

APRIL 2024, ISSUE 50 | VOL - III

MYSTIC AURA

MAGAZINE

**STRESS IN
WOMAN**

WAYS TO GET RID OF IT

**CALCIUM RICH
DRY FRUITS**

KEEPS YOU FIT

**BE THE
SPARKLING
BRIDE**

WRAP YOURSELF IN
THE BEST OUTFIT

**REJUVENATING
YOUR BODY**

FEEL RELAXED

Cover Page Photography:
KAUSHIK BRAHMA

Spring Blossoms
Nature's Beauty

2024

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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CONTACT

Office Address

Hatigaon, Brindaban Path, Hse No. 2
Opposite Bharat Petroleum
PIN-781038
PHONE: +9186386 84096
Email: mysticaura.fashion@gmail.com

FOLLOW US at

www.mysticauramag.com



MRIGAKSHI DUTTA BHARALI

Copy Editor

A model, Proprietor & Principal of Little Laurels Pre-school, Jorhat and a Master Trainer of English language under the BRITISH COUNCIL. She is the winner of Mrs Global Universal Queen International (1st runners-up) at Sri Lanka, Colombo.



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



April, a month that ushers in the beauty of spring and new beginnings, is filled with a sense of rejuvenation and new hopes as it's the beginning of NEW YEAR too. April serves as a reminder that change is inevitable, but it also brings with it the promise of fresh opportunities and possibilities. So we should embrace the blooming flowers, the longer days, and the sense of renewal that April brings along with it. May this month inspire all to cultivate our passions and nurture our dreams.

This month's issue covers the beauty of the season followed up by the regular topics of the magazine.

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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On the COVER

Very gorgeous and talented
Dr. Antara Paul



A Lady who believes that hard work pays off... By profession she is an educator & by passion a model. During her initial years, her path eventually led her to social work & community service... Modeling has been her passion ever since she was a child... She grew up with that passion in her heart and that paved the way to her journey in the modeling industry. She participated in "Womania 2021" & won the title of the Most Popular Face on YouTube (public voting)... Apart from that she won the crown of "Mrs. Assam Beauty", Winner of "Indian Traditional Fashion League," Bangalore.... Her next beauty pageant was in an international level "International Glam Icon, Season-5" & she won the 2nd runner up crown... Her achievements includes many awards like Asom Jyoti Award, Byatikram Women Conclave Award 2023, Prag-yashree Award, Arohan Utkarsh Award, Gyandeep Bota, Rhino of the Year Award, Prerana Award, NorthEast Excellency Award 2023 from Sagarika Film Entertainment, CNN24 Excellence Awards 2024 from one of the popular News Channels of Shilchar, Gyanshree Award 2024... Besides her philanthropic endeavors, her future plans include expanding her knowledge in her current fields & add values to the life of others... By mastering the difficult skills she wants to become a tough leader & an inspiration to all around her.



BE THE SPARKLING BRIDE

By :

Prasant Ghosh

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

www.mysticauramag.com

The last day of your bachelorhood and entry into marital bliss should see you in the best of the Indian wedding outfit. A vast collection of Indian wedding wear is available in the market and by wrapping yourself in one of our

selected attire, you are sure to become the envy of everyone's eyes. The designers have flair to let you be yourself via our customized tailored Indian wedding suits. Reveal your imagination and a good designer will make it possible for you.



There are many malls or boutiques in India built as a one-stop store where you can find Indian Wedding clothes meant not only for the groom but also for the entire family. Most salons offer a pre bridal package; brides to be are so busy with their shopping and ceremonies that they should book with parlours barely a couple of days before the wedding. Most parlours offer one session pre bridal package where

the bride has a facial , body scrub, manicure, pedicure, waxing , bleaching and head massage three days prior to the wedding as the glow after a facial comes only a couple of days later. Also during that time if there are any skin eruptions or allergies they can be taken care of with suitable packs.

The skin often becomes red and tender after a facial and needs to settle. Putting makeup in that condi-

tion might aggravate it further and besides, makeup settles well on a relaxed skin. Brides should take care of themselves two months before the wedding. One cannot get a glow, or remove a tan, pimples and acne in one session. Even fingers, nails, skin and complexion get into complete shape only after a couple of sessions. Then, dull hair and dandruff also has to be treated

The hair has to be treated the hair has to have the right length and cut.

How can the bride manage that in a couple of days? But then, there are brides who come from out of town. , and even out of the country, and they have no time to avail of prolonged pre bridal grooming. For them most reputed parlours have special bridal face packs, scrubs and masks, and thereafter the bridal package. For these brides, and in fact all others, I would suggests regular facials [once a month]. Add to that a good diet lots of water and walking exercises they will do to one's beauty what no makeup can .Make up has to also be according to an individual's looks and features. One basic rule heavy makeup is a complete no.

Skin must be well toned using a toner and concealer wherever required. The face should be well contoured with the help of highlighters and colours rounding off square jaws, making a long face appear well proportioned, a round face thinner, small eyes bigger and big eyes well defined. Lips should look full.

An overall desired effect is what make up should do. Make up colours



have to be subtle and in complete harmony with the outfit one is wearing, the matte look, with smoky, lightly shaded eyes, lots of kohl and a dash of gloss on the lips is the winning look of the season. Frosted shades like amber, lilac and light tan for the eyes are underlined.

Hair must be tied in a jooda or a jooda choti for weddings as the bride has to cover her head and the heavy dupatta will not stay on otherwise. But, what one can experiment with is the way the hair is set in the front. It can be simply combed back or parted in the centre, or the side, or, be sculpted in an art décor look with the hair in neat waves, set with a gelled look. The joodas can be nape buns or high buns depending on the weight of the dupattas as well as the height difference between the bride and the groom. Roller setting for receptions are ideal.

Lehnga cholis are the rule these

days for brides. Shararas and gararas are a nice contemporary option. However, many Bengalis and south Indian brides still prefer the sari and silk brides the salwar kameez. While colours like deep burgundy, wine and even deep blue's were the ruling colors and fabric this winter, spring brings fresh trends of greys, pastels like baby pink and baby blue, and also bronze, pink and copper in tissue with surface work ranging from zardozi to swarovskis, diamante stones and beads etc. Batuas and small purses matched with outfits are the prevalent trend.

Brides often wear very heavy jewellery and 2 - 3 different lengths of

necklaces. But it is advisable to wear just one stunning set. A tikka on the forehead, an artistic but conventional bindi underneath along with the typical bridal bindis, not along the entire length of eyebrows but just subtly halfway, is what gives the bride her ultimate bridal look. I would also suggest that instead of a very heavy dupatta, it is advisable to have a lighter net dupatta with little ghungroos along the length, and maybe some light work matching the work on the main outfit. For the bride to look happy and beautiful on the most important day of her life, she must be comfortable and not loaded with heavy outfits, dupattas, jewellery and make up.





Rejuvenating Your Body and Mind

A Holistic Approach

By :

Brian La Cour

Author/writer/Entrepreneur
US.

In the bustling rhythm of modern life, our bodies and minds are often the silent victims of our relentless schedules and responsibilities. The need for rejuvenation has never been more critical, as it is essential not only for our physical well-being but also for our mental health and overall happiness. Draw-

ing insights from various experts and recent articles on the subject, this piece explores comprehensive strategies for mind-body rejuvenation that are both effective and accessible.

Embrace the Great Outdoors

One of the simplest yet profoundly effective ways to rejuvenate your body and mind is to spend time outdoors. Nature has a unique way of healing and restoring our spirits. Whether it's a leisurely walk in the park, a challenging hike, or simply sitting by a body of water, the fresh

air, natural light, and the serene environment can do wonders for your overall well-being.

Meditation and Mindfulness

Meditation has long been praised for its benefits on mental health, including stress reduction, improved concentration, and an overall sense of well-being. Incorporating meditation or mindfulness practices into your daily routine can help clear your mind, reduce anxiety, and enhance your focus. It's a powerful tool for mental rejuvenation that requires nothing but a few minutes



of your time each day.

Physical Activity and Exercise

Exercise is not just about physical fitness; it's also crucial for mental health. Regular physical activity can significantly boost your mood, reduce anxiety and depression, and improve sleep quality. Whether it's a structured exercise program, yoga, or Pilates, find an activity that you enjoy and make it a part of your daily routine.

Nutritional Wellness

What you eat has a direct impact on how you feel both physically and mentally. Embracing mindful eating and focusing on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins can provide your body with the necessary nutrients to function optimally. Incorporating foods like nuts and bananas can offer an immediate energy boost and improve your mood.

Quality Sleep and Rest

Sleep is perhaps the most underrated component of our well-being.

Quality sleep and adequate rest are foundational to rejuvenation. It's during sleep that our bodies repair themselves, and our minds process the events of the day. Prioritizing sleep and ensuring you get enough rest is essential for both physical recovery and mental clarity.

Set Boundaries and Practice Saying No

In a world where being constantly busy is often glorified, setting boundaries and learning to say no is a rejuvenating act of self-care. It's important to recognize when your body or mind needs a break and to be comfortable declining additional responsibilities or engagements that could lead to stress or burnout.

Positive Affirmations and Self-Talk

The way we speak to ourselves has a profound impact on our mental health. Practicing positive affirmations and engaging in encouraging self-talk can boost your confidence, reduce negative thoughts, and foster a healthier mindset. Treat

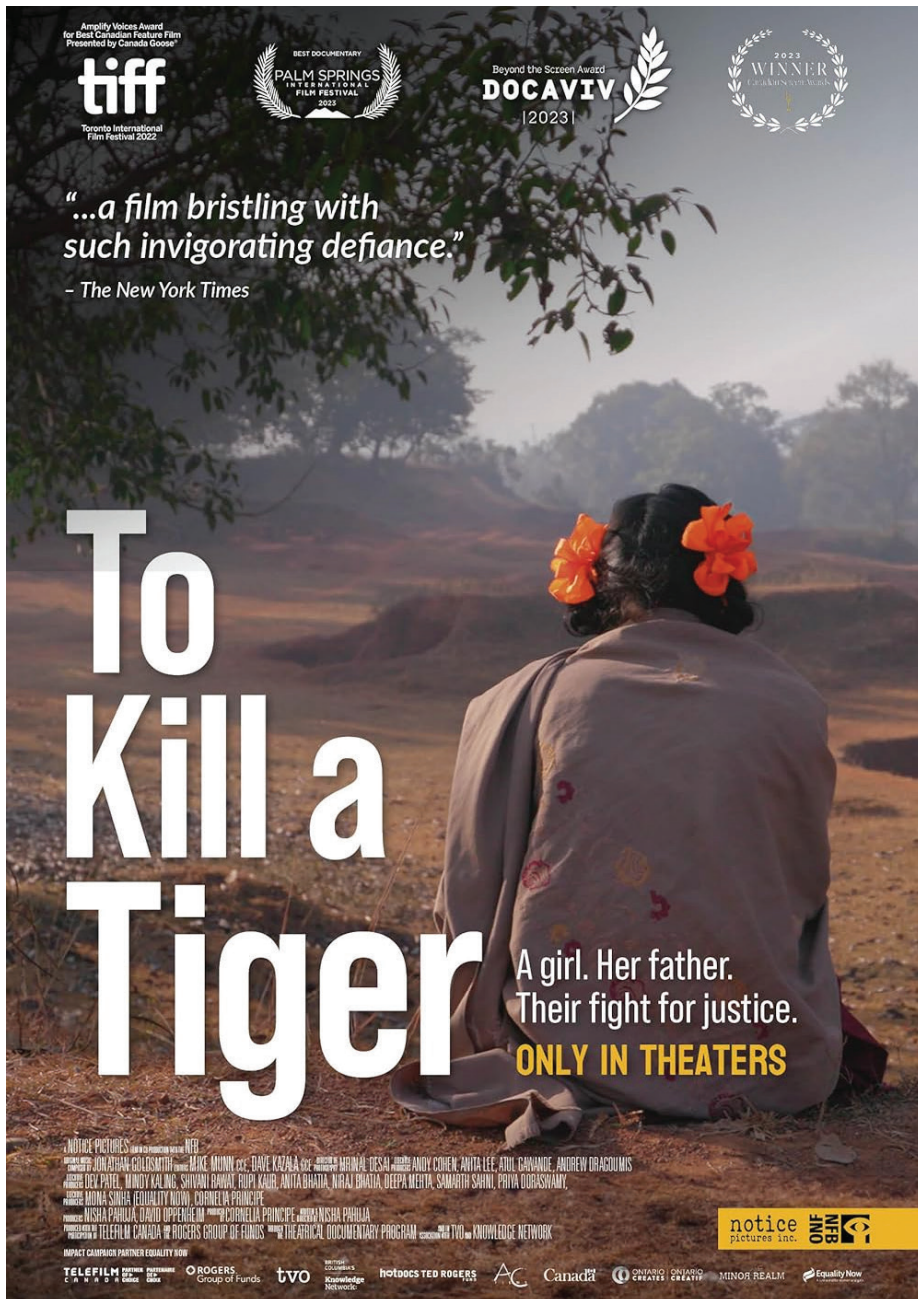
yourself with the same kindness and compassion that you would offer a good friend.

Professional Help and Therapy

Sometimes, rejuvenation requires professional intervention. Whether it's counseling, therapy, or seeking advice from a wellness coach, professional help can provide tailored strategies and support to navigate through life's challenges. Engaging with a professional can offer new perspectives and tools for managing stress, anxiety, and other mental health concerns.

Rejuvenating your body and mind is a multifaceted process that involves a combination of physical activities, mental exercises, proper nutrition, adequate rest, and sometimes professional guidance. By incorporating these strategies into your daily routine, you can improve your overall well-being and navigate life with renewed energy and optimism. Remember, the journey to rejuvenation is personal and unique to each individual. Listen to your body, respect your limits, and take steps towards a healthier, more vibrant you.





"I've been interested in exploring the issue of gender justice and violence against women in India for a number of years, it felt like this particular story could illuminate the why behind the headlines that continually come out of India."

- Nisha Pahuja, Director, To Kill a Tiger

To Kill a Tiger

Beyond Silence

their "solution" was for the victim to marry one of her own rapists, free all the perpetrators, and "restore" her 'lost' honor, but her family vowed to seek justice, which is rare in the world's largest democracy. To Kill a Tiger is the focus of Canadian-born director Nisha Pahuja's documentary on the struggle of an agrarian family to restore the mugged esteem of their daughter through the complex labyrinths of Indian judiciary system. To protect its privacy, the film ad-

By:
Dr. Dipsikha Bhagawati
 Film Critic/Translator & Creative
 Writer/ Film Critics Circle of India.

A 13-year-old girl was sexually assaulted by three men behind a wedding

venue in a village in the Indian state of Jharkhand. One of these three was his close relative. Somehow she survived and returned home, where the teenager found the hand to hold - her father Ranjit. When the other members of the community bumped into the matter,



opted 'Kiran' as the on-screen name of Ranjit's daughter's. The documentary says that an estimated 90% of rapes in India go unregistered, so against the current, a lower middle class family's decision to fight the culture of silence was extraordinary, and Pahuja aimed to elevate their story of resistance and resilience through her film.

Ranjit's fearless struggle attracted the attention of a social organization called Srijan Foundation. In general, members of this group rarely met a man willing to stand publicly with women who had been sexually assaulted. Kiran's mother is featured in the film as a passive protest, her support for the girl is shown as less significant. Perhaps it was a part of that prolonged tradition of silence that has existed in Indian society for centuries.

The main strength of *To Kill a Tiger*, a seemingly ordinary documentary, is the extraordinary love and sense of responsibility of Kiran's father, Ranjit, towards his daughter, which has not been destroyed by financial impediments. The first few scenes of the film are too painful to wrench any humane heart. In a close-up shot, the camera captures a scene of

Kiran braiding her hair. Parallely in front of the camera, Ranjit tells the story of his daughter being raped at a family wedding. It took about 14 months for the case to come to a conclusion through the legal process. During this period, the course of the case had a very deplorable effect upon those connected to it, where, as was the usual current tradition, surrender should have been the last thing in favor of a lower middle-class family. Ostracism, threats, and financial pressures overwhelmed Ranjit to such an extent that it is doubtful whether he will remain mentally strong for the later steps. Locals threatened to burn down Ranjit's house, even kill him, and at one point started threatening Pahuja and her team for recording the entire incident and interfering in their "local affairs". Finally, the person who plays the

deciding role in the entire process is Kiran herself. When the local police inspector messes up his principal testimony in court, the entire case sustained predominantly on the strength of Kiran's attestation. The director originally decided to keep Kiran's face hidden throughout, but after she herself saw the footage at the age of 18, she agreed to let her real face to be revealed.

Pahuja shows the audience a comprehensive picture of rural life in Jharkhand. All the detailed scenes, from Ranjit's wife baking bread over an open fire to collecting water from pastures and pumps - are established in the form of a chaotically organized mise - en - scene. The camera captures in quiet expanse the scene of Ranjit's teenage daughter carefully ribboning her hair.

In terms of cinematic composition, *To Kill a Tiger* is not a stunningly 'beautiful' film, it is a harsh and tragic exploration of a true story of a father and his family fighting for the honor of their child in a marginalized corner, despite strong collective challenges. One of the most successful courtroom dramas of 2023, *Sirf Ek Banda Kafi Hai* too leaves scattered traces in places.

To Kill a Tiger was selected as India's nomination for the 2024 Academy Awards for Best Documentary.



FACE of the MONTH

Nandita Borsaikia



1. Tell us in brief about yourself.

- Hi, I am Nandita Borsaikia ,from Assam .Currently I'm pursuing my Masters in Political Science from Dibrugarh University. Basically I'm a model by profession and I'm also working in the Assamese music videos . Besides I love exploring different cultures, travelling and cooking . Modeling is only my passion but also it's a dream....and I'm so focused,dedicated and working hard to fulfill my dream . Lastly ,I just wanna say that I'm so happy in what I'm doing now and just want to continue my modeling career further .

2. How do you prepare for a fashion shoot or runway show, both physically and mentally?

- First, of all I have a genuine interest in fashion and styling as they are drawn to the creativity and artistic aspects of modeling. My biggest inspiration is my family and friends, but especially my mother,who bestowed her blessings and love and always wished to see me as a successful model. I want to get ahead in the fashion industry because I love it, also want to give my mom everything she deserves in life.

3. What do you believe sets you apart from other models and makes you unique in the industry?

- By taking a healthy diet and doing some of the regular exercises making my mental and physical health fit and healthy,that's how I can prepare for a fashion shoot or runway. What really sets me apart from other models and makes me unique in the industry is my discipline , my focus towards my goal and I have been consistent.



4 . Which popular model from the glamour industry you like the most and why?

- My all time favourite model is Sushmita Sen. She's not only - good model but also a great actress. Her journey from a common girl to a model and now become a actress inspired me so much.

5. Can you share a challenging or memorable experience from your time as a fashion model and how it has shaped you professionally?

- There is no such particular memorable experience from my time as a fashion model but I take every single day as a challenge to putting my hard work on everything .By working hard it has shaped my professionally.

6. How do you handle the pressures and demands of the fashion industry, including maintaining a healthy body image and self-confidence?

- I try to balance between proper time management and allowing sufficient practice in both activities

7. What are your future plans ?

- At this stage of my career, my main goal is to gain hands-on experience and develop a strong foundation in the industry. I am eager to learn and contribute to a team where I can utilise my skills and continue to build upon them.

8. A few lines for Mystic Aura magazine.

- Well, honestly speaking I feel so grateful for the opportunity to be a part of Mystic Aura Magazine as I always wanted to work with your projects. Finally I got the opportunity to feature myself in your magazine. It makes me feel so grateful and I promise to give myself the best .





“No one can ever be disappointed in Love”

Writer- Director Mrunal Mistri in conversation with **UTPAL DATTA**

How did the concept of Malti originate? Was it inspired by personal experiences or born from your imagination?

Malti originated from an amalgamation of my personal experiences and my imagination. I wanted to make a film on infidelity, ever since I came across the term. Whilst growing up, I was surrounded by healthy marriages. My parents celebrated their 25th wedding anniversary last year in Alaska and my grandparents celebrated their 50th wedding anniversary 2 days ago. I had a very rosy picture painted in my head about love and marriage. I thought - if there's love, there will be a successful marriage. No one can ever be disappointed in love, right?

But being a Millennial, one has to hear horror stories about ridiculous terms like "open relationships" which means no strings attached and "friends with benefits" daily. I am someone who doesn't seek those benefits in her friendships most definitely. I felt empathetic towards every single friend of mine who got her heart broken.

I distinctly remember, in the year 2021, when I was pursuing my Masters in Film Making, a friend calls me at 2 am in the night. I could feel the anxiety in her voice as she was huffing and puffing. I ran out of my house to pick her up, luckily she only lived a few blocks away. I still remember very clearly, seeing a woman with bruises on her thighs and her face, walking on a lonely street with her luggage. She couldn't stop crying. As I hugged her, my chest was heavy and I felt so hurt knowing that someone's betrayed

in the name of 'love'. What I found more heartbreaking is when her partner called her 2 days after he hit her and cheated on her, she went back to him. She said and I quote "He cares".

In that moment, I realised that there are many young men and women out there who suffer in love and get their hearts broken and crumpled, but most of them also choose to be in that relationship instead of acknowledging the unfairness and stepping away. They think "This is their only chance in love, they will never find anyone else in their life". Due to this fear, they choose to stay. I believe that Malti is not a film on infidelity, its a film about someone who chooses to be treated unfairly in her romantic relationship until she realises her self-worth.

Malti originated from these experiences. I wrote the first draft of Malti in a day. I wanted to say something through this film and reach people who have been hurt in love. I wanted them to acknowledge the reality of their relationships, if its toxic. If I can inspire even one person to do so, I feel that I have done my job.

What motivated you to craft the

narrative as a 'no dialogue' film? What challenges did you face during the filming process?

As a Film Maker I like to challenge the norms and do something different. I find dialogues to be 'easy'. Saying it out loud is always preferred over bottling up your emotions. I wanted Malti to be claustrophobic and uncomfortable. I wanted the audience to feel anxious when Malti feels anxious.

Recently I was watching a ROM-COM during which the narrator said "Now these two individuals will fall in love". After hearing this statement, I wasn't rooting for the characters to fall in love and looking forward to experiencing their journey with them. I am scared of writing bad dialogues and hence I choose not to write them.

Malti would have been a very different film if the narrator in the beginning of the film said "Now Malti finds out that her husband just cheated on her". It's the silences that stay with you and also give you as a film-maker the chance to be different.

It's my dream to make a 60-minute silent feature. Hopefully one day, I can!



What led you to cast Kankana Chakravarty in the lead role? Are you satisfied with her performance, and what preparation did she undergo for the role?

I never write, keeping an actor in mind. I find it distracting and restrictive. Once I was done writing Malti, I began searching for the right actor for my character. I knew I wanted someone with a strong personality, who was independent but also naive, innocent and caring. Kankana is a versatile and hard-working actor who's willing to mould herself into any role that she's offered.

I am very satisfied and happy with the performance of all three actors. This is the first time Kankana and I worked together and it was both delightful and challenging as there was no dialogue.

We started with a table read and we broke down the script for all the characters in the film. And then we met again to understand the back story of every character. We did an in-depth analysis of every word written. I also bought a separate perfume which best suited the film and the characters. I gave one of the perfumes to Kankana and asked her to familiarise herself with the smell as that was Malti's husband's scent. I did not have her sniff the other woman's perfume until we reached that scene when she realised the change in scent on her husband's shirt. I wanted to capture her genuine reaction in that moment and Kankana performed and reacted flawlessly.

Kankana and I used to meet every single day and break down every scene, beat by beat. We also went over the beats in the shooting order.

Kankana was always so patient and understanding of my vision. I have never worked with an actor so dedicated to understanding the director's mind and I am only grateful to have her be a part of my film.

Malti received acclaim both in the East and West. What do you believe contributed to its universal appeal?

I believe that its the story and its very theme that lead to its universal appeal. I was thinking about this last week as well. I have a bitter-sweet answer to this question. I think infidelity is a universal grief and heartbreak that many people experience in their lives. During the development stage, I knew I wanted the film to cross all boundaries.

I believe another reason for its universal appeal is also with it being a silent film. Malti's emotions are expressed through her eyes and not her words. The audience connected with what they saw in her eyes.

With the director and lead actor both hailing from India, the setting in the USA, another actor from the West, and music composed by a non-Indian, how did you manage to synchronise such diverse cultural backgrounds within the project?

One reason behind such a culturally diverse cast and crew is our education here in the States. When I was at film school I always worked with students of different ethnicities. Working and collaborating with filmmakers and colleagues from your home country is fun but easy and comfortable. I don't like comfortable. Comfortable is boring. I handpicked every single person from this team. We had a 50:50 men and women ratio on set. My core team were mostly women. My Production Designer is from Kazakhstan, my 1st AD is from Italy, my composer is from Utah and my Cinematographer is from China.

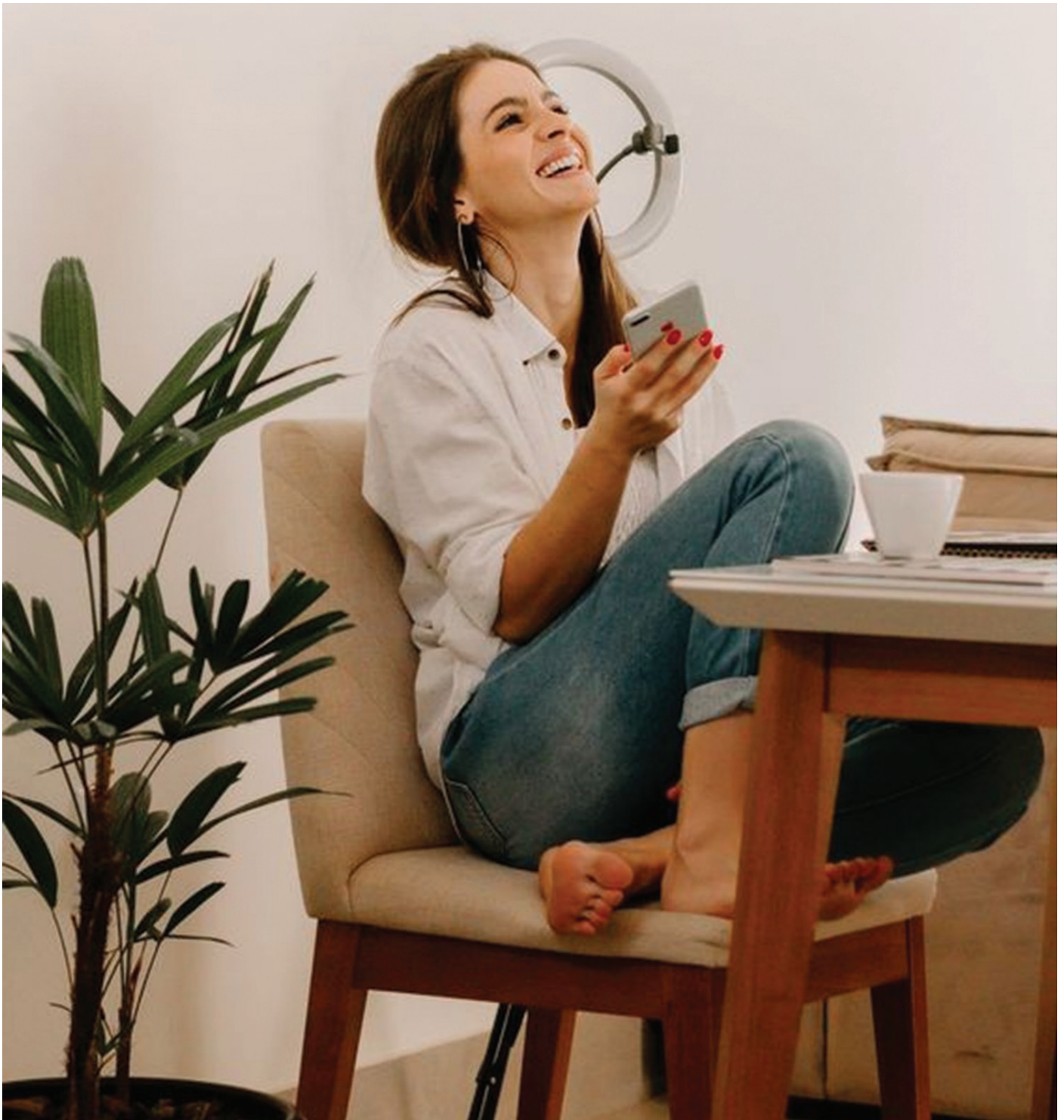
The music for Malti was composed by Luis Morales. This is my 4th film with Luis. I chose to work with him because we share great chemistry and understanding. During my prep, I associate temp music tracks with every scene. It helps me visualise and set the tone for the film. I share my temp music with every department head, so we can be on the same page with my vision for the film. We also share a common love and passion towards cinema. Perhaps this is also one of the reasons why Malti has such a universal appeal - because the team is universal!



Aura Fashion

Model:

Cimon Sharma



STRESS IN WOMAN

How to get rid of it

By: **MANIKANGKANA DEVI**, Writer, Poet, Artist & Translator

Many strange problems sometimes cause stress or depression. It has been

observed that women are more prone to stress than men, which is in a ratio of 2:1. Research about this

has shown that about 87 percent of women in India are stressed.



Doctors or Psychiatrists says that stress in women comes in many stages. The reason for which is their physical structure. For example, the 'Adolescent period' when menstruation begins. This is followed by 'Postpartum Depression' and the third stage after 'menopause'. In all these stages, women are victims of stress or depression and the frequent change of hormones in them increases stress. Apart from this, due to the changing lifestyle, in which today's women handle both home and outside, double stress is happening in them, but if medical consultation is taken in time, then women can avoid being a victim of stress.

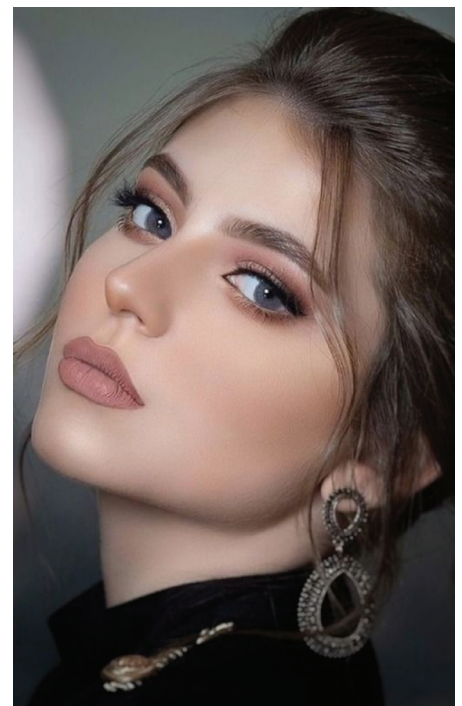
Symptoms of stress such as always feeling tired and irritable, not being able to decide on any work, not interested in work, negative thinking towards life, changes in diet, suicidal

tendencies, weight gain or loss, loss of concentration and insomnia.

Doctor says that today's women lack tolerance. The reason for this is that they are financially self-sufficient. Earlier, women used to stay at home and take care of children and family, while today they have to handle both at home and outside. In such a situation, it is necessary to change the thinking of family and society to reduce stress.

Stress gradually takes the form of depression, so it is important to consult a psychiatrist in time and if women include some things in daily life to avoid such a situation, they can avoid stress. Include exercise in your daily routine. If this is not possible, try to walk in the morning. Always keep yourself away from negative things that have happened in life. Don't think about them. Make maximum use of the mind. For this,

read newspapers and magazines regularly. Give more time to reading books than TV, because reading increases imagination, which exercises the mind. Instead of stress, think with a calm mind if your financial condition is not good. Then take



advice from experts on how to do in a legal way. If there is tension in the relationship between husband and wife, talk to close friends or family members about it. Marriage counselor can also be consulted.

If you are stressed due to any physical change or illness, contact the specialist. If there is tension due to colleague or boss, discuss the problem with the concerned person.

Nowadays most people use computers and mobiles. Keep them away from you when the work is over, because sometimes gadgets also increase stress. There are some foods that give our body the power to fight stress. The brain gets strength due to the high amount of potassium in oranges and dry fruits. Potatoes are high in vitamin B, which cures our anxiety and bad mood.

If you are single, you can keep 'pets' or 'birds'. That will also reduce stress. Always remember that if you live life with joy and happiness, then you will be healthy and happy as well as stress-free.



AURA Photography

Model :
Sanju Ray
Ragini Sarma

Photography:
Kaushik Brahma

"Know
thyself deathless
and able to know
all things, all arts,
sciences, the
way of every life.
Become higher
than the highest
height and lower
than the lowest
depth"



Aura Beauty Touch

URBAN TALKAA

PURBA PAUL,

a passionate and experienced makeup artist and beautician with over 3 years of dedicated work in the industry. I find immense joy in showcasing my creativity through various makeup styles, specializing in bridal, party, self, and glossy makeup looks. I have had the privilege of serving as an official makeup artist for shows, honing my skills and gaining valuable experience. I am now eagerly seeking new opportunities to further expand and excel in my makeup career.



DRY FRUITS

Rich in
calcium & healthy

Complied by:
Rosy Das

Dry fruits are a powerhouse of nutrients that can significantly contribute to a healthy lifestyle. Packed with essential vitamins, minerals, and antioxidants, dry fruits offer a con-

venient and delicious way to boost your overall well-being. Incorporating a variety of dry fruits into your diet can provide numerous health benefits, including improved heart health, enhanced digestion, and increased energy levels. These nutrient-dense snacks are known for their ability to support bone strength, aid in weight management,

and promote glowing skin. Whether you enjoy almonds, walnuts, dates, or figs, each dry fruit offers a unique set of health-boosting properties. By including dry fruits in your daily meals or snacks, you can nourish your body with vital nutrients that are essential for optimal functioning. Embracing a diet rich in dry fruits can help reduce the risk of chronic diseases, boost immunity, and support overall vitality. From enhancing brain function to regulating blood sugar levels, dry fruits play a crucial role in maintaining a balanced and healthy lifestyle. So, make dry fruits a regular part of your diet and experience the transformative benefits they bring to your health and well-being.

Here are a few dry fruits -

1. Almonds: Almonds are a popular dry fruit known for their high calcium content. They are also rich in other essential nutrients such as vitamin E, magnesium, and protein. Consuming almonds regularly can help improve bone health .

2. Figs: Figs are another excellent source of calcium and are often consumed in their dried form. They are also packed with fiber, antioxidants, and potassium, making them a nutritious snack option. Figs can contrib-



ute to maintaining strong bones and promoting digestive health.

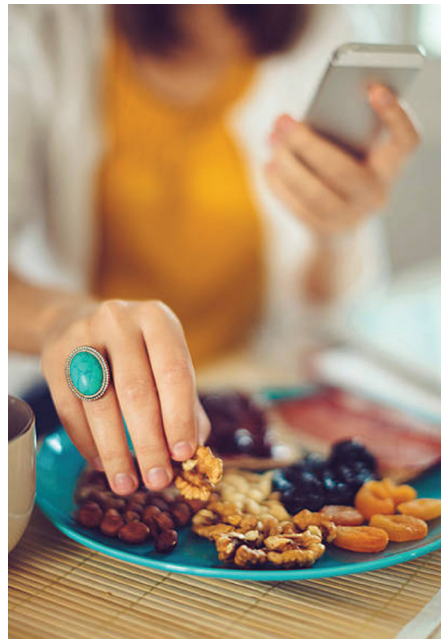
3. Dates: Dates are a sweet and versatile dry fruit that contains a good amount of calcium. They are also high in fiber, iron, and antioxidants. Including dates in your diet can help boost energy levels, support bone strength, and aid in digestion.

4. Prunes: Prunes, or dried plums,

are rich in calcium and are known for their digestive benefits. They are also a good source of vitamin K, potassium, and antioxidants. Consuming prunes regularly can help improve bone density and promote gut health.

5. Apricots: Dried apricots are a tasty dry fruit that provides a decent amount of calcium. They are also rich in vitamin A, vitamin C, and fiber. Apricots can support bone health, aid in digestion, and contribute to overall immunity.

6. Pistachios: Pistachios are a nutrient-dense dry fruit that contains calcium along with other essential minerals like potassium and magnesium. They are also a good source of protein and healthy fats. Including pistachios in your diet can help support bone health and provide a boost of energy.



7. Sesame Seeds: While not technically a dry fruit, sesame seeds are a rich source of calcium and are often used in various culinary preparations. They are also high in iron, magnesium, and antioxidants. Incorporating sesame seeds into your

diet can help improve bone density and provide essential nutrients.

8. Chia Seeds: Chia seeds are tiny seeds that pack a powerful nutritional punch, including calcium. They are also high in fiber, omega-3 fatty acids, and protein. Adding chia seeds to your meals or snacks can help support bone health, aid in digestion, and promote heart health.

In conclusion, incorporating a variety of calcium-rich dry fruits into your diet can be beneficial for overall health and well-being. These dry fruits not only provide essential nutrients like calcium but also offer a range of other health benefits such as improved bone strength, digestive support, and increased energy levels. Remember to consume dry fruits in moderation as part of a balanced diet to reap their full nutritional benefits.



Aura Style



Model: **Priyanka Bharali**
Photography: **Shiv Dutta**
Designer: **Daisy gogoi**

BOHAG

Not just a month
Not just the eve of a beautiful season
You are an emotion
A festival of love and happiness.
Yes! Bohag is in the air
Spirit of love is felt everywhere.
Each and every flower and leaf,
Each and every herb and tree on Earth's Bosom
Rose shaking away the wintry sleep .
To embrace the love and warmth of the festive season.
To dance with body and soul to rhythm of Dhol, Pepa
and Gogona.
The young maidens Kopou on their buns and dreams on
their eyes welcome Bohag.
A month of new life
A month of love and joy.

By :

Monali Hazarika



Spirit of Spring

The fragrance of spring drifting in the breeze
Ambrosial dawns humming symphony
Flowers of love cascading from Heaven
adorning Earth in flowery carpets .

Sublime days ending in embellished nights
Evoking desires in the loving light
On moonkissed meadows dreams are made
Gratifying days of cherished moments .

The spirit of spring is cheering hearts
kindling feelings of gratitude and love
Hopes awakening , promises to keep
Happiness filled to the brim.

By:

Vijaylaxmi Sarmah

Aura Beauty Touch

Myra Ahmed, who hails from Assam is a skilled makeup artist and beautician proficient in a wide range of makeup styles including portfolio, creative (high fashion), HD, waterproof, and bridal makeup. She has gained valuable experience working at Shahnaz Beauty Salon and collaborating on numerous magazine shoots and events. She is currently seeking new opportunities to further enhance and showcase her makeup skills.



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-  HSE No-2, Brindaban path, Guwahati-38, Assam
-  +91 8638684096
-  mysticaura.fashion@gmail.com
-  www.mysticauramag.com

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