

JUNE 2024, ISSUE 52 | VOL - IV

MYSTIC AURA

MAGAZINE

THE RADIANT
SUNLIGHT
STRESS RELIEVER

AN EXCLUSIVE INTERVIEW:

Aurosikha Dey

PASTEL
COLOURS
Trending Now

SUMMER SOLSTICE
BEAUTY BLOSSOMS

Cover Page Photography: KAMAL BARMAN
Model: SIMI SAIKIA

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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Editor's NOTE



During the summer days, as the sun shines brightly and temperature rises, it is essential to prioritize self-care to maintain our health and beauty. Staying hydrated is crucial, so drink plenty of water throughout the day. Protect your skin from harmful UV rays by applying sunscreen regularly and wearing protective clothing ofcourse, a balanced diet can help nourish your body and keep you fully energized for any kind of work during the day ..

This issue covers the regular topics followed up the special Aura pages of attraction.

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

CONTENTS



06 ON THE COVER

08 PASTEL COLOURS
By Rosy Das

10 FASHION DESIGNER
SANCHALI BASU

13 FASHION DESIGNER
ANJU HAZARIKA

15 AURA TRENDS
Richa Rabha

16 AN EXCLUSIVE
INTERVIEW
with Aurosikha Dey

18 AURA PHOTOGRAPHY
Photography: Monuranjan
Boruah

19 BREATHING DEEPLY
By Vanessa Jacqueline Dacruz

21 THE RADIANT
BENEFITS OF SUNLIGHT
By Brian La Cour

24 AURA FASHION
Model: Pinky Das

25 FACE OF THE MONTH
Model: Richa Chetry

28 AURA FASHION
Model: Jiya

29 MAGIC OF KANGAROO
CARE
By Dr. Nikhita Nagar

32 AURA PHOTOGRAPHY
Photography: Pranab Barman



33 MANTHAN: THE
MISSIONED ALLEGORY
(A REVIEW)
By Dr. Dipsikha Bhagawati

35 BEAUTY PAGEANT:
NERW

37 FIRST DATE: CHOOSING
THE PERFECT DRESS
By Saynash Agrawal

A POET'S MIND

40 SUMMER WIND
By Vijaylaxmi Sarmah

41 THE MYSTICAL GIFT
By Monali Bhuyan

On the COVER

Simi Saikia

A VERY PRETTY AND ADMIRABLE
MODEL FROM ASSAM,
NORTHEAST.

Mua

Ranjan

Photography

Kamal Barman

Simi Saikia is a professional print model of Guwahati, Assam. Currently, she is pursuing her Masters in Social Work. Her journey in modelling began in 2013, collaborating with talented designers. Modelling is her passion, and so she planned to continue it as a hobby only. A significant milestone in working with a renowned fashion photographer in Mumbai was a great experience. Each event in her modelling career has given her immense joy and helped her understand her preferences. Continuing to pursue her passion has been a blessing, with indescribable feelings. Presently, her focus is on academic pursuits at the same time maintaining a balance between personal life and work, fostering meaningful relationships in both areas.

World Environment Day



Save Earth to Save Life



PASTEL COLOURS

Trending this summer solstice as beauty trends

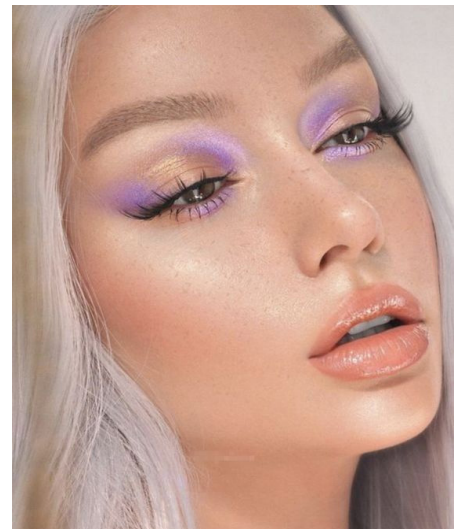
BY :

Rosy Das
Assam

Pastel colors have long been associated with the summer season, evoking a sense of lightness, freshness, and tranquility. This year, pastel hues are making a strong comeback in the

world of beauty and fashion, with soft shades of pink, lavender, mint green, and baby blue dominating the runways and beauty trends.

In the realm of makeup, pastel colors are being used to create ethereal and dreamy looks that are perfect for the warmer months. Soft pastel eyeshadows in shades like peach, lilac, and baby pink are being paired with dewy, glowing skin for a fresh and youthful appearance. Pastel nail polishes in





monochromatic pastel ensemble, there are endless ways to embrace this trend and add a touch of softness and whimsy to your summer style. : trending this summer solstice as beauty trends.



shades of mint green, sky blue, and pale yellow are also popular choices for a fun and playful manicure.

When it comes to hair, pastel hues are being embraced by those looking to add a pop of color to their locks. Soft pastel shades like rose gold, lavender, and baby blue are being used to create subtle highlights or full-on pastel hair transformations. These whimsical hair colors are perfect for those looking to experiment with their look and embrace their inner unicorn.

In the world of fashion, pastel

colors are being seen in everything from flowy sundresses to tailored suits. Soft pastel hues are being used to create romantic and feminine looks that are perfect for summer weddings, garden parties, and other special occasions. Pastel accessories like handbags, shoes, and jewelry are also popular choices for adding a touch of sweetness to any outfit.

Overall, pastel colors are a versatile and timeless trend that can be incorporated into any beauty or fashion look. Whether you prefer a subtle hint of pastel or a full-on



DESIGNER
SANCHALI BASU

Sanchali Basu, is an AWWA entrepreneur and the proprietor of SANCHALI SAGA. As a passionate designer, focus on promoting Indian ethnic wear. To follow her passion, she collaborate with artisans and weavers to bring out their best work, showcasing it through exhibitions and fashion shows.



COLLECTION FROM SANCHALI SAGA BOUTIQUE





COLLECTION FROM SANCHALI SAGA BOUTIQUE





FASHION DESIGNER
Anju Hazarika

She specializes in Eri, Muga, Assam silk, Ghicha, Cotton, and Tussar fabrics, focusing on Assamese traditional designs. Additionally, she creates fusion dresses such as jackets, skirts, tops, and salwar in the Assamese traditional style. Her clientele extends worldwide and can be said in short a very popular and talented designer from JORHAT, ASSAM.



ANJU'S MEENAVRA CREATIONS.....

Jewellery by : Moummi Uzir



AURA Trends

Model : **Kasturi Nixasor**
Wardrobe: **Richa Rabha**



Rabha, a professional fashion designer, aspires to establish a brand renowned for its distinctive designs. Her collection predominantly features bridal and western dresses that highlight traditional designs, incorporating unique elements infused with the subtle essence of Rabha tradition.

'A DREAM COMES TRUE.'

Actor **AUROSIKHA DEY**,
in Cannes Film Festival, representing
the film **The Shameless**,
in which she played the
character Durwa.

By: UTPAL DATTA



1. Congratulations on representing your film "The Shameless" at the prestigious Cannes Film Festival. Could you share your experience and your movie's reception at the festival?

- When I first heard the news from my director and producer, I was numb for a fraction of a second, searching for the perfect expression. This is a dream come true; I feel ecstatic. It is an honour to represent my film on such a prestigious platform and present it to a global audience. I am both happy and humbled by this opportunity. I had a great time in Cannes. It was a privilege to meet many professionals worldwide, learn about new cultures and passions, and discuss ideas and filmmaking. The film was received extremely well at Cannes. The audience's reaction was incredible. They appreciated both the story and my performance in the movie. I am very humbled and honoured by the response.

2. Please tell me about your character in "The Shameless" and how you felt working with Anusuya.

- I am thrilled to contribute to this exceptional project. My director, Konstantin Bojanov, crafted a brilliant script and meticulously outlined the character 'Durwa', which provided invaluable clarity for my preparation. As a primary cast member, Durwa introduces shades of grey and compels the audience to confront the conflict between conventional norms and individual will. She is aggressive and fiercely focused on securing her daily livelihood above all. I had a great time working with Anusuya. I am thrilled and proud of the global adulation and appreciation the film and the entire team have received.

3. The Cannes Film Festival is known for its glamour and star-studded red-carpet events. Can you describe any memorable moments or interactions with fellow artists or industry professionals during the festival?

- I was extremely excited to be on the Cannes red carpet and present my film. I was wearing a beautiful saree designed by Priyanka Raajiv. Right before walking on the red carpet, I was a bit nervous and jittery, but I was also thrilled. There were so many photographers ready to take our pictures. I chatted with my co-actors, and they all shared the same feelings. It was my day.

4. As an artist, how do you view the importance of platforms like Cannes in promoting diverse and thought-provoking cinema worldwide, and what impact do you hope your film will have on audiences globally?

- It's an honour to represent my film on such a prestigious platform and present it to a global audience. I am both happy and humbled by this opportunity.

AURA
Photography

Photography:
Monuranjan Boruah

Makeup:
Ranjan Kashyap





BREATHING DEEPLY

STRESS RELIEVER

By : **Vanessa Jacqueline Dcruz**, Singapore

You are rushing to finish your project. Time is running out. You feel stress, uptight, agitated and hurried. Your heart

is pumping fast. You feel that you are out of breath. I know I have written topics to reduce stress but this topic even though I am

not an expert, I have learnt that taking a few minutes away from your busy schedule and engaging in deep control breathing can



calm the mind. I actually learn this technique during my Aikido training when after training we do deep breathing exercises to keep us relax.

Have you seen basketball players taking deep breaths before shooting the ball in the basket? It is when you are nervous and scared to do something and the only thing that will make you feel calm is to take a deep breath. Start incorporating deep breathing in your

every day life.

It only takes a few minutes. Take a walk in the park or find a quiet place in your house to do deep breathings. See the difference it makes in our life. Think of your breathing as your own secret weapon you can use at any time. It is simple, produces quick and significant results, and is completely private.

There are also benefits to breathing.

Breathing is an easy task to do when we are alive and healthy. When we get old our breathing may become a difficulty for us. Therefore, we must always appreciate the gist of breathing.

Pacing your breathing is important.

for example :-

1. Breathe and recollect your thoughts.
2. Breathe and ask yourself whether you are being judgmental
3. Breathe and ask yourself whether you are cutting in someone's conversation
4. Breathe and ask yourself whether you are being annoying
5. Breathe and ask yourself whether you are listening to the person speaking to you
6. Breathe to clear your mind of negative thoughts

It is a simple exercise. Use your breathing to help in our everyday life. You need not have to buy. It is given to you when you were born.

Deep breathing is a commonly recommended technique for stress relief. It can help calm the mind and body, reduce stress levels, and promote relaxation. It involves taking slow, deep breaths in through the nose, holding for a few seconds, and then exhaling slowly through the mouth. This practice can help lower heart rate, reduce blood pressure, and improve overall well-being. It is important to practice deep breathing regularly to experience its full benefits.



THE RADIANT BENEFITS OF SUNLIGHT

Health & Well-Being

By:

Brian La Cour
US.

Sunlight is often portrayed as a symbol of life and vitality, and for good reason. Beyond its obvious role in illuminating our world, sunlight plays a crucial part in maintaining our health and well-being. For health enthusiasts, outdoor lovers, and wellness seekers, understanding the benefits of sunlight and the best practices for

sun exposure can lead to a healthier, more vibrant life.

When we think about sunlight, we may first think about its warmth and brightness. However, the influence of sunlight goes much deeper. The sun emits ultraviolet (UV) rays, which, when they interact with our skin, trigger various physiological processes.

Sunlight is the primary source of vitamin D, a vital nutrient that supports bone health, immune function, and overall vitality. The UVB rays from the sun convert cholesterol in the skin into vitamin

D3, which is then metabolized by the liver and kidneys into its active form.

There's more to sunlight than just physical benefits; it's also a powerful mood enhancer. Exposure to natural light influences the production of serotonin, a neurotransmitter that contributes to feelings of well-being and happiness. This is why spending time outdoors can lift our spirits and help combat seasonal affective disorder (SAD), a type of depression linked to changes in seasons.

Vitamin D, often referred to as



the "sunshine vitamin," is essential for maintaining healthy bones and teeth, supporting the immune system, and regulating insulin levels. Moderate sun exposure is one of the most effective ways to ensure adequate vitamin D levels, especially since it's challenging to get enough from diet alone.

Regular sunlight exposure has been shown to bolster the immune system by enhancing the pathogen-fighting effects of white blood cells. This can help ward off infections and support overall health.

As sunlight boosts serotonin levels, it plays a significant role in mood regulation. This is particularly evident in reducing symptoms of depression and anxiety, making outdoor activities a natural mood booster.

While sunlight offers numerous benefits, it's essential to approach

sun exposure with caution to avoid the risks of overexposure, such as sunburn and skin cancer. Here are some best practices for safe sun exposure:

The ideal time for sun exposure is during the early morning or late afternoon, typically before 10 AM and after 4 PM. During these times, the sun's rays are less intense, reducing the risk of skin damage while still allowing for the



benefits of sunlight.

Use Sunscreen: Apply a broad-spectrum sunscreen with an SPF of at least 30 to protect against both UVA and UVB rays.

Wear Protective Clothing: Long sleeves, wide-brimmed hats, and sunglasses can shield your skin and eyes from harmful rays.

Seek Shade: Whenever possible, take breaks in the shade to give your skin a respite from direct sunlight.

Balancing sun exposure is crucial. Both sun deprivation and excessive sun exposure can have adverse effects on health.

Lack of sunlight can lead to vitamin D deficiency, which has been linked to various health issues, including osteoporosis, weakened immune function, and increased risk of chronic diseases. Additionally, insufficient sunlight exposure can contribute to mood disorders, such as SAD.

On the flip side, too much sun exposure can lead to sunburn,



premature aging, and an increased risk of skin cancer. It's essential to find a balance that allows you to reap the benefits of sunlight while minimizing the risks.

Incorporating healthy sun habits into your daily routine can help you enjoy the benefits of sunlight safely:

Morning Walks: Start your day with a walk during the early morning hours to soak up some sunlight before it gets too intense.

Lunch Breaks Outdoors: If your schedule allows, spend your lunch break outside. A short walk or even sitting in a sunny spot can make a difference.

Weekend Outdoor Activities: Plan weekend activities like hiking, gar-

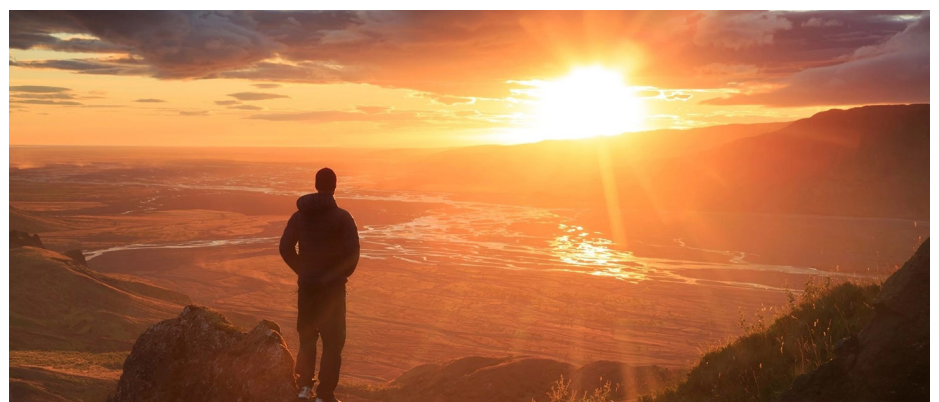
dening, or picnicking to get regular doses of sunlight.

Balance Indoor and Outdoor Time: Aim to balance your time between indoor and outdoor activities to ensure you're not missing out on the benefits of sunlight.

Sunlight is an essential component of a healthy lifestyle, providing numerous benefits for physical and mental well-being. By understanding the science behind sunlight's

impact on health and adopting best practices for safe sun exposure, health enthusiasts, outdoor lovers, and wellness seekers can harness the power of the sun to enhance their lives.

Remember, moderation is key. Embrace the sunshine responsibly to enjoy its radiant benefits while protecting your skin and overall health. Here's to soaking up the sun and basking in better health!.



Aura Fashion

Model : Pinky Das
Photography: Unique Borah
Mua: Manwasse Rabha



FACE of the MONTH

Richa Chetry



1. Tell us in brief about yourself.

- Hello, I am Richa Chetry from Assam, currently pursuing my degree at Namrup College under Dibrugarh University. In addition to my degree, I have completed a hospitality & aviation course at Franklin Institute. Modeling is my passion, and I also enjoy singing. My interest in fashion developed at a young age. One of my strengths is my strong work ethic and excellent time management skills. However, I do acknowledge that I can be quite introverted at times. I firmly believe in the value of hard work as it is the key to achieving success.

2. Would like to know about your journey into the world of fashion modeling and what inspired you to pursue this career?

- Embarking on my journey into the world of fashion modeling has been a transformative experience. From building my portfolio to attending auditions, I have embraced the challenges and opportunities that come with this competitive industry. Fashion shows stand as the pinnacle of the modeling world, where models bring to life the latest designs of esteemed fashion designers. Navigating through fittings, rehearsals, and the pressure of live performances has taught me and inspired me to urge for more and more.

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

- The best way to prepare for a photoshoot or runway show, both physically and mentally, is to adopt a healthy lifestyle in the weeks leading up to your appointment. Eating the right food and exercising will help you feel fresh and healthy. Every model has a unique way of preparing for runway shows but as we all know practice makes everything perfect .

4. Would love to know about your passion & profession?

- Modelling is my passion. I thrive on challenges and constantly strive to evolve and improve myself. Passion gives power in my work, making it more fulfilling and enjoyable. Working on something I love boosts my motivation, creativity, and overall happiness.

5. Your most memorable moments you spent so far in a nutshell.

- One of my most memorable modelling experience was when I won Miss Pragiyotish. Well,there were some great moments,and a few unhappy moments. I had very little experience at that point but I never gave up. Clothing choices can reflect personal tastes, beliefs, values and cultural back-



grounds, making fashion a powerful tool for expressing one's identity and that's what I believe in.

6. What according to you is more important Name & Fame or Money ?

- According to me, I will go for name over money and fame because fame can be good or bad you can be famous by doing either good or bad things. So it doesn't not take much efforts to earn fame. But it takes a lot to earn a "name". If you have a name in any particular field, it means you have done a lot of hardwork & have left some positive impact. And at last, I want to be a popular model, not by walking on the ramp but by doing some great work on social field so that people will remember me one day.

7. How do you feel being a part of Mystic Aura magazine.

- Honestly speaking, by working with Mystic Aura magazine, its a dream come true for me. Every models want to work with Mystic Aura

maga-
zine and now
I got this opportu-
nity to work with it, will
definitely set a mark
on my fashion ca-
reer ahead. Thank
you for giving
this beautiful
opportunity.



Aura Fashion

Model
Jiya

Photography
Dipankar Bora

Mua
Manwasse Rabha

An
attitude, an
expression,
a look and a
touch is all
that makes
a sense in
one's life.





Magic of kangaroo Care

By : Dr. Nikhita Nagar

Mental Health educator | Behaviour therapist | Dental Surgeon

Imagine, a baby cozily nestled against the warmth of its parent's chest, enjoying the skin-to-skin contact, and absorbing the scent, touch, voice, and heartbeat



they find most comforting. This form of intimacy forms the cornerstone of kangaroo care, a technique pioneered in Colombia in the 1970s to deal with a shortage of neonatal units and incubators for babies.

According to the World Health Organization (WHO), kangaroo care significantly improves survival and health outcomes for preterm and low birth weight babies, compared to clinical stabilization in a more 'high-tech' incubator or warmer.

The method involves holding the baby's head upright and close to the parent's bare chest which allows skin-to-skin contact. The baby wears only a diaper and maybe a cap and socks to stay warm. Kangaroo care can be given throughout the baby's stay at the hospital and home. Low birth weight (LBW) and premature babies are advised skin-to-skin to contact for 8-24 hours a day, starting immediately after birth. For normal babies, the care can be given once or twice a day for at least an hour or as long as it is

tolerated by the baby. The longer the baby is held, the better.

What started as a practical solution has turned out to be a treasure trove of therapeutic benefits. At its core, kangaroo care forges a lingering bond between the parent and the baby and sets the foundation for healthy physical, emotional, neurological, cognitive, behavioral, and social development.

Benefits of Kangaroo Care:

Physical proximity stimulates the breast and initiates increased milk production thereby improving lactation. Kangaroo care also encourages the baby to latch on better leading to improved nutritional intake and weight gain. This helps in nurturing LBW and preterm babies and increasing their level of protection against infections.

Skin-to-skin contact initiates the transfer of beneficial bacteria, antibodies, and other immune-boosting factors. This strengthens the baby's immune system and lowers the risks of infections and illnesses.

The warmth of parental skin helps to maintain the infant's vitals. It regularizes body temperature, reduces the risk of hypothermia, and stabilizes the heart rate and breathing patterns.

Contact with the parent's skin has an analgesic effect that alleviates procedural pain in premature babies.

Better nutrition, immunity, stabi-



lization of vitals, and alleviation of pain help in getting the baby discharged from the hospital faster.

Holding the baby close supports healthy sleep patterns. The baby experiences quieter, deeper, and longer sleep cycles.

Kangaroo care decreases cortisol levels in the baby reducing stress and promoting a sense of calmness in the baby making them cry less.

Physical proximity facilitates better brain growth in infants by triggering a cascade of neurochemical responses. Studies reveal that infants who experience kangaroo care show improved cognitive function and enhanced neurobehavioral outcomes.

The process forges a deep bond between the parent and the baby by fostering feelings of love, security, and attachment and empow-

ers parents with the confidence to care for their baby.

The benefits of kangaroo care extend far beyond the confines of the hospital room. This tender practice serves as a poignant reminder of the power of human touch, the importance of bonding, and the boundless ability of love that defines the parent-child relationship.

AURA
Photography

In Frame
Madhusmita Hazarika

Photography
Pranab Barman

"A force of nature, a beacon of strength and grace. Her presence commands respect, her spirit shines bright. She is a beautiful strong lady, unstoppable in her pursuit of greatness."



MANTHAN

(The Churning, 1976)
 Directed by Shyam Benegal
 Restored by Film Heritage Foundation

FRIDAY, MAY 17, 2024
 at 08:45 PM at Salle Bùnel



MANTHAN THE MISSIONED ALLEGORY (A review)

"Maaf kijiye, gaadi time par aa gayi"

By :

Dr. Dipsikha Bhagawati
 Assam

Beyond the set semiotic, the genre of cinema has been used as a massive mech-

anism to convey radical texts for a gripping gravity of understanding. Under Corporate Social Responsibility (CSR), many films are sponsored by the respective agencies to figure out their exercise in the public psyche, wrapped in an aesthetic jacket. One such

example is- Super 30. Manthan, the 1976 stratified narrative by the stalwart Shyam Benegal is a nuanced instrument which had juxtaposed multiple purposes of the time it was backdropped at. The socio political objectives, the didacticism of a cause for humanity and financial upgradation, the internal conflict of a community and the indomitable spirit of team work beyond every trivial jargon is tailored through the humanistic lens of a sensed director. The narrative of the film, Manthan, is based on the missionary life of Dr Verghese Kurien, a dairy engineer and a well-known social entrepreneur who initiated a milk cooperative in Gujarat which later became Amul. Dr Kurien and Benegal coauthored the script for this film, engaging dialogue writer Kaifi Azmi and screenplay writer Vijay Tendulkar. Manthan won the 1977 National Film Award for Best Feature film and the Best Screenplay award, and was India's submission to the Academy Award for best foreign language film in 1976.

The title card of Manthan inscribes- '500,000 farmers present', indicating that 500,000 farmers from Gujarat contributed Rs 2 each for the film's production. This marked the start of India's first and, to date, world's largest crowdfunded film in terms of the number of contributors. When Manthan was released in 1976, a mass of farmers along with their families went to watch 'their' film, which became a box office hit.

The performances throughout the film are noteworthy. Naseeruddin



moment evokes a complex mixture of generosity and an inability to accept the film's unfolding tragedy. The narrative arcs of Bindu (Smita Patil) and Dr. Rao (Girish Karnad) are rendered with a palpable intimacy, making the audience profoundly share in their emotional journeys. In *Manthan - The Churning*, the churning is not only a physical task, but the churning of long prevailed oppression and emergence of a radical revolution.

After 48 years of its initial release, *Manthan* has been restored by Film Heritage Foundation with 4k technology and screened in Cannes Classics. The restored print will be released in India on 1st June. A timeless tailored display of a cooperative genesis, a dissection of caste and gender hierarchy and of the contemporary agrarian economy, *Manthan's* restoration is a landmark task adding to its huge archival value. Alongwith the brilliant team of *Manthan*, the man behind the restoration of the film and several such- Shivendra Singh Dungarpur who had set-up FHF in 2014, unequivocally deserves a standing ovation for all the dedication he has invested.

Shah, albeit in a special appearance, leaves a lasting impact with a character that defies easy moral categorization, neither fully good nor bad. The film's allure, however, is primarily rooted in its nuanced storytelling approach which seamlessly navigates themes ranging from femininity and fidelity to casteism and corruption. This multifaceted narrative does not depend on a single conflict to engage its audience but instead offers a rich tapestry of interconnected issues. The director's approach provides an accurate portrayal of contemporary society, with an awareness of systemic issues that remain highly relevant even in the 21st century. Thus, the film not only captures the essence of its own time but also resonates with ongoing societal dialogues.

The film's authenticity is significantly bolstered by its sound effects and cinematography (Govind Nihalani). It incorporates a higher number of wide or landscape shots that immerse viewers

in the enormity of the setting, and moving shots are deliberately slow-paced, reflecting the rhythm and movements typical of a small dairy enterprise. The song "Mero Gaam Katha Parey" (Music director: Vanraj Bhatia) effectively conveys the hardships and struggles symptomatic of the film's geographical and economic backdrop, resonating deeply with viewers familiar with such challenges. The emotional zenith of the film is reached when this song is played for the last time, coinciding with Girish Karnad's character preparing to depart from *Manthan*. This





North East RUNWAY WEEK



North East Runway week, a fashion show, a spectacle of creativity, artistry, and innovation. It is a platform for

designers to showcase their talent and for audiences to be inspired by the beauty and craftsmanship of the garments on display.

The event is well organised in a very grand way by Naveen Sharma (MD), Pinky Sharma & Jiya (CMD), with the support of their

team members and the very talented and skilled shows director Gaurav Ujjaal Bharali, that took place on May 25th at Hotel Ratanamouli Palace in Guwahati, Assam. The show was graced by the celebrity guest ZAREEN KHAN.

The event featured designers from various cities in the North East, Bengal, and beyond showcasing their amazing creativity and collections through the gorgeous and beautiful professional models, walking the ramp very confidently, flaunting in designer wear. The crowd remains awestruck at the amazing designs of a few designers. The audience was captivated by the choreography of the models, the music as each new look makes its debut on the runway creating an overall ambiance of the event.

From elegant evening with western wear, traditional wear etc. the runway fashion showcased a diverse range of styles to suit every taste of fashion lovers.

The models' hair and makeup are carefully curated to complement the designer's aesthetic, adding an extra layer of artistry to the overall presentation. Accessories such as jewelry, shoes, and handbags are also carefully selected to enhance the look.

In short, a very systematic and good concept fashion show.





FIRST DATE

Choosing the perfect dress.

By: Saynash Agrawal

When it comes to choosing the perfect outfit for a first

date in a relationship, there are several factors to consider to ensure you look and feel your

best. Your outfit should reflect your personal style, make you feel confident, and be appropri-

ate for the venue and occasion of the date.

For a casual daytime date, such as a coffee meet-up or a stroll in the park, you'll want to opt for a comfortable yet stylish ensemble. A great go-to option is a well-fitted pair of jeans paired with a cute top. You can choose a flowy blouse, a fitted t-shirt, or a casual button-down shirt, depending on your personal style. Pair your top with comfortable shoes, such as sneakers, flats, or sandals, depending on the weather and your preference.

When it comes to jeans, opt for a style that flatters your figure and makes you feel confident. Skinny jeans, boyfriend jeans, or high-waisted jeans are all versatile options that can be dressed up or down depending on the occasion. Consider the wash and color of the jeans as well – darker wash jeans tend to look more polished and can easily transition from day to night.

Accessories can also elevate your casual daytime look. Consider adding a statement necklace, a cute scarf, or a stylish hat to add a touch of personality to your outfit. Keep your accessories simple and minimal to avoid overwhelming your look.

If your first date in a relationship is in the evening or at a more formal setting, such as a nice dinner or a cultural event, you'll want to step up your outfit game. A classic little black dress is always a safe and stylish choice for a more formal





date night. If dresses aren't your thing, you can opt for a chic blouse paired with tailored pants or a skirt. Choose fabrics that are comfortable and breathable, especially if you'll be spending a lot of time sitting or walking.

When selecting your outfit for a formal date night, pay attention to the fit and silhouette of the clothing. Tailored pieces that flatter your figure will make you feel confident and put-together. Consider adding a blazer or a structured jacket to your outfit for a polished touch.

Shoes are an important part of your outfit for a formal date night. Opt for a pair of heels or dressy flats that complement your outfit and are comfortable enough to wear for an extended period. Consider the height of the heel and the style of the shoe to ensure they match the overall look you're going for.

Accessories play a key role in completing your formal date



night look. Add a touch of glamour with statement earrings, a sleek clutch, or a bold bracelet. Keep your accessories cohesive with the rest of your outfit and avoid over-accessorizing.

Ultimately, the most important thing when choosing an outfit for a first date in a relationship

is to be yourself. Wear clothing that makes you feel comfortable, confident, and reflects your personal style. Remember that the goal of the date is to enjoy each other's company and get to know each other better, so focus on being present and having a great time with your partner.

Summer Wind

In the wind of summer stories float
Hear the whispers when it comes your close
Tales told and untold of centuries old
The wind of summer many mysteries it hold.

Let the wind enter your heart and home
Embrace this wind, heal the bleeding wounds and sores
Inhale it's sweetness till it comforts your core
Nourishing is the wind touched by myriad Blessed shores.

The wind of summer brings hope and messages of love
It knows all the deep secrets of the heart
The caress of the wind lends quiet and peaceful nights
The wind of summer dreamy and Divine.

By: Vijaylaxmi Sarmah

THE MYSTICAL GIFT

A mysticism surrounded me

As the water curled upon the pebbles sliding softly over the rocks,

Like a shying maiden softly kissing her love .

A kind of a different beauty,

A sweet thrill hidden in shyly.

The whispering water moving with a gentle sway ,

Felt like a humming of a maiden swaying to her own rhythm.

Water made the rocks look softer slowly breaking the layers with age.

Like the beauty of an aging woman washed by the life's role.

Rocks were silent like an old woman ruminating her bygone years.

Enticed and mesmerized by life's trick.

Ah! an Act of a woman played in her life.

By: MONALI BHUYAN

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