

MYSTIC AURA

MAGAZINE

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BEAUTY & SKINCARE

Be beautiful

SCAM: FASHION INDUSTRY

A rare truth & unknown fact

EXCLUSIVE INTERVIEW

Barsharani Bishaya

very beautiful and versatile actress

Summer Vibes

Most awaited magical season that fills one with positive vibes and warms up mind and soul.

MYSTIC AURA

MAGAZINE

Year
M A Y
2022

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“
*Traditional attire
is a beauty
in itself...*
”

Model
YASHA SHIVAKUMAR
Make-up
ANKITHA VIJAY DEV
Photography
SATHYA VAGALE



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

MAY 2022, ISSUE 27 / VOL 03



May, a month of bright and sunny days and beginning of summer season. During this time most of us feel tired, drowsy and dehydrated after days of hard work. Shades of different lifestyle have impact in our life in different ways, so we need to take care of our health, basically keeping in mind of the healthy food and to keep ourselves hydrated to remain active for the day.

This month edition is mostly about summer fashion and style followed by the regular topics from beauty to fitness, health and summer drinks.

Be positive, Stay healthy.

REGARDS,

Gitali pathak Deka

CEO & EDITOR-IN-CHIEF

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ON THE OVER

Beautiful and glamorous actress

MINAKSHI JAISWAL



Minakshi Jaiswal

from Imphal, Manipur is a graduate from Nagaland University.

Shifted to Mumbai in 2013 and started training herself as an actor at Asha Chandra Acting Institute. Later she started her career in modelling and done her first photoshoot with Dabhu Ratnani, the famous photographer from Mumbai. She was also the Brand Ambassador of Tara jewellery. Then got an opportunity to act in 2 movies Dhadi (Telugu) Salmon 3D (Tamil) with known Hero Vijay Yesudas.

Hindi music video with well known singer Yaseer Desai (Mukkamal) the song which crossed 7 million views all over the world. Recently she completed another block bluster Telugu movie with Director Shankar and co stars Ram Charan and Kiara Advani and the movie name was (Rc15svc50). At present she is busy in a shoot for a telugu movie name (Bhagvadgita Sakshiga).

Photography: Faizi Ali

Makeup Hair: Asfaque

Editor: Safyan Ali,

Managed by: Raaj Chaudhary

AN EXCLUSIVE

INTERVIEW



Very Beautiful and Versatile Actress of Assam.

BARSHARANI BISHAYA

You are such a beautiful, amazing and successful actress, a popular personality of Assam. Would like to know a little more about you in a nutshell.

I am just a passionate actor. My dedication, love and truthfulness towards my craft probably has acquired a special place for me in the hearts of my audience. I am grateful to God for everything.

What attracted you to begin your career as an actress?

Since childhood I have been attracted towards dance and music. Dance is my first love. I am visharad in Bharatnatyam. My parents Ashok Kumar Bishaya (father) and Happy Moni Bishaya (mother) play a major role in what I am today. I started playing small roles in my home production first

in television and then silver screen. That was my sheer liking for art and culture. Never thought would take up as profession. But the overwhelming success of the film 'Joon Jawle kopalot' and the massive response of audience towards the role I played stroke a chord in me. Reaching hearts of masses through acting is an unexplainable feeling. Somehow I realised I was born for it. Hence the journey began.

What are some of the challenges that you have faced in your acting career?

For me the plate was already served full but the challenge was to prove that I am just not the daughter of a producer director, I too can deliver a role with utmost efficiency. Secondly there is another struggle for actors in Assam, due to the limited market for our films the professional fees of an actor is remarkably less hence we at times have to venture out to mobile theatre which is on the contrary quite lucrative.

What projects you are currently working on?

Two of my movies 'Rajniti' and 'Guwahati diaries' are ready for release. Hopefully they will see the day light this year. I will be shooting for a new film from May, name not disclosed yet. In the meantime busy creating digital contents and kitty full with promotional makeup shoots. Love to see these young people thriving to get financially independent.



How would you describe your work ethic?

I am extremely professional when it comes to work. I don't give nonsense, I don't take nonsense.

What do you like doing in your spare time?

By God's grace I hardly get free time. But whenever I get a day off I love to spend time in nurturing my plants and watch a good movie or a good clean web series.

What is your greatest strength ?

My family - my parents and my brothers. Now my husband too, with his arrival in my life I have become sure that I am God's favourite.

Most popular and a superb Bihu dancer of Assam,would you like to share a little bit more about it..

My first live Bihu performance on stage was at the age of 3.5 yrs. I grew up with my maahis (mother's sisters). One of my maahi Manju Moni Bharali was a superb Bihu dancer. She trained me. As a child I won Mou kunwori title and later I won several Bihu dance titles namely - Bihu kunwori, bihuwoti, bor bihuwoti, Bihu Rani.

As you are connected to fashion too, whats your view point on fashion ?

My take on fashion is very very simple. For me fashion is in what I feel comfortable and can. carry with ease. I was never very keen on following trends.



BEACH FASHION

Music of the sea waves, the blue sky and the nature around makes everyone feel the coolness that let's your soul and spirits fly.

Model

Saptashikha Nath

Makeup : Sushant Mondal.

Photography : SanJay.





SCAM

IN THE FASHION INDUSTRY

This is the new slogan for the new ,upcoming and over enthusiasts so called event and pageant organizers in the fashion/ modeling industry right now irrespective of whether you are eligible or not and whether you are from this field or not. Some people out of nowhere shamelessly yet confidently from all walks of life are overnight becoming Pageant Directors just like as easily as how anyone can just walk into a cafe and order a coffee like no one's business.

They are even copying shamelessly similar names and concepts of what the seniors doing in the Industry. I can see overnight grooming stars, photographers, fake designers, stylist and what not who are entering without any background. I have spent almost 30 years in this industry and little did I know

that one day this industry would become something like a VEGETABLE WHOLESALE MARKET selling crowns, promising modeling careers , fake big dreams , name and fame and all I see models of all shapes , sizes and variety. Very often I come across posts of KIDS /MR/MISS /MRS /Tom /Dick and Susan Contest on Facebook/Instagram ironically posted by Event Organisers /Directors who are themselves struggling with their imaginary careers going nowhere but making huge promises just to cheat and mislead the newcomers and to spoil the industry for those who are dedicatedly working in this industry since ages. WHAT is left now is to organise Mrs Aeita (grandma) and MR Koka (grandpa) (why spare them anyways). THE MOTIVE BEHIND THIS IS NOTHING BUT JUST TO



By Prasantt Ghosh

THE WRITER IS A FASHIONDESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT dkreativepeople@gmail.com ,www.prasanttghosh.org

EARN QUICK MONEY, FAME AND NAME FOR THEMSELVES AS THEY ARE THEMSELVES STRUGGLING WITH THEIR OWN CAREERS BY FOOLING OTHERS AND TAKING ADVANTAGE OF OTHERS INNOCENCE. This is actually spoiling the Glory and goodwill of this industry. Also People who are not from this industry but want to participate in events as such should be more careful and selective before approaching and falling for such bogus Pageants/

Event organizers by cross checking their website, their experiences, their professional graps and goodwill etc. Truly but sadly this Industry is getting regressive and not to mention its quality gone for a Toss. All I can say is that it would have been commendable if these "fakestars" tried and did something original and genuine just like how religiously they practice PLAGIARISM ...I know some of you will start hating me after this writeup comes but let me tell you, I have already spent years and I'm trying to safeguard for the new promising lots, it is for everyone's goodwill stop SPOILING THIS INDUSTRY IN THE NAME OF FASHION.

Exactly! without any background or experience in fashion, so many people have become self-proclaimed designers, directors and what not. This is becoming a business of cheating people. You would be surprised to know even certain well-known names who are making waves in the national and international circuits have no background in fashion and are doing nothing to help those they claim to be helping through their brands and NGO's now-a-days, mostly the uneducated becomes pageant organiser, manages to get married women as candidates through contacts and organise a C grade pageant. The winner declares is the one who either can pay handsome bribe or their own very close friends. No authenticity at all. And because of this nonsense happening at every corner of the town in the city, the genuine ones have to suffer as this spoils the name of the entire industry.



The problem with the intelligent people is that they are always in doubt and the fake people are with full of confidence. In India there is a big scam that has started in the name of fashion shows and beauty pageants, innocent boys and girls from all over Assam are cheated by some newly found organizers in the name of selling dreams like winners will get entry in music album, Bollywood movie, cash prizes etc. Girls are compelled to come into compromise with the sponsors in return of winning the pageant. This article is to create awareness on the following issues

1. **The Participants and their parents do not fall victim to such shows and beauty pageants just by looking at the attractive posters in the social media.**
2. **Participants/parents should check the background of the organizers (at least through Google search) before joining.**
3. **Participants should not just join even if there is big or local celebrity coming for the event, even if the organizers do not have any background.**

4. **Participants should check with the previous winners/participants of these organizations and if they have got any benefits by joining.**

5. **Modelling is meant for tall beautiful chiselled bodies / participants should not even think to join if they do not fall into the criteria.**

6. **A proper training of the new organizers by the seniors is a must who wants to come in this fashion industry to avoid damage towards the particular event.**

7. **The organizer must produce the winning prizes through proper documents to the winners to claim it after the event or on the event day.**

8. **The organisers should not cheat by giving false hope like music album, Bollywood movies, cash prizes etc if they cannot give later.**

9. **The organizer should have his firm registered with GST details.**

10. **Some of the celebrities of Assam too should not attend this kind of functions whereas they get cheated later by the organisers.**



Compete *without* Competing

Who has not competed with anyone before? The answer is never. In some point in life , you did compete with someone. For example, who could run the fastest? Who could read the most books? Who could be the best student in class? Who could be the best runner? Who could clinch that one million dollar deal in life? The lists goes on.

Competition can be fun and at the same time you can enjoy competing hard without giving yourself unduly stress.

Do not emphasise on winning. Concentrate on the enjoyment of the competition. How many times have a friend told you this : “ I have to win at all cost. Winning isn't everything, it is the only thing” . If you have come across a person whose only agenda is winning then look into his life. Is he or she enjoying his life? Is he or she under constant stress? Is he or she having a good family life? Usually they don't live a happy life because their concern is only in winning. They may win the 1st price for getting a heart attack.

It is common to hear that one is competing with another person in fields of education, business , beauty & etc & healthy competition is good but what if I tell you to compete without competing . Take out the thought of competing when you are at it. Just be yourself & do your own thing.



Do not even compare yourself with your competitors

Be your original self. Can you do that?

If you can, you will remove stress, stay calm, stay focus, not worry & finally be happy.

I used to be competitive in everything I do (seriously). It created envy in me and most of time the outcome was disastrous for me . I was deemed proud & unfriendly (seriously again)

Therefore, I decided to be uncompetitive. Just be myself. Did what I felt was right. Be original. Not to compare myself with others. Find my own way to succeed. That is what has become of me. At the moment I am not competing with anyone. I am just going about doing my own stuff, chilling & being me.

Therefore, if you want to compete, it is alright but do it in a way where you won't cause yourself unnecessary stress and hurt relationships

You may use the LEAP OF FAITH technique to help you change your attitude to winning and GEESE to help others change

L : Learning (learn to exist in the world)

Tell yourself that you need to change. Be less competitive. Don't be too obsessed with the thought of winning . If not, your behaviour will affect your relationship with others

E : Existence (accept your existence, who you are)

Accept and recognise your urge to win all the time . Ask yourself whether this habit is good or not for you ?



A : Alive (Be Alive , feel Alive , feel positive)

Feed positivity into your life everyday. Give thanks to what you have when you wake up. Give thanks to your obsessive behavior of winning because it has now made you realize that it is a weakness that you need to correct .

P : Present (Accept what you have , be present)

Learn to use what you have in your life to change your attitude. You may have books that can help you or even music that can help you to remain calm. I always mention that we need to listen to music to calm our minds because it will make us feel more positive towards our change.

Talk to your friends or family members to help you analyse your weakness and learn to correct it

O : Original (Be original , be unique)

Be original. Don't follow what others do. You may be surrounded by people who have similar behaviours like you. For example being competitive and obsessed with winning. Actually you will feel happy with them . Remember the laws of attraction ? However ask yourself whether these people are affecting your lifestyle? Are they giving you negative energy . If they are, it is time to move on and become a new you.

F : Forward (Be forward looking , don't look back)

Look forward and don't look back as you become a new you. Learn from your past but do not dwell over it .

F : Finding (Keep finding & discovering yourself)

Always keep finding ways to improve yourself. Your self-improvement journey never stops until you are six feet underground. We are always evolving. Life is never stagnant. We need to change constantly for the better.

A : Answers (Find What you believe in & do it

Find the method that you believe in most that will change your life. There are many methods of self-improvement. There are many self-improvement books to read. If the LEAP OF FAITH does not help you to be better, it is alright. No worries.

I : impossible (Do the impossible , be daring)

Be brave and daring to change your life. Sometimes you are so comfortable in being who you are that you do not want to leave your comfort zone to make changes in your life. Don't let your thoughts control you. Take the LEAP OF FAITH to make that change in your life today.

T : Trust (Trust yourself, trust your instincts)

Trust yourself that you can do it. Trust is very important. We all have the ability to improve ourselves whether we want to do it or not. Actually , I would ask you to look at the letter T first before proceeding to the other alphabets. Without TRUST all else will not work

H : Heart (Have heart , believe in yourself)

Have the heart to take that LEAP OF FAITH. JUST DO IT!!!! DO it now!!! And do not procrastinate .



Now once you have managed to change yourself , help others to do so. Leave a legacy in your life whereby others can look back and say THANK YOU to you for helping them to change. In time, others will help others. The world will be a better place to live in You can use the method called GEESE to help you

Guidance : Help the other person to recognise his or her weakness . Approach in a friendly and understanding manner. Guide the person how to use the LEAP OF FAITH to help improve he or herself

Empathy : Have empathy with the person you are helping . We all come from different backgrounds and have different opinions and perspective in life . Be patient . Try to understand. It may take sometime to help change a person's behaviour because the behaviour might be ingrained . Create a network to care for each and help each other.

Energize : If we get the guidance and the empathy right, positive energy will flow between you and the person you are helping. This will lead to the next point.

Synergy : Great synergy will be created between you and the person you are helping and both of will work in harmony

Empower : When we work in harmony, we empower ourselves and others. Others may wonder how you form good working relationship between you and the other person that you are helping. They may wonder how you helped the person to change . They may want to learn from you. You may leave a legacy on how to help others to improve themselves

Take care everyone and let's make the world a more loving and inclusive place to live in.



BY
VANESSA JACQUELINE D'CRUZ

Designation : International Representative:
Aesthetics International Councillor



BEAUTY

SKIN CARE



**By :Brain Lacour
Author.
Place -Florida,United States.**

Skin care will continue to be the big focus with many women wearing less makeup. The skin is a barometer of internal health and wellbeing. A radiant and clear complexion is an easy indication that the body is in a healthy state. So, the search for the best regimens and ingredients to rejuvenate our skin to a higher level persists. Can simply keeping our skin hydrated and protected make a big difference in the quality and appearance? Yes, of course, you may say. However, is it truly enough to look our best? Let's discuss a few additional home care options.

The LED light mask you may have heard more about, they're nothing new. These devices have been around for decades and are generally used by dermatologists or aestheticians in an office setting to treat inflammation after facials, minimize breakouts, and give skin an overall boost. Each mask employs a different spectrum of light wavelengths that penetrate the skin to trigger changes at the molecular level. Each spectrum of light produces a different color to target various skin concerns. For instance, red light is designed to increase circulation and stimulate



collagen, making it useful if you are looking to reduce the appearance of lines and wrinkles. A loss of collagen, which tends to happen in aging and sun-damaged skin, can contribute to fine lines and wrinkles. Blue light targets bacteria that cause acne, which can help stop the cycle of breakouts. Skin cell energy (ATP) products and treatments boost ATP that doesn't involve traditional trauma (e.g., controlled damage to trigger repair).



This means no inflammation. This new home care product can activate cell energy, without any damage. Applying ATP as a fundamental component of skin maintenance, it's capable of helping to reduce the appearance of the signs of aging.

Microneedling, also known as dermarolling, is a useful and successful tool for treating many skin ailments. Used in combination with tried and tested skincare products, it can have a significant effect on the health and overall appearance of the skin with minimal downtime. The minor discomfort stimulates the wound healing process to produce new collagen and elastin. This process plumps the skin, reducing the appearance of fine lines and wrinkles as well as signs of aging skin. Another benefit of dermarolling includes an 80% higher absorption rate of skincare products. The tiny holes created in the skin serve as channels of delivery for potent serums, generating powerful results.



Refreshing drinks for **SUMMER & FOR WEIGHT LOSS TOO**

During the summer nothing is better than lemonade or is there? We are huge fans of lemonade and love making this healthy twist on the traditional. With our Pineapple Lemonade there's no added sugar, just the natural sweetness from the pineapple! pineapple lemonade in a glass jar with glass straw in front of a kitchenaid blender with lemons . Recipe:

HOW TO MAKE PINEAPPLE LEMONADE

Wash and cut a pineapple. fresh cut pineapple chunks on a cutting board Place the pineapple, lemon juice, and ice into the blender. Blender until everything is smooth. pineapple lemonade blended in the blender jar Benefits:--Pineapple is loaded with Vitamin C and Manganese. It also contains vitamins B6, B1, Fiber, Folate and Copper. Just one cup of this tropical fruit is about 80 calories. It's great for inflammation and bromelain makes it good for digestion and for good health.



By
**Dietician Dhipikaa A
Bhatia**

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



HOMEMADE MANGO LEMONADE

This summer make this delicious and amazing drink to hydrate yourself. Refreshing mango lemonade to enjoy hot summer days.

Recipe: You will need mango pulp, lemon juice, honey, chilled water and ice for this recipe. Just combine everything in a large pitcher or glass jar. Chill in the refrigerator and serve over ice. You can also use fresh mint leaves for extra freshness.



GREEN GRAPES

Virgin Mojito is a non-alcoholic, refreshing and delightful drink.

Method :

Ingredients: Green grapes, Plain Soda or water, mint leaves, sugar or coconut sugar, Ice {not compulsory}

Just add anything according to your taste. If you want to add extra sugar, you can surely do. You can add mint leaves just the amount you want in your glass and so on. Mix all in a juicer all the above mentioned ingredients and serve in glasses and enjoy the drink.

CUCUMBER, MINT AND LIME REFRESHER DRINK

On this summer make a combination of healthy drinks. We are always thirsty while summers are coming but some glasses of water is not sufficient for us to keep hydrated .

But some healthy drinks satisfies our quench.



Hope you all like this recipe.
preparation time: 5min Chill Time: 25 minutes Total Time: 30 minutes Servings: 4.

Ingredients
8 cups water
1 cucumber, sliced
1-2 limes, juice and zest
2 tablespoons mint
method:

Mix everything, optionally pureeing in a food processor and strain the solids out before chilling in the fridge and refrigerator. After sometime you can enjoy the drink and refresh yourself.



Aura TRENDS

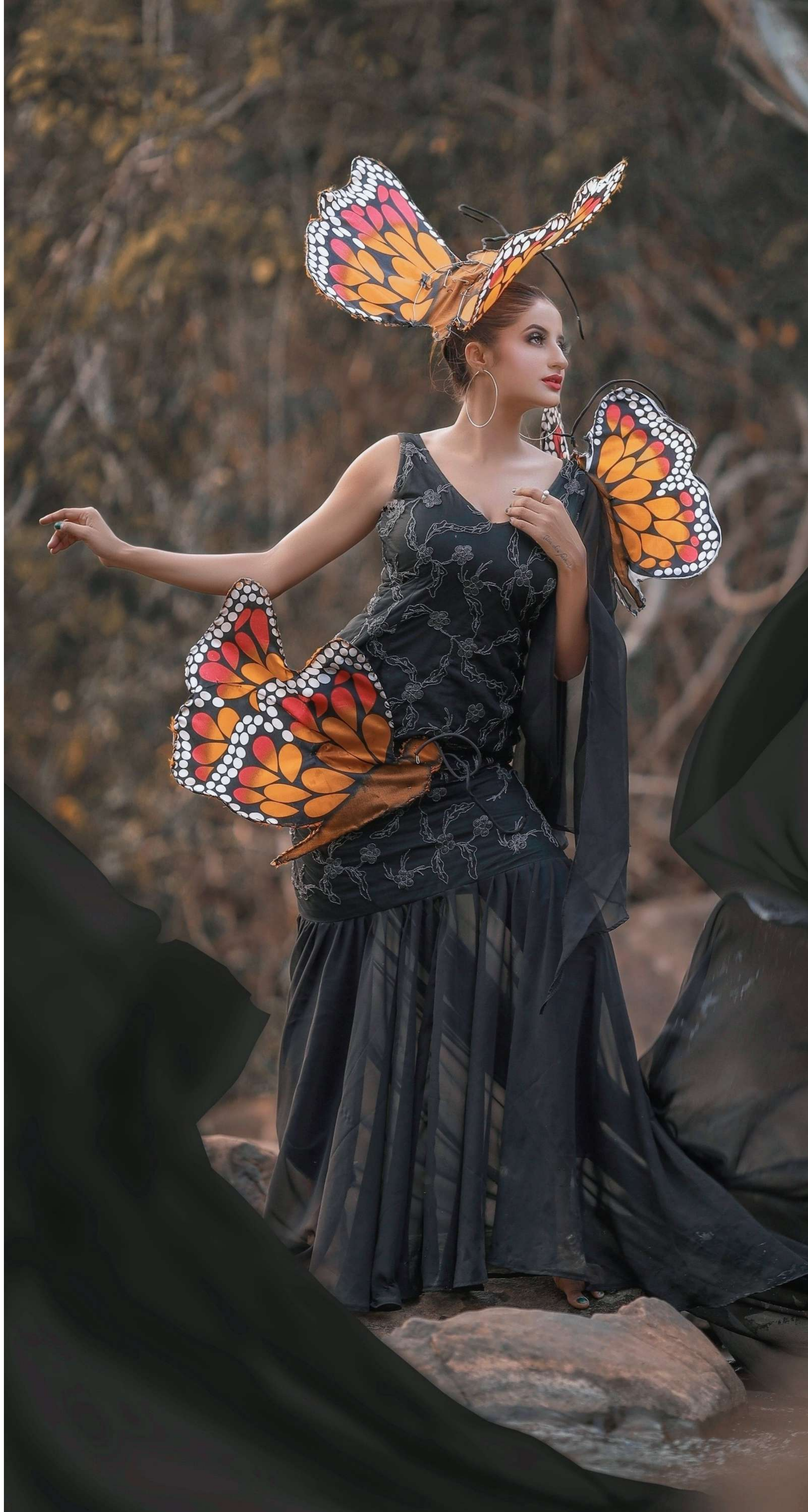
Model : Manika Singha.
Photography : Sapunijyoti
Rajkhowa.
Wardrobe : Moonmee Baruah.

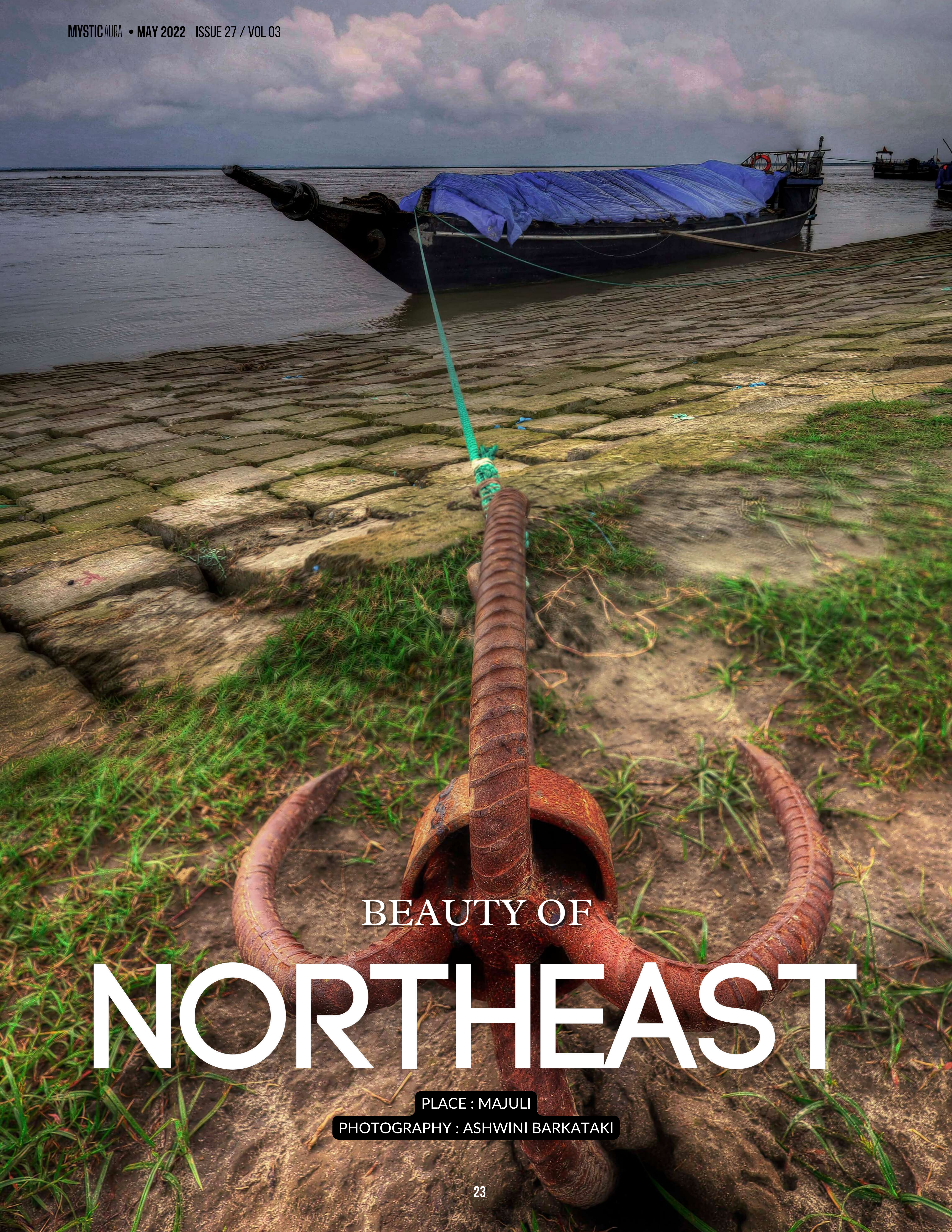


AURA FASHION

The wings of transformation are born of patience and struggle, makes a super model that can fly like a butterfly.

Model **ISHA UPADHAYA**
Photography **SUDARSHAN FORSYTH**
Make up **RANJIT DAS**





BEAUTY OF

NORTHEAST

PLACE : MAJULI

PHOTOGRAPHY : ASHWINI BARKATAKI

SUMMER COLLECTION



DEBI DEY'S SUMMER COLLECTION

Material : fine quality leheriya tie & dye chanderi silk cotton fabric. The patterns on this fabric has been dyed using leheriya tie & dye technique through traditional process from the state of Rajasthan.

Beauty *touch*



Parishmita Gogoi

A professional makeup artist who started from being a working finance graduate from Delhi University and then to fashion after 6 years. After completing her course in 2020 from National Institute of Fashion Technology Delhi and getting professionally certified in makeup and hairstyling she could now better understand about beauty and makeup. She has been working professionally from 2021 till date. Currently in Assam at Guwahati she is working as a freelancer. She believes that we are all unaware of the future what it holds out for us suddenly but for a dream she wants to work for the biggest fashion shows in the world whether New York or Paris. Creative styling and direction is her ultimate calling. She also wishes to start a social media platform that would cater styling needs for all .





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.

Everyday 5 Minutes Workout to Remove Tummy Fat

It's a common misconception that if you want to lose weight, you need to acquire a flat stomach. Most individuals are concerned about having a sagging and flabby belly. Poor eating habits, sedentary lifestyles, and working long hours in front of computers all lead to fat storage, particularly around the midsection, which makes clothing feel constricting. A person's self-esteem is negatively impacted by a protruding stomach, which is also harmful to their health. Visceral fat is a term used to describe this type of fat, which has been associated to a variety of diseases, including type 2 diabetes and heart disease.

Belly fats

5 MINS WORKOUT DAILY.

Many people have an issue with belly fat. In other words, "belly fat" refers to fat that has been deposited around the middle of the body. A person's health might be harmed by having too much belly fat. If you have excessive blood sugar, high cholesterol, high blood pressure, and a variety of cardiac conditions, you might be at risk. Because of this, it is essential to get rid of belly fat. To lose belly fat, you must restrict your caloric intake or just ingest as many calories as you can burn in a given day. Maintaining a strict calorie-counting regimen and engaging in regular physical activity are necessary to achieve this goal. In addition, a nutritious and well-balanced diet can help you lose belly fat quickly.

Here are a few 5 minute workouts you may do at home every day to get rid of belly fat:



Crunches:

Crunches are the best workout for burning belly fat. When it comes to fat-burning workouts, crunches are at the top of the list. Laying flat on your back, knees bent, and feet flat on the ground is a good place to start. As you raise your hands, tuck them behind your back. If you like, you can wear them crossed over your chest as a fashion statement. Keep a close eye on your respiration. Additionally, this workout will aid in the development of abs and the reduction of belly fat.

Burpees:

Michaels notes that this workout targets your core, chest, shoulders, lats, triceps, and quads. It's no surprise that burpees will get your heart rate up because of their plyometric nature. Stand with your feet shoulder-width apart and drop your body toward the ground in a low squat with your hips tucked back behind you. Then, hop your feet back, letting your chest to hit the floor, with your hands placed outside of your feet. Your hands should be on the floor as you elevate yourself into a plank position and then you should leap with both feet just outside of the plank position. Jump explosively with your arms aloft while keeping your weight on your heels.



Mountain Climbers:

This moving plank workout, like burpees, targets your core as well as a bevy of other muscles. Strike a high plank with your wrists just beneath your shoulders. Focus on keeping a tight core by pulling your belly button in toward your spine while you breathe. As you return to plank, bring your right knee all the way to your chest. Drive your left knee toward your chest, then pull it back. Alternate the sides.

Sprawl:

As a burpee on steroids, the sprawl works every muscle in your upper and lower body and burns calories while sculpting and strengthening your abdomen. By bringing your chest to the ground and then pushing yourself up into plank position, this burpee moves the standard burpee to a new level. Squat down with your hands on the ground while standing with your feet shoulder-distance apart.

Return to a plank position and lower your body until your shins are in contact with the ground. Plank, then hop your feet outside of your hands into a squat position, keeping your back flat on the ground. The time has come for you to return to your feet.

Russian Twist:

As a core workout, the Russian twist helps to build more power in the obliques and increases flexibility. In order to complete this exercise, you must hold a sit-up position with your feet elevated off the ground and rotate your body to the side. As you sit, keep your back straight, your knees bent, and your feet propped up on the floor. Holding a medicine ball at chest level is a good exercise. Holding a 45-degree incline with your body, maintain your arms a couple inches from your chest while leaning backward. When you're here, turn your torso right and squeeze your right oblique muscles for a few seconds before switching to your left torso and doing the same. It's important to keep the action in your ribcage rather than your arms.



Who doesn't love to hear compliments from others while passing by saying "wow...what a lovely figure, fit and beautiful." A daily routine exercise for a few mins can help it.

TRAVELLING MEGHALAYA

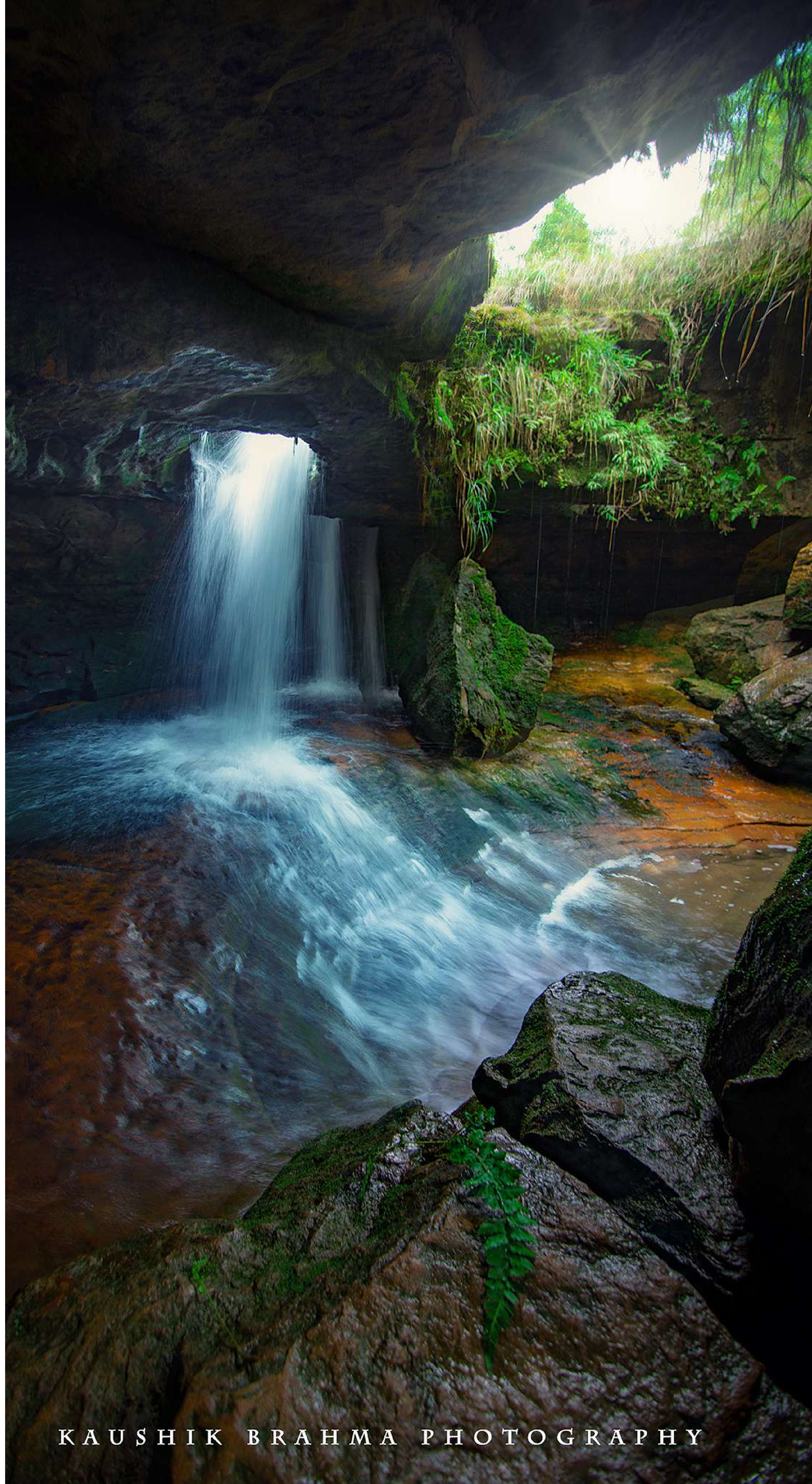
By : Kaushik Brahma
Nature photography



Meghalaya

state in Northeast India is the only point of interest from my childhood as a nature lover. It has so much more to offer for a traveller who loves nature. After 16 years in Guwahati, Meghalaya is just like my second home and as a photographer I never miss the chance to visit this wonderful "Abode of clouds" or "Switzerland of the east" whenever I get little bit of spare time from my professional life.

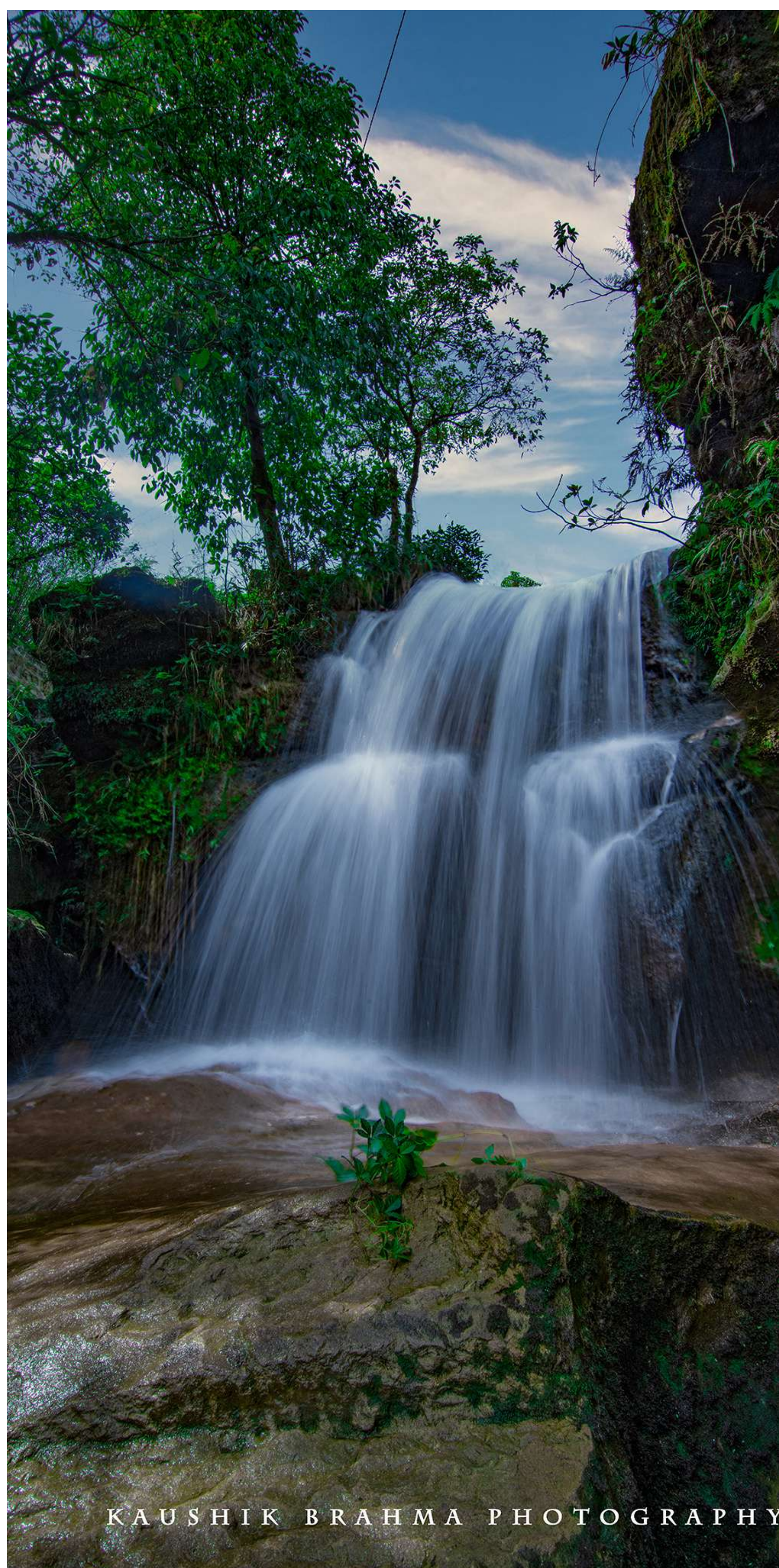
Meghalaya is inhabited by friendly Khasi tribe who is very helpful always and ever ready to provide a helping hand when needed. During the time of Rangali Bihu when I got a few days holiday, out in my car with my family to my favourite place with the thought of taking few photograph of the beautiful view of the waterfalls and while on the way to Cherrapunjee (Sohra) a small subway with a small signboard came into my sight. Though my main intention was to take photograph of Wei Saidong falls but then by seeing the words "Garden of caves" I thought that something new can be seen this time. After driving for around 30 minutes with breathtaking sceneries along the road side finally a small parking place with lots of tourist and cars parked was seen. First Impression in my mind was "Aha one more tourist spot" which has lots to offer for a photographer.



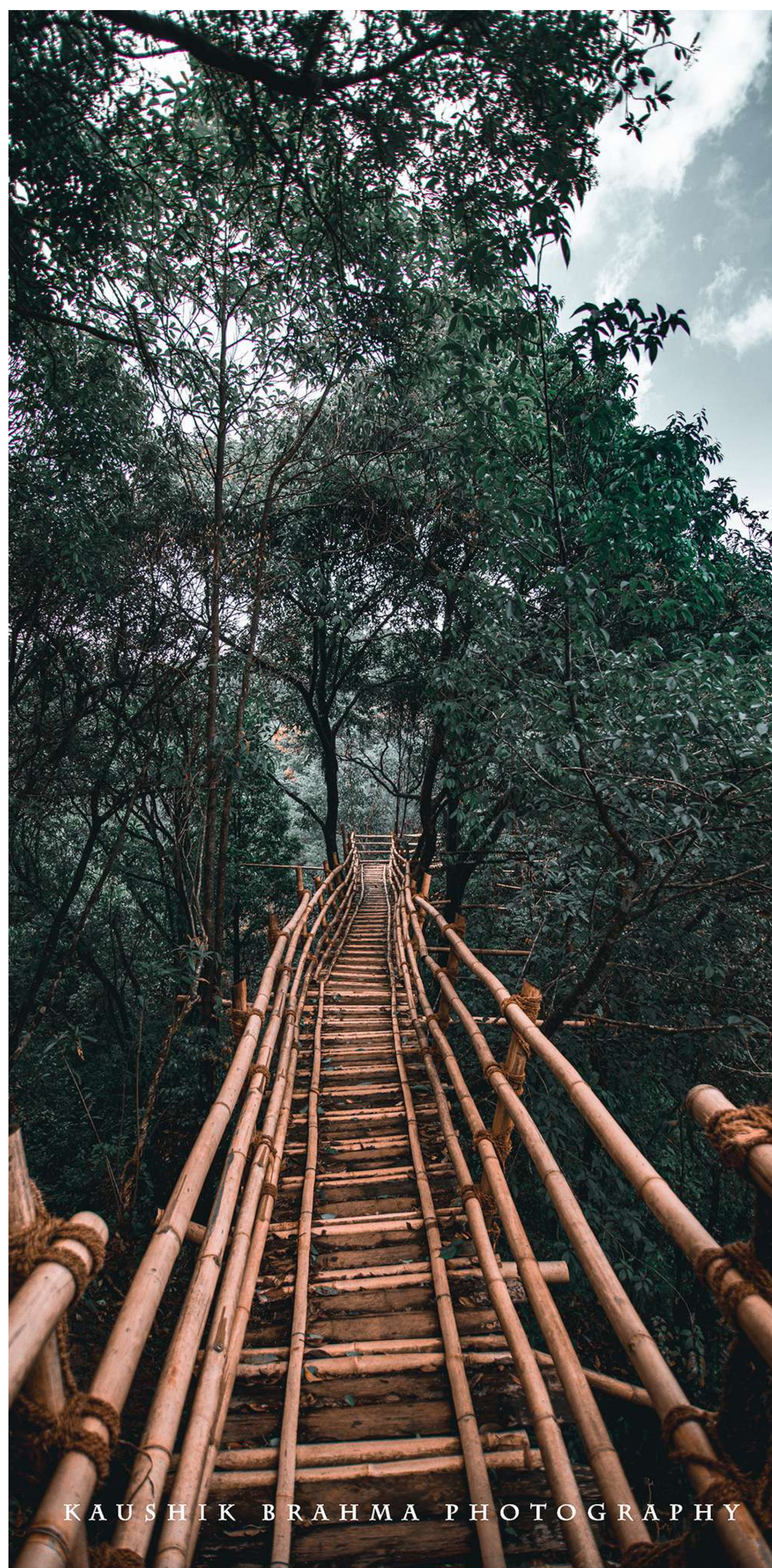
KAUSHIK BRAHMA PHOTOGRAPHY

I parked my car and got down until I reached a small house where tickets are sold. They charged Rs 100 per head and for camera Rs 50. I thought the price was little over priced as they charged separately for my DSLR and Gopro. The park was full of different types of flora but not a concentrated one with interconnected curling vines. As I Walked into the dark caves inside, the peeking rays of the sun was awestruck with views of sparkling and mesmerizing waterfalls. As we walked through found that water droplets falling from the ceiling was really a real unseen experience of lifetime. Then we came across

The bamboo bridge of the park, it was really awesome to visit the place as I came across four beautiful waterfalls and several natural rock sculptures in the track. I felt really lucky to visit this place and bring back some memories captured in my camera which I love to cherish to see over and over again. So next time friends, if you all are in Meghalaya, don't forget to visit this wonderful place. I am sure it will be a lifetime memory for everyone who loves nature. Last but not the least I would say it's the Heaven for landscape photographers where the photographers can capture ample lot of pictures and collect the treasure for lifetime.



KAUSHIK BRAHMA PHOTOGRAPHY



KAUSHIK BRAHMA PHOTOGRAPHY

WORKPLACE ERGONOMICS



Poor workplace

posture is a major cause of back pain, workplace stress and can lead to repetitive strain injuries. This can result in poor employee health and low morale which will ultimately lead onto reduced productivity, lost time and higher business costs.

When discussed the ins and outs of posture and ergonomics found that applying these simple workplace posture and ergonomics techniques will help to improve the working environment and well-being of both people around you and your fellow staff members.

What Is Posture?

Posture is the position in which you hold your body upright against the forces of gravity while standing or sitting. The key to good posture is training your body to sit, stand and walk in positions where the least strain is placed on supporting muscles and ligaments during weight-bearing activities.

Effects Of Poor Posture?

Poor joint alignment:

1. General muscle/head aches
2. Increased shear forces within the spine effecting disc integrity
3. Compression of disc and joint structures
4. Compression/reduced space for nerves to course through the body
5. Reduced blood flow to muscles resulting in increased fatigue
6. Overuse injuries



By Dr. Apoorva Nagar

PT
BPT, MPT
(Musculoskeletal)
(Celebrity Physiotherapist |
Social Activist)
MD : Dr. Nagar's Dental and
Physiotherapy Centre.



Other Sensations :

In some cases nerves can become impinged or inflamed resulting in a range of sensations from hot and cold through to numbness and tingling in a given area, commonly the hands and feet. A characteristic of nerve damage is that sometimes the symptom is not in the place where the damage is being caused. For instance, a nerve being irritated in the neck may cause numbness and tingling in the arm or hand.



Good Standing Posture

- 1.The alignment of ankle, outside of hip, shoulder and just behind ear should all be in a vertical line
- 2.Engage lower abdominals drawing belly button in towards spine if back is arched
- 3.Squeeze gluteals if pelvis is rotated too far forward
- 4.Lift the arches of the feet so kneecap is in line with 2nd toe
- 5.Pull shoulders backwards drawing shoulder blades towards each other if they are rolled forward.

Good Sitting Posture:

- 1.Sit well back into the chair
- 2.Tilt seat forward slightly to rotate top of pelvis so spine is in neutral
- 3.Adjust chair height so hip is slightly higher than knee
- 4.Ensure feet flat on floor, shoulder width apart
- 5.Sit in balanced upright posture with head over the shoulders
- 6.Move chair in close to desk to avoid stretching upper body forwards.



Can Physiotherapy Help?

Despite best efforts we have all come under extra work load and general life stress where remembering to maintain good posture can be the last thing on our mind. Physiotherapy can help to facilitate normal alignment through stretching of joint and muscle tissue along with ensuring nerve mobility. Home exercise programmes can be designed specifically for all to work on any weak areas helping to get back to a correct posture that can be maintained as quickly as possible.

In particular, it is essential that you seek out a medical opinion if you notice any tingling, pins or needles or numbness of any sort. This may result in a visit your GP, Occupational Health Doctor or to your local Physiotherapist.

Stay happy and be healthy .



MINDSET

**NAME, FAME OR MONEY:
Which is more important to live life ?**

In a world where people compete for money and when 24 hours a day is not enough time to pursue glory and recognition, it is important to be creative. Societal indoctrination instills in us the belief that we should pursue opportunities that provide the most money, notoriety or reputation for ourselves.

Those seeking fame reaches that point of power but may be they will not be pleased even if they obtain all three of these characteristics at the expense of their own happiness. Individuals

in today's society have name, recognition, money and all of the materialistic pleasures of life at their disposal just at one click with the finger. Genuine tranquility and satisfaction on the other hand eludes them. Now-a-days, everyone is busy in a battle against time, students aspire to be the top student in their class, businessmen want to be the finest businessman in the world and everyone wants to be the best they can be. It is perfectly ok to have high expectations, to be the best but we must also prioritize our time

with our families and other obligations. Because of their hectic schedules, individuals now-a-days rise early in the morning perform workouts before taking a shower and preparing for work before returning home late at night and this is all because of urge for more money day by day. Human beings have become mechanical. As a result of this pattern they are unable to spend quality time with their families throughout the day. The reason being very crystal clear that people have everything yet still do not have enjoyment in their lives.

The results of a poll conducted by Harvard University revealed that when asked which is more important in their life eighty percent of those who participated chose money while fifty percent chose fame and other options available to them.

We all want to be well-known in our lives by making some kind of contribution to our families or the communities in which we live and while doing so we feel we are successful and have done great work and earned a name for ourself. Obtaining fame and notoriety is not a simple task one must take care to plan and carry out the actions in the most efficient manner possible. Once you've been kissed by success, you'll feel more responsible for maintaining your position.

Hope everyone agrees to this point. It is possible to amass wealth and money. But it will not accompany us until we reach the cemetery. In every language a person's name is the most beautiful and meaningful one that sounds and can be heard. When your name is called the sound of your voice usually breaks through any surrounding noise. Consequently, you have always responded to the sound of your own name when it is said out loud immediately when you

become the public face of whatever mission you are on. As a result a product's brand name influences its price and relative worth. It's like a trademark. It may also appraise a person's worth at job, home and even among friends. The Bible says, a good name is worth more than money. Aside from the scriptures various presentations and books have highlighted the benefits of a solid reputation. No, a good reputation is worth considerably more than a lot of money.



The current society is obsessed with money and power and everyone is willing to pay any price to achieve them. As a result, the social value of names cannot be overstated.

Moving with time and reality of the present it's found that most people regard money as important in life that can fulfill all the blank space and their dreams. If you flash back and go to the past, history and books reveals the ultimate truth that it's food, clothing and shelter which is more important than anything to live life.

Is it that with passing time this changed is seen or it's the power of the human mind and knowledge?

Whatever is the reason, vital changes are obvious everyday according to time and situation and peoples greed and thirst for anything never ends. The more you have in your life you will always feel it's just a portion or a part even if you have reached your goal. So goes on and human beings run after money. Coming to the conclusion now it can be said that all three are important

to live life but it differs according to age and condition .

Supposing if this question is put forward for a student to select one among name, fame and money. Definately he will also go for money. Now, do you think the student is making the right choice when his duty is to study hard and bring good results that can brighten his future? In short a student selection should be name and fame rather than money for once he struggles to get name n fame, money will be automatically in his life's bucket combined with happiness.

Even when people have everything in life still there is a corner where you are not happy. So besides all peace of mind and happiness is utmost important in life.

Reviews on this matter is taken people belonging to different fields. Let's check it out and know a person's mind better....

PRASANTT GHOSH

(National and International choreographer and designer)
Name and Fame is more important for me than money. because money comes and goes. But name / fame stays long after your gone from this world.

DIPANKAR KASHYAP

(Choreographer).
Name is more important to live life. It's the respect our name earns that is important.

MONALI HAZARIKA

(Co-founder and Coordinator of Euro Indo School Nagaon)
Money !!
The reason behind this is you can't be a philosopher until and unless you have a little amount of money and that's a crude fact of life.. People to listen to your facts and preaching you need to be in a position, a position where you look approachable, a position where you hold over a designation to be understood and listened and this happens only when you have a monetary support !



THANESWAR RAVI

(Senior model of northeast, actor, fitness enthusiast and an Entrepreneur)
Depends on the quality of work an individual does and for what purpose and the goal. If worked properly, smartly and genuinely with positive effort, heart and soul rest of the things follow up and falls at right place. thank you.

NILUTPAL PIKU DEKA

(Student Botech. Tezpur university)
Money - So that I can take care of my family and do things that are in my bucket list, and also I don't have to check the price tag of things that I like and hesitate before buying.

POMPI TALUKDAR

(Student, Btech tezpur university).
Name/fame doesn't guarantee money. Many people have name/fame but they don't have money. Yes they have respect in the society. But not everyone of them have the money that they would prefer. I prefer money as it is the biggest motivating factor for me.

HIRAK JYOTI BHOWMICK

(SBI, accountant)
Fame is more important than money because fame once lost he/she can't earn again but if money is lost or someone fails to earn the desired amount he/she can earn again so the same goes for fame too.

SOLITARY FEELINGS

I sat in the warmth of solitude

Flooded with feelings

Going back to the past

Thinking of the present

Dreaming the future.

Silence as my partner

Embracing me with its beautiful
strength.

I could feel the comfort it gave me

Boosted me with plans

Brightening my insight

Showing me the positive attitude of
life.

Yes ! Silence is my best companion .

So I love my solitary thoughts in
solitude.

BY: MONALI BHUYAN



THE QUEST

There is a map inside my soul
Your fingertips traced a cross on my palm
"I'll be here", you said

Life becomes a maze of mirrors
I'm all shapes, I laugh, I sob, I knock myself over

I am many centuries old
I die, return,
Trapped in the cycle of life
Embedded in my consciousness
You have become an instinct

I travel to a tranquil land
The sea, white sand
The mountains echo
Icy currents fan
The blaze
You kept alive
I warm myself
I wonder how you knew
I would arrive

I burn, I rage, I weep
But I cannot tire
I wait
For you
It's my turn now
To tend the fire.

By: Jahnavi Gogoi Borah





PREVIEW SEASON 4

PREVIEW is an annual event, presented by Women (Web of Mass Empowerment and Nourishment), an NGO jointly with a team of National Institute of Fashion Technology Alumnus to acknowledge & appreciate the Handloom weaver's contribution to the fashion industry, and to market and promote local Handloom weavers, Textile Developers and designers. Our Annual Event PREVIEW in its prestigious 6th year has the vision to create all-around awareness about North East India and promote Woman Empowerment while Acknowledging the contribution

of Handloom Weavers to the Fashion Industry.

The goal is to motivate, develop, promote and introduce them to the audience that, these are the women working day and night to create our dream fabric. Preview believes that the weavers, contributing to the field of Handloom, deserve and are worth equal respect and promotion as the Designers. In our previous seasons of Preview, we have acknowledged four Artisans / Weavers for contributing their skills to the upliftment of our local weaving techniques and concepts which are accepted worldwide, by felicitating them as a token of appreciation.



This year too team Preview felicitated two deserving Handloom Artisan & Entrepreneur:

Harmohon Silk Factory from Kalitapara, Sualkuchi. Padma Bodo from Ghograpar, Nalbari.

Season-4, was a day long event. The day was flagged off with an exhibition inaugurated by Monmoromi Mahanta, Senior Journalist- NewsTime Axom, followed by a Seminar on 'Export Procedure and Documentation in Handloom and Handicraft.' The esteemed speakers of our seminar was:

Dr Jogesh Deuri : Director of Sericulture. Govt of Assam, BTC (Retd)

Prafulla Kr Saikia (Additional Director of Industries (Retd)

Mamta Sarma Borgohain, Consultant. SMS ARART, Guwahati

Ashok Das : HOD, Textile and Testing Deptt, Assam Textile Institute

Sarbeswar Das : Assistant Director - Processing, Weavers' Service Center

Mrinal Jyoti Saikia : Trade Facilitation officer, Handloom Export Promotion Council.

This was followed by a Textile show inaugurated and graced by our Guests of Honor :

Moloya Goswami (39th National Film Award Winner actor), Anindita Paul (singer), Subasana Dutta (singer)

The designers, textile developer, Leather designer, E-Commerce brand & APP had showcased their collection. Loni Kalyani: Textile Developer & Designer BHASKAR'S GALLERY APP by designer Bhaskar Bora



Sampriti Goswami: Founder of Women E-Commerce Brand the S Way

Fashion Designer Bhaskar Bora
Dikhita Bora: Designer
Designer Brand ARKA by Anima
Leather Fashion Designer & founder of NeeNyx Nishigandha Barua

Textile Developer: LOOM FICTION
FASHION BLOOM By Papli Gogoi

The show started off with a Satriya Nirtya performance by Anusha Kala Kendra. We also had the pleasure of witnessing live performance by Sufi singer Abhishek Saikia. Paying homage to our rich culture and folk music, band of Kixoloy showcased and performed different folk instruments and left the audience mesmerized with their performance.

Preview season 4,
Founder & Organiser - Papli Gogoi
Co-founder & creative head : Deepjyoti Baishya
Show Director - Devjit Misra
Choreographer - Gaurav Ujjal Bharali
Stylist, Wardrobe/Backstage manager: Style AMOR by Nang Darshana Phukan
Emcee : Debojyoti Dasgupta
Makeup - Manjit chetry & team
Photography - Gouranga kashyap
Cinematography : Cinemic Grand



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