



How dare we?

Why are some of us thrill seekers while others play safe? Norbert Rego finds out

ACTION hero Akshay Kumar jumps and skates off Thailand's tallest buildings! The contestants at *Fear Factor Khatron Ke Khiladi*, a game on TV of physical and mental challenge, had to win over their fears with death-defying stunts. *Jo dar gaya woh ghar gaya*, seems to be the mantra! For actor Pooja Bedi, one of the most terrifying stunts she did was getting surrounded by snakes. "A lot of stunts were unexpected and gave us a shock.

ing." Also, at times, when life gets a little tense, paragliding provides Savla with a "gentle meditative experience of being alone in the air, far away from everything, free like a bird".

Adventure sport, which brings with it elements of thrill, fun and excitement, has become an integral part of our lives. In spite of the risk factor, the number and types of such sports continue to increase steadily and the acceptance of it has also been on the rise. Is it the monotony of nuclear existence or is it the stress of modern life that drives us to seek thrill?

"SOME MAY GET THE SAME HIGH FROM PAINTING AS OTHERS DO FROM RIVER RAFTING"

Says Dr Rachna K Singh, lifestyle management expert, Artemis Health Institute, Gurgaon, "Monotony or boredom drives us to seek adventures.

In common terms, thrill is also referred to as a 'high'. When you get a 'high', initially there is a sense of excitement, euphoria and pumping of adrenaline. It starts with an experimentation to try something new and break away from the mundane routine. Once you start dwelling on this thrill, then it can become an addiction for some."

Sensation-seeking, also called excitement-seeking, is a trait seen in people who go after novelty, complexity and intense sensations, those who love experience for its own sake, and like to take risks in the pursuit of such experience. Says Dr Samir Parikh, consultant psychiatrist, Max Healthcare, New Delhi, "The rea-

sons for this kind of behaviour tend to be numerous and attributable to various causes. The way in which different individuals seek adventure and the motives that are at the core of their behaviour tend to be rather unique to each individual. The degree of thrill that an individual gains from a particular activity would also vary."

After winning the finals of a television series which tested one's endurance, model-turned-actor Nethra Raghuraman said, "It was actually worth more than winning. It was a breathtaking experience."

To each his own.

Some individuals may get a high from painting but for others it comes from high-risk activities. Alope Bajpai of The Explorers, an adventure tour company, says, "Indulging in rafting, bungee

jumping or sky diving is a great way to recharge and unwind. The adrenaline rush that these sports bring works magic on frayed nerves. These sports also instill a feel of well-being and positivity."

However, a word of caution. Before rushing into these sports without reality checks and basic assessments of one's physical and mental preparedness, security and professional supervision, might cost you dear. So, watch out!

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But it was a thrilling experience."

Six years ago, Hiren Savla, then 17, was on a holiday with his parents in the Himalayas and while trekking, he spotted a paraglider. "I was completely fascinated by the thrill element. Within a month, I learnt to fly at the Nirvana Adventures, a paragliding school in Kamshet (near Mumbai). I bought my own paraglider soon after and have been flying frequently ever since. It gives me the adrenaline rush to get go-

