

FEBRUARY 2023, ISSUE 36 | VOL - III

# MYSTIC AURA

MAGAZINE

## RED

POWER, PASSION  
AND LOVE

## VALENTINE' DAY

LOVE, EMPATHY AND  
COMPASSION

## INSTA BUZZ

CELEBRATE AND BE  
WHO YOU ARE

# REDAMANCY LOVE

CELESTIAL AND HARMONIOUS

MODELS: GUILLERMINA AND LUCIANO  
PHOTOGRAPHER: HÉCTOR TORRES (ARGENTINA)



# MYSTICAURA

Fashion and life style magazine  
2023

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Model: Simakshi Baishya  
MUA : Sushant Mandol.  
Wardrobe ALN collection



Designs & Photography by Simakshi Baishya

**MYSTICAURA**

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## **GITALI PATHAK DEKA**

**Proprietor & Editor-in-chief**

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.

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## **BIREN NARZARY**

**Chief Managing Editor**

He is a well known Graphic Designer and an employee of private commercial printing industry as a Sr. Graphic Designer.

# Editor's NOTE



Friendship to Valentine's day celebration have become very precious for all in today's date, especially among the youths of today, for which they wait eagerly with lot's of ways to celebrate it. But if asked the reason why is valentine's day celebrated, may be only 20-30% will have the answer. Does love, trust and honesty still exists to maintain a relation? No matter what the people mind is upto, we do find the ray of love and honesty that dwells in the house of a few and maintaining a good relationship forever.

Well, this month issue covers a few valentine's day topic followed by the regular topics and along with our attraction of the Aura pages. Hope you all will enjoy reading.

Happy Valentine's Day.

Regards-  
**Gitali Pathak Deka**  
Proprietor & Editor-in-chief

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# On the cover Photography

Model - Dancers : Guillermina and Luciano  
Make Up: Rocio  
Photographer: Héctor Torres

Héctor Torres, fotógrafo internacional de Tucumán Argentina, sus obras fueron premiadas en: Fotógrafos Latinoamericanos con cámara de Oro, Plata y Bronce, Premiado en Nikon España, en Lente Creativo, en Selective Photography Group, en el Carnaval de Venecia, Ganador por concurso en Hugo Create, de la multinacional Hugo Boss, para la campaña visual, de Flyers y Packagin de sus perfumes. Se define como fotografo de retratos, pero incursionó en todo tipo de fotografía. Aquí vemos una fotografía llamada "TANGO" realizada para la academia de danzas Municipal, dirigida por la profesora María Inés Santillán. Con los bailarines Guillermina Guerineau y Luciano Gómez.

Héctor Torres, from Tucumán Argentina is an International photographer, his works were awarded among Latin American Photographers with Gold, Silver and in Bronze. Awarded in Nikon Spain, in Creative Lens, in Selective Photography Group, in the Carnival of Venice, Winner by contest in Hugo Create, dethe multinational Hugo Boss, for the visual campaign, Flyers and Packaging of its perfumes. He defines himself as a portrait photographer but he ventured into all kinds of photography. On the cover we see the concept called "TANGO" made for the Municipal dance academy, directed by the teacher María Inés Santillán with the dancers Guillermina Guerineau and Luciano Gómez.

# EGYPTIAN BEAUTY



*Egyptians are exotic in their looks and they are mysteriously beautiful. Egyptian girls have the royal vibe surrounding them that not just make them beautiful physically but attractive too.*

Model : Rimli Borboruah  
MUA : Albita Prodhani  
Photography: Unique Borah



# Beauty

## MEDITATION AND WHY DOES IT MATTER

“Beauty is a philosophy; beauty needs meditation for its growth.”

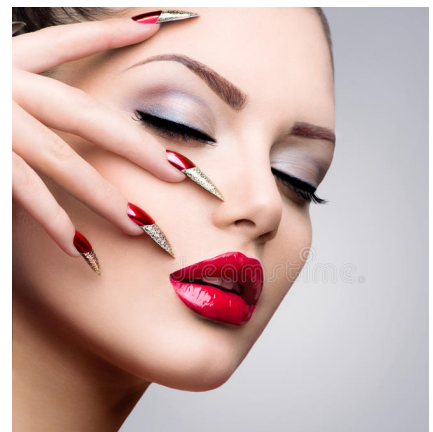
By: Utpal Dutta  
Author, Critic and Filmmaker

**W**hat is beauty? This simple question demands a complex answer, as beauty is an abstract idea. Being drawn to beauty is a natural human instinct. Therefore, anyone who works or lives in the glamour industry should have a thorough understanding of what it means to be beautiful. Make-up, makeovers and designer outfits can add some ornaments of beauty to anyone's appearance. However, this cannot develop a sense of beauty which is a pivotal requirement for a person who deals with beauty.

Beauty is a philosophy; beau-

ty needs meditation for its growth. Beauty meditation is a subtle transformative catalyst that enhances the inner beauty of a person. But the question is what is beauty meditation?

Beauty meditation is a simple mental exercise embodied in the philosophy of beauty.







Shakti Maria's book 'The promise of beauty and why it matters.' This is a bedside book for models whose careers mainly depend upon the presentation and enhancement of beauty. Its name alone is enough to arouse curiosity among beauty lovers. When it becomes known that the book is written by the acclaimed painter Shakti Maira, curiosity skyrockets. The book is primarily an anthology of interviews about the perception and philosophy of beauty. Shakti Maira is not only a painter but also a philosopher. He wishes to unearth the soul of beauty from various perspectives from various people in various fields of arts and science with that philosophical inquisitiveness.

Shakti Maira asked questions of eighteen scientists, philos-

ophers, artists, psychologists, and social workers to find out how deeply they understood the concept of beauty and wanted to make it relevant in everyday life. Most practitioners would want to keep the context of art, a matter of subjective perception. But Shakti Maira wants to counter this notion and bring the purpose of beauty to the realm of simple and universal perception.

The famous scientist Rupert Sheldrake said in response

to a question, 'Man-made art is admirable and meaningful but for me seeing a flower is a heavenly beauty. Experience and tell me what you felt.'

The layout of this book is very different from the interview books one usually reads. In the book, Shakti interviews with a variety of professions and are published together with a long note - a philosophical context for the questions and the interviewees, then a long note entitled "Perception - an in-depth analysis of the answer". He is not only an accomplished artist, but also an avid student of various aspects of science. He is an analyst of the fine arts and applied arts, a philosopher, and a social scientist. Scholarship on various subjects has given the book the form of a 'Veda' on beauty and elevated Shakti Maira to the level of a philosopher. The book concludes with a small note called Meditation on Beauty, on how to 'meditate' on beauty. That note alone can change people's perceptions of beauty and take the worship of beauty to a transcendent level.



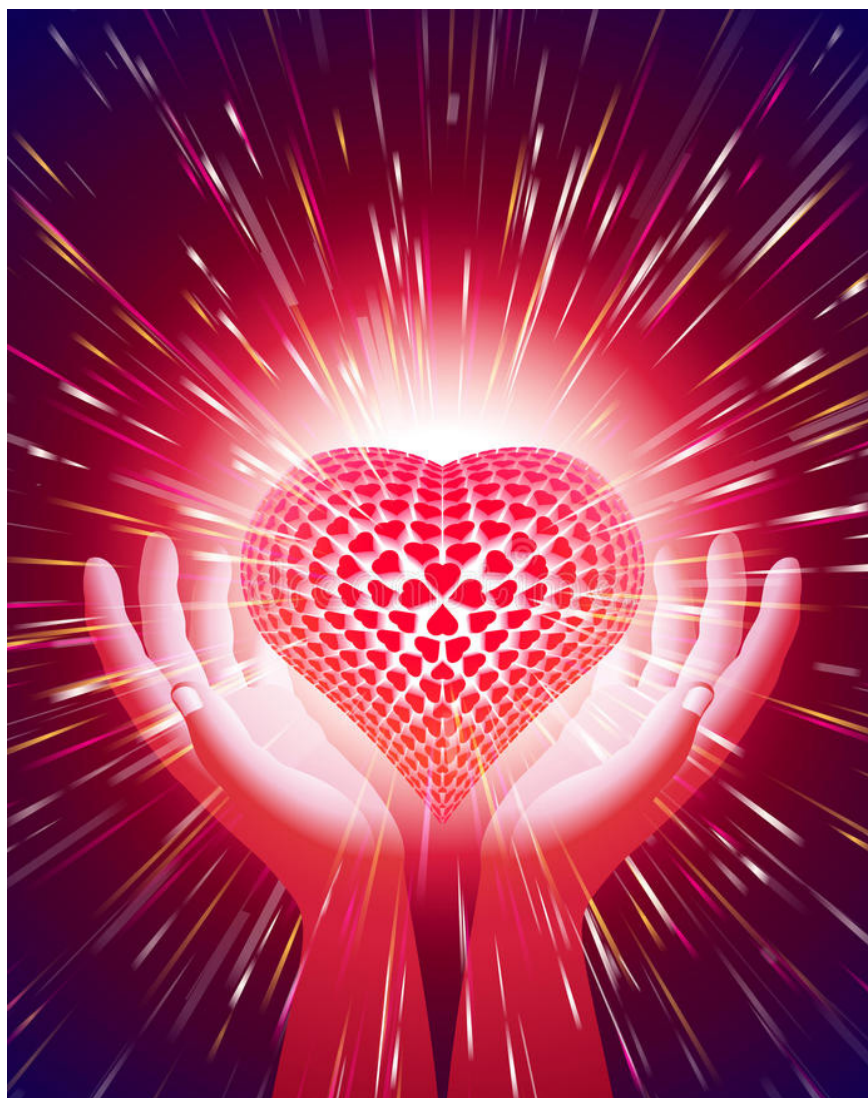
# Red: *COLOUR OF POWER, PASSION AND LOVE*

**By: Prasantt Ghosh**

The writer is a fashion designer and choreographer and can be contacted at [dkreativepeople@gmail.com](mailto:dkreativepeople@gmail.com) [www.prasanttghosh.com](http://www.prasanttghosh.com)

If you're looking to build up your colour confidence, wardrobe basics offer an easy entry point to the trend. A simple red t-shirt or polo shirt makes an excellent addition to any warm weather wardrobe, and can be combined with chinos or shorts in shades of beige, stone and navy for an effortless high summer.

Red is the colour that sings out loudest across a crowded room. Its come hither message is unmissable, so don't wear red if you don't mean it. Whether you choose to wear red from head to toe, in total or in touches on top or underneath, red has strongly sexual vibrations that vary in meaning according to the fabric used. Red satin is for sultry sirens, Red flannel in a



saucy red velvet is sensual and red leather is seductive.

Look that still demands attention. Wear colours that flatter your changing skin tones. As we age our hair and skin lighten so adjust your colours to suit your current look. Lighten your blacks into charcoal and fire engine reds into softer hues.



potential wearers feel a little squeamish.

For those unafraid to properly immerse themselves in the trend, a deep red suit worn with a white button down shirt and black leather loafers is an outstanding evening wear choice for any warm weather event, which cannot fail to get you noticed.

But just because the hue is now everywhere doesn't necessarily mean it has to be everywhere all at once. Many designers opted instead to use red in a more minimal, artfully wearable sense that can be easily translated to everyday use on the runways.

When you're ready consider adding a pair of bold red trousers to your collection. A preppy summer staple, red chinos are bound to turn

Avoid the all pastel wardrobe. Once your hair colour and skin tones have lightened you really need to avoid an all pastel wardrobe. Add some colours with strength so you don't fade away to nothing. Scarves with a splash of colour will give you an instant lift.

Avoid wearing black too close to your face. This will instantly enhance all of your facial lines and age you immediately. It will also fill in lines with dark shadows and make you appear much older than you are.

Bold, vibrant and bound to get the blood pumping, Red is the definitive colour to be used every season. Often considered a tricky hue to carry off particularly for fairer skin tones, red is best kept to one statement making element giving a punch to both casual and smart looks. For such an unabashedly upfront colour, red can be deceptive difficult to wear. On the one hand, its bold and uncomplicated and true reds will suit almost every skin tone. On the other side of the coin, the raw power of the hue can make



a few heads, but as long as you anchor them with muted surrounding pieces you won't go far wrong. Red is the colour of heat, capable of stirring emotions to boiling point. But red, paradoxically is a winner in the summer worn against a golden tan. And bright red lips. Red is a wonderful winter brightener adding cheerful grace notes to otherwise somber outfits. A scarlet scarf with black, a vermilion sweater with bitter chocolate brown, flag red with olive green or Khaki. For more flamboyant liaisons try red with shocking pink, saffron or kingfisher blue. And no wardrobe is complete without at least one pair of bright red shoes. To be worn of course with black tights.

By far the easiest way to wear bright shades of red is to incorporate small flashes, into daily wear via accessories and detailing. Red ties, pocket squares, shoes, belts, lightweight scarves and bags are all available on the current market and will inject life into any look, smart or casual. These bold accents often look best set against a dark, neutral backdrop to maximize their effect.

In reality, it's a surprisingly versatile primary shade that has a long and rich history in menswear design don't be deceived, red is a strong colour but with a little knowledge, it can be safely restrained.



# Aura *Trends*



Model : Maihang Gogoi  
Mua : Sushant Mandol  
Photography: Jintu Thakuria  
ALN : Collection

# VALENTINE'S DAY

## Do Love, Empathy and Compassion exist?

By: Vanessa Jacqueline  
D'cruz  
International Representative:  
Aesthetics International  
Council, SINGAPORE

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**T**he month of love knocks on our doors once again. It is a monthly ritual. Some of you may look upon this day as a ground hog day ( something that is repeating in your life) or you may look forward to the day with love. Valentine's day is officially designated as the day of love and it is also known as Friendship Day. Love is a universal language but do we show it often or do we choose a day and time to show it ?

According to the history of Valentine's Day, Saint Valentine restored the sight to the blind daughter of his jailer and performed weddings for Christian soldiers who were forbidden to marry. Hence the



celebration of Saint Valentine was marked on 14th of February. The symbol of love by showering one with flowers & dinners became the pivotal of one's love to one another. In all due sense, the love that Saint Valentine was showering was to feel compassion and help others.

Therefore, on 14th February, do we shower compassion on our sisters, brothers, parents, the elderly and our friends?

Valentine's day has become so commercialised that our partners look forward with being pampered by love in the form of expensive dinners and flowers and gifts.

What about those who are sick, single, those yearning to mend a broken relationship , parents who wants to hear the words of love from their children but do not and those desperate for a company. Do we help them on Valentine's

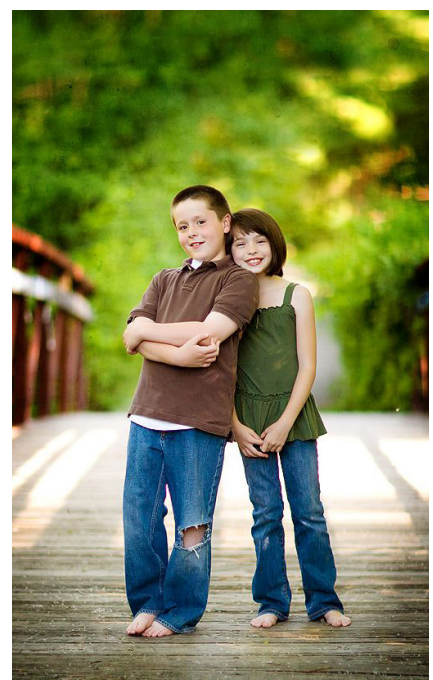


Day?

For example, if you know of a broken relationship between a mother and daughter, would you give advices to either party to help them mend their relationships on Valentine's Day? Hardly we would get an honest and positive answer to this . Well, I once did but it was not on Valentine's Day but if it was, it would have given me a trumpet of joy. However, I did volunteer in a shelter that looks after the Elderly people to shower my

love for them on Valentine's Day. My ex -partner used to do this so I decided to do the same.

For those who have brothers and sisters, do you write notes of love to each other expressing your love for one another despite the frequent fights you all have between each other. Do you cook a meal for your parents & aunties and uncles? When I was dating, my partner would cook a meal for his parents and we would gather





together for the meal. Later we would deliver food to my partner's aunty and uncle. After all that is done, we would go for our enjoyment of love. The bottom line is that the love of the family comes first. Money can come and go but a family stays together.

On Valentine's Day, give a thought to your single friends. Form a party together to celebrate the occasion together as it is also known as Friendship Day. I do agree that it may not be difficult to do so as your partner may show his or her angry face but if there is true compassion then a compromised can be made.

Therefore on Valentine's Day, shower empathy, compassion and love to those around you. Make it a more meaningful one instead of a commercialise one. In a society, we all need to develop the sense of having great empathy, compassion

and love for each other so that we can live in a loving and inclusive world. On this note have a good Valentine's Day & I leave you with this poem which you can send to your love ones.

#### Love and Affection

I can tell you everything under the sun  
I can have the most awesome time with you  
Even when we are just freaking out  
When I look back , it makes me realise  
That you are the most amazing part of each and every day of mine  
Let me look into your heart  
There is nothing that can keep us apart  
I watch you become who you are everyday  
The person I had been looking for

The person who makes my heart flutter with love & affection  
I can't live without you  
Looking from outside looking in  
It is not used for me to pretend  
That I can't live without your love and affection  
There is no night I can't live without you  
I put in the same breath to say  
I love you everyday

As our relationship is a constant strengthening of our love and affection

Our Love and affection is a test of time  
I can't live without them  
So let us look into our hearts  
To hold onto our love and affection  
So that no one can ever steal it away.





# FACE OF THE MONTH

Calendar Girl  
Sushmita Shah





**1. Tell us in brief about yourself.**

-Hi, I am Sushmita Shah, 22 years old from Guwahati, Assam. A student of history who is also an aspiring model.

**2. Would like to know a little more about your passion and your new projects.**

- My passion for me is an art and a living room in my heart. I do various things like I'm a bharatnatyam dancer, I do paintings as well and love walking the ramp wearing beautiful designer outfits. Coming up with new projects that my will be updated in social media very soon.

**3. What is important for you Passion or Profession or an Academic degree?**

- Passion can also be turned into Profession and Academic degrees are the base of starting everything because gaining knowledge is the highest level of success we acquire each day for learning new things and new experience teaches us about reality of life. So a degree is of utmost important for all before choosing any profession.

**4. What is your view point of the line 'being beautiful in your own skin'?**

-The line is really beautiful that being beautiful in your own skin, we should always love ourselves with all our heart firstly and lastly beauty comes from an inner soul and a skin tone cannot describe the innocence and the beautiful nature of a person that's what I believe.

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

-My future plans are to be a happy person a genuinely happy go lucky woman because today's life is just like becoming a mechanical person in the world, no one is happy with whatever they have, thirst and desires for more and more. I want to be successful and happy in what I do then only my success will have a meaning of being successful.

**6. Your views on modeling and fashion.**

-Modeling and fashion both these words are connected to each other, if there is fashion there will be modeling world. This world is fashionable and colorful where the fashion technology comes and gives us innovative ideas of dressing. This field also has a lot to give and I'm grateful that I'm also a part of this field.

**7. How do you feel being a part of Mystic Aura calendar girl 2023?**

-I had my first work with Mystic Aura and it was really good we had a lot of fun during the shoot also feels great being a calendar girl for the January month. I'm feeling genuinely happy when it was launched and saw my photo on the very first month of the year. Wish to work further with Mystic Aura in coming days too.



# CLOVES

## Soulful herbs



**By : Dr. Dietician Dipikaa A Bhatia**  
Deals in therapeutic diets  
Director B'BEHEALTHY, ADAN Healthcare  
and founder Aas Ek prayaas NGO cancer awareness

It's not a wonder that our nature gives us tremendous medications and these all are in our kitchen. Example clove

### **BENEFITS OF CLOVES**

Clove's aromatic flavor adds a spicy warmth to both sweet and savory dishes. However, it should be used sparingly, as its potent flavor can overwhelm a dish. Also, note that if you are cooking with whole cloves, they should be removed before serving.

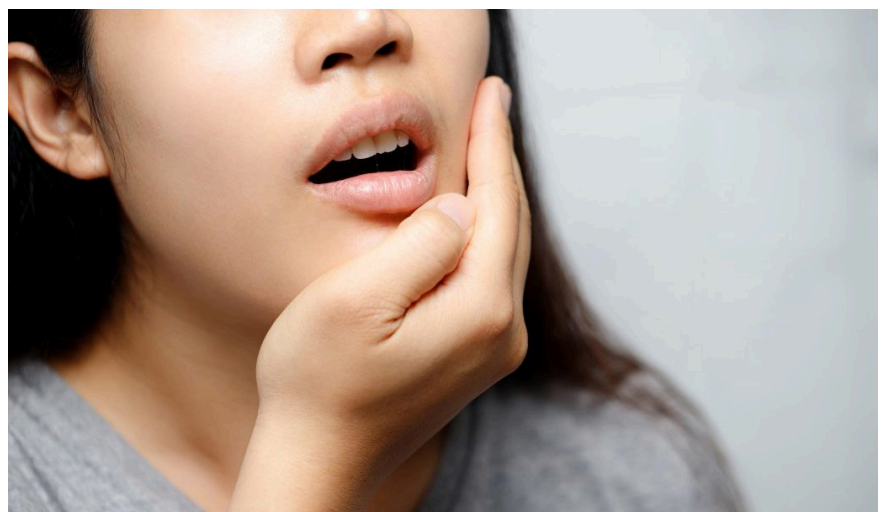
**It Contain Important Nutrients-** Cloves contain fiber, vitamins, and minerals. So using whole or ground cloves to add flavor to your food can provide some important nutrients.

**Can Kill Off Bacteria**  
- Cloves have shown to have antimicrobial properties?. Meaning they can help stop the growth of microorganisms like bacteria just use one clove and put into your mouth.

**Keeps blood sugar level in check** - anyone who's

watching their blood sugar levels will be happy to know one great strategy for keeping things in order is to simply add cloves into their meals.

**Dental benefits** - Stimulates circulation, due to its "hot" nature, enhancing gum tissue health. For toothache,





chew on a clove or apply a single drop of clove oil to the affected area. One study showed clove oil to be as effective as benzocaine, a dental local analgesic when used before needle insertion. Due to its antiseptic properties, clove oil is useful in preventing gum disease.

**Stronger immunity** – Clove oil can work wonders in boosting your immunity. The antioxidant property present in the oil acts as a scavenger against the free radicals that can cause various diseases like cancer and heart ailments.

**For beautiful hair** – This



liquid wonder can also give you beautiful locks. Applying clove oil on your scalp boosts blood circulation which reduces hair fall and also promotes hair growth.

**Safety first:** There is also the potential for topical application to be a skin irritant. Clove oil has not been widely tested during pregnancy or breast-feeding so it is best avoided or

used only under medical supervision during these periods.

Health is priceless, know its value and take care always to remain healthy.





# RESOLUTIONS

## NEW START UP

By: Brian La Cour  
Author  
Florida, United States

**M**any of us make goals to lose weight and get fit, but it can be tricky to sustain the motivation for long-term success. Finding an enjoyable program with reliable results is key - then you'll have a better chance at staying on track! And let's not forget that socializing plays its part too; after all, connecting with others has been said to improve one's mental state as well as career prospects. So, if your goal in 2023 is getting into shape both physically and mentally, don't hesitate to invest time in building friendships outside your comfort zone!

Everyone dreams of earning more money, and even billionaires can always stand to benefit from an additional income source. Thankfully there's a wide range of options out there for anyone looking to make their wealth go further - everything from side gigs to freelancing or leveraging the internet. So why not start today? You never know where it might take you!

As we head into this new year, let's also take a moment to consider how stress impacts our well-being. It is overwhelmingly present in today's world and notoriously devastating for both physical health and interpersonal

relationships alike. We must make an effort to stay on top of this potentially life-threatening issue through small but effective techniques such as those found within numerous helpful guides dedicated exclusively towards managing stress levels year-round!

Maybe this year it's time to power down those gadgets and get enough sleep! To meet your 8-hour quota, it's helpful to set a bedtime routine that includes winding down with tech for at least an hour before hitting the hay. With this formula of science that meets downtime hacks, you'll be sleeping soundly in no time.

75% of women in a recent survey stated this they want to improve their sex lives in

2023. Intimacy is an integral component of any thriving relationship and sex can be a great source for promoting mental and physical well-being. While it requires practice to make intimate moments enjoyable, making the effort will certainly pay off!

What if instead of simply whiling away free time, maybe use it to get ahead and pick up new skills! Whether you're into communication or sports, there are plenty of ways to learn something enjoyable - the future version of yourself will thank you for being so smart with your precious moments.

Let's discover how we can put even brief amounts of our spare time towards becoming more awesome!.





# Instabuzz phrase

**By : Dr. Nikhita Nagar**

Dental Surgeon | Behaviour  
Therapist | Sociopreneur | youth  
Motivator

Director : Dr. Nagar's Dental and  
Physiotherapy centre

Founder : Being Caring  
Organisation



**L**ove the skin you're in – it's a message most with an Instagram account would be familiar with. This is because the body positivity movement has flooded our timeline for years now. There are some who think it promotes unhealthy lifestyles and encourages obesity, but those who support the movement say it's all about self-acceptance and not letting your physical appearance get you down.

Every day of our lives we are reminded that no one's body is good enough. It might be your friend's DM about how much she hates her hair. It could be the new diet company advert that promises a better life if you drop a few pounds. You definitely can't have that spot, and those eyebrows? Just, no.

Enter Body Positivity. Body Positivity tells us we're actually already ok. Loving our bodies is more important than what we look like. We don't have to listen to this toxic culture that makes us hate ourselves.

But Body Positivity can also be much more than battling a low self-esteem day. It can question

capitalism, challenge patriarchy, and ask us to examine whether our ideas about bodies are fat-phobic, sexist, racist, or ableist.

Body Positivity became a social media buzzphrase. Variations of it (body love, body positive, and of course, #BOPO) have now been used millions of times. Today, for every celebrity who's repping for a diet company, there's another who's reminding us to love ourselves exactly as we are.

So, where does it come from..?

The body-positive movement has gone through three waves since the mid-twentieth century:

**1960s:** The 1960s saw the rise of the first wave of body positivity. The 1960s' fat acceptance movement brought to public attention the mental health issues around beauty and weight loss—including the toxicity of media beauty standards and societal body shame, the dangers of diet culture, and the prevalence of negative body images and eating disorders, especially among

young women and adolescents.

**1990s:** In the 1990s, the second wave of the body positivity movement evolved to focus on exercise inclusivity. Proponents of the movement emphasized exercise for all body sizes and shapes and aimed to create safe, inclusive spaces where individuals of any body type could exercise comfortably without body or fat-shaming.

**Modern day:** In the 2010s, the body positivity movement evolved once again to respond to the influence of social media and edited photos. The movement now focuses on body functionality, self-esteem, and loving your body regardless of perceived flaws.

**Pros of Body Positivity**

The body positivity movement has several benefits, including that it:

Draws attention to beauty standards as a social construct: The body positivity movement aims to show people that modern

beauty standards derive from cultural expectations rather than objective truths about bodies and appearance. This helps break down the idea that your body somehow falls short of the ideal or needs to look different to look beautiful.

Encourages self-love and self-acceptance: At its core, body positivity means self-love, and it can help many people achieve a positive body image—feeling more at peace with themselves and more in harmony with their body, appreciating it for its unique traits.

Identifies unattainable standards and goals: Many beauty standards in the media are not only unhealthy but unattainable, made possible only through digital photo editing techniques or surgeries. The body positivity movement aims to identify these standards as impossible and emphasize realistic bodies to reduce body dissatisfaction.

#### Criticisms of Body Positivity

The body positivity movement has drawn some criticism, including that it:

Can encourage individuals to ignore physical health: Some posit that extreme body positivity can enable individuals to reject professional opinions on health-care and lifestyle, encouraging choices that can lead to health risks.

Continues to enforce the importance of appearance: The body positivity movement continues to emphasize appearance and body image as a vital facet of self-worth—encouraging individuals to post photos of themselves on social media sites or consider their physical traits as a pathway to self-acceptance and

self-confidence.

Some activists argue against this approach, instead recommending a body-liberation or body-neutrality version of self-love—which emphasizes internal traits over external ones. Overemphasizes positive feelings: Occasional negative feelings are a natural part of the human experience that encourage us to enact positive change in ourselves, our situations, and our surroundings. Some researchers argue that body positivity overemphasizes positivity at the expense of important self-authenticity and desire for healthy, attainable change in ourselves and the societal system of beauty.

Sometimes ignores intersectionality: The body positivity movement often uses images of white women in their messaging, with an underrepresentation of people of color and other ethnicities, men, nonbinary people, and other groups.

#### How to Be More Body Positive

Here are a few techniques you can introduce in your life to feel more love for your own body:

Identify and appreciate your physical abilities. Your body is much more than its appearance

—it's a complex system that performs a wide variety of functions every single day. Celebrate your body's functions and abilities

—from breathing to movement to smell

—to remind yourself of your body's impressive traits. Introduce self-care into your routine. Physical and emotional self-care practices can help you recenter yourself and remember to appreciate your body for

how it is. Consider introducing a relaxing, mindful activity into your regular routine

—whether that's a bath, a meditation exercise, a favorite meal, or a run

—to emphasize the care your body deserves.

Recognize unrealistic body ideals: Social media can inundate users with unrealistic representations of body goals. When you encounter images like these, stop and recognize them as unrealistic. Consider reducing these images in your daily life to avoid introducing unrealistic beauty ideals into your mindset.

Above all just stay healthy and keep smiling, and for any assistance we are happy to help you anytime, just ping us @beingcar-ingngo we are available on all social media platforms.



# Aura Style

Model : Sribashree Hazarika  
Mua : Sushant Mandol  
Photography: Kaushik Brahma  
ALN : Collection.

# *Mystica* *Kids*

*Kids are blessings in a family that can create miracles and spread happiness in the world.*



Model : Aruhi Mazumder  
Photography: Gundeep raj

# TRADITIONAL FOOD HABITS OF ASSAMESE PEOPLE

.....(continuation part )

By :  
**Manikangkana Devi**  
Writer / proof reader

**O**ne of the unavoidable ingredients of modern Assamese cuisine is dal (lentils). The use of lentils is relatively new in Assamese food processing. Pulses are cooked and fried with some spices to make a dal. Some of the most widely used pulses today are Masoor, Magu, Rhor, boot etc. Most of these lentils or Pulses are contributions of neighboring food processes to Assam.

The method of preserving pickles or vegetables, fruits by drying them, adding spices and oils is also relatively new in Assamese cuisine. Earlier such a method was not much needed as plenty of fresh vegetables were available at all times of the year. But pickles occupy an important place in modern Assamese cuisine. Fruits such as mango,

hog plum, lemon, olive, mangosteen, etc.; Spices like chillies, ginger, garlic, etc. and pickles can be seen made from vegetables like carrots, cauliflower, brinjal etc. It can also be seen to be used in stomach ailments by mixing round lemon salt and keeping it as a pickle.

The use of chilly as a spice in Assamese food is low, except for some special grains like pepper. But there are frequent uses of raw chillies as an additional ingredient. Raw chillies are often eaten with rice. Assam produces a wide variety of chillies in abundance. Assam's ghost-chilly is the world's most watery natural chilly. Raw chillies are also believed to have several medicinal properties. Raw chilly is sometimes given as a spice while making fries or curries. Chillies are also used in salads or chutneys. The



widespread use of chilly raw (dry) is rare in other Indian food systems.

Assamese people use almost every part of the banana tree as food. Apart from being the main fruit of Assam, the rest of the tree is eaten as a variety of dishes. Banana flower and the soft part between the banana trees is taken out and cooked with different ingredients. Banana peel, a characteristic ingredient in Assamese food used to make khar by drying raw Bhim ba-

nana peel and burning it.

Insect food is also a tradition cuisine in some parts of Assam. Amroli ant, silk worm, water bug, grasshopper, etc. are insects used as food in Assam. The eggs of amroli ants are collected and served folded with onions in oil. According to popular belief, by eating amrali ants on the day of Garu (cow) Bihu, people get good health during the year as well as immunity to other diseases, including measles.

House Crickets (scientific name: *Acheta domestica*): The pits of the House Crickets in the ground are identified and dug out. The feathers of the collected cricket are removed and baked in the fire or folded in oil are served. Giant water bug (scientific name: *Lethocerus grandis*): This insect is very popular among the tribal communities of Assam. They are served in a fire by baking them or folded



in oil.

Honey Bees (scientific name: *Apis indica*) and Asian Hornet (*Vespa* sp.) hive can be collected and served both raw or ripened. According to popular belief, honey have some medicinal properties. They are important as spleen disinfectants, rheumatic pain killers and vision boosters.

Grasshopper (scientific name: *Heiroglyphus banian*) and (scientific name: *Neoconocephalus paustris*): The wings of the grasshopper are removed and served in a fire by baking or folded in oil. Grasshopper is widely acclaimed among the Tiwa community.

Eri Polu or silkworm (scientific name: *Philosomia ricini*) are widely regarded as food among many communities in Assam, including the Ahoms and Misings. The worms are served raw, cooked, or folded in oil.

The bamboo husk is called bamboo shoot. Various bamboo shoot of bamboo plant like jati bamboo, kaak bamboo, mokal bamboo, voluka bamboo etc. are consumed as food in Assam. Bamboo shoot taste a little bitter. Among the





bamboo shoot, crow bamboo and voluka bamboo shoot are good to eat. Bamboo shoots are finely chopped and dried and use this in cooking fish, meat, pickles, etc.

Salt oil Rice and aloo pitika are a favourite dish of Assamese people. It is usually consumed as a breakfast. To make it, the potato peel is peeled and cooked together with the rice. Potatoes also boil until the rice is cooked. The potatoes are taken out of the rice separately and refined and prepared to eat salt and sweet oil as per taste. Similarly, rice is also mixed with salt and mustard oil. It is accompanied by raw chillies and onions.

It is a popular practice among the Assamese people to pu-

rify their mouth with beetel nuts after eating a meal. In addition to the presence of paan with nut, lime, tobacco, etc. are eaten together. Apart from this, guamori (fennel seed), cloves, dried Haritaki Fruit, dried amla (Indian Gooseberry), dried ginger, are also be seen used as mouth

refresher after food.

Assamese food resources are so widely distributed that it is not possible to describe it in a single article. Therefore an attempt has been made capture a brief stock of Assamese food habit and cuisine. For Assamese people food is an important part of their life and culture. The Assamese food tradition is being same for a long time. The food consumed by Assamese people may be considered to be healthy. And now globalization has marked a radical changes in Assamese food habits . The influence of foreign food in the place of traditional food can also be seen and this is not a positive sign for the culture. So, every Assamese people needs to be aware for it and makes effort to maintain its traditional food as it is . Any way the Assamese food indicates the taste of Assamese people.



# THE AO NAGA CULTURE

By: Dr Bobita Sinha

Chairperson Helping Hands Social Foundation

Tarot Healer

Writer, social worker



**1) Location-** The Ao Nagas is a major Naga ethnic group native to Mokokchung District of Nagaland, Northeast India. Their main territory is from Tsüla (Dikhu) Valley in the east to Tsürang (Disai) Valley in the west in Mokokchung District.

**2) Livelihood-** the Ao Nagas depend on the agriculture of their lands when it comes to the economy and earnings of their people. The Ao controlled regions are best fit for occupations such as Animal husbandry, forestry and dairy farming, which the region is in abundance of. Another source of agriculture

is their wealthy collection of crops which they grow through the traditional slash and burn method (The land is burned to eliminate vegetation, drive pests away, and makes the land ready for planting) such as chilli, tomato, green tea leaves, pumpkin, cucumber etc. And also, your traditional high-altitude millets such as Ragi.

**3) Lifestyle-** The Ao Nagas seem to be a very traditional society, the ones who are indigenous to the land live very simple lives with barely any connections to modern society other than the basic necessities. The indigenous







members of the tribe are also very strict about their clothing for both men and women, with the men always being dressed in their warrior garments and the women being covered in the traditional skirts. They are also a strictly monogamous society and abhor/condemn polygamous behavior.

**4) Culture-** The Ao Nagas have a very proud and literary culture. They are well known for their rich folklore, which is a complete representation of the superstitious and

tradition bound society that they live in, for example- The tale of Kongliang Otsü (which teaches the values of being an elder sibling) or even the of Longkongla (which tries to retell the origins of the Naga people as a paranormal occurrence). The Ao Nagas have had adopted Christianity as their religion since the late 1800's and were one of the early populaces to be converted, today they are one of the only few fully Christian societies in India and follow the Baptist church as many embark on



missionary work around the country. They also have many festivals pertaining to their livelihood as farmers such as:-

**4a) The Moatsu Mong-** It is celebrated on the 1st week of May every year and is done so to relieve the farmers of their stress from the grueling work of cultivating the land for newer crops along summer and provide them the respite of entertainment and recreation, after they are done sowing the seeds and practicing rituals for a bountiful harvest the upcoming year.

**4b) Tsungrem Mong-** As a continuation of the Moatsu Mong, the Tsungrem Mong is celebrated on the day of harvest in the cultivated lands and serves as a major day for the tribe every year due to their reliance on yields from the harvested crops, and thus outsiders are especially not allowed in the village during this occasion because of the risk of meddling and accidents.

On an ending note, the Ao-Nagas are certainly one of the many ethnicities that the North-east is incomplete without. Their extreme pride in their culture is something that will ensure their survival for the days to come, and also give other ethnicities a sense of standard for them to attain.



# MAINTAIN

**Your Physique without**

# GYM

By: M A Murtoza  
Gurgaon  
Fitness Trainer Martial Art

**E**ven when coming to the gym is your first priority, as it was when I competed in bodybuilding, it may be hard to get there. I experienced this in competitive bodybuilding. During those years, I was the most versed on this issue. You may be travelling or working on a big project that keeps you at the office till your gym closes. If so, you can't exercise. This may be challenging regardless of the cause.

You can exercise even without a weight room. You can workout most of your body in your home, office, or hotel room. You won't make big gains, but you'll avoid muscle loss and guilt until you can join a gym. Actually, you can train almost every muscle group at home. I created this method for situations like this. It'll just



take 30 minutes, but it'll work all your major muscle groups.

### RUNNING OR BRISK WALKING

Running or brisk walking daily is the finest, easiest, and most beneficial exercise. This weightless full-body workout burns calories and builds core strength. It is also a single workout you may do whenever you want. Running reduces stress and improves sleep, which is the greatest part. Thus, if you want a no-equipment workout that builds muscle and can be done outside the gym, consider jogging or brisk walking.

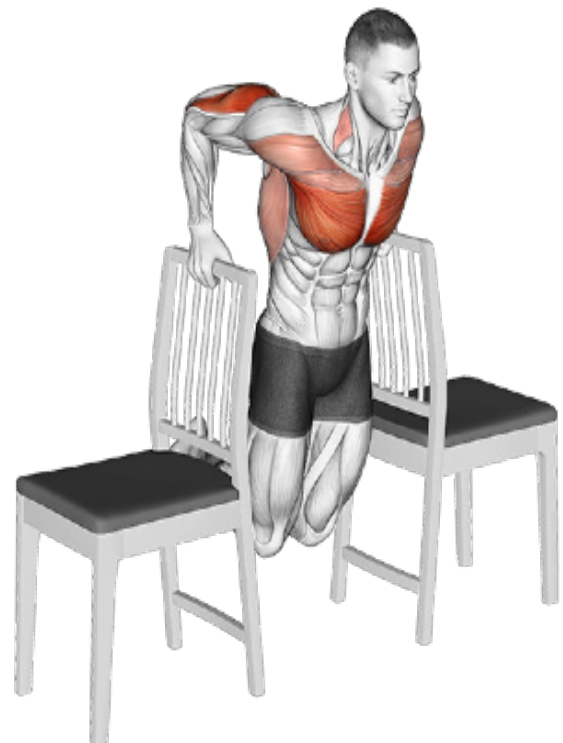
### DIPS BETWEEN CHAIRS

Dips work the chest, shoulders, triceps, and lats. These steps require two sturdy chairs. Place them back-to-back with a shoulder's breadth between them. Press yourself on the chair backs, but don't lean forward or you'll

lose your balance. Let your feet hit the floor and gently lift up if you need help. Otherwise, bend your knees and join your feet. Be careful when doing these actions.

### ROWS BETWEEN CHAIRS

This is a fantastic workout for building up the strength of the back muscles, particularly the latissimus dorsi, as well as the teres major and minor. In addition to that, it strengthens the biceps. It is recommended that a broomstick be placed across the backs of two chairs that are approximately 24 inches apart from one another. Put yourself in a position where you will be lying on your back in the middle of the seats. Grab the broomstick at the spot where it connects with the chair backs by reaching up and grabbing it there. While keeping your body in a straight stance and your heels planted on the ground, pull yourself up until your chin is above the broomstick. Think of this movement as an angled pullup that you would do.





### DEEP KNEE BENDS

As a result of doing these weightless varieties of deep squats, not only will you receive a great exercise for your thighs, but you will also see an increase in the capacity of your lungs. Place your hands on your hips, then perform a series of squats at a consistent tempo while maintaining the position of your hands on your hips. You should make an effort to go as deep as you possible can, inhaling as you go down and exhaling as you come back up. You should aim to get as far as you possibly can. At the most intense point of the movement, tense your quadriceps muscles

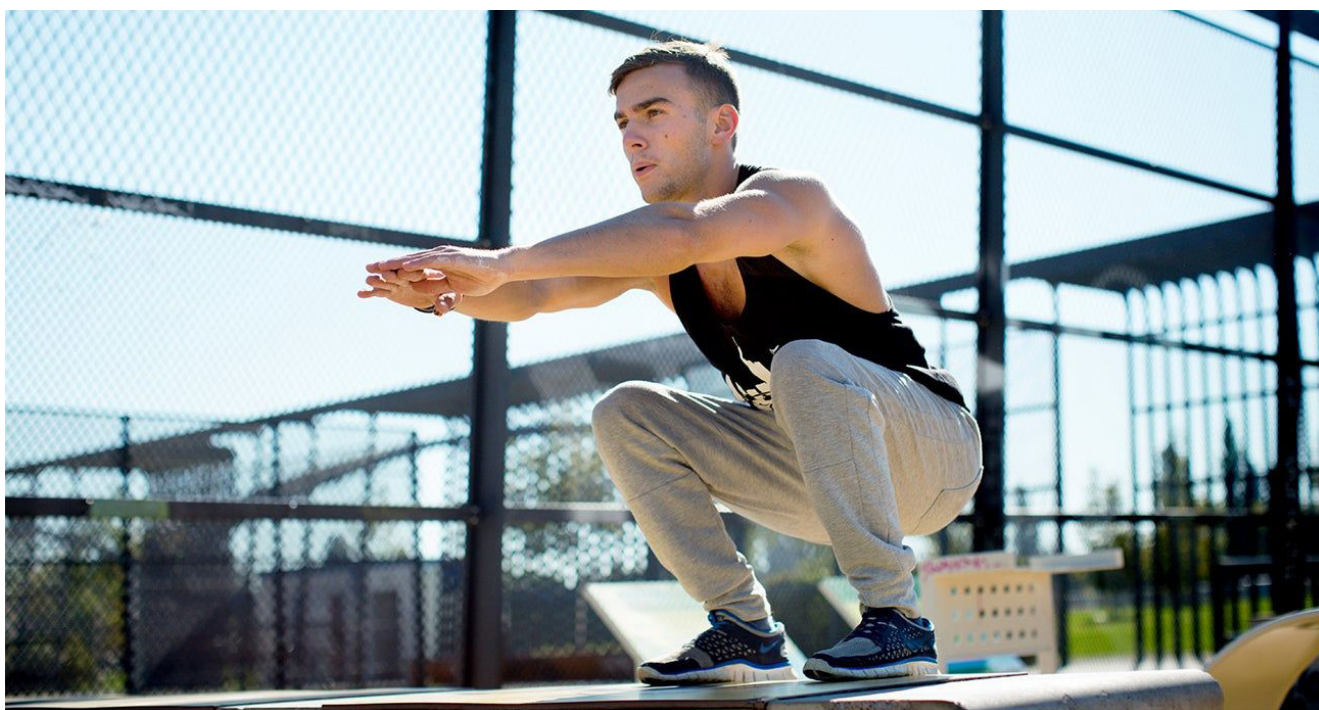
by contracting them. You won't believe how physically demanding they may be until you've completed fifty repetitions of them.

### CALF RAISES

Place a weighty book, such as a telephone book, on the ground next to a chair, and then move the chair to where the book is. Calf raises should be done in a unilateral method, with the subject standing barefoot on the edge of the book and utilising the chair for support. Calf raises should be done in this manner. It is recommended that you strive to finish 50 repetitions with each leg.

### CRUNCHES

Lying on the floor, elevating your legs so that your thighs are perpendicular to the floor, and bringing your torso in toward your chest while keeping a contracted position are all that are required to do an abdominal workout. You should make an effort to roll your body in on itself, as if getting into the foetal position, as an alternative to maintaining a position with your back arched.



# CHALACHITRAM

## NATIONAL FILM FESTIVAL 22

### STORY OF SUCCESS AND COMMITMENT

#### Mysticaura News

Chalachitram national film festival in short CNFF, initiated with an aim to propagate cinema as a powerful catalyst of social change and a rich expression of Indian heritage. The motto of CNFF is “Our heritage our pride”. Chalachitram, a leading film club, is the organiser of this festival. The 2022 edition of this festival, originally scheduled for 10-11 september 22, has been postponed due to some unexpected problems. This two-day festival opened with a lamp-lighting ceremony. Aditya J Patwardhan, actor Kankana Chakravarty based in Los Angeles, lit the ceremonial lamp on Sunday. The opening film of CNFF was ‘The Land of Hidden Treasure’ directed by Sanatan Karmakar. This was also adjudged as the best film in the short film competition held as a part of the festival.

Organized every year under the initiative of Chalachitram, a subsidiary of Viswa Sangbad Kendra Assam, the festival witnessed the screening of Aditya J Patwardhan directed ‘A Nomad River’. Yogi Sadguru appeared in this film along with his Rally for River campaign. This was the India

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



Book Release

premiere of the film. The closing function was graced by eminent film personality Akash Aditya Lama, the maker of the very first Nagamis film ‘Nani Teri Morni’, who appreciated the initiative to propagate the issue of national heritage and pride.

The festival includes a competition for short films. This competition was confined to the film makers of North East only. Apart from the competition films, some other films were also screened. Bhaskar Vishwanathan’s film ‘Freedom Fighter’ was one major attraction. Bhaskar also participated in the festival. National Award winning documentary on Kashmir issue, ‘Justice delayed but delivered’ by Kamakhya Narayan Sing was also a major attraction.

Mahisasurmardini, a bangla film by Ranjan Ghosh was screened on the first day as North East premier. After the show he had an interesting conversation with the audience.

Kannada film actor Suneel Puranik and Ranjan Ghosh also attended the prize distribution function. Ranjan Ghosh (Kolkata) was one of the Jury member with National award winning cinematographer Supratim Bhol (Mumbai) and Film Maker and film teacher Ashsh Bhawalkar (Bhopal).

Gunjan Sharma directed ‘New Year In Eshan Bharat’ was awarded the second best entry, whereas Maharshi Tuhin Kashyap (maker

CNFF<sub>22</sub>

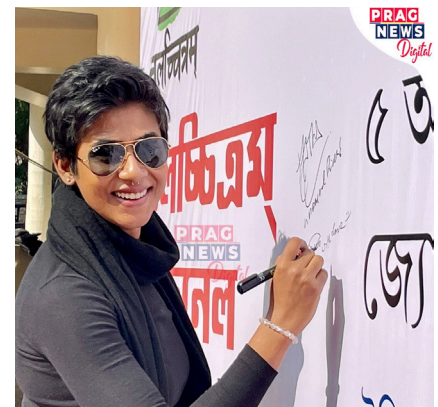


# চলচ্চিত্র নেচনেল ফিল্ম ফেস্টিভেলৰ সফলতা কামনাৰে



also released by Aditya J Patwardhan and Kankana Chakravarty. In the Homage section, a much-acclaimed film by Utpal Datta, 'By Lane 2' was screened to pay tribute to famous film journalist Pabitra Kumar Deka. The festival experienced warm response from film buffs as well as distinguished personalities like Apurba Sharma, Jatin Bora, Jeetul Sonowal, Bhupen Kaman, Banalata Baishya, Nayan Prasad, Aboni Bora, Aimi Baruah, Dr Bobby Sarma Baruah, Swapna Dutta Deka, Monita Borgohain, Rajiv Barthakur, Namrata Datta, Sunil Mohanty, Kishor Shivam, etc.

Mysticaura had the honor of placing a banner at the venue, welcoming all the participants to the event.



Kankana Chakravarty signs the Festival Billboard

of 'Moar Ghorar Duranta Goti') received the best director's award. The jury's special mention was awarded to Sangeeta Medhi (Hatkatha) and Rakesh Moirangthem (Erolungdagi). All participants in the competitive section were awarded certificates.

Another interesting aspect of the festival was the book launch. An English book 'Literature and Film from Mute to Motion' penned by well-known critic Dr Dipshikha Bhagwati was



Dr Sunil Mohanty greets Ranjan Ghosh

# THE MYSTICAL WARMTH

The mystical night so dark tonight.  
A sudden ethereal beauty creeps  
As the flame engulfs with a golden dance.  
Flickering and burning my thoughts  
I watched the flame coyly  
Spreading its radiance around.  
So powerful  
The same flame save us from bitter cold.  
And burns our body too when our soul departs  
As the warmth spread over me  
My mind drifted with scintillating thoughts of life and death.  
Preparing and unchaining me from reality  
The relationship of this cruel abstract world.  
And I drifted away in the night with the amber warmth with  
thoughts unforgettable sneering at me.

By: Monali Bhuyan

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