

MARCH 2023, ISSUE 37 | VOL - III

MYSTIC AURA

MAGAZINE

WOMEN'S HEALTH

Prolonged life

SWIMWEAR

Body language

GENDER EQUALITY

Every women's problem
is also men's problem

WOMAN

EPITOME OF STRENGTH AND CHARISMA

Photographer: Héctor Torres, Argentina

Model: Yasmin Selman Ponce

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MYSTICAURA

Fashion and life style magazine

2023

March

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Model: Isha Upadhaya.
MUA : Sushant Mandol.
Wardrobe ALN collection.



Designs & Photography by Kaushik Arakumphotography

MYSTICAURA

The Team



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.

CONTACT

Office Address

Hatigaon, Brindaban Path, Hse No-2 opposite Bharat Petroleum
PIN-781038
PHONE: +9186386 84096
Email: mystica.fashion@gmail.com
FOLLOW US at
www.mysticauramag.com
www.mysticauramg.com



MRIGAKSHI DUTTA BHARALI

Copy Editor

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.



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



Wishing all the great and beautiful women of the world '**Happy Women's Day**' a day which is remembered and celebrated all over the world in a unique way to encourage and empower women, to broaden their perceptions and inner strength, to bring about a change in the society. Celebrating this great day will not only inspire but will empower other women to accept and face the challenges of life with courage.

This month edition covers a variety of topics related to woman followed up by the regular topics on fashion and Aura pages. Hope all will enjoy going through once.

Feedback/ suggestions /queries, always welcome to drop in our mail ID mysticaura.fashion@gmail.com.

Regards
Gitali pathak Deka.
CEO & Editor-in-chief.

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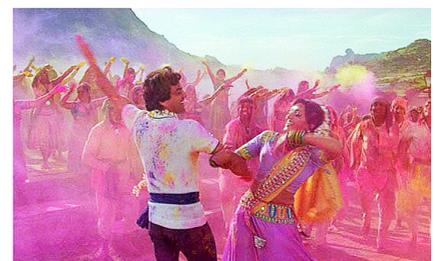


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D Aura
Photography

Model :

Sol Wytrykusz

Photographer :

Hector Torres
(Argentina)

"Photography is a lifestyle, where he projects all his personal experience, but also his emotions. he believes that the greatest source of inspiration is life itself, especially the beauty of a Woman"

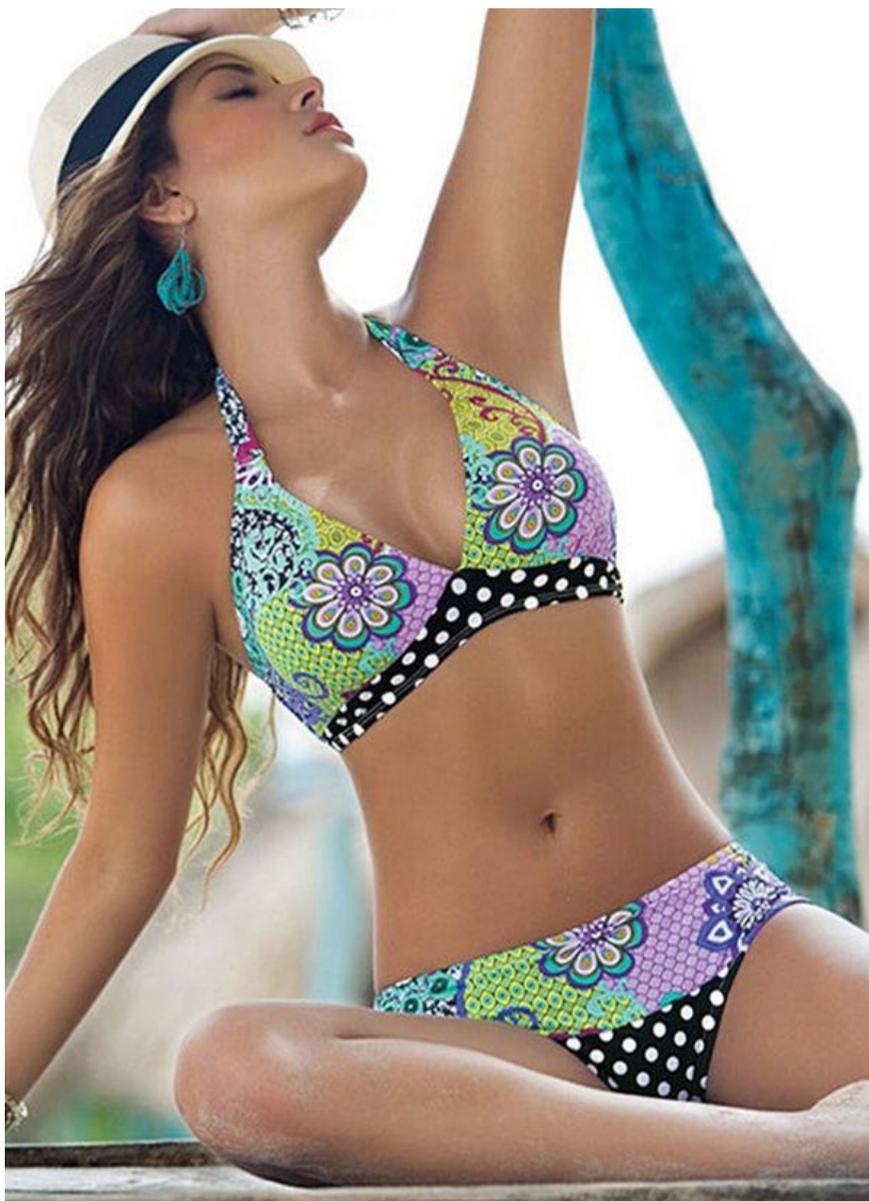
- Photographer Héctor Torres
from Argentina.

Aura Trends

“Fashion
is about
dreaming and
making other
people dream
their unique
style.”

MODEL : PRIYANKA
RAJBONGSHI & PALLABI
SAIKIA.
Makeup - Christina Joseph
and Susant Mandol
Design / Concept
@prasanttghoshoofficial
Photography @
kamalbarmanphotography

SWIMWEAR



Body language in a swimsuit is most essential because there is a very fine line between smart and tart. However the line is easy to see and half the battle is won by simply choosing the right swimsuit style paying special attention to the cut. This is where body language again comes into play. Be confident of yourself and walk confidently. Swimming is the coolest summer sport

"Eat better just cut down on fat and sugar. A low fat diet is also an intestinal comfort diet as it is easy to digest and does not cause bloating gas and acidity."

By :
Prasantt Ghosh
The writer is a Fashiondesigner and Choreographer
and can be Contacted at
Email – prasanttghosh999@gmail.com
www.prasanttghosh.com

but remember not to hit the pool between 10am and 4pm as the sun's rays are most harmful then. Go shop by instinct and get whatever catches your eyes which compliments your looks and body. A valuable beauty tip for women, a good sun block and hair conditioner are worth investing in.

Avoid wearing anything that is a sizes smaller than your actual size. On style trends you can love something for a while and then move on to something else depending on your mood and time in life.

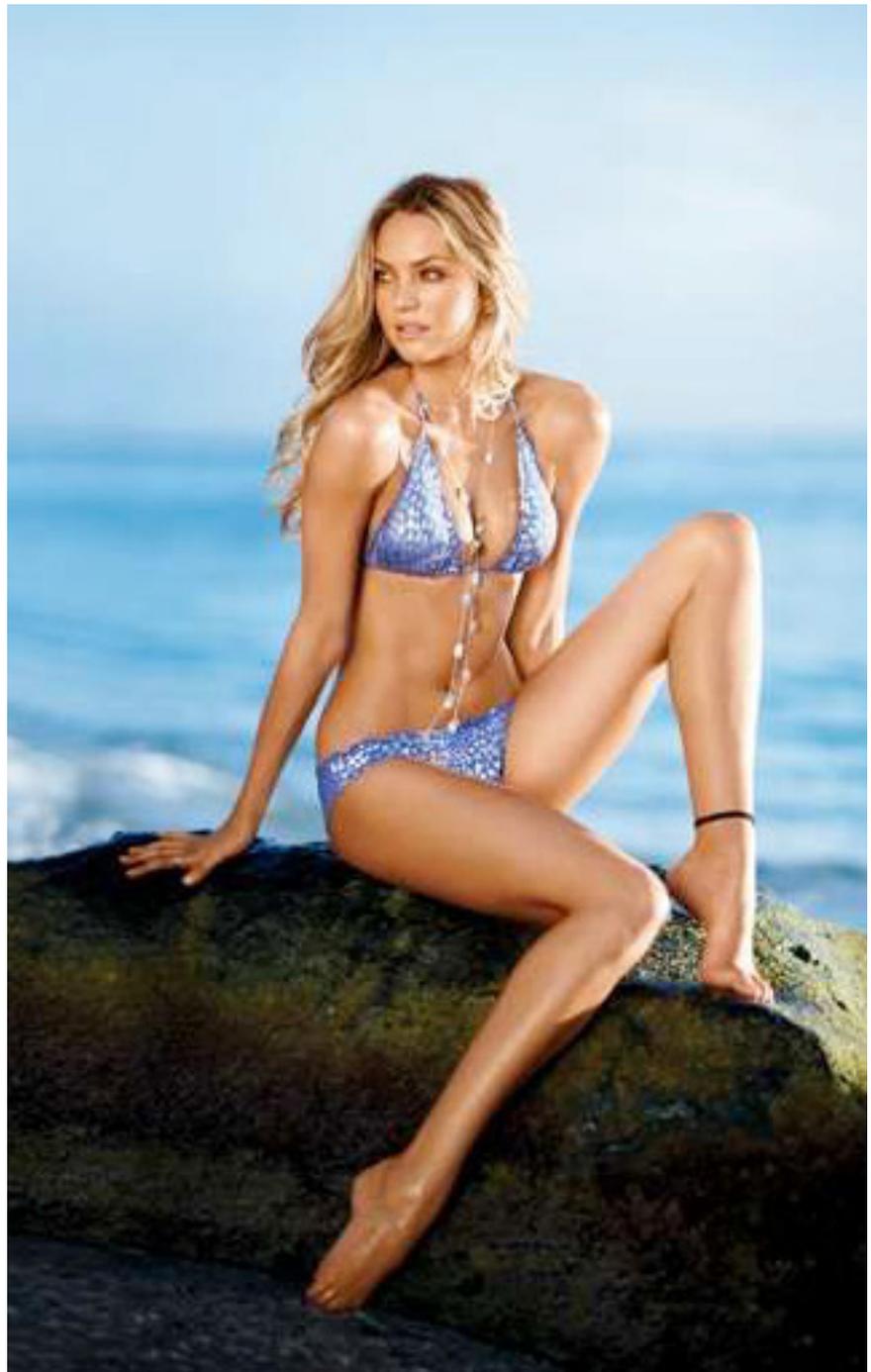
Only water based moisturizer must be used on face and body after a shower. Use minimum make up. Just kajal, lip gloss are great. For a more glam beach party apply waterproof mascara. Wear your cool attitude to look even cooler. Since none of us have the dynamite that can make our stomach into flat ironing boards we all have to work harder. There is no magic way to get a flat stomach. Total body fat has to be reduced to trim the abdominal flab and most spot reducing techniques are ineffective. For stretch marks be extra careful, the area tends to be slightly raised as well as lighter on the inside. Use a darker concealer or foundation to make it uniform. If full body make up is too much for you simply use a liquid or powder bronzer. Blend the liquid with

your finger and powder with a brush.

Good posture is essential if you do not want your tummy to protrude. It is not just about looking good; slouching does damage to your internal organs and spine. If you sit straight you also make your stomach muscles work. A flat

stomach should be desired not only for aesthetic reasons but also from a health perspective. Abdominal fat is the harmful fat that increases risk of diabetes, heart disease and certain cancers.

All women have a greater sense of smell than men. Be one of the gang, unisex





fragrance are often the best to wear to work if you want to smell great without standing out. Avoid the bulging boob wearing a bra that is too tight for you or too small in the cup will have you oozing out in all directions. It is not pretty. Make sure your bras fit properly. White stockings should only be worn by nurses they do not even do the slimmest legs any favours.

Eat better just cut down on fat and sugar. A low fat diet is also an intestinal comfort diet as it is easy to digest and does not cause bloating gas and acidity. I know for a fact that some people prepare six months for a perfectly chiseled body before hitting the beach. Now I am not suggesting that you should give yourself an indication of the kind of commitment it takes. With summer upon us a little diet control combined with regular swimming is going to help you burn calories faster.

Being self assured only comes with accepting your own body just the way it is. For birthmarks or scars use a heavy concealer that gives more coverage. Make sure the shade is closest to your skin tone to even the look. Freckles are spread all over the body. Since you can't cover each freckle individually use a darker shade of foundation and apply all over. Water wise



wear sunscreen at least 30 to 40 SPF. Apply it 30 minutes before stepping out. Wax your body. A bikini wax is a must. Tie your hair and use a cap while swimming.

Plus sized women should opt for swimsuits that have shorts instead of the sexy high cuts.

Special advice to all you plus size women is to stop being self conscious. That only makes people around you more conscious of you and your size. Walk confidently and do not cling to that towel so dearly.

This is your time off so enjoy. If you're shy still buy a bathrobe or at least a sarong. Contrast or complement your swimsuit with your sarong go printed or plain. Being a bikini babe is tough, so do not attempt to wear one unless you have a perfect model's body. Having said that does not be self conscious of your extra bulges too.

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FACE of THE MONTH

Calendar girl

SIMAKSHI BAISHYA

1. Tell us in brief about yourself.

- I'm Simakshi Baishya from Assam. Presently I'm pursuing my Degree and am a professional model. From childhood onwards I'm very passionate about modelling and being in front of the camera. My hobbies are dancing and exploring new places. Along with my studies I'm very much passionate about my modelling career. I highly believe in educating myself and want to complete my educational career first. I started modelling since 2021

2. Would like to know little more about your passion and upcoming projects.

- About my passion, I really want to make India proud at Miss Universe and for this I'm really working out and also have a desire to work in films. In future I would like to be known as a popular runway model in Assam and also in abroad. Well, very soon you all will see me in an Assamese movie doing a small role. Next year I'll be joining Femina Miss India. Many more print shoots are in my bucket list, also exploring some more new places in coming days.



3. What is your view point in the line "being beautiful in your own skin" ?

- According to me every skin is beautiful in their own way, every one should flaunt their flaws. No one should be insecure about their skin because each and every skin is unique and beautiful. Beauty is about being comfortable in your own skin. It's about knowing and accepting who you are. Lastly, it means accepting yourself for who you are, both on the inside and outside.

4. What is that most pleasant thing that has happened to you in your modelling career?

- In my modelling career I've learned a lot of things, among them the most important is to believe in yourself, no matter what or whatever situation comes just never give up. Also I've seen many selfish people in this career who will try to hurt you but being strong is all you need. Stepping into modelling all insecurities have turned into my strength

5. What are your future plans ?

- My future plan is to do something for my country through modelling. Also I'll try to remove the negative concept and thoughts people have in their minds.

6. Your views on modelling and fashion.

-Both are good in their ways. Both require confidence, passion and determination . You have to wait for your chance and grab the opportunities . You just need to keep fighting and focus on your goal. Fashion is more of expressing your thoughts and ideas out to the world with the help of your clothes you wear.Whereas in modelling there cannot be comparison , it's upto you how you would like to part on both.

7. How do you feel being part of Mystic Aura calendar girl'23 ?

- It's my first experience being a calendar girl, all thanks to the CEO & Editor-in-chief for giving me this opportunity. I'm really glad to be a part of mystic Aura Calendar girl 2k23. The love & respect I'm getting is mesmerizing.

Aura Beauty Touch

Makeup artist:
Monsoon Borgohain

Photography:
Unique Borah

“Simplicity is the
ultimate sophistication
but it’s beauty is
reflected in one’s
traditional attire.”

In frame : Nishita Goswami
Attire : Traditional, Assam.
Jewellery : Prajapati Assamese
Jewellery



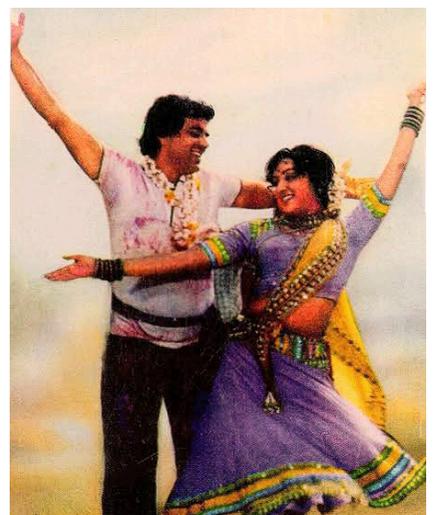


A review: the picturesque scene of

HOLI

in SHOLAY-(movie)

By : Utpal Datta, Author, Critic and Filmmaker



In India festival of colours HOLI is always celebrated by all religions leaving behind a feeling of togetherness among all. An environment where everyone likes to dance with the flow of music and play with colours.

If we talk of evergreen Holi songs, all would definitely love to listen to the Holi song in Sholay movie where Gabbar Singh(villain role) screams, "Holi kab hain, kab hain Holi!" The next frame, instilling fear in the audience, is a color palette in "out of focus." There was a sprinkle of Holi colors on the ground and ornament-clad hands quickly picked up powder from dishes left on the ground, filling phiskaris with color-mixed water at the same rate at which they picked up the powder. There is no complete human figure on the screen, only close-ups of a few hands that appear in the background. After a few shots that covered only twelve seconds, a group of girls comes out of the yard of a house, singing - come on, friends. The young man on the porch of another house was waiting with holi powder in his hand. He threw the color powder into the sky and joined the group that had arrived at that place. After that, the Holi song and dance started. Joy and excitement filled the dance song. Suddenly, a colorful shamiana catches fire, terrifying gunfire breaks out

and a gang of robbers arrives. It was correctly assumed that it was Gabbar's gang. Right before the song, Gabbar shouted - When is the Holi? That was an indication that something would happen at the time of Holi. The director took a few relaxed moments before taking the audience into a terrifying atmosphere. Keeping the audience in a joyful atmosphere of dance and song, the director kept the character as well as the audience in a relaxed mood. This atmosphere was followed by a drastically opposite situation. This juxtaposition intensified the appeal of the Sequence. This song-dance sequence had no purpose in the development of the storyline, yet it added appeal of the following scene. The technique of using contrast sequences in a row is used only to make the atmosphere of terror. This song from the film Sholay [1975] also includes some minute gestures to show the increasing closeness of Dharmendra and Hema Malini. The song includes two shots of Jaya Bhaduri standing still in front of a temple. He becomes speechless and motionless as he sees her amid the holi colors, and the excitement of the young people dancing at their peak. It is evident that director Ramesh Sippy's effort was a success. But the huge number of people present in this song

and dance sequence did not look real as such a crowd was never seen in Ramgarh village. When it comes to lighting in the visuals, the song sequence does not follow the usual rule of continuity. The sunlight and shadows in the scenes convey a sense of time. Once it looks like morning, it's evening, and after it's afternoon, it's evening time again. In a word, such a haphazard assembly shot is always boring. It is pertinent to note that the presentation of the first few shots of the song is not correct. This is because of the way in which the color was sprayed before people got to the spot.

Only the first two lines of the song contain elements of folk music. As for the rest of the lyrics, they were written by Anand Bakshi, and the music was composed by R D Burman. This song is known as an absolute success because of the right blend of lyrics and melodious soothing voice of the legends i. e. melody queen late Lata Mangeshkar and Kishor Kumar, attention-grabbing presentation that comes to mind whenever the Holi song from a Hindi film is mentioned.

Evergreen song and even after years and years when this song is played it still gives a fresh feeling of joy when Holi is celebrated.

INSPIRATION

A Strong and Cultured Lady

By:

Dr Bobita Sinha

Writer, social worker

Chairperson Helping Hands Social Foundation

Tarot Healer

Binalakshmi Nepram is an activist and author from the northeastern state



of Manipur in India. She is known for her work in promoting women's rights and peace in the arms conflict-ridden region of Manipur. Nepram was born in Imphal, Manipur in 1972, and grew up in an environment of armed violence, of which she remained indifferent until her university years.

She obtained a bachelor's degree in Sociology from

Miranda House, Delhi University, and went on to complete a master's degree in Sociology from Jawaharlal Nehru University, Delhi. Nepram's activism began in the 1990s when she was a student in Delhi and witnessed the growing violence and human rights abuses in Manipur. She co-founded the Manipur Women Gun Survivors Network in





2004, which provides support and advocacy for women who have been affected by the region's long-running armed conflict.

In addition to her work with the Women Gun Survivors Network, Nepram is also the founder of the Manipur Women's Gun Survivors Network, which aims to provide support and assistance to women who have been impacted by gun violence, including survivors of shootings, bombings, and other violent incidents. The network also works to promote peace and disarmament in the region, and to advocate for the rights of women affected by armed conflict. She has written extensively on issues of conflict and gender in

the region, and her book "Meckleyai" is a memoir that reflects on her personal experiences growing up in Manipur and the impact of the region's conflict on her family.



Nepram has received numerous awards for her activism and advocacy, including the Sean MacBride Peace Prize in 2011, the CNN-IBN Indian of the Year award for public service in 2012, and the Mother Teresa Memorial Award for Social Justice in 2013. She continues to work tirelessly to promote peace and gender equality in Manipur and till today serves as a true role model for the young girls of the state to look up to as a moral guide. On this Women's Day let's celebrate Mrs. Binalakshmi and her accomplishments for the rights of young girls of Manipur and encourage more people to follow her example and try to make a change.

D Aura Photography

Photographer:
Héctor Torres, Argentina
Model: Sol Wytrykusz

"La elegancia es cuando el interior es tan bello como el exterior y ese es el reflejo de la belleza de una mujer."

(Elegance is when the inside is as beautiful as the outside and that is the reflection of a woman's beauty.)



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Aura Fashion



Model : Violina Deka
Mua : Sushant Mandol
Wardrobe: ALN collection.

“Every women’s problem is also men’s problem”



By :
Vanessa Jacqueline Dcruz.
Brand ambassador, Global Peace Maker.
Singapore.

In this 21st century, there is all common buzz talk of gender equality. Feminists are fighting for gender equality in every part of the world. Some face vigorous tasks in achieving this especially in the Middle East and African parts of the world.

Let’s say gender equality has been achieved in most parts of the world, does this stop women from abusing their new found equality power? Well the answer is yes they can abuse it and they begin to oppress not only their own sex but also men. Therefore, the problem women face, men also will face them.

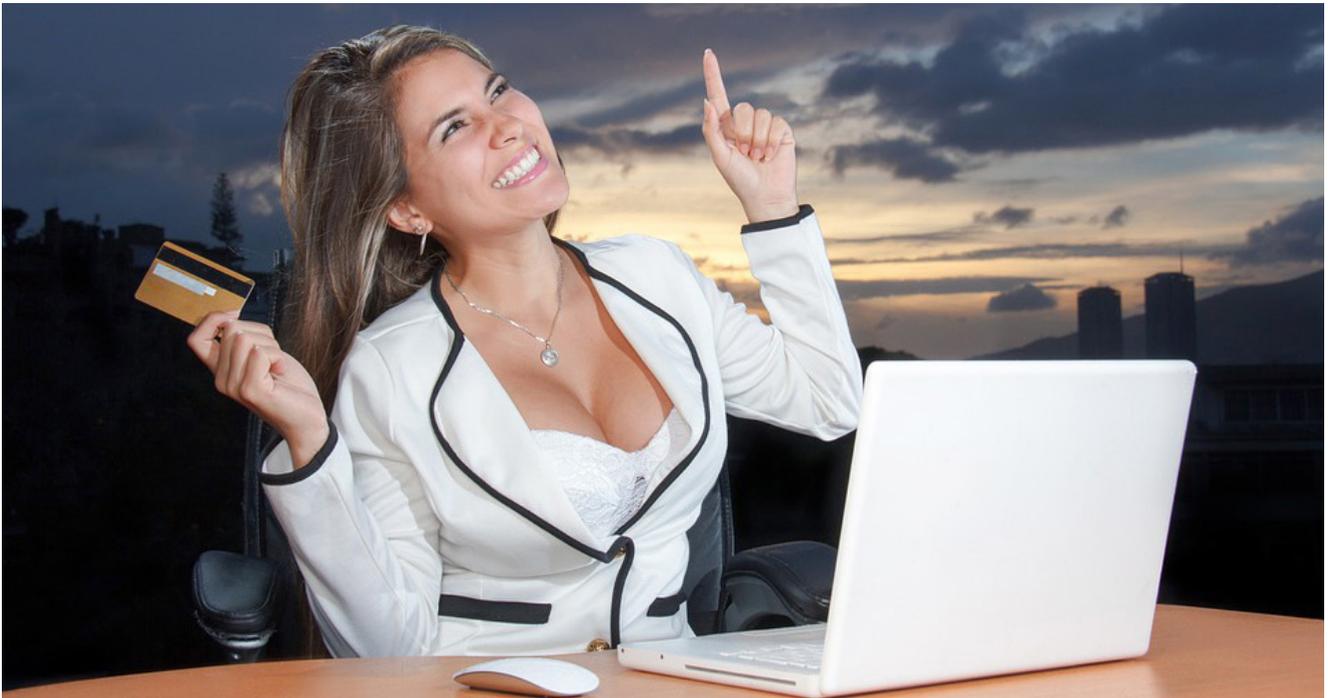
To achieve gender equality, is

also achieving the balance of power. If this is not balanced, then the efforts of achieving gender equality goes up in smoke. Black women once face oppression by white women. Do we want to go back to this reality? Do we want to waste all the efforts in achieving gender equality & empowering women?

For those in the business world trying to achieve gender equality and empowering women, think about this questions? Sometimes we need to reflect on our actions. Are we being fair? Are we really empowering our women folks in a good way? Are we making society a happy one?

Men outnumbers women as business leaders. Well, the phenomenon is not new due to the advantages men had in





the business world , the protectionist measures (masculine culture) and the cultural mindsets about women in the working world.

Ladies now need to play the catch game . It is sad though but it is never too late to do so. Structures are in place to let women prosper in the business world . I listened to the flowering and grandiose stories by some business women leaders on how their companies promote gender equality in their companies. One laughable story is that men do not join women activities because they are afraid of being “ lost “

Guys! Please , start being sociable . Are you becoming afraid of women these days ? This is an another aspect of a social problem happening but I would not go there .

However , the question to be asked is why the catch up

is still pretty slow whereby structures are in place for women to rise up in their career or become women business leaders ?

Some may say it is not because we do not see the traverse effect of this social phenomenon as we see our female colleagues as equal and of course we do . It takes statistics to show the effect.

If a lady is taught to place her family 1st when she is born and a men is taught to bring in the bread for the family , one would carry a “ supporting value “ and the other. “ financial value “ . Get my drift ? Those women who are business leaders now were taught how to be independent and prosper . Values of education and independence were placed as the highest value .

Therefore , to cut the story short , if you want more

women business leaders , start inculcating the values of being one when she is born. I am sure most of us want to live in a happy and sort of equal society but there is negative effects in what we do if do not “ stay on the good path “ toward gender equality and women empowerment.

On this note, please do reflect consistently and stay in the right path .



Aura Trends

Designer - Nidhi Patni

Model - Sanju Ray & Krishnakshi Deka
Photography - Swapnajit Borkakoti

“Color touches everyone's life on different levels. Holi is a festival of colors filling our life with joy n emotion. Keeping the same feeling, designer have decided to have a colorful tie-n-dye costume for the occasion. Women wear Saree and men wear shirt & pants with tie n die. Fcous is on color and on tie-n-die.”

WOMEN'S DAY

By:
Brian La Cour
 Florida, USA

That's right – it's Women's Day. Women's Day is a very significant holiday as it celebrates gender equality and all the achievements women have made. In Honor of the special day, I met an extraordinary woman Martha de Sousa who is an Executive Strategic Behavioral Mentor and President at Martha de Sousa Group who shared her thoughts about this day. This an international celebration with a long and proud history. It is an opportunity to recognize the strength and resilience of women, in all spheres of life. Coming from humble beginnings, Women's Day has become a truly global event that celebrates women's rights, achievements, and role in society.

"This is an international celebration with a long and proud history. It is an opportunity to recognize the strength and power of women, in all spheres of life.

It was first observed on the 28th of February 1909, in honor of the garment workers' strike in New York City

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demanding shorter working hours, better pay and voting rights. The day soon became an annual event among progressive circles around the world. After being adopted by the United Nations in 1975, International Women's Day was officially recognized as a focal point for education and advocacy to advance gender equality. On this special day, we celebrate the remarkable accomplishments of women across every domain – social, economic, cultural, and political. From pioneering entrepreneurs to inspiring leaders, women continue to excel despite immense challenges presented by generations of gender bias and discrimination. Whether it be working motherhood or female entrepreneurship, ambitious scientists or brave activists – we celebrate them all.

I believe that all successful women represent more than just their own personal victories – they create ripples that empower others to reach greater heights as well. They are a inspiring examples of what can be achieved with discipline and purpose. On this day, we honor their



courage, hard work and determination that has opened new opportunities for millions of other women around the world." – Martha de Sousa

This day is also a reminder that much progress still needs to be made in achieving true gender equality everywhere. We must continue our fight against the entrenched societal patterns that hold back millions from realizing their full potential – from unequal access to quality education and health care services to violence against girls and women.

Let us use this Women's Day as a chance to reflect upon our successes so far, rededicate ourselves towards creating more equal opportunities for everyone while celebrating all those amazing women who have accomplished incredible feats against all odds.



WOMEN'S HEALTH

By :
Dr. Nikhita Nagar
Dental Surgeon | Behaviour
Therapist | Sociopreneur
Founder : Being Caring Org.
DELHI.

Healthy habits are the best way to avoid disease, prolong your life, and live more happily. But in the chaos of a woman's daily life, healthy living may take back seat to chores, work, busy schedules, and more. Take these simple steps toward a longer, healthier life.

Heart disease is the leading cause of death for Indian Women. In India, 1 in 4 wom-

en dies from heart disease. Exercise is one of the best ways to prevent heart disease and keep your ticker strong. It's also beneficial for your mental and bone health. Aim for 30 minutes of movement at least four days per week. Aerobic, or cardio, exercise is best. This includes: walking, jogging, dancing, swimming. Mix routines up and keep your exercise plans exciting by trying different activities. Invite a friend to join you for accountability and encouragement.

Cardio alone isn't enough for optimal health and fitness. You should combine it with some type of strength training. Strength training builds

muscle, boosts metabolism, and helps you maintain stronger bones. This is especially important in postmenopausal women.

Eat a balanced diet
A nourishing diet is the foundation of a healthy lifestyle. Beyond weight loss and maintenance, eating a balanced diet is crucial to a woman's overall health. Good foods provide vitamins, minerals, and nutrients that are important for growth, well-being, and development.

A balanced diet starts with avoiding unhealthy foods. Packaged and processed foods are often full of sugar, salt, unhealthy fats, and calories. Avoid this fake stuff, and opt for the good stuff, such as



fresh fruits and vegetables, whole grains, fiber-rich foods such as beans and leafy greens, fresh fish, lean cuts of meat and poultry healthy fats such as nuts, seeds, and olive oil low-fat dairy.

Additionally, a balanced diet is a cornerstone of weight loss. Carrying around extra weight can increase your risk of several conditions, including cancer, diabetes and heart disease.

Women’s vitamins:

Take a multivitamin daily but eating vitamin-rich foods serves up the extra benefits of healthy fiber and minerals. Eat a variety of foods in a variety of colors and you should meet your vitamin, mineral, and fiber requirements without the need for a supplement.

Deal with stress

Career. Kids, family, friends, volunteer work. Many women are swimming in stress and responsibilities which can manifest more than just gray hairs. Excessive stress can translate to high blood pressure upset stomach or other gastrointestinal issues back pain relationship conflicts sleeping difficulties abdominal weight gain. You can

manage stress with relaxation techniques such as: therapy, prayer, meditation, yoga or tai chi exercise.

Many health issues are common among both men and women. However, some conditions may be more common in women or impact women differently than they do men. These include: Heart disease is the leading cause of death





among American women. Additionally, women are more likely than men to die following a heart attack.

Women are more likely to have a stroke than men. Men and women share many of the same risk factors for stroke, including high blood pressure and high cholesterol. However, women have several unique risk factors. These include: birth control use pregnancy hormone replacement therapy.

Urinary tract issues , Women have a shorter urethra, which means bacteria have a smaller distance to travel before they reach your bladder and start an infection. For that reason, urinary tract problems, including infections and incontinence, are more common in women.

Alcohol intake:

Men are more likely to abuse alcohol and become dependent upon it. However, the

impacts of chronic alcohol use are greater on women than men. These complications include heart disease and breast cancer. Additionally, babies born to women who drink alcohol during pregnancy may have a condition called fetal alcohol syndrome. This can cause brain damage and learning delays.

Depression:

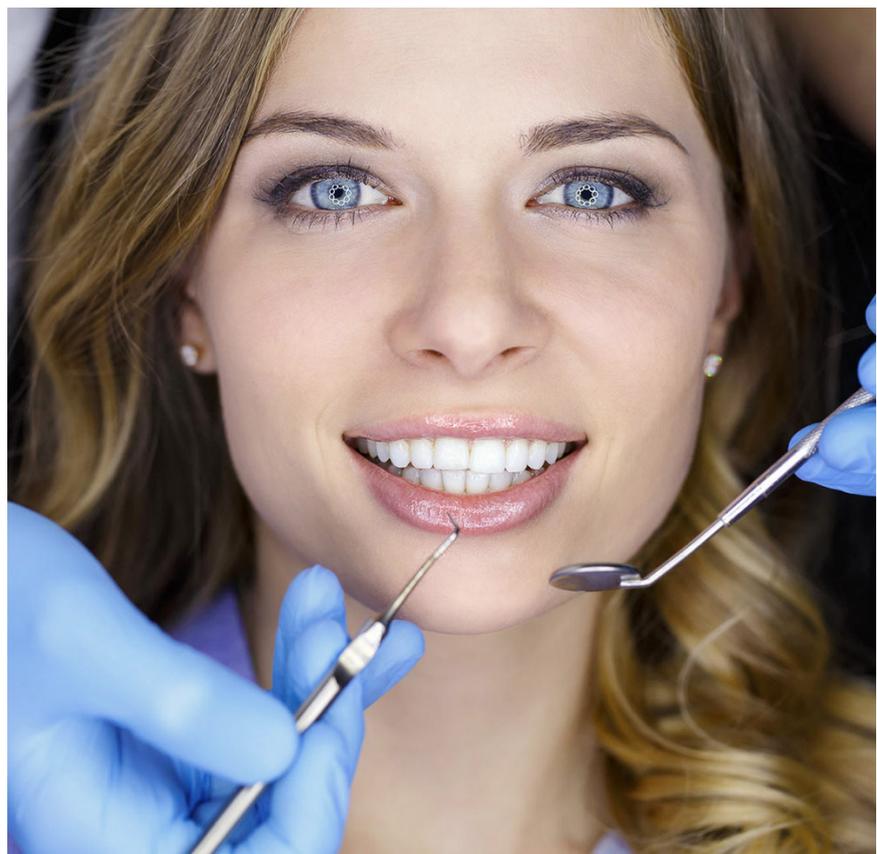
Women are more likely to show signs of depression than men. From ages 14 to 25, women are twice as likely than men to have depression. That ratio narrows with age

Osteoarthritis:

While this common form of arthritis can occur in both men and women, it's more common in women over age 45. One way to prevent dis-

ease and infection is to avoid smoking. You should also avoid those who do. Second-hand smoke can be as dangerous as smoking. Other known risks to health include drugs and alcohol. For women, a moderate amount of alcohol is 12 ounces of beer, 5 ounces of wine, or about 1 ounce of spirits each day. One five-ounce glass of wine a day may help cut heart disease risk, but more than that increases your risk of cancer and other conditions.

Good dental and oral health goes beyond a blindingly white set of teeth. Daily brushing and flossing keeps away cavities, gum disease, and even your physician, as having healthy teeth and gums might reduce your risk of heart disease.





BALANCE YOUR STRESS

By :

Dr. Dietician Dipikaa A Bhatia

Deals in therapeutic diets

Director B'BEHEALTHY, ADAN Healthcare and founder

Aas Ek prayaas NGO cancer awareness.

DELHI.

Today almost people are too much stressed? so you're not alone! High cortisol levels can lead to numerous health issues. Cortisol is the body's primary stress hormone and its release can be triggered by any type of stressor: a late-wake up, a deadline, or actual danger. Whatever the cause, when you hit fight-or-flight

mode, your body secretes cortisol.

It's inherently a good thing because it causes the body to quickly mobilize glucose into the blood by changing blood flow and stimulating the liver to produce glucose. This glucose is meant to fuel the muscles and give the body a natural energy boost so that

you can quickly respond to that stressor.

However, when your cortisol levels are constantly elevated from living life stressed out, it becomes not-so-good-thing.

HIGH CORTISOL SYMPTOMS:

Chronic high cortisol levels as a result of chronic stress can lead to numerous issues. Symptoms of high cortisol levels include: weight gain and changes in fat distribution, fatigue, poor sleep, digestive issues, headaches, difficulty, con-



excess intake of them can contribute to chronic inflammation and stress, and can impair your ability to handle stress. In fact, a diet high in sugar has been linked to cognitive impairments and emotional disorders such as anxiety and depression.

Here are top foods to include in the diet to help keep cortisol levels in check:

centrating , increased blood pressure, mood changes, menstrual cycle changes and lowered immune function.

Fortunately, there are many things you can do to reduce cortisol levels naturally. Beyond the obvious, like prioritizing sleep, engaging in exercise regularly and engaging in relaxation techniques i.e. yoga, meditation regularly, you can also make changes to your diet to help support healthy cortisol levels.

REDUCE CORTISOL THROUGH DIET:

A diet low in added sugars and other refined carbs is your first line of defense here. Added sugar-rich foods and other refined carbs lack one big thing: fiber. Fiber is what helps prevent those drastic blood sugar swings that result

in moodiness, fatigue, and hanger, all of which can leave you feeling stressed.

Refined carb-rich foods may provide very temporary, short-term stress relief (we don't call these "comfort foods" for nothing), but

CARB-RICH FOODS/MAGNESIUM-RICH FOODS/ OMEGA-3-RICH FOODS/ PREBIOTIC-RICH FOODS/ PROBIOTIC-RICH FOODS etc .

Maintain your diet plan and live a stress free healthy life .



AURA Men's Style

“ Fashion is a playground up until
a certain age but then you have to
make your own signature and style
to be remembered ”



Model: Himangshu Bairagi
Photography: Swapnojit Borkakoti



IMPACT OF PHYSICAL ACTIVITY ON ACADEMIC ACHIEVEMENT

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

To perform exceptionally well in any endeavour, be it professional or personal, maintaining one's health has always been seen as the most important factor. Individuals who are in good health and make it a habit to participate in physical activities on a daily basis have more potential in both their professional and personal life compared to others who do not take part in physical activities. There are a great number of cutting-edge studies in the body of published work that demonstrate the relevance of physical activities as support-

ive treatment for the existing diseases and in enhancing the general health of human beings. Our study's objective is to determine whether or not there is a connection between the amount of time students spend engaged in physical activity and the amount of progress they make in their academic pursuits. The investigation into the significance of physical activities on the academic accomplishments of middle school students is being carried out with the aid of computational methods in this study.

The positive effects of physical activity on the brain

- ❖ The amount of oxygen that is delivered to the brain is raised.
- ❖ Your capacity to focus, concentrate, learn, remember, and deal with stress will all improve as a result of the increased quantity of neurotransmitters in your brain.
- ❖ There is an increase in the amount of brain-derived neurotrophins, which ensures the survival of neurons in regions of the brain that are crucial for learning, memory, and higher level thinking.

Nurturing their engagement, motivation and psychological

well-being:

- ❖ Children's self-esteem can be improved by participation in physical activities.
- ❖ It fosters bonds with one's contemporaries, one's parents, and one's educators.
- ❖ A caring environment that supports autonomy enhances kids' motivation, their behavior relating to physical activity and their general well-being.
- ❖ Engaging in physical activity on a consistent and planned basis training encourages important life skills (such as self-regulation and interpersonal communication) as well as essential values such as respect and social responsibility.

Physical activity, physical education, and academic achievement

Several studies have investigated whether or not there is a correlation between the amount of time spent participating in physical education and academic performance. The following studies include experimental, quasi-experimental, and longitudinal designs. In general, the researchers came to the conclusion that the students' rate of learning per period of time increased when they participated in daily, high-quality physical education. In addition, there is a positive correlation between participation in physical education and increased academic performance. When sufficient time is allotted for participation in high-quality physical education, there is no evidence

of a negative impact on academic performance. Last but not least, reducing the amount of time spent on physical education does not guarantee an increase in academic achievement.

The studies that are discussed in this section are broken down into three categories according to their methodology: experimental, quasiexperimental, and longitudinal. The researchers conducted two experiments in which they investigated the effects of physical activity on cognitive function. Students from kindergarten (KG) to fourth grade were evaluated as part of a classroom-based physical activity programme. The intervention consisted of a daily activity break in the classroom as well as an assessment of the participant's behaviour while working.

The classroom-based activity break, also known as Energizers, consisted of one 10 minute classroom-based physical activity that was integrated (with academic concepts) and was carried out each day for a period of 12 weeks. The

Energizer activities were led by the teachers, and they included academic content that was appropriate for the grade level, as well as movement. The intervention group that participated in the daily Energizer activity consisted of two classes from each grade level (K G through four), with the exception of grade three, which only had one intervention class (nine classes). These intervention classes were chosen through a random process. The control group consisted of six different classrooms that were not given the opportunity to participate in the Energizers programme.

Physical activity, physical fitness, and academic achievement

There has been less research on the relationship of physical fitness and academic achievement, and most of these studies have used cross-sectional and correlational designs. A weakness in these designs is that causality cannot be inferred from the data that physical fitness increased or improved academic achievement.





Also, there has been little research in this area due to the fact that it is difficult to obtain a large sample of students, and valid and reliable measures for both physical fitness and academic achievement on the same subjects.

However, the following studies included in this review have found correlations between physical activity, physical fitness and improved academic performance along with other cognitive performance measures. The following studies include longitudinal, cross-sectional, and correlational. The California Department of Education (2002), as reported by Grissom (2005), confirmed a strong relationship between physical fitness and academic performance.

The study used the Fitness gram (six-faceted measure of fitness), and student mathematics and reading scores from the Stanford Achievement test

(9th edition), a standardized norm-referenced test. The Fitness gram measures aerobic capacity, body composition, abdominal strength and endurance, trunk strength and flexibility, upper body strength and endurance, and overall flexibility. Performance for the fitness gram is classified as: 1) in the healthy fitness zone (HFZ) or 2) needs improvement. Students must meet all of the fitness standards to be considered fit, and the possible test scores range from: zero (none of the test scores were met) or 6 (all of the test scores were met or exceeded). The academic scores were matched with fitness scores of 884,715 students in grades five, seven, and nine of the California public school system in 2002. In the spring of 2001 the California Department of Education (CDE) began reporting the Physical Fitness Test (PFT) results each year for students in grades five,

seven, and nine. This longitudinal study used data from the Spring 2001 and 2002 tests, and sample sizes for 2001 and 2002 were 634,112 and 884,715 students. The sample size increased in 2002 because of increased PFT participation, and therefore because of the increase in sample sizes this study reports the 2002 results.



BEAUTY IN SIMPLICITY

It is not the riches
Nor your legacies matter.
It is just the soul with which you feel
the richness of love and warmth.
Smile at the simple things of daily life.
Find joy in the smile of your close ones.
Finding happiness in simple gifts of nature .
An inner bliss.
Colour can be added to life
with strong bond of understanding .
Just feel the soul you will know the
blissfulness of a Simple Life.

By: Monali Bhuyan

YOU, IN MY DREAMS

By: Vijaylaxmi Sarmah

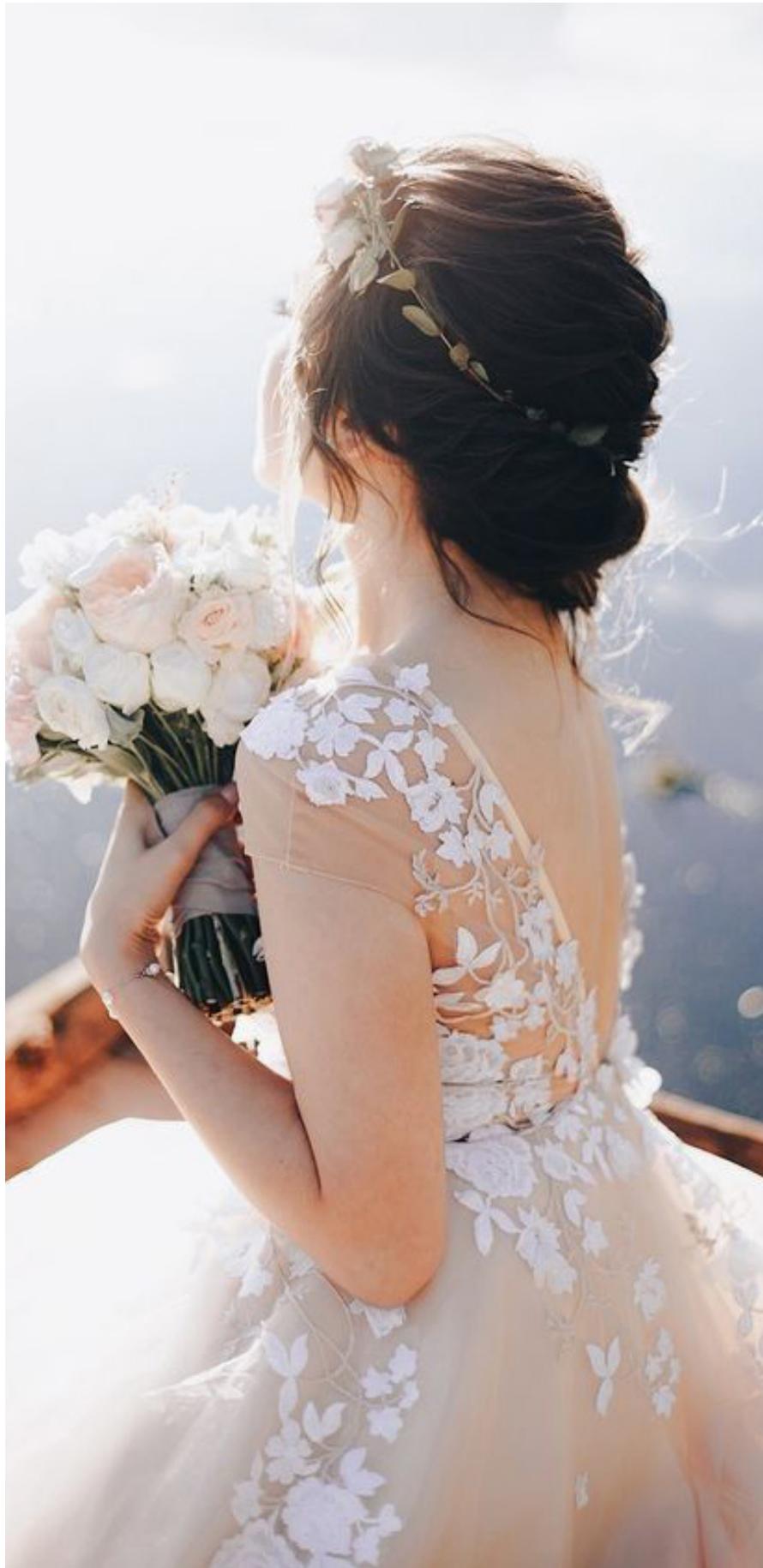
You came in my dream
Took me in your arms
I was lost in your love
and warmth of your embrace.

The moon sat beside us
A nameless night bird sang
The river flowed with music
Scent of jasmine in the breeze.

Fireflies made a show
Dancing over the moonlit meadows
The trees swayed in the wind
As if to love's music .

Mesmerizing were the moments
I didn't have words to say
My feelings in divine ecstasy
My heart in pure bliss .

I felt your breathe close to me
Irresistible, and musky
The flavour of your lips
With your loving kiss.



International CRAFTS MELA



**"Art is all about craftsmanship,
Style is what unites memory or recollections, ideology
sentiments, nostalgia presentiments to the way we express
all that. It is not what we say but how we say it that matters."**

The Surajkund International Crafts Mela was inaugurated by the hon'ble vice-president of India and hon'ble chief-minister of Haryana on 19th

www.mysticauramg.com

February 2023 at Faridabad. It was conducted primarily to promote the pool of skilled artisans, who used indigenous technology but were

suffering due to the cheaper machine-made imitations. This is an earnest effort by Surajkund Mela Authority & Haryana Tourism to provide



North Eastern Region will be performing different folk arts and dances.

As a part of the team of artisans from NE deputed to Surajkund International Crafts Mela 2023”, Mrs. Papli Gogoi participated in the event as a co-ordinator from NE states. She led a team of artisans showcasing the different looms (handloom/ loomloom) and textiles of NE states. The artisans demonstrated live weaving the prestigious event to the visitors.

Vibes of Northeast- a cultural event held on the Mela ground showcased the designs of Papli under the



a platform for crafts persons and weavers to directly market their wares by eliminating the middlemen.

To preserve the languishing arts & crafts of India, Surajkund Crafts Mela was hosted for the first time in 1987. The Mela ground is spread over 40 acres and houses about 1010 work huts that host crafts persons and weavers.

North Eastern Region was the ‘Theme State’ of the 36th “Surajkund International Crafts Mela 2023”, showcasing its unique culture and rich heritage through various art forms and handicrafts from the state. Hundreds of artistes from



name Breezing Brahmaputra on a fashion parade along with other eminent designers from the region.

Her experience from the grand event will definitely help the artisans of the region to further add wings of fusion and international techniques to their unique indigenous creations as they walk ahead in this journey of making people happy.



Mr & Miss AdtU 2023

Beauty contest held as a part of cultural activities in colleges and universities leaves behind a positive vibes and at the same time gives a break to the students from studies to come out from their study zone and gets an opportunity to showcase their hidden skills and talents which gets outlet in a pageant. Boosts confidence, inspires others too, a bonding develops among all the students of different departments.

Mr & Miss AdtU 2023 ,was held on 25th February at Downtown University campus amphitheater where students crowd thronged the spot to witness and encourage their friends participating in the contest from different departments. A beautiful atmosphere prevailed all around as the contestants entered the stage and walked the ramp confidently. The scintillating performance of the contestants was enough to create a positive impression upon the judge Gitali pathak Deka (model,educator, and entrepreneur and CEO& Editor -in-chief of





fashion and lifestyle magazine "Mystic Aura".

The groomer of the event Amrita Kashyap from NeSocial has groomed them well. The designer of the show was Olympica Sonowal who showcased her beautiful gowns which was very eye-catching and very attractive.

The winner of the pageant in Miss category was Miss AdtU 2023 Pallabi Roy, crowned by the previous year winner of Miss AdtU 2022, Miss Martha Ekke and Prakash Basfore as Mr AdtU 2023.

Subtitles was given to
1. Mr. Best Walk- Mr. Rohit Gupta, 2. Mr. Talented- Jadumoni Sonowal, 3. Miss Talented- Tojum Komdak, 4 Mr. Best Costume- T. Rajeev Singh.



Bangalore Fashion

All ladies league Bangalore Fashion' a beautiful Met Gala 2023 at Tiamo, Conrad Hotel, Bengaluru, curated by Bia Sandhu Chairperson and Rashida Pavthiwala Vice Chairperson. The Who's who from the fashion industry was a part of this event... JD Institute of Fashion Technology was out as Education partner.

Samyukta Hegde, the well known sandalwood actress graced the fashion show as showstopper and walked the ramp with elegance flaunting beautifully with the very amazing and eye-catching outfit designed by Anjum Azeez @Yhe Emerald Store. 12 top notch designers of Bangalore who created the most stunning outfits for their muses keeping in mind the theme sustainability.

The guests swayed to music, cocktails and a hi fashion



show was witnessed and enjoyed. The purpose of this event was to raise funds for their constant Charity partner 'Teach for Change' and educate most of the children as possible through their Hi fashion met gala theme 2023.

This Hi Fashion Met gala 2023 is very special as they made it inclusive and diverse keeping sustainability and Hi fashion as priority which you can see in the garments, the designers showcased in the show.

Special children with Downs Syndrome walk with Tejal Shah founder of Happiness and Khushi leading them. A day of glitz and glamour enjoyed by the viewers with great panache.

The organisers of the show has expressed their gratitude to the special partners of the show i.e.

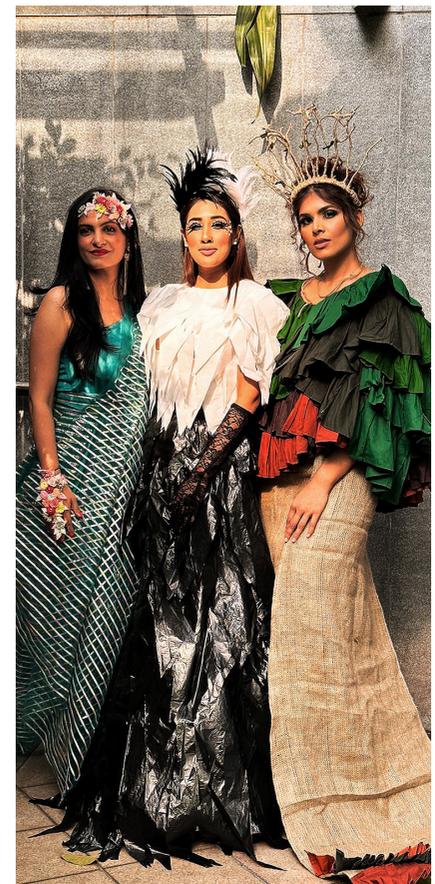
Jd institute of Fashion Technology*_ Education Partner.

Conrad -venue partner.

Parfait Image Consulting & Rashida Pavthiwala_ Hosting partner

Campari- beverage partner .

Kosmoderma, Edudha, Fushia by Ritu, Poetry by Puja Kapur, Skin Q, Goskinpositive, Denatcare, Catheriem, D'Zoa, Rafferty our Gifting Partners.



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30TH MARCH 2023 | 3PM TO 10PM | AT GAUHATI TOWN CLUB

DESIGNERS



Tejas Gandhi
Kolkata



Mukesh Dubey
New Delhi



Santanu Guha Thakurta
Kolkata



Arnab Sengupta
Kolkata



Kiran Boro
Guwahati



Kankana Choudhury
Guwahati

CHOREOGRAPHERS



Dipankar Kashyap
Also show founder & curator



Sanju Ray
Mr. Tourism World India 2016
Rubaru Mr. India 2016



Kuntanil Das
Siliguri
Also Image consultant



Meenu Paul
Guwahati
(Guest choreographer)

SHOWSTOPPERS



Ankit Bhatia - Actor
(Balwinder in Bhagya
Lakshmi on Zee)



Smt. Maini Mahanta
Author | TV personality |
Editor NANDINI magazine



Siddharth Goswami
Star of super hit film
Dr Bezbaruah 2



Kingkini Bhattacharya Goswami
Star of super hit film
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Nisha Tiwari
Tisca Mrs India
1st runners up



Malashya Kashyap
Northeast Diva -2019
Miss Universe India Top 10 -2020

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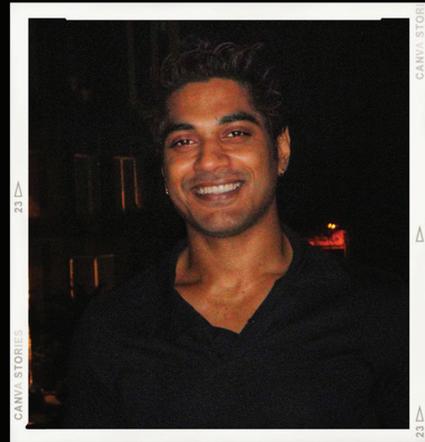
NORTH EAST INDIA'S CHICEST FASHION FIESTA

30TH MARCH 2023 | 3PM TO 10PM | AT GAUHATI TOWN CLUB

ORGANISERS



DIPANKAR KASHYAP
Founder – Indian Style Gala Nite
Director, Producer, Fashion
Choreographer & Curator



RAKESH SHARMA
Co-Founder – Indian Style Gala Nite
Proprietor – MEE-RA Enterprises India

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 +91 8638684096

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