

OCTOBER 16-22, 2022

SUNDAY POST

HERE . NOW



ODISHA CIVIL SERVICES EXAMINATION 2020 RESULTS

Regaining Supremacy

P 3,4
COVER
STORY

MY SUNDAY

Though she is often trolled on social media as the brand ambassador of feminism, firebrand poet Subhashri Subhasmita Mishra minces no words in expressing herself in her poems. Creator of five poetry anthologies – ‘Aranya’, ‘Agnika’, ‘Garbhagni’, ‘Ayudha’ and ‘Agni Saraswati’ – Subhashri aka Shelley loves to go out with family for dinner on Sundays



Sluggish Sunday

Sundays are for compensating the week's lost sleep. Not just me, the entire family is slothful at home on Sundays. So, on this day, the sun rises late at my place!

Daughter's favourite chef

My daughter is very demanding when it comes to food. For breakfast she asks me to prepare puri-aloo kassa/ aloo paratha, and craves for healthy pancakes on some Sundays. If not chicken biryani for lunch, I prepare chakuli-mutton for her.



With Alex

Alex's day out

Alex, my four-legged son, enjoys a good shower like nothing else. This is a must in my to-do-list every Sunday. My kids also find happiness in splish-splashing with him.

Family time

My husband remains a little occupied in the morning, but in the second half we spend time together. We go out to watch an MCU movie or for dinner in some restaurant.



With family

No OTT please

There's nothing like staying at home, away from all streaming platforms and spending quality time with family. Talking with Khushi and Dugu, watching them fight and play with Alex complete my Sunday.

Want for more than one Sunday

I always have a heavy heart at the end of the day, as happy times hop quickly. This whole day I get to spend with family makes me wish for some more Sundays in a week.

SMRUTI REKHA BARIK, 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

- Will glass coffins be a success? Remains to be seen.
- Did you hear about the guy whose whole left side got amputated? He's all right now.
- I put my grandma on speed dial the other day. I call it insta-gram.
- My friend's bakery burned down last night. Now his business is toast.



SHUN MISOGYNY

Sir, Mandana Karimi's caustic comment : 'I don't want to be associated with an industry where there is no respect for women'(Oct 9) is a damning indictment of the sordid state of affairs in the film industry. In a nation where Bollywood is akin to a second religion for many, on-screen misogyny reigns and women continue to be portrayed in a negative light. From movie storylines to lead roles, dialogues, lyrics & picturisation of songs, a majority of our mainstream cinema has subtly promoted voyeurism, slut-shaming and sexual harassment under the garb of romance. With misogyny firmly entrenched in our commercial cinema, Bollywood has, by and large, helped in reinforcing gender stereotypes and the commodification of women. Since movies have a massive impact on society and impressionable minds, it's high time that we put a full stop to misogynist slurs, double entendre dialogues, sexist overtones and objectification of women in our films.

AMIT BANERJEE, New Delhi

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



It was in 2018 when girls occupied the top three ranks in Odisha Civil Services Examination. Ayushi Mahapatra topped the list followed by Sanjita Mohapatra and Poonam Mahapatra



Tejaswini Behera

Regaining Supremacy

the high-fliers of 2020 OCS to share their journey so far with the readers.

'Got only four days to prepare for viva'

Born in Silver City Cuttack and groomed in Temple City Bhubaneswar, OCS topper **Tejaswini Behera** did her Masters in Economics from JNU. She also interned at the Ministry of External Affairs during her graduation at Shri Ram College of Commerce (Delhi University).

Asked on what made her take the plunge, Tejaswini says, "The career opportunity that Civil services offer is unparalleled. The dynamic nature of work, the fact that our decisions could have an impact on a number of people, and how we could act as implementing agencies and bridge between people and the government made me aspire for civil services."

Talking about motivation, she continues: "For motivation, I think I have been a little lucky on this front. As soon as I cleared prelims, I had the opportunity to write mains. And after that, I prepared for UPSC prelims. So this cycle of examinations and little achievements in between boosted me up for the next stage. More than motivation, it was the study routine that kept me going."

Speaking about the fear factor, she says, "For an examination wherein lakhs of students compete for a few hundred posts, fear is inevitable. But it

should never act as a hindrance in your preparation. Rather it should be taken as a challenge to put in extra effort. Students should talk to their family and friends whenever they feel demotivated or stressed. They can also take little breaks from studies to rejuvenate themselves.

On her strategies before facing the exam Tejaswini explains, "The biggest confidence to crack OCSE was that the number of vacancies were double than the previous year. So I told myself, it has to be this time. Besides, my strategy was to study as per syllabus and PYQ. For example, OSPC doesn't ask about Odisha's ancient and medieval History. So I skipped that portion completely. Topics like regional disparity, Odisha's economic situation, human rights issues were recurring topics. So, I prepared them well beforehand. Similar exercise was done for Optionals as well."

Tejaswini, sharing one more secret that made her journey a little smoother, adds, "Economics was a natural choice for me, after studying that subject for 5 years.

Also, I observed that

The OCS topper also shared a few questions that she faced during her interview.

Here're a few of them.

- a. You have studied in all elite places, how do you think you will be able to cope up with working in a remote area?
- b. Having studied economics deeply, why do you want to shift to a generalist career path?
- c. Don't you think you wasted your education degree as you could have an MBA or joined an economic research foundation?
- d. Your take on Make America Great Again (MAGA)?
- e. How to build consensus in a vast country like India? Is it possible at the ground level?
- f. Importance of ethics in public life?
- g. What are public goods and public bads?
- h. What are your views on freebies?

only 15-20 students opt for economics in OCS. Unlike other subjects like Geography or Sociology, there was less competition here. So my motive was to be the best among these."



Tejaswini with parents

SMRUTI REKHA BARIK, OP

After a gap of two years, the girls have once again sealed the top three ranks in the Odisha Civil Services Examination 2020 results of which were declared by Odisha Public Service Commission last week.

Tejaswini Behera of Bhubaneswar topped the list while Subhankari Sudeshna Dash from the same city stood second. Ananya Sristi Satpathy of Bargarh secured the third position. These three have tirelessly trained their minds, educated themselves and scripted history for one more time. With their glorious achievements, they have indubitably set examples for many.

By sheer coincidence, the UPSC result that was announced this year too had three girls at the top.

Meanwhile, **Sunday POST** caught up with

Narrating on how she won the final frontier that is viva, the topper says, “I unfortunately got only four days to prepare for viva. As scared and unprepared I was, I made sure to work on my strengths and that is my “Confidence”.

Is it essential to be a bookworm to crack such a tough exam or is it just a myth? To this, she says, “For me, it’s certainly a myth.

‘Fear of being average is my strength’

Bhubaneswar-based **Dr Subhankari Sudeshna Dash** always wanted to serve people as a physician. But unfortunately, she couldn’t crack medical entrance. However, she managed to complete her post graduation in veterinary gynecology and obstetrics. Not happy with the profession, she started preparing for public services.

“Because I know apart from becoming a doctor there couldn’t be a better platform than this to make myself available to serve the people,” says Subhankari.

The collaborative challenges in administrative service have always been her constant motivation and also desire to work for vulnerable sections.

“The idea of preparing for civil services began with my willingness to serve the society and to take it a notch higher,” she adds.

Having butterflies in the stomach is part of any competition, and OCSE is no different. On this, she says, “Fear of being average drives me crazy, it makes me work and not stop until I find what I am striving for. It is my strength; it boosts me up to work harder. I have seen failure real close, so I never sit back and relax, I get up and work for what I want.”

When quizzed about her approach to

I love watching movies. There are some movies I absolutely love and can watch infinite times such as MS Dhoni, Rajneeti, 3 idiots, Bhag Milkha Bhaag. But yes, between prelims and mains, I hardly had any time for it. Other than that, I do free-style dancing sometimes. Also, for me, petting my cat & watching it purr is like the biggest stress-buster.”

the examination, she shares, “Rigorous writing practice, giving tests in time, discussing with my mates are what have helped me throughout; the simple secret is to keep practicing without a pause, which helped bring the best out of me but in the second attempt.”

Besides, she also picked on less trending, least chosen subjects like zoology and veterinary as she opted veterinary in her graduation and zoology in intermediate; hence she was familiar with the ‘W’s of the syllabus.

Talking about her experience with the board members, she recalls, “They were pretty cordial and discussion went really well as I felt comfortable with the questions. It was very different from the mock vivas. The questions covered contemporary topics such as gender discrimination, women empowerment, many factual queries on different concepts, hero of my life and my inspiration for civil service.”

Asked about her method of busting stress, Subhankari, who stood second in the list, says, “I am passionate about weights; I lift heavy and train myself. It is more than a hobby for me and I practice it every day which also is a source of motivation. Although I am still undecided on enrolling for competitions, I will now take a step towards it.”



Ananya with mother

‘Monotonous studying does more harm than good’

Being at the direct theatre of policy implementation was what attracted **Ananya Sristi Satpathy** from Bargarh to go for civil services. It not only gives an opportunity to work for capacity building of the masses but also the scope for grievance redressal, says the alumna of VSSUT Burla, adding, such a wide domain of public service made her aspire for joining civil services very early since childhood.

Elaborating more, Ananya, who is now pursuing PhD in Development Studies from NCDS Bhubaneswar, carries on: “Along with that my single mother who has braved many arduous situations is also my source of inspiration. Her sincerity towards duty and a commitment to giving back to society encouraged me to work hard as well.”

Responding to a question -did she also suffer from nervous stomach syndrome ahead of the exam, during the interview in particular – Ananya who completed her MA in Development Studies from TISS Mumbai affirms, “Fear is a powerful emotion. While excessive fear or phobia could be dangerous, a little bit of it is only natural and it rather propels us towards self-introspection and assessment which are essential for personal growth.”

On what exactly worked for her, she says, “I was confident of my performance. I didn’t speculate about the results much. Only hoped to get selected since I had written well and my interview also was smooth. But my friends and family were pretty confident and they rather anticipated a rank among the top 10.”

What was that in her mind before picking the subjects for mains? “I wanted to choose something which would attract my interest while studying and which could be prepared in a limited time period. Sociology was a natural choice since I studied it in my Masters at TISS. Home-science is an interesting optional and has a lot of relevance in the progress of the community and leadership development.”

Asked about her way of relaxing during preparation of such a tough exami-

nation, she says, “I was always active in extracurricular activities since my school days. Even while preparing for the examination, I used to read non-fiction and fiction and get involved in painting, writing poetry, listening to ghazals and watching TV series. I think monotonous studying does more harm than help. So, it’s extremely important to take care of one’s mental health as well and leisure activities help in that aspect.”

Sharing the ambience after she walked into the interview room, Ananya concludes, “Viva was mostly along expected lines except a few questions which were factual and tricky. But I was able to answer them well. I had expected some questions about my hobbies and achievements but none were asked. A lot of questions were asked about my home district. Questions on international relations, agrarian issues, weaving industry and transgenders’ rights were also asked. The interview board members were very cordial and it was a very pleasant experience.”



Ananya Sristi Satpathy



Dr Subhankari Sudeshna Dash

‘Music can make planet a better place to live in’



Two times Grammy winner Ricky Kej says his music is based on Indian classical and folk music which gets a bigger audience outside India

ARINDAM GANGULY, OP

He is an internationally recognized Indian music composer and environmentalist who has performed at prestigious venues in over 30 countries including the UN Headquarters in New York and Geneva. He is also a global ambassador for several UN missions. So, with over 100 music awards in 20 countries and more than 3,500 commercials and four feature films to his credit, two times Grammy Award winner Bangalore boy Ricky Kej needs no introduction.

The US Billboard #1 artist, when in Bhubaneswar recently to attend an interactive session with the audience, spoke to **Sunday POST** on a host of subjects.

Excerpts:

■ **What attracted you towards music?**

■ Since childhood my ears have always been more important than my eyes. When my brother and others used to watch cartoons on television, I would listen to music and play with musical instruments. Also my parents, dad in particular, influenced me with his collection of music from different genres and countries such as Africa, Vietnam, Senegal, Russia and South America to name but a few. I tried to learn about different cultures and politics through music.

■ **How did the environment become an integral part of your music?**

■ Since my early childhood in the USA, I used to observe animals and nature closely. Often I wondered why my parents and teachers asked me not to do harm to the animals. Now, I realise that every species of this planet is important and should be left alone so that the ecosystem remains unaffected. Then when I turned 19, I started my professional career as a musician by creating music for commercials. At that time, I used to compose Tamil folk songs, Hip Hop, Rock and other genres of music to create jingle. But, after working for 13



years, I realised that music has a huge potential and power which can be tapped to make this world a better place to live in. So, in 2013 I decided to stop creating music for commercial purposes and explore my creativity for the cause of the environment and society. After that there was no looking back.

■ **Why don't you work in the Hindi film industry?**

■ The Indian music scene is dominated by Bollywood songs and its growth depends on the popularity of respective films. But this isn't the case anywhere else in the world. Whereas my music is based on Indian classical and folk music and that gets a bigger audience outside India. Before me, many artists such as Ravi Shankar, Zakir Hussain, Ali Akbar Khan understood

that and moved out of India. I also have watched many Bollywood concerts with huge audiences but they are basically Indian diaspora. But concerts of Ravi Shankar used to draw international audiences. That attracted me and I decided to take that route to get genuine international recognition. The main problem in Bollywood is the 'gate keepers' who are self-appointed caretaker of the Indian music industry. They think that audiences are stupid and make them listen to one tone of music rather than experimental music. They don't experiment and continue to create the same music which lacks creativity.

■ **Tell us about your first Grammy win for Winds of Samsara and how things changed for you after that?**

■ Before that win I already had 15 albums to my credit but none of them were released

in India and Winds of Samsara was my 16th album. Then I met South African flautist Wouter Kelleman when he was creating music on Nelson Mandela. He also thought of doing something on Mahatma Gandhi involving me. Then, we worked for two and half years for this album which won us the Grammy. After the Grammy feat, I met PM Narendra Modi and decided to launch my album *Shanti Samsara* – World Music for Environmental Consciousness at the 2015 United Nations Climate Change Conference. After that my music started releasing in India too.

■ **How has music transformed so far?**

■ Earlier, there used to be a collection of records, cassettes and then CDs which created a sense of ownership but now it's all about streaming which is sad but it's a reality.

■ **What do independent music artists need to do to come out from the clutches of the Hindi film industry?**

■ During the late 90s and early 2000s, Bollywood used to follow the same pattern and style of music. But after that phase, a few musical singers like Adnam Sami, Alisha Chinoy and Ram Sampath emerged on the music horizon. Their arrival helped rejuvenate the scene a bit and the future looked promising. But the phase was short-lived as the songs in movies now are turning boring and viewers now prefer movies with lesser songs. So, there is a long way to go for an independent music artist to negate the influence of Bollywood.

Raja Kumari nominated for MTV EMA

Hip-hop artiste Raja Kumari has been nominated for the fifth time for the Best Indian Act at the MTV Europe Music Awards 2022, which is scheduled to be held November 13.

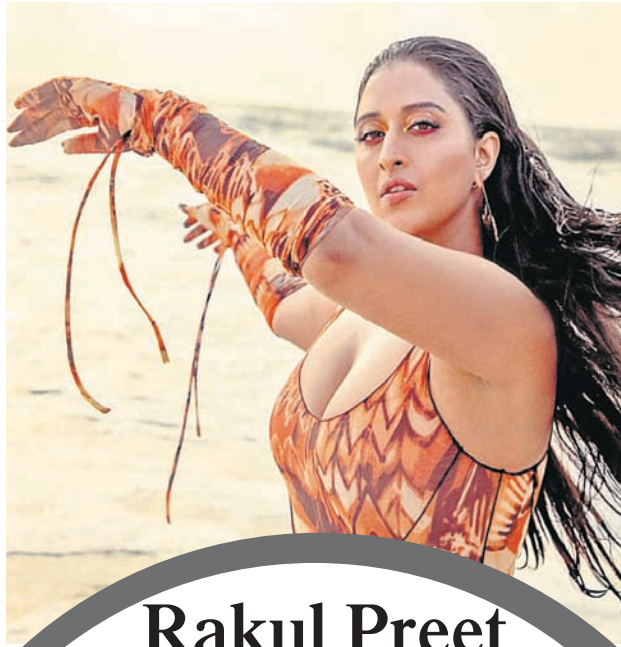
She has been nominated for her song *Made In India* for which she collaborated with Madhuri Dixit.

Talking about her experience and the year so far, she said: "It has been an incredible year and I am looking forward to the rest of it. The support and love that my fans have always shown me has left me speechless. I'm happiest when I see my fans dancing to my music."

Reacting to the news of receiving the nomination, she said: "I am thrilled to receive this nomination for *Made in India* at the prestigious MTV Europe Music Awards 2022. This song holds a special place in my heart, and I had a wonderful time working on it. This is a big moment for all of us and I wish luck to all the other talented nominees." Public voting for all award categories

is currently live on the MTV EMA's website.

AGENCIES



Odia movie screened at Kalyan Mandap



The lead actors on their way to the screening venue

With the producers not getting theatres to release their movies, an Odia movie last week was screened at a government-owned Kalyan Mandap in Nayagarh.

Presented by US Motion Pictures and K Murali Krishna Films and titled *Premare Risk Hela Mate Ishq*, the movie has Sailendra Samantaray and Divyaa Mohanty in the lead.

Speaking to Sunday POST, director K Murali Krishna said, "As a film like *Godfather* starring Salman Khan and Chiranjeevi is given priority over Odia films by the hall owners, we opted to release our movie in the Kalyan Mandap."

Narrating the plot, he added, "The story revolves around a village where love is strictly prohibited and how the lead pair fights it out to survive."

Sanjay Patra and Umesh Sahoo are the producers of the movie while Sanjay & Situ score the music. Lyrics of the songs have been written by Bunty.

Humane Sagar, Krishna Beura, Asima Panda, Kuldeep, Arpita, Satyajet, Navya, Lipsa, Sushant and others have lent their voices to the songs.

Shubranshu, Chintamani, Anjana, Rabi Mishra, Ratan Meher also play key roles while Pranay Jethi is the creative head of the movie.

PNN

Rakul Preet dismisses her marriage reports

Actress Rakul Preet Singh dismisses reports claiming that she and her boyfriend Jacky Bhagnani are going to tie the knot soon.

Rakul Preet Singh DISMISSES her marriage reports: 'Funny how I don't have news'

In November last year, Bollywood actors Rakul Preet Singh and Jacky Bhagnani made it public that they both are in love and are dating each other for this reason. Bhagnani, while dropping a post on this development had then wrote, 'Without you, days don't seem like days. Without you, eating

the most delicious food is no fun. Sending Birthday wishes to the most beautiful soul who means the world to me!!! May your day be as sunny as your smile, and as beautiful as you are.'

Since then, the two love-birds have often been spotted hanging out together on numerous occasions. However, recently, a few reports by some of the topmost news publications, informed that the lovely couple is planning to tie the knot next year and thus, taking their relationship to the next level.

AGENCIES



Saiyami runs, cycles to and from sets

Actress Saiyami Kher is ensuring to catch up on her workout amid her busy shooting schedule by taking up running and cycling while commuting to shoots.

Elaborating on her fitness method, the actress said that her workout routine not just keeps her physically fit but also mentally sound: "I don't like to treat my workouts like a difficult task. The moment I do that, I start thinking of excuses. I love working out, not just for my physical health, but also for my mental health."

Saiyami added: "I try to either cycle or run back from location. Not only does it save traffic time but also helps me unwind. I have also bought a really nice treadmill and a cycle trainer in my house so it's very convenient even if I have strange hours at work I can train at home at any time."

Interestingly, the actress has played cricket at school level for Maharashtra and made it to the National team selection, but instead, opted for badminton state championships

On the work front, the actress has started working on Anurag Kashyap's project opposite Gulshan Devaiah. She is also teaming with Pratik Gandhi for Rahul Dholakia's *Agni*.

AGENCIES



Worrying trend



Though exercise has always been considered an important pillar of health, the last decade has witnessed an alarming rise in heart attacks and sudden deaths in young and otherwise fit and active individuals, says Dr Soumen Devidutta, a consultant cardiologist at Apollo Hospitals



could shock the heart and blood vessels with abrupt rise of blood pressure and heart rate leading to rupture or damage to inner lining of the arteries resulting in a serious heart attack, bleed or cardiac rhythm disorders which can be life threatening. This could explain the unfortunate events in many youngsters who enthusiastically participate in marathons or abrupt intense sessions without prior training,” clarifies Dr Devidutta.



“Avoid unaccustomed heavy exercise at any cost. Before you start on a physical fitness regimen, have a general health check up with the doctor to assess basic health parameters like blood pressure, blood sugar and cholesterol. This apart, fat, salt and sugar content in food should be moderated and protein content specifically plant protein should be increased. And practice adequate sleep of seven to eight hours a day and wellness activities like yoga and meditation on a regular basis,” advises the cardiologist.

He also suggests getting rid of smoking, excessive alcohol consumption or any unhealthy habits that can lead to cardiac problems and avoid a sedentary lifestyle along with long hours at office in meetings and conferences without break.

‘Gym, weight training important for everybody’

Dr Hari Prasad Pattanayak runs Utkal Karate School, known as the largest and oldest martial art training institute of Odisha, in Bhubaneswar. The school also has a state-of-the-art-gym which has produced many state and national level power and weightlifters.

The fitness guru says, “The things that happen are mostly exaggerated and hyped up. There are very few casualties happening in the gym. Because a couple of celebrities have died, things have flared up. To be very honest, in the 40 years of my training in the fitness industry in various power sports like karate and power lifting I have never seen any casualties or any danger.”



However, he suggests getting a medical checkup done before including gym training in routine as some might have congenital heart disease which would worsen if not taken care of. Anybody attending gym for the first time without any sustainable exercise experience in

the gym must go for a health, blood and cardio check up to ensure safety, adds Pattanaik.

Coming back to celebrity deaths following gym sessions, he apprehended they could be due to intake of excessive steroids or performance enhancement drugs (PED) to boost their stamina.

“People who are physically active already wouldn’t require body checkup, it is for them who have undetected health issues. Gym and weight training is important for everybody according to me. I would suggest all to work out and stay fit,” he concludes.

PNN

Good sleep and a restorative diet are critical for recovery of the cardiovascular system and muscles after exercises. Hence sleep deprivation can severely heighten the stress during exercise and jeopardize cardiac safety as often people don’t want to compromise on exercises. If one is not up for it or is rest deprived it is advisable to take it easy on exercises. Four to five days of activity in a week is optimal for good health, he further says.

“To summarise exercise does contribute to good health and quality of life. But methodical, regular training with gradual increases in intensity, adequate warm up and good sleep are of paramount importance for best results,” signs off the cardiologist.



up and good sleep are of paramount importance for best results,” signs off the cardiologist.

‘Exercising in moderation improves cardiac wellness’

Dr Lingaraj Nath of AMRI Hospital, Bhubaneswar says, “Fatal heart disease in young male and females have become all too common in India. Recently an article in a medical journal described heart problems in youth as an epidemic. In a post Covid pandemic world, several factors have contributed to the problem. Change in work, diet and lifestyle is one of the new risk factors besides the traditional causes of heart disease like high blood pressure, cholesterol and diabetes.”

Besides, working in late shifts and irregular hours disturbs the natural hormonal and biochemical patterns of the human body. Going for a binge workout without proper hydration and warm up too can cause heart attack. Mental stress and depression are also a hidden but significant risk factor common to young office workers and executives, he adds.

Dr Nath suggests exercising in moderation and at a regular pattern to improve physical stamina and cardiac wellness.

Balika Vadhu actor Sidharth Shukla, popular Kannada actor Puneeth Rajkumar, producer-director Raj Kaushal, Mirzapur actor Brahma Swaroop Mishra and now American professional wrestler Sara Lee.

Apart from being celebrities, what do they have in common? They all were fitness freaks and below 50 years of age. But unfortunately, all of them succumbed to heart attacks.

A couple of other names like ace comedian Raju Srivastava, singer KK and most recently Sagar Pandey, the body double of actor Salman Khan also died of heart attack in the high noon of their life.

And to top it all, a recent study suggests that in the last 20 years, heart attacks among those below the age of 50 have doubled in India while twenty-five per cent of heart attacks occur among those below 40.

With cases of sudden death among youths due to heart attacks increasing in recent times, Sunday POST speaks to a few cardiologists and a top fitness guru to know what they have to say on the issue.

‘Sleep deprivation can jeopardise cardiac safety’

Dr Soumen Devidutta, a consultant cardiologist and electrophysiologist in Apollo Hospitals, Hyderabad and Bhubaneswar, says, physical activity or exercise has always been considered as an important pillar of health. However, counter-intuitively the last decade has witnessed an alarming rise in heart attacks and sudden deaths in young and otherwise fit and active individuals, especially during or after exercise. This has suddenly raised concerns over exercise and its role in such devastating incidents.

Therefore, he suggests a few things that one must bear in mind during physical activity.

“Exercise is best when done regularly with appropriate warm up. Intense and sudden exercises without prior training could do more harm than benefit. Cardiovascular and musculoskeletal systems in the body typically respond to regular exercises with gradual increases in cardiac output. Sudden strenuous bursts of exercise without appropriate training

Sonali



PHOTO: KUMAR SHARAT, OP