

MYSTIC AURA

MAGAZINE

BRIDAL LIFE

LIFE STYLE

Reflection of the personality and style of the bride

GROOMING

CORPORATE & ETIQUETTES

HERBS

HORMONAL BALANCE

Secret way of healing is from inside

MEDITATION

A WAY TO SERENITY

Energize your mind, relax the body to live a healthy life

EXPRESS WITH GRACE

SOMETIMES WORDS FALL SHORT BUT SIMPLICITY AND GRACE SPEAK

WISHING
EVERYONE HAPPY



INDEPENDENCE DAY
INDIA

MYSTICAURA Team Members



GITALI PATHAK DEKA

Proprietor & Editor-in-chief

A model, an educator and also a Master Trainer under the BRITISH COUNCIL, Brand Ambassador of Mrs Universe, and winner Mrs India International (2nd runners-up) at Sri Lanka, Colombo.

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Editor's Note

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The month of August is always special for all Indians as it is the celebration of the two great festivals, INDEPENDENCE DAY & RAKSHA BANDHAN. Feels proud when our National flag is hoisted on this day. While scrolling a few old videos in social media, I came across a line said by Priyanka Chopra in her speech which was very inspiring and encouraging for all. "All women should be financially independent and strong." Today's situation is such that everyone needs to be financially independent so that all can be secure, have better rooms for development, work more and can have control over life to live happily ahead.

In this edition some special articles are forwarded to all our readers followed up by the usual Aura pages of attraction, Hope all will enjoy reading.

HAPPY INDEPENDENCE DAY

REGARDS,

GITALI PATHAK DEKA

CEO & EDITOR-IN-CHIEF

www.mysticauramag.com

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ON THE COVER

COVER MODELS : MOON DAS & NIRANJAN PHUKAN

PHOTOGRAPHY : ARINDAM KASHYAP

RETOUCH : ABHIJIT BARUAH

MAKEUP : DANIEL MARAK

COVER MODEL

Moon Das

from Guwahati Assam, is a professional model and has been associated with print modelling since 2016. She was featured in two music video albums with lead actors of Assam. Currently she has completed the shoot for another music video which will be released soon. As a model she walked the ramp as a showstopper in many runway fashion shows and recently she was featured as a special attraction at the 53 years celebration of REC Ltd at Jawaharlal Nehru stadium, New Delhi alongside Chitragandha Singh and Shreya Ghosal. She was also the Cover page girl of the well known magazines of Assam like Nandini, Shastya & Bornali. She also acted in several episodes in the popular channel News-18 (Axom -Northeast). Her future plan is to continue her modelling career and side by side move on with the new opportunities that was offered to her as like for an Assamese movie and few TV serials but yet to take a call on it.

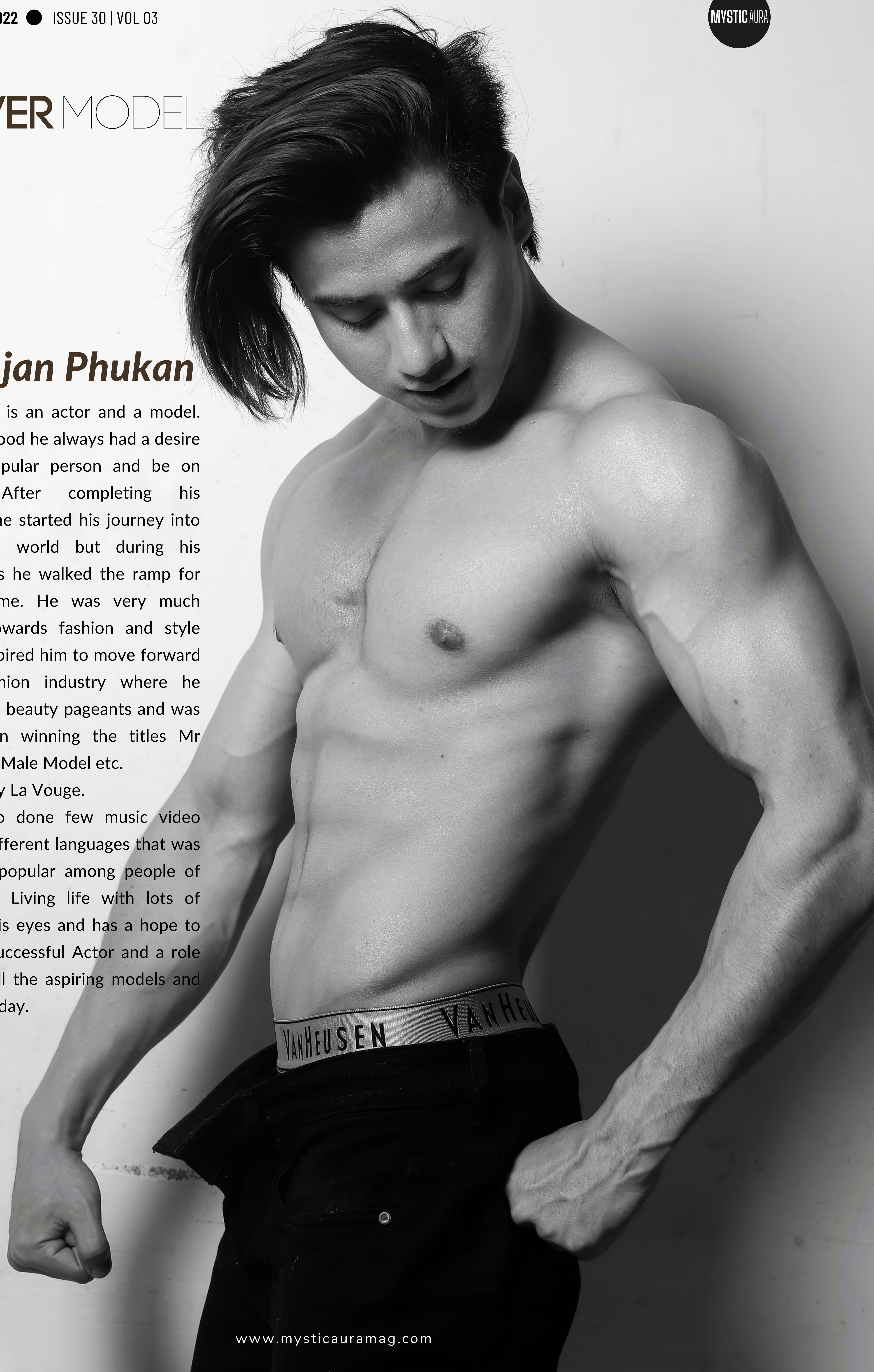
COVER MODEL

Niranjana Phukan

from Assam is an actor and a model. Since childhood he always had a desire to be a popular person and be on limelight. After completing his graduation he started his journey into the fashion world but during his collage days he walked the ramp for the first time. He was very much attracted towards fashion and style and that inspired him to move forward to the fashion industry where he joined a few beauty pageants and was successful in winning the titles Mr stylish, Best Male Model etc.

Presented by La Vouge.

He has also done few music video albums in different languages that was being very popular among people of the society. Living life with lots of dreams in his eyes and has a hope to become a successful Actor and a role model for all the aspiring models and youths of today.





Meditation

GREAT WAY TO SERENITY



BY : BRIAN LACOUR

AUTHOR

FLORIDA, UNITED STATES

Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is easier than one may think, and the benefits can come quickly. Here, we offer basic tips to get you started on a path toward greater equanimity, acceptance, and joy. There are great benefits with even a few minutes a day. So take a deep breath, and get ready to relax.

The purpose of mindfulness meditation is to become mindful throughout all parts of our life so that we're awake, present, and openhearted in everything we do. Not just when we're sitting on the cushion.

Mindfulness meditation is, a practice that involves paying close attention to the present moment especially our thoughts, emotions, and sensations whatever it is that's happening be prepared for noisy distractions. we don't need perfect quiet to meditate. Total silence might be too overwhelming in meditation for beginners. We become extra sensitive to every little sound when things are completely quiet.



Life is rarely ever quiet anyway. We can go into our meditation practice expecting that noises will happen, whether it's loud music from a neighbor, a dog barking in the street, a truck backing up, or sounds in another room at home. When they do, rather than becoming frustrated and focusing on the noise, we can notice our thought, let them go, and return to our breath.

When the Mind Wanders

It's inevitable: During meditation, your mind will roam. You may notice other sensations in the body, things happening around you, or just get lost in thought, daydreaming about the past or present, possibly judging yourself or others. There's nothing wrong with this — thinking is just as natural as breathing.

When this happens, simply notice what it is you were thinking about or what was distracting you, then take a moment and pause. You don't need to pull your attention right back to your breath. Instead, let go of whatever it was you were thinking about, reopen your attention, then gently return your awareness to the breath, being present for each inhalation and exhalation. After a few breaths, occasionally, the mind will wander again. Don't be hard on yourself about this. It's natural. What's important is how we respond when it happens. Simply acknowledge whatever it is you were thinking of — without too much judgment to it, without letting it carry you away — and take a moment to come back to the present and resume your meditation. This is where we build our skills in the practice of coming back. Come back again and again. Notice it — thinking and then pause, and then come back to the present moment.”

You can practice mindfulness meditation on your own anytime and anywhere. But listening to basic guided meditations can also be helpful. Instructions from an experienced teacher can help remind us to come back to the present moment, let go of distracting thoughts and not be so hard on ourselves.





that can give happiness

THIS INDEPENDENCE DAY, A BEING CARING INITIATIVE

BY : CH. SANSKAR NAGAR

Budding Physiotherapist | Youth
Influencer | Philanthropist
Founder : Being Caring
Organisation

Food is an indispensable part of our lives and slum people are surviving on unhygienic and Inadequate food, which needs a great change.

On August 15th,2021 Being Caring Organisation launched its first special drive - Bhookh se Azaadi 1.0 : Freedom from Hunger in Delhi Ncr. We keep in mind that nobody sleeps with an empty stomach.

Till now, we have distributed more than 50,000 packages of food. To cope up with the Covid-19 crisis, we started a scheme of a monthly ration to help them in these tough times. With a motto of "Freedom from Hunger", we initiated "Bhookh se Azaadi Campaign" in different cities like Delhi, Gurgaon, Noida, Ghaziabad etc around 15th of August last year.

When intentions are good, the results are even better and so are our efforts that were featured in many newspapers and broadcasted over several media channels and their social networking handles. This Independence day we are taking this campaign a little ahead and apart from distributing nutritious cooked meals and dry ration to the needy and slum dwellers we are also starting nutrition campaigns where we are guiding the not so privileged mothers and young children, the importance of having a nutritious meal. So on the occasion of Independence day we request everyone to be a little more caring towards other people and even animals around them and if not more, feed atleast one individual and pledge "Bhookh se Azaadi" This Independence Day.

Stay happy and keep your Humanity Alive.





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Model & Makeup:
Jafrin Farnaz

MODEL

OF THE MONTH

Divya Chavi

AN ACCOMPLISHED AND VERY BEAUTIFUL
MODEL & ACTRESS FROM **MUMBAI**

PHOTOGRAPHY BY SAGAR MINDHE

DIVYA CHARI

From Mumbai

Tell us in brief about yourself.

I can sum up my entire personal and professional life in three words – I can win, I believe in character, values, vision and action. I am a quick learner and believe in learning from my mistakes for I strongly feel that this virtue will take me ahead in life and career.

Being a successful model , what are some of the challenges that you have faced in your career.

Need to work hard day and night (often in extreme conditions), face dozens of refusals from modeling scouts and harsh critics, have a strict diet and suffer from muscle pain. Furthermore, the income of models are not stable but getting a job is often challenging because of the high competition in the field.

What projects you are currently busy with?

Currently, am busy with my New Upcoming Album. It gave me an opportunity to evaluate and refine any processes that weren't really working for me. Additionally, I am engaged and working in collaboration with fashion Brand in IG.





Besides good looks and intelligence, how important it is to have a good figure and height for a model?

“Personality is more important than looks”. Both of these adjectives fall under two different domains. There is something called Inner Beauty and Outer Beauty. Personality is something that we call inner beauty which refers to the mindset and character of a person and looks is the outer beauty which simply refers to the physical appearance of a person. In my opinion, looks can never be a factor based on which an individual should be judged but yes for a Runway model and to be a professional model it is important to have a good height and figure to be successful besides looks .

Would like to know about your achievements and future plans.

Talking about my future plans, would like to share that we are a self-starter who intends to make the most of every opportunity we are offered. Example: In five years, I hope to be on a career path that will lead India to a Top Fashion List with a long-range goal of eventually moving into making myself a Brand.



BY PRASANTT GHOSH

THE WRITER IS A ESTABLISHED
FASHION DESIGNER AND
FASHION CHOREOGRAPHER

BRIDAL LIFE

BRIDAL LIFE

While wedding outfits are usually conventional, there are trends that guide the choice of colour, the work on the outfit itself. That automatically alters the jewellery, accessories and make up. What also affects the bridal look, according to me is the family background of the bride [and groom], and sometimes even the theme and colours of the pandals.



Most salons offer a pre bridal package, brides to be are so busy with their shopping and ceremonies that they should book with parlours barely a couple of days before the wedding. Most parlours offer one session pre bridal package where the bride has a facial, body scrub, manicure, pedicure, waxing , bleaching and head massage three days prior to the wedding as the glow after a facial comes only a couple of days later. Also during that time if there are any skin eruptions or allergies they can be taken care of with suitable packs.

The skin often becomes red and tender after a facial and needs to settle. Putting makeup in that condition might aggravate it further and besides, makeup settles well on a relaxed skin'. Brides should take care of themselves two months before the wedding. One cannot get a glow, or remove a tan, pimples and acne in one session. Even fingers, nails, skin and complexion get into complete shape only after a couple of sessions. Then, dull hair and dandruff also has to be treated. The hair has to be treated the hair has to have the right length and cut. How can the bride manage that in a couple of days? But then, there are brides who come from out of town, and even out of the country, and they have no time to avail of prolonged pre bridal grooming. For them most reputed parlours have special bridal face packs, scrubs and masks, and thereafter the bridal package.

For these brides, and in fact all others, I would suggest regular facials [once a month]. Add to that a good diet lots of water and walking exercises they will do to one's beauty what no make up can .make up has to also be according to an individual,s looks and features. One basic rule heavy make up is a complete no no.



Hair must be tied in a jooda or a jooda choti for weddings as the bride has to cover her head and the heavy dupatta will not stay on otherwise. But, what one can experiment with is the way the hair is set in the front. It can be simply combed back or parted in the centre, or the side, or, be sculpted in an art décor look with the hair in neat waves, set with a gelled look. The joodas can be nape buns or high buns depending on the weight of the dupattas as well as the height difference between the bride and the groom. Roller setting for receptions are ideal.

Lehnga cholis are the rule these days for brides. Shararas and gararas are a nice contemporary option. However, many Bengalis and south Indian brides still prefer the sari and silk brides the salwar kameez. While colours like deep burgundy, wine and even deep blues were the ruling colours and fabric this

winter, spring brings fresh trends of greys, pastels like baby pink and baby blue, and also bronze, pink and copper in tissue with surface work ranging from zardozi to swarovskis, diamante stones and beads etc. Batuas and small purses matched with outfits are the prevalent trend.

Brides often wear very heavy jewellery and 2 - 3 different lengths of necklaces. But it is advisable to wear just one stunning set. A tikka on the forehead, an artistic but conventional bindi underneath along with the typical bridal bindis, not along the entire length of eyebrows but just subtly halfway, is what gives the bride her ultimate bridal look. I would also suggest that instead of a very heavy dupatta, it is advisable to have a lighter net dupatta with little ghungroos along the length, and maybe some light work matching the work on the main outfit.



For the bride to look happy and beautiful on the most important day of her life, she must be comfortable and not loaded with heavy outfits, dupattas, jewellery and make up.

BRIDAL TROUSSEAU

Your bridal attire should complement your personality and style. Scan wedding magazines for contemporary styles and trends. Start shopping for your trousseau well in time. Select the right accessories to complement your dresses including bags and shoes. Select/design your wedding and reception outfits and try them out. Keep time for alterations and final fittings.



JEWELLERY

Besides jewellery pieces passed on to you by your grandmother and mother, buy some contemporary and trendy jewellery from reputed jewellers and insist on certificates of purity. The mangalsutra is the most important piece of jewellery besides bangles, kadas, nose rings, tikka, earrings, chokers and necklaces. Maintain a list and the expenses incurred against each item. Important piece of jewellery besides bangles, kadas, nose rings, tikka, earrings, chokers and necklaces. Maintain a list and the expenses incurred against each item. Though antique jewellery has been around for about a year and a half, it's still very much in. Normally, people make outfits to complement this kind of jewellery, which has a blackish gold polish. Diamonds were and always will be the 'in thing', though this season in particular, uncut diamonds are a rage. Any thinks that gold in its actual form is less popular; go for white gold, instead. For traditional occasions like Mehendi or the actual marriage ceremony, one can wear gold. For the Sangeet, traditional kundan or gold would be appropriate. However, for Reception, kundan and diamonds are largely worn.

GROOM'S TROUSSEAU

Decide upon a western or an ethnic look. Kurta pyjamas, churidars, pathani, dhoti, shawls, sherwani, bandhgalas, choga or achkans are a few ideas. If height is a constraint, avoid bandhgalas and achkans. Coordinate tie pins, cuff links, rings, gold chain, watch and bracelet with the wedding outfit. Wear simple yet elegant shoes with a western outfit and jootis with an ethnic. Try out your headgear. It should be different from those of the baraatis. Start on a complete grooming regime at least a month before the wedding. On d- day keep hair short, gelled and shampooed, and shave closely. Spray a deodorant and keep tissues and your wallet handy.



TEN ESSENTIAL LIP TIPS

- 1 Keep lipstick off your teeth by placing your index finger in your mouth after applying closing your lips then pulling it out slowly.
- 2 A wetter' or more moisturizing lipstick makes lips appear fuller by catching the light.
- 3 A dark, vampy lip colour can make lips look noticeably smaller according to make up artists.
- 4 Lipstick never looks good on dry lips. Make up artists advise drenching them with a touch of Vaseline.
- 5 Make up artists suggest giving up smoking which can keep the lips almost permanently dry because the cigarette filter pulls in moisture.
- 6 Use a brush to get to the bottom of your lipstick there are often twenty more applications at the base of the bullet.

7 Top models set their lip colour by applying one coat, blotting then adding powder through a single ply of tissue. Another coat or a slick of lip gloss can then be applied on top.

8 Do not buy a lip colour because it looks good on someone else the resulting shade depends on the acidity of your lips and natural colouring.

9 For a soft tidy line gives definition and prevents bleeding soak a cotton bud in liquid foundation and run it around the outside of an already painted mouth.

10 On less than perfect lips use corrector pencils which act as an eraser subtly disguising the natural lip line.





Professional

GROOMING & ETIQUETTE

First impression circulate around appearance, dress code, confidence, communication skills and also whether you value your time and behavioural ethics with respect and give equal level of respect to society. It is the process of making yourself look the part to leave a positive impression in the mind of others. In a corporate and a professional work-place, image and impression play an important role.

BY **BIA SANDHU TANEJA**

Founder, Parfait Image Consulting



Corporate Grooming, few points to be kept in mind :

Dress to impress

Try looking your utmost best at every formal and business setting, as it instantly uplifts you into people respecting you and taking you seriously as a businessman or businesswoman. Your attire should reflect the setting, so if it's a job interview, always wear a business suit including a dark colour tie for men and a tailored skirt and blazer or a formal business dress for a woman. Ensure that your attire fits you well and it's not hanging or too loose. The most important is all items of clothing should be well ironed and looking clean and crisp. Always dress up to the position you aspire to be, rather than dressing down.

Appropriate colour combinations

Avoid wearing bright colors in a professional setting. The most professional colors should be blue, brown, and black. White is only appropriate if worn as a shirt, top or blouse. Also, consider colors that showcase your company, similar to your company's brand colors. These brand colors or ensembles can be used in the tie or cufflinks, or even a classy logo blazer pin if it's a client meeting.

Appropriate fit and Length

Ladies need to know the proper length of skirts and dresses for the business setting, while men have to invest in complete suits instead of short sleeves and three-quarter trousers. To look elegant and classy at work women's skirts should be knee length with the right cut and the fit of the trouser and suit for the men should be on point .



Less is more at work

Women with revealing outfits gives out an unprofessional message. Keep it professional, clean, and sleek to showcase that you are a serious businesswoman who deserves respect. Remember, you are not at a party or the Queen's ball. Keep it simple but elegant in how you select your clothing. One watch and one ring (if required) with pearl earrings and soft pearl necklace should be suffice, remember less is more.

Appropriate shoes with neat and tidy look

Avoid wearing extremely uncomfortable shoes as you will be walking and standing a lot when it comes to networking and attending certain events or interviews. You should make sure you have



removed all the stickers on the sole of the shoe, so to avoid embarrassing situations. Ensure your shoes don't squeak when walking and is appropriate for long distance or long durations of standing. Ladies need to have a simple but elegant hairdo that isn't too absurd for a business attire. Keep it clean and scented with beautiful fragrances as it will make it easier for people to want to be around you. Men need to always have a decent haircut and a properly groomed face to signify responsibility as well as assertiveness. Try and keep hair accessories to a minimum, keeping it classy and simple.

Corporate Etiquette

Importance of Punctuality

Understanding the importance of being on time will make others instantly think you are a man or woman that means business. It is very unprofessional to show up late and untidy from rushing to the location. Always plan your timing and routes. The rule of thumb when arriving for a job interview never arrive too early, but 10 to 5 minutes before your due time. Try and go to the bathroom before to freshen up and straighten your clothes and tie.



Watch your tone and body language

Avoid using language with slang, colloquial and juvenile ways of speaking when in a business setting. You not only represent your occupation, but also yourself as a person. Remember to stand and sit up straight and show suitable body language that indicates that you are listening and wanting to engage more in the conversation. Exhibit poise and a desired impact when you stand or sit up straight with honour and dignity. When you stand up from a seated position, always remember to tuck your chair in so it's neat and tidy-it shows respect for your surroundings.

Business card etiquette

Always carry more than enough. Always be prepared as you might miss a big business opportunity if you have run out of cards. Always make sure that you store your business cards in a clean case.

Speak clearly and fluently

Communicating your ideas and thoughts can be very tricky to get people to listen if you have a quiet or shaky voice. Speak in a moderate pace, smile and be friendly and attentive. Open your mouth when speaking, so the projection is from the stomach.

Use full name & title for introduction

Circulate with as many people as possible and be proud of your title and what you represent. Display upright body posture with shoulders back and open chest to open the heart when speaking to everyone. Always remember to use full name and titles when introducing people to each other .

It is very unprofessional and frowned upon to see wrinkled up or torn cards. Smile and hand them your card with both hands. You can add certain pleasantries, such as "I hope to work with you one day" or "You can contact me at any time". Stand up when receiving a card.

The golden rule is to be mindful of where you are and how you project yourself - you are your own brand and have your own reputation to uphold. Show respect and gratitude to your surroundings and people and your surroundings will show you gratitude back with positive flows of vibes and energy.

KIDS

Aurora



MODEL

**Aruhi
Majumdar**

MAKEUP : BHASWATI BARUAH

PHOTOGRAPHY BY : RAJ GOSWAMI

RETOUCH BY : ABHIJIT BARUAH

TRENDS
Aura



MODEL NEHA SALOI

PHOTOGRAPHY BY KAMAL BARMAN

MAKEUP PRANAB

DESIGNER

Olimpica
Sonowal

BRAND MAOLI FASHION

COLLECTION BULI LIKHI DIBO

FACE

New

AURA

MODEL

Sneha Routh

MAKEUP : NABANITA BARUAH

PHOTOGRAPHY BY : RAJ GOSWAMI

RETOUCH BY : ABHIJIT BARUAH

AURA

New
FACE

MODEL

**Bidushi
Kumari**

PLACE : NAGAON, ASSAM

HEIGHT : 5.4"

MAKEUP : NABANITA BARUAH

PHOTOGRAPHY BY : RAJ GOSWAMI

RETOUCH BY : ABHIJIT BARUAH



AURA

PHOTO

GRAPHY

PHOTOGRAPHER PANKAJ LAHON

COSTUME DESIGNER CHANDZEENTY

MAKEUP MAFIZ ALI

MODEL JUTIMA BARUAH

Aura

CREATIVITY



Design is a constant challenge to balance comfort with the luxe , the practical with the desirable.

DESIGNER

Daisy Gogoi

MODEL : MOON DAS

MAKEUP : DANIEL MARAK

PHOTOGRAPHY BY : ARINDAM KASHYAP


RETOUCH BY : PANKAJ LAHON

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HERBS



HORMONAL BALANCE



BY: DOCTOR DIPTIKA A BHATIA

Director BBEHEALTHY
Director ADAN Healthcare
Founder :-Aas ek prayaas
NGO cancer awareness

Some Herbs for hormone balance, a woman in her hormonal health plays a vital role in overall health. When your hormones are out of whack, it can affect your energy levels, play into a predisposition for anxiety and even stymie your sex life. There is an alternative therapies.



■ Many herbs contain powerful compounds that can help assuage any hormone-related issues you may experience. Here are 10 herbs for hormone balance if you regularly experience hormonal upheaval.

■ Herbs for Hormone Balance

Maca Root

Maca has long been a go-to supplement for women in menopause because it boosts the production of estrogen, which helps to relieve symptoms. Pre-menopausal women also use it to ease the side effects of PMS – it balances out the ebb and flow of estrogen during your cycle. You can pick up maca root in pill form too.

Ashwagandha

Ashwagandha is one of the best adaptogenic herbs for hormone balance. It has been used since ancient times for a variety of uses, but largely to reduce levels of stress and the “stress hormone” cortisol. Cortisol can create high blood sugar and increased abdominal fat, particularly in women, so a helping hand from this herb will help.

Chasteberry

Chasteberry is in the mint family, but it’s more potent than its peers. The plant boosts the production of the luteinizing hormone, which can help to ease symptoms of PMS and menstrual cramps, regulate your cycle and assuage endometriosis side effects.

Rhodiola Rosea

Eating plant foods alleviates stress by building a stronger immune system, but the addition of an herb like Rhodiola Rosea doesn’t hurt. Supplement with Rhodiola Rosea to regulate your cortisol levels. Since it decreases the production of cortisol, expect less anxiety and better sleep while you’re taking it.



Black Cohosh

Native Americans taught European settlers about black cohosh decades ago, but it's still just as relevant today. Black cohosh mimics estrogen in some people, so if you're suffering from PMS, painful menstruation, menopause, or osteoporosis, taking black cohosh could help.

Red Clover

For women in menopause, red clover could be a lifesaver. Although it has a wide variety of uses, red clover particularly targets some of the most unpleasant aspects of menopause. It fights hot flashes, and there's some evidence it might also ease anxiety and depression.

Avena Sativa

Many plant-based foods have medicinal properties when they're eaten consistently as the basis of your diet. One of them is oatmeal, which might already be a part of your daily routine. You probably know avena sativa simply as "oats," and you may even have it in your cabinet right now. It not only boosts your mood and helps to alleviate stress, but it might also enhance your sex life.

Catuaba Bark

There's some evidence that Catuaba bark acts as a natural aphrodisiac for women and men alike. It might also put you in a better mood, particularly during PMS, by balancing out your hormones, and it could even protect your brain from oxidative damage.

Epimedium

Whereas Western hormone replacement therapies come with potential risks, epimedium naturally helps to balance hormone levels in women experiencing PMS or menopause, specifically estrogen. So regardless of the stage of life, you're in, adding this to your arsenal of herbs is a good idea.



Shilajit

For women struggling with infertility, shilajit might provide some help. Although studies are still inconclusive, some research points to shilajit as a potential way to boost ovulation in women – which could improve chances of conceiving.

Hope this article will help those women who are suffering from menopause.



First day of the week everyone feeling energized? Feeling to have a rush of fun? Feeling to have a rush of excitement? Feeling to have to rush to finish your household duties? Feeling to have to rush to finish your projects? Since we are in the topic of rushing, anyone here remembers two looney toon cartoon characters, the Road Runner & Speedy Gonzales. They run faster than light to get away from their adversaries. Their famous quotes are : Beeb Beeb & Arriba! Arriba! Andale! Andale!



BY : VANESSA JACQUELINE D'CRUZ
International Representative,
Aesthetics International council.

Have you asked yourself whether you need to be in a rush? Whether you need to do more than one thing at a time. Some are good at multi-tasking, some are not. Some have clear directions when “ rushing “ through their work & some are do not. I will concentrate on those who are not good at multi-tasking and rushing through their work. Try not to join the jones.

Are we like them? Always rushing to get as many things done? Always rushing to score the “Big Prize”? Always rushing to be better than others? Are our objectives clear when we are rushing? Unlike the Road Runner & Speed Gonzales, their objectives and goals were clear: RUN AWAY FROM THEIR ADVERSARIES AND OUTWIT THE TRAPS SET FOR THEM.

Sometimes we want to achieve as much as we can. We feel time is short but we shorten our lives by giving ourselves more stress if we rush through our lives and tasks. Stress can lead to anxiety. to heart attacks and even deaths. Singapore is one of the top 40 countries in the world that has the most heart attacks and deaths and it is climbing in rank. I don't think we want to be No 1 in this aspect .

When we rush, our minds get cluttered and our thinking gets impaired. For example, in my case, when I speak fast, I intend to lose my thoughts. I become anxious and I stammer (I suffered from stammering & attended speech training classes when young). However, I had forgotten what I had been taught to talk and breath slowly when reciting my poems . When I remembered this technique and used it, my thoughts became clear and my anxiety cleared !!! Therefore, take your time in whatever you do . You will have a clear mind. be less anxious and be less stress.

However, with all that said, I can't leave out the possibility that some bosses want some of their employees to complete their work fast and timely. Please do consider that some of your employers are not like you.

Life is a beautiful journey that is meant to be embraced to the fullest every day so don't rush and wait for thing's that will happen at the right time.





EXERCISE

REMOVAL OF BACK PAIN



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Nowadays, it is common to have health problems in a busy life and people doing sitting jobs in office for hrs or any kind of work, be it with growing age, back pain seems to be the major problem among most. If you are also troubled by the problem of back pain, then it can be easily removed with exercise. If you think that only rest will cure back pain, then it is wrong. Apart from rest, you need to do exercise too regularly as daily routine. Exercising gives a support to your spine, due to which you get relief from back pain.

Reasons of Back Pain

Back Pain also occurs due to muscle strain and muscle spasm. If you do any work sitting in one

position for a long time and in which your hands are used more, because of this also there is a problem of back pain. Apart from this, not sitting properly, not standing in the right position, osteoporosis, ankylosing spondylitis and not exercising are also due to the problem of back pain.

Here are some advanced exercises, which can give you relief from back pain.



Spinal Twist

To do the spinal twist exercise, first you have to lie on your back. Then bend both knees and take them upwards, after bringing both the knees up, bend both your legs to the left and then to the right. after doing this, you move both your feet upwards, after that bring both your feet down. Repeat this process according your physical ability.



Cobra Pose

The second exercise is the cobra pose. To do this exercise, you lie down on your stomach. After, this take both your hands near to your chest. While doing this, you have to keep your elbows towards your ribs. After doing this, lift your chest upwards and take a deep breath. After this, while rotating your shoulders, move the head backwards. Then while exhaling, bring your chest down. Repeat this process according your ability.

Cobra Pose

While doing hamstring stretch exercise, first you have to lie on the ground. After this bend one of your knees and place a towel on the toes of the other foot, after that move this foot slowly upwards. Your knee should not be bent while doing this exercise. After that try to pull that towel slowly towards you. And you have to stay in this position for 15 seconds.





Hip Roll

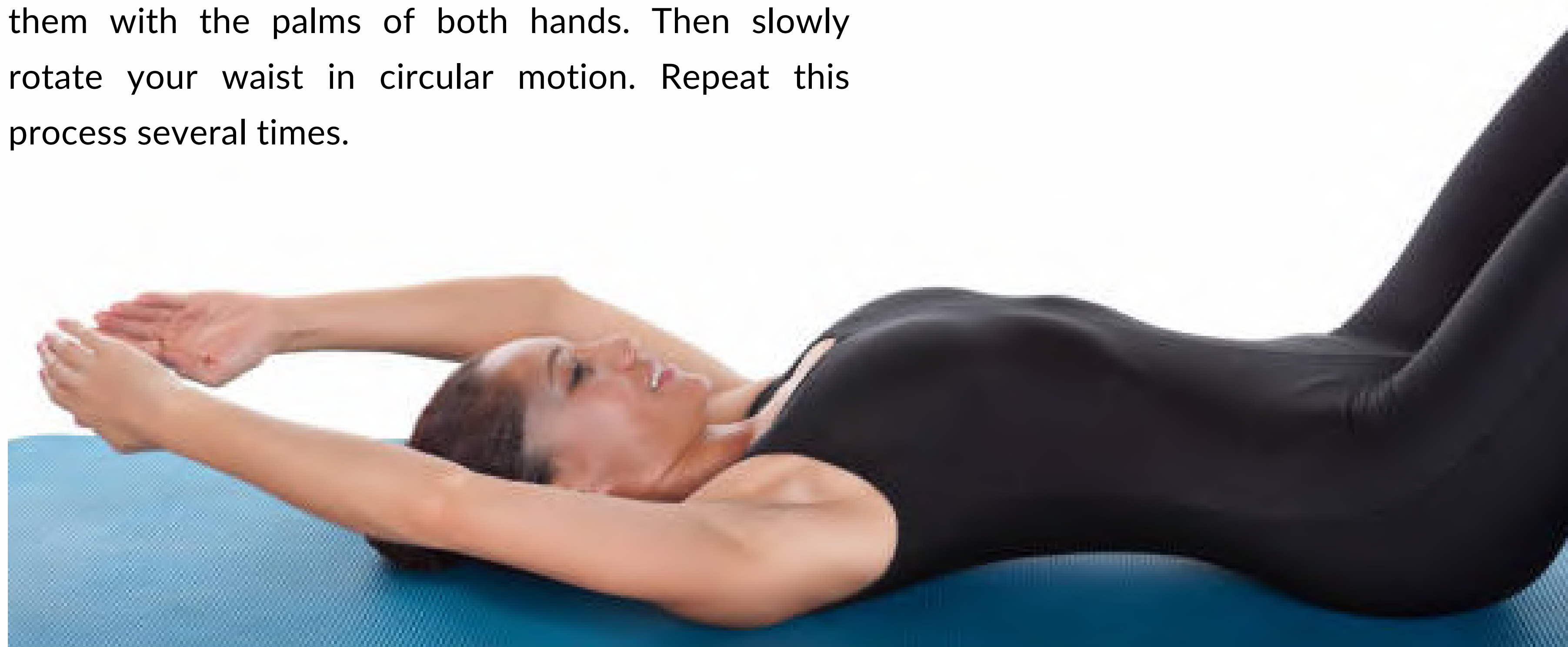
To do the hip roll exercise, first you have to lie on your back. After this, bring the toes of both your feet in line with the knees and bring them to the standing position. During this, your torso should stick to the floor in your back. After this, slowly move your waist up and take it back to the floor.

Back Messenger

Back messenger exercise is also a good exercise for back pain. To do this exercise, first you have to lie on your back. After this, bend both your knees and lock them with the palms of both hands. Then slowly rotate your waist in circular motion. Repeat this process several times.

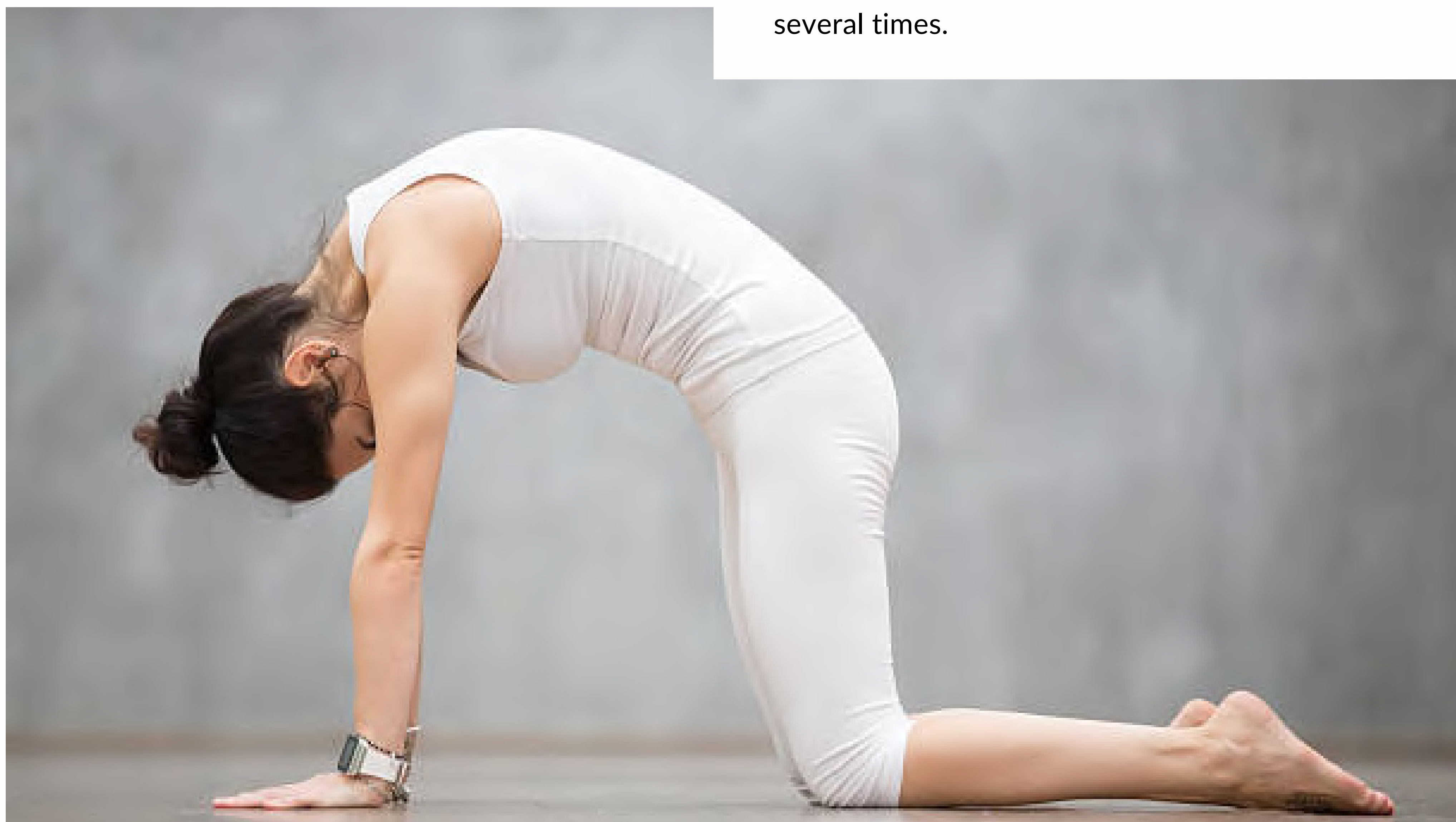
Breast Stroke Prep

To do this exercise, first you have to lie on your stomach and keep a distance between your two legs, now bend your elbows to the waist slightly earlier. Then by giving all the weight of your torso on your elbows, straighten the neck and slowly move it upwards. After to this, slowly take it to the floor. This process has to be repeated several times.



Shell Stretch

While doing the shell stretch exercise, sitting in vajrasana with your knee bent, then straighten both your arms upwards. After this, take your torso towards the floor in this position. You can repeat this process many times.



Cat Stretch

While doing this exercise, you will have to lie on your stomach. Then, with the help of shoulder in the line of the shoulder and bend the knee in the line of the hip, by pulling the stomach inwards. The Back is to be taken upwards as much as possible with the help of shoulder and hip. This process has to be repeated several times.

Pelvic Tilts

Lie on your back with knees bent, feel flat on floor. Tighten your stomach by contracting at as though you were preparing for a punch. You will feel your back pressing into the floor, and your hips and pelvis rocking back. Hold for 10 seconds while breathing in and out smoothly. This process has to be repeated several times



THERE IS NO LAND LIKE OURS



Remember those we loved,
Who fought for us and died.
That is the price of freedom and liberty.
We are sons and daughters of brave
mothers who proudly stands in their
children's funeral,
Giving their lives protecting our
Motherland.
Let's honor our Military

The men and women who serve and
dedicate their lives for the Motherland.
Does not falter or halt in their duty to
serve.

Let's respect and support them for their
courage.

Let's show the world once more that India
is blessed with people who are heroes.

Our Tricolour Flag stand by proudly
streamed with glory of our patriots.

Proud to belong to this land The India.

Jai Hind.

BY MONALI BHUYAN

MANGO KALAKAND

BY: NIBEDITA TALUKDAR
Food blogger
<https://youtube.com/channel>



INGREDIENTS

Fresh chena from 1 litre milk
1 mango pulp
2 tab powder sugar
2 tab condensed milk
Pinch of cardamom powder(optional)
1 tsp butter

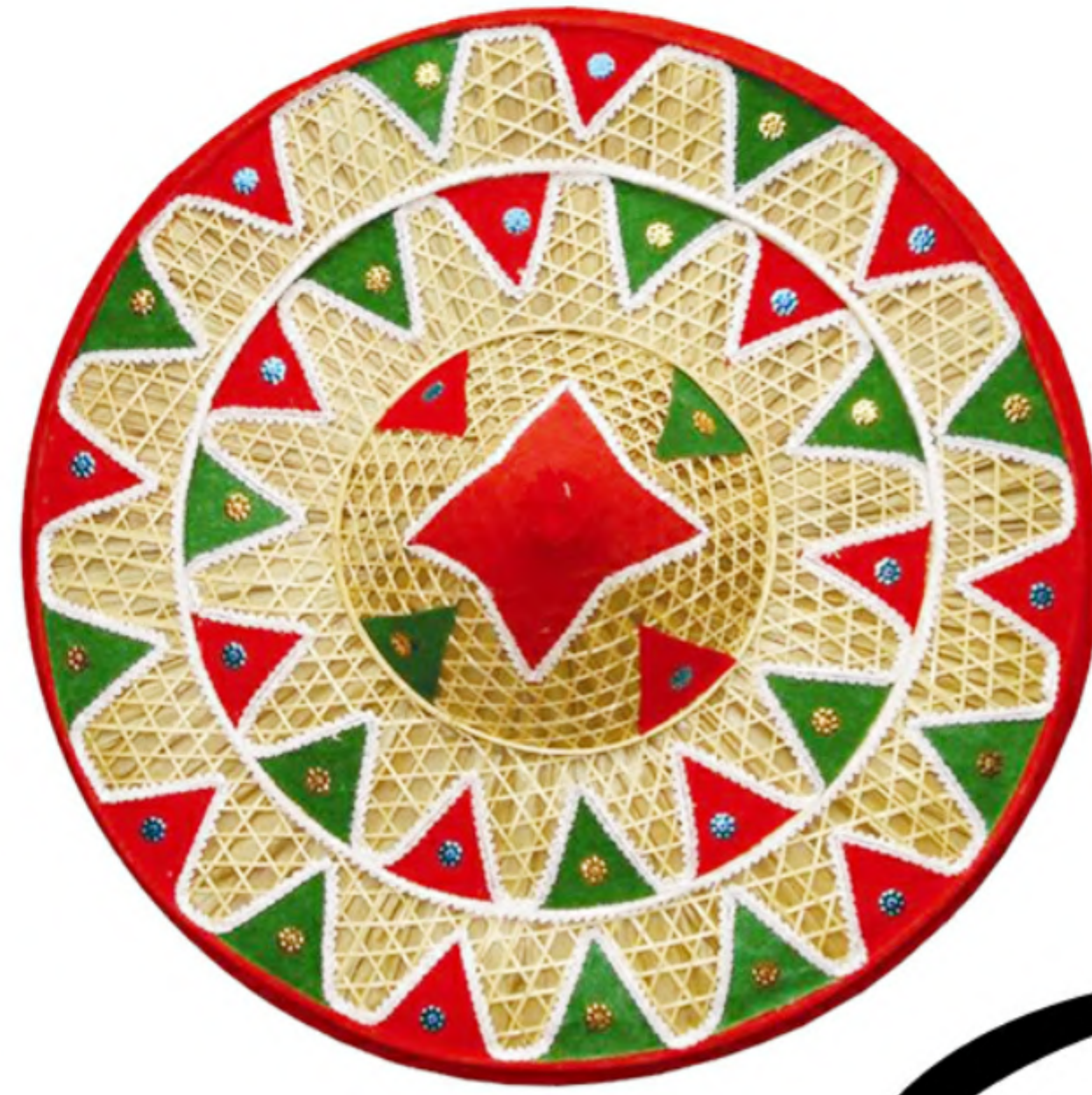
PROCESS

Melt butter in a PAN add chena and nicely smashed mango pulp and stir it continuously. now add milk powder, cardamom powder and condensed milk and cooked until dry. Spread in a flat utensil and chilled it in refrigerator. cut as per shape and enjoy chilled.

NOTE: CONDENSED MILK AS PER SWEETNESS. YOU CAN REDUCE OR INCREASE ACCORDING TO YOUR CHOICE.



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*Beauty is
truth's smile
when she beholds
her own face in
a perfect mirror...*

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KARISHMA HAZARIKA
Make-up
PALLABI KATAKI
Designer
MAYURI (MULBERRY SILK HOUSE)
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