

JANUARY 2023, ISSUE 35/VOL 03

MYSTIC AURA

MAGAZINE

**Positives
Vibes**

Sometimes
become toxic

**She Lives The
Character**

Actress

Kangkana
Chakraborty

Jeans

Choice of all.
Fashion & Style for
all Season

Dreams

AN EXPRESSION OF
IMAGINATION

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MYSTICAURA

Fashion and life style magazine

2023

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Model: Sushmita Sah.
MUA : Anuradha Bordoloi.
Wardrobe ALN collection.

Designs & Photography by kaushikbrahmaphotography



Editor's Note

As we ushered in the year 2023, everyone is set for new plans with hopes of making this year better than the bygone year in a very special way in their own style. People, all over the world, embrace the New year filled with lots of love, happiness and feeling of togetherness.

Excel the inspirational vibes among others to raise the spirits and encourage for a resolution to be yourself rather than to change yourself because if you are the best the whole world will appear to be the best.

Mystic Aura, January edition covers mix articles followed by regular topics of readers choice. Hope all will enjoy.

A very Happy New year 2023.

Regards

GITALI PATHAK DEKA

CEO & Editor-in-chief

www.mysticauramag.com



**Wishing each
and everyone
a year filled
with the
blessings of the
Almighty, love
and success.**

**A very happy
New year.**

Regards,
**MRIGAKSHI DUTTA
BHARALI**

Copy Editor

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MYSTIC AURA CALENDAR GIRL'23



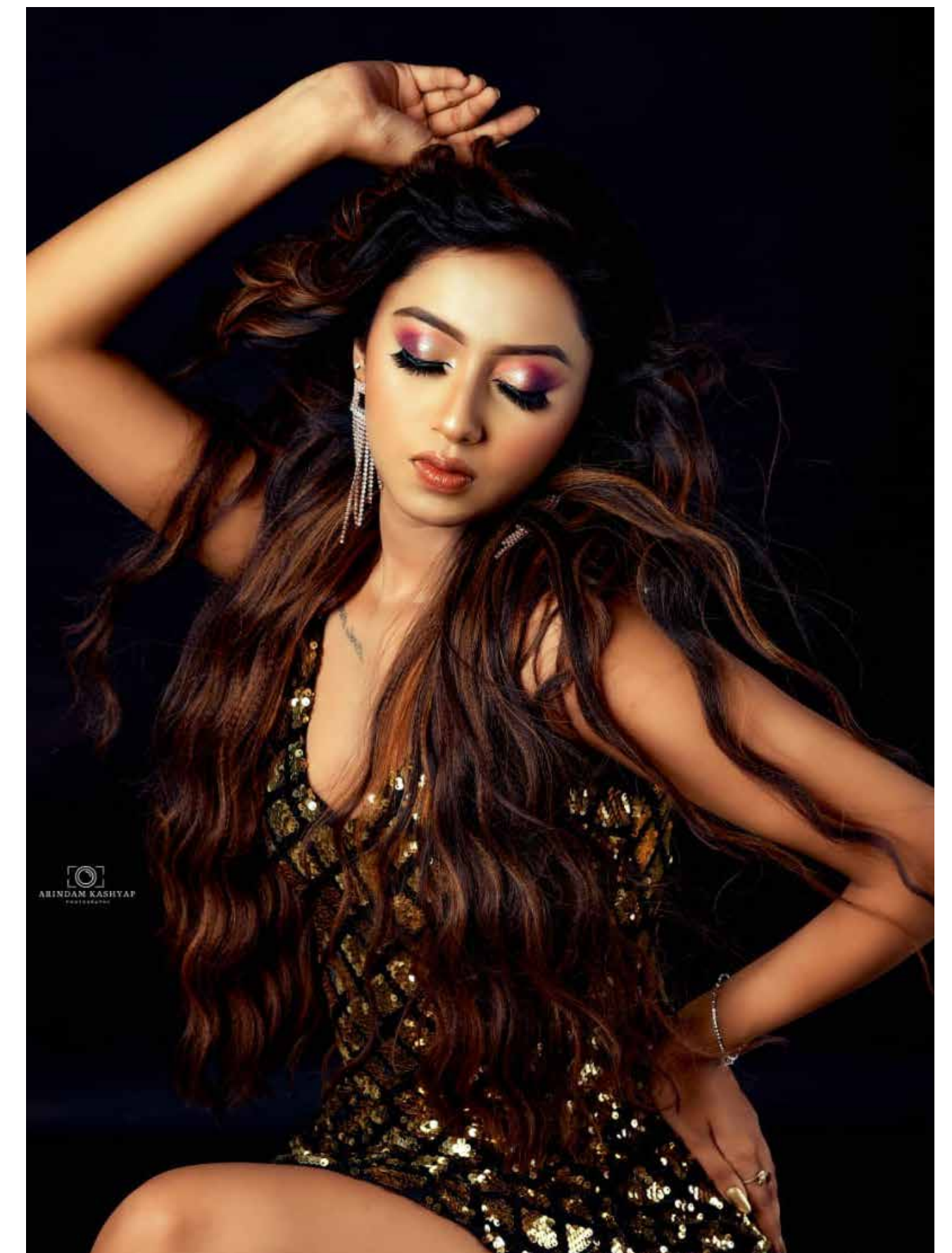
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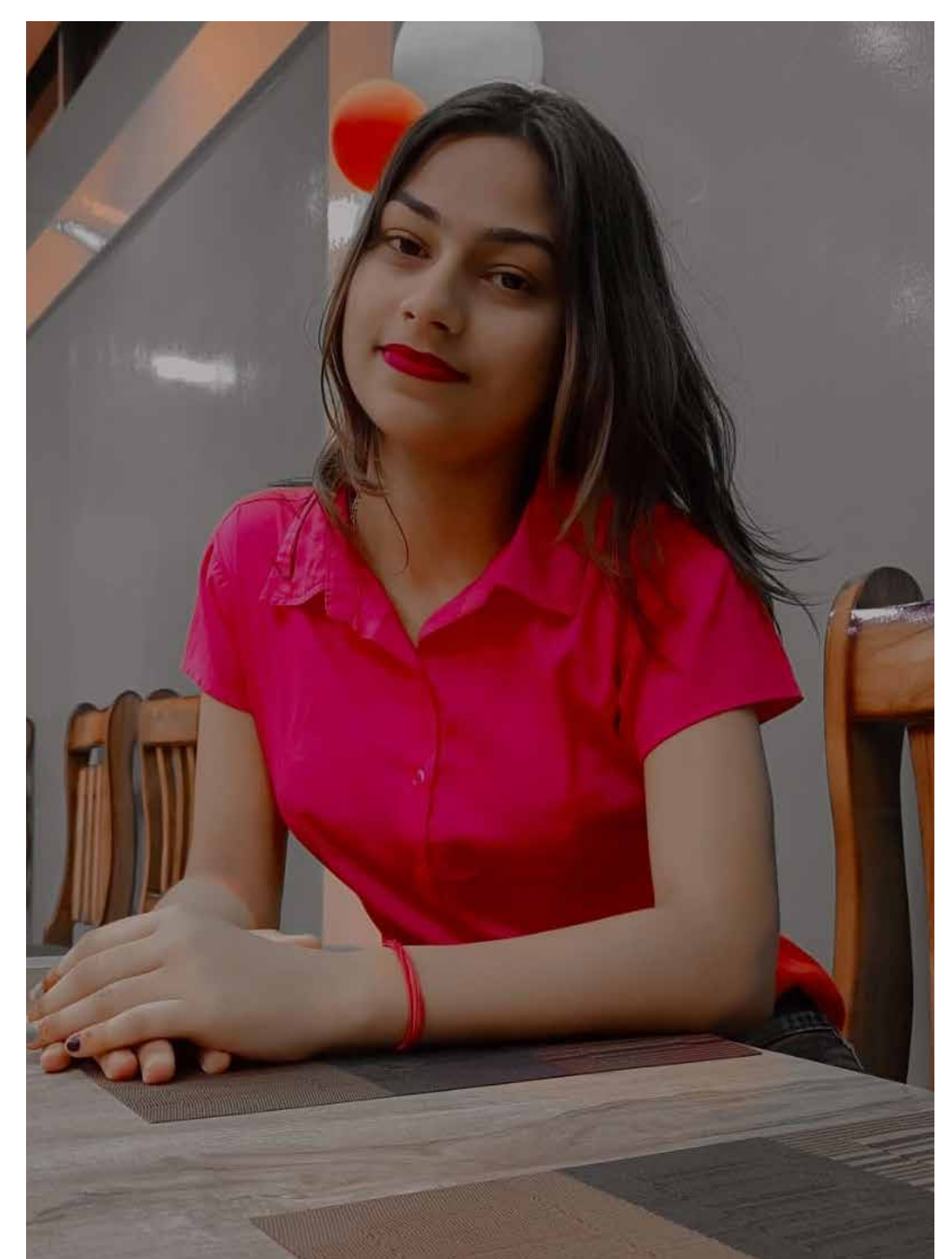
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MAIHANG GOGOI



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JUHI SAH



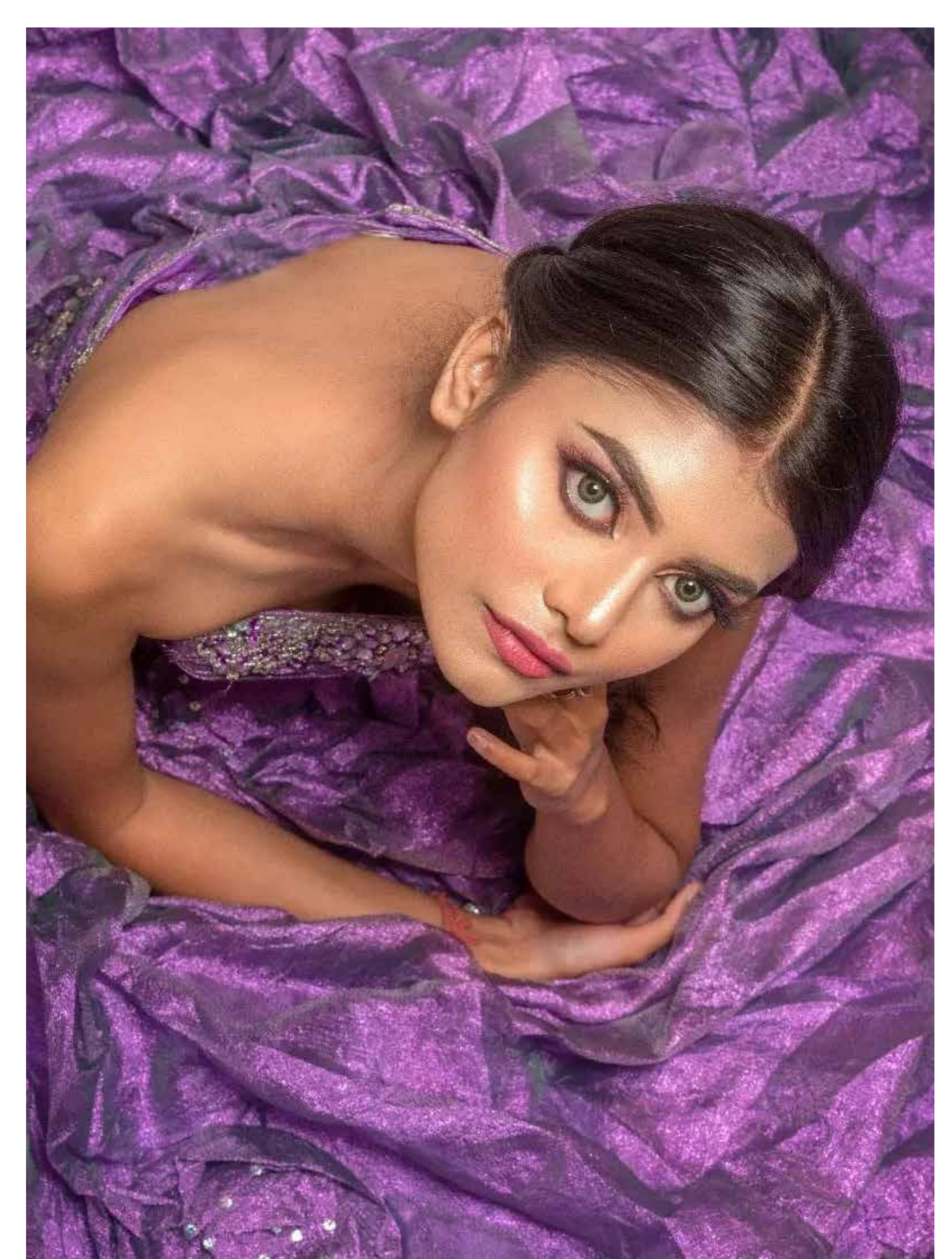
VIOLINA DEKA



**SRIBASHREE
HAZARIKA**



ISHA UPADHAYA



SUSHMITA SHAH

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ON THE COVER

An exclusive interview

Very gorgeous, talented and
admirable model & actress

ZUBISMITA
SAIKIA



1.Tell us in brief about yourself.

I am a woman with independent thoughts. A peace loving, disciplined & focused person.I don't have too many friends, only a few whom I really Love to be with.

2. Being a Doctor by profession how did you get connected to the Glamour world .?

Being a Doctor, it was really tough for me to achieve my passion and goal i.e acting & modelling. Initially it was my Aunt (in-law) who encouraged me to move forward in the glamour world.

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

Modelling seems to be very easy when one imagined and I too felt the same. But in reality, it's very strenuous, you need to be very much dedicated, hardworking & determined in maintaining your physical health issues, food habits, lifestyle etc.

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

As a model I won many prestigious titles like Dazzle Mrs India World-2018(1st runner up).. MrsIndia Universe Ambassador-2019.. Winner of Mrs India Calendar Hunt-2018..

5.what makes you feel most empowered ?.

As a women, when I am able to stand- up for myself or when my opinions are not only heard but also valued at work then it makes me feel most empowered.

6.How and when exactly did you realize you had the passion for acting ?

Since childhood, I loved acting in dramas held at school on occasions.It was my passion but my aim was to be a doctor. After completing MBBS , I got an opportunity & without any 2nd thought I decided to grab my passion whole heartedly..



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

These days and busy with shows, music videos, webseries & photoshoots. Currently ,am doing shoot for a webseries, will reveal the name very soon in social media.

8. Your future plans .

My future plan is to take on new projects at work. Try out different roles & explore my passion more and more every single day .

9. Your memorable experience so far and your message to the upcoming actors.

My most memorable experience is when I got my 1st break in acting & got a chance to act with the famous Assamese actor Raag oiinitom daa..

My message to all the upcoming actors....

Acting is all about honesty, behaving truthfully & believing the Inner You..

10..A few lines for Mystic Aura magazine.

Mystic Aura magazine will definitely boost the confidence of budding models, photographers, designers who wants to build their career in fashion industry. And my best wishes to the whole team of mystic aura magazine for their continous support.



JEANS FOREVER TRENDY



Prasantt Ghosh

FASHION DESIGNER AND CHOREOGRAPHER

It was in the mid sixties that jeans came into existence in our country. Wings and van sobers pioneered the large scale production of jeans of cowboy brand. So the jeans fever caught on and there sprouted manufacturers like apache, jean age ad Levis jeans who entered the market.

If late 60's and 70's made Indians familiar with jeans, it was in the 80's that the jeans revolution fired Up the Indian market. Manufacturers like FU, s and the 'London jeans came on town' made jeans wearing a status symbol and then included in high fashion. Soon, it got popular and now it has swelled into a multi -crore industries with exports to Russia and UK. The denim culture is so international in its core that you instantly start believing in the concept of global brotherhood.

Hollywood star Brooke shields did her first ad for Calvin Klein in 1979, taking jeans' fashion value to new glory. In 1983, people got acquainted with stone wash jeans. Today we've more than twenty five different washes, giving customers a wide range of choice.

In India, the jeans market in getting healthier. Starting from a small demand Jeans has reached every house in India. Today Arvind mills have set up an export wing with hopes of dispatching denim to Uk and other European



markets. Tempted by huge Indian demand, names like Calvin Klien, Pepe, Levis and Wrangler have entered the Indian market making the competition stiffer.

Local manufacturers, however, aren't worried. They opine that foreign brands are for big bucks, restricting a large chunk of buyers to the local products.

People who love jeans and cannot do anything without it should keep this following points in mind. For heavy thighs- try a relaxed fit; they are roomier in the hips, seat and legs and are sometimes pleated. Avoid baggies or super tight fit. Funky trousers can leave you out of the loop



fashion has some great pants but the more fashionable they are the more casual they will make you appear. Leave the funky pants for weekends and casual nights out.

Suit your waistline whether you're curvy or slim, the right fit will give you a more in proportion waist, plus the length you need in the rise. Avoid men's jeans. If you're slim they'll fit well, but they'll emphasize thinness, not curves.

For petite and slim women their narrow lines will create illusion of height. Wear a belt if your pants have loops. You will look unfinished without a belt in your belt loops.

Avoid the hipster overhang; the current fashion of hipster pants is great as long as you don't have flesh oozing over the top of your waistline. It is not a pretty sight. Jeans are a no go for business. As comfortable as jeans are they can ruin your professional look. Jeans are the lowest common denominator when dressing for a business workplace. Unless you work in a jeans store or it is a casual office gatherings keep them for weekends. Any style of pants will always be dressier than your jeans. Avoid baggies they'll overwhelm you. Jeans make sense because they're functional but always add a special touch like a scarf or hat. Buy jeans two sizes big because they're comfortable. Wear

them with western or country looks.

Levi Strauss the father of the jeans must be wondering over the success of his invention. He sold a pair of rugged trousers made of canvas to a miner for six dollars in gold dust in the 1850's. Soon the news spread that Levi had made tough trousers. His canvas stock was soon exhausted. Now, Levi wrote home asking for more material. Instead, he received a tough brown cotton cloth made in Nimes which soon was shortened to denims while the word jeans derives from the French word for Genoa where a similar cloth was produced. Kudos for jeans popularity must go to James Dean who appeared in 'East of Eden' wearing jeans.

Marlon Brando broke the public image of jeans as an outfit for miners only in his mega hit. The wild ones Levi's for girls and prewashed jeans were introduced in the market in 1967 and '74.

Shop with a friend for jeans. Who else will tell if your bum does look big in those pants? Many sales people may not tell the whole truth so you will buy with all the variety of cuts out there you need to try as many styles as you can to





get the right ones for your shape.

Women's jeans tend to have a higher rise length between waist and crotch than men's have curvy hips and wait. Guess three zip jeans were the most universally flattering. Other new number one, Cinnic contour, lee cooper, numero uno and levis jeans now come sized for petite, average and tall.

Watch your hems if you put on weight. The hems of your pants can rise if you put on weight as your pants don't sit as well on your body. The end result your pants hang around your ankles and look like they have shrunk. Save them for when you get back to your correct weight or have them lengthened.

Alter hems after the first wash. As a rule casual pants will often shrink a little in the wash. I save having my hems done until after they have been washed or I just tack the hems up until all shrinkage has occurred. To make yourself look taller have pleats pressed into the front of your pants. I like the cheap and chick look, comfortable blue jeans and a beautiful designer jacket silk blouse. The vertical line will create the illusion of more height. Keep your pockets empty or sew them closed. Gaping pockets on your pants especially the back pockets will make you look fuller in

the hips. Sew your pockets closed and cut away the fabric inside for a slimmer look. Never overstuff hip pockets unless you want to look heavy.

Trousers with bulky pleats can make you look bigger. Find trousers with a flat front to avoid looking bigger than you are. Faded, laid back denim works with my life. If you don't want to wear a belt with pants that have belt loops then have them removed professionally by a tailor. You know the rule; belt loops require a belt to be worn otherwise you will look unfinished

Choose jeans with a zip to look slimmer. Jeans that do up with buttons are fun but chunky. They make a great finish to jeans but if you're trying to camouflage a less than perfect tummy. Choose your jeans with a zippered fly. Trousers with bulky pleats can make you look bigger. Find trousers with a flat front to avoid looking bigger than you are.

THE WRITER IS A FASHION DESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT email – prasanttghosh999@gmail.com

SLAY THE FASHION GAME IN 2023



By :

Bia Sandhu

Image Stylist

Founder Parfait Image Consulting



If you want to stay ahead in the Fashion game in 2023 Lilac has adorned everything from casual separates to special occasion pieces as purple tones are here to stay...

Yellow will bring a spring in your step, you just need to think about how..the trick is to keep this color away from your face. You could wear neutral tones like beige or cream for a grown up take on the colour trend.

Tassel detailing would be one of our favourite trends in 2023. The best party dresses and pieces will be given a full fringe makeover for a look hard to resist adding depth

and movement to every item of clothing.

Lace will give a feminine twist and will give a chic look under well styled blazers. Laser cut designs encapsulate the romanticism of lace with a thoroughly modern finish. A-line dresses, trench coats are my go to in this hue.

Athleisure wear is coming up in a big way where the silhouettes are sporty but the material is super luxe. I can see embellished slip skirts teamed with sporty jackets in the upcoming season. To Up style classic sportswear pieces give them a fashion forward refresh, add heels to silky tracksuit trousers or cargo pants for a more elevated finish..



Bomber jackets are very much in this season, up style them with satin style silk sweat shirts. Draw inspiration from the best waterproof jackets to add an active dpi wear to your closet. Half zip designs, oversized, practical front pockets are the details to look out for.

A line midi skirts, a fun bubble skirt makes a fun addition to the trend family. It's important to balance out the proportions, if you wear a bubble hem skirt it's important to wear a fitted, tucked in top to highlight your waist and a well tailored too half...

The florals will be back in spring and bigger than ever. Large scale bloom prints. Offering timeless femininity, the bolder palettes give a nod to the dopamine dressing that dominated last year too. Go for large scale, repeat patterns in pretty much everything. With florals, oversized bows are a trend for the warmer months, thanks to their femininity and naturally romantic feel, making them ideal for special occasions.

Look out for oversized earrings, Glamorous chokers, metal bags and Bags, bold and striking sunglasses... you could wear them separately or mix and match..

Can't sign off without taking about the latest trends in makeup.. Makeup is not always about extravagance and the natural look will continue to rule the makeup trend in 2023...the upcoming season will witness Smokey eyes in different colours, light as well as dark colours will be experimented with..Hydrated dewy looks always win hearts. But I'm the upcoming season it will change to a more glossy form.. always follow make up trends but incorporate your own styles in it to stand out.. May you have a beautiful 2023.



FASHION DESIGNER

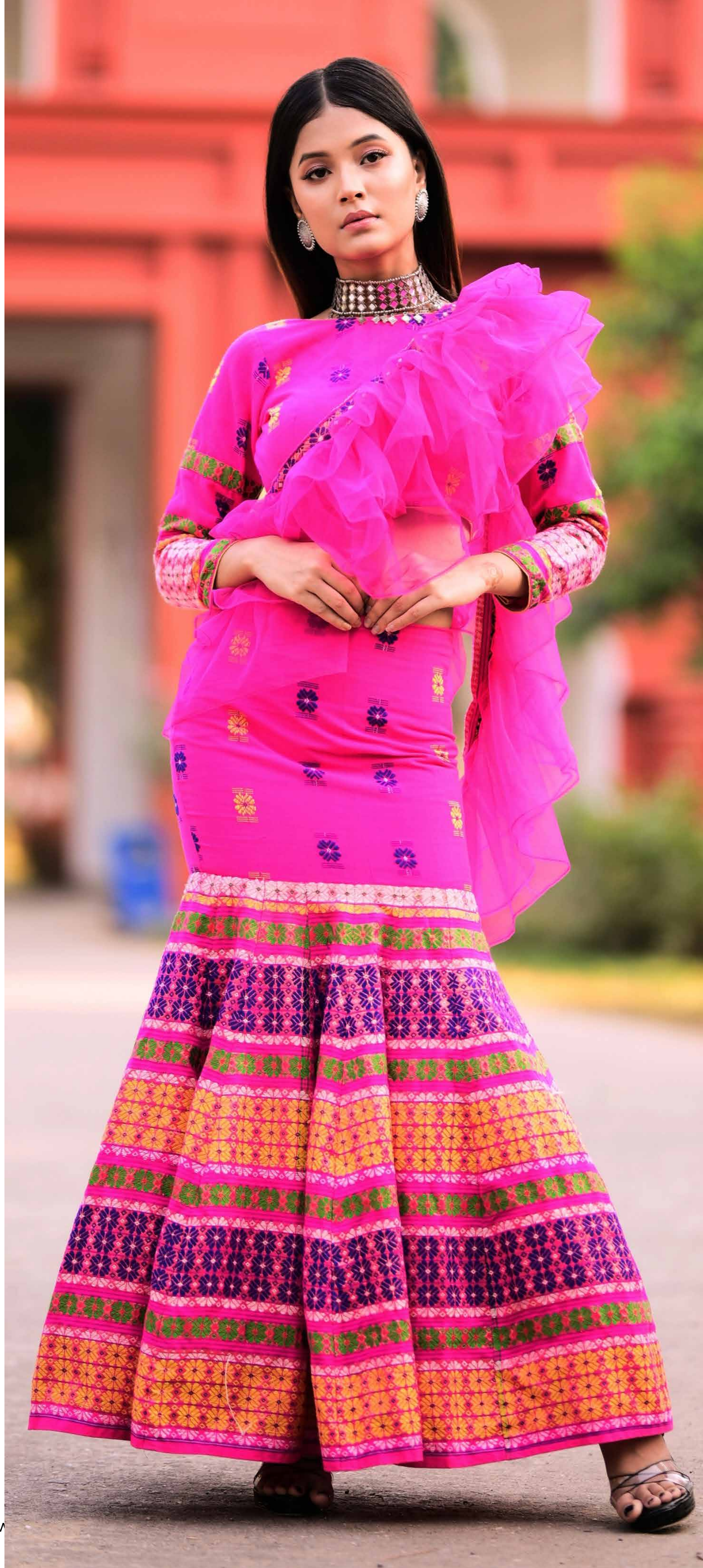
Richa Rabha

OCCASIONS TO WEAR

The desire of the clients to celebrate a special day with traditional touch is what fuels our imagination. The blend of fashion and tradition here has to be proportional so that both prevail in the eyes of the viewers. The custom made attires are specially designed to keep in mind the weddings and celebrations we encounter in our lives. But that doesn't stop us to put our mind and heart to make outfits which we use in our mundane day to day life.

MATERIAL:

It is basically hand woven fabric with traditional motif in it. The fabric is fetched from the loom as per the requirement. After that it has been adorned elegantly with stones, chetans, beads and detailed embroidery. Thus, enriching the beauty of the whole material.





CONCEPT:

The concept was to make bridal outfit inspired by Rabha tradition. To make it possible intricate work has been done.

*_The main motive of the collection is to create an awareness on traditional handloom product.

The Northeast Fashionistas

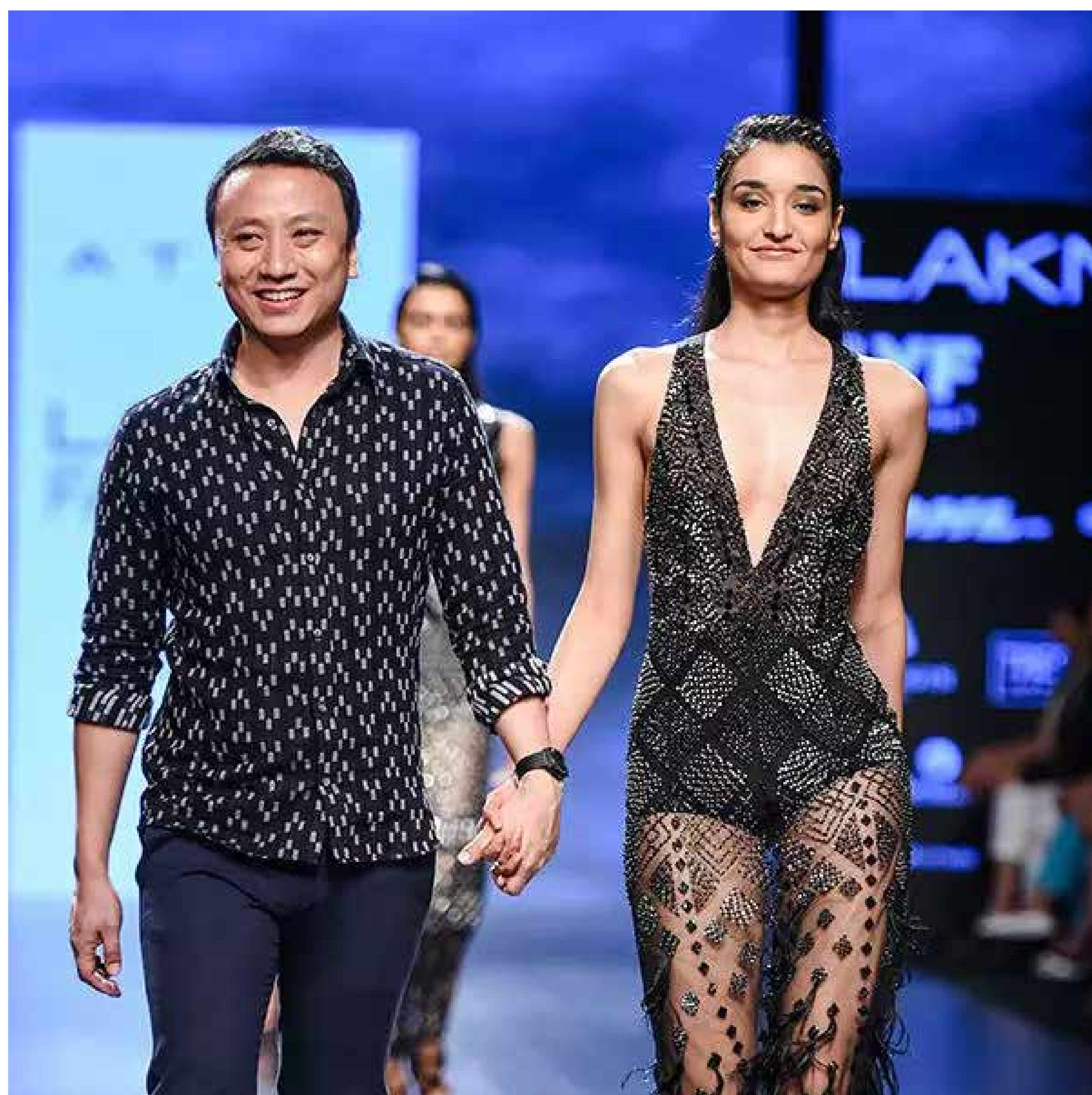


By :
Dr Bobita Sinha
*Chairperson,
 Helping Hands Social Foundation
 Tarot Healer, Writer, social worker*

The Northeast of India is known for many things such as the food, people, locations and especially their fashion, and to promote that fashion here are some of the big names in industry right from the Northeast.

ATSU SEKHOSSE- Famous among the Bollywood celeb's, there are not many in the industry that don't know about Atsu. His career, which he once thought would be short-





lived, gained traction beyond belief once he launched his collection in 2007 under the Atsu Sekhose brand. He has been known to be the prime benefactor of women's clothing to celebrities such as Kareena Kapoor, Priyanka Chopra and Deepika Padukone, and his designs have been featured on the cover of lifestyle magazines such as ELLE.

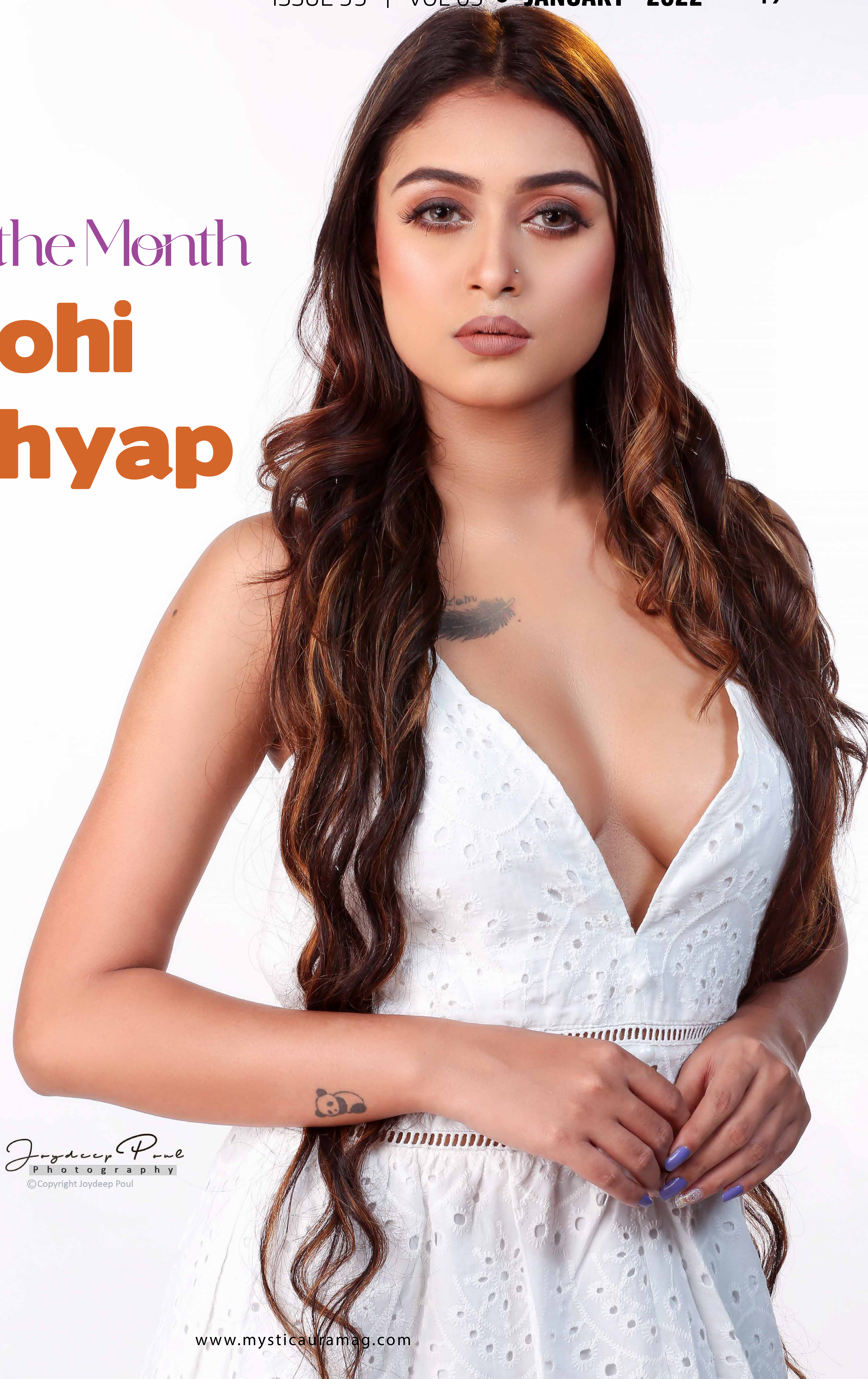
JENUM GADI- Born in the town of Tirbin in Arunachal Pradesh young Jenum always has had a knack for designing things to his likings even before he knew that could be turned into a career. Once he did find out, it didn't take long for him to quickly gain his bearings and become the biggest fashion designer from Arunachal with mostly all of his collection launches being massive successes and signing honourable contracts such as designing uniform attires for female officers. He is also another Bollywood favorite with celebs such as Sonakshi Sinha and Arjun Kapoor being regulars to his brand.



Keren Longkumer- Probably the most well-known of the bunch, Keren is the co-founder of LoQ and is one of the most relevant footwear providers in the international market. Hailing from Nagaland, Keren has around 50 LoQ outlets and through her partnership with Valerie Quant she is looking into expanding even more, she is currently situated in Brooklyn and has big name Hollywood stars such as Solange Knowles as patrons. And is also featured in online magazines such as Novella.

The Northeast has had the history for many talents and Fashion is not an exception to that, in fact it's one of the first things I recommend people check out not just from named brands but also flea markets from different states that provide quality clothing for some of the most reasonable pricing imaginable.

Face of the Month
Aaroahi
Kashyap



Joydeep Poul
Photography
© Copyright Joydeep Poul

1. Tell us in brief about yourself.

-A simple girl from Assam ,with much more responsibilities & dreams in my eyes.

2. .Dreams don't work unless you do.what's your view about it .?

-Universal truth we can say because people have to be passionate & concentrate on their dreams so that one day it will come true and hard work will bring happiness in life ahead.

3..How did you get connected to the fashion world ?

-I always had a dream to be a super model & so I started on my journey after my 12th standard by doing Print Modeling .

4.Your experience in the Glamour world in nutshell.

-It was an amazing experience with lot's of up & downs . Sometimes I win & sometimes I learn(fail) .

5.What are your future plans ?

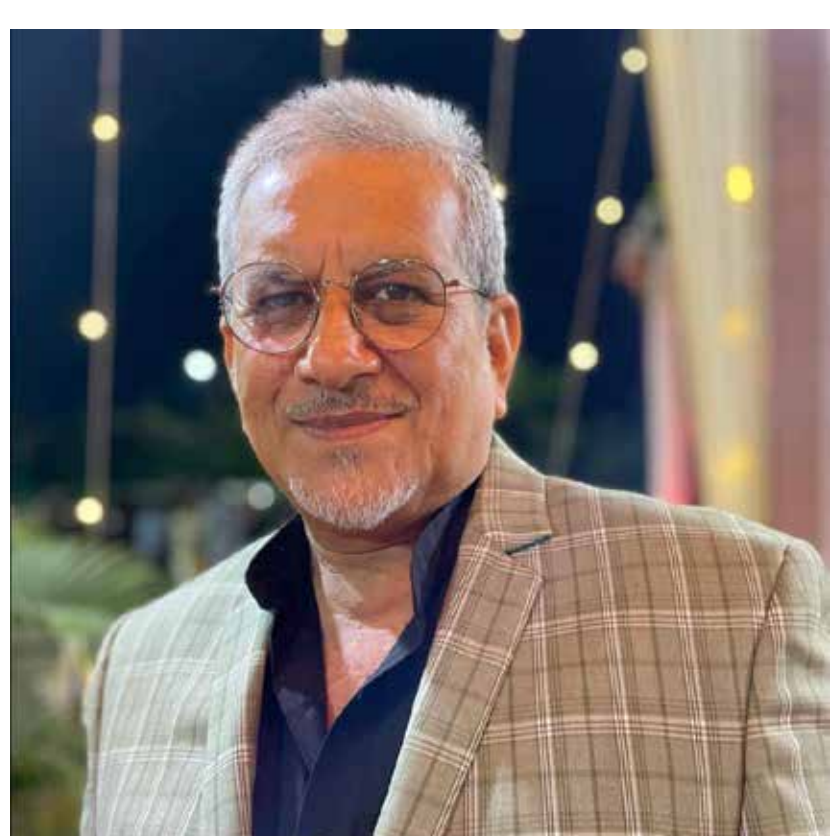
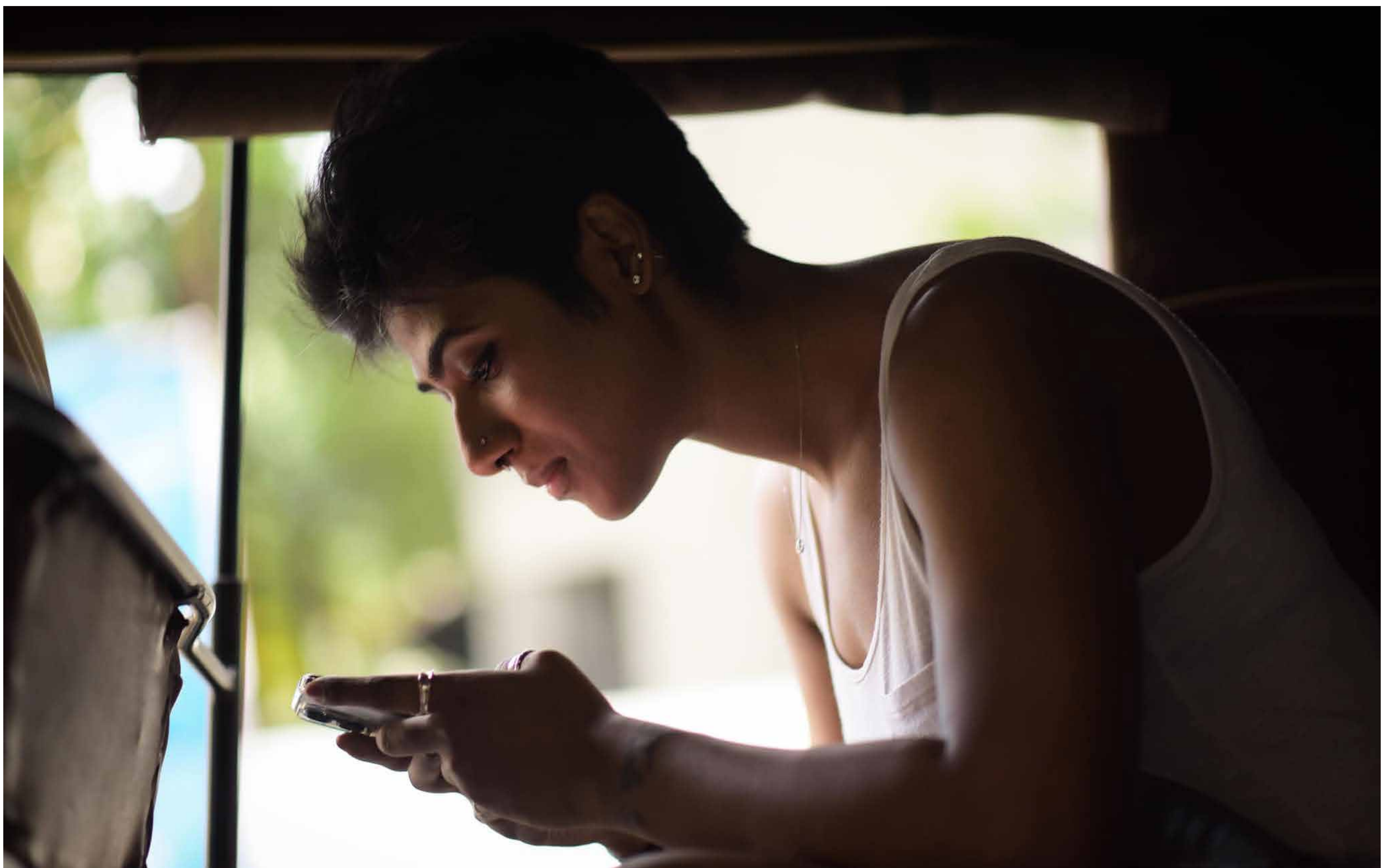
-I want to established myself as a super model so that I can be an inspiration to others .

6.Few lines for Mystic Aura magazine.

-Mystic Aura is a Trending Magazine where new faces & talents get featured every month & a platform where they can explore more and get opportunities to publish their talent.



SHE LIVES THE CHARACTER



By :
Utpal Datta.
Author, Critic and Filmmaker.

Utpal Datta speaks about his favourite Indian Actress . There have been many times when I have encountered a question of this nature - who is your favourite Indian actress?

The question appears to be meaningless at first glance, but upon closer examination, it reveals a number of layers

of text. The truth about a male actor is easy because it mostly depends on his acting ability. The look of a person is not an aspect to be considered. But, when one asks the same question in the context of an actress, the answer comes out with a combination of complex interpretations. The appealing aspects of an actress are not just based on her performances, but on many different factors as well. These include her beauty, the curves of her figure, her voice, her look, the colour of her skin, the appearance of her smile, and so on.

My favourite actress, who I consider to be one of the finest actresses of my generation, does not have to pass any entrance examinations in terms of beauty and other



feminine matters. As far as her height is concerned, she is taller than the usual Indian actress. In addition, her complexion is different from that of other famous Indian actresses. She looks like a tomboy, she does not have long hair like an Indian woman, etc. In a nutshell, she does not follow the typical norms and requisites of an actress as far as the acting profession is concerned. When asked about her ongoing projects in India, she replied, 'I am not the kind of beauty the film people need. I don't fit their benchmark. I receive offers mostly for assistants to detectives, transgender, and similar characters. She was exceptionally brilliant opposite Rajat Kapoor in the web series Shabda-Jabda. The character was a girl with brains and beauty, and she truly lived up to the role. Beauty is not just about physical appearance. It should have a soul and should be presented in a sophisticated way, as it was in Shabda-Jabda.

She studied at the internationally recognized film institute, the New York Film Academy, and obtained her Masters in Acting. She graduated in 2015, and since then, she has been settled in Los Angeles, majorly working as an actor in several Short Films, Indie Features, and Commercials (Western Union, Pier1, Google, ServiceNow, and others).

Returning to India, she made her short film 'Written by?' It is a story of two writers, two generations. It asks, "Who can claim the right to a story?" The one who experiences it or the one who pens it down?" "Written by?" has won 48 National and International Awards, including the BEST SCREENPLAY award from "The Director's Guild of America." She played the female lead and gave life to the character. Eventually, she made the big short film ANURUP (50 minutes) as writer-actor-director. "Father and Daughter estranged for six years are thrown together by circumstances. Will talking face-to-face solve the problem or make it worse?" In this short, Kankana, the Writer/Director, also portrays the Daughter's (Jinia)



character. Sabyasachi Chakrabarty portrays the father. She portrayed Jinia's character so passionately that no one could imagine another actor fitting the role. She appeared in the film as she is. Furthermore, she dressed casually, looked normal, spoke spontaneously from the heart, and had one of the most expressive eyes I have ever seen - all elements that made her character real, passionate, and haunting.

Her calm, misty eyes speak a lot. Furthermore, she speaks not only with her eyes, but also with her body language. She doesn't act she lives the character. Kankana recently finished filming a feature directed by Rajat Kapoor and produced by Applause Entertainment. The film will be released in 2023. At present, she lives and works in both India and Los Angeles. She will come to Assam to participate in Chalachitram National Film Festival to be held at 5th and 6th Jan 2023 where the film A Nomad River will have its India Premier.

TRADITIONAL FOOD HABITS OF ASSAMESE PEOPLE



By :
Manikangkana Devi
Writer, Proof reader

There is no need to say afresh about the quality of the indigenous food of Assam and its wonderful unique taste. It is not necessary to say that awareness of the food items of the characteristic taste and quality of Assamese food. 'Khar Khuwa Axomia', it is as if the identity of Assamese people Assam's food or Assamese cuisine is the food system of the permanent inhabitants of Assam. The Assamese diet has both the effects of hilly dry or

pickled food habits as well as the fresh ingredients of the plain. There are variations in the food habits of this region due to the influence of different cultures. Some of the striking features of Assam's food are : minimum consumption of spices and fats, the use of aromatic leaf, a combination of green leafy vegetables, widespread use of sour taste ingredients, more use of fish, low consumption of red meat, availability of medicinal ingredients. The main food of Assam is rice and almost all the food is related to rice. Assamese food usually starts with "khar" or "shaak" (leafy vegetable) and ends with 'sour' dish. The use of khar is one of the features of Assamese food. Khar is a famous ingredient in Assamese cuisine. It was earlier used by the Assamese people instead of salt, as salt was not readily available in Assam at that time. Rice is the main ingredient in Assamese food. Assam produces a wide variety of rice,



both Indian and Japanese. Joha (a fragrant rice) is the most famous rice in Assam. Some of the most important varieties of rice are available only in Assam. Various new-age varieties of rice such as johar, bara, misiri, pyjam, ranjit, gamiri, shali, swarnamachuri etc. are used in Assamese food. Apart from rice, various snacks made from rice are a notable ingredient in Assamese food. Different varieties of rice are used as per the requirement for rice and for different snacks. Assamese people see rice being used in almost every cuisine. In the festival, pitha-pana, mainly made of rice powder, is an important asset of the Assamese society. Pitha is a traditional Assamese sweet made mainly from pithaguri. There are different types of pitha and have



special significance in Assamese. In Assamese Rangali and Bhogali Bihu, different types of pithas are prepared and served to guests as well as in various other festivals or domestic occasions. It has a prominent role to play in Assamese society and social customs. Many people nowadays use to buy pithas from the market rather than making them at home. In view of this, the preparation of pithas and sweets like sesame and coconut ladoos has taken the form of a business. Some of the different Assamese snacks made from rice are: Chira, Sandah, Akhai, Soft rice, etc.

Poita rice is a kind of boiled rice soaked in water at night, the next day becomes a little sour. It is a favourite food of the Assamese people especially on hot days.

Another major use of rice in Assam's society is 'traditional brewing'. Such liquor, which is mainly made from rice fermentation, is an essential gift to the tribal community of Assam. This liquor is used in various festivals, religious ceremonies. Among different tribes, alcohol made from rice is known by various names, e.g., laopani, saj paani, rahi, apong, etc., and each of them differs in the preparation method.

All indigenous communities in Assam eat fish. Fish, both small and large, belong to the Assamese food system. The small fish include Puthi, Baralia, Moa, Khalihana, Shingra, Shingi, Lachan, Bhangon, Pavo, Magur, Shoal, Kavai, Darikana, Veseli, Gedgedi, Tura, Batia etc. and among the medium or large fishes, rau, barali, bahu, chital, khoriya, kunhi, mirika, etc. There is a unique recipe for each fish. Assamese food process uses very little oil when cooking fish, usually only mustard oil is used. Except for onions, ginger, garlic and mustard seeds, other spices are rare to be used. The various processes of cooking fish in Assamese food are as follows: Curries with different vegetables, curries with various citrus fruits, Fried fish, The fish on the leaf, barbeque fish, Boiled fish, Dry Fish, Fish petu (intestine) etc.



Meat is also an important in the indigenous Assamese food system. The meat of birds is generally eaten by most people. There are variations among the populations in terms of meat consumption. Not everyone eats all kinds of meat. Pork, for example, is eaten by some people, but is considered untouchable by others. Similarly, cow meat is also consumed only by people of Islam and Christianity. The meats that are commonly eaten by everyone are: Assam's popular meat, duck meat along with a number of indigenous servings are made. Almost all people eat poultry meat even if some people have some religious obligations.

Mutton is popular meat in Assam. But goat meat is believed to be the influence of other food habits in Assamese.

Pegion meat is cooked with various ingredients such as banana flower, pepper etc. Along with wild birds such as Dauk (White-breasted Waterhen), Sharali (Lesser whistling duck) migratory birds, meat of deer, tortoise, river dolphin, etc., were also included in Assamese food, but these animals are now in the category of protected organisms, so these meat-eating laws are prohibited under the law.

The production of green leafy vegetables in Assam is very high and that is why the Assamese food is rich in vegetables. These vegetables are found from both agricultural and wild sources. Apart from being flavoured as a food, vegetables are full of many medicinal properties, which is why Assamese food is considered a healthy food. Some of the popular vegetables that are grown in the wild are Matikaduri(Brazilian spinach), Manimuni(Indian pennywort), Vedai Lata (stinkvine), Khutra, Banjaluk, Masandari (fish mint) , Brahmi, spinach, coriander, etc. are also cultivated in Assam. On the other hand, most of the vegetables are produced by farming. Some of the affordable vegetables of Assam are Elephant Ear, brinjal, Teasle Gourd, White gourd ,Bottle gourd, pumpkin, banana flower etc.Vegetables are usually eaten as curry or fry. Spinach is often used to cook curry with fish. There is a tradition of cooking and eating one hundred vegetables together in Assamese society on Bohag Bihu.

The use of commonly available spices in the Assamese food system is very low. Of course almost all the spices are used in modern cooking today. The common spices used in the preparation of Assamese indigenous food are ginger, Onions, garlic, Pepper, Raw chilli etc. However, spices such as cumin seeds, coriander seeds, Cardamom, Cinnamon, black cumin seed, etc. are also used in Assamese cuisines under the influence of modernity.

The spice plants do not grow indigenously in Assam. So these spices are not used in assamese traditional food. In the past, it was customary to use leaves, thords, etc. of fragrant trees instead of spices. A mixture called 'topola bhaat' is cooked by wrapping it in a tarpaulin or a banana leaf, so the scent of the raw leaves is also found in the rice.

.....to be continued

Dark Side of “POSITIVE VIBES ONLY” - Its okay, not to be okay



By

Dr. Nikhita Nagar

Dental Surgeon | Behaviour Therapist | Sociopreneur

Director : Dr. Nagar's Dental and Physiotherapy Centre

President : Being Caring Organisation

Post pandemic and widespread social unrest, these days it can feel as if reassuring platitudes are inescapable.

“Everything will be fine.”

“It could be worse.”

“Look on the bright side.”

But as well intentioned as those who lean on such phrases may be, experts are cautioning against going overboard with the “good vibes only” trend. Too much forced positivity is not just unhelpful, they say — it’s toxic.

“Cultivating positive mind-set is a powerful coping mechanism, toxic positivity stems from the idea that the best or only way to cope with a bad situation is to put a positive spin on it and not to dwell on the negative,” in words of Dr. Nikhita, a Behaviour Therapist. “It results from our tendency to undervalue negative emotional experiences and overvalue positive ones.”

Why some people are more optimistic than others — and why it matters. Think of it as having “a few or too many scoops of ice cream”.

“It’s really good and it makes us feel better, but you can overdo it,” she said. “Then, it makes us sick.”





But people who are genuinely effusive and upbeat aren't the issue, she said.

"It's a problem when people are forced to seem or be positive in situations where it's not natural or when there's a problem that legitimately needs to be addressed that can't be addressed if you don't deal with the fact that there is distress or need," she said. Take, for example, negative emotions stemming from the current state of the country. Denying, minimizing or invalidating those feelings through external pressure or your own thoughts can be "counterproductive and harmful," Nagar said.



" ***Various Experts,
recommended mindfulness
techniques that allow people
to sit with their emotions***

'Looking on the bright side' in the face of tragedy of dire situations like illness, homelessness, food insecurity, unemployment or religious injustice is a privilege that not all of us have," she said. "So promulgating messages of positivity denies a very real sense of despair and hopelessness, and they only serve to alienate and isolate those who are already struggling."

Internalizing such messages can also be damaging, she said.

"We judge ourselves for feeling pain, sadness, fear, which then produces feelings of things like shame and guilt," she said. "We end up just feeling bad about feeling bad. It actually stalls out any healing or progress or problem solving."

Desperately wanting to feel happy can leave people experiencing what she calls a "meta-emotion," or "an emotion about an emotion." That meta-emotion is often disappointment, she said, because you aren't as happy as you want to be.



"Those moments of essentially negativity accumulate over time and can damage mental health,"

There are a number of ways to address negative feelings without falling into toxic positivity, according to experts. It's important for people to normalize and label their experiences while removing any expectations and goals that they should feel better than they do.

"Recognize that how you feel is valid, no matter what," she said, later adding, "It's okay not to be okay."

Various Experts, recommended mindfulness techniques that allow people to sit with their emotions.

"There is no rush to have to do something to get out of the present moment," experts said. "In fact, the more that you do that, the more discomfort and anxiety you'll feel. It's okay not feeling okay, and it's okay not knowing what to do with yourself in that moment."

She also encouraged people to set personal goals focused on behaviors instead of feelings.

"Not 'I want to be happier' because happier is an emotion, but if I had a video camera on you, what would you be doing that I could see that I would know you were happy?" she said.

Don't feel like 'getting things done'? It's okay not to be

productive during a bad phase.

Using the appropriate language is equally critical to steering clear of toxic positivity especially when trying to be supportive to others.

"It's really about keeping the attention on the other person," Nagar said. "You're giving the person a place where they can actually have the emotions they're having and doing that first before you jump in and try to fix it."

She suggests asking what kind of support the person would like and making sure to validate their emotions, while reinforcing the fact that you are there for them.

"One thing you could ask is, 'What would be most helpful for you?'" she said. "Saying things like, 'Yeah, this is a really hard situation.'"

The key note is finding "a more balanced approach to how we understand how we feel and what we do about it."

"It's okay to have a positive and optimistic outlook and feel sad at the same time," she said. "We can feel sad and be grieving and still look forward to the future. Both of those are necessary for a healthy outlook and sense of well-being."

WORLD : IS IT PERFECT ?



By :
Vanessa Jacqueline D'cruz.
Singapore.

Sometimes I wonder what is happening in the world when I encounter so many conversations about the problems of the day, the ills of society, the obstacles, injustices & the hassles of work. When you switch on your TV to watch the news, you view the catastrophes that are happening around the world. There is a great deal of conversations about what is wrong with a co-worker, banking payment system, clients, and everyone else.

Therefore is everything but not working rightly in this world. There is always the co-worker who does his or her work diligently, there are flights that happen on time, there are roofs that do not leak, most phone calls are returned, and hotel reservations are made on time. The problem is that we always think and discuss about the worse. Why must we do that?

The answer is that these conversations are actually “juicy” conversations and we get too attached to these kinds of such conversations. It makes us see the world in a different way. We develop negative image of the world and it's worse case scenarios we may think that the world is against us.

It is the time that we do not talk about the negativity

that is happening around the world. In other words, stop gossiping and start to see the positivity that the world provides. You will find everything perfect in midst of imperfection. Negativity and positivity are brothers & sisters but who do we want to mix with more. It is like choosing the correct people to be with. We are far more inclined to become angry & frustrated, maybe even take it personally than we are to keep in mind that everyone involved is doing the very best he she can. A huge percentage of people are friendly , helpful and courteous.

Most of us must face the negativity of the world . It is a part and parcel of living. The problem is that we can get to attach to things going smoothly that we go crazy if things go wrong but we must always remain positive . Recognise that there is negativity in life but do not get caught in it.

Therefore, the world is actually working rightly and we must accept that . However, can always make it better and a perfect place when you start viewing the world with a positive mind.



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BEAUTY TOUCH

MAKEUP ARTIST SONIA BEGUM

Hails from Guwahati, Assam .After completion of her studies she has undergone a makeup course at “The igniters”.

Love doing makeup,so to carry on and move forward she thought of getting further more knowledge from different sources about it.She have no regrets for anything and choosing the profession of a makeup artist that gives her much joy and happiness but at the same time feels blessed that her parents are always supporting and encouraging.The magical touch of her hand with the makeup brush makes her clients look so very beautiful.

Her future plan is to open a makeup studio and would feel lucky if people recognizes her by her brand name and work .



ESTROGENS : Healthy Living



By :

Dr.Dietician Dipikaa A Bhatia

Deals in therapeutic diets

Director- B'BEHEALTHY,ADAN Healthcare

Founder- Aas Ek Prayaas NGO Cancer Awareness .

Healthy living requires consuming estrogen-rich foods.

The levels of important hormones such as estrogen, progesterone, and testosterone decrease with the onset of menopause. Estrogen plays a crucial role in cholesterol metabolism as it increases good cholesterol levels and

reduces bad cholesterol levels. In addition, this hormone reduces the risk of heart attacks by relaxing blood vessels.

Estrogen is a group of similar hormones that are present in both males and females. In men, it is present in a much less concentration than in women. This little hormone is responsible for making women behave like women.

It oversees the development of female sexual characteristics and is produced mainly in the ovaries. The ovaries release estrogen during menstruation and between cycles. These two periods of rise in estrogen levels are alternated by a gradual fall in the levels during a month. It is a vital hormone due to its countless roles and functions in the body. Apart from regulating menstrual cycles, it also regulates the reproductive tract, urinary tract, cardiovascular system, bones, secondary sexual characteristics, skin, and hair.



DID YOU KNOW

It is estimated that more than 250,000 menopausal and postmenopausal women are affected by osteoporosis every year due to estrogen deficiency.

There are two ways you can do it. One, by changing your lifestyle habits. Control stress, as stress causes an imbalance in estrogen levels. Strength training also helps, as it increases the levels of estrogen (and testosterone too). And two, you can increase estrogen levels by consuming the right foods.

Estrogen Rich Foods

SEEDS:

Flax seeds, Sesame seeds

Soy Products: Soy beans, Soy Milk, Soy Yogurt, Tofu.

FRUITS: Peaches, Strawberries

VEGETABLES: Alfalfa Sprouts, Mung Bean Sprouts, Green Beans

LEGUMES: White Beans, Black Beans

NUTS: Pistachios, Walnuts, Peanuts

DRIED FRUITS: Dried Apricots, Dates, Dried Prunes.

BEVERAGES: Red Wine

HERBS: Garlic

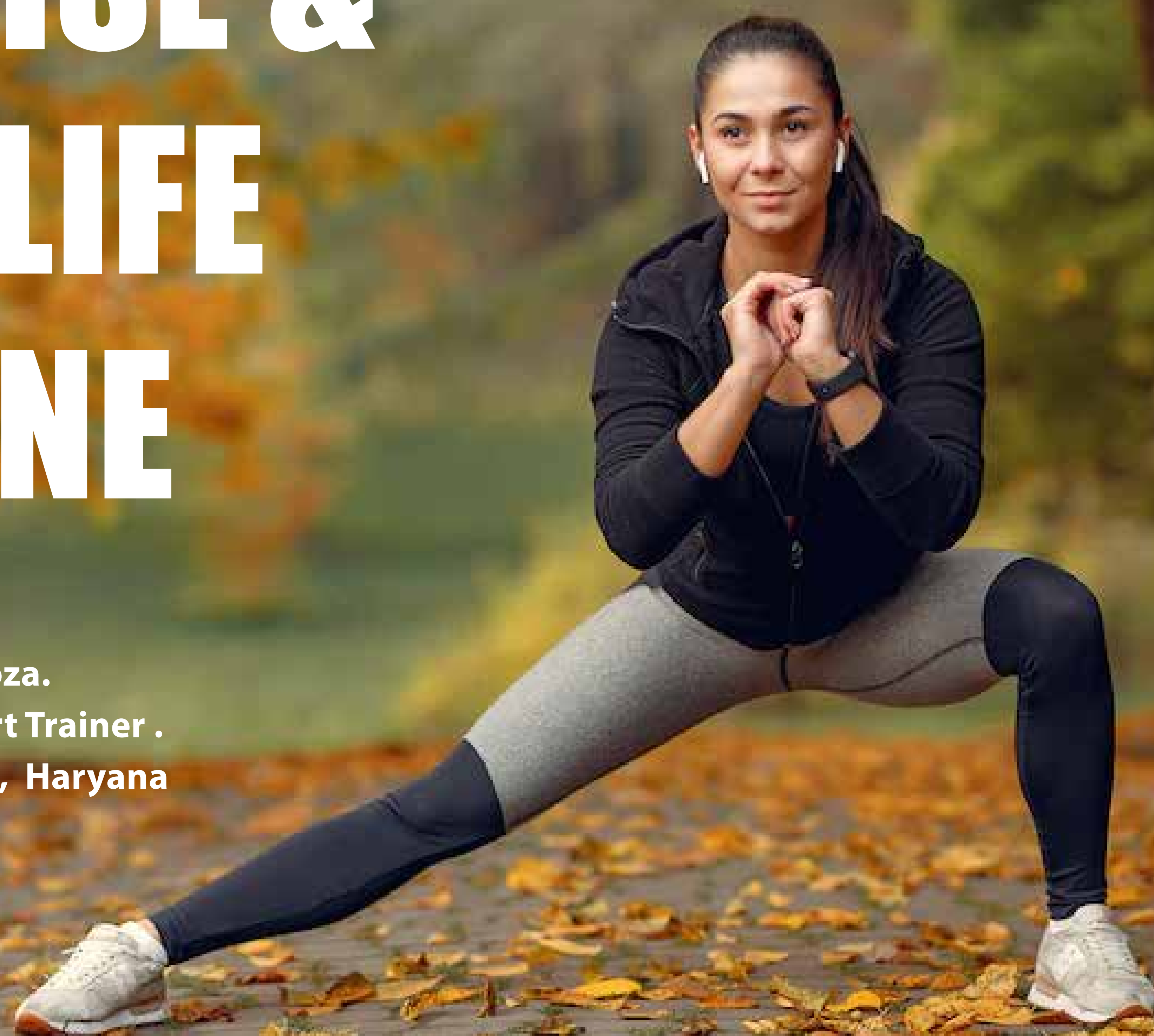
GRAINS: Multigrain Bread.



This ingredients helps to improve the levels of estrogen in the body and helps to remain healthy and are the best choices to boost your estrogen levels.

EXERCISE & DAILY LIFE ROUTINE

By
M A Murtoza.
Martial Art Trainer .
Gurugram, Haryana



5 Regular exercise keeps the body energetic and healthy. Exercise improves blood circulation. Apart from this, exercise reduces the risk of depression, diabetes, heart disease and cancer. That's why we should exercise regularly to keep the body healthy and stress free.

Benefits of exercising

1. KEEPING BLOOD PRESSURE NORMAL

Regular exercise keeps your blood pressure normal. One should exercise regularly to protect oneself from high blood pressure. Exercise increases blood circulation and more oxygen reaches the working muscles. This causes the blood vessels to relax and lower blood pressure.

2. IN INCREASING STAMINA

Apart from keeping our body healthy, exercise also increases stamina. Regular exercise increases our stamina.

3. STRENGTHENING IMMUNITY

There are many benefits of doing regular exercise. Regular exercise strengthens our immunity. Having better immunity reduces the risk of seasonal diseases like cold and flu.

4. LONGEVITY

Regular exercise adds years to your life. Exercise not only prolongs your life but also makes you healthy.

5. PREVENTION OF HEART DISEASE

According to health experts, the habit of regular exercise can reduce the risk of heart diseases. Exercise strengthens the heart and it is also very beneficial in improving your blood circulation. Due to proper blood flow, the level of oxygen in the body remains better. It is very beneficial for keeping your heart as well as body parts healthy. Regular exercise also helps in lowering blood pressure and



triglyceride levels which are known to be factors of heart diseases.

6. ENHANCE SLEEP QUALITY

The habit of exercising regularly also enhances the quality of your sleep. If you suffer from insomnia and have trouble falling asleep, physical activity can help. It regulates your cardiac rhythm and maintains body temperature. Because of which you fall asleep on time and you get enough sleep.

7. BENEFICIAL IN BETTER MENTAL HEALTH

In the last few years, there has been a significant increase in mental health problems. During exercise, our body releases chemicals that can improve mood and make you feel more relaxed. Exercise also has benefits in reducing the risks of stress and depression. Mental health and mood can be improved by incorporating exercise into the routine.



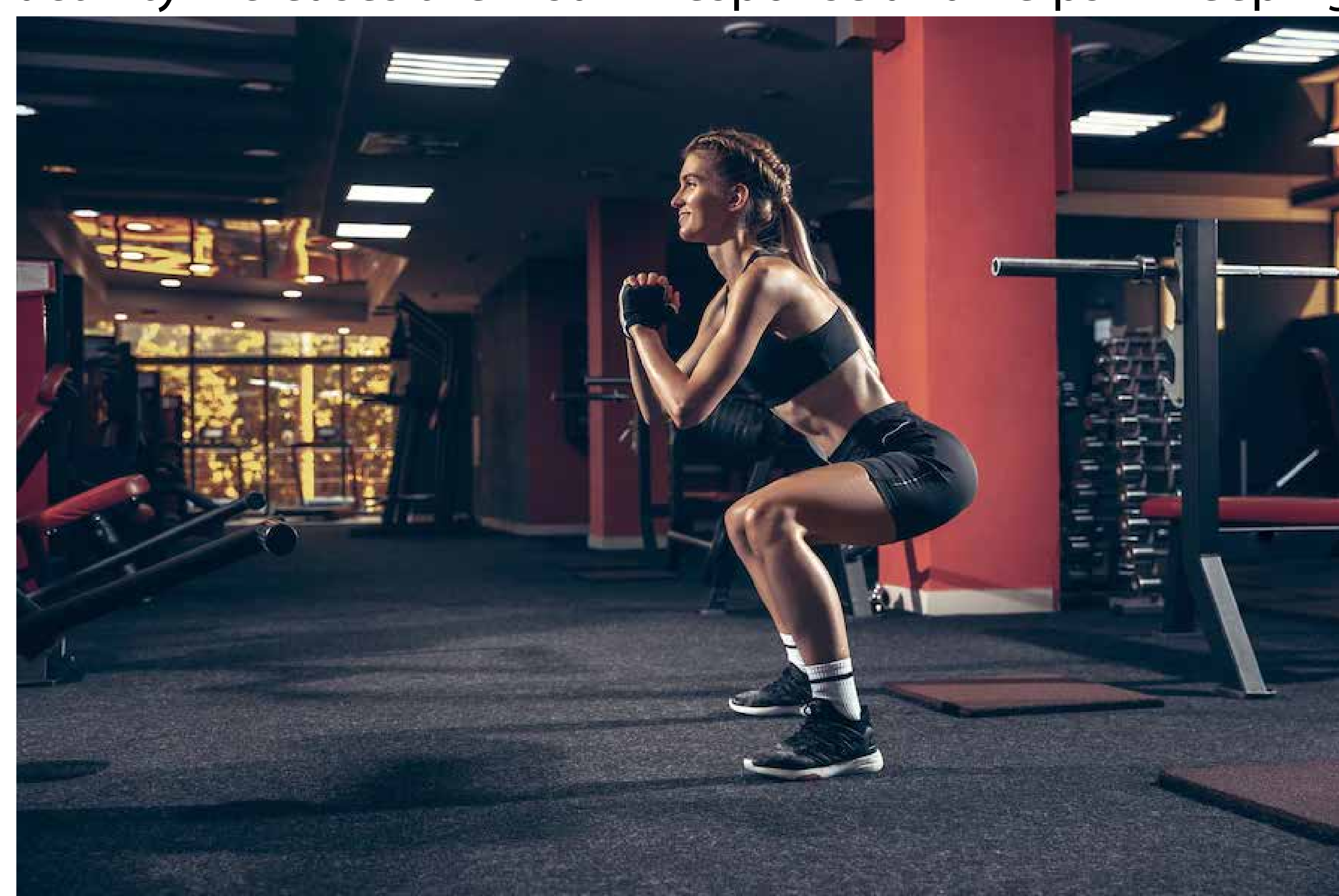
8. KEEP THE WEIGHT BALANCED

Regular exercise keeps your weight balanced. Physical activity helps burn calories. Because of which extra fat does not accumulate. If you cannot exercise for a long time, then at least give it a small part of the day. For this, use the stairs instead of the lift, the habit of regularly walking for some

time in the open environment is also beneficial. At the same time, try to keep yourself active by doing household chores.

9. PREVENTION FROM SERIOUS DISEASES

The habit of exercising regularly helps in controlling high blood pressure, cholesterol level and many other diseases. Exercise boosts high-density lipoprotein cholesterol (good cholesterol) and lowers unhealthy triglycerides (bad cholesterol) in the body. In such a situation, the chances of heart related diseases are reduced. Along with this, exercise also controls inflammation. Because of which both body and mind remain healthy. At the same time, physical activity increases the insulin response and helps in keeping



the blood sugar level balanced. So it becomes easy to control diabetes.

10. MAINTAIN SKIN HEALTH

Getting regular exercise and being physically active improves your blood flow. In this way, sufficient amount of oxygen and nutrients reach the skin and it helps in maintaining the health of the skin. Profuse sweating occurs during exercise, which is an effective way of flushing out toxins from the body. In addition, physical activity increases antioxidant production, and antioxidants help repair damaged skin cells.

11. BENEFICIAL IN BOOSTING ENERGY

If you exercise regularly and keep yourself active then you feel more hungry. In such a situation, give yourself something healthy which will help in boosting your energy. The same physical activity strengthens the muscles, along with this exercise reaches oxygen and essential nutrition to the tissue and it helps the functions of the body to work properly. When your body works properly, then you experience maximum energy power.

AURA STYLE



Model : Arnab Medhi

Makeup: Abhijit Medhi

Photographer: Ankit Gohain

AURA

PHOTOGRAPHY



Photography
Kaushik Brahma

AURA BEAUTY

Model:
Bidisha Shivam

Makeup
Arup Das

Photography
Abhijit Boruah
Infinity Studio

THE NIGHT SKY SPOKE TO ME

Sometimes the velvety night sky
makes it hard to breathe.
I wondered if I would find a language
to express my thoughts which haunts
me the most.
My soul shivered inside
A soft wind from no where touched
my ears softly .
And whispered not to worry
We should not forget when the Sun rises,
there will be the sunset
And the night has to glide in .
The darkness soothed me to comfort
Telling dawn is on the way,
Darkness does not destroy the light
It defines it.
Giving the strength within to speak to the day ahead..

Monali Bhuyan.



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