

FEBRUARY 11-17, 2024

# SUNDAY POST

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Valentine's Day Special

# Resetting couple goals

P 3,4

COVER  
STORY





# MY SUNDAY



With husband Mithun Malayala

Odia actress Rojalin Pradhan has showcased her versatility on all entertainment platforms. Though Rojalin has a Master degree in Direction from Utkal University of Culture, she enjoys acting the most. After shining in films, TV shows, and stage plays, Rojalin is now one of the most sought-after performers in the Odia Jatra industry



With co-actors on stage

## Theatre time

On every day off, I make it a point to watch a movie on the big screen with my husband. I prefer to enjoy films on single screens instead of multiplexes. Since we belong to the same profession, we also discuss theatres, which is a passion for us, on all holidays.

## Night owl

Because of the hectic schedules of the preceding days, I never get out of bed before 10 a.m. on Sundays and holidays. A cup of tea or strong coffee is essential to begin the day.

## Donning a chef's apron

Cooking is my third love in life after hubby Mithun and acting. Though I don't take non-vegetarian food on Sundays, I enjoy showing off my cooking skills by treating my family to fish, chicken, and mutton dishes.



## Love for literature

I have been an avid reader since I was in school. So, the habit is still on, and I read something before going to bed. My reading habit has greatly benefited me in my career.

BIJAY MANDAL, OP

## WhatsApp This Week

### Only on Sunday POST!

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

THE BEST MEMES OF THIS ISSUE

- Once upon a time there was a King who was only 12 inches tall. He was a terrible King but he made a great ruler...
- Google is definitely a woman, it starts suggesting things before you can even finish your sentence.
- How do trees access the internet? They log in.
- What does a liar do after he dies? He lies still.



## ONUS ON PARENTS

Sir, Whether it is beneficial or challenging to have a single kid or multiple kids, the decision depends on the parents. In the 1950s, India became the world's first country to launch a nationwide family planning programme, and the tagline was *Hum Do, Hamare Do* (We two, ours two), but after a certain period of time, several couples eventually altered the phrase to *Hum Do, Hamare Ek* (We two, ours one). I think the notion of having a single child comes with both positive and negative effects. As in one quote, Madhusmita mentioned how an only child faces distinctive challenges like loneliness, a lack of companionship, and stress. The experts, too, believe that a single child can lead to empty-nest syndrome. But the positive effects are that parents become more conscious of focused parenting, dedicating more time and resources to their child, which fosters a deeper emotional bond within the family, and the single kid often benefits from undivided parental attention and resources.

RAGINI KAR, KEONJHAR

## 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

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**FROM LOVE BIRDS EXPRESSING THEIR FEELINGS THROUGH SECRET LOVE LETTERS TO THE ADVENT OF TERMS LIKE 'SITUATIONSHIP', 'GHOSTING', 'VIBING' AND 'SHIP' BY THE GEN ZERS, THE STYLE AND NATURE IN ROMANTIC ALLIANCES HAVE CHANGED DRASTICALLY OVER THE YEARS**

MADHUSMITA SAHU, OP

**W**e are in the midst of the Valentine's Week. This is that time of the year when celebration of love takes on a new meaning in the digital age, particularly with Gen Z. In an era dominated by hashtags and emojis, Gen Z offers a fresh perspective on love, transforming the landscape through memes, dating apps, and a language unique to their interconnected world. Terms like 'ship,' short for relationship, and 'bae,' an affectionate acronym for 'before anyone else,' 'situationship' and 'ghosting' have become staples in their vocabulary. Similarly, dating apps like Tinder, Bumble, and Hinge have revolutionised the way young adults connect.

So, there has been a marked shift in relationship dynamics since the time when couples expressed their feelings through secret love letters.

Ahead of Valentine Day, **Sunday POST** sat down with GenZers, Millennials and the old-school believers to examine how the definition of love has changed over years.

**'Commitment and loyalty is now seen as a burden'**

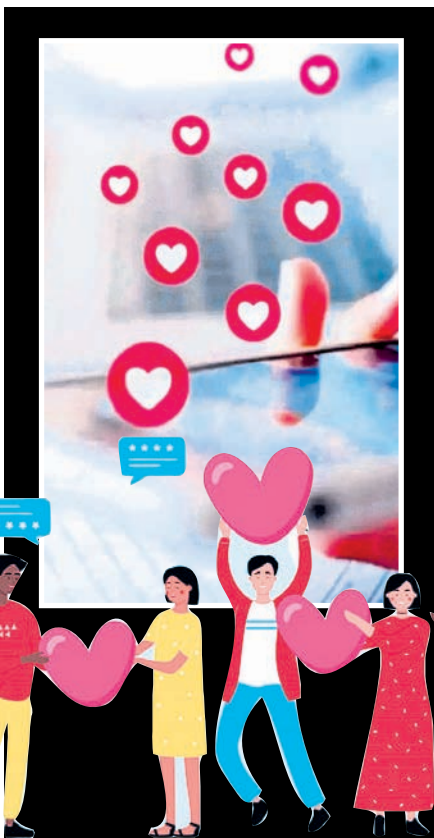
Today's love is a 'poor ghost' of its former self, asserts bilingual romantic poet and critic Durga Prasad Panda.



"I belong to a time when 'love' was still 'love' with all its vibrant colours, though, still much maligned. The old-school romance still holds good for me, and I have no qualms admitting that in matters of love and relationships, I belong to the 'old-world' types," says the Sambalpur-based wordsmith whose works have

been published in several prestigious magazines of the country like Outlook, Debonair and Gentleman .

According to him, "The scenario has changed drastically today. Commitment and loyalty in a romantic alliance are no longer being seen as a virtue but as a burden. Gen-Z youth are emotionally insecure despite having financial and other securities. These youth want to keep their 'exit door' always open, remaining all the while in a floating state, afraid of settling down in any plane of relationship. So, they keep having trust issues while trying to find emotional



sustenance in short-lived relationships."

He adds, "In addition to that, when you have too much of everything, including freedom, you hardly know how to 'handle' that responsibly. Their market-driven value system makes them more self-centred than their earlier counterparts. They carry less emotional baggage with them, get fed up easily, and love to move on as if nothing has happened. They enjoy being in that moment, but 'long-run' commitment is a big anathema to them. Social media and gadgets have added radical dimensions to their lives, keeping them in a permanent state of anxiety and confusion, albeit adding nuances of their own—a phenomenon unheard of a decade and a half ago."

"Having said this, I must admit that there are also brighter sides to all these new developments. The youth of today are responding to new challenges in new ways and coping with all the pitfalls of time, braving the vicissitudes of a tumultuous age. Despite shifts in a massive way, the core of love as an article of faith and a life-affirming force to touch and transform lives in a big way, acting as a perfect antidote to all pervasive 'hatred' remains all the same. And Gen-Z knows it only too well," ends the prolific translator.

**'It's about being there through highs and lows'**

Sharing his definition of love and relationships, Subhajit Dash of Bhubaneswar, a millennial, says, "My definition of love and relationship is all about a deep affectionate bond, authentic connection, mutual respect, loyalty, commitment, and unwavering support. Relationships and love, to me, are the cornerstones of life's richness.





In a world often defined by transient interactions, genuine relationships stand out, rooted in empathy and understanding. Love transcends the superficial, delving into the depths of shared experiences and emotional intimacy. It's about being there through highs and lows, fostering growth, and cherishing each other's uniqueness. In essence, relationships and love embody the essence of human connection, providing solace, joy, and a sense of belonging amidst life's unpredictable journey."

Talking about situationship, the content creator says, "Initially unfamiliar with the term 'situationship,' I resorted to Google to comprehend its meaning. Though it didn't exist previously, its prevalence today suggests a shift in romantic dynamics, particularly among Gen Z. These connections prioritise flexibility and authenticity over traditional commitments, embodying a relaxed rapport termed 'vibing.' While reflecting contemporary attitudes, they may also signify a reluctance to engage deeply or commit fully in relationships."

Asked how he sees love from the perspective of Gen Z, Dash says, "Gen Z's view on love presents both obstacles and advantages. One challenge lies in the tendency to display relationships for validation, which can be unhealthy. However, their prioritisation of authenticity could foster healthier connections. Nonetheless, the rapid pace of the digital age blurs the lines between virtual and real intimacy, complicating relationship dynamics."

**'Unreasonable decisions could destabilise future relationships'**

Smruti Rekha Sahoo, yet another old-schooler from Bhubaneswar, says, "My definition of love and relationships is different from that of the

current notion of Gen Z love. In today's world, it has become more prac-

tical, whereas I'm the kind of person who would wait for an eternity for the sea and sky to meet just once."

When quizzed about her viewpoint on the phenomenon of 'sliding into DMs', a term trending in recent times, she expressed reluctance to delve into the topic, stating, "How can we equate sliding into DMs with genuine romantic connec-

tions? It seems everyone is reaching out to everyone else through direct messages. The initial flutter of eyelashes upon seeing a loved one holds far more significance in terms of romance than this act of 'sliding into DMs'. Perhaps, in today's era, such sentiments might be dismissed as idealistic or, in the language of Gen Z, 'DELULU,' as genuine and profound love is increasingly rare. There's a lack of genuine effort to earn that one heartfelt smile from a loved one and the subsequent euphoria that lasts for weeks."

Painting a picture of imperfection, the English

partners in relationships. This normalisation may lead to easier exits without substantial reasons, potentially causing instability. While I advocate for leaving suffocating relationships, unreasonable stances could destabilise future relationships and affect the mental well-being of new generations and children."

**'Gen Z's approach to love shaping the future of romantic alliances'**

Archana Mohapatra, a Gen Zer from Bhubaneswar, has her point in support of the love and rela-



tionships of their generation and the terms they use.

Explaining her stance, she says, "Digital love is an interesting concept. In the digital age, technology has definitely influenced the way we experience and express love. From online dat-

GEN Z



Literature student signs off, saying, "Commitments are increasingly rare nowadays, occurring only sporadically. Working on relationships has become laborious due to the numerous alternatives available. Recently, I stumbled upon the term 'polyamory,' signifying having multiple partners with mutual consent to fulfil diverse needs. While we strive against polygamy, we witness the normalisation of multiple

ing to virtual relationships, technology has opened up new avenues for finding love. In the digital age, love is all about finding connections and expressing emotions through technology. It's like having a virtual window into someone's heart."

The 17-yr-old goes on to add, "It is all about embracing the idea that love and relationships can take many forms and don't have to conform to societal norms. In the modern era, people are using the concept of fluid and

**DATEVIEW**

**SOBER DATING**

**WOKEFISHING**

**ORBING**

**FLEXTING**

un-defined relationships. They are not following the path of dating and commitments, instead, they choose flexible and open-ended relationships. They mainly focus on communication, consent, and mutual understanding."

When asked about terms like 'situationships' and 'vibing', do they accurately reflect the modern dating scene? She said, "The terms 'situationship' and 'vibing' and many other terms are definitely part of the modern dating lexicon. They prefer situations where they have the capability to enjoy each other's company without getting committed. Vibing is all about the connection and chemistry you feel with someone's presence. It is like you are on the same wavelength, and everything just clicks. But it is important for both parties to communicate openly so there are no misunderstandings."

She ends her stance in a positive way about Gen Z's approach to love and relationships. "Gen Z's approach to love and relationships is definitely shaping the future of dating and romantic interaction. They tend to value authenticity, open-mindedness, and fluidity in relationships. Gen Z's are more focused on mental health, memes, and fun than on creating boundaries. They prioritise communications and consents. Overall, the Gen Z approach brings a refreshing perspective to love and relationships."





# Look your best this V-Day



February is the Paris of all months for couples and hopeful singles, as it is the time when everything around them seems lovely and beautiful.

Getting ready for Valentine's Day is a hectic task, requiring consideration of clothes, makeup, shoes, and sandals. However, it is important to remember the basics of healthy skin, such as eating, sleeping, and regular skincare routine. Valentine's Day is the biggest date night of the year, and it is the perfect excuse to pamper yourself to look romantic, sweet, presentable, attractive, and radiant with a youthful glow.

Here are some beauty tips to look one's best on the special day:

### Hydration

Water-based hydration is essential for bright skin. Moisturisers, which contain Sheabutter, Dimethicone, and Ceramides, give an excellent base for makeup application. Hyaluronic acid and aloe vera water contribute to long-lasting hydration. Every night, hydrate and nourish your skin before going to sleep.

### Foundation

If you have clear skin, skip the foundation during the day. Use baby powder or compacted power. Pay special attention to oily parts of the face, such as the nose, forehead, and chin. Using a slightly damp sponge, apply the powder evenly to the face and neck. This allows it to set and last longer.

If you want to wear foundation at night, consider one that is water-based. To achieve a lighter covering, add a drop of water. Before applying foundation, use an astringent lotion for oily skin or a moisturising lotion for dry skin. Next, use concealer to cover any pimples or scars. Alternatively, use two shades of foundation. One shade should be the closest to your skin tone as feasible. If the imperfections are dark, choose a lighter tint. Take a small amount of light-coloured foundation and apply it immediately to the pimple or scar. Avoid rubbing or smearing. Press it into the skin. Then, using a moist sponge, apply your standard foundation to the face and spread it evenly, working your way outward. Remember the neck, too. To get a smooth finish, blend the foundation thoroughly before applying coloured loose powder on top to 'set' it. Alternatively, use com-



packed powder.

### Blusher

Blusher is next, or you can apply it at the finish. Use a powder blusher. Pink or peach blusher would look

good on most complexion tones. Apply on the cheekbones and slightly below them. Apply blusher with your finger tips. Then, using the brush, mix outwards and slightly upward. Apply highlighter on the cheekbones. Highlighters shouldn't be white. Choose between ivory and soft pink. Blend well.

### Sleep key to appearance

Take proper sleep for at least eight hours during the night. Lack of sleep will show on your face no matter how well you fashion your appearance. Put a drop or two of lavender oil on your pillowcase and try to relax.

### Lip & nail care

For buttery, soft, and smooth lips, plain gloss can be enough for the day, or add a touch of gloss over light pink or mauve lipstick. Avoid using lip liners and just brush the lips with lipstick, going for shades of pink, from pale pink to rose

your lips with your



favourite lip balm, salve, or conditioner after exfoliating.

As the last step, touch up your nails, smooth your strands, and spritz on some perfume and you're ready to go!

The author is an international fame beauty expert and is called Herbal Queen of India



SHAHNAZ HUSAIN







## What made Kriti switch to production

Actress Kriti Sanon is set to make her entry into film production with *Do Patti*. Despite initial scepticism about her decision to step into production, Sanon shares her motivation behind the move and her excitement for exploring the creative aspects of filmmaking beyond acting.

Joining the league of female actors who balance acting and production, including Anushka Sharma, Deepika Padukone, and Alia Bhatt, Sanon revealed she faced scepticism about her decision. According to a news report, despite the doubts, she emphasised her desire to support unique scripts and deepen her involvement in the filmmaking process.

Addressing the initial scepticism, Sanon said she was told it was too soon for her to turn producer. She said her reason for donning the producer's hat was more about supporting scripts and being more involved. She wants to enjoy the creative side of filmmaking.

For her, production represents a new challenge and an opportunity to learn from scratch, akin to her journey in acting. She views it as a natural progression in her creative career, driven by a genuine passion for the art of storytelling.

AGENCIES



## Shahid recreates Virat's viral video

Actor Shahid Kapoor, who is gearing up for the release of his upcoming theatrical film *Teri Baaton Mein Aisa Uljha Jiya*, has shared his plans on gorging on delectable and desi food as the promotions of his upcoming film opposite Kriti Sanon get over.

The actor recently took to his Instagram and shared a funny video of himself with audio from a viral interview of Indian cricketer Virat Kohli. Referring to Virat, he shared what he is going to eat now

that he has wrapped up the promotion of his upcoming film.

He wrote on the video: "Promotions khatam hone ke baad waali feeling (The feeling after promotions are done)."

In the video, he lip syncs viral lines of Virat from an old interview where he had shared what he was planning to eat after his match. As Shahid strikes goofy expressions throughout the video, he also holds a bat as a homage to the cricketer. Meanwhile, *Teri Baaton Mein Aisa Uljha Jiya*, which also stars Dimple Kapadia and Dharmendra, will see Shahid

essaying the character of a computer engineer, who falls in love with Kriti's character, a humanoid robot. AGENCIES

## SRK movies that Raveena turned down

Actress Raveena Tandon, who was recently seen in *Karmma Calling*, has opened up about turning down *Chaiyya Chaiyya*. She said that she didn't want to get stereotyped and also revealed why she turned down films with Shah Rukh Khan.

In an interview with BBC's Haroon Rashid the Aranyak actress said, "I had just done *Sheher Ki Ladki*, right? And it had become a very big hit. Organically, *Chaiyya Chaiyya* came to me and I remember SRK saying that 'Mani sir wants to talk to you because he wants you to do the song for us'."

She continued, "And I was in a very awkward situation because although I was dying to work with Mani Ratnam Sir, but then just being offered an item song again, it would have been stereotyping myself, and in those days people used to get typecast." Raveena also claimed that she was supposed to do *Darr*, *Desi Babu English Men*, and *Kuch Kuch Hota Hai*, all starring SRK, which she again turned down. However, she was all praise for Shah Rukh and said, "I love him. He is one of the warmest people on this planet."

AGENCIES



## When Sush was labelled 'difficult'

With her remarkable comeback in the thriller series *Aarya*, actress Sushmita Sen reaffirmed her stature as a powerhouse performer. Now, she has opened up about the challenges she faced in the '90s for embracing her authenticity. During her interaction with a media agency, the *Chingari* actress shared her experiences of being labelled as 'difficult' due to her inquisitive nature and the habit of asking probing questions in the 1990s.

When asked if she ever encountered being perceived as opinionated for expressing her views as a woman, Sen responded with honesty. She said

that in the 1990s, when a woman asked questions or didn't agree on a particular thing, she was labelled as difficult. There were so many misconceptions regarding what a woman should and should not do, and amid all this, she knew that it was essential to ask questions.

The actress shed light on the prevalent misconceptions surrounding women who dared to voice their opinions and seek clarity about their roles in the '90s. Her unapologetic approach to being true to herself and challenging stereotypes reflects her resilience in the face of adversity.

AGENCIES







# Literature & young minds

LITERATURE IS ABOUT THE FREEDOM TO ASK QUESTIONS THAT DISPEL ONE'S IGNORANCE AND ILLUMINATE THE MIND THROUGH EXPERIENCES AND EXPERIMENTS, SAYS STORYTELLER AND PHYSICS PROFESSOR SAQTI MOHANTY

"If you know your mother tongue well, if you have a command of it, you can learn other languages faster," she explains.

The Biswa Odia Sammilani has made the public aware of at least one fact: language is our future. Working on it will help to improve our lifestyle and understanding through education, literature, cinema, and television, concluded Tripathy.



## 'Literature can break walls and build bridges'

According to popular storyteller Saqti Mohanty, literature is an extension of life, and in trying times, it evolves to heal the wounds of one's dreams.

"One of the intrinsic features of literature is that it has several elements of romance. The romance one finds with space filled with vacuum and time filled with moments. The vacuum is not much about loneliness. Moreover, it's solitude that a human often aspires for—to connect deep within and to connect with the

outer world of divergence and humanity. So, to me, literature has the potential to push our boundaries in order to achieve greater understanding, resilience, creative pursuits, and more love," asserts Mohanty, an Associate Professor

at GITA Engineering College-Bhubaneswar, narrating the power of literature.

He goes on to say that literature is about the freedom to ask questions that dispel one's ignorance and illuminate the mind through experiences and experiments. It has a huge laboratory called "life" to learn and unlearn. Writing a parallel history of time in multiple narratives is a writer's job that does not merely show a mirror to society but rather tries to open many windows to the horizon, he adds.

Asked what creative minds may do with literature skills, Mohanty winds up by saying, "With language tools, a writer or a poet can unmask the purpose of human existence. It's believed that the literature's distinguished practitioners possess the power to break walls and to build bridges."



BIJAY MANDAL, OP

With millions of language experts from across the world getting connected, both offline and online, the just concluded World Odia Language Conference is being hailed as a never-before-seen literary event in Odisha. So much so that renowned writer Pratibha Ray referred to it as an once-in-a-lifetime event. Why is literature so important, and what role does it play in nurturing young creative minds? With the enthusiasm surrounding the event far from over, here's what a few experts have to share with **Sunday POST** on the impact of literature on young people.

## 'Literary works help youths expand their imagination'

Commenting on the issue, eminent author and gender specialist Hiranmayee Mishra says, "Literature has an obligation to society, and in due course, the development of different social discourses also owes a lot to literature. I don't mean to sound theoretical, but our young generation is becoming increasingly vulnerable. In a world full of violence, war, diplomacy, and cyber crimes, literature has the power to nourish their minds."

Elaborating more on the power of literature, Mishra continues: "Literary works, fiction, non-fiction, or even poems have the ability to lead them towards creativity and expansion of imagination by offering a space to identify with their own feelings."

She adds that youth is a time of dreams, vigour, speed, and courage. To complement these precious years of life, literature works

as a catalyst as it ignites, encourages, motivates, and broadens the horizon of young minds, she further says.

Mishra, sharing her experience, goes on to opine, "When I look at the present canvas of Odia literature, I find many of our youngsters have spark in their writings. They are strikingly different, more confident, and more sensitive towards social issues than the other young people who are not associated with literature."

Writing literary pieces may not be everyone's cup of tea, but reading literature alone makes a big difference. It changes a person's whole perspective towards life and the world, ends the poet of Megha Pakhira Geeta.

## 'Odia language's potential still untapped'

Language can never be limited to literature, says poet, critic, and culture expert Kedar Mishra.

While literary use of language accounts for a small portion of its utility, a vast amount of language's potential remains untapped, he adds.

Counting some reasons, he says, "We tend to get overdependent on the language of the dominant majority group, and in doing so, we neglect to create new content in minority languages. Similarly, we make less use of other languages in creating scientific, technological, and digital contents.

"Most of the time, we assume that creativity

is best applied in literature, therefore we disregard other areas of the information system where language may play a larger role. In fact, one needs more scientists, technocrats, technicians, engineers, philosophers, and entrepreneurs to enrich and enhance the language potential."

Mishra says, poetry or fiction adds imaginative pursuit to a language, but science and technology expand its richness and sustainability.

Laying emphasis on the relation between technology and the official language of the state, he signs off: "Odia is absolutely a rich language in terms of literary creations, but we lack an abundance of scientific, technocratic, and digital contents. We borrow scientific knowledge from foreign languages and feel that higher learning in science and technology requires English proficiency. We must recognise that it is a form of neocolonization in which the bulk of local language users are denied scientific advancement. So, we need a bigger investment of creativity in new forms of literature, which could push the boundary from traditional literary genres to a bigger world of wisdom."

## 'Language is our future'

Biyot Projna Tripathy, a poet and National Award-winning filmmaker, believes that both literature and mother tongue are languages of the heart.

"Literature is a reflection of society. Reading fiction and biographies teaches us about other people's life experiences and feelings, which helps us realise our own goals and the paths to achieving them. We learn from others' mistakes.





# Amlan & Sadhana



PHOTO: KUMAR SHARAT, OP