NOVEMBER 2022, ISSUE 33 / VOL 03

MYSTIC AURA

MAGAZINE

SKINCARE
DAILY ROUTINE

FEMINISM
WOMEN POWER

ANTI-AGING FOOD
FOREVER YOUNG

NORTHEAST
TRADITIONAL ATTIRE

Autumn Mist
WONDERS OF NATURE

MYSTIC AURA
MAGAZINE

Indian culture certainly gives the Indian mind the ability to think out of the box...

Model
TEJASWINI PRAKASH
Make-up
ANKITHA VIJAY DEV
Photography
SATHYA VAGALE

NOVEMBER

Year
2022

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Editor's Note

NOVEMBER 2022, ISSUE 33 | VOL 03

AUTUMN, the most colourful and wonderful season of the year brings in changes and positive vibes in everyone's life. In short we can say ,winter has slowly peeped in ,a season of change that we all need for a better tomorrow and getting ready for the most awaited happiness and excitement for parties, get-together, bonfire, picnics etc. like a break from the busy schedule in life. Mystic Aura has also geared up to fit in and give a shape to something new and interesting for our readers and viewers in the coming year . Knowing and getting associated with people everyday and learning new things is just like a blessed day.

This month edition we have a few interesting topics followed by the beautiful Aura fashion pages.

REGARDS,

GITALI PATHAK DEKA

CEO & EDITOR-IN-CHIEF

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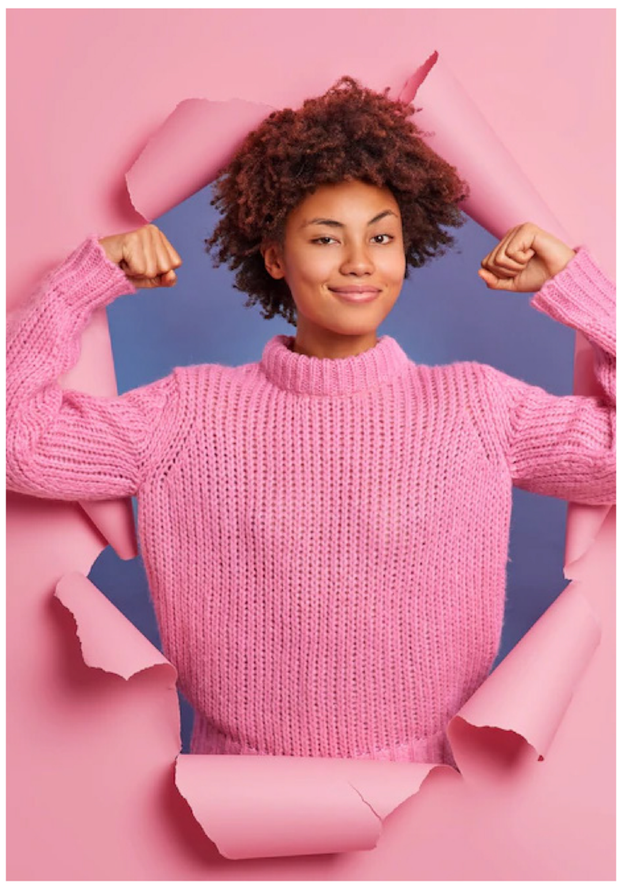

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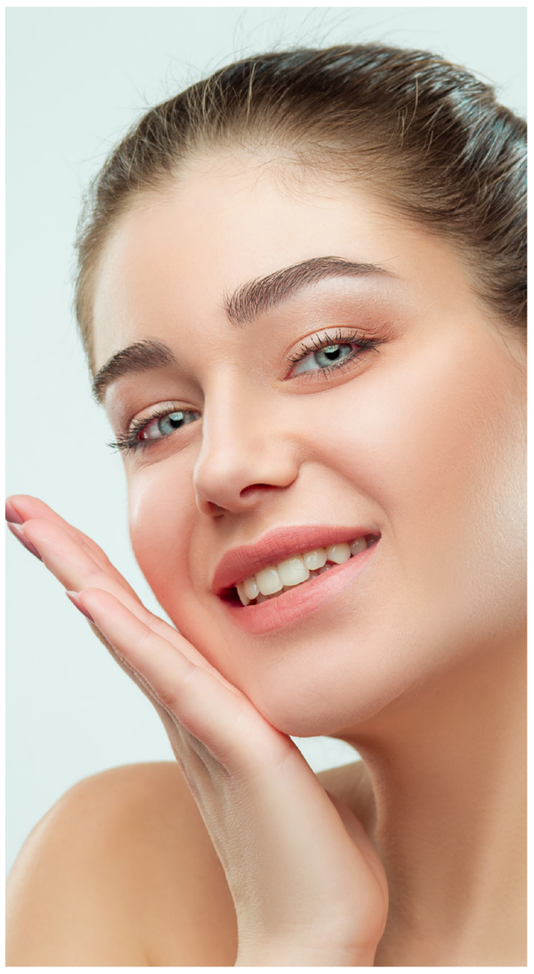

BRISTY DUTTA

Beautiful, gorgeous and very talented model and actress from Assam. Little crazy ,little funny and bit weird by nature, enough to make people laugh from deep bottom of the heart. She never gave up and likes people with the same attitude in life.She believes in the truth that money,success and fame can never be an option to win someone's heart. So a person with good heart and good attitude can be everyone's favourite. Currently she is busy in shoots for TV serials and print modelling.

Further she says working in TV serials can be an exciting career and an opportunity that allows you to learn more and show your creativity.She loves travelling and exploring new places , taking a break from the busy shooting schedule. .

Photography
RAJU NATH

Maskeup
RUPJYOTI BORDOLOI

TRADITIONAL ATTIRE OF North East

By:
Manikangkana Sarma
POET/WRITER/PROOF READER








Traditional dresses of North East shows an identity of the ancient Fashion worldwide. Northeast region of India consist of seven States namely Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland and Tripura. Their lifestyle including food habits, religion, and attire comes from traditions that were dated several thousand years ago. Each state of this region has traditional attires, which reciprocates the beauty of the culture with designs and colors crafted

for specific social status. People of these states have different traditional dresses and costumes which only can be explored when we can travel. The real culture and traditions of these States are still alive and followed by the young generation. Now a days modernity touch each point of old culture. Slowly change and develop cultural behaviors of human beings.

TRADITIONAL DRESSES OF ASSAM

The traditional dress for women of Assam is called Mekhela chadar, riha, etc. are made up of multiple garments. The dresses of Assam are Silk Fiber or Muga and very famous for its design and style.

They have a different style of patterns and colours. Assam is famous for its Muga and Pat silk sarees and Mekhla Chador. There are many tribes in Assam, each with its own unique style of Mekhla Chador, distinguished by motifs, design and colours.

Traditional Assamese Men generally wear Dhoti and Chaddar or shirt. Assam is constituted of various tribes which have different and colourful traditional attires. Most Assamese women also wear traditional jewellery like 'Gaam Kharu' a large silver bangles, 'Kopou Phool' for hair styling, necklace, earrings which give a unique and charming look in one's attire. The most important part of Assamese cultural attire is called Gamosa, it's the pride of our Assam.

TRADITIONAL DRESS OF ARUNACHAL PRADESH

Each tribe in Arunachal Pradesh has a different style of clothing. The basic style of dress is chemise, which is a sleeveless shirt with a full-sleeved jacket, which is embroidered. They wear a skirt which looks like a wrapped-around loin cloth. Skull cap made with Yak hair is a famous accessory among men. The women of Arunachal Pradesh wear vibrant coloured dresses with intricate patterns made of

threads and unique patterns that reflect the culture of the tribes they belong to. Their dresses are commonly adorned with fine beads or silver jewellery.

While the people of some tribes use a jacket above a sleeveless chemise tied to their waist with a lengthy and narrow strip of cloth, others wear a sleeveless and collarless robe stretching from the shoulders to the knees. Accessories are an important part of the costume in Arunachal Pradesh. 'Gurdam', a skull cap filled with Yak hair, is worn to complete the look during important occasions.

The Monpa females beautify themselves with silver rings, earrings cut from bamboo bits and appended with red beads or lovely turquoises. Another popular dress item is a cap, endowed with a fascinating peacock feather. The women of Hill Miris wear attractive 'crinoline of cane rings' which serves the purpose of a blouse. The women sect of Sherdukpen dresses themselves in a collarless and sleeveless garment, stretching from the shoulders to the knees. Added to this, a full-sleeved jacket with nice embroidery and waist cloth called 'Mushaiks' is worn above the patent robe. The women often tie their hair into a bun at the back. Tangsa women put in a very attractive looking woven petticoat, along with a linen blouse to top it. Miji women, living in the West Kameng and East Kameng districts, exhibit simplicity as well as refinement in their costume. The ankle-long white cloak gives the Miji women an immaculate look. And the final touch is given by an ornate red jacket.

The women arrange their tresses into a ball called 'Dilling' on the head-top. A brass skewer known as 'Ading Akh' is often passed through the Dilling, in a horizontal direction. Men secure themselves with helmets made from cane, bear and deer skin. The Hill Miris inhabiting the lower Kamla valley look attractive in their costume. They tie the hair in a knot just above the forehead. The Sherdukpen, inhabiting south of Bomdila in the Tengapanai valleys, bear striking resemblance with their fellow Buddhist community, the Monpas. The usual apparel of Sherdukpen men folk is a sleeveless silk material, with its

two edges pinned at the shoulder region. The costume is normally knee-long. The hallmark of their dress code is the 'Gurdam' skull-cap smeared with yak's hair.
The Tangsa men wear green lungi, proficiently seamed in with matching yellow, red and white yarns. A sleeveless shirt, acts as the upper garment. By custom, the Apatani men, make a knot of their hair just above the forehead. The local name of this hairstyle is as 'Piiding' and the brass rod used in the creation of this knot is known as 'Piiding Khotu'.

TRADITIONAL DRESSES OF MEGHALAYA

Meghalaya is the home to the three famous hill tribes of India – Khasi, Jaintias and Garos. The women from the Garo, Jaintia, and Khasi tribes of Meghalaya look elegant in their traditional wear.
Women of the Khasi tribe, wear a jainsem along with a blouse. The Jainsem covers the body right from the waist to the ankles. These traditional dresses of Meghalaya are complemented with a cotton shawl known as top-moh khlieh. Garo women usually drape an unstitched garment, woven out of mulberry silk. They are also seen wearing 'Eri' silk shawls, as well as a blouse and an unstitched cloth called 'Dakmanda', on the lower half of their body. The Dakmanda has a thick border, and is often decorated with motifs and floral patterns.
The women of the Jaintia tribe are seen wearing a sarong called 'Thoh Khyrwang', with a velvet blouse. A long piece of Muga silk is tied around their shoulders, flowing down to their ankles. They also often wear a very elegant headpiece known as 'Kyrshah' during the post-harvest season.
Men in the Garo tribe wear a loincloth as part of their tradition. During the festival of Ka Pom-Blang Nongkrem festivities, the men of the tribe carry a sword in one hand..Khasi men mostly wear unstitched Dhoti which can be seen normally across Meghalaya. Along with this, a jacket which is embroidered is also worn. The dress of

Jaintia tribe is the same as the Khasi tribe. Men wear loincloth with a jacket. Turban or any headgear is similar.

TRADITIONAL DRESSES OF MIZORAM

Mizoram's traditional dress is quite different than the others. Puran is the favorite dress for the Mizoram Women. During the festival seasons, women wear Pawl Kut and Chapchar Kut which are the beautiful traditional costumes of Mizoram. The shades on the cloth are the combination of white and black colors. The black areas on the cloth covered with synthetic fur. Women wear this outfit for the special occasion such as marriage and on auspicious days. There are many traditional dresses for Mizo women. A Mizo women dresses elegantly in full-sleeved dresses, the most common among them are a three-piece Churidar-kurta-dupatta set, called 'Puan'. Apart from this, a long, chequered skirt is worn with a colourful shirt, called 'Puanchei', on important occasions like weddings or festivals. These long skirts have vertical embroidery in colourful threads, which make them look quite attractive.. In wearing the clothing also seems very simple and shows dignity. They wear a long piece of cloth which is in simple design or plain.

In the winter season due to the cold weather men wore the additional clothing over the dress as a coat. Generally, the coats are in red and white colors. During the summer months to prevent from the heat of the sun a Pagri or Turban is put on the heads. Especially Lucie tribe prefer to wear the cotton made clothing to avoid from the heat. colourful cane, decorated with items like porcupine quills and parrot feathers. Men wear loose trousers with a leather belt.

TRADITIONAL DRESSES OF NAGALAND

A notable element of Nagaland's culture is the traditional dresses . Women wear a phanek below the waist, which is similar

to a low skirt. Mechala is the common upper wear that wrap around skirt with an accompanying shawl. It is a wrap around shirt. The shawls of grand work are worn by people of higher class. Usually, the designs are geometric shapes and floral patterns. The Naga shawls form an important part of the culture and attire of the people here. Often, shawls are considered as a badge of honour, and are gifted to aged and experienced people.
Azu Jangup Sui another traditional attire comprising of Skirts having red and yellow stripes on them are especially worn to mark special occasions.
Alungtsu is another traditional costume of Nagaland. The rich men wear the cloth Alungtsu.
The costumes are the symbol of prosperity. They are in yellow color dyed with various flowers. The dress designs and patterns and colors are made by the tribal people only.
Rhikho, another kind of costumes of Nagaland. The tribal men wear these type of dresses.
The costumes are only worn by the men who are yet been able to offer a great feast or has never killed a big enemy. The cloth is in white color and four black colored bands attached to this cloth.

TRADITIONAL DRESSES OF MANIPUR

Traditional costumes of Manipur are very beautiful, simple and attractive. Innaphi and Phanek are the Manipuri traditional dress for Manipuri women. 'Phanek', a wrap- around skirt or 'Sarong', a stiff skirt, constitute the traditional clothing of a Manipuri girl, which she wears with pride and grace. Innaphi is a shawl usually made of silk. The women of Manipur also wear a saree-like cloth, called 'Moirang Phi'. Different tribes of Manipur have their own distinctive dresses like 'Lmaphie', 'Saijounba', 'Ningthoupee' and 'Phiranji'. Wrapped shirt with phanekand shawl is the common dresses for women. Men wear dhoti with jacket and white turban. Superior member of society wears Khamen Chatpa is generally worn on the ritual occasions. In ancient period

the kings gifted Khamen Chatpa to the Genius, Poets and well-known people as the gifts and award. In ancient times the kings wear the special Ningthoupee dress and the warriors wear Zamphie during the wars.

TRADITIONAL DRESSES OF TRIPURA

Traditional attires of Tripura are very simple. The lower part is called Raignai and the dress covering the chest region is called Risa, and the upper dress is Rikutu. All the three pieces are well decorated. Men wear a towel and shirt with turban. Rinai is a traditional cloth of Khakloo tribe women. Khakloo is a large piece of cloth, women cover themselves with this cloth. The cloth dropped till the knees and cover across the waist. Risa is a short size of cloth and designed it with gorgeous embroideries. At the time of working outside, women wear head dresses to protect from weather. The 'Rinai' is wrapped around the waist, while the 'Risa' is worn on the upper part of the body. These dresses are commonly paired with beautiful traditional jewellery, adding to their charm. The Tripura females wear the coin strands and plethora of beads for their beauty to enrich more. They wear the petticoat with a blue cotton fabric.

Traditional costume for men in Tripura is a towel, which is known as Rikutu Gamcha. Kubai is one type of shirt. Men wear Rikutu Gamcha with Kubai. During the summer to protect from the excessive heat Tripura Men wear turban or Pagri over their head.

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CHOICE OF SHOES

By :

Prasantt Ghosh

Fashion Designer & Choreographer

www.prasanttghosh.com

The word shoes follows immediately by the word comfort. A shoe no matter how spectacular the style, is worthless if it does not fit. Too high heels that catch in carpets or small heels spoil your confidence and image.

Lets have a proper idea and the various rules about buying shoes -

1. **Avoid heavy shoes** , a heavy shoe makes thin legs look like toothpicks and exaggerates the bulk of heavy legs.

2. **Heel** - a medium heel shoe makes you appear taller and nearer the fashion idea figure.

Your legs seem more attractive because the instep of the foot has a graceful light contraction of the calf muscle caused by the raised heel.

3. **Colour**; a contrasting colour whether bright, light or very dark makes your feet a focal point. This breaks a unified line and tends to make a person seem shorter. If you decide to make your shoes skin coloured which can blend with any unusual colours.

4. **The lighter the shoes and simpler the style,** the slimmer and more graceful your legs will seem.

5. When creating a look let your shoes say the same as your garment like don't team heavy shoes with a soft dress or a dressy shoe with a serious wool tweed suit. **Balance them**.

6. **Selecting your shoes according to the climate** is very essential for example boots are practice for cold weather. Carry an extra pair of shoes to wear in the office on rainy days.

7. **Experiment** with shoes for different outfits you might come up with a stunning look.

The final word for shoe selection would be simplicity.

HOW TO SELECT WEDDING SHOES :

Put your best foot forward.

- A pedicure is an absolute must – even if you are wearing closed shoes.Paint your nails nicely.
- Take your own sweet time in selecting your shoes. Don't let anyone rush you.
- Buy comfortable shoes for your big day. You don't want to end up having shoe bites on the first day of wedded life.
- Slippers work well, you wouldn't have a problem taking them off during the various rituals.
- Buy neutral coolers, so that you can wear them even after the big day.
- Break them in nicely before the d day. You don't want to start limping half way through the Ceremony.
- Low heels are a good idea - a reception entails standing for long periods of time. Go for shoe shopping in the afternoon, your feet will have reached their biggest size by then.

If you plan to wear 'mojaries oil them a day before to prevent shoe bites.

ACCESSORIES SHOES

Get footwear in basic colours like beige, black or shades of brown so that you can mix and match. Transparent shoes come very handy as they can be repeated for a lot of outfits. As against the common assumption one does not have to buy golden shimmering shoes just because it's a wedding. It may not match most of the time.

Semi heels and strappy ones with an inch of squarish box heels are hot stuff at the moment. Some embellishments on them also look great.

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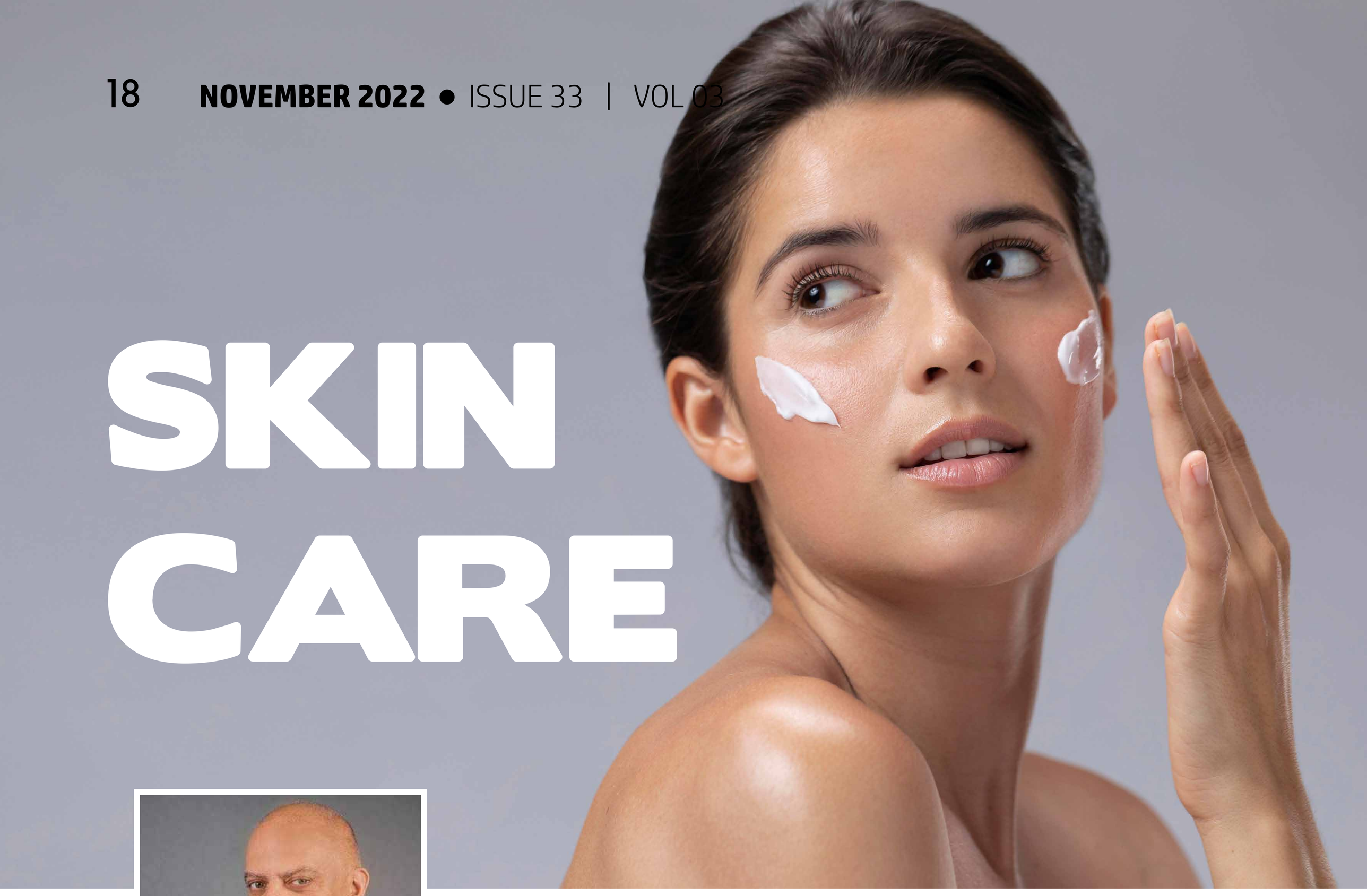
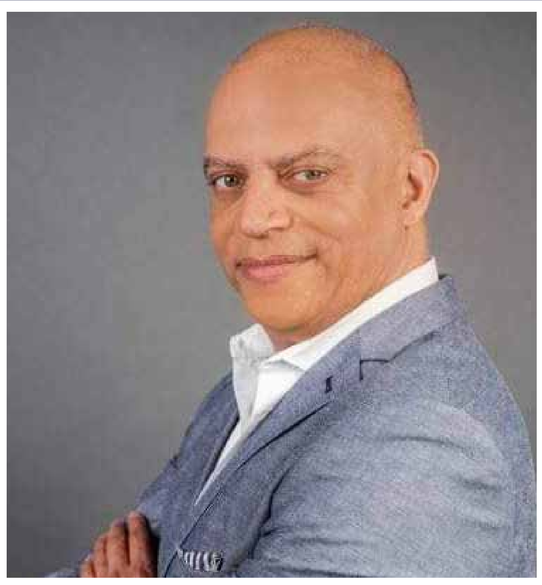


SKIN CARE



By
Brian La Cour
Author
Florida, USA

A good skin care routine is only as good as the products you use. While good quality products can help your skin look better now as well as in the future, poor quality products can be ineffective and even cause harm. Knowing more about the importance of quality skin care and facial products can help to keep your skin glow always :

Why is good skin care important?

♦ Prevention is easier than correction: Preventing skin problems is easier – and less costly – than trying to fix them in the future.

♦ It helps your skin stay in good condition: You are shedding skin cells throughout the day, so it's important to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its best.

♦ Your self-confidence will get a boost: When your skin looks better, you'll feel

better about yourself and have more self-confidence.

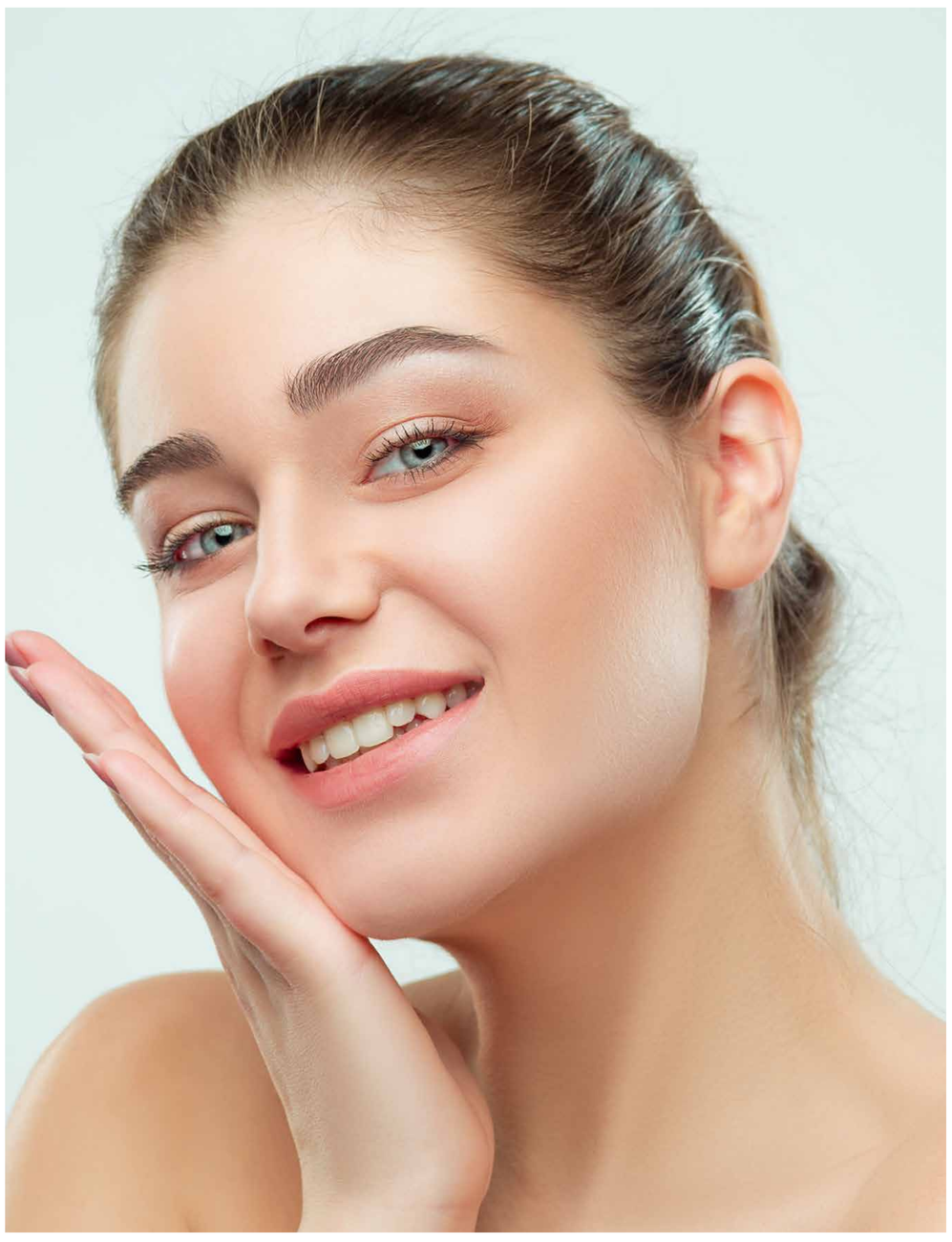
♦ Your skin will look more youthful:

As you age, your skin's cells turn over more slowly, making it look duller and less radiant. Using a quality skin care line can help remove dead skin cells so your body will replace them with newer, more youthful cells.

What are some good skin care methods?

♦ Cleanser: Wash your face gently with a product designed for your face. If you have dry skin, you'll want to choose a cleanser that doesn't have alcohol, and if you have oily skin, look for an oil-free cleanser. Afterward, rinse with warm water.

♦ Toner: Toner is used after washing your face, and it helps smooth and calm skin while restoring nutrients.



♦ Moisturizer: Moisturizers should be used every time you wash your face, even if you have oily skin. If you have this type of skin, choose an oil-free or gel product.

♦ Sunscreen: Even if your moisturizer has a sunscreen, it can still help to use a separate sunscreen every day, even if it's cloudy. Choose one that provides broad-spectrum protection and has an SPF of at least 30.

♦ Exfoliator: Exfoliators are optional and can be used after a cleanser but before a moisturizer. They should only be used a maximum of once or twice a week.

♦ Serum: A serum can help address specific issues, such as redness.

What benefits do quality skin care products provide?

♦ Quality ingredients: Like the benefits that healthy food provides for your body, quality skin-care ingredients can improve your skin.

♦ Protection from environmental damage: Such as pollution.

♦ Help fighting the effects of aging: Such as wrinkles and sunspots

♦ Results for the money: Even if quality products cost more in some cases, they're worth the money. If you use ineffective products, you're wasting money.

♦ Exceeding standards: Quality skin care products are more refined, with fewer bacteria and impurities.

Why should you avoid poor quality skin care products :

Poor quality skin care products are more likely to cause the following negative effects:

♦ Ineffective results

♦ Infections

♦ Allergic reactions such as rashes

♦ Worsening problems by clogging pores, causing breakouts, etc.

To learn more about the importance of a good quality skin care line as well as what products would benefit you according to your skin , consult with your dermatologist.

EXERCISE

NECESSARY FOR OVERALL BODY GROWTH OF A CHILD

Several factors facilitate health and happiness in children and adolescents. Some of these factors are non-modifiable, including age, gender, genetic characteristics and macro-socioeconomic, whereas others are more-or-less modifiable, including education, income, leisure activity, social status, affective profiles and role models while physical exercise as a promoter of health and well-

being is invariably available. It seems remarkable that the benefits of physical exercise upon psychological and physical health parameters have received a paucity of attention compared with those presenting on adult health. The utility and feasibility of physical exercise trainiassam tradiutional drerss
ng programs in several pediatric diseases settings and nursing educational facilities has been explored with some success. In a 'review of reviews', have concluded that, despite shortcomings in research design, there is a real association between physical activity and mental (psychological) health, as well as a consistent link between sedentary screen time and poorer mental health. In the present review, several health-promoting and affective status improving aspects of physical exercise are examined and discussed as contributors towards an elevated level of well-being among children and adolescents; these aspects include overweight and obesity which pose worldwide dangers for health, function, well-being and happiness, anxiety and stress that may disturb both the developmental trajectory and academic outcome, and neuroimmune functioning complications.

Pre-teens and teenagers need India guidelines say that children aged from

5 years up to 18 years need one hour or more of moderate to vigorous physical activity and several hours of light physical activity each day. And at least three days a week, this should include activities that strengthen muscles and bones.
Young people aged 18 years and over should do 2½-5 hours of moderate physical activity or 1¼-2½ hours of vigorous physical activity each week. Or they can do a combination of moderate and vigorous physical activity that adds up to enough activity overall. And at least two days a week, this should include activities that strengthen muscles.

EXERCISE AND OBESITY

Excess weight among children and adolescents is linked to emerging health hazards that include respiratory complications cardiovascular risks diabetes Type 2 sleep problems metabolic disorders [psychological health risks and incapacity to exercise. Nevertheless, even relatively modest and straightforward dietary improvements (i.e. fruit and vegetables) combined with exercise programs were discovered to induce marked and long-lasting effects certainly, parental support, modeling and encouragement, after-school and weekends, were important factors that provided for the notable progressions observed in physical activity].

THE MANY BENEFITS OF EXERCISE

Everyone can benefit from regular exercise. Active kids will have: stronger muscles and bones leaner bodies less risk of becoming overweight a lower chance of getting type 2 diabeteslower blood pressure and blood cholesterol levels a better outlook on life
Besides enjoying the health benefits of regular exercise, fit kids sleep better. Exercise improves school performance and makes kids less likely to develop depression. Kids who exercise regularly are also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

EXERCISE AND AFFECTIVE STATUS

Psychological disorders and obesity threaten both adolescent health outcomes and school performance with a marked co-existence of the two conditions.
Among the factors contributing to obesity and being overweight among children and adolescents, poor nutrition, stress/ trauma, anxiety and depression, and a sedentary lifestyle should be counted.
Several lines of evidence point to the links between eating disorders and affective disorders obtained a unidirectional, age-specific association between depressive symptoms at T1 (10-11 years) and disordered eating at T2 (12-13 years).
have shown that children expressing loss of control eating presented higher levels of exposure to parental problems,

(e.g., under-involvement, arguments, and depression of family members), affective imbalance and dieting-related risk factors than children without loss of control eating. The strongest predictors of loss of control eating were those factors associated with parental under-involvement, and critical comments by the family and the critical life event change of school.
The Depressed Adolescents Treated with Exercise (DATE) program offers a standardized aerobic exercise regime and the participating adolescents showed symptoms that met the DSM-IV-TR criteria for major depressive disorder. studied thirty adolescents (aged 12-18 years) divided into 2 groups, Stretch (controlled stretching) and Exercise (DATE program), who participated over a 12-week intervention period.

By
M A Murtoza
Fitness Trainer
Gurugram Haryana.

Traveling & Yoga

By:
ANJANA VORA
Founder: PetalBlissyogstudio (Online Yoga Trainer)
MakeupArt (Bridal & celebrity Makeup Artist)

A great vacation is more than just a break from your daily routine. It can be an escape to a completely different place , a chance to get away from all your worries and find some respite from the stress in your life.

Travelling can be tough, especially when it comes to adjusting to new time zones and places. The constant jet lag and the exhaustion from being on your feet all day can really wear you down. This can damage your energy levels and even get in the way of your sleep cycle. If you're planning a vacation, it's important to try new things and challenge yourself. The challenges of travel are good for us because they force us to think on our feet

and embrace life with less predictability. They provide obstacles for us to overcome that solve themselves quickly and offer opportunities to grow and find strength. Frequent travellers experience many more negative travel effects than the occasional traveler. These can include significant physical, physiological, emotional, and social consequences. Among the most common side effects are anxiety, a lack of sleep, loneliness, mental fatigue, and weight gain. We're happy to share our favourite insights with you.

These are some of the ways yoga can be helpful in your life: it can provide a way to manage many of these issues, it enables you to breathe despite all the hustle and bustle around you, and it helps with quiet contemplation amidst all the noise. Meditation practices while travelling will also allow you to connect with your inner self, as well as grow and find new strength. On the road, it can be hard to find the time to practice yoga. Travelling can also be physically demanding, as you are constantly commuting and sitting in awkward positions. However, there are plenty of ways to incorporate yoga in your life when travelling.

It's still best to do a little bit of yoga every day, even if you aren't home. You can do it anywhere with no special equipment. As long as you have motivation and a little space, it shouldn't be difficult to find time

for a quick stretching routine or some quiet reflection.

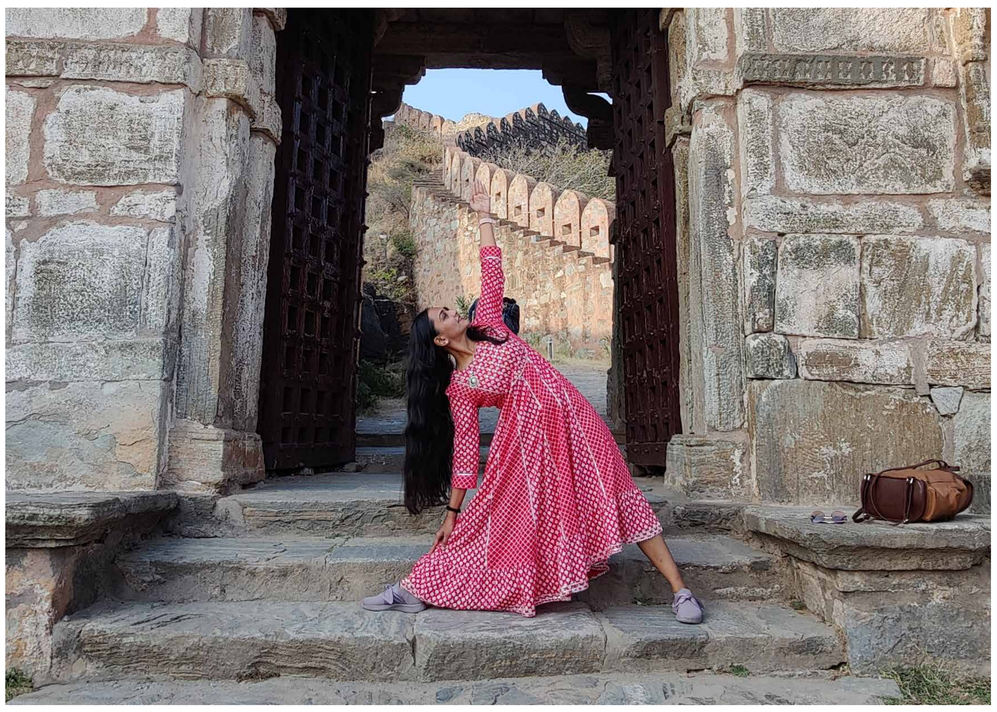
Everyone knows that yoga practice is transformative. Yoga will make you feel centred and present in any situation, no matter where you are or what demands are coming your way. As a yogi who travels often, I've found it to be invaluable.

So how about integrating yoga practice

for a more soulful traveling experience? A few yoga poses for travel will do wonders to relieve any mental anxiety or physical stiffness you might be struggling with during this hectic time.

Yoga is an incredible form of exercise that doesn't just strengthen and lengthen your entire body; it also allows you to become more mentally aware of your innermost feelings, which in turn provides you with the power to control your reactions to difficult situations.

These soothing and grounding yoga poses can be done absolutely anywhere, at any time, and you don't even need a mat to do them. Try them out when you feel cranky and frazzled after a long car ride or plane trip to help you remain calm, cool, and collected.



1) TRIANGLE POSE *(Trikonasana)*

Sinking into a triangle Pose after a long day of traveling will undo all of the tightness you're probably feeling after sitting down in a car or on a plane all day. This bad boy will lengthen your legs and hip flexors and stretch your hips, because those areas all are in need of some major TLC after a long day of being on the move.

2) WIDE LEGGED FORWARD BEND

(Prasarita Paddottnasana)

Wide-legged standing forward bend is

known to relieve headaches and fatigue — two things that are basically inevitable after a long day of traveling.

3)STANDING HAND TO TOE

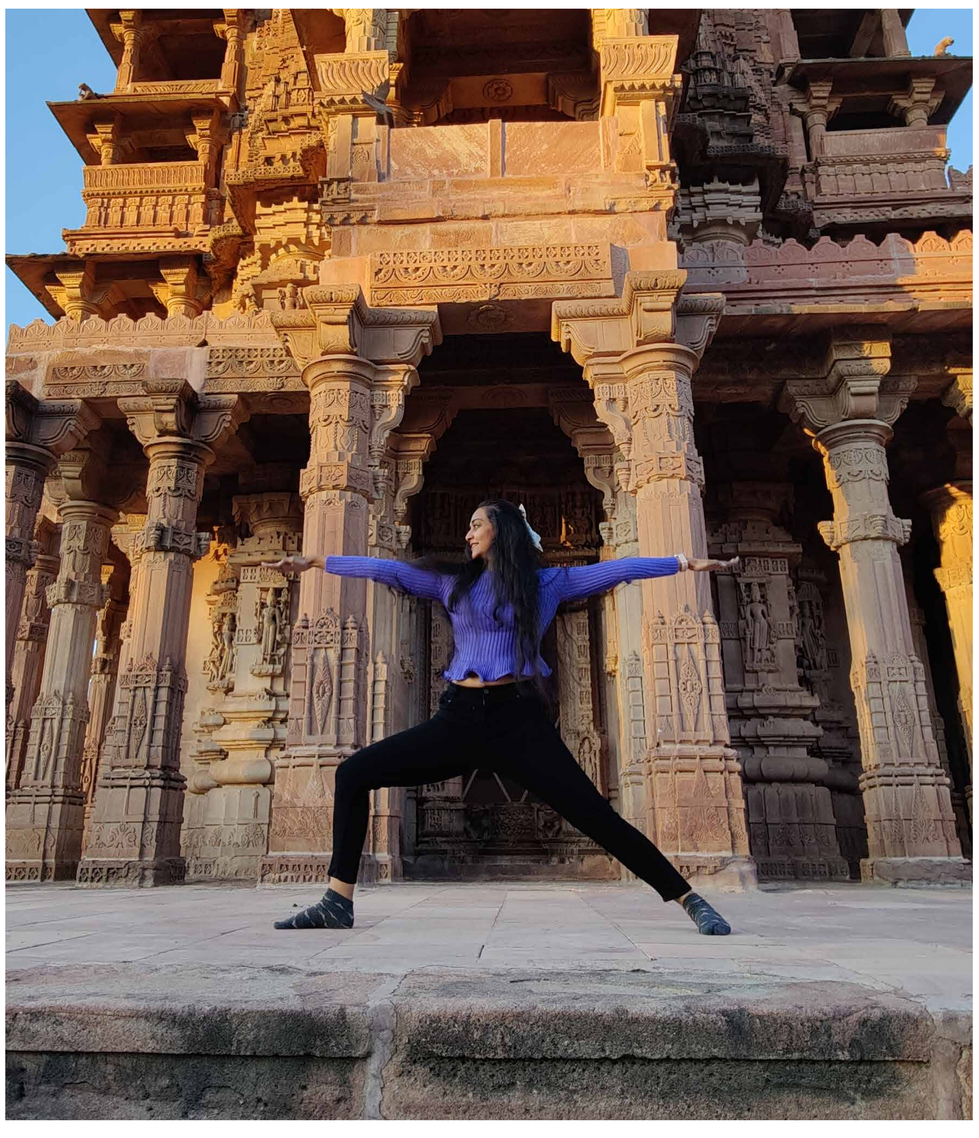
(Hasta Padangushtasan)

The holidays are all about finding a

happy, blissful balance, and this pose will help you ground yourself while literally balancing to stay upright.

4) WARRIOR POSE *(Veerbhadrasan 2)*

Warrior II stretches and strengthens your entire lower body, while also giving your outstretched arms a mini workout, as well.



This powerful pose will feel so juicy after a long trip during the holidays,

5) DEEP BREATHING

Deep breathing exercises are the best way to beat motion sickness. Practice deep breathing exercises while feeling dizziness or nausea to experience instant relief. If possible, take breaks during the travel and enjoy some fresh air.

6) CHECK OUT A LOCAL CLASS OR INCORPORATE A YOGA RETREAT INTO YOUR TRAVEL PLANS.

Nowadays yoga can be found just about anywhere, from the beach to the park, studios to community halls and of course there are retreats on offer just about anywhere and everywhere.

Check ahead in the area you'll be in for classes on offer and go give them a try.

At worst you'll have done a yoga class (and that's an awesome worst case scenario!) and at best you'll learn something new or discover a great new teacher and community. A retreat gives you the chance to pause, immerse in your practice and then take all of that inspiration and everything you've learned with you as you continue on the road.

You can "do" yoga all day every day without even having to step foot on your mat. Meet delays with meditation, when things don't quite go to plan, practice pranayama and take some deep,

deep breaths.

Chant mantras when in transit and show compassion to every stressed out check-in person or fellow traveller that you meet!

Use your travels as a way to deepen your yoga practice by working on something other than the asana, such as the yamas and niyamas or more bhakti yoga (the yoga of devotion) – helping you to discover yogic peace within the travel chaos.

MYSTIC AURA TRENDS

Subhanjan Bordoloi Photography

Model
Sushmita Shah

Photography
Subhanjan Bordoloi

Make up
Mafiz Ali

Costume
ChandZeenty

AURA

TRENDS

Model : SABINA AHMED

Makeup : MOON BAGCHI

Designer : RAJ LAKSHMI

Photography:UNIQUE BORAH

The Beautiful Devil

Photography
Kaushik Brahma

Designer & styling
Madhumita -Sharma

Make up
Trishna - Deka Das

BEAUTY IN SIMPLICITY

Model
Ruprekha Dey

Makeup
Debia Biate

Photography
Bishal Baroi

ANTI-AGING DIET

STAY YOUNG FOREVER

By :

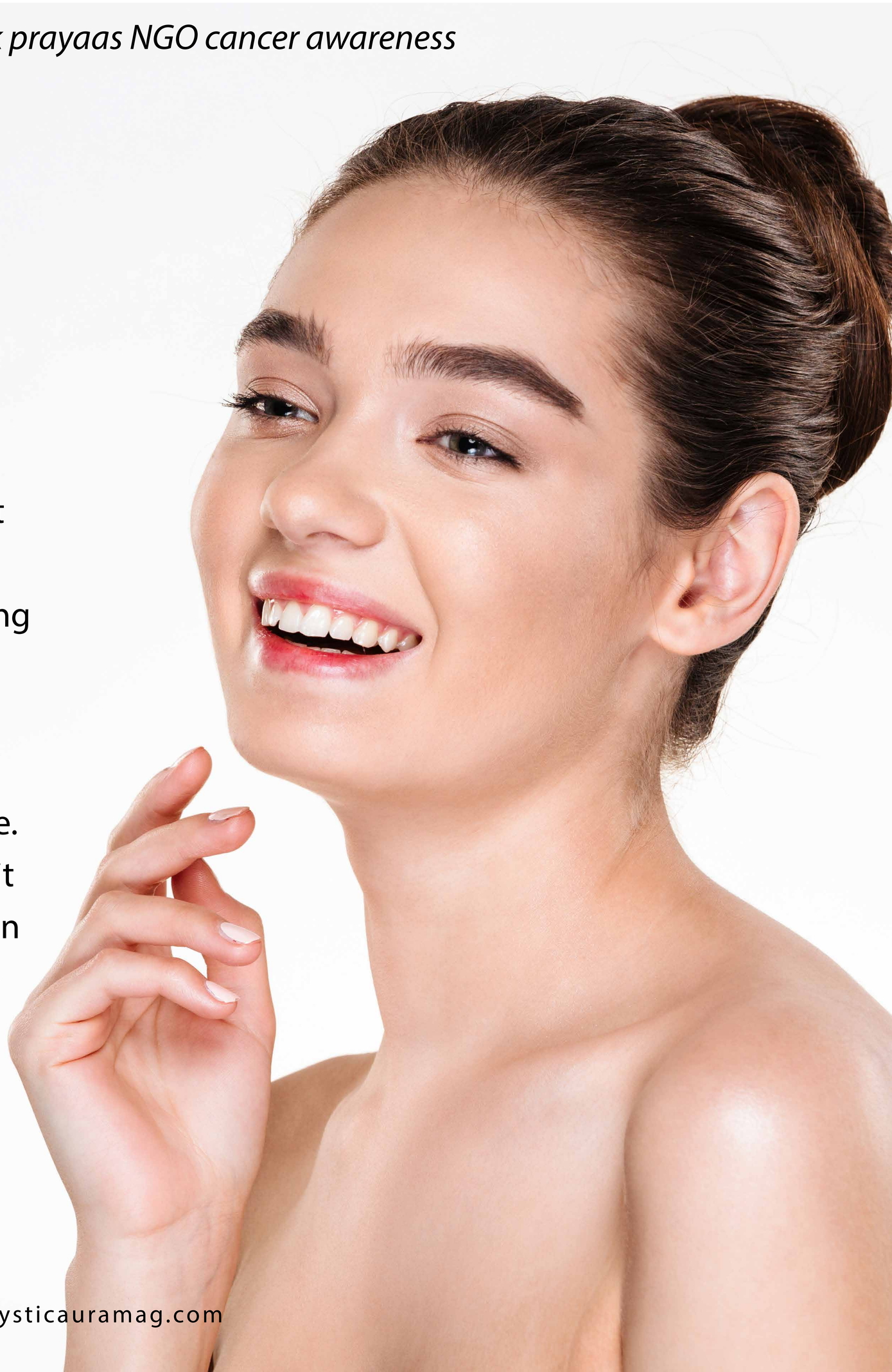
Dr. Dipikaa A Bhatia

Director of BBEHEALTHY

Director of ADAN Healthcare

Founder of Aas ek prayaas NGO cancer awareness

Our diet is closely associated with our skin health and plays a crucial role in slowing down aging signs. And it is always best to start early and load your diet with the best anti-aging foods for your skin. Consuming the rainbow vibrant colored food items provides your body with the essential nutrients, vitamins, healthy fats, and antioxidants to fight free radical damage. And when you are healthy from within, it shows on your skin. Therefore, other than loading your skin care routine with anti-aging ingredients, include the foods in your diet to keep your skin youthful.



AMINO ACIDS: Stimulate elastin and collagen production, giving the skin a wrinkle-free and smooth appearance .

CAROTENOIDS (Retinol, Beta-Carotene, Vitamin A): Fight the harmful free radicals. A study found that people with high level of carotenoids (antioxidants) in their system had younger-looking skin

OMEGA-3 FATTY ACIDS: They have anti-inflammatory properties, and their supplements have shown to slow down the aging process.

POLYPHENOLS: The consumption of polyphenols protects you from UV damage. They are potent antioxidant and anti-inflammatory agents and have anti-DNA damage effects.

VITAMIN D: This vitamin protects your skin cells from damage due to UV exposure, prevents skin infections, and has an anti-aging effect.

SELENIUM: It boosts the antioxidant defenses of your skin, protects the skin cells from UV damage, and has anti-inflammatory effects

VITAMIN C: It protects your skin against pollution and other environmental effects, boosts collagen production, and exhibits

antioxidant properties

VITAMIN E: It protects your skin from oxidative stress, thus preventing long-term damages such as wrinkles, edema, erythema, and thickening of the skin

FLAVONOIDS: They prevent oxidative stress, thus preventing the signs of aging.

GREEN TEA POLYPHENOLS: The topical application or consumption of green tea polyphenols prevents damage due to UV rays and chemical carcinogens. The tea has anti-inflammatory properties that prevent antioxidant depletion on your skin

You will find all these anti-aging nutrients

and vitamins in certain food items.
Here's the list of top anti-aging foods for younger-looking skin.

FRUITS :

Blueberries : Blueberries among best anti-aging foods.Blueberries are rich in flavonoids such as myricetin, quercetin, and kaempferol. These are rich sources of vitamins C and K and other nutrients that have an anti-aging effect and prevent cell damage.
Add fresh blueberries to your smoothies to get its full benefits.

Avocado: Avocado is one of the anti-aging foods with immense health benefits. It is rich in potassium, vitamins A, C, E, and K, and antioxidants that fight the effects of aging Moreover, it's good for your overall health.
You can mash avocados and use it as a spread for your toast or simply slice it and add to your daily salad.

Pomegranates: The ruby red seeds of pomegranate contain important compounds such as vitamins C, D, E, and K along with selenium, magnesium, and proteins. All these compounds have an anti-aging effect and help your body fight diseases and the signs of aging.
Add pomegranate to your smoothies and salads for that extra crunch or you can eat it as it is.

Watermelon : Watermelon among best anti-aging foods.Watermelon not only provides respite during hot and humid days, but it also protects your skin from premature aging. This fruit is rich in vitamins C, E, and K, selenium, calcium, manganese, potassium, protein, and carbohydrates .
Be healthy and stay young and beautiful.

(To be continued in next edition)

THE JUXTAPOSITION OF FEMINISM

By :
Dr. Bobita Singha
Chairperson of Helping Hands Social Foundation(NGO)

Feminism is a movement that has noble roots dating back to the late 60's, it's very foundation was made by men and women alike that had the impossible goal of creating an equal system for humanity as a whole. But alas they failed, but not in the direction most would see coming; Feminism failed due to the reversal of its entire narrative structure, from an attempt for equality between both men and women to women signing off the social and legal rights of men by the turn of the modern century.

Feminism has a record of three phases ranging from the late 60's to the late 2010's these phases are: -

FIRST WAVE FEMINISM

The true era of Feminism I would argue, which at the time ranged more in the practice of egalitarianism rather than complete demand for autocracy of women which we would see in future waves. This wave lasted till the end of the 20th century with it being credited to most of what modern society has accomplished when it comes to the rights and safety of women in mainly 1st world countries such as the USA and select parts of 3rd world countries such as the north eastern states of India. A true landmark of what a movement could accomplish with proper goals and morals.

SECOND WAVE FEMINISM

The wave that lasted from the early 21st century till the yearly 2010's the second wave of Feminism has nothing much to say for what it accomplished because most of what it did was just keep enabling all that was accomplished by the first wave, but what it did mainly accomplish was keep the movement relevant and allow for people across the world to see its merits. Helping the movement survive its transition to the digital age of the 2010's.

THIRD WAVE FEMINISM

The true outlier of the movement and a very ugly stain on the legacy left behind by some of the most inspiring people in history. Third wave feminism is nothing but a joke of a movement with its activists openly taking part in Public Vandalism, Exploitation of the Law, Acts of Defamation, etc. It is
solely responsible for destroying the lives of many men across the world either due to double standards being enabled by society or court's ruling in complete biasness when it comes to cases of severity such as assault. The wave is also responsible forone of biggest exploitation of the digital age which has come to be known as the #METOO movement, a prime example of how verbatim alone from a woman is now enough for society to play judge, jury and executioner with many men getting doxed (having private information of someone leaked), assaulted at home by sympathizers of the accuser, having their jobs taken from them and their overall public image being ruined, and all of this happens under just a pretext of accusation not conviction.

CARE CANCER ,DIET & LIFESTYLE

By :

Dr. Nikhita Nagar

Dental surgeon, Child Behaviour Therapist and Sociopreneur

President of Being Caring Org.

Director of Dr. Nagar's Dental and Physiotherapy Centre

National Cancer Day i.e 7th of November 2022 let us all know that :

Cancer has become one of the leading causes of death worldwide, with around 10 million deaths every year. Looking at India, a recent study suggests that 1 in 9 Indians will develop cancer

during their lifetime. These numbers seem overwhelming, but according to WHO, almost 30-50% of the cancers and cancer deaths are preventable. You can probably not take control of all the cancer risk factors such as your age, sex, family history, race and ethnicity, and genetics. However, lifestyle factors and healthy choices can certainly be in your control. I have compiled 5 crucial lifestyle interventions that you can make if you want to reduce your risk of cancer.

1. QUIT THE USE OF TOBACCO

According to a recent 2020 study by the Indian Council of Medical Research, 27% of India's cancer cases are caused due to regular use of tobacco. Apart from the widely known risk of lung cancer, tobacco use also causes cancers of the mouth and throat, voice box, oesophagus, stomach, kidney, pancreas, liver, bladder, cervix, colon and rectum, and even a type of leukaemia. Exposure to secondhand smoke can also be damaging to your lungs. The good news is that stopping smoking and other tobacco use can play a significant role in preventing cancer.
What should you do: Quit smoking and other tobacco use today. Talk to your healthcare provider if you require help in quitting. Secondly, non-smokers should avoid inhaling secondhand smoke as much as possible.

2. MAINTAIN A HEALTHY WEIGHT

Being overweight and obese increases the risk of many health issues, including cancer. It has been linked with cancers of various organs such as the oesophagus, gastric cardia, thyroid, pancreas, colon, rectum, endometrium, prostate,

gallbladder, and breast. The increased levels of insulin and sex hormones such as estrogen and androgens and chronic inflammation during obesity contribute to the development of cancer in the body. Reducing body fat can help normalise the hormone levels and inflammation, thus reducing your risk of cancers such as breast cancer, endometrial cancer and more.

What should you do: Assess your fat percentage using a BMI calculator.

For women between 20-29 years, BMI between 22.8%-27.1% is considered poor and over 27.2% is dangerously high.

For women between 30-39 years, BMI between 24.7%-29.2% is considered poor and over 29.2% is dangerously high.

For men between 20-29 years, BMI between 18.7%-23.1% is considered poor and over 23.2% is dangerously high.

For men between 30-39 years, BMI between 21.4%-24.9% is considered poor and over 25% is dangerously high.

If the values are above the recommended numbers, consult your healthcare provider to chart out an appropriate exercise and diet plan to bring down your weight to a healthy level.

3. LIMIT ALCOHOL CONSUMPTION

Regular and heavy consumption of alcohol seems to be associated with cancers of the female breast, liver, mouth, throat (pharynx and larynx), oesophagus and bowel. Heavy drinkers can also put themselves at the risk of developing stomach cancer. The ethanol in alcoholic drinks metabolises acetaldehyde, a

carcinogen. This toxic chemical can damage DNA, proteins and lipids in the body.

What should you do: Limit your alcohol intake slowly. Nothing like it if you can stop it altogether.

4. STAY PHYSICALLY ACTIVE

You may have read that exercising is a solution to many health problems. And rightly so, it is known to have positive health effects on the body. Exercise helps control many body imbalances that are known to increase the risk of cancer. It helps reduce the weight that, in turn, normalises the sex hormone levels and insulin levels, reduces inflammation and improves the functioning of the immune

system. Regular exercise can help maintain a healthy weight and prevent obesity, a known risk factor for many types of cancer.

What should you do: Ensure 150 minutes of exercise per week. It can be a combination of cardiovascular and strengthening exercises.

5. ADD COLOUR TO YOUR DIET

Going by the phrase, "you are what you eat", your diet can make a difference to your health. Cancer researchers have found that consuming plant-based foods such as fresh fruits and vegetables can prevent cancer. They can provide an optimum amount of nutrients needed for various bodily functions. The antioxidants promote cell damage repair, and vitamins, minerals, phytochemicals, and fibre reduce cancer risks.

What should you do: Eat a balanced plant-based diet and reduce the consumption of processed meat, red meat, and refined and junk foods.

CONCLUSION

If you thought cancer prevention involved complex processes, we hope this writeup proved otherwise. The lifestyle changes mentioned above may seem too simple, but if you implement and sustain them, you can go a long way in your health journey. Diet, exercise and quitting harmful habits are all you need to safeguard yourself from cancer and chronic lifestyle diseases. So, stay happy, and healthy and follow beingcaringngo for more such tips.

THOUGHTS

FEELINGS & MOODS

By :

Vanessa Jacqueline D'cruz

International Representative

Aesthetics International Council, Singapore

Our thoughts can make us happy or sad. Therefore whatever we think will effect our moods. A typical mood swing thought can be how we reflect on our days's work. When you are asked on how was your day? Do you answer the question in these manners : I had a really tough day . I had to endure a nagging boss. The bus driver was driving so slow. I had to solve conflicts within my work. I had to face with a difficult customer. Half a day wasted because my computer broke down.

Can I ask you a question? Was your day really bad or were you only thinking about the negative aspects of your day. Was there any positivity in your day? Did you go to Starbucks café or coffee bean to buy sandwiches & coffee? Did you share a joke with someone? Did you a good lunch with a friend? Did you listen to your favourite music on the way to work ? Did you enjoy reading your book? Did you receive any compliment?

If the above positive events happened , then your day was not totally that bad after all. You chose to focus only on the negativity aspects of your day and that can bring down your mood. Sometimes we mention about the negative part of our day because we want to be seen that we were busy at work. We want to be seen that we were doing something instead of nothing. Sometimes we are giving a s message to our partner : hey honey, I had a busy day, I need to rest. Is this something that you do?

It is good to share the positive and negative parts of your day with your friends and partners. It is a stress reliever and sometimes your peers or love ones can offer a solution to some work yout work problems (you will accept them if your mind is open)

I used to focus on the negative parts of my day during my work, however, since I changed my perspectives, my eyes have been opened. I have become more positive and able to handle the difficulties of my day better.

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

Take care everyone and let’s make the world a more loving and inclusive one.

KALEIDOSCOPE OF COLOUR

The Sun paints the earth with it's beautiful colours.
The warm crimson touch was ready to welcome Autumn.
The days warmer with Autumn attire.
The trees without flowers were dressed with orange and yellow leaves.
The wispy wind tingled my cheeks with a soft nip.
The tumbling leaves bidding goodbye before it falls.
The night cooler with a dewy look .
Summer is gone autumn is here.
The rise and fall of the cool air,
Shows the time change in nature .
I breathe in to spread the cool air inside me.
With new hope to change to a better me.

Monali Bhuyan

DAYS OF NOVEMBER

Nippy evenings cold long nights
Warm quilts, under starry lights
Mother's hot spicy meals
Come November, season of winter dreams and misty mornings
Cupful of flavoured tea
Books to read, sitting in cosy balconies
Or lie lazily on a quiet beach
Watching the azure winter sea
A lone country boat, rocking gently in the waves
Wandering sea gulls flying overhead
Mild ,moderate November days
No winter harshness,nor summer's fiery blaze
Only the scent of receding Autumn still lingers on the afternoon sun
In the backyard granaries and the barns.
Pruned rose bushes,mowed lawns in every house
Harvested fields with left out grain stalks
The scent of burnt wood in the air
Feathered friends croon on the old clock tower
Fall of leaves, mist laden trees
Winter whispers on neon lit streets
Old folks swarm around warm bonfire, reminiscing nostalgic yesteryears
Carefree youngsters strum the guitar
Hum old country songs, with husky voice
November days,let us rejoice,
before December's bitter cold crack the bones.

Vijayalaxmi Sarmah.
Guwahati

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