

DECEMBER 2020

VOL. #1

Intensify Life Magazine

LOVE. LIFESTYLE. TRAVEL.

NEVER TOO LATE

Bid Adieu 2020 - One New Thing

How to bid adieu to 2020 in the best possible manner which has taught a lot

Health or Trend

What would you choose?
Healthy & fit sustainably for long terms OR fast & fad for quick results in the short term

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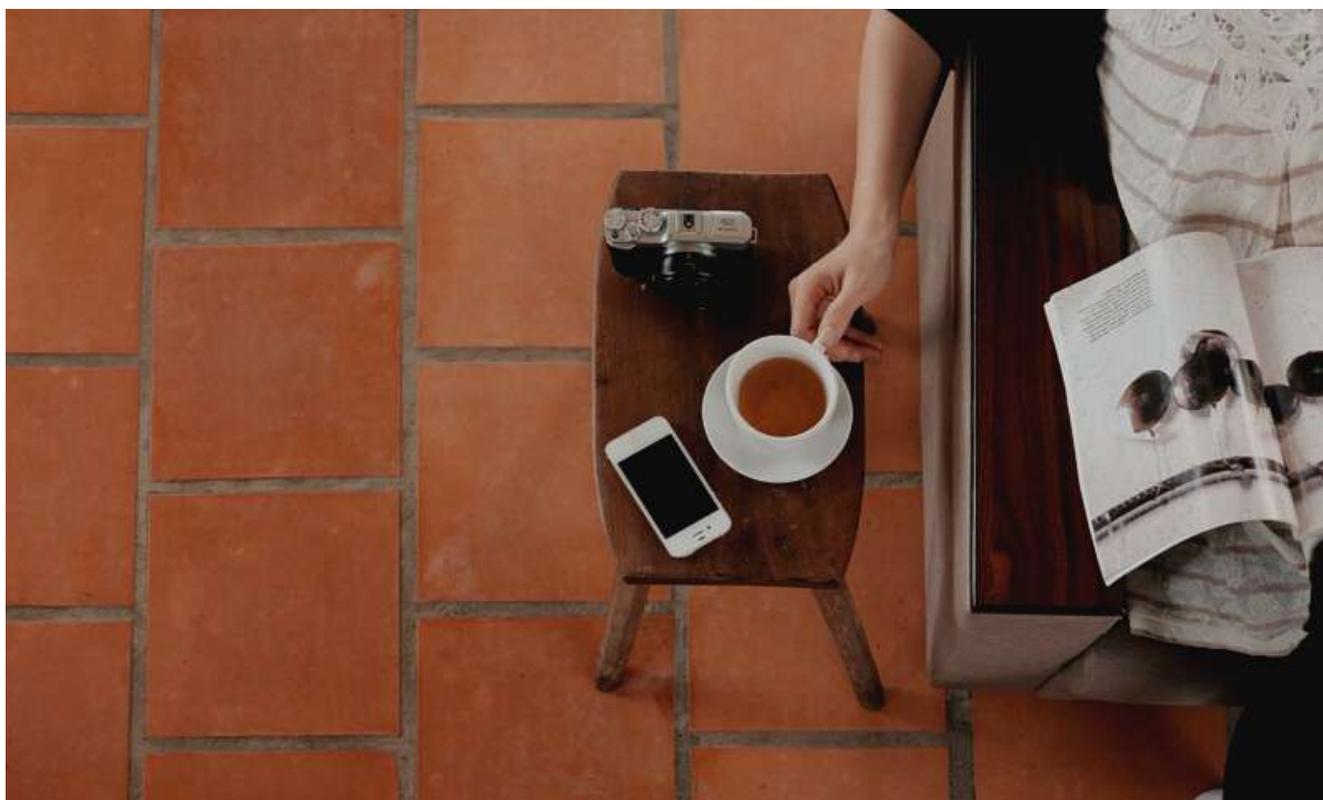
DECEMBER 2020

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SOMDUTTASARKAR.COM



Editor's Note

SOMDUTTA SARKAR

Dear Readers,

Intensify Life Magazine is designed for you to bring out the best stories, experiences, expressions of simple human beings from various walks of life.

In our busy schedule, we forget to take a moment and experience what really matters to us.

To help us find ourselves, every single day, we have a lot to love, experience & learn.

In December 2020 edition when we bid goodbye to this year with tons of unforgettable experience & lessons, it is essential that we remind ourselves of the beautiful things which lie ahead and to welcome those we need to know that it's "Never Too Late".

Read on to dive in the new outlook of your own world.

Intensify Life. Intensify Humanity.

Sam

A beautiful
day begins
with a
beautiful
mindset.

BID ADIEU

2020

BY SOMDUTTA SARKAR

Undoubtedly this year has been a roller coaster ride in many ways for majority of us.

Be it job, health or even the effect on our personal lives or just self has been the peak concern.

This year not just taught us about the value of our health, relationships, money but also have made us realize we are the creator of our own destiny.

What we sow today will bear the fruit tomorrow.

So if we start taking care of ourselves, our own environment with much care and respect, we might start seeing the difference in our lives as well.

Same goes for the aspect of income sources. Too many jobs lost. Too many businesses closed down gave a wake up call to not just depend on a single source of income.

So today when we stand at the end of this unforgettable 2020, what is that one new thing we can do to make the tomorrow better, not just for ourselves but also for our children and environment at large.

This is the moment you DECIDE & ACT.

This is not some resolution which remains incomplete as the new year starts.

No! This is YOUR WORD that you give to yourself.



Mind
Body
Soul

constitutes Healthy, Fit
& Joyful Lifestyle &
thus Life

SOMDUTTA SARKAR

THE SMILE



BY SOMDUTTA SARKAR

In the middle of the tea garden plucking the tea leaves, she gave a big smile to pose for the photo on my request. Multiple years she has spent in these tea gardens of Sri Lanka choosing the finest of leaves for people to enjoy their 'tea'.

When asked what makes her happy?

She just smiled and gestured towards the enormous tea gardens.

Sometimes your SMILE is enough to express everything!

So whatever the situation you are in, SMILE :)

Smile.

**It does not cost
anything.**

Thinking Time!!

(QUIZ)

1. Who was the person who took not just the business but also the name of the business & made it a worldwide craving of fast food at the age of more than 50 years in the year 1961?
2. I was born with no legs and have only one arm. Despite that I fought against all odds and now is known as one of the medical miracles. I am a fitness coach, bodybuilder & internationally known keynote speaker. Who am I?
3. The works of this person takes you to a magical realm from which you don't want to come back. Who is this person whom not only children but their parents love too for her work?





Limitless

Painting 'Limitless' By

ARPEETA GOUYAL

**CONTEMPORARY VISUAL
ARTIST**



To be flowing like the waters and limitless like the sky!

Water can take the form of any object it's poured into and can crash through hardest of rocks to make its way into the whole.

Similarly, we humans, when realize our immense power within, can behave like water, whilst synchronizing with the universe. And, thus, we get limitless like the sky.

Medium - Acrylic Mixed Media on Canvas.

Size - 10" x 12" ; 25.40cm x 30.48cm

**Never Too Late
to Start
Something
You Love**



SOURCE : THE JENKINS COMIC

[HTTPS://THEJENKINSCOMIC.WORDPRESS.COM/2020/05/13/ITS-NEVER-TOO-LATE/](https://thejenkinscomic.wordpress.com/2020/05/13/its-never-too-late/)

SEED OF THE SECRET!

BY ARPEETA GOUYAL
CONTEMPORARY VISUAL ARTIST

There's magic in each one of us!
Humans are the greatest of God's creations, but ironically, how many are aware of it?

We just need to make that conscious choice to realize this and that we are second to none.

Life is a continuous journey with no starting and ending point. The moment we awaken to the light that there's a gift we each are embedded with, that's when the magic sparkles.

And, the purpose of life, is to giveaway that gift to the world around.

We die, the moment we give up hope and the unshakable belief in ourselves.

Age is just a number! Real life begins when we take control of it. Colonel Sanders established KFC at 65. The most powerful, Nick Vujicic, born with no arms and legs, kept his spirit lit, whilst being an inspiration to so many.

If they can, so can we!

Last, but not the least, I myself have for a very long time felt perturbed and insecure about my life, not acquiring those time to time milestones of career, marriage, children etc. etc., set by the society around.

And, it's only since some time now, I've started realizing and believing in the timing of the universe.

Nearing 40, single and just seeing the haze getting clear in serving the purpose of my life, remind me, time and again that "it's never too late to begin!"

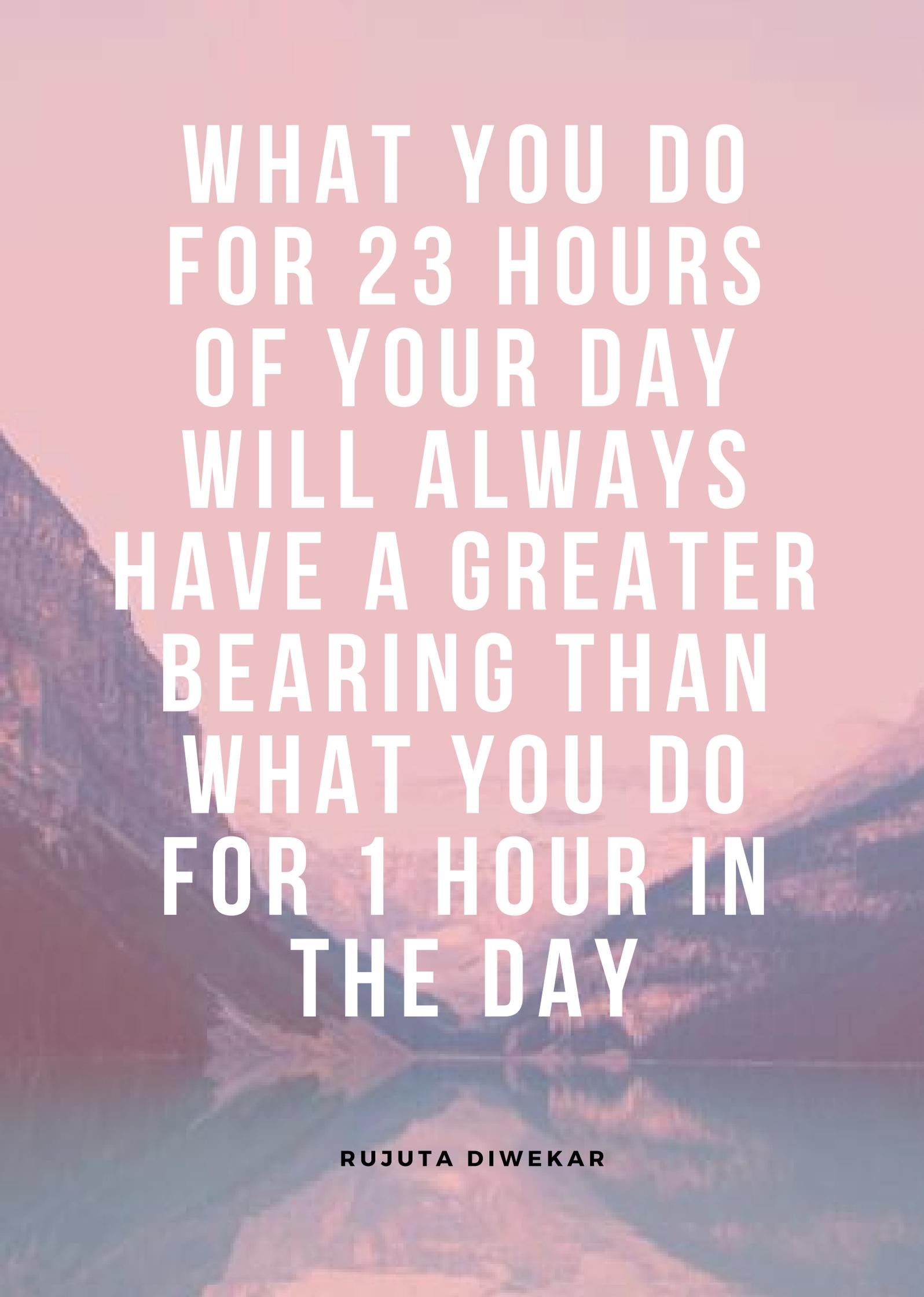
So, the time starts "NOW!"



**NEVER TOO LATE TO
TRY SOMETHING NEW**

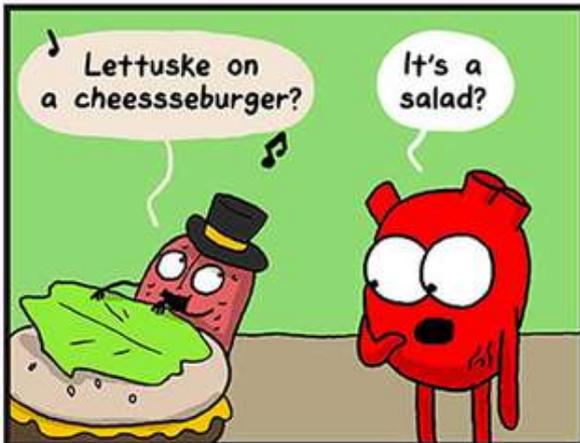
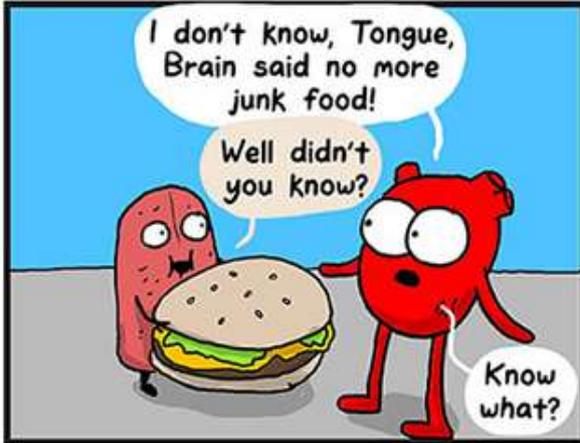


**WHAT ARE YOU TRYING
SOMETHING NEW THIS
MONTH?**

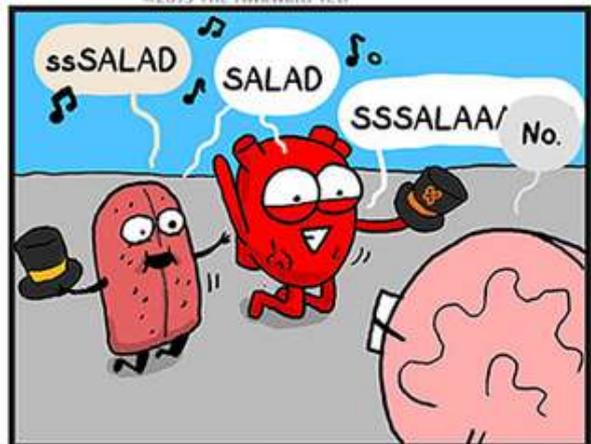
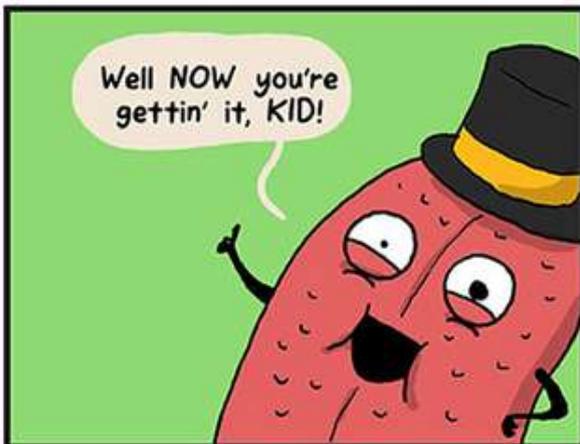


WHAT YOU DO
FOR 23 HOURS
OF YOUR DAY
WILL ALWAYS
HAVE A GREATER
BEARING THAN
WHAT YOU DO
FOR 1 HOUR IN
THE DAY

RUJUTA DIWEKAR



©2015 The Awkward Yeti



HEALTH OR TREND

BY SOMDUTTA SARKAR

Are you one such person who gets on a diet and gives up at the end of the week?

Are you someone who wants to start exercising from 'tomorrow' but that tomorrow never comes?

Do you find yourself in the middle of the tug-of-war between the new "fit & health trends" and "age-old traditional ways" of eating, sitting, exercising or even 'thinking'?

Well, the good news is you are not alone.

Due to the spread of fast food and a fast lifestyle, the ability to pause, think & absorb has taken a back seat.

Let's put it simply. Instead of listening to their own body, people prefer to listen to what's written on any random place on internet.

Without understanding the climatic conditions, the environment, the history of your own food, people find themselves having the 'healthiest food' yet low on energy, laziness, health issues, etc.

Example - I cannot eat the same thing that my friend is eating right now in US. But what I can definitely eat is anything that's local and seasonal at my place.

5 THINGS

5 things that I learnt when I was suffering from lifestyle health issues like laziness, bloating, acidity, no energy, etc.

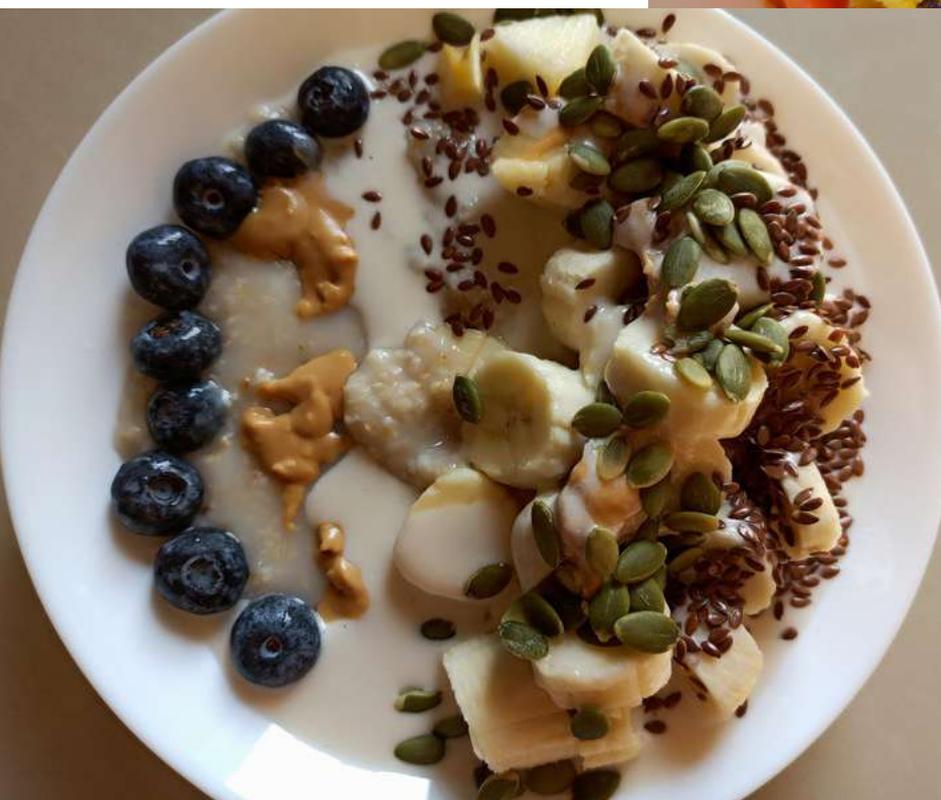
- Eat what is suitable for 'your' body
- Time of eating is extremely important. E.g. After sunset consumption of heavy meals leads to indigestion
- Binge eating between meals is a no-no!
- Local and seasonal fruits & vegetables actually helps in your overall being
- Exercise is an essential part of a healthy lifestyle

Listen to
YOUR Body.
It says
a lot!

Some Healthy Simple Breakfast

BY SOMDUTTA SARKAR

SIMPLE HOMEMADE POHA WITH POTATO, ONION & CARROT



VEGAN BOWL (FOR ALL VEGAN PEOPLE) - FRUITS WITH ALMOND MILK, FLAX SEEDS, PUMPKIN SEEDS & STEEL CUT OATS

PARANTHA WITH DESI GHEE (CLARIFIED BUTTER) & POTATO VEGGIES WITH GREEN CHILLIES!



*It's never too late to be
what you might have
been*

GEORGE ELLIOT

DIPALI GADHVI



Anjneyasana



Bhumasana



Bakasana

YOGA IN SIMPLE WORDS

DIPALI GADHVI
YOGA MENTOR



Being victim and survivor of massive earthquake in Kutch Gujarat in 2001, my body became stiff post this disaster and being a sport person from childhood it was very painful to stay away from sports activities. I was bed ridden. I decided to give it a try.

When I started learning, very quickly started to see the difference in my body quite early and within a year my body become quite flexible and with continuous yoga practice today I can perform any tough yoga pose very comfortably without pain or fear.

I can also play any sport freely and with ease. Yoga also came across as a boon during the lockdown period.

Yoga is the most favourable method to connect with yourself and the nature by balancing mind, body and soul.

It helps in keeping our mental and physical health intact. Our body becomes flexible after consistent yoga practice and one also develops a great sense of self discipline and self awareness.

In short it improves our well-being and gives us better mental clarity. And the most important thing about yoga is anybody can start yoga at any age, as there are no other risks in yoga.

**Anybody
can start
Yoga
at any age**

...CONTD

I highly recommend everyone love and pamper one self every morning with some gentle yoga exercise, it is never too late to start practicing yoga, don't think about it too much but just get started.

Flexible body and flexible mind is a great combination!

There are many different types of yoga, but the most popular and beneficial are:

- Traditional yoga
[sage and yogis use to perform it in the ancient time]
- Power yoga [variation of traditional yoga, popular in modern times]

If we look at the history we get to know that yoga originated in India and this ancient practice started when yogis started performing yoga to stay healthy and fit.

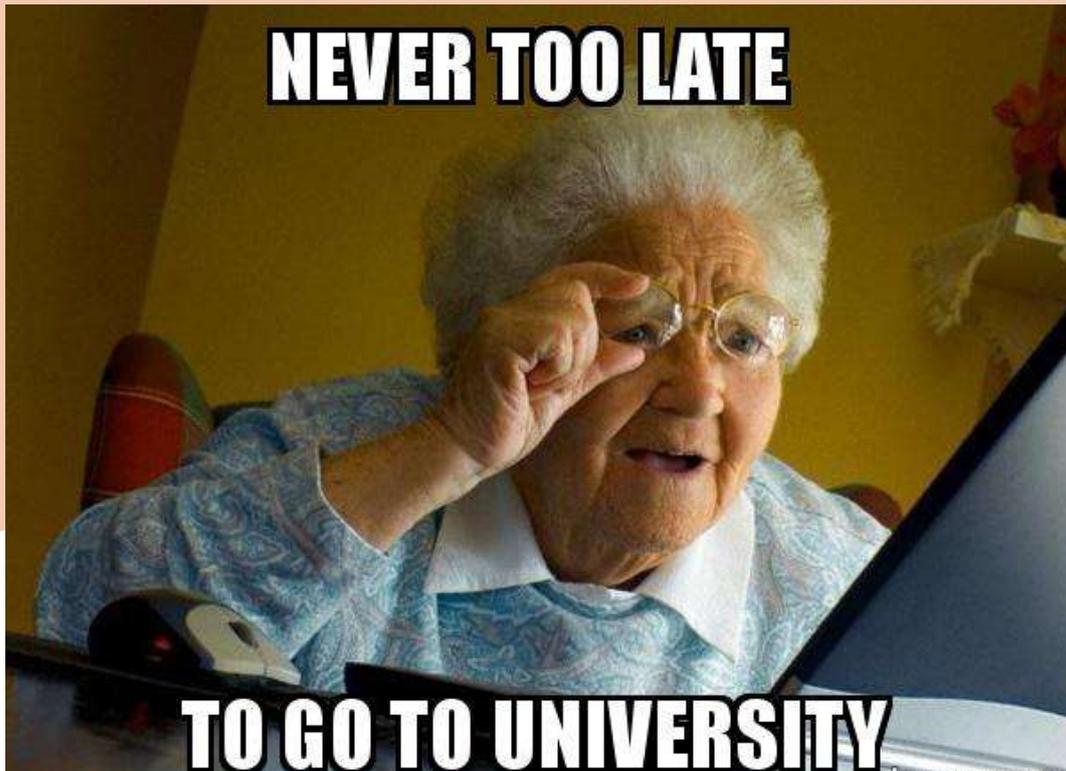
Traditional yoga can be performed by anybody as it is mild but very helpful. Although you can get many yoga tips and videos on various social media platforms but its advisable to do in presence of an yoga expert if you are a beginner, as they know the benefit of each asana and how to perform it correctly.

Power yoga includes all traditional yoga poses but it includes variations of different yoga poses which were invented much later. Power yoga is good for faster weight or inches loss, cardio exercise.

Acrobat yoga is also very much into trend now a days as it helps increasing concentration and body balance.



**Never Too Late
to Start
Something
You Love**



SOURCE : MAKEAMEME.ORG

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CHANGE IS THE ONLY CONSTANT

Dr. ARSHNOOR
TEEN RESCUER FROM EVILS



Humans are blessed with an amazing ability to transform themselves at any stage of their lives.

There is no age to retire, become hopeless and leave efforts.

One can get tremendous success in any phase of one's life and create a history.

Opportunities keep on knocking at the door of every one but that door is opened by a few and similarly chance to rise higher are also availed by minimal number of people.

Abraham Lincoln, the greatest example in the history of USA, who went on facing failures throughout his life but his optimism and persistence made him the most successful person in the world at the age of 58 years when usually people retire from their jobs.

He not only became 16th President of USA but was also known as a liberator of slaves and the savior of the Union.

Similarly the famous chains of restaurants KFC and McDonald's would not have come into existence if the genius minds Colonel Harmer and Kroc had exhausted due to limiting beliefs.

**Change
is the
Only Constant**

...CONTD

We know that CHANGE IS THE ONLY CONSTANT and it can be brought at stage of life.

The change can be in the attitude, behavior, mindset or way of living.

Need is only to realize - why this change is required?

If you can think in this direction, then there is no bondage of limiting beliefs, no limit to your age, experience, skills, time, etc.

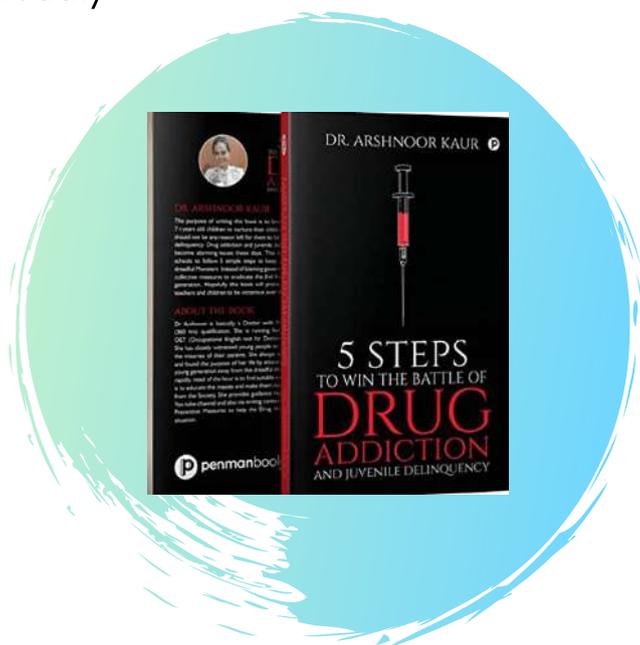
If we want a change anywhere, we have to change ourselves first. There is dire need to mend ourselves in all the ways.

Let us shatter the old ill beliefs and customs of orthodoxies which have already created havoc in our lives, for our prosperity, happiness, love and welfare of the humanity.

It is NEVER TOO LATE to rise up again, grow, realize our mistakes and mend them.

Since my childhood I wished to be known as an author because I was mad after reading story books. However, I was lost, gave up just like others until in the last few months, I found myself again truly.

My dream has been realized and I am proudly announcing that I launched my book **"5 Steps to Win the Battle of Drug Addiction and Juvenile Delinquency"** to help the teenagers & their parents to come out of this dark zone and proving to everyone just like me that there is no age for dreaming and filling colours to your dreams.



Thank You Readers!

This is the First Edition of Intensify Life Magazine.

**This Magazine is For You & By You.
The mission is to Intensify Life on this planet by spreading awareness, sharing real stories, etc.**

If you want to contribute in any manner (articles/ideas/photos/poems/stories, etc) please write to us at connect@somduttasarkar.com (subject to approval)

We would love to hear your feedback & suggestions. Please write to the above mentioned email id.

INTENSIFY LIFE MAGAZINE