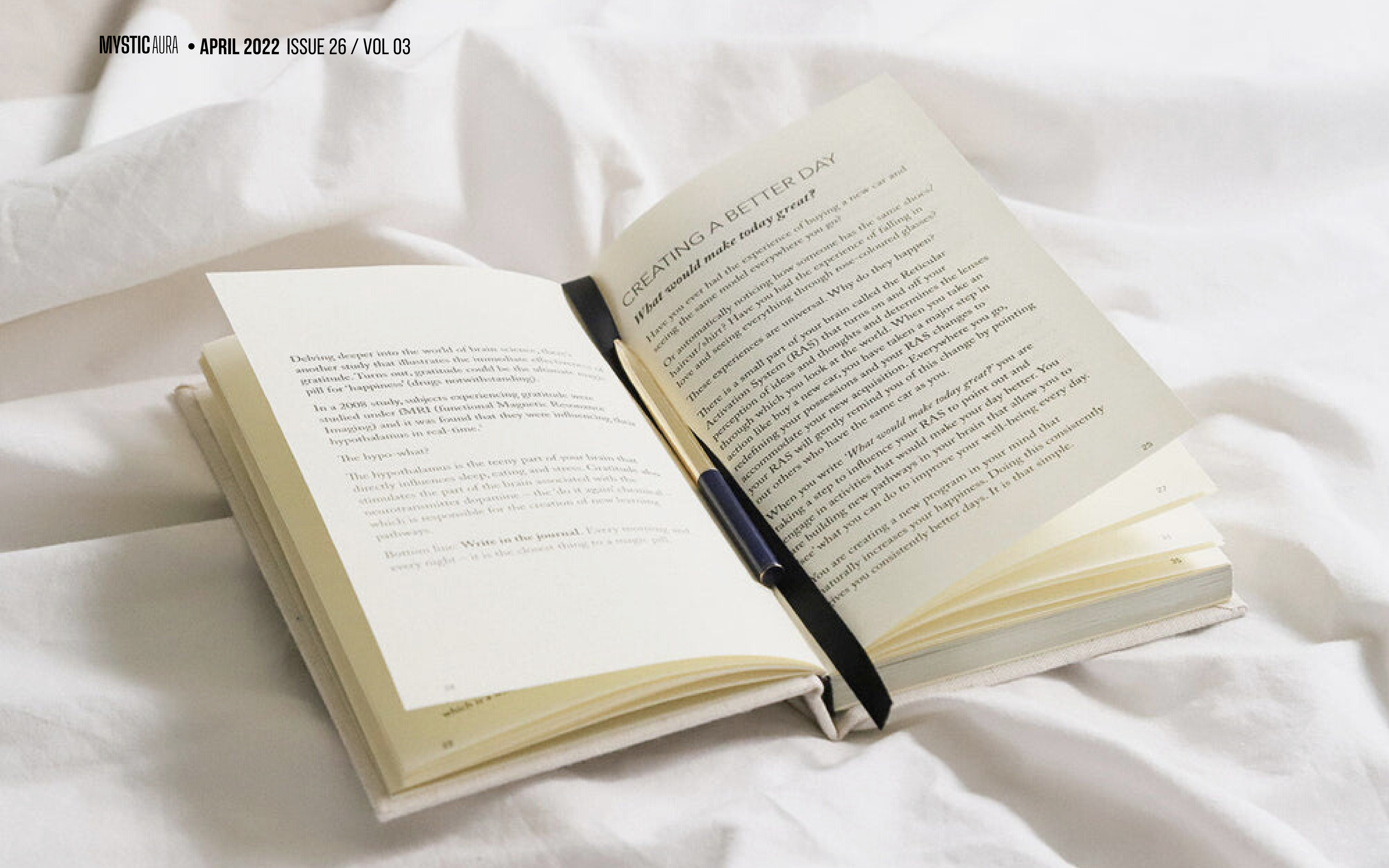
Designation : International Representative:  
Aesthetics International Councillor

If your mind is full of negative thoughts , positive thoughts will not be able to flow in . Here is a task for those who are living with negative thoughts & those who purposely just want to live in negativity . This won't be an easy task if having negative thoughts is already ingrained in your lifestyle , however , do find the heart to practice it as it will make your well being better & you will not wash away your life .

Every morning , take away one negative thought & add a positive one . The next day , remove two negative thoughts & add two positive thoughts. Continue with the flow and subsequently remove more negative thoughts & add more positive thoughts.

Now, to add positive thoughts , you will have to find them . Your negative thoughts are already with you . Consider them as gifts from hell . To find positive thoughts , sit quietly & reflect what makes you happy . I am sure you have happy experiences in your life . Talk to someone also who will help you find your happy moments ; your friends , spouse . Once you find your happy moments , choose which one you want to add . Don't put everything in one bowl , you will vomit all out. Take your time . Try once and see the changes in your life .





# THE POWER OF AFFIRMATIONS

**W**e frequently hear about the importance of practising affirmations are so beneficial? What makes them so powerful?

## What are Affirmations?

Affirmations are short, positive statements that are designed to motivate and encourage you. When these brief phrases are repeated frequently, they affect your conscious and subconscious mind, and can end up creating positive changes in the way you think, feel and act.

## Why should you practise affirmations?

1. Affirmations rewire your brain: Affirmations activate the reward centers of the brain - the regions that get activated in response to other pleasurable experiences such as eating tasty food or receiving a prize. If we keep repeating positive statements (even if they may not necessarily be true at the time), we are more likely to start believing their messages.



**By Dr. Nikhita Nagar**  
Dental surgeon | Behaviour Therapist | Sociopreneur  
President :Being Caring Organisation



**2. Affirmations decrease stress levels:**

In times of stress, there is a rise in the level of cortisol in the body. This, in turn, can cause various unpleasant changes such as high blood pressure, disrupted sleep and low mood. In contrast, studies show that practising affirmations daily can help reduce cortisol levels in the body - which, in turn, can protect you from the harmful effects of stress.

**3. Affirmations increase productivity :**

If you've noticed a dip in your productivity levels, affirmations can help you turn things around. Repeating positive, encouraging statements to yourself, such as "I can do this" or "I am capable" can help you internalise these positive messages. This in turn can help you feel more motivated and can help you accomplish more in a day.

**4. Affirmations improve mood**

When you're not feeling great, it can be really hard to look for the silver lining in difficult situations. In such times, affirmations can help! By repeating positive statements to yourself each day, you can shift your focus away from the negatives to more positive thoughts and feelings.

**5. Affirmations help cultivate gratitude :**

Affirmations can infuse you with positive emotions like joy, peace, hope and even gratitude. Practising affirmations can make you feel better and appreciate the little things life has to offer. They help you become aware of all that's good in your life and can even make you feel more hopeful for the future.

**How to create your affirmations**

Now that you are aware of the benefits of practising affirmations, you can start by creating your very own. Here are some guidelines that can help you:

1. Make them personal
2. Use the first person
3. Focus on the positives
4. Use the present tense
5. Make the most of your affirmations
6. Repeat your affirmations slowly
7. Set reminders for yourself
8. Start your day with affirmations
9. Maintain an affirmation diary.
10. End your day with affirmations.



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For Photoshoot # 8876490887  
Model : Ankita Hazarika  
Makeup : Manami Tamuli



AURA  
TRENDS

DESIGNER

## RAJLAKSHMI (ANNIE)

From Assam.

My Brand Name is NJ. I have a passion for fashion, I appreciate the vision, the process of designing a dress ,fabric selection of a garment for I have been around that enviroment since the time I was young.

The model is wearing a net based sarara ,light green pastel colour heavily embellished with sequins and stones. The bottom Layer is also in net with inner pantom santoon lining to feel comfortable while wearing in summer and it's a gorgeous party wear dress that gives a very sober look in summer .

The model wearing the pink desiger net lehanga has a matching blouse and dupatta. It's a perfect wear for every festivites and party occasion . Featured is a baby pink tulle lehnga with puffy sleeves and rose details overall which gives a very eyecatching look.



MODEL **ISHA UPADHAYA & DEBIKA RANI.**

MAKEUP **SUSHANT MONDOL**

PHOTOGRAPHER **SAPUNJYOTI RAJKHOWA**

# AURA FASHION

**Fashion** is not just lipstick, stylish hairdos, and trendy clothes. It is the divine adornment of humanity. It finds expression in your qualities of your capacity to love, your spirituality, delicacy, radiance, sensitivity, creativity, charm, graciousness, gentleness, dignity, and quiet strength.

Model & actress **ASHA PHUKAN**  
Photography **UNIQUE BORAH**  
Make up **DIYA BHARALI.**



# Culture & Tradition OF ASSAM

Assamese Bihu is one of the most important cultural festivals of Assam, which celebrates the change in seasons.

Model: Madhusmita Baruah  
Photographer: Unique Borah  
Makeup artist: Ajoy Roy





# AURA PHOTOGRAPHY

Photography is an art and it comes out as being very artistic and expressive when the concept and idea is creative .

Model :Krishna Saikia  
Makeup : Juri Saikia  
Dipankar Das Photography  
concept Studio





BEAUTY OF  
NORTHEAST

PLACE : DAWKI RIVER FALLS(SHILLONG).  
PHOTOGRAPHY : ASHWINI BARKATAKI

# GLOWING SKIN

for 40 plus females

(First part in March edition ...continued)

## Let's know in detail how Vitamin C works in skin -

It promotes collagen production in your skin (collagen keeps your skin elastic). Prevents photodamage caused by UV exposure. Maintains antioxidant levels in your body. Prevents aging and reduces the appearance of wrinkles.

Vitamin C is transported to your skin through the blood. It keeps your skin hydrated and hair healthy. If you think you are not getting enough vitamin C from your diet, you can consume -

**Red pepper, Guava, Strawberris, Broccoli, Papaya, Peas, Grapefruit, Prussel sprouts, Cauliflower, Kale etc.**

If ou want to use vitamin C topically, the best way to do it is by using a cream or moisturizer containing Vit-c. This is a necessary ingredient that you can find in serums, night creams, and moisturizers. If you want to go the natural way, you can take a vitamin C scrub by mixing lemon juice with sugar or salt. However, don't use it regularly and dilute it before applying it to your skin. Also topical Vitamin C makes your skin photosensitive. Hence, if you are going out in the sun, do not forget to apply sunscreen.



## Vitamin E:

To Prevent Dryness, You have probably seen "Vitamin E" shining like a bright star on the labels of cosmetic products. This is because it is widely used for its dermatological benefits. Vitamin E is a free radical scavenger, which means it neutralizes the harmful free radicals and keeps your skin healthy.

## How Does It Help?

### Vitamin E:

Minimizes damage caused by the harmful UV rays, such as dark spots. Prevents dryness and keeps your skin conditioned, reduces oxidative stress and diminishes signs of aging. Keeps your skin moisturized, reduces skin inflammation

Applying vitamin E topically helps prevent skin conditions, but its efficacy decreases after exposure to the sun. Hence, you must get enough vitamin E through your diet.

Best Sources of Vitamin E-

You can increase your vitamin E intake by including the following foods in your diet:



**Almonds, Spinach, Kale, Hazelnuts, Avocado, Papaya, Parsley, Olives, Broccoli, Pine nuts etc.**

Vitamin E capsules are readily available in medical stores. You can swallow them whole or squeeze out the liquid (vitamin E oil) and apply it to your face and other areas.

Apply vitamin E oil directly on the skin only if you have extremely dry skin or serious skin issues, such as psoriasis and eczema. Otherwise, it is better to mix the vitamin E oil (squeeze about 3 capsules) with a tablespoon of olive oil and then massage this mixture on your face or the area you want to focus on.

### Vitamin K: For Stubborn Dark Spots And Scars

Vitamin K is best known for helping with blood clotting. It plays a crucial role in healing wounds and bruises. It also helps in treating several skin conditions and keeps your skin healthy.

### How Does it Help?

#### It fights wrinkles and dark circles.

An under-eye gel containing 2% vitamin K, along with 0.1% of each retinol and vitamins C and E, reduced wrinkles and dark circles significantly. It helped in lowering purple discoloration on the skin and dissolved skin pigmentation and bruises. Best Sources Of Vitamin K-

You can increase your intake of vitamin K by consuming -

**Cabbage, Broccoli, Lettuce, Turnip greens, Kale Swiss chard, Romaine, Parsley, Cauliflower, Cereals etc.**

#### Vitamin K is found in various forms.

Vitamins K1, K2, and K3 are easily found in all types of foods (mainly plants), but you will also get dietary supplements of vitamin K.

Vitamin K creams are easily available in medical stores. Usually, doctors prescribe them to those who have undergone surgery (to help with the bruises) or for reducing stretch marks. These creams are also prescribed for treating dark circles, spider veins, and any other skin issues. Consult your doctor before using them.

It is important to keep your skin and body nourished to get a healthy glow on your face. Try to include these vitamins in your diet and skincare regimen, adopt a healthy lifestyle, and you will get the dream skin you always wanted.

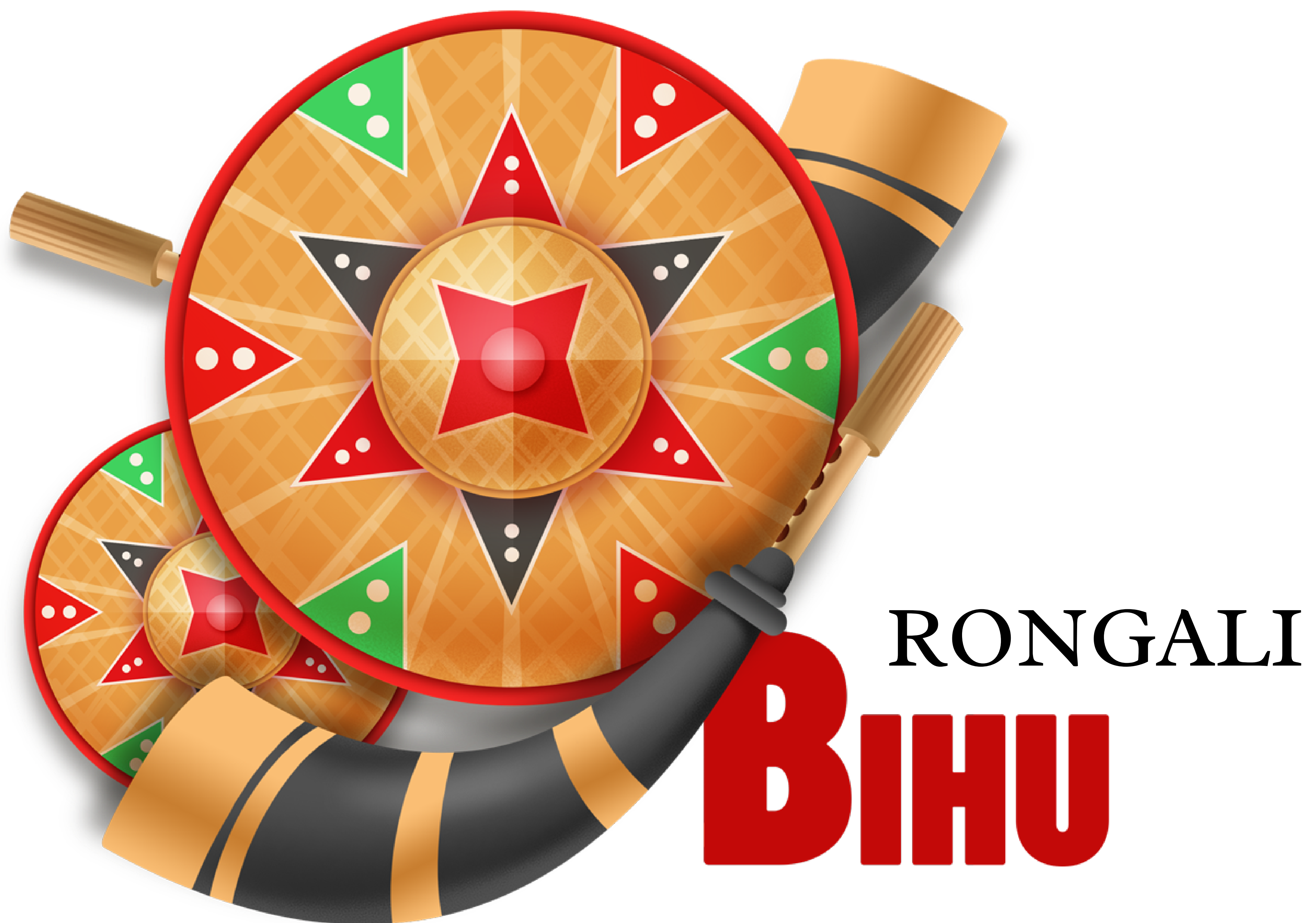
#### One of the richest source of VITAMIN K2.

Turmeric gives you beautiful skin. Turmeric is an anti-inflammatory and full of antioxidants. It contains a chemical compound called curcumin which is an anti-oxidant and can reduce UV damage to the skin. Since it is also anti-bacterial it can also assist with clearing up acne. As well as promoting skin health, this spice, which has been long recognised in India for its medicinal properties, also helps with anxiety and arthritis.

As well as taking turmeric as a supplement you can also apply it directly to the skin. When applied to wounds the curcumin in the turmeric decreases inflammation and oxidation and helps the wound heal faster. The anti-inflammatory qualities in turmeric calm the skin and can help heal acne scars and keeps the skin glowing with time



By, Dietician Dipikaa A Bhatia  
 Director of  
 BBEHEALTHY and founder of Aas  
 Ek prayaas NGO  
 Naturopathist yoga expert and  
 social activist



I woke up to the sweet song of a cuckoo.  
Ah! Spring has arrived,  
And Bohag beckons.  
The air is filled with the sweet smell of 'Togors' and 'Kopou' flowers.  
The soft green new leaves bringing hope for new life.  
The aura was filled with love and merriment,  
Getting ready to welcome the New year.  
Most loved and dear 'Bohag Bihu'.  
Dancers sing and dance to the tunes of Dhol, Pepa and Gogona.  
'The Golden Thread', Muga Mekhela sador  
Pride of Assam is adorned by the ladies.  
Decorating their buns with Kopou and Togor blooms.  
Jetuka on their hands, ready to welcome the New Year.  
Chira, Pitha, Laroo made in every home.  
Bihuwan is offered to each other to spread love and respect.  
Bihu is just not a festival but emotions of the people of Assam.  
A beautiful bond that binds the state.



By, Monali Hazarika



# SPRING ROMANCE

Spring fragrance fills the air  
Cheer up, toss out your despair  
The earth abound with colours of  
spring  
Fall in love, have a little fling.

Hear the 'Koel' sing in joy  
Why should you stay quiet and coy  
Hop and leap, sing and sway  
Drive off your sadness, enjoy your  
days.

See the hues of spring all around  
Flower Queen, 'Kopou Phool', blooms  
abound.  
The trees and bushes in pristine green  
Little song birds, play in the carefree  
stream

The fruit trees at the backyard, in  
rhapsody  
Pregrant, with the sun's blessed seeds  
Flirt blatantly with the sweet spring  
breeze  
Spring is the time to love and dream.

The Sky and Earth in spring time mirth  
Each in the other's love and warmth  
Earth and Sky in a secret tryst  
As joyful nature sings sublime love  
lyrics.

Time to forgive and forget, all hurts  
and pain  
Come my sweet heart, let's love and  
romance  
Hold my hand, plant me a kiss  
It's a wonderful time of happiness and  
bliss.

By, Vijayalaxmi Sarmah.



**By -M A Murtoza**

**Fitness trainer & expertise in martial arts.**

M A Murtoza is a Guinness world record holder and a fitness trainer on a mission to make society healthy and fit. M A Murtoza is an overarching name in the fitness training world today. He has achieved commendable achievements in a short span of time.

# FITNESS

**Mantra to stay young**

Fitness for today is a new day that keeps you beautiful forever.





## Fitness is Very Important for Women.

The most important and controllable risk factors for chronic illnesses have been brought about by modernity and globalisation. Lack of physical exercise is one of these reasons. Over a million people die every year because they don't get enough exercise on a global scale. Physical activity not only improves one's general physical and mental health, but it also helps avoid obesity and other risk factors for chronic diseases.

In our nation, ladies have been ignoring their fitness for decades. It's encouraging to see the growing number of young women who care deeply about their physical and mental well-being.

Caregivers put in a lot of work, and they're expected to do a lot of other things, as well. Becoming physically fit doesn't only about striving for a size zero physique, but rather attaining optimal health that allows one to perform at their highest level.

Fitness is crucial not just for enhancing one's beauty, but it is also important for one's general well-being. It has been shown that women's lack of fitness is associated with chronic illnesses such as heart disease, arthritis, cancer, obesity, and even hormonal imbalances.





Weight gain has been linked to breast cancer and various problems of the reproductive system, to name a few examples. Instead of the other way around, your energy levels would fall as a result of not exercising consistently. Moderate amounts of physical exercise have been proven to be the most beneficial habits for maintaining a healthy body, so there is no need to be concerned about doing too much. A woman's body manifests itself in a number of ways, including exhaustion, apathy, irritability, and fast weight gain or weight loss. As a result, ladies must take care of themselves before it's too late to reverse the situation. Osteoporosis patients should make an attempt to maintain their level of activity in order to avoid future bone loss. There are various ways in which a lack of physical activity might be associated with bone loss. Women should concentrate on exercises such as tennis

weightlifting, jogging, swimming, and cycling since these help to increase bone mass in the body. Osteoporosis, bone fractures, and height reduction are all more common in older women than older males. More than half of women over the age of 50 with osteoporosis will shatter a bone at some point in their lives. Due to the lack of oestrogen, women have thinner bones and lose bone strength more quickly than males. Immobility and mortality can result from hip fractures caused by osteoporosis. Exercise is one of the best methods to create strong bones, especially if started early in life. As oestrogen and progesterone levels fluctuate over the course of a woman's life, from the first menstrual cycle to menopause, it has an effect on not just her reproductive health but also her mental health and moods. Serotonin, a "feel good" brain chemical, is lost as oestrogen levels fall,

such as during a woman's menstrual cycle or at the beginning of menopause. There is a greater chance that they may suffer from symptoms of severe premenstrual syndrome (PMS) or postpartum depression.

Exercise causes the production of endorphins, which are another mood regulator, and this helps to counterbalance the hormonally induced mood swings. When you finish a workout, endorphins are released into your body, leaving you feeling fulfilled and relaxed. This is commonly referred to as the "runner's high."

Younger women may find that the weight gain connected with pregnancy might linger for several months after the birth of their child. Further down the road, as middle-aged women go through menopause, the body redistributes fat cells to the belly, making weight loss even more difficult to accomplish. Women who see a decline in muscle mass as they age may also have trouble maintaining or lowering their weight, as muscle burns more calories than fat.

Exercise can help women combat these variables by assisting them in maintaining and gaining lean muscle mass, which helps them seem and feel smaller. Exercise also helps to burn off surplus calories that might otherwise be stored as body fat.

**Women's fitness encompasses much more than just maintaining a physically fit physique. It also includes mental and emotional fitness. Exercisers who manage to squeeze in some regular activity report feeling more confident, having a more positive attitude, and having more energy.**



Doctors of Guwahati Medical Collage'85 batch

## REMINISCING MEMORIES

Reconnecting with old friends is like restoring of the wonderful thoughts that gives mental peace and happiness which is considered to be beyond any happiness that a person can find in life . Gauhati Medical College, '85 batch, a grand reunion was held at the beautiful and picturesque BORGOS Kaziranga Resort , ASSAM on 26th & 27th March 2022. The reunion was organized by Dr. Sanjib Medhi and his team .Doctors residing in different parts of India well-attended the alumni of '85 batch along with their family.As friends started arriving at Borgos resort in the forenoon, a feeling of joy and excitement hung in the air where memories are as vivid as they met each other and was flooded with a flash of happiness in their eyes ,the years spent together and left with a feeling of nostalgia.





The reunion opened with the registration of the alumni and the invited guest artist was welcomed with a traditional 'Gamosa' of Assam and a kit to carry back home the evergreen memories of the reunion. The day started with high-tea and in the evening it was followed up by a few entertaining colourful programmes by the doctors and was carried on with the special attraction of the evening with Bihu dance and fashion show by the very beautiful and gorgeous ladies of the '85 batch and finally the DJ music, without which a reunion seems incomplete, could enthral all present at the alumni, an unforgettable experience cherished through music, dance, fun-activities and musical nite. The cultural programme was hosted by Dr. Manoj Choudhury, kicked-off with Dr. Lopa Manas's beautiful rendition of Sanskrit shlokas. One minute of silence was observed in the memory and honour of the deceased batchmates. The GMC college chorus was followed by the class reunion song, composed by Dr. Shabnam A. Ahmed and Dr. Sikha Sarma, music by Dr. Jeumon Talukdar; poetry recitation by Dr. Manoj Choudhury and obviously a group photo shoot is a must when friends meeting after years to create a beautiful memory. Dr. Anindita P Das, International power lifter & Gold medalist described her journey from a successful Doctor to a powerlifter. Dr. Jibendu Roy Talukdar and Dr. Sanjib Medhi shared their emotional experiences, 2022 reunion. The highlight of the evening the fashion show models was Dr. Shabnam A Ahmed, Dr. Momota Naiding, Dr. Krishna Gogoi, Dr. Jonali Gogoi, Dr. Kaberi Phukan, Dr. Moromi Bhattacharyya, Dr. Sushmita Verma, Dr. Kasturi Bhattacharjee and Dr. Saraju Hazarika, in colorful attire walked the ramp with great confidence and attitude and could grab everyone's attention and admiration. Ladies at this age with such high spirit and young at heart walking the ramp with heels so beautifully and gracefully is really commendable. The concept of the Fashion show was suggested by Dr. Mukut Deka and organized by his wife, renowned model and CEO & Editor-in-chief of Mystic Aura (fashion & life style magazine) Mrs Gitali Pathak Deka. Next the programme was followed by Rabindra Sangeet (Assamese version - Puroni xei dinor kotha), sang by a few doctors of the batch and made the air go thick with nostalgia, change the nature of the environment that evening. The invited guest artist performed Bihu and Jhumur dance and the enthusiastic crowd too joined them and enjoyed to the fullest. The evening ended well with live music and DJ night followed by grand dinner. The evening was spent reconnecting, reminiscing and catching up with old friends, dancing, singing and sharing their heart out into the wee hours. The next morning was spent in fun-activities, simply enjoying the joyful company of old friends in the beautiful and peaceful natural surroundings. A Traditional Assamese mouthwatering lunch was offered. Post-lunch friends bid tearful adieu to each other and expressed their heartfelt thanks to Dr. Sanjib Medhi & his team for organizing a grand and successful class reunion.

By Dr. Krishna -Gogoi.  
Assam.



# SUTULI PITHA

It is one of the sought after pitha during Bihu festival.

## INGREDIENTS

250 gm sticky rice powder  
120 gm roasted coarse black  
sesame powder  
100 gm jaggery  
Pinch of salt  
Oil for frying

## METHOD

1) Take 50 gm of jaggery and cut into small pieces.  
2) Put the pieces in a bowl of warm water and keep it aside to dissolve.

3) Take the sticky rice powder in a bowl. Add a pinch of salt and mix. Pour the dissolved jaggery water little by little and make a soft and smooth dough. Cover and keep aside for some time.

4) Cut the remaining jaggery into small pieces. Mix well the sesame powder with the jaggery.

5) Lightly oil your palm

6) Take a small ball from the dough, place it in your palm and press gently it to make it round.

7) Put a small portion of sesame-jaggery mixture in the middle of it.

8) Very gently bring one edge on top of the other edge and seal it. Make all the pithas this way.

9) Heat oil in a pan and deep fry them. Serve with a hot cup of tea.



**By : Snigdha Hazarika**

ASSOCIATE PARTNER



# *Assam Book of Records*

(Break Superlatives To Be Ultrasuperlatives)

ASSOCIATE PARTNER



*Associate Partner*



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



# MYSTIC AURA

MAGAZINE

Year  
**2022**  
**A P R I L**

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S	02		19
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<b>S</b>	<b>10</b>		27
M	11		28
T	12		29
W	13		30
T	14		
F	15		
S	16		
<b>S</b>	<b>17</b>		

*Ethnic is  
the beauty of  
elegance...*

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Make-up  
PALLABI KAKOTI  
Designer  
MAYURI (MULBERRY SILK HOUSE)  
Photography  
SWAPNAJIT BORKAKOTI

*With best compliments from*

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