

APRIL 7-13, 2024

# SUNDAY POST

HERE . NOW



WORLD HEALTH DAY – APRIL 7

# Unlocking inner harmony

P 3,4

COVER  
STORY

# MY SUNDAY



With his biker friends

## Rejuvenating Sundays

Sundays make me happy because I am surrounded by family, particularly children. We enjoy spending time together or going on rides. I enjoy swimming for refreshment and have a regular self-care routine that includes spa treatments.

## Cricket enthusiast

Prior to becoming a biker or a travel vlogger, I was struck by the sports bug. So, I love to showcase my all-round cricketing skills on the field on holidays.

## Culinary joy

When I am free, I enjoy making Hyderabadi dum biryani for my family. However, to be true to my Odia heritage, I enjoy pakhala (watered rice) and fish fry on any given day.



With family



## Cinematic escapes

I enjoy watching films and series on holidays. There are a few shows and movies that I watch repeatedly. They include the American TV series *Breaking Bad* and Hollywood hits *Avatar*, *Titanic*, and *Pearl Harbor*. When I have the time, I also read nonfiction.

Bhubaneswar-based Rahul Jena is a successful entrepreneur, but more often than not, he forays into the world of motorcycles. Known as 'Mr Speed' to friends and followers, Jena has nine years of biking experience under his belt. His itinerary includes Arunachal Pradesh, Spiti Valley, Goa, and Pangong Lake. Jena, who believes in defying norms and speeding down roads less travelled, aspires to ride all the way to the southern tip of India, Kanyakumari

MADHUSMITA SAHU, OP

**WhatsApp This Week**

**Only on Sunday POST!**

Send in your most interesting WhatsApp messages and memes at: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- Why is divorce so expensive? Because it's worth it!
- How many tickles does it take to make an octopus laugh? Ten tickles.
- The inventor of autocorrect on a mobile phone has died. Rest in Peas.
- Did you hear about the monkeys who shared an Amazon account? They were prime mates.

**GOOD DAYS ARE BACK**

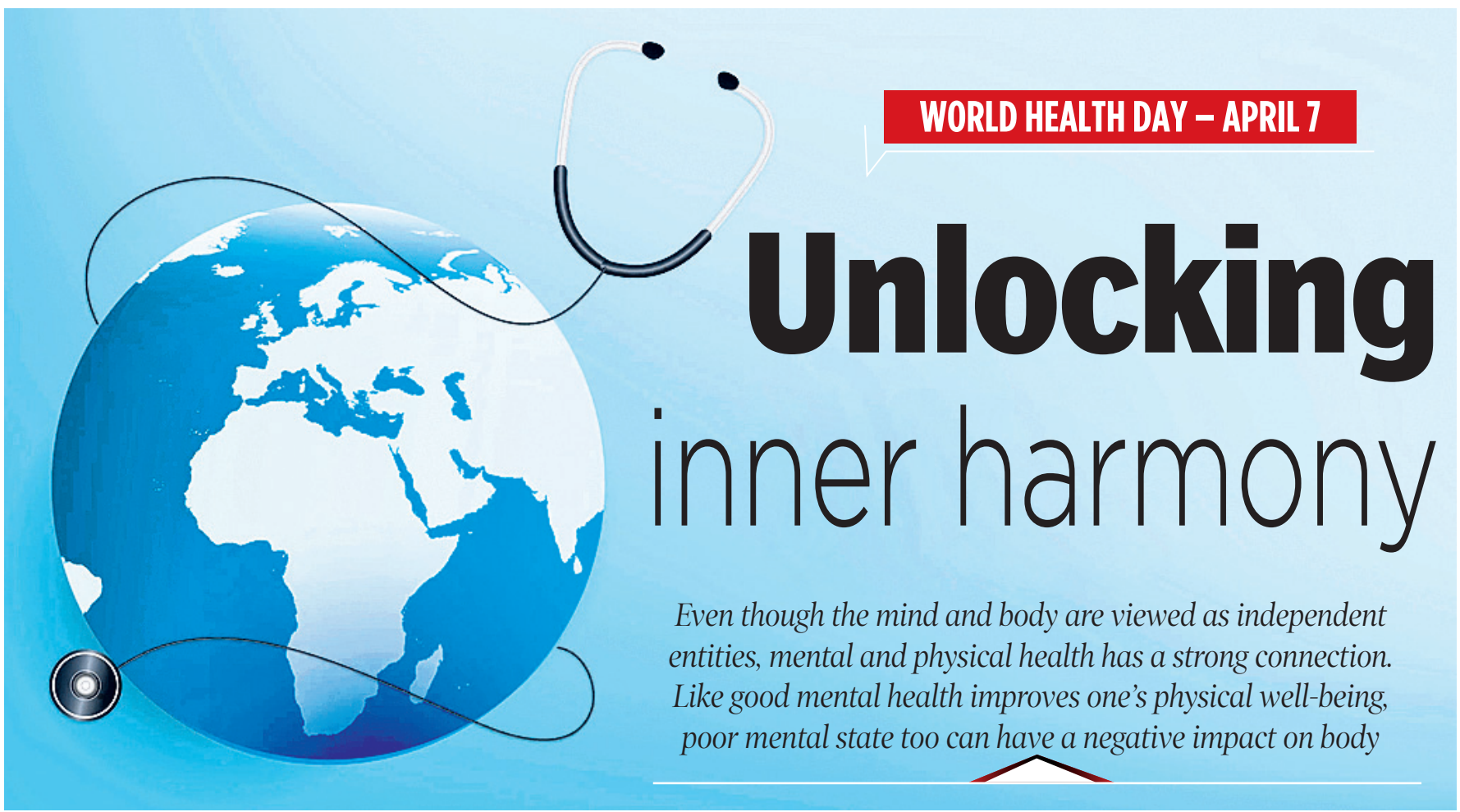
Sir, As a Millennial, last week's cover story, *Back in the Spotlight*, made me nostalgic. Anubhav, Akash, Sabyasachi, Naina, Lipi, and others are among the most well-known Odia cinema actors who began their careers as album artiste. Though the era was dominated by dance and foot-tapping music, some melody- and story-based albums were released at the time. Top filmmaker Sushanta Mani collaborated with renowned lyricist Mohit Chakraborty to create some of the most famous music videos of the 1990s. However, the industry's lustre waned over time with the introduction of other types of entertainment and ubiquitous internet access. It's good to learn that the album industry is on a revival path and the music videos shot these days are no less than those made in other popular Indian languages.

**SHEFALI SENAPATI, CUTTACK**

**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. Feel free to send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
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WORLD HEALTH DAY – APRIL 7

# Unlocking inner harmony

*Even though the mind and body are viewed as independent entities, mental and physical health has a strong connection. Like good mental health improves one's physical well-being, poor mental state too can have a negative impact on body*

MADHUSMITA SAHU, OP

Most of us must have heard the old proverb that prevention is better than cure. This saying is also the reason why many health-conscious individuals are adopting methods of living that can thwart major lifestyle diseases such as diabetes, high blood pressure, and so on. However, the same amount of importance is not given to mental health, which is why we often complain of fatigue, burnout, and bad moods. The mind, which is the invisible aspect of an individual, expresses itself through feelings like happiness and distress.

Ahead of World Health Day, **Sunday POST** tries to decode what constitutes a healthy state of mind and how different techniques can shield it from depression and anxiety.

### 'Meditation helps enhance overall mental well-being'

Dr. Amitav Rath, a neuropsychiatrist at Utkal Hospitals, when asked what constitutes a healthy state of mind, said, "It describes a mental condition characterised by the ability to approach tasks with enthusiasm while also maintaining fulfilling relationships and a balanced social life. Conversely, depression represents the antithesis of this state, often stemming from negative thought patterns. Treatment typically involves a combination of medication and cognitive behavioural therapy (CBT), a form of therapy that systematically addresses thought patterns and behaviours through dialogic sessions. While crucial for individuals



grappling with depression, meditation is hailed as a valuable aid for maintaining mental well-being in the face of daily stresses."

He stated that engaging in meditation enhances the efficiency of one's mind. Research indicates that individuals who

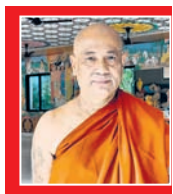


meditate extensively tend to generate more gamma brain waves, which are linked to heightened cognitive functions such as perception and memory. Gamma brain waves are rhythmic electrical signals resulting from coordinated neuron activity in the brain.

Therefore, there is empirical evidence supporting the idea that meditation contributes to enhancing overall mental well-being, added Rath.

### 'Exercising discretion in using social media is imperative'

In our pursuit of gaining deeper insights into the human mind and maintaining its good health, Sunday POST visited the Bhubaneswar Centre of the Mahabodhi



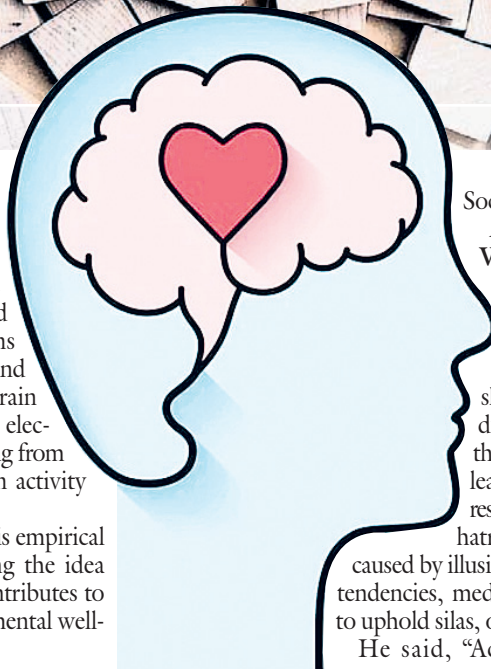
Buddha, there exist three avenues to attain meditation: Sila, Samadhi, and Panna (Prajna in Sanskrit). He imparted teachings on the Arya Satyas, also known as the four noble truths: Dukkha

Arya Satya, Dukkha Samudaya Arya Satya, Dukkha Niroddha Arya Satya, and Astangamarga Arya Satya. These truths encompass four dimensions: dukkha, or suffering, its origin, its cessation, and the eightfold path leading to its cessation. Buddha acquired insights into these four truths through his exploration of reality. By comprehending these truths that one can attain Nirvana, or ultimate bliss. Thus, to free oneself from attachment, aversion, and delusion, adherence to the eightfold path is imperative."

Venerable Bhante further adds, "Although Buddhism encompasses around forty various forms of meditation, its primary objectives can be categorised into three main goals: relaxation, concentration, and purification. Relaxation pertains to various activities aimed at calming the mind, such as singing, travelling, and engaging in play."

Concentration, often referred to as Zen meditation, aims to enhance mental focus. It draws an analogy to water to illustrate its effects on the human mind. Just as muddy water left undisturbed in a glass settles over time, separating the water from the sediment, Zen meditation facilitates a similar process of mental clarity. Conversely, the act of purifying the mind through meditation is likened to filtering pure water from a glass. This purification objective aligns with Vipassana meditation, a prominent practice within the Theravada school of Buddhism, emphasising the cleansing of the mind. "Theravada Buddhism, the oldest surviving school of Buddhism, lays stress on these different methods for meditation," states Bhante.

Society of India. According to Venerable Dhamma Gabesha Bhante, a senior monk and preacher, the average person's mind shifts between raga, dvesha, and moha, three inclinations that lead to mental distress resulting in attachment, hatred, and foolishness caused by illusion. To address these tendencies, meditation is necessary to uphold silas, or codes of conduct. He said, "According to Lord





“Zen Buddhism, practiced across various regions of Asia, stems from Theravada Buddhism. Within Zen, there is a significant emphasis on cultivating awareness of the mind’s patterns. By engaging in this process of observation, the mind’s concentration is enhanced. Unlike a quick-fix remedy, this practice demands consistent and persistent effort. As we familiarise ourselves with the diverse inclinations of the mind, managing and directing it becomes more attainable.”

Reflecting on contemporary society, he continues, “In the present era dominated by the internet and social media, there is an abundance of divisive and disruptive content. This largely stems from an unregulated mind and senses. Every piece of information accessed through technology filters through our senses. Therefore, exercising discretion in their usage is imperative. At times, restraining our senses can lead to agitation of the mind. To pacify it, cultivating mindfulness through meditation is essential.”

Many meditation methods advocate focusing on the breath while in a meditative position, such as in Zen practices. Rituals in Zen involve daily meditation sessions at set times, emphasising natural pacing and discouraging multitasking. Zen’s roots in the Sanskrit word ‘dhyana’ signify concentration. Its symbolic imagery often includes four stacked stones, representing focus and balance. In the corporate realm, a refined Zen practice known as the Kaizen technique aims to enhance employee efficiency. Additionally, Zazen, a form of Zen meditation, emphasises seated meditation. Contrary to Zen, Venerable Bhante distinguishes Vipassana by its distinct objectives, despite apparent similarities in technique.

“Meditation knows no bounds of age; it can be embraced at any stage of life. Many individuals are experiencing transformation through meditation practices. Our duty is merely to offer guidance; the individual holds

the responsibility to embark on their personal journey of self-improvement,” concluded the venerable Dhamma Gabesha Bhante.

**‘Seeking help when needed is a sign of strength, not weakness’**

Wellness experts often focus on holistic approaches to well-being, including mental, emotional, and physical health. They also offer practical advice, goal-setting strategies, and tools for enhancing overall life satisfaction.

When asked what constitutes a healthy state of mind, **Rajendra Kumar Behera**, a wellness expert and fitness coach, said, “I believe that a healthy state of mind is essential for overall well-being and optimal functioning in all aspects of life. It encompasses a combination of psychological, emotional, and social factors that contribute to mental resilience, positivity, and fulfilment.”

He explains, “Firstly, self-awareness and mindfulness are fundamental components of a healthy mind. Being aware of one’s thoughts, emotions, and behaviours without judgement allows individuals to better understand themselves and navigate life’s challenges with greater ease. Mindfulness practices such as meditation, deep

breathing exercises, and journaling can help cultivate this awareness and promote a sense of inner peace and clarity. Emotional resilience is another key aspect of mental health. Resilient individuals are able to adapt to adversity, bounce back from setbacks, and maintain a positive outlook even in the face of challenges. Developing coping strategies, building strong support networks, and fostering a sense of optimism are all important for cultivating emotional resilience and managing stress effectively.”

He said, “Positive relationships and social connections are also crucial for a healthy state of mind. Nurturing meaningful connections with friends, family, and community members provides support, validation, and a sense of belonging. These relation-



ships offer opportunities for emotional expression, empathy, and mutual support, which are essential for maintaining mental well-being. In addition to emotional factors, physical health and lifestyle choices play a significant role in mental well-being. Regular exercise, a balanced diet, adequate sleep, and avoiding harmful substances all contribute to physical vitality and mood stability. Engaging in activities that bring joy and fulfilment, pursuing hobbies and interests, and setting achievable goals are also important for maintaining a sense of purpose and meaning in life.”

He concludes by saying, “Seeking help when needed is a sign of strength, not weakness. It’s important for individuals to recognise when they are struggling with their mental health and to reach out to professional support services such as therapy, counselling, or support groups. These resources can provide valuable tools and strategies for coping with mental health challenges, building resilience, and promoting overall well-being.”



# Starry collaboration

WHEN A PROMINENT SINGER AND A FAMOUS RAPPER COLLABORATE TO ENTERTAIN THE AUDIENCE, THE RESULT IS BOUND TO BE MAGICAL. AND THIS MAGIC WAS CREATED LAST WEEK IN ODISHA'S CAPITAL CITY, BHUBANESWAR, AS CELEBRITY VOCALIST NEETI MOHAN, WHO HAS WON MILLIONS OF HEARTS WITH HER SOUL-STIRRING RENDITIONS IN MULTIPLE LANGUAGES, AND YOUNG RAPPER ANKIT SINGH PATYAL, AKA IKKA SINGH, TOOK TO THE STAGE AT A PROMOTIONAL EVENT. SUNDAY POST CAUGHT UP WITH THE ACE PERFORMERS FOR A BREEZY CHAT ON THE SIDELINES OF THE SHOW. HERE'RE THE EXCERPTS:

MADHUSMITA SAHU, OP

## NEETI MOHAN

- What was it like to perform for the fans in Bhubaneswar again?
  - It was thrilling experience. Each time I stepped on stage, there was tremendous expectation and excitement. The crowd's energy fueled me to deliver my best. Let me tell you that the bond with Bhubaneswar's audience was special, like returning home to embrace my music. Their warmth reaffirmed my passion in music. Every performance here exudes new vigour. Odisha's soil invokes sacredness, fostering vibrant expressions in music, culture, and art.

- What inspired you to pursue a profession in singing?
  - I had a lot of interest in both dance and music, but I was not sure about which course to follow. My father used to say that life naturally guides us towards our livelihoods, so I should listen to my heart. Taking his advice, I followed my passion. Eventually, I emerged as the winner of a reality show, finding the answer to my dilemma.

- If not singing, what alternative career path would you have pursued, and what's the reason behind that?
  - I would certainly be serving the country in military fatigues. I served in the NCC and dropped an application to join defence forces with a



strong desire to serve my nation. However, fate had something else for me in store.

- How was the experience of performing in the Korean language?
  - It was very unique and beautiful, and I received many compliments. I sat on the phone with the lyricist and wrote and learned the lyrics. Performing in Korean for the 50th anniversary celebrations of India-South Korea's diplomatic ties in Delhi was a privilege. The warm reception I received afterward filled me with joy as an Indian singer.

- What is your message for your fans?
  - I want them to find solace, inspiration, and understanding in the melodies and lyrics. My music is a reflection of my experiences, beliefs, and hopes, and I aspire for it to spark meaningful conversations and connections among listeners.

## IKKA SINGH

- What led you to choose Ikka as your stage name?
  - In the sixth grade, I had five other friends named Ankit. When I asked my father about why he chose such a common name for me, he suggested I could opt for a shorter name if I wish to. Taking his advice, I shortened my name to Akki. However, to give it a distinctive touch, I decided to reverse it, kept it



IKKA, which had a nice ring to it.

- How would you describe your experience thus far in Bollywood, beginning with the track *In Da Club* to your most recent release, *Laadla*?
  - I believe my journey throughout the years has been both satisfying and challenging. Along the way, I discovered a plethora of new talents. I've had a profound passion for Bollywood since I was a child, and my desire to be part of the industry began when I heard *Ye Kaali Kaali Ankhein...Gore Gore Gaal* from the movie *Baazigar*. I'm overjoyed now that I've realised my dream. I am grateful to God and my family for their unwavering support and blessings, and, of course, to my fans for their unending affection.

- The tattoo on your arm reads *Hard Work*. Could you elaborate on this?
  - Raised in a middle-class family, I uphold values of faith, diligence, and respect. Pursuing success requires relentless effort, which is why I engraved 'Hardwork' on my arm.
- Apart from music, do you have any other interests?
  - I enjoy engaging in video games. Whenever I have free time or nothing else to do, I spend hours immersed in video games.

# Devoleena open to diverse mediums

Actress Devoleena Bhattacharjee is overjoyed to make her debut in films. However, she said that doing movies doesn't mean she will now take a step back from working on the small screen or the web.

The actress, who gained popularity essaying the role of Gopi Bahu in the show *Saath Nibhaana Saathiya*, will be seen playing the lead in *Bengal 1947: An Untold Love Story*.

Talking about her big screen debut, she said, "I'm excited about making my film debut. I wish my audience love and support me like every time. I'm not limited to any particular medium. I'm happy to enjoy the opportunity to explore the big screens, after acting in projects that aired on TV and digital platforms. As an actor I never look to limit myself to any particular medium."

The actress, who was last seen in *Dil Diyaan Gallaan* added, "I'm an actor and my job is acting. Though Bollywood screens are considered the best platform and every actor wants to rule that platform. So do I, but I'm always open to good stories. I enjoy my work whether it is live on stage doing theatre, or TV shows, web or films. But doing films doesn't mean I will now not consider TV or web."

# Apoorva on trying method acting

Actress Apoorva Arora, who is receiving a lot of positive responses for her recently released OTT show *Family Aaj Kal*, has shared that she tried her hands-on method acting for the first time in the show.

The actress said: "Being a director's actor means I'm all in for bringing their vision to life. When we were prepping for *Family Aaj Kal*, Parikshit had some pretty unique methods that had me scratching my head at first. But I decided to trust him and go along with it, even if it felt a bit weird. Those workshops and homework sessions really opened my eyes to his approach."

Talking about her first experience of learning method acting, she said, "It was my first time diving into method acting, really getting into my character's head. I had to give up things I love, like jamming to music - and trust me, anyone who knows me knows I can't resist grooving to a good beat."

She went on to add, "During filming, I had to pretend not to hear the music, just like my character dealing with depression for two years. I believe these deep dives are where the magic happens, shaping both the character and my acting skills."

AIANS

# Karan's dig at filmmakers

Filmmaker Karan Johar, who is known for his big presence on the social media landscape, took to his Instagram stories and shared a cryptic message, sparking speculation about current trends in Bollywood.

In his Instagram stories, he took a very bold dig at filmmakers and current Bollywood trends. Johar wrote, "If you want a big scale, then create this. Action is working. Make action flicks! If a love story works, then make a romantic movie! If

a chick flick becomes a hit, then go there! The weather changes every week... conviction dies every week! It's the box office, not Instagram reels... you'll stay in the 30-second trend there."

Earlier this week, Karan also took a dig at those who get fillers. He said fillers may change one's external appearance, but they cannot change one's nature or personality.

On the work front, Karan has a couple of projects in the pipeline, like *Sunny Sanskari Ki Tulsei Kumar*, *Jigra* and *Bad News*.

AGENCIES

# 'Spending on clothes is a waste of money'

Actress Mrunal

Thakur, who has carved a niche for herself in the Telugu film industry will next be seen in *Family Star* with Vijay Deverakonda.

Recently, the actress expressed that she believes buying clothes is a total waste of money and she has never spent more than Rs 2,000 on outfits.

During an interview with *Galatta Plus*, Mrunal revealed that

she does not spend money on expensive designer clothing because one rarely wears them again.

"You are not going to wear them again," Mrunal said. Regarding the attire she wore during the interview, Mrunal remarked, "These are not my clothes, I have just sourced them. The maximum money I have spent on a top is Rs 2000. That also I feel is too much."

She further added, "Because whatever is expensive, you cannot wear them over and over again. Yes, having a classic statement collection in your wardrobe is good but wearing a brand for the heck of it is a waste of money. I would rather invest that money in food, in some plants, house, or a land where I can do farming."

Mrunal revealed that she "cheats" and manages to pull it off, while always looking her best for public appearances.

AGENCIES

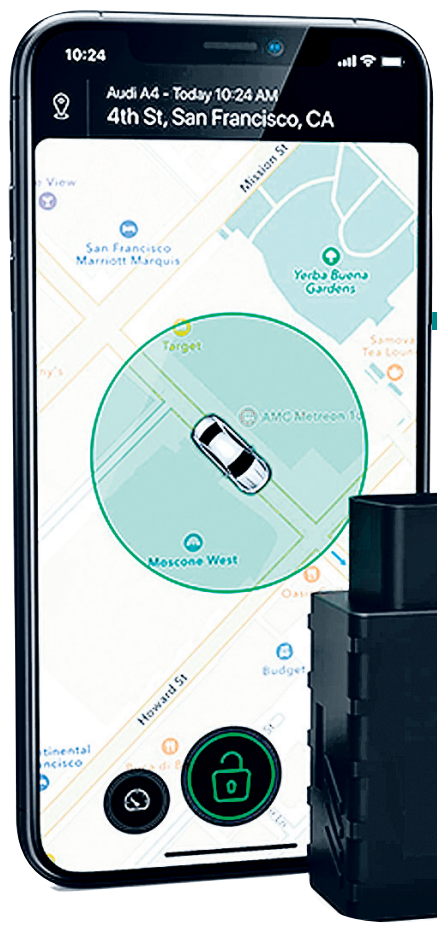
# Life-simplifying gadgets

WITH USERS INCREASINGLY OPTING FOR EASY-TO-OPERATE PRODUCTS, SOPHISTICATED GADGETS ARE NOW DOMINATING SHOP SHELVES. FROM ECO-FRIENDLY SOLUTIONS TO HIGH-TECH MARVELS, HERE ARE FIVE CUTTING-EDGE DEVICES THAT ARE TRANSFORMING THE WAY WE LIVE



## Polaroid Go

Capture life's spontaneous moments with Polaroid's pint-sized powerhouse, the Polaroid Go. Despite its compact size, this analog instant camera packs a punch with features like double exposure, a self-timer, and a selfie mirror. Perfect for parties or everyday adventures, the Polaroid Go delivers iconic square prints in a portable package that fits snugly in your pocket. Plus, its rechargeable design makes it a sustainable choice for photography enthusiasts.



## CarLock

Protect your vehicle with CarLock – the ultimate peace of mind for car owners. This intuitive app allows you to monitor your car's movements in real-time, right from your smartphone. From detecting unauthorised access to tracking your car's location via GPS, CarLock provides invaluable insights to keep your vehicle safe and secure. Whether you're at home or on the go, CarLock gives you the power to safeguard your investment with ease.



## Philips 3-in-1 air purifier, fan & heater

Who says you can't have it all? Philips defies expectations with their innovative 3-in-1 air purifier, fan & heater. Combining functionality with style, this versatile device boasts a sleek design that complements any living space. Whether you're battling allergens, staying cool in the summer, or keeping cozy in the winter, the Philips 3-in-1 delivers purified air with customizable comfort settings. Say goodbye to bulky appliances and hello to streamlined efficiency.

## Chipolo One Bluetooth key finder

Never lose track of your keys again with the Chipolo One Bluetooth key finder. Crafted from recycled materials, this eco-friendly gadget emits a loud sound to help you locate misplaced keys, phones, or other valuables. With a battery life of up to two years and easy replacement, the Chipolo One is a budget-friendly solution to a common problem. Say goodbye to frantic searches and hello to peace of mind.



## SodaStream Terra

Tired of being held hostage by pricey sparkling water brands? Enter the SodaStream Terra – a game-changer for fizzy water aficionados. This sleek device allows you to customize the level of carbonation to suit your taste buds, all while ditching single-use plastic bottles. Whether you're a fan of a subtle fizz or prefer a more effervescent experience, the Terra delivers sparkling water on demand with ease.





**Mukti**

WANT TO BECOME A MODEL?

Send us your photographs at  
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PHOTO: KUMAR SHARAT, OP