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MYSTIC AURA

MAGAZINE

BUSINESS

PROFESSIONAL
ETIQUETTES

2024

WOMEN
IN BUSINESS

AGE

TIPS TO MAINTAIN
YOURSELF

COLLAGEN
FOR HAIR, SKIN
& NAILS

**KANGKANA
CHAKRABORTY**

Cover page Photography
Kamal Barman

Ethereal Charm

Wrapped in enchanting dreams



HAPPY
NEW YEAR

Wishing you a sparkling New Year
filled with joy and success.

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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Editor's Note



The arrival of the new year brings with it a sense of anticipation and excitement with new hopes and aspirations of all people, that make a dream world to live in. We can turn this dream world into reality if all have the mindset to bring about a change. At the same time we must be thankful to the year gone by showering and blending our life with joy and happiness but ofcourse yes, we cannot ignore and deny the bitter and dark sides shades too. Still human nature always swings on the ray

of hope for a better tomorrow and a best year 2024 ahead. So let's all welcome the present and keep the good memories of the past and learn to accept the challenges and surprises that 2024 has for all of us.

Mystic Aura team is also all set to give our readers a better taste than the bygone years and make a difference.

This year's January edition covers the regular topics followed with an interview and the Aura pages of attraction. Hope all will enjoy reading.

Mystic Aura conveys heartfelt gratitude to all our esteemed writers who have been part of our journey.

Wishing A Fabulous New Year 2024

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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Parijat Nath

Model: Parijat Nath
Makeup and hair: Panku Hazarika
Photography: Kamal Barman



What's Ahead in 2024 for WOMEN IN BUSINESS

By:
Brian J La Cour
US

The landscape of business is ever-changing, and women are at the forefront of this evolution. As we look ahead to 2024, there are some exciting trends and opportunities for women in business that are worth noting.

Rise of Female Entrepreneurs

2024 is shaping up to be a promising year for female entrepreneurs. Despite wider economic

challenges, women-led businesses are showing resilience and optimism. The entrepreneurial spirit among women is thriving, with more women starting their businesses in diverse sectors, from wellness and beauty to technology and sustainability.

Women are leveraging their skills and passions to create businesses that not only generate revenue but also make a positive impact on their communities. The resilience and adaptability displayed by women-led businesses during challenging economic times are commendable and indicative of the robust

growth potential in the years to come.

Emotional Wellbeing and Hiring Trends

Another notable trend for 2024 is the increasing focus on emotional well-being in the workplace. Companies are recognizing the importance of mental health and emotional well-being for their employees and are integrating these aspects into their hiring and employee retention strategies. This development is particularly significant for women, who often bear the brunt of balancing professional and personal responsibilities.



As more women ascend to leadership roles, they're championing policies that prioritize mental health, work-life balance, and supportive work environments. This shift in corporate culture will not only benefit women but also contribute to healthier and more inclusive workplaces.

Funding and Support for Women-Owned Businesses

In addition to these trends, there is a growing support network for women in business. For instance, the Women's Business Enterprise National Council (WBENC) is hosting its national conference in 2024, offering networking opportunities, learning experiences, and avenues for growth for women-owned businesses. There is an increased focus on funding for women-owned businesses as well. Female entrepreneurs are increasingly successful in securing funding, which is a positive sign for the growth and sustainability of women-led enterprises.

Venture capital firms and investors are recognizing the untapped potential of women-led startups. In 2024, expect to see more investment flowing into businesses led by women, particularly in sectors where women entrepreneurs have been traditionally underrepresented, such as technology and finance.

Educational Opportunities and Business Ideas

Educational resources are becoming more accessible for women entrepreneurs, with numerous platforms offering business advice tailored for women. In 2024, women entrepreneurs can look forward to exploring innovative business ideas and gaining insights from other successful women in business.

The rise of e-commerce has opened up new avenues for women-led businesses. From niche service providers to fashion and beauty ventures, women are thriving in the digital marketplace.

Online platforms and communities provide women with the tools and knowledge they need to start, manage, and grow their businesses. They offer a wealth of information on everything from business planning and marketing strategies to navigating legal issues and securing funding. The digital marketplace offers opportunities for women to reach a global customer base and scale their businesses more rapidly than ever before.

2024 promises to be an exciting

year for women in business. With the rise of female entrepreneurship, increased focus on emotional well-being at work, growing support and funding opportunities, and a wealth of educational resources, the future looks bright. Women are not just participating in the world of business; they are leading it, shaping it, and driving it towards a more inclusive and equitable future. As we move forward, let's celebrate the achievements of women in business and continue to support their entrepreneurial journey.

Quote

"The price of inaction is far greater than the cost of a mistake. Embrace what sets you apart and remember, there are no secrets to success. It is the result of preparation, hard work, and learning from failure. As a woman in business, your success can illuminate the path for others. So, stop making excuses, pursue your passion, and remember: your financial security is just as important as your talent."





KANKANA CHAKRABORTY

Best actor female award

Indian actor Kankana Chakrabarty, currently residing in Los Angeles, known for her modelling, direction and acting, made a noteworthy appearance in Guwahati, gracing the NEFVTA International Film Festival with her presence. Accompanied by her two acclaimed films, "The Rose Garden" and "Malti," Kankana received the prestigious Best Actor Female award for her captivating performances in both the films.

During her visit, accomplished photographer and filmmaker Utpal Datta orchestrated two distinct black-and-white photoshoots, each illuminated by different light sources. The first, basking in natural sunlight, captured the raw essence of Kankana, while the second utilized artificial normal light, providing a unique perspective. Notably, there was no application of makeup or styling, allowing the authenticity of the actor's persona to shine through.

Mystic Aura is honoured to present a curated selection of photographs from these austere sessions, showcasing Kankana Chakrabarty in her truest form.





Aura Fashion

Model:

Mampy Sahariah

I am 26-year-old, height -5.7' basically from Mangaldai, ASSAM. As I am a fast learner I embrace challenges positively and love to seek every opportunity that life bestows upon me.

Makeup: Amrita Mandal
Wardrobe: cocktail_high
Photography: Nitu Kumar



Business Lunch Etiquette

Polishing Professional Presence

By :

Prasant Ghosh

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

When inviting your guest to lunch, give her/ him the choice of day and hour.

The restaurant, however, is your responsibility. Find out how

much you'll be allowed to spend, and ask your boss or co-workers which restaurants would be appropriate. Don't forget to make sure the location is convenient for your guest.

Many of the etiquette-conscious believe that business should never be discussed until the coffee is served. But you could start at least ten minutes after you have met.

Still, it's rude to empty your briefcase onto the table or expect your companion to do a lot of reading during the meal. If she

will have to peruse more than a few pages, make sure there's room for him/ her to do it easily.

While you're talking business and during the entire meal – avoid jiggling your hands, knees, or feet. You want to convey calm confidence and professionalism. Keep the conversation little and moving. Don't be lazy- act, laugh, make it work.

If your waiter is not attentive, get up and tell the maitre d' you need better service. If your guest's dish arrives in a sea of grease, or is over or un-



dercooked, apologize to your companion and ask the waiter to take the entrée back to the kitchen. Do not pick up the steak with a fork, hold it up to the light, and let it bounce back on the plate. Do not complain loudly to the waiter, or stomp out of the restaurant. If you are already seated when you're dining companion enters the restaurant, it's good manners to stand up and greet him/her. Shake hands and offer her/him a seat. Try to sit opposite your guest for the best eye contact, and don't place her facing a distracting mirror - you want [and need] all of him/her attention. Always stand up and greet a person older than you.

The check

The biggest test of business - lunch ease is how you handle the

check. I've known some people who stare at the bill as if it were a disease. Others will grab it jealously, pressing it against their chest as if it's their most cherished possession.

Wherever it lands, pick it up quickly, but do take some time to look over the figures; then place your credit card on top of it. Don't spend too much time counting, however or your guest

will feel awkward. When the card comes back to you with the receipt, add the tip and fill in the total.

If you fluster easily at calculations, you may want to write 'please take twenty percent' on the check and give it back to the waiter to add up. This is also good time to offer him/her business card.





Forgive Yourself

Becomes a Question!

By :

Vanessa Jacqueline D'cruz
Chairperson (LOANI)
Singapore

This title may seem a bit unforgiving because it may sound superficial. We are humans, we make mistakes and learn from them. It is part and parcel of life. Our mistakes and failures are what help us to build our characters to be stronger and better in life.

I have made a lot of mistakes in my life. Some severe, some less. Some have forgiven me and some have not. However, do I put myself down and wallow myself in self-pity? Once upon

a time, I used to do that. I could not forgive myself and felt my life being stagnant. Life and time wait for no man. As you wallow in self-pity, everyone else is moving forward but you will be left behind. With some pieces of advice from my friends, I decided to forgive myself and move on. Whether those who have not forgiven will forgive me in the future, I will never know but I will continue to carry on with my life and achieve my goals.

Life does not come with a fool-proof manual. We are not perfect. Not being able to forgive oneself seems to me to be rather ridiculous. Most of us are living the best we can. Making mistakes is not life and death but it does not cover all mistakes. A

surgeon's mistake while operating on a human being can cause life and death. A wrong medical prescription can cause severe undesirable effects. However, most of our mistakes can be learned.

If you learn to forgive yourself, you can be a much happier person. If you do not and keep harboring all the mistakes that you make, you can cause yourself to go into depression. Self-doubt occurs. Your self-esteem goes down the drain. Your personal, social, and family life will be affected. You can become a recluse. Do you want that in your life? I know that you will not want that.

When you forgive yourself, you can laugh at your mistakes and tell yourself what an idiot I was. Seat back and reflect on your past mistakes. How many of your mistakes are laughable? If they are, ask yourself why you worried about them so much. If you know that many years down the road you will be the laugh at them, would you even stress yourself about them? Therefore, for the upcoming mistakes that you are going to make. will you hold them to your dear life and never forgive yourself? Do some reflection on these thoughts.

While no one enjoys making mistakes, there is something very freeing about learning to accept them. When we do, we can forgive ourselves, thus erasing all the stress that usually results from badgering ourselves. Therefore forgive yourself and be human.

AURA Photography

Traditional (South Indian)

Model /Actress
AKSHITHA SATHYANARAYAN

Photography
SATHYA VAGALE
Bangalore

The beauty of South Indian style is deeply rooted in its vibrant tradition, the colorful silk sarees adorned with intricate gold zari work. South Indian aesthetics reflect a harmonious blend of tradition and grace that is loved by all.



FACE of the MONTH

The very handsome model from Jharkhand

Avijeet Pandey



1. Tell us in brief about yourself.

- I am Avijeet Pandey, from Garhwa, Jharkhand. As regards my education career I pursued my studies till 12th standard but due to some personal problems in my family I couldn't continue my studies further. As from childhood, I have nurtured a profound passion for a career in modeling and so then later I decided to step in fashion and as time scrolled by I am a professional runway model now.

2. How did you get to where you are today?

- My journey to my current position has been fueled by unwavering dedication and persistence and over all blessings of God and senior has always made my belief stronger and reach my goal.

3. How would you describe your personal style.

- I believe in setting trends and infusing a unique touch into current fashion trends. By doing so, I strive to create a distinctive style that stands out. Embracing innovation and individuality, I aim to leave a lasting impression and inspire others to express their own creativity.

4. What inspired you to come to fashion?

- As a child, I drew inspiration from my mother and she ignited my passion for fashion. Later after grooming I got an opportunity to walk for the very popular designer in Mumbai and my next show with the Dipankar Kashyap and so on the next.

Since then, I have always aspired to be a part of this creative world where attitude, pose, expression and walk marks fashion in a broad way.

5. Three points in short that describes you the best.

- I am very much dedicated, well organized and detail - oriented with strong communication skills.

6. Being a runway model, what are the important points that one needs to follow up to keep the flow going?

- To ensure a seamless runway flow, models must maintain consistent pacing, creating harmony that allows the audience to appreciate designs without distractions. Mastering posing and transitions is important. And last but not the least, one must know how to keep in coordination with other models on the ramp and stay attuned to the rhythm of the show.

7. What do you love to do besides modelling?

- My interests include playing the guitar, engaging in physical activities and reading books. These activities give me joy, help me stay fit and expand my knowledge.

8. What are your future plans?

- As a runway model my aim is to grow in the fashion industry. My plan include working with renowned designers, participating in global fashion weeks and becoming a brand ambassador. I want to collaborate with fashion houses and establish my own personal brand as a model.





IMAGINARY SIDE OF A CHILD

How it can be trained

By :

Manikangkana Devi.

Writer/poet/artist/translator.

Imagination is a familiar experience of a person's mental actions. Imagination is the act of inventing a new feeling or thought to satisfy one's mind by making some elemental changes to the representation of real experience. A child's imagination is a strange experience of mental life. Imagination bridges the gap between the child's outer world and the psyche, between biological and inert world, creating a rift between

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reality and unreality. The desires, interests, instincts, hopes, emotions and feelings of the child's mind are also expressed through imagination. Fantasy at times gives the child the pride and joy of victory by giving them the role of height. At some point in time, it creates a sense of fear, anxiety, panic and terror and compresses the child's behavior. In some cases, the child's imagination takes a spontaneous form and provides enthusiasm and physical as well as mental strength. Again, sometimes it encourages children to lie by eliminating the gap between unrealistic and true- untruth.

The child's imagination is a special





tool in terms of proper mental development. Although imagination has some ill effects on the child, the need for it cannot be ruled out in view of the overall development of the child nature. Imagination gives the child a sense of joy, excitement, self-blown expression and a tendency to grow. The question of how the child's imagination can be developed in its constructive way is worth considering by all of us.

Sports are an easy medium of expression when it comes to training imagination. Group sports are particularly encouraging at the primary and pre-primary stages. The education scheme can be incorporated by inventing symbolic games of some real activities

of the child's future life. Such a scheme can make the fictional side of the child accurately realistic. Handwork, such as clay or sand work, paperwork, bamboo-cane work, etc., has a special role to play in shaping the imagination of the child in the practical direction. Children can effectively apply the imagination of the mind when they care for their hands and shape a new thing. It is common to see that if a child given a toy for play, he plays with this for some time and then tries to break the toy and rearrange it. In addition to the child's natural curiosity instincts, an indication can be found to put his constructive imagination into action.

Imagination can be easily aroused

through colours and lines. It is because of a child's love to draw pictures that he can easily express his feelings and imagination with the help of colours and lines. In this direction, arranging planned teaching for the child from an early age can bring abstract thoughts and fantasies into the picture. Again, the description of the extraordinary activities of the biographies of the great men naturally attracts the child. He imagines shaping his life and activities in such a way. It is worth mentioning here about the influence of the ideal characters of Ramayana, Mahabharata.

The application of music, dance, rhythm, etc. can also provide proper training to the child's imagination. We naturally find a pleasure in expressing the imagination of the mind through melody, body parts movements and gestures and rhythms. Music dance is a superior artistic attempt to make the feelings and imagination of the mind a reality. This tendency of the child nature to manifest itself through rhythm, melody and rhythm can be seen. Therefore, a systematic education system can be awakened to make gestures to the rhythm of rhythmic songs.

Efforts should be made to make the imagination of the child an indicator of the subtle nuances from an early age. Children should be directed in the necessary directions so as to make subtle judgments of their own feelings and imaginations and to feel the gap between the beautiful and the ugly. Through this, children cannot be made artists, but they can be made skilled and interested in arts.



BLENDERS PRIDE GLASSWARE

Beyond Horizon 2023

By:
Mystic Aura report

Conceived by the creative mind of Dipankar Kashyap and executed by Meera Enterprises India under the ownership of Rakesh Sharma, the Beyond Horizon initiative unfolded its grandeur on December 12th, 2023, at the esteemed Town Club in Guwahati.

This event, dedicated to the late Gagan Joshi—a versatile talent in music, lyrics, and fashion—served not only as a celebration



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of his life and legacy but also as a platform to raise awareness about brain tumors. The evening seamlessly blended music and fashion, offering a captivating display of talent and creativity.

The musical segment featured soul-stirring performances by Nihar Kashyap and Delight Sun Dawka, treating the audience to a repertoire of romantic songs and gazals. The atmosphere resonated with Gagan Joshi's spirit, crafting an emotional and unforgettable experience.

Fashion took the spotlight with renowned designers unveiling their collections. Guwahati's Pinki Hazarika Banerjee wove magic with Sarees, Kaftans, and Mekhla Chadar. Delhi's Rajdeep Roy presented a mesmerizing men's collection inspired by the rich craftsmanship of Rajasthan. Mumbai's Rajshree Choudhary showcased her expertise in Mekhla Chadar, and Bengaluru's Geeta Ramachandran dazzled with "Geethu's Gravity," a line of

red carpet wear.

A special touch was added by young designer Hanna, collaborating with Ms. Trans NE, featuring the winners and finalists of the 2022 and 2023 editions of



Miss Trans NE walking the ramp, celebrating diversity and beauty.

The event was graced by Prashant Mane, CEO, and founder of Vihana Fashion and Bridal Runway Week, as the Guest of Honor. Official partners included Blenders Pride Glassware, presenting sponsor; Team Morning Star, magazine partner (Mystic Aura magazine), Dehing Patkai Tea, gifting partner; Mafiz's Makeover Studio cum Academy, responsible for makeup; and support from Vihana Fashion and Bridal Runway Week.

A lineup of 30 models from Guwahati, Kolkata, Mumbai, Bengaluru, and Delhi graced the ramp, with showstoppers Ms. Malashya Kashyap – Northeast Diva 2019 & Miss Universe India finalist 2019, and Ms. Saundarya from Bengaluru – Miss Globe India.

Behind the scenes, the event came to life through the efforts of a dedicated team, led by of-



Official stylist Ajan Akash Baruah (Tiktik), show choreographers Sanju Ray and Kakoli Tamuli Chowdhury, show consultant Medha Saikia, DJ Rup, and inclusivity consultant Palash Borah. The production was spearheaded by Dilip Burman and his team, while Swapanjit Borkakoti captured the moments through photography and Sapunjyoti Rajkhowa handled videography.

The star-studded affair drew the who's who of Guwahati, adding their charm to an already glamorous evening. Beyond Horizon not only paid homage to Gagan Joshi but also stood as a testament to the influential blend of art, fashion, and music in creating unforgettable experiences. This groundbreaking initiative was spearheaded by the acclaimed fashion choreographer, stylist, director, and producer, Mr. Dipankar Kashyap.



AURA Photography

The radiance of a mature soul shines brighter than any fleeting physical allure. As time gracefully unfolds, beauty is enhanced in being positive and vibrant.

Model & MUA: Marium (Denmark)
Photographer: Kenneth Kisbye (Denmark)
Retouch & Compositing by Kenneth Kisbye

AGE IS JUST A NUMBER

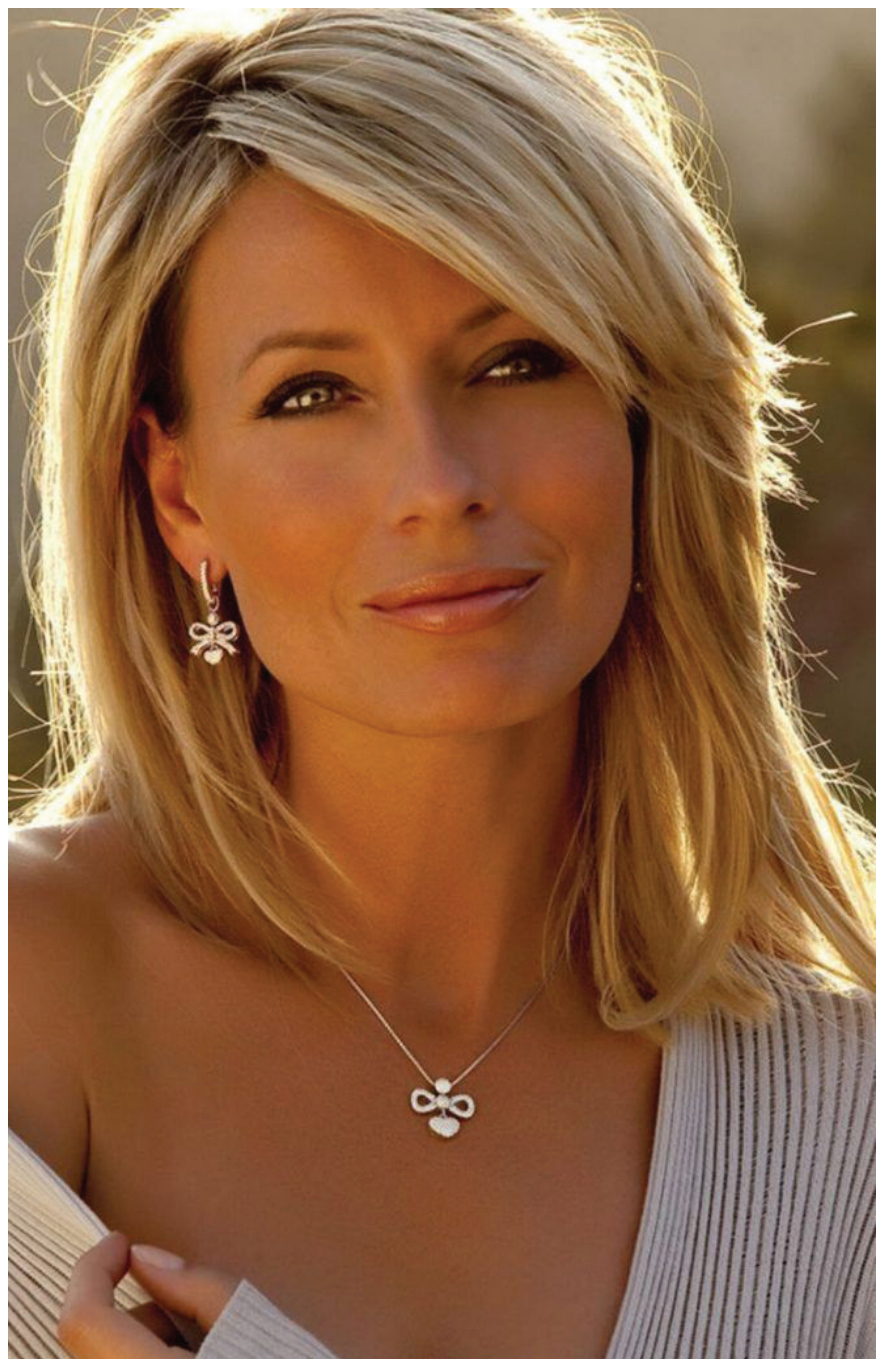
Tips to maintain the BALANCE

By:

Saynash Agrawal
Delhi

Age is often considered a significant factor in our lives, determining our milestones and expectations. However, when approached with the right mindset, age becomes nothing more than a mere number. It is not a limitation, but rather an opportunity to embrace life with wisdom, vitality, and purpose.

To maintain our age gracefully, it is essential to prioritize our physical, mental, and emotional well-being. Physical health plays a crucial role in our overall quality of life. Regular exercise, a balanced diet, and sufficient rest are key factors in maintaining



optimal physical fitness. Engaging in activities we enjoy, such as swimming, hiking, or dancing, not only keeps us physically active but can also be a great source of social interaction and mental stimulation.

Alongside physical well-being, cognitive health is equally important. Engaging in activities that challenge our brain, such as

puzzles, reading, or learning a new skill, helps keep our minds sharp and agile. Continuous learning fosters a sense of curiosity and adaptability, allowing us to stay intellectually stimulated and open to new experiences.

Equally crucial is nurturing our emotional well-being. Building and maintaining meaningful re-



relationships with family, friends, and our community is vital at any age. Social connections provide emotional support, a sense of belonging, and opportunities for personal growth. Engaging in hobbies, joining clubs, or volunteering can also help us stay connected and contribute to something larger than ourselves.

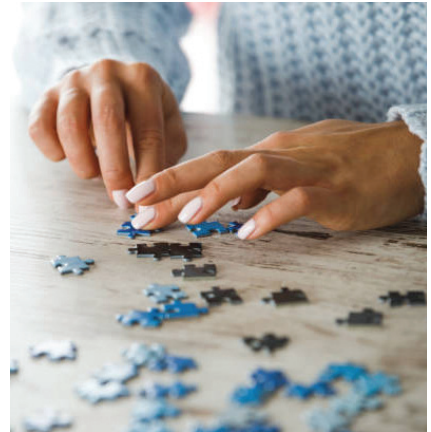
Moreover, a positive mindset and perspective are instrumental in maintaining age as just a number. Embracing change, accepting limitations, and focusing on gratitude are essential elements in the journey of aging gracefully. Celebrating our achievements and accepting our imperfections allow us to develop self-compassion and find joy in the present moment.

It is important to remember that age is not a measure of worth or

capability. Society often imposes stereotypes and expectations on individuals based on their age, but these should not define us. We are capable of accomplishing great things throughout our lives, regardless of our age. Dreams and aspirations do not have an expiration date; they can be pursued at any stage of life.

Furthermore, maintaining a sense of purpose is crucial in defying the limitations often associated with age. Identifying and pursuing meaningful goals can help us stay motivated, engaged, and fulfilled. Whether it is starting a new career, learning a new language, or making a positive impact in our community, having a sense of purpose keeps us eager to embrace each new day.

In conclusion, age is just a number when we choose to prioritize our physical, mental, and emotional well-being. By



maintaining a healthy lifestyle, nurturing relationships, staying intellectually stimulated, and embracing change, we can defy societal limitations and live life to the fullest. Age should not hinder us from achieving our goals or pursuing our passions; it is merely a framework in which we continue to grow, learn, and thrive.

Let us approach each day with optimism, knowing that age is simply a number on the journey of life.





COLLAGEN

For Beautiful Hair, Skin And Nails

By:

Dr Dipikaa A Bhatia

Director BBEHEALTHY, The story of colours and Founder Aas Ek prayaas NGO. Delhi

So these days you all heard about collagen or collagen supplements. So What is collagen?

◆ Collagen is the most abundant

protein found in our bodies and is extremely beneficial to all aspects of beauty and health. It is found in the bones, muscles, skin and tendons and makes up one-third of the protein found in the human body. It is the substance that provides structure and strength to the body and holds the body together.

There are two types of collagen in the body:

◆ Endogenous collagen: Endogenous collagen is naturally present within the body and it is

synthesized by our bodies itself.

◆ Exogenous collagen: Exogenous collagen comes from sources outside the body, like from the food we eat or collagen supplements.

◆ **Symptoms of collagen deficiency:**

As we grow older, collagen production depletes. That's when we will start finding ourselves experiencing symptoms like –

- * Premature signs of aging
- * The skin will begin to look dull

and lifeless with the appearance of wrinkles and fine lines

* Weakened muscles and poor bone density lead to joint pains, stiffness and inflexible joints, and increased injuries

* Dry skin, brittle nails, formation of cellulite, thinning of hair, pigmentation, varicose veins

Benefits of collagen:

SO Collagen is very essential for skin health as it can strengthen the skin and can promote skin elasticity and skin hydration. It can help prevent premature signs of ageing like wrinkles and fine lines.

* Collagen is a structural protein that can provide structure to the arteries. The arteries are important as they are blood vessels that carry blood from the heart to the rest of the body

and therefore, collagen will help strengthen the arteries and maintain heart health.

It can additionally help increase the levels of good cholesterol and in turn reduce the risk of developing heart conditions.

*** Beneficial to joint and bone health:**

Collagen can help maintain good joint health and reduce the risk of developing joint degenerative disorders like osteoporosis and osteoarthritis. It can also help reduce joint inflammation and reduce bone loss, by strengthening the structure of the bones.

Other benefits:

Improved hair health: When collagen production is stimulated, it can help enhance hair growth.

Improved nail health: Collagen

will help reduce nail brittleness and breakage and improve nail strength, glowing skin

Foods that can boost collagen production:

Those who consume the right kinds of collagen-rich foods, do not require to consume collagen supplements.

Glowing skin Chia Water Recipe

Here are some collagen-rich foods.

Fruits like – citrus fruits, tropical fruits like guava, kiwi, pineapple, avocado, mango

Vegetables like – garlic, leafy greens, beans, tomatoes, bell peppers

Other foods like – bone broth, egg whites, chicken, fish and shellfish, berries, flax seeds





Nuts like – walnuts

VERY EASY

collagen-boosting recipes to make at home:

Collagen drink:

2 tbsp dry roasted buckwheat flour

2 tbsp pumpkin seeds

½ cup mango pieces OR pineapple pieces

½ cup kiwi

Water

Add

Into a mixer grinder, add in all the dry ingredients and grind into a fine powder. Then add in the fruits with little water and

blend until it becomes a smooth runny consistency. Pour into a glass and it is ready to consume.

You will need:

25 grams pumpkin seeds – (rich in glycine)

25 gram roasted soy beans (rich in proline)

1 tbsp amla/ indian gooseberry powder (rich in vitamin c)

50 grams dry roasted oats

1 tsp turmeric (rich in antioxidants)

25 grams of dark chocolate or cacao powder (rich in copper)

Method:

Into a mixer grinder, add in the ingredients, and grind into a fine powder. This powder can

be stored in a container. You can add 1 tbsp of this powder to warm water, in your smoothie or juice or warm milk, to consume.

Caution:

Collagen supplements are generally considered safe, but certain people may be allergic to the products used in the supplement. Therefore, check the label for the ingredients before buying the supplement or consult your doctor to get a proper supplement recommendation.

Onion juice is best for collagen production you have to take two onions juice and consume daily empty stomach in morning .even you can apply on scalp or on skin directly too.

AURA
Photography



"A quiet
smile
exchanged
between
kindred
spirits
speaks
volumes
without
words."

Model: Tina Bokalia
Photography: Swapnojit Borkakoti
Makeup: Mamoni Deka.



Film critics launch much-needed International Student Film Festival

By :

Dr. Dipsikha Bhagawati

Film Critic, translator & creative writer Member, FCCI ASSAM

Children are the future of the arts and heritage. It is therefore important that they be given wide cultural exposure from a tender age. And film festivals are a great

place for this. In India, though, the major film festivals neither have a specialized section for children nor allow them entry into the screening hall. “Why are children in other film festivals effectively being discouraged from watching good films?” 12-year-old Zee Rishtey Award winning child actress Kaurwakee Vasistha wants to know. She was the youngest panelist at the recently-launched Mumbai International Student Film Festival (MISFF),

organized by the Film Critics Circle of India (FCCI) and the Cinema Society of India in association with the KES Shroff College of Arts and Commerce. Kaurwakee was both surprised and elated when she was told that she may sit along with the other students and watch films. For, even though she has been a child actress since the age of 3, none of the top film festivals ever allowed her an entry. Three awards were conferred at MISFF. Jury

member Monita Borgohain, the director of the Bhupen Hazarika Regional Government Film and Television Institute, commended Luiza Budejko's Resurrection (Poland), winner of the Best Short Fiction Film award, for the sensitive manner in which the director portrays how a child processes trauma and comes to terms with loss in her own apparently naive but efficacious way. Aneta Bussold's Summer 43 (Poland) won a Jury Special Mention. Daniela Rogobete (Romania) and Vijay Sharma were the other two short fiction jury members. The award for the Best Documentary Film was conferred upon Himanshu Tomar's Waves. Jury member Ratan Sil Sarma, an award-winning film colourist and film editor, lauded the documentary for its "raw, visually stunning canvas soaked in beauty and

realism." Alvaro Turrion (Spain) and Amartya Acharya were the other two documentary jury members. FCCI is a body of film critics, essayists, academicians, authors, and festival organizers from all over India, founded over a decade ago, with the primary objectives of creating a dialogue between filmmakers and film critics, and encouraging the appreciation of good cinema. Apurba Sarma, Utpal Borpujari, Darshana Goswami, Utpal Datta, and I are the members from the Assam region. Over the years, the Society has been setting up panel discussions and instituting awards at films festivals such as the Chalachitram National Film Festival, in Assam; the Kautik International Film Festival, in Uttarakhand; the SIFFCY and Diorama festivals in Delhi; the Indian Film Festival of Toulouse, in France; and the Cincinnati

Indian Film Festival and the New York Indian Film Festival, in the US.

MISFF was instituted, says festival director Christopher Dalton, "to offer a specialized platform where youth may continuously broaden their cultural understanding, appreciate cinema, showcase their work, and interact with film industry professionals." Accordingly, the 2024 edition is designed to be a year-long event that would take place at various schools and colleges spread across the city. In this age when film study has finally arrived as a popular subject in the classrooms, there is promise that the Festival as well as its companion magazine, youthAuteur (yA) would grant young minds a space to voice their ideas and stride intelligently into the future.



Aura
Northeast

Manipur

Model:

Manika Sinha



HER JEWELLERY

Your birth from her imagination is beautiful.

My eyes touched you

And emotions flowed in.

You are just not a metal with colourful stone attire.

You are her emotions, her feelings, her poetry.

When it touches a woman's flesh it is cold.

Slowly it embraces her and warmth flows.

It is like a flame and dance of colour and movement starts.

Giving life to the metal and stones.

Creating beautiful stories of her imagination.

Each of her jewellery is a silent poetry.

It is her jewellery.

Ready to be someone's beautiful story.

By: **MONALI BHUYAN**

Aura
New Face



Regina Narzary,

currently pursuing her studies in Assam Agricultural University, Jorhat. At the age of 20, she holds a strong conviction in embracing life to its fullest and treating every living being with kindness and compassion.

Adventures ignite a fire within her and she finds solace in exploring the unknown. For her, music is not just a form of entertainment, it is a pathway to discover her innermost self, a reflection of the soul. Often, she finds solace in singing, using the power of music to alleviate her worries and find peace within.

Driven by a deep passion for personal growth and making a positive impact in the world. Through her studies in Agriculture, she aims to contribute to sustainable practices that would promote the well-being of both human and the environment. By combining her love for adventure, music, and kindness, she aspires to create a meaningful and fulfilling life that would leave a lasting impression on those around her.

Aura New Face

Swapnil Nazir, a 22-year-old student at Assam Agricultural University, is not only dedicated to his studies but also possesses a deep passion for arts. Besides his academic pursuits, Swapnil finds solace and joy in the realms of drawing and photography. His artistic talents allow him to capture the beauty of the world through his lens and express his creativity on paper. He harbors a great desire to become a skilled actor, driven by his love for acting and the ability to bring characters to life. With a fervent dedication to his craft and an unwavering determination, Swapnil is actively working towards turning his dream into a reality. Through exploration and travel, he seeks inspiration and experiences that will shape his artistic journey and contribute to his growth as an actor. Swapnil Nazir is a young individual with immense potential, poised to make his mark in the world of acting and leave a lasting impression on audiences.





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