

OCTOBER 29- NOVEMBER 4-2023

# SUNDAY POST

HERE . NOW



World Vegan Day – November 1

P 3,4  
COVER  
STORY

# Embracing Compassion



AFTER MAKING HIS ACTING DEBUT IN THE TV SHOW ASHARA AKASHA, JYOTI PRAKASH PANDA HASN'T LOOKED BACK. WHILE MO DEHE BOLIDE TO DEHA KALA AND MO JIBANA SATHI CEMENTED HIS PLACE IN THE TELEVISION INDUSTRY, HIS APPEARANCE IN THE ODIA FILM LAL PAN BIBI RA SMART FAMILY MADE HIM ONE OF THE MOST SOUGHT-AFTER NAMES IN THE MOVIE BUSINESS. WHEN FREE, JYOTI LOVES TO EXPLORE NEW DESTINATIONS



Mother, my BFF

Mom is not just my favourite in the family; she is also my best friend. Understandably, I look up to her to resolve my issues, both professional and personal. I love her collection of humorous and culinary videos that she has posted on Instagram.

Occasional escapades

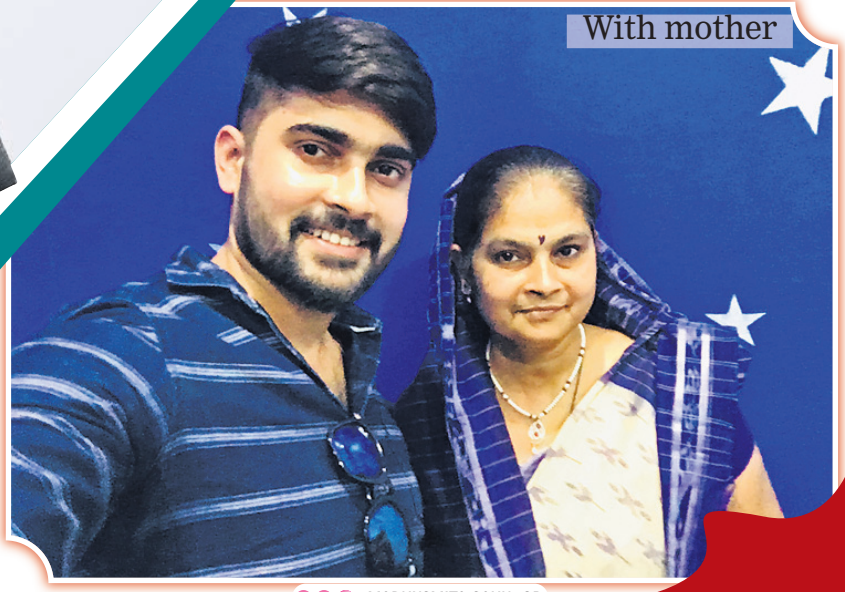
To overcome professional stress, we often play games like Truth and Dare or watch movies together. I also go to parties or take small trips with the co-artists when we get a break from work.

Flexible holidays

For me, it can either be a leisurely day or a work day. In my spare time, I enjoy cooking, housekeeping, and trying out new activities. I also make occasional visits to my home town, Balasore.

Ardent veggie

I've always been against cruelty towards animals that reflects in my food habit. Being a strict vegetarian, my culinary choice comprises savoury dishes such as lentils, rice, stir-fries, and various vegetable-based curries.



With mother

MADHUSMITA SAHU, OP

WhatsApp This Week

Only on Sunday POST!

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

THE BEST MEMES OF THIS ISSUE

- What dog can't bark? A hot dog.
Why do field hockey players never sweat? They have too many fans!
Where do fish work? The offish.
What kind of motorbike does Santa ride? A Holly Davidson!



MYRIAD TRADITIONS

Sir, Last week's cover story, Rooted in Tradition, highlighting the deep-seated historical practice of venerating Maa Durga within the ancient neighbourhoods of Puri, made for an interesting read. I am fascinated by the traditions as they explain the Gosani Jatra, which stands as one of the most enduring rituals of Durga Puja celebration in Puri. Those familiar with the city and its pandals may have noticed that the usual Durga Puja idols feature Maa Durga, Lakshmi, Saraswati, Lord Ganesh, Kartikeya, and Mahishasura. In contrast, the Gosani tradition presents a distinctive variation, focusing solely on the idols of Maa Durga alongside Mahishasura. The article on surviving people of the Great Andamanese tribe was also quite informative. It is terribly regrettable that the Great Andamanese women were sexually abused, and that many of them bore children fathered by settlers, thereby losing their originality. I hope the government ensures that the aboriginal tribe's culture and traditions are preserved.

RUCHIKA SINGH, CUTTACK

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. Feel free to 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

World Vegan Day – November 1

# Embracing Compassion

*It's not just religious beliefs, people these days are turning vegan also for humanitarian causes, weight loss, health issues, environmental reasons or for their dislike towards animal products*



MADHUSMITA SAHU, OP

In a world grappling with environmental challenges, health concerns, and the ethical treatment of animals, the rise of veganism has emerged as a beacon of hope. So, for the lovers of plant-based lifestyles, November 1, the World Vegan Day, is an occasion to celebrate compassion and conscious living. This worldwide phenomenon continues to gain traction, resonating with people from all walks of life.

Ahead of this day, a few experts share their perspectives on the profound impact of veganism and its implications for the planet, health, and society.

### 'A choice for ethical and environmental reasons'

Opening up on her niche choice of veganism, **Lipsa Beura**, founder of Beyond Waste, said, "Since transitioning to a vegan lifestyle, I've not experienced any transformative changes in both my physical and mental well-being. It's incredibly satisfying to know that I'm making ethical dietary choices that align with my values. Mentally, the sense of guilt associated with contributing to animal suffering has lifted, and I've gained a profound sense of purpose in my choices. This transition has not only positively impacted my health but has also allowed me to live in greater harmony with my beliefs, making me feel more in tune with the world around me."



On the challenges she faces as a vegan, Beura added, "As a vegan, navigating social situations and dining out has its challenges, but it's a conscious choice I

make for ethical and environmental reasons. I approach these situations with patience and understanding, often researching menu options in advance or suggesting vegan-friendly restaurants to friends. It's an opportunity to advocate for my values and educate others about plant-based choices. In the end, my commitment to a cruelty-free lifestyle enriches my social interactions and aligns with my principles, making it all



worth it."

She further said, "Transitioning to a vegan lifestyle has been incredibly rewarding, but it's not without its challenges. One of the main hurdles I faced was societal pressure and criticism, as I was from a typical Odia household where the gods are offered milk products as Prasad. Many people don't understand my choice and can be quite judgmental. Over time, the challenges have lessened, and the feeling of living in alignment with my values far outweighs any obstacles I encountered during my vegan journey."

While concluding, she said, "The road ahead for veganism is promising and essential

for a more sustainable and compassionate world. As more people embrace a plant-based lifestyle, we'll witness positive changes in health, the environment, and animal welfare. The food industry is adapting to an influx of delicious vegan options, and governments are recognising the importance of reducing animal agriculture's im-

pact. However, challenges remain, such as overcoming cultural resistance and making veganism more accessible. Education and advocacy will play a pivotal role in shifting societal norms. The future holds a kinder, greener, and healthier world, but it requires collective effort to navigate this path to change."

### 'Food holds the power to heal'

Sharing her perspective, chef **Priya Vijan**, who turned vegan due to health reasons, said, "Initially, I was feeling a little fragile because dairy products were the main component of my diet. I come from a Punjabi family where they dominate most of the dishes. So I didn't know what to eat

or what to replace it with. So initially, it took a toll on my health. It was just a matter of a couple of days until I actually made the entire routine of introducing more vegetables, fruits, grains, legumes, seeds, and nuts into my diet. And I have to tell you, through it, my chest congestion cleared, my migraine disappeared, my haemoglobin spiked from about 9.5 to 12.5, and my skin cleared. My hair got better. So there have been so many other benefits as well."

She added, "At least as an Indian, most of our foods are by default vegan. So, I started exploring a lot about the vegetable kingdom, which already existed but that I was completely unaware of. So I started eating a lot of local vegetables and fruits. I have always been a food enthusiast, and I love the power that food holds to heal."

Priya concluded by saying, "People need to be more mindful about how they eat, what they eat, and the source of their food. Veganism is gradually becoming the way of life. I see a lot of youngsters these days turning towards spirituality, and I see a lot of people transitioning towards veganism because of the spirituality aspect as well. So I feel there's a slow shift that's happening. It has made me calmer and more alert as a person. Hopefully we can start a little transition by being self-aware about this movement."





tion for the environment.”

**'Have to be mindful about proteins while shifting to vegan diet'**

Sharing his thoughts on veganism



**Raj Behera**, a fitness coach, said, “The agricultural revolution became part of our lives just 12,000 years ago. This means that we can sustain ourselves with both plant-based

and animal-derived foods. Now, we have the choice to adopt diets based on personal preferences and circumstances. Many show deep compassion for animals and avoid animal-derived products such as milk, butter, yoghurt, and ghee. We advocate for this as a conscientious choice, even though, as omnivores, humans have the capacity to consume both plant- and animal-based foods. However, ensuring the intake of essential micronutrients in a vegan diet can be somewhat challenging, which is more readily achieved through a non-vegan or simpler vegetarian diet.”

Weighing the pros and cons, he continued: “In every aspect, there are advantages and disadvantages. Encouraging a vegan diet has the advantage of requiring more land for seasonal cultivation of leafy greens, directly aiding in reducing carbon emissions. However, there are drawbacks as well, as a multitude of chemical fertilisers have been developed to boost food production, negatively impacting both human health and the environment.”

His signed off by stating, “When transitioning to a vegan diet, it’s crucial to be particularly mindful of certain nutrients, primarily protein. Proteins play a significant role in our overall health, and it comprises essential and non-essential amino acids, which together

form complete proteins. However, certain essential amino acids are lacking in plant-based foods. Consequently, when following a vegetarian diet, it’s important to focus on food pairings such as rice and lentils, as these combinations can aid in meeting your protein needs.”

**'60 per cent meat will be plant-based by 2040'**

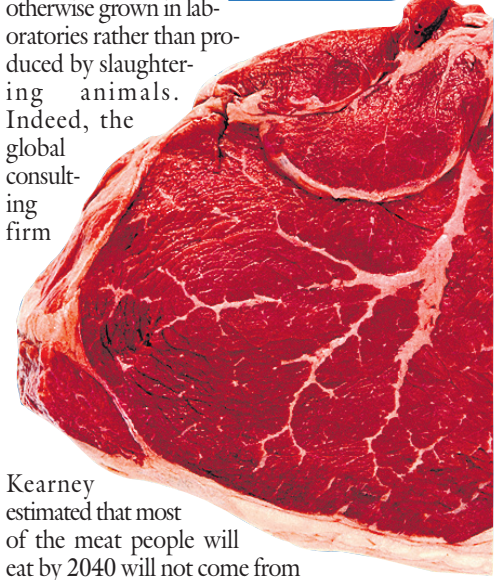
**Dr Kiran Ahuja**, Manager of Vegan

Projects at PETA India, said, “Indians are among the world’s most accomplished scientists, and many of them are working on creating ‘clean’ meat and dairy from cells or that are otherwise grown in laboratories rather than produced by slaughtering animals. Indeed, the global consulting firm



so lucrative that the UK’s Guardian newspaper called them ‘white gold.’”

Quoting the Academy of Nutrition and Dietetics, the world’s largest organisation of food and nutrition professionals, she said, “Appropriately planned vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. Vegan diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, ado-



Kearney estimated that most of the meat people will eat by 2040 will not come from slaughtered animals; 60 will either be clean or plant-based meats. Plant milks are already



les-  
cense,  
older adulthood,  
and for athletes. Plant-based diets are more

environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.”

She added, “Vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.”

In her closing statement, she said, “The meat, egg, and dairy industries use one-third of the world’s fresh water and one-third of global cropland for feed. While water scarcity already affects every continent, over two billion people do not have access to safe drinking water, and more

than 828 million people still go hungry, whereas vegan foods require less water, land, and other resources to produce compared to animal-based foods, making them a more sustainable op-



# Genesis of Internet

**THOUGH THE INTERNET HAS TOUCHED PRACTICALLY EVERY ELEMENT OF HUMAN LIFE, MANY ARE UNAWARE THAT NOT ONE, BUT SEVERAL SCIENTISTS WERE INSTRUMENTAL IN THE EVOLUTION OF THE DIGITAL SPACE**



OP DESK

**W**ith over 5.3 billion internet users worldwide as of October 2023 which amounts to 65.7 per cent of the global population, life without it is unthinkable. The Internet is a living embodiment of limitless innovation and creativity.

So much so that, given its importance in people's lives, the United Nations even recently advocated that internet access be recognised as a human right.

As the internet governs the world like never before, **Sunday POST** presents everything you need to know about who invented the internet.

### Tim Berners-Lee

Tim Berners-Lee, a British computer scientist, devised the World Wide Web, a



critical component of today's Internet. While working with CERN in March 1989, he conceived the idea.

The World Wide Web was created on techniques and coding that are still in use, such as HyperText Markup Language (HTML).

The World Wide Web, on the other hand, is not the Internet itself, but rather an information management system that combines hypertext with pre-existing previous incarnations of the Internet and cross-network communication.

It was intended to function as an online information web, with a web-like string of hyperlinks made feasible by the development of technologies such as HTML, HTTP, URLs, and web browsers. December 20, 1990,

Berners-Lee undoubtedly invented the web browser and launched the world's first website, info.cern.ch, which was viewable at CERN.

The World Wide Web became widely available to the public on April 30, 1993, when Berners-Lee's invention entered the public domain and he published the first version of HTML.

### Licklider, JCR

Licklider, a US psychologist and computer scientist, revealed his Galactic Network

concept in a series of memoranda in August 1962. They described his idea for worldwide computer interconnection, in which everyone can access data and applications from various locations.



He persuaded successors of this notion to carry on his work while working for the US Department of Defence Advanced Research Projects Agency (DARPA).

### Leonard Kleinrock



Kleinrock, a computer scientist from the United States, published a paper on his

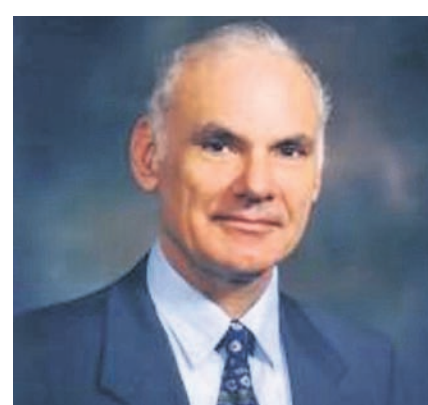
packet-switching theory in July 1961 and a book on the subject in 1964. His notion was that an internet network might be built in which computers interacted via 'packets' of data rather than circuits. This enabled two computers in MIT's Lincoln Lab to speak with one another first time in 1965.

### Paul Baran

Baran, a Polish-American engineer, proposed a communication network without a central command point while working at RAND in the 1960s with the US Air Force to develop a method of allowing network access points to communicate with one another without the need for a main one, so that if one is destroyed, they still have access to everything.



### Lawrence Roberts



DARPA's principal scientist, Lawrence Roberts, collaborated with Paul Baran and

Leonard Kleinrock's ideas to develop the dispersed network. In 1967, he detailed his proposals for a computer network on the Advanced Research Projects Agency Network, or ARPANET. On October 29, 1969, the first transmission between two ARPANET computers was sent from a UCLA research facility to one at Stanford University.

### Robert Kahn and Vint Cerf



Cerf and Kahn created the 'Transmission Control Protocol and Internet Protocol' (TCP/IP), which enables computers to interact across networks. It was first used in 1974 and is still in use today. Many believe the day ARPANET and the Defence Data Network formally switched to TCP/IP to be the Internet's birth date, which occurred on January 1, 1983.

This all means that by 1983, we already had cross-communications across multiple networks, and the Domain Name System (DNS) was established, providing us domain names like.com, .edu, .net, .org, and so on.



## Neha turns bride for *Din Shagna*

Singer Neha Bhasin last week released her new track *Din Shagna*, which is a soulful Punjabi wedding track. The three minute 43 second video is a mesmerising wedding song, featuring Neha in the avatar of a bride. She looks beautiful in a green and pink heavily embroidered lehenga, with matching jewellery. The video shows the feeling of a bride that one goes through before her wedding. Neha as a bride can be seen going through the family pictures, and some childhood memories.

Talking about the song, Neha said: "Din Shagna is not a song but a very strong emotion for me, my roots, my love for my parents, and my heritage." "The idea behind *Din Shagna* started with the jitters, the bittersweet feeling of leaving a home behind to start a new one. On the eve of her wedding, every woman feels the tug of joy mixed with nostalgia," she shared.

AIANS

## Dreams do come true: Aashim

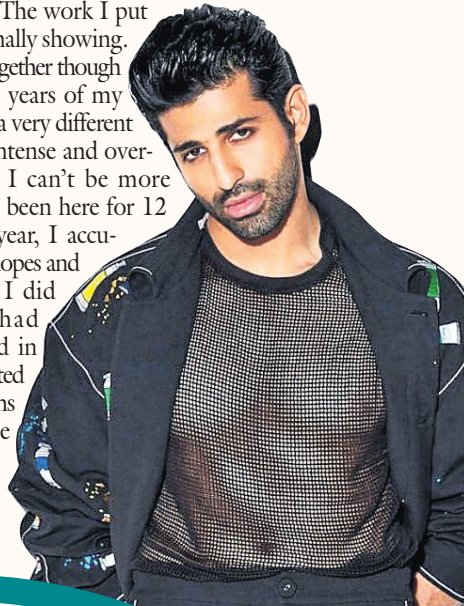
Actor Aashim Gulati, who is known for *Taj: Divided by Blood*, has said that the medium of OTT has completely changed the game for actors as they now get to delve deeper into their characters.

The *U-Turn* actor said: "No actor can deny that the coming of OTT has changed the game completely. Because it is long format, one gets to show a wide range of graphs when it comes to the character. You find every nuance, every detail, every mannerism included. You end up digging into your character way deeper than you would in a film."

He further mentioned: "It is an eight-hour showcase, so you can show the whole arc where he came from, who he is and where he will head. I can play with different emotions. Films are a whole different animal."

He shared: "The work I put in for years is finally showing. It all came out together though it's actually 2.5 years of my life. I am out in a very different way. It's been intense and overwhelming but I can't be more grateful. I have been here for 12 years but this year, I accumulated all my hopes and dreams where I did characters I had yearned for and in stories I was excited to tell. Dreams do come true."

AIANS



## Deepika's relationship mantra for Ranveer

Actress Deepika Padukone, who is set to grace the couch of the chat show *Koffee with Karan* season eight with her husband Ranveer Singh, have once again captured the hearts of their fans with their enchanting appearance on *Koffee with Karan*, hosted by filmmaker Karan Johar.

The couple's recent rendezvous on the show has left their admirers in awe, as they witnessed the genuine and endearing connection between Deepika and Ranveer, reaffirming their status as the darlings of the film industry.

Talking about their relationship, Deepika shared: "I think one of the most special things about our relationship is that we keep the child in each other alive. You know, if someone says summarise what your relationship is, it is on the weekends, because we're so private, but we also like dancing and letting our hair down on a Saturday night."

"It's just him and I, we have dinner then we pack everyone off, it's just him and me, watching something, then we finish watching that then we play music. And I love music and he loves music and we love sharing our music with each other so now we start this sort of 'juggalbandi' of like who's playing what are the new tracks we found and before we know it, we're dancing just the two of us in our living room till 4 a.m. in the morning," she added.

AIANS



## Shruti's celebration of dark feminine energy

Actress-singer Shruti Haasan has released a new song, titled *Monster Machine*, which according to the description 'is a dark feminine cry of self-love and an uninhibited need for the kind of bespoke love the woman of darkness needs.'

When asked what the song is about, the *Gabbar is Back* actress said, "In essence, the video references the ancient and harsh concept of witchcraft persecution, where people were burned at the stake. Over time, the nature of these stakes has evolved, but many women still face metaphorical persecution. The video portrays four distinct characters symbolizing various women's experiences. A powerful quote, 'We are the granddaughters of the witches you couldn't burn,' deeply resonated with me, highlighting the enduring legacy carried by women."

She added, "When pondering the idea of the modern, corporate woman, I perceive a form of societal scrutiny akin to historical witch hunts. Women are often labeled 'monsters' for adapting to their surroundings, bearing various epithets like 'Chudail' or 'monster.' Yet, it's about harnessing and converting this strength into a Terminator-like machine, hence 'Monster Machine.' This term symbolises women and their supporters channeling their power into focused, formidable energy."

AGENCIES



# A philosophy of good living

**E**ric Weiner, acclaimed journalist and author has taken us on a rollicking intellectual journey on *The Socrates Express* in search of life lessons from dead philosophers. Part memoir part travelogue, Weiner, in conversation with fourteen celebrated philosophers transforms philosophy into practical wisdom that can make for more meaningful lives. His focus is on questions rather than answers, to slow down, to observe and accept what we have is enough, describing the world as it is but what it could be, opening our eyes to possibility. The book is an invitation to think and experience philosophy as 'life enhancing poetry'.

The first stop is with **Marcus Aurelius**, the philosopher emperor who advocates a tough sense of duty to "go to work as a human being". Not as a stoic, or an emperor or as a Roman, but as an ordinary person. His 'Meditations' are an exhortation to himself, an awakening, live streaming his thoughts, a spontaneous stream of consciousness. One of the obstacles in life is facing people who we feel are hostile to us. Marcus suggested disempowering them by revoking their license over your life.

Socrates is philosophy's patron saint, the King of the Question. Socrates was forever asking questions and eliciting answers, an unsparing auditor who held people accountable for their beliefs and lives. Socrates' greatest contribution is the wisdom of knowing one does not know and proceeding from there. To Socrates, the unexamined life is not worth living and one must subject oneself to intense interrogation. He said all wisdom begins with wonder—open hearted child like wonder that makes us human, suspend enquiry and just behold. When he left, he left with a question.

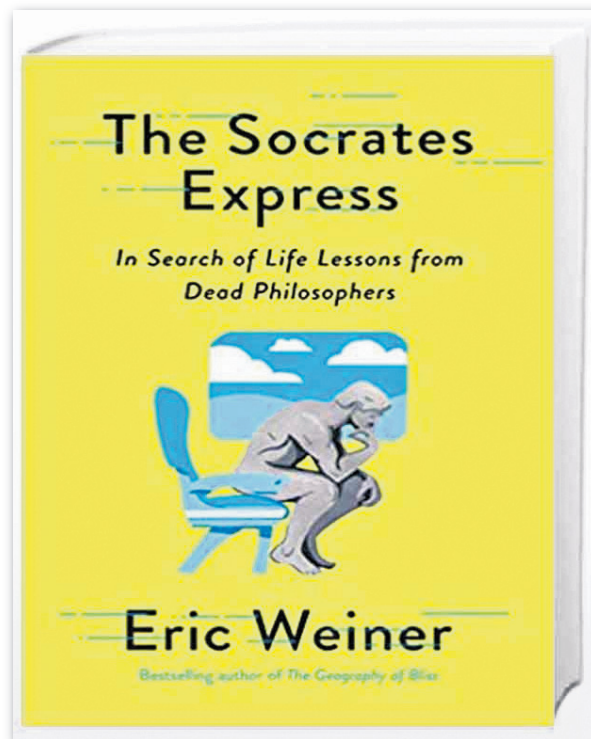
"And now it is time to go, I to die and you to live but which of us goes to a better thing, is unknown to all but God."

**Rousseau**, a man of many parts, philosopher, novelist, essayist and political theorist, was essentially a walker, who walked ceaselessly, a rootless soul at home everywhere and nowhere. He advocated a return to nature and believed in the natural goodness of man and society's evil influence. His writings are impassioned and direct shorn of artifice. His book *Reveries* is a series of ten walks or reveries and the subject is memory, of happier times lived. Rousseau's naturalism was not a prescription but a thought experiment. A philosopher of the heart, he elevated passions and imagination, philosophised extensively about walking, making connection with the earth, a sacred experience.

**Thoreau** is Weiner's next stop. The man who lived in isolation at Walden Pond looked for wisdom everywhere, from the ancient Greeks and Romans to Indian and Chinese philosophers. He was a sanyasi who relinquished the material world. His spiritual life centred round a vision that imbued everything with beauty. He went to the woods to live deliberately to live

the essential facts of life. His stellar vision to see everything with the eye of a child and the mind of a sage was a function of character. We are determined by what we see and as the Vedas say "What we see we become".

**Schopenhauer** was the philosopher of pessimism. He believed in listening, especially to music the universal language of the heart. Music is therapeutic and aesthetic experience, where we experience the joy and sadness itself. It's also listening to your intuition above the din and noise



of the world, listening to other voices. Listening is an act of compassion, of love, where true listening demands we postpone judgement. He read the Upanishads stating they were the most profound and sublime reading possible in the world. To him, sound was important. The written word is inert; the spoken word is alive and intimate.

Next we have **Epicurus**, philosopher of pleasure, much misconstrued and maligned. Living at a remote place with a walled in garden he advocated pleasure and the avoidance of the ritual of life. While rumours of orgy and indulgent living were spread, he actually advocated the celebration of life. Pleasure was the keynote of life, the pure pleasure of existing being peace of mind. He lived simply with intermittent enjoyment of lavish feasts, a combination of the simple and good life. Every human life is the fortuitous product of chance and miracle and should we not celebrate that?

**Simone Weil** demands we just pay attention and live in the reality of the moment. Everything is here and now, a local truth masquerading as a universal one. Every brilliant scientific discovery, every great work of art and every kind gesture is a moment of pure selfless attention. Our

lives are the sum of our rapt moments. Attention is becoming part of the flow, losing one's self consciousness and experiencing a heightened sense of reality. Pure, selfless all encompassing attention is love and withdrawal of attention is withdrawal of love. Turning away from the self and its preoccupations to the other is acknowledging and honouring another self, understanding with empathy.

The philosopher saint **Mahatma Gandhi** held that all violence was a failure of imagination. He fought bigotry among foreigners and his people and above all changed the way we fight. Gandhi was not result-oriented but process-oriented. He aimed not for Indian independence but for an India worthy of independence.

Nonviolence was not a new concept but Gandhi's application of it was. He called it Satyagraha or truth force where people were willing to die but not willing to kill for it. Nonviolence is a principle as inviolable as the law of gravity. He sought not to condemn but to convert. He experimented with a powerful force called love. An Einstein of the heart.

**Confucius** saw around him warring factions and people interested in personal gain. He believed benevolence was the correct and only route to power and prestige. His 'Analogies', the distilled wisdom of his teachings as brought out by his disciples, talked of 'Ren' rendered as human heartedness. A person with Ren has five cardinal virtues of respect, magnanimity, sincerity, earnestness and kindness. Confucius elevated kindness from an indulgence to a philosophy, the basis for good governance. However kindness is not random but depended on ritual conduct doing things the right way. Ren was the family gym where we learn to love and be loved and move from familial kindness to a larger benevolence towards community and nation. Ritual provides the container for our emotional content. Each compassionate deed multiplies itself.

**Sei Shonagun**, the Japanese philosopher finds beauty in the small things of life, in unexpected places. Her *Pillow Book* contains no linear narrative but a composition of vignettes, opinions and anecdotes. She is

the philosopher of perspectivism, the philosophical theory that there are many truths not one. Hers is the philosophy of things being just right or not right at all. She liked the transience of the sakura, lovely, not despite its short life span but because of it. She celebrated not merely the beautiful but objects worn and old, the fondness for the imperfect wabi, the frayed kimono or a forlorn cherry blossom. In Japan, beauty is a moral virtue, the aesthetically attuned person contributes to the beauty of the world.

German philosopher **Nietzsche** came up with the brazen assertion that God is dead and conjured his dancing prophet Zarathustra who came down from the mountain to share his wisdom. He believed that the universe repeats itself and life was the eternal recurrence of the same where we are destined to relive our lives over and over in the same detail. No editing, all our joys and sorrows would be the same. Suffering leads to knowledge and knowledge is a means of learning.

**Epictetus**, was a former Roman slave turned philosopher whose teachings were the essence of stoicism. Much of our life is beyond our control but we are the masters of our interior world, our attitudes, desires, and impulses. The stoics lived in accord with nature, practising voluntary deprivation. We must learn to desire what we have. "Do what you must; let happen what may"

Let us learn from **Simone de Beauvoir** how to age, raging against the dying of the light. We must own our past, uncaring about what others think, never stop being enthusiastic, embrace the daily and inconsequential realities, have the freedom to do nothing, never narrowing life but widening it, passing on the torch.

**Michel de Montaigne** was obsessed with the idea of death. "We cannot live fully without being fully conscious of death. Death is a condition of creation, coming unannounced, without dress rehearsals. Every dawn is a rebirth and every hour granted must be accepted with gratitude," he said. Montaigne approaches death not as a catastrophe but as something beautiful and inevitable like an autumn leaf drifting from the tree.

So *The Socrates Express* comes to its final halt loaded with its philosophy of living well. "Every day is a journey and the journey itself is home."



SUDHA DEVI NAYAK

# SASMITA



Nigama Nanda Photography