

Tool: <https://noxtools.com/secure/aff/go/mariyanology>

Girls Character Prompt

1...

Ultra-realistic portrait of a young South Asian woman, soft natural beauty, oval face shape, smooth fair-to-wheatish skin with natural blush on cheeks, light pink undertone.

Large light grey-green eyes with soft eyelashes, no heavy eyeliner, calm innocent gaze.

Straight natural eyebrows, medium thickness, slightly arched.

Small to medium straight nose with soft bridge, no sharp angles.

Natural pink lips, medium fullness, gentle closed-lip smile.

Black hair, center-parted, tied back loosely with a few soft strands framing the face, slightly messy but clean.

Wearing a soft pink knit sweater, minimal makeup, dewy skin texture, no contour, no highlighter.

Shot indoors inside a car at night, soft flash lighting, warm tone, realistic skin texture, visible pores, DSLR quality, 85mm lens, shallow depth of field.

Expression: shy, calm, graceful, feminine, natural selfie look.

Hyper-realistic, no filter look, cinematic realism, high resolution.

NEGATIVE PROMPT (yeh zaroor add karna)

No cartoon, no anime, no doll face

No exaggerated beauty, no sharp jawline

No heavy makeup, no glossy skin

No different face shape, no wide nose

No dark skin, no overly white skin

No male features

No AI distortion, no asymmetry, no blur

IMPORTANT SETTINGS (agar option mile)

- Style: **Photorealistic / Real Life**
- CFG: **6–8**
- Steps: **25–35**

2..

Ultra-realistic selfie of a young South Asian woman with soft, innocent facial features.

Face shape: oval with gentle contours, no sharp jawline.

Skin tone: fair to light wheatish with warm undertone, natural glow, no whitening, visible real skin texture.

Eyes: medium to large almond-shaped eyes, dark brown to soft hazel, expressive and calm, slightly dreamy look.

Eyebrows: naturally thick, softly arched, not sharp or over-defined.

Nose: straight, slim, proportionate, soft bridge, not pointed.

Lips: natural pink lips, medium fullness, soft closed-lip smile, innocent expression.

A small beauty mole (til) on the side of the face near the cheek or close to the lips.

Hair: long black hair, simple middle or soft side part, loosely open or lightly tied, a few natural strands framing the face.

Clothing: very simple casual outfit (plain top or kurta), pastel or neutral color, **no heavy traditional clothes**, no jewelry.

Makeup: minimal and natural, light blush, soft lip tint, no contour, no heavy eyeliner.

Camera: front camera selfie, natural indoor lighting, soft shadows, phone camera realism.

Expression: masoom, gentle, shy confidence, calm feminine energy.

Style: hyper-realistic, DSLR-level clarity, no filters, no glamour edit.

NEGATIVE PROMPT (bahut zaroori)

No bridal look

No heavy jewelry

No saree, lehenga, dupatta

No bold makeup

No sharp or mature face
No doll-like or anime look
No exaggerated lips or eyes
No masculine features
No glossy or plastic skin
No dramatic pose

□ Best Settings (agar option mile)

- Style: **Photorealistic / Real Life**
- CFG: **6–7**
- Steps: **28–35**
- Camera: **Front selfie**

3...

Ultra-realistic front camera selfie of a young South Asian woman with naturally beautiful and soft facial features.

Face shape: perfectly balanced oval face, smooth jawline, feminine and delicate proportions.

Skin: fair to light wheatish skin tone with warm undertone, natural blush on cheeks, real skin texture, soft glow, no makeup base.

Eyes: medium-large almond shaped eyes, deep brown with soft shine, innocent and expressive gaze, slightly sleepy softness.

Eyebrows: naturally full, clean shape, gently arched, not sharp or dramatic.

Nose: straight and slim nose, elegant bridge, proportionate to face, very soft structure.

Lips: naturally pink lips, medium fullness, smooth edges, subtle closed-lip smile showing calm confidence.

A small natural beauty mole (til) on the side of the face near cheek or close to lips.

Hair: long black hair, soft middle or slight side part, loosely open, natural baby hairs visible near forehead.

Outfit: simple casual top or kurti in pastel or neutral shade, **no heavy clothes**, no traditional jewelry.

Makeup: extremely minimal, light blush only, soft lip tint, no contour, no bold eyeliner.

Lighting: natural indoor lighting, soft shadows, phone selfie realism.

Expression & vibe: masoom, graceful, gentle feminine beauty, calm and pure look.

Quality: hyper-realistic, high-resolution, DSLR clarity, no filters, no stylization.

⊘ NEGATIVE PROMPT (MISS MAT KARNA)

No bridal or festive outfit
No heavy earrings, necklace, bangles
No sharp jawline or mature face
No bold makeup or glamour look
No doll-like or anime features
No exaggerated lips or eyes
No artificial whitening
No plastic or glossy skin
No masculine face

4....

A highly realistic selfie of a young Indian girl, early 20s, fair but natural Indian skin tone, soft round face with clear clean skin, visible natural texture, no heavy makeup. She has beautiful light green eyes with a gentle innocent expression, slightly thick eyebrows, soft pink lips, and subtle dimples forming when she smiles. Her cheeks are soft and chubby in a cute way, giving her a pure and sweet look.

She has long dark brown to black Indian hair, slightly wavy, neatly open, parted naturally. She is wearing a simple Indian outfit, like a pastel kurti or plain dupatta, very modest and elegant. The selfie is taken in natural daylight, indoor near a window, with a warm Indian home background.

Expression is shy, calm, and masoom, no bold poses, no western styling. Camera angle slightly above eye level, natural selfie style. Ultra-realistic, DSLR quality, sharp focus, soft lighting, cinematic realism.

Negative prompt:

western face, foreign features, over makeup, glossy skin, plastic face, sharp jawline, model look, bold expression, heavy lipstick, artificial beauty, anime, cartoon, filters

5...

A highly realistic close-up selfie of a young Indian girl in her early 20s. She has a slim, well-defined Indian nose with soft natural contours, delicate facial structure, and balanced proportions. Her skin is fair but realistic Indian tone, clean and smooth with visible natural texture, no artificial glow.

She has light green eyes that look gentle and innocent, expressive yet calm. Soft rounded cheeks with subtle dimples appearing naturally when she smiles. Her lips are natural pink, not glossy, no heavy makeup. Eyebrows are slightly thick and natural.

Her hair is dark brown to black, straight to slightly wavy, open hairstyle, neatly styled in a simple Indian way. She is wearing a modest pastel Indian outfit like a simple kurti or dupatta. The selfie is taken in natural daylight, soft window light, indoor Indian home background.

Expression is shy, sweet, and masoom. Camera held naturally at arm's length, slight top angle selfie. Ultra-realistic photography, DSLR quality, sharp focus, soft shadows, cinematic realism, no filters.

Negative prompt:

foreign face, western model, sharp jawline, big pointed nose, heavy makeup, glossy skin, bold expression, plastic look, doll face, anime, cartoon, beauty filter, over-styled hair

6.....

A highly realistic selfie of a beautiful young Indian girl in her early 20s. She has a fair but natural Indian skin tone, clear and clean face with soft natural texture. Her facial features are delicate and balanced with a slim, well-defined Indian nose, soft jawline, and gentle contours.

She has striking light green eyes that look natural and expressive, not artificial. Her eyes reflect innocence mixed with confidence. Soft rounded cheeks with subtle dimples visible when she smiles slightly. Lips are naturally pink, smooth, no heavy gloss.

She looks stylish yet elegant, wearing a modern Indian outfit like a classy kurti, fusion top, or simple western-style Indian wear. Hair is dark brown to black, neatly styled, either open or softly tied back, very graceful.

The selfie is taken in natural daylight, soft lighting, indoor or balcony setting. Camera held at arm's length, slight top-angle selfie. Expression is calm, confident, and sweet. Ultra-realistic photography, DSLR quality, sharp focus, cinematic lighting.

Negative Prompt:

foreign woman, western face, sharp model jawline, fake glow, plastic skin, heavy makeup, bold expression, exaggerated beauty, doll face, anime, cartoon, beauty filters

7....

A highly realistic selfie of an extremely beautiful young Indian girl in her early 20s. She has a fair, glowing yet natural Indian skin tone, smooth clean face with visible real skin texture. Her facial features are soft, elegant, and well-balanced, with a slim, sharp yet natural Indian nose (patla naak-naksha), soft jawline, and gentle curves.

Her eyes are light green, very natural and soulful, not artificial or glowing, carrying a mix of innocence and quiet confidence. Eyebrows are naturally shaped, slightly thick. She has soft, chubby cheeks that create delicate dimples when she smiles lightly. Her lips are naturally pink, hydrated, no heavy lipstick or gloss.

She looks stylish and classy, wearing a modern Indian outfit like a pastel kurti, elegant fusion dress, or simple stylish top with Indian grace. Hair is dark brown to black, silky, neatly styled, either open or softly tied back, very graceful and feminine.

The selfie is taken in natural daylight, near a window or balcony, warm soft lighting. Camera angle is slightly above eye level, arm-length selfie. Expression is sweet, calm, confident, and masoom. Ultra-realistic photography, DSLR quality, sharp focus, cinematic realism, no filters.

Negative Prompt:

western woman, foreign facial structure, sharp model face, fake glow, plastic skin, over-beautified, heavy makeup, bold or seductive expression, doll face, anime, cartoon, AI-art look, beauty filters

8....

A highly realistic selfie of a beautiful young Indian girl in her early 20s. She has a fair but natural Indian skin tone, clean and smooth face with visible real skin texture, no artificial glow. Her facial features are delicate and refined with a slim, well-defined Indian nose (patla naak-naksha), soft jawline, and balanced proportions.

She has light green eyes that look natural and expressive, calm and soulful, not glowing or artificial. Cheeks are smooth and softly contoured with no dimples. Lips are naturally pink, subtle and matte, no heavy lipstick or gloss. Eyebrows are natural, slightly thick.

She looks stylish yet classy, wearing a modern Indian outfit like a pastel kurta, elegant fusion wear, or a simple stylish top with Indian grace. Hair is dark brown to black, neatly styled, either open or softly tied back.

The selfie is taken in natural daylight near a window or balcony, warm soft lighting. Camera held at arm's length, slight top-angle selfie. Expression is calm, confident, and gentle. Ultra-realistic photography, DSLR quality, sharp focus, cinematic realism, no filters.

Negative Prompt:

dimples, western woman, foreign facial structure, sharp model jawline, fake glow, plastic skin, heavy makeup, bold or seductive expression, doll face, anime, cartoon, AI-art look, beauty filters

For Video Prompt

घर की बड़ी बेटी और घर की बड़ी बहू... ये घर की दिशा तय करती हैं। जहाँ बड़ी बेटी समझदार हो, वहाँ मायका संभला रहता है। और जहाँ बड़ी बहू सलीके वाली हो, वहाँ ससुराल सांस लेता है। घर की बड़ी बेटी घर की पहली समझ होती है। वह बोलने से पहले सोचती है, और सहने से पहले मुस्कुरा देती है। घर की बड़ी बहू घर की नींव होती है। अगर वह जुड़ना जानती है, तो बिखरा हुआ घर भी एक हो जाता है। अगर घर की बड़ी बहू ज़िद को हक़ समझ ले, और घर की बड़ी बेटी ज़िम्मेदारी से भाग जाए, तो वही घर धीरे-धीरे

दीवारों के रहते हुए भी खाली हो जाता है। और सच ये है— अगर एक समझदार घर की बड़ी बेटी किसी घर में घर की बड़ी बहू बनकर जाती है, तो वो घर हालातों से नहीं टूटता, वक़्त से नहीं हारता, और हमेशा आबाद रहता है।

ye jo picture upoload ki hai vo bolegi ise bulvao ache se like iska baat karte huye hand movement hona chahhiye or ek dum realistic lagna chahiye bilkul bhi aesa nhi lagna chhahiye jisse ye ai lage ek dum realistic way mein bulvao young voice mein like 21-22 age ke liye



Example my Prompt : For Image

1.....

Use the **uploaded face image as the main reference** and keep the face **very close to the reference** (same facial structure, eyes, nose, lips, skin tone).

Create an **ultra-realistic studio podcast scene** of the same woman.

She is **sitting on a chair** in a professional podcast studio, speaking seriously and confidently.

Outfit: formal beige or light brown blazer suit, minimal makeup, professional anchor style.

She is wearing **round transparent eyeglasses**.

Hair: neatly tied bun, clean and professional.

In front of her is a **realistic professional podcast microphone** mounted on a boom arm, close to her mouth.

Pose: body slightly turned sideways, face angled to the side, mouth slightly open as if speaking.

Expression: calm, intelligent, confident, thoughtful.

Background: modern podcast studio with acoustic foam panels, indoor plants, soft warm lighting.

Camera framing: mid-shot to waist-level, realistic depth of field.

Quality: DSLR photo, ultra-realistic skin texture, cinematic lighting, 8K realism.

Do not alter facial features. Do not over-beautify.

Avoid: cartoon style, anime, illustration, blur, plastic skin, extra fingers, distorted face.

2...

Use the uploaded female image as a **strict identity and face reference**.

The woman must look **exactly like the uploaded photo** — same eyes, same eye color, same facial structure, same skin texture.

Do not beautify, do not stylize, do not change her face.

A young Indian woman is sitting in a **professional recording studio**, speaking into a high-quality condenser microphone with a pop filter.

The studio walls have dark acoustic foam panels in the background.

She is wearing **winter clothing** — a warm jacket or coat, layered sweater underneath, suitable for cold weather.

Clothing should look practical and real, not fashionable or stylized.

Her expression is calm, thoughtful, and emotionally grounded — like someone narrating life's hard truths.

One hand is slightly raised in a natural speaking gesture, fingers relaxed.

Lighting is **warm, soft studio lighting**, focused on her face from one side, creating gentle shadows.

Skin texture must be natural, with visible pores and slight imperfections.

Camera framing:

Medium close-up shot (chest to head), shallow depth of field.

Microphone and pop filter clearly visible in the foreground.

Mood:

Serious, reflective, poetic.

Like a late-night radio show or shayari session.

No text on screen.

No logos.

No watermark.

Ultra-realistic photograph style.

Looks like a real studio photo, not AI-generated.

❑ **NEGATIVE PROMPT (Bahut zaroori)**

no AI face

no smooth plastic skin

no beauty filter

no cinematic glow

no fantasy lighting

no exaggerated emotions

no cartoon look

no perfect symmetry

no Instagram style

no over-sharpening

For image to video

Use the uploaded image **exactly for face, eyes, skin texture, age, and natural imperfections.**

Do **not** beautify, smooth, stylize, or modify facial features.

Preserve natural acne marks, skin grain, eye shape, and expression.

Create a **highly realistic indoor recording scene** where this same woman is speaking into a studio microphone.

Dialogue (spoken slowly, emotionally controlled, not dramatic):

“घर की बड़ी बेटी
खिलौनों से पहले ज़िम्मेदारियाँ सीख लेती है,
अपने सपनों से पहले
सबके सपनों की चिंता कर लेती है।

उससे कभी नहीं पूछा जाता
'थक तो नहीं गई?'
बस मान लिया जाता है
कि वो मजबूत है,
क्योंकि रोना उसने बहुत पहले छोड़ दिया।

भाई की पढ़ाई,
बहन की शादी,
माँ की चिंता,
बाप की खामोशी
सब उसकी गोद में डाल दिए जाते हैं
और कहा जाता है
'तू समझदार है।'

हर खुशी के मौके पर
वो पीछे खड़ी रहती है,
और हर मुश्किल में
सबसे आगे वही मिलती है।

कड़वा सच यही है
कि घर की बड़ी बेटी
अक्सर सबकी ज़रूरत बनती है...
पर जब उसको ज़रूरत होती है,
कोई उसके काम नहीं आता।”

Voice & Delivery:

- Calm, mature, restrained voice
- No crying, no melodrama
- Slight pauses between stanzas
- Voice slightly heavy, lived-in, experienced
- Clear pronunciation, natural breathing

Body Language:

- One hand gently moving while speaking
- Small finger movements near the mic

- Occasional soft head tilt
- No exaggerated gestures

Facial Expression:

- Eyes steady, reflective
- Controlled emotion, not teary
- Subtle seriousness, quiet strength

Environment:

- Recording studio or podcast room
- Acoustic panels visible
- Professional condenser microphone with pop filter
- Warm indoor lighting

Lighting:

- Soft, warm, realistic light
- Natural shadows on face
- No glow, no color grading

Camera:

- Medium close-up (chest to head)
- Slight side angle
- Realistic depth of field
- Documentary style

Overall Mood:

- Real
- Honest
- Emotionally heavy but controlled
- Feels like a real woman sharing lived truth, not performing poetry

Negative Prompt (mat bhoolna):

ai face, perfect skin, cinematic lighting, dramatic crying, influencer style, overacting, fake emotions, beauty filter, glossy look