



# MARKELIGION

The Corporate Lifestyle Magazine

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DIGITAL ENTHUSIAST & MODEL

# RITIKA GUPTA



*Lets hope this year will be better.*

*Wishing you a very Happy New Year.*

**MARKELIGION**

# other highlights...

## SPECIALS

### MARKFASHION

*Let's dive into some colors... What say?*

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*Herbal Immunity Boosters*

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*Tungnath – Chopta – Chandrashila trek*

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## EXCLUSIVES

### MARKINTERVIEW

*Prof. B. Srinivasa Murty  
(Director, IIT Hyderabad)*

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*Mr. Ranodeb Roy  
(Founder and CEO of RV Capital  
Management)*

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**MARKFASHION**

## **That little black dress and classy black long ones**

Do you guys love the colour black??? I am sure you must be thinking... what type of question it is. Who does not love black? When it is about our clothes then I can guarantee that almost every person's wardrobe has at least a few black coloured pieces. If a wardrobe could talk, then it would definitely be all the black clothing items feeling hot all the time and bitching about other colours.

While choosing a black gown, be it bodycon, flared, mid-length, or silk blend maxi dresses, one should style those with statement accessories in contrasting colours, just like Ritika is wearing a one-shoulder, mid-length solid black dress with Taffy pink accessories like a pair of earrings and those pink block heels with laces. Some other styles of long black dresses are flared, body-hugging/bodycon, a-line dress, wrap one, solid sheath, pleated empire, solid maxis, solid peplum, etc. For some of these amazing designs, you must check out these fast fashion brands like H&M (again), Mango, Kazo, ONLY, Street 9 women, etc.

[\(Read Now\)](#)





## MARKHEADLINES

### TOP ARTICLES - 2020

#### 1. 2020 AT A GLIMPSE (PART 1 & 2)

If we look back to this year, we should actually be proud of ourselves that we have passed this year and we are still together. Even after so many hurdles, and the pandemic we managed to face every difficulty and are ready to welcome another year. I must say this was a very hard journey. So, in this article, we are giving you all a glimpse of 2020 news which managed to be the headlines and shook India.

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#### 2. WHAT DOES JOE UNCLE'S PRESIDENCY MEAN TO INDIA?

Finally, after a lot of confusion, assumptions, protests, tweets, re-tweets, counting and re-counting, it is now clear that Joe Biden will chair the 46th Presidency of the United States of America, along with Kamala Harris as Vice-President. Leading a country that is currently boiling with a lot of issues of despair and controversies, can Joe Biden bring in, decency, inclusion, and hope? We will have to wait and watch.

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#### 3. TATA GROUP & APPLE DEAL

Is this the start of the much-needed manufacturing revolution in India? Read all about one of the current biggest manufacturing projects in India, between the Tata Group & Apple, and how it can shape the future of the electronic manufacturing industry.

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## **MARKINTERVIEW**

### **MR. SHANKAR GOENKA**

This Month's edition of MarkInterview brings to you an Author, Coach, TEDx Speaker, Master Trainer & Managing Director of WOW factors India Pvt Ltd - Dr. Shankar Goenka. Get a wonderful insight into a person who belongs to a renowned and well-established business family, and learn how he chose the path of passion to become what he is currently.

**What will be your advice, success hacks, success mantras for our readers?**

Have a Goal in life, Learn as much as you can, Earn as much as you can, return to society as much as you can. Discover your dreams, desires, and passions. If you have realized your passion, I am sure your job has become easy. Passion becomes the motivation for the road ahead. I live with this mantra and God has been grateful to me always.

**[\(Read Now\)](#)**



**MARKTRAVEL**

## **WARM-UP IN MANALI**

Manali is one of the most happening and chill hill stations in India. This place beholds some astonishing natural beauty, several luxury hotels, and cool discotheques that can easily attract youngsters and party people. There are many ways to reach Manali. If you like to travel by air, you can use the Delhi airport or the Bhuntar airport (50 km from Manali, 10 km from Kullu). But if you want my suggestions, you should always choose the railways as I did. There are stations like Chandigarh or Kalka, any of which will give you a good conveyance and fantastic views till you reach Manali.

[\(Read Now\)](#)



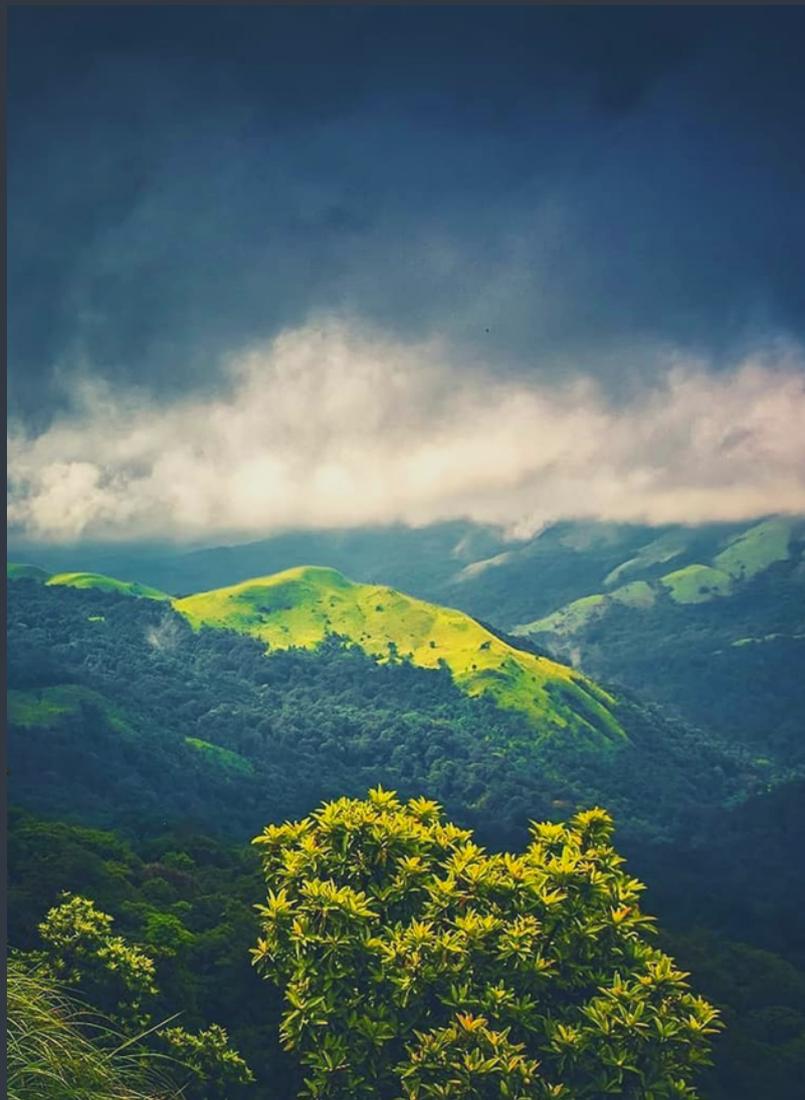
## **COORG**

### **"COFFEE, MOUNTAINS & ADVENTURE"**

Coorg is renowned as 'Kashmir of the South' and also praised as "The Scotland of India". It is also considered as 'The Coffee Cup of India'. All the big coffee players in the market have their plantation in Coorg including 'Tata' coffee which functions as the world-famous Starbucks Franchisees in India.

The absolute purity of nature with adventurous activities (trekking, rafting, camping), attractive roads surrounded by coffee plantations and pepper vines, a glimpse of antiquity, all these things make COORG the startling thrill for the mind, soul, and the camera lens.

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## MARKAUTO

### The Royal Enfield Meteor

The latest Entrant in the Royal Enfield portfolio is Meteor 350. Royal Enfield has finally introduced the much-awaited, all-new Meteor 350 cruiser motorcycle in India. The bike replaces Thunderbird 350X and is a drastic improvement over the Thunderbird 350X.

[\(Read Now\)](#)



### Big Bad Bikes

At the launch of a small bike BMW Motorrad, we spotted the humongous GS 1200 Adventure, also known as the GSA 1200. The bike was as intimidating as a bike gets. The length, weight, and overall appearance were giving out a scary sensation. 6ft tall bike is not a joke. Usually, we ride ON bikes but this one made us feel like riding IN the bikes because of its stature.

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## MARKHEALTH

### Wellness... Wellbeing... Welfare

As the saying goes, “rising tides raise all ships” hence, is the case for television and digital screen-based media overall. Not forgetting the pandemic, hundreds of millions of people are working from home.

Living a sedentary lifestyle can be dangerous to your health. The less sitting or lying down you do during the day, the better your chances of living a healthy life. Humans are built to stand upright.

[\(Read Now\)](#)



### Working out your career

Working out can sometimes be difficult and time-consuming too. A working professional or an aspiring corporate candidate might not take out sufficient time to go to the gym. So, considering the fact we have got you a brilliant set of exercises which can do miracles without even stepping into the gym.

Tabata, a very famous art form will help you in your complete body workout within 20 minutes. Just play Tabata music and start working out the below-recommended workout routine for 30 sec each. The best part of this will be the music automatically prompts you to change after every 30secs. So just enjoy the music and sweat out.

[\(Read Now\)](#)



**MARKNARRATE**

## **The National Mystery The Pages Unturned**

Mesmerized with the twists and turns of the breathtaking plots of Mirzapur? Boiling your grey cells about what will happen next? But what if we tell you that real stories can be more mysterious with all the spices added up to beat the plot of even the best reels?

In 1966, just after the renowned cold war, our second Prime Minister went to Tashkent to settle a deal, where he was made to stay in Dacha (a cottage), 250 yards away from his staff, not in any hotel. And on just the next day, January 11th, 1966, at 1:22 am Shashtri Ji was no more.

[\(Read Now\)](#)

## **WHY NOT?**

Don't feel entitled to anything you didn't sweat and struggle for. A very beautiful statement which depicts a very profound nature of human being of ascertaining everything with their seamless efforts towards their never-ending desires of materialistic possessions during several stages of life. There's an old aphorism which states "Hard Work Never Goes Unrewarded". It's an iteration that everyone follows up and then it all ends up in the death bed. We always want everything to be the best and the best in class products. ROI is what people are looking for in everything; if it fails it's simply not worth spending.

[\(Read Now\)](#)





**MARKFOOD**

## TOP 5 RECIPIES - 2020

### 1. SALSA GOES WITH EVERYTHING

Let me paint a picture for you with black beans and vegies escaping steams and crumbs flying everywhere in the kitchen with an aroma of perfect species and look.

[\(Read Now\)](#)

### 2. SWEET DELIGHTS

This time we are here with two different types of ladoos. Generally, when ladoo strikes in our mind we have a mindset of either made of chickpea flour, semolina, or ground coconut depending on the region. This time we are making our ladoo with Ground coconut.

[\(Read Now\)](#)

### 3. NAVARATRI RECIPES

Food during fasting mainly includes fruits, nuts, coconut water but apart from these there are many other dishes available in the market that are specially made for Navratri so instead of buying readymade items why not try some healthy, tasty food items at home?

[\(Read Now\)](#)

### 4. MAGIC OF OATS!

Oats, formally known as Avena Sativa, is one of the healthiest grains ever known, as it is a whole grain like whole wheat or brown rice, implying that it is high in fiber (soluble and insoluble), protein, vitamin B, polyunsaturated fat (good fat), and antioxidants.

[\(Read Now\)](#)

### 5. ALTERNATIVE HEALTH DRINK - DETOX WATER

Here is one drink that we recommend to keep ourselves hydrated, that is, clean water. One doesn't have to drink water frequently and yet it keeps us hydrated throughout the day and replenishes the required fluid content in our body.

[\(Read Now\)](#)





# MARKSPORTS

## TOP ARTICLES - 2020



### 1. IS IT THE MAHI WAY IN THE END?

A regular man to jersey number 7 of the Indian cricket team. Yes, we are talking about The M.S. Dhoni also known as the 'Captain Cool', born in Ranchi, Bihar on the 7th of July 1981.

His extremely fast stumping, capacity to remain quiet, readiness to face intense challenges, his useful and sensible methodology has made his fan-focused on him.

[\(Read Now\)](#)

### 2. IPL 2020 FINDS.

The IPL has become the elite platform for young talents to showcase their flair and grit. As a result of which many domestic players have the opportunity to showcase their trade at an international level. Domestic Indian talents taking on Internationally seasoned players is always a refreshing treat to the eyes. Here is a list of 5 domestic players who made an impact in IPL 2020.

[\(Read Now\)](#)



### 3. WHO IS DOMINIK SZOBOSZLAI? WONDERKID LINKED WITH TOP EUROPEAN CLUBS

Dominik Szoboszlai is an energetic, fast, technical box to box midfielder whose chief strength lies in his composure in and around the 18-yard box. At just 20 years of age, the Hungarian has notched up 15 goals and 15 assists for his club and country this season which is quite simply, pretty incredible.

[\(Read Now\)](#)



## MARKFLICKS

### Spooktober Picks

People plan horror movie nights with their families and friends because it isn't spooky season until you put on a movie or TV show which gives spooky, creepiness, and thriller vibes. So, get your bowl of popcorn, snug inside the blanket, and favorite Halloween snack with one of the following favorite Halloween movies or TV shows that give chills down the spine or laugh of a lifetime.

[\(Read Now\)](#)



### Travel the world from the comfort of your couch

What if I tell you that you can apply revenge tourism at home by watching movies of the journey/travel genre because movies can take you places where you experience things never would have imagined while you are sitting comfortably and safely in your homes with your loved ones cuddling up in blankets. So, here is a list of movies.

[\(Read Now\)](#)



## MARKEDITORIAL



**Dr. Sumanjit Dass**

*(Editor-In-Chief)*



**Taniya Mukhopadhyay**

*(Executive Editor)*

Thank you, for you were HUNGRY ...to read, love, like, and share our articles on what was trending in the corporate world, be it styling, news, particular passion, or food...

Last one year we have written just for people like you...  
Who are successful and create a buzz in everything they do.

What?

It's not about Thanksgiving once a year

It's just a promise to deliver and co-create together much more rich content in the coming editions.

Devotedly, we at Markeligion wish that you make this year of yours wider with dreams and achievable with your skills... And we promise to keep your **MARK** felt with **Markeligion**.

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