

DECEMBER 2022, ISSUE 34 / VOL 03

# MYSTIC AURA

MAGAZINE

Woman

BEAUTY IN  
TRUE SENSE

AN  
EXCLUSIVE  
INTERVIEW:  
**FEMINA  
MISS INDIA  
RAJASHREE**

Fashion  
Week  
SEASON-7

SUALKUCHI  
Silk Village  
of Assam

# EXPLORE

Beauty & Know Yourself



# MYSTIC AURA

MAGAZINE



“Beauty in white  
always adds a  
soothing rhythm  
to a colorless day...”

Model  
RAJLAKSHMI  
Make-up  
NABANITA  
Photography  
SUDARSHAN

Year  
2022

DECEMBER

T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17
			18	19	20	21	22	23	24	25	26	27	28	29	30	31





# Editor's Note

Coming to the last edition and end of the year '22 Mystic Aura will start and embark on another new journey in the coming New year with something new and change in stuff that will be very much pleasing to the eyes for our readers and Mystic Aura lovers. Mystic Aura always likes to empower and publish the talents and skills, give a platform to share one's feelings and thoughts.

We feel blessed that our website is getting noticed and viewers and readers are increasing accordingly. Words of appreciation from our well wishers always encourage us to work more and publish a better edition every month. Keep blessing and supporting Mystic Aura for together we make dreams come true.

Regards

**GITALI PATHAK DEKA**

CEO & Editor-in-chief

[www.mysticauramag.com](http://www.mysticauramag.com)



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**An exclusive interview  
with the very talented,  
admirable and beautiful  
model**

**Rajashree  
Dowarah**



**1. You are a very, gorgeous and fabulous model .Would you like to share a little more about yourself.**

Thank you so much for your kind words. I do believe in creating the life of my dreams. And whatever I've accomplished till today is a part of my life that I've dreamed of. Every little achievements, assignments and admiration that I'm getting is a blessing of God and result of my hardwork and I'll forever be grateful for that. Infact I'm really optimistic for many more opportunities and achievements. Hopefully by God's grace I aspire to get featured in the cover of VOGUE magazine one day. Apart from that currently I'm pursuing my Masters in Clinical Research and continuing my internship as a CRC in New Delhi. Both the path that I'm choosing are poles apart but I really enjoy being versatile and rare .

**2. How did you get connected to the Glamour world ?**

I was born and raised in a family who's active in the field of art & culture, sports and education. I feel it's inborn in me that I'm always intrigued in multi-tasking and experiencing new things. This is how out of curiosity and interest in knowing more about the glamour world, I along with my parent's support decided to step foot in the world of pageantry in 2016 .

**3. You have also walked on many prestigious ramp as a model and Showstopper. According to you what's your view point as a model ?**

From my experiences on ramp, as a Model and fashion enthusiast I feel it's really important for one to be keen on acquiring any opportunity that comes along the way. It's indeed a fact that no one is born with traits like alacrity and confidence but it's really important to acquire such traits in order to achieve great heights in this field.



**4. What are your achievements in this field. .?**

So far, it's been an honour for me to wear the crown as a 2nd runner up of Bollywood Miss India 2017. I was privileged enough to be placed among the Top 5 Assam finalist of Femina Miss India 2020, Top 50 finalist of Liva Miss Diva 2021, Top 50 finalist Miss Earth India 2021. Currently I've been privileged to work as a Model with a Sri Lanka & India based agency named PANTHERA.





**5. Besides good looks and figure, what do you think is more important to become a perfect model? Does height matters most in modelling.?**

According to my perspective besides good looks and figure, one should have a daring soul and a confident personality. As in this field, success comes along with a lot of rejection. Hence, one needs to be always prepared, come what may.

Not completely, I believe. Height does matter for sure, but it depends entirely on the type of modelling that one seeks to pursue. As for my opinion on this, I have seen many worldwide models who despite their average height have achieved great success and won prestigious titles for their country as well. Some of which I recall are Maria Thattil (Miss Universe

Australia 2020) and Devon Aoki.

**6. What has been keeping you busy these days? What projects are you currently working on?**

My Internship for my Master's has lately been keeping me quite busy. Other than that, I'm currently investing the rest of my time working as a model with my Agency the details of which are quite confidential for me to share.

**7. Your future plans if any.**

I, being a woman with high aspirations and ambitions, dreams big and hopes to make a name in the modelling industry internationally. Also, since childhood, I've always wanted to make an acting career alongside. But most importantly I'm preparing myself for Femina Miss India.

**8. Your memorable experience so far and your message to the aspiring models.**

The one experience so far which will always be the best memory for me will be when I was declared 2nd Runner's Up at the Bollywood Miss India 2017. It was my first National Pageant and with 'little to no experience & materials', I still proved myself and came out in flying colours and that somehow paved a way for me in this field.

The most important message I'd like to convey to all the aspiring models is to never give up on your dreams. No matter how many obstacles there comes or how long it takes, always keep pushing yourself towards your goal till you achieve it. Like they say, 'No hardwork goes to waste'.

**9..A few lines for Mystic Aura magazine.**

I'd like to thank Mystic Aura Magazine for giving me the opportunity to get featured in their cover. This is indeed a new and special experience for me to add to my journey as I, too am learning step by step with every opportunity that I receive.



# BALANCE FEMALE HORMONES NATURALLY



**By :**

**Doctor Dietician Dipikaa A Bhatia.**

***Director- B'BEHEALTHY, ADAN Healthcare.***

***Founder Aas Ek prayaas NGO .***



In today's life almost 70% women phasing hormonal problems because of wrong and sedentary lifestyle.

Hormone balance is something that is so important for women, especially those of us who have a family history of imbalance. These are some herbal natural remedies that help balance female hormones naturally.

## **MACA :**

Maca is a super herb.

It has been said to have many amazing effects, including stamina as well as vitality and endurance hormone balance, maca endurance. As well as helping women keep their hormones in check, Maca is also amazing for men's health as well.



## ***Benefits of Maca Root:***

- \*Increases Libido
- \*Boosts energy and endurance
- \*Can normalize Menopause symptoms



- \*Natural Aphrodisiac
- \*Supports mood
- \*Can support female sexual function.

### VITEX :

Vitex berry or Chaste Tree is an herb that helps women's emotional and physical well-being.

This herb is known to help with a number of women's health conditions including PMS, Infertility, Heavy flow, and Menopausal



symptoms...

Vitex also carries the name "Chaste Tree" because it has been thought to suppress libido.

Vitex can also play a part in reproductive health, including the healthy production of breast milk, and can also help with post-partum hemorrhage.

### ***Vitex Berry benefits:***

- \*Relief of PMS Symptoms
- \*Improve Female Fertility
- \*Help clear acne
- \*May reduce menopause symptoms

### SHATAVARI :

Shatavari is an herb often used in Ayurvedic medicine. This amazing herb helps to support a healthy reproductive system.

This herb is said to be beneficial for "recharging" the female reproductive system in women of all ages and can even help ease the hardships of menopause.



### ***Other benefits of Shatavari include:***

- \*Balance Hormones
- \*Ease Menstrual Pain
- \*Increase Breast Milk Production
- \*Promote Healthy Energy Levels
- \*Natural Antioxidant

These some simple natural remedies make your life easier and disease free .



AURA  
LOOK

Photography  
**Kamal Barman**  
Model:  
**Simakshi Baishya**  
Make up  
**Sanjukta Das**



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For Photoshoot # 8876490887 [☎](#)  
Model : Urmishikha & Sanju  
Costume : Pha Ming Kham  
Makeup : Nanu



# BEAUTY OF WOMAN

By :

**Vanessa Jacqueline Dcruz.**

**Singapore**

## **WHAT IS THE BEAUTY OF A WOMAN ?**

I guess I never really answered this question. Anything can be beautiful if you take time to discover the good qualities of a person or entity in question. Even a criminal has a certain beautiful character that he or she possess. Do not be too fast to judge anyone. Discover, learn and appreciate the beauty that is created in human kind .

Therefore , I am looking at beauty in a different perspective and not going the makeup way . We are dosed by lots of information of how to beautify a woman . Being beautiful is a hall mark of getting a partner in life and we are made to believe in that. You have to beautify yourself in a

pageant to compete yet recently there was a contestant who did not apply makeup to show that applying beauty cosmetics on one's skin is very superficial and beauty goes beyond the skin.

The beauty of a woman is truly seen when one is empowered to live the life of who she wants to be who . A woman who knows her worth. A woman who knows how to achieve her goals in life . A woman who knows how to balance her married and personal life , be a loving wife and a mother and also know how to love her life according to her terms .

Women need to find their beauty and worth constantly in their lives because they can lose



them in a relationship and in their marriage if they are abused , not respected and “the more giving” in one . Women sacrifice a lot for their families and sometimes even sacrifice themselves in order to save their marriage or relationship . They need to find the courage to leave a toxic relationship .

For example , where once a husband who may have complemented on his wife’s beauty may insult that same beauty down the road. Lowering down her self- esteem . He may not allow her to upgrade herself in her education or job so that he will always remain the “top” man in the relationship or marriage . Some women maybe in domestic abuse relationships only to endure the torture to save their marriages .

When a women needs to leave a relationship or marriage, they need to learn how to find that courage to do so. They need to mix with the right people to give them the courage. To help them find the powerful “ beauty “ that made them beautiful women once .

Parents must encourage daughters that that they could be just as good as their brothers. They must be treated equally and at the young age they must learn how to preserve their self worth

No women must endure any hardship that will dim their beauty . When are they going to take that leap of Faith to build up their beauty again?

When are they going to make changes in their lives to be beautiful again ? When are they going to live free again to find their beauty again?

To find the beauty that woman once own. They need to take the leapt of faith . They must never lose faith and keep empowering themselves.

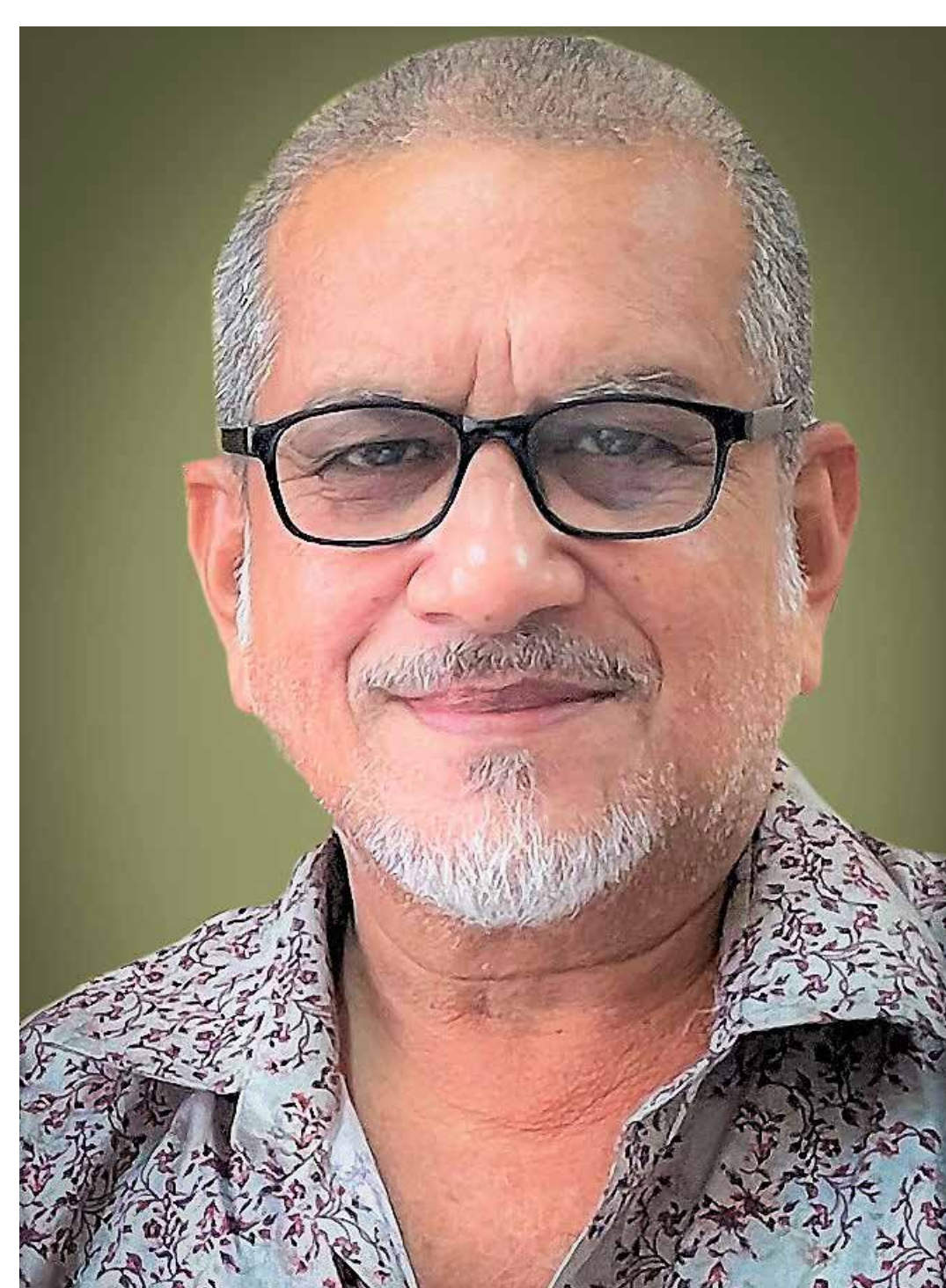
Therefore the beauty of woman is not always about beautifying their skin but beautifying their worth , finding the courage to achieve their life goals, to leave toxic relationships and be the powerful and beautiful the women they are meant to be.





# THE NARRATIVE OF BEAUTY

## PERSPECTIVES OF A FILM DIRECTOR



By :

**Utpal Datta**

Author, Critic and Filmmaker

Beauty is nothing but an abstract physiological impression, though the concept itself is a bit paradoxical. A century-old quote about beauty says, 'beauty lies in the eyes of the beholder.' As beauty is a visual concept, its qualitative dimension is always determined by the upbringing of the beholder. In certain contexts, parameters can be determined by applying the basic rudiments of figurative study for example, the beautiful features that are obligatory in the garment modelling industry. The garment artist explains that a designer's primary goal is to portray and present his creations in their most favourable light. In order to achieve this goal he selects a live vehicle that can add vibrant life to his creations while not distracting the audience's eyes from his creations. An artist in such a situation needs a vehicle able to accommodate his preferences. This is to say, a







transformation of the ramp display ,these should be limited to match the ramp display's basic principles. Contrary to this, in a film, an actor has to express a wide range of emotions to reflect the imagination of the director. In a film, the actor is a vehicle for the story, the director's statement and at the same time, he is a part of the tapestry of the narrative. Here is the director's concept of beauty based on the character and the actor. Director Vijay Anand said – "I wish to fall in love with each of my heroines". This is the ultimate expression of a director's depiction of beauty. A film's director is also the creator of its characters. The character is the dream child of the director and at one point the director forgets the difference between the actor and his character. To raise the character to his expected level, he must fall in love with the character. For this reason, he can explore all the positive qualities of the character. This is because the actor can be seen at his most impressive from all angles and be able to explore and express all the positive aspects of the character. The character played by Hema

***In most cases, people, including journalists and actors, fail to separate the character from the actor, which leads to the birth of many gossip stories.***

Malini in 'Johnny Mera Naam' is the perfect example of Vijay Anand's love for the heroine. Hema Malini never looked so beautiful in her entire film career. Mumtaz in 'Tere Mere Sapne',







Vaijantimala in 'Guide', and Tanuja in 'Blackmail' may also be revisited with the same angle. If we turn to serious films, one can point to Madhabi Mukherjee in Satyajit Ray's *Charulata*. Madhabi Mukherjee revealed to a journalist that Satyajit Ray was in love with her after Satyajit Ray's death.

Complications arise between the director and the actor. The director falls in love with the character and all his romantic-aesthetic circles around the character, and the actor misinterprets that attraction as the director's love for her. A director's concept of beauty varies from character to character. The character determines the required aesthetic. Raj Kapoor was also known for his love for

Nargis, Simi, Zeenat Aman, and even Padmini Kolhapur, the younger. In reality, Raj Kapoor was in love only with Nargis and loved only his characters. In most cases, people, including journalists and actors, fail to separate the character from the actor, which leads to the birth of many gossip stories.

The director is not looking for beauty in the physical appearance of the actor; rather he is seeking his dream character in the form of the actor. His concept of beauty has nothing to do with the beauty of the actor. The only thing that matters is his character. When such a quest is accomplished, lovers witness the most handsome actor/most beautiful actress on the silver screen.



# AURA TRENDS

Model

**Amisha Chaliha**

Photography

**Rahul Biswas**



**FACE OF THE MONTH**

BEAUTIFUL AND  
GORGEOUS MODEL  
FROM ASSAM

BIDUSHI  
KUMARI



**1.Tell us something about yourself.**

-I am Bidushi Kumari from Nagaon, Assam.  
Currently, I am studying in class 12th standard.  
Being a girl with so many dreams & desires, I  
am someone who wants to bound life with  
excellence in everything.

**2.How did you get connected with the fashion world?**

-I got connected to this fashion world through  
social media & digital platforms followed by the  
dreams & desires I've had for it.





***3.What do you like to do in your leisure time ?***

- In my leisure time, I enjoy dancing because while I am dancing, I feel very much relax and find myself in an another world.

***4.Your experience in the glamour world in brief.***

-. My experience so far in this glamour world is a wonderful journey that taught me how to accept, love & embrace myself with who I am and know others better too.

***5.what are your future plans ?.***

- My future plan is to be in a position where I can lead a team with end-to-end projects with learning something new from each experience and becoming a better version of myself.

***6.Few lines for Mystic Aura.***

-Mystic Aura Magazine has been a magazine which is always up with the new trendy things which keeps everyone updated with the fashion world ,health and lifestyle.Everyone should go through once and read the magazine.





# AURA BEAUTY



MODEL : SHRESHTHA CHOUDHURY

COSTUME: MOONMEE BORUAH

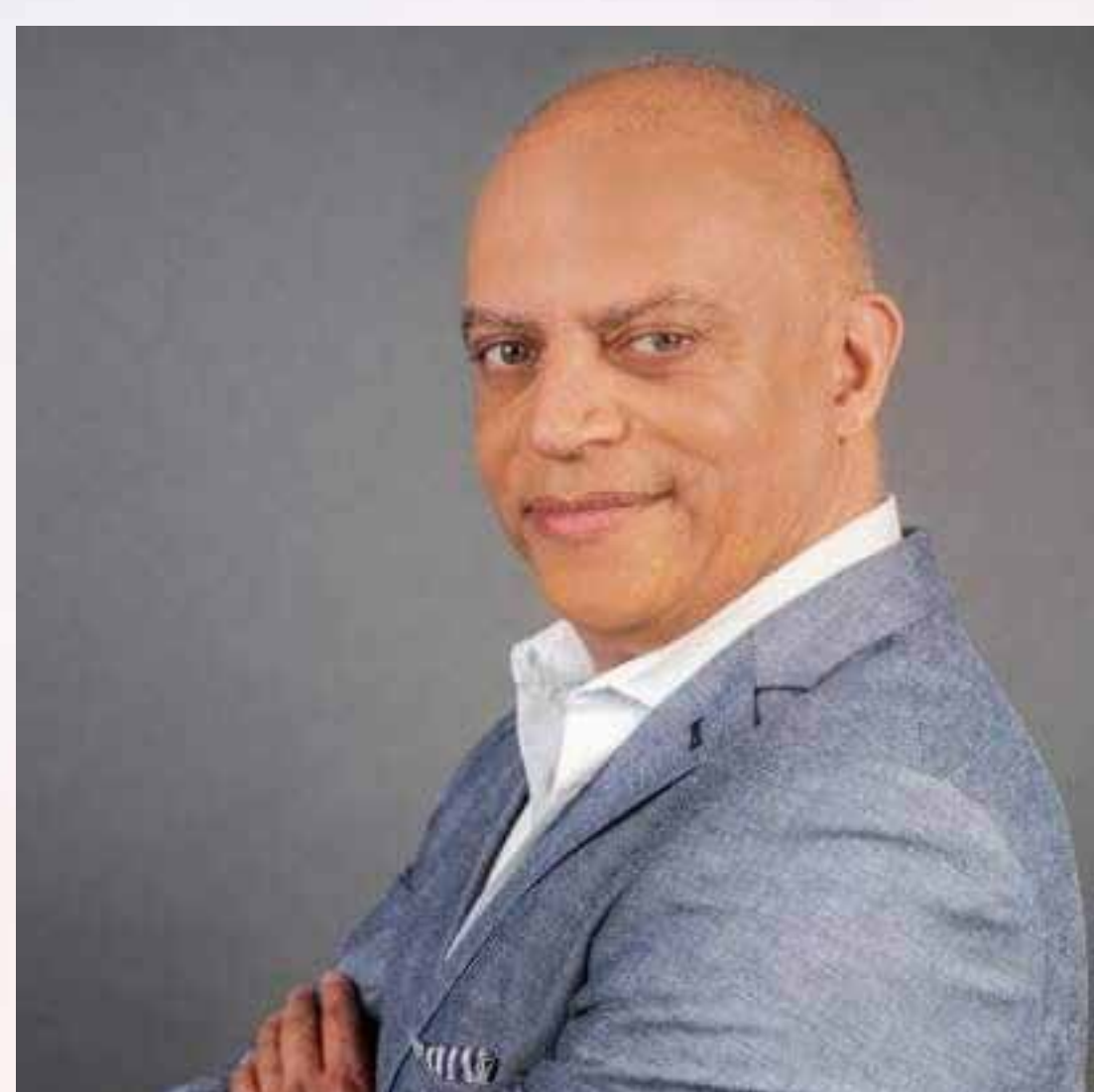
MAKEUP : TINKU TERON

Photography:UNIQUE BORAH



# PEACE OF MIND

## A HAPPY LIFE



By :

**Brian La Cour .**

**Author .**

**Florida, United States**



Mental health is something we should all be concerned about. It's essential to your overall wellbeing and quality of life, so take some time for yourself when you need it most! Self-care means taking care both physical wellbeing as well as mental—and doing things like getting enough sleep or exercising can go a long way in supporting this important part on our lives.

A great place start might just involve noticing how different distractions affect us during different times throughout the day for example sometimes stressors may seem more bearable at work than they would after dinner because then there's usually less estrogen racing through one's bloodstream. Here are some tips to help you get started with self-care:

**STAY CONNECTED.** Keep in mind that the most important thing is to keep your mood up, so reach out for emotional support and practical help from friends or family members. Exercise can also be helpful - just 30 minutes of walking every day will make you feel better, scalable activities are great because they add time slowly over longer periods which may prevent anxiety attacks caused by high stress levels.

### **EAT HEALTHY, REGULAR MEALS AND STAY HYDRATED**

A healthy, balanced diet and plenty of water can improve your energy levels throughout the day. Drink wisely by limiting caffeinated beverages such as soft drinks or coffee to ensure you're not dehydrated. Make sleep



a priority. Give yourself some time to wind down before bed. Blue light from screens and devices can make it harder for you fall asleep, so try reducing the amount of blue lights in your evening routine by turning off electronics an hour prior or manually exempting certain apps from being visible during that window while others are active throughout the day (e.g YouTube).

### FOCUS ON POSITIVITY

Instead of thinking negatively, take a break and do something fun. You can explore relaxation or wellness programs that incorporate meditation into their routine - like Headspace for example! If you're looking to get more out of life than just stress-related ailments then try exploring these activities in your free time so they become part of your routine. I'm sure there's plenty on offer but these two seem pretty great options right now.



### SET GOALS AND PRIORITIES

Learn to say no. It is important that you learn the power of discerning what can wait and drive priority, as well as being able to identify accomplishments at the end of the day instead of only focusing on those things, we have been unable to accomplish during our time working with projects or clients.

### PRACTICE GRATITUDE

Think of all the wonderful things you have to be grateful for. Write them down and make a list, or replay these thoughts in your head every day!

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.



# GENERATIONS OF SOCIETY



By :

**Dr Bobita Sinha.**

*~ Chairperson, Helping Hands Social Foundation*

*~ Tarot Healer, Writer, social Worker*



We are all aware of the terms millennials, gen Z, Boomers, etc. That people have been throwing around these days to generalize age groups and to cut a distinct line between different generations, but many people even now think of these terms as slangs and take offense to them, but believe it or not Baby Boomer is an actual Official term coined by the generational theorist Neil Howe and its one of many of which we shall explore.

## ***(1928 to 1945) the Silent Generation: -***

Born during the apex of war on humanity that is the time of World War 2, the silent generation had a shared mindset of survival and preservation which they maintained past the time of conflict. An example of the average characteristic of a person from the silent generation is: -

**\* Conservative mindset-** due to the primitive nature of the times in which they were born





and the harsh lifestyle of poverty and labor that they were subjected to, the people of the silent generations had built strong conservative values such as patriotism. that have persevered to this day and remain relevant.

***(1946 to 1964) Baby Boomers: -***

Often mistaken for the silent generation due to their similarities in mindset, the Baby Boomers were born during the era of the cold war and economic recession with their circumstances not being that different from that of the silent generation the only relevant difference between both generations is ironically just the age gap.

***(1980 to 2000) Millennials: -***

Born in the era of pop culture, millennials are the currently dominant generation with the work force of each country heavily depending on them. Millennials are

often seen in a negative light, calling them incompetent and lazy but it is indeed them that have advanced humanity to the digital age in just a few decades and are currently responsible for running the systems of the world. The characteristics of millennials can range from: -

**\*Pessimistic-** Millennials are often seen as negative thinkers because of their habit of over-analyzing any situation they come through and letting their rationality get too overbearing, resulting in tough situations such as an awkward conversation.

**\*Resourceful-** Millennials are very resourceful people, many think of them as lazy but what they miss is that their laziness is their key drive to complete the task given to them quick and that allows them to find ways in which they can which in turn results in breakthroughs.



# THE HISTORY OF SILK VILLAGE SUALKUCHI



By :  
Manikangkana Devi



The name of Silk village, Sualkuchi is written in golden letters in the history of India. 'The land of golden threads, Sualkuchi', its silk industry is the identity of the village. The Silk and Muga industry has given it a distinct identity to the world. Sualkuchi is also known as Manchester of Assam. It can be followed by the ancient fact that the reign of all, the Ahoms used the quality and desirability of Muga silk to help trade with other regions,

and also overseas. The use of Silk, Muga can be found in the Ahom Buranji. The 26 weavers from Kannauj in the province of Uttar Pradesh was settled in the Kingdom of Kamrup by bringing the Raja Dharmapala of the Pala dynasty. The Muga and Silk industry got a lot of appreciation during the Ahom dynasty. In the early days of the Ahom rule, Muga yarn were used in the royal family, usually the muga dress could not used by the general





people. With the permission of the king, muga dresses can be used by general persons in some special occasions. The weaving industry of Sualkuchi was confined to a limited number of people in the Ahom Kingdom. In later times, the weaving industry was not limited to the indigenous weavers, but was spread to the numerous people. The handloom industry was considered to be one of the best ways of livelihood. The demand for handloom-made garments gradually increased.

***Weavers in particular have always made efforts to create innovation in the loom industry.***

Muga cloth was not limited to the royal family but also developed into public clothes. According to Francis Hamilton, the women of Assam used to wear their own costumes through silk yarn. During the days of David Scott, the first British Commissioner of Assam, the handloom industry of Assam became commercial. Keeping in view the demand of the loom industry, David Scott made arrangements for the cultivation of Silk on the land of Assam. Sualkuchi has been a commercial area since time long. Gandharva Ram Modal is the first person to produce the plain Muga cloth in Sualkuchi. It





is clearly mentioned in the Assam history that Gunaviram Barua used to give 33 feet of plain Muga cloth every year as tax to the treasury of the Ahom royal family. So it is true that Muga yarn or Muga cloth gets royal status. Muga yarn was earlier exported from Sualkuchi to Bangladesh. In the days of Ballal Sen, the son of Bijoy Sen, the king of the Sen dynasty of Bengal, the Nath people came to Assam, when they came to Assam they carried some Silk worm (Source in the historical inquiry of sualkuchi). Although the weavers of Sualkuchi first produced plain Muga cloth, later on they increased the beauty of the Muga fabric by picking up a variety of colourful thread crowns. The residents of Sualkuchi always curious about their silk industry . Weavers in particular have always made efforts to create innovation

in the loom industry.

Another notable event contributing to the development of the traditional handloom industry of Sualkuchi is the second co-operative institution in Sualkuchi. Since its inception, the silk company has been contributing in various aspects for the development of weavers of the loom. Providing the weavers with the raw materials required for the loom is facilitating their livelihood and helping the loom industry to improve a step further. Apart from this, there is a spark in the history of Sualkuchi about the birth of many such cooperative societies which have contributed greatly to the increase in the flow of Sualkuchi. This is how the Silk industry of Sualkuchi has gradually reached this modern stage today.

At present, the state-of-the-art design of Muga and Silk fabrics has been able to strike a chord all over the world. At this stage today, another aspect of the textile industry of Sualkuchi deserves to be mentioned is that a testing lab was set up in 2015 at Sualkuchi to prove the purity of Silk, Muga fabrics. Here arrangements have been made to provide a sign of Sualkuchi's own products. That sign attached to the cloth is the Silk and Muga cloth made in Sualkuchi, woven with native handlooms. On May 26, 2018, the commercial mark of the handloom industry of Sualkuchi was officially declared and handed over to the people for authenticity check. It is worth mentioning that the actress of Assamese Film Industry Barsha Rani Bisoya has been recognized as the brand ambassador of The Silk and Muga cloth of Sualkuchi.



AURA

# PHOTOGRAPHY

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29

Model

Dinou Msr  
(Belgium )

Makeup

Dipanjali Lahkar

Designer

Shristi Myna

Photography

Kaushik Brahma







# ***PEDALING*** ***TOWARDS HEALTH***



***By : Lahit Bhati***  
***Fitness Enthusiast***  
***Works at : Income Tax Department (CBDT),***  
***VP (G.B Nagar) Delhi***  
***Being Caring Organisation***

In recent years, the culture of cycling has gained tremendous momentum in our country. Cycling is fun, healthy and a low-impact form of workout for all ages. It's a wonderful workout that keeps you activated both mentally and physically and help boosts immunity. The adrenaline rush that one receives while pedalling through different terrains also makes cycling an adventure. For anyone who still needs a reason to take the bicycle for a spin for





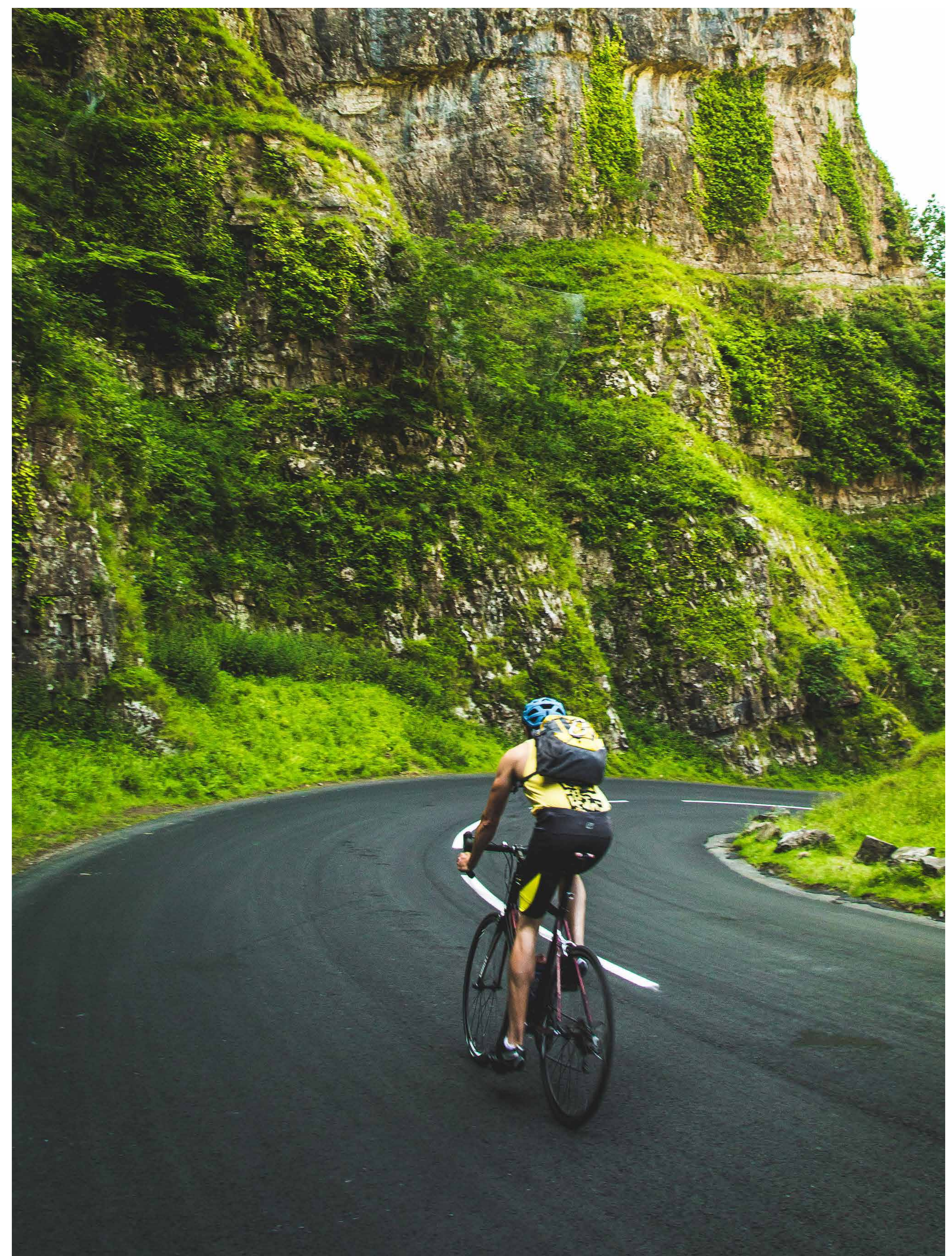
fitness and remain active in work always, here are few benefits of cycling.

**WEIGHT LOSS:** Weight gain due to a sedentary lifestyle is a common problem these days. Riding short distances to the neighbourhood shop, school or work are mini-workouts you can sneak into your routine and an effective strategy for weight loss. Not only would this ensure that you are physically active but these pedalling sessions would also help in torching fat. Approximately 45-60 minutes of cycling can help burn up to 300 calories.

**PREVENTION OF LIFESTYLE DISEASES:**

Cycling regularly helps keep various health issues like diabetes, obesity, cardiac problems or other lifestyle disorders at bay. Regular cycling has in fact proved to keep blood sugar levels in check. Cycling works as an effective stress buster in essence, it definitely helps in mental well-being.

*Cycling on a regular basis keeps your heart healthy and is considered a great cardiovascular activity.*







### **REDUCES DEPRESSION AND ANXIETY:**

The benefits of riding a bicycle extend beyond physical fitness. Cycling gets you outdoor, among nature, leaving you to feel revitalised, energetic and optimistic. Depression, anxiety and stress are all positively affected by exercise, but the combination of exercise and exposure to the outdoors is a bit of a magic combination for emotional and mental well-being. So, hop onto your saddle and soak up some sunshine and positive vibes. After all, a happy soul is a healthy soul.

**BUILDS MUSCLE:** The resistance element of cycling means that it just doesn't burn fat, but it also builds your hamstrings, quads and calves and can also tone your calves, preserve muscle mass and strengthen your core.

**KEEPS YOUR HEART HEALTHY:** Cycling and cardiovascular fitness go hand in

hand. Cycling on a regular basis keeps your heart healthy and is considered a great cardiovascular activity. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of cardiovascular diseases and also slowing down ageing.

**BOOSTS IMMUNITY:** One of the rising concerns in the present times is keeping ourselves safe, ensuring that we have the immunity we need. Cycling daily helps with keeping your physical health in check, increases your stamina, and helps keep the immune system young. In general, the fitter you are, the stronger is your immune system.

So, start pedalling towards a healthy you! And for more such healthy tips follow BeingCaringNgo on all social media handles. Keep healthy and stay fit.





**iNFINITY**  
GRAPHICS STUDIO

## PHOTOGRAPHY & RETOUCH STUDIO

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# **EXERCISES FOR EVERYONE TO KEEP ONESELF FIT**



**By:**  
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As we all know that due to busy work, stress problem is common among people nowadays. Many people are suffering from depression and depression due to stress. Due to extreme depression, every year many people around the world are taking steps like suicide. Depression is a big problem of the modern generation but through exercise we can reduce our stress. Regular exercise keeps our body healthy and our mind calm too. So let us tell you some such exercises by which we can keep ourselves healthy. We can do these exercises anytime in the morning or evening.

**1. Standing oblique crunch** – This exercise is also a good exercise to keep the body healthy.





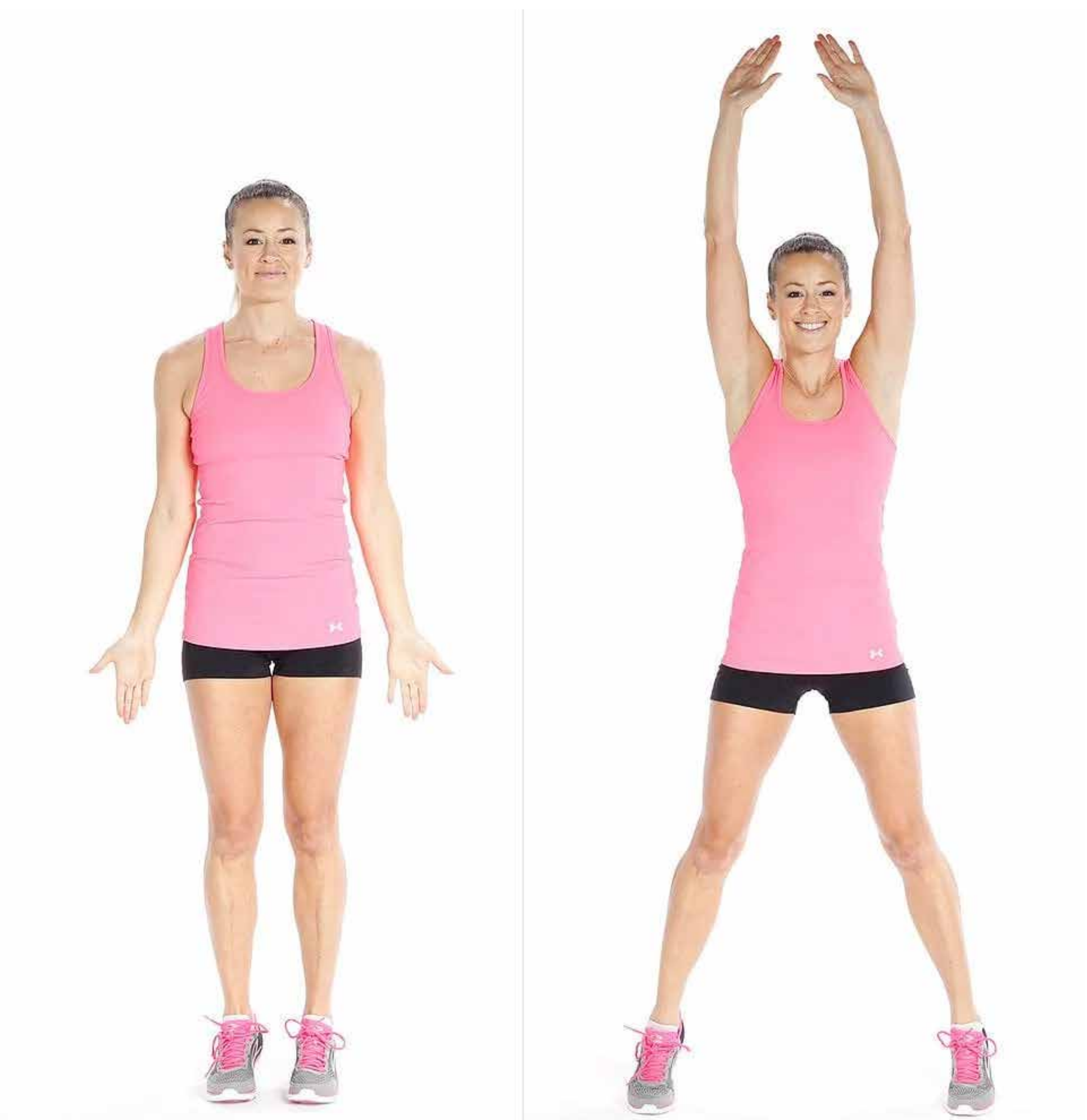
**How to do -**

(a) To do the standing oblique exercise, first stand with your feet shoulder width apart. During this, your arms should be bent, hands behind your head and elbows turned out.

(b) To initiate the movement, twist to your right side as you bring your elbow down to touch your right knee.

(c) Then come back to the same position. Now repeat the same steps on the left side.

**2. Jumping jack** – Jumping jack exercise is also a very good exercise, it keeps you fit and also increases energy.

**How to do -**

(a) To do the jumping jack exercise, first stand with your legs straight.

(b) Keep the arms at your sides. Jump up and spread your feet hip-width apart. At the same time join your hands by moving them over your head.

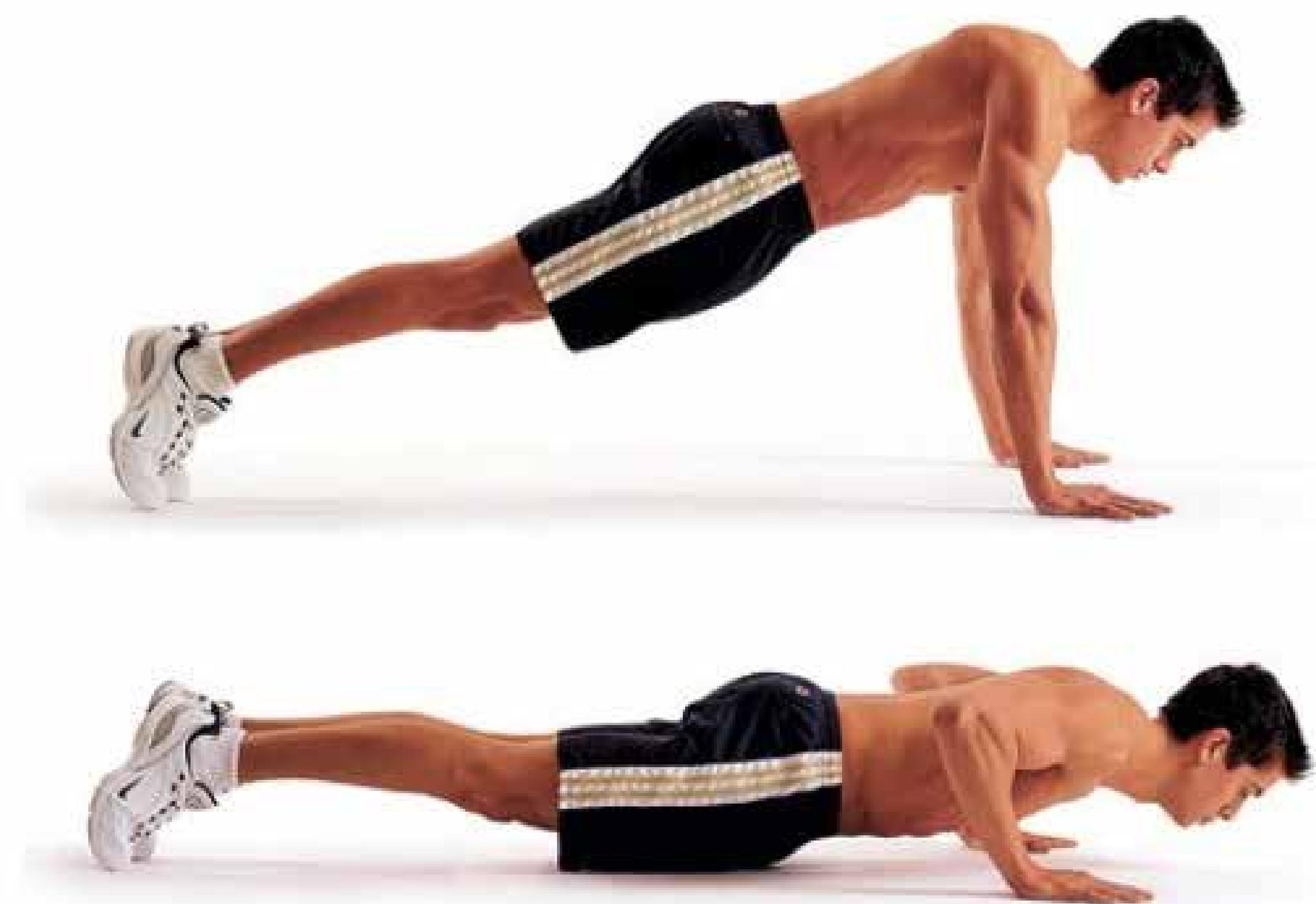
(c) Jump again and bring your arms down.

(d) During this, bring your feet together and

come to your normal position.

(e) Repeat this process again.

**3. Push ups** - Push ups are a very important exercise, it keeps you fit and also increases strength in the body.

**How to do -**

(a) To exercise push ups, first of all, kneel down on the mat and keep both your legs behind.

(b) After this, move both your hands forward and then keep them on the ground at a distance equal to the width of your shoulders.

(c) Then lean forward and put the weight of the body on your hands. Raise the knees of both the legs above the floor and straighten the legs.

(d) Now straighten both the hands completely and keep the toes on the floor. Then slowly bend your hands from the elbows and try to bring the upper part of the body i.e. torso towards the ground.

(e) Lower yourself until your chest or chin touches the ground.

(f) After coming down, you again straighten both your hands and take yourself to the maximum height from the ground. Now you will be at the top of the pushup position.

(g) Repeat this process several times.



**4. Forward lunge exercise** – This exercise is also important to keep the body fit.

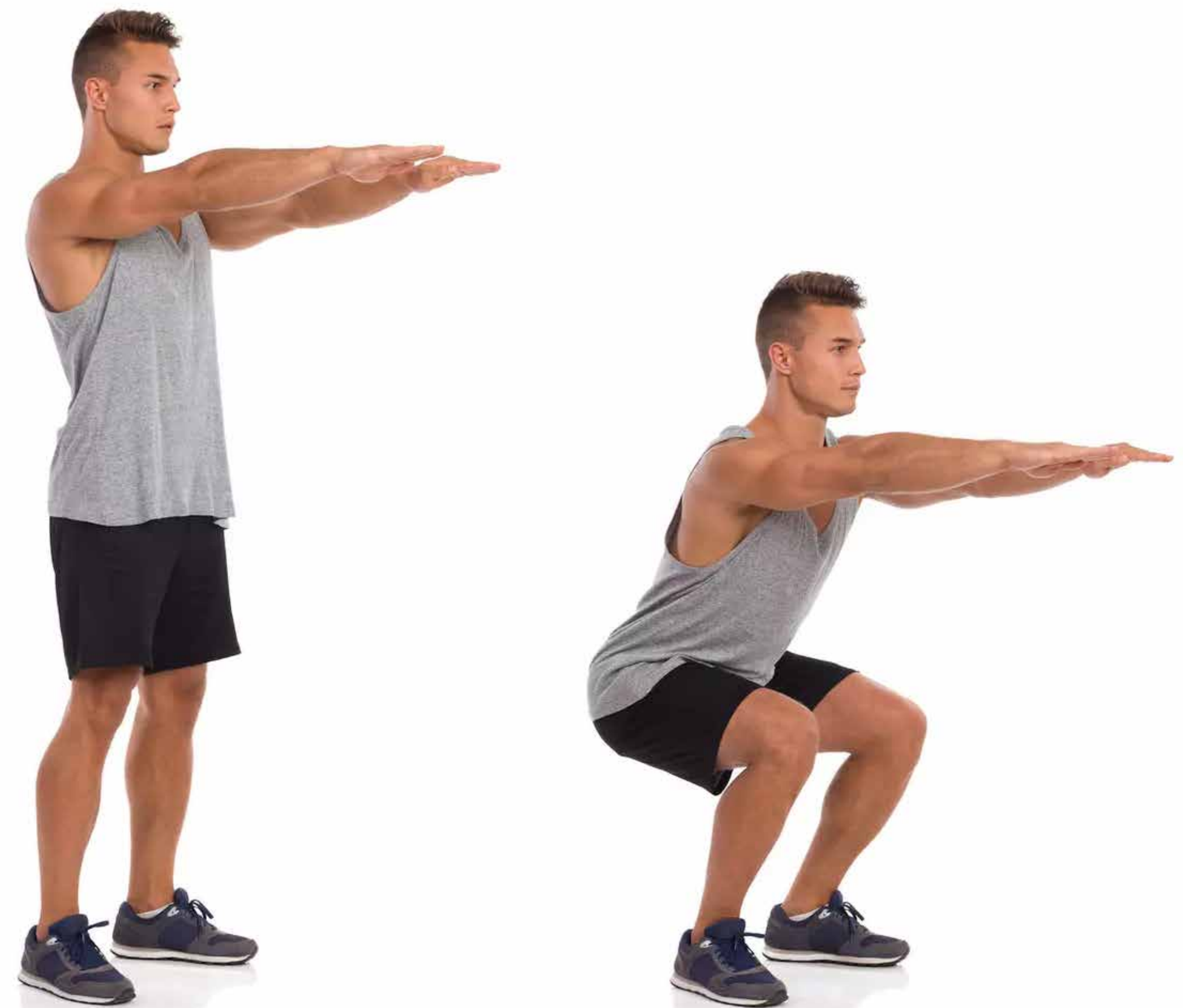


**How to do -**

- (a) To do the forward lunge exercise, you first stand straight on the floor, keep both your feet at the width of the hips and keep the hands straight down.
- (b) Then keep your right foot one step forward and bend it at the knees.
- (c) Keep your thigh parallel to the floor and make a 90 degree angle at the knee of the right leg.
- (d) Then place the knee of the left leg on the floor and make a 90 degree angle at the knee between the left thigh and the shin.
- (e) Now again straighten your right leg and bring it back and also straighten the left leg.
- (f) Thus you will come to your starting position.
- (g) Now again keep your left foot one step forward, do the same whole action with your other foot which was done with your right foot.
- (h) Keep in mind that your feet are in a straight line so that you do not have difficulty

in doing the forward lunge exercise and balancing.

**5. Squats** – Squats exercise strengthens the body.



**How to do -**

- (a) To do squats, first stand up straight, keeping a shoulder gap between both the legs.
- (b) Your body should be straight and tight. The waist should be straight.
- (c) During this, keep your hands straight in front of you.
- (d) After this, while moving your hips slightly backward, move the body down.
- (e) Lower the body as far as you take to sit on the chair. Take care that the knees do not go beyond the toes.
- (f) After that come up and down, you can repeat this process several times.
- (g) During this your waist should be straight.



## A VISION OF HOPE

A golden sunset is like a beautiful painting, god  
swirling its paint brush with gold and yellow.

Weaving dreams of hope in us.

Yesterday's dream is tomorrow's vision.

Don't whine around your troubles it barricades  
hope and faith.

Never let pessimism win you.

Cause hope is always waiting at the threshold  
just to enter in you.

Don't let your heart go bitter for the world is a  
beautiful place.

No place for hate, misanthropy and malice.

Sadness should be made ghost of past.

Every sunset brings a beautiful sunrise next day  
with unending dreams.

It is always darker before dawn.

A vision of hope awaiting to fill our lives with  
elation.

I greet the sunset with open arms today with  
dreams and hope in my eyes.. A world of hope,  
faith, love and peace.

By:

MONALI BHUYAN.





# N O R T H E A S T INTERNATIONAL FASHION WEEK

Season-7  
PROMOTING KHADI THROUGH FASHION .







IT was an evening to be remember  
 -(NEIFW) Northeast International Fashion  
 Week – 2022 took place on 12th and 13th  
 NOV 2022 in Guwahati. (NEIFW) Northeast  
 International Fashion Week has always been  
 a big buzz in the entire northeast where all  
 aspiring and notable Fashion Designers of  
 India and abroad participate to showcase  
 their exclusive designs for a noble cause. The  
 entire event happened in the new NorthEast  
 Handloom and Handicraft Development  
 Corporation complex, Pamohi, Gorchuk,  
 Guwahati. The event was inaugurated by  
 (KVIC)Khadi Village Industries Commission NE  
 Zone Director MR SUKUMAL DEB, Mr Nipon  
 Talukdar, CMD of NKTV and National Award  
 winning Actress from Meghalaya- Sweety



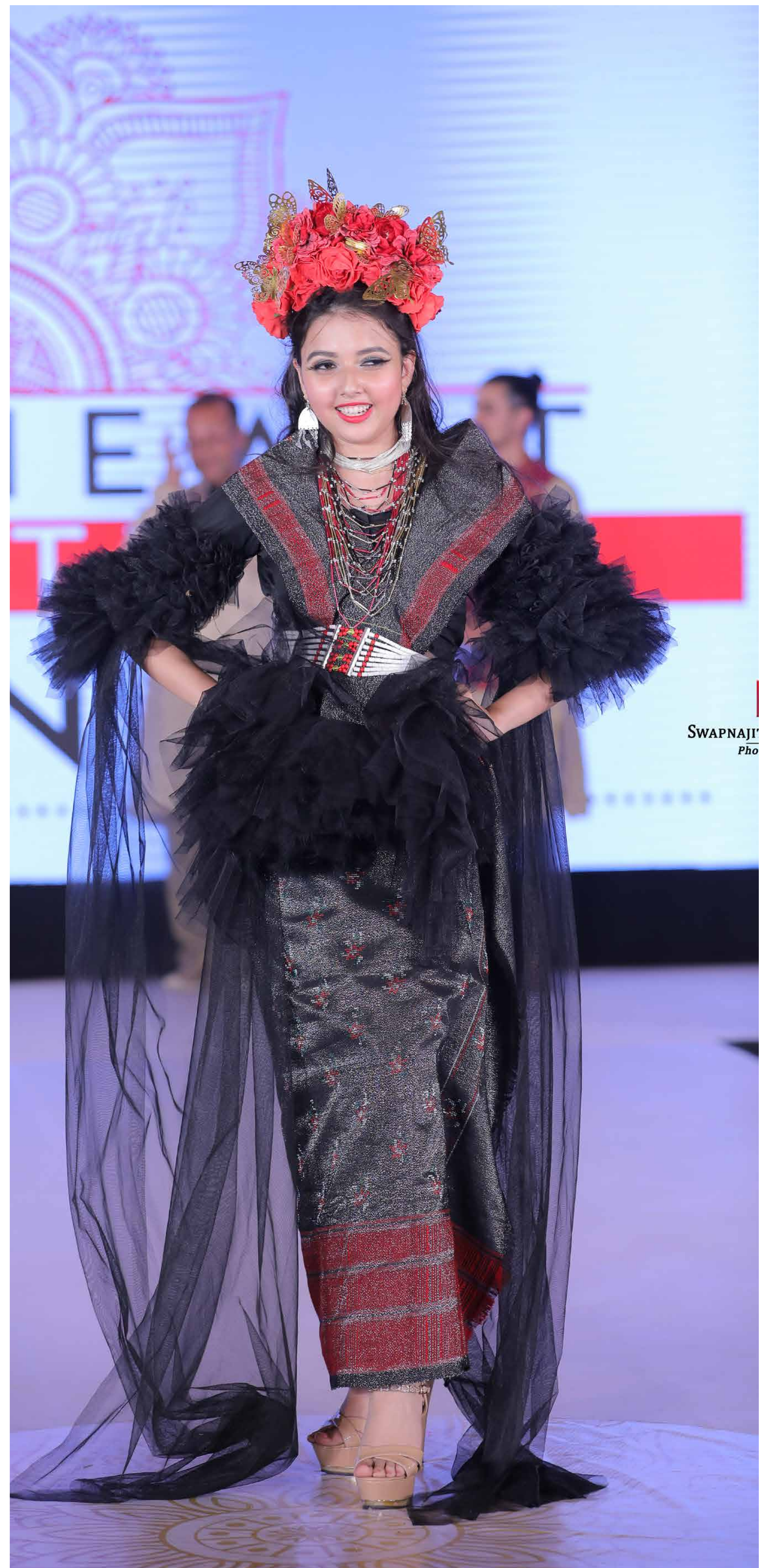
Jane Pala.

The opening theme OF NEIFW goes for  
 “Fashion for all” which means apart from  
 designer shows it is amazing platform for  
 kids, teens and ladies who are interested in  
 the line of Fashion. NEIFW is not just another  
 Fashion Event but an Event with always a



social cause. The social theme of the event previously was for the Old-Age home; Eye and body organ donations, Plant trees and protects the environment, give shelter and protect the animals along with international NGO PETA and many more animal welfare organisations. This 7th season we have all the best doctors of Assam associated to create awareness for BREAST CANCER along with a seminar and exclusive Khadi fashion show. There were several eye catching fashion sequence promoting KHADI, Handloom & Handicrafts through fashion shows of Handwoven Assamese Gamocha, Sikkim, Arunachal and Nagaland Handlooms. Traditional handwoven clothes symbolize the true spirit of small scale industries of villages and are reflectors of our rich cultural heritage.

NEIFW is also an amazing platform which collaborates with neighbouring countries and people from different cultures, this event is a great platform for the young talents to showcase their talent and win interest worldwide. Most importantly the objective of the event is to create brand awareness among the public and media associated with the fashion industry of the North East. There are also fashion accessories stalls from budding and established entrepreneurs in this event. The 7th Season of (NEIFW) Northeast International Fashion Week 2022 had host of Aspiring Fashion Designers from all over northeast states and also from neighbouring countries like Nepal and Bhutan and the 1st day fashion show was opened by very famous prominent Bollywood Designers of India – MR



RAJDEEP RANAWAT who Designs regularly for Bollywood actresses like KareenaKapoor, Dipaka Padukone, Katrina Kaif and more. Designer Rajdip Ranawat sequence in Guwahati was choreographed by PRASANTT GHOSH.



AURA

# PHOTOGRAPHY

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Shristi Myna

Photography  
Kaushik Brahma





*With best compliment from*

# MYSTIC AURA

MAGAZINE

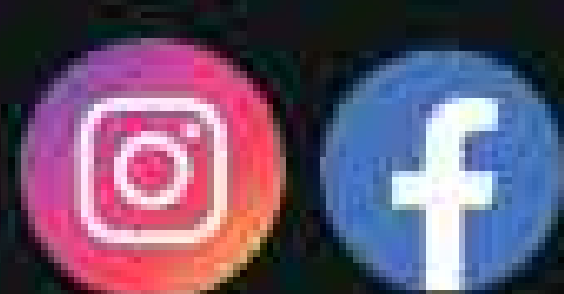
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