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An exclusive interview: **FIRST LADY IPS OFFICER** Assam

FASHION MANIA Today's generation

CHOOSE THE PERFECT HAIRSTYLE Shape of your face

Cover Page Photography: KAUSHIK BRAHMA Designer: DAISY GOGO

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MAGAZINE

Ecstatic expression of Love

egance





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 fufill 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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from Editor's Desk



WISHING EVERYONE A VERY HAPPY INDEPENDENCE DAY

Regards GITALI PATHAK DEKA Proprietor & Editor-in-chief

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fashion professional based in Guwahati has carved a niche for herself in the fashion industry through her creative designs and unique style. Rinki's journey into fashion began with a deep passion for textiles and design, which she pursued through formal hands-on experience.

> She has been involved in various aspects of the industry, from designing her own collections to collaborating with other fashion houses and brands. Also, she is a celebrated Yoga Expert and owner of BLISS YOGA.

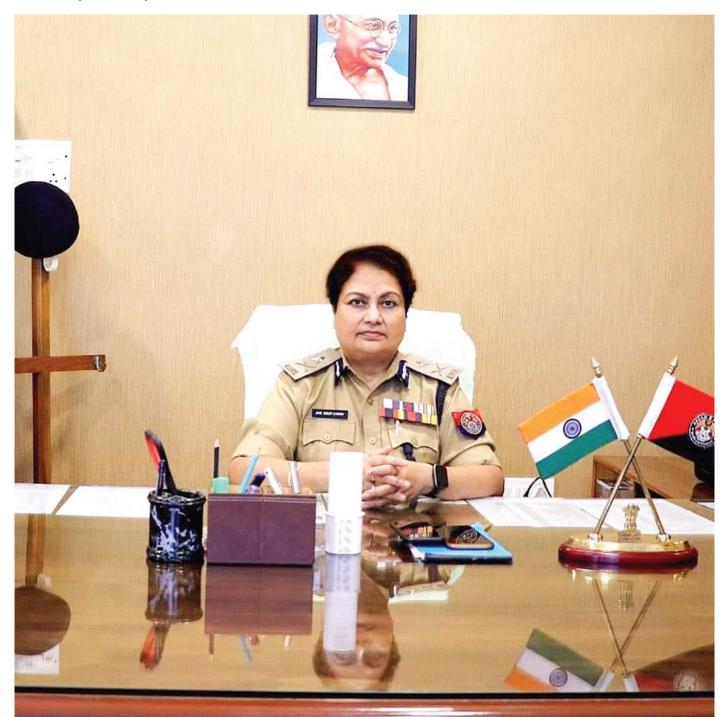
> > With a lifelong passion for art and creativity, she embarked on a journey in the fashion world, drawing inspiration from the vibrant cultural heritage of Assam and India. Her designs are a testament to her roots, reflecting the rich traditions and techniques of Assamese textiles and crafts that she was exposed to from an early age. This spark of interest led her to pursue formal training in fashion design, honing her skills and creativity to become the talented designer she is today.

> > > Talking about achievements, she highlighted her notable achievements, citing the local and national recognition her

work has received. Her designs have been showcased in numerous fashion shows and exhibitions, garnering acclaim for her innovative fusion of traditional fabrics and contemporary aesthetics. Additionally, she has been featured in prominent fashion magazines and media outlets, acknowledging her significant contributions to the fashion industry.Inspired by the vibrant culture and traditions of Assam she loves experimenting with traditional

with traditional weaves and techniques, blending them with modern silhouettes. Her designs often reflect her love for nature, colors, and intricate patterns. She also draws inspiration from global fashion trends, always seeking to create something unique and meaningful.

> Winding up, Rinki Kalita says about her future that she aims to expand her brand, exploring sustainable fashion and eco-friendly practices then launch new collections showcasing Assamese artisans' craftsmanship and ethical fashion, and potentially collaborate with other designers and artists for fusion collections that bridge between traditional and modern styles.



An exclusive INTERVIEW

Violet Baruah IPS (Retd.) Former IGP Assam Police. First lady IPS officer of Assam.

1. Can you tell us about your journey to becoming an IPS officer?

--- My career in police service began in 1992 when I became the first lady Dy.S.P. in Assam Police, starting as an APS officer. I continued in various ranks until 2004 when I was nominated for the Indian Police Service (IPS). At the time of my joining, Assam Police lacked infrastructure for lady officers, presenting numerous challenges that I had to overcome with great difficulty to remain in the service.

2. What inspired you to join the police force ?

---- Three main factors inspired me to choose this career. First, my father, Late Narendra Ch. Baruah, served as a police officer, greatly influenced me with his disciplined life and passion for hard work and dedication. Second, like many women, I faced harassment in public places, which made me aspire to a position with power where I could provide justice to victims of such abuses. Third, I believed that society needed women in the police force to address issues requiring a woman-friendly approach.

3. What are some of the biggest challenges you 've faced as a woman in a male-dominated field ?

----- Throughout my career, I served in many difficult areas as Superintendent of Police, DIG, and IG of police. Despite progress in various fields, the police force remains predominantly a male organization. Even today, some interior police stations lack basic facilities like ladies' toilets and women's quarters. Insufficient female staff often results in lone female officers being deployed in challenging situations, making them vulnerable during odd hours of duty. I even faced discrimination regarding career advancement, training opportunities, and job assignments, requiring me to constantly fight for my rights.

4. How do you handle stressful situations and maintain work-life balance ?

----- Police service is inherently stressful, but to be successful, one must remain calm in adverse situations. Various resilience improvement programs, moral support from my husband Mr. Pradip Barua and my family, well-wishers, and friends helped me overcome the hurdles. In hostile situations, such as an extremist attack or a militant encounter, staying calm and maintaining a controlled mind to take the right decision is crucial. I still recall an incident where, acting on a reliable tip, I led a team of police and CRPF to conduct an operation against armed extremists in a dense forest. During the exchange of fire, grenades were hurled at us. Immediately after the deadly operation, where two militants were killed. I had to attend a pre-scheduled religious function at a Naam Ghar.

5. Can you share an experience where you had to overcome a difficult ?

----- The contrast between the two situations was striking, yet I was happy that both were successfully managed. One particularly challenging experience occurred after a devastating flood in the district where I was posted, where many people died overnight in a flash flood. The Hon'ble Governor of Assam was visiting the flood hit district, but a mob comprising of flood victims blocked the National Highway in protest against the district administration. Despite my junior officers' and the local Officer in Charge's concerns, I entered the angry crowd with empathy and could manage to pacify them with assurance. After demonstrating the power of honesty and sincerity in calming a volatile situation the roadblock however was cleared smoothly.



6. How do you prioritise your task and manage your team ?

----- My motto has always been "service and duty first, self last." I managed my time accordingly, working hard to set example for my team and motivate them to perform their duties with dedication.

7. What are some of the most important qualities and skills require for an IPS officer ?

-----Integrity, resilience, and empathy are crucial. Strong communication, problem-solving skills, and the ability to remain calm under pressure are also equally important.

8. How do you think we can improve women's safety in India? ----- Implementing stricter laws, increasing police patrolling, digital surveillance, continuous gender-sensitive trainings for law enforcement, and encouraging community awareness and education are key steps to improve women's safety in our country.

9. What initiatives have you taken to empower women in your community?

---- I have attended various awareness programs on women's rights, and campaigned though various electronic and social media platforms and acted mentorship for young girls aspiring to join the police force with purpose of serving the society.



10. How do you handle cases of gender-based violence and harassment?

---- I ensured a compassionate approach, prioritize victim safety, conduct and supervise thorough investigations, and provide necessary support services to the victims. I guided my investigating team to a logical conclusion of the case that ensured successful prosecution so that the victim gets justice.

11. Now a question very different from your profession....your views on the fashion and glamour industry.

---- The fashion and glamour industry can be a powerful platform for self-expression and creativity that helps in confidence building. However, it should promote cultural diversity and body positivity. Engaging in fashion can be a form of self-care, providing joy and satisfaction through personal style choices. The industry offers various career paths, from design and modelling to marketing and journalism thereby contributes significantly to the economy by generating jobs and revenue.

12. Well, now would like to know from you how you would describe your personal fashion style both on and off duty.

---- On duty, my style is professional

and functional, love to be in my uniform. Off duty, I prefer comfortable and elegant clothing that suits and reflects my personality.

13. How do you think women can use fashion to boost their confidence and professionalism in any field?

---- Wearing well-fitted, appropriate attire can enhance confidence and professionalism. Fashion can be a tool for self-expression, making women feel empowered and poised. Fashion drives innovation through constant trends and design evolution in a modern world.

14. What advice would you give to young women aspiring to join the IPS or any other profession?

Stay determined and resilient. Seek mentorship; learning and improvement process should be continuous, and never let challenges deter you from achieving your goals. Most importantly do not ask for a concession being a woman, remember that you are capable of performing as a multitasker.





THE YEAR ISN'T OVER YET How You Can Still Reach Your Beauty Goals

By:

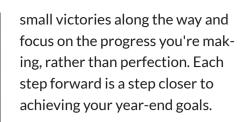
Brian La cour US

s the months fly by and we find ourselves deep into the year, it's easy to feel like time is slipping through our fingers. But here's a beautiful secret: the year isn't over yet, and there's still plenty of time to achieve those glamourous goals you set for yourself. Whether you've been dreaming of perfecting your skincare routine, mastering that elusive makeup technique, or revamping your entire look, now is the perfect moment to get started. Here's how you can make the remaining months count. First things first, take a moment to reassess your beauty aspirations. Maybe your initial goals have shifted, or perhaps you need to refine them. Ask yourself what you genuinely want to achieve. Is it healthier skin, better hair care, or a new makeup skill? By setting clear, achievable goals, you'll be more motivated to follow through.

Once you've pinpointed your goals, create a realistic plan. Break down your objectives into smaller, manageable steps. For example, if your goal is healthier skin, start by researching the best products for your skin type and creating a morning and evening skincare routine. Small, consistent actions can lead to significant results over time.

To reach your beauty goals, it's important to invest in quality products. This doesn't necessarily mean splurging on the most expensive items, but rather choosing products that are effective and suited to your needs. Look for trusted brands and read reviews to ensure you're making wise choices. Remember, your skin and hair deserve the best care available.

Don't be afraid to step out of your comfort zone and try new techniques. Whether it's learning how to contour like a pro, experimenting with bold eyeshadow colors, or trying a new hairstyle, embracing novelty can be both fun and rewarding. There are countless tutorials available online that can



In conclusion, the year may be well underway, but there's still ample time to reach your beauty goals. By setting clear objectives, creating a thoughtful plan, investing in quality products, embracing new techniques, staying consistent, seeking professional advice, and maintaining a positive attitude, you can transform your beauty routine and finish the year feeling more confident and radiant than ever. So, take a deep breath, reapply that lipstick, and let's make these remaining months count!





guide you through the process.

Consistency is key when it comes to achieving any goal, and beauty is no exception. Stick to your routines and practices, even on days when you feel less motivated. Over time, these small daily habits will accumulate and bring about noticeable changes. Keep a journal or use an app to track your progress and stay accountable.

Sometimes, it's beneficial to seek

advice from professionals. Consider booking appointments with dermatologists, hairstylists, or makeup artists who can offer personalized recommendations and treatments. Their expertise can fast-track your journey and help you avoid common pitfalls.

Lastly, remember that beauty transformations don't happen overnight. Stay positive and patient with yourself. Celebrate

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AURA

Model : **Adriana D' Silva**

Photography: Sathya Vagale

"Her natural grace and elegance were a testament to the beauty found in authenticity."



FASHION MANIA Today's generation

ashion mania among youth is a phenomenon that has been prevalent for decades, with young people constantly seeking By : Reshmi Srivastava

to express themselves through their clothing choices and style preferences. In recent years, this trend has only intensified, with social media platforms and online influencers playing a significant role in shaping the fashion landscape for the younger generation.



From streetwear to high fashion, the youth of today are embracing a wide range of trends and styles, often pushing the boundaries of traditional fashion norms.

One of the key factors driving the fashion mania among youth is the desire for self-expression and individuality. Young people use clothing as a form of personal expression, allowing them to showcase their unique personalities and interests to the world. Whether it's through bold colors, statement pieces, or eclectic accessories, fashion has become a powerful tool for young people to communicate who they are and what they stand for. As young people continue to explore and experiment with different styles and trends, the fashion landscape will undoubtedly continue to evolve, reflecting the everchanging tastes and preferences of the younger generation. Social media platforms like Instagram, TikTok, and Pinterest have also played a significant role in fueling the fashion mania among youth. These platforms provide a space for young people to discover new trends, connect with like-minded individuals, and seek inspiration from influencers and celebrities. The rise of influencer culture has further amplified the influence of fashion on young people, with many turning to their favorite social media personalities for style advice and recommendations.

The fast-paced nature of the fashion industry, with new trends emerging constantly, has also

contributed to the fashion mania among youth. Young people are constantly bombarded with images of the latest fashion collections, celebrity outfits, and street style looks, leading to a sense of FOMO (fear of missing out) if they don't keep up with the latest trends. This constant influx of information and imagery has created a culture of consumerism, with many young people feeling the need to constantly update their wardrobes to stay on-trend.

In addition to self-expression and social media influence, sustainability and ethical fashion have also become important considerations for young consumers. Many young people are now more conscious of the environmental and social impact of their clothing choices, leading them to seek out sustainable and ethical fashion brands. This shift towards more sustainable fashion practices has led to the rise of thrifting, upcycling, and slow fashion movements among young people, who are increasingly looking for ways to reduce their carbon footprint and support ethical fashion practices.

It is seen now-a-days that it's not just limited to clothing choices but also extends to accessories, footwear, and beauty trends. Sneaker culture, in particular, has seen a surge in popularity among young people, with limited-edition releases and collaborations driving hype and excitement in the fashion community. Accessories like statement jewelry, bucket hats, and mini bags have also become must-have items for many young fashion enthusiasts, adding a touch of personality and flair to their outfits.

Overall, it's among all youths which is a complex and multifaceted phenomenon that is driven by a combination of factors, including self-expression, social media influence, fast fashion trends, sustainability considerations, and a desire for individuality.





CHOOSE YOUR PERFECT HAIRSTYLE BASED ON FACE SHAPE

hoosing a hairstyle based on your face shape gives a more attractive look but sometimes when there is no way we try to find perfection in imperfections. Being fashionable is not enough you need to have a bit of knowledge regarding your hairstyle too .When it comes to selecting a hairstyle that complements your facial features, it's essential to consider the shape of your face. Different face shapes suit different hairstyles, and understanding this can help you enhance your

By: Nikita Dey

overall appearance and style . Let's guide you a bit as per my knowledge.Hope this helps you to look more stylish then you are .

Females who have Oval Face shape

is considered the most versatile as it can pull off various hairstyles and can experiment with different lengths and styles, such as long layers that start at the jawline or below and gives a flowy look ,blunt cuts, or side-swept bangs. Girls mostly look good when they keep their hair long, straight with a center part. They can also do shoulder-grazing layers with a side swept fringe or Chin-length bob with a subtle symmetry .Pixie cut with choppy layers and a longer top layer also gives a stylish look and obviously braided updos or low buns is common but that also gives a very elegant but great look.

For those with a round face shape, it's best to opt for hairstyles that add length and create the illusion of angles. Layered

cuts, asymmetrical styles, and side parts can help elongate the face and add definition.

Square face shapes typically have strong jawlines and angular features. Softening these features with layered hairstyles, soft curls, or side-swept bangs can complement this face shape well.

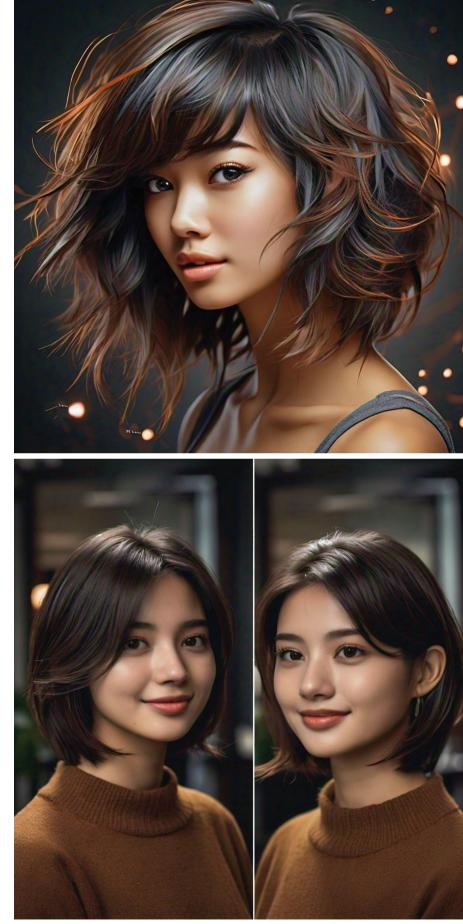
Heart-shaped faces are characterized by a wider forehead and a narrower chin. Hairstyles that balance out these proportions, such as chin-length bobs, side-swept bangs, or layered cuts, can work well for this face shape.

Diamond face shapes are those who have narrow foreheads and



jawlines with wider cheekbones. Hairstyles that add width at the forehead or chin, like layered cuts, side-swept bangs, or textured styles, can help and look good on this face shape.

Oblong faces are longer than they are wide, so it's best to choose hairstyles that add width and volume to the sides of the face. Layered cuts, waves, curls, or sideswept bangs can help create the





illusion of a more balanced face shape.

In conclusion, selecting a hairstyle that complements your face shape can enhance your overall look and highlight your best features. By considering the face shape and choosing a hairstyle that works well with it, you can achieve a flattering and stylish look that will add more flavour in your fashion. Remember to consult with a professional hairstylist for personalized recommendations are utmost necessary specific face shape and hair type.

But I would always suggest to do a hairstyle that makes you feel confident and beautiful in every way for a hairstyle is the only final look that brings in a change outwardly in the personality.



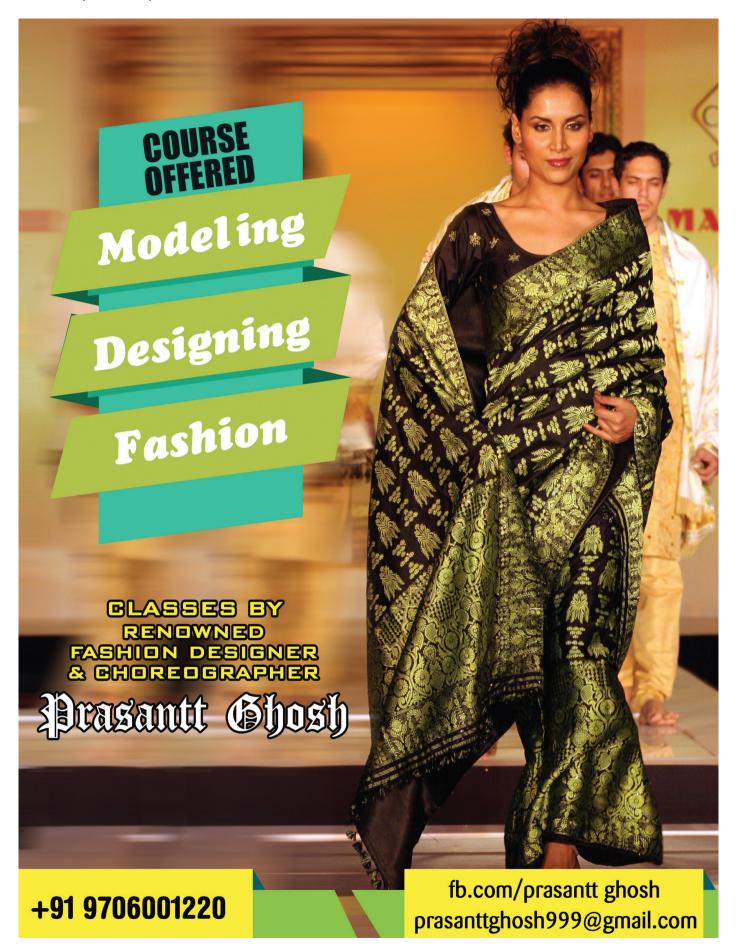
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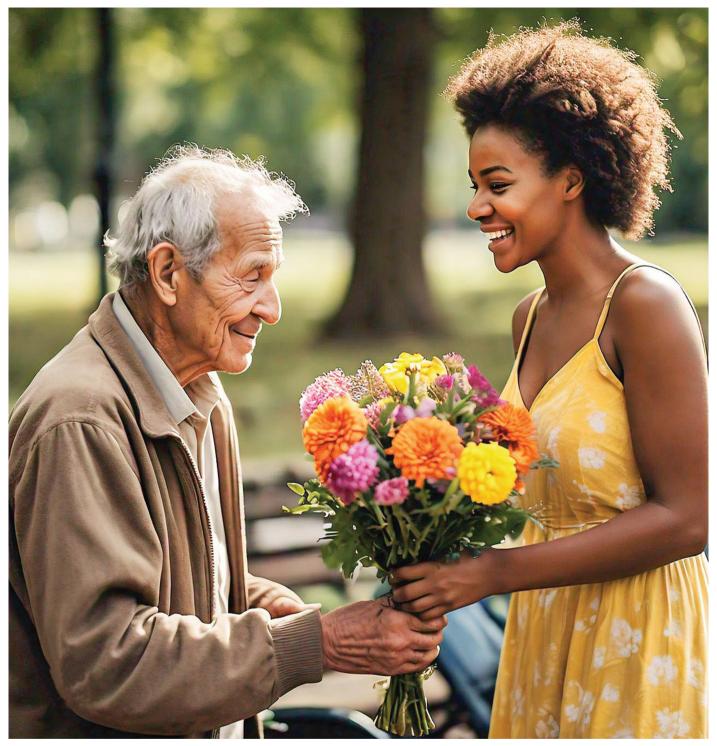


Designer Collection: Wild Cat

Photography: Shiv Dutta







ACT OF KINDNESS: INCOMPARABLE Doesn't need anyone's recognition

By: Vanessa Jacqueline Dcruz, Loani Chairperson (Singapore)

hile many of us often perform kind gestures for others, we tend to

share these acts of kindness with someone else. We seek recognition for our actions, as it gives us a sense of satisfaction. Some believe it is important to let others know about the good deeds we do, while "What you get by achieving your goals is not as important as what you become by achieving your goals."

others may view it as seeking validation for our actions.

The question is are you? You have to be truly honest with this answer. If you sincerely want to be acknowledged for your actions have no ulterior motives. I feel it is alright. It is when you do not then it becomes a problem.

This may sound like a repetition to my advice on being compassionate, well it sought of is so please bear with me.

Yes, it is bad to have an ulterior motive when you help someone and want to feel good at the same time. You would want to have something done for you in return. However, the worse is you open Pandora box.

You start to use every of your actions as an ulterior motive to obtain a favour. You internalize your behavior up to a point you do not see anything wrong in your actions. You become blind to what you are doing?

Are you in that situation now? I really do not know but only you do. For those who are please,



take a seat back are review your actions. A day of self-reflection is good. Get out of the trap if you are in it now.

Another bad think about being blind to what you are doing is that you think others cannot find out what you are doing. All humans are smart in their way. If you think you are one ladder higher than your peers, you create discomfort in relationships!.

Therefore to some self-reflections and correct this mistake as soon as possible. You will feel much relax, happier and less stress.



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Model : **Niha Das** Photography : **Swapnajit Borkakoti** Wardrobe : **Mohini Boutique** Makeup : **Ezabella Bungrungpe**

and is marine .

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25

Aura

Model : Poly Kashyap Make up : Pragyashree Das Photography : Indu bhusha Wardrobe : Pura Assamese Attire by Karabi Boruah Dutta



to the gray style. Black and white interludes are a notable technical addition to masterful films like Killers of the Flower Moon, Eastern Things, The Zone of Interest, The Color Purple, Oppenheimer, Maestro and many more.

YNOT

Currently, director Rahul Sadasivan has composed an innovative horror thriller- Bramavugam. Mammootty, who plays the lead role, exudes his intrinsical strengt. Mammootty, who, in nineteens, gave one of the best performances of his life as a feudal landlord (Bhaskar Patelar) in Adoor Gopalakrishnan's film 'Vidheyan' (1994), demonstrates parallel capacity through the heart character of Bramayugam, Kodumon Potti. If one imagines the reappearance of Patelar in pre-independent eighteenth century Malabar, the enlightened Kodumon Potti of Bramavugam is an clean-cut testament. The backdrop of the film is the coast of South Malabar in the 18th century. Thevan (Arjuna Ashokan), who escapes from slavery, arrives at this dilapidated coastal mansion (Mana, which means the ancestral residence of a Brahmin family), that is mastered by Kodumon Potti. There he meets Potti along with his cook. When Potti learns that Thevan is a singer, he's sheltered with warmth. But eventually, Thevan's senses are registered to the fact that he is trapped in such an iniquitous circle from which it is almost impossible to get rid of, that in order to survive he must remain the undeclared slave of Pottii. In a determinant scene, Potti says that Brama Yuga is the last of the

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NIGHT SHIFT STUDIOS & YNOT STUDIOS

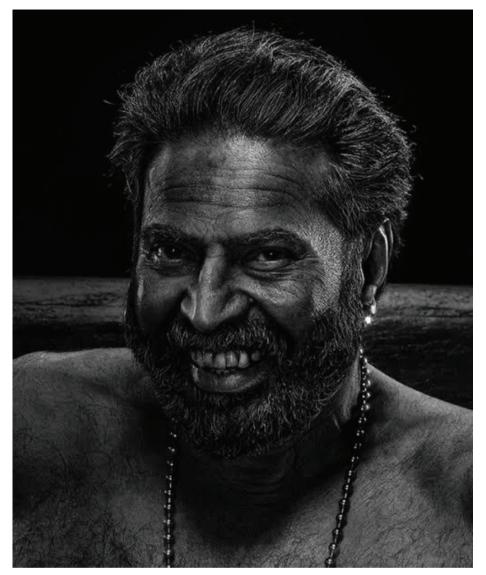
BRAMAYUGAM (A review of the movie)

By:

RUNGHT

Dr Dipshikha Bhagawati Writer/Film critics/Translator, Assam

A lthough film has moved from the age of monochromes to the time of color, the appeal of black and white is eternal in revealing the mental cavities and situational psychology of people. Recent neo noir films such as 'Ripley' and 'Lomad' have been formatted in a panchromatic spectrum, which focuses on revealing the internal world of the character in lead. Several notable films nominated and awarded at the recently announced Academy Awards have sporadically resorted



four ages of Hindu philosophy, the most corrupt version of Kalikala that has lasted for centuries. The film presents 'mana' as a social rather than a physical existence, using ambiguous motifs to foster the idea that horror can be interpreted not only as the consequence of miraculous intervention, but also as a state of absolute political helplessness under the rule of an authoritarian. racist power. The mana of Kodumon Potti stands as a private hell of the politically paralyzed, where they have no existence, no justice. This devastated sociopolitical system brings to mind that sunken palace

displayed in American director Jordan Peele's acclaimed film 'Get Out' (2017). Seemingly an ordinary person, Mammootty's framed close-up shots and eerie laughter filled with phantasmal spark chills down the spine. His story of evil and conspiracy exposed by degrees adds to the excitement and does not allow the audience to forget that he is unique even when they are overwhelmed with hatred towards him.

The cinematography of Bramayugam is by Shehnad Jalal. With tailored vision, Jalal has created the visual beauty of the film. In medium close shots and extreme close shots, removing the monotony of repetition, he captures the science of Mammootty's alarming smile in cut to cut frames. To sustain the audience's attention from being distracted by that fear, Jalal uses Mana's physical existence as a symbol of social and personal imprisonment and blurs the encircling graphics of Potti's face, so that the reflected light can only reveal the physical mystery. He says:

"It is fact that the horror becomes pronounced if we watch it in black and white...it helped us transport the audience to an unknown mysterious world, and accentuated the mood we wanted to create."

The end of the narrative, navigated through the vision of Arjun Ashokan feels to be weaker compared to its first half. The greater effort to establish the political statement has somewhat restrained the storytelling, and the film, which moves through an incalculable tension. feels like framed in the dimensions of a typical horror thriller towards the end. Many would like to call the film an extension of one of the Bollywood hits "Tumbbad" (2018, Rahil Anil Barve), but a closer analysis shows that there are differences in content and narrative characteristics. Bramayugam is a mature film with music by Christo Xavier and skillful art direction by Jotish Shankar. The film is established to be one of the most successful horror thrillers of the time, and the credit unanimously goes to incredible Mammootty, where his terribly tranguil smile plays the most commanding role.



HEALTHY DIET Oatmeal for breakfast

By:

Rashmi Rekha Homemaker, Orissa

1. Oatmeal Veggie Muffins:

Combine oats, shredded zucchini, carrots, and bell peppers with eggs, milk, and your favorite seasonings. Bake in muffin tins for a convenient and portable breakfast option.

2. Savory Oatmeal Bowl: Cook oats with vegetable broth instead of water and top with sautéed spinach, cherry tomatoes, and



a poached egg for a hearty and nutritious breakfast.

3. Veggie Oat Pancakes: Blend oats with grated sweet potato, broccoli, and onions to create a batter for savory pancakes. Serve with a dollop of Greek yogurt and fresh herbs.

4. Oat and Veggie Breakfast Burrito: Fill a whole wheat tortilla with cooked oats, scrambled eggs, sautéed mushrooms, and diced bell peppers. Roll up and enjoy a protein-packed breakfast on the go.





5. Oatmeal Stuffed Peppers: Hollow out bell peppers and fill them with a mixture of cooked oats, black beans, corn, and diced tomatoes. Bake until the peppers are tender for a flavorful and filling breakfast option.



6. Veggie Oatmeal Smoothie: Blend oats with spinach, cucumber, avocado, and almond milk for a nutrient-dense and refreshing breakfast smoothie.

7. Oat and Veggie Breakfast Bowl: Combine cooked oats with roasted sweet potatoes, Brussels sprouts, and a drizzle of tahini for a satisfying and flavorful breakfast bowl.

8. Veggie Oat Fritters: Mix oats with grated zucchini, carrots, and onions to form patties. Pan-fry until golden brown and serve with a side of Greek yogurt or hummus.

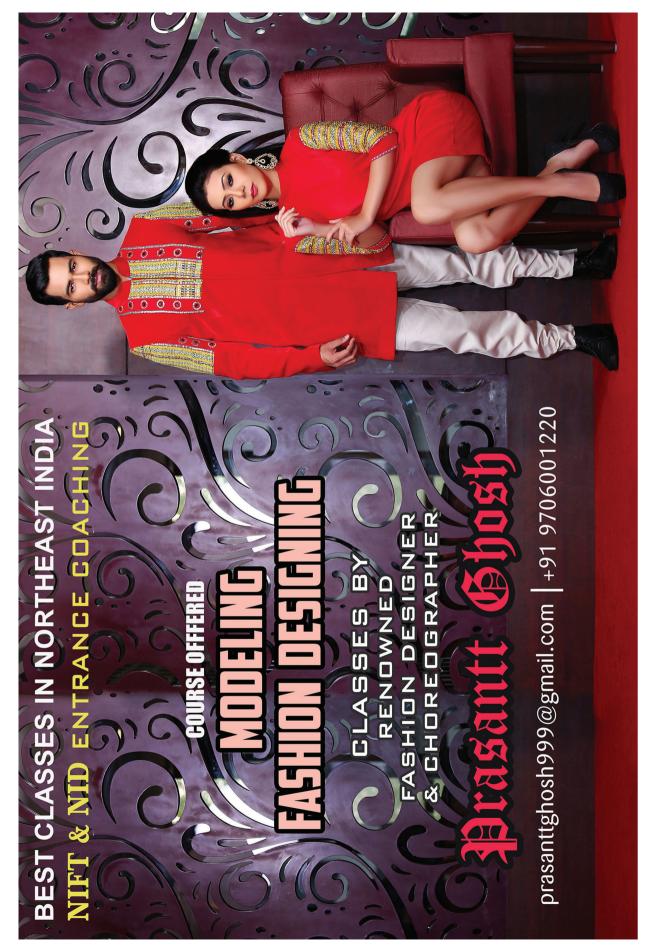
9. Oatmeal Veggie Breakfast Casserole: Layer oats with sautéed kale, mushrooms, and feta cheese in a baking dish. Pour beaten eggs over the mixture and bake until set for a delicious and wholesome breakfast casserole.

10. Veggie Oat Breakfast Wrap: Fill a whole grain wrap with cooked oats, scrambled tofu, roasted red peppers, and arugula. Roll up and enjoy a satisfying and nutritious breakfast on the run.

Just a few ideas to get started on incorporating oats and veggies into your breakfast routine. Feel free to customize these recipes to suit your taste preferences and dietary needs. Enjoy your nutritious and delicious breakfast and live a healthy life.



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MAROONED IN SILENCE

She danced in the silent tune of life. The Struggles, the Hardships, the Fakeness, the Pain Were her musical orchestra. It was the sweet symphony of her life Marooned in her silent tune Penchant for life sliding away. Would her music be ever heard? Or would the sweet symphony touch each hands of the orchestra? Composing a beautiful worldly music of today's world. Yes! just to survive.

By: MONALI BHUYAN

MONSOON

Monsoon nights bring basketful of delight Music of Heaven from the Heights The Heavenly rains drench the earth Raindripped trees ,leaves and grass Tiny rain drops slither the window pane Dance on roofs and the muddy sideways Damp is my room filled with dewy scent I lie on my bed in my loving nest The rain keeps falling without a break Memories of childhood makes the heart ache When on monsoon days, rain filled the drains We sailed paper boats enjoyed myriad moments'

Walked in the rains with our dress all wet Those long lost days bring smile and sadness An era now gone leaving fond reminiscences Each new monsoon my heart grows young As I fondly remember lost monsoon songs.

By: Vijaylaxmi Sarmah

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