

September, 2022



PAUSE

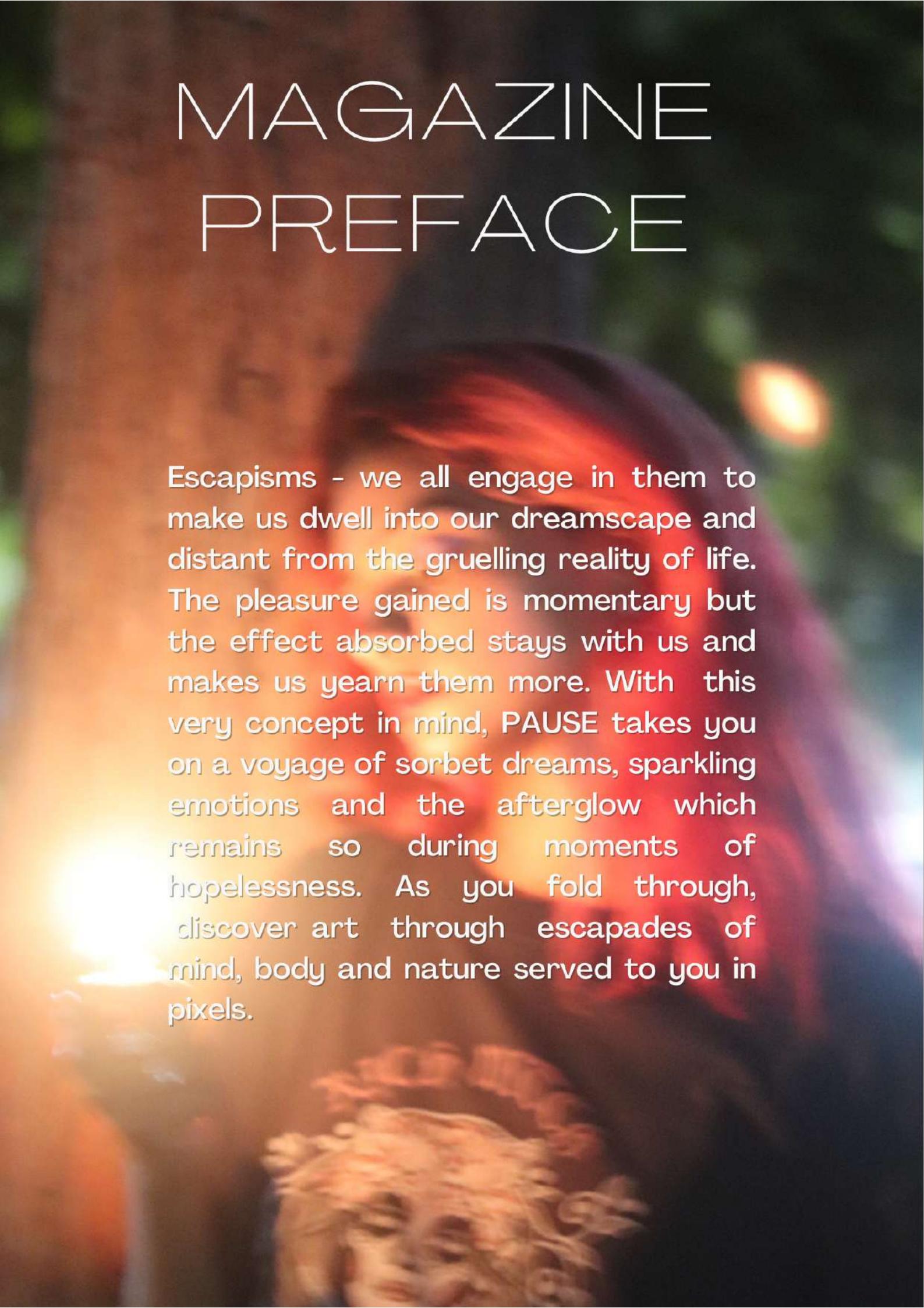
ART | MIND | BODY

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MAGAZINE PREFACE



Escapisms - we all engage in them to make us dwell into our dreamscape and distant from the gruelling reality of life. The pleasure gained is momentary but the effect absorbed stays with us and makes us yearn them more. With this very concept in mind, PAUSE takes you on a voyage of sorbet dreams, sparkling emotions and the afterglow which remains so during moments of hopelessness. As you fold through, discover art through escapades of mind, body and nature served to you in pixels.



Elysian

Dimple, 21

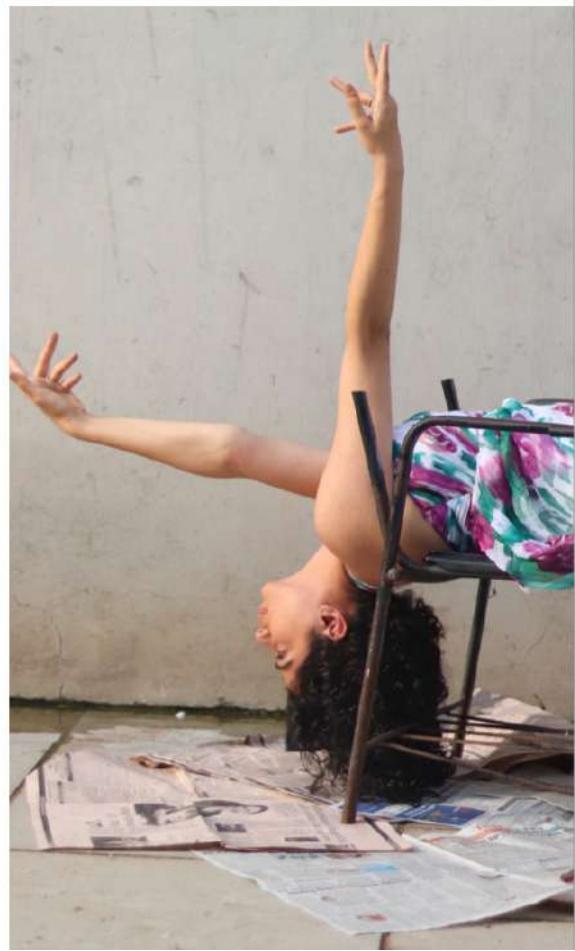
Yogini, health conscious, ambitious, confident, extravagant in thoughts and action, believes in organic & slow living.



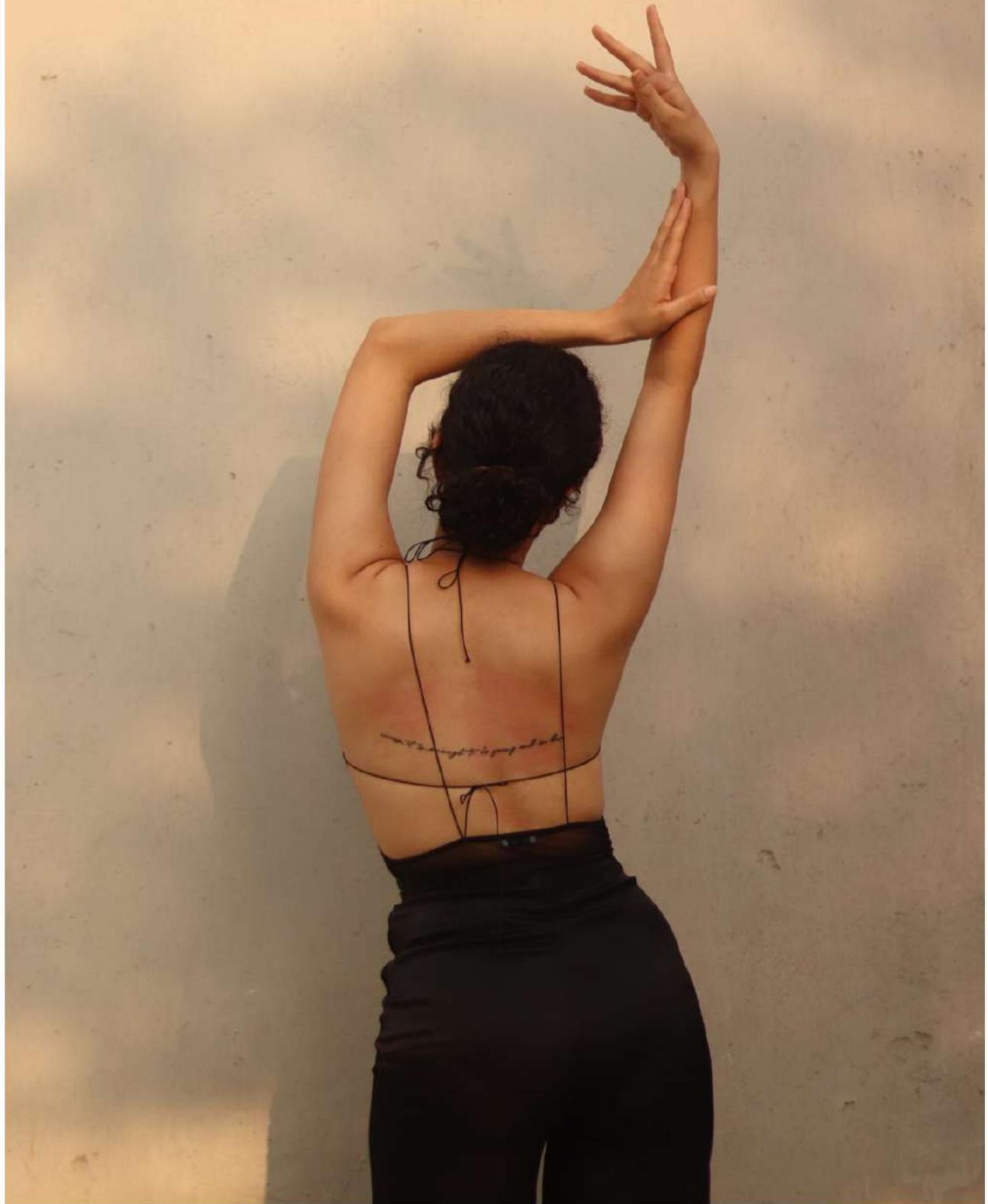


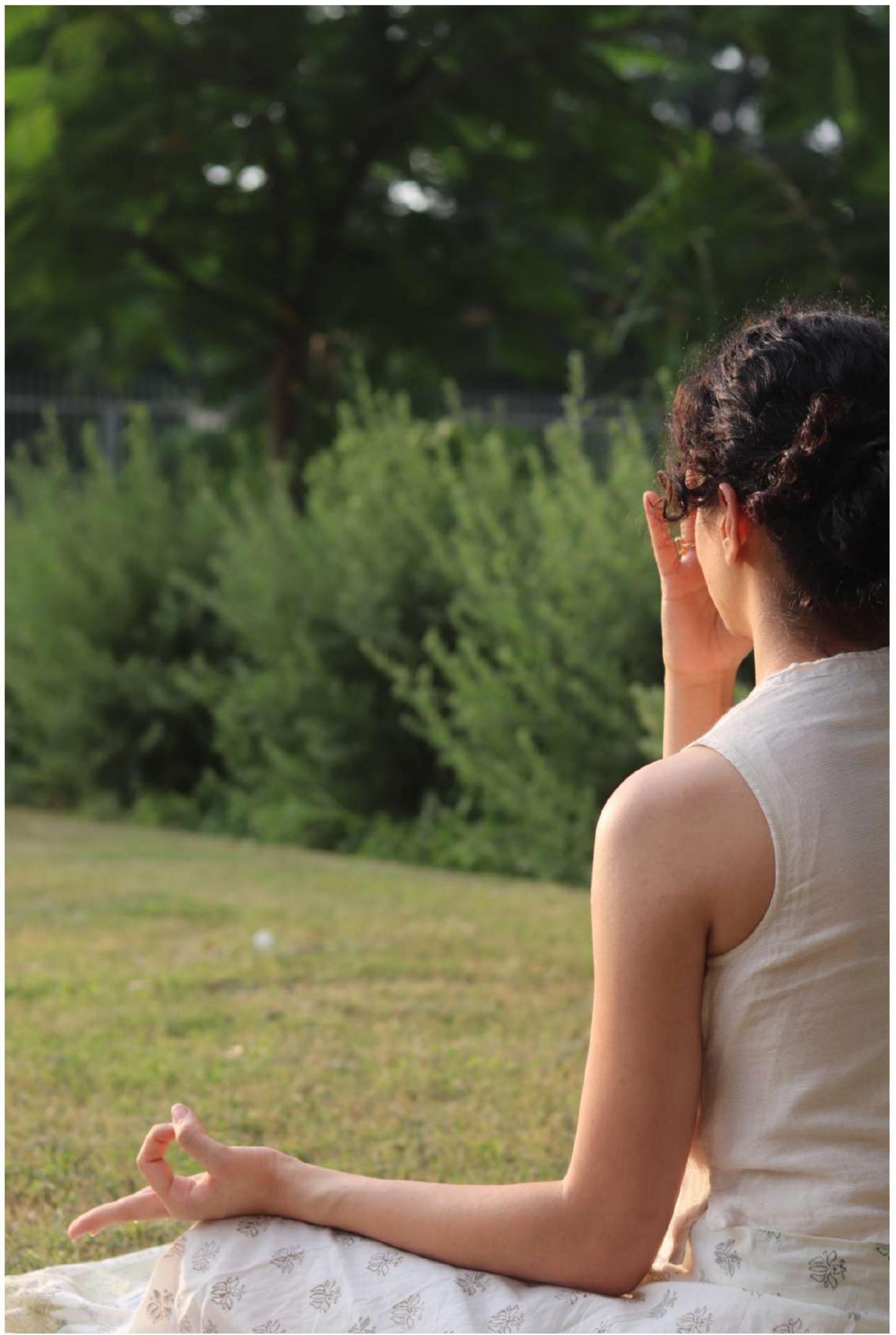


The breaks-into-a-dance-and-then-stretches-to-relax-her-body type of girl.



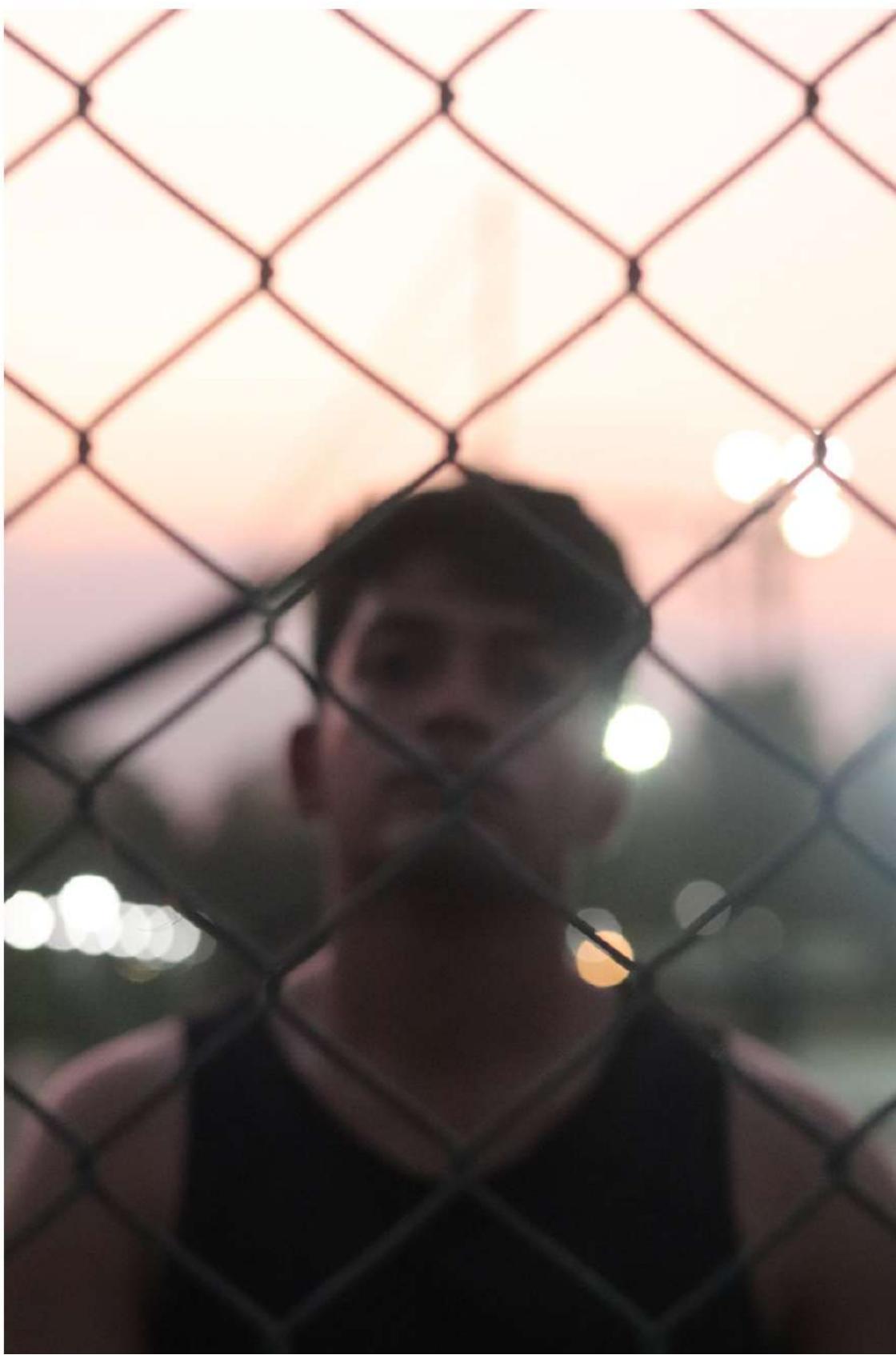
"I'm all about peace & stability of mind and bodily organs. It took me a long time to get where I am and yoga is the founding principle of it all. My tattoo says, 'cause it's enough to be young and in love'. You can be rest assured that I try to live by it; flamboyant and cheerful, come what may!"

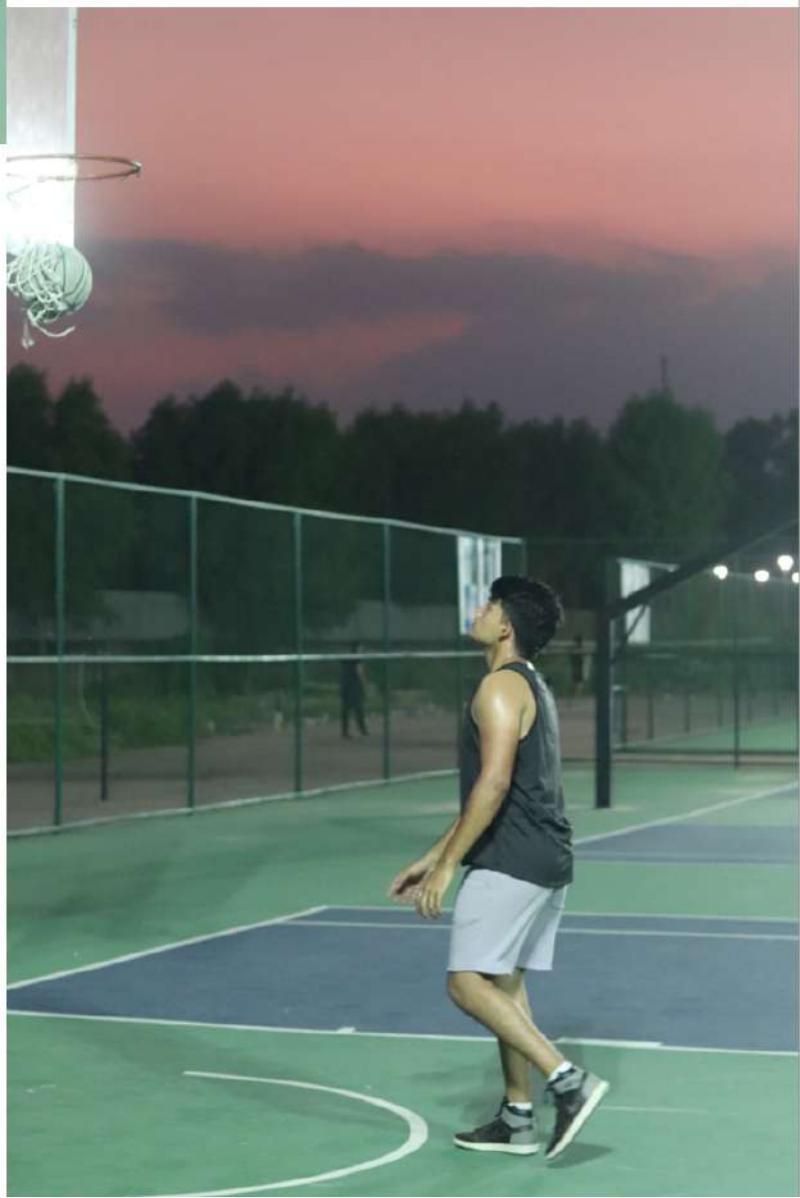


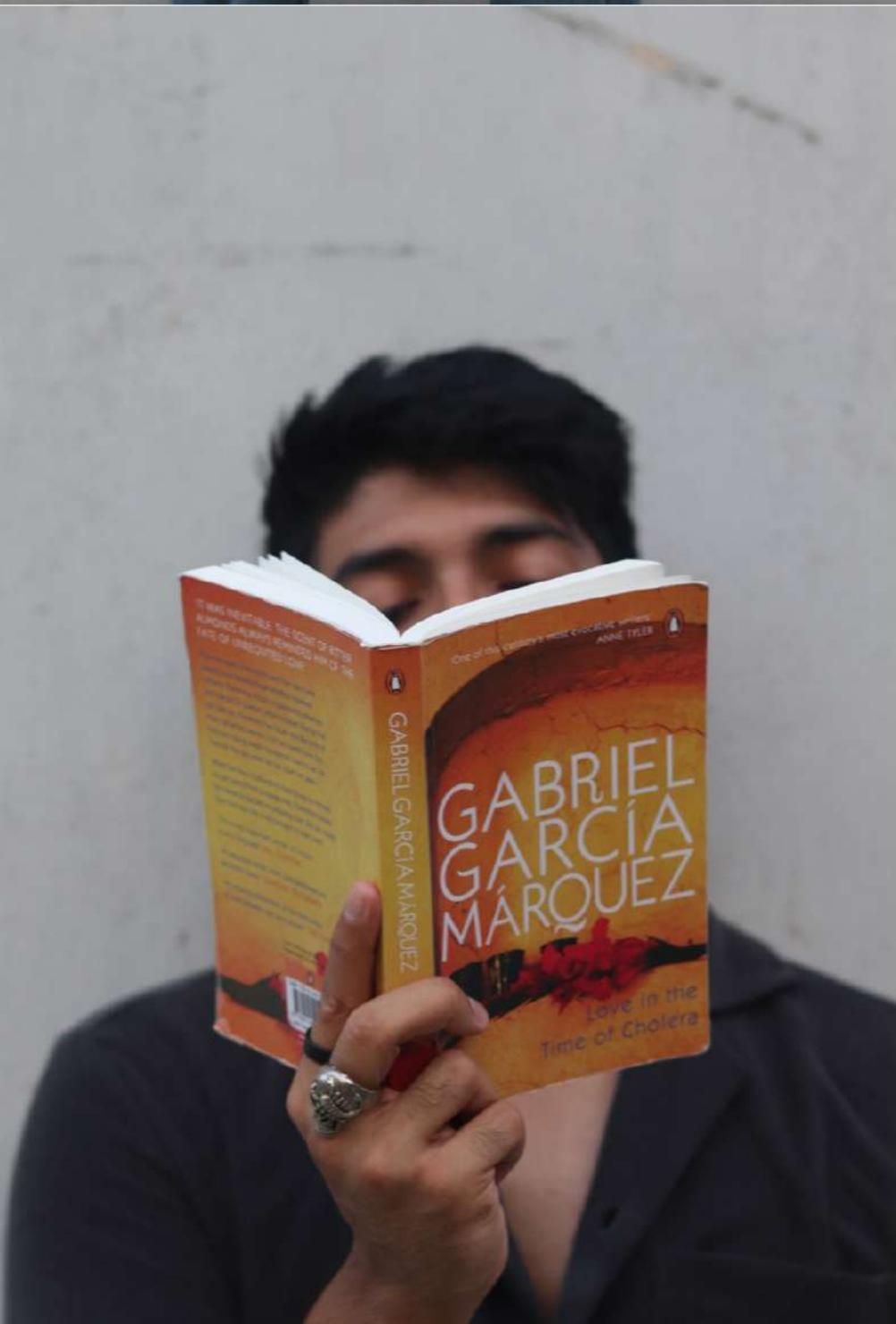


Adi, 20

Sporty, different from the herd, high on intellect,
conversationalist, curious, achiever.







"This very novel has helped me through the toughest of times. Lovesickness is a literal illness, as defined in the novel, and I feel deeply connected with the concept on all mental levels.

"The only regret I will have in dying is if it is not for love" this very quote from the novel will always live with me".



Deborah, 18



Artistic, elegant, confident, supremely talented, gives off main character vibes, Lana Del Ray's devotee.





"There's so much that helps but mainly a slice of cake, posing for the camera, acting and dancing, being goofy goes a long way in ensuring I remain my best self. We all have certain emotional baggage but that doesn't define us. In fact, our ability to own them does.

A little insanity is needed on this stupid rollercoaster called life!"





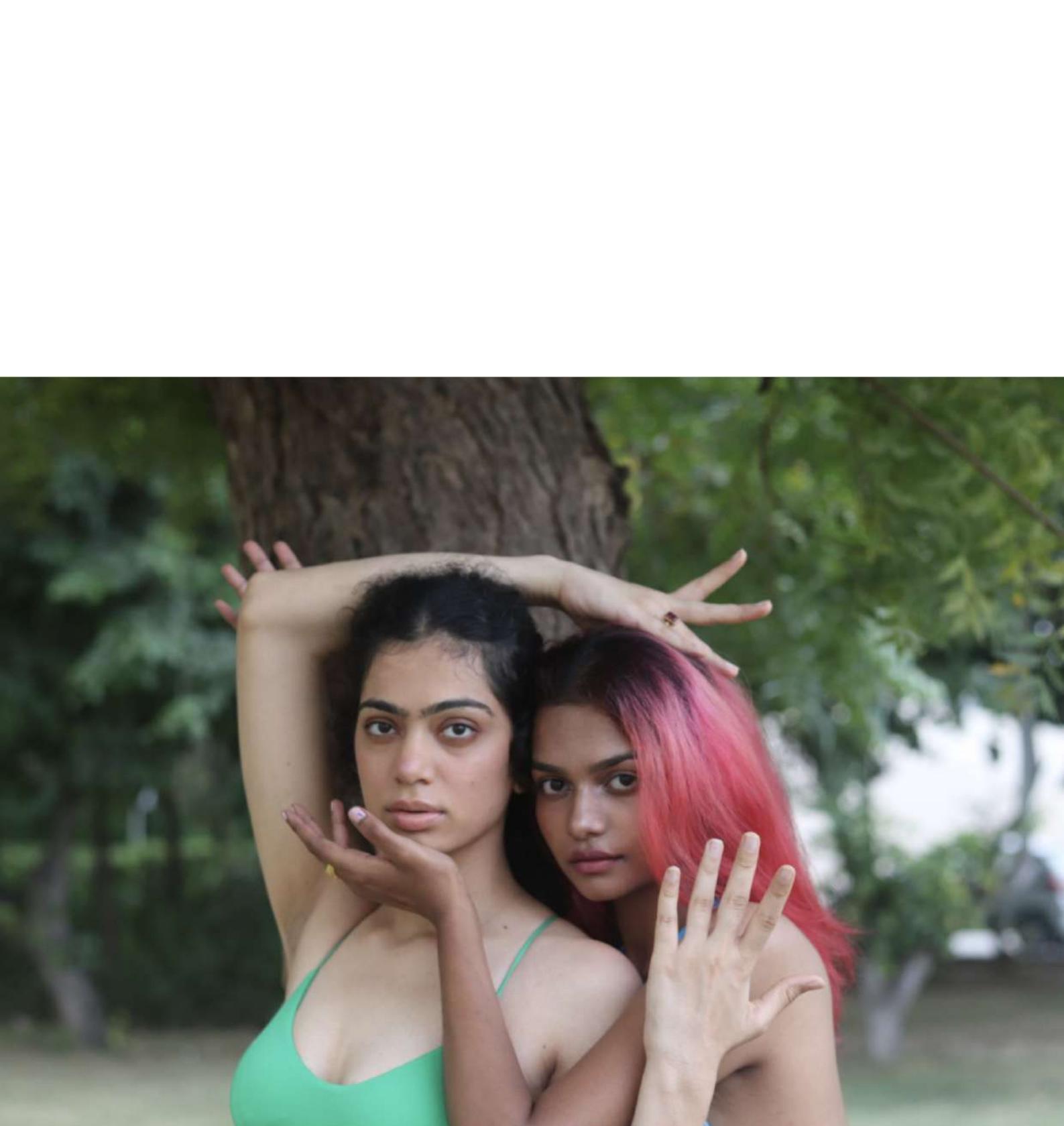
Dharmik, 20

Knowledgeable, sincere,
photography freak, the-guy-
next-door.





"I'm a guy with multiple interests. But when it comes to physical and mental health, nothing beats playing basketball and some good ol' solitude".





Plethora

Serum for skin repair.





The best fruit to protect your cells from damage and produce collagen in the body.



The "you smell so good" eau de parfum.

Feel-good product for the skin.



A photograph of a sunset sky. The top half of the image is dominated by a deep purple and blue gradient, while the bottom half transitions into warm orange and yellow hues. Several birds are silhouetted against the sky, flying in various directions. In the foreground, the dark silhouettes of buildings and trees are visible at the bottom.

Fernweh









Let's talk about

Menstruation

Menstruation is a sign of female health and vitality and can no more be shrouded in fear, shame or embarrassment. Breaking the silence around menstruation is essential for women and girls to be able to reach their full potential. It is time to finally abolish the absurd silence and shame that shroud this natural biological event. Menstruation, which is a sign of good health, must be normalised.





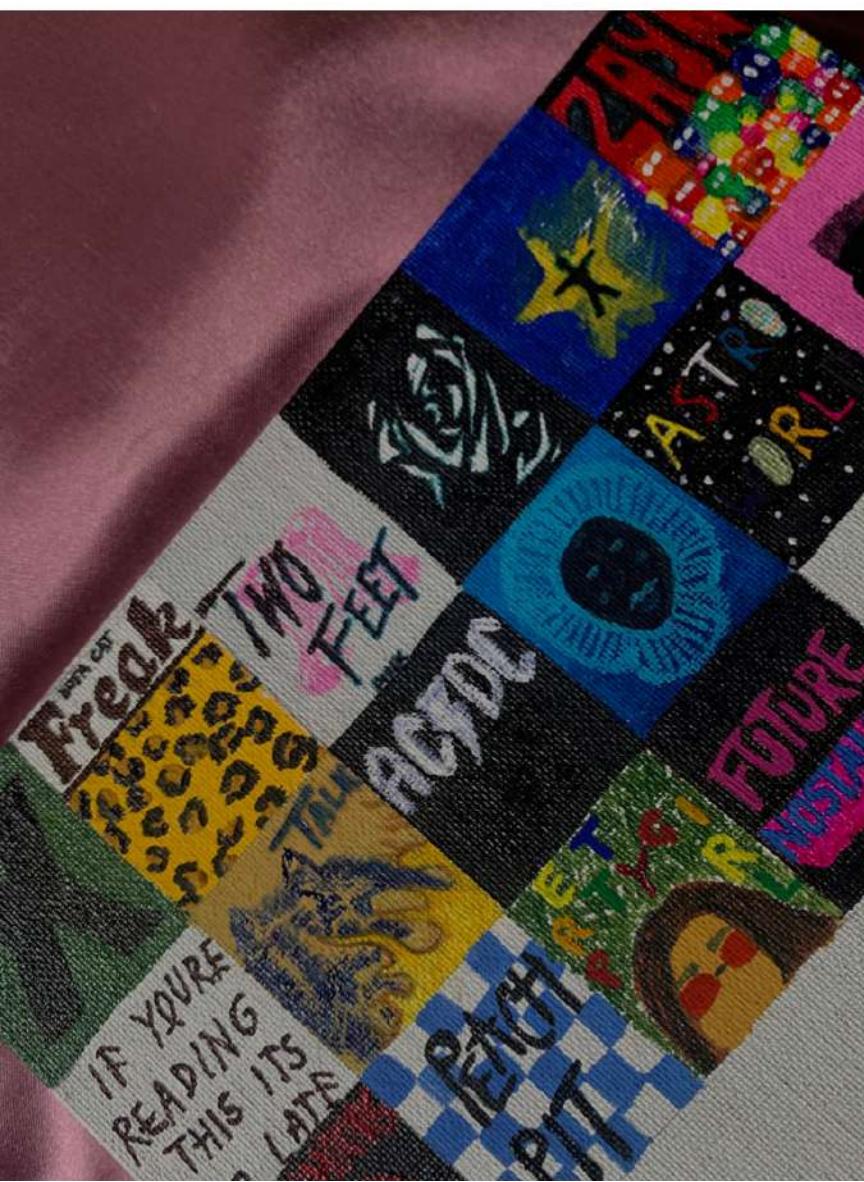
SKIN COLOUR EMPOWERMENT

Beauty is skin deep.



MUSIC RECOMMENDATIONS

Songs that transport you into a new world..



Change in the weather
- Josiah Bell

Kashti
- Desert Rock

Cigarette Daydreams
- Cage The Elephant

Music sounds
better with you
- Stardust

Song beneath the
song
- Maria Taylor



PAUSE



Pranjal Nahar

~ Magazine designer

Thank you!