

JUNE 2023, ISSUE 40 | VOL - III

MYSTIC AURA

MAGAZINE

SPORTS WEAR

Make smart choice of brands

What's **HOT** In 2023

THE PERFECT SHOT

Picture Perfect

Stay Hydrated

AYURVEDIC WAY

A Perfect Shot

Reveals an untold reality

Cover Photography: Sathya Vagale

MYSTICAURA

Fashion and life style magazine

2023

June

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Model: Aarohi Kashyap .
MUA : Sonia Begum.
Wardrobe ALN collection.



Designs & Photography by Kaushikbrahmagostography

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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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



Summer or winter, whatever the season is and be it male or female, everyone nowadays is very much conscious of health and beauty. As summer has set in, scorching heat of the sun increases day by day, it may make one fall sick too so it's necessary that everyone takes care of the food they eat. Juicy and seasonal fruits should be taken rather than junk food and stay hydrated. But at the same time skin care is important too so never forget to apply a good brand sunscreen whenever you go out .

This month issue covers up topic related to beauty, fashion and health followed by our very special Aura pages. Hope all will like it and enjoy reading.

Suggestion and feedback are always welcome.

Mail us at mysticaura.fashion@gmail.com

Regards

GITALI PATHAK DEKA
CEO & Editor-in-chief

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ON THE COVER

Soni bhatt Mainali



Photography: Sathya Vagale

1. Tell us in brief about yourself.

Myself Soni bhatt Mainali, basically am from Uttarakhand but now settled in Bangalore.

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

-I use to work as HR also gave tutions upto 10th standard students and now at present am pursuing my passion of modeling as a profession.

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

-For me it means accepting yourself for who you are, both inside and outside, knowing that you are perfect just the way you are.

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

- When I won the title of Mrs Bangalore season 5 .

5. What are your future plans ?

- I would like to be a face of some big brand and also to be more successful in this field.

6. Your views on modelling and Fashion.

- According to me, Fashion and modeling is highly competitive career. Apart from getting name & fame ,it also requires lot of hard work,patience,dedication & strong determination.

7. Any message you would like to give our readers.

- I would like to tell them 'Please don't ever give up your dreams. It's never too late to follow ur passion or dreams'.



Photography: Sathya Vagale



By :

Prasantt Ghosh

The writer is a fashion designer and choreographer and can be contacted at dkreativepeople@gmail.com

www.prasanttghosh.com

Kee your hair up if your face perspire a lot always. A ponytail will keep you looking fit and fabulous rather than a bedraggled mess. Match your clothes to your figure if you are going to wear hipster track pants and a crop top ensure you

have the stomach for them.

For plus size women it is unforgiving as an outer garment. Do not consider going anywhere straight from the gym unless you have something to put on over the top. If you play a lot of sports have your eyelashes tinted. This will avoid your mascara dripping down your face when you get hot. Apply a tinted moisturizer with sunscreen to protect your skin and give you a hint of colour.

Wear swimsuits in colours

that suit your complexion wearing colours that suit your complexion will make you look ultimately glamorous in your swimsuit. Never rush purchasing your swimsuit this is something you are going to feel most self conscious in and should not be an item that makes you cringe every time you put it on. Take your time and find one you are happy with.

Choose cotton for socks and undies ensure you always wear cotton socks and cotton



underwear as cotton allows your skin to breathe proper. If your feet tend to smell dust them with deodorizing powder and always sprinkle some in your shoes after sport.

Have a warm smart jumper for outdoor sports every woman needs a warm and stylish woolen jumper for attending outdoor sports events. The best colours to keep your outfit smart are winter whites, creams and shades of light brown.

Face winter with a vest winter vests in velour and fleece are a great way to keep yourself warm and smart when you are outdoors, Team your vest with a striped top, woolen trousers and leather flatties for a very smart winter casual look.

Avoid the bounce with a sports bra find yourself a good sports bra, no matter what size you are you could do damage to the

muscles around the breasts if you do not support them properly. Small busted women can wear firm sports tops that double as support when playing sport.

Swim and treat your hair at the same time if you swim a lot and have coloured hair apply a treatment to your hair under your swimming cap. This will save your hair from chlorine damage as well as create a warm environment for your treatment to work effectively. Keep a lip balm handy as any sporting activity can dehydrate you and the first place where you start feeling the pinch will be your lips.

Mix and match tops and bottoms if you have trouble finding tops and bottoms that fit choose a brand that comes in mix and match coordinates.



Swimsuits always look their best on a tanned body at the start of summer apply a fake tan so you don't spend your first few days of summer with your pale skin glowing on the beach. Recline where possible on the beach or at the pool remember that stomachs always look flatter when reclining.

Wear sporty swimsuits for sporty occasions if you are into beach volleyball. Frisbees or any other active beach sports you may feel more comfortable in either a one piece or a bikini consisting of boy leg pants and long tops. Complete your look by purchasing a matching sarong, slides or thongs bag and hat and you will always look fabulous in your swimsuit. Hide your pot belly in either a one piece or



high waisted pants.

Control your breast and wear some support, most designers now create tops with support in a variety of shapes. If you have a large bust wear an underwire top. Small busted girls can find cleavage in many styles now the humble triangle tops also have

extra shape and padding in them so you can wear any style you wish.

Take the focus from heavy thighs by wearing a high cut leg on a swimsuit which will elongate your leg by bringing the focus higher up.





Beauty Pageant **TRANSGENDER**

To me beauty is inclusion – every color, every size, every gender variant, that is the world we live in.

– Prabal Gurung (Fashion Designer)

By:
Vanessa Jacqueline D'cruz
Singapore.

Should Transgenders and Cis-genders be allowed to take part in a pageant together?

Life evolves every day. We emerge from our mother's

womb and grow into adults. We experience many changes in the world. We mix with people from different cultures and backgrounds. We try to understand each other sometimes with adverse results, however, we are dealt a hand in how to survive in this very divided world. The answer is to create an inclusive society.

A society that shows empathy, compassion, and understanding.

We deserve a circle and inclusive society but it is up to us to create it. – Richie Morton (Writer, 'The Power Of Starting Something Stupid: How To Crush Fear, Make Dreams Happen, Live Without Regret')

To me beauty is inclusion – every



color, every size, every gender variant, that is the world we live in. – Prabal Gurung (Fashion Designer)

We are the greater than and the greater for the sum of us. The human heart is too grand to be wasted in the clutter of culture of exclusivity – Heather McGhee (Writer, ‘ The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together)

The quotes written here describe the nature of the discourse addressed in this article. Society has in mystically created organizations that can bring about the inclusiveness of society but unfortunately due to social differences, organizations have not truly harnessed the power that they can create inclusiveness in society for a long period of time .It is only now in the 21st century that organizations are beginning to realize this power but they can be successful if only mindsets are changed.

One such organization is the pageantry sector. The pageantry world was created to give women an avenue to showcase their beauty, build up their confidence, crush their fear that they cannot achieve their goals in life due to discrimination of their sex, make their dreams happen, and live without regret. Some thought the pageantry world was for women who had shallow brains but this was proven wrong as highly educated women joined pageants.

Taking a top-view approach it seems everything is rosy with the pageantry sector and they should be given their kudos for promoting women's empowerment which they rightly deserve, however, still water runs deep. If you were to dig deeper, the pageantry was indirectly discriminating against a certain portion of society and that is the Transgender community. Trans women were not able to compete because they were not born women.

The president of Miss Universe pageant, Paula Shugart has said:-

“We have a long history of supporting equality for all women and this was something we took very seriously,”

In all true sense, beauty is included with every color, every size, every gender variant, and every color in the world we live in according to Prabal Gurung (Fashion Designer). Unfortunately, the pageantry world did not take on this view even though it promotes beauty. Therefore, transwoman had to create their own pageantry World. For example, Miss International Queen, Miss Tiffany’s Universe, Miss Continental, Miss Galaxy Pageant, Miss T World, and Miss Trans Star International, to name a few. In time these pageants have acquired their international standing and fame.

For a long while, there has been a segregation between Transwoman and cis-gender women taking part in pageants. In all due respect, the pageantry sector has worked out well for both parties. However, in the hearts & minds of the transgender community, there has always been a wish that both parties to participate in the pageant together. There have been tense debates on allowing them to participate together. Some for and some against. Reasons range from being man-made beauty or being born as a man. Miss Universe Columbia 2018 refuse to share her room with Miss Spain Angela Ponce because she claim she was still a man.

Initially, Transgenders were not allowed to compete in pageants like Miss Universe



but the rules have changed. The Miss Universe pageant allowed transgender women to take part in all of its competitions from 2013. This rule changed when there was a media outcry over the disqualification of Canadian contestant Jenna Talackova from the upcoming Miss Universe Canada contest because she was not a “naturally born female.”

The president of the Miss Universe, Paula Shugart the pageant has said :-“We have a long history of supporting equality for all women and this was something we took very seriously,”

History was written when Angela Ponce broke barriers on Monday in the 67th Miss Universe pageant. The 27-year-old Spanish beauty became the first transgender woman to ever participate in an international

competition. An openly transgender woman has been openly chosen to compete in the Puerto Rico Miss Universe contest for the first time. The winner will go on to represent Puerto Rico in the global Miss Universe Pageant.

Recently, Thai celebrity media tycoon, Anne Jakapong Jakrajutatip - who is a transgender woman - bought the company that runs the Miss Universe beauty pageants for \$20m (£17.1m).

She is the boss of JKN Global Group, which makes television shows in Thailand. Ms. Jakrajutatip's purchase came as the Miss Universe pageant moved towards being more inclusive. From next year, organizers have said that married women and mothers will be allowed to compete for the title.

All is looking bright and beautiful. Inclusiveness is winning the game. Segregation is being broken down just like when the segregation of the black and white communities broke down after decades of fighting for equal rights and to end discrimination. The same thing is happening in the fight for equal rights for the LGBT community. More and more rights are being won. Discriminations are being broken down even though there is still a lot of work to be done. The LGBT community faces various discriminations in various parts of the world., however, the wheel is turning and it gives the right direction in creating sustainable living goals for society.

Heather McGhee said that we are the greater than and the greater for the sum of us. The

human heart is too grand to be wasted in the clutter of a culture of exclusivity that has no place in society. It is we humans that create exclusivity with our mindsets. As we create, we can also abolish what we created.

With all that is irritated in this article, the question is whether exclusivity should remain when it comes to the participation of Transwoman and cis-gender women in a pageant. The answer is still overwhelming yes because transgender pageants (beyond the obvious reason) form a community bond between transgenders. They have enjoyed this bonding for many years and do not want to give it up. It also helps them from being isolated from their other team participants if they were to join pageants like the Miss Universe. In the business sense, organization owners of Transgender pageants would not want to close down their pageants as they were losing their hard-earned cash.

The pageantry world creates a unique situation whereby exclusivity and inclusivity can live in the same home. Transgenders must be given the right to choose what kind of pageant they want to join. They should not be allowed not to participate in any kind of pageant. I support the retaining of Transgender pageants because it brings about great bonding in the community. On the same note, I also support them in joining pageants like

the Miss Universe. This will help create a society with empathy, love, and compassion for one another. We do want our beauty queens to have these same kinds of traits do we, what better place to start than the Miss Universe Pageant?

We live in the 21st century whereby technology is advancing at a very fast pace. If this can happen, why can't our attitudes and mindsets also change at a fast pace for us to be more inclusive in society? We always have to make adjustments in our lives. Pageants are here to stay. They were created so that humans can be empowered in society. To understand one's culture. When we understand other people's cultures, we will not judge who

they are and learn to live with them and their quirkiness and non-understandable behavior. Why give ourselves stress to discriminate against others? We will only get more unhealthy. Society will become unhealthy. Let's give transgenders the full freedom to decide which kind of pageants they want to join. We must include them in all society's activities and give them equal rights as they are human beings too. We are made up of every color, every size, and every gender variant, that we live in this world. We deserve a circle and inclusion of society but it is up to us to create it because we are the greater than and the greater for the sum of us. The human heart is too grand to be wasted in the clutter of a culture of exclusivity.





Latest Trends in Fashion and Beauty

What's Hot in 2023

By:

Brian La Cour
Author
Florida, USA

As we look forward to 2023, the fashion and beauty industry

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continues to evolve, offering fresh and exciting trends to keep up with our ever-changing world. From futuristic styles to a focus on holistic wellness, let's explore what's set to dominate

the scene in fashion and beauty next year.

Futuristic Fashion:

In 2023, futuristic fashion will play a significant role



in shaping our wardrobes. Inspired by advancements in technology and a fascination with outer space, expect to see metallic fabrics, holographic prints, and sleek, streamlined silhouettes. Embrace this trend by incorporating statement pieces with futuristic elements into your outfits or opting for accessories that add a touch of sci-fi chic.

Holistic Wellness and Beauty:

As people become more conscious of their overall well-being, the connection between beauty and wellness will become



even more prominent in 2023. Skincare and makeup products infused with ingredients that promote physical and mental health, such as adaptogens and essential oils, will be increasingly popular. Look for brands that focus on holistic wellness and offer products designed to nourish your body, mind, and soul.

Textured Fabrics :

Texture will play a crucial role in fashion trends in 2023, with an emphasis on tactile, sensory experiences. From chunky knits and faux fur to intricate embroidery and quilting, textured fabrics will add depth and interest to any ensemble. Experiment with combining different textures in your outfits for a multi-dimensional look that's both visually appealing and comfortable to wear. DIY and Customization Individuality and personal expression will be at the forefront of fashion and beauty in 2023. As a result, DIY

and customization will become increasingly popular, allowing people to create unique, one-of-a-kind pieces that truly reflect their personality. Whether it's upcycling clothing, creating your own makeup shades, or designing custom jewelry,





embracing your creativity and making something truly unique will be a significant trend.

Earth Tones and Natural Hues:

As sustainability remains a key focus in the fashion and beauty industries, earth tones and natural hues will dominate color palettes in 2023. From warm browns and muted greens to soft beiges and terracotta shades, these colors evoke a sense of connection to the natural world. Incorporate these calming, earthy tones into your wardrobe for a timeless, versatile look.

Multi-Functional Beauty Products :

In line with our increasingly

busy lifestyles, multi-functional beauty products will become more popular in 2023. These versatile products save time, space, and money by combining multiple functions into one convenient package. Look for makeup products that double as skincare, such as tinted moisturizers with SPF, or multi-purpose balms that can be used on lips, cheeks, and eyes.

Inclusivity and Representation:

The push for inclusivity and representation in fashion and beauty will continue to grow in 2023, as brands recognize the importance of catering to diverse consumers. Expect to see more extensive shade ranges in makeup, adaptive clothing

for people with disabilities, and gender- neutral products. Support brands that prioritize inclusivity and celebrate diversity in all its forms.

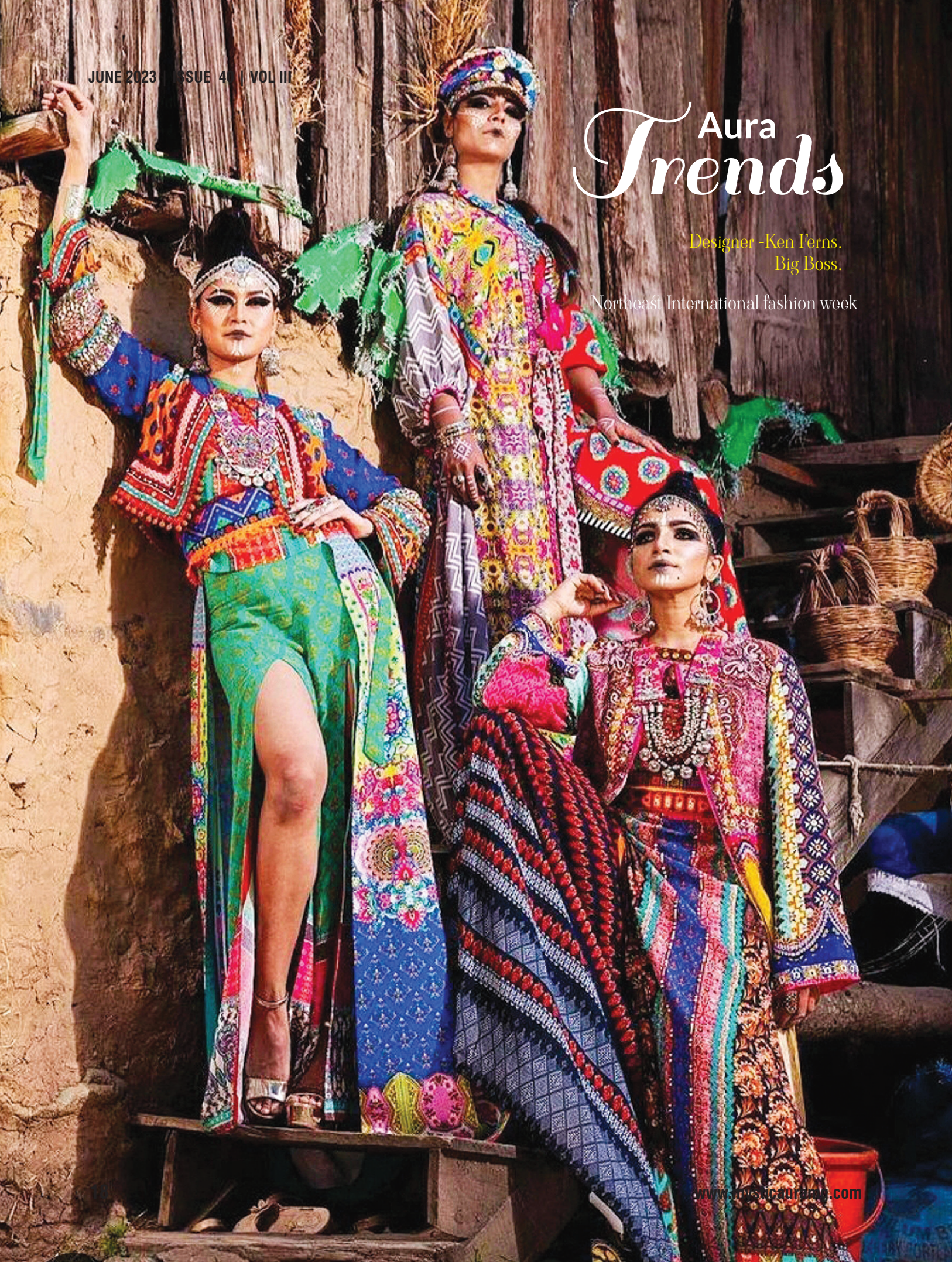
As we anticipate the trends that will shape fashion and beauty in 2023, it's clear that personal expression, innovation, and a focus on holistic wellness will play a significant role. Keep an eye out for futuristic styles, textured fabrics, and earthy tones to update your wardrobe, and embrace multi-functional beauty products for a streamlined, efficient routine. And above all, remember that fashion and beauty are about celebrating your unique, authentic self.

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Aura Trends

Designer - Ken Ferns.
Big Boss.

Northeast International fashion week



Fashion World

Arunachal



By:

Dr Bobita Sinha
Chairperson Helping Hands
Social Foundation
Tarot Healer
Writer, Social Worker

Fashion in Arunachal Pradesh, is a reflection of its cultural diversity and indigenous tribal heritage.

The state boasts a range of traditional attire and adornments, each characterized by a variety of traditional costumes, handwoven fabrics, ornate accessories and fusion of contemporary and traditional fashion, which are showcased at a variety of festivals and celebrations that serve as platform for traditional attire.

While in the topic of festivals, we should discuss the rather prominent ones in the region, such as: -

Losar- Widely known as the "Tibetan New Year", its celebrated widely across Arunachal. During Losar, Traditional clothing plays a prominent role, as people dress



in their finest attire. The men wear a long, robe-like garment called a "chuba", which is usually made of silk or wool and is designed with intricate patterns. While the women wear also wear a "chuba", they also adorn themselves with colorful accessories and jewelry.

Nyokum- It is a festival celebrated by the "Nyishi Tribe", which is the largest ethnic group in Arunachal. Just like many of its sister festivals, Nyokum is an agricultural festival that's celebrates the beginning of the sowing season, thus the people dress accordingly. The men wear the "Dachi" which is a sleeveless shirt made from handwoven fabric and designed with a variety of colors, while the women wear the "Pinam" which is a long skirt adorned with intricate patterns.

While festivals are a major part in showcasing Arunachal attire, we should also mention the people that have revolutionized

the quality of the cloth, such as:

Jenjum Gadi: A renowned fashion designer from Arunachal Pradesh who has gained recognition for his contemporary and innovative designs. Jenjum is known for his excellent blend of traditional textiles with modern design philosophies. His work is often focused at highlighting the use of traditional textiles in contemporary fashion, and even now works diligently in promoting the industry.

Yana Ngoba: Yana is a self-taught designer from Arunachal and is very proud of that very fact when it comes to showcasing her success. She is known for her efforts to revive traditional crafts and textiles through her designs, and unlike many other designers, she is also environmentally aware and actively promotes the use of eco-friendly materials in the productions that she is part of.

These are just some of the

more popular designers from the mountainous state, and you would be stricken to know that there are many out there just as talented as them that are trying to make a name for themselves in the still growing industry.

As fellow fashion enthusiasts, we should be doing our utmost when it comes to supporting and promoting this new generation of talents and look forward to the heights of popularity that they shall take their culture to.





Ambubachi

Folklore of Assam

By:
Manikangkana Devi.
Writer, Poet, Editor and Artist.
Assam.

Shakti Puja has been prevalent in Assam since the time when it was known as Pragjyotishpur or Kamrup.

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There are 51 Shaktipeeths in India and Kamakhya temple in Assam is one of them where the Ambubachi Mela is celebrated. It was during this Ambubachi period that countless devotees from across the country and abroad came to Kamakhya to witness the Ambubachi Mela. The greatness of Kamakhya's

Ambubachi is not limited to Assam. It has been propagated all over the world.

Ambubachi is a folklore that has been prevalent in Assam since ancient times. It is a seasonal agricultural festival. Every year, the festival of Ambubachi is celebrated from the 7th (7th) of the month of Aahar (i.e. 22nd June).

It is celebrated amidst strict rituals of Shakti dharma.

According to Hindu astrology, it is believed that in the month of Aahar (June), the earth becomes menstruating in the fourth position of the constellation Mrigashira and the mother earth menstruates when the third term of the constellation Mri-gashira ends. During this period Ambubachi is observed. This Ambubachi festival is celebrated for the fertility of the earth.

According to Hindu mythology, it is believed that when goddess Shakti's father sage Daksa insulted her husband, Shiva, in front of a number of people, she killed herself and hearing the news of her death; Shiva became extremely angry, and performed the Tandava or the dance of destruction with her body on his shoulder. In order to stop him,

Vishnu released his Sudarshan Chakra which sliced her body into 51 pieces, each part falling in different direction. It is said where the parts fell, the devotees built a temple dedicated to the Goddess like the Kamakhya temple. It is believed that once in a year goddess Kamakhya enter in menstruation course and this period is celebrated as Ambubachi festival.

The word Ambubachi is derived from the two words "Ambu" and "Bachchi". In Sanskrit, 'Ambu' means 'water' and 'bachchi' means 'to bloom'. Ambubachi means massive water circulation. It reveals the potential of the earth's growth and thereby increases the earth's fertility and becomes productive. Ambubachi also called as "amoti" or "ameti" in lower Assam and "saanth laga" in Upper Assam.

On 22nd June, as soon as the Ambubachi starts, the gates of the main sanctum sanctorum of kamakhya temple are closed and the devotees are not allowed to enter. On 26th June, the gates of the temple are opened immediately next day morning after the end of Ambubachi to the devotees for worshipping the Goddess Kamakhya. It was during this time that the Ambubachi Mela was organized on the premises of Kamakhya temple with fanfare which attracts tourists from all over the country and abroad.

Ambubachi is a sacred source for people of Hindu faith. There are many rules and regulations to be followed during the time of Ambubachi. During this period, all the activities involved in the agriculture, such as grazing the soil, growing crops, growing fruits and flowers, etc. are pro-





hibited. Monks, Brahmins, widows, etc., do not take the cooked foods on these days, they take the only fruit. Even women who menstruate in Ambubachi have to do the same. There is a popular belief that there is no fear of snake bites for the year if someone drinks raw cow milk during the days of Ambubachi. On this day, the Hindu religious people will not complete any kind of manglik (auspicious) work and enter the houses of worship or namghars or temples in the house.

As soon as Ambubachi is over, people need to clean all the utensils, clothes, doors and windows in their house and purify everything by sprinkling holy water. It is only then that everyone can enter their places of worship, namghars, temples, etc. It is during the Ambubachi festival, people from different parts of India as well as saints and seers from different parts of the world gather to Kamakhya.

The various amazing characters of these saints and seers create excitement among the common people during the Ambubachi Mela. This Ambubachi Mela lasts for about four days. In this Mela (fair), there are numerous shops for various items along with the indigenous products of Assam, a lot of foreign goods are also introduced here.

Ambubachi has a distinctive feature. This feature sets Ambubachi apart from other festivals. There is a form of tantricity during the Ambubachi festival. Ambubachi festival is celebrated through some very strict rules and regulations. Ambubachi represents Shakti Puja. The puja rituals performed at Kamakhya temple are carried out secretly behind the public eye in a tantric way.

During the Ambubachi Mela, along with kamakhya temple, the entire Nilachal hill is beautifully decorated. The government has taken various schemes to

make the Kamakhya temple as well as the Nilachal hills beautiful to attract tourists; they also arrange free water and sanitation for the devotees. Many NGOs and private organisations take part in providing free drinks and foods to the devotees. The government is planning to make Ambubachi Mela an important and famous tourist destination of Assam.

The shops on the occasion of the Ambubachi Mela offer garlands of flowers, puja items and various colorful items for the people. These shops attract devotees who come to Kamakhya Dham on the occasion of Ambubachi. Therefore, the Ambubachi Mela, which is celebrated in line with the Ambubachi festival, is not just of religious purpose. There is also economic purpose attached to it. Traders from Assam as well as outside the state come to do business at the Ambubachi Mela. It has had a positive impact on the economic sector of Assam and will bring more hope in the days to come.

Ambubachi is not limited to religious premises only. It is an example of harmony as people from different communities other than Hinduism also go to the Ambubachi Mela in the premises of Kamakhya. We have to introduce Ambubachi Mela as an international level fair. Then the Ambubachi Mela will play an important role in the tourism of Assam.

D Aura
Photography

Photography:
Swapnojit Borkakoti

Model: Sharmiṣṭha Chakraborty
Make-Up: Ranjan Kashyap
Disigner: Pallabi Baishya



Photography: Utpal Dutta

PICTURE-PERFECT PERFORMANCE

By :
Utpal Datta
Author, Critic and Filmmaker

Tips to all the aspiring models for a successful shoot.

As the experienced photographers emphasize the significance of thorough www.mysticauramg.com

preparation for models to excel in a photoshoot, following ten points encapsulate the essential steps that ensure a model's success from effective communication and research to meticulous self-care and unwavering confidence.

Communication:

Maintain open lines of communication with the

photographer or creative team to understand the shoot's concept, mood and specific requirements. Don't hesitate to ask questions or seek clarification.

Discuss your own ideas confidently and ensure everyone is on the same page. Express your thoughts and contribute to the collaborative process.



Seek guidance on poses, expressions, and the overall vision to enhance collaboration and achieve the desired results. Be receptive to feedback and incorporate it into your performance.

Research and inspiration:

Conduct thorough research from magazines, websites, and social media platforms, delving into poses, expressions and styling ideas that align with the shoot's concept. Immerse yourself in the creative inspiration.

Analyze the work of photographers and models, studying composition, lighting,

and creative techniques. Learn from their expertise and apply those lessons to your own performance.

Create a mood board or collection of reference images that encapsulate the desired aesthetic, sharing it with the team. Foster a shared understanding and fuel the creative synergy.

Skincare and grooming:

Prioritize your skincare routine, diligently following exfoliation, moisturization, and hydrating masks to maintain a clear complexion. Show commitment to your skin's well-being.

Dedicate time to meticulous eyebrow grooming, nail care and ensuring your hair is flawlessly styled. Attention to detail enhances your overall look.

Protect your skin from excessive sun exposure and consider scheduling beauty treatments or facials a few days prior to the shoot for optimal recovery time.

Fitness and health:

Incorporate regular exercise into your routine, honing a toned physique and elevating your energy levels. Embrace a disciplined approach to physical fitness.

Follow a balanced diet rich in nutritious meals, complemented by proper hydration. Fuel your body with the right nutrients and stay refreshed.

Prioritize ample rest and rejuvenating sleep, guaranteeing you wake up feeling revitalized and projecting a vibrant appearance on the day of the photoshoot.

Wardrobe preparation:

Collaborate closely with the creative team, finalizing the outfits and styling to ensure they impeccably align with the desired concept and aesthetic. Showcase your commitment to the vision.

Organize and prepare all the necessary clothing, accessories, and shoes in advance. Ensure





they are pristine, neatly ironed, and ready to be worn. Attention to detail matters.

Consider bringing additional clothing options or accessories, providing flexibility and creative variety during the shoot. Exhibit adaptability and preparedness.

Practice posing and expressions:

Allocate dedicated time to practicing diverse poses and expressions in front of a mirror, experimenting with angles, body language, and facial expressions. Hone your ability to convey different emotions.

Pay meticulous attention to your posture, body alignment, eye contact, and facial expressions. Refine your non-verbal communication skills.

Note poses and expressions that flatter your features and

convey the desired mood. Practice switching between poses smoothly to showcase versatility.

Hydration and nutrition:

Prioritize abundant hydration by drinking ample water, ensuring a healthy and radiant complexion. Hydrate your body inside and out.

Embrace a balanced diet consisting of fruits, vegetables, lean proteins, and whole grains. Nurture your body with the necessary nutrients for optimal energy during the shoot.

Steer clear of excessive alcohol, caffeine, and processed foods

that may impact your skin's appearance and compromise your energy levels.

Bring essential items:

Prepare a compact bag containing essential items such as makeup products, a hairbrush, hairpins, safety pins, and band-aids. Anticipate and be ready to address any unforeseen needs or emergencies during the shoot.

Consider including a small mirror to quickly check your appearance between shots and make any necessary adjustments. Maintain a polished and camera-ready look.





FIREFLIES

By:
Dr. Dipsikha Bhagawati
Author, Member of Film Critics
Circle of India

A beautiful boy,
indifferently sides
away an used piece
of contraceptive, rises from

bed and makes some tea. Total indifference, as these trivial trades go on as daily chores. The boy wears all the make ups a girl does, but contains no silky texture that is inbuilt in a girl. The very first scene minutely exposes his pathos of being a trans, who is destined to be an expensive sex worker, as the traditional society offers little mainstream professional space for him. Jahnu (Benjamin Daimary) was biologically born a male, but in his core, the hormones have planned another biological and psychological existence. As a lassie lad, his innocently beautiful smile, his tendency to wear female inners secretly leaves him feel devastated, even being molested by his home tutor. Jahnu, eventually falls in love with a man, Paresh, who too goes through this crisis and out of hostility and exhaustion, lives a deserted life at the outskirts of the village. Janhnu feels an intense sexual urge for him and wants to get married, which is denied by Paresh, who knows that he is not matured enough to understand that all these are not easy at all.

One day, when they were just busy in some ordinary conversation out there, but got caught by some evil beings, who had manipulated the entire thing to a discreet incident. Jahnu is brutally beaten and



molested on his way towards the town. He, one day meets a transwoman in town, and from then onwards, finds a way to live like as he is. Being thrown away from his own place, he joins the league of the transgenders, is ritually converted to Jahnvi from Jahnu, and "prosper" as an expansive sex worker, even at outstations. But his sister and mother but has immense love for her and they are in frequent contact. She discusses with her sister to shift their sick father to Mumbai for better medical convenience, as by then he was frequent to those reaches. But unfortunately his father dies and when she visits her home for the first time after being ritualized as a certified trans woman, her mother comes running, hugs her and bursts into tears. But he is not allowed to participate in the ritualistic affairs of his

dead father, only because of his gender identity. This last scene exploits the inherent and real pain of being a third gender in the society, when a person can't even socially mourn at the death of his own blood. Society can accept a judicially accused criminal, but not an innocent eunuch whereas their birth is not their choice.

At village, Jahnu's world was superficially broad. The long shots capturing the greenery of the village, the paddy fields, the cattle grounds and his dear river - are suggestive of the serene generosity of nature that welcomes anyone, irrespective of creed caste or gender. By that riverside, Jahnu promised to himself that he would not fear to anyone, anymore, he would live his life as he is and wants to. The city welcomes his existence as he is, but narrows down the

her non-physical world. Her physical reach has extended into a secured diameter but heart was crushed down. The camera exploits this parochialism through the close shots, capturing narrow alleys, small houses and dirty lanes in frame.

From the narrative angle, Fireflies is like a free flowing stream. But the director could have converted the narrative to a film by exploring and executing the aesthetic possibilities of shades and colours of the theme and the other components, directly or indirectly attached to the theme. But, not the least, Fireflies is a bold, trailblazing venture of the director with sheer honesty in a limited regional geographical frame of Assam. The generic pain of the pivotal human strength is evident, though the revelation needs a little honing in a way.

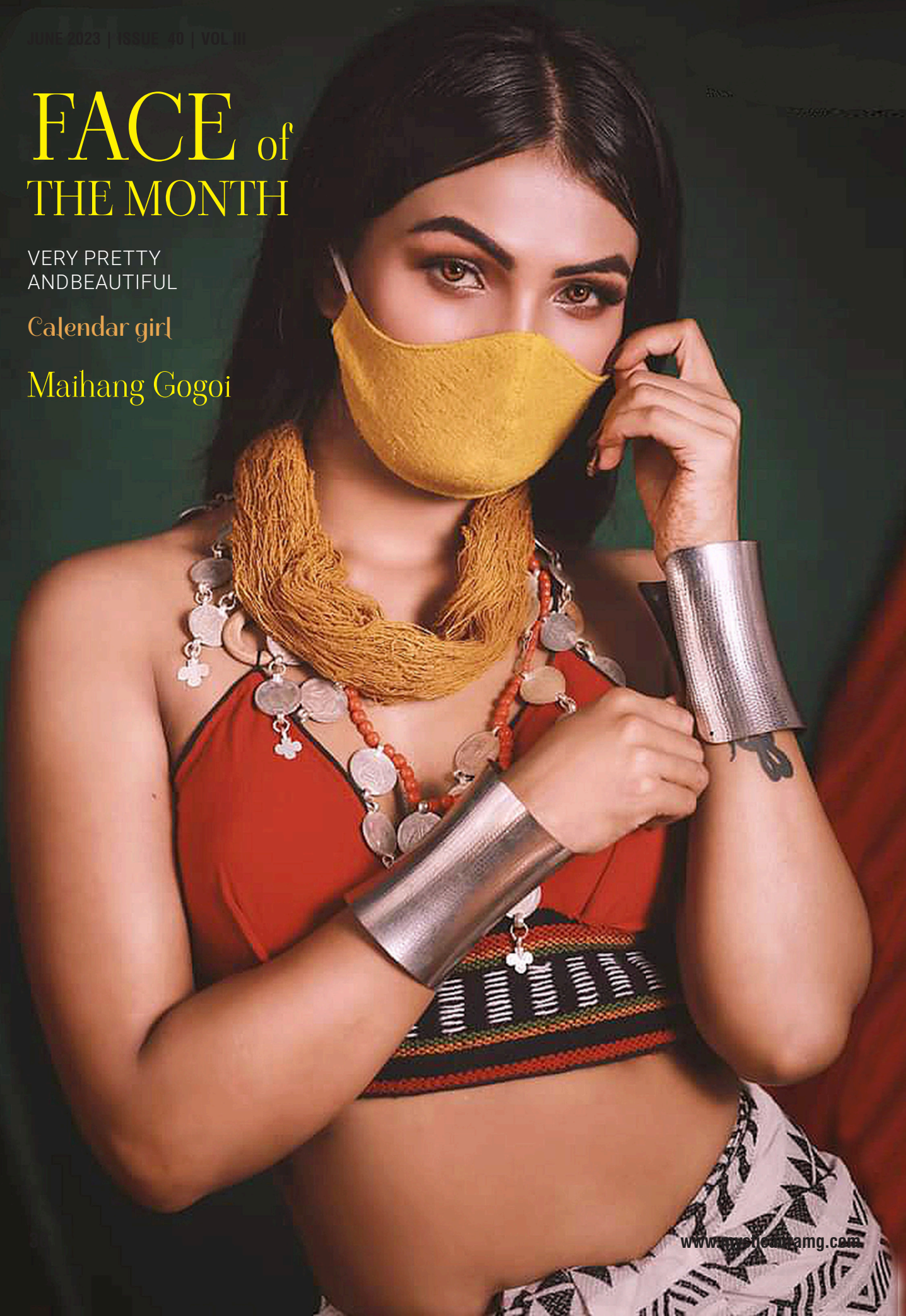
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FACE of THE MONTH

VERY PRETTY
ANDBEAUTIFUL

Calendar girl

Maihang Gogoi



1. Tell us in brief about yourself?

- I am Maihang Gogoi originally from North- Lakimpur, ASSAM but I have been residing in Guwahati since last 6 years. I am an independent self motivated women. Besides working in the healthcare sector I enjoy doing modeling.

2. Who is your Ideal person in life ?

-My Sister is my ideal person because she inspires me in many ways to be a part of the fashion industry.

3. What is more important for you passion or profession ?

- Both passion & profession I would say .

4. What's your view point on the line "being beautiful in your own skin' ".

- Beauty is believing in yourself and remembering that you are worth it. I believe life is a gift and every person is unique in it's own way. Accepting yourself for who you are and standing tall in that truth builds confidence.

5. Being a working lady and at the same time you follow up your passion modelling, how do you manage to balance both ?

-Balancing both my job and modelling career has been challenging for me in past. With the help of my colleague friends and the experience I have gained throughout these years I am



being able to dedicate my efforts in both with ease now.

6. What inspires you as a model?

-I've always loved modeling and I wanted it as a part in my professional career. May be when I see other celebrity models lifestyle,fashion and their interviews I was so carried away by the glamour world and that has greatly influenced me.Fashion is my passion and I enjoy trying new fashionable style everytime.

7. What are your future plans?

- Being a role model for future generations through fashion.

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

-I feel very privileged to be a part of it. Looking forward for positive vibes and more opportunities come on the way.



Stay Hydrated

AYURVEDIC WAY

By:

Dr. Dietician Dipikaa A Bhatia

Deals in therapeutic diets

Director - B'BEHEALTHY, ADAN Healthcare.

Founder - Aas Ek prayaas NGO cancer awareness.

How to Drink Water: Stay Hydrated

Well. If you're scratching your head thinking that how can there be a right way to drink water then read this article -

Drink more water, everyone asks you to do that — your

mother, your colleague, your doctor, and even your spouse. And you try to do that too, to the best of your abilities, but this health stint lasts only a couple of weeks or months at most. Besides who would want those frequent trips to the loo, you think to yourself as you revert to your older ways.

Clearly, there has to be a better way to be hydrated than these infrequent hydration drives, and we are here to tell you there is. Read on further to get a comprehensive guide to being hydrated, the Ayurvedic way.

Water Is essential as it

carries out the function of transporting waste, regulating body temperature, lubricating our joints, moistening tissues of our mouth and preventing constipation .

It is an essential requirement for a healthy body. However, we lose a lot of it every day through other bodily functions such as respiration, sweating (even if you don't work out), urinating, and defecating. This leaves us with no option but to replenish it.

Your lips, skin or hair is becomes dry.

You get frequent rashes on the skin, or acne due to clogged pores.

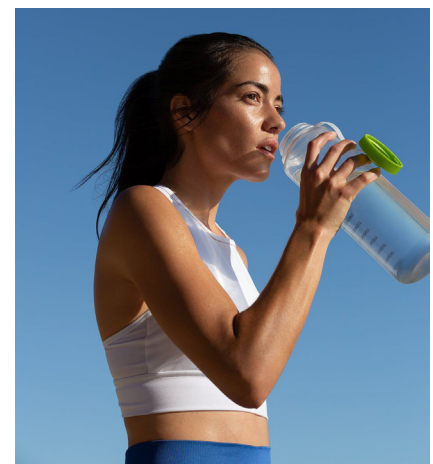
The color of your pee is dark yellow

You are not sweating.

You are not having regular bowel movements.

Why We Need To Drink Water: The Ayurvedic Way:

If you're experiencing these symptoms then it's very likely that your body has lost a lot of water and is seeking to conserve what it still has. Now, in this scenario, most of us would





Water Is essential as it carries out the function of transporting waste, regulating body temperature, lubricating our joints, moistening tissues of our mouth and preventing constipation .

resort to drinking more water to make the symptoms go away, or we would turn to sports drinks which is a more delicious way to rehydrate. But if we do that, it is more likely that within a short duration of drinking that water, we are going to pass it out in the form of clear pee. This means that we didn't absorb that water into our bodies.

AYURVEDA says that in order to be healthy, we need to reabsorb the same amount of water as we lose out in performing our bodily functions. Therefore, we need to find a different way to

rehydrate, which will allow us to absorb that water into our bodies, and Ayurveda has the answer.

These Steps Will Allow Your Body To Absorb Water In An Effective Manner

Ditch cold water, and switch to lukewarm or warm water. This is because when you drink ice-cold water it cools down the enzymes in your digestive system which hampers the digestive process, which in turn, leads to the build-up of toxins. Besides it also causes the blood vessels to constrict, which doesn't allow the toxins to get drained through the lymph nodes. This constriction also doesn't allow the blood to travel to the organs easily, thereby depriving them of nutrients. On the other hand, warm water prods the lymphatic system to clear the toxins.

Drink water by adding these ingredients to it – a teaspoon of unrefined mineral salt, or Himalayan sea salt (for 1 ltr of water), or lemon juice, or pre-soaked chia seeds, or a dab of ginger. All these ingredients (not

together though) help our body in absorbing the water better.

Drink around 500 ml of warm water the moment you wake up. The measurement is approximate, you can also drink a tall glass of it, and it would work in the same manner. We are asking you to do this because while we sleep our body works to pack up the previous day's waste, which is why we feel the urge to go to the bathroom as soon as we wake up. In order to help our body flush out the toxins properly, we need to drink warm water immediately after waking up.

Don't gulp down water in one go, especially if you're having it with meals. Instead, sip it. This hasty chugging of water doesn't allow your body to absorb it, instead, you pass it in urine. Besides, when you drink the water in large gulps while eating, you're extinguishing the Agni (digestive fire) that is working to digest that food. Therefore, instead of having water with meals, we would advise you to have it half an hour before eating.

If you follow these ayurvedic principles while hydrating, you're sure to keep your body well-hydrated and in the pink of its health. Do follow these principles and stay healthy.





A Good Night's Slumber Myths & Choices

By :

Dr. Nikhita Nagar

Celebrity Dental Surgeon

| youth motivator |

Sociopreneur.

Director : Dr. Nagar's Dental
and Physiotherapy centre,
Ghaziabad., Delhi.

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed. "Healthy sleep encompasses three major things," experts explains. "One is how much sleep you get. Another is

sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress—like the pandemic—can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.

Sleep for Repair:

Why do we need to sleep?

People often think that sleep is just “down time,” when a tired brain gets to rest. “But that’s wrong,”. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create. Experts discovered that the brain has a drainage system that removes toxins during sleep. “When we sleep, the brain totally changes function,”. “It becomes almost like a kidney, removing waste from the system.”

“There are certain repair processes that occur in the body mostly, or most effectively, during sleep,” experts explains. “If you don’t get enough sleep, those processes are going to be disturbed.”

Sleep Myths and Truths:

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn’t true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep. Another sleep myth is that you can “catch up” on your days off. Researchers are



Healthy sleep encompasses three major things, experts explains. “One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule.”

finding that this largely isn’t the case.

“If you have one bad night’s sleep and take a nap, or sleep longer the next night, that can benefit you,” says experts. “But if you have a week’s worth of getting too little sleep, the weekend isn’t sufficient for you to catch up. That’s not a healthy behavior.”

On the flip side, more sleep isn’t always better, says Dr. Nagar. For adults, “if you’re sleeping more than nine hours a night and you still don’t feel refreshed, there may be some underlying medical issue,” she explains.

Wise Choices

Getting a Better Night’s Sleep
Stick to a sleep schedule. Go to



"When we sleep the brain totally changes function. It becomes almost like a kidney, removing waste from the system."

bed and wake up at the same time every day, even on the weekends.

1. Get some exercise every day. But not close to bedtime.
2. Go outside. Try to get natural sunlight for at least 30 minutes

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every day.

3. Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
4. Don't take naps after mid-afternoon. And keep them short.
5. Avoid alcohol and large meals before bedtime. Both can prevent deep, restorative sleep.
6. Limit electronics before bed. Try reading a book, listening to soothing music, or another relaxing activity instead.
7. Create a good sleeping environment. Keep the

temperature cool if possible.

Get rid of sound and light distractions. Make it dark. Silence your cell phone.

8. Don't lie in bed awake. If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.

See your health care provider if nothing you try, it helps. They can determine if you need further testing. They can also help you learn new ways to manage stress.

Whatever may be the reason just dont forget to smile.

Aura Fashion



Model : PRITI THAPA
Designer: Prasant Ghosh
Photography: Kamal Barman



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Aura Beauty Touch



Makeup artist:
JHUMA DAS



Model : Aniksha Mandol
Photographer: BIKASH SARMA
Wardrobe : ChandZeenty Style
Boutique

CHASING A NIGHTMARE

I sleep in your womb mother feeling your soft protective arms around me.
Dreaming of happiness Under the golden sky with a deep loneliness inside.
Listening to the echoes of nature.
Suddenly the sound of a conch touches my ear Jerking me out of my slumber.
Waking me to bloodsheds, hatred, jealousy
A dark scary world.
Mother take me back to your womb of love,
Where I can feel your arms and see your beautiful silent smile
And breathe in your inner peace.
Show me a glimpse of a new morn,
Where the Earth is green as ever
No bloodsheds, no deadly Virus a threat to the Mankind.
Just a beautiful Dawn.

By: MONALI BHUYAN

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AURA
Men's
Style



Model : Arnab Medhi
Photography: Tuhin Das



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MALESTORM

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