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MYSTIC AURA

MAGAZINE

WINTER CARE
FOR ALL AGES

FASHION
TRENDING COLOURS

DIAMOND
PRECIOUS JEWELLERY

CHRISTMAS
TRADITIONS IN
AMERICA

LIPSTICK
CHOOSING THE
RIGHT COLOUR

Winter's Glamour
Season's Captivating Essence

MYSTICAURA

Fashion and life style magazine

2023

December

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Model: Ruprekha Dey.
 MUA : Sushant Mandol.
 Wardrobe:ALN collection.



Designs & Photography by Mausikkabrahamphotography



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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MYSTICAURA

The Team



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BHARALI**

Copy Editor

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Chief Managing Editor

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

Editor's NOTE



As we approach the end of 2023, we experience a mixed feeling of joy and sadness. Nevertheless, we eagerly anticipate welcoming the new year and reveling in the ethereal beauty of winter. Everyone loves to celebrate and appreciate the quiet nuances, subtle details, and the magic that unfolds when the world is aglow. Winter reminds us of the joy when people wrapped in winter clothes, gathered around bonfires, fostering a deep connection with the enchanting wonders of nature.

This December issue covers topics on the beauty of winter, fashion and lifestyle, followed up by an additional attraction—the Aura pages, and exclusive interviews.

Wishing everyone a successful and prosperous New Year in 2024.

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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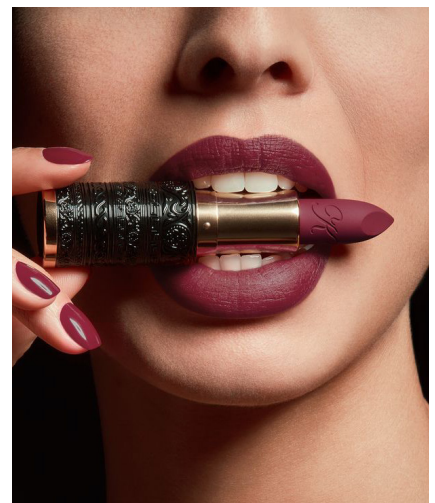
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ON THE COVER

Aditi Aich



The very beautiful and gorgeous model hailed originally from Guwahati, Assam . She transitioned from her previous role as an air hostess at Jet Airways to a new position as an Office Superintendent in North East Frontier Railway. Despite her professional shift, Aditi continued to pursue her passion for modeling, seizing the opportunity to become the ambassador of Niharika Silk Factory in Sualkuchi ,famous for ASSAM silk. Her journey took a glamorous turn when she participated in the Perfect Glam Pageant 2023

Season - 5 organized by BM Square Production in the Northeast. Remarkably, she secured the title of Mrs. Northeast in 2023, followed by another triumph as Mrs. Universal India 2023 at the event held in Lucknow. Aditi's love for exploring different cultures fuels her aspiration to become a businesswoman dedicated to making a positive impact on people's lives.

Model : Aditi Aich
Photography : Swapnojit Borkakoti
Makeup artist : Susmita Lodh

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DIAMOND ARE FOREVER

By :

Prasantt Ghosh

The writer is a Fashion designer and Choreographer and can be contacted at, www.prasanttghosh.org

Traditionally a diamond is the most emotional piece of jewelry a woman is given in her life time. Jewelry

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today is not a generic category of fashion. It is not just a commercial piece of ornamentation. It is not just an investment. It is on the contrary a verbal mode of communication and a liberating expression of one's personality. It speaks of who we are how we think our sensibility and even our ideology to an extent. It varies with our moods and different phases in our lives. We have a much deeper relationship with

our jewelry than we acknowledge.

While the romantic element is obviously very important at the time of engagement, constructive advice is also needed while purchasing a diamond. Since buying a diamond is such an important emotional purchase and often a financial investment of some size the following may help.



1. Seek out a reputed jeweler one you have dealt with before or whom friends recommend a jeweler with a reputation to protect is not going to cheat you.

2. Don't be afraid to ask questions. Any experienced jeweler knows that a diamond purchase is important and he will understand your concern.

3. Keep in mind the four factors that determine the value of your diamond. These are known as the 4cs cut, colour and clarity and carat weight.

4. Bear in mind the fact that the diamond is the most important part of your ring. Of course you want an attractive setting, but don't compromise the quality of your diamond by paying for an attractive setting. Remember

you can reset your diamond in a different design at a later time if you want. But the gem will be one you can enjoy for years even hand down to your grandchildren because a diamond is forever.

5. Don't be afraid to look at several rings and try them on. Take your time. A good jeweler will want you to select the very best diamond you can which you will enjoy for many years. After all a satisfied customer may return to his shop.



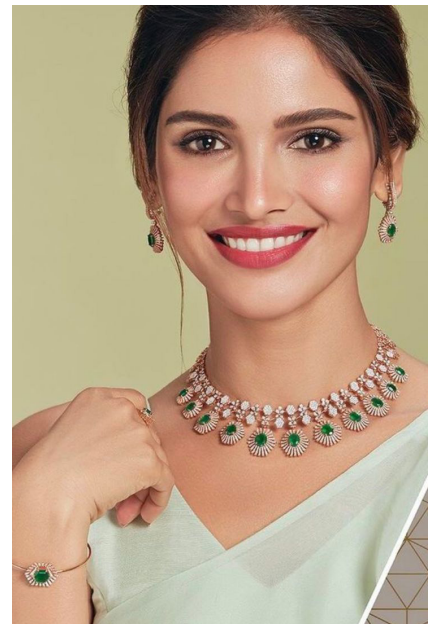
6. If you're looking for bargain forget it. There aren't any when it comes to jewelry. In fact beware of any "special offers". And above all take a proper receipt and the purity guarantee card of the jewelry you buy which will later help you to resale the product and get the price.

7. Once you have a diamond engagement ring, look after it. The jeweler from whom you buy your ring can advice on insurance and it is wise to have the

ring professionally cleaned every year and the setting checked so there is no danger of losing your diamond. The rest of your time you can clean your diamond jewelry by simply giving it a good washing to which any commercial washing up liquid has been added and gently scrub your jewelry with a soft toothbrush. After this a quick rinse in clear water will keep your diamond sparkling between annual visits to your jeweler.

8. Remember the most important investment you make in buying a diamond is an investment in beauty. The beauty and rarity of diamonds go back many centuries when the diamond obtained its name from the greek word adamas meaning "unconquerable". Since that time the diamond has been the symbol of eternal love. The fun comes in wearing them.

With this in mind a careful and responsible attitude is needed when buying diamonds.





to your winter wardrobe.

2. Classic Neutrals:

Winter is often associated with classic neutrals like black, gray, and white. These timeless shades never go out of style and provide a versatile base for creating chic winter looks. Whether it's a sleek black coat, a cozy gray sweater, or crisp white accessories, these neutrals are a safe bet for a sophisticated winter wardrobe.

3. Jewel Tones:

Rich jewel tones such as deep burgundy, emerald green, and sapphire blue add a touch of luxury to winter fashion. These bold and vibrant colors make a statement, whether in a formal gown, a cozy scarf, or a pair of stylish gloves. Jewel tones can instantly elevate your winter look and bring a touch of glamour to the colder months.

Winter Fashion

TRENDING COLOURS OF THE PRESENT

By :

Saynash Agrawal
Mumbai

Winter fashion trends in color often reflect a mix of classic hues and innovative shades that capture the essence of the season. In January 2022, it's important to note that fashion trends can evolve rapidly. However an

insight into the general color trends that were prevalent during the winter season are :

1. Earthy Tones:

Earthy colors like warm browns, deep greens, and muted terracottas tend to dominate winter fashion. These tones not only evoke a sense of coziness but also complement the winter landscape. Think of these colors as a nod to nature, bringing a grounded and sophisticated feel





4. Winter Whites:

While white is a classic neutral, winter whites specifically are gaining popularity. This trend involves embracing shades of white and off-white for a clean and elegant look. From ivory sweaters to cream-colored coats, winter whites create a fresh and sophisticated aesthetic that stands out against the darker winter palette.

5. Ice Blue and Silver:

Cooler tones like ice blue and silver capture the essence of winter's icy beauty. These colors

are often associated with snow and frost, making them perfect for winter fashion. Whether incorporated into a shimmering evening gown or subtle accessories, ice blue and silver add a touch of frosty elegance to your winter wardrobe.

6. Mustard Yellow and Rust:

Adding a pop of warmth to winter fashion, mustard yellow and rust are trending colors. These rich, autumnal hues bring a cozy and nostalgic vibe to winter outfits. Whether in a chunky sweater or a stylish pair of

boots, these colors add a touch of warmth and personality to your cold-weather ensembles.

7. Plaid Patterns:

While not a single color, plaid patterns often dominate winter fashion. Whether in traditional tartans or more modern interpretations, plaid brings a timeless and cozy feel to winter clothing. From scarves to coats, embracing plaid is a surefire way to stay on-trend during the colder months.

Remember, fashion trends can vary but the personal style is always key to be fashionable. Feel free to experiment with these winter colors to create looks that resonate with your individual taste and personality.



AURA Trends

"Embracing one's own choices in clothing, accessories, and overall presentation allows for a genuine and authentic representation of self a form of self-expression that goes beyond fleeting trends, fostering a sense of confidence and comfort."



Model : Isha Upadhaya
Photography: clickerz studio
Makeup : Sanchita makeover



MRIGNA'S FASHION Jewellery

By :

Jacqueline D cruz
Singapore

In the world of fashion and beauty, donning oneself with culture and grace does not come easy. We have to find the correct jewelry to ignite our grace and beauty. We even have to find the perfect resplendent outfit with rich and delicate designs that will bring out one's inner beauty. I found myself in this situation a week ago when I came across a lady selling exquisitely made Indian jewelry. The jewellery caught my eye instantly because it was so beautiful and by looking at them it spoke about the beauty of the world.

The jewelry complimented the resplendent saree that I wore to a star-studded pageant I was judging. The renowned photographers who graced the occasion captured the beautiful essence of the jewelry that I wore. However, at the back of my mind, I had to do some justice to the jewelry that I purchased from the very kind-hearted soul lady. I decided to interview her and found out how she ventured into the business of jewelry and saree selling.

The kind-hearted soul lady goes by the name of Rathi Jagan. Her company name is called Mriga's Fashion. She has been in the business for 8 years and relocated to Singapore when her husband had to work in Singapore. A nat-

ural-born artist that's speaks volumes about herself by showcasing the artwork in her handmade jewelry. It first started as a hobby as she loved to draw and with her imaginative mind, she decided to transpose her exquisite drawing designs into her handmade jewelry. She said: " She likes to brighten up people's lives" so why not create exquisite, unique, and beautiful jewelry that will make one's beauty shine? Her jewelry is made from terracotta clay and polymer clay, The beaded jewelry is handmade.

The name Mrigna's fashion always struck a code in my mind. It sounded unique and it was a name one never forgets. Therefore, I had to ask her how she came up with the name , it was the birth name of her family business in India called Mrigna Asia Pte Ltd. She did not want to lose ties with her family as they are very close to her heart so she named her business Mrigna's Fashion. She wanted her business name to tie in with her family clan's name. Like her heart, she makes sure all her jewelry and sarees will become close to one's heart.





The History and Traditions of Christmas in America

By :

Brian La Cour

Author/writer/entrepreneur
US.

Christmas, a global holiday celebrated with joy and warmth, has a rich history in the United States. The traditions that mark the season have evolved over centuries, influenced by diverse cultures and historical events. This article

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dives deeper into the history and traditions of American Christmas.

Early Celebrations

Contrary to popular belief, Christmas wasn't always a widely celebrated holiday in America. The first English settlers, the Puritans of New England, viewed it as a frivolous, decadent European custom without religious significance. In fact, from 1659 to 1681, Christmas was banned

in Boston with fines for anyone caught celebrating. However, as more immigrants arrived from Europe, they brought their own traditions, and the celebration of Christmas started to take root, especially in the southern colonies where English traditions held sway.

Adoption as a Federal Holiday

It wasn't until the mid-19th century that Christmas began to resemble the holiday we recognize today. As America underwent profound changes due to the Industrial Revolution and urbanization, there was a yearning for the simplicity of yesteryears. Christmas, with its emphasis on family, goodwill, and nostalgia, fits the bill perfectly. Amidst this backdrop, in 1870, President Ulysses S. Grant declared Christmas a federal holiday, hoping to unify the nation after the Civil War.

The Evolution of Santa Claus

One of the most iconic figures associated with Christmas is Santa Claus. The American version of Santa Claus was inspired by the Dutch figure of Sinterklaas, a generous bishop who gave gifts to children. The transformation into the jolly, red-suited figure we know today was largely due to the works of two men: Clement Clarke Moore and Thomas Nast. Moore's 1822 poem "A Visit from St. Nicholas" (popularly known as "'Twas the Night Before Christmas") gave us the image of Santa Claus flying in a sleigh pulled by reindeer. Later, political cartoonist Thomas Nast solidified this image in



the American consciousness through his illustrations, adding the North Pole workshop and Santa's list of naughty and nice children.

Christmas Traditions

American Christmas traditions are a blend of customs from around the world. Decorating homes with lights and ornaments is a popular tradition that started in Germany. The Christmas tree tradition also has German roots, but it wasn't widely adopted in America until the late 19th century when Queen Victoria's German husband, Prince Albert, popularized it in England. Today, families often spend time together decorating the tree with colorful lights, tinsel, and heirloom ornaments.

Gift-giving is another central part of American Christmas tra-

ditions. This custom has its roots in the Magi who gave gifts to baby Jesus. Over time, this has evolved into Santa Claus leaving presents for children under the Christmas tree. The practice of hanging stockings by the fireplace also ties into the legend of St. Nicholas, who is said to have left gold in the stockings of three impoverished sisters.

Christmas music and caroling have been a part of American Christmas since the 19th century. Many of the most popular Christmas songs, such as "Jingle Bells" and "White Christmas", originated in America. Caroling, or going from house to house singing Christmas songs, is a festive tradition enjoyed by many.

The Christmas Feast

Food plays a significant role in any celebration, and Christmas

is no exception. Traditional Christmas meals in America often include a roast (turkey, ham, or beef), mashed potatoes, cranberry sauce, and a variety of pies for dessert. Many families also have their own unique culinary traditions, reflecting the nation's diverse cultural heritage. These might include tamales in Hispanic households, baklava in Greek homes, or lutefisk in Scandinavian families.

Christmas in America is a vibrant, ever-evolving holiday that reflects the country's multicultural heritage. From its humble beginnings to its status as a beloved federal holiday, Christmas has always been a celebration of family, generosity, and joy. As we look forward to future Christmases, we continue to cherish these timeless traditions while creating new ones reflective of our ever-changing society. The magic of Christmas lies not only in the traditions we uphold but also in the spirit of unity and goodwill that they inspire.





Winter Skincare for all Ages

By: Rosy Das, Assam

Proper skincare is essential throughout the year, but winter brings unique challenges that require special attention regardless of age. The cold temperatures, low humidity, and harsh winds can wreak havoc on the skin, leading to dryness, irritation, and other issues. A comprehensive guide to winter skincare for all ages will help all.

1. Hydration is the Key

Regardless of age, staying hydrated is crucial for maintaining healthy skin. In winter, the air is typically drier, leading to increased water loss from the skin. Ensure adequate hydration by drinking plenty of water and throughout the day. Additionally, use a moisturizer with ingredients like hyaluronic acid to lock in moisture.

2. Gentle Cleansing

Choose a mild, hydrating cleanser to avoid stripping the skin of its natural oils. Harsh cleansers can exacerbate dryness, particularly in winter when the skin's barrier is already compromised. This is applicable to individuals of all ages, from children to seniors.

3. Sunscreen is a Must

Sunscreen isn't just for the summertime. The sun's harmful UV rays are present year-round, even on cloudy days. Applying a broad-spectrum sunscreen with at least SPF 30 protects the skin from sun damage, which can be more intense when sunlight reflects off snow.



4. Layering Products

For adults and seniors, consider incorporating serums and facial oils into your skincare routine. These products provide an extra layer of hydration and nourishment. Hydrating serums with ingredients like vitamin C can help combat dullness, while facial oils containing omega fatty acids can replenish the skin barrier.

5. Exfoliation in Moderation

Exfoliation is crucial for removing dead skin cells and promoting cell turnover, but it should be done in moderation, especially in winter. Over-exfoliation can worsen dryness and irritation. Choose a gentle exfoliant and use it once or twice a week to maintain a healthy complexion.

6. Protective Clothing for Children

For kids, protecting their skin is equally important. Dress them in layers, ensuring that their skin is covered to prevent exposure to cold winds. Use gentle, fragrance-free moisturizers suitable for their delicate skin.

7. Avoid Hot Baths

While a hot bath may be tempting in chilly weather, it can strip the skin of its natural oils. Opt for lukewarm water instead and limit bath time. Immediately after bathing, apply moisturizer to lock in the skin's hydration.

8. Lip Balm for All Ages

Chapped lips are a common winter woe. Children, adults, and seniors alike should use a good quality lip balm with ingredients like beeswax or shea butter to keep lips moisturized and protected from the harsh elements.

9. Humidify Your Environment

Consider using a humidifier to add moisture to the air, especially in centrally heated homes. This is beneficial for all ages as it helps combat the dry indoor air, preventing skin from becoming overly dry and irritated.

10. Nutrition Matters

A balanced diet rich in vitamins and antioxidants is essential for healthy skin. Encourage children to eat a variety of fruits and vegetables, and adults should ensure they're getting nutrients that promote skin health, such as vitamin E and omega-3 fatty acids.

In conclusion, winter skincare is a universal necessity that spans all age groups. By adopting a proactive approach and incorporating these tips into your routine, you can help keep your skin healthy and radiant even in the coldest months of the year. Remember, consistency is key, and adjusting your skincare routine to the specific needs of each age group ensures that everyone can enjoy the winter season with a glowing complexion.





Choosing the right lipstick color for winter, especially for day and night parties, involves considering the season's overall vibe, your personal style and the specific event you're attending. Explore some suitable options for both daytime and evening occasions. Here are a few tips -

Daytime Winter Parties:

Nude Shades:

During the day, opt for subtle nude shades like soft pinks, mauves, or beige. These colors



complement the winter daylight without being too overpowering.

Berry Tones:

Berry tones, such as cranberry or raspberry, add a touch of warmth to your look. They are versatile and can transition well from day to night.

LIPSTICK

CHOOSING THE RIGHT COLOUR

By : Rupa Dey



Muted Reds:

Consider muted reds like brick or terracotta. These colors are sophisticated and evoke a cozy, winter feel without being too bold for a daytime event.

Plum Hues:

Plum shades work well in the

daytime, offering a rich and elegant appearance. Choose lighter plum tones to keep it appropriate for daylight festivities.

Evening Winter Parties:

Classic Reds:

For evening events, you can never go wrong with classic reds.





nizing or contrasting colors can enhance your overall look.

Matte vs. Glossy:

Matte lipsticks are great for a polished and sophisticated appearance, while glossy options can add a touch of glamour. Choose based on your personal preference and the formality of the event.

Remember, these are general guidelines, and personal preference plays a significant role in choosing the right lipstick. Experiment with different shades to find what makes you feel confident and beautiful, considering the lighting and ambiance of the specific winter party you're attending.

They exude glamour and pair beautifully with winter evening attire. Choose blue-based reds for a timeless look.

Deep Berries:

As the night falls, deepen your lip color with shades like deep berries or wine. These hues are sultry and enhance the winter night ambiance.

Bold Burgundy:

A bold burgundy lipstick can be a show-stopper for evening parties. It adds a touch of drama and sophistication, perfect for formal events.

Metallic Touch:

Metallic lip shades are on-trend

and can add a festive flair to your evening look. Consider deep metallic reds or plums for a modern and chic appearance.

Moisturize:

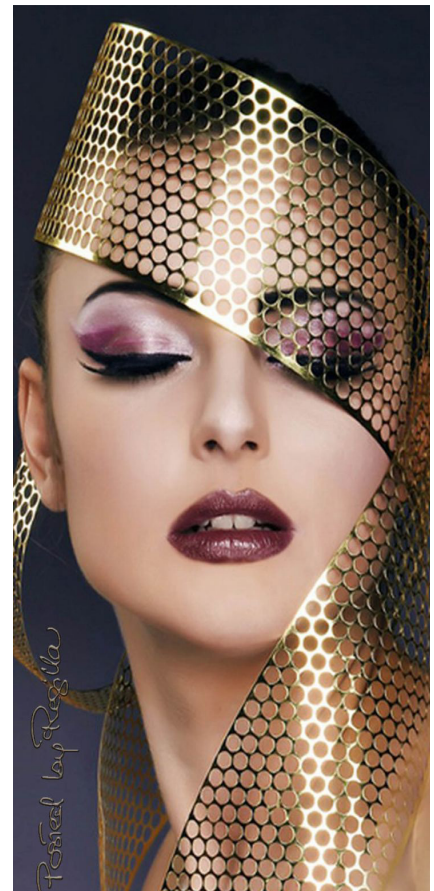
Winter tends to be dry, so make sure to keep your lips moisturized. Use a good lip balm as a base before applying any lipstick.

Long-Lasting Formulas:

Opt for long-lasting formulas, especially for evening events. This ensures your lipstick stays vibrant throughout the night.

Coordinate with Outfit:

Consider your outfit colors when choosing lipstick. Harmo-



AURA Trends

Traditional wear
Northeast, Assam



Model : Gitali Pathak Deka
Sanghamitra Deka
Photography: Rahul Boro
Mua : Sushant Mandol
Wardrobe: Daisy Gogoi



JOYSREE DASGUPTA

VERY BEAUTIFUL, GORGEOUS AND TALENTED ACTRESS LIFESTYLE

"Currently, I am an actor by passion. I have always listened to my heart. Joy is the first half of my name, so my motto is to spread happiness and joy always. Although I have worked professionally in banking and audit in India and abroad, I came back to India just to follow my passion for acting. Though I have done modelling, it's been a few, and I would like to explore it again. I would love to work in multilingual films. I believe that films have the power to do good for society; every film has a message that is truly powerful. I have been practicing theatre since my school days, currently in Kolkata and Pune. I am happy to share that I have worked in films, short films, and music albums. My most recent film, 'Ektu Sore Boshun,' directed by Kamaleshwar Mukherjee, has been released. Another web series is planned to be released next month. Besides acting, I also have experience working as a crew member. You can truly experience the film when you work as part of the crew. I have also practiced classical music and classical dance since childhood, and I am still practicing music with mentors Kalyan Sen Barat and Debojyoti Mishra."

(Joysree Dasgupta)



In a heart-to-heart discussion with film critic **UTPAL DATTA** about her lifestyle, Joysree revealed her approach to maintaining robust health and grace-

22

fully managing the coexisting pressures of her profession. Good health is indeed very important for any profession and our well-being.

Joysree knows that being healthy is really important in any job. She thinks a lot about how to stay healthy. She says drinking enough water and choosing

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good food is key to staying alert and full of energy during tough workdays. Even though she really loves trying different foods, she makes sure to mostly eat meals cooked at home. This way, she can enjoy food and still make healthy choices.

When Joysree is busy with work, she takes short breaks to relax. She does things like listening to music, dancing, or meditating. These activities help her feel refreshed and focused on her work.

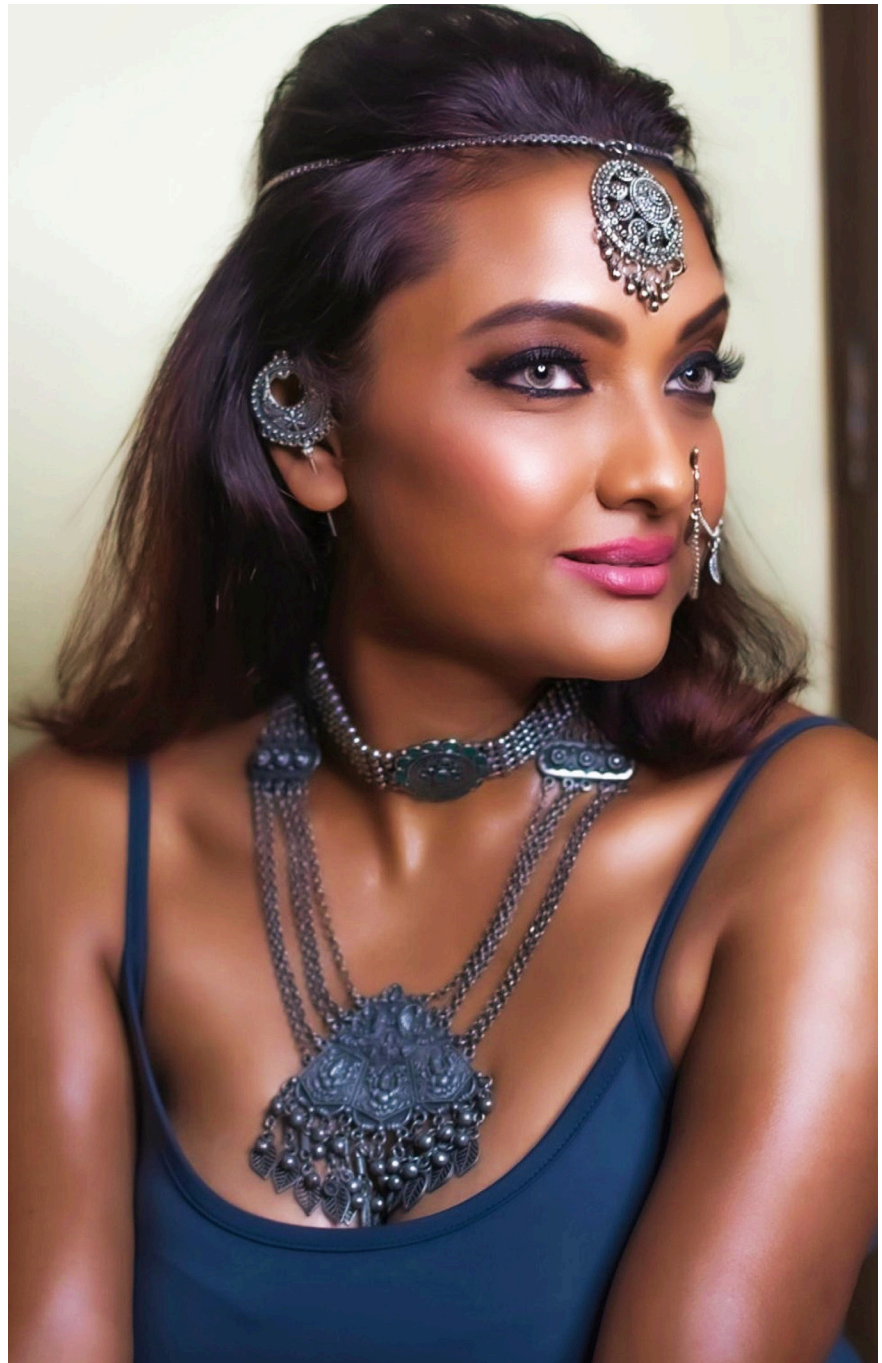
Having a clean and positive environment is crucial for Joysree. She avoids negative discussions and works to keep her surroundings healthy. She also pays attention to her mental health, making sure to get a good night's sleep. She likes to sleep for about 6 hours and turns off social media after dinner to have a peaceful night's sleep and wake up full of energy.

- Dealing with the stress that comes with her job, Joysree finds relief in her love for acting. Being aware of her emotions helps her manage stress well. She has learned to say 'no' when needed, showing how important it is to take care of herself while working hard.

Joysree also makes meditation a big part of her routine. This helps her relax and think about herself. Celebrating small victories and spreading happiness are important to her. She believes in sharing and caring, creating a supportive community both

in her personal and professional life. When it comes to her style, Joysree goes beyond just looks. She carefully balances her social, personal, and work life. Contributing to society and always wearing a genuine smile, no matter the challenges, is what defines her true style. The connection between her name, Joysree, and her mission to

spread joy and love is clear. She lives with a positive and purposeful approach to life. Joysree Dasgupta's lifestyle shows how physical and mental health can go hand in hand. It's a beautiful mix of grace, hard work, and personal fulfillment. Her story is inspiring for anyone trying to balance a busy job with a happy life.



AN INTERVIEW

With the very talented, skilled & awe-inspiring personality setting a remarkable standard for excellence.

**MR PRANAB
KR SHARMA**

Life style and
Fitness Mantra



1. Tell us in brief about yourself.

- I am a structural/civil, engineer and promoter. I am President of AREIDA (Assam Real Estate and Infrastructure Developers Association) which is the construction industry body representing real estate developers and promoters. I have led this esteemed organization as President for over two decades. Furthermore, I am an Executive Committee and Governing Body Member of the National Body, CREDAI (Confederation of Real Estate Developer Associations of India).

In 2022, I received the 'Distinguished contribution Award for my "selfless dedication to the real estate industry for over two decades, which has made a significant impact on the recognition, respect and ease of doing business for the fraternity".

I was amongst the Indian delegates representing India in the 13th World Conference on Earthquake Engineering held in Vancouver, Canada; and represented field engineers working in seismic hazardous regions of the world. I am a member of the American Society of Civil Engineers. I have represented Indian entrepreneurs in several international forums in various countries including Australia, Singapore Myanmar, Thailand, and Vietnam.

I am also associated with several government agencies. I was

nominated by the Government of Assam as the founder Chairman of the Building and Other Construction Workers Welfare Board and my successor in this position has been the H'onble CM Assam. I have been nominated by the government as the Director General of the proposed National Academy of Construction, Guwahati. I have been member the GMDA, Guwahati Smart City Ltd, Sectoral Skill Committee, State Advisory Board to the Government of Assam as well as members expert committees for revised of Building Bye Laws and Master Plans as also GDF, GST, in the Ministry of Finance, Government of India. As a developer I am associated with of M/S MD Reality and Infracon and LM Realtors.

Besides my professional life I am also an adventure and wild life photography enthusiast and Vice President of Bonoria.

My extensive experience and techno-legal expertise is recognised and relied upon by various government agencies.

2. What attracted or inspired you to come to fashion?

- My first job was as an officer with a British Company where good grooming and dress codes were important, so I was initiated into formal fashion wear as a job requirement. In later life I felt I had the figure and face to be a fashion model. One thing led to another and I am now doing a number of assignments as a fashion model.

3. What are some of the challenges that you have faced in life as an Engineer & as an entrepreneur?

- The biggest challenge entrepreneurs have faced is red tapism at the government level and donation/

chanda demands by an endless number of “social” organisations. However, we have battled these evils resolutely and due to our relentless pursuit the political leadership gradually appreciated the crucial role of business activity in the economy of the country and has been seriously promoting ease of doing business. Things today have changed for the better. The level of communication of industry representatives like ourselves and government agencies as well as law and order have much improved leading to a better investment climate today.

4. What do you like doing in your spare time?

- Passionate about wilderness adventure, fitness, photography, and travel, I've indulged in these pursuits as I've aged. Notably, I hold the world photographic record for capturing six white-winged wood ducks in a single frame, a critically endangered state bird of Assam. Additionally, I captured four Mandarin ducks in a single frame during their rare visit to Assam after 102 years in 2021. My extensive travels have taken me across the globe.

5. What is that one best thing that you would like to share about yourself ?

- It gives me the joy of being appreciated for fitness, appearance and good grooming. I have worked hard on my fitness for many years and modeling has given me the motivation to continue to strive for fitness which in turn has boosted my health, energy and freedom from lifestyle diseases without any medical intervention.



6. As of now, you are connected to the fashion world, what have you to say about fashion and modeling?

- It is enchanting and the glitz and glamour intoxicating. However it is a challenging field with intense competition behind the curtains. Nevertheless the charm and fascination of this alluring world is worth every effort.

7. Would like to know little bit about passion and profession.

- It is vital that one strikes a correct balance between passion and profession for a quality life. Except for a fortunate few, for the vast majority profession and passions are in different fields and success in profession provides the means to sustain passions. I feel that during young age one must be totally committed to professional growth, as well as fitness so that as they grow older they have the health and the wealth to pursue their passions.

8. Your view point in connection with Mystic Aura magazine.

This is a fabulous publication and without doubts the best in the fashion and lifestyle segment. The print quality and content is admirable. I feel proud and privileged to be associated with it.

Aura Beauty Touch

Makeup artist:

Susmita Lodh

Model:

Aditi Aich

Aura Fashion



"Set realistic goals, celebrating achievements along the way and connect with nature, finding serenity in its beauty."


Rahul Boro
PHOTOGRAPHY

Model : Sanghamitra Deka
Photography : Rahul Boro
Mua : Sushanta Mandal



Play Boy Beer Garden: Fashion Show

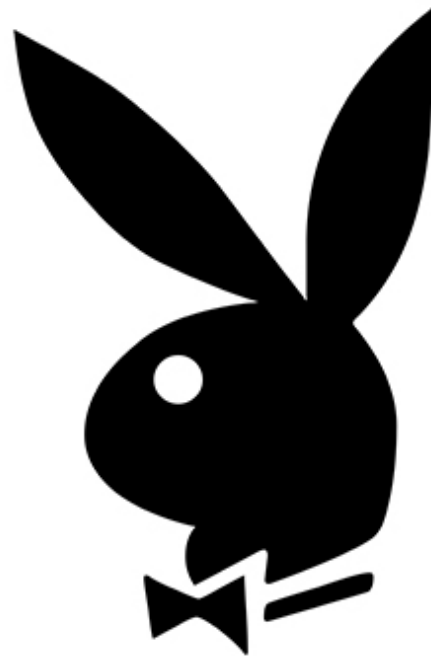
**Celebrating its 70th years :
Playboy Beer Garden, Guwahati, ASSAM**

Diverge in nights with electrifying lights, music, fashion style and ambience.

30th November 2023 was a presentation of Fashion Nite in Playboy, Guwahati and who better can put master strokes in any fashion event then the fashion Designer & Choreographer- **Prasantt Ghosh**.

There were 10 top notch models of NorthEast who made

the evening alive with powerful music and runway. Showcasing Dazzling party wear iconic looks created by the Makeup expert Christina Joseph and her Team. Collection created by the maestro



PLAYBOY
Beer Garden



himself PRASANTT GHOSH and flaunt by the beautiful and gorgeous sexy models.

Stepped in a party where fashion transcends time. The fashion show was a centerpiece of the evening, promising a journey through the evolution of style, from the sleek sophistication of the stylish collection to the bold and eclectic trends of the present day. Renowned designer Prasantt Ghosh curated exclusive collections, blending his mix collection of glamour with

contemporary flair. As the night progresses, the dance floor beckons.

Models adorned in iconic designer wear walked in the midst of the invited guests being seated.

Guests encouraged and embraced the theme and concept of dressing and showed their love by standing ovation and clapping their hands. The fashion spectacle pays homage to the cultural impact of Playboy, reflecting its ability to shape and redefine fashion. From classic glamour, the fashion-crowd created a visual tapestry of style.

Besides the fashion show, guests immerse themselves in the



vibrant atmosphere of the beer garden and enjoyed the evening party with cocktails drinks, snacks and dinner. Specialty brews crafted exclusively for this celebration tantalizing the taste buds, providing the perfect complement to the exquisite fashion unfolding before the guests eyes. Expert mixologists curated signature cocktails, ensuring a sensory experience that matches the elegance of the runway.

As the night progresses, the dance floor beckons. A live band



set in the rhythm for the evening of uninhibited revelry, blending classic tunes with contemporary beats. The Playboy Beer Garden, transformed into a playground of sophistication, all the guests danced under the stars and celebrated the enduring spirit of an iconic brand.

Playboy, Guwahati saw unforgettable night where fashion, culture, and celebration converge in toasted to 70 years of Playboy excellence. Cheers to the past, present, and future of timeless elegance.

Covered by :
Mystic Aura Team





KARBI-ANGLONG FASHION WEEK 2023

Diphu, the heart of Karbi Anglong witnessed a grand fashion show on 26th November 2023 at Hotel Singhason, Diphu. The one day event was nothing but the grand and pompous Karbi Anglong Fashion Week, Season 3, an initiative organized by Golden Wings in association with Maleen own by Maloti Kropi, Textile Designer and Ruplin Kropi, Fashion Designer to showcase the rich tradition of handloom and textile designs by various designers of Karbi Anglong and from various places

of Assam and also to promote the local weavers, artisans and aspiring models of the district. Mrs Sabina Teronpi, Social Activist was the chief guest of the evening. The show was beautifully anchored by Sarim Tisso and backstage was wonderfully managed by Indira Patorpi. The event presented creative work of designers like Priyanka Sarma from Gauhati, Momita Rajiyung under the label 'Travin White Orchid' from Dima Hasao, Serleen Ingtipi under the label CHOI, Sunali Beypi, Monju Tisopi, Maloti Kropi, Ruplin Kropi

and students of Malo's Craft and Fashion.

The show celebrated the performance of dance and music by an array of local artist and invited artist Adarsh Sehra, young talented composer, lyricist and singer, winner of Battle of the Band 2023 for best vocalist from Himachal Pradesh entrained the fashion show goes on Sunday night. Among the panel of guest the show was graced by Amritraj Bora, fashioner designer from Delhi, worked in bollywood and was also the official designer of Famina Miss India and the



celebrity guest. The beauty of the show and the attraction of the great evening was the showstoppers coming from the different places who are the beauty contest winners in National & International level like Gitali Pathak Deka (Mrs India International in Srilanka, CEO & Editor-in-chief Mystic Aura Magazine), Iva Sonowal (Mrs India Zonal Winner 2nd runners up), Diyashree Mosorong (Miss Teen Global International-Diva), Saayna Bordhan (M/S Global Universal 1st runners up & Mrs Elegance, 2023), Kimti Jain (Mrs Global Universal, 2023), Rupali Timungpi (M/S India Woman of Dignity), Udipa Sagra (Grand North-East, 2023, Kids), Simlir Kropi (Spark Teen Miss Assam,

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Spark Teen Miss Spark North East, 2023) and also Karbi Film Industry artists like Crosswel Timung, Rumir Ingtipi and Hewali Teronpi walked the ramp as the showstopper and the show was choreographed by Lokendra Singh.

Karbi Anglong Fashion Week 2023, was an initiative to bring focus to the handlooms and textile of Karbi Anglong, Assam and provide platform to local entrepreneur, weavers, artisans and models towards harnessing enormous potential in the region. KAFW takes great pride in undertaking more ventures which will showcase the rich, age old legacy of handlooms of Assam.





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Photography

Model: Bhabana Thakuria
MUA: Shayanika Boruah
Photography: Swapnajit Borkakoti
Wardrobe : Pinky Das



BLACK RICE

It's benefits

By

Manikangkana Devi

Writer, Poet, Artist & Translator

Black rice is more nutritious than common rice. Its health benefits are immense. It reduces the prevalence of diabetes, heart attack, allergy, inflammation, obesity, cancer, improves digestive system. This phenomenon has been attributed to the high antioxidant content of black rice.

This variety of rice is best grown in tropical regions such as China, Japan, Korea, Myanmar and North-East India. Over time, black rice has become popular among people due to its health benefits. In India, it is mainly cultivated in the north-eastern region and southern parts. Since

black rice has pigment bran fractions, its extracts are used as agents of natural dyeing in foods such as pancakes and alcohol. It contains numerous nutritional and bioactive ingredients including essential amino acids, functional lipids, dietary fibers, vitamins, minerals, anthocyanins, phenolic compounds, γ -orizanol, tocopherol, tocotrienol, phytosterol and phytic acid. There have been several studies of black rice due to its beneficial health effects while eating regularly.

Black rice has the highest amount of antioxidants among all types of rice. The outermost layer of the black rice crop contains a large amount of antioxidants called anthocyanin. Anthocyanin helps prevent cardiovascular disease and also helps in improving brain function and reducing inflammation.

The anthocyanin content of black rice gives it anti-cancer properties. Study says that the anthocyanin-rich excretion of black rice helps in suppression of tumor growth and proliferation of breast cancer cells. Also an extract of black rice helped reduce edema and significantly suppressed allergic contact dermatitis in the skin. This is a big indicator of the potential for black rice in the treatment of diseases associated with chronic inflammation.

The rich fiber content helps in regulating bowel movements, prevents constipation, diarrhea and swelling. Fibre helps in retaining toxins and waste in the digestive tract and flushes it out after the digestive cycle is complete. Black rice contains more fiber and less fat, both of which are important in heart health.

Fibre helps in removing excess cholesterol and lowering blood pressure, while low levels of fat and cholesterol prevent various heart diseases.

The benefits of black rice has been found to protect cardiovascular health by not only maintaining normal blood pressure but also by lowering lipid levels, controlling body weight, improving glucose metabolism, and reducing chronic inflammation, and reducing long-term inflammation. Anthocyanin found in black rice is also effective in the treatment of asthma.

In this age of fast food, natural detoxification helps in avoiding several diseases. Black rice is a rich source of phytonutrients, which is a natural detoxifier and removes disease-causing free radicals from the body. Whole grain black rice bran remains intact, which is the storehouse of fiber in the diet. As fibre takes longer to digest, it ensures that the sugar in the grain is absorbed for a longer period of time, thereby maintaining normal blood sugar levels. Therefore, it prevents rising insulin levels and prevents type-2 diabetes. Black rice is a rich source of dietary fiber. The fiber in this diet ensures that you have regular bowel movements and prevents swelling and constipation. In addition, it can help treat gastrointestinal reflux disease, duodenal ulcers, diverticulitis, constipation, and several other gastrointestinal disorders such as hemorrhoids.

Black rice is naturally classified into the category of gluten-free rice such as other whole grain



rice. Gluten intolerance has now become a common problem faced by many in all parts of the world. Problems of gluten sensitivity cause similar symptoms in celiac disease including constipation, flatulence and diarrhea. The benefits of eating black rice are that the symptoms caused by eating gluten-rich foods such as all purposeful flour (flour), wheat, barley etc. are avoided. Black rice also has characteristics which are essential for weight control and weight loss.

Black rice can also be taken as a simple dish like white or brown rice. Since black rice is naturally boiled, it is suitable for sushi. Black rice can be used by making a variety of dishes.

Black rice does not have any

serious side effects but due to the rich fibre, it can potentially cause negative gastrointestinal effects such as swelling, gas, stomach disorders, etc. Therefore, you should consider your doctor before adding black rice to your diet, especially if you are someone who is upset stomach and often faces digestive issues. Therefore, keeping in view the advantages and disadvantages of black rice, it should be used in the right quantity as excessive use of any product can harm our health.

The above mentioned details are provided for general knowledge on the basis of information only. It is advisable to consult a doctor before using black rice in curing the disease.



(Review of the movie)

KOTHABOR

THE SILENCE OF THE SOUL

"Don't you feel eyes moving over your body, Clarice? And don't your eyes seek out the the things you want?"

- Hannibal Lecter, The Silence of the Lambs

By :

Dr. Dipsikha Bhagawati
Assam.

With a powerful, targeted exposition, a long shot frames an old woman, brooming the dry, pale yard. The constant sound of her coughing breaks the pervasive silence of the morning, making a get through line-up of the entire storytelling. The morning bears none of its generic disposition except those ailing dry sound, kind of wheeling premonition of the intended storyline - dry, sad, silent. Kothabor, a film by Keshar Jyoti Das portrays the lives of three characters living under the same roof. Different age, different outlooks, different perspectives towards life, but all three are rotating in their own axis like solitary islands. An old widowed woman,

her daughter in law and her grandson live in a very humble shade. The father is away from home and not a frequent visitor. The only thread of connectivity among them is the mobile phone. The film reflects the individual solitude of the characters through the collective discourse of non ability of inter personal communication, appearing in a pathogenetic method. Through minimal dialogues and more physical interaction and expression, Kothabor drags out the detachment of human beings at our existing universe while living even under a common roof. The college going guy confronts a break-up with his suitor. He wishes, "Wish our words could travel a little more road....", but fails to verbalize. Silence and survival has been a favourite theme of the twentieth century filmmakers who have excelled in transporting the

entire absurdism of a state of time into a solid dimension to exist as a projectable character. Films like-Silence and Cast Away powerfully depict the accute story of survival in a world of disappointment and psychic dissolution. People wait for a right time to speak out, but the time hardly meets with the expectations.

Kothabor - Far Away from Spring is like a monoseasonal world - melancholy and frustration born out of a unintended alexithymia is driving the trios like three parallel lines who can never meet at one single point, though journeying on a common surface. Some brilliant close shots mine out the overall motion of the film. The shots where two women sit in two different corners of the same house - the old woman in the varanda and the daughter in law in her room, a window in between like a physical divider is suggestive of the psychological distance amongst the three. All have things to speak, but they hardly come out of their self created cocoon. The teen lies on his haphazard bed, a sad slot of sunset slips on his face, he goes on ruminating on his possible separation and soliloquising, but that too remains silent deep down his heart. Throughout the film, 'silence' is felt as a metaphorical character that walks beside each of the protagonists - felt to be a controlling device of the time they're going through. The round off cinematography (frequently with some bokeh effect) greases the collective flow of the narrative. A serious work from a newbie, Kothabor - Far Away from Spring is an example of fixing substantial screentime to the entire three character he brings into. Though physical spring hasn't stepped into the lives of the protagonists, the effort to structure a film in a linear format of storytelling is well tuned to achieve a green flag for a next step.



TIPS TO FEND OFF FESTIVAL STRESS

By:

Dr. Nikhita Nagar

President- Being Caring Organization
Delhi.

Festivals are when women of the household have a tough time to balance the chores, preparations, relatives, family expectations and even their work. Let us tell you how to participate in festive revelry and keep your mental health in check.

www.mysticauramag.com

Women are known to be multitaskers. One celebration to others, they can handle all the planning and execution perfectly.

However little did anyone notice that women undergo huge stress and depression. Since working through the entire festivities, they hardly get time for themselves.

The festive season -it is not an easy time for women, especially working women to keep a balance of all things and main-

tain peace in life .Juggling office work with cleaning, decorating, socializing, preparing for the festival, making delicacies, and even organising the rituals, living up to the label of multitasking takes a toll on mental health.

During this time, we usually juggle multiple tasks such as last minute shopping, cooking festival meals, finalising travel plans, or meeting office deadlines before going on leave. While we do all this, we also have to navigate heavy traffic on the roads and teeming crowds in the market

and public places. All this can get chaotic and overwhelming for women and end up impacting their mental well being.

Expectations are very high

In a typical household, women, apart from meeting the challenges of a full time career, and expectations from work, being a full time mother, wife, daughter, or daughter in law can be a very daunting task.

Many women feel pressure to introduce culture to their children, which becomes celebrating festivals an added responsibility.

Expectations during festival season cause both physical and mental fatigue.

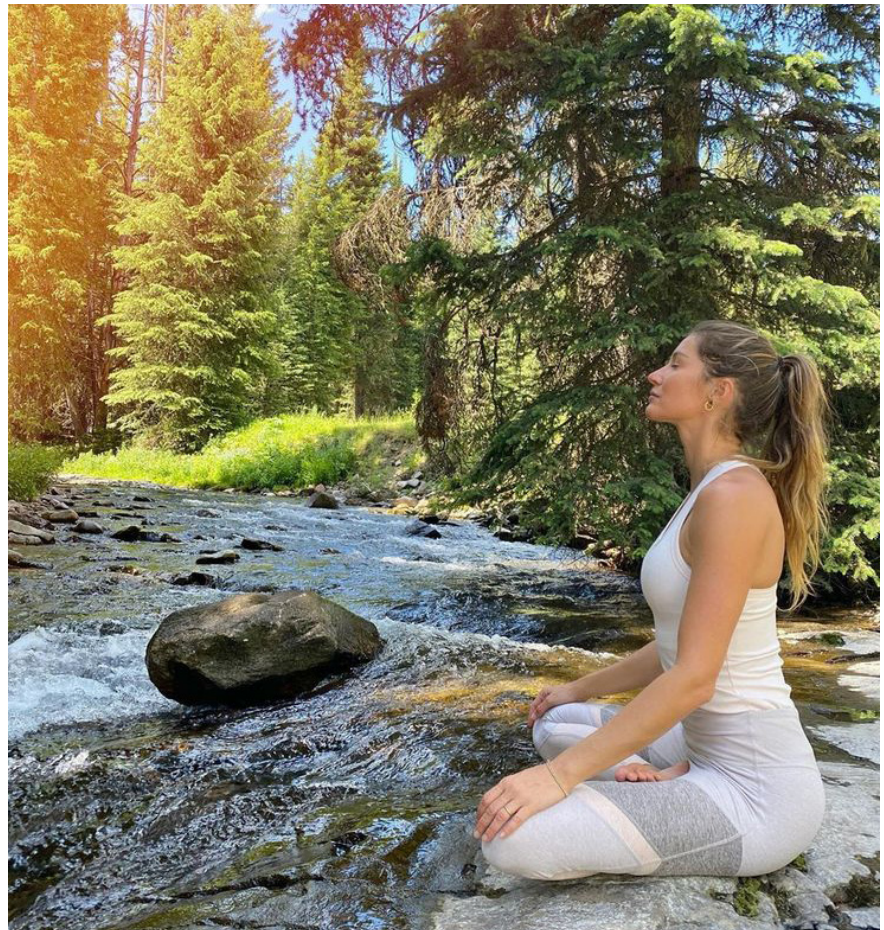
Women faces tiredness, fatigue, back aches, body aches, headaches, and other issues. And to this the responsibility to maintain a balance between work and family can create stress, and anxiety and if - things don't go well - build a sense of helplessness and worthlessness. Women from the age group of 25- 45 yrs specifically undergo a lot of stress due to work pressure from all spheres of their lives,

Which manifests itself in psychosomatic illnesses, conflicts in relationships, and other clinical symptoms.

I suggest you to practice several wellbeing techniques to " override the challenges with grace". A few tips to do that are :

Focus on the breath :

The best way to control stress and regulate stress response is



by practicing breath control. " give yourself a few slow breaths to regulate your nervous system and offer yourself kindness. Taking long, deep exhales and inhales can help you be more grounded in your body and connect to your best flow and performance. The best way to start is by practicing the 4-7-8 breathing technique.

- Breath in for 4 seconds.
- Hold your breath for 7 seconds.
- Release your breath, as you slowly count to 8.
- Repeat

Practice Meditation:

It is very important to practice mindful meditation to cope with

stress and mood swings. Meditation helps one to be calm, strong, and resilient and gives one the ability to cope.

Slow down :

It is important that women should slow down to relieve themselves of mental pressures that foster the capability to complete tasks effectively. Doing things one at a time help in completing the tasks more effectively.

Be kind to yourself :

It is important to be kind to one's mental health instead of feeling low and drained out.

And most importantly

Always be happy! And keep smiling.

THE WAVERING FLAME

Looking at the darkness outside,
I could feel you slip away.
The cancer in me slowly spreading all over.
Growth unwanted blocking each and every cell.
Slowly sucking the life out.
Those beautiful moments now a treasure in me.
I close my eyes just to have a glimpse of it.
It is all I can have it now.
Urge to relive those beautiful moments arose in me,
but the silent creeping cancer was winning slowly.
I put out my hand to search for the warmth once felt
but it was emptiness everywhere.

Monali Hazarika

FACE

Beneath the attractive visage
Emotions turmoil the heart
Behind the strokes of make up
Are stains of tears dried .
The face too easily gives away secrets of the soul
Those pain and hurt kept away from the world
The make up brush does wonderous trick
Fake smiles highlighted with powdered pink.
The red lipstick softly smeared on lips
Take care of the wound of a lingering kiss
The face is a showbiz of colourful glamour
Contoured perfectly to the day's flavour
Concealed and played up in light and shades
The world now clueless of the stories behind this face.

By :

Vijaylaxmi Sarmah

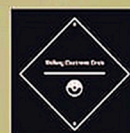


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