

MAY 21-27, 2023

# SUNDAY POST

HERE . NOW



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**KIDS' SMARTPHONE ADDICTION**

# A looming **threat**

**COVER STORY**

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# MY SUNDAY

**YOUNG SINGER ANURAG PANDA CAME TO THE LIMELIGHT AFTER FEATURING IN AMAAL MALLIK'S VIDEO FOR THE SONG SAATH HO TERA WITH LISA MISHRA AND AASTHA GILL. BY THEN, THE BHUBANESWAR BOY, WITH HIS SOULFUL RECITALS, HAD ALREADY BAGGED A FEW TROPHIES AT MULTIPLE NATIONAL-LEVEL COMPETITIONS. PANDA PLANS TO TRAVEL WITH HIS FAMILY TO SOME STUNNING LOCALES IN ODISHA WHEN HE GETS A BREAK**



With family



SMRUTI REKHA BARIK, OP

## Sporting is fun

There are numerous things that I'm interested in and curious about, like capturing beautiful sunsets and going on treks. Apart from that, I love playing cricket, football and basketball. Some weekends, when I am not travelling, I find myself in a playground, sporting around.

## Hanging out with buddies

I listen to podcasts on varied topics like spirituality, astronomy, etc. But what sits on top is making fun tunes and hanging out with friends.

## Pet parenting

I'm an animal lover. I've had the opportunity to parent a couple of parrots and a cat. Now, I feed seven stray dogs near my place.

## Road-tripper

Road trips cleanse my mind, after a week of work. Whenever I find a day off once in a while, a road trip with friends is a must. I also love to travel with family to some of the stunning locales of Odisha.



With friends

## 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

- Long fairy tales have a tendency to dragon.
- A retired husband is often a wife's full-time job.
- A woman's mind is cleaner than a man's: She changes it more often.
- I think we should get rid of democracy. All in favour raise your hand.



## BEING SINGLE

Sir, 'Single and Strong', last week's Mother's Day write-up made for an inspirational and overwhelming read. It is never enough to list the struggles mothers face every day. And it's always a pleasure to read about mothers, single moms in particular, who set incredible examples for society. The experiences and stories of every single mother's struggles could be different, but the pain, the emotions, the dilemma, and the stress are more or less common for all. One can never plan a separation because we all want to live a happy and harmonious life, but we can prepare ourselves for unforeseeable and unwarranted situations. Coming back to the cover story, when Kavita mentioned about 'inner calling', being a mother I could relate to how important that is for an individual. To all the mothers out there, there's nobody stronger than you! Kudos to you all!

SWAYAM PRABHA SAHU, BHUBANESWAR

## 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

KIDS' SMARTPHONE ADDICTION

# A looming threat

A study conducted on 750 parents with young kids across Indian cities in March 2023 reveals that 96 per cent of them are searching for ways to unhook their children from mobile screens



MADHUSMITA SAHU, OP

Sourav Nandi works with an automobile dealer, while his wife is a government servant. The couple is in absolute distress as Deepa, their only daughter is yet to talk, even though she turned four last April. When consulted to a therapist, it was found that the kid had no physical disability as such, but excessive use of smartphones had caused the speech delay.

“Since we both have to reach our offices by 10 in the morning, we introduced smartphones to our daughter when she was all but a year old so that she doesn’t irritate us. This also works to distract her while she eats to avoid any fussy behaviour. Now, we are not sure when she will start talking,” said a remorseful Sourav.

It’s not just the speech delay, children can suffer from a variety of health disorders if they are exposed to smartphones at an early age, say experts.

Studies reveal that the more time kids spend on smartphones and social media, the worse their mental health is, thanks to their exposure to radiation emitted by the cell phones.

No wonder, the parents are a worried lot as the vacation is on.

Though summer vacation means a break from school, travel, and extra playtime for the schoolchildren, parents are now clueless as kids now prefer to glue to their smartphones instead of getting indulged in physical activities.

According to a survey commissioned by Kantar for Amazon in March 2023 among over 750 parents with young kids across cities in India, 96 per cent of parents are searching for screen-free ideas to keep their kids engaged with learning and fun programmes.

With a massive surge in use of smartphones in children, here’s what a few moms and a psychologist had to share with **Sunday POST** on the issue.

### ‘Parents are role models’

Expressing her views on kids’ overuse of mobile phones, **Dr. Sayali Mishra**, an assistant professor in clinical psychology, KIMS, Bhubaneswar, says, “Post COVID pandemic, the use of mobile and other gadgets has increased. The acceptable screen time for

children between the ages of 2 and 5 should not be more than an hour. From age 6 to 17, it should be no more than 2 hours. But children of all age groups are using mobile groups beyond the admissible time limit. Excessive screen time is a kind of behavioural addiction.”

No wonder, kids are suffering from issues like mood swings, irritability, attention problems, impatience and inability to form new friends, adds Mishra.



Wanting to know the preventive measures, she advises: “The parents have an important role to play in limiting the screen time of children. The parents themselves

should keep an eye on their children’s use of mobile devices. For that, they can use detox apps, alarms or reminders for limited screen time, provide children with a fixed schedule of various activities even during summer vacation. The child should be rewarded for appropriate use of mobile and encouraged to use and read books in the physical form instead of online format.”

Mishra says communication channels in the family and discussion about the content watched by children are quite important.

For young children below the age of 8 to 9, the content should be regularly checked by parents. Inappropriate websites may be blocked, she added.

Mishra concluded by saying, “I think the proper use of the internet for information, education, new learning can be demonstrated to the child. The dangers of the web, the cases that take place with inappropriate use of social media or games should be discussed openly at home.”

### ‘Engage kids in physical activities’

Simi Mandal, a working mother, believes that an hour of screen time for children during their summer break is adequate. She recognises the importance of balanced mobile viewing and encourages her kids to explore various offline activities for a well-rounded vacation experience.

Commenting on the negative effects of excessive screen time on children’s behaviour or health, she says, “I think after the pandemic, the kids have grown into using mobile phones regularly. Their behaviour evolves as they



grow, often displaying aggression when confronted with parental advice. Their resistance leads them to talk back and disregard their studies. Consequently, their attentiveness wanes, prompting concern about their receptiveness to guidance and academic pursuits.”



Photo credit: google



Enrolling children in activity classes such as swimming, dancing, singing, and art classes can be beneficial, said Mandal.

“During the summer vacation, I have implemented a well-defined rule for my child when it comes to screen time. With the aim of striking a healthy balance between recreational activities and other essential aspects of life, I have allowed a maximum limit of one hour per day for screen usage. This rule serves as a practical guideline to ensure that my child remains engaged in a range of activities, both indoors and outdoors, and explores various avenues for growth and development. By setting this limit, I want to encourage him to explore his creativity, pursue hobbies, engage in physical activities, and spend quality time with family and friends,” she added, explaining how she limits the screen-time usage of her child.

Besides, she has compiled a list of engaging activities, both indoors and outdoors, that can be enjoyed during the summer break. These alternatives range from engaging in arts and crafts, visiting local libraries, exploring nature, playing board games, organising family outings, or even joining summer camps and workshops, Mandal informed.

“By implementing this screen time rule, I aim to instill in my child the importance of moderation, self-discipline, and holistic development. It not only ensures a healthy and well-balanced summer vacation but also sets a precedent for responsible technology use in their future endeavours,” she concluded.

### ‘Understanding children’s interests is important’

Single working mom **Sangeeta Parida** finds it difficult to handle growing up children in the 21st century.

Though she interacts with students daily, as a school teacher, Parida admits to feeling helpless at times when it comes to her own child.

Narrating her difficulties, she said, “At times, my child enjoys watching funny videos, informative programmes, and dance clips from school.

So, when I restrict access to the mobile, he gets obsessed and manages to watch them without my knowledge.”

Expressing her concern about excessive mobile use, she said, “I have observed some negative changes in my son’s behaviour and health due to too much mobile viewing. He prioritises mobile phones over everything else.”

On asking about the methods that she adopts to keep her son’s mobile use under control during the summer, Parida reveals, “He is allowed a maximum of one hour of usage, but not continuously, and internet access is not provided. All other portals except cartoons, funny videos, and informative web-



sites, are prohibited for viewing, especially the online games. I also encourage him to play with his friends for two to three hours every day in order to keep him away from screens.”

Apart from this, Sangeeta and her son often engage in discussions, which help her understand her son’s interests. It also ensures that the mobile device is used wisely.

“I am happy to control the screen time to a certain extent but it’s a fact that we can’t completely remove it. A lot of efforts are required to deal with these 21st century smart children,” she concludes.

### ‘Think before granting children’s wishes’

Homemaker **Kabita Jagdev** says, “Children should not be allowed access to mobile phones under any circumstances.

“Mobile phones are consistently problematic for individuals. It is common knowledge that the use of mobile phones is not always beneficial, leading to an unfavourable atmosphere for both adults and children. However, I have observed disadvantageous consequences, specifically for children, resulting from their device usage. Since the pandemic, there has been a significant increase in illnesses affecting children. The widespread adoption of online classes has prompted a surge in device usage worldwide, causing children to develop

a desire for technological products and exposing them to ailments like nearsightedness and eye exhaustion.”

Lamenting about the change of behaviour in kids, she said, “Children these days are more interested in YouTube content instead of joining their neighbourhood friends for outdoor games, disregarding their parents’ advice.”

What should one do to address the issue? To this, she responded, “Parents ought to encourage their kids to enrol in summer camps that offer a variety of activities, such as singing, painting, dancing, and learning about historical and ancient facts. This will not only keep them occupied but also help reduce their dependence on mobile phones.”

Parents too have to share the blame for children’s use of electronic gadgets for extended periods of time, asserts Kabita.

“Instead of submitting to their children’s obstinacy and granting their wishes without giving them a second thought, parents should create a rigid environment for them when it comes to utilising technology,” she concludes.



Photo credit: google

# A story deserves to be told

VIDYADHAR DATE

Satish Kumar is a fascinating personality. He has been a Jain monk, an advocate of nuclear disarmament and a peace activist. Now living in England, Satish Kumar is the founder and Director of Programmes at the Schumacher College International Center for Ecological Studies (named for E F Schumacher, who gave us the treatise, 'Small is Beautiful'), and is Editor Emeritus of *Resurgence & Ecologist* magazine. One of his most notable accomplishments is the completion of a peace walk of over 8,000 miles in June 1962 for two-and-a-half years, from New Delhi to Moscow, Paris, London, and Washington, D.C., the capitals of the world's earliest nuclear-armed countries. He insists that reverence for nature should be at the heart of every political and social debate.

The life and work of Satish Kumar are well known though not in India. His story and ideas have been brought alive now in a unique book format – a “long form conversation”. This has produced a readable book *Satish Kumar: Abundant Love* written by Jagdish Rattanani, well-known journalist, along with Sudarshan Iyengar, the former vice chancellor of Gujarat Vidyapeeth (the University founded by

Mahatma Gandhi in 1920) and Lisa Pearson, a horticultural therapist in the UK. The “long form conversation” is a new series being published by Triarchy in the UK, with Jagdish Rattanani as its series editor. This is the first book in the series.

Jagdish and the co-authors have also done well to put together a conversation with Satish Kumar which should make the reading much easier for the younger generation whose attention span is now small in today's era of soundbite journalism. He makes the conversation lively bringing out the fascinating life and philosophy of the Gandhian activist that Satish Kumar essentially is.

Satish Kumar is our living link with the Gandhi-Nehru era. He shows us through his own life and observations the relevance and significance of Gandhi for the present and future. This is a story that deserves to be told particularly in the India of today.

To start with, early in the book, his views on food are mentioned. He has the right approach to food. In India, because of the politics of Hindutva, some people treat meat-eating as a sin. He has a more rational outlook. He says in the UK people are starting to reduce meat consumption, whether to halt the juggernaut of the meat and dairy industry or to stop soil degradation.

I have been following this subject for some time. I am occasionally a non-veg eater and I have no bias at all against non-veg food. But there is widespread evidence that Western (especially American) food and agribusiness and cattle industry are cruel to animals and a disaster for the environment, and particularly the soil.

As one who has written extensively on walking as part of my interest in pedestrian rights and public transport, I find his walking across the globe in search of world peace the most inspiring acts of all. Satish Kumar walked with EP Menon, an activist who lives in

Bangalore and continues to talk about protesting against nuclear powers even today! In fact, as this is being written, E P Menon at age 88, is off to the US to look for ways to protest against the failure of the UN at stopping the nuclear threat to mankind! Menon and Satish Kumar did this walk with such grit, without carrying any money. And to think that Nehru himself supported the campaign!

They met Bertrand Russell and Martin Luther King during the journey -- we are lucky to have men of such vintage amidst us. Satish walked around with Vinoba Bhave as well I must commend Jagdish Rattanani and his colleagues for putting together the work and thoughts of Satish Kumar.

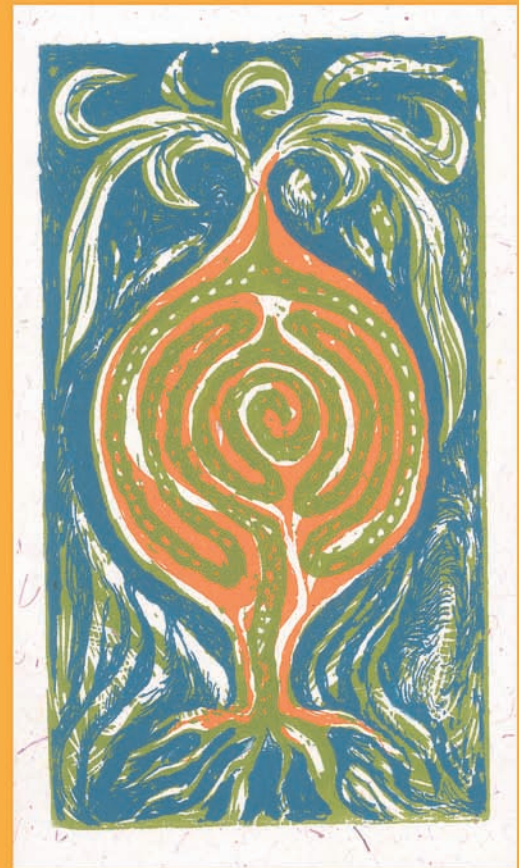
Satish Kumar is right to take issue with Dr Ambedkar on the latter's insistence that Dalits must escape from caste oppression in villages to urban areas. Dr

to find in my daily walks at the Joggers' Park in Bandra in Mumbai, they treat soil as dirty. Thus, we have artificial turf, very damaging to the environment, laid for people to walk on so that their shoes do not become 'dirty'. Mothers no longer allow children to play in the soil. What a pity, they do not realise contact with the soil also gives us immunity.

The big point about Satish Kumar is his clarity on issues. Many ideologues say the right things on most issues but when it comes to capitalism one, finds they quietly support the exploitative nature that often underlies it. Satish Kumar is clear headed here as well. He stands against profit and accumulation, a system that he has called the “moneyomy” rather than the economy.

Satish has been the torchbearer of a counterculture for more than four decades. One of his most impressive achievements is a long innings as editor of *Resurgence & Ecologist* journal which is so influential.

## Satish Kumar: Abundant Love



Jagdish Rattanani  
with Sudarshan Iyengar and Lisa Pearson

Ambedkar is inspiring in many ways but on this issue, one must realise that life is wretched in urban areas for oppressed communities.

Satish Kumar is also so right on biodiversity and soil regeneration, chemical free farming. Soil is not dirty. I am shocked

*The writer is a senior journalist noted for his writings on urban transport, open spaces and rights of common citizens*



# Ainaa marks Richa's international debut

Actress Richa Chaddha's international debut with Indo-Brit production *Ainaa* has had its official launch at the House of Lords in London.

*Ainaa* is helmed by Markus Meedt, who makes his feature debut with the project. The film is a social drama about the impact violence caused by war on human beings and society at large.

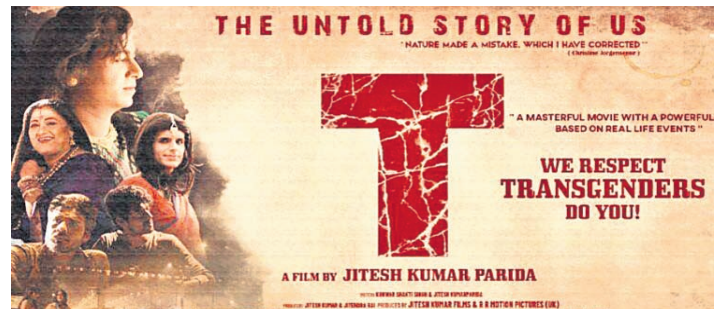
Richa said: "I'm excited to be working in a new part of the world, I like to experiment. They have put together an impressive crew of the best talent from India and the UK. It's truly going to be a collaborative effort to embark on a film that deals with such an important subject."

"We are currently in London prepping for the film with the shooting expected to commence on June 2nd. I have always strived for a challenging role and this one sure is one of the toughest parts I have taken up," added the *Madam Chief Minister* actress.

AGENCIES



# Odia movie T to hit screens May 25



A new Odia movie titled *T*, based on the real-life struggles and triumphs of Meghna Sahoo, India's first transgender cab driver, will release in theatres across the state May 25, production house sources said.

Directed by Jitesh Kumar Parida, the film delves deep into the challenges faced by transgender individuals in society, and how Meghna overcame all obstacles to emerge as a shining example of courage and determination.

Speaking about the film, Parida

said, *T* is a very special film for us, and we are thrilled that it has received the UA certificate from the Censor Board. We have worked very hard to bring the real-life transgender story to the big screen, and we hope that it will help create greater awareness about the challenges faced by the transgender community."

*T*, after winning several international awards across the globe, is expected to make a significant impact on the Indian film industry.

The movie, featuring Debasish Sahu (Dev), Usashi Misra, Hara Rath, Ranbeer Kalsi, and Prasanjit Mohapatra in key roles, has been produced by Jitesh Kumar Films & RR Motion Pictures (UK) Ltd. PNN

## When Vijay Varma looked like 'Marwari Johnny Depp'

Actor Vijay Varma is currently at the Cannes Film Festival 2023, as a part of the Indian delegation.

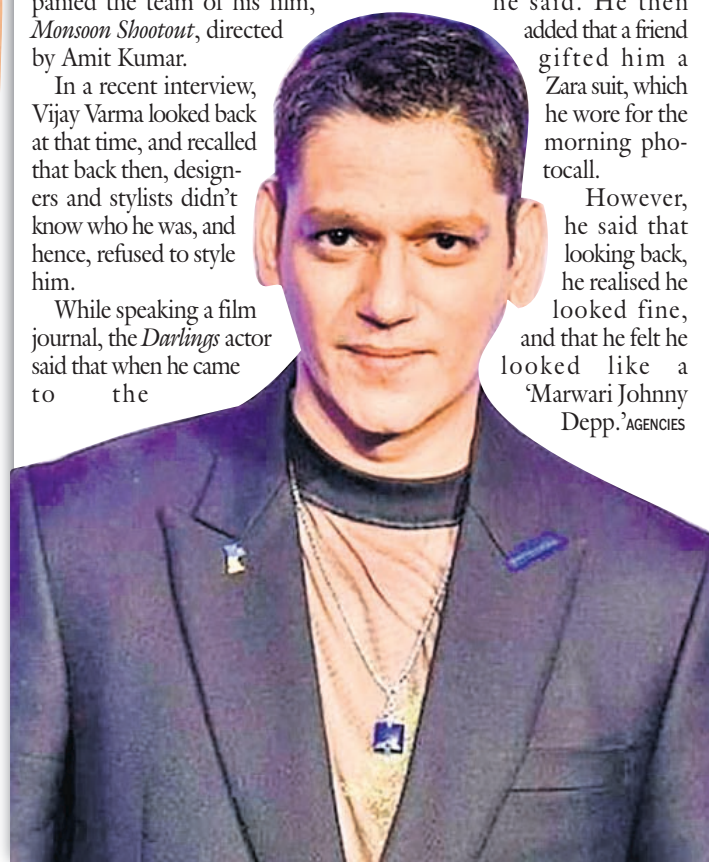
This isn't, however, the first time that Vijay Varma has attended the prestigious film festival. He made his debut ten years ago as he attended the Cannes Film Festival in 2013, when he accompanied the team of his film, *Monsoon Shootout*, directed by Amit Kumar.

In a recent interview, Vijay Varma looked back at that time, and recalled that back then, designers and stylists didn't know who he was, and hence, refused to style him.

While speaking a film journal, the *Darlings* actor said that when he came to the

Cannes Film Festival in 2013, he bought one jacket from Zara, which he could afford. "But for the main event, for two events, they said you have to wear the whole suit. And I went to people, saying, 'Can some designer come, can some stylist help me out?' And they said, 'Who's Vijay Varma? We don't want to dress anybody,'" he said. He then added that a friend gifted him a Zara suit, which he wore for the morning photocall.

However, he said that looking back, he realised he looked fine, and that he felt he looked like a 'Marwari Johnny Depp.' AGENCIES



# Sanya on cloud nine working with SRK

Actress Sanya Malhotra, who made her debut in the Hindi film industry with *Dangal* alongside Aamir Khan, will now be seen with Shah Rukh Khan in the most awaited film of 2023, *Jawan*.

The *Pagglait* actress expressed her excitement about working with SRK in a recent interview. She said, "I am excited because I can finally talk about it. Before this, I would give some really weird answers every time I was asked whether I was in *Jawan* or not. I always hoped to work with SRK one day, so it is a dream

come true. I cannot wait to see myself around him... it is a dream role, a dream film. Just to be around him makes me really happy".

Reportedly, Sanya wrapped up shooting for her part in *Jawan* in 2022. The film also features Vijay Sethupathi in an important role. If reports are to be believed, Deepika Padukone will also be seen in a special appearance. Earlier, the film was slated to hit theatres on June 2. Recently, Shah Rukh announced the new release date of *Jawan*. It will now be released September 7. AGENCIES

## LOVE IN LONDON TO RELEASE JUNE 9



Anubhav Mohanty, Swapna Priyadarshini and Soumya Sachdeva starrer *Love in London* will be released June 9 in cinema halls across the state. The movie directed by Tapas Sargharia will mark Anubhav's return to the silver screen after four years.

The trailer was released recently in the presence of stars of the movie. It showcases Anubhav's character searching for Swapna's in London to propose to her but he ultimately has to marry Soumya's character. The twists and turns in their lives form the crux of the story.

JB Films and Amara Studios presented the movie while four directors-Baidyanath Dash, Somesh Satpathy, Asad Nizam and Binay - have scored the music. Naveen Bhandari and J Barkha are the producers of the movie

Director Tapas Sargharia said that fans of Anubhav Mohanty will be excited to see him on screen after a long gap. PNN

INTERNATIONAL TEA DAY - MAY 21

# The healing potion



**FROM BEING A CATALYST OF SEVERAL NATIONALIST MOVEMENTS DURING THE COLONIAL ERA TO BECOMING THE FIRST CHOICE OF COLLEGE STUDENTS AND PROFESSIONALS NOW, TEA, THE MOST WIDELY CONSUMED BEVERAGE IN THE WORLD AFTER WATER, HAS UNDERGONE A LOT OF CHANGES OVER THE DECADES**

SMRUTI REKHA BARIK, OP

Like coffee houses, tea rooms too are witness to the growth of India through the decades.

"These are spaces that contain within them much of the artistic, political and cultural heritage of the post-1947 settlement in India," eminent American photographer Jill Freedman once famously said, as these joints, used to house secret meetings of freedom fighters, intellectuals, and artists of British India.

Indeed, for most Indians a day is incomplete if it doesn't start with a cup of tea, the most widely consumed beverage of the world after water. It has come a long way since Indian Independence. From being a catalyst of several nationalistic movements in Kolkata to becoming the first choice of college students and professionals in Bhubaneswar, the beverage has undergone a lot of changes too.

So much so that Rama Pradhan, the owner of Ram Bhai Tea Centre at CRP Square in



Cha Biscuit

Bhubaneswar, now serves more than a hundred varieties of tea to his customers, with prices ranging between Rs 25 and Rs 100.

It is not just Ram Bhai, there are quite a few popular tea stalls in this City that lure the tea lovers.

This International Tea Day, Sunday POST caught up with owners of some of the admired tea joints and a tea enthusiast to learn about the tea craze in the city.

## Cha Biscuit

Cha Biscuit, a utility hangout for young nature enthusiasts at Anandabazar Chhak of Unit-9 area, is the first eco-friendly outlet



that offers Kulhad Cha and food in biodegradable packages. Their major variations include Masala Cha, Lemon Tea, Keshar Tea, Red Tea, and Malai Tea. The tea joint also serves as a bikers' hub, where they launch and finish their journeys.

The proprietor of the unit, **Subrat Das**, also an advertising professional, says, "Apart from my profession, I am a rider at heart. Bike riding offers loads of joy and roadside tea complements it. Realising the importance of tea for the riders, I decided to open up a tea café for the traveller and adventure lover in 2017".

Cha Biscuit gained prominence from the beginning, and now it is known as a riding hub in Odisha. "We were the pioneers in serving tea in Kulhad in Odisha in early 2017. Now many tea stalls are following in our footsteps. It gives me immense pleasure that I have taken a little step to avoid single-use plastic for the betterment of society," said Das.

He says, gifts of nature need to be cherished. One such gift is eco-friendly Kulhads with an earthy scent and feel. These natural gifts are being lost in the competition of modern cafes. Offering one's favourite beverage in environment-friendly Kulhads and protecting the environment at the same time is a service towards society and the rich culture of Odisha, adds Das, claiming that they never go for tea with artificial essence.

## Tapri Time

**Sharat Sahoo**, entrepreneur and owner of Tapri Time at Chandrasekharapur, is a free spirit having background in hotel management.

He has always been fascinated by the art of hospitality and the joy it brings to people's lives, says Sahoo.



Expressing his happiness with his profession, he adds, "I find the greatest joy in serving a variety of teas to customers. I believe that a well-brewed cup of tea can create moments of comfort and relaxation. I take pride in my ability to curate unique tea experiences; introducing people to diverse flavours and helping them discover their preferences."

Throughout his career, Sahoo has claimed to have honed his skills in creating the perfect tea blends, understanding the subtleties of different tea leaves, and ensuring that each cup is crafted with precision.

"I find great satisfaction in witnessing the delight on people's faces as they savour the flavours I serve. My love for tea and my desire to create a cozy space for tea enthusiasts to unwind and savour a delightful cup of tea led me to establish this unique venture," he recalls.

Tapri Time, located in the heart of a bustling city, quickly became a popular destination for tea connoisseurs and those seeking a respite from their busy lives. It has the best Malai Cha and Special Cha, according to a tea lover and frequent Tapri Time visitor, Sanket Behera.

**Sujit Mohanty**, an assistant professor at National Institute of Fashion Technology, says, "Tea, brought to India by the British, is not just a regular drink. It has a wonderful smell and a comforting taste that can make people talk about many things. Whether it's casual chatting with friends or serious discussions about important national topics, tea helps start meaningful conversations. In our diverse country, tea brings people from different backgrounds together without any difficulty. It goes beyond differences and helps people feel connected, creating a friendly and supportive atmosphere. Truly, tea has a special power to bring people closer in a unique way."



## MAGIC BREW

**Chamomile tea-** It helps to reduce menstrual pain and muscle spasms and improves sleep and relaxation and reduces stress.



**Rooibos tea-** It Improves blood pressure and circulation, boosts good cholesterol by lowering bad cholesterol, keeps hair strong and skin healthy and provides relief from allergies.



**Peppermint tea-** It contains menthol, which can soothe an upset stomach and serve as a cure for constipation, irritable bowel syndrome and motion sickness. This tea variety also offers pain relief from tension headaches and migraines.



**Ginger tea-** Helps to fight against morning sickness, can be used to treat chronic indigestion, and helps to relieve joint pain caused by osteoarthritis.



**Hibiscus tea-** Lowers blood pressure and fat levels, improves overall liver health, can starve off cravings for unhealthy sweets, and may prevent the formation of kidney stone



# Monalisha



PHOTO: KAMAL PHOTOGRAPHY