

OCTOBER 2022, ISSUE 32/VOL 03

MYSTIC AURA

MAGAZINE

MODELLING
AND ACTING
narrative of
migration

MANIPUR
FOOD
CUISINE

HAIR CARE
BEAUTIFUL
LUSTROUS
HAIR

PLUS SIZE
embellish
your style

YOGA
EMBRACING
YOURSELF

Festive Fervour

AN ECSTATIC FEELING

MYSTIC AURA

MAGAZINE

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2022

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*Joy of
festive season
in traditional wear
and tradition
to legacy..*

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JURI HAZARIKA

Designer

JYOTI AND KASHMIRI

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Editor's Note

OCTOBER 2022, ISSUE 32 / VOL 03

Whenever there is a festive ambience all around occasionally we see that there is always a tint of traditional styles, fusion and western wear. People dress up and are inundated with festival fashion and make up that makes them look the very best, uber stylish as fashionistas.

This month we have the regular topics on fashion, beauty, yoga etc...Hope all will like it and enjoy reading.

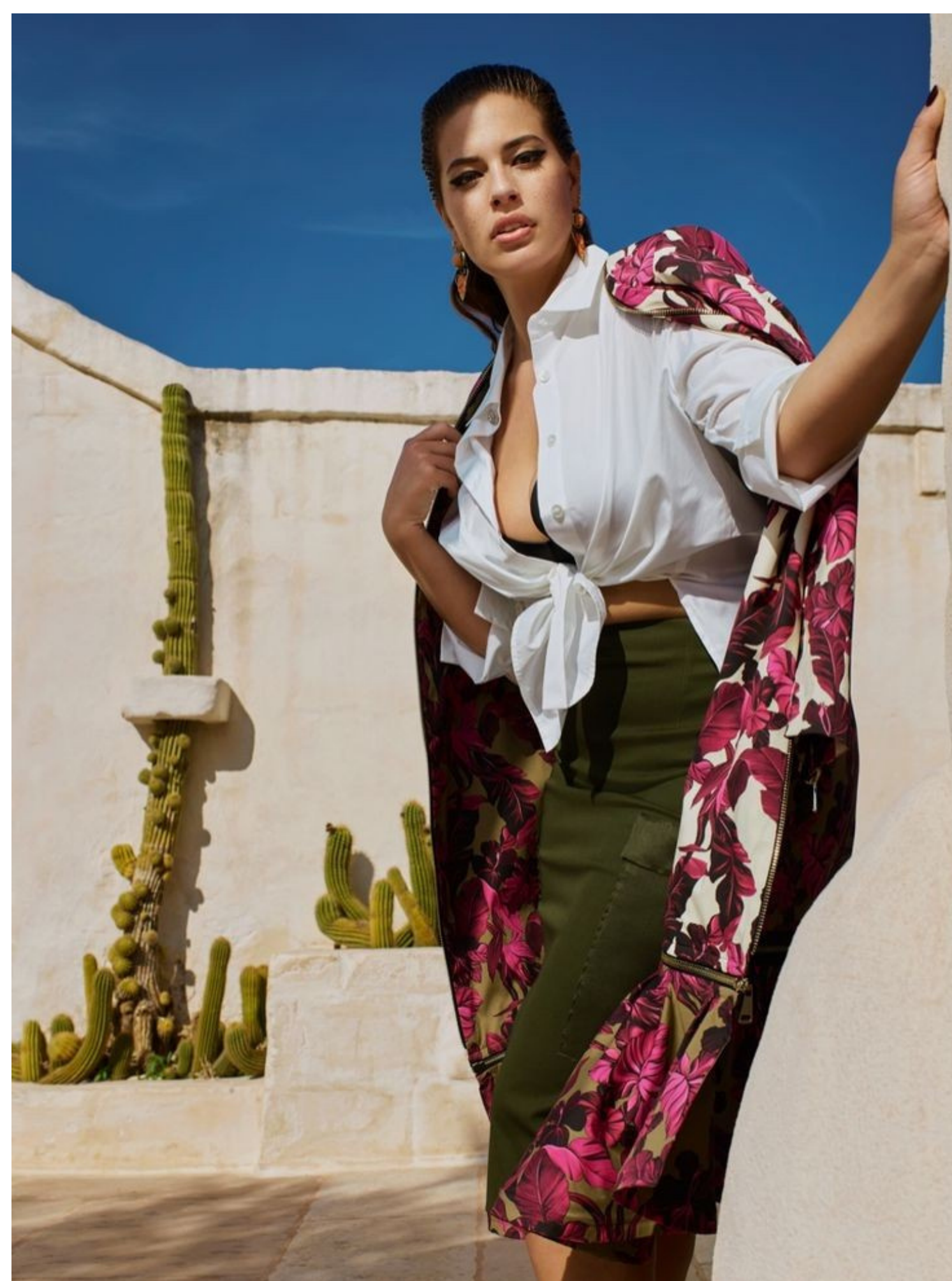
**REGARDS,
GITALI PATHAK DEKA**

CEO & EDITOR-IN-CHIEF
www.mysticauramag.com

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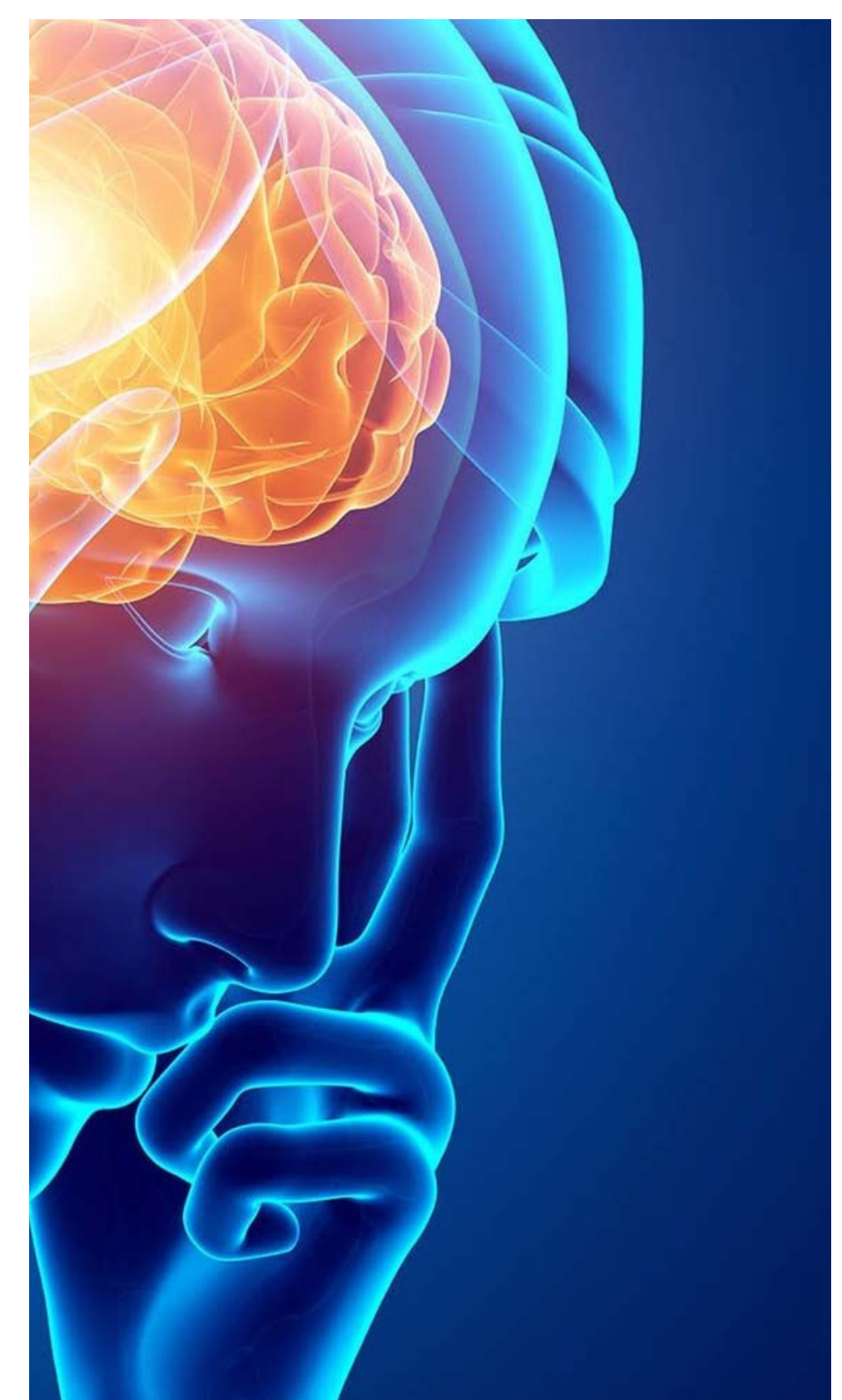
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COVER MODEL

MODEL RINI DULAKAKHORIA KUMAR

PHOTOGRAPHER RAHUL BISWAS

RETOUCH ABHIJIT BARUAH

MAKEUP PALLABI PAMPI

RINI DULAKAKHORIA

Hails from Lakhimpur, Assam. By profession she is an Executive Insurance Manager in Kotak Life Insurance. She started her journey in modelling in 2018 where she joined her first beauty pageant, Mrs Northeast India. Though it was her first step in modelling, she considered herself lucky when she won the title of the winner. She also joined another beauty pageant that was held in Mumbai and walked the ramp in a few runway fashion shows. Further she said that it's the blessings and support of the family that helped her to move forward into the glamour world. She always had a passion of styling clothes which eventually led to the opening of her boutique PORIDHAN FASHION HUB which deals in all kinds of traditional clothes.





BY PRASANTT GHOSH

THE WRITER IS A ESTABLISHED
FASHION DESIGNER AND
FASHION CHOREOGRAPHER

Are you the roly-poly chubby-checked 'jolly soul always seemingly brimming with joy ah ! if only you had that hour- glass figure- those drop-dead looks to floor the guy/gal of your choice. Don't despair. There is hope in this lifetime. Clever dressing is the answer to your agony even if you have not managed to shed those extras pounds.



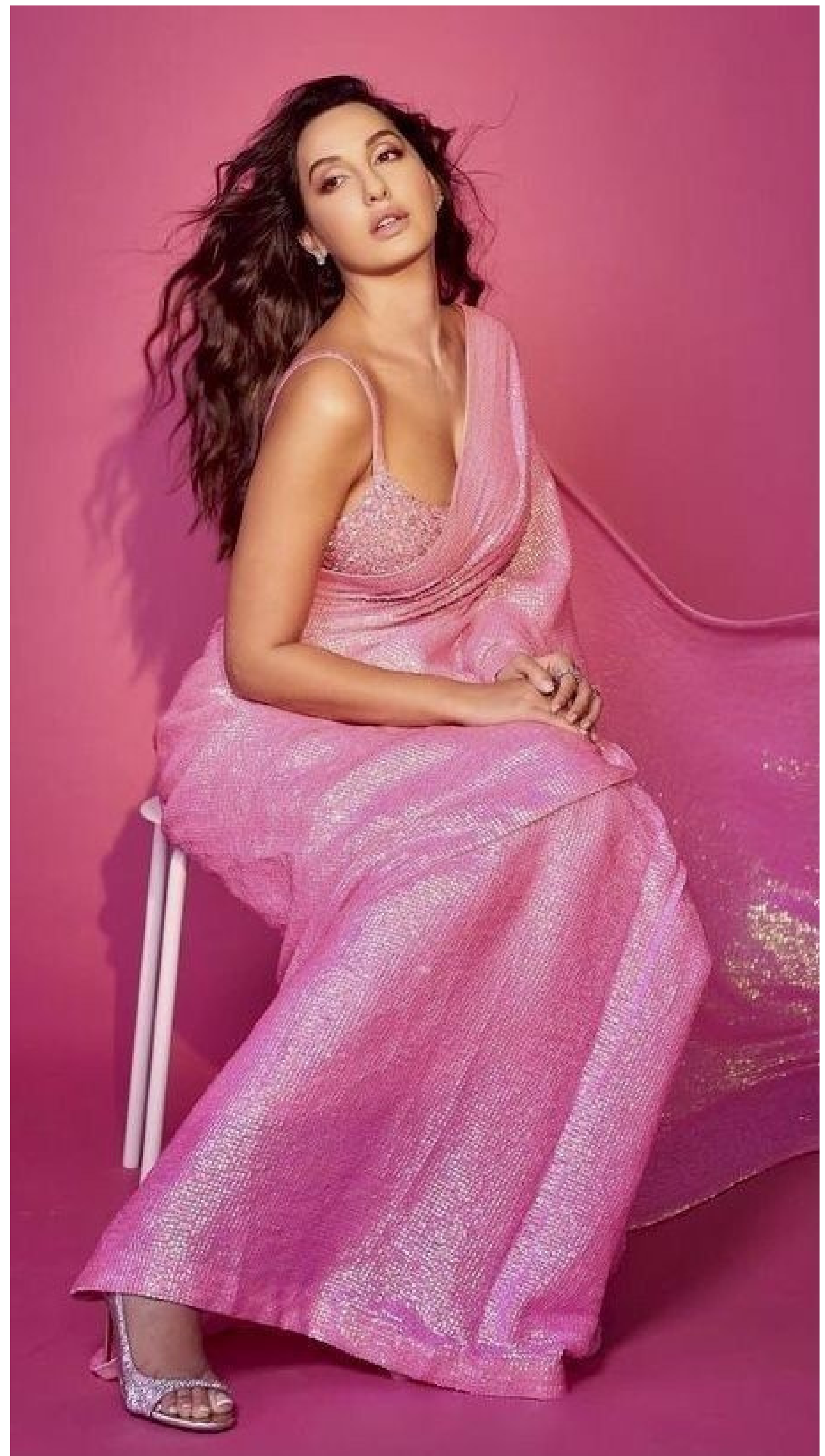
Women with extra fat should choose soft, drape-a easy, sensuous fabrics Like terryvoile, lizzy dizzy, crepe, georgette, silk, satin and thin rayon jerseys. All fluffy fabrics like organza, organdie and crinkled types are taboo for you. Colours should ideally be dark-plum, burgundy, emerald green, navy blue and black for winters and skin blending colours like golden beige, mustard, peach or white for summers.

Loud colours only if you are in the show business or happen to be an effusive, strong personality such as Shahnaz hussain. All pattern -prints, embroideries must be vertical , diagonal - never horizontal. Choose quality, expensive fabrics e.g. sandwashed silk/crepe/velour/pashmina/cashmere and opt for exclusive cuts and designer finish. Satin smooth skin. sparkling eyes and teeth, lustrous hair, immaculately manicured hands and pedicured feet are invaluable assets for you .Work on these religiously. Show plenty of skin through generously-cut, attractive necklines-front and back, cut or short sleeves, calf length dresses or skirts exposing the ankles shod in sexy transparent heels .

Opt for princess line cuts in kurtas, dresses or tops or choose stretch jersey (lycra) for contour dresses (not figure hugging). Side panels can be in a darker colours or made up in diagonal lines or split with embroidery either in the front panel or the side panels.

For contemporary look, choose Indo Western out fits like kurtas with soft pants in the same fabrics and a scarf or a stretch jersey scooped neck top in Magyar sleeves with a seedha palla satin sari. Team your outfits with bold jewellery costume or real that will always give a sassy look.

At the end of the day, we are all trying to feel comfortable in any type of size—plus size or not. Beauty is to change your essence, own who you are and you become a truly powerful woman.





MODELLING & ACTING

NARRATIVE OF MIGRATION

BY **UTPAL DATTA**

Author, Critic and Filmmaker.

The question that keeps clinging in one's mind - is it possible to enter the silver screen arena with ramp or modelling experience?

It is a very tricky, but thought-provoking question or an inquiry about the possibility of turning a model into an actor. There are plenty of examples of career migrations that have been successful as well as unsuccessful. Those examples create an illusionary narrative and the practical answers disappear in the fog of the illusion. We need to go to the deeper level of both performing art media if we are taking this question seriously and sincerely.



In essence, both acting and modelling create a world of make-believe actors, behave or portray themselves in a way that is different while models carry some of a person's creation. To speak philosophically, a model gives life to any kind of dress created by another person making it lively and attractive that's enough to catch the eye of the public. Both actors and models are required to create an illusion in front of spectators and create a magic of attraction. This statement applies to all models, be it a ramp, print or ad model.

Modelling needs expertise in the art of being someone else. Acting also needs the same too but some more practice in a wide range of physical expressions and perfect control over the vocal cord to express a wide range of emotions with words and sounds. Same can be said of modelling too. Both of them need the capacity to connect with the space, the ability to create an aura for self to get noticed and impressed by the thousands of eyes looking at them and the combination of all those beyond physical elements makes the 'X' factor. To be brief, there is an element of acting with modelling all the time in pictures, creating different characters, and getting into different moods.

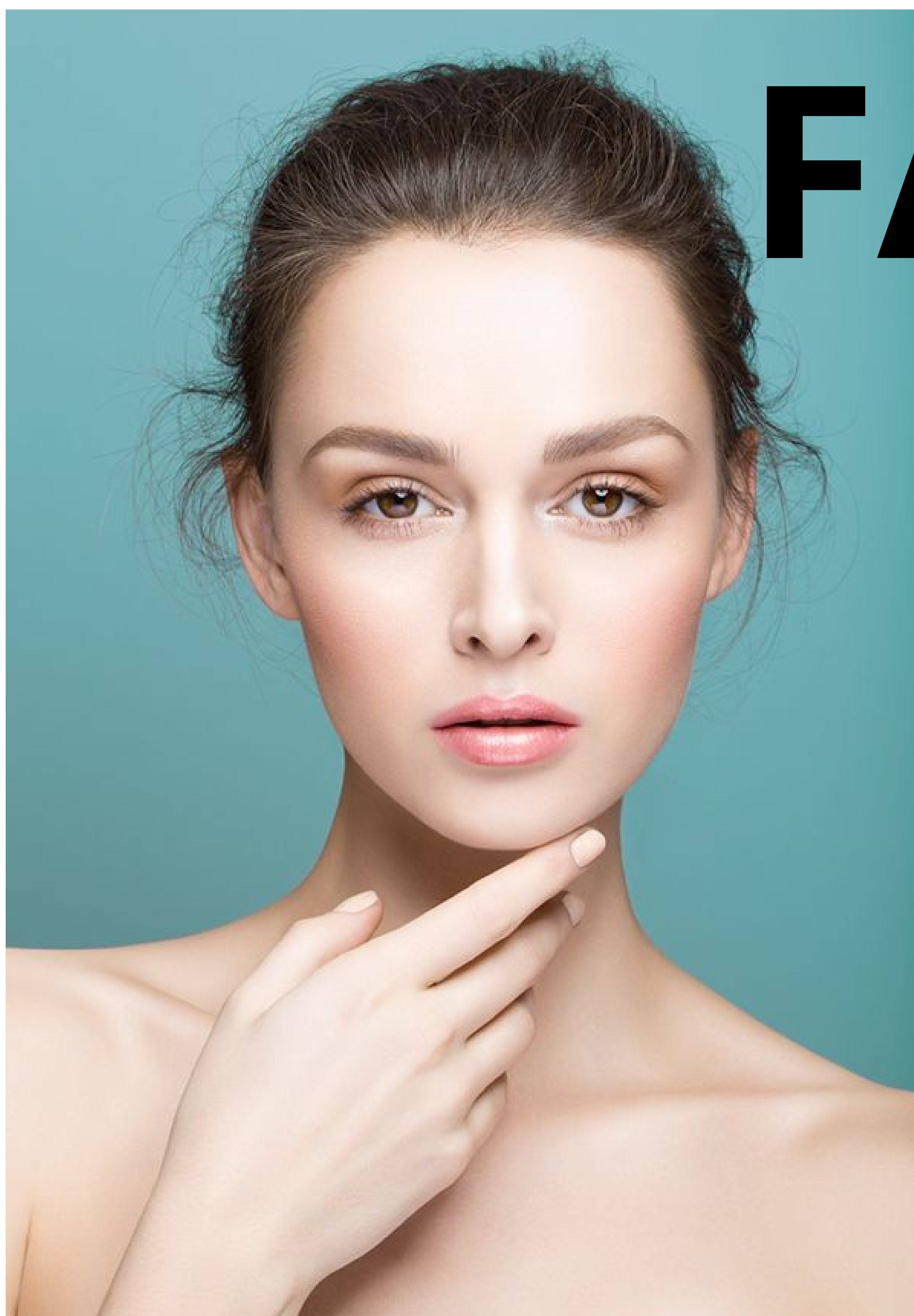


It's like a mental experience in a lot of ways for most of the models. And at the same time, the self-projection, style of modelling is essential in acting especially for screen acting. To create magic on the silver screen is unexplainable from all angles. Manohar Singh was almost a king on stage, but he was hardly noticed on the silver screen despite his brilliant acting. Acting and modelling both might have some similarities and differences but those are not the hurdles in migrating from one to another field. Jackie Shroff, Juhi Chawla, Priyanka Chopra, Sushmita Sen, Bipasha Basu, and Aishwarya Rai – are a few artists who made their mark in modelling and then entered the silver screen. Dipak Parashar, a celebrated model started his screen career with the film *Insaf Ka Tarazu*, directed by B R Chopra having co-stars like Zeenat Aman, Sriram Lagoo, Padmini Kolhapuri and others. Only a few can enjoy such a debut film. Yet Dipak Parashar failed to create the minimum sensation on the silver screen despite of presence all positive supports.

In Assam, Panchali Gupta was the first model to appear on screen, but the flop film did not help her maintain her acting career. Luna Lahkar and Ravi Sharma entered the film world through *Hiya Diya Niya*. The film was a runaway hit and made the actors famous throughout the state. Luna later left the film circle, and Ravi continued to act and later shifted to theatre and is still the heart throb hero of Assam and Northeast and appreciated by millions of people. The divisions between art narratives have taken a drastic shift in the changing practical scenario of the photographic and performing arts and same principle applies to modeling and acting.

Hard work, effort and determination is necessary to make a mark in any profession.





FAIR SKIN EASY HOME REMEDIES



BY: DOCTOR DIPIKAA A BHATIA

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

Melanin, a pigment that gives your skin its color, is produced naturally by your body. However, external influences such as sun exposure can increase melanin production resulting in a tan. It is pretty challenging to alter the quantity of melanin in your skin naturally. However, there's always a way out to eliminate the pigmentation and tanned look produced by overexposure to the sun, stress and with proper home remedies and can get a fair and glowing skin.

Everyone aspires to have fair, smooth looking perfect skin. However, if you have a desire to be beautiful, fair looking and a clear skin, you should always use safe home remedies to provide the same results as because few products in market may seem good giving results soon but that doesn't last long for it contain harsh chemicals which are harmful and may not suit the skin that vary from person to person. So reaction and side effects are possible and may damage your skin more than as expected.

A consistent skin care regimen will help you achieve the healthy, radiant complexion you've always sought. Include the effective remedies for fair skin in your daily regimen and be beautiful always. Here, are a few homemade packs which can be applied to ensure better results.

LEMON JUICE

Lemon for fair skin

You Will Need

Fresh lemon juice

Apply fresh lemon juice mixed with two drops of vitamin-E capsule to the affected area.

Leave it on for 10 minutes.

Wash with cool water.

Repeat this every alternate day.

Lemon is the best natural remedy for skin lightening since it has skin bleaching components. It helps to reduce blemishes and dark spots and when it combines with vitamin E, it helps to improve skin elasticity and cleanse the skin .

Caution: Remember not to expose yourself to the sun while trying this remedy. Be careful as lemon can cause irritation on wounds and cuts. For people with sensitive skin, it is best to dilute the lemon juice with equal amounts of water before using it.



MILK PACK

You Will Need

1 tablespoon milk

1 teaspoon honey

Make a smooth paste by mixing the milk and honey.

Apply the paste all over the face and rub gently in circular motions.

Keep it on for 15 minutes.

Rinse with water.

Use low-fat milk if you have oily skin and full cream milk if you have dry skin.

Repeat this every day

The natural enzymes in milk lighten your complexion and even out the skin tone. Milk also nourishes your skin and keeps it healthy.



TURMERIC PACK

You Will Need

1 teaspoon turmeric powder

3 teaspoons fresh curd

Prepare the mask by mixing turmeric powder and fresh curd.

Apply the paste to the affected areas and leave it on for 15 minutes. Rinse with water. Apply 2-3 times a week.

This is an ingredient that was used by our ancestors and is still considered as one of the best home remedies for fair skin. Turmeric evens out the skin tone and makes it brighter and it's good for those who have skin problems too.

Caution : People with sensitive skin can dilute the pack with a little amount of water. Be careful while using this pack as turmeric can stain your clothes.

EGG PACK

You Will Need

1 egg

Beat an egg till it's fluffy and frothy. Apply it to your face and keep it on till it dries completely.

Wash off with cool water.

You can also add lemon juice or two drops of lavender oil/tea tree oil/coconut oil to reduce the smell of the egg. You can apply this pack twice a week. The contents of the egg white will make your skin glow and the yolks contents will make it smooth and soft .

TOMATO PACK

You Will Need

1-2 tomatoes

2 teaspoons lemon juice

Add the tomatoes and lemon juice in a mixer and blend well to make a smooth paste.

Apply this paste all over your face and keep it on for 20 minutes.

Wash with cool water.

Repeat this procedure daily before taking a bath.

Tomato contains lycopene that helps to reduce pigmentation instantly, making it the perfect choice as a home remedy for skin lightening. This face pack will lighten the skin tone, reduce tan, and remove the dead cells .



HOT OIL BODY

You Will Need

Almond oil/coconut oil/olive oil

A few neem leaves

A few tulsi (holy basil) leaves.

Choose a base oil, such as almond oil, coconut oil or olive oil. Add to this crushed neem and tulsi leaves and warm the mixture lightly.

Apply this mixture all over your body and massage well. Keep it on for 30 minutes and then take a shower. Do this once or twice a week.

A hot oil body massage will not only offer relaxation but also make your skin fair. Massaging with a warm oil increases the blood circulation all over the body and this will improve your complexion



YOGURT PACK

You Will Need

2 teaspoons plain yogurt

1 teaspoon honey

1. Mix the yogurt and honey well to form a smooth paste.
2. Apply the paste to your face and leave it on for 15 minutes.
3. Wash with cool water.

Repeat this procedure daily for best results. Yogurt will not only lighten your skin with regular use but also cleanse it thoroughly and remove all accumulated dirt from the pores.

NB: All the face packs as recommended above may vary according to the type of skin so few may get the results soon and for few it may take time to heal. Care your skin in a natural way to get natural glow.

HAIR CARE

FOR BEAUTIFUL AND LUSTROUS HAIR

BY **BRIAN LA COUR**
AUTHOR.
CALIFORNIA.



While genetics play a key role, your diet, the weather, pollution, and your overall approach to hair care are all critical to maintaining your crowning glory. Bad hair day is a real thing! Does that bouncy and voluminous mane models flaunt in hair care ads seem like a far-fetched dream to you most of the time? We agree, most of them do go a bit overboard. But hair care experts say that the dream of healthy hair can be turned into reality with proper hair care. Discover a curated list of top hair care tips in this article.

A. Wash Your Hair Regularly

Washing your hair regularly ensures that your scalp and hair are free of dirt and excess oil. However, the right frequency depends on your hair type and personal preferences. If you have extremely dry hair, limit your washing to twice a week. If you have an oily scalp, washing your hair on alternate days can help.



B. Use Chemical Free Shampoo

You really can't control all the environmental factors that damage your hair, but what you can control is the kind of shampoo you use. The lesser the number of chemicals in your shampoo, the healthier your hair. Go for gentle shampoos that suit your hair type. Sulfates and parabens in shampoos are used for lathering and preserving respectively, but they can cause skin irritation over time and increase the risk of hormonal disruptions.

C. Condition Correctly

Your conditioner contains ingredients that make the hair fall straight and manageable. It protects your hair from environmental aggressors and heat styling. However, it should be applied only on the tips of the hair and not on your scalp. Also, make sure to rinse it off thoroughly post application.

D. Dry Your Hair Naturally

We know that blow drying makes your hair as beautiful as that of your on-screen idol, but excessive heat styling can damage your hair scalp.

Limit it to important events, if you have to style. Air drying or towel drying after shampoo is the best way to go. Never sleep in wet hair or comb wet hair. Harsh rubbing with a towel can damage the cuticle of your hair. Be gentle

E. Oil Your Hair Properly

Pre-shampoo treatments like oiling and massaging improve blood circulation on the scalp, relax your muscles, boost shine and nourish the hair. It also restores moisture content, enables hair growth and repairs split ends. You can choose from coconut oil, almond oil, olive oil, castor oil and the likes. Avoid using mineral oil on your hair.



F. Style Your Hair Naturally

Who does not like those gorgeous curls or perfect waves? But you can achieve these without putting your hair through heat. If you still wish to use a curler or straightener or a blow dryer, invest in a good heat protectant serum first.

G. Trim Your Hair Regularly

Trim your hair every 6-8 weeks to get rid of split ends. Split ends form when the hair is damaged due to heat styling, pollution, smoking, stress and so on. Trimming does not magically make the hair grow faster. Hair growth happens at the scalp level, but trimming ensures healthy hair.



H. Drink More Water

Internal hydration coupled with external hydration is the key to well-balanced and healthy hair. You may be using hydrating hair care products and oils, but drinking at least 3 liters of water everyday ensures good hair health.

I. Eat Healthy

“You are what you eat”. Your hair is made of proteins and amino acids, so be sure to eat at least 45 grams of protein daily. It needs the right nutrition to grow well and maintain itself. A well-rounded diet is an important factor in hair and scalp health. Good sources Eggs, berries, nuts, fish, green leafy vegetables, sweet potatoes are some of the many great foods for healthy hair.

J. Use Hair Caps or Hats

Just as sunlight has a damaging effect on your skin, it applies to your hair too. Harsh sun rays can remove the moisture from your hair making it dry, brittle and damaged over the course of time. Use hats when you step out to protect your hair from this damage. Protect your hair with caps when you are in a swimming pool. Chlorinated water is bad for your hair.



FACE YOGA

FOREVER BEAUTIFUL BY ANJANA VORA



ABOUT FACE YOGA

Face Yoga is essentially a 'Workout' for your 'Visage'. Our face consists of 52 tiny muscles that need to be stimulated and toned to keep the blood circulation going on. Ageing contributes to a noticeable loss of volume in the face through a decreasing supply of fat cells, as well as a significantly reduced production of collagen and elastin and diminishing bone structure.

At the same time the muscles of the face are shrinking, which collectively results in the skin being unsupported, and prone to sagging and wrinkles.

This is where Face Yoga comes as a rescue. It exercises the muscles of the face, increases circulation of blood to the muscles and underlying tissue, thereby oxygenating the cells deep within to effectively detoxify and nourish the face at a deep level.

It is not only just a beauty routine because its main aim is to utilize the practice of simple exercises which are designed to strengthen, tone, lift, and relax our facial muscles supporting the skin, which, if practiced consistently, promotes a more youthful appearance. Face Yoga is essentially a 'Workout' for your 'Visage'.

BENEFITS OF FACE YOGA

What we surprisingly never focus is for how much tension we hold on our face and neck. Face Yoga teaches one to become more aware of those muscles so as to relax them anytime one feels tightness creeping up. It helps reduce wrinkles.



Some wrinkles come with age. Some come because we're constantly tensing muscles on our face, like those around the eyes or mouth. Facial yoga builds awareness so one can release the unhealthy tension that's causing crow's feet and other wrinkles.

It promotes collagen production, keeping the skin younger looking. Face yoga is said to offer a number of anti-ageing benefits, including but not limited to improved facial structure and a plumper visage. The result is a more sculpted face with voluminous muscle tone, which in turn improves facial structure (similarly what yoga poses do for the body), creating a firmer, smoother and a more radiant appearance and a younger-looking face. Doing face yoga regularly helps in reduction of lines and wrinkles, improved skin tone, reduced headaches and eye strain, release of tension, an energetic appearance and a healthy glow on the face.





Face Yoga is 100% natural. There are plenty of anti-aging strategies to maintain a youthful look. The problem is that these methods often use chemicals or surgical procedures from creams and serums to injections and surgeries to deliver the desirable results. Facial yoga is as natural as it gets with no hidden ingredients/ chemicals or hours under laser or scalpe. Just as our body needs regular exercise to stay toned and firm, there are 57 muscles on your face and neck which also needs to be exercised. As they become stronger, they are lifted and firmed and the skin attached to the muscles gets tautened, reducing lines and wrinkles. Face Yoga increase circulation, lymph flow and remove toxins, improving skin tone, reducing puffiness and dark circles Apart from Physical benefit our Face Yoga Program provides mental benefits as well. It helps in increased self-awareness and self-love. Calming the mind. Improving self-confidence. Improving brain function. Increase in serotonin, dopamine, and oxytocin. Strengthening and restoring glands in the brain.



Founder - PetalBlissyogstudio
 Certified hatha yoga & Prenatal yoga trainer
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By : M A Murtoza
Fitness Trainer.
Gurugram, Haryana.

YOGA

RELIEVES SHOULDER PAIN

Our shoulders and it's muscles play an important role in all activities we do in our daily life with hands. Because of this sometimes our shoulders get strain and pain. But if you follow up the routine and start doing a few yoga asanas you can get rid of your shoulder pain.



NECK RELEASE

To do the neck release yoga posture, stand comfortably on the ground. you have to move your head down (take your chin towards your chest) by this you will feel the stretch in the back of your neck. You have to stay in this posture for 5-10 seconds. (Then move your neck towards the left shoulder. (You will feel the stretch on the right side). Stay in this posture for 5 seconds. Repeat on the same back side, and then on the right side. This is like rotating your head in a circular motion. You can do this 10 times.

ARM-CROSS-CHEST STRETCH

To do this yoga posture, first of all you have to sit comfortably on the chair keeping your spine straight ,then hold your left hand from your elbow with your right hand and pull it across your body towards your chest, during this you will feel the stretch in your left shoulder. After this make sure that your hands are at shoulder height and close to your body. Stay in this posture for 10 seconds and then go back to the normal position.

ARM-CROSS-CHEST STRETCH

To do shoulder roll yoga posture, first you have to stand straight on the ground and keep your feet slightly apart from each other. After that you Keep both the hands on your shoulders then inhale and simultaneously move your shoulders and hands in a circular motion. During this time keep in mind that your back is straight and hands should also rotate completely. After this do this exercise while breathing.





GOMUKHASANA

To do this asana, first of all sit on the ground in Sukhasana posture. Bring your right foot on top of the left foot. The knees of both, your feet should be on top of each other then move your right hand behind the head towards the back. After this, bend the left hand from the elbow and move it from the side of the stomach and move it towards the back. Join both the hands behind. Keep in mind that your hands should be in a straight line. After remaining in this position for 1 minute, slowly bring the hands forward. Take the feet in Sukhasana and rest for some time.

CHEST EXPANSION

To do this asana, first stand on the ground and keep the feet slightly apart from each other and keep the hands by the side. Then take both your hands back and clap. If you are not able to do this, then use a small towel and hold it with both your hands. Open your chest and move your shoulder blades towards each other. Stay in this position for 5 seconds and then release. Repeat this process 10 times.



WARRIOR POSE

To do this asana, first stand in a standing position and bring one leg back and bring the other leg forward in a slightly oblique shape. During this, align the heel of your back foot with your front foot. Then slowly bend your front leg while bending your knee. Spread your back leg. While doing this, slowly raise both your arms and spread it like a feather. Keep one hand in front of the front leg and the other leg on the back. Stay in this pose for 40 seconds.

TRY DOING THIS YOGA DAILY IN THE MORNING OR IN THE EVENING TO GET RELIEF FROM PAIN.

AURA
Newface



MODEL

**Pallabi
Pradhan**

MAKEUP : BHASWATI BARUAH
PHOTOGRAPHER : RAJ GOSWAMI
RETOUCH : ABHIJIT BARUAH

AURA
New face



MODEL

**Puja
Baruah**

MAKEUP : *NABANITA BARUAH*

PHOTOGRAPHER : *RAJ GOSWAMI*

RETOUCH : *ABHIJIT BARUAH*

AURA FESTIVIVE



ARINDAM KASHYAP
PHOTOGRAPHY

MODEL

Chitra Bose Bhowmik

PHOTOGRAPHER : ARINDAM KASHYAP

MAKEUP : SUNITA BISWAS DAS

RETOUCH : ABHIJIT BARUAH



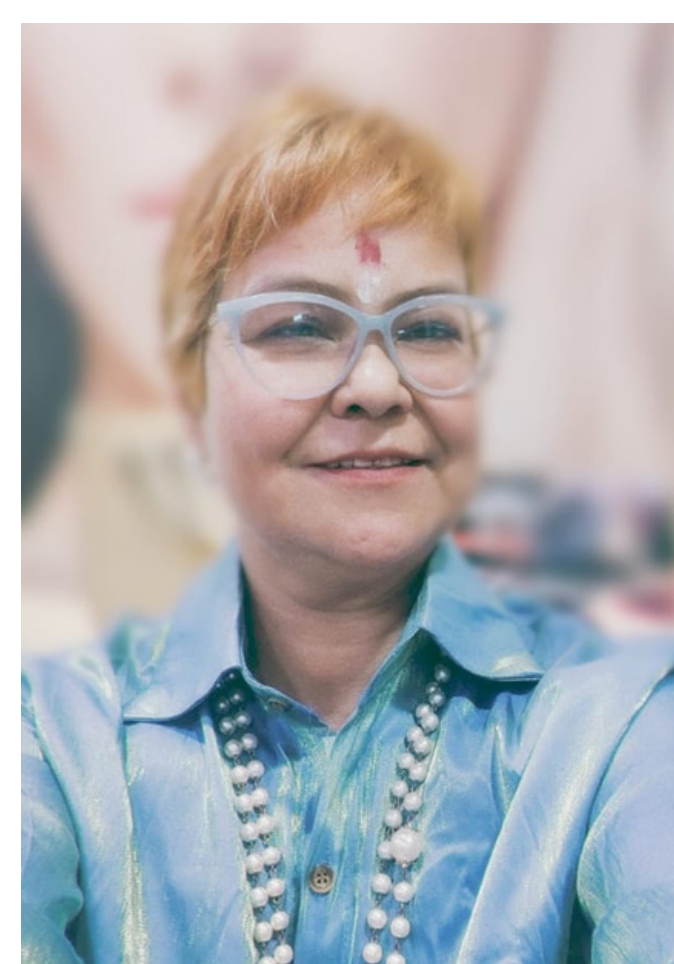
MANIPUR

IT'S DELICIOUS CUISINE

Manipur is a land of lush agriculture and trade even more so than the other states of the seven sisters, from the hilly grasslands of Imphal to the thriving fishing industry near the bottom valleys the people of Manipur lead a very simple and natural life and it reflects on their diet.

The diet of the average Manipur local consists of the usual rice, herbs and an assortment of local greens, which are combined in ways that can make some feel wary of its looks but even more delighted of its taste. Some of these local dishes are:

Kangsoi/Paltoi a very peculiar dish in the context that many will feel apprehensive about its smell and taste, but it is indeed a local favorite that accompanies almost all meals of the day due to its rather flexible recipe that can be interpreted or improved upon in many different ways. The usual way of preparing this dish is steaming tomatoes, green chillies and a local fermented fish called ngari



BY
DR. BOBITA SINHA

Chairperson of Helping Hands Social Foundation. (NGO, Northeast).

which is made from the punti fish (that is locally imported) which are then mashed together with some salt and water to make a flavorful chutney, which has a very strong smell that can be quite unbearable and an equally strong yet rewarding taste that many food enthusiasts owe it to themselves to try.





Masor Hou/Nga Atoiba Thongba

a spicy and fulfilling fish curry made from the local Basa fish (A type of catfish), a variety of vegetables including potatoes, tomatoes, chillies and green peas and an assortment of spices including turmeric powder, red chilli powder, black pepper corns and bay leaves. This dish is beloved by many and is part of the staple diet with it being included in at least one meal of the day.

Irolpa/Eromba

This is probably the most flexible dish in the Manipuri diet due to the fact you can make it out of anything because of its simple procedure which is just the preparation for a boiled vegetable stew. The eromba can be made from a wide assortment of vegetables that include boiled tomatoes, ladyfingers, eggplant etc. It's prepared by boiling the vegetables with water and then mashing them while sprinkling some spices of choice and some salt to make a thick textured stew that can be served with rice. It is mostly prepared by farmers and workers for a healthy quick meal to get them through the grueling work of the day.



Alu Metpa

It is mashed potatoes that is prepared with minimal ingredients that include roasted red chillies, black pepper corn and coriander which is then mixed with the potato and a generous amount of mustard oil to create a very flavorful side dish to go with your rice. A lot of locals include it with their meals due to its simple preparation and spicy taste.

Chak-Hao

Probably the most beloved dish in the region and for all the right reasons, it is a very divine tasting sweet that will leave a highly positive impression on any first-time tasters. It is a pudding/kheer made from black rice (which is a very flavorful rice that has a very fruity taste when cooked), milk, bay leaves, cardamon, cashews, grated coconut, sugar and water. It is made by first boiling the rice in water with the bay leaves and cardamon, once its halfway cooked add along the milk and cashew and stir well until the milk stops sticking then add the sugar and let it cook for a while. Once the milk dissipates halfway, the dish is ready to serve hot or cold depending on the mood and is garnished with the grated coconut.

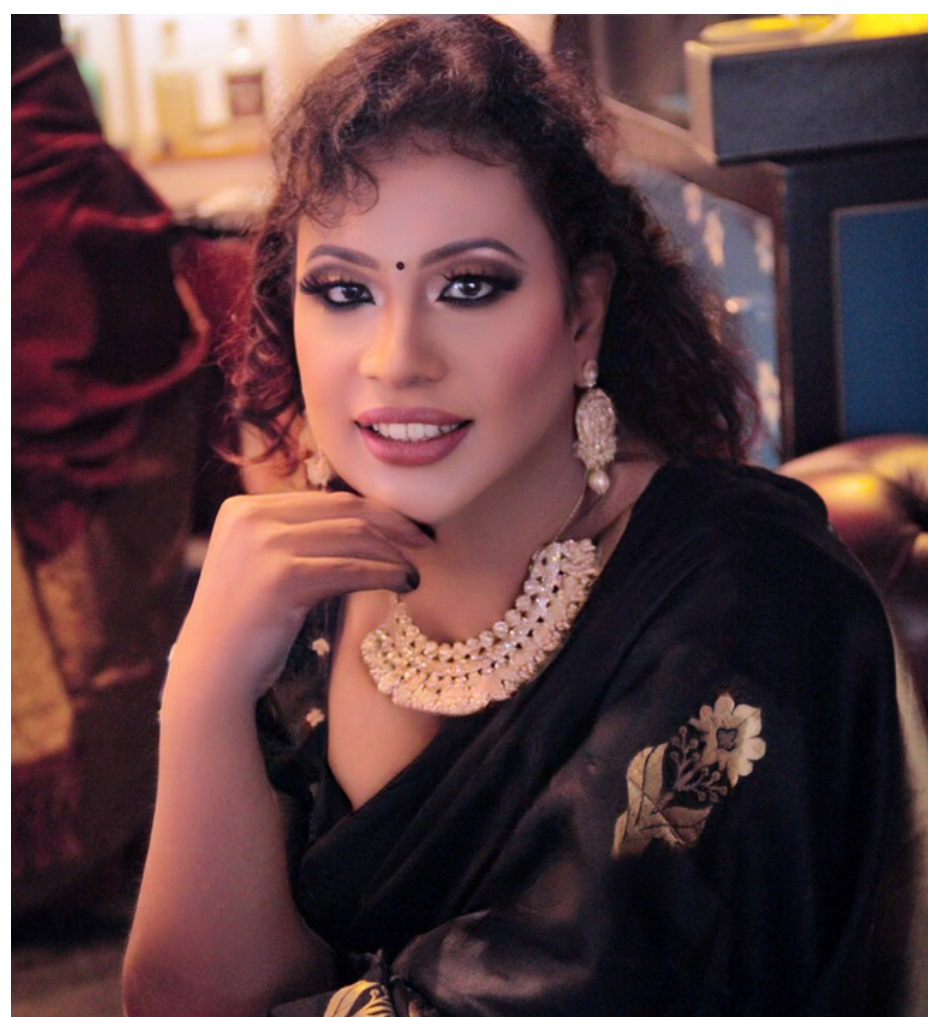




COIN

TWO SIDES OF A LIFE

“ See the upside of life whenever you feel that you are sliding towards the downside of life. If you look down, you will never look up. ” Vanessa Jacqueline D’cruz



BY : VANESSA JACQUELINE D’CRUZ

International Representative,
Aesthetics International council.

I concocted this quote when a friend of mine asked me why I am always hunching. It will only lower my spirits and make me more happy. If I straighten my back I will feel more confident and happier. She was not wrong. There is a difference when you walk with a hunch back and walk with your back straight up. After walking with a hunch for a long time, I still forget myself and



have to remind myself to walk straight. It is like life, we need to remind ourselves that life can be happy if we want it too. The saying that there is light at the end of every dark tunnel is true if you believe in it and you do have to look straight in the tunnel to search for the light.

Most of you know that my life is not easy. I have gone through a lot of trial and tribulations. I do look & feel more confident now but that does not mean my troubles are over. In fact, I expect more to come from both internal and external factors. I do not want to go into that but I will like to concentrate on how to give our minds a positive mindset even though you are facing a lot of troubles.

Some scenarios and suggestions:

You are driving to work and you are worried and feeling down because you know that it is going to be a bad day. You may play some “happy” music on the way to work. Think of a happy moment when you are caught in the red light. Of course, do not day dream away. This will help you to feel more positive and you will be able to “tackle” your bad day.

You are at an award event and you do not receive the award that you deserve. Your mood pulls you down. You become angry, lost and sad. Jealousy sets in. In this instance, remove yourself from the event. Go to a place to “cool” down. Have a smoke. Talk to someone to make you happy. Sometimes, leave the event and go back to your family to seek happiness. or seek positive friends to help regain your positive thinking again . Next day, reflect on why you did not get the award. You may still not be feeling good. It may take some time but you will be able to recover if you keep on feeding your mind with positivism. There can be many reasons why you did not receive the award. Once you are in a better position and feel more positive, seek the necessary action to rectify your situation.

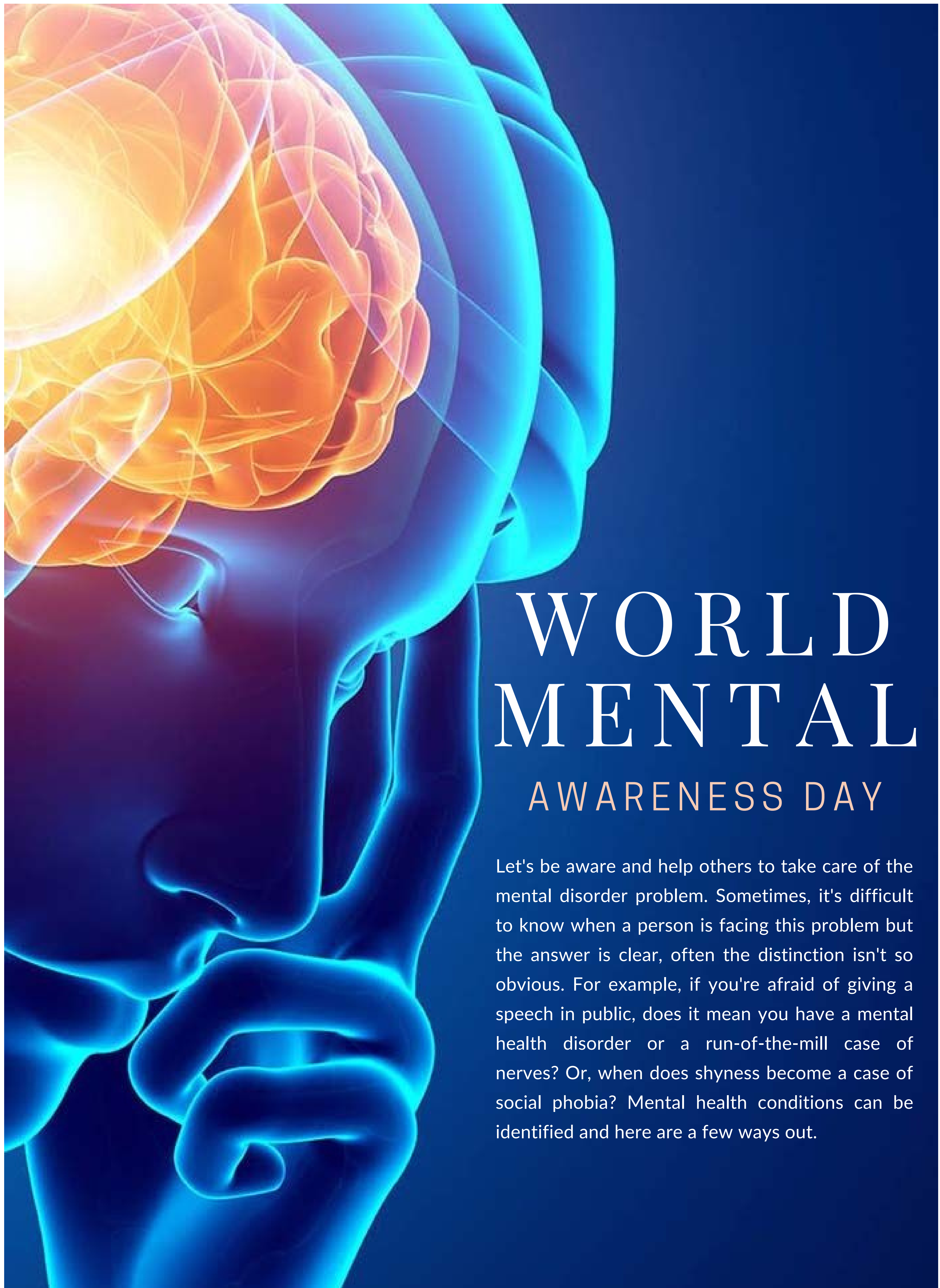
Your hubby is always bringing your kids to school late and every morning both of you argue about the situation. Your day always turns out bad every time after the argument. The next time round do not



argue. Call for a taxi. Smile at your hubby (it may bring chills down his back..hahaha). You will make your day happy. You will make his day happy but “worried”. In the evening , sit down and have a positive couple conversation on how to rectify the situation.

These are 3 scenarios whereby you can turn a bad day into a good one. You will be able to walk up with a straight back instead of hunching, looking down, feeling angry & worried about your day.





WORLD MENTAL AWARENESS DAY

Let's be aware and help others to take care of the mental disorder problem. Sometimes, it's difficult to know when a person is facing this problem but the answer is clear, often the distinction isn't so obvious. For example, if you're afraid of giving a speech in public, does it mean you have a mental health disorder or a run-of-the-mill case of nerves? Or, when does shyness become a case of social phobia? Mental health conditions can be identified and here are a few ways out.



Mental health is the overall wellness of how you think, regulate your feelings and behave. Sometimes people experience a significant disturbance in this mental functioning. A mental disorder may be present when patterns or changes in thinking, feeling or behaving cause distress or disrupt a person's ability to function. To maintain personal or family relationships, function in social settings, perform at work or school, learn at a level expected for your age and intelligence, participate in other important activities cultural norms and social expectations also play a role in defining mental health disorders. There is no standard measure across cultures to determine whether a behavior is normal or when it becomes disruptive. What might be normal in one society may be a cause for concern in another. A diagnosis of a mental health condition may be made by a psychiatrist, psychologist, clinical social worker or other mental health professional. Your primary care doctor may also be involved in a diagnostic assessment or make referrals to a mental health specialist.

A DIAGNOSIS MAY BE BASED ON THE FOLLOWING

A medical history of physical illness or mental health disorders in you or in your family, a complete physical to identify or rule out a condition that may be causing symptoms. Questions about your current concerns or why you're seeking help, Questions about how recent events or changes in your life – trauma, relationships, work, death of a friend or relative – have affected how you think, feel or behave. Questionnaires or other formal tests that ask for your feedback on how you think, feel or behave in typical situations, Questions about past and current alcohol and drug use a history of trauma, abuse, family crises or other major life events, Questions about past or current thoughts about violence against yourself or others questionnaires or interviews completed by someone who knows you well, such as a parent or spouse.

WHEN IS AN EVALUATION OR TREATMENT NEEDED?

Each mental health condition has its own signs and symptoms. In general, however, professional help might be needed if you experience:

Marked changes in personality, eating or sleeping patterns
 An inability to cope with problems or daily activities
 feeling of disconnection or withdrawal from normal activities
 unusual or "magical" thinking
 Excessive anxiety
 Prolonged sadness, depression or apathy
 Thoughts or statements about suicide or harming others
 Substance misuse, Extreme mood swings, Excessive anger, hostility or violent behavior.
 Many people who have mental health disorders consider their signs and symptoms a normal part of life or avoid treatment out of shame or fear. If you're concerned about your mental health, don't hesitate to seek advice. Consult your primary care doctor or make an appointment with a psychiatrist, psychologist or other mental health professional like behaviour therapists etc.

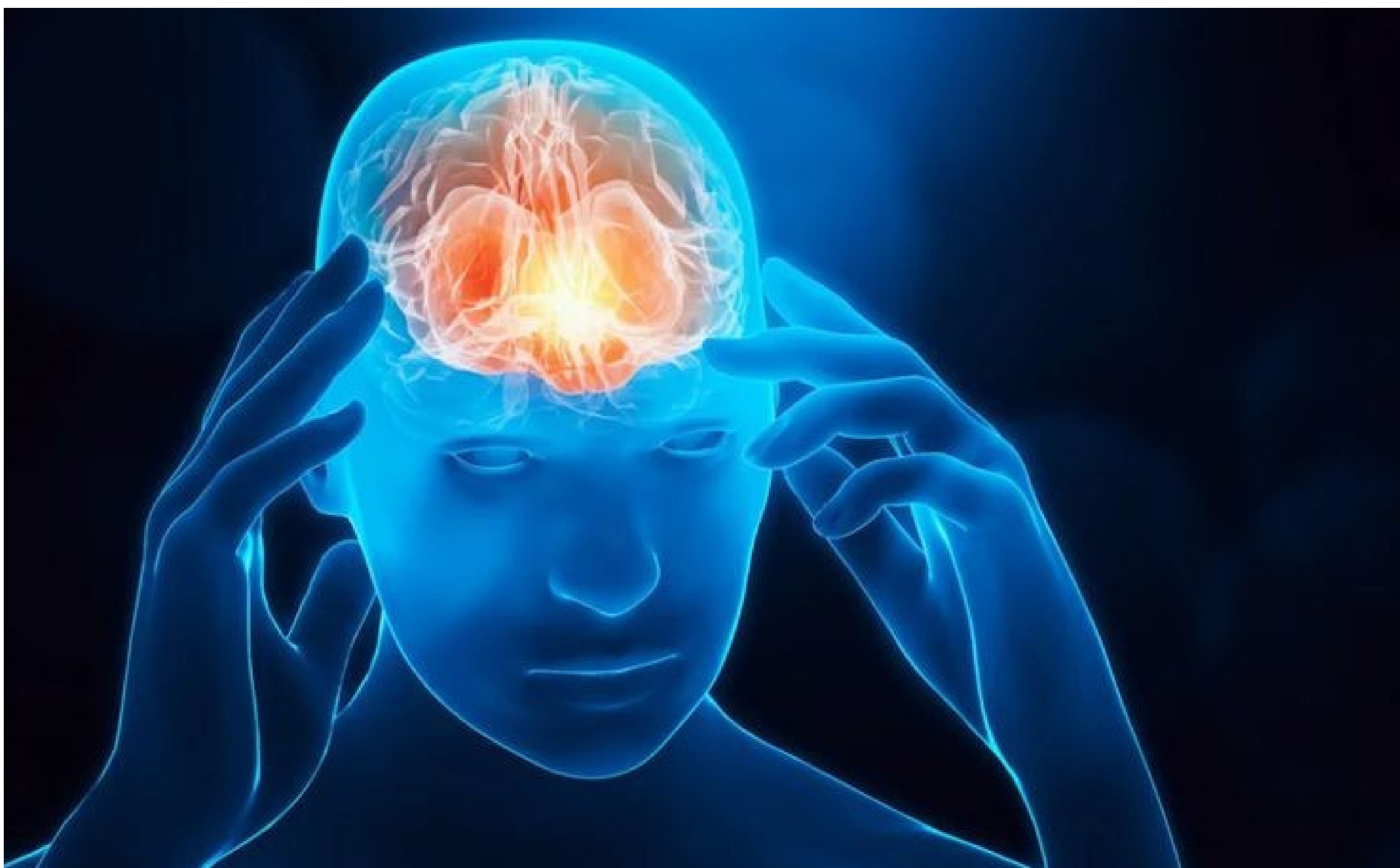
It may be important for you to find a professional who is familiar with your culture or who demonstrates an understanding of the cultural and social context that's relevant to your experiences and life story. With appropriate support, you can identify mental health conditions and receive appropriate treatment, such as medications or counseling.



By :

DR. NIKHITA NAGAR

Dental Surgeon, Cognitive Behaviour Therapist, Sociopreneur
 President : Being Caring Organisation (NGO).



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REVERIE

The dark beautiful woods, the long beautiful path
took me deeper and deeper.

I was drunk in my thoughts.

There was something in the air, which made me
drift away to my own beautiful world.

I was all alone, the beautiful nature 's music,
The smell of the green woods and wild flowers
was all in a beautiful rhythm.

It lifted the veil of ugly darkness in me.

The woods seemed to be whispering sweet
nothing in my ears.

The cool dusky air caressed my cheeks, the deep
dark woods embraced me with warmth.

A sudden yearning unknown to me arose in my
drunken state.

It was only me, only me.

I was the gypsy of the woods for the day.

Away from nightmares, away from pain.

A strange delight intoxicating me.

A distant sound of the thunder jerked me out of
my reverie.

I looked around and saw that the world was still
beautiful mingled with pain, desire, ecstasy and
love.

I open my arms to this beautiful world.

By : Monali Bhuyan

SLEEPLESS NIGHT

Sharp screaming

*break the principle of her mind,
she has lost her fearless shadow,*

And he asks how are your bones?

Mental or emotional disturbance,

build a huge fence of her.

Dream turns into nightmare,

numerous sleepless nights,

make her weaker than him.

But the spirit is a mystery.

A whining noise widely dispersed

to obsessed sleepless nights.

Tardily she sleep under his quadruped.

Winner 'He' grinning.

Spectator 'I' quite,

Critics 'They' argue.

Eristic 'We' clap,

And sleepless 'Night' must go on.

By Manikangkana Devi



MAYABINI

A BEAUTY EXTRAVAGANZA FASHION CONTEST '22

Fashion and beauty are always an integral part of Assamese culture. But nowadays, it has become as like a beauty and talent competition. Mayabini events and entertainment had organised a beauty extravaganza fashion contest on 5th August '22, at Sri Sri Madhavdeva International Auditorium, Kalakshetra, Guwahati. The show was completely based on traditional attire of Assam, Northeast. It was the first fashion show held under the banner of Mayabini Events and Entertainment that not only promotes the traditional attires of North East India but also tried to bring into light the blend of different attires fused into one.

The show was judged by the renowned actor of Assamese film industry Ravi Sarma, actress Zubismita P Saikia and the famous dancer Tulika Baruah. The show was honoured to have the Heartthrob of Assam, Zubeen Garg as the chief guest. Zubeen Garg in his speech expressed his love to everyone and said that Mayabini was the first fashion contest where he was invited as a chief guest. He was very much happy with the name of Mayabini as it is related to his most popular song "Mayabini". The singer showered his best wishes and blessings to all the contestants.

The winners were respectively in Miss category- Aishani Dutta Roy from Guwahati, in teens category -Borenya Borthakur, in Mrs category -Gayatri Vachayas, in Mr category- Ashok Sobor, in kids category -Gariyashi Phukan(grp-A), Ashwin Sarma(grp-A), Akshita Kashyap (grp-B). They were awarded the titles respectively Miss Mayabini, Miss Mayabini (teen), Mrs Mayabini, Mr Mayabo', Mayabini super kid. The winners were given a trophy, crown and many more exciting gifts. A lunch party was arranged the very next day for the winners with Heartthrob Zubeen Garg. The beauty extravaganza organized under the supervision of the founder of Mayabini events and entertainment Pvt Ltd Mr Kangkan Nath. The show was graced by the gracious presence of the special guest like Mr Monoj Saikia, the chairman of Assam livestock n poultry corporation Ltd. Mr Utpol Bania CMD of Doogdoogi. Mrs Momi Konowr, Properitor of Kesason. Mr Tejash Prakash owner of PAMT gold and diamond. Raju Riyaz, Singer Mayuri Dutta. Gitali Pathak Deka, Model. Safique Ali Mirza as our welwishers. The founder of the show Kangkan Nath stated that the show was successful only because of the selfless help and association of the above mentioned personalities and the entire team of Mayabini. The beautiful moments were captured by the popular fashion photographer of Assam, Mr Unique Borah and his team. **Team Mayabini is really blessed to have such a great response and heartfelt love from the people of all over Assam. Team Mayabini always need the love and blessings for growth and prosperity and making the event one of the most successful event ever.**





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