

JUNE 16-22, 2024

SUNDAY POST

HERE . NOW



WORLD MUSIC DAY - JUNE 21



Resonating **Rhythms**

MY SUNDAY

Debasish Sahoo from Cuttack is a physician by profession, but he can tickle the funny bones like no other. The doctor-cum-influencer often channels his comic skills through his popular vlog and Instagram reels. Sahoo says, he mostly creates video content by drawing inspiration from everyday life. Beyond his professional and creative pursuits, he finds fulfilment in helping stray animals and spending time at a local orphanage



With family



With friends



Dahibara-aloodum, my go to breakfast

As a fitness enthusiast, I'm careful about my diet and prefer homemade meals over junk food. However, as a native of Cuttack, I take dahibara and aloodum for breakfast on Sundays.

Heart at home

Despite my hectic work schedule, I take time off on holidays to spend time with family, my mother in particular. Often, I help her with household chores and accompany her to the market for shopping.

Literary escapades

Being a researcher, I frequently read and analyse various published studies on public health. Besides, I also enjoy reading novels of different genres.

Juggling responsibilities

I do a six-hour shift at the clinic, helping patients. Then I lend a hand to my father with his business, and write scripts for my Instagram reels.

MADHUSMITA SAHU, OP

WhatsApp This Week

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And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- What happens to a frog's car when it breaks down? It gets torn away.
- What do you call a mind-reader who can't read minds? A telepathetic.
- What did the pirate say when he found someone? I sea you!
- What is a vampire's favourite type of ship? A blood vessel.



ACT OF BENEVOLENCE

Sir, Last week's cover story 'For the greater good', I believe, will inspire many to donate blood as the write-up highlights the significance of the noble act. It's often noticed that people, despite being educated, refrain from donating blood either due to a lack of awareness or time. But a single act of blood donation can save a person's life. Blood banks and the government should generate awareness among the masses and encourage them to donate blood. Blood donation is the kindest gesture to repay society and help those waiting for blood for surgery, transfusion, etc. The onus lies on the masses to feel the gravity of the situation, come forward, take time out of busy routines, and participate in blood donation to save lives.

ABHILASHA GUPTA, MOHALI

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

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WORLD MUSIC DAY - JUNE 21



Resonating Rhythms

The power of music, an integral part of humanity, stems from its ability to influence people psychologically, and spiritually. It has the capacity to change one's perspective and has the potential to transport people to a wide range of emotional realms

MADHUSMITA SAHU, OP

Every year on June 21st, a harmonious wave of celebration reverberates across the globe. It's a day where language, culture, and borders dissolve into the universal language of music. This is a testament to the power of melody, rhythm, and harmony in bringing people together. Originating in France in the 1980s, World Music Day, was conceived by the French Minister of Culture, Jack Lang, and musician Maurice Fleuret. Their vision was simple yet profound: to encourage amateur and professional musicians alike to take to the streets and share their music with the world. Since its



inception, World Music Day has transcended its French roots to become a global phenomenon celebrated in over 120 countries.

Ahead World Music Day, here's what a few Odia musicians have to share with **Sunday POST** on the power of music.

'Music is a powerful tool for self-expression'

Prasant Padhi, known for composing songs in Odia movies like *Nandini I Love U*, *Dream Girl*, and *Emiti Bi Prema Hue*, says, "World Music Day is a celebration of the universal language of music, transcending boundaries and bringing people together through melodies, rhythms, and harmonies. It's



a day to appreciate the diverse musical cultures around the globe and the profound impact music has on individuals and societies."

The veteran musician has also shed light on the music scene in Odisha. "Over the years, the Odia music industry has experienced significant growth and transformation. From its roots in traditional folk music to embracing contemporary pop and fusion genres, Odia music has evolved to cater to changing tastes and preferences. World Music Day serves as a platform for artists to showcase their talent, connect with audiences globally, and contribute

to the ongoing evolution of the industry," according to Padhi, who has completed 35 years in the Odia music industry.

Carrying on in same breath, he says, "Odia music has undergone a remarkable evolution. This evolution reflects the dynamic nature of Odia culture and its openness to innovation and experimentation in music. Besides, technology has played a pivotal role in shaping Odia music, providing artists with new avenues for creativity, production, and distribution. Advancements in recording technology have enabled musicians to produce high-quality music independently, while streaming platforms and social media have democratized access to audiences, allowing artists to reach fans worldwide with ease. The fusion of traditional Odia music elements with genres like rock, hip-hop, and electronic music demonstrates the richness and versatility of Odia's musical heritage. It showcases the adaptability of traditional motifs and rhythms to modern sensibilities, creating unique and innovative sounds that resonate with diverse audiences."

Signing off, he adds, "My message to young and aspiring musicians would be to stay true to your passion, embrace experimentation and innovation, and never stop learning and growing as an artist. Be open to exploring different genres and styles, collaborate with fellow musicians, and leverage technology to amplify your music and reach wider audiences. Above all, remember that music is a powerful tool for self-expression and connecting with others, so always strive to share your unique voice and perspective with the world."





The healing power

Music has long been recognized for its profound impact on human emotions and well-being. Its therapeutic benefits extend beyond mere enjoyment, playing a significant role in healing and health. Here're a few of them.

Beating stress
Music can lower cortisol levels, promoting relaxation and reducing symptoms of anxiety. Soothing melodies and slow tempos help calm the nervous system, leading to a peaceful state of mind.

Pain management
Music acts as a distraction, reducing the perception of pain. It is effective in clinical settings, helping patients manage pain during surgeries, dental procedures, and chronic conditions.

Cognitive enhancement
Listening to and playing music improves memory, attention, and problem-solving skills. It stimulates brain regions involved in learning and memory, benefiting individuals with cognitive impairments.

Physical rehabilitation
Rhythmic music aids in motor skills rehabilitation for patients with arkinson's disease, stroke, and other motor impairments. It improves coordination, movement, and gait.

Social connection
Group music activities foster social interaction and create a sense of community. They enhance communication, cooperation, and empathy among participants.

'Every day is music day'

Susmita Das, a celebrated singer known for her soulful renditions of folk, religious, contemporary, and classical music, sees World Music Day as an everyday essential. "For me, each and every day is Music Day. Music is something that comes naturally to everyone. Music existed before words. Music is for every occasion—for celebrating, for grieving. Observation of World Music Day is symbolic; to remind everyone that music is linked to our very existence, it is something on which we can always lean," says the vocalist.



Speaking on the evolution of music in Odisha, she continues: "I think initially, Odia music was based on folk tunes, the music that naturally evolved during daily chores. Devotional songs, particularly Jagannath Bhajans, evolved gradually. Later on, we developed our own grammar of music in the form of Odissi. Later on, Sugam Sangeet took over as the most popular genre."

Sharing her perspective on World Music Day, Das adds, "I think World Music Day can be used as a platform to promote folk, traditional, devotional, and light music. Odisha has a very rich tradition of music of all genres. Our tribal and folk music has not received the respect it deserves. I feel the government should come forward to promote and preserve our rich musical traditions. Many of these musical forms have faded out with traditional musical instruments going extinct. Such music needs support for revival and promotion."

Highlighting the major challenges Odia musicians face today, the singer states, "The biggest challenge is our limited audience. Many Odia listeners are turning to Hindi, Punjabi, and Western music, leaving traditional musicians without sponsorship to promote their work. As a result, professional musicians are shifting to other genres."

On the way forward, she says, "There is strong potential in Odia music. Instead of copying others, we should preserve our originality and introduce our music to other regions. I've seen people enjoying Rangabati even in foreign countries."

Speaking the impact of music, Sushmita concluded, "I've been deeply influenced by the music of our soil, including tribal and folk songs from various parts of Odisha and traditional instruments. I strive to create melodious music with meaningful lyrics. While I believe everyone should find their own path, I encourage young musicians to stay connected to their roots while also experimenting to create innovative music."

'Music stands as a unifying force'

Rishika Jain, a student at the Chennai School of Music Therapy, says, "As a music student, it is both a celebration and a call to action to contribute to the vibrant tapestry of global music."



On her thoughts on World Music Day Jain adds, "It is an occasion that resonates deeply with music students like me. It is more than just a day to enjoy and share music; it is a reminder of the profound role that music plays in our lives and cultures."

As a music student, this day holds special significance as it underscores the universal language of music, its power to bridge cultural divides, and its ability to bring people together."

Stating about the power of music, she continues: "In a world where we are often divided by language, politics, and geography, music stands as a unifying force. It transcends borders and connects us on an emotional level. On this day, this universal language is celebrated globally, from bustling city streets to quiet rural villages, highlighting the diversity and richness of musical traditions around the world."

Asked how she views this day, the 24-year-old says, "For music students, World Music Day is an inspiration to delve deeper into the study of different musical genres and traditions. It encourages us to explore beyond our comfort zones and appreciate the vast array of musical expressions that exist."

This day also serves as a platform to showcase our talents and learn from others. Public performances, workshops, and collaborations are often organised, providing invaluable opportunities for growth and learning."

She goes on to add, "This day emphasises the importance of preserving our musical heritage. In an era where commercial music often overshadows traditional and folk music, this day serves as a reminder to value and protect our cultural musical roots. For students, it is a call to balance innovation with preservation, ensuring that while we push the boundaries of creativity, we also honour the music that has shaped our history and identity."



Divine bath & elephant attire

Lord Jagannath's Debasnana Purnima, followed by his Gajanana Besha, is a tradition that signifies how the god descends on earth to appease his ardent devotees

OP DESK

World famous Rath Yatra is one of the biggest festivals not just in Odisha but in several parts of the country. However, at the apex of this sacred event stands Debasnana Purnima or simply Snana Purnima where the deities are given sacred bath followed by magnificent Hati Besha. Hati Besha, also known as Gajanana Besha or adorning of the deities with elephant attire, signifies a sacred tradition where Lord Jagannath, accompanied by his divine siblings, Lord Balabhadra and Goddess Subhadra, takes on the majestic appearance of elephants.

But have you wondered what might be the story behind the majestic attire of the holy trinity.

Ahead of Snana Purnima, **Sunday POST** sheds light on the rituals and the legend behind it.

The ritual

Lord Jagannath takes up Gajanana Besha on the full moon day in the month of Jyestha, known as Snana Purnima. On this auspicious day, the deities are ceremonially brought in a procession to the Snana Bedi, the bathing platform located in Ananda Bazar.

The bathing ritual involves the use of scented water, meticulously prepared since the previous night by devoted servitors. After the deities receive the ceremonial bath on the platform, servitors proceed to the mutts to procure materials for the idols' adornment. These materials, essential for the besha, are acquired from Gopal Tirtha Mutt and Raghav Das Mutt. Once the besha is completed by the servitors, offerings are made to the deities, allowing devotees the opportunity to witness their divine presence and seek

their blessings.

Lord Jagannath and Ganapati Bhatta

Hailing from the village of Kaniari in present-day Karnataka, Ganapati Bhatta was a spiritual seeker devoted to the Ganapatya sampradaya, which worships Lord Ganesha as the supreme deity. Intrigued by the writings in Brahma Purana about Lord Jagannath, he embarked on a pilgrimage to Shrikshetra Puri, with the hope of experiencing the divine grace of Jagannath. He arrived at the temple and went to participate in the ceremonious bathing ritual of the Lord. However, upon catching a glimpse of Lord Jagannath, Ganapati Bhatta's heart sank. The deity before him lacked the elephant head that he associated with his beloved Ganesha. Disappointment clouded his spirit, and he left the premises. His devotion was solely reserved for Lord Ganesha, and he longed to worship him alone. Realising his devotees' dissatisfaction, Lord Jagannath set in motion a divine plan to address Bhatta's devotion and provide solace to him.

The incarnation

Lord Jagannath, in the guise of a learned Brahmin, met Bhatta who was about to leave Puri. He wouldn't have to leave Shrikhetra disheartened, Bhatta was told. The Brahmin also reassured him that he should visit the temple once again if he wants to have a darshan of his Lord. Charmed by the

soft-spoken Brahmin, Bhatta eventually agreed to revisit the temple in the evening. Little did he know that the Jagannath had orchestrated a wondrous surprise, destined to unfold within the hallowed grounds of the temple. Filled with a renewed sense of anticipation, he made his way to the temple, guided by the promise bestowed upon him by the enigmatic Brahmin.

Surprise of life

Bhatta's joy knew no bounds as he witnessed Lord Jagannath's Hati Besha, resembling his beloved Lord Ganesha. Jagannath had assumed this form to please his beloved devotee, and a radiant smile adorned his divine face. Overwhelmed, Bhatta repeatedly bowed to him with his heart brimming with indescribable joy and gratitude.

'The ultimate truth'

Bhatta understood that Lord Jagannath was the Supreme Lord Himself. He saw that everything in the world came from this holy source. Once thought of as separate beings, the demigods were now shown to be part of the Supreme Lord, with their powers coming only from His vast essence and Bhatta realised the ultimate truth. With his newfound clarity, he saw how all beings are related to each other and to the Supreme Lord. He also realised that every part of existence comes from the Supreme Lord's eternal source.

Divine bath and recovery

Following the holy bath on Jyestha Purnima, the deities take up Gajanana Besha annually. However, after the bath, they suffer from fever. Soon after, they are taken to the anabasar house (anasara ghara) for treatment. During this period of rest, they are not disturbed by anyone except for designated servitors who administer medicines and aid in their recovery. Devotees are prohibited from having darshan of the deities during this fortnight. Once fully recovered, the deities embark on their annual journey, the Rath Yatra, in a grand procession from the Shreemandira to their birthplace, the Shree Gundicha Temple.



Alia eyes new milestone

Actress Alia Bhatt is all set to hit a new milestone. The actress, who turned entrepreneur with kids' wear brand Ed-a-Mamma in 2020, is all set to launch the first in a series of children's picture books called Ed Finds A Home.

Ed Finds A Home is part of a children's book series with a focus on inspiring love for nature in the coming generation. This is Ed-a-Mamma's first venture into the field of publishing, in tandem with Puffin, an imprint of Penguin Random House India.

The *Darlings* actress took to her Instagram handle on Wednesday and posted a reel in which she can be seen resting her face on a sofa and smiling, with animated characters of a girl and a dog popping up around her. The text, "A new Ed-venture awaits," then appears on the screen. "Friends, we have something in store for you (smile emoji) #StayTuned Until then, book your tickets for StoryVerse, happening on the 15th and 16th of June," states her caption.

Alia will launch Ed Finds A Home at the children's literature festival, StoryVerse, taking place at Jio World Drive in Mumbai, June 16. AGENCIES



Tisca recalls being victim of ageism

Actress Tisca Chopra, who was recently seen in the Netflix original *Murder Mubarak*, recalled when she was replaced by an actor whom she termed someone younger in an interview with *Galatta Plus*.

Tisca shared that this incident took place less than a week before the shoot was supposed to start. She recalled, "In 2016, there was a particular director who strung me along for a bit of time. We started doing prep, costumes, lines, and everything. About four days before the shoot, he said they were going with someone younger. Then he tried to fob it off by saying, It's the call of the producers."

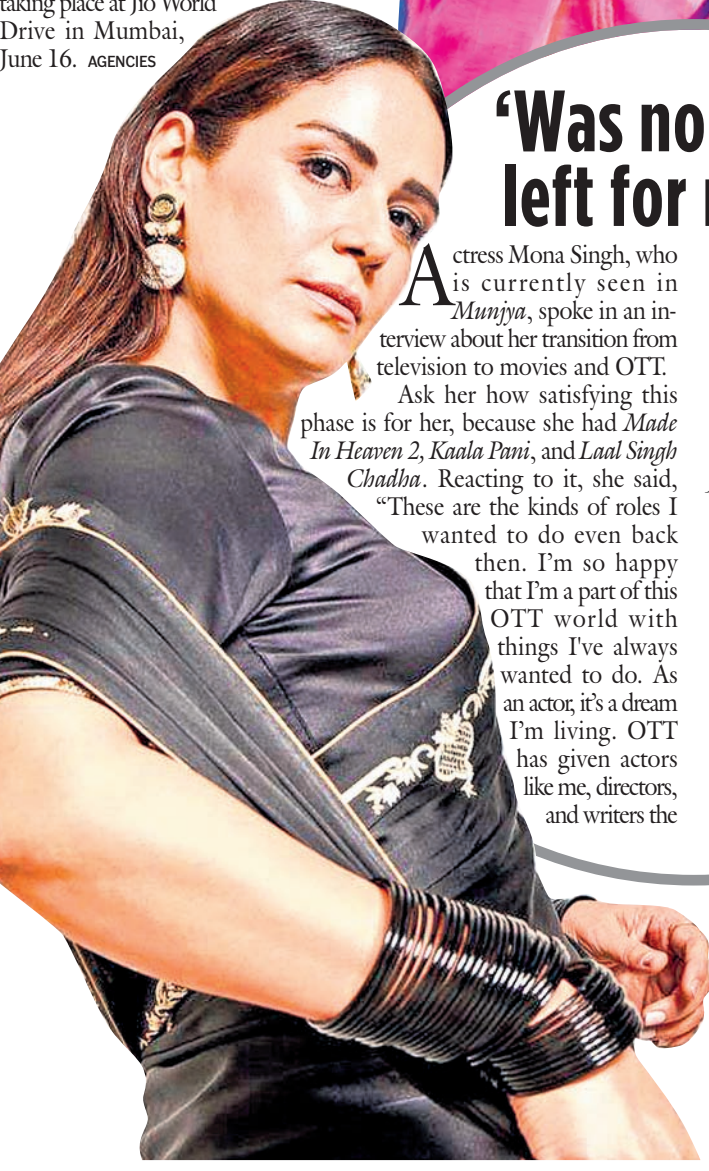
Talking about the bias of the industry towards young and beautiful actors, Chopra said, "By that time, I also got a sense of the fact that there

were things going on in my head that I had been ignoring for some time. I've had the benefit of working with wonderful directors and learning from them by watching their process and imbibing that. If youth and beauty are the only two things that are attractive in a particular market, my insides rebel against that. If they are interested only in young and beautiful people, it's a very sad world we're living in."

AGENCIES



'Was no growth left for me in TV'



Actress Mona Singh, who is currently seen in *Munjya*, spoke in an interview about her transition from television to movies and OTT.

Ask her how satisfying this phase is for her, because she had *Made In Heaven 2*, *Kaala Pani*, and *Laal Singh Chadha*. Reacting to it, she said, "These are the kinds of roles I wanted to do even back then. I'm so happy that I'm a part of this OTT world with things I've always wanted to do. As an actor, it's a dream I'm living. OTT has given actors like me, directors, and writers the

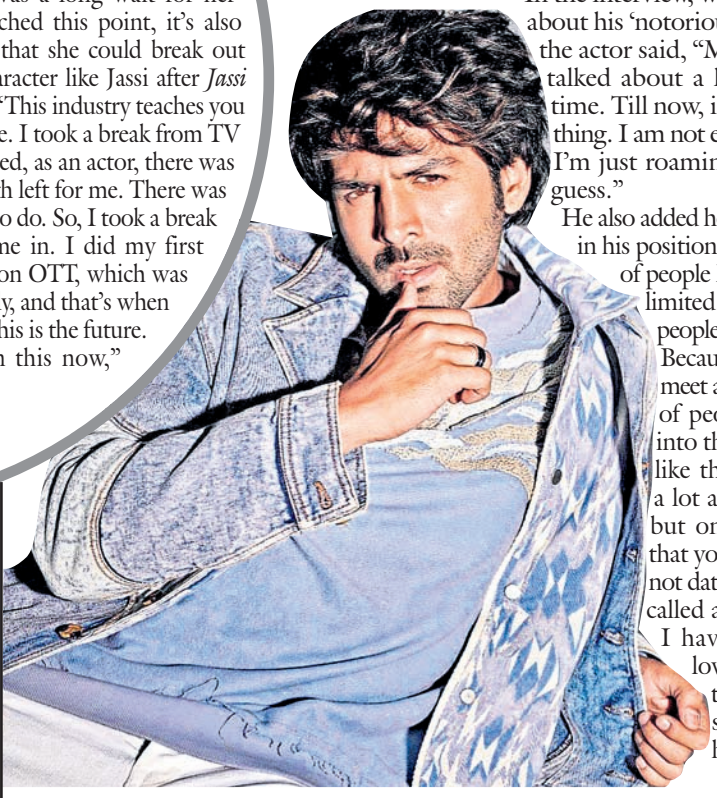
liberty to create what they always wanted to, which could never be done on the big screen. I'm so glad people have embraced OTT in such a big way."

Though it was a long wait for her before she reached this point, it's also commendable that she could break out of a strong character like Jassi after *Jassi Jaisi Koi Nah*. "This industry teaches you a lot of patience. I took a break from TV because I realised, as an actor, there was no more growth left for me. There was nothing more to do. So, I took a break until OTT came in. I did my first show in 2017 on OTT, which was *Yeh Meri Family*, and that's when I realised that this is the future. Let's focus on this now," ended Mona.

AGENCIES

Kartik opens up about his love life

Actor Kartik Aaryan, who is busy with promotions for his next film, *Chandu Champion*. In a new interview for Raj Shamani's YouTube channel, the actor addressed the attention on his dating life and admitted that he is currently single.



In the interview, when he was quizzed about his 'notorious' dating rumours, the actor said, "My personal life was talked about a lot at one point in time. Till now, it has been the same thing. I am not even dating privately. I'm just roaming around scared, I guess."

He also added how dating is different in his position because the number of people he meets has become limited. "You meet very few people after getting famous. Because of your work, you meet a very limited number of people. Your day goes into that zone. It becomes like that. You might earn a lot and become famous, but one thing is for sure that you can't buy love. I'm not dating anyone. I'm even called a romantic hero, but I have been unlucky in love. So, I feel I have to find the right person whenever that happens."

AGENCIES

Bible & sexuality

Although polygamy was tolerated during Old Testament times, partially due to the lack of options for single women and the need for men to have many sons for survival of the family line, the Bible is clear that LGBTQ+ tendencies are not in harmony with God's will



OP DESK

What does religious text Bible teach about sexuality? What does it say about same-sex marriages? What is the Christian response to these issues?

The biblical position on marriage and same-sex relationships is clear. God has created males and females to experience intimacy in a monogamous relationship within the sacred confines of marriage. Any sexual intimacy outside of marriage is a violation of the law of God. Homosexual relations are unnatural, sinful, and out of harmony with the law of creation and the moral law of God, says the Bible.

Why sex?

Human sexuality, including all its physical, emotional, and spiritual intricacies, was God's invention. He gave sexuality to His human creations as a gift with two functions: to perpetuate the human race and to create an intimate bond between husband and wife. The right use of sexuality leads people to understand intimacy with God in greater ways; the wrong use of it destroys intimacy with God and substitutes sexuality in His place.

Biblical view

In order to understand the biblical view of sexuality, one needs to examine its multi-faceted nature, one aspect at a time.

The first mention of sexuality in the Bible is in the Garden of Eden. God told Adam and Eve to "be fruitful and multiply, filling the earth" (Genesis 1:27-28), a command that necessitates sex. Shortly after that, it reads that Adam "knew his wife Eve and she conceived" (Genesis 4:1). That use of the word knew is a more complete translation of the concept than more modern phrases such as "had sexual relations with." It suggests much more than a physical act. When Adam "knew" his wife, the first couple was experiencing sexuality the way God had gifted it to them. Sex was to be a unifying action they entered into together that was to be unlike any other connection. It was specially designed by their Creator to be the single

most intimate action two humans could experience. Within covenant marriage, sexual union is a binding force that draws the couple together as "one flesh" (Genesis 2:24; Matthew 19:6). They discover and share with each other in ways that are exclusive to the couple and creates a sacred unity.

On sexual orientations

Whatever God creates, Satan perverts. It did not take long for fallen humanity to distort and destroy God's sacred gift of sexuality. By the time God gave the Law to the Israelites, He had to forbid all sorts of sexual perversions that were accepted by the cultures at the time. God had already designated one man for one woman since creation but now had to clarify and forbid all manner of perversions people had invented. And as the population of the earth increased, God tightened the ethical boundaries about marrying close relatives. Leviticus 18 and 19 detail many of those forbidden practices, such as sex with a close family member, adultery, and homosexuality.

The Bible is clear that LGBTQ+ tendencies are not in harmony with God's will. When Saint Paul goes through the book of Romans, he lists the lustiness of humanity early on in Romans 1, Paul talks about the fact the Gentiles are lost, and in Romans 2, he talks about the fact the Jews are lost. Romans 3 reads, "all have sinned and fall short of the glory of God," but there is salvation in Christ, justification by faith, as explained in Romans 4-6. In Romans 7, Paul goes through a great struggle, but in Romans 8, he finds there is no condemnation in Christ Jesus, and sin no longer controls him.

Although polygamy was tolerated during Old Testament times, partially due to the lack of options for single women and the need for men to have many sons for survival of the family line, the practice was fairly non-existent by New Testament times. In fact, Jesus reiterated God's initial purpose for marriage when asked about divorce. In Matthew 19:3-6 Jesus said, "At the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and

be united to his wife, and the two will become one flesh'? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate." Being the husband of only one wife was a requirement for church leadership (1 Timothy 3:2, 12; Titus 1:6).

Scholars view

In the Andrews Study Bible, in the comments made by scholars specialising in the Old and New Testament, we read the following on Romans 1:26-27—"These verses condemn homosexual activities. Unnatural sexuality, however, goes beyond homosexual behaviors. The New Testament sanctions only the monogamous relationship between male and female. It condemns all other forms of sexual activity, whether homosexual or heterosexual, as sinful."

Impact of disciplined lifestyle

A significant percentage of the world's problems stems directly or indirectly from our abuse of God's gift of sexuality. If every human being followed God's standards for sexuality. Abortions, divorce, STD's, AIDS, pornography, sex trafficking, fatherless children, single mothers, rape, abandoned babies, and pedophilia would all cease or be greatly reduced. The ripple effects of those changes alone would completely transform every continent, every nation, and every culture. Economies would rebound, disease would plummet, and mental hospitals would have empty beds.

Healthy boundaries

God knows what He is talking about when He includes boundaries with His gifts. Electricity is an incredible discovery and if used correctly benefits all mankind. Used wrongly, however, electricity can maim or kill. So it is with the power of human sexuality. When we seek to live within the healthy boundaries God instituted for our well-being, sexuality is once again a good gift.



Pragati



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