

MARCH 6-12, 2022

# SUNDAY POST

HERE . NOW



International Women's Day

# Breaking The Bias

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COVER STORY



Ollywood diva Archita Sahu, who has been enthralling the viewers with her strong screen presence for many years, loves to make fruit juices and shakes for her actor husband Sabyasachi



### Sleep Hygiene

Being into the glamour industry, I often suffer from sleep deprivation. So, on non-working Sundays, my first priority is to maintain my sleep hygiene. An eight-hour sleep makes me feel fresh and energetic.

### Avid gardener

I like greenery and love to have a lot of plants around us. Thus, I look after every need of my plants and spend time with them.

### Averse to social media

I love my 'me time', hence, I stay away from mobile and social media on Sundays. I do not hang out much or go to parties or events. I just want to be with myself.

### Family time

Due to hectic work schedules, I hardly get time to spend with my loved ones. Therefore, I visit my sister, cousins and relatives and spend some quality time with them.

### Travel enthusiast

I love to pack our suitcase and get away on a long romantic road trip with Sabya. We don't miss any opportunity to explore the panoramic view of sunrise and sunset on Konark-Puri Marine Drive.

### Health is wealth

Though I hardly cook, I love making different shakes and juices for my dearest hubby. I experiment with new juices applying trial and error methods and enjoy every sip of it with Sabya.



With mother



With sister



With Sabya

RASHMI REKHA DAS, OP

**WhatsApp This Week**

**Only on Sunday POST!**

Send in your most interesting WhatsApp messages and memes received to: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) And we will publish the best ones

**THE BEST MEMES OF THIS ISSUE**

- Why do bees hum? They don't remember the lyrics!
- At what age is it appropriate to tell my dog that he's adopted?
- Smoking will kill you... bacon will kill you... and yet, smoking bacon will cure it.
- The man who created autocorrect has died. Restaurant in peace.

**AN EYE-OPENER**

Dear Sir, Last week's cover story 'Hunter in trouble'(Feb 27) was both a captivating read and an eye-opener. In this context, an initiative titled Fishing Cat Research and Conservation Project, undertaken by Namfon Cutter to protect the critically endangered feline, merits special mention. Namfon has devoted more than a decade in finding ways and means for preservation of this species in southeast Thailand. The project seeks to bring fishing cat conservation into the mainstream of civic consciousness in order to ensure the healthy and harmonious co-existence of human beings and these nocturnal cats in their wetland habitats. Namfon has almost singlehandedly convinced the villagers in the niche areas about the useful role of Fishing Cats in pest and rodent control. The excellent community rapport developed with local village communities has stood her in good stead as the villagers no longer look upon these wild cats as predators.

**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](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



INTERNATIONAL WOMEN'S DAY

# Breaking The Bias

*From not being able to advance beyond a certain level in the 1980s to rising to the highest ranks in corporate sector, today's women are expanding their entrepreneurial horizons and venturing into a wide range of businesses*

RASHMI REKHA DAS, OP

Gone are the days when women were confined to the four walls of their homes to perform household chores. From not being able to advance beyond a certain level in the 1980s to rising to the highest ranks in the corporate sector, today's women have traversed a long way. They are no more cowed down by the 'glass ceiling' effect. In fact, the women entrepreneurs are expanding their entrepreneurial horizons and venturing into a wide range of business areas. They are now becoming their own boss.

There is no dearth of examples of women who have reached the top in their respective fields defying gender stereotypes.

Ahead of International Women's Day, **Sunday POST** talked to a few successful women entrepreneurs who have blazed new trails in the industry to inspire thousands.

### Jayashree Mohanty (Top entrepreneur in IT sector)

While talking about women entrepreneurship in Odisha, Jayashree Mohanty is certainly a name that has motivated hundreds of wannabe entrepreneurs. As the co-founder and president of Luminous Infoways, a Bhubaneswar-based IT services company, she has broken the gender bias from the word go. In 2001, she decided to set up her business in Bhubaneswar when startups were not recognised as a viable career option. She took the plunge turning down a lucrative job offer in the government sector. Her bold decision was backed by Tanmay Mohanty, then her business partner who eventually became her co-pilot in life. From starting the company in a 2 BHK rented house with just two people to employing over 1,000 IT professionals today, Jayashree has consistently proven her mettle as a technology entrepreneur, managing more than 100 small and medium scale projects across different geographies like India, USA, Middle East, Norway, New Zealand and Australia. Luminous Infoways offers a proven integrated portfolio of IT & IT-enabled services in both open source & Microsoft Technologies. In addition to Bhubaneswar, the company has its offices in London, Delhi, Itanagar, Jharkhand, Andhra Pradesh and Guwahati. Jayashree has received several awards for her IT Solutions in the e-Governance and Corporate sectors. She also won the Leading Lady Entrepreneur 2015 STPI Exports award and was recently recognised for her promotion of women empowerment in the MSME segment. An alumnus of Indian Institute of Foreign Trade and Nyenrode Business

University, Netherlands, Jayshree has been championing the cause of women entrepreneurship in Odisha for many years now.

Asked about her motivation, she says, "The desire to do something different which will help the society grow was my motivation. I wanted to create an army of tech-savvy people in my enterprise."

However, Jayashree's journey was not a cakewalk as it entailed lots of dedication and effort. About the initial challenges, she recalls, "Twenty years back the word 'start-up' was not even coined. The ecosystem was not conducive.



Jayashree being felicitated at a function organised by Rotary Club, Bhadrak

I have to deal with all the challenges starting from finance, markets, brain drains and the factors affecting the markets. With resilience and connecting with the right people, I could overcome the hurdles. With our rigorous efforts, we are now recognised as a brand of Odisha and pride of India. We provide equal opportunities to women and men. We now have a core group of experts that converts Government schemes, Acts and Rules into IT initiatives having a strong citizen centric perspective."

About her biggest achievement, Jayshree says, "The Govt of Odisha inducted me into the Startup Task-force, which gave an opportunity to use my expertise to grow and help all startups that accessed me, to grow."

Talking about her future plan, she says, "I would like to build a world class centre of excellence and research centre to learn industry practices and best technologies to resources here. As CII IWN chairperson I would also like to see more women taking up key positions in the industry."

Before signing off, she advises budding entrepreneurs to believe in themselves and have a determination to work hard to get recognised by the people or organisations that matter.



**ARATI DEVI**  
(India's youngest sarpanch and promoter of organic products)

She became India's youngest sarpanch in 2012 to bring about a change in her village and for that she quit her fat-salaried job. Since then, Arati Devi from Dhunkapada village in Polasara block of Ganjam has been championing the causes of women, children and environment. She made headlines again in 2014 after representing India at the International Leadership Programme on State and Local Governments, held in the US. There, she got the opportunity to meet the then US president Barack Obama and other world dignitaries. No wonder, she was feted with the Adarsh Sarpanch award in 2015. She has also been working relentlessly to revive the traditional folk art troupes of her village. Her other identity is that she is a successful entrepreneur. She has founded

Biogram, an emerging brand built on the promise of plant-derived products. She is transforming the lives by creating sustainable livelihood for the locals and empowering women. About



A file photo of Arati Devi with women of her panchayat

her journey from a banker to Sarpanch, she says, "I was the first girl student at our village to get first class in Class X board examination in 1999. After pursuing MBA, I was working at IDBI Bank in Berhampur. In 2012, I decided to switch profession by contesting panchayat polls as I thought it was the best time to do something for society. After winning the poll, my first priority was to improve village-level governance and streamline the Public Distribution System (PDS) in the village as I have noticed how families were deprived of getting stuff through PDS."

Besides, she also launched a literacy project in her panchayat under which 750 women became equal opportunity as other women get in society, to bring them to the mainstream and connect all tribal women globally to showcase their talent, tradition and culture worldwide.

For the last twenty years I have been working to create livelihood opportunities for the tribal populace. After Adi Rani India, now, I want to organise Adi Rani Earth, World and Universe."

About the secret of her success, she says "I always understand who I am and what I can give back to the society and always feel great whatever God has given to me. I do believe in angels because they exist in the form of people who stand behind you. For me, trusting God is the key to success."

Apart from Adi Rani Project she is working for hunger free India. About this initiative, she says, "I am co-founder of Hunger Free Odisha. This foundation has officially been registered in 2018, where our vision is to make Odisha free from hunger by 2030. God has created this earth giving

rights for food for everybody. It is we humans who have disturbed this balance. So my foundation is trying its best to provide food to as many people as possible. We provided food to nearly four lakh underprivileged families during the pandemic."

She has planted around 1.5 lakh trees and dug up ponds for the wellbeing of animals. For her immense contribution towards nature, she received the Prakruti Mitra Award. Asked about her foray into wellness products, she adds: "I believe nature has a lot of healthy and beneficial ingredients that Ayurvedic science had formulated centuries ago. Thereafter, I started my quest to come up with products and developed a range of hair, face and body care products using natural ingredients and with approved Ayurvedic formulation. Due to God's grace, we have received an overwhelming response to our products as well as to our flagship store. Inspired by this success, we want to take our products to consumers across the country."



**CHIDATMIKA KHATUA**  
(Social entrepreneur)

She is a social entrepreneur, organiser of India's first Tribal Queen Contest, and recipient of Honorary Doctorate from the Commonwealth Vocational University, Kingdom of Tonga. Known widely for her outstanding contribution for the growth of tribal community, Chidatmika Khatua also received Honorary Doctorate for Peace Education, from United Nations University for Global peace, USA. She has got the biggest recognition as founder of India's 1st tribal queen contest 'Adi Rani' with a mission to make tribal women empowerment and uplift tribal culture and tradition with its originality. All she wants is to create an India where all tribal women will get equal opportunity as other women's get in the society and connect all tribal women globally to showcase their talent, tradition and culture worldwide

What made you launch the tribal beauty pageant? To this, she responds "Basically everyone knows that tribal people all over the world are distinct for their unique tradition and culture, their honesty, simplicity and all. But they were somehow moving away from their originality and individuality. With an aim to stop the decline and to enable them to present themselves before people with confidence, I conceptualized the 'Adi Rani' project. The idea was to empower tribal women and make them join the mainstream of the society. More than 100 tribal women participated across the country out of which 30 got shortlisted. And finally Pallavi Durua from Koraput won the title."

On her dream, Khatua elaborates, "My dream is to create a brainstorming Tribal India where all tribal women will



Chidatmika being felicitated with Honourary Doctorate by the Commonwealth Vocational University, Kingdom of Tonga



# New Zealand's secret landscapes

HOME TO MOUNTAINS LIKE SKYSCRAPERS AND WATERFALLS CASCADING LIKE VELVET AND THE QUIET, THE ISLAND NATION IN THE SOUTHWESTERN PACIFIC OCEAN IS A PLACE TO EXPERIENCE THE TRUE, RAW BEAUTY OF NATURE

New Zealand's landscapes are breathtaking and are a true delight to the eyes. One is certain to be astonished by beautiful landscapes at every bend. While the entire country is gorgeous, there are a few areas that stand out for being the most unique and untouched places in New Zealand. Home to mountains like skyscrapers, wa-

terfalls cascading like velvet and the quiet, stillness of a land before time, it's a place to experience the true, raw beauty of nature. New Zealand is full of these marvels which are sure to awaken your inner explorer. Here are four beautiful and untapped New Zealand landscapes that are sure to leave you in awe of the beauty of nature:

### AUCKLAND

The largest city in the country is more commonly known for its urban centre, but just a short drive beyond the high-end stores and bustling city streets is a tale of nature from two diverse coasts. The east coast lends itself to calm, turquoise waters and white sand beaches like Pakiri, perfect for horse riding. While the west attracts scenes of raw, moody nature with black sand beaches at Piha and Karekare, towering sand dunes at Bethell's beach and dense forests filled with immersive walking tracks in the Hunua Ranges. Both attract wildlife, off the east coast islands in the Hauraki Gulf like Motuihe, Rotoroa and Rangitoto are sanctuaries for native birds, meaning you can spot Kiwi, Takahe and Pateke in their protected environments.

### MT COOK/MACKENZIE

The Mackenzie region is tucked nicely halfway between Christchurch and Queenstown, but it feels like a world all of its own. It's one of the few International Dark Sky Reserves in the world, known for transforming into a crystal-clear blanket of stars by night. Gaze at the Milky Way from a hot pool at Tekapo Springs or if you want a closer look at the planets, the Dark Sky Reserve offers tours at Mt John Observatory, New Zealand's premier astronomical research centre. By day, the region offers sights just as spectacular with remarkable glaciers set amongst towering mountains.



### SOUTHERN COASTLINE (CATLINS, WAITAKI, DUNEDIN)

Throwback to a time when nature felt raw, untouched and uncharted, the Southern end of the country wraps around a moody coastline and lends itself to panoramic views, endlessly stretched horizons and other worldly landscapes. Nugget Point offers striking ocean views dotted by rocky islets named by Captain Cook for looking like pieces of gold, and a pathway leading to the towering lighthouse perched on the edge of the cliff. With nature comes wildlife and this region is bursting with cute and furry animals. Whether it's Oamaru's Little Blue Penguins adorably running in from shore to find shelter or Dunedin's Fur Seals and Yellow Eyed Penguins parading on the beach, there's plenty to discover.

AGENCIES

### HAMILTON WAIKATO

Famous for its rolling, green hills and for its beautiful and entrancing entrance to the world of Hobbits, the mighty Waikato is also an opening to an undiscovered world of natural marvels. The blinking stars of glow worms light up the caves as one wanders through the natural magic of Waitomo. Above ground, Lake Arapuni is a lush, vividly green forest to immerse yourself in whether by foot or bike on the Waikato River Cycle Trail or head into the Hamilton Gardens. From an Indian Garden to Japanese to Modernist to a replica of Katherine Mansfield's garden, the entire grounds are an immersion into another landscape.



# Pooja keen to explore action genre

After debuting opposite Hrithik Roshan in *Mohenjo Daro*, Pooja Hegde is winning hearts for her chemistry with Prabhas in the trailer of *Radhe Shyam*. In the pipeline, the actress has *Kabhi Eid Kabhi Diwali* with Salman Khan. At a promotional event for *Radhe Shyam*, Pooja spoke about working with superstars and shared, "I hope I keep working with superstars because their popularity may eventually rub off on me." Speaking about being choosy, the actress added, "I think it is about picking the right scripts and right characters. I have reached that phase where I want to be challenged as an actor, besides doing commercial films. *Radhe Shyam* is like a perfect amalgamation of that, there is scope for performance and it is a commercial entertainer too." Pooja Hegde also expressed that she is keen to explore the action genre. "I want to do something with action. As a young girl, I looked up to women who played major action sequences and had done roles where females were bad ass. Growing up I have seen that, loved that and hoped that I get to inspire others with my action films," shared Pooja.

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# Mrunal enjoys impromptu trip with sis

The world is grim at the moment and what better than taking a breather from the chaos. Mrunal and her hair and make-up stylist younger sister Lochan Thakur have been out on a vacation to Sri Lanka. After her packed schedule, she and her sister have taken a short break. The Thakur sisters have decided to unwind from their busy schedules and indulge in a much-needed vacation. Mrunal says, "I have had the busiest year with such a tightly packed schedule throughout. Both of us (Lochan and I) had been planning a trip for a very long time now, but it unfortunately never materialised. That's when I figured that I'd have to squeeze in a small trip in between my



work schedules as it was getting long overdue and I needed a break desperately. This trip however was quite impromptu as none of us planned for it to happen the way it did in terms of the timeline, and that is exactly how I feel that trips should be, because I like trips that don't have an itinerary. I believe trips should be smooth and easy-going. Do what you want to do at that moment."

The actor was seen sharing several moments from their trip to the scenic beauty. Mrunal shared many of her moments on Instagram stories. Fans of the actor have been admiring the photographs the sisters have been sharing on their social media.

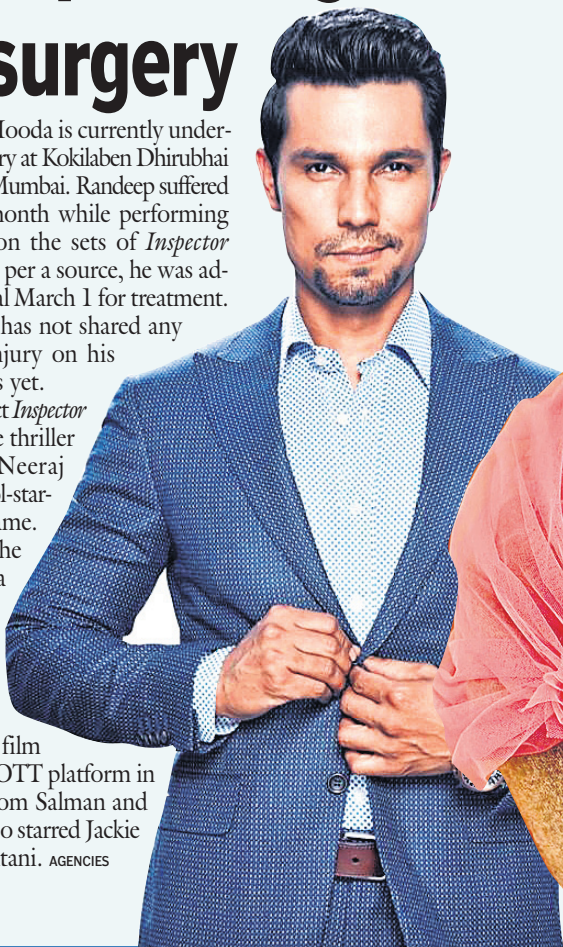
AGENCIES



# Randeep undergoes knee surgery

Actor Randeep Hooda is currently undergoing knee surgery at Kokilaben Dhirubhai Ambani Hospital in Mumbai. Randeep suffered a knee injury last month while performing one of the scenes on the sets of *Inspector Avinash*, and now as per a source, he was admitted to the hospital March 1 for treatment. However, Randeep has not shared any details about his injury on his social media handles yet. Speaking of his project *Inspector Avinash*, it is a crime thriller show directed by Neeraj Pathak of Sunny Deol-starrer *Bhaiji Superhit* fame. On the other hand, he will next feature in a film titled *Unfair and Lovely* co-starring Ileana D'Cruz. He was last seen in *Radhe* starring Salman Khan. The film was released on the OTT platform in May 2021. Apart from Salman and Randeep, the film also starred Jackie Shroff and Disha Patani.

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# Priyanka revisits her Mumbai days

Global icon Priyanka Chopra took to her Instagram handle and dropped a glimpse of her morning in LA as she relished *Poha* for breakfast that took her back to Mumbai days.

Sharing a picture of her breakfast plate, she wrote a little note thanking a friend, "*Poha* in La that took me back to Mumbai! Thank you."

Priyanka and Nick Jonas recently held a puja in their abode on the occasion of Maha Shivratri.

The actress had dropped a picture from the celebration with the singer where both were seen offering prayers on the auspicious occasion. Donning ethnic ensembles, PeeCee looked gorgeous in a pink floral outfit while Nick looked smart in a classic white kurta.

Priyanka and Nick are currently among the new parents of the town who welcomed their first baby girl via surrogacy. The couple took to their Instagram handle to announce the big news. They wrote, "We are overjoyed to confirm that we have welcomed a baby via surrogate. We respectfully ask for privacy during this special time as we focus on the family. Thank you so much".

The couple has been maintaining a low profile ever since the birth of their little daughter.

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# Text Your Voice

Voice recognition technology, designed to automatically transcribe audio, is becoming steadily more advanced. Throw the concurrent advances in smartphones into the mix and you can now have dictation available whenever you need it.

Here are some of the best voice recognition applications.



## Dragon Dictation Platform: iOS

Dragon products have been a leader in the speech transcription field since it was a fledgling category on desktop. Available only on iOS, Dragon Dictation requires a network connection to work.

Press a button to record and then the text can be copied and pasted into other applications. Unlike Dragon's upcoming Dragon Anywhere app, which will charge a subscription fee, Dictation is free.

## ListNote Speech-to-Text Notes

### Platform: Android

Produced by Khymaera, the free ListNote boasts over 16,000 downloads on Google Play. The interface provides a searchable index of notes, with options to back up notes on the SD card. You can customise the app according to your preferred way of speaking.

There are also password protection options offered, with protected notes encrypted with the AES standard after the first 20 characters.



## Voice Texting Pro Platform: iOS

This free offering from Sparking Apps is rated 4+ in the App Store. Requiring devices on iOS 5.1.1 or later, the mobile app is optimised for the iPhone 5.

Like most Apple software, the app prioritises user interface. All of its features are usefully offered from a single screen. There are in-app purchases available including voice texting and adding languages.

## Evernote Platform: Android

As Evernote uses the built-in Android speech recognition software, the app requires you to be connected to a network to use it. The audio and text file are saved together to allow you to track down a note more easily.

There are also features to interact with other Evernote users such as in-app chat. Another free application, Evernote has been downloaded by over a million users from the Google Play Store.



## Speech to Text Platform: Android

This simple app from Xenom Apps, with many downloads on Google Play, allows you to dictate text and send it as an SMS, email or within another app. You can also send the dictations to phonebook contacts.

Based on Android's built-in Speech Recogniser, it is unavailable to iOS users. A common complaint about the app is the way it automatically stops when the speaker pauses in speech, even for a relatively short period.

**Aditi**



**PHOTO : ODISHA FASHION VILLA**