

NOVEMBER 27-DECEMBER 3, 2022

SUNDAY POST

HERE . NOW



Walk out

Before it's too late

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MY SUNDAY



Relief from weekdays

For most people, Sunday is a day to relax but for me, it is a day to catch some additional activity. It indeed is a relief from the hurried weekdays and that's the reason I get time to do something which I am passionate about.

Night rider

In the evening, I would spend a few hours reading and prepping meals. At times I also go for a post-dinner car ride and late-night ice cream with the family.



SMRUTI REKHA BARIK, OP

With more than 700 clients worldwide, certified nutrition and health expert and yoga instructor Priyanka Singh Deo is a shining star in the fitness firmament of Odisha. The fitness coach, who motivates people to be more confident versions of themselves, loves to go out for a bike ride with her husband on Harley Davidson

Harley-The Hawk

I used to practice on my then boyfriend's & now husband's Pulsar 180cc & later after marriage we upgraded to a Harley Davidson Iron 883 & now to a Harley Davidson Low rider S. Currently, I am a part of a biking community and we often go on weekend rides post-pandemic

Love for biking

I am a passionate biker. A lot of times, I just go out with my husband for a bike ride on our Harley Davidson. We do our breakfast outside which mostly includes everyone's favorite Tea and some South-Indian cuisines at our favorite joints.

Extra workout hours

I am an early riser. On Sundays, I spend some extra hours getting my workouts done. I try to adjust some additional mobility and some of my favorite exercises which usually aren't a part of my plan.



ADVOCATE OF SELF-COOKING

Being a nutrition and fitness expert, I advocate self-cooking because unless one knows what all things go into their meal, they will never realise the calories or the nutrients that they are consuming from that food. My favorite food would definitely be anything made up of paneer and of course, ice cream goes without saying.

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

- Adam & Eve were the first ones to ignore the Apple terms and conditions.
- 250 lbs here on Earth is 94.5 lbs on Mercury. No, I'm not fat. I'm just not on the right planet.
- The problem isn't that obesity runs in your family. It's that no one runs in your family.
- Maybe if we start telling people their brain is an app, they'll want to use it.



PRIMACY OF AGRICULTURE

Sir, The cover story 'Rooted in nature' (Nov 20) was an absorbing narrative of a veteran media personality, avid bird-watcher and computer professional striking fresh roots in agriculture and advocating for farmers' sustenance. With the global population crossing the eight billion mark November 15 and the world staring at a food crisis of unprecedented proportions, the demand for agricultural produce and commodities is bound to register a phenomenal leap in the foreseeable future. Besides supporting livelihoods through providing food and gainful employment, agriculture helps in producing raw materials for contributing to the global supply chain and building strong economies. Organic farming must be accorded its due importance in view of its myriad spin-off benefits. Needless to add, when agricultural operations are sustainably managed, they can preserve and restore critical habitats, help protect watersheds, improve soil health and water quality. There is a ring of eternal truth in the oft-repeated remark of Thomas Jefferson, the eminent statesman: "Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals and happiness."

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



Walk out Before it's too late

A girl who moves in with a guy should certainly have the support of the society, friends and her family in particular to step out of the relationship as soon as possible if she ever gets abused by her partner, says Pallishree Pattanayak, an assistant professor at Kalahandi University

POST NEWS NETWORK

In 2019's blockbuster movie *Kabir Singh*, its lead character, a short-fused house surgeon, falls instantly in love with the heroine, a fresher of the college. "Yeh Meri Bandi Hai, Isse Dur Rakna (She is my woman, keep away from her)," announces Shahid Kapoor's Kabir before his friends staking exclusive claim on Kiara Advani's Preeti. Uncomfortable, Preeti gradually starts adjusting to the unpleasantly overpowering attitude of Kabir. In most parts of the movie, the problematic Kabir unapologetically slaps Preeti, abuses her father, pulls a knife on a girl when she refuses to sleep with him and does things unbecoming of an archetypal lover. Despite the character being patriarchal, misogynist, violent, ungrateful and vengeful, the movie raked in over Rs 300 crore at the box office reflecting the mindset, girls in particular, of the viewers.



Coming back from reel to real, a girl student of Ravenshaw University, who wished not to be named, continues to adjust with his boyfriend despite his abusive behavior. "He always holds me responsible for all adverse issues in his life, be it financial, physical or professional," she laments. Asked by this reporter as to what still keeps them together, she says, though difficult to explain but she can't walk out. Perhaps she is one of those girls from an average middle class Indian family who don't call it quits that easily. Men can get away with multiple flings, but it becomes quite difficult for them to sever ties.

Mehrauli killing of New Delhi, that sent a shockwave across the nation, is also another case in point. Shraddha Walker, a 25-year-old girl, left her home city Mumbai with her partner Aaftab Amin Poonawalla to the Mehrauli area of New Delhi. She was living-in with Aaftab against her family's wishes. Worse, Shraddha's



friends say that all was not well between the two. If her police complaint of 2020, against Aaftab in which the latter threatened her to cut to pieces and throw away, is any indication, she has been in an abusive relationship for years but she didn't come out of it. Perhaps, she was thinking of changing her man one day. But that didn't happen and in the second week of November, it was reported that Shraddha was killed by Aaftab in a fashion that he had threatened earlier and her body was slashed to several pieces to be disposed of.

In all these cases, the girls are seen falling for guys who are no way lovable. Though Aaftab's action was said to be inspired by American crime series *Dexter*, fictions are often inspired by real life events.

The question everyone is asking today is, 'Why didn't she walk out before it was too late?' Is it really easier said than done?

While the nation is yet to come to terms with Shraddha's gruesome killing, a few women who often raise their voices against toxic masculinity and misogyny on various social media platforms shared with **Sunday POST** their perspective on abusive relationships.

'Never allow to cross your boundaries'

Poet Subhashree Subhasmita Mishra, known for raising women issues in her poems and social media posts, says, "The youths these days have started liking to move in together, a lifestyle choice that was mostly adopted by the westerners till a few years back. I wonder, of a good many western cultures like becoming independent early in life or being separated from your parents that could be adopted, why they choose this one."

She goes on to quip, "In

western nations, kids develop some vocational skill sets very early in their life and get independent by the time they reach 18 years. Moving in together has never been an issue there like in India. It doesn't make much of a difference if their relationship is solemnized or not. But back home it's a different story."

Mishra continues: "Girls in many Indian families are told that they are incomplete without marriages as if they are born only to settle down with a man. Singlehood is often looked down upon and considered a curse. The concept of live-in relation was created to ensure whether a couple is compatible enough to spend the rest of the time under one roof. If not, they are free to call it quits. But in many cases, before testing the water, the girls start putting pressure on their partners to get



in arrangement may not work in the long run.



More often than not, a girl believes that once she gets physical with a man, the next level is marriage and she shouldn't see beyond him. Then she pesters her man to tie the knot when he is not ready for it. Subsequently, the relationship turns sour leading to complications and often to incidents like the one that happened at Mehrauli."

Be it live-in or a romantic one, no individual should force his/her partner for commitment or getting married because forced relationships do not have emotional attachments and feelings, she says.

Talking about girls' acceptance of abusive men, she says, "We girls often set standards in our subconscious mind about the definition of a macho-man. The stronger looking individual, who is aggressive and manifests the exaggerated sense of power, has always had the attention of girls. Nobody has appreciated the silent guy who has kept things to himself, and has always respected women. We always liked the macho-men who have grown up to this insensitivity."

"Never allow a man to disrespect you and cross your boundaries, let alone getting involved in physical violence. Though little possessiveness is good for love to bloom, there should be a limit and they should give space to each other to achieve their relationship goal," concluded Mishra when asked what would be her suggestion to the girls who have to deal with abusive partners.

'No shortcut to come out of an emotionally invested relationship'

Pallishree Pattanayak, an assistant professor in Kalahandi University of Bhawanipatna, says, "Western culture gives a pleasure of freedom, whereas Indian culture is traditional and on a conservative side based on rules and regulations.



Hence, the new generation is adopting the easy way. But we must understand that India is a hybrid state; neither fully westernised nor completely Indian."

Responding to a question whether Shraddha, the victim of Mehrauli killing, could've taken a decision instead of enduring Aaftab's abuse, Pallishree said, "Indian parents, who are more emotionally connected and bonded because of the amount of time spent together which always gives their children the reassurance that they always could come back to their parents if something fails.

Unfortunately, Shraddha didn't opt to exercise this option."

A girl who moves in with a guy should certainly have the support of the society and friends to step out of the relationship as soon as possible if she ever gets abused by her partner, she added.

Is it that easy to come out of an emotionally invested relationship? To this, she says, "Honestly there is no shortcut to come out of it but once the girl understands the depth she should take the bold step to end the abusive relationship someday. Cases need counseling too. I would suggest women to be courageous enough to walk out and live with independence."

Pallishree says, it's a tendency to stay in a relationship in a belief that someday the other person (the abuser) may change but it never happens.



Experts speak..

Though ours is a patriarchal society, girls are more independent now than before. The

number of people moving in together is on the rise. However, there is a need to know the pros and cons of such an arrangement. Because in every relationship, it is the girls who suffer more, be it physically, mentally, socially or even financially.



BABITA MOHAPATRA | LAWYER FROM ROURKELA

While the cause of conflicts in a relationship can be many, how we deal with the chaos is important. Similarly

while anger is an inevitable emotion when a conflict arises, the display of anger is the defining feature of a person. We have continued to grow in a society where violent acts ranging from hitting a child to mark authority to abusing a partner to mark dominance has been normalised. Therefore, it's important to not lose sight of how violence feels coming from someone you love from the first sighting itself. We know what love feels like; we need to be attentive about when it's not love.



SHIVANE TRIPATHY | CLINICAL PSYCHOLOGIST AT KALINGA INSTITUTE OF MEDICAL SCIENCES, BHUBANESWAR.



'A good editor has to be a sensitive reader'

A former editor of Penguin India and the present chief of Speaking Tiger, Ravi Singh's Midas touch was evident in his immaculately edited and produced books that brought a kind of revolution in Indian publishing industry



Ravi Singh

One of the top brasses in English-language publishing in India, Ravi Singh is regarded as the superstar editor and publisher who worked with and published the finest writers of Asia for decades. He is a former editor-in-chief of Penguin Books India and the present publisher and co-founder of Speaking Tiger Books, an independent publishing company based in New Delhi. Singh's Midas touch was evident in his immaculately edited and produced books that brought a kind of revolution in Indian publishing industry.

The celebrity publisher is taking part in the 7th Odisha Art & Literature Festival (OALF), Bhubaneswar, to commence from Monday. On behalf of **Sunday POST**, **Manu Dash**, author and curator of OALF, spoke to him over a host of topics on the sidelines of the event.

Excerpts:

■ **Is it your first visit to any literature festival in India? As publisher, how do you look at these events in India?**

■ No. Most of us who have been in publishing for a long time have participated in several festivals across the country. I think literature festivals have helped make books and authors far more visible than they were 10 or 20 years ago, and that's a good thing. Anything that builds a vibrant culture of reading and discussion is welcome. Some people complain that there are too many festivals, and that a lot of them are glamorous events obsessed only with celebrities, but that isn't true. I've discovered some extraordinary writers and thinkers at festivals whom I hadn't read or even heard of before, and it has made my life richer. There's far greater diversity and representation at many of these festivals than most of us would imagine. Yes, there's

a star system, which is unfortunate, but you can't blame the festivals for this, it's the readers and the trade who create these hierarchies.

■ **How many titles you bring out yearly? What's the translation policy of Speaking Tiger?**

■ We publish 80 to 90 new titles a year. About translations, there's no separate policy—it's good, distinctive work that we look for, whether written originally in English or translated from another language. Of course, given how demanding the art of translation is, there aren't as many translations available as there are works in English, which is a limitation we must live with.

■ **How do you know a book would be a bestseller during the acquisition?**

■ There's no formula. We make what we hope are intelligent decisions, based on instinct and experience, about what books to publish. We want them all to sell good numbers. Chasing a few potential bestsellers is not our strategy. We have limited resources and we try to build a diverse list with these.

■ **Which books were published as the first titles of Speaking Tiger?**

■ Among the first books we published are *A Book of Simple Living* by Ruskin Bond, *The Storyteller's Tale* by Omair Ahmad, *Looking Away* by Harsh Mander, and *Baluta*, Daya Pawar's memoir, translated from the Marathi by Jerry Pinto.

■ **Do you publish plays and poetry? How many titles per year?**

■ Yes, we do, but both these genres are extremely difficult to sell, it is often a struggle even to recover the printing costs. So the numbers we are able to do are small—3 to 4 books of po-

etry a year and a couple of plays.

■ **What makes a good editor according to you?**

■ A good editor is first of all an engaged and sensitive reader. She or he must also be interested in the world, in stories, in language, and should be widely read. Attention to detail is essential, and a logical yet imaginative mind. As an editor your primary commitment is to the book, the author and the publishing company come after that. And a good editor is invisible—you are not the author, it is not your book, but you will give it your best, always, and expect only great reviews and great sales for the labour.

■ **There's a complaint that the publishing industry is dominated mostly by Bengalis and Keralite. How do you look at it?**

■ Why should this be a complaint? I can understand a class, caste or gender bias being a problem, but why would this be a problem, even were it true?

■ **Do you feel that regional authors are not given adequate space to the international readers? What's your plan for them?**

■ To be read internationally, a book would

need to be available in English, or Spanish, German, French, etc. And as I've said, good translators are very, very hard to find. It isn't only a question of skill, but also whether a person loves translation enough to do it for very little, or sometimes almost no money. Even publishers ten times our size don't have the resources that would be needed for a large and consistent translation project. I have no hope of governments funding for such a project, maybe some private organisation or corporate entity will. Unlikely, but we live in hope. But I also wonder at this obsession with international readers. Why does it matter so much?

■ **How do you want to be remembered as a publisher or an author?**

■ That's stumped me! Never given this any thought. No publisher is so important, really.

■ **What's your advice to regional publishers as survival strategy?**

■ Keep your costs under control, build a diverse list—with a variety of titles—and don't neglect the bulk of your list in a mad chase after big names and big books.

Fatima hints at tying knot

Actress Fatima Sana Shaikh's latest posts gave way to speculation that she has marriage on her mind.

The actress, took to her social media handle to share a series of pictures of herself modelling in risqué ethnic wear. Fatima posed for photos in a backless top and high-waist pants as she used a vintage car as the perfect prop.

"To do or Knot to do, That is the question..." she captioned the playful pics while showing off details of the tie-up top.

The photo series won over fans who took to the comments to compliment the star. Among the many comments that came her way, was one from Aamir Khan's daughter, Ira Khan, who left a trail of heart eyes emoticons. Following Ira's post, several fans took to the comments to ask if the rumours of an upcoming wedding were true. Fatima was surrounded by rumours that suggested she will soon tie the knot, however, the actress has still not confirmed her relationship status. AGENCIES



Kourtney's desire to nurse her nephew

Reality TV star Kourtney Kardashian has the desire to nurse her sister Khloe Kardashian's baby boy.

She made the bizarre confession to sister Khloe Kardashian, on the finale episode of season two of Hulu's *The Kardashians*. Khloe, 38, also has daughter True, four, with basketball player Tristan. Kourtney's desire to breastfeed comes after her IVF treatment.

While she is keen to have a baby with her husband Travis Barker, the 43-year-old reality star felt 'pushed' into having fertility treatment and is now more philosophical about the situation than she once was.

She said: "I got to a place where I just felt, like, exactly how timing was everything with me and Travis. I feel - truly - like if it's meant to be, it'll happen."

AGENCIES



Celina wants to return to cinema

Celina Jaitly spoke about her comeback to films in a new interview. She said she was looking for scripts that would do her justice.

Celina was last seen in Ram Kamal Mukherjee's short film *Season's Greetings* that was released in 2020. The actor was praised for her role in the Zee5 film that also featured Lillette Dubey. The Janasheen actress, who now lives in Austria with her husband Peter Haag and their children, said she felt encouraged to return to cinema after the success of *Season's Greetings*. Last year, she was honoured with her first Filmfare Award at the Filmfare (Middle East) Star Achievers Awards Night in Dubai; she had won an award for the 'best performance in a short film'.

Speaking about her comeback plans, Celina said, "The success of my short film *Season's Greetings* even amidst the Covid-19 lockdown has encouraged me to return to cinema. I never imagined winning a Filmfare award and international accolades at so many international film festivals as I did with *Season's Greetings*."

She said she wanted to act in comedies or work in love stories, and was looking to find scripts that do her justice.

AGENCIES



Scrutiny comes with fame: Alia

Alia Bhatt, who made her Hindi film debut with Karan Johar's film *Student Of The Year* in 2012, has carved a niche for herself in the film industry. She is all set to make her Hollywood debut with *Heart of Stone*, and there's no stopping Alia!

In a recent interview, she confessed that sometimes she feels overwhelmed with the attention and the scrutiny, but that she knows it comes with being an actor.

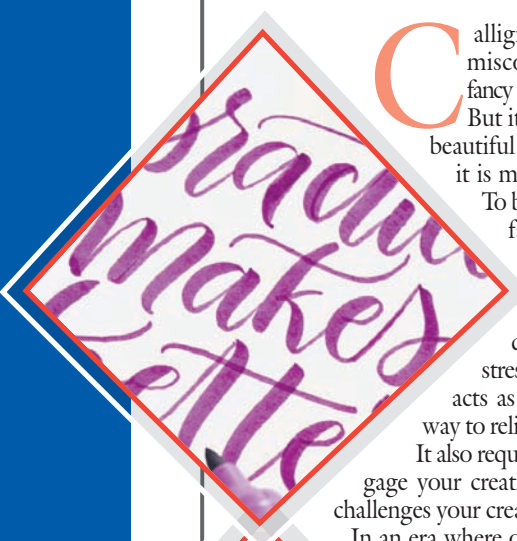
Alia admitted that there are certain moments

when she feels a bit overwhelmed with all the attention and the volume of conversations around her life. However, at times like these, she tells herself that she knew what she was getting into. "But the only thing I've had to tell myself is: You knew you wanted to become an actor, and that you wanted to be really good at it, and you wanted to be extremely celebrated. Then you can't not want—and not pay—the price that comes with it. You can't have your cake and eat it, too," said Alia.

AGENCIES



Learning life skills from calligraphy



Calligraphy is often misconstrued as a fancy type of writing. But it is not merely beautiful handwriting, it is more than that. To begin with, our fast-paced life comes with the complimentary disadvantage of stress. Calligraphy acts as a therapeutic way to relieve this stress. It also requires you to engage your creative juices and challenges your creative instincts. In an era where our fingers are constantly tapping away at our smartphones, the age-old practice of writing has taken a backseat. Calligraphy helps one stay in touch with this redun-

IN TODAY'S DIGITAL WORLD, PEOPLE ARE SO IMMERSSED IN TEXTING, TWEETING, AND EMAILING. HANDWRITTEN MESSAGES AND NOTES ARE AS REFRESHING AS RAIN ON A SCORCHING DAY

are very rewarding. Writing speaks for itself but through such conversations, one gets to explore and learn more about people. Most often than not, this networking brings business, builds a lifelong relationship with clients, and increases one's recognition through word of mouth.

Creating a lasting impression

You will hardly get a person who does not enjoy the process and outcome of being creative. Calligraphy, which requires your innate ability to be creative, brings that joy.



to learn this magnificent art, here they're for you.

Meditation

Being a Calligraphy artist requires one to leave everything else aside and focus on nothing but the project at hand. It transports one to a different realm. It is super meditative & relaxing. Calligraphy requires you to focus on each stroke with undivided attention. The entire process is meditative and therefore, compels you to leave all your troubles behind. Calligraphy invites you to slow down, focus and breathe. In time, you will have realised that your stress has been relieved.

Patience

Patience is a virtue we all find challenging to garner but know that it is absolutely necessary in every area of life. It involves dealing with your thoughts and getting in touch with your feelings. Calligraphy and patience go hand-in-hand. Every time you write, you get better at being patient. It causes you to slow down and be meticulous with every rise and fall of the strokes. Your mind is trained to take things slow and manage the effects of negative emotions.

It is the most fitting way to create something permanent and meaningful for someone you know. It is a tangible way to show how much you care, how thoughtful you are, and how much effort has been invested in creating that gift.

In today's digital world, people are so immersed in texting, tweeting, and emailing. Handwritten messages and notes are as refreshing as rain on a scorching day. People will put aside everything else and submit themselves to the beauty they hold in their hands. Creating a lasting impression is something that Calligraphy boasts of.

In conclusion, Calligraphy is worth your time and effort. It does not demand prior experience but in fact, beckons you to learn it without any reservations. Therefore one should pick up the pen and start writing today.

IANS



dant activity and assists in developing and maintaining our fine motor skills. Creativity is known to bring about elevated levels of confidence and Calligraphy is a wonderful way to improve your self-worth. Personalized gifts for family and friends hold way more value than buying something off the shelf. Why not make your loved ones feel special with a beautifully written card or an etched message? If you're looking for more reasons



Swati



PHOTO: ODISHA FASHION VILLA