

SEPTEMBER 13-19, 2020

# SUNDAY POST

HERE . NOW



# Life is worth living

WORLD SUICIDE PREVENTION AWARENESS MONTH

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COVER STORY

# MY SUNDAY

**Athlete Soubhagya Kumar Rath has earned the nickname 'Ironman' after participating in Ironman Triathlon twice – in Hamburg (Germany) and Colombo (Sri Lanka) – last year. He loves to go on short vacations with his wife on non-working Sundays**



On a morning ride



With colleagues

### Passionate about fitness

Since I have to have to do a lot of cycling, swimming and running, I play cricket and go for scuba diving to remain in good shape on Sundays. Besides, I do cycling of more than 100 km or run about 15 km if I am free.

### Eternal foodie

Being a lover of non-veg foods, I make sure to visit the local market on all Sundays to get my favourite fresh fish species.

### Family time

Apart from spending time with my wife Sagarika, I love to be with my mom who is a source of inspiration to me. I relax by watching a movie in the evening and having a sumptuous dinner with my family.

### Avid vacationer

Every Sunday my wife and I pack our bags to go either for trekking or a short vacation to a nearby picturesque spot. Needless to say, such experience rejuvenates the body and mind for the next week.



With wife

CHAITALI SHOME, OP

## BRAVO! GREEN CRUSADERS

Sir, At a time when signs of ecological crisis have loomed over various parts of the globe, some people, even commoners, in Odisha have been doing great efforts on their own to conserve nature, animals and birds. The Eco Warriors, the cover story in the Sunday Post made for a good read. I came to know about the contribution of a Nuapada couple – Lalmani Harijan and his wife Ghasena. That the couple has been tending a 50-hctares of forest in their district for the last 28 years is really a commendable act. The work of Archana Gamnago, a young forest range officer of Nayagarh, is equally praiseworthy. She has been keeping tabs on poachers in Sarankul area, apart from doing conservation activities for sparrows, which are on way of vanishing.

SILA PARIDA, DHARMASHALA, JAJPUR

## BALANCING ACT

Sir, Poet and author Saqti Mohanty is one of the promising prospects in Odisha's literary circuit. I am a great fan of his novellas and short stories. I had the opportunity to read his anthology Casino and needless to say I finished all the stories at one go. Time, instincts, relationships are the main ingredients of true joys in his literary recipes which separates him from his contemporaries. He is an accomplished actor also. However, I was surprised to learn from My Sunday column that he teaches physics in an engineering college. I must say he has struck a beautiful balance between art and science. I am looking forward to the next release of this Urban Poet.

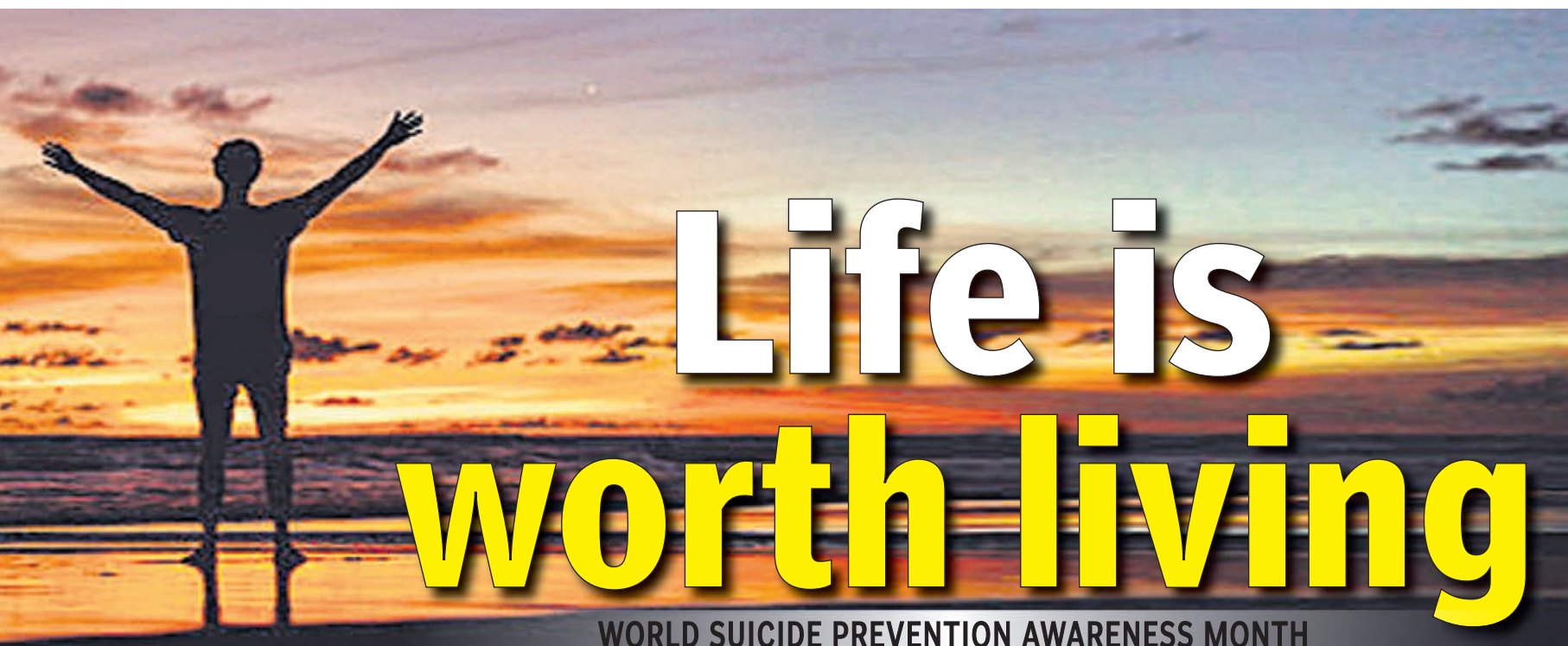
TAPAN MOHANTY, JAGATSINGHPUR

## 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



# Life is worth living

WORLD SUICIDE PREVENTION AWARENESS MONTH

People who end their lives don't want to die, they just want to escape. If they see a little light at the end of the tunnel, they change their minds, say many psychiatrists

*When I thought it was over  
God sent us an angel to help us out  
He gave us direction, showed us how to make it last  
For that long journey ahead  
Said it ain't ever over  
Oh, even in the midst of doubt  
Life is worth living  
Life is worth living, so live another day*

POST NEWS NETWORK

The lines above from a popular album of famous Canadian singer and songwriter Justin Bieber say it all. Optimism is the key which can transform one's life for the better. But the growing suicide cases over the years continue to be a major concern for many countries.

According to the World Health Organization, nearly 800,000 people die due to suicide every year, which is one person every 40 seconds. A study also reveals that suicide is the third leading cause of death among young adults worldwide.

However, it is widely believed that if we can educate as many people as possible and bring awareness to the issue, many lives could be saved.

In a bid to sensitise people who suffer from depression, anxiety and similar conditions, September is observed as World Suicide Prevention Awareness month in many countries across the globe. Back home, a few people who managed to overcome their suicidal thoughts at the last moment share their experiences with **Sunday POST** and describe how one should give another chance to life.

LGBTQ rights activist and PR professional Mohnish Malhotra identifies himself as a gay, which was a criminal offence in India until 2018. He took up Equal Rights Activism in 2007 and helped with that movement for over a decade, including starting the first LGBTQ pride March in New Delhi.

Speaking about dark days in his life, he says, "Initially, I thought people didn't understand me, and there was something wrong with me psychologically that was leading to suppressed anger inside. The anger started turning into sadness, depression, labeled as many mental illnesses coupled with alcoholism,

drug addiction. There were more than a few incidents that would have looked like accidents, where I was attempting suicide. I didn't want to leave a legacy and debt of shame for my loved ones as my departing inheritance. The very last 'incident' was an overdose of many things and a short circuit that had set my room on fire while I was asleep. Unlucky as I was even this time, or not, I woke up with my bed on fire in the middle of the night. I thought to myself, am I in hell already? NO. I took care of the fire and went back to sleep in the living room.

"That was the day I experienced how death feels like up close, and it was yet another rebirth with the awareness that killing myself was not going to solve my problems. I remember I asked myself there has to be something else possible here. Two days later, learned about a book called *Being You and Access Consciousness*, a personal development modality. I chose to learn more about this offering and give living another chance. Everything is just an experience of the past; I never touched drugs again or needed to take any medication ever back. I stopped feeling depressed or hearing imaginary thoughts, hallucinations, or having psychosis episodes for good. It took me some more time to work on alcohol dependence, but that changed too."

Personal success was not enough for Mohnish. So, he decided to learn more about Access Consciousness. Most importantly, he realised that he was just different and being him was the greatest joy. He now travels around the world conducting these workshops and sessions when he was not working on other projects. One can find about him more in social media and the Internet. His perspectives on different subjects have featured in *New York Times*, *Harpers Bazaar*, *CNN*, *The Telegraph*, *Ted Talks*, national television networks, and several other platforms.

He says, "If you could change anything in your life, would you give it a chance once again? You only fail if

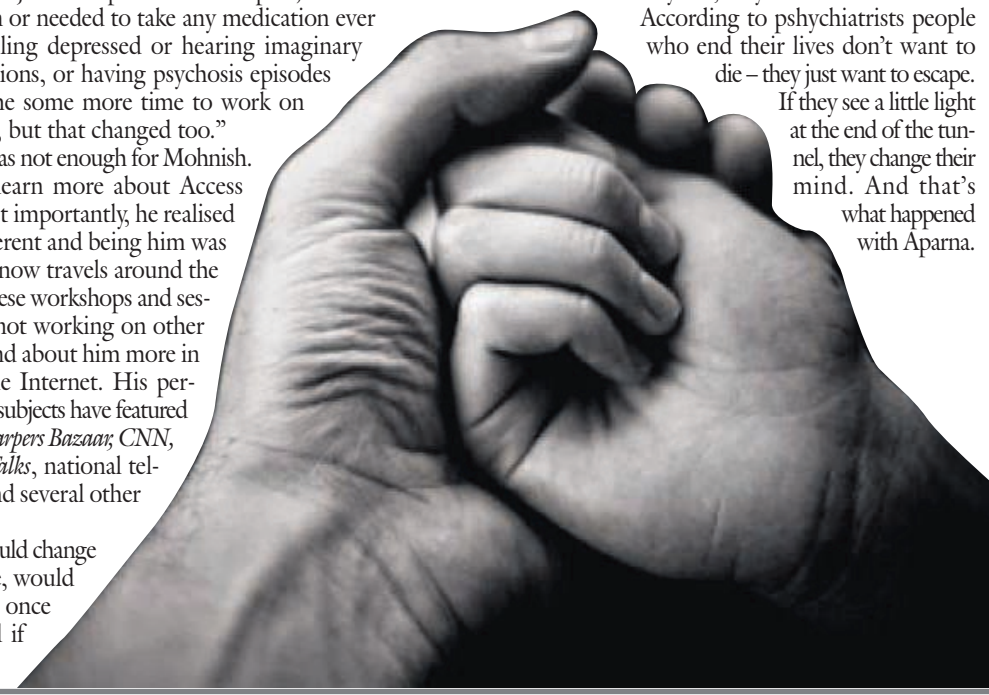
you stop trying. Failure is a conclusion; success is always work in progress."

Actor Aparna Mishra (name changed), who almost decided to end life after going through a crisis in her personal life, says, "Committing suicide is as good as killing a person because an unnatural death affects many people related to the deceased.

"I was in an abusive relationship during my college days. It started with friendship but gradually the boy became over possessive. So much so, that I was neither allowed to talk to other male friends, nor smile and dress well. He started behaving like the master or controller of my life. I felt trapped and helpless. Although I tried my best to come out of the relationship, he would often threaten me of dire consequences. 'I would commit suicide or hurl acid on you if you talk about walking out', he used to shout. I felt trapped and there was no escape route. Left with no option, I decided to end my life," says the actress.

According to psychiatrists people who end their lives don't want to die – they just want to escape.

If they see a little light at the end of the tunnel, they change their mind. And that's what happened with Aparna.





after marrying a girl selected by his family.

“People commit suicide to escape from certain situation which I attempted to. This is cowardice. Your death is not likely to make much of a difference to many people. Hence, live life to the fullest and face challenges head on,” he adds.

Life of homemaker Sumitra Bhoi (Name Changed) turned into a nightmare after she drank poison to end her life following a row with her husband. “Call it luck or good *karma*, I was saved by my friends who visited me that day. My husband admitted his mistake and so did I. I was about to commit not suicide but a crime leaving behind my three-year toddler at home. I was counseled by a psychiatrist

A new man entered her life and fell head over heels in love with her. Her past didn't matter to him anymore and he assured Aparna that he wanted to spend the rest of his life with her under one roof. “I couldn't have ignored his feelings and proposal. More than love it was freedom for me. I started loving life and with time my previous relationship died a natural death,” says Aparna, adding, “Just don't take a step in haste. Give yourself some time as every cloud has a silver lining.”

Akash Pradhan (Name changed) decided to commit suicide after his relationship with his girlfriend turned sour. “It



seemed to be the end of the world for me. I almost hanged myself from the ceiling but managed to withdraw at the last moment. After that I became a changed person,” said Pradhan who now works with a multinational company as a senior manager

friend who showed me the way forward. I have learnt the lesson hard way.”

Well-known psychologist Sambit Nanda says that major personal setbacks like break-ups, loss of loved ones, unemployment and job loss often compel people to take such extreme steps.

“The most important thing is to recognise the problem. Suicidal tendencies develop when you stop taking interest in life. These people eat less, don't get involved in their hobbies and keep themselves isolated. In such a scenario, the near and dear ones shouldn't leave the person alone and should keep talking to them. Professional counseling also helps. The family should consult a competent psychologist to help the person. Monitoring is most important and we should deal with the case as a team,” he adds.

**RELIGIOUS POINT OF VIEW**

**HINDUISM**

In Hinduism, suicide is spiritually unacceptable. Generally, taking your own life is considered a violation of the code of non-violence and therefore equally sinful as murdering another. Some scriptures state that to die by suicide results in becoming a ghost, wandering earth until the time one would have otherwise died.

**ISLAM**

Suicide is prohibited in Islamic law according to evidence from the Qur'an, Sunna, and the consensus of Muslim scholars. A person who commits suicide commits a major sin, though this does not take him outside of Islam.

**CHRISTIANITY**

In the sixth century AD, suicide became a secular crime and began to be viewed as sinful. During this period, those who died by suicide while accused of a crime were denied a Christian burial. Towards the end of 16th century, even attempted suicide became an ecclesiastical crime.

**BUDDHISM**

Buddhism advocates the *Noble Eightfold Path* to break out from the cycle of birth and death and suicide is certainly not one of them.

**JAINISM**

Non violence is the fundamental doctrine of Jainism and suicide is regarded as the worst form of violence, hence, not permitted.



# ICE CUBES FOR BEAUTY



## GREEN TEA ICE CUBES

Brew two green tea bags in boiling water for 2-3 minutes. Avoid adding too much water to get concentrated solution. Take tea tree essential oil and add 2-3 drops in each section of your ice tray. After it cools down, add your green tea to each section of an ice cube tray and place it in the freezer for 2-3hrs or until the solution becomes totally solid. Ensure that your ice tray should be totally clean and free from any bacteria. Use these every other day gently moving it on your skin, especially around the eye/neck areas.

After using a cleanser, take one of the ice cube and hold it on to the pimple for a while. You will realise that it numbs the area. Depending on your pimple, you will see the results within a short period of time.

This home remedy is really helpful for de-puffing and waking up tired eyes, because of green tea's antioxidant properties.

## CUCUMBER & LEMON ICE CUBES

Blend cucumber and the juice on one lemon to make a puree. Add just enough water to blend for desired consistency. Mix it well until smooth. Add a few drops of lemon and pour it evenly in an ice-cube tray. Freeze it for a few hours preferably for overnight and apply cold for maximum effect. Before using, allow the cube sit for 30 seconds or so to soften slightly. Gently rub the cube over your face and neck, using the icy slush to exfoliate.

Alternatively, soak the cucumbers in a pitcher of water for few hours preferably overnight for best results to flavour the water. Freeze the cucumber water in trays. You can add herbs basil, mint or lemon juice in them for a little extra flavor. Put them in freezer and allow them to settle for overnight to form solid state. You can use them as per your convenience

## MILK ICE CUBES

Take a 1 cup of full cream milk and add one cup of distilled water in it. Pour it in an ice-cube tray and wait and let it freeze overnight for solid cubes. Rub the cubes gently on face, neck and open areas around neck and leave it for half an hour and wash it off face clean and fresh water.

You can use this before bedtime. Simple rub one ice cube directly on your face until it is all used up. Let it dry and sleep with it. You can rub it on your face after face steaming and let it dry. Rinse it off with water.



SHAHNAZ HUSAIN

beauty-boosting ice cubes to get supple, attractive and radiant skin .

## ALOE VERA ICE CUBES

These aloe vera ice cubes not only cool and soothe the skin, but also heal sun-burnt skin. Take one bottle of natural aloe vera gel that's inside an aloe vera plant. Pour the gel into an ice cube tray. Fill each reservoir of the ice cube tray three-quarters of the way with aloe gel. You can pour

2-3 drops of essential oil in each section and let it freeze in natural way for few hours. You can also add marigold flowers to enhance cooling as marigold is a natural anti-oxidant and can heal burns and other skin irritations.

Alternatively, take few basil leaves in a cup of water and grind them. Add 2 tablespoon of natural aloe vera gel and mix. Keep the mixture in an ice-cube tray and let it freeze for few hours and use it as per your convenience in once or twice in a month by rubbing them directly over your face and neck areas till you feel numb and the cube melts.

The regular use of aloe Vera cubes on the skin will help fight infections, soothe sunburns, skin eruptions, black spots and even acne.

## ROSE WATER ICE CUBES

This is an amazing technique to give an instant and immediate glow to your skin.

Mix together a cup of concentrated rose water with a cup of water and add in rose petals in ice cube tray. For extra cooling effects, you can add in peppermint essential oil or rose essential oil. Freeze and your rose ice cubes are ready.

When ready for your facial treatment, boil some water and pour into a large bowl. Place your face over the steaming bowl with a towel over your head for max five minutes or till you feel convenient with the steam. Next, grab one of your rose ice blocks and gently roll the ice all over your face and neck.

Alternatively, mix together 1/2 cup rose water and 1/2 cup witch hazel. Stir them well and put in a Jar. Pour the mixture into each of the ice cube tray and allow it to freeze for a few hours, and your rose ice cubes are ready. Take rose petals preferably pink or red from garden or flower market whichever is convenient to you. You won't need the stems or leaves, just the petals. Next, give them a good rinse and transfer into a large pot. Add just enough water to cover all of the rose petals. Cover the pot and let it simmer for about 15 minutes or until the petals have lost all of their colors or even longer so the petal starts to almost brew. Remove the petals out of the rose water pot and transfer the remaining liquid

into a jar. Pour over ice cube trays and stick them in the freezer. You can use as and when you require.



# Shruti misses her VJ-ing days

**Mumbai:** Actress Shruti Seth recalled the days when she was a video jockey, and said that the stint was a dream come true for her.

Shruti shared two pictures on Instagram that seem to have been taken from her video jockey days. As caption, she wrote: "VJ SHRUTI... This was a life dream come true. And I owe it to my dearest friends @yudi\_yudhishtir and @tarkat07 for making it hap-

pen. I miss the music video era, the madness, the coolness, the trend setting and the being real; unapologetically!!"

She added: "I miss meeting the best people back then. And I miss all my fellow veejay friends who thankfully have stayed connected and remind me of better times."

Shruti shared that if she gets a chance to go back in time, she would.



## Bryce believes in magic

**Los Angeles:** Actress Bryce Dallas Howard is a believer in magic.

"I definitely believe in magic, I am highly suggestible in that way and I think you know why it's like believing in magic isn't necessarily like 'oh ya! I believe in supernatural or the fantastical or whatever', although I do," she said.

"I think it's more like believing or being more optimistic like believing something amazing can happen, believing that you can be surprised that something's so good can happen that you could never been able to imagine before. So I think that's why I believe in magic because I believe that amazing things can happen," she added.

Howard had featured in the 2016 film Pete's Dragon, which she said is about the "magic miracle of family and what that is and there are always people or creatures out there who will love you completely".

# Now Payal opens up on SSR death

**Mumbai:** Upcoming Hindi film actress Payal Ghosh, who says she worked out in the same gym with late actor Sushant Singh Rajput

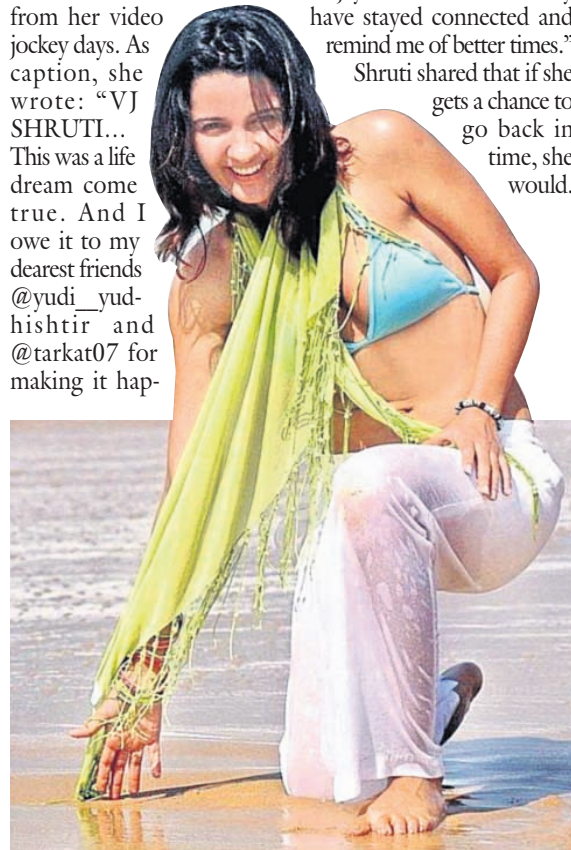
for almost four years, recalls the latter as a shy and lighthearted person. Payal also raises doubts over the theory that Sushant had committed suicide.

"I have seen his prescription on TV, the kind of medicines he was having.

These are basic medicines given for panic and anxiety attacks.

A person having panic attacks goes through a fear of death. I can say this from personal experience because I have battled this condition. How can a person having fear of death commit suicide? His death is still a mystery to me," she said.

"I also find it difficult to believe that a person like him was battling depression in his last days. In fact, when I watched television flashing the news of his suicide, I could not believe it at first, thinking it was fake news," the actress added.



## Akshay to cherish wound as memento

**Mumbai:** Actor Akshay Kumar suffered a bruise during his wild outing with Bear Grylls in an Indian jungle, and said he will cherish the wound as a memento. Akshay went on a wild adventure across Bandipur Tiger Reserve in Karnataka with popular British adventurer and host Grylls to shoot an episode of Into the Wild with Bear Grylls. During the journey, Akshay bruised himself while performing a survival skill, climbing a rope

ladder at the extraction point. "I've never climbed this. I've climbed a lot of ladders, but never one foot ahead, one foot behind. This is going to be the first time I'm going to try doing this," he said before taking on the challenge.

After landing on the bridge, Akshay said: "The climb was very good".

"I really enjoyed myself. Learnt something new, how to climb. And here it is, a memento," said Akshay while pointing towards the bruise.



# Monsoon dessert

## Chanderkala

### INGREDIENTS

6 servings:

- Refined flour- 500 gm
- Khoya- 100 gm
- Almonds- 50 gm
- Green cardamom- 5 gm
- Saffron- 1 gm
- Ghee- 50 ml
- Sugar- 200 gm
- Cashew nuts- 50 gm
- Pistachios- 40 gm

### PROCEDURE

#### DOUGH PREPARATION

For the pastry sift together the flour and ghee in a bowl and rub. Mix the water as required and mix well. Cover with a damp cloth and set aside.

#### PREPARE THE FILLING

Place a pan on low flame, add grated khoya, caster sugar, almonds, cashew nuts, pistachios and cardamom powder. Mix well.

#### MAKE SUGAR SYRUP AND ADD SAFFRON TO IT

To prepare the syrup, cook the sugar with one and one-fourth cups of water in a kadai, stirring till the sugar dissolves. Cook till the syrup attains a one-thread consistency. Add the saffron and stir. Keep the syrup hot.

#### PREPARE THE CHANDERKALA

Divide the dough into twenty equal portions. Roll out each portion into a three-inch puri. Take two puris at a time. Place on a tablespoon of khoya filling in the centre of one puri and cover with the other puri. Moisten the edges and pinch or twist the edges in a pattern to seal firmly.

#### DEEP FRY CHANDERKALA

Heat sufficient ghee in a kadai and deep fry the Chanderkala, on medium heat, till they turn golden brown. Drain and soak immediately in the hot sugar syrup. When the Chanderkala are coated on all sides with the sugar syrup, gently remove.



## Aktori

### INGREDIENTS

8 servings:

- Wheat flour - 2 cups
- Sugar - ½ cup
- Milk - 1 cup
- Refined oil - ½ cup
- Buckwheat (kuttu) - 2 cups
- Baking soda - 2 tsps
- Water - 1 cup

### PROCEDURE

#### PREPARE A BATTER

To start preparing this lip-smacking dish, in a bowl mix together wheat flour and buckwheat flour. To this add equal portions of water and milk and whisk together to form a thick batter without lumps. Once done, add sugar and baking soda in the batter and leave it undisturbed for at least 10-15 minutes.

#### FRY SMALL PORTIONS OF BATTER

Next, heat ghee in a pan over medium flame. Once adequately heated, add to it a ladle full of the prepared batter. Keep the flame low. Flip sides and fry evenly on both sides until colour changes to golden.

#### SERVE HOT

Transfer them to an absorbent paper to drain the excess oil. Your Aktori is now ready to be served



**Dipti**

PHOTO CREDIT: KUMAR SHARAT