

FEBRUARY 12-18, 2023

SUNDAY POST

HERE . NOW



VALENTINE'S DAY SPECIAL

Love, its myriad hues

P 3,4
COVER
STORY



MY SUNDAY

Though she is a lecturer by profession, her passion lies in tickling the funny bones of the viewers and hosting TV shows. Itika Priyadarshini aka Mee Puch Puch, who teaches Psychology in Indira Gandhi Women's College of Cuttack, loves to spend time with her family and friends at her leisure



MADHUSMITA SAHU, OP



With actor Rishi

Non-veg lover

Being an ardent lover of non-vegetarian dishes, I desperately wait for a holiday to gorge on my favourite food. I also love authentic Odia food like pakhala, mashed potato and potato fry.

Me time

I love to spend time with my family, friends and make funny videos when I get a break.



With students

Daddy dearest

Making people laugh is not an easy craft. But it was my father, a comic, who inspired me to take up comedy. Now, I am a winner of YouTube's Silver Play Button award. My father is my best friend with whom I can share everything above the earth and below the sky.

Spicyfile

Most people love sweets but I don't have a sweet tooth. I prefer hot spicy food over sweet. Being a Katakia, I love Raghu Dahibara of Cuttack.

Self pampering

Every week I spend some time at a beauty salon to nourish my skin and hair. I also love to take a brisk walk at a nearby park followed by a workout at the open gym.



With family

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

- I bought a vacuum cleaner six months ago and so far all it's been doing is gathering dust.
- What's the difference between men and pigs? Pigs don't turn into men when they drink.
- Before I tell my wife something important, I take both her hands in mine. That way she can't hit me with them.
- Money talks ...but all mine ever says is good-bye.



BE CYBERSMART

Sir, The cover story 'Protect your digital future' (Feb 5) was a highly educative and informative read, as it rightly harped upon the dire need for promoting safe internet practices, according top priority to securing our devices, browsing only secure and authorized websites and the pivotal role of AI in strengthening cyber security. For immediate redressal of cyber crimes, more awareness should be created about the 24*7 toll free pan-India Cyber Financial Fraud Helpline number 1930, launched by the Ministry of Home Affairs. Alternatively, such crimes can also be reported at the National Cybercrime Reporting Portal (www.cybercrime.gov.in). Since the proliferation of cyber crimes is invariably linked to the exploitation of human frailties viz.greed, gullibility, fear and the human beings' overwhelming appetite for financial gain, sustained educative campaigns should be streamed over audio-visual and social media. As digital tricksters are always one step ahead in capitalizing on human vulnerabilities, we have to be cyber-smart to thwart security breaches, identity & data theft and other cyber attacks.

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



♥ VALENTINE'S DAY SPECIAL

Love, its myriad hues

Romantic bilingual poet Durga Prasad Panda says when mobile phone was unheard of and land phone was a high class luxury, love found its way through artistically handwritten letters and cupid struck the lovebirds without much fanfare



are their outer manifestations and packaging. I believe that there is always a certain sense of 'timelessness' to love, leaving aside constrictions like 'modern' times or old times. Love brings out the best and the worst in human beings. It defies and thwarts any attempt to define or box it into fixed notions. For me, love gives you an elevation, depth and spread; all at the same point of time. Love is a splendored thing that makes the world go round itself and makes life exquisitely colourful," says the poet.

He recalls, "During our formative years, back in the 1980s, we didn't hear anything like Valentine Day and its significance. Unlike its brazenness today, in our small town upbringing 'love' was talked about in whispers, that too in a closed circle. Friends used to make fun linking one's name with someone from the opposite sex on slightest pretext: an exchange of glance or note (book) s was

when mobile phone was unheard of and land phone was a high class luxury, love found its way through artistically handwritten letters; the smell of ink, paper, sweat of her hands and the long wait surrounding it added a mysterious aura to it. But the toughest part was hiding these love letters for fear of getting caught by the prying, hawkish eyes. The whole secrecy of it was so profoundly beautiful that added a separate charm to love, recalls the poet whose poems have been anthologized thrice in British Council's Poetry India.

Panda has always believed that love is a journey together, much like a combined exploration of an unknown city, a growing up of two bodies and souls, both individually and together.

Nothing in human affairs can be ugly

Famous author and gender specialist Hiranmayee Mishra says, "Love is limitless and is the only powerful emotion that transcends time. They may add various terms or adjectives to it, but they are mere vocabularies for me, I believe there's nothing changed in the pattern of love."

When asked about what ingredients cook the best relationship, Hiranmayee said, love, honesty and time. "I believe that love is the most beautiful feeling which makes you see that the world is beautiful and nothing in human affairs can be ugly", she added.

"Expression of love has never required a strict confession, it grows gradually and



Durga Panda with wife Sareeta

cause enough to spark a murmur leading to sleepless nights, gossip, and lots of day-dreaming. In those days our ideas of love originated from and shaped mostly by Bollywood films and cheap novels. No wonder, Cupid's arrow struck us without much of a fanfare and show".

He goes on to add that in those days



Hiranmayee with husband Arun

people in love do feel it. Going back in time, I reminisce how letters were a wonderful means; the curiosity to write and get a response days later was intriguing. As with the passage of time, they were also carrying the growing emotion, she concludes.

SMRUTI REKHA BARIK, OP

Known as the 'Father of English poetry' Geoffrey Chaucer's 14th century poem *Parliament of Fowls* describes a group of birds which gather together in the early spring to choose their mates for the year. This is one of the earliest references to the idea that St. Valentine's Day is a special day for lovers.

Since then, the second week of the second month of every year has been earmarked to celebrate the essence of love and relationships. Moreover, it has turned into a significant cultural, religious, and commercial celebration of romance in many regions of the world and Odisha is no exception.

With just a couple of days to go before Valentine's Day, **SundayPOST** caught up with a few euphoric lovers who go down their memory lane to dote their valentines.

Love is as ancient as this earth

Love is not an 'Entitlement', you 'Earn' it by making yourself 'Worthy' of its grace.

It is a primal energy and emotion and is as ancient as this earth and civilization itself, believes bilingual romantic poet Durga Prasad Panda.

"The force, pattern and intensity around love are not something new: what is new



Ankita with husband Supriyo

What Ankita loves the most about modern love is sharing the responsibilities be it financial or parental. Whenever she goes out of station for shoots or workshops, her husband manages everything so well. And when he needs to go for his work or just for a boys' trip, she is there to babysit and handle the household work.

"He always encourages me to do things independently whether it's driving to work/ calling the plumber while he takes up the daddy duties whether taking the little one for tennis classes or taking care of her after school. We literally put up notes/schedules for each other so the other person knows when to step in. My favorite part is our checklist on the white board on our fridge, which does most of our communication. We both feel it makes our life quite peaceful and stress free, knowing that someone got your back if you fall short on anything," quips a proud Ankita.

Definition of love differs from person to person. For Ankita, love is from nurturing the child to bonding with the parents to romancing with a partner to sharing happiness with friends. It can also be the smallest of things like snuggling with your pup, cup of tea on a rainy day, a long drive with your favourite with music on or going through an old album with family, she concludes.

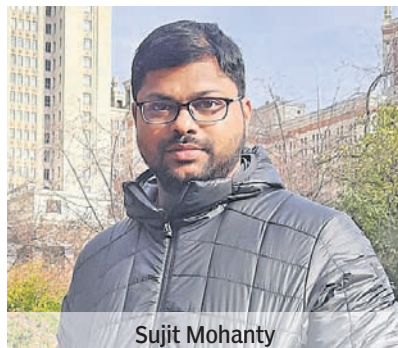
Love becomes transactional

The advent of a digital society has altered the very essence of love. Vintage love is like slow cooked food over char-

coal, whereas modern love epitomizes fast food culture and instant gratification, says **Sujit Mohanty**, Assistant Professor,

sneak out late night, go on long drives, take a trip down the memory lane and recreating moments. These things end up in going back in time and reminiscing old times," she explains.

Sharing her experience Priyanka recalls, "Initially our journey also started like any other love bird, spending hours together, talking, driving, riding and just finding space in each other's likeness. But after getting married we just moved in with such feelings and love was taken over by responsibilities. Though initially we both struggled to manage



Sujit Mohanty

National Institute of Fashion and Technology (NIFT).

As modern societies become more and more intolerant and give into capitalist pursuits, love becomes transactional, devoid of patience and endurance. True love doesn't require the approval of a social media crazy generation. Love transcends all human made boundaries and has the power to bring out the best in a person, he adds.

Stating the example of Radha and Krishna, he said, "Radha's selfless love was the highest form of devotion. The union of Radha and Krishna may have never taken place, yet their mythological love story is truly inspirational".

Each day is a day of love

Expressing love for your loved ones shouldn't be limited to a specific day. You should celebrate each occasion as it's your new day of celebration, says nutritionist and fitness consultant **Priyanka Singhdeo**, a woman so much in love.

We need to make an effort to do something exciting in relationships, shaking things up in relationship, trying things you don't really do like steal a date night with your partner,

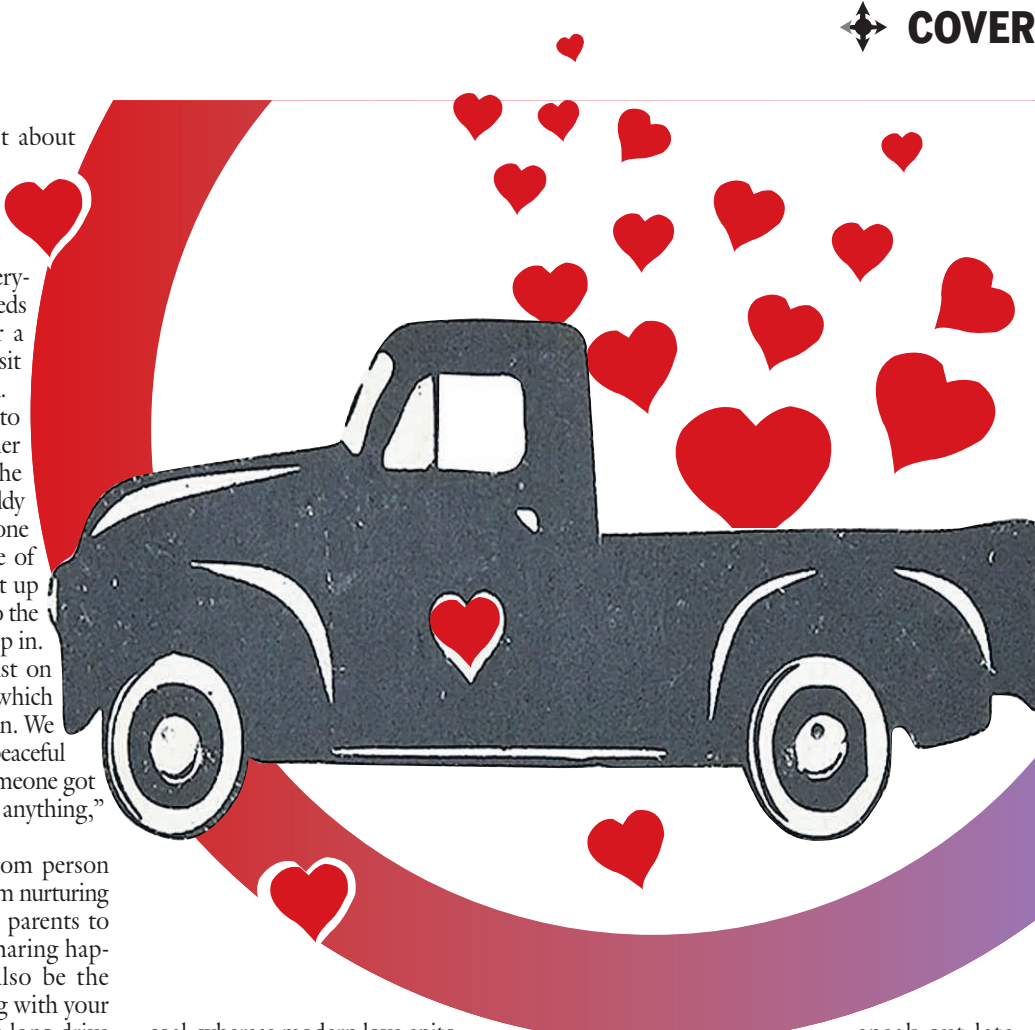


Priyanka with husband Rohit Deo

but eventually we learnt. We learnt that we need to blend really well. I learned riding and started loving it. He found a hidden interest in workouts."

For them now a perfect weekend would be riding on their bikes, working out together and hanging out with friends. Since they started sharing common interests now, they started their instagram page called 'HumTumDiaries'.

"We share blogs on our experiences with riding and also food. Somewhere we feel we complement each other pretty well," Priyanka says.



WORLD RADIO DAY – FEBRUARY 13

CELEBRATING VOICE FROM THE SKY



With more than 415 radio broadcasts in around 23 languages, India's All India Radio is one of the biggest radio broadcasters in the world covering 99% population in the country

continues: "Earlier, in the absence of television, people used to rely on the radio to listen to music, information, and news, so they were quite excited at the launching of All India Radio. Then, radio listeners in Odisha again greeted

concluded Komal.

RJ Smita of Red FM, on the other hand said, "Podcasts, in my opinion, are a fantastic kind of audio. When we travel, we frequently choose to listen to audio rather than watch videos. Thanks to the podcast, audio now has a new dimension. I believe they're great, and anyone with a good voice and some knowledge can be a podcaster. No wonder, the radio audiences have changed over the years."

However, Smita believes that podcasts are the expanded form of radio. Every radio station has a website dedicated to podcasts. One can simply pick up and listen from there. And for folks who aren't now listening to the radio, they may

pick up any RJ's show or other specific content from the website of that particular channel, she says while acknowledging that the number of listeners has perhaps dropped slightly as a result of social media, but people still tune in to various radio channels.



the introduction of FMs in 2010 with enthusiasm and joy. After a few years, smartphones came into existence, bringing with them programmes like Wynk, Spotify, and many more that helped the younger generation get familiar with the podcast age. We RJs are working to make podcasts that feature various episodic bundles in an effort to stay with the trends."

Though podcasts and radio are separate media, the latter will always have a certain charm. Even if podcasting is becoming popular, it'll never be a substitute to the radio which has and will remain timeless,

they may pick up any RJ's show or other specific content from the website of that particular channel, she says while acknowledging that the number of listeners has perhaps dropped slightly as a result of social media, but people still tune in to various radio channels.



10 FUN FACTS ABOUT RADIO

1. One of the first scheduled radio broadcast services, known as PCGG, started at Rotterdam, Netherlands, November 6, 1919.
2. India's radio broadcast history returns to the mid-1920s. During British rule, the first radio programme was broadcast in July 1923 by the Radio Club of Mumbai.
3. In 1922, the UK government presented a radio license costing 10 shillings (50 paise). From 1922-1971 people were unable to listen to the radio in the UK without having a license.
4. Marconi made the first successful transatlantic transmission of radio waves in 1901 and 1902. In 1903 Marconi empowered US President Roosevelt to send a radio message to Edward VIII.
5. Marconi won a Nobel Prize for "contributions to the development of wireless telegraphy" in 1909.
6. In September 2010, Spain proposed to observe World Radio Day on February 13, that day the United Nations radio was set up in 1946.
7. The private Indian Broadcasting Company Limited (IBC) appeared in July 1927, when it began working with two radio stations in Mumbai and Calcutta.
8. During the 1930s the US President began sending messages about the nation every week to the American public.
9. On June 8, 1936 Indian State Broadcasting Service was renamed All India Radio.
10. With more than 415 radio broadcasts in around 23 languages, India's All India Radio is one of the biggest radio broadcasters in the world. It covers 99% population in the country.

MADHUSMITA SAHU, OP

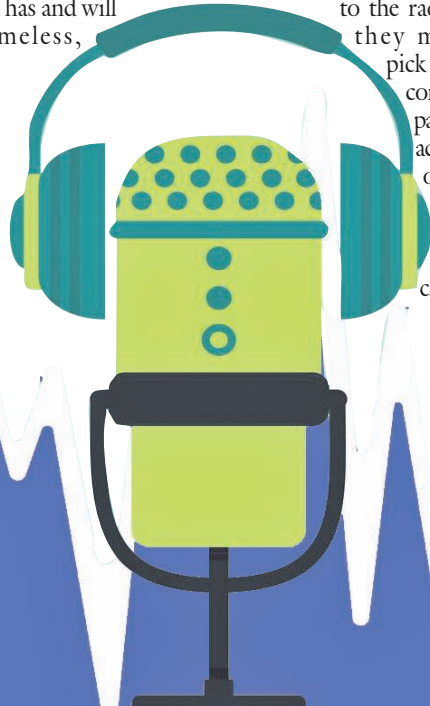
On World Radio Day, we celebrate the impact and influence of radio as a medium of communication and entertainment. Despite the development of new technology, radio maintains a distinct position in our lives by providing a unique experience and a connection to the outside world.

Since its inception in the early 20th century, radio has advanced significantly. It has changed and evolved from being the main source of news and entertainment to accommodating the changing demands of its listeners. However, of late podcasts have significantly replaced traditional radio. People now frequently use podcasts to listen to their favourite music, news, television series, and other contents. Podcasts are more popular option for listeners in India due to their accessibility, personalisation, and on-demand nature.

Ahead of World Radio Day, a couple of RJs shared with **SundayPOST** their thoughts on the rise of podcasts and whether they are likely to eclipse radio in a few years from now.

RJ Komal of Radio Chocolate says, "Radio, in my opinion, has a distinct vibe. We listen to the radio for entertainment, current events, and news. Radio provides up-to-date news, traffic reports, and current affairs, but podcasts are unable to do the same. Podcasts feature packages that are published later and not supplied with live feed. In podcasts, RJs record interviews, package it, add some finishing touches, and edit it appropriately before uploading it so that listeners may access it later. Podcasts require a lot of packages and time to produce their content. You can't get news that is current and in real-time like you can get on the radio."

Looking back the days gone by Komal



Perfectionist Yami

Yami Gautam Dhar, who is awaiting the release of her upcoming streaming film *Lost*, met real life crime journalists during the course of the film's shooting in which she essays the role of a crime reporter in hot pursuit of a story.

The actress said, "I didn't meet any crime journalists prior to the shooting but yes, I did meet them while we were shooting, and they were very senior. They were very kind".

"It was a pleasure meeting them because if they hadn't told me who they were, I would never know their significant body of work. I wouldn't have known their background. They were extremely warm. They watched us shoot and perform. That's all about it; there was no particular journalist that I had in mind while preparing for the role".

She said, "Cinema has a large influence on people, which is why it is considered one of the most loved and respected professions in the world. It manages to evoke a beautiful bag of emotions within you. It has the capacity to entertain and engage you as an audience and that's what I call success. I am hoping *Lost* can give the audience that kind of experience".



AIANS



PEECEE'S V-DAY SORTED

Actress Priyanka Chopra Jonas has shared the trailer release date of her upcoming film, *Love Again*. The actress took to her Instagram and shared a video about her Valentine's Day plan which "involves Celine Dion", the Canadian singer known for her superhit track *My Heart Will Go On* from the James Cameron directorial *Titanic*.

She captioned the video: "YOU, Celine, Sam & I... let's make a plan for Valentine's Day. We're bringing you @loveagainmovie - trailer in ONE WEEK! @samheughan @celinedion".

With all the visually pleasing looks & moments, *Love Again* is the one film everyone globally is looking forward to.

The film, which also stars Russell Tovey, Steve Oram, Omid Djalili, Sofia Barclay, Lydia West, Arinze Kene and Celia Imrie, is produced by Screen Gems and distributed by Sony Pictures.

AIANS

Sharmila's digital debut with *Gulmohar*

Actor Manoj Bajpayee took to his Instagram to share that he will be a part of streaming project *Gulmohar*, which will mark the debut of veteran star Sharmila Tagore.

He shared the poster of the film *Gulmohar*, which is a multi-generational family drama set in the heart of the capital, and brings together a star-studded cast including the Padma

Bhushan and National award winning actress and former CBFC chief, Sharmila Tagore making her digital debut, Amol Palekar, Suraj Sharma, and Simran.

Talking about the film, Manoj Bajpayee said, "Embarking on a new challenge with the film *Gulmohar*, stepping out of what I am used to playing, *Gulmohar* is a movie that is filled with love, care and comfort. It explores the different bonds and ties that lie within a family and what makes a house a home".

Sharmila Tagore said, "*Gulmohar* is a household story that is relatable to all. It is a balance between tradition and modernity and how families can bridge that gap with love and warmth".

AIANS

Kavya to play Shahid's love interest

Middle Class Love actress Kavya Thapar will be seen opposite Shahid Kapoor in the series *Farrzi*. She shares details about her role and the weightage that it adds to the entire narrative of the

series. Talking about her character, Kavya spills: "I play the part of Ananya who is Shahid Kapoor's girlfriend in the show. Her character is an integral part of the story as she is this rich, obnoxious woman who doesn't accept her boyfriend's financial status publicly".

"That somewhere influences Sunny (Shahid's character) and his future actions. I have an introductory part in season 1, but in season 2 my character will be developed further".

Sharing about working with Shahid Kapoor, she further adds, "It was amazing to get a chance to work with Shahid Kapoor.

He is a natural actor obviously and has a charm that you can't deny".

AIANS





GO SOLO!

The quest to discover oneself along with spiritual rejuvenation and flow of adventurous adrenaline becomes a perfect reason to pack your travel bag and climb those serene mountains or stroll by silent beaches

UDAIPUR, RAJASTHAN

The jewel in crown of the state of Rajasthan is Udaipur, commonly known as the City of Lakes. This city is as wonderful as it is because the stunning Aravalli Hills surrounds it on all sides. The abundance of natural beauty, captivating temples, and spectacular architecture in this 'Venice of the East' makes it a must-visit location in India.



SHILLONG, MEGHALAYA

Shillong, the capital of Meghalaya, is a lovely city surrounded by pine trees. Its name comes from the Shillong Peak idol Lei Shyllong, which is revered there. Shillong, which rises to a height of 1496 metres, offers relief from the heat felt throughout the nation. This hill town is renowned for its charming scenery and customs. Shillong is pleasant year-round due to its temperate environment. The 'Scotland of the East' is another name for this location.

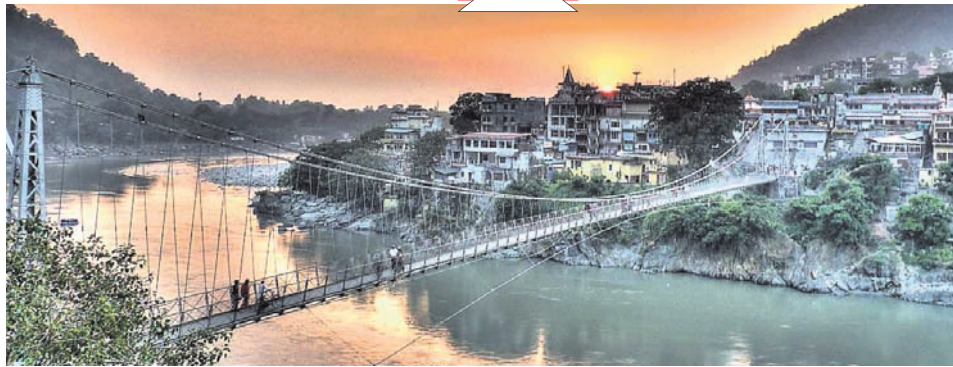
KASOL, HIMACHAL PRADESH

Every trekker's bucket list includes Kasol, which has the potential to be dubbed the 'Goa of the Hills.' It's a tiny settlement on the banks of Parvati River in the valley that caters to a lot of hippies. The river is perfect for fishing because it is stocked with trout, but you need a permit from the forest department. Additionally, it's a fantastic location for water sports like rafting.



RISHIKESH, UTTARAKHAND

Rishikesh, regarded as the 'Yoga Capital of the World,' is a city in the Himalayan foothills where the Ganga and Chandrabhaga rivers meet. It is also recognised for its adventure sports, historic temples, well-liked eateries, and adventurous activities. With the expansion of the whitewater rafting industry and the emergence of numerous camping and cafe locations, Rishikesh has become a popular destination that can meet the needs of a wide range of visitors.

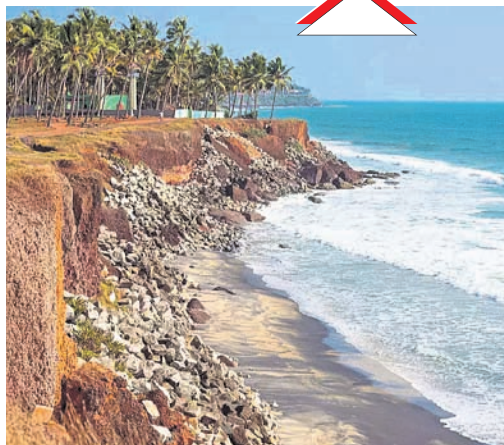


JIBHI, TIRTHAN-VALLEY

Jibhi, frequently referred to as a captivating "hamlet", is the ideal location to unwind and spend quality time with your loved ones. It is surrounded by colourful mountains and set amidst lush green forests. Jibhi is a remote area of Himachal Pradesh that has not undergone development. This location is worth visiting because of the thick pine trees, peaceful freshwater lakes, and spotless temples. After seeing this location, you won't want to leave since you will be enchanted. An added advantage which gives you the impression that you are living in the Victorian Era are the cozy cottages in which you can stay. In the midst of nature, sip on a cup of chai while taking in the fresh air and listening to the birds' lovely chirps.

VARKALA, KERALA

A peaceful cliff overlooking the Arabian Sea, Varkala is a coastal town in Kerala. Pannamthuru Island, Papanasam Beach, Kapil Lake, Janardhan Swami temple are some of the sights to see here. You could also just lie down at the beach in a hammock and watch the day go by because the place is that beautiful.



HAMPI, KARNATAKA

This Karnataka location, a UNESCO World Heritage Site, is a must-see, especially if you enjoy art and history. Make sure you allow enough time for your tour because there are more than 500 monuments to visit scattered across the lovely hillside backdrop! Just a few kilometres apart, in this peaceful setting, are the political and royal centre of the Vijayanagara Empire, temples, and even the quarters of Muslim commanders in the royal army.



Spandita



PHOTO: ODISHA FASHION VILLA