

JULY 2023, ISSUE 41 | VOL - III

MYSTIC AURA

MAGAZINE

BOHO -Fashion

Eclectic style & trendy

DIET & SKIN CARE

part of modeling

JAPANESE IDEOLOGY

wabi sabi

Exclusive Interview

MasterChef
India - 7

Unleash Your Style

This summer with your flawless looks and outfit

MYSTICAURA

Fashion and life style magazine

2023

July

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Model: Juhi Sah.

MUA : Sonia Begum

Wardrobe ALN collection.



Designs & Photography by kavashikbrahmaphotography

MYSTICAURA

The Team



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Proprietor & Editor-in-chief

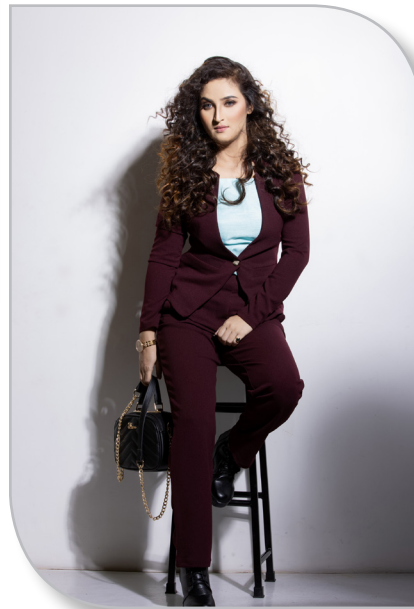
She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by 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.



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

Editor's NOTE



After the scorching heat when a spell of rain comes it gives a lot of relief and happiness to the people during this summer. Being drenched in the rain, rolling on the ground, splashing mud and water all over with each other we can hardly make a difference between the kids and elders. Drops of rain dancing on the river water, gives you a surreal experience that makes you forget everything else for a moment. Need to enjoy every single moment nature showers as a blessing.

Mystic Aura yields a platform for all people from different fields to unfold their ideas and skills and highlight to the world diversity of views. This month issue covers topics of fashion, beauty and lifestyle followed up by the regular Aura pages .

Enjoy Reading.....!

Regards

GITALI PATHAK DEKA

CEO & Editor-in-chief

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ON THE COVER

Swathi Krishnan

Photography: Sathya Vagale



A fashion model from BANGALORE with six years of experience in Glamour and fashion industry. Throughout her career she had the privilege of working with a multitude of renowned brands, participating in captivating fashion shows and starring in numerous advertisements.

Her beauty, height and physical attributes have allowed her to embrace various modeling opportunities including commercial, print, and runway fashion shows.

Over the years she has honed her skills and professionalism, delivering exceptional results for every project she would undertake, the essence of high fashion to connecting with audiences through relatable commercial campaigns. Her journey in the modeling industry has been nothing short of exhilarating, and she is immensely proud of the impact she has made so far. She believes in the power of fashion to inspire and influence and bringing a brand's vision to life with my unique flair and dedication. She loves working with talented professionals, embracing new challenges, and continuing to evolve as a model.

DIET AND SKINCARE

before a beauty pageant

By :

Prasantt Ghosh

National & International
Choreographer and Designer.



BEAUTY PAGEANT does provide a huge platform to the candidates to present themselves in front of the world. The most important thing for women is maintaining a good diet and skincare to get the most beautiful skin. Remember no cheating cut back on your portions.

Don't gorge huge amounts of anything. Eating at a restaurant may prove to be a big temptation but stick to a **RULE** to give your best when you participate a prestigious pageant.

When you have successfully

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overcome the initial temptation, try skipping the first course and the dessert from your menu. Never keep any fattening foods in your vicinity.

Get them out of your house immediately. If they are not within easy reach, you can't eat them.

Make being slender and healthy a part of your conscious being. Think always that you should be slim and beautiful. And see the magic yourself. Drink lots of water and salads daily for a glowing skin. When you change your clothes at night, take a good look at yourself in

the mirror. The real picture will help to motivate you for a good modeling career.

1. Drink a glass of water as soon as you get up in the morning. Warm water with a little lime juice helps to cleanse the body.
2. Make vegetables a regular on your daily menu. But instead of boiling them, just steam them until they are just tender. This way the vegetables remain more nutritious and even taste better.
3. Combine dieting with exercise and you'll lose weight faster this way without getting saggy saddlebags.



4. Never attend too much late night parties and have always 8 hours sleep without any disturbance.

5. Generally there are three types of skin textures normal, oily and dry. The oily skin is due to excessive secretion of sebum from the oil glands and has a shiny appearance that accumulates dirt and grime are the resulting blockage of oil dirt's causes pimples and acne on the skin which is very common ailment tin the younger generation today. The dry skin on the other hand, is caused, due to lack of oil.

6. Secretion and dehydration. External causes of dryness are use of strong soaps, exposure to sun, wind, indoor heating, air conditioning and unbalanced diet.

7. Proper skin care can



be achieved by cleansing, nourishing and toning processes.

8. Cleansing is necessary to remove dirt's and grime from the face. Use mild baby soap for dry skin. Use standard skin foods for this purpose. Toning of oily skin is best done by an astringent cream and for dry skin use cold water splashes.

Follow up this important points and keep in mind to look the best and give your best on stage. Success will be yours definitely.





BOHEMIAN FASHION

Trends '23

By: **Bia Sandhu**
Fashion Stylist & Curator
Founder: Parfait Image Consulting



Being a big cheerleader of bohemian fashion I have always endorsed brands who promote and scream the “boho chic” style..

Do you know how and when the bohemian style originated ? After the French Revolution, the group of travelers called the bohemians started appearing. They were originally from Bohemia which is in the western region of the Czech Republic. During the 1960's and 70's is when the boho style really caught a hold of the fashion world. This time we can thank the hippies. With their bright colors and mix match textures, these free-spirited humans set the trend of what we see today that revolutionized the fashion industry.

To incorporate the bohemian style into your daily wardrobe and be a boho chica you definitely need to keep these points as the foundation

1. Bohemian fashion is all about

layers and fluid fabric .

2. Bold patterns that can be mixed
3. Finding ways to get creative with your clothing
4. Welcome earthy hues
5. Accessorize with jewelry, hats, scarves, bags, and much more.
6. Be confident. Be beautiful. Be you.

Bohemians of the world are romantics and have a romanticized vibe that is expressed through their clothing. This can be from longer silhouettes or flowy ruffled skirts.

Bohemian fashion is a harmonious link between Western and Indian styles. Indian aesthetic lends itself well to a Boho style. The trend easily takes the floral nomadic prints of India and fuses them with western flowy silhouettes and cuts.

Fast forward to 2022, and Boho has returned to the runway with a vengeance. Boho attire 2022's version is whimsical yet clean. It's about embracing a mix of rich colours, patterns, textures and cuts but keeping the rest of an outfit

simple.

A counterculture that began in the 1800s by passionate artists is now being celebrated the world over for its unique and mesmerizing style. But the boho philosophy goes well beyond its fashion aesthetic - it's about freely expressing yourself in artistic ways, and embracing your unique individuality.

The bohemian style, with vibrant prints, flowing silhouettes, and artful details is a meeting point of cultures from across the world. It beautifully reflects how our beliefs and ideas can impact how we create, express ourselves, and dress. The boho philosophy is here to stay and will continue to evolve in unique, refreshing ways that seamlessly flow with the times.



Aura Trends

"Sometimes some of the most iconic models of all time are not just revolutionary with their poses but a simple pose can make you look great if you know the art well."

Model: Karishma Deka.
MUA: Nibhashree kalita.
Photography: divyanu pathak.

An Exclusive
interview with

GURKIRAT SINGH

MasterChef India -7, 2023
Top-6





1. Tell us in brief about yourself

Hi, This is 24ys old Gurkirat Singh hailing from a small town named as Sirsa from the state of Haryana.

2. Would like to know little bit more about your passion and profession.

-I've completed my law graduation from Chaudhary Devilal University, sirsa in 2020. As my father is a lawyer so he wanted me to do the same but I wasn't interested in law at all. I always wanted to be a pastry chef and run my own dessert bars or bake shops.

3. When did you decide to become a chef .Did you recieve any professional training in this field ?

I've been cooking since I was in 8th Std. After getting inspired from season 1 of master chef india, i decided to participate in the show. But age was a bar as i wasn't eligible at that time. As soon as I turned 18 i gave auditions for season 5 but couldn't even clear the city auditions round. Not loosing the

courage and taking it as a lesson I dared to appear in the auditions for season 6 but fortunately couldn't get selected. I find myself fortunate because I believe that everything happens for a reason because this season was the best till now. I've not taken any culinary education as I'm totally self taught cook and baker.

4. You were among the Top-6 finalist, MasterChef season-7. How was your experience over there ?

- Master chef india 7 was once in a lifetime experience for me.. it felt like I was in another universe. It was like living my dream. I had best time of my life there. I still can't get over those moments. I met amazing people from all over India which contributed in enhancing my cultural tolerance. I not only found friends for life but also learnt a lot after getting mentored by the finest chefs of the industry.

5. What are your achievements in life ?

-I have a firm belief that we can get what we believe. People call

it law of attraction and it really does work. I always dreamt of working in Master chef India kitchen and I made it. I've gone through so much in life such as trauma, mental health issues and overcoming , healing and staying strong is one of my achievements and ofcourse not to forget the Master chef, my biggest achievement till now.

6. What are your future plans ..?

- I'm just going with the flow. I'm getting some offers and opportunities but I want some time to figure out what suits me best. I wish to open my own dessert bars soon but before that would love to work with professionals and explore more.

7. Any suggestions you would like to give to the ones who are waiting to join season-8.

- The only advice I can give is to stay positive, no matter what the situation is, never give up. Stay consistent, don't loose hope, good things take time. Focus on ur skills and think what u want and u will get it .



Aura
New Face

Model: Christina Sonowal
Makeup: Leena Kardong
Dimpi Ahmed
Photography: Swapnajit
Borkakoti

FACE of THE MONTH

VERY BEAUTIFUL,
APPEALING AND STUNNING

Calendar girl

KARISHMA DEKA



1 . Tell us in brief about yourself.

- Hi, I am Karishma Deka from Guwahati , ASSAM currently pursuing my honours in History and alongside doing modelling which is something I love and respect dearly. I am very artistic from my childhood and so my father used to put me to everything like arts, dance, music etc. Now with modelling I started my journey in a different field and I have been in this line so far from 6 months and wish to continue and wait for the good opportunities that's on track.

2. What is your greatest strength?

- Being organized, both mentally and physically was and is one of my biggest strength and doing that allows me to work in a more systematic manner.

3. Would like to know little bit more about your passion.

- There is this famous saying, "Develop a passion for learning. If you do, you will never cease to grow". I could not agree more. Growing up as a kid, I vividly recall myself always being enthusiastic to learn and explore. So for me passion is something you enjoy doing and what motivates you to work both smarter and harder.



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

- First off all to feel beautiful in our own skin, we have to be comfortable with who we are as a person. If you don't like who you are then there lies the reason why you're not "feeling" beautiful. Feeling something is part of the nervous system, it's just an emotion like love or anger. Therefore you need to see what it is that makes you uncomfortable, once you figure that out then you can change it and know yourself better and love yourself more.

5. What is the biggest challenge in your life you have faced ?

- As for a challenge in my life I haven't faced anything major so far by God's grace. But I was not very confident and had to struggle with those people who would take advantage of me and I couldn't raise my voice and speak up and so I have issues with making friends and trusting people easily.



6. What inspires you to be a model ?

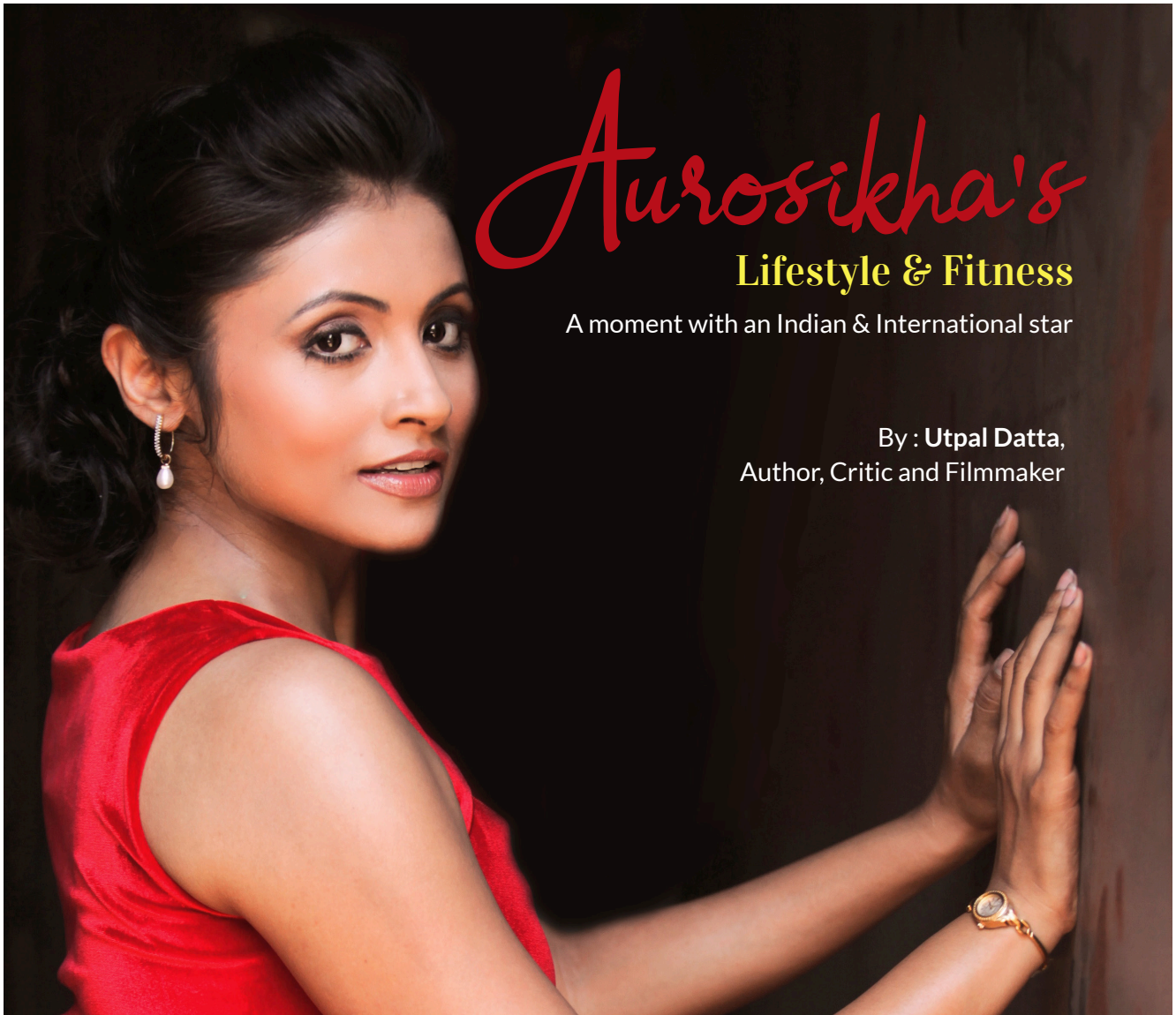
- My inspiration for being a model is definitely Gigi Hadid. I would always love to see her walk on the ramp and copy it and also mostly I'm interested in trying new designer dresses and clothes and to adore it and make it more beautiful. So I started this journey, and hopefully got to that stage where I always dreamt off in my dreams.

7. What are your future plans for?

- My future plans for now is to pursue my phd degree and be in the research area as a historian and alongside would like to grow as a model too.

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

- As a model, Mystic aura is my first work and I always feel grateful to be a part of the magazine, as they have provided me the opportunity to start my career in modelling that has helped me to become confident and enjoy my work in this field.



Aurosikha's

Lifestyle & Fitness

A moment with an Indian & International star

By : Utpal Datta,
Author, Critic and Filmmaker

AUROSIKHA, is one of the upcoming stars of Indian and International cinema. She is keeping her fingers crossed as the release date for LOMAD draws nearer. It is a one-take feature film directed by Hemawant Tiwari and cinematographed by National Award winner Supratim Bhol. Aurosikha played the lead role in the film.

After completing her acting course at FTII, Aurosikha tried her luck in Bollywood. It is evident that she worked hard

and that her career details are currently available on the Internet. It was only out of curiosity that I wanted to know more about her lifestyle. She said- lemme start with a quote-

"When life gives you a lemon, grab tequila and salt"?

It's a fun and light-hearted expression that encourages me to make the best out of challenging situations. Instead of getting stuck in negativity, it's all about enjoying or embracing whatever circumstances I am

or we're facing. Think about it like this just as tequila and salt can enhance the flavour of a lemon, we can find ways to turn adversity into something more enjoyable or palatable. It's all about adapting to setbacks and keeping a positive attitude. Trust me, a bit of creativity and optimism can work wonders!

Have you learned from the experiences?

Ya, I am learning from the experiences I had, which is awesome! It's about taking the good and the not-so-good

moments and turning them into opportunities for growth. Keep a positive attitude and face challenges head-on.

I am lucky to have such overwhelming support from my family! Encouragement helps us reach our goals. Being surrounded by people who believe in you can make all the difference. Even when things get tough, you're resilient, optimistic, and find joy. Basically, it's a reminder to learn from life's lessons, maintain a positive

mindset, and lean on your loved ones. Let the good times roll with that awesome attitude, my friend!

What is your fitness mantra?

Being a fitness enthusiast is a fundamental part of who I am. I am wholeheartedly dedicated to maintaining a healthy and active lifestyle. Each morning, I kick-start my day with the lively rhythms and energetic movements of Zumba, setting the tone for the hours ahead.

It invigorates my body, uplifts my spirits, and prepares me to take on any obstacles that come my way. Yet, my pursuit of physical well-being doesn't end there. As the day winds down, I embrace the soothing waters of a swimming pool. Immersing myself in its cool embrace, I allow my muscles to relax, my mind to unwind, and any lingering stress to dissipate. It is a peaceful and rejuvenating conclusion to my day, leaving me refreshed and ready to tackle new challenges. In following the wisdom of Gautam Buddha, I recognize the inherent importance of taking care of my physical health. It is not merely a desire but a duty—a responsibility I embrace wholeheartedly. By devoting time and effort to nurture and strengthen my body, I lay the foundation for a resilient and vibrant mind. This symbiotic relationship between physical and mental well-being allows me to navigate life's complexities with clarity, focus, and unwavering determination.

Through my commitment to physical fitness and the profound words of Gautam Buddha, I have come to understand that maintaining a healthy body is not a solitary pursuit. It is an

interconnected journey, encompassing both the physical and mental aspects of our being. By prioritizing the care of my body, I cultivate resilience, clarity, and an unwavering strength of mind that propels me forward in all aspects of my life.





The LGBT Family

Lifestyles

By:
Vanessa Jacqueline D’cruz
 Singapore

The world is a place of nostalgic differences. It is a place of study of various cultural backgrounds that the population lives in. It is a beautiful place accustomed to varied lifestyles that we can

explore. However, are these varied lifestyles appreciated by us? Do we embrace these varied lifestyles that we experience in our lifetime? Do our different lifestyles cause chaos in other people’s lives?

These are questions I have been thinking of recently. The answers came to me when I recently attended the annual Pink Dot celebration to mark Pride

Day in Singapore. This year’s theme is the Family structure.

The LGBT community has a lifestyle that not many condone. Due to various principles that some are brought up with, they do not support same-sex relationships or same-sex marriages. Some consider it a sin to have same-sex relationships. They feel that the fabric of couple relationships will be broken.



The same goes for the fabric of family marriages. This conceptual way of thinking boils down to how one is brought up. Religious beliefs play a major role in anti - LGBT beliefs and other is society's construct on the norms of marriage and a relationship. It deems that a marriage and a relationship between couples should be between a man and a woman.

This socially constructed concept is losing ground. It is becoming old news. As society evolves, views and beliefs also evolve. New lifestyles hence family structures are being evolved. There has been an increase in same-sex marriages in certain countries in which these marriages are recognized as legal and same-sex relationships are on the rise. There has been more acceptance in such lifestyles but there are still some

who frown on such relationships. Some are in great shock and portray fear when they are told that a child is being taken care with same-sex parents. Same-sex parents are accused of bringing trauma into their child's life. They are accused of inculcating wrong family values in their children. They believe there will be chaos in the family.

However, all these accusations are baseless.

In Mexico, a boy was brought up with two fathers and they led a happy family life. Their child chose a heterosexual marriage. Two of my females friends are happily married with a daughter but unfortunately, they had to move to America to get married.

I once remembered that my lecturer asked me what a family structure meant to me and I said it consisted of a heterosexual couple and their children. She told me that I was narrow-minded. Later, I realized why she said I was narrow-minded. Family structures can take on any form. It is what lifestyle we choose in creating a family. Chaos can happen in all family structures regardless of the kind of lifestyle that is adopted. It is even brought about by the laws in certain countries. Same-sex marriage and same-sex parenting are prohibited in some countries. The reason is to protect the fabric structure of marriage





but what fabric are they protecting when laws develop blockages for same-sex couples to get married and adopt children? Single mothers are not allowed to go through the IVF process in their own countries and hence to resort getting the IVF treatment in another country that is legal to do so. This creates a great financial burden on the couple. Furthermore, once the woman gives birth to her child, her female partner will not have custody over the child who they are bringing up together.

Therefore what are the answers to these questions: are these varied lifestyles appreciated by us? Do we embrace these varied lifestyles that we experience in our lifetime? Do our different lifestyles cause chaos in other people's lives?

To understand the lifestyle of the LGBT community is to have

an open mind to the lifestyles that they have. A positive energy need to be developed in the LGBT community to live with them. Most importantly we need to be aware that we do not live alone and there will be more communities developing various lifestyles we may not understand. We need to develop compassion and empathy to accept the various lifestyles that

are developing right before our eyes. If we do not do this, we will never be able to live with the different lifestyles. Chaos will increase if not stagnant. Laws will not be changed to accommodate these various lifestyles. As I type, there will be still trouble accepting such lifestyles whether this chaos increase or not, it is up to us to make the world into a more loving and inclusive one.





THE IMPORTANCE OF BALANCE

spiritual, mental & physical health for women

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

In today's fast-paced world, it's easy to be caught up in the hustle and bustle of daily life. As women, we often juggle multiple roles and responsibilities, leaving little time for ourselves. However, it's essential to prioritize our well-being and find a balance between spiritual, mental, and physical health. Achieving this equilibrium can lead to a happier, healthier, and more fulfilling life. In this article, we'll explore why each aspect is vital and provide tips on how to

achieve a harmonious balance.

Spiritual Health: Connecting with Your Inner Self Spiritual health is about nurturing your connection with yourself, others, and the world around you. It involves exploring your beliefs, values, and purpose in life. This connection can provide a sense of meaning, inner peace, and resilience during challenging times. Here are some tips to enhance your spiritual well-being:

1. Meditate: Practicing meditation regularly can help you quiet your mind, gain self-awareness, and connect with your inner self.

2. Practice Gratitude: Cultivate an attitude of gratitude by focusing on the positive aspects of your life and expressing appreciation for them.

3. Connect with Nature: Spend time outdoors to appreciate the beauty of nature and feel a sense of interconnectedness with the world around you.

Mental Health: Nurturing Your Mind A healthy mind is crucial for overall well-being. Mental health encompasses your emotional, psychological, and social well-being, which can affect how you think, feel, and act. Prioritizing mental health can improve your ability to cope with stress, maintain

relationships, and make decisions. Here are some ways to nurture your mental health:

1. Seek Professional Help: If you're struggling with your emotions or mental health, don't hesitate to seek support from a mental health professional.

2. Practice Self-Care: Prioritize self-care activities like getting enough sleep, eating well, and engaging in hobbies that bring you joy.

3. Stay Connected: Cultivate strong relationships with friends and family, as social support is crucial for mental health.

Physical Health: Taking Care of Your Body Physical health plays a significant role in your overall well-being. Maintaining a healthy body enables you to perform daily tasks, reduces the risk of chronic diseases, and promotes a positive self-image. Here are some tips to maintain your physical health:

1. Exercise Regularly: Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, along with strength training exercises.

2. Eat a Balanced Diet: Consume a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to provide your body with essential nutrients.

3. Prioritize Sleep: Aim for 7-9 hours of quality sleep each night to promote physical and mental recovery.

Achieving Balance: Tips for Success



Finding a balance between spiritual, mental, and physical health might seem overwhelming, but it's achievable with small, consistent steps. Here are some tips to help you on your journey:

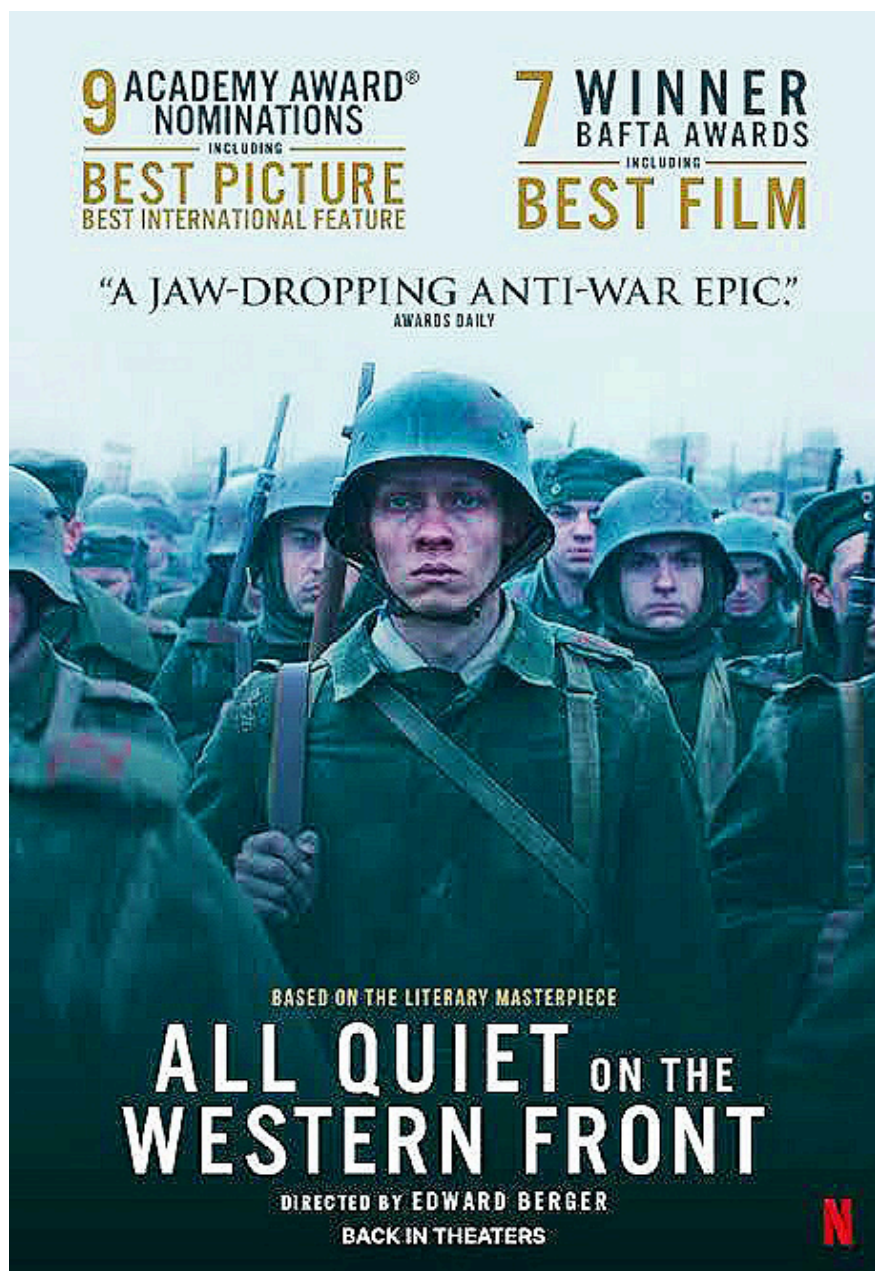
1. Set Realistic Goals: Establish achievable goals for each aspect of your well-being and create a plan to work towards them.

2. Listen to Your Body: Pay attention to your body's signals and adjust your activities accordingly.

If you're feeling overwhelmed or burnt out, take a step back and reassess your priorities.

3. Be Patient: Achieving balance takes time, so be patient with yourself and celebrate your progress along the way.

In conclusion, balancing your spiritual, mental, and physical health is essential for women to lead a fulfilling and healthy life. By nurturing each aspect of your well-being, you'll cultivate resilience, inner peace, and a deeper connection with yourself and the world around you. Remember to be patient, set realistic goals, and listen to your body as you work towards achieving harmony in your life.



All Quiet on the Western Front

The Combat, the Camerdeire (Review)

By:

Dr. Dipsikha Bhagawati

Author, Member of Film Critics

Circle of India

**"All That's Left
Separating Us From
An Armistice Is False
Pride."**

In the intestine of human history, no warfare has ever been an affair of physical philanthropy, not every solid combat is meant to earn pride or honour. With bizarre cinematography and versimilar transportation of optical wonder, "All Quiet on the Western Front", a melancholic film from the house of Edward Berger, carries the overt perk of anamnesis and the "war is bad" essence to its nerve. Understandable and agreeable, but the major trouble of trying to make No Man's Land and the horrendous waste of life look good is that it follows in the footsteps of all those war features before it. Capturing barely constructed backstories and hoping to emotionally manipulate the viewer into caring for characters bound to be killed off for the sake of plot progression and brutality's sake, Berger makes that clear as he bumps off man after man on the field of battle before slapping one of them with a name - all patsy.

AQOTWF presents a kaleidoscopic view of the first world war through the lenses of Paul Baumer (Felix Kammerer), a 17 year - old, humble mannered boy who, in a keen urge to join the war front, forges his father's signature. The flamboyant speech of their headmaster provoked these young souls to "move for a glamorous cause" like war and parallel sense of surrender to

the native soil. Simultaneously another plot goes hand to hand that the military commanders and the German political fraternity, inspite of being pretty aware of the terrible effects of the ongoing war, didn't want to come to any resolution only due to their game of power, pride and ego. Paul and his co soldiers were thrown into the muddy, sick trenches, their camp was bombed on the first night and the next morning, Baumer had to fetch his friend's identification tag, the teen aged boy lying dead outfaced in the mud. All the glories and the fantasies about war and Paris got shattered, and in a rapid eventual, Paul turned out to be a acclimatized soldier.

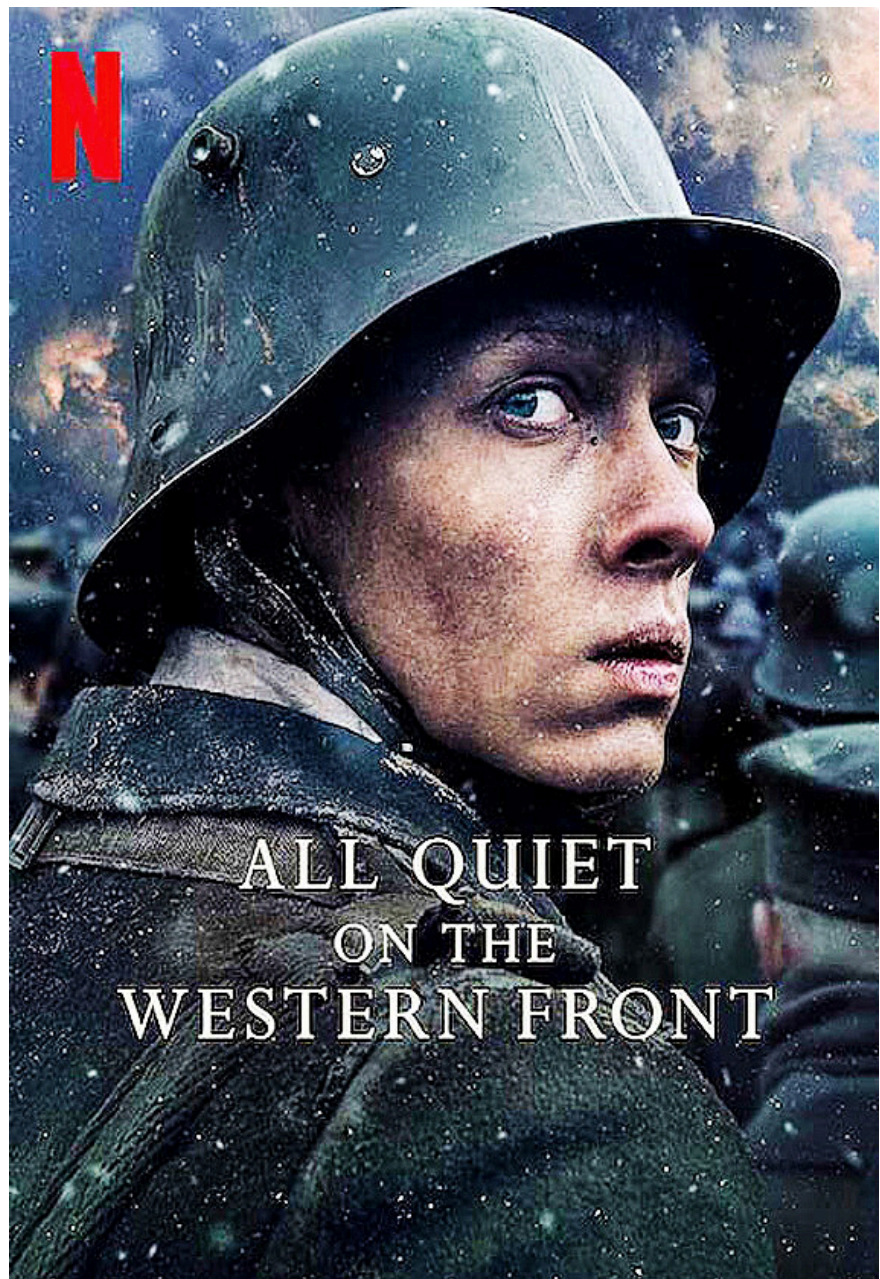
The French and the German officials continued to wrangle on pointless ego clashes and went on launching a series of futile battles. The protagonist watched his comrades die one by one, a next in a more heartrending graph than the other. Deaths and the heinous power exercise transformed Paul to an essential soldier from a naive young guy. Before a minute the armistice became conclusive, Paul fights in a trench and it was clear that in the entire mechanism of war, no victory was ever conferred to either of the groups and an inevitable approach of an even more fatal battle was obvious in that heavy air.

James Friend, the cinematographer of the film

mostly used large format/ immersive cameras such as ARRI Alexa 65 to capture the muddy trenches and all the ugliness, brutality and death on the battlefield. He says: I don't like insert shots. When you have the possibility to tilt up from something to the face, and show emotion, it's nicer. Letting the camera do the story telling instead of put ing the cut - is always my favorite."

The director puts no effort to understand the further consequences of warfare, instead hoping brutalism, corpses and bloodied fields are enough to hook the attention of viewers.

Erich Maria Remarque's iconic novel of the same name has been pitchforked into a cult craft to win a million hearts with its ultra degree of realism in projecting the anti-war theory.





PER NIGHT Rs. 500

(award winning a suspense short story)

Original story written in Assamese by **Momi Nath**
Translated by Mystic Aura.

Knock knock knock.....!!!

Someone knocks on the door. Avinash woke up to the sound of the door. The children who were sleeping next to him looked up. Looking at them he got out of bed, took the walking cane kept next to the bed and came forward to open the door. Rita came in as soon as he opened

the door. Rita seems to be quite tired.

Rita puts the bag she was carrying on her shoulder on the dressing table and said,

"Are they still sleeping?" Wake them up. They will be late for school.

"Today is sunday, let them

sleep" Avinash said.

Rita took a dress and a towel from the clothes valet and went to the bathroom. Avinash closed the door and went to sleep on the bed again, covered the blanket well to the children in the bed. Rita after fresh up, laid in the bed too next to Avinash.



"Have a cup of tea " - Avinash said.

"No, I don't want to have tea now, I'm feeling very sleepy. If I drink tea I will not be able to sleep, feeling very tired " -Rita said.

Avinash asked Rita: "**Didn't you get time to relax during the whole night .**"

"No, yesterday, I had a lot of trouble with the customer. I couldn't take rest in the night for a single minute. They tried to recover the work as per the payment was made to me," - Rita said.

Avinash yawned. Rita has to step out of the house for money since the day he was crippled. She has been working outside at night for a year and she has been able to run the house because of the customer brought by Pankaj. Her children are given admission in a good private school and could give best treatment to Avinash also.

Rita lays her head on Avinash's chest and asked, "**What are you thinking?**" Avinash said,

"**When you stay out at night and come back home in the**

morning, I find myself impotent. What a life I have given you? I have given you so much pain, sometimes I feel like ending up myself "

Avinash's voice is hoarse as he says his words to Rita.

"**Don't make me weak by saying these things. I will get your accident case result next month. We will win. We both will do a small business together after getting the accident case cash money. Then these bad days of yours will be no more "**— Rita said.

Rita hugged Avinash tightly. She even feels sad of the present condition. "**I feel very uncomfortable to stay out all night**

". She wishes and feels like sleeping with her kids. It has been days I have not been able to sleep with my kids at night. I have to tell them lies and cheat often. Whenever Pankaj's bike stops in the yard, the girl tells her, "**Don't go with the uncle, mother**".

The boy asked her the other day, "**Mom, why don't you stay always at home at night ?**"

She was stunned by his question. Avinash made the atmosphere easier by talking about chocolates.

Rita is the only child of her father who is a contractor. She met Avinash when she came to college to study further. Avinash is from Majuli and Rita is from Jorhat. Rita loved Avinash from the first day and proposed him. Avinash did not accept her proposal. He did not accept Rita as his girlfriend as she is the daughter of such a rich family. Avinash is the son of a high school teacher.

He explained to Rita that there can't be any other relationship between them except friendship.

.....to be continued



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Gut bacteria and obesity

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NGO CANCER AWARENESS

Being overweight or obese is a growing problem in the world. Over 50% of the world population is overweight of which 25% is obese. In obesity, the risk of developing diabetes, cardiovascular disease, and other diseases is greatly increased. Therefore it is no surprise that many people want to do something about that!

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In my practice as a naturopath and dietician it is more and more common that people do not manage to lose weight. They didn't know the facts even.

Gut bacteria overweight

In recent years there has been an increasing amount of research into the relationship of being overweight and your gut health. In the intestine, the food is digested, absorbed and, if it is not usable, excreted with the feces. However, the food that we can not digest is processed by our intestinal bacteria before it is being excreted. This is the nutrition that our gut bacteria

thrive on, through which they survive and grow. They create vitamins, gas, and acids that are very valuable to us and protect us against the growth of bad bacteria. This is how we live together with our intestinal bacteria, and you could even say that we are dependent on each other. But what if those bacteria are not happy with us? Or if the good bacteria are taken over by bad ones?

The Role of Gut Bacteria on Your Weight

Humans have one hundred trillion (or 10¹⁴) bacteria in their intestines. Almost everyone has

the same basic groups of bacteria. But the quantity and composition of these bacteria and the additional bacterial colonies in the gut vary greatly between individuals. This depends, among other things, on the diet, medicine use, weight and general health of the person. In general, overweight people have fewer types of bacteria in comparison to people with a healthy body weight. Having a large variety of bacteria has many benefits, they help maintain a healthy metabolism by playing an active role in the processing of fat and sugars. They, therefore, have a big influence on energy balance and storage.

You can improve Gut Bacteria through nutrition.

Changes in your diet affect your gut and bacterial colonies within a few days. The bacteria in your

gut need nutrition. If you feed the good bacteria the healthy food they need, they will grow, thrive and help you. If you do not feed the bad bacteria the food they need, they will starve ... And that's exactly what you want.

The bacteria in the gut need energy. They create this from fiber. By eating enough fiber, the bacteria have an excellent nutrient source to produce short-chain fatty acids (SFCA) like butyrate.

Soluble fibers from: fruit, vegetables, and legumes. This fiber binds fluid in the intestine without increasing the amount of stool.

Insoluble fibers from: grain products. This fiber increases the volume of the stool and it retains moisture.

Resistant starch: This is a type

of fiber that occurs naturally in products, but also forms when you cool down cooked starch products like potato, rice, and pasta.

Use Probiotics : Probiotics gut bacteria

Most people know probiotics (good bacteria) as a sour milk drink or supplement. However, this is not a great way to obtain healthy intestinal bacteria. Through proper nutrition, you can find many types of probiotics and thus support your intestines.

Good and healthy sources of probiotics are:

- All types of fermented foods: sauerkraut, kimchi, pickles Yogurt, Kefir, Kombucha.

Improve your gut health and stay healthy .





JAPANESE Ideology wabi sabi

By: Dr. Nikhita Nagar
Behavior Therapist | Dental
Surgeon | Sociopreneur
President : Being Caring
Organisation.

In a time of perfectly curated social media feeds, endless barrages of new products, services, and people who can help you become the better you, it's hard to take a step back and

appreciate what we have. How can we be satisfied with what we've got if we're always wanting what's unattainable? Well, maybe the traditional Japanese ideologies of wabi-sabi can help.

The concept of wabi-sabi, despite being wide and almost impossible to distill, can easily be applied simply to moments of everyday life. Wabi-sabi stretches to everything from the aesthetic, to temples, to classic gardens, and to ceramics – but

we're going to leave that for another time. For now, let's look at wabi-sabi as lens with which we can use to focus on our everyday life.

In a world that is riddled with high-stress levels, fast-paced living, unrealistic pursuits of perfection, and a damaging affliction with materialistic wealth, there's an ancient Japanese way of life that can be just what we need right now, to save us from our total demise.



Wabi-sabi is an elegant philosophy that denotes a more connected way of living—a lifestyle, where we are deeply connected to nature, and thus, better connected to our truest inner-selves. Wabi-sabi is a concept that motions us to constantly search for the beauty in imperfection and accept the more natural cycle of life. It reminds us that all things including us and life itself, are impermanent, incomplete, and imperfect. Perfection, then, is impossible and impermanence is the only way.

Taken individually, wabi and sabi are two separate concepts:

Wabi is about recognizing beauty in humble simplicity. It invites us to open our heart and detach from the vanity of materialism so we can experience spiritual richness instead.

Sabi is concerned with the passage of time, the way all things grow, age, and decay, and how it manifests itself beautifully in objects. It suggests that beauty

Wabi-sabi is a concept that motions us to constantly search for the beauty in imperfection and accept the more natural cycle of life.

is hidden beneath the surface of what we actually see, even in what we initially perceive as broken.

Together, these two concepts create an overarching philosophy for approaching life: Accept what is, stay in the present moment, and appreciate the simple, transient stages of life.

There's a plethora of wisdom embedded within the very fabric of this age-old philosophy. Here are five of these Wabi-sabi teachings that can better help you to fully step away from the modern-day struggles of moving fast, striving for perfection, and chasing inorganic forms of success.

Personally, I'm fascinated by

the principles of wabi-sabi, for they've really helped me garden more poise and grace in my everyday life.

1. Through acceptance, you find freedom; out of acceptance, you find growth.

2. All things in life, including you, are in an imperfect state of flux, so strive not for perfection, but for excellence instead.

3. Appreciate the beauty of all things, especially the great beauty that hides beneath the surface of what seems to be broken.

4. Slow and simple, is the only way, to feel the joy of what it means to be alive.

5. To be content exactly where you are with all that you already have, is to be happy.

The Core Teaching of The Wabi-Sabi Philosophy

Wabi-sabi is a beautiful philosophy to embed and practice in your everyday life. The seven principles of optimism are well-anchored in it.

But at its core, wabi-sabi reminds you that life is fragile and temporary, it is as impermanent as anything else in nature, so why not give yourself permission to be just that, yourself?

“Put simply, wabi sabi gives you permission to be yourself. It encourages you to do your best but not make yourself ill in pursuit of an unattainable goal of perfection. It gently motions you to relax, slow down and enjoy your life. And it shows you that beauty can be found in the most unlikely of places, making every day a doorway to delight.”

D Aura
Photography



Model: Priyanka Baishya
Makeup: Leena Kardong
Photography: Swapnajit Borkakoti



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do makes a
difference and
you have to
decide what kind
of difference you
want to make
.....!!!*



Model : Sanghamitra Deka

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Miss & Mrs GLOBAL UNIVERSAL Season-2 Beauty pageant in NEPAL (KATHMANDU)

Miss/ Mrs Global Universal believes that women should have full rights over their lives and that any human decisions over them should not be a barrier to their success," Miss/ Mrs Global Universal platform is recognised

by the everyone as a place for constructing and representing feminity that can be branded as empowerment and freedom. The contestants are not passive actors; their participation is based on certain decisions and the pressures of complying with

certain beauty standards moves into the subjective realm of self-negotiations in mass-mediated visual spectacles of competition. Created with high production values, the hyper visible reality show involving young women claiming to embrace their

identity is potentially impactful on millions of women watching from diverse spaces of their own circumstances.

In the realm of beauty, the female body which is produced, presented and branded through entrepreneurial efforts. The massive efforts that involve perfecting specific ideals of walking, talking, laughing and managing selfhood, may look meaningless to an outsider but within the economy of beauty, these are the rules of self-production. In this economy of constant self-production and self-management, the body is the key site of transformation and transactional value. Through the projections of self-care, self-awareness and social responsibility, women attempt to reinvent feminine avatars away from the traditional sacrificing figures of mothers and wives. It is the crucial aspect of aesthetic and emotional labour where the body on stage becomes a symbol of desire and the socio-economic realities attached to the contestant's origin.

Miss/Mrs Global Universal 1st season happened previously in Srilanka – a country full of beautiful beaches, temples, water sports and lovely people. The 2nd season is happening in Kathmandu - which is gateway to Nepal's capital and exploring its most visited essence, full of ancient temples like Swayambhunath Stupa, Pashupatinath Temple, Monkey Temple and Boudha Stupa are some more eminent religious establishments it also

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has golden pagodas, natural beauty and fascinating villages. Sprawled over its namesake valley surrounded by Himalayan Mountains. The 2nd season is scheduled on 6th-9th July in the 5star hotel call - THE HIMALAYA HOTEL which is in Kathmandu. The choreographer is internationally famous Mr Prasantt Ghosh. The event is supported by the Nepal Tourism in association with Big Bros Entertainment of Nepal.

At an elevation of 4,344 feet, Kathmandu marks the confluence of the Bagmati and Vishnu Mati Rivers. One

can find excellent trekking options of the world's tallest peaks, stunning Indo-Tibetan and Newari craftsmanship, UNESCO-listed heritage landmarks and delicious food here. From courtyards of drying chillies and rice, incense wafting out of shrines, national museums, and contemporary Nepali art galleries to hobbit-sized workshops, bustling bazaars, rickshaws, Thukpa and Everest beer, Kathmandu offers something unique for every tourist, devotee, backpacker, history buff, foodie and shopaholic.

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SOLITARY FEELINGS

I sat in the warmth of solitude
Flooded with feelings
Going back to the past
Thinking of the present
Dreaming the future.
Silence as my partner
Embracing me with its beautiful strength
I could feel the comfort it gave me
Boosted me with plans
Brightening my insight
Showing me the positive attitude of life.
Yes ! Silence is my best companion
So I love my solitary thoughts in solitude

By: MONALI BHUYAN

With best compliments from...

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