

MAY 2023, ISSUE 39 | VOL - III

# MYSTIC AURA

MAGAZINE

## MISS INDIA

Power of beauty endures all

## BEAUTY

The Divine Truth.  
Reality & fact

## MAKE UP

Presenting Yourself  
Smart & beautiful always

## MIZORAM

Fashion World



TRENDY & BEAUTY

Flawless appealing look



# MYSTICAURA

Fashion and life style magazine

2023

## May

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	29	30	31			



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

Design & Photography by @sushantmandol



**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.

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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

As we walk away from the city life and turn around to see nature, we find the magical scenario of the MAY month, flowers blooming and swinging to and fro in the air. At the same time it makes us realise that it's the time where we need to take more care of the body, skin and diet as summer season has set in. This month has one more speciality that is the celebration of MOTHER'S Day as an honour and to express gratitude for their selfless love and sacrifice. Nothing in this world can be compared and can be above the word 'Mother'.

May month edition covers topics related to summer along with the regular topics and Aura pages of attraction. Hope all readers and viewers will like it and enjoy reading

Regards

**GITALI PATHAK DEKA**

CEO & Editor-in-chief



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Congratulations to the winners of

# FEMINA MISS INDIA 2023





## Hey, Do you want to be **MISS INDIA**

By :  
**Utpal Datta**  
Author, Critic and Filmmaker

**S**athya Saran's "How to Look Like Miss India" is a comprehensive guide to personal grooming and beauty for those who want to be in the pageant industry, and it's especially useful for young, stylish, and extravagant people. There are eleven chapters in this book, covering every necessary bit needed for a model to compete for Miss India as like from skin care to makeup, clothing, and communication. "Know Yourself," "Skin Care: Learn to [www.mysticauramg.com](http://www.mysticauramg.com)

Glow," "Hair: Your Personal Crown," "The Winning Smile," "Body Beautiful," "Clothes to Rescue," "Makeup: Your Face is the Canvas," "Cheat Your Way to Beauty," "Confidence: Make an Impression," "Communication: How to Speak Effectively," and "What Makes a Winner" are the chapters.

It is perhaps not surprising that one might think that this book may only be about the beauty pageants due to its title, "How to Look Like Miss India.". However, the book goes beyond the cover title and provides valuable advice and insights for person-







al grooming in any workplace, including beauty pageants. The author of the book, Sathya Saran, is a former Editor of Femina and has been intimately involved with the making of Miss India for many years. As a result of her complete involvement, she had learned the entire process of making a Miss India from start to finish. After gaining so much experience in the field of fashion, she wrote a book in order to share her knowledge with those who aspire to make a mark in the social sphere and to look their best.

Many Miss Indias share their personal experiences in the book, providing a wide variety of insights and perspectives on what it takes to succeed in such a competitive world, as well as insights and perspective on what it takes to succeed. The

book also includes comments and suggestions from experts of the pageant industry, making it a truly comprehensive guide to personal grooming and beauty that is a must-read for anyone who desires and dreams to be one in the pageant industry. The language used in the book is simple, witty, and engaging, making

it an enjoyable read for the target audience of stylish and extravagant youth. The personal stories and insights shared by Miss Indias are motivational and serve as powerful examples of what can be achieved with hard work and dedication.

The book is not only about physical beauty, but also about





personality development. As the title of one of the chapters suggests, "Know Yourself;" the book emphasizes the importance of self-awareness and self-confidence. The book teaches readers to love and accept themselves as they are, and to work on enhancing their natural beauty rather than trying to conform to unrealistic standards of beauty. The chapter "Confidence: Make An Impression" provides practical tips for developing self-confidence, such as setting achievable goals, practicing positive self-talk, and learning to accept compliments gracefully.

The book also emphasizes the importance of communication skills for personal and profes-

sional success. The chapter "Communication: How to Speak Effectively" provides valuable advice on how to improve one's speaking skills, including tips on voice modulation, body language, and effective use of language. The book teaches readers how to communicate their ideas clearly and effectively, which is essential for success in any field.

There are many great things about this book, but one of the best things about it is that it is equally useful to both men and women. Throughout the book, the author provides the readers with a range of practical tips and guidelines for success in the pageant industry, making it a perfect guide for anyone

looking to make their mark in social sphere. In addition, the book emphasizes that personal grooming and beauty are not just for women; men are also expected to take care of their appearance in order to make an impression on others. There are many tips in this book for men, including topics such as grooming, dressing, and communication, which makes it a great resource for anyone looking to improve both their personal and professional image.

"How to Look Like Miss India" by Sathya Saran is a comprehensive guide to personal grooming and beauty for anyone interested in the pageant industry or looking to make a name for themselves.





# An EXCLUSIVE INTERVIEW

with the cover page model



*Simi*  
aikia

Makeup - Ranjan Kashyap  
Photography: Dipankar Borah





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

- I am Simi Saikia from Guwahati, Assam.

I am a print model and intend to work as one in the future. I have pepped up my journey of modelling by working with many proficient designers.

**2. Like to know little bit more about your passion and profession.**

- I am passionate about learning something new and being confident in my own decisions .

I will be soon posing for a designer shoot and few more shoots on waiting list. Will update it accordingly when the work is done.

**3. What is your view on the line 'Being beautiful in your own skin' ?**

- I think it is the most happy-go-lucky feeling in the world. When one feels beatitude about one's skin, it means accepting and loving yourself for who you are.

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

- Well, every events in my entire modelling career gave me immense pleasure. It allowed me to realize what I actually prefer and going a step forward and moving along with my passion till dates is definitely a blessing and abstract feeling to express in words.

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

- My future plans is to do a job I enjoy doing, balancing life and work. Bring up amazing relationships both at work and in my personal life and simply relishing everyday as it comes and goes.





**6. Your views on Print modelling and fashion.**

- Print Modelling is a hard work, but nothing is impossible in this world as said so. Firm determination can move heaven and earth. Fashion is all about one's own style and attitude confidence. If you have it you can make anything look right . It defines who you are, without having to speak.

**7. How do you feel being part of Mystic Aura?**

- I am truly delighted to be a part of Mystic Aura. I would describe Mystic Aura as an exceptional publication with professionalism and transparency, fairness, trust and caring.



# B Aura Beauty



Model - Shreshtha B. Chowdhury  
Makeup - Pratiksha  
Photography: Unique Borah





# BEAUTY

## A Divine Truth

By:  
**Vanessa Jacqueline D'cruz**  
Singapore.

**M**ost of the time we associate it with our physical appearance. I guess I never really answered this question. n? Anything can be defined as beauty if you take the

time to discover what beauty is. Taking time to discover the inner beauty of a person is one way we can answer the question. Do we also take time to discover the beauty of our surroundings? Are we so concern about our physical appearances and we forgot what made us into beautiful human beings in the first place. Even a criminal has a certain beautiful character that he or she possess. Do not be too fast to judge anyone. Discover , learn and appreciate the beauty that is created in human kind.

Beauty can be a mater of feeling. Sometimes we can feel frustrated with our beauty that we want to change of appearances completely. We want a whole new body. Low and behold we are often bombarded with a sew of beauty advertisements on how we don't have the perfect body. What is perfect? What is beauty? These are questions we need to ask ourselves to discover what we are. We define who we are and not what society deems what the perfect beauty is all about.

The question of what beauty has always plagued the transgender community. We are suppose to look how a male or female should like. We are told to behave like and look them. Anything out of the norm is not accepted. The insults and the discriminations that we receive are being justified if we do not follow the rules. Who made these rules? The answer is society and since this so, we the Transgender society can make





you blame them for indulging in such behaviour or pageant industry setting the standards of being a beauty queen. Have they forgotten to build up their inner beauty as well?

Beauty comes from the kindness of the heart. In having empathy and compassion for each other.

We need to have self-love. We need to beautify ourselves physically and internally as well. As they say beauty is in the eyes of the beholder. How you want people to perceive you depends of what of beauty quality that you will radiate. The beauty energy that we give out is very important. It is attracts you to people.

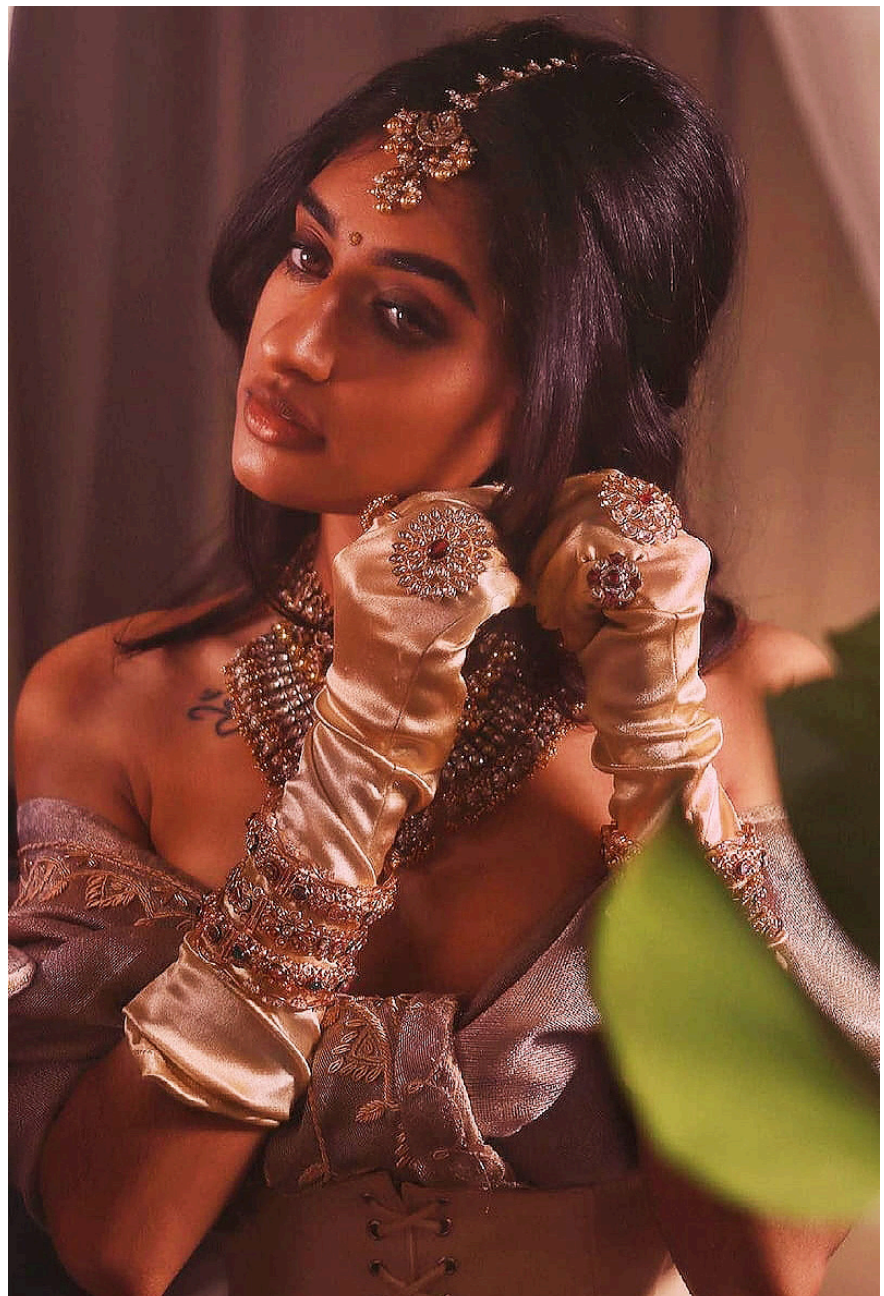
What is beauty ? Only an individual knows how to answer that question for herself. Inner beauty makes outer beauty more beautiful.

our own rules and define what being perfect and beautiful is all about. We can walk with confidence and with our heads high.

Defining what is beauty on our own terms gives us the power to control our lives. It gives the empowerment we need to grow ourselves. I am not against buying beauty products to beautify ourselves. We women naturally want to look good and have nice skin so do men. We actually owe it to ourselves to have self-love. Go out and get the beauty products that you want to beautify yourself but always be in control. Create your own work of beauty. The one that speaks about you.

One of my great memories in life is being a pageant organiser. As an organiser, I have seen girls succumb to the beauty phenomenon. They will binge and try to have to perfect weight size, all in the name of competition. Do

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





# MAKE UP

## presenting a great face



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)

**M**odeling is now no longer a hobby or part fancy home. Now a days girls whether rich or poor are keen to adopt this glamour career. The media has also played

an important role in bringing about this change of perception.

It is not necessary that a successful model must have to be extremely beautiful. A good model is required to infuse life and soul into a product the way an advertise would like necessary for him or her to impart charm to his or her personality, smarten his/ her appearance and project as a magnetic and dashing person with self-confidence, cheerfulness, appropriate mannerisms, patience and poise.

You must be cooperate and strong enough to stand up to the long hours of photographic work under blazing studio lights or burning sun yet be smiling and unperturbed.

He or she has to be self-disciplined with an iron will to keep a constant watch on diet and forget favourite foods and aerated drinks to stay supper slender. A successful model has to be established his or her own style, individuality and unusualness, all glowing with a special charm





to reach the top of the modeling profession.

1. The face is the most attractive part of one's personality. Skillful makeup enhances its appeal and helps one gain self-confidence.
2. Every girl should learn the art of makeup whether she plans a career in front of the camera or behind a desk.
3. A shining glamorous work of art. A model's makeup fetches for her ticket to versatility the vital ingredients of a successful career.
4. Makeup is applied to the face

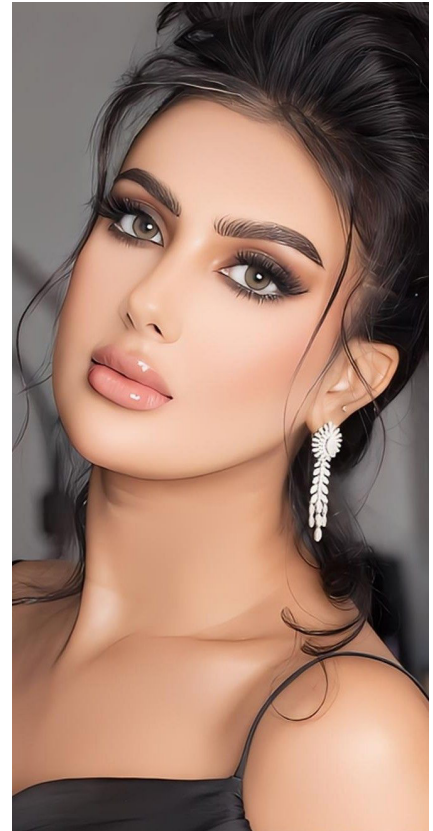
for the purpose of improving its appearance, there is no fixed pattern.

5. Unskillful use of makeup diminishes the natural beauty of the person.
6. There are women who are not beautiful but since they know the art of grooming and makeup they become the centre of attraction.
7. An attractive personality and beauty are two different things if you have an appealing personality your complexion and your looks will add to your charm.

But unfortunately if you have an unattractive personality only looks will be able to help you. Most often selected girls in beauty pageants are not good looking by average standards but their personality helps them to carry themselves in all situations.

Professional models follow a basic makeup tips that makes them look fresh and beautiful as because they keep it simple and easy with minimal makeup which even a normal lady or a

service woman can follow to look beautiful.



Knowing the basic makeup tips as like how to use and apply on face is of utmost important at present. Choosing the good and correct makeup Brand that matches your skin tone will make you look more seamless, natural and flawless. So it's very important to keep in mind that there shouldn't be any compromise with it if you want to have a good and perfect look with your makeup.

service woman can follow to look beautiful.





# Mizoram Fashion World

By :

**Dr Bobita Sinha.**

- Chairperson Helping Hands Social Foundation.
- Tarot Healer.
- Writer, social worker.

**M**izoram is a state located in Northeast India, and it has one of the richest and diverse cultures in the country. Not only are their traditional attires still heavily relevant in their society, the old and youth both participate in absolutely gorgeous modern trends that would put most contemporary fashionable rich countries to shame.



**"Fashion in Mizoram is a reflection of the state's rich culture and tradition."**

Mizoram in recent years has witnessed a boom in the contemporary fashion industry, with its young designers and old manufacturers collaborating in the production of awe-inspiring clothing, that incorporate their traditional mizo fabrics and designs into modern trends.

Through this fusion of traditional and modern fashion, Mizoram has been transformed into a fashion state that is on par with countries such as Japan and South Korea etc. when it comes to the relevancy of their designs.

Mizoram's fashion industry at the time of writing is gaining ever more exposure and popularity through the utilization of social media and online fashion outlets which has given potential filled Mizo designers a platform to showcase their work





east India Fashion Week". She is also a graduate of "The National Institute of Fashion Technology (NIFT), Mumbai". And has also won the 2017 "Best emerging designer" award for her contributions to contemporary fashion in Mizoram.

Overall, fashion in Mizoram is a reflection of the state's rich culture and tradition which is the likely variable for its ever-growing popularity across not only in India but in the world too. It's future is likely going to be a sight to see.

without relying on solely word of mouth and has given fashion enthusiasts the easy opportunity to share these designs that they get so ecstatic about.

While we are in the topic of Mizo designers, let's discuss some of the most popular names in the industry such as: -

**1) Muan Tombing** - She is a renowned Mizo fashion designer who has participated in many national and international fashion shows such as the "Indian Fashion Week". She originates from Aizawl and graduated from "The National Institute of Fashion Technology (NIFT), Mumbai". After which she started to be known for her work in contemporary fashion.

**2) Rebecca Reang** - She is a Mizo designer who is known for her fusion of Mizo and Western fashion. She also hails from Aizawl and has participated in many fashion events as the "North-





# SUMMER FRUIT JUICES

## for skin whitening naturally

By:

**Dr. Dietician Dipikaa A Bhatia.**

Deals in therapeutic diets

Director - B'BEHEALTHY, ADAN Healthcare.

Founder - Aas Ek prayaas NGO cancer awareness.

In summer heat is very scorching for us specially for women's and children. Getting glow and pinkish tint on your cheeks are not the things which could be only possible with makeup. Yeah anyways you can enhance it with makeup and make it appear more appealing. But fruit juices are always recommended to be good for skin and to get a glowing skin. One glass of fruit smoothie/fruit

juice is good for skin whitening that will help you achieve your desired skin fast just grabbing one glass every morning if you are the one who can't perform various beauty rituals or regimens for perfect skin.

### **Beetroot smoothie :**

Beetroot along with fruit juices are good for skin whitening. To prepare this smoothie you will need a carrot, beetroot, and orange but no additional sugar and ice cubes are needed. It's a quick recipe to grab it, blend it in a blender and have it as simple as that fruits and vegetables used in the smoothies. These are best for detoxifying and skin whitening and for the glow on the skin.

Take 1 orange, 1 beetroot & 1 carrot peel of the skin and wash properly. Now chop the beetroot and carrot roughly, remove the seeds of oranges it's totally optional. Now put the chopped beetroot, carrot along with orange into the blender juicer. You need to extract the juice of these fruits /veg's and your drink is ready. Have one glass of this glow smoothie in your breakfast early morning, the best time to have it as it works better for your skin in empty stomach. Try it and you will definitely notice changes according to skin type.



### **Apple juice :**

For making this apple combination smoothie to get a glow on the skin naturally, you will need 1 apple, half beetroot, 1 carrot, half tomato. All the vegetables and fruits here give desired results in its noticeable from almost the first day or first two days of this smoothie. Dice off 1 whole apple and half tomato after washing it remove seeds of the apple. Peel the skin of beetroot and carrot and chop it in smaller pieces now add all the vegetables and fruit in the blender juicer and blend you can add some water as it turns out the thick inconsistency, which is a bit difficult to swallow. You can stain the smoothie or can have it as it is after blending it, having it without staining is quite







more beneficial as it has fibers in it and does more detoxifying toxins from the body. It might not taste that good but has the capacity to change your body's immunity in a good way. You can have 1 glass apple smoothie in the entire day's best time, in the morning. It might not taste like shake but it has a cure to issues and you can be benefited in the desired way.

#### **Dragon fruit smoothie :**

Dragon fruit juice is good for skin and has lots of good properties which are less likely known till now, it has a rich source of antioxidants which fights free radicals, has anti-aging properties too. Loaded with vitamin C, magnesium and iron which indeed provide tons of health and skin benefits, cures sunburn, acne due to the presence of anti-oxidants it slows down aging and gives a good texture and firmer look to the skin.

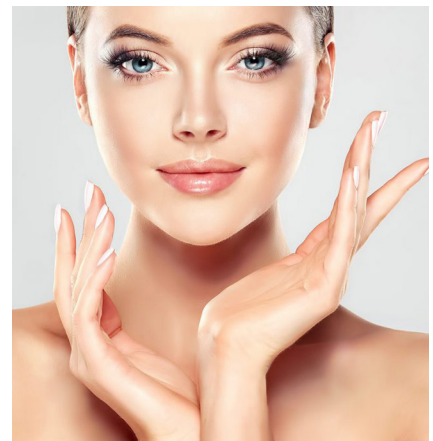
For preparing dragon fruit smoothie -you will need 1 dragon fruit, coconut milk, and honey.

Peel of / remove the pink skin of the fruit and dice it off, now add the diced pieces in the blender juicer and add some coconut milk to make it smooth in consistency. Add 1 tsp honey that's it, dragon fruit ideal smoothie is ready to consume. You can have a dragon fruit smoothie to get glowing and healthy-looking skin in the morning 1 glass in the entire day. This combination of these vegetables and fruit juices good for skin whitening and to get a glow on the skin naturally, consumption of these types of juices is very important in maintaining and having healthy-looking skin. It will remove toxicity from your body and purify blood which is very important for our health improving health internally is mandatory it's like

what's inside reflects outside.

If you are healthy internally it will reflect in your appearance so you have to be healthy first because makeup is just for enhancing your features it's not the complete solution for beauty.

**Consuming this drink makes your skin look beautiful fights against skin damage caused by pollution and also reduces wrinkles and maintains skin texture. So let's try it.**





# Aura Trends



Designer: Moonmee B̄aruah  
Photography: Unique Borah



# FACE of THE MONTH

Calendar girl

Very beautiful and  
gorgeous model

RUPREKHA DEY



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

- I am Ruprekha Dey from Guwahati, Assam. I'm 18 years old and currently pursuing my second year in HS. I have always been passionate about modelling, especially since middle school when I notice how glamorous are the supermodels on T. V. and magazines. Their flawless looks amazed me and I wanted to be the one of them.

And finally at the age of 15, in the year of 2020, I was able to take a small step towards my big dream as I did a photoshoot for the promo of a makeup artist. Besides my love for modelling, I also love to spend my time reading novels, travelling and socializing. I'm a person with ambitious point of views on life and I look forward to achieve more milestones in this field.

**2. What is your greatest strength as a professional ?**

- My greatest strength as a professional is self confidence. One cannot embrace oneself without having the sense of self-love and confidence from within. I believe self confidence to be a major power within me that helps me to overcome all criticism from others. It is equally important to nurture and love the flaws within us as much as we appreciate the best sides of us. Only then we can succeed at professional and personal levels.

**3. What is important for you, passion or profession or just an academic degree ?**

- According to me, passion, profession and an academic degree are equally important and each of them have their own specialities. In today's generation, it is essential to cope up and deal with all upcoming challenges of life effectively and hence mastering the art of all three has become a vital part for

a healthy lifestyle.

**4. What is your view on the line "being beautiful in your own skin"?"**

- According to me, "being beautiful in your skin" is all about feeling confident for who you are. Everyone is beautiful and everyone carry some unique features of their own that differ from others. Thus, accepting and loving your own skintone and type is beautiful.

**5. You are into print modelling mostly, How would you handle a situation when a photographer isn't directing you properly?**

- In a situation like this, I would consider this type of behavior to be very unprofessional. A professional photoshoot requires the commitment of all members cooperating together in an effective manner. I'd try my best to handle this type of

situation by coordinating with the photographer even if he/she isn't directing me in a proper way.

**6. What inspires you as a model?**

- Seeing other models working hard for their dreams and representing themselves



BISHAL BAROJ



on social media and other prestigious platforms confidentially inspires me everyday to work on myself and be a better version of me.

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

- My future plan is to do something great and helpful for my nation. I'd love to work and look upon various social problems and also influence the youth to do so.

**8. How do you feel being part of Mystic Aura as calendar girl 2023?**

I feel extremely grateful to be a part of Mystic Aura as calendar girl 2023. I'd like to thank the CEO of Mystic Aura Magazine, Gitali Deka for this wonderful opportunity.





Fashionable Century Studio  
ফটোগ্রাফী ইনষ্টিটিউট

Beltola, GHY-28

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# Aura Fashion

Model: Gitali pathak Deka  
Mua: Sushant Mondol  
Photography: Rohit  
Designer: Rajlakshmi





# Aura Fashion



Model : Bibika Bora  
Wardrobe: ALN



# The Importance of Having **BALANCE IN LIFE**

By:  
Brian La Cour.  
Author.  
Florida, USA .

**W**e all strive for balance in our lives. We want to be able to juggle our work, family, and social lives without feeling overwhelmed or stressed out. But achieving balance can be difficult, especially when life throws us curveballs. It's important to remember that having a balanced life is essential for our mental and physical health and wellbeing.

When we have balance in our lives, we are able to manage stress better, have more energy, and be more productive. We also become better problem solvers and are better equipped to handle life's challenges. With a balanced lifestyle, we can



enjoy the present moment while planning for the future.

Finding balance in life requires us to take a step back and evaluate what is most important to us. We must prioritize our goals and figure out how best to achieve them without sacrificing too much of our time or energy. This means taking time for ourselves

as well as spending quality time with family and friends. We should also make sure that we are taking care of our physical health by getting enough sleep, eating healthy foods, exercising regularly, and managing any medical conditions we may have.

It's also important to set boundaries between work and home life so that we don't become overworked or burned out from trying to do too much at once. Taking regular breaks throughout the day can help us stay focused on the task at hand while giving us time to relax and recharge before tackling the next challenge.

Finally, it's important to remember that having balance in life doesn't mean that everything







“With a balanced lifestyle, we can enjoy the present moment while planning for the future.”

will always go according to plan; it just means that you are doing your best with what you have been given. Life is full of ups and downs but if you focus on finding balance each day then you will be better prepared for whatever comes your way!

Achieving balance in life is both an art and science. There is no single formula that works for everyone but there are some general principles that can guide us in our quest for balance. Here are some ways to achieve balance in life:

1. Define your priorities: What is most important to you? Is it your family, career, health, personal relationships, or something else? Identify your top priorities and make sure that you allocate your time and energy accordingly.
2. Set goals: Once you have identified your priorities, set specific and measurable goals for each one. This will help you stay focused and track your progress.
3. Plan your time: Plan your day, week, and month in advance.

This will help you make the most of your time and avoid wasting it on unproductive activities.

4. Learn to say no: Saying yes to everything can lead to a sense of overwhelm and burnout. Learn to say no to requests and obligations that are not aligned with your priorities.

5. Take care of your physical health: Exercise regularly, eat a balanced diet, get enough sleep, and schedule regular check-ups. Taking care of your physical health will help you have more energy and be more productive.

6. Practice self-care: Set aside time for activities that you enjoy

and that help you relax, such as reading, meditation, or hobbies.

7. Create boundaries: Set clear boundaries between work and personal life. Avoid checking work emails or taking work calls during your personal time.

8. Ask for help: Don't be afraid to ask for help or delegate tasks when you need to.

It's okay to admit that you can't do everything alone.

9. Stay flexible: Life is unpredictable, and it's important to stay flexible and adapt to changing circumstances. Achieving balance in life is an ongoing process that requires effort, patience, and self-awareness. By following these principles, you can create a balanced life that works for you.





# GAMOSA

is a symbol of essence of the Assamese culture

By :

**Manikangkana Devi.**

Writer, Poet, Editor and Artist.  
Assam.

**G**amosa, a symbol of pride for Assamese people and it is one of its oldest handloom products; it defines the rich culture and heritage of Assam. There is no historical material available about the name and origin of Gamosa. Literarily it means the act of wiping the body with any cloth. (Ga means Body and Mosa means Wipe)- so in Assamese culture, Gamosa textiles have been named as Gamosa. It is certain that Gamosa did not come to Assam from other parts of India or the use of Gamosa is not seen in other parts of India.

According to study, Gamosa has been in vogue in Assam since the Ahom Empire. Gamosa is known to have been introduced even during the time of Mahapurush Shankardev. It is usually used by the Assamese people for wiping body after bathing. This Gamosa generally uses white cloth with red, green yarn on both sides woven with raw yarn, it is very necessary and is widely useful in the prevalent Assamese society. It is also used to cover



up a scripture in the Thappana (small table where god idols are placed) of the Namghar (Prayer-home/room). Farmers use it as a bald tint or cloth worn on their foreheads. It is hung around the neck while praying at the Namghar. Gamosa is also used to honour and felicitate eminent personalities at meetings etc..

Gamosa holds a special place in Assamese culture. Gamocha is used as a symbol of respect in Bihu, marriage ceremony or any other social event. Gamosa is

used as a symbol of respect by all sections of castes and tribes of Assam. Gamocha has a special relationship with the Bihu festival of Assam usually for gifting and other purposes. During the Bihu dance, the youth take part in it by wrapping the Gamosa on the head in a definite style. On the other hand, in marriage ceremonies, Gamosa is also used to give gifts as well as to honor the elder members.

It is not only the Assamese who are used Gamosa , other non Assamese people have also adopted it. In addition, dealing in Gamosa is also a profitable business, thus some traders are distorting the Gamosa and making it into the possession of the international market. It was widely reported that it is promised that it would stop importing Gamosa from outside of Assam; if this happens then it would have been good for the local weavers in Assam. But if the government and the people do not cooperate of to keep this textile industry of Assam alive, then this resource will be wiped out. But efforts have been made to keep this tradition alive and recently Gamosa has received the Geographical Indication (GI) tag from the Central Government.



# B L O N D E

## Candle in the Wind

By:

Dr. Dipsikha Bhagawati

Author, Member of Film Critics Circle of India

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**"Particles so small, it couldn't be seen by the human eye...look at them up there, shining so brightly. And yet, each one is so very much alone..."**

- Blonde

**D**ejected and defied, rejected and stranded - a beautiful soul has sustained in an astounding route to the eternal surprise and spell of a sphere of the manfolk - they got crazy to explore a piece of the sultry "blonde", but not a drop of the sad and lonely Norma Jeane - who wanted to be loved and stay in someone's heart - more than catering majority's carnal fibre, desired to be in someone's clear nerves beyond that flowing bottom and lucrative valleys and mountains: **"I wanna begin again from zero, I want to live in another world away from Hollywood, I wanna live in Chekhov, I want to move to Newyork, I want to study acting - serious acting. In the movies, they chop you all to bits - cut, cut, cut. It's a jigsaw puzzle...but mostly I want to settle down like any girl."**





Blonde is a kaleidoscopic visual of the rise and fall of Marilyn Monroe - the timeless American actor - rather considered to be a sizzling blonde, who was under-rated, exploited and the woman, who was left to nothing by a powerful group of megalomaniacs for whom the sensational panache of her physics was a ladder to be "something to steal the show." Andrew Dominik has presented the stumpy, melancholic life of the actor in a polarized direction that creates a catastrophic paradox - lamenting over her suffering and in a way celebrating that. The very first shot of Blonde is a geometric twinkling of lights, displaying the pretty Monroe - both in their technical effulgence and lacklustre, and allegorically, the lights and shadows of her life, the traumatized childhood, the abandoned & exploited girlhood, the inordinately used actorhood - where emotional strings had hardly some roles to play. The men to whom she was attached -the junior Chaplin (Xavier Samuel), Edward G. Robinson Jr (Evan Williams), Arthur Miller - were evident to her as Norma Jeane. She called them "Daddy" - for what she craved - craved for that unconditional love, warmth, compassion and protection. In between all the bold and epiphanic happening, "Blonde" is fortifying in all its simplicity, right from her costumes to the serene, subtle and gentle interludes. Her state of panic attacks, her insane behaviour, the stage of

hysteria are sometimes appear to be "exaggerated and dreary." Whether they happened or not - is kept as a prolonged fantasy of consecutive chain of events. Monroe did exist, her sexism did, her profound beauty did, her "ambitious and innocent" haphazardness did exist, and so the audience can't keep their eyes off from all the "lucrative" pseudo myths. Joyce's fictional novel recreates Monroe in his own light, in between fact and fantasy, as a stratagem to explore Monroe out of Norma Jeane in the best possible sizzling way, as the history of Hollywood had

once recorded her. Monroe in Joyce's or Dominik's Blonde is a loose configuration as that of the timeless Elvis Presley in Baz Luhrmann's "Elvis" (2022). Blonde - a story of alienation, story of ambition, story of a girl longing to be loved, story of traded sexism and the pathetic journey of a dream called Marilyn Monroe - who didn't exist, who was "discovered", discovered to cater millions of eyes, millions of "temporal comforts" and to leave the world in a surprisingly tender age of thirty six - the candle in the wind.





# Exercising in Summer

## Dos & Don'ts

By:

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Celebrity Physiotherapist

MD : Dr. Nagar's Dental and

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Ghaziabad.

It is not even the middle of the summer season yet and the temperature is already soaring high. But this should not be an excuse to skip exercising. You can continue with outdoor activities even during summer, by just keeping certain things in mind.

If you are not careful, too much exercise and sweat can lead to heat stroke, nausea, headache and dehydration. If you stay in scorching heat for long, your body's natural cooling system can start to fail, which can lead to fatigue and heatstroke.

Just drinking plenty of water is not enough because your body not only loses water but electrolytes and salt through sweat during exercise. Electrolytes are the minerals that help regulate and control the balance of fluids in the body. Electrolytes include potassium, sodium, chloride, phosphorus, magnesium and calcium. Electrolyte imbalance in severe cases can lead to muscle cramps, twitches, weakness, heart arrhythmia, paralysis and even death by cardiac arrest.



Here are other things to do to exercise safely in the summer :

### **1. Do not work out during this time of the day-**

Avoid working out from 10 am to 3 pm, which is the hottest part of the day. The best time to workout during summer is early in the morning. If you cannot

get up early, you can exercise after the sunset. Make sure to check the weather forecast, if high ozone and air pollution are predicted, it's best to workout indoors.

### **2. Wear loose and light coloured clothes-**

Dark colours absorb heat, while



light colour clothes reflect heat. Wearing tight clothes will heat you up, cause discomfort and restrict breathing. Wear loose clothes to allow more air to circulate over your skin and to keep yourself cool. Cotton is the best fabric to choose if you are workout outdoors as it absorbs sweat well.

### 3. Do not miss the sunscreen-

Be it the summer, winter or cloudy season, if you are exercising outside, always wear your sunscreen with at least SPF 30 or higher. Not applying sunscreen can lead to sunburn, which can increase your risk of premature ageing and skin cancer. Wear full clothing to decrease sun exposure.

### 4. Carry a water bottle-

Drink at least two glasses of



water before you head out to exercise. Carry a water bottle with you and keep sipping water in between your workout session. Drink more water after finishing your workout. Replenish the electrolytes with fruits and vegetables and not sports drinks, which are loaded with calories.

### 5. Look out for warning signs-

Do not workout to the point that

you start feeling dizzy, faint or nauseous. Listen to your body and stop immediately if you feel any such signs and symptoms - rapid heartbeat, light-headedness, weakness, dizziness, headache, muscle cramps, vomiting should not be ignored. If this happens, sit down, drink water and have some nourishing fruit or snack.





## PAINTED HORIZON

She stood there watching the Sun kissed the horizon .  
Hues of Orange and golden.  
Thoughts crossing her mind,  
About reality and truth  
Trust and faith.  
Somewhere she was stuck in her simple ways .  
She saw the world through her naive eyes.  
The mistake she did.  
She did not know then ,it was just like the painted horizon.  
It will fade away with the approaching mysterious night.  
Suddenly the far away hills looked like a monster.  
A shiver shook her soul.  
Her sense of serenity abruptly shaken.  
She was left wondering about her place in this world.  
Like a painter's paintbrush suddenly rests on a easel won-  
dering whether the stroke should be the way she thought .  
It dawned on her ,change was needed in her.  
Life was not a painted horizon.

**Monali Bhuyan**



# Poets

I wish I could write my thoughts  
Just like the poets do  
Weaving dreams with their words  
Telling tales of the soul  
In serene silvery nights  
Underneath thousand glittering lights  
Do poets, talk to the moon  
When she takes her nightly ride  
How do poets hold the colours of the rainbow  
Walk along the clouds  
Hear the mountains's echo  
When the carefree wind blows.  
Do poets have heart of gold  
Filled with abundance of life  
When moonless nights are long  
Do poets sing soulful songs  
Do poets fly to the skies, on dream's silky wings  
Travel with the wind, hide in the mist  
Flow with the river or the blithe cheerful stream  
What are the secrets, what are the tricks  
How do poets pen words of mystic and magic.

Vijaylaxmi Sarmah





*D* Aura  
Photography



Model: Anju Dahal  
Makeup: Nanu  
Photography: Dipankar Borah



# Aura Fashion



Model: Ruprekha Dey  
Makeup: Sushant Mandol  
Wardrobe: ALN  
PHOTOGRAPHY: Kaushik Brahma




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