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MYSTIC AURA

MAGAZINE

**FENUGREEK &
CUMIN SEEDS**
BEAUTY SECRETS

FASHION SHOW
DESIGNERS CREATIVITY

FACEBOOK LOVE
VALENTINE'S DAY

ADD COLOURS
LIVE LIFE

IYENGAR YOGA
IT'S STYLE PRECISION,
SEQUENCE AND USE
OF PROPS.

Cover Page Photography:
KAUSHIK BRAHMA

Subtly Stylish

Fashion for Every Occasion.

Red-language of the heart

2024

Editor's NOTE



February, the month of love is a wonderful opportunity to celebrate love in all its forms. Whether you're in a romantic relationship, surrounded by family and friends, or simply enjoying your own company, it's a day or a moment to cherish the love and kindness that surrounds us every day.

Love and laughter shared with our friends, the warmth of a hug from a relative, the joy of giving and receiving, and the small acts of kindness, are simple elements that brighten our day and strengthen our bonding with one another.

Mystic Aura also tried to keep the aura of love in this issue with the regular topics followed up by our Aura pages of attraction .

**Happy Valentine's Day.
May this day serve as a
reminder that love is a gift
meant for all.**

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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ON THE COVER

Saayna Shor

Very gorgeous and admirable

A model, actor, and singer. It's inspiring to know that she pursued her dream of being a model and being supported by her family and encouragement and guidance from her mentor, Shri Prashant Ghosh. Saayna has diverse interests such as singing, gardening, and traveling. Her achievements including the PRERANA AWARDS 2022, "Axom Jyoti Award" in 2023, "KALASHREE AWARD, 2023," and the "Beautiful Eyes" title in the King, Queen, Princess, Kids India International 2023 pageant. It's impressive that she was also successful in winning the 1st runners-up title in Ms & Mrs Global Universal '23 and the "Mrs Elegance" title in the same beauty pageant held in Nepal. Additionally, receiving the North East Excellence award'23 from Sagarika Film Entertainment is a remarkable accomplishment. Saayna's future plan is to establish a training and grooming institute for underprivileged girls who aspire to enter the fashion industry is truly commendable. It's a wonderful initiative to provide opportunity to the poor girls who are struggling enough and have a desire to be a model but can't fulfill their dreams for financial problems.

Photography: Kaushik Brahma

LOVE IS IN THE AIR

You were never a stranger to me.
It was dawn.
Your voice touched my ears,
And my soul was not mine anymore.
It was tuned to the strings of your heart.
The music of your heart mingled with mine and my
soul was yours,
I was intoxicated with the tune of love.
My hands wrapped around you,
And a sweet warmth embraced me.
I knew it was love.
A never ending journey of love.

By:

MONALI BHUYAN

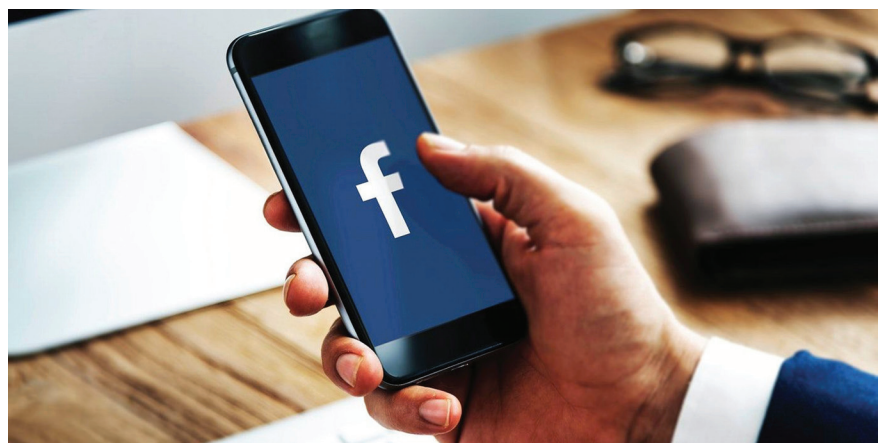


VALENTINES DAY

Love grows rapidly among youngsters and relations are on as Facebook has made it easier.

By:
Nishant Chhabra
Delhi

Valentine's Day is a special occasion that celebrates love and affection among individuals, particularly





among the younger generation. Over the years, this day has gained significant popularity, and relationships have flourished as a result. One contributing factor to this growth is the role that social media platforms, such as Facebook, play in making it easier for individuals to express their feelings and choose their partners.

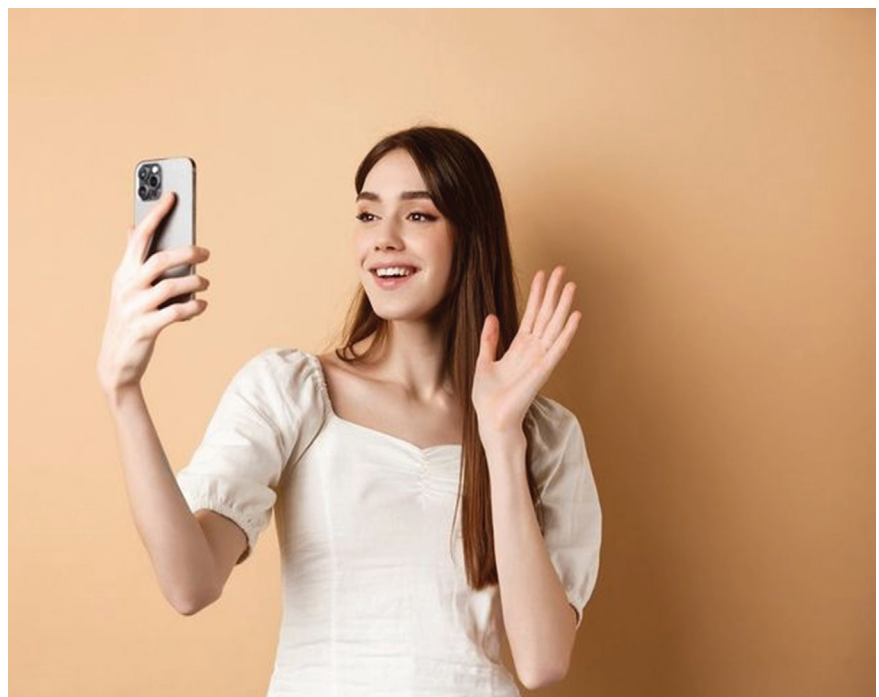
With the advent of technology and the widespread use of social media, the way people interact and form relationships has undergone a significant transformation. Facebook, being one of the most popular social networking platforms, has played a crucial role in this process. It has provided a convenient and accessible platform for individuals to connect, communicate, and express their emotions.

One of the ways Facebook has made it easier to choose a partner is through its extensive user base. With over billions of active users worldwide, the platform offers a vast pool of potential partners. Users can explore profiles, view shared interests, and

get to know each other through posts, photos, and messages. This allows individuals to make informed decisions about whom they want to pursue a relationship with.

Moreover, Facebook's advanced algorithms and features have further facilitated the process of finding a compatible partner. The platform utilizes natural language processing and machine learning techniques to analyze user preferences, interests, and interactions. Based on this data, Facebook suggests potential matches, making it easier for individuals to find someone who shares similar interests and values.

Additionally, Facebook's messaging and chat features have revolutionized the way people communicate and express their feelings. Gone are the days of writing love letters or wait-





ing for phone calls. With just a few clicks, individuals can send heartfelt messages, share photos, and even have video calls with their loved ones. This instant and constant communication has strengthened relationships and allowed couples to stay connected regardless of distance.

Furthermore, Facebook's event creation and sharing features have made planning romantic outings and surprises much simpler. Users can create events for special occasions like Valentine's Day, invite their partners, and even share their plans

with friends. This not only adds excitement and anticipation to the celebration but also allows individuals to showcase their love and commitment publicly.

However, it is important to note that while Facebook has undoubtedly made it easier to choose a partner and express love, it is not without its challenges. The digital nature of relationships formed on social media can sometimes lack the depth and intimacy of real-life connections. It is crucial for individuals to maintain a healthy balance between their online and offline interactions, ensur-

ing that their relationships are built on genuine emotions and personal connections.

Facebook, with its extensive user base, advanced algorithms, and communication features, has played a significant role in making it easier for individuals to choose their partners and express their love. However, it is essential to approach online relationships with caution and prioritize genuine connections in the pursuit of lasting love and happiness but the fact is very rare, people rarely find true love and trust in such Facebook relations. We can't even deny the fact even yes many have maintained a successful relationship too.



VALENTINES DAY SPECIAL

Model : Saayna Shiv | Photography: Kaushik Brahma | Makeup : Sushant Mandol

"Love is something eternal, the aspect may change, but not the essence."



ADD COLOUR to YOUR LIFE

By :

Prasant Ghosh

The writer is a fashion designer and choreographer and can be contacted at www.prasantghosh.org

Add some colours with strength so you don't fade away to nothing. Choose and discard colour according to your colour of your skin. Colour can really affect the way you feel. It can affect our health and even change your

personality. It can also alter the way people feel about you.

Avoid wearing black too close to your face. This will instantly enhance all of your facial lines and age you immediately. It will also fill in lines with dark shadows and make you appear much older than you are.

For example, if you were faced with two people, one dressed in brightly coloured clothes and the other in dark browns or greys, the chances are you'd want to make more conversa-

tion with the one dressed on bright clothes. You instantly assume that the one dressed in bright is the life and soul of the party. Scarves with a splash of colour will give you an instant lift.

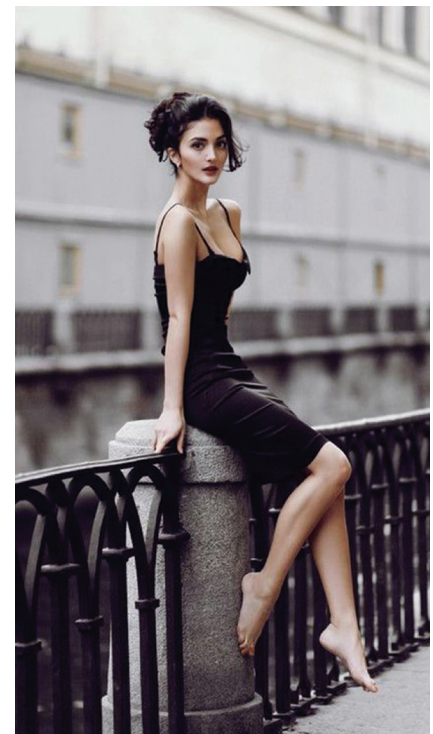
To prove it, let's take five colours, and analyzed what they say about you...

Purple-

Purple is regal and dignified, the colour for people who love to look smart and sophisticated. Wear purple and you'll be full of confidence. For accessories go for gold for that really Glam look.

Red-

Red is exciting and stimulating. Truly the colour for extroverts. It's a colour that makes you feel bold and able to tackle anything. It's just the colour to wear at parties to make you the centre of attention.



Blue-

Wear pale blue if you're in a mood to unwind and relax. Blue is a very soothing colour because its association with water. Relax in a baggy jacket and tube skirt, the perfect casual outfit.

Yellow-

Team yellow with orange, a great colour combination that'll make your outfit something special. If you're taking an exam wear yellow because it meant to increase the brain power; it's also meant to be a sunny and cheerful colour.

Green-

Green is meant to be one of the most relaxing colours to look at. It makes us feel tranquil. It's also the colour to wear when dealing with a tricky situation.

Apart from colours for clothes, colours are chosen for accessories and make up too. Accessories are generally chosen in the same shade as the outfit and make up as the skin tone.

Most Indian women have dark hair and eyes and skins that Range from fair to olive to brown. So more often than not they go for shades of red, black, pure White, violet, bright blue and a bright pink.

What colours would suit an Indian women the best? There is no doubt that woman in our country look best in maroon or almost brick red colour. This maybe reason why red is always worn by brides apart from it being the symbol of happiness.

The other colours are emerald

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or a very fresh green, a bright pure white. Black only suits those with a fair skin. Here's a list of colours for different skin types which should and should not be used.

For fair skin.

Use pure white, red grey, black, all shades of pink, navy blue, spinach and emerald green, purple and violet.

Do not use; brown, orange, gold

beige.

For dark skin.

Use- Red, pure white, fuchsia pink, aquamarine, grayish blue, deep orange, silver, dark mauve and fresh green.

Do not use;

Black, brown gold and light orange. How do you access the advantages and disadvantages of wearing the right or wrong

colours?

The Right colour adds radiance to your face lifts contours of the face, makes the eyes sparkle and makes one look younger. In contrast the wrong choice of colour dulls your complexion, accentuates lines and wrinkles hardens facial features and overshadows the face.

But how do you go about choosing one. The best way would be to hold the fabric against your face and you will know at once whether that is the correct choice, because it will bring a glow to your skin. Appropriate

choice of colour is the most important thing.

Accessories

The accessories you choose are also important for highlighting your appearance. Go for fresh clean glasses. Keep an eye on the plastic nose pieces of your glasses as they can start looking old and dirty before too long. It costs very little to replace them and keep your glasses looking fresh.

Wear fine metal framed glasses. These will give you a more modern and lighter younger look.



Dispose of all chunky, plastic framed glasses. Heavy plastic frames are typical of old people change them to thin metal or go frame less and you will drop years instantly.

You will find some types of jewelry suits you better than others. Some people look great in costume jewelry, while the others carry the same. Remember it's not how much one spends on clothes that counts. It is how one wears it. So be wise and judicious before making the buy.





Daisy Gogoi

An artist to a Fashion Designer

A VERY TALENTED FASHION
DESIGNER'S JOURNEY IN A
NUTSHELL.

DAISY GOGOI, shared a brief overview of her journey to the fashion world.

Daisy initially identified herself as an artist, finding joy in painting and expressing her thoughts on canvas through vibrant colors. Since childhood, she has been sketching beautiful girls and dresses. However, she never anticipated pursuing a career in fashion design, and her family was equally unaware of her interest in this field.

After completing her Masters in Assamese language from Guwahati University, Daisy secured a job as an art teacher at an International school in Bangalore. Unfortunately, due to the COVID-19 pandemic, the school closed, prompting her return to her hometown in Lakhimpur. During this time, she stumbled upon an online advertisement for a fashion designing course by Dreemzone, which piqued her curiosity. As she delved deeper into the course, Daisy discovered a newfound passion for dress designing. Eventually, she turned her passion into a profession and later began accepting online orders with passing days .

Life took an unexpected turn when Daisy had the opportunity to meet the Editor of Mystic Aura magazine. Impressed by her talent, she was invited to showcase her designs in a designer sequence at Mystic Aura event in 2022. This achievement was



further recognized when her work was published in one of the pages of Mystic Aura magazine, edition in 2022. Additionally, Daisy was honored to be a part of the Northeast International Fashion Week organized by the great fashion mastero Prashant Ghosh in Guwahati on 27th and 28th January '24.

As a designer she further added that it's true that people appreciate variation and extraordinary looks in their clothing and different tastes where fooding

is concerned and so she tried to keep that in mind ,the importance of incorporating innovation into her creations. It's great that she is giving priority to exceptions and striving to bring a completely new and unique look to traditional Indian dress saris. By using silk ribbons of different sizes for hand embroidery, she is adding a fresh twist to old patterns. It's also wonderful to hear that Daisy is inspired by nature and incorporates themes of birds, flowers, leaves, and plants

into her designs. By portraying the beauty of nature, she is able to create stunning pieces that capture the essence of natural beauty. The use of lotus flowers, glass beads, and colors that represent different elements of nature adds depth and uniqueness to her designs and her creativity which is incomparable.

Daisy's journey as a fashion designer and artist is truly inspiring, showcasing her determination and talent in the industry.



A model of
21 years, who follows
Korean
fashion & Style
.... DEV

FACE of the MONTH

1. Tell us in brief about yourself.

- My name is Dev, and I am 21 years old. I hail from Dhakuakhana and currently reside in Guwahati, Assam. As a full-time content creator and fashion model, I am dedicated to expressing my creativity and showcasing my unique style to the world.

2. What is your greatest strength as a model ?

- My greatest strengths as a fashion model lie in my visuals and my confidence. I believe that my visual appearance and the level of confidence I exude are key attributes that contribute to my success in the industry. These qualities allow me to effectively showcase various styles and designs, leaving a lasting impression on viewers and clients alike. By leveraging my visuals and confidence, I am able to bring life and authenticity to the fashion world, making a strong impact in my career.

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

- I have a strong passion for style, and I am constantly seeking ways to enhance my fashion skills. I am always thinking about how I can improve and refine my sense of fashion skills.

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

- In my opinion, prioritizing self-acceptance, maintaining good health, and being comfortable in your own skin are essential aspects of beauty that reflect when you try to be what you are in reality.

5. Your achievements in this field.

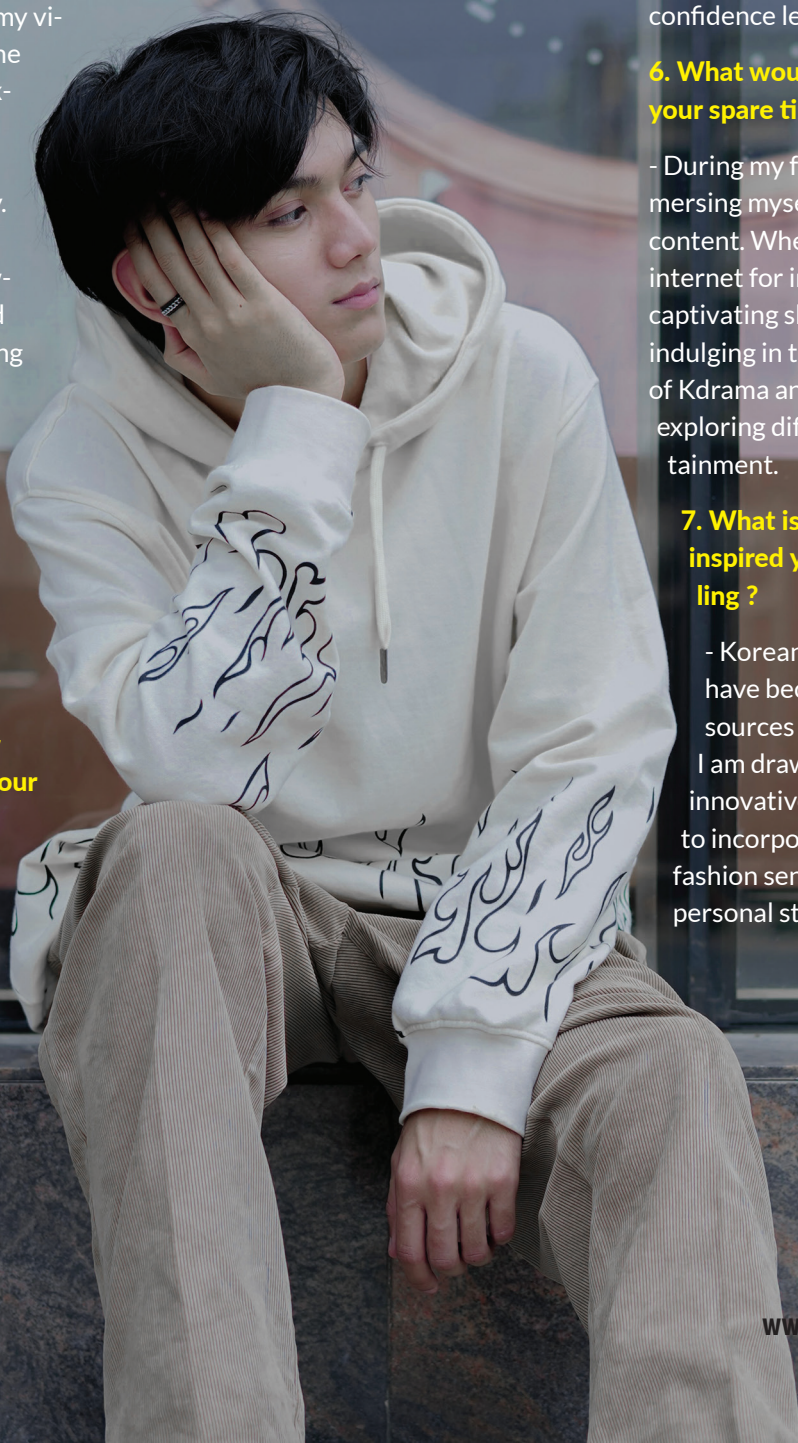
- My achievements are not medals and certificates that one achieves in life but it's what I have gained in short valuable insights from my journey so far. It has been surprising to discover the extent of my influence on others, something I never anticipated. My followers increase each and people send their love. That's the greatest achievement I feel. Furthermore, that love from the public has given me a notable improvement in my confidence levels.

6. What would you like to do in your spare time ?

- During my free time, I enjoy immersing myself in various forms of content. Whether it's browsing the internet for inspiration, watching captivating shows on Netflix, or indulging in the captivating world of Kdrama and anime, I find joy in exploring different forms of entertainment.

7. What is that one thing that inspired you to choose modeling ?

- Korean and Japanese fashion have become significant sources of inspiration for me. I am drawn to their unique and innovative styles, and I strive to incorporate elements of their fashion sensibilities into my own personal style.



8. What are your future plans?

- As a fashion model, my ultimate goal is to establish myself as a well-recognized figure in the industry. I aspire to make a lasting impact and contribute to the ever-evolving world of fashion. Additionally, I am also intrigued by the world of acting and would love to explore opportunities in that field as well.

9. How do you feel about being part of Mystic Aura magazine.

- I am incredibly grateful for the opportunity to be a part of Mystic

Aura magazine. It marks a significant milestone in my career, and I am filled with excitement and anticipation for what lies ahead. Being featured in this magazine is a testament to my hard work and dedication.

Thank you for allowing me to share a glimpse of my life and aspirations. I am committed to continuing my journey, honing my skills, and making a positive impact in the world of fashion and beyond.



Aura Fashion



Wardrobe : **Taniyal's Designer Collection**

Photography: **bitu_fotografia**

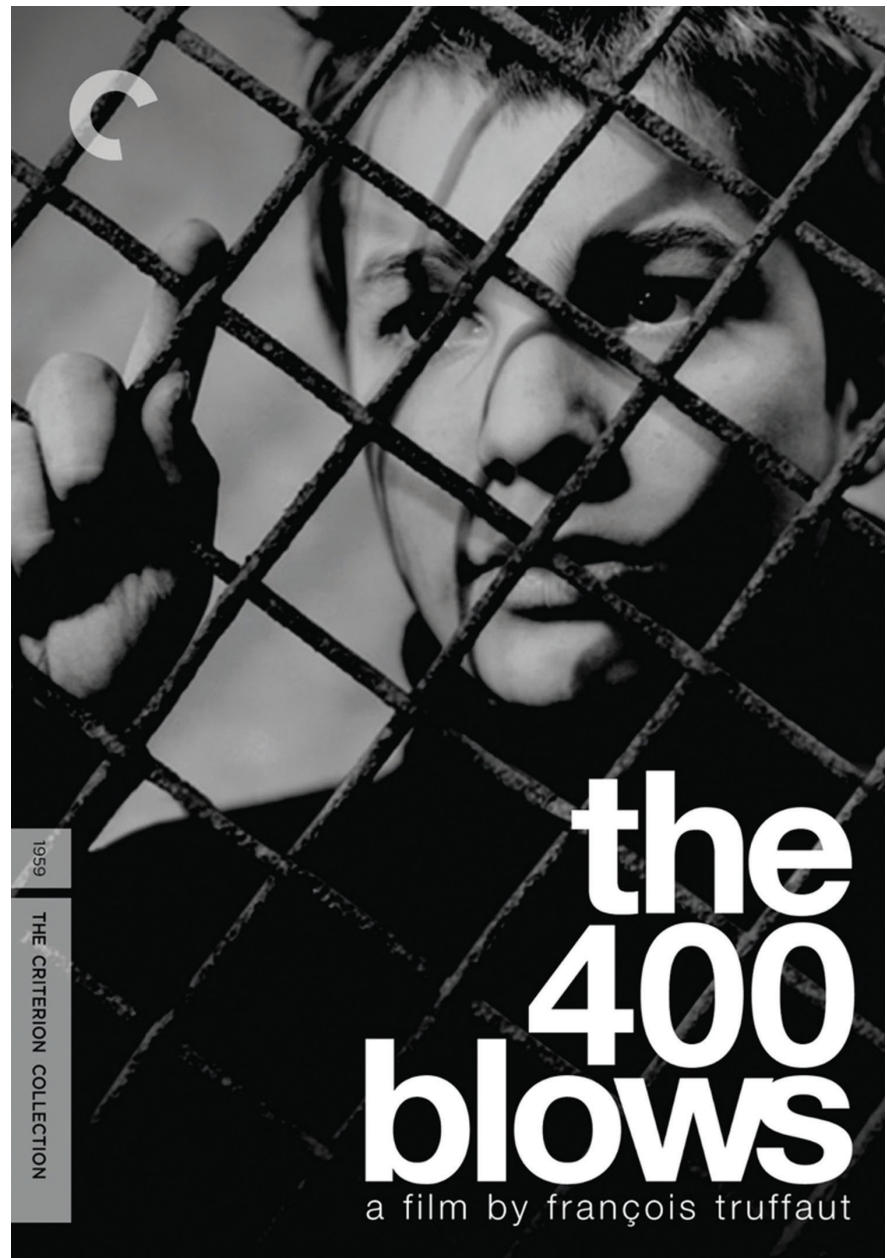
Make-up by: **Beautician Anu**

"I can't really say what the theme is—there is none, perhaps—but one central idea was to depict early adolescence as a difficult time of passage and not to fall into the usual nostalgia about "the good old days," the salad days of youth. Because, for me in any event, childhood is a series of painful memories. Now, when I feel blue, I tell myself, "I'm an adult. I do as I please," and that cheers me up right away."

-Francois Truffaut on
The 400 Blows

By:
Dr. Dipsikha Bhagawati
Assam.

A Magnum Opus from the heartland France by its timeless filmmaker François Truffaut, *The 400 Blows* is an in-depth illustration of an adolescent, Antoine Doinel and his disturbed life. A 1959 coming-of-age drama film, *The 400 Blows* stars Jean-Pierre Léaud as its protagonist, playing the semi autobiographical character. Trapped in a vicious circle of chaotic line-ups, both physical and psychological, young www.mysticauramag.com



THE 400 BLOWS

Heartland France
(A review)

Antoine is transformed into a unruly child. At school, Antoine has been pigeonholed by his teacher (Guy Decombie) as a fomenter. Luck fails to favour him, when a discreet pinup calendar is being passed from hand

to hand, he is the one caught by the teacher. Sent to stand in a corner, he wrote a poem in the teacher's name on the wall. He gets punished there too. Every time he gets caught doing all the boyish things and gets punished.



His only refuge is his dear friend Ren. Antonio finds out that his mother has had an affair with another man. Meanwhile, he runs away from home, fearing to pay the price for his mistakes. Advised by friend Ren, they decide to go into business independently, stealing a typewriter from their stepfather's office. But unable to sell it, went to return it and got caught again. This time he was sheltered in a juvenile observation centre near the seashore. Here he encounters a psychic character and discovers that he is his mother's unwanted child. Being counselled by a psychologist, the boy unfolds his

dejection in a compartmentalized series of monologues. One day, while playing football with other guys, Antoine escapes under a fence and runs away to the ocean which was a longing for him. The massive vista of the sea stands as an antonymously juxtaposed metaphor, revealing his claustrophobic mental universe, his melancholic, shrunk journey when a young child deserved the open arms of a tranquil world to grow up. The film is signed off through an optical effect of a freeze-frame, capturing Antoine, where the camera zooms in on his face as he stands straight to it. The

400 Blows is one of the determinants of the French New Wave. In a sense, it is a partially autobiographical film. Several incidents of Truffaut and his childhood friends are captured in the film. The unfair treatment of the then French ambience towards the growing teenagers has been exposed in this film. Unanimously crowned as one of Truffaut's masterstrokes, it has received multiple accolades and most of all, a rare rating of being 100% original on Rotten Tomatoes, one of the world's top film rating agencies. Directors like Akira Kurosawa, Richard Lester and Norman Johnson frequently mentioned The 400 Blows as one of their didactic associations for tranjecting the theoretical note of avant-gardism in French cinema. In The 400 Blows, each and every dialogue has been dubbed by the actors themselves. According to the generic regulation of the French New Wave, the film's street scenes are shot on the streets and Truffaut cared least about the surrounding noise and transformed them into location sound. His crew hardly carried any heavy sound recording equipments; everything was deeply linear. Dedicated to film theorist André Bazin, the film accomodated all the boys in the classroom scenes who auditioned for the role of Antoine. A perennial exemplar to teach the French New Wave, The 400 Blows has exposed and immortalized some vital issues of adolescence through its transparent storytelling.



FENUGREEK SEEDS & CUMIN SEEDS

BEAUTY SECRETS

By :
Saynash Agarwal
 Delhi.

Fenugreek seeds and cumin seeds have been traditionally used for their potential health benefits, including their ability to support overall well-being and potentially contribute to a youthful appearance. While there is limited scientific evidence specifically linking these seeds to anti-aging effects, they do contain various compounds that may promote health and vitality. It is important

to note that maintaining a youthful appearance and longevity is a complex process influenced by various factors, including genetics, lifestyle choices, and overall health.

Fenugreek seeds, scientifically known as *Trigonella foenum-graecum*, are rich in antioxidants, fiber, and various vitamins and minerals. Antioxidants help protect the body against oxidative stress, which is believed to contribute to aging processes. Additionally, fenugreek seeds contain compounds that may have anti-inflammatory properties, potentially

supporting overall health and well-being.

Cumin seeds, scientifically known as *Cuminum cyminum*, are also packed with antioxidants and have been used in traditional medicine for their potential health benefits. These seeds contain various bioactive compounds, including essential oils, which may have antioxidant and anti-inflammatory properties. By reducing oxidative stress and inflammation, cumin seeds may contribute to a healthier body and potentially support a youthful appearance.

While fenugreek and cumin



seeds offer potential health benefits, it is important to remember that no single food or ingredient can guarantee lasting youthfulness. A balanced diet, regular exercise, adequate sleep, and stress management are all crucial factors in maintaining overall health and potentially slowing down the aging process.

Incorporating fenugreek and cumin seeds into your diet can be done in various ways. Fenugreek seeds can be soaked

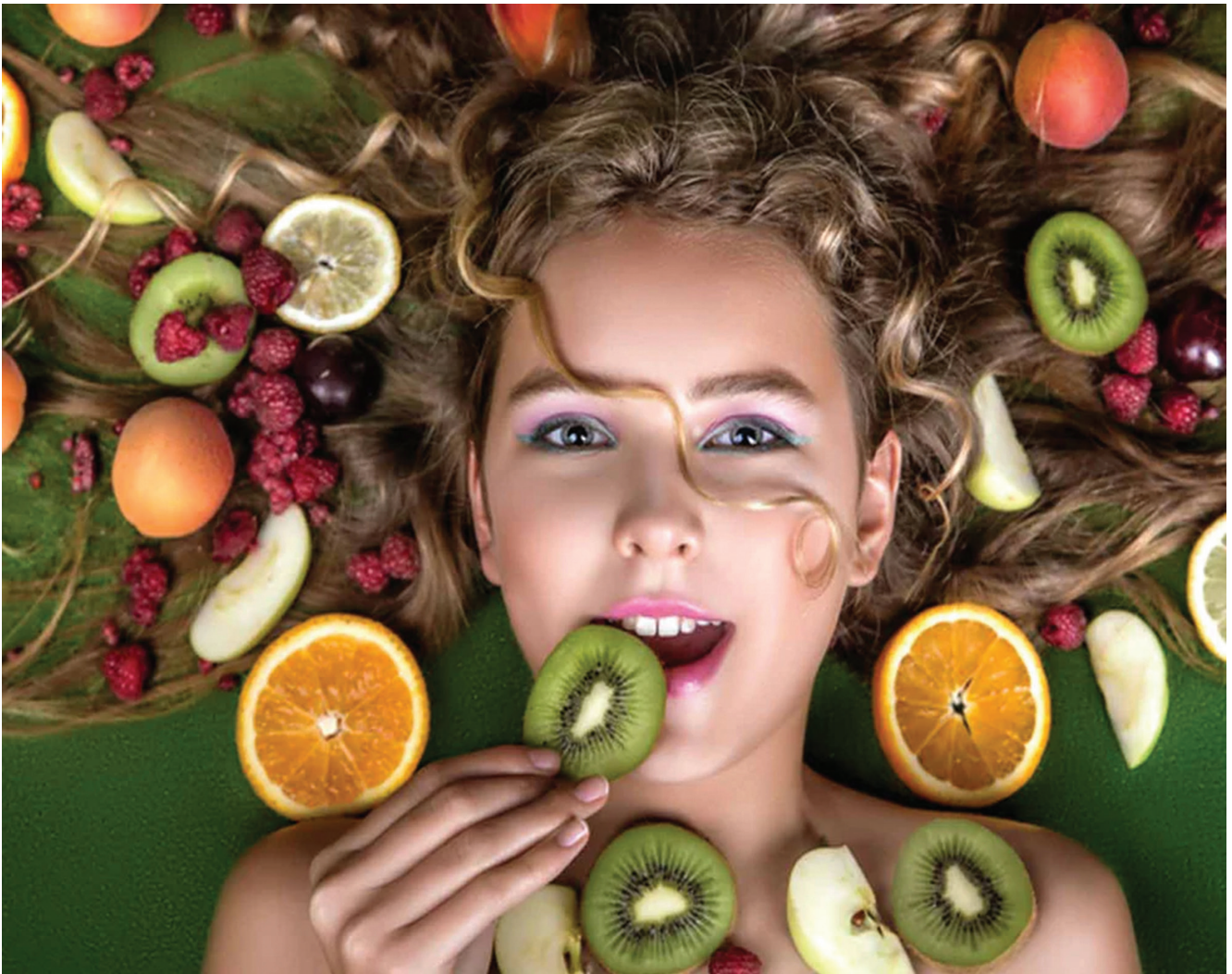
overnight and consumed in the morning, added to curries, or used as a spice in cooking. Cumin seeds are commonly used in Indian and Middle Eastern cuisines and can be added to dishes, such as soups, stews, and roasted vegetables, to enhance flavor and potentially provide health benefits.

It is important to consult with a healthcare professional or a registered dietitian before making any significant changes

to your diet or lifestyle. They can provide personalized advice based on your specific needs and health conditions.

In conclusion, while fenugreek seeds and cumin seeds have been traditionally used for their potential health benefits, including their possible contribution to a youthful appearance, it is essential to approach these claims with caution. Incorporating these seeds into a balanced diet, along with other healthy lifestyle choices, may support overall well-being and potentially contribute to a healthier and more youthful-looking you. However, it is important to remember that maintaining a youthful appearance and longevity is a multifaceted process influenced by various factors, and no single food or ingredient can guarantee lasting youthfulness.





EMBRACING HOLISTIC REMEDIES

Natural Methods to Revive and Beautify Oneself

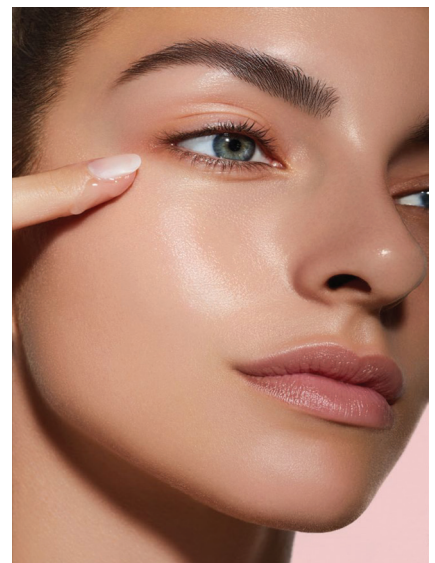
By:
Brian La Cour
US

In an era where synthetic products and treatments dominate the beauty industry, many are finding solace in natural, holistic remedies. These remedies champion a return to the earth's resources, providing a plethora of benefits that enhance our health, rejuvenate our

bodies, and ultimately, beautify our appearance.

Harnessing the Power of Oils

Oils derived from plants, such as coconut, olive, and avocado oil, are nature's gift to skincare. They hydrate, nourish, and rejuvenate the skin, leaving it soft, supple, and radiant. Virgin coconut oil, for instance, soothes the skin while maintaining its strength and health. Olive oil, brimming with antioxidants





and vitamins, aids in skin cell regeneration and reduces signs of aging.

Utilizing Fruits for Exfoliation and Glow

Fruits, rich in vitamins and antioxidants, offer a variety of benefits for the skin. Baking soda mixed with papaya, both acting as mild exfoliators, cleanse dead

skin cells and impart a natural glow. The application of honey, loaded with antioxidants, helps retain moisture and imparts a natural radiance.

Tea, Aloe Vera, and Their Healing Properties

Aloe vera is a potent plant that keeps skin strong and healthy. Its healing properties soothe skin irritation and inflammation, making it a go-to remedy for various skin conditions. Similarly, teas, particularly green and chamomile, have anti-inflammatory and calming properties, making them excellent natural remedies for skin health.

The Magic of Apple Cider Vinegar, Honey, and Spices

From treating acne to soothing coughs, apple cider vinegar and

honey are versatile agents of health and beauty. Cayenne and cinnamon, when combined with apple cider vinegar, can provide relief from coughs, while honey mixed with garlic is an excellent remedy for colds and flu.

The Importance of Inner Health for Outer Beauty

Holistic remedies are not solely about external application. Consuming a diet rich in fruits and vegetables, staying hydrated, and maintaining a healthy lifestyle contribute significantly to glowing skin. After all, the state of our skin often reflects our inner health.

Holistic remedies offer a gentle yet effective way of nurturing our skin and enhancing our beauty. They remind us that





nature holds a treasure trove of ingredients that can help us maintain our health and appearance. As we embrace these natural remedies, we also contribute to the sustainability of our planet, making beauty a mindful and conscious practice.

It's important to remember that everyone's skin is unique, and what works for one person may not work for another. Always patch test new remedies to ensure they suit your skin type and consult with a healthcare professional if you have any skin conditions or concerns.

Mental Wellbeing and Beauty

Holistic remedies extend beyond physical treatments, encompassing mental and emotional well-being as well. After all, our mental state significantly affects our physical appearance. Stress, for instance, can lead to skin issues like acne and premature aging.

Meditation and mindfulness are powerful tools for managing stress and promoting emotional

balance. Even a few minutes of daily meditation can help maintain a calm mind, which reflects positively on your skin and overall appearance.

Similarly, regular exercise is not only great for maintaining physical health but also for boosting mood and reducing stress. The increased blood flow during workouts delivers oxygen and nutrients to the skin, promoting a healthy glow.

The Role of Sleep

Sleep is another crucial aspect to consider in the journey

towards holistic beauty. Lack of sleep can lead to dull skin, dark circles, and an overall tired appearance. Ensuring you get enough quality sleep each night allows your body to repair and rejuvenate itself, leading to a fresher, more vibrant look.

In essence, holistic beauty is about nurturing yourself from the inside out. It's about understanding that every aspect of your lifestyle, from what you eat to how you manage stress, contributes to how you look and feel. By adopting a holistic approach to beauty, you're investing in your overall well-being, which ultimately shines through in your appearance.



Aura Kids



" A kid's
uniqueness
is what
makes
everyone
smile and
fall in love. "

Photography:
Shiv Dutta

Aura
Kids



Photography:
Shiv Dutta



An interview of a PHOTOGRAPHER

Anuseela did her Post Graduation in MSW and later she decided to go along with her passion, that is photography. Utpal Datta talked to her about her career and passion and here is a selection of that conversation.

What prompted your interest in photography and what factors influenced your attraction to it?

I fell in love with photography because of my love for travel and exploring new places and events.

When I travel, I enjoy taking pictures of the places I see, the people I meet, and the special moments. Every photo is a memory, and I love saving these memories. This love for capturing what I see and feel made me interested in photography. I wanted to learn more about how to take better pictures, so that I could keep those memories even more alive.

What led you to choose fashion photography as your focus?

My passion for fashion photog-

I encourage my models to be authentic, to simply be themselves.

- Anuseela Saud

.....
raphy is rooted in the creative freedom it offers. In this field, I have the opportunity to bring my thoughts and imagination to life. What excites me most about fashion photography is the ability to combine various elements like jewelry, makeup, and costumes in unique and expressive ways. It's a platform where my creativity can truly flourish, allowing me to showcase my vision and artistic work to others. This blend of artistry and innovation is what draws me to fashion photography.

What was the beginning of your journey like?

I began my journey in photography with a strong desire to learn and observe from the best in the field. Recognizing the importance of guidance in mastering any art, I sought out experienced photographers from whom I could learn. This quest led me to my mentor, Sagar Baruah Sir, a renowned figure in photography. I approached him with a clear intention: to learn everything about photography, starting with the fundamental rules. He graciously guided me and taught me

the basics. Beyond these lessons, I dedicated myself to studying various styles, mainly focusing on fashion photography, my area of interest. I observed and learned from different photographers, absorbing techniques and approaches that resonated with my own creative vision. This blend of formal guidance and self-driven learning marked the start of my journey in the world of photography.

How is your professional life progressing?

On the professional front, I'm currently thriving as a full-time freelance fashion photographer, working in both Hyderabad and Guwahati. This experience has been immensely rewarding, as it allows me to showcase my work to a diverse audience. The response has been encouraging, with many appreciating my work so far. I'm optimistic that this positive reception will continue into the future. My primary goal is to present my creative output to people, capturing and sharing the essence of fashion through my lens. This ongoing interaction with different audiences is a vital part of my professional journey and growth in the field of fashion photography.

Given that your father is an accomplished film writer-director, have you ever considered pursuing a career in that field?

Yes, indeed, being the daughter of the renowned Assamese film director Chandra Mudoj, I have always had a natural inclination towards film direction since my childhood. Growing up in such a creative environment has defi-

nitely influenced my interests. However, at this stage in my career, I am more focused on establishing myself in the realm of fashion photography. It's a field that I am deeply passionate about and where I am currently channeling my energies.

That being said, I certainly see myself collaborating with my father in his upcoming film project, assisting him as an assistant director. This new role is an exciting addition to my career, though fashion photography will remain my primary focus. Additionally, I am involved in the film industry as the official photographer for an upcoming new movie. This multifaceted approach allows me to blend my love for photography with my background in film.

What guidance do you offer to the model in terms of preparing for a photoshoot?

When preparing models for a photoshoot, my advice is usually straightforward and minimal. I encourage them to be authentic, to simply be themselves. It's important for models to feel comfortable and natural, as this translates into more genuine and compelling photographs. I advise them not to focus too much on the camera or worry about posing perfectly. Instead, I suggest they immerse themselves in the moment and enjoy the experience. This approach often leads to a more relaxed atmosphere on set and results in photos that capture the true essence of their personality and character.



AURA
Photography

**WHEN YOU'RE
A FASHION
PHOTOGRAPHER,
YOU MUST
INSPIRE A DREAM
AND THAT'S
WHAT MAKES A
DIFFERENCE.**



Model : Rikke Tiana

Photography : Kenneth Kisbye -Denmark



Northeast International Fashion Week

Season-8



Northeast International Fashion Week (NEIFW), one of the most highly anticipated fashion events in the region, the event took place on January 27th and 28th, 2024 in Guwahati, ASSAM.. The fashion extravaganza, bringing together aspiring and notable Fashion Designers from India and abroad to showcase their exclusive creations, all for a noble cause.

NEIFW has always been a prominent event in the fashion industry, attracting Fashion Designers from all over the Northeast as well as few from rest part of India and neighboring countries like Nepal, Bangladesh, and Bhutan. This season, the event was particularly captivating as it focused on spreading social awareness through fashion.

With the opening theme of "Fashion for all," NEIFW created an inclusive platform where designers, kids, teens, and fashion enthusiasts could exhibit their passion for fashion. Attendees from all corners of India participated in this grand event, showcasing their love for fashion and supporting a cause.

In line with NEIFW's tradition of incorporating social causes, this season's focus was on raising awareness for animal shelter, old-age animals, and animal adoption. Collaborating with various animal welfare organizations, including the renowned international NGO PETA, NEIFW championed the cause of animals and stressed the importance of their well-being.

Prasantt Ghosh, an esteemed fashion designer and choreographer known for reviving the legacy of northeast rich handloom crafts globally, spearheaded NEIFW 2024. With his passion for fashion and commitment to making a difference in society, Ghosh captivated the audience and promoted social awareness like never before.

The 8th Season of NEIFW was powered and hosted by the team of Kreative People, led by Prasant Ghosh. With their collective expertise and the participation of talented designers, NEIFW 2024 proved to be an enthralling event that celebrated fashion while advocating for social causes.



AURA
Photography

Model: **Krishnakshi Deka**
Photography: **Shiv Dutta**



IYENGAR YOGA

Its effects on the body

By

Manikangkana Devi

Writer, Poet, Artist & Translator

Iyengar Yoga's has been developed by B.K.S. Iyengar. He was a direct disciple of Tirumalai Krishnamacharya. He started practicing yoga as a teenager and studied with his brother to improve his health after being diagnosed with tuberculosis.

It is a traditional form of yoga taught in the Iyengar lineage. Iyengar Yoga is characterized by the self-study of the practi-

tioners and the development of awareness through a series of specific asanas (postures) and pranayama (breathing). Iyengar's practice of yoga is well established and effectively applies traditional yoga techniques for medical purposes, which provide mental and physical benefits to individuals. The method of teaching is divided into the use of props and strengthened by a systematic training and qualification system for instructors.

This style often uses props such as belts, blocks, and blankets, which are helpful in performing accessories. Props enable students, the elderly, or those with

physical limitations to perform properly, thereby reducing the risk of injury or stress.

Iyengar Yoga provides immense physical, mental and spiritual benefits. In an increasingly busy world, yoga can act as an antidote to the stress of daily life, and many studies have supported the possibility of yoga to reduce physical pain and prevent disease.

To practice this style of yoga at home, you first need to create a sequence using more than 200 different postures and 14 breathing techniques in Iyengar. While you can adjust the postures as you choose,



Iyengar yoga usually starts with a warm-up of meditation, then begins with a standing posture, and then ends with a restorative, supine pose.

Unlike the format style of yoga, in Iyengar, you won't breathe in movement through postures – instead, you'll hold them for an extended period of time. It gives you a chance to get into the correct alignment and then go deep into each pose.

Props are incredibly common in a category of Iyengars, as they make gestures more accessible to beginners. You can use blocks, straps, bolsters and blankets to help you enter the correct alignment.

Iyengar has a lot of resources to practice at home. However, if you have never added Iyengar before, you should first learn

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under the supervision of the instructor. All Iyengar teachers will have to undergo rigorous training and they will be able to give you instructions and seat adjustments that you won't get in home practice.

Iyengar Yoga has a variety of postures that have different benefits. The regular habit of standing up breaks the tone and strengthens the body to create a solid foundation. Sitting and

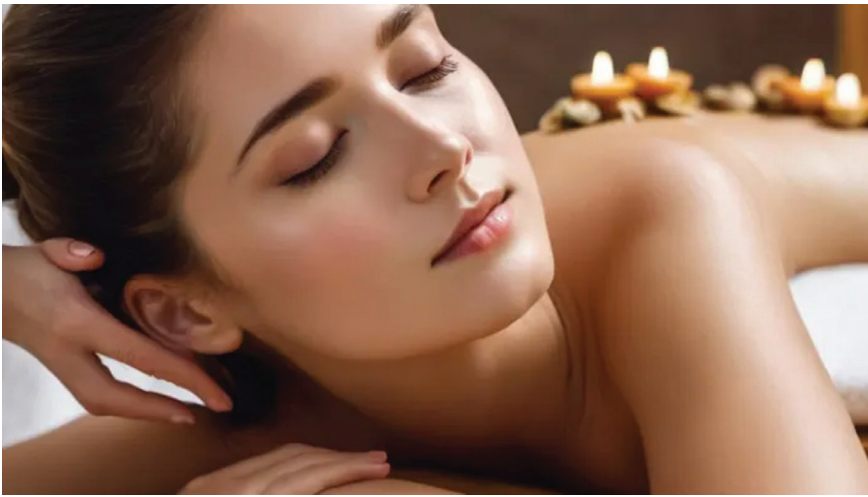
twisting postures help you to develop better mobility in all joints.

Iyengar yoga helps to correct posture issues and improve your balance. A foot gesture gives you an opportunity to find your center of gravity and create a sense of stability in the body. Bringing the body into alignment improves coordination and creates parity which then helps to nourish the nervous system and build physical and mental resilience.

The processes of Iyengar yoga are not easy. If you are going to practice it for the first time then do it under the supervision of a professional director instead of doing it on your own. Because a wrong asana or practice is enough to put you in a risk.

Iyengar Yoga is a popular, well-established form of yoga that focuses on alignment. This style has made a huge impact on the practice of yoga today. The information about the effects of Iyengar yoga on the body and its requirements is based on dependent sources. It is advisable to approach experts for proper training and more information.





Spend A Few Minutes

Know yourself better

By:

Vanessa Jacqueline D'cuz
Singapore Chairperson (Loani)

When was the last time you took a short break for yourself?

Some of us might find this question a tad funny especially if we are those who always find time to enjoy ourselves but others are workaholics and cannot find the time to relax. To them, it is a waste of time to relax especially those in the money-making business. Time is money to them but is the money worth it if you destroy your health and personal life? Money cannot buy you a life. When the time is up, the time is up. The Grim Reaper won't accept a dollar. Alright, let's not sound so morbid.

If you are so busy then having a short time for yourself is a miracle. Something you should treasure. Why is it important to

have a few minutes of yourself or even 30 minutes or longer?

Well, it helps you to relax. Your brain can relax and become more productive. In one of my previous articles, I mentioned that if you were to relax your brain, you may find solutions to the problem that you were trying very hard to solve. Having some time to yourself, helps you to do some reflection on life and the things you do. It may help you to see that some things in your life are not worth doing or maybe there is a better and faster way to do it. It cuts away all the noise in your head.



There are times when we are trying too hard. We need to put on the brakes and quiet down. You may not be used to it at first but you need to convince yourself that it will be good for you. I can tell you that it will be good. I am a person who also does a lot of things and sometimes when I get too overwhelmed, I just shut myself down. Sometimes, your body may do that for you. You may become sick for a while. This is a way that the body tells you: HEY I NEED TO RELAX, MAN!!!! One of the most powerful and sure ways to achieve success in your life is to do nothing for a short time. Do it now and you won't believe what you will discover.

Having some time to yourself, helps you to do some reflection on life and the things you do. It may help you to see that some things in your life are not worth doing or maybe there is a better and faster way to do it.

RED ROSE

The rose of love lashed by winter snow
Tender red petals in grief of love lost
Weeps in silence in the mournful mist
Reminiscing the touch of spring's first kiss.

Still the rose of love will wait for spring
Enduring the heart's lovelorn agony
Freezing, shivering in winter snow
Till the hum of summer songs
Til the days are delightfully long.

The rose will bear all winter pain
To blossom once more in misty fragrance
Adorning the colours of spring in heart
The true colours of eternal love.

By:

Vijaylaxmi Sarmah



Platforms for dreamers...



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Platforms for dreamers...

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