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SUNDAY POST

HERE . NOW



The Wheelie Kings

P
3,4 COVER STORY



Odia filmmaker Hitesh Kumar Sarangi, who has bagged about 50 national and international awards this year for films like 'Sapna', 'Jayatu Jayatu Bharatam', 'Azaadi' and 'Vijayini', loves to lend his mother a hand in the kitchen on Sundays.



grandmother and mother



With friends



De-stressing in Nature

Spending time in nature's lap is one of the best ways to get respite from the daily grind of life. Every Sunday, I join a few old friends to explore Kantajhari, an artificial jungle created by the Odisha government.

Fitness Freak

I play badminton everyday to tone my body and Sundays are no exception. Besides, I also go for an hour of cycling in the evening to take care of the joints.

Expanding Vision

I never get tired of watching movies, especially the classic ones. They not only offer a refreshing contrast with movies churned out these days, also help me broaden my vision as a filmmaker.

Making Mom Feel Special

Helping mom is something I enjoy doing at my leisure. I cook my mom's favourite — biryani and chicken kasa — to make her feel special. That apart, I play ludo with mom, grandma and others on holidays to strengthen family ties.

Nostalgic Connection

Odia monthly children's magazine *Janhamamu* occupies a special place in my heart. There was a time when I used to finish reading it at one go. I don't miss any opportunity to collect past editions to read them again to revisit the past. Besides, I am also a fan of novels by Sudeep Nagarkar.

RASHMI REKHA DAS, OP



WhatsApp This Week

Only on **Sunday POST!**

Send in your most interesting WhatsApp messages and memes received to: features.orissapost@gmail.com And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- May my haters live long to see my success.
- I smile because I have no idea what's going on.
- If nobody hates you, then you are doing something boring.
- Some people are like clouds. When they go away, it's a brighter day.



K-DRAMA CRAZE

Dear Sir, Last week's cover story 'The K-factor' in the Sunday POST made for interesting reading. Being an ardent follower of Korean culture and lifestyle, I loved the article. Most Korean romantic dramas show the male lead extremely rich who can go to any length to impress his love. For example, in *Boys over Flowers*, when Gu Jun Pyo wants to get Geum Jan Di, he takes her on a foreign trip in his private jet. He then gives her a chopper ride to show a heart-shaped land that he owns. Besides, most heroes in Korean fiction go down on their knees to get their love. These distinct features of the Korean shows have struck a chord with young Indian viewers. I would like to thank Sunday POST for picking up this trending subject for the cover story.

SOUMYA PARIDA, SAMBALPUR

LETTERS



A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to features.orissapost@gmail.com B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

The Wheelie Kings



Stunt riding is fast becoming a trend among many millennials these days to seek attention. However, there are a few young trained professionals who have given a whole new meaning to the adventure sport. For them, it is not just about pursuing their passion but an excellent opportunity to earn a livelihood

RASHMI REKHA DAS, OP

Propelled by the jaw-dropping action scenes in movies and TV shows, stunt riding is fast becoming an attention seeking cultural fad for many millennials. But they often lose sight of the risks that lead to fatal accidents. On the other hand, there are a few trained professionals who have given a whole new meaning to stunt riding. They often keep our hearts in our mouth performing a wheelie or a stoppie in the middle of the road. But are their acrobatics too dangerous for their life or they pose threat to the onlookers? Is it a sport or a crime? **Sunday POST** caught up with some popular stunt riders of the city to set the record straight once and for all.

Udipta Kumar Rath is a member of Club Motoheadz (MHZ), a group of professional stunt performers. Unlike others, Udipta is a full time athlete doing motorcycle circuit racing, taking part in national motorcycle racing championship. He has represented India in Malaysia Superbike Championship and finished in top 10. Udipta, who idolises Italian professional motorcycle racer Vlentino Rossi, is geared up to take part in the upcoming Asian Championship and next World Superbike Championship.

About his undying passion, he says, "I developed fondness towards bikes and motorsports when I was barely 11. It all started from the Pulsar Stunt Mania series. While street stunt riding was on peak, I made a professional approach by not taking it to the streets but at isolated locations. Then, I started assembling motorbikes to learn the techniques of the vehicle."

After being a freestyle motorcycle stunt rider for almost seven years, Udipta went on to become the only racer from Odisha to take part in the National Motorcycle Racing Championship organised by FMSCI as well as Pirelli Malaysia Superbike Championship. He has 70 plus stunt shows to his credit so far.

Asked about his family's reactions, Udipta says, "Well, people are always afraid of the unknown. I had to show them the brighter side of the story – how it's an emerging sport and people get recognition by participating in motorsport championships. The stunt riders should make their families understand how it can become a source of livelihood for them."

About the most cherished moment, Udipta says, "There are many. We were doing a show for Mountain Dew at Darjeeling and after the show a small kid came to me in a hurry asking for my autograph. I have framed that moment in my mind forever."

Hailing from Dhenkanal, Udipta obtained a degree in Electricals and Electronics from The Techno School in Bhubaneswar and started doing Mountain Dew shows.

He later went to TVS Racing Training School in Chennai for professional training in 2015. He participated in TVS One Make Championship and emerged second runner-up at the national level.

But his big moment came when he took part in the Malaysia Superbike Championship at Sepang International Circuit in 2017 and managed to complete three rounds finishing 10th on points table. However, he was out of the competition following an accident in the fourth round. "I was thrown six feet into the air and woke up in a hospital bed. I was in coma for 30 minutes," recalls Udipta.

People still consider stunt riding a crime not sports. On this, Udipta says, "It is like any other sports but there are a few misconceptions. For example, if you start practicing basketball under Jaydev Vihar over bridge, won't it be illegal? Same rule applies to stunt riding. We can't take motorsport to the streets. Stunt riding is a great sport if done professionally. The exposure and awareness is now better than before."

"In my career, as a member of Team MHZ we have performed several stunt shows. *Darr KAgge Jeet Hai*, the popular show of Mountain Dew, is one of them. I also became the second runner up in TVS One Make Championship, a national level competition in 2015. Then I raced for Suzuki and KTM in the Indian National Motorcycle Racing Championships. I also worked for Suzuki GSXR 600 in the Malaysia Superbike Championship and finished in top 10. For this season I am racing in the National championship with a KTM RC 390 from Team SpeedUp Racing, Chennai," adds Udipta.

A wheelie being performed by Udipta



A wheelie being performed by Sunil



Inspired by MHZ, Sunil Das started doing stunts in 2016. Recalling his initial days, Sunil says "I am a diehard fan of club MHZ. I followed its members on social network sites to learn stunt riding. I saw their videos on YouTube. Initially my calls to MHZ members went unanswered. It was DK who responded to my calls and taught me the basics of stunt riding. I was motivated by MHZ to such an extent that I decided to form my own team Xtreme Riderz."

Sunil has so far done 30 shows across the state. He has got sponsorship shows from Hero and Bajaj. Besides he has done promotional videos for Hero's Husqvarna.

On his most cherished moment, he says, "There was a time when I was running after MHZ to be its member. But a year later I got a call to do a show with them. That was the most defining moment of my life."

Regarding precautions being followed while doing a stunt, Sunil says "Before doing any stunt, we check the motorcycles, helmets, jackets, chest protectors, gloves and ankle-protecting gear. Injuries do happen but they hurt you less if you take all these precautions."

Businessman Biswas Patnaik has founded a stunt riding team called Team RTZ in 2016. His team has done more than 30 shows in Bhubaneswar, Dhenkanal, Kolkata, Talcher and Medinipur.

About his love for biking and stunts, Biswas says, "I fell in love with biking from my childhood. I started doing stunts when I was doing my B.Tech at Synergy Institute of Engineering and Technology, Dhenkanal. Before that I used to watch television and YouTube videos to hone my skills. It was my junior at my college who taught me stunt riding. Though he stopped practicing the sport after a few days, I couldn't."

Biswas laments that Odisha lacks perfect tracks to perform the stunt. He says, "Bike stunts are considered to be a sport in other countries but in India it is still considered illegal. Youngsters should refrain from performing stunts when the traffic is more to avoid legal complications. Many youngsters these days have started learning the art of stunt riding either to commit crime or impress girls. That's why people don't consider us as freestyle stunt riding athletes."



Biswas performing a stoppie



A highchair stoppie by DK



Recalling his tryst with stunt riding, Club MHZ leader DK says, "A week after my dad gifted me a RX100 following my completion of Class XII, I started doing some sick stunts with my new bike. But my new found passion made me do research about stunt-riding, watch stunt videos and interact with stunt riders. In 2008, I bought a Pulsar 180 and modified it to a stunt bike after a few months. However, the journey was not easy at all. Society in general and my family in particular, was not ready for it."

Club MHZ is a professional stunt riding team in the city which has been doing mind-blowing stunts since 2010 though it was formed in the year 2008. Although stunt riding is not much welcomed in our state, they have been into it owing to their undying passion for the sports. With each passing year, they have managed to polish and improvise their skills through rigorous practice, dedication and discipline, adds DK.

"We make sure to perform stunts using all safety riding gadgets. We first showcased our skills in annual functions of city colleges. So far, we have performed as many as 42 stunts in 26 cities of Odisha and West Bengal. Besides, we also perform at charity shows and road safety awareness events. Performing for big names like MTV India and Mountain Dew was our defining moment. In 2014, DK was part of Madras Motorcycle Racing Track (MMRT), Chennai, and Kari Motor Speedway Racetrack, Coimbatore. He was also part of a stunt show at Siliguri hosted by actress Sana Khan of MTV jawaz fame. Since then, there was no looking back for him.

Determined to develop a riding culture in Odisha, he has started a built-up motorcycle and modifications centre called Greased Monkey.

'Balancing two contrasting worlds is a big challenge'

Bhawanipatna-based doctor Dinabandhu Sahoo not only has a series of paintings to his credit, he also has performed in several plays and authored a few anthologies of poems



RASHMI REKHA DAS, OP



Not many people can handle both scalpel and paintbrush with equal ease like Dr Dinabandhu Sahoo does. The senior physician of Kalahanadi district headquarters hospital takes to painting when he is not consulting patients. Though he became a doctor to fulfill his father's wish, expressing himself through colours was a passion for him from his childhood. Even if the themes of most of his paintings involve the predicaments of human life, of late he has started a series on various aspects of Covid-19 pandemic. The doctor-cum-painter had a candid chat with **Sunday POST** over his vocation and avocation.

Excerpts:

A physician wielding a paintbrush is quite uncommon. What attracted you towards painting?

I learnt the first lesson from my mother, much before I became a physician, when she put *Jhoti Chita* on the floor during *Manabasa Gurubar* (on every Thursday of *Margasira* month). That inspired me to use colours to channelise my creativity and I could win several competitions during my school and college days. I was brought up in Chhendipada village in Angul district and would often go to Kumbharasahi, a potters' hamlet, near our village and observe their craftsmanship. On

the other hand, my grandpa was a folk artist who used to essay the character of a 'Bunakar' (weaver) in the folk dance Danda Nacha at festivals. However, my father was strict, and he wanted me to do well only in studies. He didn't approve of my obsession with painting. Later, I was surprised to know that he too liked my work. While cleaning a shelf once, I found his Class III drawing notebook. His sketches were masterpieces for me. But he didn't overtly support me as he wanted to see me as a doctor.

How do you strike a balance between your vocation and avocation?

Striking a balance between two contrasting worlds is a big challenge. But this is also a reality for me that I can't imagine myself without my palette and paintbrush. I did not have many opportunities to explore my potential as an artist when I was a kid. For me art is a sort of meditation. I have always

felt that one should develop a hobby to express emotions without having to speak.

Have you learnt painting from any art centre?

No, I didn't get that opportunity. But as I mentioned earlier, I got the inspiration from my mom's *Jhoti Chita* and father's hidden love towards art. Besides, my experience of watching eminent artists like Dinanath Pathy, Siba Panigrahi, DN Rao, Byomakesh Mohanty, Asit Mukherji and several other contemporary art teachers, artist friends had its influence on me.

Please share your journey in the world of literature.

I have penned more than 100 poems which have been published in different magazines like *Sahitya Pruthivi*, *Nirvana*, *Samaj*, *Amrutayana*, and *Paschima Kalahandi Express*. My first anthology was *Madbugandha*, a compilation of romantic poems and sketches. My other books *Khadyotika*, *Anabharana*, and *Nilanaee* were well received by the readers. Apart from painting and writing, I have performed in more than 25 plays including *Mrugaya*, *Nirudista Bapa*, *Ruddha Dwara*, *Gunda*, *Katha*, *Gorila*, *Goitha Baba*, *Chauki*, *Olagi* and *Meghar Dese Pain* as an actor and in more than 10 palas as a singer.

What do you want to say through your paintings about the pandemic?

The themes in most of my paintings are about the predicaments of human life. But my series of paintings on Covid-19 is an initiative to sensitise people about the hazards of coronavirus. The pandemic has not only put us under severe financial stress, it snatched our loved ones prematurely. It also compelled us to lead an unaccustomed life. Therefore, I tried to express the common man's pain

and grief in this series.

How do you see Covid both as a physician and a painter?

You may be a painter, a doctor or a person from another profession. But you are a human being first. So, like others I am also deeply affected and moved by the miseries of people. I also had my shares of depression and I too suffered from anxiety when my family tested Covid positive. While as a painter I transfer the feelings of others and the changing scenarios of society and people's helplessness to my canvas, my skills as a healthcare professional often help me deal with the reality.

What is your message to the people as a physician?

Self-consciousness is a potent weapon to defeat coronavirus. Regular use of masks, frequent washing of hands, maintaining social distance, avoiding crowded places, complete vaccination, and proper care of the victims can bail us out from this situation. Though birth and death are pre-decided by God and inevitable, self care and protection lie in our own hands.



Hrithik set to rule the world: Maddy

Hrithik Roshan announced his return to sets as he started shooting for the official remake of *Vikram Vedha*. And he was recently visited on the sets by R Madhavan, who starred in the original Tamil film.

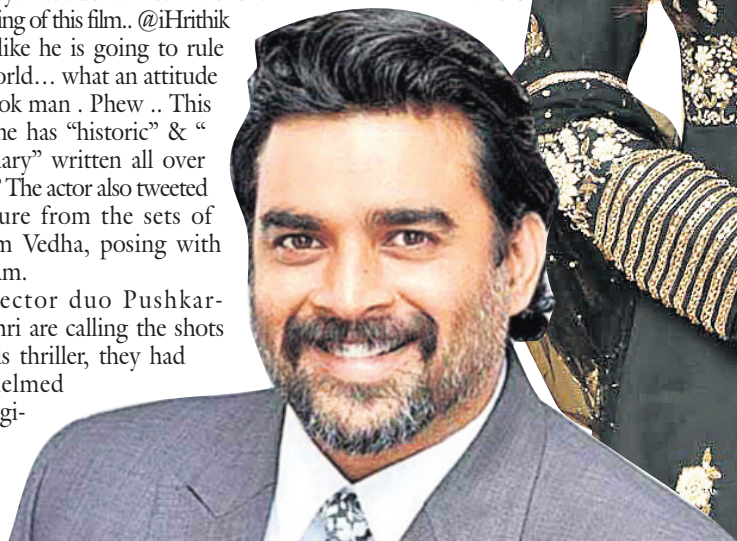
Reviewing Hrithik's act in front of the camera, the *3 Idiots* star revealed that he was absolutely blown away by the movie. Tagging it as 'historic' and 'legendary', he tweeted, "Totally Blown with what you guys have done in terms of the mounting of this film.. @iHrithik looks like he is going to rule the World... what an attitude and look man . Phew .. This one has "historic" & "legendary" written all over it bro." The actor also tweeted a picture from the sets of *Vikram Vedha*, posing with the team.

Director duo Pushkar-Gayathri are calling the shots for this thriller, they had also helmed the original Tamil

hit *Vikram Vedha* starring R Madhavan and Vijay Sethupathi in lead roles.

This film takes inspiration from ancient lore of *Vikram-Betaal*, where a wily gangster manages to escape every time a determined cop nabs him, by narrating a new story drawn from his own life. Apart from Hrithik, the remake will star Saif Ali Khan in the lead role.

AGENCIES



Meenakshi to star in Mahesh Babu's next

Actress Meenakshi Chowdhary who got onto everyone's radar with her appearance alongside Sushanth in his recent movie *Ichata Vahanamulu Nilupa Radu*, has grabbed a huge offer. She is to star as the second heroine in Mahesh Babu's upcoming movie.

Mahesh Babu has been roped in to play the hero in Trivikram Srinivas' upcoming movie. So, the makers have zeroed in on Meenakshi to play one of the female leads in the movie. The makers are busy with the casting for the movie, and the main heroine is not yet finalised. This yet-to-be-titled movie is to get on the floors

soon, as Mahesh Babu is currently busy wrapping up shooting for his upcoming movie *Sarkaru Vaari Paata* alongside Keerthy Suresh.

Meenakshi is to share the screen with *Baahubali* fame Prabhas in his upcoming movie *Salaar*, which is helmed by *KGF* fame director Prashanth Neel. While Shruthi Haasan plays the female lead in *Salaar*, Meenakshi has an important role in the movie.

Meenakshi got instant fame after she grabbed the Miss India title in 2018. Her recent appearance in *Ichata Vahanamulu Nilupa Radu* has got her noticed by the biggies. IANS



Pulkit on why to have a home gym

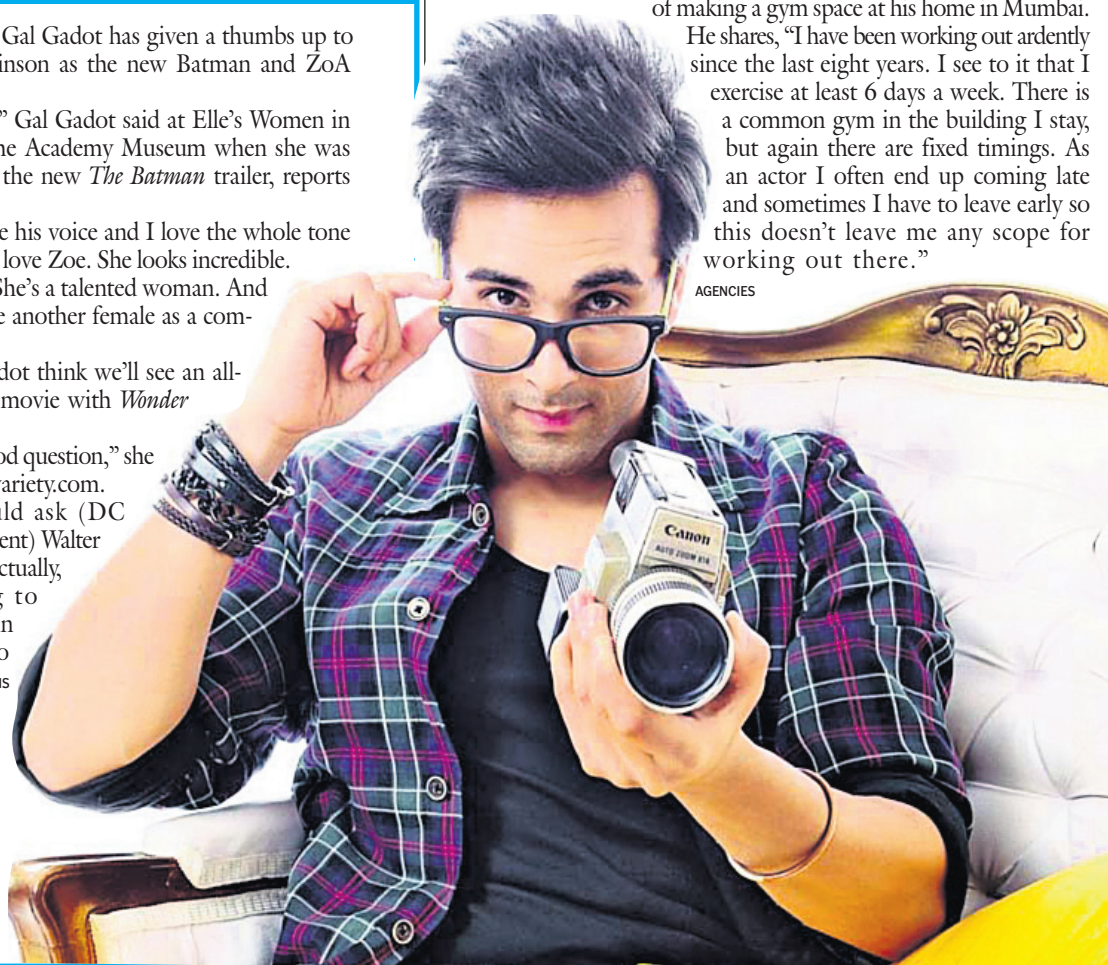
Pulkit Samrat is known to flaunt his chiseled body, and has been doing so through his social media posts. The actor likes to engage with his audience as he puts up his workout videos. Not only is he passionate about being fit, but also likes to work on his body as per the character requirement for his projects.

One of the reasons Pulkit says he doesn't afford to skip his workout regime is because he is quite a foodie. He says, "I love food a lot, which is why I eat and burn it all by exercising regularly. I am fond of biryani. I eat that a lot."

The actor who keeps traveling and often comes home late thought of making a gym space at his home in Mumbai.

He shares, "I have been working out ardently since the last eight years. I see to it that I exercise at least 6 days a week. There is a common gym in the building I stay, but again there are fixed timings. As an actor I often end up coming late and sometimes I have to leave early so this doesn't leave me any scope for working out there."

AGENCIES



Gadot happy to have Kravitz as Catwoman



Wonder Woman star Gal Gadot has given a thumbs up to actor Robert Pattinson as the new Batman and ZoA Kravitz as Catwoman.

"Rob looks amazing," Gal Gadot said at Elle's Women in Hollywood event at the Academy Museum when she was asked if she had seen the new *The Batman* trailer, reports variety.com.

Gadot said: "I love his voice and I love the whole tone of everything. And I love Zoe. She looks incredible. She's a sweetheart. She's a talented woman. And I'm so happy to have another female as a comrade."

So when does Gadot think we'll see an all-female superhero movie with *Wonder Woman*?

"That's a good question," she said, reports variety.com.

"We should ask (DC Films president) Walter Hamada. Actually, I'm going to write that in my notes to ask him." IANS



Eradicating stigma of mental illness

Mental health professionals can help the fight against stigma immensely. Clinicians can address this issue proactively while dealing with patients and their caregivers

DR NILAMADHAB KAR

Mental illnesses are still considered a stigma in our society despite having effective interventions and positive outcomes. A large section of the society still believes in myths and misconceptions about mental illnesses. These are prevalent even in highly educated societies. Because of stigma, people try to hide the symptoms, do not seek treatment in appropriate time, and suffer longer. Sometimes they resort to faith healing as the only treatment method considering that as a socially acceptable theory of causation of mental health symptoms; e.g. people think the symptoms are due to supernatural forces or spirits. In the process, many avoid taking evidence-based medical treatments. The families of



the mentally ill people also found themselves at the receiving end of the negative repercussions of stigma; sometimes they even get socially ostracized. Impact of stigma is felt in schools, universities, work places, and social functions, even in professional/clinical spheres. Research also suggests that stigma is associated with exclusion from higher education and employment, poverty, victimisation, and reduced longevity. In summary, stigma is associated with harsher, unnecessary struggle for patients and their families.

Professionals, patients and their caregivers are already aware of the issues; it is important that the general public and society should take notice of these.

There is an urgent need to fight against the stigma related to mental illness and eradicate it from society. Primarily, public education is the main vehicle of the anti-stigma campaign.

Various methods have been used in the process e.g. written information, individuals sharing their own mental health experience, video messages, information through news and social media and films. However, these messages need to be comprehensive for common people, preferably the communication should happen in their own language, and in a culturally sensitive way without offending any sentiments. In that regard, faith and religious leaders may also be informed and educated about mental illness, as often they are approached by the families for help.

Mental health professionals can help the fight against stigma immensely. Clinicians can address this issue proactively while dealing with patients and their caregivers. Educating the significant others and caregivers helps a lot, especially as they go through the process and observe the journey and outcome.

Sometimes, celebrities share information



about their experience with mental illness, struggles, successes and recovery. These have a positive effect on society; conveying the message that the affected individuals are not alone and people of all categories may have or develop mental illness. However, this is an uncommon occurrence. Mostly people come to know about the mental health issues of celebrities through events such as suicides, drug related problems through the media. It is important that public figures share their stories when possible to encourage people to seek help and treatment early, setting an example that positive outcomes are possible.

Mental illnesses have been portrayed inaccurately in an exaggerated, sensational way in news, social media, writings and films. Unhelpful dramatisation still exists in films and plays. Positive outcomes following intervention and recoveries from mental illnesses are not given their due coverage. This does not help and the myths and misconceptions continue unabated. There are examples of good practice by some media in their reporting of mental illness and they provide sources of support to public. However, the media being a powerful vehicle of public education can do more in the fight against stigma of mental illnesses.

Even with great advances in medical science and availability of very effective treatment, it is a pity that stigma associated with mental illness continues in society. Its negative impact is felt by patients, their families and society at large; and it affects lives. There is a need to have campaigns against the stigma of mental illness, through specific programmes, and public education methods involving clinicians, caregivers and the general public. Consistent and multipronged efforts in this regard may de-stigmatise mental illness and allow patients a better outcome.

(The author is a Consultant Psychiatrist in the National Health Service, United Kingdom)



Sandhya



PHOTO: KUMAR SHARAT, OP