

MARCH 2024, ISSUE 49 | VOL - III

# MYSTIC AURA

MAGAZINE

SOPHISTICATED  
LOOKS

*Cutwork*

KOREAN BEAUTY

*Know the Secret*

EYE SHADOW

*Select Perfectly*

INADEQUATE  
SLEEP

*Effects on Health*

AJAN AKASH  
BARUAH

*An exclusive interview*

Cover Page Photography:  
KAUSHIK BRAHMA

# Pastel Perfection

A Dreamy Reflection

# 2024



## **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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## **BIREN NARZARY**

**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



**M**arch is a very significant month for Mystic Aura, as we embarked on our journey on 8th March 2020. With the blessings of God and support from our well-wishers, our magazine has been running smoothly and I am proud and delighted to announce that Mystic Aura has successfully completed four glorious years. We hope to receive the same love and support from all our readers, viewers and well-wishers further to bring even better editions in the coming months.

This March issue features interviews of highly skilled individuals, along with the usual regular captivating topics and the Aura pages that grace the Magazine.

Thank you & Regards

**GITALI PATHAK DEKA**

Proprietor & Editor-in-chief

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# ON THE COVER

*Sinakshi Baishya*



Model : SIMAKSHI BAISHYA

Height : 5.7"

Age : 20yrs

Photography: Kaushik Brahma

Make-up: Dipanjali Lahkar.

Wardrobe: Mystic Aura

Concept & styling : Mystic Aura

# MYSTIC AURA



INTERNATIONAL

*Women's Day*

#STRONGERTOGETHER



# INTERNATIONAL WOMEN'S DAY

*Let me wish all the women in the world Happy International Women's Day*

By :

**Vanessa Jacqueline Dçruz**  
Singapore

**W**omen face issues multi-complicated various issues regularly posted. Problems that women experience that have been posted happen regularly around the world but in various degrees in different parts of the world. For example, work discrimination , sexual exploitation and suppression of rights. These issues come around every single day and time.

In this article , I am going to

write what is to be a woman in the 21st century. How many of women have asked yourself what is to be a woman? Who am I? How many of you have accepted yourself? What am I able to contribute to society? How am I helping society to be a better place? How am I helping other women to be better?

Most of you know that I am a transgender woman. Some think I am fake. Some think I am using my position to abuse women. Some think I am bipolar & of course, some think I am real. Have you women face such problems on how someone sees you? Are you having problems of being accepted? Allow me to

relate a story about how I came to accept myself.

I was born a male ( I can't deny it ) but deep down inside me I knew I was a woman. Complicated to understand right, however, sometimes in life we accept things without understanding. The more we understand, the more we get confused. How did I know I was born in the wrong body? Well, since young, I was interested in how women dressed up and how they behaved. It was heaven for me whenever my parents when to work and that gave me a chance to wear my mother's clothes. It gave me so much great pleasure doing so that I felt so comfort-





able wearing them. If those who have watch Avengers, it was like a bolt of lightning coming out of Thor's hammer and hitting me with extreme force and giving a new life. It was a sense of resurrection I would say. Praise the lord but I was angry with him for creating me as a male and not a female.

As years when by, I kept this great secret hidden (in fact I am still doing so in some ways, it hurts but circumstances force me too), but I became a bit brave and started venturing out dressed as a woman. It brought about some great pleasures and

some great heartaches. Pleasure came about when some people treated me as a woman, called me madam, inviting me to try dressers and lingerie. Heartaches came about being verbally insulted, spitted at, sexually violated and beaten up. The shit hit the fence when I was ganged raped by my boyfriend's during our lovemaking. That episode hardened my heart and I decided not be a woman. I decided to deny everything. Find a new life. Have more faith in God . Decided to have a girlfriend and marry but have a girlfriend I did but I never married. Why I did

not marry because deep down in my heart, I could not deny who I was. I was a woman and Vanessa was raging to get out. I had buried her long enough and now she was in rage. She decided to plant explosives and blast her way out. She succeeded hence I started to be Vanessa again after 5 odd years. It was around time that I had met a mentor who help me grow.

However, due to my experiences, I was really scared. I was trying very hard to accept who I was. I was desperately trying to get acceptance ( I am still but less ). I even tried to get involve in selling cosmetics and some health products but I was not really totally accepted. Someone told me that if I was not confident of myself , people would not have confident in me. I gave out the wrong vibes. However, how I could I believe the person after a few years ( 2 ) of abuse that I have gone though. Like the universe connects all living things, it connected me with people who could accept me in time. It was something that I did not expect to happen. I guess everything has it's own space and time. These friends have helped me to find myself. Have helped me to accept Vanessa in my life. To make me know that I am a woman. There was positive energy feeling up my inner being that was void of positive energy and that gave me strength to do battle with all the negative energy directed at me. There are still negative energy being directed



at me but like Captain America's shield which is made up of Adamantium which is unbreakable, I am unbreakable and is able to deflect the negative energy that is directed towards me.

Therefore, what is the point of this story about me? Well, it is about all of the women in the world battling with the issues that they face as women. In order to face this tough battle, all women need to know who they are? What they want in life? How are they going to help others to live a better life? They need to find themselves especially the good they have in their lives. All women need to be united to fight for their rights. They need to allow the positive energy into their lives so that they can become unbreakable.

I have not written about the issues that women face because it would be a bore. The issues are there because some women ( no offense ) have not truly found their cause and are in fact fighting with each other. They become a laughing stock instead. Emmeline Pankhurst's, one of the 1st female feminist to fight for women's suffrage main motto was that 'all women needed each other, support each other & stay united in good times and bad times. That is the fundamental true meaning of women empowerment. More so in 21st century we need to re-evaluate whether we know the meaning and whether we are administering it properly because to be honest, we as women, we are very dis-jointed in our principles in how we are to support each

other. Various feminist groups fight with each other because of differing beliefs. Each has their own meaning of what true women empowerment should be. I believe that we women need a consensus agreement to what the true meaning of women empowerment should be. This is needed so that women can again work together & not argue with each other so that we can be united in the betterment of women.

Women discover your true self now like I have discovered myself in being a woman. Only through the discovery of yourselves and being united can all of you face the various female issues that hinder your growth in having your rights and becoming who you are.

By :

**Prasant Ghosh**

The writer is a fashion designer and choreographer and can be contacted at [www.prasanttghosh.org](http://www.prasanttghosh.org)

**O**n dresses, anarkalis, shoes and leggings-cutwork is hard to miss these days. We give you a low-down on the vintage technique that's perfect for making see through look sophisticated.

Cutwork is a type of embroidery in which pieces of the foundation fabric are cut away creating a network of holes and eyelets that are accentuated by the embroidery pattern. At a glance,



# The Cutwork

## Sophisticated Looks



the result might look like lace, but it is actually embroidery. The technique emerged in 14th century Italy. The trend spread with numerous nations developing their own technique with specific names.

Their own schools of the technique with specific names such as Richelieu, Broderie Anglaise, Spanish Cutwork, hedebo and jaali work which was prevalent in India. Laser cutwork detailing was seen on the collections fine tuned it with men's shirts with a cutwork yoke and a sari with a leather cutwork pallu for winter collection. Never sport cutwork head to toe.

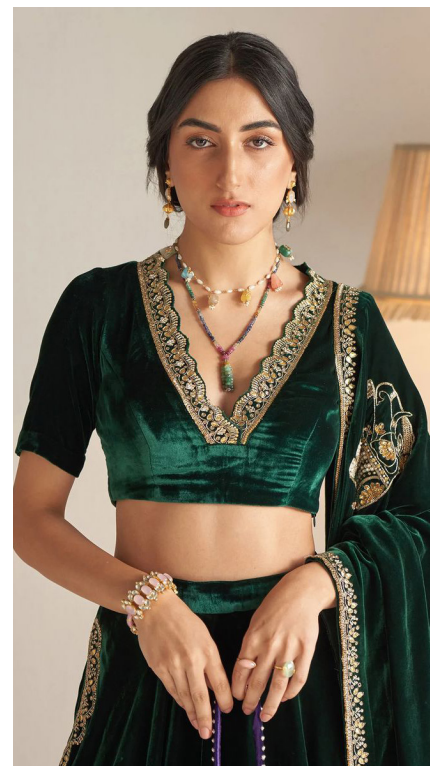
Cutwork is a savior for those

who want to show a hint of show of skin. You can add flair to your neckline with this vintage detailing. Shrinking violets can flaunt this trend through bags and shoes. While creating a western wardrobe some individual pieces should be chosen that can be teamed with other items. A knitted blouse can prove very handy. Worn with a jacket and scarf it will suit almost any occasions. Black is a must. Add some trousers skirts and a few basic blouses and you will have clothes for any kind of look. Wool and cotton travel well. This is true for whether its business conference or simply a trio away. Polyester travels well but doesn't well nor does it look

smart. Linen will just end up a pile of wrinkles.

This tourist style dressing has over the past few months, evolved into an unlikely fashion movement that is giving women the realization that nothing beats comfort in leading a truly successful and active life. Pleated skirts and ponchos, crochet knits, sloppy tees and ultra loose pants have become the most haves.

The tailoring however should be immaculate and the fall perfect. For ethnic clothes the fit is not as important which accounts for their popularity. But with work culture turning increasingly corporate people are realizing the importance of power dressing. I believe in the chic and comfortable. So if you are bored with all those churidars and salwar suits, turn them modern with using the cutwork.



# AN EXCLUSIVE INTERVIEW

with the very talented National & International fashion stylist

*Ajan Akash Baruah*



**1. Tell us in brief about yourself and your experience in the fashion industry as a stylist?**

-- I come from a family deeply rooted in the cultural field, with my father being a respected cinematographer and my mother a National award-winning producer. From appearing as a child artist in cinema & television education was given the priority in my life.

Despite starting my career in fashion while pursuing my graduation in Delhi, I quickly gained experience as a fashion stylist. With over 10 years in the industry, I specialize in trend forecasting, outfit coordination, and client communication. From assisting senior stylists to freelancing for fashion magazines and celebrities, I have developed a reputation for delivering exceptional results. Based in Guwahati, I am fortunate to be called for both national and international projects, creating unforgettable fashion moments.

**2. How do you stay updated on current fashion trends and industry developments?**

-- As a fashion stylist staying updated on current trends and industry developments is a must, learning is a continuous and endless process that's why attending fashion shows, trade shows, and industry events allows us stylists to see new collections firsthand and observe emerging trends. Reading fashion magazines, blogs, and online publications helps in staying informed about current trends, designers, and industry news. Following fashion influencers, designers, and brands on social media platforms like Instagram, Pinterest,

and Twitter provides real-time updates on trends and industry developments.

I personally try to build relationships with other industry professionals, such as designers, models, and photographers, can provide valuable insights and information, it's also very necessary that we do not end our learning process and take up courses, workshops, or seminars on fashion styling and trend forecasting and stay current with industry practices and trends.



I always make sure to find out where the market is (the nearest available) Conducting regular market research and trend analysis helps stylists understand consumer preferences and anticipate future trends, it also helps if we are shooting in remote areas.

**3. Would like to know about your creative process when styling a client for a photoshoot or event?**

-- Mood Board, it plays a vital role. Its very rare in the city that I am operating from currently, and honestly speaking, Using the brain helps :)

Like analysing the temperament of the photographer,client. The body type,vital statistics.....Actually this is very technical question, so let me answer technically....

Beginning with a detailed consultation with the client to understand their vision, goals, and preferences for the

shoot. This could include discussing themes, colors, and mood boards.

Based on the client's input, developing a creative concept for the shoot that reflects their personality and aligns with the overall vision.

This could involve creating a unique theme, story, or narrative for the styling.

Conducting thorough research to gather inspiration from various sources such as art, culture, history, and current trends. This research will help in creating a unique and impactful styling concept. Collaborating with other creatives involved in the shoot, such as photographers, makeup artists, and hairstylists, to ensure cohesive and



harmonious styling. Tailoring the styling to the client's individuality by incorporating personalized elements such as heirloom accessories, meaningful props, or custom-made garments. Experiment with unconventional combinations of clothing, accessories, and textures to create a visually compelling and dynamic look.

I always believe in using styling to tell a story or convey a message, adding depth and meaning to the visuals captured during the shoot.

Paying attention to the smallest details such as jewelry placement, fabric draping, and accessory positioning to ensure a polished and professional look.

Being open to changes during the shoot, allowing for spontaneous creative expressions and adjustments to enhance the final outcome.

**4. Is it your passion or profession?**

-- "Why not both? My passion for fashion turned into a profession, its faster than you can say 'Haute couture!'" Hahaha

**5. How do you approach working with clients to understand their personal style and preferences?**

-- Being true to your job makes things easier, it highly depends on one's ability to analyze and read people's choices. I guess my happy mood and smile does play an important role here.

**6. You have been connected with the fashion industry since long so can you share a few of your successful styling projects you have worked with?**

-- Follow @ajanakashofficial on Instagram, all my work updates are there hehehe...

**7. How do you handle challenging clients or situations when it comes to styling?**

-- Nice one!!!!

If the person thinks that "I know it all".....go with the flow....be kind.... grab your money...go home...chill.... preserve the energy/idea.....use it for people (Clients) who are like minded and keep thriving for better.

**8. Would you like to share with us your experience working with different body types, skin tones, and personal styles?**

-- God has made every individual unique, as a stylist I embrace all.... my personal style is nothing as particular it could be "A trouser from sarojini with a Gucci belt"

I stick to the basic rule and play around it. Pinterest is for inspiration...it's not a xerox machine.

**9. How do you ensure that your styling choices align with the overall vision or theme of a project or event?**

-- By listening carefully when the brief is on.

**10. How do you see the role of a fashion stylist evolving in the future, and what skills do you believe are essential for success in this field?**

-- No one knows what tomorrow holds, I live and win the present, the best skill essential is the constant process of learning and unlearning.

**11. A few lines for Mystic Aura magazine.**

ALL THE BEST! LET'S PLAN AN EDITORIAL.





# Aura Style



Model : Moon Das  
Photography: Tulon Das  
Make-up: konika Debnath



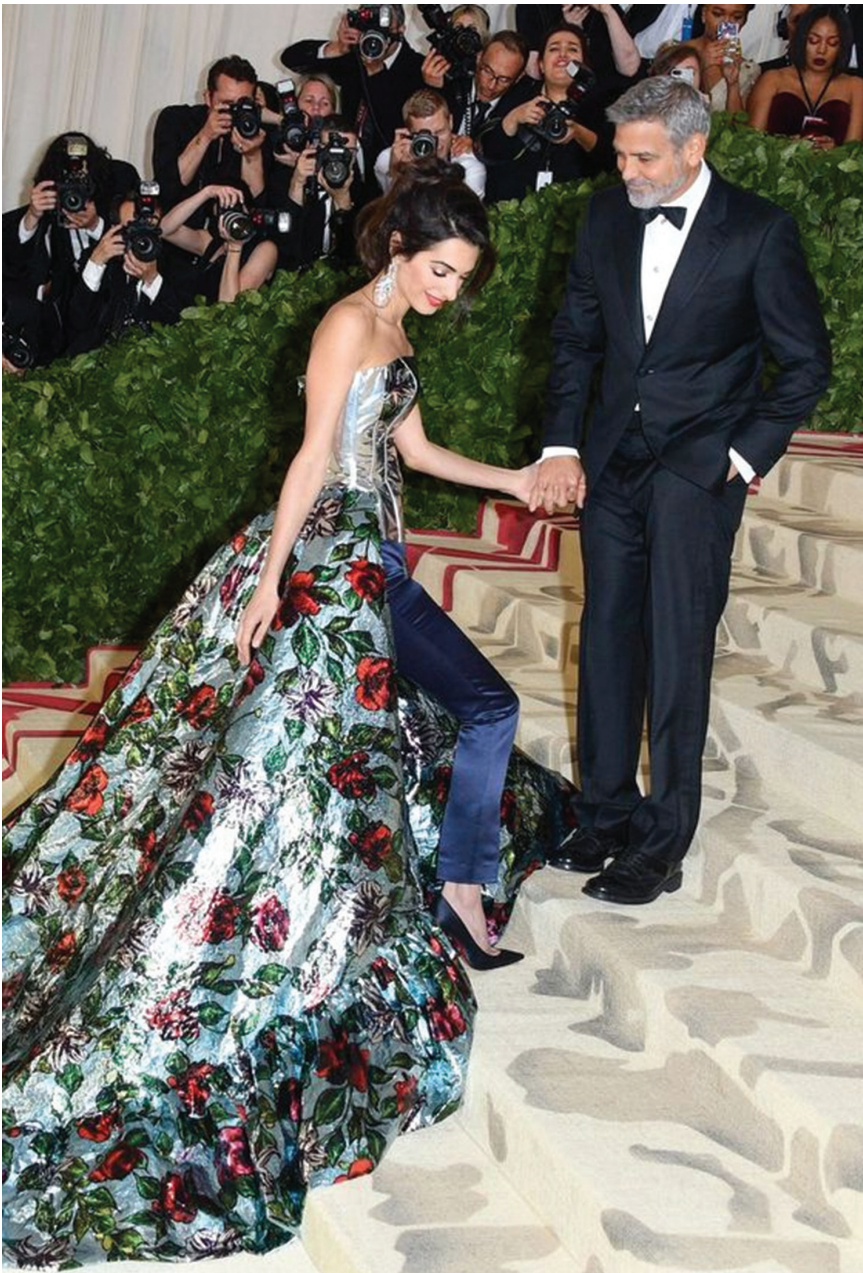
Complied by :  
**Mathew Dsouza**  
Bangalore, White field

# Red carpet look

Perfect fashion and style

**W**hen it comes to red carpet looks for an award function, the style and fashion choices are crucial in making a statement and leaving a lasting impression.

First and foremost, it's important to consider the theme of the event and the dress code, if any. Typically, award functions call for elegant and sophisticated attire, so opting for formal evening



wear is a safe bet. This could include glamorous gowns for women and sharp tuxedos or suits for men.

For women, a classic silhouette such as a mermaid or A-line gown can be a timeless choice. Consider fabrics like silk, satin, or chiffon for a luxurious touch. Embellishments such as sequins, beads, or embroidery can add a touch of sparkle and glamour to the look. Additionally, statement [www.mysticauramag.com](http://www.mysticauramag.com)

accessories like bold earrings or a statement necklace can elevate the outfit and add a touch of personality.

When it comes to hair and makeup, a polished and sophisticated look is key. Opt for a sleek updo or soft waves for a classic hairstyle, and choose a makeup look that enhances your features without being too overpowering. A bold lip or smokey eye can add a touch of drama,

but be sure to balance it with the rest of your look.

For men, a well-fitted tuxedo or suit in a classic color like black, navy, or charcoal is a timeless choice. Pay attention to details like the fit of the suit, the quality of the fabric, and the accessories. A crisp white shirt, a sleek tie or bowtie, and polished dress shoes can complete the look.

Overall, the key to a successful red carpet look for an award function is to strike a balance between elegance, sophistication, and personal style. By choosing the right outfit, hair, and makeup, you can make a memorable impression and stand out among the crowd. Remember to have fun with your look and exude confidence, as that is the ultimate accessory that can elevate any outfit.



# AURA Photography

Style is like life-enhancing and everything that gives pleasure, it is worth doing well. A great dress can make you remember what is beautiful about life.

**Model :** Caroline is from France and is a veterinarian.

**Photography:** Kenneth Kisbye Denmark.





The secret of Korean beauty and achieving glass skin lies in a combination of consistent skincare routines, hydration, healthy lifestyle habits, and the use of innovative skincare products. Never compromise with the skin care products. Always choose a good brand for beauty.

ty is the meticulous skincare routine . This regimen typically involves cleansing, exfoliating, toning, moisturizing, and applying various serums and treatments to address specific skin concerns. By following this

# GLASS SKIN

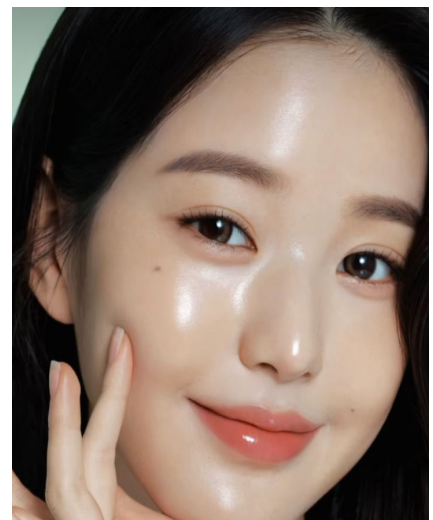
Secrets of Korean Beauty

By :  
**Saynash Agrawal**

**K**orean beauty and the concept of "glass skin" have gained popularity worldwide for their emphasis

on achieving clear, radiant, and flawless skin. The secret behind Korean beauty lies in a combination of skincare practices, innovative products, climatic effects and a holistic approach to beauty.

One key aspect of Korean beau-





multi-step routine consistently, individuals can maintain healthy and glowing skin.

Another important factor in Korean beauty is the emphasis on hydration. Hydrated skin is essential for achieving the coveted "glass skin" look, which is char-



acterized by a smooth, luminous complexion that appears almost translucent. Korean skincare products often contain hydrating ingredients like hyaluronic acid, glycerin, and ceramides to help plump and moisturize the skin.

In addition to skincare, diet and lifestyle also play a significant role in Korean beauty. Many Koreans prioritize a healthy



diet rich in fruits, vegetables, and seafood, which are packed with essential nutrients for skin health. Regular exercise, stress management, and sufficient sleep are also important factors in maintaining overall well-being and promoting healthy skin.

Furthermore, Korean beauty is known for its innovative and high-quality skincare products. Korean brands are constantly

developing new formulations and technologies to address various skin concerns, such as acne, hyperpigmentation, and aging. Ingredients like snail mucin, propolis, and green tea extract are commonly used in Korean skincare products for their beneficial properties.

Overall, the secret to Korean beauty and achieving glass skin lies in a combination of consistent skincare routines, hydration, healthy lifestyle habits, and the use of innovative skincare products. By incorporating these practices into your daily routine, you can achieve radiant and flawless skin reminiscent of Korean beauty standards no matter what your skin is and where you live in any part of the world.





--- The key is to choose the right eyeshadow colors that enhance the natural beauty of the eyes and can make them the focal point of your makeup look.

Choosing the right eyeshadow to complement your eye color can truly enhance your natural beauty and make your eyes pop. Whether you have black, blue, green, brown, hazel, or any other eye color, there are certain eyeshadow shades that can help accentuate and bring out the unique hues in your eyes. Few tips and recommendations have been given for selecting the perfect eyeshadow colors based on your eye color.

**For black eye :**

Rich and deep shades like dark brown, charcoal, plum, and metallics such as gold or bronze can complement and enhance the intensity of the eyes. These colors create a striking contrast and help bring out the depth and

# EYE SHADOW

Enhance the Beauty

By : **Rupa Dey**  
Kolkata



shadow can further enhance their beauty. To make blue eyes stand out, warm tones such as peach, copper, bronze, and gold can create a beautiful contrast. These shades can help intensify the blue in your eyes and make them appear even brighter. Additionally, soft neutrals like taupe and champagne can also complement blue eyes beautifully without overpowering them.

#### **For Green Eyes:**

Green eyes are relatively rare and have a unique vibrancy that can be accentuated with the

richness of black eyes. Soft neutrals like taupe or champagne can also be flattering for a more subtle look. Experimenting with jewel tones like emerald green or sapphire blue can add a pop of color and make black eyes stand out.

#### **For Blue Eyes:**

Blue eyes are often considered striking and captivating on their own, and the right eye-

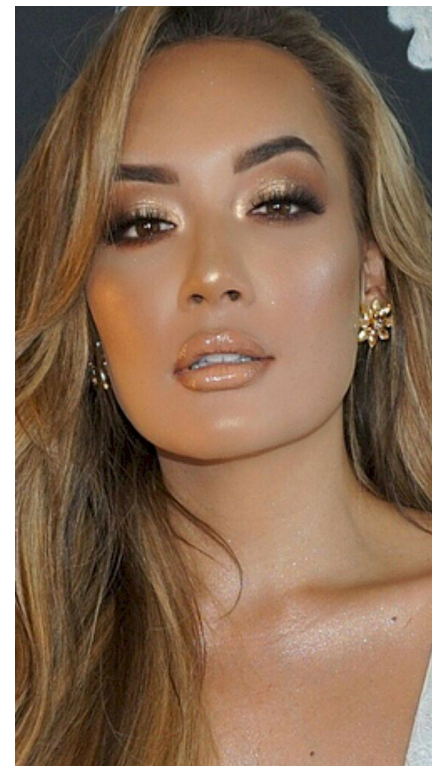


right eyeshadow colors. Shades that fall on the opposite side of the color wheel, such as purples, plums, and mauves, can make green eyes pop. These cool-toned hues create a striking contrast and bring out the green tones in your eyes. Earthy tones

like browns, bronzes, and warm greens can also complement green eyes and enhance their natural color.

#### **For Brown Eyes:**

Brown eyes are versatile and can be complemented by a wide range of eyeshadow colors. To enhance the richness of brown eyes, shades like deep blues,



teals, and purples can create a stunning look. These jewel-toned colors can add depth and intensity to brown eyes. Additionally, warm tones like gold, bronze, and copper can bring out the golden flecks often present in brown eyes, making them appear more luminous.

#### **For Hazel Eyes:**

Hazel eyes are a beautiful blend of different colors, often featuring hints of green, brown, and





gold. To highlight the various hues in hazel eyes, eyeshadow shades that incorporate those colors can be particularly flattering. Warm browns, greens, and golds can bring out the green and gold tones in hazel eyes, while purples and plums can enhance the brown undertones. Experimenting with multi-dimensional eyeshadows that combine different shades can create a mesmerizing effect for hazel eyes.

- **Consider your skin tone:** Your skin tone can also influence how certain eyeshadow colors ap-

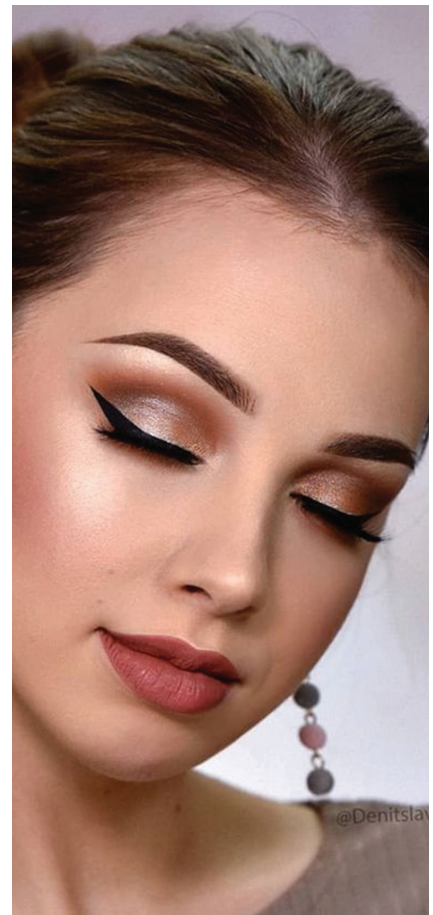
pear on your eyes. Cooler tones like blues and purples may complement fair skin, while warmer tones like golds and bronzes can flatter deeper skin tones.

- **Play with contrasts:** Opting for eyeshadow colors that contrast with your eye color can create a striking look. For example, if you have blue eyes, warm tones like oranges and coppers can provide a beautiful contrast.

- **Don't be afraid to experiment:** Makeup is a form of self-expression, so feel free to experiment with different eyeshadow colors

and techniques to find what works best for you. You may discover new combinations that enhance your eye color in unexpected ways.

In conclusion, choosing the right eyeshadow colors to complement your eye color can enhance your natural beauty and create a stunning makeup look. By selecting shades that harmonize with your eye color or provide a striking contrast, you can accentuate your eyes and make them the focal point of your makeup. Remember to consider your skin tone, experiment with different colors, and have fun exploring the endless possibilities of eyeshadow to create a look that makes you feel confident and beautiful.



# Aura Fashion

**Model:**

Debika Rani

**Photography:**

Raj Paul

**Makeup :**

Manjit

**Wardrobe:**

Designer JD institute



A lady, incredibly talented and versatile with wide range of skills and interests.

# Stuti Hazarika



**1. \*\*Tell us in brief about yourself:\*\***

-I am Stuti Hazarika from Guwahati Assam , I am a Singer/Youtube food Vlogger & Content Creator/Entrepreneur/ Social worker. In short , a multifaceted individual passionate for cooking food, community service, and content creation. As being the founder of the Kon Jolokiya Foundation, I do like to devote myself to extend my helping hands to the underprivileged/specially able children, empowerment of woman in particular and elderly individuals.

Passionately indulge into food vlogger as well as host YouTube talk show which is of immense pleasure to get the opportunity to interact with various participants excelling in their own field .

**2. Can you tell us about your journey and how you became involved in food blogging, social work, and podcasting besides being a popular singer?**

- My journey has been one of exploration and dedication to diverse interests. Initially recognized as a singer, I expanded my horizons to include food vlogging, social work, and podcasting. These endeavors allow me to connect with people on different levels and fulfill my passion for making a positive impact.

**3. How do you balance your time and energy between these different roles?\***

-Balancing own time and energy among my various roles requires meticulous planning and prioritization and I can tell you one thing if one has a strong desire to do something, time cannot be an excuse, thus I allocate dedicated time slots for each pursuit and ensure that I stay organized and focused to maximize productivity. But of course at time it is difficult but by organising in a manner possible makes things happen.

**4. What inspired you to start your food blog and what do you hope to achieve through it?\***

The inspiration behind my food vlog stems from my love for culinary exploration and sharing delightful experiences with others. Through my vlog, I aspire to inspire people to appreciate the art of cooking and to

explore diverse cuisines. Cooking varied food with own little twist & touch makes me excited to explore more in this venture.

**5. How has your background in social work influenced your approach to content creation and community engagement?\***

- My background in social work has instilled in me a deep sense of empathy and community responsibility. This influences my approach to content creation by prioritizing topics that promote social awareness and inclusivity, fostering meaningful engagement within the community. Main agenda is that the world has so much to offer and in today's world most of the people are doing superb work in their own field and by show casing as much such people even if I can inspire one individual it would make me feel worth in my venture.

**6. \*\*What topics do you typically cover in your podcast and why are they important to you?\***

- In my podcast, I cover a wide range of topics including social issues, culinary arts, and personal development. These topics resonate with me because they allow me to facilitate meaningful conversations and provide valuable insights to my audience as well to encourage all those came in association to do more & more work in their own field.

**7. \*\*How do you stay motivated and creative across all of your projects?\***

- I stay motivated and creative by maintaining a curious



mindset and embracing new challenges. Additionally, I draw inspiration from the people I interact with and the impact I strive to make in both the culinary and social spheres. Most importantly my family members and the circle I belong within also keeps me immensely motivated to do better with more focus.

**8. \*\*Can you share a particularly memorable experience or success story from your work in each of these areas?\***

- Certainly! Each area of my work is filled with memorable experiences and success stories, from witnessing the joy on the faces of underprivileged children to receiving heartwarming feedback from my food vlog readers and podcast listeners. Incidentally being a planter's wife I was hooked in more into my present venture following COVID Lockdown time while got an opportunity to get associated/work with a group of specially able underprivileged children in the tea garden.

**9. \*\*What advice would you give to others looking to pursue multiple passions like you have?\***

- My advice to others looking to pursue multiple passions is to prioritize authenticity and perseverance. Follow your interests wholeheartedly and remain committed to continuous learning and growth. Will to do something is what

matters, if desire gets priority time other excuses all can be managed.

**10. \*\*What are your future goals and aspirations for each of these endeavors?\***

- My future goals involve expanding the reach and impact of the Kon Jolokiya Foundation, further establishing my presence in the culinary world through innovative food blogging, and fostering deeper connections with my audience through meaningful podcast content.

**11. \*\*A few lines for Mystic Aura:\***

- Mystic Aura represents a harmonious blend of creativity and spirituality, captivating hearts with its enchanting essence. It is a sanctuary where souls find solace and inspiration, transcending boundaries to embrace the beauty of the universe.



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# Mindful Eating

Nourishing Body and Soul

By :

**Brian La Cour**

Entrepreneur, strategist, and author US.

In our fast-paced world, the act of eating has often been relegated to a mere necessity, something we do quickly, often while multitasking. But what if we took the time to fully engage with our meals? This is where the concept of mindful eating comes in. Mindful eating

is not only about nourishing our bodies but also about nourishing our souls. It's about appreciating the moment, savoring each bite, and recognizing the incredible journey that food takes to reach our plates.

## What is Mindful Eating?

Mindful eating is an approach that involves paying full attention to the experience of eating and drinking, both inside and outside the body. It's about noticing the colors, smells, textures, flavors, temperatures, and even the sounds when you

chew your food. By tuning into these sensations, you can truly savor every bite, appreciate the nourishment that food provides, and develop a healthier relationship with food.

## The Benefits of Mindful Eating

- 1. Improved Digestion:** When we eat mindfully, we are more likely to chew our food thoroughly. This not only makes digestion easier but also maximizes nutrient absorption.
- 2. Weight Management:** By paying attention to our hunger cues



and slowing down our eating pace, we can prevent overeating, aiding in weight management.

**3. Enhanced Enjoyment:** Taking the time to savor each bite heightens the enjoyment of eating, turning meals into more than just a means to stave off hunger.

**4. Reduced Stress:** The act of focusing solely on the act of eating can be a form of meditation, reducing stress and promoting overall mental well-being.

### How to Practice Mindful Eating

**1. Start with Small Portions:** Instead of loading your plate, start with a small portion. This encourages you to savor each bite and pay attention to your hunger and fullness cues.

**2. Chew Thoroughly:** Take the time to chew your food thoroughly, noticing the texture and flavor of each bite.

**3. Eat Slowly:** Slow down and take the time to enjoy your meal. This can help prevent overeating and improve digestion.

**4. Eliminate Distractions:** Turn off the TV, put away your phone, and focus solely on the act of eating. This helps you stay present and fully engaged with your meal.

**5. Appreciate Your Food:** Before you start eating, take a moment to appreciate the journey your food took to reach your plate. This can enhance your sense of gratitude and enjoyment of your meal.

Mindful eating is about more than just what we eat. It's about how, why, when, and where we eat. It's about transforming our relationship with food, turning it into a source of pleasure, nourishment, and healing for both our bodies and our souls.

Mindful eating is not a diet or a fad. It's a lifestyle, a conscious decision to respect your body by nourishing it with the right foods, in the right way. It's about being present in the moment, savoring each bite, and appreciating the nourishment that food provides. So the next time you sit down for a meal, remember to slow down, pay attention, and truly savor every bite. After all, eating is not just about feeding our bodies. It's also about nourishing our souls.





## INADEQUATE SLEEP

Effects on good health

**By:**

**Manikangkana Devi**

Writer, Poet, Artist & Translator.

In fact, many studies have found that when a person does not get enough sleep, it causes many diseases in his body. Apart from this, he also has to face prob-

lems of nervousness, irritability, anger and aggressive nature. Therefore, it is important that every person takes 7 to 8 hours of sleep daily.

**T**o stay healthy, it is important to take nutritious food. It is equally important to make the lifestyle healthy. For this, along with proper daily routine, exercise and adequate sleep should be taken. However, many people are not able to get enough sleep due to their busy life schedule, due to which they may have to face many problems.





Many problems arise due to lack of sleep. It has been proved in many studies that a person who sleeps less than 7 to 8 hours every day. His risk of heart diseases, stroke, cancer and diabetes increases. Apart from this, not getting enough sleep also has a bad effect on the brain tissue, which affects the brain as well as the ability to think. Lack of sleep can also cause lack of activity in the body. It also decreases the immune system of our body which may cause a person to be more prone to disease and infections. Insufficient sleep can affect hormone production, including the production of growth hormones and testosterone. It also causes the body to release additional stress hormones. Poor sleep may affect the production of hormones that boost fertility. In the long term, having too little sleep may lead to the risk of hypertension, diabetes or insulin resistance, psychosis, obesity, heart stroke, depression and anxiety. Sleep deficiency can interfere with work, education, driving, and social functioning. This might

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affect in learning, focusing, and reacting. It also can make feel frustrated, cranky, or worried in social situations. The symptoms of sleep deficiency may differ between children and adults. Children having sleep deficient might be less active and have problems paying attention. There might be an adverse affect in their behaviour and performance.

If someone does not get good sleep or are not able to get enough sleep, should definitely adopt these measures. Create a routine to get good sleep. For this, sleep at the same time every night and wake up at the same time in the morning. One may feel good just by adopting this habit for a week.

To get good sleep maintain distance from electronic gadgets, stay away from electronic gadgets like TV, computer and smart phone about an hour before sleeping.

Avoiding heavy meals and eating only light food before sleeping and not to eat fried food.

Apart from this, do breathing exercise or exercise 10 minutes before sleeping. Restraint in consumption of caffeine and alcohol, especially close to bedtime. This will definitely give a good sleep. This will also help in getting mental peace. For more information one should always consult a health provider. It to inform that every year on 15th March, World Sleep Day is celebrated. World Sleep Day is a global awareness event held annually and hosted by World Sleep Society since 2008. The theme for World Sleep Day, 2024 is 'Sleep Equity for Global Health'. Sleep is essential to health, but measurable differences in sleep health persist across populations across the world, creating additional burdens and reinforcing health inequities. Thus, Sleep is vital to maintaining health, and most adults need seven or more hours each day. There are lifestyle steps one can take to improve sleep. Talk to doctor if someone has concerns or questions about how sleep patterns are affecting the health.





# Decision to Leave

## At Torned Poles

By :  
**Dr. Dipsikha Bhagawati, Film Critic, author, translator.**  
 Assam.

**U**nder a delightfully designed umbrella of Hitchcock noirism as immortally displayed either in 'Vertigo'

or in 'The Man Who Knew Too Much', this pithy Korean director - Park Chan-Wook has rarely failed in creating an apneic radar for his audience. Decision to Leave, a 2022 South Korean Neo noir romantic mystery film has unfolded the mysterious labyrinths of human psyche through a series of incidents an

insomniac detective Hae-jun (Park-Hae-il) encounters while investigating a murder and how it leads him to develop an enthralling thread with the very suspect itself, that is the pretty much widow of the dead, Seor-ae (Tang Wei).

A man falls off of a mountain. It creates plain suspicion and suspense that the person who happens to be an athirst hiker, and specialised every root of that stratospheric junction can hardly meet such a catastrophe. The suspicion is multiplied by his widow's nonchalant behaviour towards this tragic loss. She is a Chinese immigrant, speaking fine Korean and shares much juniorship than her dead husband. Hae-jun decides to stalk her and gets into an in depth series of investigation. She, who works in a care centre for elders can well sense the proceedings of the boys in blue and tries to confuse him with her pretendings - smokins alone, crying, staying aloof and silent, seeking more private space to mourn and so on. Initially Hae definitely suspects her, but eventually, as more he starts developing feeling towards her, the more he gets obsessed and spontaneously the more he starts believing in her being innocent.

Hae-jun shares a complex and flat sexual chemistry with his wife. There are intimate scenes of them, but no passion or love exists to define it as something of pure sex. As the narrative gets unfolded, the sadistic nature of



Seo becomes more and more exposed as she admits how she had killed her own mom by overdosing fentanyl (a sort of euthanasia as told). But the particular case, as it more goes to be established as a suicide case, the proximity gets enhanced. They are never shown expressing love or getting physical, but a clear indication of romance flows undercurrent.

But the cop inside Hae is constantly torned between the sense of duty and the romantic makebelieve. Through several instances, he discovers that Seo is the real culprit. He requests her to end up whatever is there between them and moves to Ipo where his wife is employed in a nuclear plant. But again he crosses Seo, this time with her new husband. Later sometime, he too is found dead in their swimming pool. Hae-jun, by this, through enough evidences is well aware of Seo-re as the convict. The majority of film is occu-

ried by virtual language (voice recording, as such) than physical texting; lies in undertones and subtext. Seo's character compliments well to the film noir and

the fatal executed by a female. Her last destiny fits perfectly into the genre it is structured in.

The beauty and the gravity of Decision To Leave is created solely through the arresting cinematography of Kim Ji-young. The nocturnal scenes of snowfall, the close shot of the dead man's eye, the elaborate use of the shades of blue, the surveillance scenes, the temple sequence, the mountain scene (through the captivating ariel shots) are some that add to the creative ritual of this extraordinary film. Somewhere, the film very comfortably reminds of Basic Instinct (1992, Paul Verhoeven). Decision to Leave - a pilgrimage of invested visuals.



AURA  
*Trends*



Designer:  
**Daisy Gogoi**

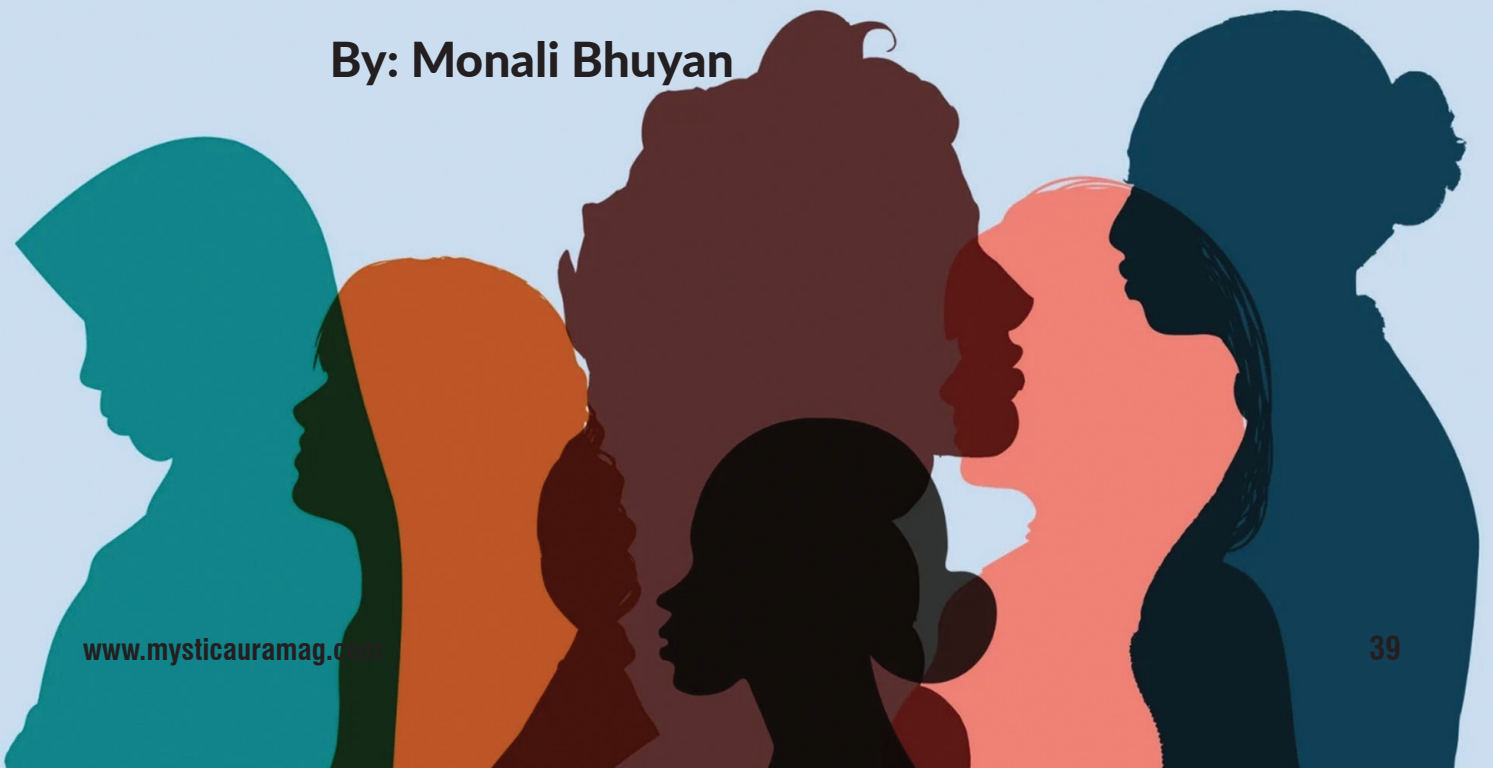
Photography:  
**Shiv Dutta**

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# HER

She dares  
She cares  
She is the most beautiful creation  
of the Almighty.  
A mother, a sister, a friend, a lover  
She has multiple roles in a drama  
called "Life".  
Crafted by hands of God  
She is epitome of warmth  
But a warrior when scorned.  
Her bejeweled face with wrinkles  
speaks her story.  
Her bejeweled face with wrinkles  
speaks her story  
She is flesh and blood  
Love her, respect her  
And let her live.

**By: Monali Bhuyan**



# She

Words fall short to define her  
No poets can paint her perfect picture  
Woman she is  
She is a soft summer breeze or a cold winter chill.

She scatters sunshine on earth  
The world basks in her warmth  
Woman she is  
She is splendidly supreme.

She is coy and shy ,she is a fire wild  
Boundless in love, she is the giver of life  
Woman she is  
She is the embodiment of timeless beauty.

The Sun and the Moon  
All the thousand trillion stars  
Cannot be like her  
Woman she is  
She is the epitome of grace and magnificent splendour.

**By: Vijaylaxmi Sarmah**





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