



## Episode 6 Transcript

### They Nearly Drowned, Then Fell in Love

**Torah Kachur:**

Nupur Gupta is swimming in the warm, tropical water of the Arabian Sea.

**Nupur Gupta:**

It was a beach close by, Not very crowded, but beautiful beach the way there were rocks and the water, the sunset was beautiful there.

**Torah Kachur:**

She's watching the early evening sky fill with pink and orange

**Nupur Gupta:**

I realize very slowly that I was being drifted towards the other side of the sea. I'm moving and the waves are moving me because I'm not swimming that way. The sea starts getting a bit rough, and I thought, "Okay. This might be over."

**Torah Kachur:**

I'm Torah Kachur – and this is “Tell Me What Happened – True stories of people helping people” – an original podcast by OnStar. It's a series full of stories about people living their best lives... until one day they find themselves, unexpectedly, in need of help.

It's February 14th and Nupur Gupta is in paradise. A region called Goa on the southwestern coast of India.

**Nupur Gupta:**

I first visited Goa in 2003 and I fell in love, and I thought, “This is a place everyone should come at least once a year to unwind. So I was very happy when I got this opportunity as a yoga teacher. And luckily, this came my way and I grabbed it with both my hands.

**Torah Kachur:**

She takes a 4-week placement as a yoga-teacher at a tropical resort. She's at a moment in her life where a brave choice pays off.

**Nupur Gupta:**

I was a marketing professional working with different corporates in India. Then in 2016, I decided to take a conscious break to focus more on my personal development and learning a new skill and exploring the life in a different way.

**Torah Kachur:**

How many of us dream of giving up the security of a nine-to-five gig and

taking that leap of faith into a passion project? Nupur didn't just dream it - she was doing it! She's teaching Hatha yoga, which focuses on relaxation and meditation.

**Nupur Gupta:**

When you're practicing, when you're more fit, then you can have more clarity about your thoughts. Sorry, maybe I sound like I'm advertising yoga a lot, but yoga is something you wouldn't regret how much ever you do it, or you take a break. It just brings clarity to one.

**Torah Kachur:**

After her last class of the day, she walks to the beach. It's a long arc of white sand and there are only four or five people on it. A bored lifeguard half-watches as Nupur wades into the water. She swims out, watching the sun go down.

**Nupur Gupta:**

This was a time when it was changing from low tide to high tide. The sea starts getting a bit rough.

**Torah Kachur:**

Nupur looks over her shoulder, towards the shore.

**Nupur Gupta:**

I realized that I was being drifted towards the other side of the sea. I know that I'm moving and the waves are moving me because I'm not swimming that way. That's when I decided to swim back.

**Torah Kachur:**

She's made the right decision. But she's made it too late. Nupur swims as hard as she can. But the tide keeps carrying her away.

**Nupur Gupta:**

It started to get difficult because I was not making much progress.

**Torah Kachur:**

It pushes her out and also sideways, parallel to the shore. Soon she's behind a large group of rocks.

**Nupur Gupta:**

And in those seconds, the waves were more rough, bigger, and pushing me back into the sea. I need help.

**Torah Kachur:**

But because of that small island of rocks, no one on shore can see her. The only person who can is a swimmer, someone standing in shallower water, halfway out from shore.

**Attila Bosnyak:**

So I saw a silhouette of a head and a hand trying to swim against the waves. So I didn't see who could be there. I couldn't even make out it's a girl or a boy.

**Torah Kachur:**

That's Atilla Bosnyak, a Hungarian financial advisor, currently living in the Netherlands, and vacationing in India. He's three days into a six-day yoga retreat, at the same resort Nupur is teaching at.

**Attila Bosnyak:**

She's, basically, struggling against the waves, but is at exactly the same spot compared to the rocks behind which she tried to swim towards the beach

**Torah Kachur:**

Now, we all want to believe we're the kind of people who would risk our lives to save someone else's. Atilla Bosnyak doesn't have to wonder anymore. Because in that moment, he did.

**Attila Bosnyak:**

I don't even feel the moment of a rational decision. I really felt that she will not get out. So I felt that I need to help.

**Torah Kachur:**

He doesn't have much time. The sun's now below the horizon, soon it'll be dark.

**Attila Bosnyak:**

I saw that she is going away towards the open sea with every minute, losing five meters.

**Torah Kachur:**

If he doesn't get to her now, no one ever will.

**Nupur Gupta:**

I saw this person swimming towards me, looked like a man. I waved because I thought, "I hope he saw me and he should come to me."

**Torah Kachur:**

He keeps swimming, fighting the current finally reaching her.

**Attila Bosnyak:**

I was really close. so I tried to grab her hand and pull her towards the shore

**Nupur Gupta:**

We did not say anything to each other. We just had this eye contact and He reached out to me with his hand, and by now the current was really high and I was trying to reach to his hand to hold his hand.

**Torah Kachur:**

He has her. He squeezes her hand. Starts to lead her back to the shore.

**Nupur Gupta:**

I calmed down, I thought, "Okay. Now everything is fine. I will be rescued" and a bigger wave came and took me away.

**Torah Kachur:**

The wave breaks their grip. Nupur is pushed away and suddenly Atilla is helpless.

**Attila Bosnyak:**

I cannot go against the wave. So I miscalculated my capabilities to swim against the wave.

**Nupur Gupta:**

I remember looking at this person into his eyes and he looking at me. And then I saw this person, taking a turn and going out towards the shore or swimming away from me.

**Torah Kachur:**

Nupur is baffled - her would be rescuer is now swimming away from her.

**Nupur Gupta:**

I panicked. I thought, "Okay. This might be over". I stopped swimming. I stopped making any efforts.

**Torah Kachur:**

She floats in the ocean. Resigned now that the current will take her out to sea. That this is her last glimpse of the shoreline.

This is 'Tell Me What Happened' a podcast created by OnStar to showcase how important a human connection is when you need help: Whether you are lost on a backcountry road or floating in the Arabian Sea.

Attila, the Hungarian tourist, didn't desert Nupur.

He had a plan.

And it's a good one, it's just not obvious to Nupur.

**Attila Bosnyak:**

I was next to her and then I was swimming away. She didn't know why I'm swimming away, of course.

**Torah Kachur:**

Nearby, is a cluster of rocks, just poking above the water.

**Attila Bosnyak:**

I decided to try to swim towards the rocks and climb to the rocks and wave to the guard. I got close to the rocks and the waves hit me and hit me first to the rock. I just put my hands next to my head so if I'm smashed to the rocks then it's not my head so I'm remaining conscious because otherwise it's over. And it smashed me twice to the rock. And after the second, I could grab the rocks. They were quite sharp so they hurt my finger but I was able to climb up to the rocks.

**Nupur Gupta:**

Next thing I see is he's on top of the rock, waving to the lifeguard. Then I took a deep breath of relief that, "Okay. This man did not run away or abandon me. He is getting help for me."

**Torah Kachur:**

The lifeguard has a surf ski, it's like a standup paddle board you sit on and paddle like a kayak. He paddles out to Nupur. He brings her back to the beach and she collapses, exhausted on the sand. In less than five minutes she's gone from completely losing hope, to being safely on shore. Attila watches, once Nupur is out of danger, he leaves his perch on the rocks and swims to the beach.

He steps out of the water and approaches Nupur. She's recovered her breath and is sitting up, and she's smiling. It's twilight. That magical time of day when it's neither dark nor light, but Nupur can see clearly, despite her close call. It's actually Attila who's in rough shape.

**Nupur Gupta:**

His finger was bleeding, his thighs had some blood. I said, "All right, please be here and let me get something for you, which I can try to fix these wounds." I ran to this tiny shop and I got things like antiseptic cleanser. As I was getting out, I saw this chocolate ice cream counter. Okay. Sugar also helps.

**Torah Kachur:**

She returns to the beach, and at first she can't see him, but there he is, he's moved away from the water's edge and is sitting at the base of one of the dunes. She wraps his finger. Cleans up the scrapes on his legs. Wipes a smear of blood from his cheek. And then they have some ice cream.

**Attila Bosnyak:**

That good feeling of the ice cream, the sweet ice cream, that also gives you back to the feeling of reality because you feel taste and you concentrate on some pleasure.

**Torah Kachur:**

Now... Picture this scene, two strangers sitting together on a deserted beach, the darkness of the night settling in, their adrenaline starting to fade. The ice cream is finished... and don't forget this is all happening on February 14th - St. Valentine's Day.

**Nupur Gupta:**

I was so drawn towards him and had this instant connect. No small talk, no icebreakers. You're just talking, "Hey, you saved my life. Thank you." I knew I was thanking him from the deepest of my heart.

**Attila Bosnyak:**

Some sort of natural connect that might be there between two people after living such an experience together. So it wasn't like talking with a stranger the words came naturally, the sentences came naturally,

**Nupur Gupta:**

I thought, "What a beautiful man, what a beautiful human."

**Torah Kachur:**

The next few days sound like a fairy tale.

**Attila Bosnyak:**

We spent all these breaks together and after the yoga sessions in the evening, the connection deepened.

**Nupur Gupta:**

We mostly had our meals together. We took walks together. We also went walking by the sea, also for a swim in the sea and we laughed when we went again. This was for next three days because after that, the retreat was over.

**Torah Kachur:**

Attila's phone buzzes... it's a reminder to check in for his flight. That's when he makes his second big decision of the week.

**Nupur Gupta:**

Attila stayed back for close to a week and the day he was leaving, we celebrated my birthday,

**Torah Kachur:**

At the end of the second week, they both have to leave. Nupur's contract at the resort is ending, and Attila has his job back in Holland.

**Nupur Gupta:**

I knew I liked him and I knew I would like to date him, a man like him, because he ticked all my boxes. So I was having these thoughts and then the morning came and we were both leaving. And I remember I was just very happy with this whole experience.

**Attila Bosnyak:**

After my return to the Netherlands, yes, we kept on messaging and talking and we've had like longing for each other.

**Nupur Gupta:**

We went back to our respective worlds, stayed in touch. I would just light up when I would get a message from Attila or when I have to call him or video call him.

**Attila Bosnyak:**

And we decided to meet each other.

**Torah Kachur:**

The Chaudhary Charan Singh International Airport in northeastern India is a dramatic piece of architecture, a giant ark of glass and steel. But, it's a cold, almost antiseptic place. There is no golden sunset, no twinkly stars cutting through the twilight. No waves gently washing over the sand. But it's still incredibly romantic.

**Nupur Gupta:**

I hugged him when I saw him and it was beautiful. We stayed in Delhi for a night and took a road trip to Lucknow via Agra. I wanted to show him Taj Mahal. Took a stop at Taj Mahal.

**Torah Kachur:**

It was there in front of a massive mausoleum of white marble, a mansion dedicated to undying love that Attila made what we will call his third big decision in India.

**Attila Bosnyak:**

I proposed at the Taj Mahal.

**Nupur Gupta:**

And I gladly accepted.

**Torah Kachur:**

So Attila helped Nupur. Then Nupur helped Attila. And now, they're helping each other.

**Attila Bosnyak:**

So that's an unexpected journey that ended up beautifully.

**Nupur Gupta:**

I think, yeah, you cannot plan everything in your life. It just feels beautiful to go with the flow.

**Torah Kachur:**

This is Tell Me What Happened - an original podcast by OnStar. OnStar has been around for 25 years, and in that time they've helped countless people in all sorts of ways, I can't confirm they've ever helped someone find the love of their life, but it's quite possible.

So with that in mind I want to dig a little deeper into the idea of people meeting in a moment of crisis, and falling in love. To do that I'm going to bring in Dr. Denise Marigold. She's an Associate Professor of Psychology and I want to get her opinion on relationships that began in stressful situations. For starters I want her perception of what was happening with Atilla and Nupur when they finally reached the beach, and knew they were safe.

**Denise Marigold:**

Well, their hearts were pounding in the first place because of this frightening near accident, but then they find their hearts pound in each other's presence, and you get what we call misattribution of arousal. So they've attributed the arousal they're experiencing from this near death experience to this attractive person in front of them.

And there's actually a famous study on this phenomenon that took place on a bridge that sways and bounces over 200 feet above a rushing river. So what they did for this study was have an attractive young woman posing as a researcher, and when she saw a young man crossing the bridge alone, she'd approach him to do a short survey. And she'd then say, "I'd love to tell you more about the study, but I don't have a lot of time right now. I'll give you my name and number and give me a call tonight if you'd like to hear more about the study."

And then they had another comparison condition where the same procedure was followed, but instead, the woman stopped the man on a low, safe, stable, concrete bridge. And the main thing the researchers were interested in is whether the man would actually call her after she'd given them her number. And in support of this misattribution of arousal theory, many more men who were approached on the shaky bridge compared to the stable bridge called the woman. And the thinking was that they were more likely to call the woman when they had this experience meeting her where they're like, "Hey, my heart is pounding. We must have some chemistry here."

**Torah Kachur:**

So this misattribution of the arousal, how often can it bear fruit?

**Denise Marigold:**

I mean, I think it can account for or explain some initial sparks, but there's obviously a lot more to developing a relationship with that. So maybe something sparks in a way that it wouldn't have otherwise, but still, to become a long-term relationship, these intense meetings, they have to lead to something more and where you have the ingredients of a good long-term relationship. The couple has to go from that moment and then build trust and learn to communicate, and ideally they have shared values and interests and things like that.



**Torah Kachur:**

So are there techniques for relationship success that you can recommend people going through stressful situations that may impact their relationship, especially early on?

**Denise Marigold:**

So in terms of advice, there's a few things I would say. One is to be aware of the effects of stress on you and your partner. We tend to underestimate this, and so we see, "Oh, my partner's being snappy or impatient with me. They're not showing they care for me. Maybe they don't care about me as much anymore." But often that kind of thing is happening because there's some real crisis or stress or emergency situation where people are not themselves. Right? So the more you can be aware of that, you can try and work through that.

And one of the other things we see is that couples who have some kind of crisis later on in their relationship, if they've had some early more mild stressors in their relationship, that can buffer them from the effects of that later stress. If you have in a lower stress environment a chance to practice your good communication skills, then that can have you prepared for when something more major hits. Right? But again, that's only if you have those good skills. Practicing bad communication skills isn't going to help.

**Torah Kachur:**

One of the things that we were talking about is this idea of stress impacting really negative relationship decisions. What about having that actual stress build to something positive.

**Denise Marigold:**

Yeah. Well, it's interesting. There's research showing that after a natural disaster, if you look at marriages and divorces within those communities, you tend to see an increase in both. So it's almost like, "Okay, I've nearly died here. This terrible thing has happened." People sit back and, "What am I doing with my life? What are my priorities? Am I living my life the way I want to live my life?" And for some people that will turn to, "Wow, I have this great person and I hardly even was grateful for this. I'm going to increase my commitment." Right? For other people that will be like, "Wow, what am I doing in this toxic relationship? I have to get out of this." Right?

So I can see for this couple, there's a real sitting back. "Wow. I almost died there. I'm not going to sit back and wait for things to happen. Here's a chance. I'm going to go for this. I'm going to cross the distance and make this relationship work."

**Torah Kachur:**

But either way, maybe we shouldn't be waiting for that natural disaster to happen before we make-

**Denise Marigold:**

No, no, no. Don't try drowning to meet the love of your life.

**Torah Kachur:**

Thank you so much, Denise.

**Denise Marigold:**

My pleasure. Thanks for having me.

**Torah Kachur:**

That's it for this episode of OnStar's 'Tell Me What Happened - true stories of people helping people.' If you'd like to read more stories like this one, or if you want an update on what Nupur and Atilla are up to, there's a link in the show notes to take you to our website. Or you can go straight to [onstar.com](http://onstar.com) and tell us your favourite story about a time that someone helped you.

Be sure to follow us on whatever app you are using - we have lots of new stories coming your way in the weeks ahead. I'm Torah Kachur - and please "Be safe out there."

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