

MARCH 2025, ISSUE 61 | V

MY

AURA

MAGAZINE

GAFF
ASIAN FILM
FESTIVAL

AN EXCLUSIVE
with **ROSIE**
(TRANS WOMAN)

UNVEILING SKINCARE
UNIQUE ROUTINE

STAY HYDRATED
DURING PREGNANCY

TRENDS
HAIR HIGHLIGHTING

Cover Photography: Maya Singh Panwar

Bold style, fierce attitude

Empowering women to be unstoppable

2025

MYSTICAURA

The Team



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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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From Editor's Desk



March edition, we celebrate the vibrant spirit of womanhood, the joy of Holi, and the beauty of the season.

As we mark International Women's Day, we honor the strength, resilience, and beauty of women everywhere. Our cover page features a stunning woman who embodies the essence of modern femininity.

Followed by regular topics, Aura pages of attraction and exclusive interview of a wonder Transwoman, tips for hair highlighting and while our wellness section offers advice on how to stay healthy and glowing.

This issue is a tribute to the beauty, courage, and compassion of women, celebrating individuality, self-expression, and the power of femininity.

So, let's come together to celebrate the women who inspire us, the beauty that surrounds us, and the joy and colors of Holi.

Happy Women's Day.

Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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"Happy Women's Day"

Aashita Chelleng

is a renowned fashion model based in Mumbai, known for her elegance and versatility in the industry. Alongside her successful modeling career, she is also an entrepreneur, owning Forest Assam Tea, a brand dedicated to organic and sustainable tea production. Additionally, she promotes Kisna Diamond & Gold Jewellery and serves as a brand ambassador for Ketan Diamond and the North East Fashion Institute, supporting premium jewelry brands and fashion education. With her diverse roles, Aashita continues to make a significant impact in fashion, business, and brand promotion.

Model : Aashita Chelleng, Mumbai
Makeup: Mahendra Gupta
Photographer: Maya Singh Panwar

ON THE COVER



EMPOWER to ACTIVATE

Amplify Change

By:
Vanessa Jacqueline D Cruz
Singapore

For decades, the call for women's empowerment has echoed across industries, governments, and social movements. We celebrate achievements, encourage confidence, and push for gender equality. But what if empowerment isn't enough? What if the real key to transformation is not just empowering women but activating them?

Empowerment implies giving power to someone. It suggests that women must receive permission or external resources to rise. Activation, on the other hand, is about unleashing the power women already have, enabling them to step into their full potential without waiting for validation or access. It shifts the focus from providing women with tools to ensuring they can use them effectively.

The Limitations of Empowerment

The traditional empowerment model often emphasizes skill-building, education, and opportunities. While these are crucial, they are not the ultimate solution. Women are already capable, intelligent, and resourceful. The problem isn't that they lack power—it's that systemic barriers and societal expectations

prevent them from fully exercising it.

Furthermore, empowerment can sometimes feel passive or conditional. It implies that women need something external to thrive, rather than acknowledging their existing capabilities. By contrast, activation removes the gatekeepers. It ensures women don't just have a seat at the table but use their voices, take action, and drive change from within.

Activating Women: A New Paradigm

Activation goes beyond traditional empowerment by emphasizing action, agency, and direct impact. Here's how we can activate women instead of just empowering them:

Shift from Training to Implementation: Instead of just teaching leadership skills, provide opportunities for real decision-making. Let women lead projects, run businesses, and shape policies.

Challenge Gatekeeping Systems:

Advocate for systemic change that eliminates the need for permission or validation. Remove unnecessary barriers to leadership, entrepreneurship, and political participation.

Create Networks of Action: Encourage women to collaborate, mentor, and support one another in ways that create real change, not just encouragement.

Redefine Success Metrics: Measure progress not just by representation but by the tangible impact women have in leadership roles, business, and social change.

Encourage Risk-Taking and Ownership: Women shouldn't just be encouraged to speak up; they should be emboldened to take risks,



innovate, and own their successes and failures alike.

The Power of Activation in Action

When women are activated, they don't just break barriers—they dismantle them for others. We see this in grassroots movements, women-led businesses, and political activism. Consider Malala Yousafzai, who didn't wait for someone to empower her but took charge of her fight for girls' education. Or women entrepreneurs who disrupt industries not because they were given a chance, but because they created one.

Activating women means trusting them to drive the change they wish to see, equipping them with platforms rather than permissions. It's about moving from support to mobilization, from inspiration to action.

Conclusion

Empowerment is a starting point, but activation is the goal. It's time to move beyond giving women power and instead create a world where they are fully activated to use the power they already have. By shifting our focus to action, agency, and systemic change, we can ensure that women don't just rise—they lead, innovate, and transform the world.



Unveiling the World's Most Unique Skincare Routine

By :

Brian La Cour
Author/writer
United States.

In the quest for radiant, healthy skin, beauty enthusiasts worldwide are looking beyond conventional products and delving into diverse skincare routines passed down through generations. These

routines, deeply rooted in cultural, environmental, and traditional practices, offer a fascinating insight into the richness of global beauty traditions. Let's embark on a journey to explore the world's most intriguing skincare rituals, examining the ingredients, methods, and philosophies that define them.

Japan: The Land of Ceremonial Skincare

Japanese skincare is renowned for

its meticulous attention to detail, emphasizing prevention over correction. The double cleansing method is pivotal here, starting with an oil-based cleanser to remove makeup and impurities, followed by a water-based cleanser to purify the skin. Staples like rice bran, green tea, and sake are celebrated for their antioxidant properties, known to soften and brighten the skin. The Japanese approach embraces simplicity, consistency, and patience,

embodying the philosophy of "less is more."

Korea: Pioneers of Multi-Step Skincare

K-beauty has revolutionized global beauty standards with its innovative multi-step routines.

A typical regimen can encompass up to ten steps, including double cleansing, exfoliating, toning, essences, serums, sheet masks, eye creams, moisturizers, and sunscreens. The emphasis on layering these products ensures optimal results, focusing on brightening, hydrating, and protecting the skin. Unique ingredients like snail mucin, bee venom, and ginseng are prized for their regenerative and anti-aging benefits, reinforcing Korea's cutting-edge skincare advancements.

India: Ayurvedic Wisdom for Glowing Skin

In India, Ayurveda—an ancient natural healing system—shapes skincare routines, tailored to an individual's dosha (constitutional type). This personalized approach means that those with a Vata dosha may use moisturizing products to combat dryness, while Pitta types might opt for cooling treatments to reduce inflammation. Ingredients such as turmeric, neem, and coconut oil are lauded for their anti-inflammatory and antibacterial properties, illustrating Ayurveda's profound connection between skin health and overall well-being.

Africa: Natural Remedies for Resilient Skin

Across Africa, skincare rituals draw from the abundance of natural resources, focusing on protection and



nourishment. Ingredients like shea butter, coconut oil, and argan oil are staples for their moisturizing and protective properties. Plant extracts such as baobab and marula offer antioxidant and anti-inflammatory benefits. These practices emphasize simplicity, sustainability, and community, rooted deeply in traditional knowledge passed down through generations.

Brazil: Vibrant Skincare Inspired by the Amazon

Brazilian skincare derives inspiration from the Amazon rainforest, one of the most biodiverse ecosystems globally. Ingredients like açai, guarana, and cupuacu are cherished for their antioxidant, energizing, and moisturizing properties. Brazilian routines often fuse these natural ingredients with advanced technologies, creating a unique blend of traditional and modern skincare practices. The goal is to achieve healthy, glowing skin that reflects Brazil's vibrant culture and natural beauty.

Global Skincare: A Blend of Traditions and Innovations

As we explore these diverse skincare routines, it becomes evident

that each culture offers unique insights that can enhance our understanding of skincare. Whether it's the meticulousness of Japanese skincare, the heartfelt approach of Ayurveda, the innovative spirit of K-beauty, the natural remedies of Africa, or the vigorous traditions of Brazil, each contributes to a broader global skincare dialogue. Embracing these traditions allows us to cultivate a more inclusive, sustainable, and effective approach to achieving glowing, healthy skin.

The world of skincare is rich and varied, filled with traditions, ingredients, and techniques that mirror the incredible diversity of human culture. By continually exploring and learning from these global practices, we broaden our understanding of beauty and wellness, fostering a deeper appreciation for the unique contributions each culture offers. Whether a skincare enthusiast, a beauty professional, or someone on a personal skincare journey, the global glow of international skincare routines provides a wealth of inspiration and knowledge, ready to be discovered and cherished.

AURA PHOTOGRAPHY



A FIT BODY IS
NOT JUST ABOUT
LOOKS.
IT'S ABOUT
FEELING STRONG,
AND LIVING LIFE
TO THE FULLEST.

Model: GARGI BHARALI, Bangalore

Age : 22

Height : 5'8"

Photography: Sathya Vagale



Highlighting Hair on Trend Now

By:
Rosy Das

Present trend to highlight your hair and look fashionable and stylish. Partial highlights and full highlights are two

popular hair coloring techniques that can enhance your look. Partial Highlight color is applied only to specific sections of hair, usually to frame the face, add dimension, or create a subtle pop of color.

Since color is applied to a smaller section of hair, regrowth is less

noticeable, and touch-ups are required less frequently. So partial highlights suits in individual face shapes, hair types, and personal styles. Partial highlights creates a sun-kissed or multi-dimensional effect without looking too drastic.

Full Highlights is applied on the



entire head, resulting in a more dramatic change. When highlight With full highlights, regrowth is more noticeable, and touch-ups are required more frequently to maintain the desired look. Full highlights typically require more product and time, increasing the initial cost.

A Dramatic transformation, highlights can create a bold, eye-catching look that's perfect for those seeking a significant change.

So it's upto the one who wishes to choose either of the highlights.

- **Desired level of change:** Do you want a subtle, natural look or a more dramatic transformation?

- **Maintenance commitment:** Are you willing and able to commit to regular touch-ups?

- **Budget:** What is your budget for the initial application and ongoing maintenance?

- **Hair type and condition:** Partial highlights might be a better option for damaged or fragile hair, as they require less processing.

But remember to highlight your hair as according to your skin tone and that will give a better look to your face.

So select the right product.

-*Best Overall is the Garnier Color Naturals Creme is a popular

choice, offering ammonia-free, natural ingredients like olive oil, and a non-drip formula.

- And when we talk of Best Budget Godrej Expert Easy is a great value option, with a 5-minute application time and ammonia-free formula, blunt Salon Secret Creme Hair Colour stands out with its ammonia-free, silk protein-enriched formula and easy-to-use kit.

- Biotique Bio Herbcolor is a natural, organic option with 100% grey coverage and a healthy shine.

- *Semi-Permanent Option, Paradyes offers a range of semi-permanent hair colors that are PPD-free, ammonia-free, and resorcinol-free.

When choosing a hair color product, consider factors like ammonia-free formulas, natural ingredients, and conditioning properties to ensure the best results for your hair type.

Lastly, a suggestion for all friends using hair colour is that the best way, consult with a professional stylist to determine the best approach for your needs and preferences and then select the best that suits you to give a very stunning look.



A trans woman
from Manipur,
a makeup artist
& a model by
profession.

"I'm thrilled
to reflect on
my successful
journey, filled
with lessons and
growth "

- Rosie Thiyam

Rosie Thiyam

Your introduction in brief : (3/4 lines)

1. How do you define beauty, and how has your perspective on beauty evolved throughout your journey as a pageant winner and makeup artist?

- Beauty is often defined in many ways—some see it as purely physical, while others connect it to confidence, kindness, or authenticity. In the world of pageantry and makeup, beauty is both an art form and a tool for self-expression. It's not just about looking a certain way but about how you present yourself, how you carry yourself, and the energy you bring into a room.

Over time, many pageant winners and beauty professionals evolve in their understanding of beauty. At first, it might be about perfecting an image—flawless skin, the right hairstyle, or mastering the ideal makeup look. But as they grow, they often realize that beauty is more than appearance. It's about confidence, resilience, and the ability to inspire others. Many find that true beauty shines when they embrace their individuality rather than conforming to trends or expectations.

2. As a skilled makeup artist, how do you see makeup as a form of self-expression and empowerment, particularly for trans individuals?

- Makeup is a powerful tool for self-expression and empowerment, especially for trans individuals. It allows people to affirm their identity, explore their femininity or masculinity, and present themselves to the world in a way that

aligns with who they truly are.

For many trans individuals, makeup is more than just aesthetics—it's a form of self-affirmation. It can help highlight features that align with their gender identity

create a sense of confidence, and serve as a creative outlet. Whether it's soft, natural glam to enhance everyday beauty or bold, artistic looks that make a statement, makeup provides the freedom to shape one's image on their own terms.

3. When you were crowned the winner of the beauty pageant, how did that moment feel like ?

- The moment the crown is placed on my head, it's like everything you've worked—countless hours of preparation, perfecting your walk, your speech, your confidence—has finally paid off. It's not just about beauty; it's about proving to yourself and others that you are capable, worthy, and ready to inspire. There's also an immense sense of responsibility, knowing

that you now have a platform to make a difference and represent something bigger than yourself.

4. You've likely faced unique challenges as a trans woman in the beauty industry. Can you share one of the most significant obstacles you've overcome in a nutshell?

- I know that trans individuals in the beauty industry often face challenges like breaking through

stereotypes, gaining acceptance, and proving their artistry in spaces that may not always be inclusive.

Many trans makeup artists and pageant competitors have shared that one of the biggest obstacles is being taken seriously in an industry that has historically favored cisgender beauty standards. Overcoming that means staying confident, perfecting their craft, and using makeup as both empowerment and activism.

5. Who are some of your biggest inspirations and role models, both within the LGBTQ+ community and beyond?

- There are so many inspiring figures within the LGBTQ+ community and beyond who have made a huge impact in beauty, fashion, activism, and self-expression. The most influential role models that I

inspired is

Laverne Cox – As a trans actress and advocate, she has redefined beauty standards and fought for trans visibility.

6. How do you promote authenticity and self-love through your work as a makeup artist?

- As a makeup artist, promoting authenticity and self-love is about more than just applying makeup—it's about helping people see and celebrate their unique beauty. I focus on enhancing a person's natural features rather than completely transforming them. Whether it's embracing freckles, working with natural skin texture, or highlighting unique facial structures, I make sure clients feel like the best version of themselves—not someone else.

7. As a public figure, how do you plan to use your platform further for trans rights and visibility?

- If I were a public figure with a platform, I would use it to advocate for trans rights and visibility in meaningful ways: Like Education & Awareness, Amplifying Trans voices & providing resources & support.

8. How do you balance your passion for makeup artistry with the demands of being a beauty pageant winner and public figure?

- Balancing makeup artistry with the demands of being a beauty pageant winner and public figure requires strong time management, adaptability, and self-care. Here's

how i would approach it :

Since makeup artistry and pageantry go hand in hand, I'd use my skills to enhance my own looks for events and even help fellow contestants or colleagues. I could also use my public platform to showcase my artistry, making both worlds complement each other.

9. What's next for you? Are there any upcoming projects, pageants, or initiatives that you're excited about and would like to share with our readers?

- I have lots of plans to do in future. Here are some upcoming I am planning to participate miss trans queen india. I have one short movie project in Hyderabad that it for upcoming.

10. As a trans woman, you've broken barriers in life. What message you would like to convey to young trans individuals who aspire to follow in your footsteps?

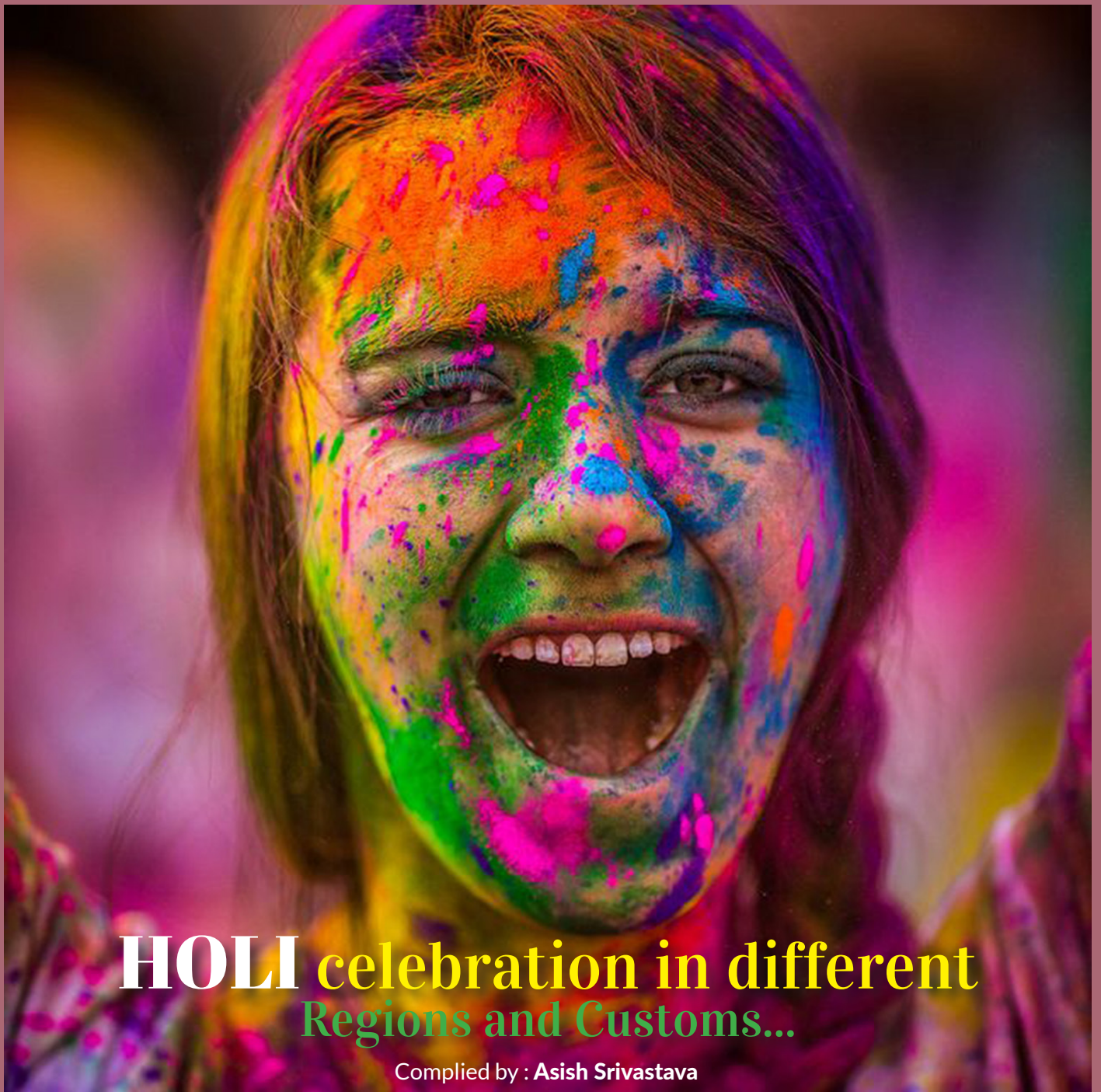
- If I were in a position to give advice to young trans individuals, I would say this: "Your identity is your power. The world may try to put limits on you, but don't let it define your worth or potential. Embrace who you are unapologetically, and know that you belong in any space you choose to be in—whether it's beauty, business, or beyond. Keep pushing forward, support one another, and never dim your light to make others comfortable. You are seen, you are valued, and you are capable of greatness."



Aura Beauty



Model
Samikxa Kalita
MUA
Zeenat Nafia Ahmed
Photography
Dr Saroj Narzary



HOLI celebration in different Regions and Customs...

Compiled by : **Asish Srivastava**

Holika Dahan: A bonfire is lit on the eve of Holi to symbolize the victory of good over evil.

: Natural colors like gulal (red), abir (pink), and kesuda (yellow) are prepared from flowers, herbs, and spices but at present where everything has become easy living so people purchase colours from the market and it's not as pure as

it was before.

Celebrations

People gather in streets, parks, and temples to play with colors, applying them to each other's faces and clothes.

Water balloons, pichkaris (water guns), and hoses are used to splash water and colors.

Along with it traditional Holi songs and dances, like the "Holiya" and "Dola Yatra," are performed.

And how can food and drinks be set apart, it forms a major part of the celebration. Traditional sweets like gujiyas, thandai (a cold drink), and other local delicacies are enjoyed.

Family and social traditions in Holi



bonfires and traditional dances.

Ugadi (Andhra Pradesh and Telangana): Holi coincides with Ugadi, the Telugu New Year, and is celebrated with traditional sweets and festivities.

West India

Rang Panchami (Maharashtra)*: Holi is celebrated as Rang Panchami, with colorful processions and traditional dances.

Holi Dahan (Gujarat)*: Holi is celebrated with bonfires and traditional sweets.

Nepal

Holi (Nepal) : Holi is celebrated with colorful processions, music, and dance, similar to India.

Global Celebrations

Guyana and Suriname : Holi is celebrated with colorful processions and traditional dances, reflecting the Indian diaspora's cultural heritage.

Mauritius*: Holi is celebrated with colorful processions and traditional sweets, showcasing the island's Indian cultural influences.

Holi is a vibrant and inclusive festival that celebrates love, color, and community. Its diverse traditions and customs reflect the rich cultural heritage of India and other parts of South Asia.

is a time for family reunions and strengthening bonds.

It promotes social harmony, as people from all walks of life come together to celebrate.

Holi is also a time for forgiveness, letting go of past grievances, and giving a new start to everything.

Regional Variations is seen different regions as like ;

North India*

Lathmar Holi (Uttar Pradesh) : In Barsana, women beat men with sticks (lathis) as a playful revenge. Holi of Braj (Uttar Pradesh)*: In Mathura and Vrindavan, Holi is celebrated with reenactments of Radha-Krishna's divine love.

East India

Dola Yatra (Odisha): Holi is celebrated with processions of idols, music, and dance.

Basanta Utsav (West Bengal): Holi is celebrated as Basanta Utsav, with cultural programs and traditional sweets.

South India

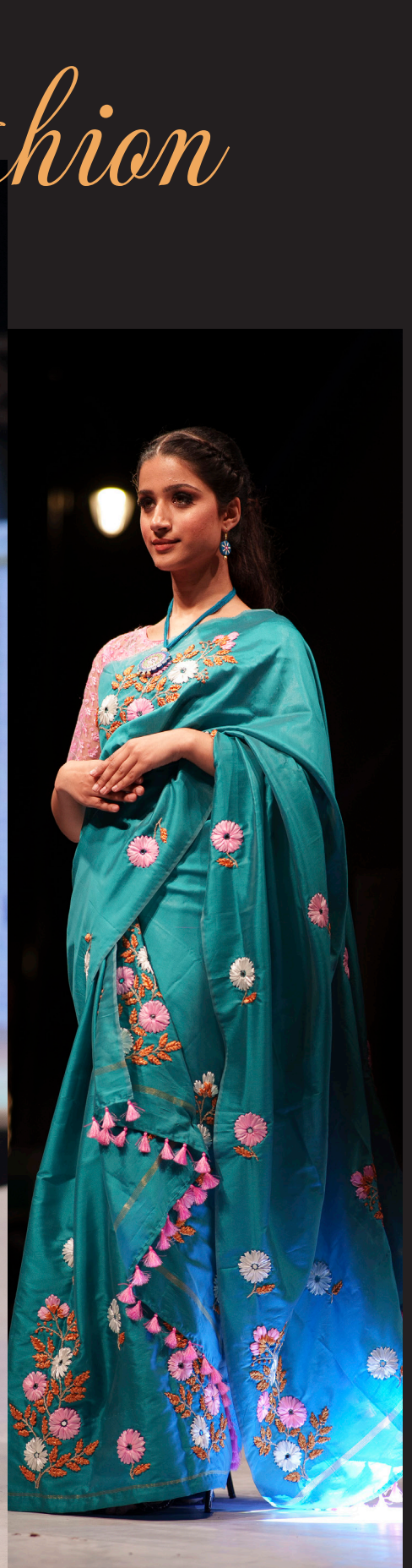
Kamadahan (Tamil Nadu)*: Holi is celebrated as Kamadahan, with



Aura Fashion



Aura Fashion



The Cosmic Dance of Shiva

Understanding Transformation in Life

-Jishnu Vijayan Nair

Actor/Writer/Motivational Speaker Kerala



Change is the only constant in life. We witness it in nature, in society, and within ourselves. Yet, most of us resist change, fearing the unknown. But what if we embraced change as a force of creation

rather than destruction? In Hindu philosophy, no figure embodies this concept better than Lord Shiva, whose divine dance—the Tandava—symbolizes the eternal cycle of destruction and renewal. Through Shiva’s dance, we can find profound lessons about transformation, resilience, and the rhythm of life itself.

The Symbolism of Shiva’s Cosmic Dance

Shiva’s dance is not just an artistic representation; it is a philosophical truth. The Nataraja form, depicting Shiva dancing in a ring of fire, represents the never-ending cycle of birth, death, and rebirth. Each movement of his dance signifies an essential aspect of life:

Creation (Srishti) – The power to start anew, be it a life, an idea, or a journey. **Preservation (Sthiti)** – The ability to maintain balance and stability amidst change. **Destruction (Samhara)** – The end of one phase, making way for new beginnings. **Concealment (Tirobhava)** – The mysteries and illusions of life that test our faith. **Grace (Anugraha)** – The divine blessing that helps us transcend our limitations.

Shiva stands with one foot raised, symbolizing detachment from worldly distractions, while his other foot presses down on Apasmara, a demon representing ignorance and ego. This reminds us that

overcoming ignorance and fear is key to embracing transformation.

Transformation in Mythology and Life

The lessons of Shiva’s dance can be applied to every phase of human life. Just as Shiva destroys only to create again, we, too, must let go

of the past to welcome the future.

1. Destruction Leading to Growth

When we go through failures, heartbreaks, or setbacks, we often see them as the end. But in reality, they are just stepping stones.

Like a seed that must break to sprout into a tree, we grow the most when we embrace challenges.

Example: Many successful people, from Steve Jobs to Swami Vivekananda, went through immense struggles before achieving greatness.

2. The Power of Letting Go

We hold on to relationships, careers, and beliefs, even when they no longer serve us. But just like Shiva’s fire burns away the old, we must release the unnecessary to find true peace.

Lord Shiva and Sati/Parvati’s story is a beautiful example of love, loss, and transformation. After

losing Sati, Shiva isolated himself, only to later accept Parvati, symbolizing that even the greatest pain leads to renewal.

3. Chaos Before Clarity

The world, like Shiva's dance, is often chaotic. Personal struggles, natural disasters, or societal upheavals shake our existence. But every storm clears the sky for a brighter tomorrow.

Example: The Bhagavad Gita teaches us that confusion and destruction (like Arjuna's internal battle) are necessary before finding wisdom.

4. Finding Balance in the Dance of Life

Shiva is both the ascetic in meditation and the cosmic dancer. This teaches us that life is about balance—between stillness and movement, detachment and passion, destruction and creation.

In modern life, this means balancing work and rest, ambition and contentment, spiritual growth and material pursuits.

Embracing Shiva's Philosophy in Modern Life

Shiva's Tandava is not just an ancient myth—it is a philosophy we can apply every day.

Accept Change: Instead of resisting it, dance with life's ups and downs. Whether it's a career shift, a relationship ending, or a personal loss, understand that every ending is a new beginning.

Overcome Fear: Like Shiva stepping on ignorance, face challenges with courage. Fear of failure or the unknown only limits growth.

Find Your Stillness: Amidst the chaos, practice meditation or mindfulness—just as Shiva finds peace even within destruction.

Reinvent Yourself: Don't fear transformation. Be ready to let go of old beliefs, habits, and fears. Just as Shiva drank poison to protect the world, sometimes embracing pain is necessary for growth.

The Dance Continues...

Life, much like Shiva's Tandava, is

an endless rhythm of destruction and rebirth. We are all dancers in the cosmic cycle, shaping our destinies through every step we take. Instead of fearing change, let's celebrate it. Let's dance through the challenges, find stillness amidst chaos, and emerge stronger, wiser, and more alive.

Because in the grand scheme of the universe, every destruction is simply the beginning of a new creation.





Staying Hydrated for Healthy PREGNANCY

By: **Manikangkana Devi**
Writer, Poet, Artist & Translator

Water is super important for everyone, but it's especially essential during pregnancy. When you're expecting, your body needs more water than usual. Staying hydrated is really important for both you and your growing baby. So, let's dive into the many ways drinking enough water during pregnancy



can help you both stay healthy and strong.

Water does so much for our bodies. It helps with digestion, keeps our temperature normal, and moves nutrients around. When pregnant, water helps form the placenta. Also, it helps to create amniotic fluid. It is so vital that we drink enough water when pregnant.

Water is a major part of amniotic fluid. This fluid cushions and protects your baby in the womb. Amniotic fluid is critical for proper development. Around 12 weeks, amniotic fluid really starts to develop. Making sure you drink water helps support healthy fluid levels. This gives your baby a safe and comfy space to grow.

Think of water as a delivery service. It carries important nutrients from the food you eat to your baby. These nutrients fuel growth and development. Without enough water, it's harder for your baby to get what they need. So, drinking enough water is important. It is a way to make sure your baby gets all those good things!

Water helps flush out waste from your body and your baby's. Pregnancy puts extra stress on your kidneys. Staying hydrated helps them work better. This means both you and your baby stay healthier. It prevents yucky stuff from building up.

Not getting enough water when pregnant can cause problems. It affects you and your baby. Recognizing these risks can help you stay on top of your water intake.



Pregnancy can cause constipation. Not drinking enough water makes it worse. Dehydration hardens your stool. This makes it tough to go. It can also cause hemorrhoids, which are not fun. Drinking water softens stool. It makes things flow easier.

Urinary tract infections UTIs are more common during pregnancy. Dehydration can increase your risk. When you don't drink enough, bacteria can grow in your urinary tract. Water helps flush out that bacteria. This keeps your urinary system healthy and infection-free.

Some studies link dehydration to early contractions and premature labor. When you're dehydrated, your body might release certain hormones that can trigger contractions. Staying hydrated helps keep those hormones in check. It also helps lower your risk of going

into labor too early.

How much water do you really need when pregnant? It's more than usual. Here's a simple guide. A good rule of thumb is to drink 8-12 glasses of water each day. That's about 64-96 ounces. But remember, everyone is different. Consult with your doctor for personalized advice. They can help determine what's best for you.

Your activity level affects how much water you need. If you're active or it's hot outside, drink more. Also, some health conditions can increase your water needs. Pay attention to your body and adjust your intake as needed.

Your body is pretty good at telling you when it needs water. Don't ignore that thirsty feeling. Drink up as soon as you feel thirsty. Don't wait until you're really parched.

Staying hydrated is easier than you think. Try these easy tips. Keep a reusable water bottle with you always. This is a constant reminder to drink. Fill it up regularly. Sip throughout the day. Plain water can get boring. Try adding slices of fruit, like lemon, cucumber, or berries. Herbs like mint can also add a refreshing flavor.

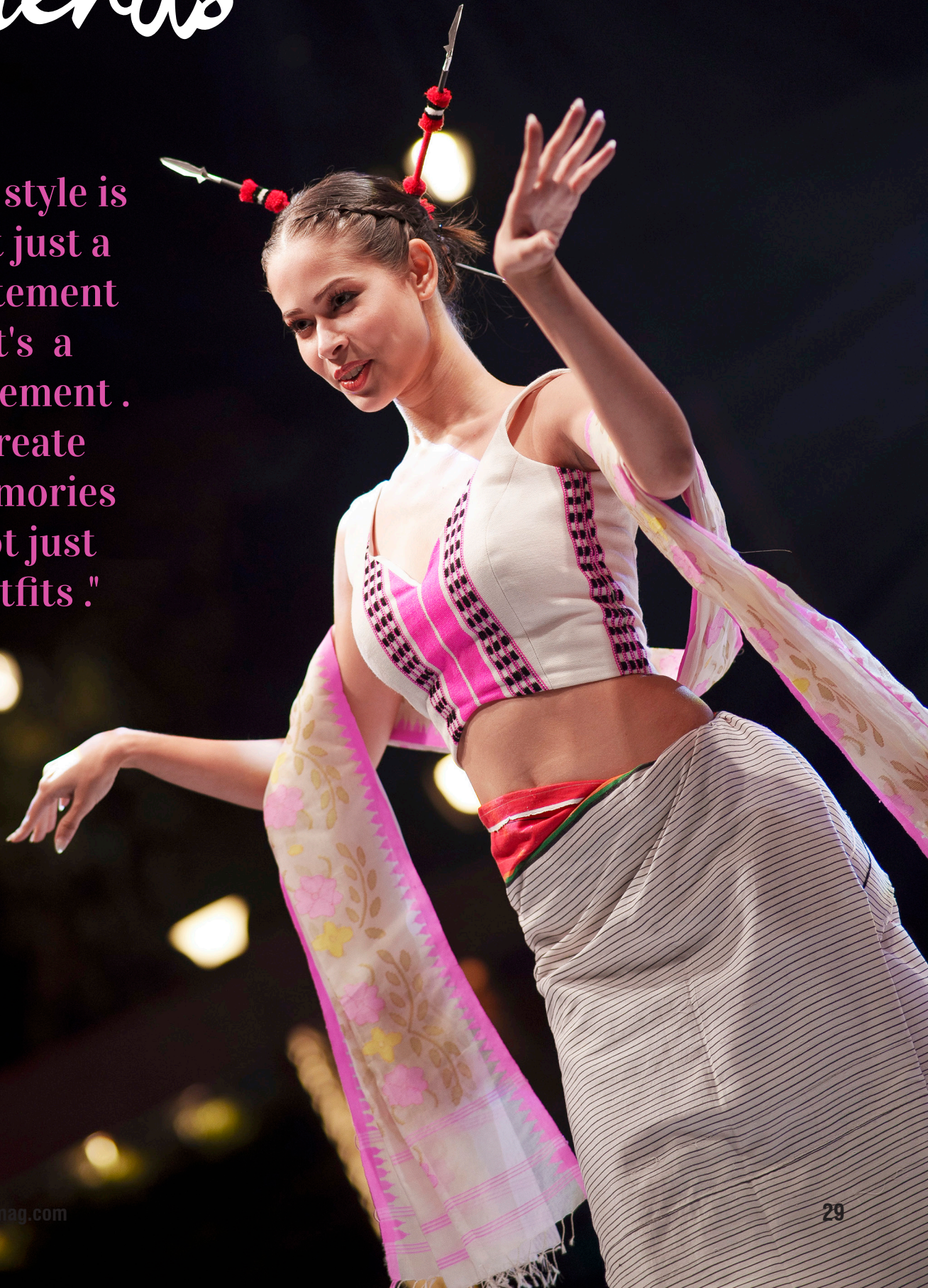
Some foods have high water content. Watermelon, cucumber, and strawberries are great choices. These foods help you stay hydrated while offering vitamins and minerals. Use a water tracking app or a simple journal. Track how much water you drink. This helps you make sure you're reaching your daily goal.

It's important to know what dehydration feels like. Spotting the signs early can help you take action. Common signs include dark urine, dizziness, headaches, and fatigue. You might also feel extra thirsty or have a dry mouth. If you notice these symptoms, drink water right away. If you have severe symptoms, see a doctor. Serious dehydration can require medical treatment. Don't wait if you're feeling really bad.

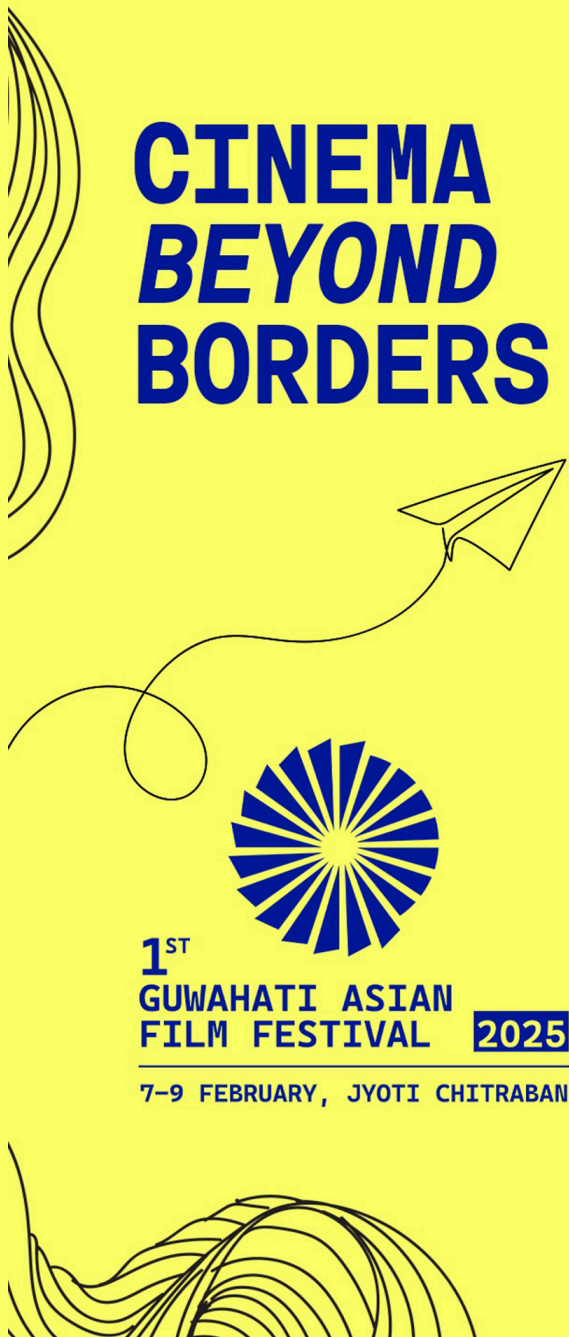
Staying hydrated during pregnancy is super important for you and your baby. It supports amniotic fluid production, nutrient transport, and waste removal. Plus, it lowers your risk of constipation, UTIs, and premature labor. Drink enough water, listen to your body, and talk to your doctor. By prioritizing water intake, you're giving your baby the best start.

AURA Trends

"My style is
not just a
statement
it's a
movement .
Create
memories
not just
outfits ."



CINEMA BEYOND BORDERS



1ST
GUWAHATI ASIAN
FILM FESTIVAL **2025**

7-9 FEBRUARY, JYOTI CHITRABAN



Guwahati Asian Film Festival, 2025

Cinema Beyond Borders

By : **Dr. Dipsikha Bhagawati**
Member, FCCI, Film Critic, Author, Translator

Until recently, the perception of film festivals among the general populace was that they represented an extravagant

spectacle, largely inaccessible to the average individual. Conversations surrounding film festivals typically revolved around prom-

inent events such as the Cannes International Film Festival, Berlin, Toronto, and Venice, as well as the International Film Festival of In-



dia. National film festivals were often thought to be compartmentalized and deemed less accessible. However, the rapid and unprecedented proliferation of communication and broadcasting technologies in recent years has instigated a significant transformation in the landscape of film festivals, leading to their emergence as a facet of popular culture. Consequently, an increasing number of students are engaging in film studies and creating thought-provoking works. In addition to feature films, non-feature films have gained traction, particularly among emerging filmmakers, with the expanding array of film festivals providing a valuable platform for their work. While each film festival may pres-

ent distinct themes, they generally share common objectives: promoting independent cinema, facilitating experimental screenings and networking opportunities, exchanging ideas, supporting newbie filmmakers, hosting panel discussions, and, ultimately, celebrating the art of cinema.

With the holistic motto of “Cinema Beyond Borders” the inaugural edition of the Guwahati Asian Film Festival has marked a thriving bloom from February 7th – 9th, 2025 at Jyoti Chitranban, Guwahati. Celebrating the rich tapestry of Asian Cinema as its focus, the festival has had an engaging line-up of 24 critically acclaimed films. The festival is set to honor the rich

diversity of Asian cinema, presenting an engaging array of films that highlight distinctive cultural stories and creative storytelling techniques. This initiative aims to promote cross-cultural dialogue and enhance appreciation between filmmakers and audiences alike. Monita Borgohain, IAS, the festival director of GAFF (who has previously served as the festival director of the Govt of Assam’s Guwahati International Film Festival for three consecutive years) has stated, “This event is not just a celebration of films but a platform to connect cultures, foster dialogue and discover new narratives. This year, with a compelling line up of films and sections that honour Indian and North Eastern cinema,

we aim to create a vibrant space for cinephiles and filmmakers alike.”

Babak Khajehpasha-directed Iranian submission to Oscar Awards, ‘In the Arms of the Tree’ was the opening film of the 1st Guwahati Asian Film Festival. The festival organisers, in a statement said, “This heartfelt story of family turmoil and resilience crosses cultural boundaries, delivering an emotionally powerful experience that sets the stage for three days of exceptional cinema.”

GAFF heartedly felicitated three acclaimed personalities of the industry – Prasanna Vithanage from Sri Lanka (widely regarded as one of the most talented and influential filmmakers in South Asia), Sheeba Chadha (renowned Indian film, stage and television actress) and Onir (Indian film and TV director, editor, screenwriter and producer. He is best known for his film My Brother...Nikhil), carrying investing interactive sessions on multiple issues of the society and how cinema brings them into life. Prasanna Vithanage inaugurated the festival, accompanied by director Akashaditya Lama, actor Sheeba Chadha, and filmmaker Manju Bora.

GAFF 2025 had two main sections: the Indian Showcase Section and the North East India Competition Section. The festival hosted three engaging open air panel discussions on the topics “The Future of North East India: Cinema: Challenges, Opportunities, and Global Prospects”, “A New Landscape of Indian Contemporary Indie Cinema: A Critique of New Filmmakers



and New Challenges” and “Youth and Cinema: The Changing Face of Storytelling.”

Here is the complete list of the awards conferred in different categories at GAFF for their outstanding cinematic excellence showcased.

BEST FILM: Joseph’s Son (Dir. Haobam Paban Kumar)

BEST DIRECTOR: Shrutismriti Changkakoti (Film: Before Spring)

BEST PERFORMANCE: Deepjyoti Kakati (Film: Before Spring)

BEST MUSIC: Rewben Mashangva (Film: Joseph’s Son)

BEST SCREENPLAY: Amardeep Gogoi (Film: Collage)

BEST CINEMATOGRAPHY: Jayanth Mathavan (Film: Before Spring)

BEST EDITING: Rantu Chetia (Film: Ata Nirjon Duporiya)

BEST SOUND DESIGN: Kalesh Laxman & Bambi (Film: Before Spring)

JURY SPECIAL MENTION: Nahid Ahmed for the Cinematography (Film: Collage) Minakshi Kalita for the Performance (Film: Amateurs).

The advisory board of GAFF, 2025 consists of signature film maker Manju Borah, eminent filmmaker & film critic Utpal Borpujari and eminent film critic and music journalist Christopher Dalton. The esteemed core committee members are Srinivasa Santhanam (renowned film festival curator), Kishore Kumar Sarma (programming director, honorary), Dr Muktismaan Hazarika (executive and communication director) and Himjyoti Talukder (creative director), headed by the esteemed festival director Monita Borgohain, IAS.

The Guwahati Asian Film Festival, ’25, honours the perennial legacy of the youngest form of art that transcends borders, with a specific emphasis on films from the Asian subcontinent. This festival has set a commendable paradigm for future editions, promising even more enriching experiences ahead.

Aura kitchen

Delicious and effective smoothie recipes that can give you the taste and helps you in weight loss:



1 Green Goddess

- 1 cup spinach
- 1/2 cup Greek yogurt
- 1/2 cup frozen pineapple
- 1/4 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 scoop protein powder (optional)

2 Berry Bliss

- 1 cup frozen mixed berries
- 1/2 cup Greek yogurt
- 1/2 cup unsweetened almond milk
- 1 tablespoon honey
- 1/4 cup chopped walnuts

3 Mango Peach Delight

- 1 cup frozen mango
- 1/2 cup frozen peaches
- 1/2 cup Greek yogurt
- 1/4 cup unsweetened coconut milk
- 1 tablespoon chia seeds

4 Pineapple Coconut Refresher

- 1 cup frozen pineapple
- 1/4 cup unsweetened coconut milk
- 1/2 cup Greek yogurt
- 1 tablespoon honey
- Ice cubes (as needed)

5 Spinach Banana Boost

- 2 cups fresh spinach
- 1 ripe banana
- 1/2 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 scoop protein powder (optional)

General Tips:

- Use frozen fruits to make the smoothies thicker and colder.
- Choose unsweetened almond milk or coconut milk to reduce calorie intake.
- Add protein powder or Greek yogurt to increase protein content.
- Incorporate healthy fats like chia seeds, walnuts, or coconut milk.
- Drink the smoothies as a meal replacement or snack, and make sure to eat nutrient-dense meals throughout the day.

Weight Loss Tips:

- Drink plenty of water throughout the day.
- Eat more protein and healthy fats.
- Reduce sugar intake and choose unsweetened options.
- Incorporate physical activity into your daily routine.
- Get enough sleep (7-8 hours) each night.

But remember that weight loss ultimately comes down to a calorie deficit. Make sure to balance your smoothie recipes with a healthy and balanced diet for healthy living.



Aura Fashion

NORTHEAST INTERNATIONAL FASHION WEEK -9
DESIGNER : BHASKAR BORA



Aura Fashion

NORTHEAST INTERNATIONAL FASHION WEEK -9
DESIGNER : BHASKAR BORA



Untamed Love

The sweet smell of the rose petals filled the evening air,
Giving the falling dusk a sultry warmth.
Beautiful soft music of the evening touched my ears.
Romance was in the air.
In my heart, spring blooms.
I could feel the weight of
every breath.
It's love, which knows no rules.
I have given you my heart and soul.
Drowned in the sweetness of the feeling.
Two souls embracing each other in a passing dance.
Intimate yet remote, weird yet comfortable.
A love untamed yet growing.

By: **Monali Bhuyan**

Every WOMAN is Wonderful

In her softness lies her strength
In her quiet smile hides sorrow's breath
Unknown to the world she keeps mysteries and secrets
Holding grey darkness warm sunshine she spreads.

Like a rose she blossoms like a sunflower she holds her pride
Resilient like a mountain peak she is a beam of glowing light
Everyday is in her honour everyday in her glory
Every woman is wonderful inking her own story.

By: **Vijaylaxmi Sarmah**
Assam

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