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It's more than just

so let it bloom

a flower

Beauty is like

pretty dress...

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Editor's Note

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"You don't find a style. A Style finds you." (Keith Richards).

It is known to all that fashion fades with time but style is timeless when it becomes a trend and followed by one and all. In the spectrum of today's fashion it has become difficult for some to make their choices and are not able to select a definite colour for a perfect style that suits or matches one's personality. Every individual has his/her own style of wearing dresses be it classic, western or traditional that makes one look good, confident and comfortable. Always try wearing a dress that fits in your style and figure and be an inspiration for all that follows you.

In this september edition we have articles on fashion that creates magic followed by the regular topics of readers' attractions.

REGARDS,

GITALI PATHAK DEKA

CEO & EDITOR-IN-CHIEF

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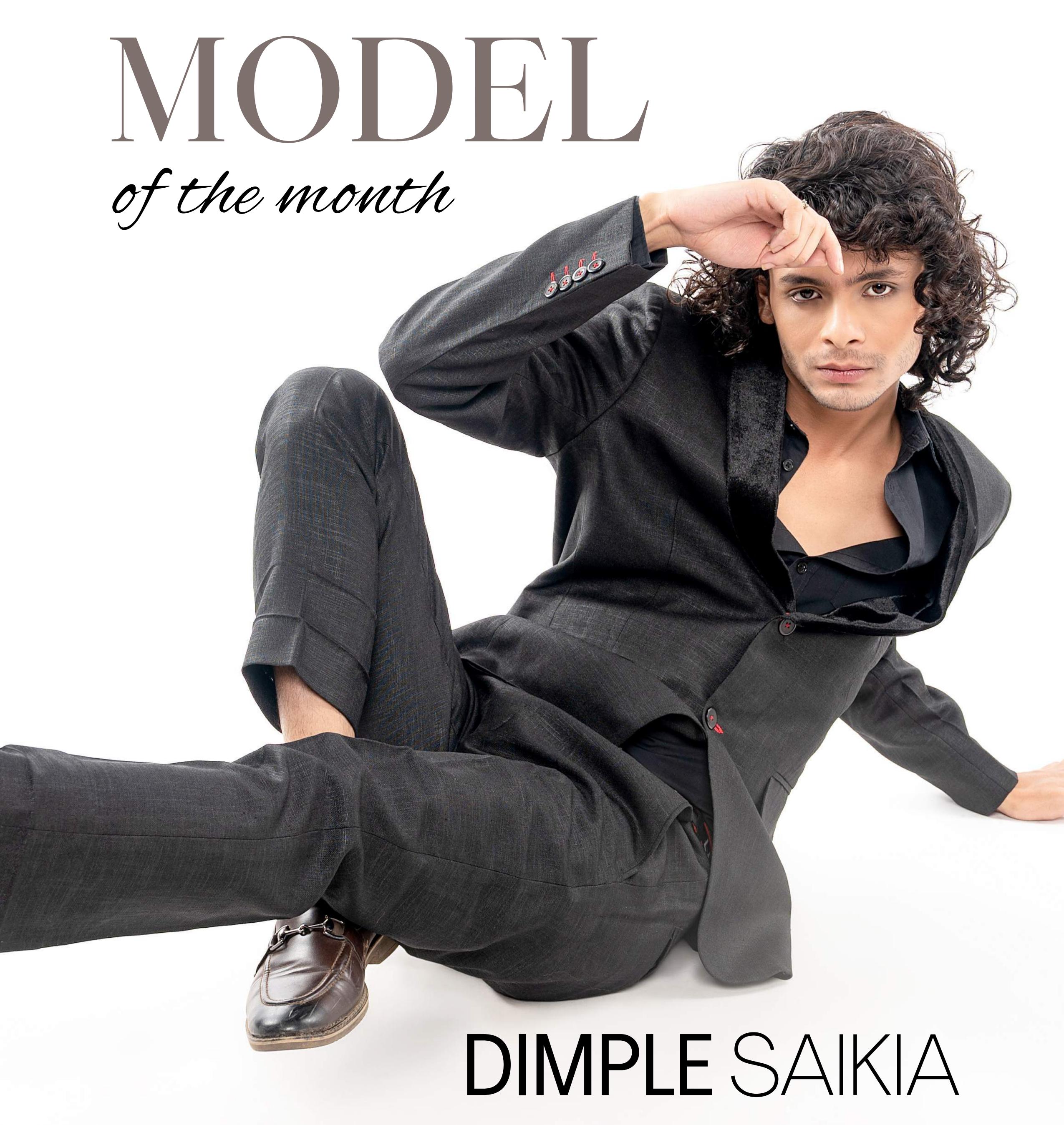






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A fashion model & beauty pageant trainer by profession. She was crowned Miss Mumbai 2017 and then represented India in Miss Supermodel Globe 2019. A proud moment to hold the profile of being one of the youngest groomer and show director in Mumbai. Her organisation is named as Next Step Talent House, it is a model grooming & pageant training academy She loves to train skilled talents and give them an opportunity to move forward. Opened a new division of casting & talent management under the same and has a clothing line named Ajxberrys. It's a swim and resort wear label. Her vision is to give a platform to women of every size, looks and skin tone.



A model and a actor with a very pleasing personality



career?

When I first came to Mumbai, it was a little hard for me to figure out the right way to approach casting agencies and directors. I knew no one at that time who could really give me some advice and suggestions. In that situation

"never give up and loose hope" has kept me moving forward in

What projects you are currently busy with?

life step by step.

I'm currently busy shooting for an ad film.

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

In a modelling career, a good physique and height is very important besides good looks and intelligence because we inspire people to check out the brand we endorse. People check out things that are a treat to their eyes so there's always a positive point and advantage if you have a good physique and height.

You have done shoot for many brands and ads, is there any brand or a designer you aspire to model for?

Yes, some of my favourite brands are Sabyasachi & Vogue. I'd love to get featured in lifestyle and luxury fashion brands in future.

What is the most famous brand you have modelled for and what is the toughest part of a model job? I've modelled for Johnny Walker Cadbury, Toyota. The toughest part of any job is I believe, patience. It's not just about modelling. One must have enough patience to have a smooth career.

Would like to know about your achievements and your professional and career goals?

Apart from the brands that I have mentioned in the above question, I have also modelled for brands like Meesho, Eor TV, My muse and for various events & shows all over the country. I believe that I have just started and I have a long way to go. Everyday teaches me new things & I believe I am learning everyday and growing each day.







BY PRASANTT GHOSH

THE WRITER IS A ESTABLISHED
FASHION DESIGNER AND
FASHION CHOREOGRAPHER

is probably the biggest fashion cliché of them all that little black number that the staple of every women's wardrobe. It's size may vary, the hemline may rise and fall dramatically, neck may either plunge immodestly or remain decorously high and it could be made of any material from silk to lycra. But the little black dress has a special place in the wardrobe of every fashionable woman, whether she is a housewife, a model, an actress or even a wannabe glamour puss.

Recent sightings have been recorded at discotheques, on the fashion circuit and during cocktail parties. Perfumed women in black flaunting their bodies in skimpy dresses or relying on the colour black to hide a multitude of sins are a dime a dozen on the social scene. To wear colour during the evening seems like a social solecism.

Ask women why they prefer the little or not so little black number and the answers come thick and fast. Black is a safe colour to wear. It makes you look much thinner.





Wearing a black dress means you don't have to worry about colour coordinating your accessories. It's the perfect choice when you you want to blend in. A black dress survives many seasons and much more in the same vein. Of course the black number has sustained a few changes at the hands of Indian designers who have taken it upon themselves to innovate an old classic. But it has survived this treatment even though these days it has to jostle for wear with it's second cousins in a vast range of colours from the metallic to pastel in anything from linen to velvet.

There are some who feel, however that the little black dress has had it's day. I feel that it is not the choice of the fashion- conscious either in the west or in this country " the short length is outdated and women abroad prefer to wear the dress knee length today, besides I feel black as an evening colour is obsolete. It's substitute is grey, ivory and olive green. In india, women resist wearing a knee length dress because they think of it as dowdy.





The term classic, I feel is often stretched beyond a limit. And Indian women fall back on the black number as it has formally been elevated to the position of being timeless. It has a 'classic' for most people because this is one item in your wardrobe that will carry you through the day, which is why it will continue to remain simply a basic favourite.



But now trends are changing with an edge on the millennium. I think we are moving towards a technology driven age. So much so that one sees the face of technology even in fashion. Hence, you have this burst of metallic colours like silver. I mean, ten years ago, you couldn't have imagined anyone wearing a silver outfit. But now, silver has entered even the casualwear segment. My personal favourites remain black and white. There's so much so one can do with these colours. Accessories them with anything, any colour. In that sense, I don't think these colours will ever go out of fashion and other colours can replace them. I can't think of any other colour, not



even poppy red. They have many limitations. "even if the black number has had a temporary dip in popular following the circle of life in fashion, "whatever goes out comes back after a while. So, I am confident that this number would also make a comeback. The little black dress can never be dead. If you have the body and the legs you will always want to flaunt them. Prints and stripes can be here today and gone tomorrow. But black is eternal. You can team it with gold, diamond or pearls. It is elegant and never overbearing.

I remember girls wearing the regulation black outfit at discos, pubs and parties at the time. Of the recent innovations, a finely cut dress in lycra, net and lace catches the eye. Black is versatile, one can never really go wrong with it. Black is a very flattering colour. It brings out the best in you and conceal a lot of flab. Besides, it is an attractive and a formal colour at the same time.

It is also flexible. It can be styled and restyled very easily. With a change of accessories certain outfits get completely transformed, it can be accessorized with a stole or a scarf or anything. So in that sense, it is a very versatile garment. I don't think it can never completely die. There may be a lull at the moment but it is bound to make a reappearance. Maybe in different proportions. Perhaps the length would change. Besides it is also the simplest of all outfits which is why many designers feel there can never be any replacing it. It is attractive, sensuous and at the same time formal.

However, Indian women have just got about the hang of the outfit. They haven't learnt to be adventurous with it yet which is why they conform to wearing the outfit only at night. But this is one outfit that can carry you right through the day.

The little black dress is seen as a necessity abroad. But, it is also treated as in a very casual manner as well as worn in cocktails. On the contrary here a big deal is made of the dress. It is seen as being extremely glamorous. While it is a conservative wear in the west, women in India look upon it as an opportunity for some back and cleavage show. There may be options with lycra and velvet and in different colours but everyone must have a black dress.





The black dress is like jeans. It is for all times and nothing can ever replace it. Indian women have just about got the hang of the outfit. They haven't learnt to be adventurous with it yet, which is why they conform to wearing the outfit only at night. But this is one outfit that can carry you right through the day. Black is the number one basic that more than any other stays with us season in and season out. It's a very grown up colour which is why little girls long to wear it and any mother far sighted enough to dress her 7 yr old in black velvet and white lace is likely to get her offspring style buds off to an early start. Black frightens some tentative followers of fashion who see it as a demanding colour that looks good only on willowy blondes, flamboyant redheads or anyone who is svelte, sultry, soignée or just Spanish looking. Not true. Black is prepared to be anyone's best friend of you treat in right. Wear unrelieved black only if your skin colouring blooms without the help of too much make up. [or you're in mourning]. Whatever make up you normally wear, in black you'll need more.

Today many bollywood designer have mastered the craft of crating sexy black outfits out of velvet and lycra. But despairs the absence of the little black number on the screen. The locale and situations dictate costumes which is why there is a spurt of colourful clothes on screen and indeed street fashion too is dictated by sliver screen Divas, but black remains an all time favourite. It is a must in any fashion conscious woman's wardrobe. It's a pity we do not use the original black in films. Maybe it's too elegant for them. That however, need not be the last word on what seems to have been the woman's best friend for a long time.

Especially eyeshadows and blusher, vivid red lips and nails to match punctuate black brilliantly. So do nudey pink ones looks very sexy. If black is your number one basic choice then there are two colourful paths to pursue. One is for extroverts and is enlivened with great splashes of brilliance orange, red, blue, yellow, emerald, purple, shocking pink or travel the more subtle route with smoky or neutral tones the spice colours, taupe, tan, slate, lavender. If maximum impact is your aim invest in a huge multicoloured shawl. Or wear a scarlet shirt and white satin tie with a business like black suit. Or an orange t shirt black jeans and a purple patent belt.



Try an emerald heavy sweaters with bold black and white check trousers. Wear all black including lacy tights and spike with a pair of wicked red leather shoes. If you rather smolder than burn then go for the laid look. Team your basic black with anything in leopard print. A t-shirts even tights or as seen here a huge leopard bag, And no basic black wardrobe is complete without the little black dress this one in jersey is teamed with black leather and beret.







NORTHEAST INDIAFESTIVAL

at BANGKOK, THAILAND

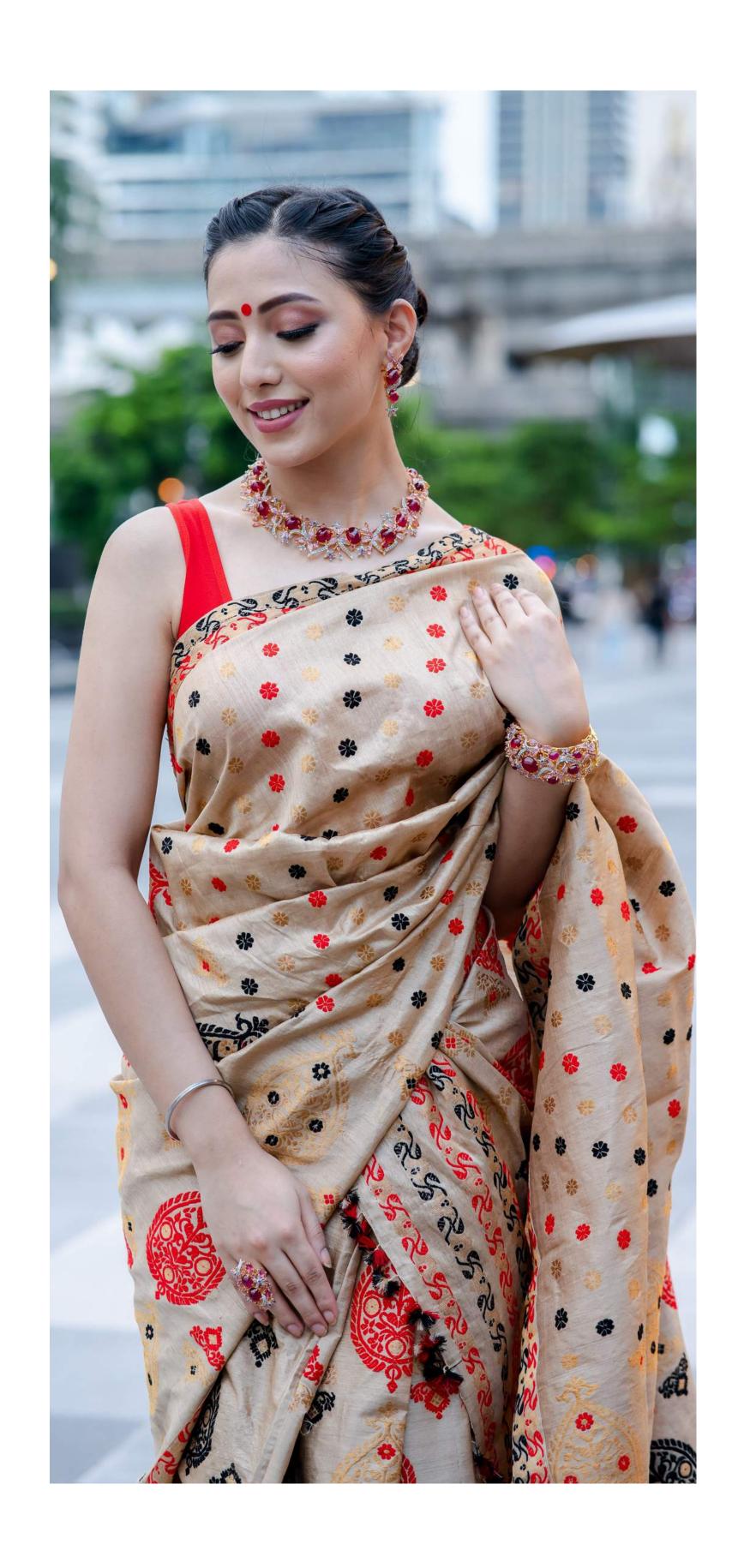
Handloom Hues showcasing MUGA.

North East India Festival show on 30th July 2022 at Bangkok Thailand Central world successfully marked 75 years of INDIA & THAILAND Friendship.



"XUN BORONIYA"

Music woven into this bostro', a MUGA mekhela sador or saree is a grand utterance of culture and human story telling in Assam. Beautiful, intricate, majestic, and now accessible to one of the many experiences that awe you into life.A constant favourite these outfits are a perfect symbol of royalty and grace and they strike the perfect note of sartorial symphony. A quintessential part of every bridal trousseau in Assam ,these are soaked in the charm of resplendent golden colors and finest silk fabric. A complimenting golden border in eri,xuta or guna motifs and designs make these pieces a fascinating piece of art.





It was an excellent team work with "Handloom Hues" by Legendary Brands "AIRA Jewellery" "Living Star Diamonds" "Taevika Jewellery" & Super Models of Thailand & North East India. Ms ARADHANA Ms JYOTISMITA Ms KRISHNA Ms ESME Ms AISHWARYA Ms THANI Ms RODY Ms IMNA Ms KHRIENUO Ms PREETYKONKONA N & Ms Thailand Ms Earth & Fire Ms BAITONG JAREERAT. Since 1991 LIVING STAR Diamond & Jewellery Believes in Collaboration & Innovation always working ethically to be a part of solution to ever changing international market of Jewellery.



AIRA JEWELLERY is an International Brand of FINE JEWELLERY adding colors of rainbow with sparkling semi precious stones without compromising on the cost & elegance. TAEVIKA JEWELLERY is an upcoming Thai Designers Jewelley bringing unimaginable creativity & life to every piece of jewellery which is never repeated to let the consumers enjoy the pride of having one & only design in Universe.

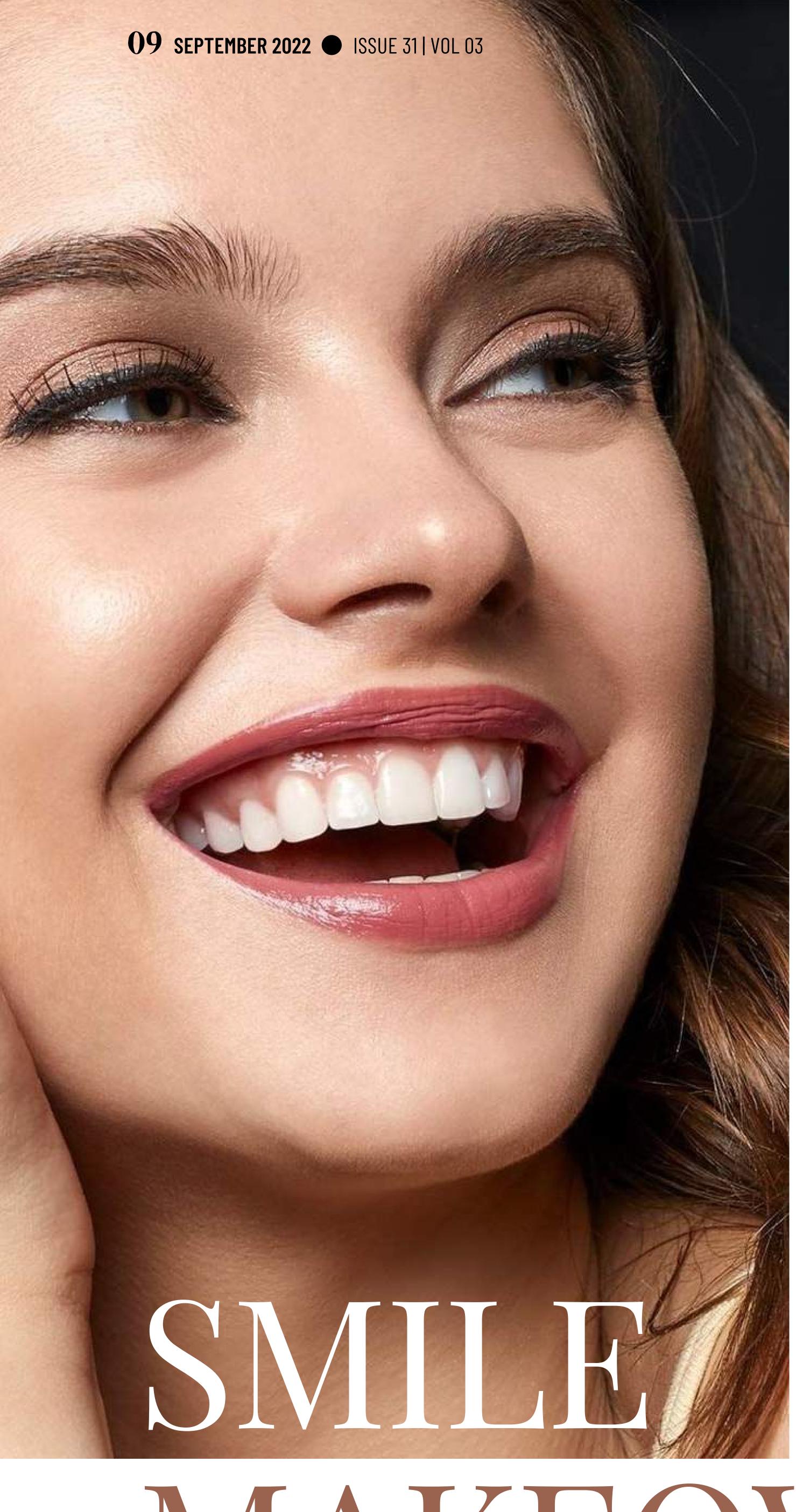
Preety Kongana, a popular actress of Assam, opened the show show for Handloom Hues for Northeast India Festival in Bangkok.

Showstopper Baitong Jareerat Petsom is wearing Assamese MUGA Mekhela Sador on 30th of July 2022 at Bangkok Central World for Northeast India Festival. She was the Showstopper for HANDLOOM HUES!!











BY: DR. ZAINAB IKRAM

BDS, MDS (CONSERVATIVE DENTISTRY AND ENDODONTICS)
VICE PRESIDENT (DELHI): BEING CARING ORG.

lowers your confidence and makes you more reluctant to smile? The medical term for a gap between your teeth is referred to as a diastema. Midline diastema, which appears as a gap between the two upper front teeth, is the most common. Gaps can also develop between any teeth in the mouth, not just the upper front teeth. Diastema can be attributed to genetics, bad habits, and/or abnormal skeletal development.

NAKEOVER



DIASTEMA SYMPTOMS

The most striking sign of diastema is a gap between the teeth. Apart from that, you may also notice any of the following symptoms:

- Receding Gums
- Swollen & Tender Gums
- Bad Breath
- Bleeding Gums
- Loose Teeth
- Bright Red Gums

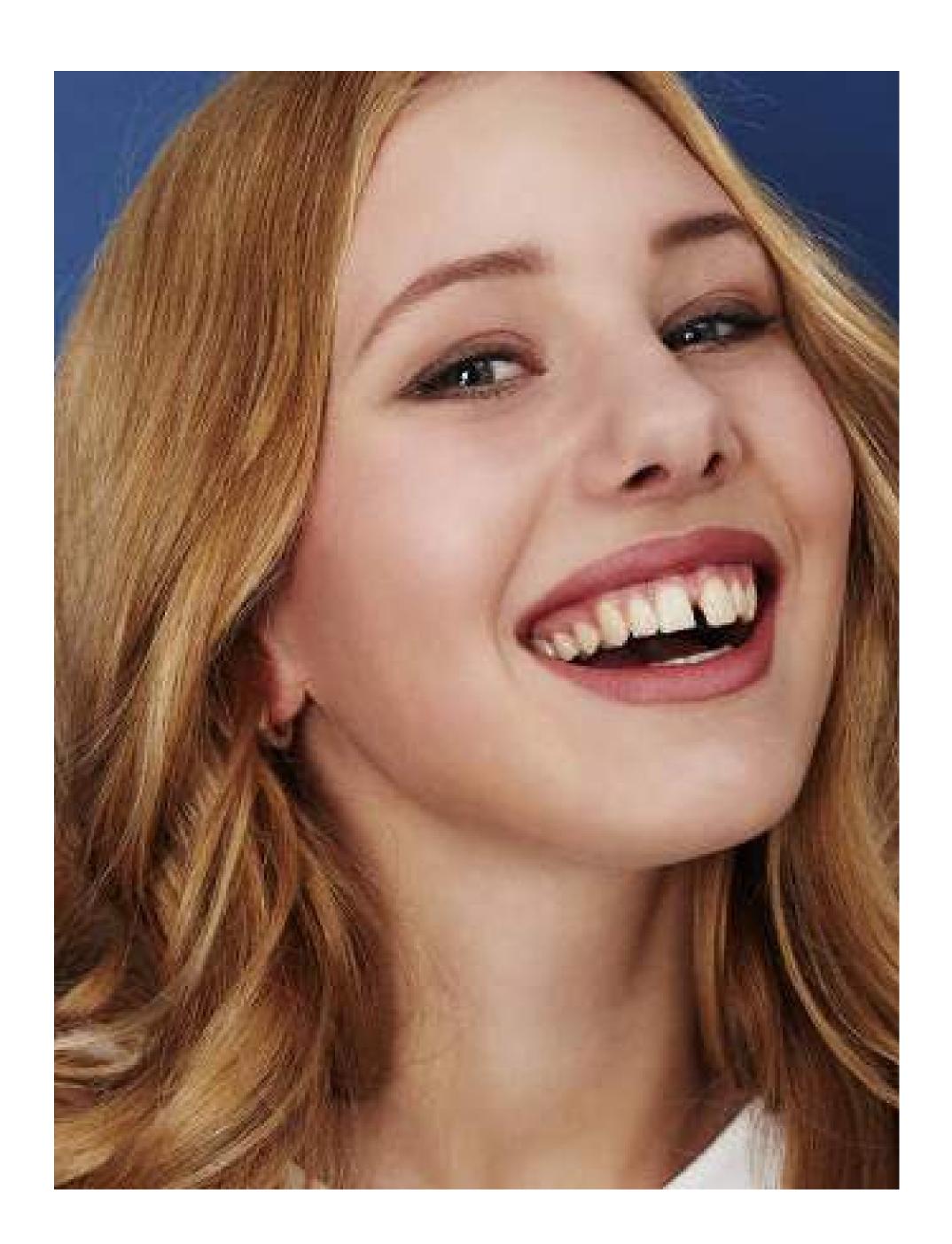
The good news is that you have several options – both orthodontic and cosmetic – that can eliminate that annoying gap. But now a days with the advancement of dentistry, it can be easily treated by cosmetic procedure rather than braces.

HOW TO GET RID OF DIASTEMA

Dental bonding, or cosmetic bonding, is the easiest, quickest, and most economical way to fix a gap between teeth. A dentist applies a tooth coloured resin to your teeth and shaped to match their natural look. However, teeth bonding for gaps is not a permanent solution and requires maintenance, as it will wear off over time due to impacts from eating and brushing. Another best treatment for closing gap without braces is: Veneers

Porcelain veneers is also conservative approach and require more work and planning than dental bonding, but the procedure is still relatively simple and the results last for many years.

A veneer is a thin piece of porcelain that has been shaped in a lab to match the shape and colour of your teeth. Like a mask, it is placed and bonded over the front of your tooth, covering up any imperfections or gaps in your teeth. Once bonded, the thin piece of porcelain becomes very sturdy and difficult to break.



Veneers can correct many cosmetic issues, but depending on the cause of the gaps in your teeth, orthodontics might be required





Veneers are the material of choice for a Conservative and esthetic approach as they give the patient a perfect smile. Recent advancements like thick monochromatic veneers, stacked or feldspathic veneers with reinforced leucite, lithium disilicate veneers, lumineers and porcelain veneer are ultra thin and also offer maximum strength with excellent aesthetics.

DIASTEMA PREVENTION

You can't prevent diastema because of natural causes. However, on your part, you can make some lifestyle changes to reduce its risk.

- Brush your teeth twice a day.
- Floss once a day
- Help your kids to break their bad habits like thumb-sucking.
- Teach your kid proper swallowing reflexes
- Go for professional dental cleaning
 & regular dental check-ups.

CONCLUSION

The recent advances in dentistry gave rise to an excellent alternative for conservative approach. For the teeth. It has superior aesthetics mimicking the natural teeth. It is a minimally invasive procedure and hence well accepted by the patients. The recent advancements shows good aesthetics, high strength and durability, very less or no preparation of toothstructure.

Do not hesitate to visit the dentist if you notice any sign of diastema in yourself or in your child. The gap between teeth might not be troublesome upfront. But a visit to the dentist is required to rule out any underlying dental health problem.

For more information dm us on Instagram



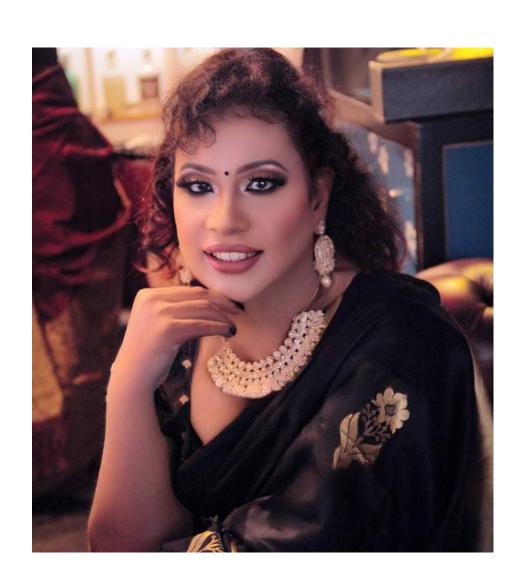
Al-shifa dental clinic





AGGRESIVE BEHAVIOUR

CHECK YOUR ANGER



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

It can start from young when our parents tell us that we cannot be last in school, we need to be first. Actually, it is more of them losing face if their children do not perform well in their studies. We are in the 21st century and this behavioural patterns parents still among continue. At work, we are pushed endlessly to finish projects.

Do you have an aggressive natural behaviour? Did you develop this behaviour due to certain social conditions or was it in-born?

Whatever it is try to slow down. In Singapore, due to the rat race competition to see who finishes first in the finishing line, we may adopt this attitude. Competition in Singapore is very common so if someone does not smile at you, it does mean he or she is unkind. It is just that they might be suffering from stress.

> We compete with our colleagues to see who the best is. We work aggressively just to be successful in our work. On the roads of Singapore, aggressive drives can be easily spotted. They move in and out of lanes hurriedly and horn at other road users like no one's business. They may even become abusive and start shouting vulgar language at other vehicle owners.



Is such behaviour really necessary in life? Well, it is alright to adopt a competitive attitude in order to have success in your job but do not go overboard whereby your attitude becomes aggressive and it effects relationship with your colleagues and also your health.

YES!!! Being aggresive only increases your high blood pressure. Do you want to shorten your life just by adopting an aggressive behaviour?



Advantages of being less aggressive:

- 1. Think clearly
- 2. Be more rational in thought
- 3. Be more approachable
- 4. Won't develop high blood pleasure
- 5. Have inner peace
- 6. Know when to let go of certain things that will effect your health.

Make your days count. Be less aggressive to maintain good relationships with others and to have good health. Take care





Dibyahaz Saikia

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INCREASE YOUR HEIGHT WITH PROPER EXERCISE

Some simple tips to Increase Height After 20 -21 years

I have many queries regarding children height If you believe that you cannot add a few inches after the age of 20-21 you are incorrect. Are you wondering how to increase height after 20-21'?

You can still naturally raise your height by correcting your posture and adopting these five heightincreasing strategies with no side effects. You will notice results if you stay committed.

Height increases up to the age of 18 in women and up to the age of 24 in men. It is rather difficult to increase height after reaching adulthood as the production of these hormones slowly stops. Growth



BY: DOCTOR DIPIKAA A BHATIA

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

is controlled by hormones like human growth hormone (HGH), thyroid hormones, and sex hormones. The length of the bones increases due to the presence of growth plates or epiphyses at the end of long bones. HGH is produced by pituitary gland stimulates bone growth at the growth plates. As you get older, the growth plate fuses, and there is no room for HGH to stimulate bone growth.





How To Increase Height After 20 Naturally? It is really difficult to increase height after the age of 20-22 primarily due to the fact that the bones stop growing at this age. Surgeries and growth hormones which promise height growth in adults are potentially dangerous and detrimental to the body. However, with a few tricks and tips, it is possible to add a few inches or at least appear taller. In fact, these tricks can also help those who want to increase height after 20-21 to 24 years of age. So, check these simple yet effective height increasing tips.

Proper Diet and Nutrition increase height after 21 with proper diet and nutrition

How To Increase Height After 20 Naturally? It is really difficult to increase height after the age of 20-22 primarily due to the fact that the bones stop growing at this age. Surgeries and growth hormones which promise height growth in adults are potentially dangerous and detrimental to the body. However, with a few tricks and tips, it is possible to add a few inches or at least appear taller. In fact, these tricks can also help those who want to increase height after 20-21 to 24 years of age. So, check these simple yet effective height increasing tips.

Foods To Eat To Increase Height

Carrots, green leafy vegetables, potatoes, nuts such as almonds and peanuts, beans, peas, fruits like apples and bananas, milk and dairy products and for non-vegetarians it's egg yolk, breast chicken and tuna fish, salmon etc.





The importance of calcium in the overall development of the human body cannot be ignored. This nutrient is vital for the growth and maintenance of strong bones and cartilages. Thus, it is advisable to have milk and dairy products to fulfill your calcium requirements. Apart from this, you should also drink at least 6 to 8 glasses of water daily to detoxify your body.

- Exposure To Sunlight, increase height after 20 with optimum exposure to sunlight
- Sunlight is one of the most important sources of vitamin D. Vitamin D contributes to your height in the greatest way because of its effect on bone growth. Exposure to sunlight allows your body to get the required dose of Vitamin D. Sunbathing, especially early in the morning or late afternoon, can be very beneficial because the ultraviolet radiation is at its lowest during this time.

Stretching And Exercise

Exercise is extremely crucial to gain good height as growth is stimulated when the body is being exercised and stretched. Exercising stimulates the secretion of the growth hormone. These exercises will also improve your posture and help you grow at least an inch of height. Apart from exercise, sports activities like cycling and swimming can also help in increasing height. The exercises given below might be helpful in gaining some height after the age of 20-21 years.

Forward bend exercise can also help to increase height:

Steps-

Stand straight, core engaged, feet together, and hands on your side. Raise your hands above your head and inhale.

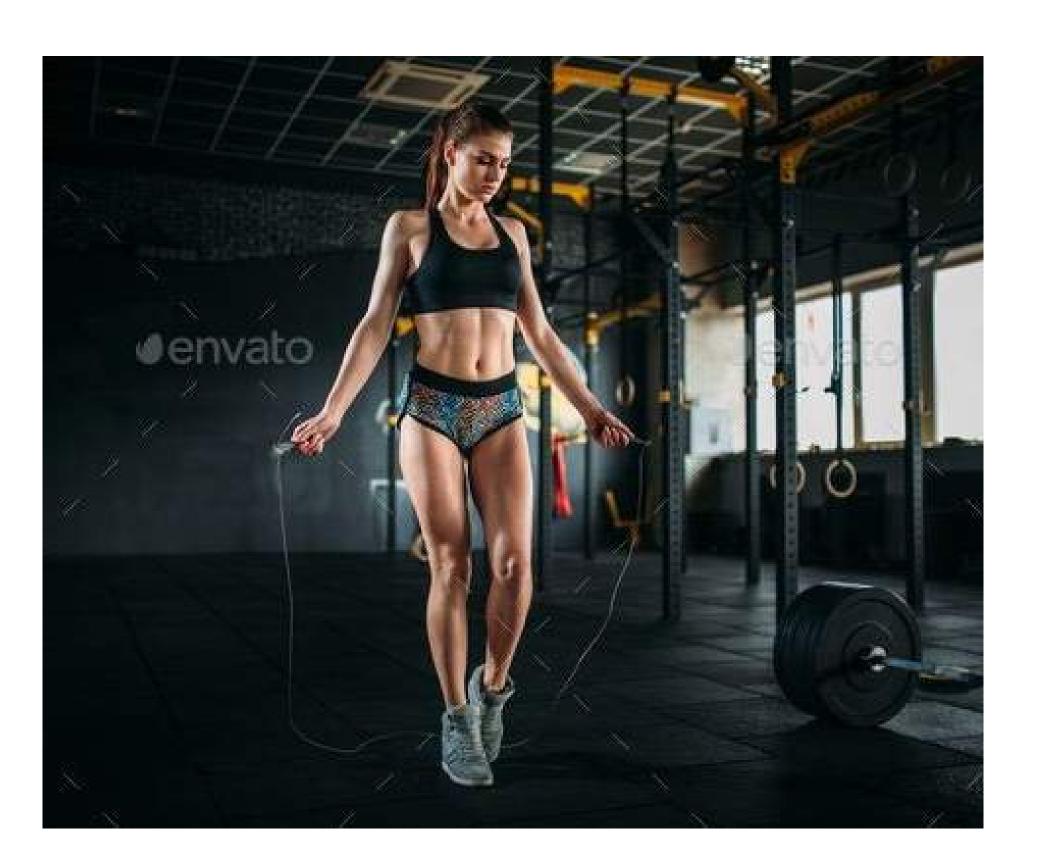
Now exhale slowly, and bend down. Allow your hands to touch your feet and your head to your knee. Now,



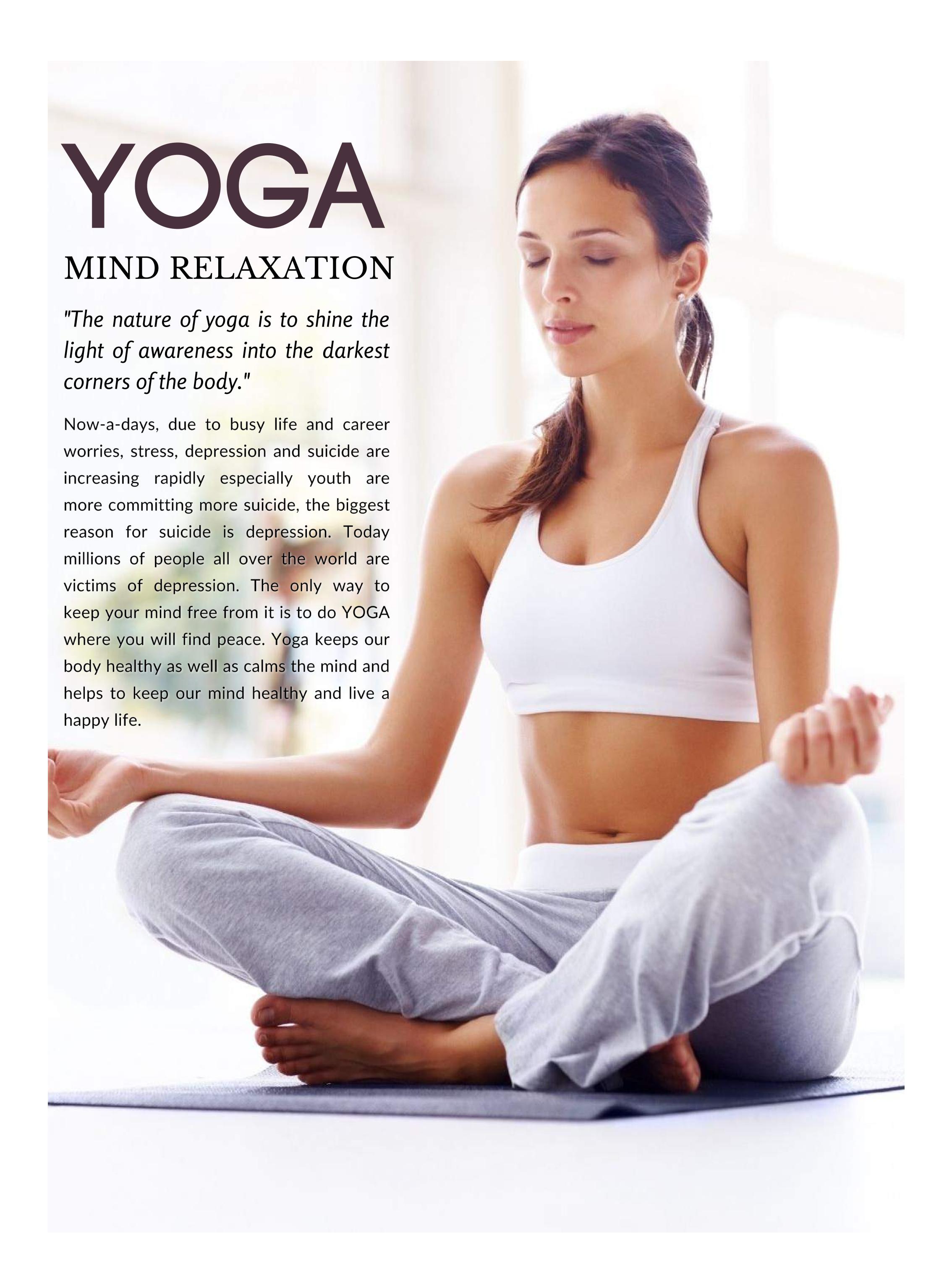


Few more exercise that can increase height as like- Rope Jumping, Burpees, Bar hanging etc.

Apart from regular exercises practicing yoga also helps in proper growth of the body and maintaining the correct posture, which makes you look taller. It contributes to the overall development of your body and stimulates the production of the growth hormone. The different yoga positions make your body supple, besides stimulating the growth hormones. So, here are the best yoga poses for increasing height after 20_21.







Here is the best yoga aasan to keep the mind calm

DOWNWARD DOG POSE – Downward dog pose is a very good yoga posture along with keeping our mind calm, it also increases the capacity of the lungs.

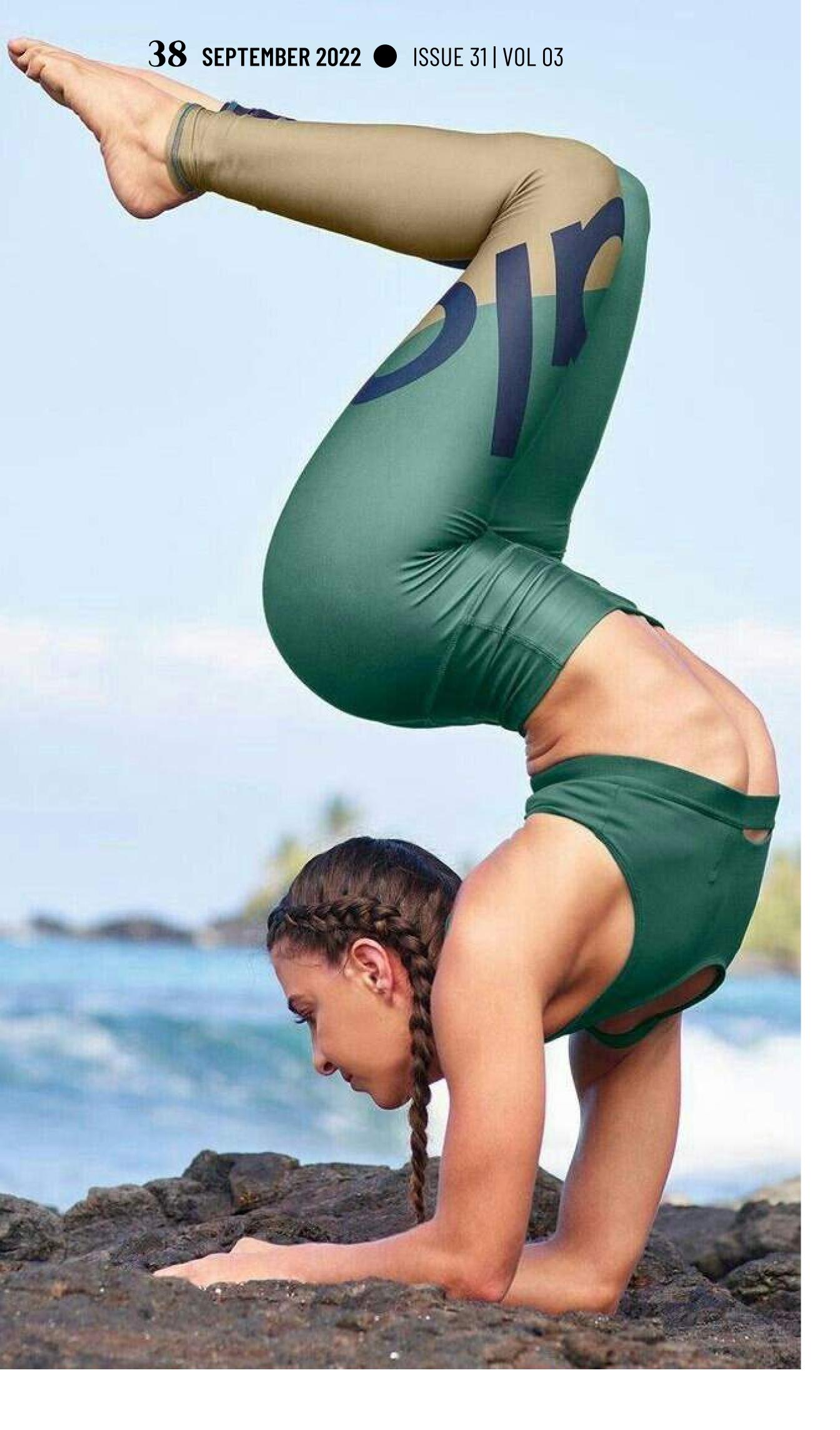
- Lie on your stomach and while inhaling, lift the body with your feet and hands and make a table-like shape.
- After this, while exhaling your breath, raise your hips upwards. during this, your elbows and knees have to be made hard due to which your body comes in the shape of an inverted 'v'.
- You have to keep your shoulders and hands in one line and feet in the sides of the hips. ankles will be on the outside.
- After this, press both your hands down towards the ground and try to stretch the neck. while doing this, keep in mind that your ears keep touching the inner part of your hands. Stay in this position for a few seconds.



BRIDGE POSE – This yoga posture is also a very good posture. it increases blood circulation to your brain and it also provides relief from depression and stress.

- To do this yoga posture, first of all, lie down on your back and keep your hands by the side, keeping the speed of your breathing normal.
- After this. slowly bend your legs from the knees and bring them near your hips. raise your hips off the floor and keep your hands on the ground.
- Then hold your breath for a while. after that while exhaling, come back to the ground.
- Straighten the legs and come to the state of relaxation.





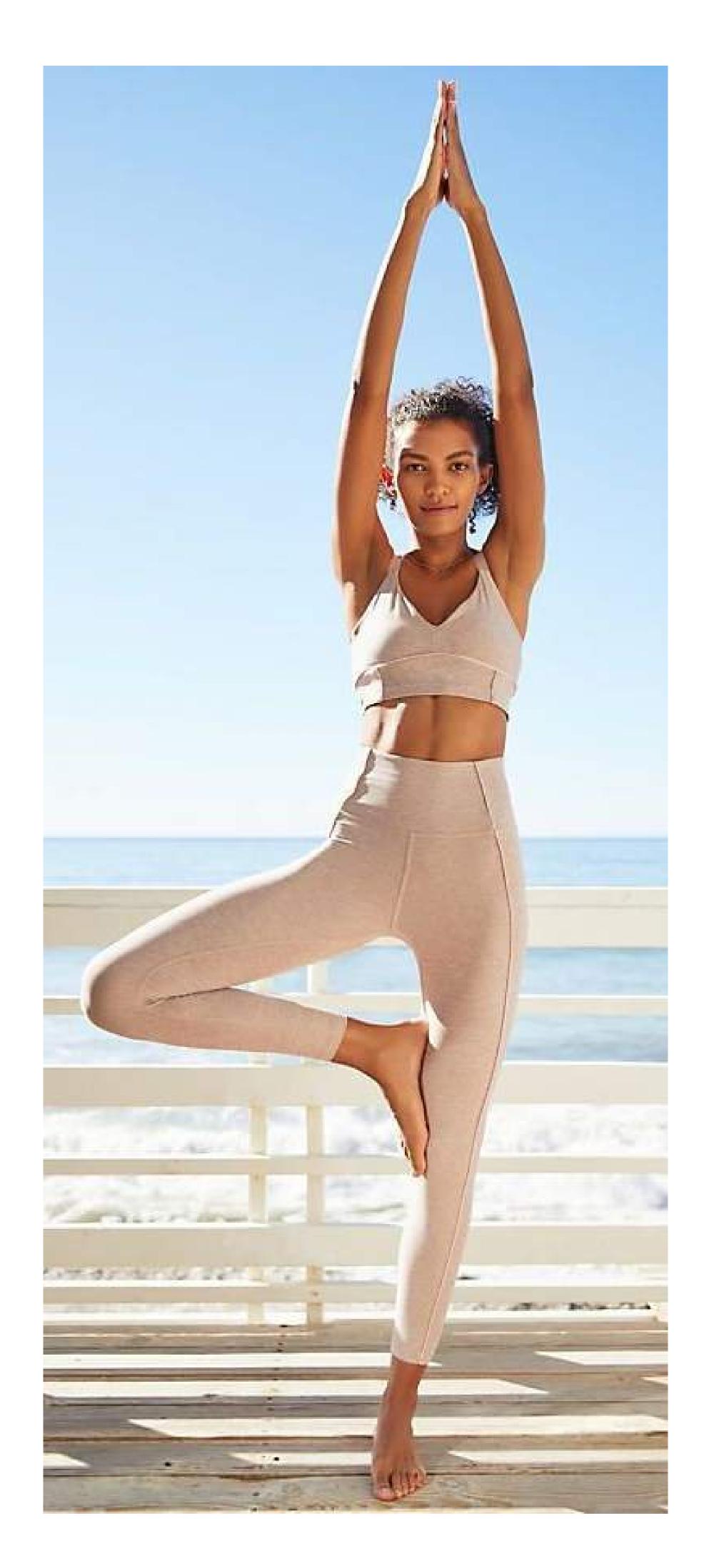
BALANCE POSE - Balance pose improves the posture of your body along with keeping your mind calm.

- To do this aasan, first of all, you should stand on both your your feet, keep the back straight.
- After this, raise both your hands straight up and take them above your head.
- Then raise your ankles and try to stand on both your toes.
- After this, join the fingers of your hands together. while doing this, keep your eyes closed.
- Stay in this posture for some time and take deep breaths.

TREE POSE along with keeping your mind calm, this aasan also strengthens your legs and it also increases the flexibility of the feet.

- To do this aasan, first of all stand straight, then lift your right leg off the ground and place it on the thigh of your left leg.
- Raise your hands above the head and bring your palm together in the posture of 'pranam'. maintane balance during this.

Then do the same process with the other leg.



CORPSE POSE - This aasan is also a very important aasan to keep our mind calm along with this, it also improves the level of oxygen.

- To do this aasan, first of all, lie down on your back and close your eyes, keep a little distance between your two legs and leave your body relaxed.
- keep both your hands slightly away from the body and leave your palms open towards the sky.
- After this, slowly focus on every part of your body. while doing this, slow down the speed of your breathing.

By doing this, you will start into a deep meditation. while doing this aasan, keep the speed of breathing slow but deep. while doing this aasan, your focus will be only on yourself. after some time your body will be completely relaxed.

THUNDERBOLT POSE this aasan is also an important aasan to calm the mind.

- To do this aasan, first of all, sit on the ground in the posture of sukhasana.
- After this, bend your knees inwards and keep your hips on your feet.
 Then place your palms on your knees.
 Now take a deep breath and keep exhaling.



By: M A Murtoza

Fitness Trainer.

Gurugram, Haryana.





Beltola, GHY-28

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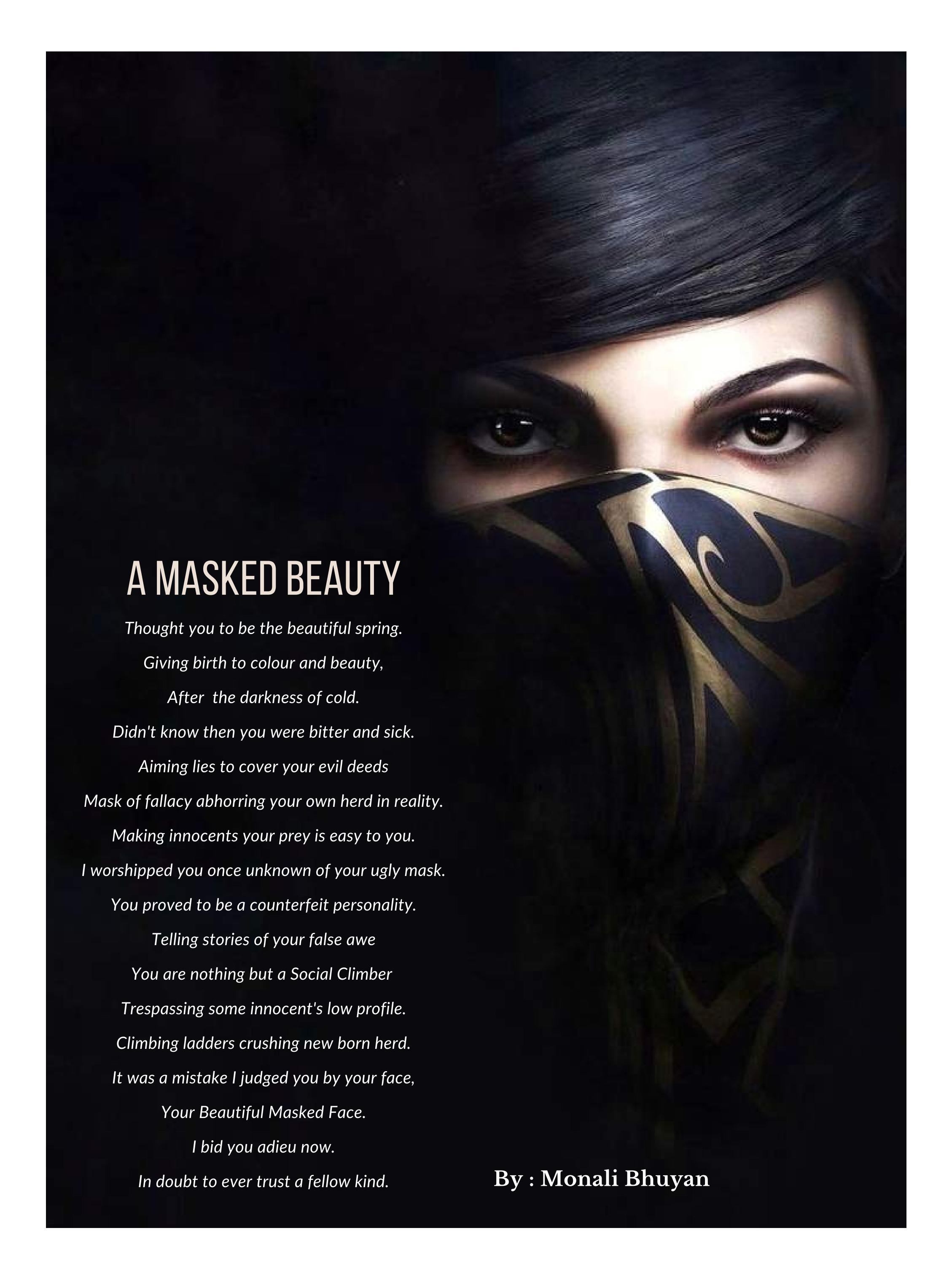














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