

JULY 24 -30, 2022

**SUNDAY**

**POST**

HERE . NOW

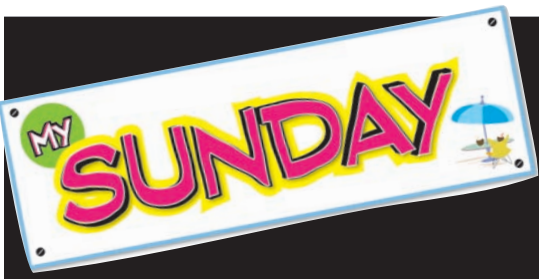
NATIONAL PARENTS' DAY

# The Role Reversal

P 3,4

COVER  
STORY





Sushree Sabita Palei, who has carved a special space in Odia entertainment industry after headlining popular TV shows like 'Rahichi Rahibi Tori Pain' and 'Suhaga Sindura' and appearing in movies such as 'Maa Ra Mamata', 'Mu Tumaku Bhala Paye' and 'Boura Hatabaksa', loves to binge-watch web series on her non-working Sundays



ARINDAM GANGULY, OP

### Catching up on sleep debt

Since I shoot almost every day for my ongoing daily TV show *Suhaga Sindura*, I don't miss opportunities to take a few hours of extra naps. So, I wake up a little late on non-working Sundays but never neglect my workout sessions and skip breakfast.

### Itchy feet

Travel craving is something which I find difficult to resist. I love to spend time on Puri beach if I get a break from shooting and travel to Ghatagaon (Keonjhar), my birth place, to be with my family when I get an extended break.

### Donning chef's hat

Spending time in the kitchen is my favourite pastime. I avoid oily and spicy dishes but I am a garlic lover. Little wonder then that I love cooking Garlic Mushroom, Garlic Paneer and Garlic Chicken.

### Binge-watcher

I like binge-watching web series on streaming platforms at my leisure. Thrillers and romantic subjects are my favourite genres. I also enjoy making reels with the cast and crew of my shooting unit.

### Dreaming big

Even as I have done my B.Sc. in Chemistry, I dream to join civil services and for that I am studying hard to crack the prelims in my first attempt.



With family



## WhatsApp This Week

### Only on Sunday POST!

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

#### THE BEST MEMES OF THIS ISSUE

- The only toss that can be hit for a six is full toss.
- If stress burned calories, I'd be a supermodel.
- I love my six pack so much, I protect it with a Layer of fat.
- My room is not messy, it is an obstacle course designed to keep me fit.



## HAIL NATURE

Sir, Indeed, **Sunday POST** offers readers a delicious assortment of dishes. Last week's cover story *Romancing The Rain* and travel story *Chail-A valley of dreams* are a few examples. These articles made me travel to a different world altogether. I never really experienced the ambiances that have been narrated in the articles. After going through them, I really want to feel the romance in the rain and visit Chail, the valley of dreams. It is true that all poets and filmmakers are connected with rain in a romantic way. Similarly, under the wanderlust segment, the author very well portrays the beauty of nature in her travelogue. The description of Chail's landscapes, mountains, meeting strangers, freezing breeze and most importantly the cloud blanketing the valley and sparkling snow in the story captivated me enough to plan my next trip to this mesmerizing hill station.

VIJAYKUMAR HK, Raichur

## 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](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

# NATIONAL PARENTS' DAY

Parenting is not just about raising kids and being their support till they grow up. In a different kind of parenting, young people are seen donning the role of caregivers to those who are left abandoned in their twilight years



# The Role Reversal

POST NEWS NETWORK

While most of his friends have their grandparents weaving stories at bedtime, why he doesn't have a grandpa or a grandma at home, asked an eight-year-old Rahul to his father Aniket. He also shared how his friends enjoy the company of their grandparents at the park and even get assisted in completing their school homework.

A doting father, Aniket was pretty unprepared to get a question like this from his son. Since he often reads moral stories to Rahul at bedtime, he never expected him to ask about his grandparents.

Next day, Aniket, who works as a lead in an IT startup, was at a shelter centre for elderly people in the Old Town area of Bhubaneswar. He took his wife Sarita and son Rahul along.

More often than not, when young couples visit old age homes, it is assumed that they want to send their elderly parents to get rid of responsibilities and avoid age-related issues. Expectedly, the authorities here started enquiring with Aniket about his parents' age, health and other details.

However, Aniket's was a different story.

"We wanted to adopt an elderly person who can share his valuable experience with us, most importantly with our son who badly misses the presence of grandpa at home. Since both Sarita and I were brought up at an orphanage, we are unable to meet Rahul's emotional need of sharing time with grandparents. Therefore, we want to fill that void by making him grow up with the affection of someone who will be part of our family forever," Aniket told the old age home authorities. Needless to say, the authorities understood Aniket's sentiments and did the needful after completing certain formalities.

So, parenting is not just about raising a child and being their support till they grow up, it is more than that. At times, young people also have to play the role of parents to the aging persons.

Similarly, the selfless service rendered by the individuals running old age homes or to the needy aging couples is also an act of parenting. It is quite fulfilling to parent the old people who have lost their homes but found another home in these places, says Deben Pothal, a caregiver who works with a Bhubaneswar-based retirement facility. On the occasion of National Parents' Day, let's hail the noble-spirited youth who play the role of parents to those elderly people who have either been abandoned by their family or



Alok shaving an inmate

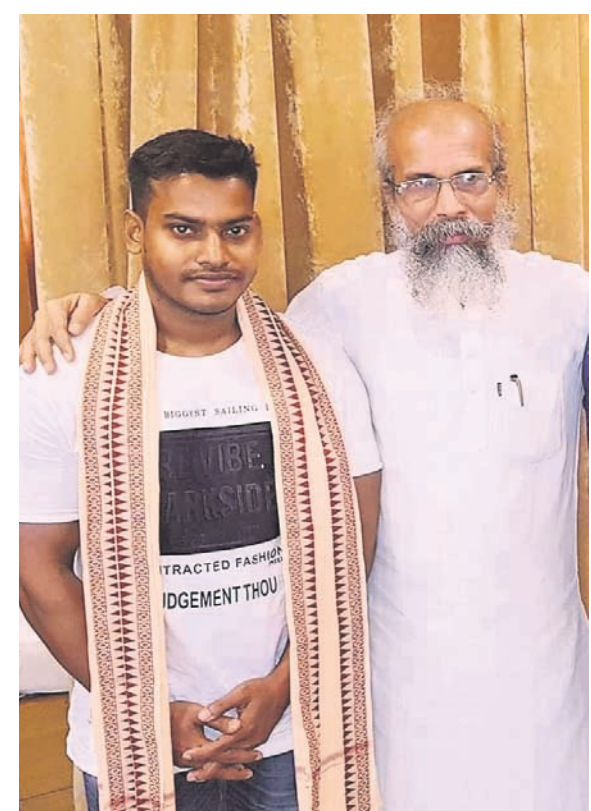
sent for some unavoidable reasons.

Not many youths in their early 30s are expected to serve and take care of strangers like their parents. But 32-year-old Alok Samartha, a Civil Engineer, thinks differently.

A member of Lingaraj Temple sevayat community, Alok nourished a dream of taking care of old people who are often considered a spent force and left uncared-for in their twilight years.

When youth of his age and qualification dream for cushy jobs in multinational companies with fat salaries, Alok, who is currently pursuing a course in Journalism and doing his Masters in Law, has taken up an unconventional job as his career.

He has recently set up Ashara Alok Pitru Matru Bhawan, a charitable shelter centre for the elderly persons, sending a positive message to the society.



Being felicitated by former Union Minister Pratap Sarangi



An elderly person at an old age home run by OPUS

“The aging inmates of Ashara Alok are like my kids. I cook for them, spend quality time with them and try to fulfill their needs as much as possible. They have endured so much in life and it is time they need to be taken care of, which is our sole motto,” says Alok, a physical fitness trainer.

Recalling how it all started, he continues: “While my friends celebrate their birthdays by cutting cakes or throwing parties, I have been doing it in a different way. I prefer to spend time at a hospital or with the inmates of orphanages to celebrate my birthday. On one such occasion, I had been to the Capital Hospital with Deepak Sahu, a senior acquaintance. There I was shocked to see the plight of some leprosy patients. They were put up at the backyard of the hospital and none of their kin visited them. After talking to a few of them, I realized how lonely they were. The incident changed the course of my life and I decided to set up a facility for those who are considered a liability in society.”

On being asked how he meets the expenses of Ashara Alok, he says, “We believe in the old saying of ‘where there’s a will, there’s a way’. Though I am in the forefront of this initiative, we are a group of friends who have collaborated for this venture. My friends, their relatives and neighbours come together to pool money to meet the expenses of the old age home. Besides, we approach our contacts for crowd funding to run the organization.”

Alok has certainly set an example for those who think landing a fat-salaried job is

the ultimate success in life.

**Matrumayee Priyadarsini** works as the project coordinator of OPUS.

OPUS took birth in the year 1999 with an objective to bring a ray of hope in the lives of those who spend their moments in the prison of grief, loneliness, torture, harassment and are left stranded. Taking care of the elderly people abandoned by their children is also part of OPUS’ multiple initiatives.

Old-age homes can be hope sticks but can’t be a substitute to homes, she says.

Sharing her experience of rescuing hundreds of elderly persons and parenting them virtually, she quips, “It’s really painful to see the plight of the elderly people who are dumped by their families. Though we try to offer comfortable lives to them, their heart lies with their kids, who are their lifelines and source of existence.

“Though we at OPUS always do our best to make them feel at home, through Sunday POST I would like to send a message to the readers that the address of the elderly people is neither the footpath nor the old-age homes. They deserve a life of dignity because parents are the real gods who possess ‘supernatural’ power to transform the life of their children. We all owe our lives to our parents and no one else. As they sacrifice a lot to



bring us up, let’s become a parent to them when they need us most instead of sending them to asylums or abandoning them on the streets.”

People move from one temple to another to feel the God and get salvation oblivion of the fact that the parents are the real Gods in flesh and blood, adds Matrumayee.

When a person becomes a parent, he/she thinks that the kid is the greatest treasure and lifeline of his/her existence. But unfortunately, the children conveniently forget their childhood and don’t hesitate to leave their parents to fend for themselves, she laments.



## THE ORIGINAL ROLE MODEL

**S**hravan Kumar, mentioned in the ancient Hindu text Ramayana, known for his filial piety towards his parents, was killed accidentally by King Dasharatha. Shrvan Kumar’s parents, Shantanu and Gyanvanti (Malaya), were hermits. They were both blind. When they became aged, Shrvan wanted them to take to the four most sacred places of Hindu pilgrimage to purify the soul. Since Shrvan Kumar could not afford the transport, he decided to put each parent in a basket and tie each to an end of a bamboo pole, which he would carry on his shoulder while on their pilgrimage, becoming the role model for the children of all ages.

## MODERN DAY SHRAVAN KUMAR



**A**mid the rise in the trend of old age homes in the modern world, a man from Ghaziabad is taking care of his parents in the best way possible. Vikas Gehlot can be called the modern day ‘Shrvan Kumar’ as he is carrying his parents on his shoulders during Kanwar Yatra to Haridwar in Uttarakhand. Vikas Gehlot has also covered the eyes of his parents so that they could not see the pain of their son. “I am feeling very happy. I have covered the eyes of my parents so that they do not get upset seeing my difficulty,” said Vikas.





# Monsoon Wedding

*Rain brings with it many logistical challenges such as delayed delivery, travel impediments and traffic snarls that adversely affect the comfort of the guests. But, if planned effectively, monsoon weddings can be an unforgettable affair*



What could be more romantic than rain when you're in love and about to embark on a new chapter in your life? In this situation, a monsoon wedding sounds ideal, but how practical is it? During the rainy season, resorts, hotels, and vendors offer discounts, and it is easier to book popular venues, but how can we ensure that unexpected showers do not inconvenience guests and ruin the dreamy atmosphere?

But, if planned effectively, monsoon weddings can be magical and unforgettable.

Here're a few tips to ensure a hassle-free monsoon wedding:

## Indoor venue

Expert event managers advise an indoor wedding during monsoons. A lot of clients also opt for waterproof marquee tents, and romantic gazebos but to ensure the comfort of the guests when they arrive and leave during heavy showers can be a concern. Personalised umbrellas can be given to the guests and can even be used as part of the decor but if you want everyone present to enjoy the wedding in a totally protected environment, an indoor venue is the best bet.

## Appropriate decor

While brides get busy choosing exquisite pieces for their trousseau and weighing whether to opt for a georgette, chanderi, gota, net, or an organza outfit for a monsoon wedding, wedding or decor designers have to

weigh what materials and design accents are most practical during the rains. Just as it is important to consider the length of the hemlines and how moisture could affect a bridal outfit or jewellery during the monsoon, a wedding designer must weigh which materials are most appropriate and how to create and assemble installations at the venue, how to transport backdrops, furniture, and a million other things needed to create a perfect ambience, says Ambika Gupta, an event designer. She recommends planning in advance, the logistics of transporting materials, work force, flowers, light fixtures and more. "Rains are unpredictable but a wedding designer has to deliver every single time. I suggest that nothing be left to the last minute and every small detail be planned well in advance," she adds.

## No to perishable flowers

During monsoons, chances of delayed flower shipments are high. "It is better to source flowers from trusted local vendors during monsoons or use sustainable options like Shola flowers which are not perishable. Tropical plants, an assortment of hyper-realistic flowers made from paper or fabric can create beautiful settings as well. The point is to work with what is easily available, practical and yet beautiful," shares Amibika.

## Wise planning of menu

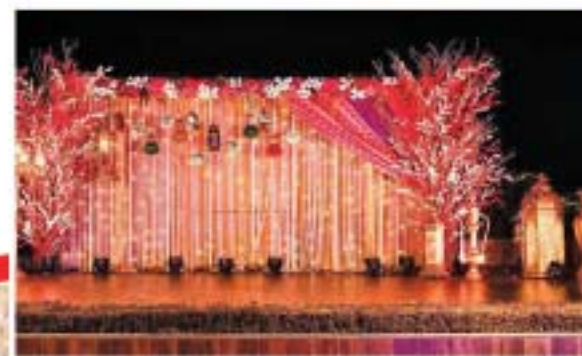
During monsoon, details like where the

food is coming from, when it will arrive and how it will be served, are very important for a wedding planner. That is why it is always recommended to synergise with the caterers so that the timelines match and one knows what kind of courses are being served well in advance. It is also important to be mindful of allergies and contamination during monsoon and serve only freshly made, piping hot delicacies rather than cold cuts, seafood and chilled salads.

## Comfort of guests

Guests always remember how well they were taken care of or if they were subjected to unnecessary discomfort. A lot of times, clients want to host pool parties and rain dances before a wedding. But it is advisable to check how many guests would be comfortable with these ideas and consider questions like will they have to carry extra sets of clothes, will they need flip flops, where will they change etc. It is also important to ensure that while arriving and leaving, they are escorted with umbrellas. And lastly, the venue must be designed to be comfortable and must exude a sense of warmth and safety no matter how hard it is raining outside.

AGENCIES



# Samantha opens up on divorce

Samantha graced the third episode of *Koffee With Karan 7* with Akshay Kumar. The actress surely grabbed eyeballs with her sassy answers and quiriness as she opened up about her personal life, divorce from Naga Chaitanya, and more.

Samantha said divorce with Naga Chaitanya has been hard for her and it wasn't amicable. She said, "It has been hard. But it's good now. It's fine. I am stronger than I have ever been."

Karan asked her if there are any hard feelings between her and Chay. The actress replied, "Are there hard feelings like if you put us both in a room, you have to hide sharp objects? Yeah, as of now, yes. So it's not an amicable situation right now." Samantha also added, "Not right now, but maybe sometime in the future, yeah."

Asked if acting was a choice, the *Pushpa* actress said, "No, it wasn't. I didn't have a choice actually, coming into this profession, because things were hard at home. We didn't have much money to study further.. but then I am really glad."

Apart from Samantha's fiery answer, another top winner of the episode is her chemistry with Akshay Kumar. Fans loved them together. In fact, the duo have also recreated Oo Antava song and set the stage on fire.



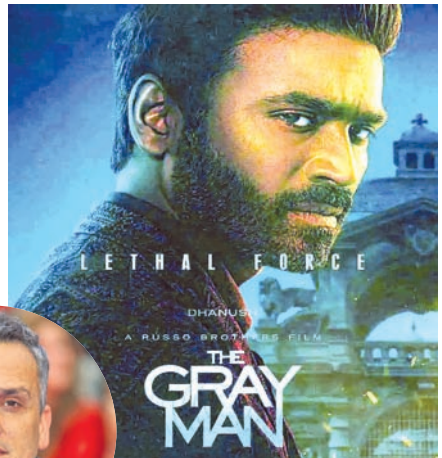
# The Gray Man director praises India's vibrant film community

Hollywood director Joe Russo Thursday said he and his brother Anthony Russo would like to collaborate with more Indian talent, including *The Gray Man* actor Dhanush, in a potential sequel to the Netflix film.

Joe, who is in the city with Anthony for the India premiere of the upcoming movie, praised the vibrant film community of the country.

"We love India, we love the vibrant film community here. There's so much talent in India and the fan base is so passionate. We would love to find as many projects as possible with Indian talents - producers, actors, directors... It is exciting to us," Joe said during the press conference of *The Gray Man* here.

Based on Mark Greaney's 2009 novel of the same name, the spy action entertainer revolves around freelance



assassin and former CIA operative Court Gentry aka Sierra Six (Ryan Gosling) who is hunted across the world by Lloyd Hansen (Chris Evans) and other international assassins. Dhanush plays Avik San, the lethal force who can stop Six from revealing a dark agency secret.

If *The Gray Man* universe expands, Joe promised fans will get to see more of Dhanush's character.

# MMA: Gayatrii's new fitness mantra

Gayatrii Bhardwaj is currently basking in the success of her two interesting projects - *Ittu Si Baat* and *Ishq Express*. The actress who's also a fitness enthusiast and keeps learning new skills to keep herself fit. The actress has begun learning Mixed Martial Arts (MMA), a full-contact combat sport that allows the use of both striking and grappling techniques.

On learning about the same, Gayatrii shared, "This (MMA) will help me do the films which are related to action and training. It's a new skill set that I was contemplating to take up since long time. I want to maximise my skill set when it comes to acting. I would love to do action films and if there is ever a film being made on a superwoman, wonderwoman or a cop role then I would love to be a part of something like that."

She also added, "I want to be a multi-faceted actor. I don't want to play only girl next door roles. It will help me to broaden my horizon as an actor. I do MMA thrice a week for two hours and I think I am much more flexible now and it has improved my core strength. I do a lot of gymming also but I've realised flexibility is as important as strength."



# Vaani talks about unwanted pressure

Vaani Kapoor has been in the film industry for nearly a decade now and she's done myriad projects, including *Shuddh Desi Romance*, *Bell Bottom* and *Chandigarh Kare Aashiqui*. However, if there's one thing that bothers the actor, it is the hype associated with films racing to enter the 100-200 crore club. While she agrees with the importance of box-office success, she feels the pressure tends to get overwhelming at times.

decade now and she's done myriad projects, including *Shuddh Desi Romance*, *Bell Bottom* and

"Box-office is important. You want to be able to earn out of a film so that you can continue creating art. But ever since the whole concept of 100-200 crore club came in, it has put a lot of pressure. Sometimes, it is a bit too much. People get scared of experimenting with subjects because of the pressure. It gets harder for them to mount films on certain people who are not already at the top of their game... Many things are in play because of the pressure to make sure your film reaches a certain number," says the 33-year-old.





INTERNATIONAL SELF-CARE DAY

# BACK TO BASICS

*When it comes to mental health, self-care can help manage stress, lower the risk of illness and increase energy. Even small acts of self-care in one's daily life can have a big impact, says noted psychiatrist Amrit Pattojoshi*

SMRUTI REKHA BARIK, OP

The World Health Organization defines self-care as the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider. Though it is broadly believed that self-care is all about staying physically healthy that includes hygiene, nutrition and seeking medical care when needed, there is another aspect to it and that is the mental self-care which has a lot to do with our daily stress. Often people suffer in silence thinking this to be an unimportant subject to be discussed. Scarcely do people know that there is nothing more important than mental health.

Speaking on the issue on International Self-Care Day, noted psychiatrist Dr Amrit Pattojoshi says mental health is the root of all sorts of health dis-



orders. On the topic of self-care of the mind, he explains, "Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness. When it comes to your



mental health, self-care can help you manage stress, lower your risk of illness and increase your energy. Even small acts of self-care in your daily life can have a big impact."

He goes on to add, "The point is to remind yourself that you have options when you're blinded by negative thoughts that tell you there's nothing that will help you, that there is no way out, then these can be simple reminders "You are loved", "You can talk to

me", coping strategies are "Take a walk and have some water". The burden of mental health being on rise, with the number of people reporting mental health concerns, it has become difficult to ignore the impact that mental illness can have in our everyday lives, society and economy at large. Self-care is an intricate process of purposeful engagement in strategies that promote healthy functioning and enhance well-being. It's essential to your overall health and quality of life."

Psychologist Sambit Mohanty says, "Self-care looks different for each individual and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you."



Although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health, he adds.

"To keep things going in today's stressful time, one has to keep himself or herself fit mentally by maintaining a balance between your physical and psychological needs. There is a need to keep cool in any given circumstances by controlling the anger and with a positive mindset. Also you need to adjust your mood according to the situation," says Mohanty explaining the mental aspect of self-care.

## EXPERT'S PRESCRIPTION

- Just 30 minutes of walking every day can help boost your mood and improve your mental health.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to your friends or family members who can provide emotional support and practical help.



# Ambika



PHOTO : KUMAR SHARAT, OP