

AUGUST 2023, ISSUE 42 | VOL - III



MYSTIC AURA

MAGAZINE

UPLIFT
YOUR IMAGE
inside & outside

WEIGHT
LOSS
40+ is possible

WOMEN
LEADERSHIP
breaking barriers

ALISHMITA
Cover Story

Dream Big
Create Yourself

MYSTICAURA

Fashion and life style magazine

2023

August

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Model: Karishma Deka.
MUA : Anuradha Bordoloi.
Wardrobe: ALN collection.

Designs & Photography by kausthubhaphotography

MYSTICAURA

The Team



GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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

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



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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



Success comes to those who put up their efforts and are determined to achieve their goals. Those trying to practice a short cut way to achieve success just to make a position in front of their friends and relatives cannot be said to be a successful person. Because sometimes and somewhere in life one has to face downfall and regret for that. So the quest for anything in life is meaningless without its originality. Be creative, be yourself rather than imitating and following others. Be what you are. A common saying "Always be the best version of yourself" and be an inspiration for all. True happiness is found when you try to be yourself and create your own heights and spread love all around.

This edition depicts the success stories of few models followed up by the regular topics of readers choice.

Mystic Aura team wishes everyone
'Happy Independence Day.'

Regards

GITALI PATHAK DEKA
CEO & Editor-in-chief

MYSTIC AURA

Team wishes



Happy Independence Day

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ON THE COVER

Alishmita Goswami

Alishmita, who hails from Sorbhog, Assam, had been interested in acting ever since childhood but she got her first break in 2015, in Pankaj Ingti's music video Ami Axom Dexor Suwali. Since then, she has been featured in over hundred music videos albums including Zubeen Garg's Buku Bhoi Aase Morom, Neel Akash's Gun Gun and Bhriku Kashyap's Bappa Oi.

Alishmita Goswami is now all set to make her Bollywood debut in the upcoming movie Blackboard VS Whiteboard directed by Tarun Bisht in which she'll be sharing the screen with renowned actors Raghuvir Yadav, Akhilendra Mishra and Ashok Samarth.

Being associated with both Assamese and Hindi film industry, Alishmita says that the As-

samese film industry is currently undergoing a revival and there's a lot of professionalism in the newer lot of artists - be it actors, directors or musicians. She further added that if given a chance, she would love to work with the award winning director Jahnu Barua in an Assamese film and renowned singer Papon for a music video. From Bollywood, she dreams of working with director Imtiaz Ali and have a desire to be casted opposite Ranbir Kapoor.

Alishmita says that to be successful as an actor, one has to keep their goals clear and never lose focus. Her advice to all young, aspiring actors is "Always be a learner.

Never think that you've learnt everything there was to learn and try to grab as much as possible from all your experiences. You cannot know everything about acting in a short span of time. With every project, you keep evolving.

Cover page photography: Swapnojit Borkakoti

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COOL summer *Vibes*

Looking for the magic in every moment encourages us to smile because there are small things around us and within us (a small memory, a thought) that give us much joy and happiness.

Model : Sumi Bhuyan
Photography: Kaushik Brahma
Mua : Dipanjali Lahkar

UPLIFT YOUR IMAGE

By :

Prasantt Ghosh

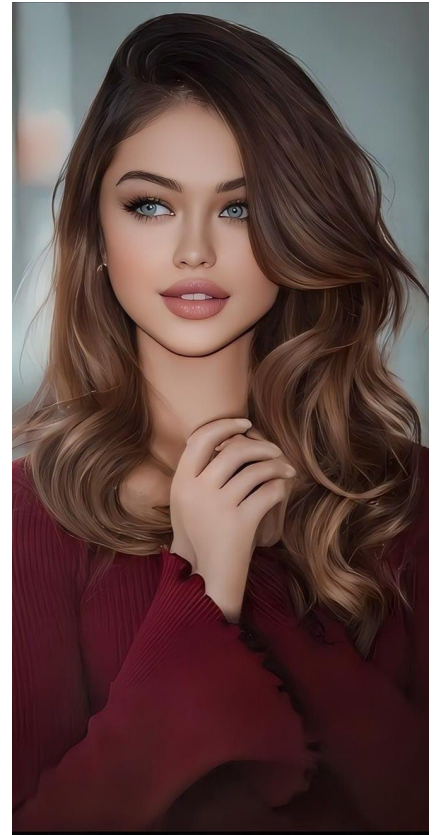
The writer is a Fashion designer and Choreographer and can be Contacted at Email – prasanttghosh999@gmail.com www.prasanttghosh.com

This is not about height but your image and shape. Your image is what you are inside and outside. When it comes to your shape, so whether you're towering or tiny forget about your extra inches or lack of them and concentrate instead on getting in shape with diet, discipline or dancing. If the results, perish the thought, are less than perfect, there are plenty of tricks to play to deceive the eye.

When even every cell in your body goes through a Lifecycle why should your look be stuck in a time warp. If you've been wearing the same hairstyle for over a decade and you stick to the tried and tested in your clothes, shoes and bags this article is for you. We all get stuck in time warps in what we wear and you need to periodically reevaluate what you're wearing to judge whether it is working for you. Most often the primary mistake that most of us make is wearing something that doesn't suit our body types or even our personalities. Which is why you should be reading this on?

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Clothes you wear, create your first impression and image. How often have you dismissed someone in a simple traditional ensemble as being a staid orthodox person only to be stunned by a revelation of a liberated mindset eventually? Or seen an extremely flamboyant dresser and realized that is she is actually painfully shy. [Take Elton John. Clinically shy but one of the most flamboyant dresser on the planet. While your clothes do define who you are, you need to take into account your physical build and your personality to maximize the effect of the clothes you wear. First of all zero in on your body structure large, medium, petite, apple shaped, pear shaped Those with a larger body type to wear semi fitted to loose garments but take that they don't hang in a way that adds unnecessary girth. Fitted silhouettes don't help you look thinner it's a misconception. If you're top heavy choose separates with the darker colour at the top. Wear big shawls, padded shoulders dolman sleeves. Avoid clinging fabrics a close fit, and breast pockets. Hips wider than you'd like. Draw attention elsewhere with brightly coloured sweaters, padded shoulders interesting tops and tunics in light bright colours. If you have thick waist avoid anything too fitted and always wear your belts low slung round the hips. Combat jackets look good as do baggy sweaters. The trend is to show skin without revealing too much shouldered dresses and sheer sleeved tops. This flirty fun



and feminine trend works. Seamlessly for women of all shapes and sizes. She also recommends exaggerated sleeves and asymmetrical jacket over a tunic and palazzo for instance.

Don't combine full length silhouettes, like a full length skirt with a full sleeved tunic or shirt. Younger people can wear knee length or mid calf length skirts teamed up with tunics or tees. To look slimmer and taller, wear closer cut design lines that skim body dimensions but are not tight and outfits in fabrics that have body and drape but are not limp, such people should stay with single colours and very small prints and not wear too tight or body hugging clothes. They should focus on empire lines because that highlights the narrowest part of the body. The tops should not be too short.

Structures jackets and georgette saris will also make them look slimmer. Other tips to maximize the

illusion if being taller and slimmer than you actually are. Summer calls for not just lighter, easy breeze fabrics but vibrant prints as well. The indo western clothes sport interesting beaded motifs state-ment stars, hearts and motorcycles. Whether you are vacationing by the beach attending a formal event or simply socializing your easy to wear pieces should be the right blend of elegance and comfort, the necklines could be dramatic off shoulders collars and Disney bows. Star and head printed fabrics are summer stales with off shoulder and cold shoulder patterns. Cut off shoulders are feminine and flirty and complement every body type. If you find yourself in the kids section more often than not you're lucky. You are among the few who look energetic and sprightly and will continue to do so while the rest of us morph into cane wielding giants. Play opposite wear a fitted bottom with a voluminous bottom with a semi fitted top depending on the occasion. Or wear long oversize tops with leggings or flare bubble hem skirts with cute tunics. If you are on the shorter side, choose beltless one piece dresses that add to the illusion of length is also as also long straight sleeves. If you are wearing separates see that the shades do not contrast too much. Neat outfits at calf length give a taller silhouette .Wear self coloured outfits or small and medium sized prints. Wear separates like the kameez worn with salwar or churidar in one shade. Match the colour of your blouse with the colour of the sari that you are wearing. Avoid wearing sari with large borders. Lehengas and kurtis this year will see a line of deep red and inky blue velvet outfits that add a nice pop of colour to the sea of gold and bling.

Sarees are back in the reckoning but millennial eschew handloom and the traditional nine yards for a more contemporary version. The new trend sarees are drawing inspi-ration from art [traditional wall art from Rajasthan and contemporary street graffiti from across the world with a vivid mix of prints on fluid chiffon saris. Long narrow v or u necklines can make you look taller and slimmer. For petite women can get away with more layering. Petite people can play with a lot of layers for a voluminous look and traipse cuts are ideal for this body type. They can easily carry off bold and oversized prints this will make them look fuller. They can wear soft pas-



tel shades using a lot of pleating and ruffles. If you are blessed to have an hourglass shape. You can play up your curves with a multitude of op-tions. Your body shape would have a pronounced bustline, a small bone structure, a narrow defined waist rounded hips. You can show off your figure in clothes that accentuated your waistline. Avoid oversized and baggy styles and draw attention to your waistbands, belts or even wrap tops that tie at the waist. Also avoid the mistake of wearing clothes that are too tight. Semi fitted clothes are the most slimming and best for your figure. It is also imperative to match your clothes to your personality. Very often the way we dress can misrepresent who we are.

Introverts people should wear garments which help them to be noticed in a crowd because their personality is very subtle. They can go in for a very feminine look using bright and vibrant colours with flo-ral prints making them stand out in the crowd. They should avoid grey and black because this will make the look dull and they will be easily lost in the crowd. The extrovert can carry off anything and will even go to the extent of wearing over the top clothes to draw attention to themselves. Extroverts are very cheerful and like to be noticed by the world. They would be most comfortable in almost everything they wear. They can carry off the very glam look with a lot of bling. They should try not to dress too over the top because their per-sonality already helps them to be noticed where ever they go.

Mix and match; that's what fusion is all about. Pair the right apparel and accessories and you're good to go. We'd recommend a loose fitted dress accessorized with ethnic jew-

elry like a set of matching bangles and chunky silver earrings. If heavy kundan jewellery was the talk of the last season. An overall prediction for jewellery styles this year are that of pieces that are eclectic, yet refined, colourful, yet understated. Elegant chains that offer loads of versatility to the wearer are making a lifestyle statement this year, so with just a change in the pendent one can switch over from a classy formal look to a dashing party avatar. Brides love to wear bold and multi layer necklaces on the big day. The main motive on their mind is to be the best and put on the best pieces from their collection and this is possible only when one goes for layering. There's beauty in being imperfect. Flaws add to individual Personality and attractiveness if your nose is imperfect, get a wedge cut done to takeaway, focus from the nose, if you have small lips, highlight them with a lip pencil and make them look fuller. Don't fret over a small neck or small eyes and if you have a scar, it might be your signature. Don't look too pretty, too perfect or too made up. There's a certain dullness to perfection. Don't cover all your wrinkles or grey hair. Too much make up compromises on freshness. Even men who wear makeup lose their manliness trying to be perfect. Love it or hate it, but you definitely end up altering your jewellery collection with the changing trends. Longitude offers so much latitude in accessory versatility. Every girl should have at least one long necklace that can be wrapped layered with others or worn long as a single fashion statement. A number of them can be worn together to give the illusion of one, two or even three different necklaces. Necklaces that reach your navel look sensuous and

give you enough space to flaunt that pricey choker in a single go ... so this one is a must follow fashion statement for the brides who look forward to flaunt the best of their jewels on the d day. The trend of elongated earrings kissing down the bride's neck are enough to cast the spell of sensuality on the beholder and an extraordinary charm on the wearer.

Traditional take; wearing western prints in Indian styles is also big this season. Team a traditional white anarkali dress with a digital print jacket and a printed headscarf along with mojari. The dupatta has been given a miss and it sure does look classy. One can also wear kanjivaram suit which is rich in fabric. Western approach; turn your classic ghagra into a trendy fusion skirt that can be teamed with fitted t shirts for a western look. Brighten up your outfit with fancy Indian jewellery and you will rock the fusion trend. Fittings; for any kind of outfit fitting is very important 70 percent 80percent outfit looks nice when it has a good fitting. Designs, embroideries and colours can be compromised but fitting is something which can make your personality. While shoes are dependent on one's comfort levels and desire for added inches the right kind of shoes can add years to your life and knock kilos off from your weight visually. Your ensemble and the occasion also decide what shoes you should wear. If you aren't comfortable in high heels yet would love to add some inches to your personality, we have some great recommendations for you.

Stilettos are worn by women who are confident about their sexuality and don't hesitate to flaunt it. While they obviously do add height, they

add an element of seductiveness to the walk which makes it the calling card of most divas. Wear stilettos if you don't have much walking to do, and you want to make a statement. If you are on the shorter side then you want to flaunt those stilettos. The storey is from choo's catwalk collection complete with its 115 mm heel. And its delicate yet bold gold spikes are all about avant garde style blended with feminine cut.

Practical everyday wear and ethnic clothes demand a strappy sandal. They let your feet breathe in the overheard and humid climate and if you have a pair of well maintained feet, it can be quite a pleasure for your eyes as well. Roman sandals are tie ups that go best with shorts and sundresses, but strappy thongs and osho Birkenstock styles are comfortable and stylish at the same time for casual wear the humble kolhapuri. Sandals are good when you don't need any added inches and also when you have a lot of leg work to be done. If you like something more delicate and are medium built then look for something strappy or a sandal.

Anyone with figure problems below waist level should attract attention higher up with scarves, big earrings and busy necklines with each other and the outfit you're wearing. Your bottom's bottoming out. Wear gorgeous skirts and floaty fabrics or long, loose tunic tops. And whether your problems too much or too little, remember that loose is lovely, tight is terrible and a figure hugging fit flatters No one who isn't perfect. Other points to ponder upon; dark shades retreat, light ones advance, vertical shapes light ones advance. Vertical stripes slim and elongate horizontal ones broaden and shorten.



Women in Leadership

Breaking Barriers and Inspiring Change

By :

Brian La Cour

Author, Florida , US.

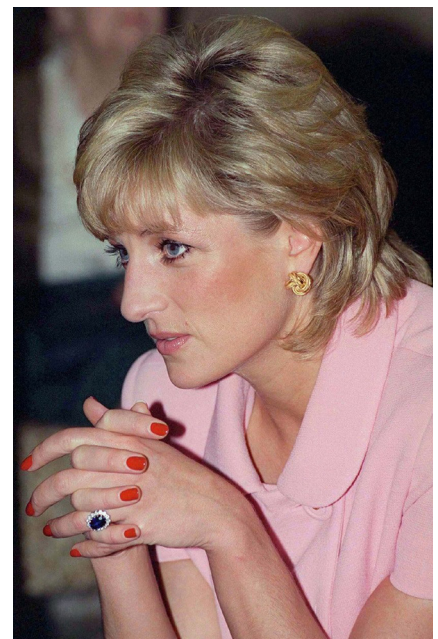
In recent years, the global landscape has witnessed a significant surge in the number of women stepping into leadership roles. From politics

to business and academia, women are not just breaking barriers and shattering glass ceilings; they are catalysts for change. This positive shift is not only empowering women on an individual level, but it is also enriching society by fostering diverse perspectives,

stimulating innovation, and promoting inclusive decision-making.

Historically, the path to leadership for women has been strewn with obstacles. Societal expectations, entrenched gender stereotypes, and unconscious biases have often impeded their progress. However, as awareness around gender equality intensifies and the significance of women's representation in leadership gains recognition, these barriers are gradually eroding.

One of the primary advantages of increasing women's participation in leadership is the infusion of diverse perspectives. Women often employ distinct approaches to problem-solving and decision-making, drawing from their unique experiences and backgrounds. This diversity of thought breeds innovation and inclusivity. Numerous studies corroborate that organizations with a higher representation of women in leadership positions tend to yield better financial performance and foster higher employee satisfaction.





Moreover, the presence of women in leadership serves as a beacon of inspiration for other women to aim high. Their visibility and success in these roles dismantle the antiquated notion that leadership is an exclusive male domain, and instead, ignite more women to pursue leadership positions and trust in their capabilities. This ripple effect is critical in cultivating a reservoir of talented women leaders for the future.

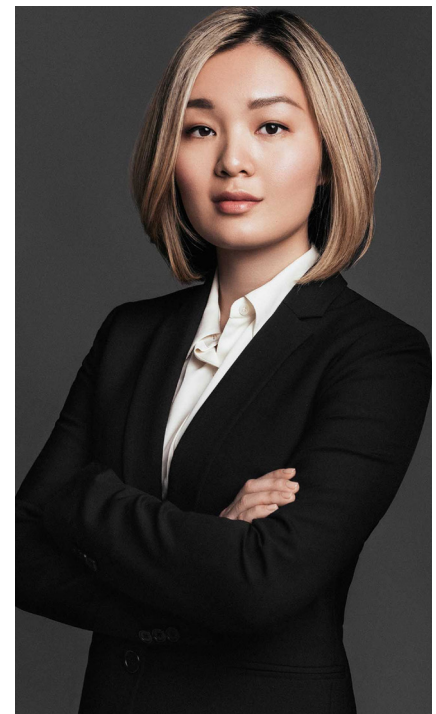
Another pivotal aspect of women in leadership is their unwavering commitment to championing gender equality and nurturing inclusive work environments. Women leaders are often at the forefront

of advocating policies and initiatives that address gender disparities, such as equal pay, flexible working conditions, and parental leave. Their presence in leadership roles stimulates a reevaluation of existing norms within organizations and encourages steps towards a more equitable society.

Despite the strides made, achieving gender parity in leadership positions remains a work in progress. Women still confront challenges such as unconscious bias, limited networking opportunities, and restricted access to mentorship. It is incumbent upon organizations and societies to actively dismantle these barriers and provide a

level playing field for women. Initiatives promoting diversity and inclusion, mentorship programs, and flexible work arrangements are vital steps that can bolster the support for women in leadership.

The impact of women in leadership extends beyond their valuable perspectives, skills, and ideas. They are agents of change, challengers of the status quo, and advocates for gender equality. Their contributions enrich not only individual organizations but society as a whole. By breaking barriers and shattering glass ceilings, women in leadership are paving the way for a more inclusive and equitable world for future generations. It is essential to continue endorsing and empowering women in their pursuit of leadership roles, ensuring their voices resonate and their contributions are acknowledged and valued.



An exclusive interview

A teacher paving the way to the Glamour world

ANTARA PAUL



1. Tell us in brief about yourself.

- I am Antara Paul, born and brought up in Guwahati. By profession I am an educator and by passion I am a model. Enthusiastic, confident, determined & friendly are few words which I love to add in my personality. I believe that life is like a camera so always smile & capture good times then your photos will be just WOW for all. My achievements includes many awards as philanthropist & winning titles at State & National levels beauty pageants..

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

- Modelling has been my passion ever since I was a child. I grew up with that passion in my heart and here I am today...

As an educator I really find myself lucky because I am getting an opportunity through my job to help a child to built his/her character as well as career.

3. Are you living a life of your dreams ?What are some of the challenges that you have faced in your profession?

- Undoubtedly yes, I am enjoying my life of dreams with some sweet & sour experiences.. I believe without facing challenges in life we will become a piece of boring sheet so being a new born mother, it's very difficult to balance both professional & personal life but I believe if we love our profession, all challenges can be turned into our strength.

4. Your views on modelling and fashion.

- Modelling is one of the most essential part of fashion world.. Modelling helps to introduce/showcase the latest fashion trends in front of people that puts an additional recognition to fashion...

5. How do you manage to keep a balance of your professional life and modeling ?

- A well balanced life is when we make equal efforts in both the areas.. By putting the appropriate number of hours & plans into each facet I try to keep a balance of my professional life & modelling...

6. What are your future plans?

- By mastering the difficult skills I want to become a tough leader & an inspiration to all so that my near and dear ones feel proud of me.

7. Which life do you enjoy mostly, your professional or modeling ? Why?

- Frankly speaking, I am enjoying both because I love my profession and modeling too & I will try further to earn a name and fame and move on with both .

8. What is the most pleasant thing that has happened to you in life till date ?

- My daughter, when she was born and stepped in our life then that moment is the most pleasant moment in my life.

9. A few lines for Mystic Aura.

- Mystic Aura, the online magazine provides a platform to those who loves to be in style...I am truly thankful to the whole team of Mystic Aura for publishing my interview in the journal....





Weight Loss after 40

not impossible

By :

Dietician Dipikaa A Bhatia

Director of
BBEHEALTHY and founder of
Aas Ek prayaas NGO
Naturopathist yoga expert and
social activist, Delhi.

Losing weight after 40 is
not difficult nowadays .
As you age, you begin to

lose muscle mass, causing your
metabolism to slow down. Add
to the slow metabolism a dose
of wildly fluctuating hormones
and you have the perfect recipe
for weight gain. Losing weight
after forty isn't impossible, but
it does take a more deliberate
approach. Embrace the life
experience and lessons you have
learned to enhance your weight
loss. Patience and persistence,

both skills developed over a
lifetime, turn these steps into
healthy habits that will last your
entire life.

Few suggestions has been
forwarded to you for healthy
growth and weight loss.

**Eating and taking care of your
diet :**

It should come as no surprise
that processed foods are gener-



ally higher in calories, unhealthy fats, sodium, and sugar than whole foods.

Eliminating processed foods can have one of the largest impacts on your weight. Skip the fatty diets and simply eat whole foods. Whole food are the foods that have not been overly processed or have added additives or artificial ingredients. If you are non-vegetarian, for example, skip the breaded, frozen chicken nuggets and opt for a simple grilled chicken breast. Typically foods full of sugars and starches are often processed. Skip the sodas and sugary drinks and stick to water. You don't need to shy away from dairy. In fact, current research is showing that higher levels of dairy intake help pre-

vent weight gain in middle-aged women.

Instead of thinking about cutting out foods, change your mindset so you are thinking about adding healthier foods into your diet. You may find that your

cravings for carbohydrates and sugary foods wane as you opt for healthier alternatives. When you do make changes to your diet, do so gradually and in small increments. Remember, you are working on developing a lifelong habit of healthier food choices. Eat more protein base food throughout your day. It may seem strange to list food among tips for getting more sleep, but studies show that increasing your protein intake make for a better night's sleep. Additionally, avoid caffeine and alcoholic beverages before bed.

Take Long Walks :

It's a common misconception that you have to be engaged in a high impact activity to get aerobic benefits. As a matter of fact, walking is one of the best exercises for weight loss. It's low impact so it is easy on the joints and it engages the major muscle groups in your body. Too much sitting is bad for you and contributes to weight gain. A good way to counteract all that sitting





is by walking. Walking after your meals also aids in weight loss and helps control blood glucose levels. Furthermore, walking can help alleviate, or at least ease, body aches and pains. In particular for middle-aged women, walking is associated with less weight gain and even mitigates the effects of ageing. Start with the obvious and easiest tips: park farther away, take the stairs, take the dog out for an extra walk.

Popular fitness tracking devices, like Fitbit, allow for competition among your friends to see who can take the most amount of steps per day is a simple way for weight loss.

Supplements :

For a many of reasons, you are not getting all the nutrients you need out of your food. Perhaps your diet isn't as healthy as you would like. May be nutrients were lost during the ripening and delivery process. For whatever reason, supplementing your diet with vitamins can be a boost to your weight loss.

Omega 3 fatty acids such as those found in fish oils are shown to have significant health benefits, including those associated with heart disease. As women age, the need for calcium is actually increased to help prevent osteoarthritis and osteoporosis. This is also good news for women looking to lose weight. Calcium supplements may also aid in weight loss. Additionally, Vitamin D3 is showing some promising results in studies concerning older women and weight loss. Vitamin supplements may include a general daily multi-vitamin, high

quality Omega 3 Fatty Acid, and Vitamin D3 with Calcium. Other options to consider include live culture probiotics and green tea supplements.

Eight Hours of Sleep :

You may not be woken up by crying babies any longer, but women over 40 may still not getting the sleep they need. Sixty-one percent of 40 plus women are afflicted with insomnia. Fluctuating hormones can interfere with sleep and even turn a morning person into a night owl. These changes in the sleep patterns lead to fatigue and low energy levels. Low energy levels translate into decreased physical activity and cravings for high carbohydrate foods. Simply not getting enough sleep can cause weight gain and lower your overall quality of life.

Following this simple daily life routine and keeping in tact with the exercises needed will makeup for good healthy body buildup .



Aura Kids

"Kids are like the beam
of Sunshine that radiates
power of love and
happiness among all "

Model : Aanuddhya Bharali
Age : 8yrs
Place : Jorhat, Assam.

FACE of THE MONTH

Very gorgeous and beautiful

Calendar girl

Bibika Bora



1. Tell us in brief about yourself.

Hi ! I am Bibika Bora, I grew up in Karbi Anglong, Assam. I believe that commitment and passion are two important factors that help us to succeed. Besides, I love reading books, paintings, cooking.

2. What is your greatest strength as a professional?

My strengths include attention to details and the ability to take criticism.

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

Yes, I would love to. As I am into fashion now so my interest in this line to know more about modeling grows each day. Love learning new things and love to be updated with new trends and fashion.

4. What is your view on the saying 'being beautiful in your own skin'?

I love the way I am, and I love myself. Because everyone is beautiful in their own way.

5. What inspires you as a model?

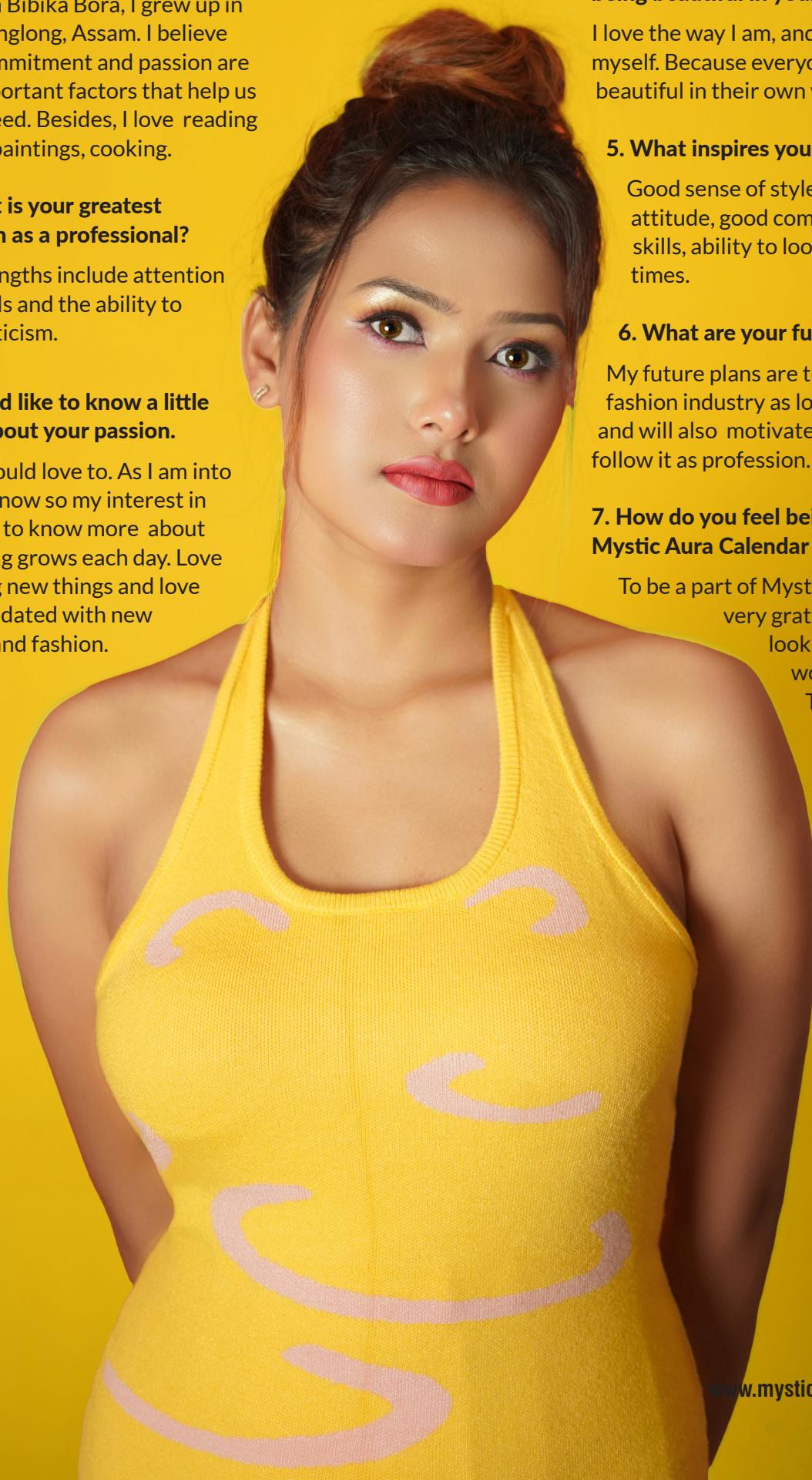
Good sense of style, a positive attitude, good communication skills, ability to look good all times.

6. What are your future plans?

My future plans are to be in the fashion industry as long as I could and will also motivate others too follow it as profession.

7. How do you feel being a part of Mystic Aura Calendar Girl 2023?

To be a part of Mystic Aura, I am very grateful and I look forward to work further. Thank you.





Wings for my Dreams

Craved the way to Glamour world

Hi, I am Bidushi Kumari , pursuing my 12th standard studies. Being a girl with so many dreams & desires I am someone who wants to bound my life with excellence in everything I do Lucky to get connected to the fashion world through social media & digital platforms.

My experience so far in this glamour world has taught me to accept, love & embrace myself with who I am.

My future plan is to see myself in a position in the fashion industry where I can lead a team with end-to-end projects learning something new from each experience and be the better version of myself and inspire others too.



P Aura Photography

Model : Saayna Bordhan
Photography: Swapnojit Borkakoti





Ms. Beneta Gurung.

Proprietor Kunsel
Creation Fashion Store.
Founder Himalayan
Fashion Week.



H I M A L A Y A N

FASHION WEEK

Season -1.

DATE: 10TH SEP 2023.

VENUE: MANAN BHAWAN,
GANGTOK.



IDOLS

courage and strength

"You may shoot me with your words. You may cut me with your eyes, you may kill me with your hatefulness, But still, like air I will rise.... "

- Maya Angelou.

By :

Vanessa Jacqueline Dcruz
Singapore.

A bit on Maya Angelou who has been one of my idols for courage and strength. She is an American poet, singer,

memoirist, & civil rights activist. She has seven autobiographies, 3 books of essays, several books of poetry and is credited with a list of plays, movies and television spanning over 50 years. She was respected as a spokesperson for black people and women. During her time, the black community especially women face great racial, sex and civil rights discrimination. She was a great advocate for fighting and defending the rights of the black community. She worked with Martin Luther King Jr to raise funds for the Black Community. She also became close friends with Malcolm X & helped him to build a new civil rights organization, the organization of Afro-American Unity. She went into depression when these two prominent black civil rights activists were murdered but she recovered and dedicated her literature and movie works to them and the defense of the black culture. Her autobiography "I know Why The Caged Bird Sings" was her most acclaimed work.

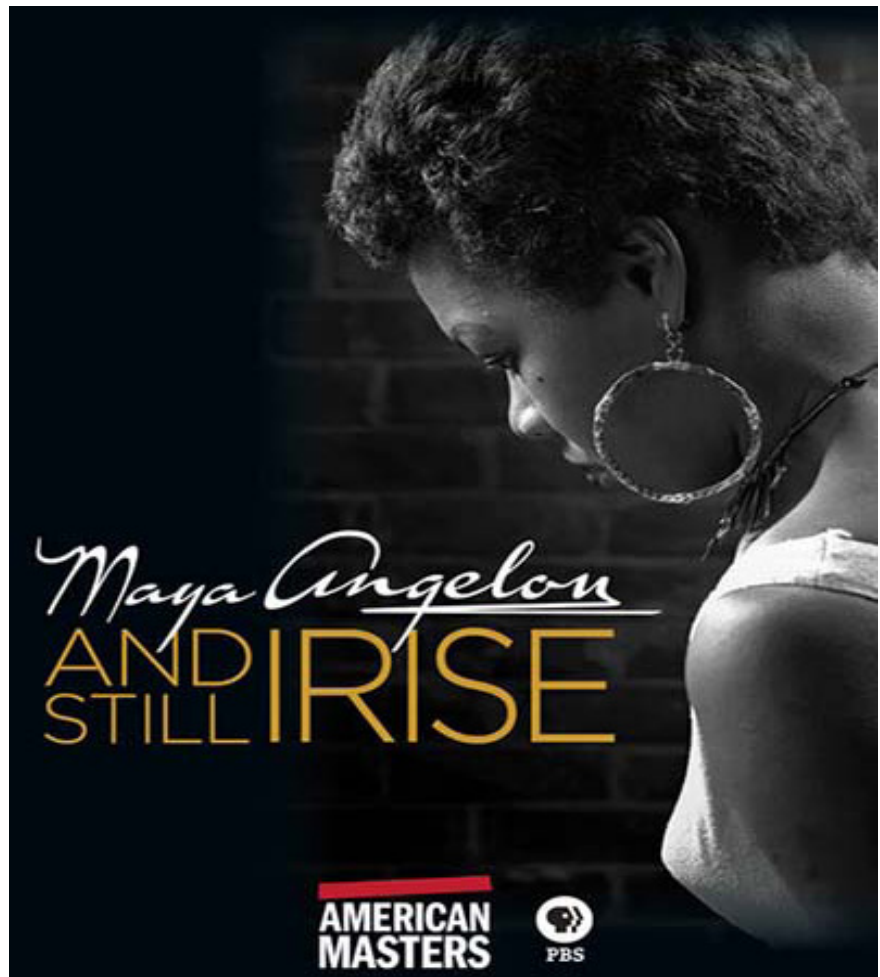
During my University days, I was drawn to the Black Civil rights moments in the US about how they fought for their hard won rights & how black women had to fight for their rights and fight against being discriminated against their own sex (white women). Two of my other idols were Martin Luther King Jr & Rosa Parks. Martin Luther King Jr was a legendary black civil rights leader who gave great speeches and organized marches to fight for the civil rights

for the Black Community. Rosa Parks was famous was sitting in a bus seat designated for the whites and refused to move. They subsequently made what the black community is all about today. I did like Malcolm X & the Black Panther Party but did not like their militant approach in fighting for social justice & civil rights.

Maya Angelou, Martin Luther King & Rosa Parks all face great discrimination and hatred to achieve their goals. They rose like air against their adversity. However, I will like to point that hot air rises therefore they had a certain sense of anger & desire in them not to be defeated in their cause to gain social justice and civil equal rights for their black community.

I was known as a very "conflicted" & a lover of Marxist theories lady during my University days because I loved to seek the conflict, false consciousness that society feeds us, inequality and social injustice in the subjects that I studied. I also consider myself as a Marxist feminist. You can say that my "Uni Days" shaped me and made me who I am.

I have face tremendous discrimination and abuse and there is anger in me not to fall and always rise up from the "shit" I face. I have to admit one thing, it gets harder every day because Vanessa wants to be who she is. She is sharing a body and she does not want that already. My battle is getting bigger every day. I have to become stronger every day. It is something that

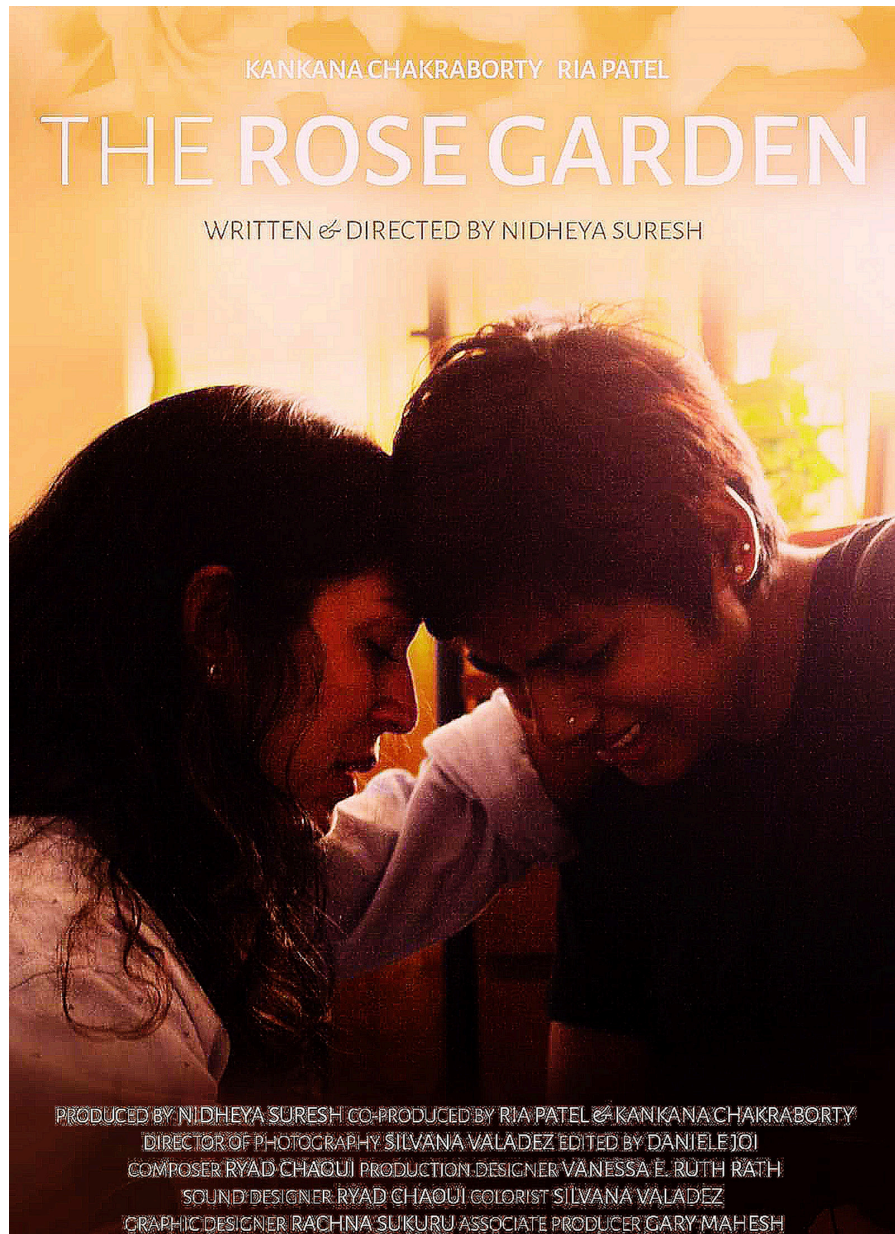


I did not have much foresight because I thought my strength was enough. Now every day I have to look back at my idols, what I have learned, what has shaped me and my love ones just to keep myself alive.

After this long story, dear ladies can I ask you a question ; do you have any idols, love ones or anything that gives you strength and determination in life? I am aware that there are ladies in society that faces various traumas like domestic violence, rape, racial, religious and sexual discrimination. It is good to have something to fall back own to remind of yourself of who you are and what you are meant to be. Have that one thing that can

give you a sense of living. That is how I fight my depression. Have something that helps you to remain calm. Have a forgiving heart and learn to let go even though it is very difficult to do so. Smile at your enemies and naysayers. Tell yourself that they can never put you down unless you allow them too. This may be a bit orthodox but keep a controllable anger and desire to rise up from the ashes. Hot air rises not ordinary air. Keep this in mind. Sorry Maya , I have to correct you there.

As I always mention that if you need help , please seek help too so that you know that you are not alone.



Review of -

The Rose Garden: Bonding in Brew

By :

Dr. Dipsikha Bhagawati.

Author, critic, member of film critics Circle of India.

"The wisdom that came up for me was that, the things left unsaid, stay with us forever. I wish

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nothing more than if I could tell my sister how much I loved her and that I always idolized her, but we never said those things..."
Kate Hudson -Sarah Bloom
Family is something extraordinary in every genre of human relationship. Siblings from same parents might have their own

characteristics; sometimes inbuilt, sometimes adopted and in most of the times, situational - beyond generic or genetic. In subtly gorgeous frames, in The Rose Garden, director Nidheya Suresh has portrayed some symphonic pieces of the immediate life of two sisters - Lisa



(Kankana Chakraborty) and Damini (Ria Patel) in the backdrop of the crucial posthumous hours of their parents. Lisa and Damini - though from same parents carry their own nature and characters; if the firstborn is more calm and composed, more invested and committed, the younger is comparatively complexed of her own. She hides her "self" in a cocoon in front of the success story of her elder sister, and eventually it creates an anguish in her mind (though jealousy through societal lens) and simultaneously a distance in the elder one's senses - that

at the time of "need" of sharing her good hours, she was not there. These untold little thing in both the senses made them uncomfortable to confront one another. At the condolence services too, Damini had hired a car, came to the front of Lisa's house, but didn't enter. Lisa is a well settled lawyer as evident. When their family advocate comes to their place to read the wills made by their parents, it stated that Damini would have the corporeal ownership of their ancestral home - The Rose Garden and Lisa would possess the incorporeal ownership, as

she's well settled by now. This apparently makes her sad - not because she needs that house as an inherited possession, but for the sense of loss, as she's going to be deprived of all those memories they shared together in every corner of that "home", the scintillating aroma of her mom's idlies, pulaos and every little talk. The two-shots capturing the conversation of Lisa and Damini steadily unfolds all their suppressed words buried for years. Complaints, anger, blame on one another finally arrive at a dear conclusion that both the sisters have immense love and care for each other, it was time and distance, detachment and a lenient ego that played all the tricks, but finally blood matters. Damini says - "We'll do it together. I need you." The death of their parents brought them together, closer. In the academy winning film "Little Women" (2019) by Greta Gerwig, portraying tailored nuances of sisterhood, in one heartwrenching scene Beth says to her sister Jo: "I'll be homesick for you. Even in heaven."

The Rose Garden is an in depth narrative of family bonding, of loss and despair, of implicit anguish and love, of responsibility and sensible values. What's stirring is the facial expressions and the kinesics of the key protagonist (though both are) - minimalistic, sharp, fixed. Lisa's Indo Western inheritance is a fair game changer through. Blood is blood, its to be voiced before delayed.



CONCEPTUAL SHOOT

by Kaushik Brahma

Kaushik Brahma, IT teacher by profession and a fashion and creative Photographer.

A maiden lying in water with beautiful and colourful flowers floating all around is very artistic and is a subject which any portrait photographer would love to click. With this very idea in mind he thought of trying out the concept this time. He started getting the things ready for his shoot. Most important is that he needed to create an artificial pool where this kind of shoot can be conducted. Made the pool out in the open area with a big waterproof tarpaulin and some bamboos. With this Kaushik and his team started preparing for the shoot. First the frame was made and then the tarpaulin was placed over it. Next was to fill it with water and mixing it with different water colors to make the water look colourful according to the theme. Makeup artist Dipanjali Lahkar has done an amazing job with her brushwork, waterproof makeover on the beautiful models, Miss Sumi Bhuyan and Miss Bibika Bora. Both the models were directed to stay half immersed in water for quite a long time, but they performed quite well though it was a bit tough.



to be in water. Very talented designer Madhumita Sharma, has designed the dresses of the models very beautifully as according to the concept that was planned. Cooperative team work has made the shoot successful and here few names can be mentioned as like his friend Mr. Partha J Sharma and his Student Sashikant has putted their best efforts to make the shoot possible in every way. There were challenges, as during the shoot because of the sudden rainfall they had to wait for a while but at the end of the day, everything went on well and the desired outcome was wonderful as expected that has been shared over here. Hope everyone will like it .



Summer Style

Model: Ashawaree Kashyap
Makeup: Simi Saikia
Designer: Pinky Das
Photographer: Swapnajit Borkakoti





Designer Beneta Gurung



Model Gitali Pathak Deka



Model Sanghamitra Deka

Fashion Designer Beneta Gurung, Sikkim

Inspired by nature, so as her designs are in the same way, the color combinations related to it and whatever design her creativity is, it's of Nepali Attire.

Beneta Gurung, is a Fashion Designer from Sikkim, Gangtok, as well as the Head and CEO of Himalayan Fashion week.

Her designs and work are mostly based on Nepali traditional and fusion detailing (zari, cut dana) embroidery touches etc.

She designed this two dresses - one in black colour keeping in mind of the Newari fusion and the other is Nepali fusion dress. Model Sanghamitra Deka is wearing the fusion Newari dress. It is made of raw silk and newari fabric it is pure handmade handloom fabric.

Model Gitali Pathak Deka is wearing the Nepali traditional chaubandi chola with nepali fariya made handmade handloom fabric and red velvet dupatta with detailing (cut dana and zari).



DENTAL CARE

for your baby

By : **Dr. Nikhita Nagar**
Celebrity Dental surgeon
| Behaviour Therapist |
Sociopreneur
President : Being Caring
Organisation.

To prepare for the arrival of your baby's first tooth, follow these guidelines and your baby will be on the way to a lifetime of healthy smiles!

Gum Care

Even before your baby's first tooth appears, the gums can benefit from your careful

attention. After breast- or bottle-feeding, wrap one finger with a clean, damp washcloth or piece of gauze and gently rub it across your baby's gum tissue. This practice both clears your little one's mouth of any fragments of food and begins the process for building good daily oral care habits.

Baby's First Tooth

When that first tooth makes its entrance, it's time to upgrade to a baby toothbrush. There are usually two options: a long-handled toothbrush that you and your baby can hold at the

same time or a finger-puppet-like brush that fits over the tip of your pointer finger. In each case, the bristles are soft and few.

At this stage, toothpaste isn't necessary; just dip the brush in water before brushing. If your little one doesn't react well to the introduction of a toothbrush, don't give up. Switch back to a damp washcloth for a few months and try the toothbrush again. During the teething process, your child will want to chew on just about anything, and a baby toothbrush with a teether can become a

favorite toy during this period.

Brushing with Toothpaste

When a few more teeth appear, you can start using toothpaste with your child's brush. At this stage, use only a tiny amount of fluoridated toothpaste (the size of a grain of rice). From the start, have your little one practice spitting the toothpaste out after brushing as toothpaste shouldn't be swallowed at any age.

Avoiding Cavities

Don't give your baby any sort of sweetened liquids such as flavored drinks or soda. Even the sugars present in fruit juice, formula, and milk (this goes for breast milk as well) can cause decay, so regular teeth and gum cleaning is vital. Also, make sure your baby never goes to bed with a bottle; sugary liquids in prolonged contact with teeth are a guarantee for early-childhood decay, also called baby-bottle caries.

First Visit to the Dentist

We recommend you bring



your baby in for a visit within six months of the first tooth's appearance—usually around your child's first birthday. Since decay can occur in even the smallest of teeth, the earlier your baby visits us, the more likely you can avoid problems. We'll look for early warning signs in your baby's oral health and teach you the best way to care for your little one's teeth. Remember that preparing for each dental visit with a positive attitude goes a long way toward making your child comfortable with regular checkups.

Setting a Good Example

As part of the natural learning process little ones are expert mimics, and you can take advantage of this talent. Brush and floss daily while your child is watching, and he or she will learn at an early age the importance of your good habits. As soon as your child shows interest, offer a toothbrush and encourage your toddler to "brush" with you. (Toothbrushes with chunky, short handles are easiest to grip.) Most children don't have the dexterity necessary to thoroughly clean their own teeth until they're about six or seven, so you'll have to help. Try different tactics to make brushing fun, like flavored toothpaste, a toothbrush with a favorite character on it, or singing songs about brushing. The primary goal is to instill healthy oral habits at an early age to set your child up for a lifetime of healthy, cavity-free teeth!

Happy Brushing.





.....part-2

Per Night Rs.500

By :

Momi Nath
(original Assamese version)

Translated into English
(Mystic Aura).

He did not accept her as his girlfriend. Avinash is the son of a high school teacher. He explained to Rita that there couldn't be any other relationship in between them except friendship.

While Rita was pursuing her Master degree, her father arranged her marriage with

a doctor. The day of the ring ceremony was fixed. But the day before the date of the ceremony Rita went to meet Avinash in his house.

"Avinash, tomorrow is the ring ceremony date with the groom of my parents' choice. But I will never let this happen. I love you. I cannot accept anyone rather than you, and if you do not accept me today, I will kill myself."

Rita's words put Avinash in trouble. He even loves her too. But he did not accept Rita's proposal just because of the situation in his family.

"I love you too. But I can't give you such a luxury life as you grew up with. The cost of your lipstick is the money that is used in our household budget for a week. So how do I knowingly bring you into this condition, and moreover I haven't finished my studies. Three months later, I have to appear for my M.Sc. final exam."- Avinash said.

Oh, if this is your last decision, I must kill myself. I can live and cope up in life without money but I will never be able to bear your absence. Death is my last refuge. — Rita said.

Avinash accepted Rita's proposal. Rita and Avinash got married on that particular day with the help of their friends. Both Rita and Avinash's family members were shocked to hear the news. Rita was declared prodigal daughter (tejyaputri) by her father, Meanwhile, Avinash's family burned the pots and pans as rituals saying that he died for us for marrying a different caste girl i.e. Kaivarta girl. Both the family members had abandoned them.

Avinash and Rita started their married life in a small rented house in Guwahati. Avinash completed his Master degree after three months later. Rita also started working in a coaching centre.

Avinash is now in search of a good job. He got a job in a cement factory and well paid salary. Rita and Avinash were living their happy married life. A year after their marriage, Rita was about to become a mother. She gave birth to two beautiful babies who were twins. After Rita became a mother, Avinash forbade her to work in the coaching centre. She was busy raising her children and taking care of them.

After enrolling the children in school, Rita began to take tuitions at home. As days went by, shadow of darkness surrounded in the lives of Rita and Avinash.

'What are you thinking, Rita?' Avinash asked, seeing Rita silent. 'I am feeling sleepy. Wake me up at about 9 o'clock.' - Rita said



and tried to fall asleep.

Avinash didn't say anything. After three hours, Rita woke up by the sound of Avinash and children's conversations.

"Papa, how can I eat bread without Butter?" - said his daughter Kuhi.

'Papa, I still don't have my chocolate bournvita. You always say you'll bring it. You're cheating. I hate you.' - said his son Jonak.

"Today, we're going for shop-

ping in the evening. Then I'll bring everything that is needed" -Avinash said.

Hearing the conversations of Avinash, Kuhi and Jonak, Rita woke up from the bed and came and sat near them.

"Good morning, Mom. Today, Papa will take us for shopping. Will you go too?" - Jonak asked.

.....to be continued in next edition.

Aura kitchen

Gajar Halwa Baklava with rice pudding sauce

INGREDIENTS

For phyllo sheets :

1. Maida
2. Water
3. Salt
4. Lemon juice
5. Butter

For Gajar Halwa :

1. Gajar
2. Milk
3. Sugar
4. Khoya

For Rice pudding sauce:

1. Rice
2. Milk
3. Sugar
4. Saffron

For the Sugar Syrup :

1. Sugar
2. Water
3. Rose water
4. Elachi



By :
GURKIRAT SINGH
(MasterChef India)

METHOD

1. For making phyllo sheets, knead a dough with flour, water, salt and lemon juice.
2. After giving it rest, make small balls out of it and roll as much thin sheets as u can.
3. Make at least 6 sheets.
4. Place one sheet onto another by applying butter in between each and every sheet.
5. Roll again.
6. Slightly cook this on both sides on a griddle.
7. Carefully separate each sheet and phyllo sheets are ready.
8. Make Gajar Halwa by grating carrots and sauteing them in butter for few minutes.
9. Add milk, khoya and sugar.
10. Cook till desired consistency.
11. Use this halwa as a filling for making
12. Bake this baklava for about 15 minutes at 180°C.
13. After Baking, immediately add flavored sugar syrup.
14. For making rice pudding sauce, boil rice in milk and sugar till it becomes soft
15. Add saffron for flavouring.
16. Blend it into a smooth paste and pass through a sieve.
17. Use this sauce for garnishing and arrange traingular shaped baklavas on it.
18. Sprinkle some toasted pistas and it's ready.

By:

Dr Bobita Sinha

Chairperson Helping Hands Social
Foundation.

Tarot Healer.

Writer, social worker.



Northeastern Bamboo Shoot Dishes

The northeast of India is known for many things and especially its dishes involving bamboo shoots. For those who don't know Bamboo shoots are harvest sprouts from

newly growing Bamboo Plants, they have this crisp texture and sour earthy flavor when eaten raw and are perfect condiments to add some flavor to your foods. Some examples for staple bamboo shoot dishes are: -

1) Pork with Bamboo Shoots (Nagaland)- Naga cuisine often



eaten with rice and pairs well with other side dishes.

4) Khorisa tenga (Assam)- Sour and tangy dishes are a staple in Assamese cuisine and thus dishes such as their bamboo shoot curry are often eaten. The shoots are sliced and cooked with souring agents like elephant apple (ou tenga) or tomatoes. It is usually prepared with fish but can be served without it and as always rice is a major part of the serving process.

These are some of the many varieties of bamboo shoot dishes your tangy tastebuds might be looking forward to trying during your trip to the 7 sisters, and what I can assure you of is that it only gets better from there so come and visit us for a carnival of flavor you might never forget.

features pork as a key ingredient. Pork with bamboo shoots is a popular dish in the region. The bamboo shoots are cooked with smoked pork, chili peppers, and local spices to create a spicy and aromatic stew. It is served with rice and can be paired with any naga condiment of choice.

in Manipur that can be prepared in different ways which often includes bamboo shoots. The shoots are boiled and mashed along with fermented fish, chili peppers, herbs, and vegetables. It is a sour and pungent dish that is typically

2) Pork with Axone (Mizoram)- Axone, also known as fermented soybean paste, is a staple ingredient in Mizoram cuisine. Pork with axone and bamboo shoots is a dish created by cooking the bamboo shoots with fermented soybean paste, pork, ginger, garlic, and local spices, creating a flavorful side dish that can be served with rice or eaten as it is.

3) Iromba (Manipur)- Iromba is a staple mixed vegetable stew





By :
Manikangkana Devi
Assam.

Nag Panchami is a traditional worship of Nag Devta (Serpent God) observed by Hindus throughout India. Since 3000 BCE during the period of Indus Valley Civilization Naga Panchami in India considered to be originated. According to Hindu Mythology, in Mahabharata, to avenge the death of King Parikshit, who fell victim to the deadly bite of the snake Takshaka, his son King Janamejaya performs a ritual to destroy the entire race of Nagas (snakes). However, the famous saint Astika went on a pursuit to stop King Janamejaya from performing the ritual and save the sacrifice of snakes. The day this sacrifice was stopped was Shukla Paksha Panchami, now celebrated as Nag Panchami throughout India. Another story is associated with Lord Krishna and the serpent Kaliya where Lord Krishna fights with Kaliya at the Yamuna River and finally forgives Kaliya with the promise not to bother the humans again. According to Garuda Purana, worshipping snakes on Nag Pancha-

Nag Panchami

Traditional worship of Serpent God

mi brings good fate and prosperity to a devotee.

The holy month, Saawan Maas (month between July to August) is going on now and is considered to be the most auspicious for the worship of Lord Shiva along with Nag Devta (Serpent God). According to the Hindu calendar, the festival of Nag Panchami falls on the fifth day of Saawan Shukla Paksha. In this, Nag Devta is specially worshiped. Nag Devta enhances the beauty of Lord Shiva's neck. Nag Panchami has special significance in Hinduism. It is believed that worshipping Nag Devta on this day brings happiness and prosperity in the house. This time Nag Panchami is on August 21, 2023. Let's know the importance of the festival of Nag Panchami and what to do and what not to do on this day.


The festival of Nag Panchami is considered to be the biggest and important festival between July to August. On Shukla Panchami tithi, after worshipping Nag Devta, milk is offered as bhog. It is believed that people who have Kalasarp Dosha or any defect related to Rahu-Ketu in their horoscope should observe fasting and worship Lord Shiva along with Nag Devta. By fasting on the day of Nag Panchami, the fear of snakes is eliminated from the mind. Fruits, flowers, sweets and milk must be offered to worship Nag Devta. Milk and water should be offered to Nag Devta in copper utensils.

On the day of Nag Panchami, one should not work on the field. Apart from this, trees should not be cut and the snake should not be disturbed. If a snake is seen in the house on this day, then it should be left in a safe place. Do not use needle thread, pointed or sharp objects even by mistake on the day of Nag Panchami. Do not feed milk to a live snake on the day of Nag Panchami, because milk can be like poison for the snake. Also, worshipping a living serpent by mistake on this day and tormenting it may be considered as a sin. One should worship the idol or photo of Nag Devta and anoint its idol with milk. The land should not be excavated on the day of Nag Panchami. It is believed that by doing this, there is a fear of breaking the underground nest of snakes.

Nag Panchami festivities can be majorly seen in the state of Maharashtra. Other popular areas of worship during the Nag Panchami include Adiesha Temple in Andhra Pradesh, Nagaraja Temple in Kerala, Nagathamman Temple in Chennai & Hardevja Temple in Jaipur.

In Bengal, Assam and Orissa, people worship Lord Manasa, the queen of serpents to sought her blessings. Lord Manasa, the Queen of Snakes, is worshiped in most parts of Assam and Bengal during Nag Panchami. Thus, celebrating the festival of Nag Panchami by following all the rituals and worshipping Lord Shiva will bring happiness and safety for the whole family.

Unnamed Love

The background of the entire page is a romantic night scene. It features a large, bright full moon in a dark blue sky filled with stars. In the foreground, the silhouettes of a man and a woman are visible on a beach. The man is standing and looking towards the woman, who is sitting or standing close to him. The moon and stars are reflected in the calm water of the ocean. The overall mood is serene and romantic.

I was nearing slowly towards you.
An excitement unknown was growing inside me.
It was after a long time,
my eyes would embrace you.
Each time I see you,
I find something new and beautiful in you.
Each time I fall in love with you.
Each time it goes deeper.
You are just not hills,mountains,mist, trees and rain.
It is an emotion soft and beautiful.
The cool Breeze touching my cheeks whispered to
me that you are very near.
Yes! I saw you again,
The stars in my eyes,
The butterfly in my stomach,
All were shining and dancing with emotion.
My love is endless for you.

Monali Bhuyan

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