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MYSTIC AURA

MAGAZINE

MAKEUP & SKIN CARE

HEALING TOOLS FOR
EVERYONE

WORLD

ENVIRONMENT DAY
REMEMBERING NATURE

FATHERHOOD

A BLESSED FEELING

MEDITATION

TO LIVE A RELAX LIFE

Perfect Smile

Radiating Sunshine and Positivity

Cover Photography: Kaushik Brahma
Model: Bibika Bora

2025



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Proprietor & Editor-in-chief

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From Editor's Desk



Excited to share our June edition...!
We're thrilled to present a collection of captivating articles that will delight our readers.

This issue features thought-provoking pieces on lifestyle, beauty, and movie reviews, as well as memorable experiences shared by our esteemed writers. We've also included some of our most popular pages that always draw attention, the Aura pages.

Our team has worked tirelessly to stay on top of current trends and cater to the interests of our audience. We hope you'll enjoy reading this edition as much as we've enjoyed creating it.

Thank you for your continued love and support - it motivates us to strive for excellence in future editions.

Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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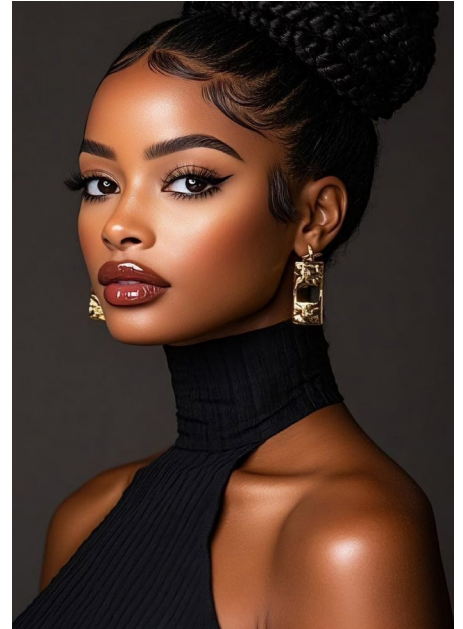
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On the COVER

Bibika Bora



I'm **Bibika Bora**, age-28, a proud daughter of Karbi Anglong, Assam. I come from a place where the hills whisper stories and the skies teach grace. Beauty, for me, is a blend of confidence, culture, and creativity. I believe glamour isn't just makeup; it's attitude and authenticity. Fashion-wise, I love merging ethnic roots with modern moods. I enjoy experimenting with looks—but comfort always leads. Off camera, I'm a nature-lover, wanderer, and wellness explorer. Beauty is deeper than skin—it's how you show up for yourself daily. My confidence comes from self-love and I live by "Your vibe is your voice. Wear it loud."

Photography
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DAISY GOGOI

REMEMBERING NATURE EVERY MOMENT

A Call to Action on World Environment Day 2025

-Jishnu Vijayan Nair

Actor/Writer/Motivational Speaker, Kerala



In a world increasingly shaped by machines, artificial intelligence, and rapid industrial progress, we often forget the very foundation of our existence: nature. As World Environment Day 2025 approaches, it brings with it an urgent reminder from the global community: “Ending Plastic Pollution.”

This year, the Republic of Korea proudly hosts the World Environment Day global

celebrations with a powerful message, echoed through the official campaign hashtag:

#BeatPlasticPollution. It is more than a slogan - it is a lifeline, a call to consciousness, and a demand

for collective responsibility.

The Perils of Plastic

Plastic pollution is one of the most pressing environmental challenges of our time. From choking marine life to leaching toxins into our soil and water, the damage caused by plastic is both visible and invisible. Every year, millions of tons of plastic waste enter our oceans, endangering aquatic creatures and disrupting fragile ecosystems. On land, plastic infiltrates our food chain, our water sources, and even the air we breathe.

The modern lifestyle, which embraces convenience over sustainability, is at the core of this crisis. Plastic bags, disposable utensils,

water bottles, and packaging have become part of our daily lives. While they offer short-term comfort, they have long-term consequences that future generations will pay dearly for.

The Indian Ethos and Environmental Consciousness

Ancient Indian philosophy has always recognized the sanctity of nature. The concept of Pancha Bhuta - Earth (Prithvi), Water (Apas), Fire (Agni), Air (Vayu), and Space (Akasha) - represents the five essential elements that constitute all life forms. This spiritual perspective reminds us that disrupting the balance of these elements is equivalent to threat-

ening our own existence.

Our traditions have long worshipped nature as divine. Rivers are revered as goddesses, trees are seen as living entities that carry blessings, and mountains as embodiments of spiritual strength. The sacred groves, rituals around harvest, and the practice of planting trees on auspicious occasions show the deep-rooted environmentalism in Indian culture. These traditions weren't mere symbolism, but a way of life aimed at sustaining ecological harmony.

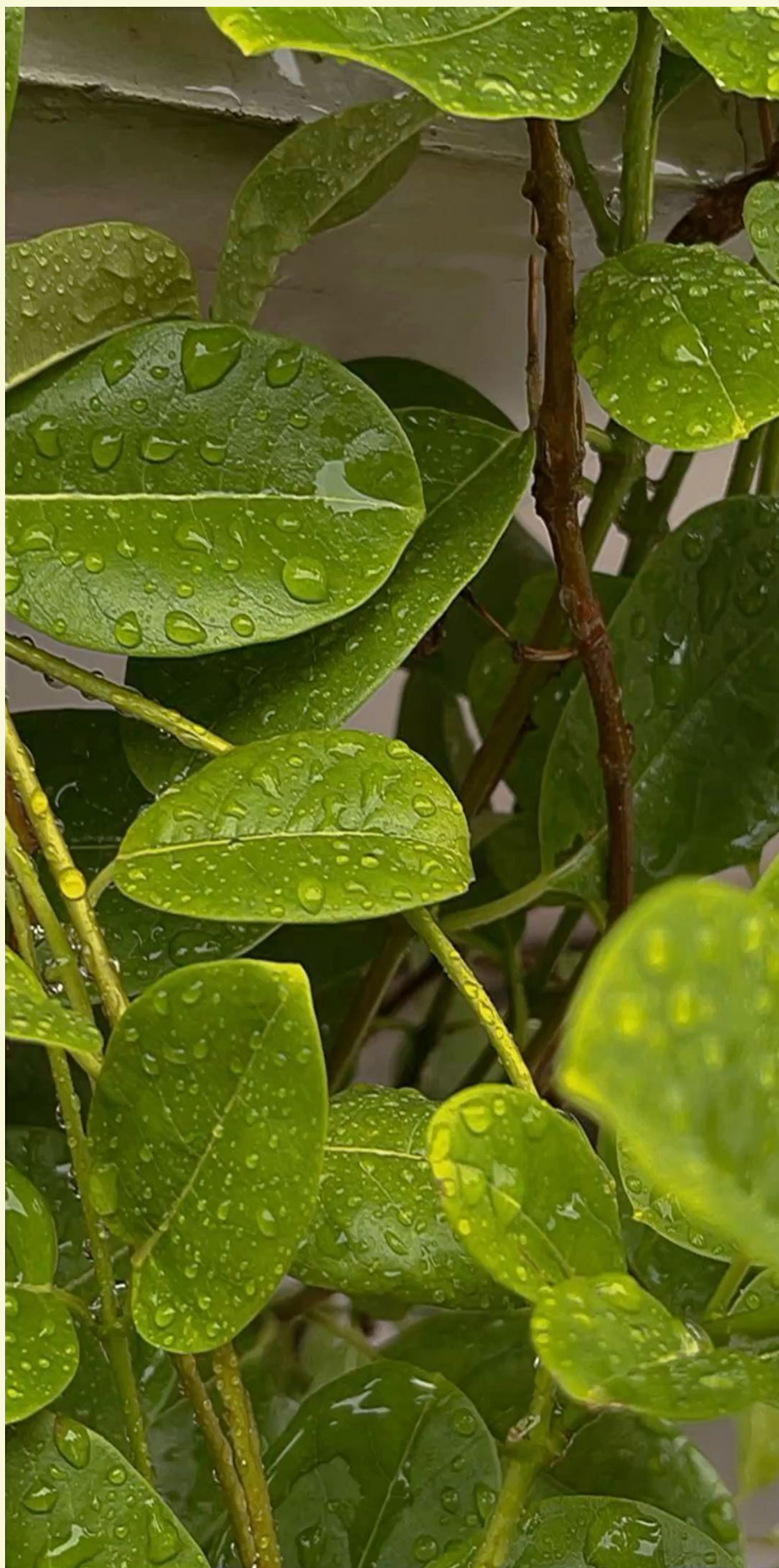
In fact, India's Vedic literature and philosophies have often emphasized the

interconnectedness of all living beings. The saying "Vasudhaiva Kutumbakam" (The world is one family) reflects the inclusive worldview where humans, animals, plants, rivers, and even the air are treated as part of the extended family.

Beyond a Single Day: A Way of Living

World Environment Day is not meant to be a symbolic gesture that fades after 24 hours of campaigns. It is a wake-up call to shift from momentary activism to a sustained lifestyle change. We must instill in ourselves and in the younger generation a respect and responsibility toward nature.

As the saying goes, if you sow the seed in a fresh field, you reap a rich harvest. Similarly, nurturing environmental awareness in young minds can yield a future generation that lives in harmony





with nature. Schools, colleges, families, and communities need to reinforce eco-conscious values through real-life actions, not just textbooks.

Avoiding single-use plastics, reducing consumption, reusing and recycling materials,

participating in clean-up drives, planting trees, conserving water and energy - these actions may seem small, but when multiplied by millions, they have the power to reverse environmental degradation.

Time to Remember Every Moment

Protecting the environment is not a part-time responsibility; it is a full-time commitment. We must remember the environment not just on June 5th, but every moment of our lives.

From the products we buy to the food we consume; from the energy we use to the waste we produce

- every decision must align with sustainability.

This is especially critical as we face climate change, habitat destruction, and species extinction at unprecedented rates. Nature has always provided for us. Now, it is time we repay that debt by being better stewards of our planet.

On this World Environment Day

2025, let us pledge not just to "Beat Plastic Pollution," but to live in tune with the Earth. Let us rekindle our ancient values, take modern actions, and inspire those around us to do the same. Because if there is no environment, there is no life. And if we remember this every moment, we will be the generation that healed, not harmed, the Earth.



Photography
KAUSHIK BRAHMA

Makeup
CHAYANIKA KALITA

Designer
DAISY GOGOI

AURA PHOTOGRAPHY



BEAUTY AFTER TRAUMA

How Makeup and Skincare Can Become Healing Tools

By: **Brian La Cour**, Author/writer/Entrepreneur, US



When we think about healing from trauma, we often imagine therapy sessions, support groups, or silent moments of reflection. But for many people, healing also happens in front of a mirror, with a swipe of lipstick, a dab of moistur-

izer, or the careful drawing of an eyeliner wing. Beauty, long dismissed as surface, level, is proving to be far more than skin deep.

For survivors of trauma, whether it's PTSD, abuse, illness, or deep emotional grief, makeup and skin-

care can offer more than aesthetic results. They can become daily rituals of empowerment, moments of control in an otherwise chaotic world, and even tools for rebuilding identity.

After my accident, I didn't rec-



ognize myself anymore, not just physically, but emotionally, says Sofia, 29, a trauma survivor from Argentina. My morning skincare routine became the one time I felt connected to my body again. It reminded me I still had control over something.

Routine can be incredibly grounding for those living with trauma. Skincare and makeup rituals bring a sense of structure and safety. For some, it's the quiet repetition of applying serum and moisturizer. For others, it's the precise artistry of a full, glam look. Either way, these practices offer a mindful pause, a break from flashbacks, anxiety, or numbness.

I call it my war paint, says Mariah,

a U.S. military veteran who uses makeup as part of her PTSD management. Not because I'm hiding, but because I'm preparing myself to face the world. It's armor, but it's also expression.

Trauma often disrupts a person's relationship with their body. Beauty rituals can be a way to gently rebuild that connection. After years of struggling with body dysmorphia and depression, London-based artist and influencer Aisha began documenting her makeup transformations on Instagram, not to impress others, but to reconnect with herself.

I needed to see my face as something other than a battlefield, she explains. Each look became a piece

of art, and slowly, I started seeing my body as a canvas instead of an enemy.

For people who have undergone surgeries, illnesses, or the body, altering experiences, and makeup can help bridge the emotional gap between who they were and who they are now. It's not about covering scars, it's about honoring them while reclaiming personal identity.

Makeup also allows for emotional expression without words. Just as some people journal or paint to process their feelings, others turn to their beauty routine. A bold red lip might express defiance. A soft, dewy look may offer comfort on a vulnerable day.

I wear bright eyeshadow on my hardest days, says Hana, a sexual assault survivor from South Korea. People think I must be in a good mood, but really, it's a way to create color where I feel none.

Importantly, beauty also provides a private safe space. Unlike social media posts or therapy conversations, the mirror is a place where the experience is just your own. No explanations, no expectations, just you, being gentle with yourself.

In recent years, online beauty spaces have become havens for survivors. YouTube tutorials, TikTok transformations, and Instagram lives are filled with people sharing not only their looks but

their stories. This digital solidarity has created a global network of healing, where vulnerability meets artistry.

Some brands are even beginning to notice. Campaigns that feature burn survivors, cancer patients, and individuals with visible scars are shifting the narrative around beauty, slowly dismantling the idea that perfection equals value.

We're seeing a movement, says therapist and beauty writer Dani Ellis. People are using makeup not to hide their past but to celebrate how far they've come.

Trauma changes people. But beauty, when used with intention, can help reflect the parts that remain strong, resilient, and unbroken. It's not vanity. It's not shallow. For many, it's survival.

Whether it's a \$5 lipstick or a 10, step routine, these rituals carry meaning. They offer moments of control, care, and celebration in lives that have seen chaos. In the soft glow of the vanity light or the click of a compact closing, there is healing.

And sometimes, healing looks like glitter eyeliner and bold brows.





Hydration Is the New Shine

The Ultimate Summer Hair Care Guide

By **Vanessa Jacqueline D’cruz**
Loani, Chairperson (Singapore)

As temperatures rise and UV rays intensify, our skin isn’t the only part of the body that suffers—our hair takes a serious hit too. While the fashion world embraces sun-kissed strands and beachy waves, there’s a hidden cost: dryness, brittleness, and breakage. This summer, it’s time to shift the narrative. Hydration isn’t just a trend—it’s a hair-care essential.

Why Summer Dries Out Your Hair

Between prolonged sun exposure, chlorinated pools, salty seawater, and over-styling, your hair is constantly under siege. The sun weakens hair protein structures, while salt and chlorine strip away natural oils, leaving strands parched and dull.

Your Summer Hair Hydration Toolkit

1. Switch to a Moisturizing Shampoo & Conditioner

Opt for sulfate-free, moisture-rich

formulas with ingredients like coconut oil, argan oil, and shea butter. These nourish without weighing hair down.

2. Use a Leave-In Conditioner or Hair Mist

These lightweight heroes add a layer of hydration and protection. Spray it on before heading out—think of it as SPF for your strands.

3. Weekly Deep Conditioning Masks

Indulge your hair with a weekly moisture mask. Look for ingredients like hyaluronic acid, honey, or avocado oil to restore softness and elasticity.

4. Wet Hair Before Swimming

Saturate your hair with clean water before diving in. This minimizes chlorine and salt absorption—like a sponge, your hair can only soak up so much.

5. Protective Styles & Accessories

Buns, braids, and silk scarves aren’t just chic—they shield your hair from direct sun exposure. Top it off with a wide-brimmed hat for fashion meets function.

Hydrated hair is healthy hair—and it shows. This summer, make moisture your mantra. Because when your hair is nourished, your shine is effortless.



Aura Beauty Touch

Zeenat Nafia Ahmed

Zeenat Nafia Ahmed is a renowned makeup artist from Guwahati, Assam, popular for her exceptional talent in transforming looks.

Zeenat pursued an MBA with dual specialization in 2004 and secured a high-profile job in an American-based company but felt unfulfilled, prompting her to quit and follow her passion for beauty.

Her life's journey here takes a twist turn when she rediscovered her love for beauty and enrolled in makeup classes, working diligently to become a professional makeup artist and later with time she founded "Being Beautiful" in 2014, which gained international recognition, leading to collaborations with national and international pageants.

Her achievements can be counted as her work has been showcased globally, including in countries like the Philippines, Malaysia, and Dubai.

- She provides services to brides-to-be, offering customized looks for their special day - As part of her social responsibility,

Zeenat offers free makeup courses to girls from below the poverty line (BPL), empowering them to earn a living.

- In February 2025, Zeenat Nafia Ahmed was awarded the Femina Achievers Award for Excellence in Celebrity & Bridal Solution, solidifying her position as a leading makeup artist.

Thirst for knowledge is never ending so her search for different best beauty products suitable for different types of skin tone is still on which will be a solution for common skin problems.

Aura *Fashion*

Designer: Richa Rabha



My collection is mostly made of 'Bihuwan', an Assamese gamosha. The magic of Bihuwan makes the collection an esoteric one, where unique emotions come together to make a perfect blend of exquisite beauty and timeless Assamese craftsmanship.

FATHERHOOD

A Journey of Commitment and Sacrifice

By Manikangkana Devi

Writer, Poet, Artist & Translator



Last month, I reflected on the profound nature of motherhood, exploring the myriad ways in which mothers nurture and shape the lives of their children. As we transition into this month, which celebrates Father's Day on 15th June, 2025, it is only fitting to turn our attention to fathers and the unique roles they play in the family dynamic. Fathers often embody a different kind of strength, one that is characterized by commitment and sacrifice. Their contributions, though sometimes less visible than those of mothers, are equally vital in fostering a supportive environment for their children. The dedication that fathers exhibit, whether through their professional endeavors or their active participation in family life, deserves recognition and appreciation.

The sacrifices made by fathers often go unnoticed, yet they form the backbone of a child's upbringing. Many fathers work tirelessly to provide for their families, often juggling multiple responsibilities to ensure that their children have access to opportunities that will help them thrive. Beyond financial support, fathers also impart essential life lessons, instilling values such as resilience, integrity, and responsibility. Their presence in a child's life can significantly influence emotional and social development, offering guidance and a sense of security. As we honor fathers this month, it is important to acknowledge not only their





From the moment a man learns he is going to become a father, he embarks on a journey filled with challenges and responsibilities. The commitment extends into the nine months of pregnancy, where expectant fathers are tasked with preparing not just physically but emotionally for the arrival of their child. This is the first step in a lifelong dedication to nurturing another human being. Once the child arrives, the true nature of this commitment becomes even more apparent. Fathers find themselves engaged in a delicate balancing act; they must juggle work, personal life, and parenting responsibilities. This balancing act is not merely about time management; it's about making conscious choices that prioritize the well-being of the newborn.

Many fathers sacrifice personal ambitions and leisure activities to ensure that their child has the best opportunities for growth and development. In this way, fatherhood can often mean putting one's own desires aside for the sake of the family. Additionally, commitment in fatherhood is demonstrated through emotional support.

Fathers are not only providers but also nurturers. They are tasked with being present for their children; celebrating milestones and providing comfort during times of struggle. This emotional presence can often be as demanding as the physical labor of parenting. Fathers who take the time to listen, guide, and bond with their chil-

sacrifices but also the profound impact they have on shaping the next generation.

As we celebrate Father's Day this month, it's an opportune time to reflect on the profound journey of fatherhood. Traditionally, society has heralded fathers as figures of strength and wisdom, yet the

essence of fatherhood extends far beyond mere provision. At its core, fatherhood embodies a unique blend of commitment and sacrifice; qualities that often go unnoticed amidst the more visible aspects of being a father. Fatherhood is a commitment that begins well before a child takes their first breath.



dren create secure and trusting relationships, which are crucial for a child's emotional health.

Sacrifice, on the other hand, plays an equally significant role in fatherhood. It involves giving up certain comforts and conveniences for the greater good of the family. For many fathers, this means long hours at work to provide financial stability or taking on multiple jobs. It may also mean making lifestyle changes; a father might postpone personal projects or hobbies to invest time in family activities or education. These sacrifices, while sometimes challenging, serve a higher purpose; building a safe, nurturing environment for chil-

dren to thrive. One can also look at the sacrifices fathers make in emotional terms. Many fathers internalize their own struggles, putting on a brave face for the sake of their family. Attending to a child's needs often means that fathers must sidestep their own challenges and fears. This often unspoken sacrifice shows the depth of a father's love; a willingness to endure for the happiness and security of their child. Yet, amidst the commitment and sacrifice, there exists immense joy.

The bond between a father and child is one of life's greatest treasures. Watching a child grow, learn, and develop their unique

personality is a rewarding experience that makes the sacrifices worthwhile. The smiles, laughter, and simple moments shared create memories that last a lifetime. As we celebrate Father's Day, let us recognize the commitment and sacrifice that fathers bring to the table every day. They are not just caretakers; they are lifelong mentors, supporters, and sources of love. Fatherhood may be a journey filled with challenges, but the rewards of commitment and sacrifice create an unbreakable bond that enriches both father and child for years to come. This Father's Day, let's honor the fathers in our lives—not just for what they do, but for who they are.

Creating moments to cherish .. (my experience in Bali shoot)

A sojourn to Natural Beauty

Bali which is a place of Natural beauty, cultural heritage and magnificent people was always in my bucket list as a place to watch out for, Though thought out previously many a times it was as they say "when stars coincide " that it finally fructified this year.

The journey commenced on 6th April and I arrived at 9:00 am

The Bali airport which is located around 13 km from Soth west of capital province -Dempesar itself is engulfed with natural heritage...

Upon arrival the next day we went straight to Ubud. A place set in jungle ravines between emerald foothills. It's also centre of artisanal tradition and spiritual life..

After that we visited Nusa penida and then kuta.

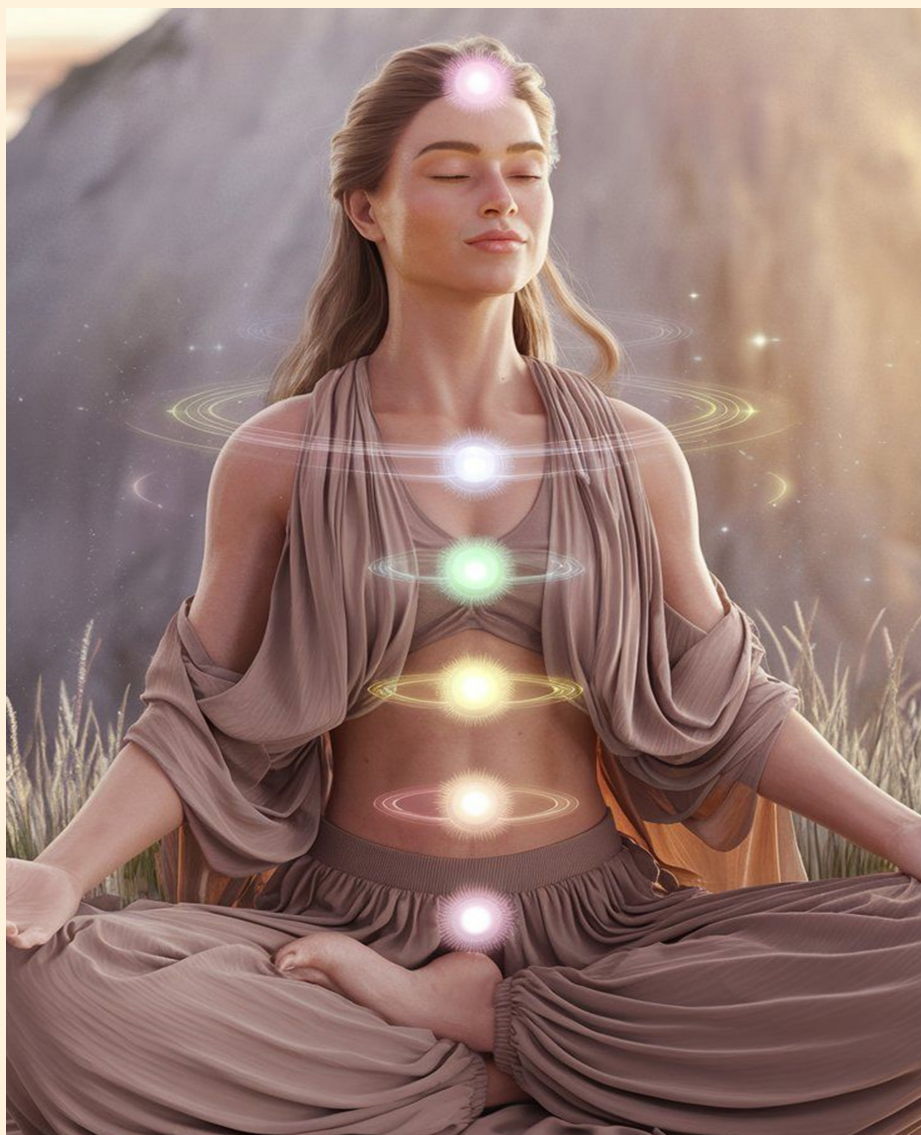
These are places are known for magnificent natural beauties. It has some of the best known underwater life, cliffs and pristine beaches..

The delicacies of Bali are mouth-watering to say the least. Nasa Goreng and Satai made from pure and organic local ingredients garnished with freshly plucked micro-greens which rejuvenates the taste buds to name a few

Even their traditional wears are quite attractive. Kabaya, Sarong for women... and Sapot and Sarong men.

It was indeed one of the memorable visit to be cherished for times to come...

- Ashita Challeng



MEDITATION

Calms the mind

By : Ritika Debi, Orissa

Meditation is essential for everyone, regardless of age or occupation, to cultivate inner peace and balance in life. Amidst the chaos of daily routines, setting aside a dedicated hour for meditation can help calm the mind, rejuvenate the body, and prepare for a fresh, productive day.

Meditation has numerous benefits:

1. Reduces stress and anxiety:

Meditation helps calm the mind and alleviate feelings of overwhelm.

2. Improved mental clarity and focus: Regular meditation practice enhances concentration and mental clarity.

3. Enhanced self-awareness: Meditation helps women develop a deeper understanding of themselves, their values, and set their goals.

4. Better sleep: Meditation promotes relaxation, leading to improved sleep quality and duration.

5. Hormonal balance: Meditation has been shown to help women regulate hormonal imbalances, alleviating symptoms of PMS, menopause, and other hormonal conditions.

6. Increased self-esteem and confidence: Meditation cultivates self-love, self-acceptance, and self-compassion.

7. Improved emotional regulation: Meditation enables women to manage emotions more effectively, leading to increased emotional resilience.

8. Enhanced physical health: It has been linked to lower blood pressure, reduced chronic pain, and a stronger immune system.

9. Support for menstrual health: Meditation can help women to alleviate menstrual cramps, bloating, and mood swings associated with PMS.

10. Increased feelings of calm and well-being: Meditation promotes an overall sense of calm, happiness, and well-being.

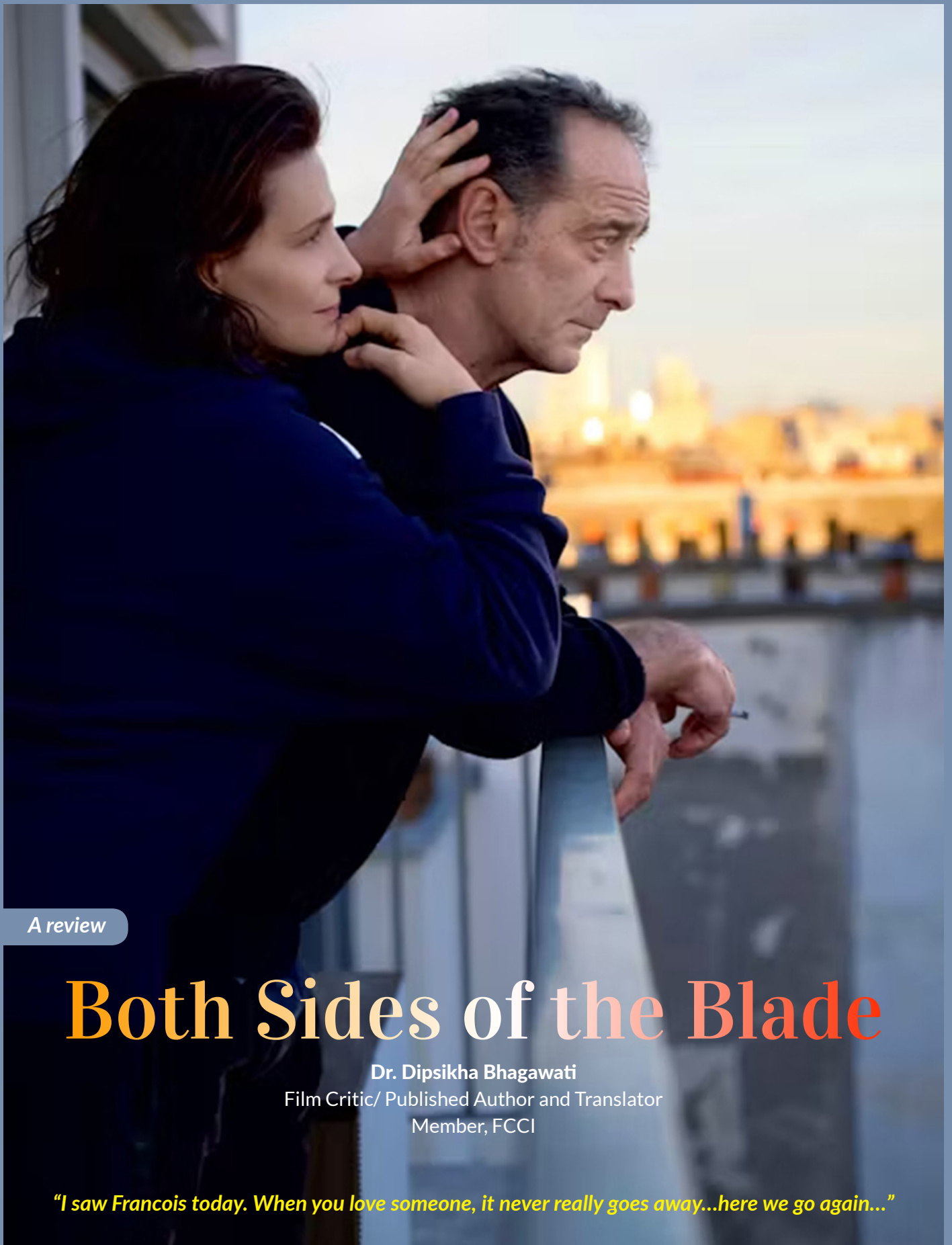
By incorporating meditation into daily life, all can experience profound positive change. It supports overall well-being and stay grounded and focused. So try to spend sometime to refresh yourself and make your day memorable.



AURA Trends

NORTHEAST INDIAN
MANIPURI ATTIRE





A review

Both Sides of the Blade

Dr. Dipsikha Bhagawati
Film Critic/ Published Author and Translator
Member, FCCI

"I saw Francois today. When you love someone, it never really goes away...here we go again..."



In addition to the many traditional flat narratives and consequences of love triangles, French filmmaker Claire Denis's film ***Both Sides of the Blade*** explores the powerful form of love and the physical emotions associated with it, as much as the allure of old wine. Though ostensibly in the form of a romantic drama, ***Both Sides of the Blade***, on the inside right, depicts the wavering state of the human mind in the fanfare of a triangular connection - similar to Shakespeare's Hamlet's 'to be or not to be'. Enriched with the unique performances of the three GOATS of French Cinema circuit, the film moves through a tense moment, where the audience is able to feel the unfolding of the fine line between love and morality, and the amount of crisis faced from time to time. Although sex is not a taboo in Western society, it would have been nothing more than a light affair of sensual discourse if the film had shown the stereotyped story of a love trian-

gle and the resurrection of an old love with only physical intimacies, but what makes the film unique is the outpouring of inner emotions, the intense psychological combat of an entity torn between the consequences of loss and gain.

In a certain age, a person's experience of life may not be remain essentially that virgin, and a harmonious coexistence with the past is the essence of life. This symbiotic theme is the nucleus of Claire Denis' emotionally volatile and intensely uncertain film *Both Sides of the Blade*, in which Juliette Binoche and Vincent Lindon have poured extraordinary performances as a contented couple. In ***Both Sides of the Blade***, there is a powerful revelation of how a sudden encounter with a familiar person after a gap of a decade exposes the explosive waves of life running in their natural rhythm, how strong is the dominance of the past in people's lives.

In the film's opening scene, Sarah

(Juliette Binoche) and Jean (Vincent Lindon) are portrayed as a happy couple, enjoying a swim in the azure sea. Dennis does not spark of the moment by predicting the impending jargons.

Sarah hosts a radio program where she interviews significant figures on vital issues such as war, racism, and global politics. Due to Jean's criminal past and previous imprisonment (which remains undisclosed in the film), he finds himself without options. He frequently visits employment agencies in search of work. His son Marcus (Issa Perica), from an earlier marriage, resides with his grandmother. Upon returning from their vacation, Sarah encounters a man on the street who leaves her stunned. He is an old mutual friend of both Sarah and Jean, as well as Sarah's former flame. Following this encounter, the dynamics of Sarah and Jean's world change dramatically. The rekindled romance brings them closer with a newfound maturity, yet Sarah remains equally devoted to Jean. Balancing her feelings for two men proves challenging, leading Sarah to face intense conflict, but she values both equally.

The keen and probing lens of cinematographer Eric Gautier captures every interaction among Jean, Sarah, and François with finesse. At times, the audience may feel as though the camera intrudes upon their private moments, as the intensity of the cinematography rivals that of a character in the narrative. The film's setting, beautifully framed against the vastness of France, is captivating. Jeanne's bed, where the camera pulls



back to reveal her lazily lounging, and her balcony overlooking the sprawling city—where Jeanne and Sarah likely shared many cherished moments—no longer exists. When Sarah gazes at François's, her expression is not one of tender love, but rather the camera captures her complex, sensuous drive. Jean is a devoted husband, yet he neglects his mother, who continues to care for her son despite her advancing age.

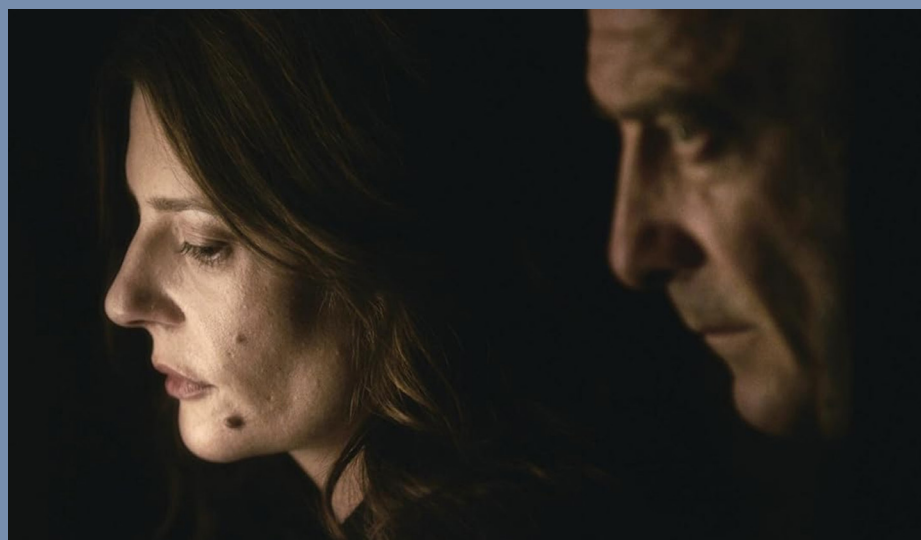
As Jean happened to be a professional rugby player, François recruits him as a coach for a sports academy he has recently established. However, during a period when his professional life is about to be bit stable, Franco's circumstances disrupt his family life.

The film delves into the harsh realities of existence, confronting

quiet turmoil, hazy uncertainties, and a dreamlike, timeless denial of self. While Jean's previous life and François's enigmatic return were intended to be more revealing, the relentless pace of the narrative consistently kept the audience in a state of curiosity.

Based on the novel 'Un tournant

de la vie' (A Turning Point of Life) by fellow screenwriter Christine Angot, the film received the Silver Bear for Best Director at the 72nd Berlin International Film Festival. The critically acclaimed ***Both Sides of the Blade*** was showcased in the 'Country Focus' (France) segment of the 53rd International Film Festival of India.





MENTAL HEALTH and WELLNESS

Overcoming Anxiety, Depression and Impatience

Compiled by: **Rosy Das**

In today's fast-paced world, maintaining mental health and wellness is crucial for overall well-being. Anxiety, depression, and impatience can significantly impact daily life, but there are strategies to overcome these challenges and enjoy a peaceful day.

Understanding Anxiety, Depres-





sion, and Impatience

- **Anxiety:** A common mental health condition characterized by feelings of worry, nervousness, and fear that are persistent and overwhelming. Anxiety can manifest physically, emotionally, and psychologically.
- **Depression:** A mood disorder marked by persistent feelings of sadness, hopelessness, and loss of interest in activities. Depression can affect relationships, work, and overall quality of life.
- **Impatience:** A lack of tolerance for waiting or delay, often leading to frustration, irritability, and stress. Impatience can strain relationships and hinder personal growth.

To Overcoming Anxiety, Depression, and Impatience a few suggestions:

1. **Mindfulness and Meditation:** Practice mindfulness techniques, such as deep breathing, progressive muscle relaxation, or guided meditation, to calm the mind and reduce stress.
2. **Physical Activity:** Engage in regular exercise, like walking, yoga, or other sports, to release endorphins, which can help alleviate symptoms of anxiety



and depression.

3. **Social Support:** Build a strong support network of friends, family, or a therapist to talk through feelings and receive emotional support.
4. **Self-Care:** Prioritize activities that bring joy and relaxation, such as reading, listening to music, or spending time in nature.
5. **Time Management:** Practice effective time management techniques, like prioritizing tasks, setting realistic goals, and taking regular breaks, to reduce stress and increase productivity.
6. **Gratitude Practice:** Reflect on things you're grateful for each day, no matter how small they may seem, to shift focus towards positivity.
7. **Seek Professional Help:** If

struggling with persistent anxiety, depression, or impatience, consider seeking help from a mental health professional.

Spend a joyful Day.

1. **Start with a Positive Routine:** Begin the day with a calming activity, such as meditation, deep breathing, or a relaxing walk.
2. **Connect with Nature:** Spend time outdoors, whether it's walking in a park, gardening, or simply sitting in a quiet outdoor space.
3. **Practice Self-Compassion:** Treat yourself with kindness, understanding, and patience, just as you would a close friend.
4. **Engage in Activities You Enjoy:** Make time for hobbies, creative pursuits, or other activities that bring joy and fulfillment.
5. **Take Breaks and Practice Relaxation:** Regularly take short breaks to stretch, move your body, or practice relaxation techniques.

Overcoming anxiety, depression, and impatience requires a combination of self-awareness, support, and effective strategies. By incorporating mindfulness, physical activity, social support, and self-care into daily life, individuals can better manage these challenges and enjoy a more peaceful day.



THE SILENT FACT

A mysticism surrounded me
As the water curled upon the pebbles
Sliding softly over the rocks
It was a kind of different beauty.
The whispering water sounded like gypsies
humming mystical lines to read the future.
Each and every drop of water bathing the rocks made it more softer,
Slowly breaking it's layers with age.
But the rocks were silent and brown with the passing time.
No choice was left for them .
It was surreal
Like a person sitting silent
Even after the knowledge of one being used in the game of life.
Enticed, mesmerised and hypnotized
by the worldly tricks.

MONALI BHUYAN

CLOUDY DREAM

Dreams of the Cloud

Dreams drift like clouds above my eyes,
Clinging to light in uncertain skies.
Sometimes the sunshine kisses them bright,
Sometimes it fades—lost to the night.

The sun steals color, leaves only grey,
Dreams of the cloud just float away.
Wet with the rain, they weep and go,
Carried by winds I'll never know.

Where do I live—inside this mist?
Do I wait for love I might have missed?
Shall I stand still, beneath the storm,
Hoping your warmth might once more form?

Just one more dawn, just one more sign,
That love could once again be mine.

Queen G Talukdar
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