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SUNDAY POST

HERE . NOW

LIVE-IN RELATIONSHIPS

Resetting Relationship goals



P 3,4
COVER
STORY



With wife at Isha Yoga Centre, Coimbatore

Odisha Adarsha Vidyalaya teacher Ranjan Kumar Patra dons many hats. He is a yoga tutor, photographer, dietician and social worker all rolled into one. But he is mostly known for clicking unknown people, those from the lower rungs, and presenting them with their photos. With this initiative titled 'Tikie Khushi', he is only trying to spread smiles and happiness, says Ranjan who has been crowned with several awards in photography

Relentless worker

I don't believe in holidays, as I often find the 24 hours in a day inadequate to achieve the goals I have set for myself. As I have a lot to do in life, I put in a few extra hours to realise my dreams whenever I get a break.

Freezing moments

I tour around different places and keep my album of memories open to all. To travel and freeze the moments is what makes me happy at the end of the day. Trips for me are always unplanned and spontaneous.

Author in the making

I have a thing about scribbling. I jot down my career experiences and the time I spend in school as a yoga tutor. Over 50 such anecdotes have now been featured in a book which will soon be in stands.

For those incredible smiles

I love to click unknown people, mostly those belonging to the lower rungs, and gift them their photos. When I give those photo frames, their joy and the infectious smiles on their faces are to be seen to be believed. It's a campaign of sorts for me to spread smiles and is called 'Tikie Khushi'.



Presenting a roadside vendor her photo



SMRUTI REKHA BARIK, OP

WhatsApp This Week

Only on Sunday POST!

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

THE BEST MEMES OF THIS ISSUE

- Why was six afraid of seven? Because seven eight (ate) nine.
- Why aren't dogs good dancers? Because they have two left feet.
- What do fish say when they hit a concrete wall? Dam!
- What do you need in order to make a small fortune on Wall Street? A large fortune.

STOP PHUBBING

Sir, The cover feature 'New Age Snubbing' (Sept 11) was a highly informative and instructive read on the baneful effects of phubbing (phone snubbing). Phubbing has several deleterious consequences for the phubbed viz. lowers self-esteem and sense of belonging, helps breed an inferiority complex and adversely affects mental & emotional wellbeing. The spurt in the use of cell phones and mobile addiction has grown to such an extent that nowadays we're more connected to our phones than to each other. The greatest irony of our times is that the very technology which was designed to bring human beings closer has resulted in greater alienation. To address this malaise and facilitate greater phone-free face-to-face interaction, there is a dire need to launch 'Stop phubbing' campaign, making meals a 'No--phone zone' and curbing excessive use of cell phones through rigorous self-discipline etc. To recall the sage advice of Mel Robbins, the internationally acclaimed motivational speaker: "Don't miss out on your life just because you're too busy scrolling through someone else's."

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 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



Live-in relationships

Resetting Relationship goals

Ex-member of State Women's Commission in Odisha Namrata Chadha says, she doesn't have any objection if two adults are choosing a live-in relationship over marriage but she has strong reservation for security of women in these kinds of arrangements



SMRUTI REKHA BARIK, OP

Marriage is a cultural thing and nature doesn't tell everyone to tie the knot, says actor Abhay Deol, who once preferred to settle down in a live-in relationship with former Miss Great Britain Priti Desai than getting married.

Abhay and Priti are no longer together but they are also unapologetic about it.

Though cohabitation is common in Western culture, it has now turned a budding trend back home as well after the apex court made live-in legal in its several verdicts on the issue.

So, it is not at all surprising that more couples from young population are going for it. They want to enter into marriage only after making sure that they can spend rest of the life with each other and live-in relationships fit the bill. Treated as a taboo in India until a few years ago, this is now fast turning a national trend and Bhubaneswar is no exception.

However, a few recent suicidal deaths of youths in the state capital, said to be the outcome of failed live-in relationships, have once again sparked a debate whether the society, bound by religion and culture, is ready to accept this changing pattern of living.

Speaking on the issue, **Namrata Chadha**, a strong voice on women empowerment and gender inequality, says, "The origin of live-in or cohabitation is commonly believed to be a Western concept. However, it



was there in our ancient society in a pragmatic way but in invisible numbers. It was also a taboo to discuss this openly. But globalisation and industrialisation have changed our

societal structure.

And most of the urban population is gradually adapting to this new phenomenon. I don't have any objection if two adult individuals are choosing a live-in relationship in place of marriage. But I have a strong reservation for security of women in these kinds of arrangements because in most cases socially, economically, emotionally, mentally and physically women are worst sufferers."

And post break up, a woman has to face uncountable hurdles in her social marital relationship in this conservative society," adds Chadha.

Sharing an anecdote, the ex-member of State Women's Commission Odisha narrates: "A young beautiful independent woman who worked for more than 14 years with an MNC was in a committed relationship for nearly eight years with an engineer. Together as partners, they bought a property in Patia, Bhubaneswar. But things turned ugly the moment this guy was selected for a scholarly research programme in IIT and had got an opportunity to move abroad. He simply walked out as if it meant nothing to him. It was a big blow not just to the girl but her family also. Eventually they accept the truth but she is yet to recover from the trauma as being together for these years can't just be anything."

She continued: "I could figure out that not only required psychological counseling but clinical screening as well because she couldn't sleep at night and neither able to focus on work. Talking with her parents, I could understand their fix; it was a social stigma for them as the entire family was aware of them getting married in future."

Though Chadha is not against cohabitation, she underlined a few concerns over its consequences.

She says, "Live-in relationship is an easy way out from temporary bonding and relationships without any burden or responsibilities which most of the urban youth prefer to be in. But in long run no respect and recognition is received from the society which silently kills their commitments. Besides, the children born out of these relationships have to face legal battle to prove their paternity rights. So, I wouldn't suggest youths to go for this arrangement."

Besides, youths are not mature enough to handle such relationships whereas marriage is always more reliable, trusted and a strong institution. Married couples live much healthier in life than in live-in relationship, she further adds.

"As far as my experience counts, because I handle cases of this sort, couples approach me for counseling; and astonishingly most of them are a failure, which it's from both sides.

Constitutional rights can guarantee women to live with dignity and provide them legal remedies for any wrongdoing but the fact is that unwritten law of the land is always controlled by social status and their mind set has not yet changed especially male folks. In every relationship whether it is a live-in or marriage they treat women as their own property or commodity. This gender base gap and discrimination has to change, she concludes.



Motivational speaker and cognitive behavioural counsellor, **RKS Mangesh Dash** says, "It is said that 'Ask the Purpose to the Person Who Lived the Life'. Live-in as a worthy relationship is a choice for some who do not see comparatively a better meaning in a marriage. Although many marriages are very successful still every marriage did not stand as an example of a healthy & joyful togetherness. Staying together is a bliss and when the togetherness out passes the feeling of love and the experience of disrespect, disregard, politicking, utilization, non-reciprocation and many similar phenomena becomes the fuel of the relationship, then partners start repenting about their decision or marrying."

Ask a couple who are happily married, and they will vouch for Marriage as the 'Best Option' and ask a couple who are happy with live-in and they will stand by it as the 'Best Option'. Probably the challenge of live-in today is the ecosystem, ideology of the generations and a fair ground. Also the fact that marriage has legal and societal responsibilities and duties it's

seen as safer form of relationship, he explains.

Speaking on the various shades of co-habitation, he continues: "Live-in relationships are a success till both are respectful towards the purpose of live-in together. It's like every day you are in a relationship with freedom of choice to be in the relationship with easier frameworks. Like any other form of togetherness, live-in also has got its variables of success and unsuccessful both.

Whether it is marriage or a live-in relationship, Dash believes that rights of women and humanity need to be protected in every possible way.

WHAT NUMBERS HAVE TO SAY

- A survey found out that 80% of the millennials believe that the Indian society still considers live-in relationships a huge taboo while 47% find marriage better than living-in with their partner.
- In Mumbai, about 50% of couples in the 22-28 age group are in live-ins. But, 70% break up within 2 years.
- The Supreme Court of India recognized the live-in relationship as a valid marriage in which the Court gave legal validity to the 50-year live-in relationship of a couple.
- The Apex court said that an adult couple can be in a live-in relationship even when the man's age is below 21 years, the legal age for marriage.

Celebs who went for **live-in**

Several celebrities are often found flaunting this tag everywhere. While some relationships materialise into marriage, others just fizzle out. Here is a look at a few of them.

RANBIR- KATRINA

When the rumour started doing the rounds that Ranbir Kapoor and Katrina Kaif were dating and have moved in together, their fans were hoping for the wedding bells to ring soon. But to everyone's shock, the couple ended their relationship of six-long-years and parted ways for the reasons best known to them. They are working together and have now moved on with their respective lives.



SSR- ANKITA

Sushant was in a live-in relationship with his ex-girlfriend Ankita. While their fans were expecting them to walk down the aisle in 2016, Ankita and Sushant decided to call it quits after six beautiful years of their relationship.



AAMIR -KIRAN

Kiran Rao once said that she was not sure about marrying Aamir Khan until she moved in with him. That was when she realised that they had so much in common despite having their own ideologies. In an exclusive interview Aamir said, "Kiran had a certain positive effect on me. We lived together for a year and a half before getting married."



VIRAT- ANUSHKA

Virat Kohli and Anushka Sharma made everything clear about their relationship to the world during a match when Virat blew a flying kiss to Anushka after achieving a milestone. And if the reports are to be believed, the couple was in a live-in relationship before tying the knot.



JOHN- BIPASHA

Bipasha and John were one of the few couples of the industry who went on record to accept that they were in a live-in relationship. After being in a live-in relationship for about 9 years, the couple decided to part their ways. Now they are happily married to their respective spouses.



RAJESH KHANNA- ANITA ADVANI

Bollywood superstar Rajesh Khanna was in a live-in relationship with Anita Advani. And it is only after his death in 2012, Anita came out in open about her alleged relationship with Rajesh Khanna and claimed to be in a live-in relationship with him. Anita revealed that Rajesh was not attached to his wife, Dimple Kapadia and their children Twinkle and Rinkie Khanna



The Cult of Odia Food



PRITHISHA DAS

Odia cuisine is very simple yet delicious, prepared in little or no oil, which not only enhances the taste, but makes them very healthy as well. Here, you will find a mix of vegetarian and non-vegetarian dishes. People here love eating sweets and may be this is the reason they themselves are so lovable. Here're a glimpse of a few unique, authentic delicacies which can only be found in Odisha



CHAKULI CHICKEN

An ethnic Odia dish, it is a popular item consumed by every Odia. It is an imperative part of the Odia identity. Chakuli pitha can be served with many items, and the best combination of chakuli is with chicken. One small bite of chakuli laced with this spicy chicken gravy is a delight for food lovers.

PAKHALA

If you are in Odisha and you haven't tasted Pakhala then you have missed something. This is a typical Odia dish which is a staple in almost all Odia homes. Among all the rice based Odia dishes, Pakhala is the most liked traditionally favourite dish of each odia.



DAHIBARA ALOODUM

Dahibara Aloodum needs no introduction to the Odia people as it is an aged spicy street food of Odisha. This is such an enticing dish that you can't escape from its aroma. Dahibara Aloodum is an all time favourite food of Odia people as it gives excellent hunger satisfaction with lot of delightful flavours. This can be a glamorous snack, a chatpata breakfast even a lunch for collegians.

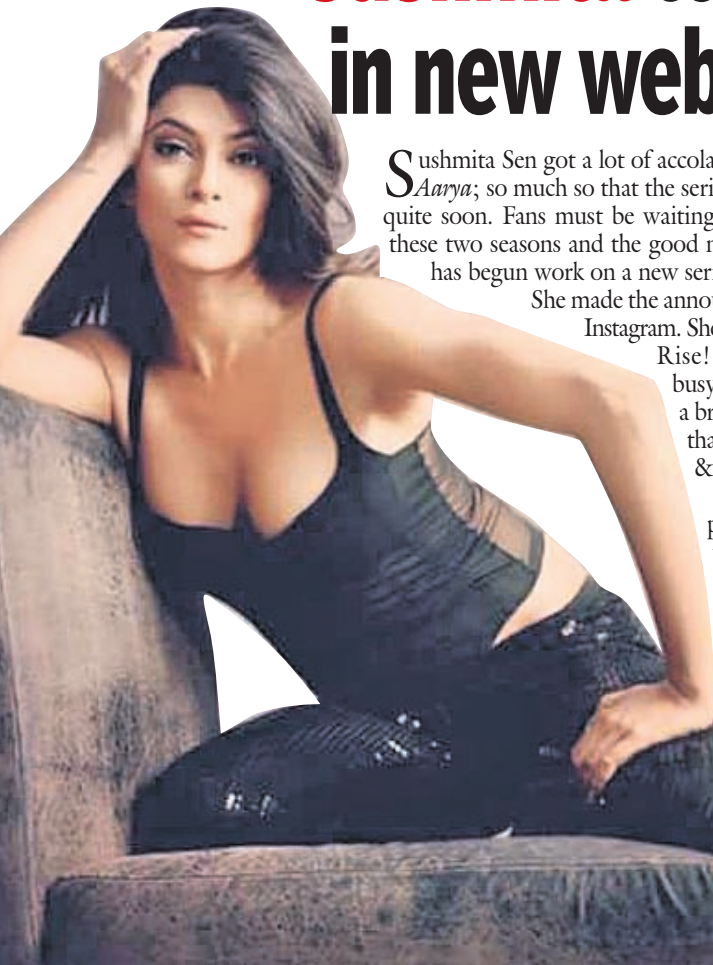


MUDHI MANSA

The Mudhi Mansa, an exclusive delicacy, is famous in Odisha, especially in northern part. People have an emotional connection with this dish and are proud of their Mudhi Mansa. Crunchy puffed rice along with rustic spicy mutton curry with some onions and chilli is a classic fascination for all Odia people and it needs to be brought to the limelight.

The author is a popular food blogger of Odisha

Sushmita to appear in new web-series

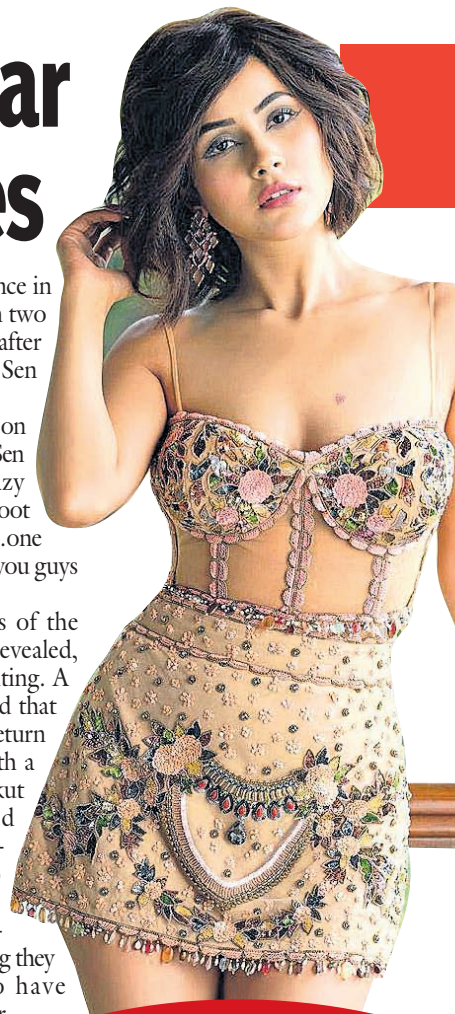


Sushmita Sen got a lot of accolades for her performance in *Saarya*; so much so that the series came with a season two quite soon. Fans must be waiting to see more of her after these two seasons and the good news for them is that Sen has begun work on a new series.

She made the announcement with a post on Instagram. She expressed, "Sun Set...Sen Rise!!! Life has been crazy busy...getting ready to shoot a brand new Web Series...one that has my heart!! miss you guys & love you beyond!!!"

Though, the details of the project is yet to be revealed, this news is quite exciting. A while ago reports said that Sushmita is set to return to the big screen with a biopic. Deepak Mukut who had produced Kangana Ranaut starer *Dhaakad* is set to produce this one.

Mukut had confirmed the news saying they were delighted to have Sushmita on board for this biopic.



Shehnaaz stirs a buzz

Actress Shehnaaz Gill's honest answers that are packed with innocence are one of the reasons why she is highly loved by her fans. And talking about her candidness, the actress recently turned heads with a statement saying she is doing 4-5 films.

This happened recently when a paparazzo asked Shehnaaz when her film will release. Looking perplexed by which movie is he talking about, Shehnaaz replied, "Which one are you talking about? I have 4-5 films lined up."

Shehnaaz rose to fame when she appeared in the popular reality show *Bigg Boss*. She was a contestant in the 13th season, and though she didn't win the show, she won the hearts of the people with her performance and cuteness.

After coming out of the *Bigg Boss* house, Shehnaaz did a number of music videos, and even bagged one of the leading roles in Diljit Dosanjh's *Honsla Rakh*. She also has two big projects in the pipeline - *Kisi Ka Bhai Kisi Ki Jaan* with Salman Khan and *100%* with John Abraham.

Pak actress declares love for Aryan Khan

Pakistani actress Sajal Ali made headlines back in 2017 after she appeared in *Mom* with the late actress Sridevi. In the film, she was seen playing the role of Sridevi's daughter. Recently, Sajal caught everyone's attention after she declared her love for Shah Rukh Khan's son Aryan Khan, who is an internet sensation.

Sajal took to her Instagram story and shared a throwback picture of Aryan. Along with the picture, she played Shah Rukh and Anushka Sharma's song *Hawayein* in the backdrop. The Pakistani actress also put a red heart GIF as she expressed her love for him.

Soon after she shared the post on her Instagram story, a lot of meme pages were seen sharing it on the internet. Netizens are stunned to see her express her feelings for Aryan on social media.

Meanwhile, Sajal recently made her debut at Toronto Film Festival 2022. She took to her handle and shared pictures with director Shekhar Kapur and Shabana Azmi.

In her post, she thanked Shekhar as she wrote, "My debut outing at TIFF was an absolute dream and fills my heart with immense gratitude. This would not have been possible without @khanjemima & @shekharkapur I am beyond overwhelmed by the love, appreciation."



Geeta Basra returns to showbiz after 6 years

Actress and wife of cricketer Harbhajan Singh Geeta Basra, who was last seen in films such as *Bhaiyyaji Superhit* and *Second Hand Husband*, is all set to make a comeback after six years with the upcoming movie *Notary*.

She will be seen starring opposite noted Bengali actor Parambrata Chatterjee. The film is directed by Pawan Wadeyar and is expected to go on floors from October.

Geeta, who was on a maternity break and was holidaying with her family in Dubai, says: It was an incredible trip, we ended up spending some quality time with each other. With Bhajji's busy schedule and Hinaya's school, we rarely get to do this and now with my upcoming film we don't know when we would get a chance like this.

"Even during Hinaya's Diwali vacations, I am shooting, so with these five days off, I made it a point that we go on a family holiday and we

made the most of it."

Geeta married Indian cricketer Harbhajan Singh in October 2015 in Punjab. The couple has a daughter, Hinaya Heer Plaha, and a son Jovan Veer Singh Plaha.



WORLD ALZHEIMER'S DAY – SEPTEMBER 21

Time to act



Despite being the seventh leading cause of death and a major cause of dependency among the elderly, public awareness about early signs and symptoms of Dementia remain incredibly low

Challenges of Dementia diagnosis

Dementia is a syndrome, or a group of signs and symptoms, that occur as a result of diseases or injuries in the brain and it is not a normal part of aging. Most common symptoms include a deterioration in cognitive abilities, including memory loss, problems with understanding language and expressing oneself, difficulty planning or performing familiar tasks, disorientation and impaired judgement. Changes in mood and behaviour are also common. As a result of these problems, during initial stages, people with Dementia often withdraw from work and gradually begin to avoid social activities. It can be embarrassing for the individual who is going through these changes to acknowledge and accept the problems they are facing. They often, hide or trivialize their difficulties making it difficult for friends or family members to recognise the early signs of deterioration.

Sadly, despite more than 30 years of dementia research, medical science has not been able to identify a cure for this disease. As a result of degenerative processes in the brain, patients with Dementia gradually become dependent for all basic needs like feeding and toileting, requiring 24-hour care and support. The burden of care typically falls on family caregivers as there are few specialised dementia care facilities, most of which are fairly expensive.

Importance of early detection

Research shows the average lifespan following diagnosis of Dementia is about 10 years, but varies widely anywhere between 5-15 years. Even though currently there is no cure for Dementia,

a three-pronged approach of medication to slow progression of symptoms, behavioural approaches to manage challenging behaviours, and psycho-social support for family caregivers, has been shown to significantly improve quality of life for people living with Dementia and their families.

However, early detection of Dementia is critical. In addition to the obvious benefits of access to medical interventions and psychological support, timely diagnosis allows families to plan for long-term care which may span a couple of years. Important decisions can be made regarding legal matters and decisions for end-of-life support whilst the person with Dementia has capacity to participate in decision-making taking cognizance of their wishes. Most importantly, families have time for financial planning.

Caring for Dementia is costly. An analysis by Alzheimer's Disease International estimates the global economic cost of Dementia to be a staggering 818 billion \$. To put this into perspective, this would be comparable to the 18th largest economy in the world if Dementia were a country. Direct medical expenses, hospitalization costs and costs of informal care are enormous. In India, annual household costs can run into Lakhs of rupees depending on various factors such as severity of the disease; and it is not uncommon for working women to quit their jobs and become caregivers in absence of affordable care support or Dementia facilities.

As the number of people living with Dementia in India is expected to touch 7.6 million within the next 10 years, early detection is an absolutely essential first step. Simple psychological tests and clinical examinations are cost effective, non-invasive ways to screen for initial signs of Dementia. Sadly, there are barely a handful of memory screening clinics in India.

At this critical juncture when numbers of Dementia are increasing globally it is essential to bust the myth that Dementia is a normal part of aging. Early detection needs to be encouraged which can help families prepare for the future. The time to act is now.

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World Alzheimer's Day, observed annually September 21, aims to promote awareness about Alzheimer's and how to detect it in its early stages. Forgetfulness, confusion and behavioural changes are often brushed aside as being typical problems which occur as a normal part of aging, this contributes to significant delays in diagnosis.

WHO released a report on public health response to Dementia, drawing attention to the fact that there are more than 55 million people living with Dementia across the world, with a new case developing every three seconds. Unfortunately, despite being the seventh leading cause of death and a major cause of dependency among the elderly, public awareness about early signs and symptoms of Dementia remain incredibly low. With global population aging and Dementia numbers expected to rise to 78 million by 2030, the impending economic and societal burden of care is massive.

Often the first point of contact is with a professional is when behaviour becomes too challenging or embarrassing for family members to manage. Alarming, an Alzheimer's and Related Disorder's Society of India report mentions treatment gaps are as high as 90 per cent in India meaning only a fraction of people living with Dementia and their families are actually receiving the support they need.



Sonali



PHOTO : KUMAR SHARAT, OP