

JULY 28-3 AUGUST, 2024

SUNDAY POST

HERE . NOW



National Parents' Day today

Parenting: Then & now

COVER STORY

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3,4

MY SUNDAY



With father



With friends and cousins



With mother

Mantras for inner peace
Maintaining a healthy relationship with oneself is crucial in the face of a demanding job and stress. I try my hand at painting and visit the Sai temple nearby to do this. I also occasionally take long drives to get away from the bustle of the city.

Katakia at heart
Unlike my father, who is a huge foodie, I have simpler tastes. As a true Katakia, my go-to cuisine has been the famous dahibara and aloodum when I'm in the city on a holiday.



SWETA SUMAN PASAYAT AKA PHOENIXBAE_ IS ONE OF THE EMERGING FEMALE FASHION INFLUENCERS IN ODISHA. THE COMPUTER SCIENCE GRADUATE HAS ALREADY COLLABORATED WITH OVER 150 LUXURY BRANDS, INCLUDING MYNTRA, RELIANCE TRENDS, NYKD BY NYKAA, BEWAKOOF, LENSKART, AND WESTSIDE. THE FASHIONISTA FROM CUTTACK ASPIRES TO MAKE HER PRESENCE FELT ON BIGGER STAGES

Being ambivert
As an ambivert, I like to split my time between lounging at home and going outside. In my spare time, though, I like to work on ideas for my next content.

Family person
When I get done with work, I help my mother with her tasks and my father with his business. Aside from this, I spend time with my younger brother. Our favourite activity is viewing films together as he's a movie buff.

MADHUMSITA 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

- How did the soggy Easter Bunny dry himself? With a hare dryer!
- What do you call a snake that's exactly 3.14 meters long? A πthon.
- What did the mother lion say to her cubs before dinner? "Shall we prey!"
- What do you call it when worms take over the world? Global Worming!



EYE-POPPING EXTRAVAGANZA

Sir, There is no second opinion about the fact that the wedding ceremony of Anant Ambani-Radhika Merchant is one of the biggest ever events held in India. Starting from the Indian PM to the country's top actors and sports stars to international celebrities, including pop stars, businesspeople, and politicians comprised the enviable guest list. The buzz is that their post-wedding celebrations will continue in the UK now. India's richest person and the groom's father, Mukesh Ambani, has booked the 7-star property Stoke Park hotel in London until September, where Anant-Radhika's post-wedding celebrations will be held, as per a report by *The Sun*. Ambanis can spend as per their will. However, in a country where over 80 crore people are given subsidised food, such a display of wealth by Asia's richest man didn't augur well with many.

SAMARPITA DASH, KOLKATA

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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WITH SOCIAL MEDIA AND TECHNOLOGY GROWING AT SUCH A BREAKNECK SPEED, PARENTS THESE DAYS FACE THE DUAL ISSUES OF OPPORTUNITIES AND CHALLENGES. THEY ARE LEFT WITH LITTLE OPTIONS THAN TO HONE THEIR DIGITAL SKILLS TO MAKE THEIR CHILDREN READY FOR THE BATTLE AHEAD



National Parents' Day today

Parenting: Then & now

MADHUSMITA SAHU, OP

As National Parents Day dawns, it's a moment to reflect on the role of parenting through the ages and how the art of raising children has evolved. Imagine a time when the concept of parenting was defined by necessity, tradition, and societal norms. In contrast, today's parenting styles are influenced by technology, shifting social values, and an increasing focus on child-centric approaches.

Historically, parenting was deeply intertwined with survival and community. In ancient societies, the primary focus was on ensuring that children could contribute to the household and learn essential skills for adulthood. Parenting is less about nurturing and more about training children to become productive members of society.

The 20th century marked a dramatic shift in parenting styles. It saw the emergence of the parenting revolution, where the focus began to shift towards the emotional well-being of children. As we entered the 21st century, technology began to play a significant role in shaping parenting styles. The rise of the internet, social media, and digital devices brought new challenges and opportunities for parents. Modern parenting now involves navigating a digital landscape that affects everything from communication to education.

Parents today are faced with the task of balancing screen time with other activities, ensuring their children are safe online, and managing the influence of digital media on their development. This has led to a new set of parenting practices that focus on digital literacy and managing technology use.

In addition to technological considerations, contemporary parenting emphasises mental health and emotional well-being. There is a growing recognition of the importance of mindfulness, self-care, and emotional intelligence. Parents are increasingly focused on creating supportive environments that foster resilience and emotional health.

To understand how parenting styles have

evolved, **Sunday POST** spoke with parents from different generations to paint a comprehensive picture of this evolution.

'Education, moral upbringing were paramount'

Back then, it was all about structure and discipline, says **Kamala Barik**, a mother of six who is her late 80s.

"We were taught to be seen and not heard. Parenting was more about setting rules and making sure the kids followed them," she adds.

"Our times were different. Parenting was deeply rooted in tradition and societal expectations. Our approach was grounded in respect for authority, discipline, and adherence to cultural norms. The primary focus was on instilling values such as respect for elders, obedience, and a strong work ethic. We believed in maintaining a structured environment where rules were clear and compliance was expected



without question. Our primary role was to ensure that our children grew up with a sense of duty and respect. Education was paramount, but so was moral upbringing. We believed in the saying, 'Spare the rod, spoil the child,' and our methods were often strict," she said.

Communication between parents and children was more formal at that time, according to her.

"We did not discuss personal feelings openly, and emotional support was often implicit rather than explicit. Our focus was on preparing our children for the future by instilling a strong work ethic and the importance of family responsibilities. Over the years, as societal norms have shifted, so has parenting. Today's parents emphasise open communication, emotional well-being, and individual growth. Modern parenting involves nurturing a child's self-esteem and encouraging their interests and passions. Technology has also introduced new challenges and opportunities, making the world a smaller place but also requiring new vigilance," shared Barik.



'Key is to grow with the children'

Bidhu Bhusan

Mishra, a retired principal and father of two sons, observed significant changes in parenting styles across generations.

"My parents, like many of their peers, adopted a more authoritative approach. Discipline and respect for elders were paramount, with a strong focus on academic excellence and obedience. Their parenting style was often strict, with clear expectations and little room for negotiation. Children were expected to conform to societal norms and family traditions without much emphasis on their personal preferences or emotional needs," he explained.

In contrast, Mishra notes that parenting in the 21st century has evolved significantly, largely due to the impact of technology. "Technology has become a significant factor, bringing both challenges and benefits. Parents now have to manage the complexities of the digital age, including screen time and internet safety. Access to online resources and parenting communities provides new insights and support," he said.

Modern parenting places a greater emphasis on mental health and the all-around development of a child. While traditional values still hold importance, contemporary parents strive to create a nurturing and supportive environment. As a father of two young sons, Mishra acknowledges the challenge of bridging the generation gap.



“The key is to stay open-minded and grow along with the children. My journey as a parent reflects this evolution, balancing the discipline of the past with the empathy and understanding of the present,” he added.

Mishra’s experience underscores the importance of adapting to changing times while maintaining core values. The shift from a strict, authoritarian approach to a more balanced, empathetic style reflects broader societal changes. His reflections highlight the ongoing evolution of parenting, where the focus is now on fostering emotional well-being, encouraging open communication, and supporting the individual growth of children.

‘It’s all about nurturing, guiding, and instilling values’

Parenting is a journey that evolves with each passing year, marked by challenges, growth, and profound joy, says **Hrudaranjan Kar**, a father of one in his early 30s.

“As a food and travel blogger balancing a professional career, my journey into parenthood began in 2019 with the arrival of my daughter, Tanikshya. Despite the demands of my job, I prioritise quality time with her, cherishing every moment we share,” he adds.

“Being a father has taught me the art of balancing responsibilities,



blog-ger is demand- ing, yet he ensures that his daughter never feels neglected. He dedicates time to en- gage with her, understand- ing the importance of a father’s presence in a child’s formative years. Kar’s approach to parenting is heavily influenced by his own experiences growing up. Reflecting on the sacrifices and limitations his parents faced, he is determined to offer Tanikshya a life filled with opportunities and support.

“As a counsellor guiding her future, I emphasise the importance of education, passion, and perseverance. I encourage her to explore her interests freely, aiming to equip her with the skills and confidence to navigate life’s challenges and achieve success,” adds Kar. He believes in nurturing her curiosity and passion, recognising that

these traits will be instru- men-

tal in her future success. Kar’s perspective on parenting highlights the balance between meet- ing physical needs and fostering emotional and intellectual growth, underscoring the profound joy and satisfaction that comes from being deeply involved in his child’s life. “Parenting isn’t just about pro- viding; it’s about nurturing, guiding, and instilling val- ues that shape a child’s character and aspirations. Through my experiences, I’ve come to appreciate the immense rewards of parenthood, where every effort invested becomes a source of immense pride and fulfilment,” he con- cluded.

Expert speaks:

Namrata Chadha, an eminent social activist, shared, “Being a parent is a wonderful experience. Whether you have one child, two children, or more, you are truly blessed. Reflecting on my own upbringing, my parents were very strict yet also affectionate and caring. In the seventies and eighties, resources were limited. Typically, only one person in the family was the breadwinner, so mothers and children depended heavily on that single income. Fathers often worked away from home, and mothers were the primary carers, fostering close bonds with their children within the extended family.”

“As time progressed, globalisation and technological advancements drastically changed our lives. Women began working outside the home, increasing family resources and providing more opportunities for children. However, this shift also meant less direct parental involvement. Children spent more time in daycare or with extended family, and the connection between parents and children began to diminish,” she added.

“By the late 90s and early 2000s, many families faced new dynamics, with parents working in different cities or even countries. Children often lived in hostels or were raised by one parent, reducing the quality time spent together. Technology further impacted parenting, with children becoming more connected to the virtual world than the real one. This reliance on technology and outsourcing care to service providers has created a gap in the parent-child relationship. While children are becoming smarter and more resourceful, the essential emotional bond and moral guidance from parents are diminishing. This trend is concerning, as it can lead to children seeking fulfilment and connection outside the family, potentially leaving parents feeling disconnected from their rapidly growing children,” concluded the former member of State Women’s Commission Odisha.



Hrudaranjan with daughter

ensuring I provide not only materially but also emotionally and intel- lectually. My own upbringing has influenced my parenting style; I strive to fulfill her wishes, recalling what my parents couldn’t af- ford for me. This drives me to create a nurturing environment where Tanikshya feels supported in pursuing her dreams,” shares Kar.

He emphasises the dual role he plays in his daughter’s life, balancing between being a provider and a nurturer. His pro- fessional life as a food and travel



Sleep & Longevity

SLEEPING SIX HOURS EVERY NIGHT ON A CONSISTENT SCHEDULE IS ASSOCIATED WITH A LOWER RISK OF EARLY DEATH THAN SLEEPING EIGHT HOURS WITH VERY IRREGULAR HABITS, SUGGESTS A STUDY



OP DESK

Sleep is an important aspect of overall health and wellness. The duration and quality of sleep often impact metabolism, energy levels, mood, and immune health. They are also associated with lifespan and longevity. No wonder, people get worried about their life if they get deprived of sound sleep.

But if a recent study is any indication, getting less than eight hours of sleep a night doesn't always result in premature death.

New findings

The study found that sleep "regularity" going to bed and waking up at consistent times matter more than the duration of sleep. Sleeping six hours every night on a consistent schedule was associated with a lower risk of early death than sleeping eight hours with very irregular habits.

It also found that sleep regularity reduced the risk of premature death from any cause by 20 to 48 compared with those with the most irregular sleep. Irregular sleep habits included inconsistent sleep and wake times, interrupted sleep and napping.

Importance of sleep duration

People who got long, consistent sleep had the lowest mortality risk, says Angus Burns, a research fellow at Harvard Medical School who co-wrote the study. But shorter, regular sleep was generally associated with lower mortality than longer, inconsistent sleep.

That is welcome news for people whose work and family demands make it difficult to get the recommended seven to nine hours a night, Burns says.

"A lot of people feel hampered by social or job requirements," he adds. "If you're able to make it consistent at least, you'll be doing something for your health."

Impact of short sleep

The study didn't evaluate the effects of extremely short sleep. It is possible that people who get less than three or four hours with consistent bedtimes might fare worse than people who get eight hours with inconsistent bedtimes.



In a separate study, researchers looked at metrics such as how often people had trouble falling asleep and whether they used sleep medication. They found the healthiest sleepers had life expectancies of 4.7 years and 2.4 years longer than those with the worst sleep habits, for men and women respectively, according to the 2023 study published in the medical journal QJM.

Participants didn't have to be perfect sleepers to reap longevity benefits, says Dr. Frank Qian, a cardiovascular disease fellow at Boston Medical Center and a lead author of the study. The benefits were

cumulative with each additional good habit. Starting these good habits earlier in life also helped.

"The longer you are able to maintain an optimal sleep pattern, that will probably have the greatest impact on your health and longevity," he says.

various health habits to improve longevity, from intermittent fasting to cold showers and regular high-intensity interval training. Consistent sleep is harder to achieve than any of them, he says.

He follows his ideal sleep schedule — an 11 p.m. bedtime and 6 a.m. wake-up time about two to three times a week, says Ciporkin, 44. Falling asleep is relatively easy, he says, but deciding to go to bed in the first place is another story.

"If I'm working on something or replying to an email, it's just really hard for me to stop," says Ciporkin, who does analytics and reporting for a consumer electronics company and lives in Franklin, Mass.

For better sleep habits

Studies showing what aspects of sleep matter most for our long-term health can help us identify the habits to focus on.

Even the healthiest sleepers had some variability in their bed and wake times, says Burns, but he recommends people try to keep their sleep and wake times within a one to two-hour window. Berkeley's Walker recommends setting an alarm an hour and a half before bedtime to turn off 50 to 75 of the lights in the house and keeping the bedroom cold and dark. Meditation before bed may also help people who tend to ruminate, he says.

Sleep struggles

More people looking to engineer improvements in their health and lifespan are taking the science of sleep more seriously.

Among members of Life Extension and Anti-Aging, a longevity-focused Facebook group, sleep is one of the most frequent topics of conversation, says Nils Osmar, the group's administrator. Just 1 of respondents to a poll in the group said sleep isn't a priority in the context of their health and longevity.

Evan Ciporkin, a self-described bio-hacker and father of two, tries to keep up



Janhvi eyeing artistic growth

Actress Janhvi Kapoor's career trajectory is marked by a series of unconventional choices. The actress has now expressed her reluctance to pursue big commercial films, which she considers easy.

In her conversation with a news portal, she stated, "I could have chosen a very easy journey. Instead of the projects I've done, I could've done a big commercial film with a glamorous role, easy reach, guaranteed popularity and box office numbers."

This philosophy reflects her desire to prioritize artistic growth over commercial viability, "So I know it's a longer game, it's a tougher game. I know that realistically if we're looking at the box office, there have been more misses than hits because of the nature of the high-risk films I've chosen. But I feel that my growth as an artist has been more gratifying than it would've been had I picked the easier route."

On the work front, Janhvi will be seen next in *Ulagh* alongside Gulshan Devaiah.

AGENCIES



Kritika believes in 11:11 'magic'

Actress Kritika Kamra, known for her roles in shows like *Kitani Mohabbat Hai* and *Kuch Toh Log Kahenge*, is set to portray a cop in the series *Gyaarah Gyaarah*. She said that being part of this show is a dream come true for her.

At the press conference, Kritika was asked about her belief in the magic of 11:11, to which she responded, "I believe in it now. Being here and being part of this show is a dream come true for me. This moment, sitting surrounded by such talented people, is a wish fulfilled. Coming from where I did, I never imagined becoming an actor and having the opportunity to do all of this, to work with such amazing people from whom I'm learning so much. It feels truly magical."

Speaking about accepting the role, the actress said, "After portraying a morally dubious gangster-like character, I was drawn to playing an upright cop. Equally important to me was the opportunity to learn from talented individuals."

Starring also Raghav Juyal, and Dhairya Karwa, *Gyaarah Gyaarah* is set to release on Zee5, August 9. IANS

Ramya Hui crowned Odisha Queen-2024



The grand finale of the fourth season of Odisha Queen, a beauty contest in the state organised by RR Events and Cine Productions, was held last week at the Rail Auditorium in Bhubaneswar.

Ramiya Hui from Balasore adjudged the winner while Minu Bhoi from Sundargarh and Rupali Mishra from Berhampur were the first and second runners-up respectively.

Over five thousand contestants from across Odisha competed under the supervision of prominent entrepreneur Mohammad Alim. Of them, the top 21 contestants advanced to the finale.

The esteemed panel of judges included Hindi film actress Malaika Arora, Odia actresses Archita Sahu, Sheetal Patra, Bhoomika, and Ragini, and actors Sabyasachi Mishra, Subhasis Sharma, and Debashish.

Mumbai's renowned fashion choreographer Keyur Desai prepared the 21 finalists for the event. "It was a dream event. My main aim was to create new actresses for Ollywood through the Odisha Queen programme," said producer Ramesh Barik.

PNN

Director Rohit Shetty, who is known for his commercial entertainers, has said that he is happy in his space of mainstream commercial cinema, and won't make a move to explore the middle-of-the-road kind of cinema in future.

Rohit to not make parallel cinema

When asked if in future he would like to change his line of cinema, and explore a more intense or art-driven cinema, Rohit told this agency, "I'm happy in the kind of space I'm working in. *Jis tarah ki films main banata hoon*, I really enjoy putting them together. These demarcations of commercial cinema or arthouse cinema are given by the audience and the critics."

He further mentioned: "It's not our job as filmmakers to make these demarcations, cinema is cinema. You make the kind of cinema that you identify with. Cinema is more than 100 years old now, and there's a space for every kind of filmmaker to tell their story. That's the beauty of cinema."

Meanwhile, on the work front, Rohit is set to return as the host for reality television show *Khatron Ke Khiladi* 14.

IANS



Making daily tasks easier

In a world where the daily grind feels like an endless cycle of meetings and tasks, technological advancements serve as a beacon of simplicity, transforming life into one of seamless convenience and tranquility. Our modern landscape is replete with groundbreaking innovations, particularly high-tech gadgets. But how exactly are these tech gadgets beneficial? The answer lies in understanding their profound impact on reshaping daily activities – from how we work and navigate to how we connect with others.

This week, **Sunday POST** explored the high-tech gadgets trending in the market.



techBAR lumbar massager

If you spend all day at your desk or kitchen table, you've likely experienced lower back pain from hunching over. Thankfully, there's good news. This lumbar massager uses vibrations, heat, electrical impulses, and traction to relieve your discomfort and improve your posture. The massager is available at ₹23,728.87.



Joy Resolve portable bean grinder

Imagine this: you and your friends are on an adventure, perhaps in the wilds of British Columbia, the foothills of the Peruvian mountains, or an Airbnb just a bit too remote to find a nearby cafe. The group needs sustenance, specifically caffeine, and instant coffee just won't cut it. "No worries," you declare, unveiling an aluminum cylinder. "Behold, the almighty bean." Right then and there, you grind fresh coffee beans, add water, wait a bit, and save the day with freshly brewed coffee. The bean grinder is available in the market at ₹6,619.

Hotel Chocolat Velvetiser (Hot chocolate maker)

This hot chocolate-making machine is perfect for cozy nights in with a comforting drink. Available in three sleek colors – copper, white, and charcoal – this starter kit includes two ceramic cups and 10 sachets, allowing you to create a "barista-grade" hot chocolate in under three minutes. We've tried it before and can confirm the rich taste and smooth texture of the results. The chocolate maker is available at the brand website at ₹10,783.69.



Backbone One (Mobile gaming controller)

Perfect for mobile gamers, the Backbone One is a controller that attaches to both sides of your smartphone via the charging port. This provides a more comfortable gaming experience with physical buttons, eliminating the need to tap the screen. It comes in designs inspired by PlayStation 5 and Xbox Series X controllers and is available for both iPhone and Android devices. This device is available at ₹8,290.00 at Amazon stores.



Dodow sleep aid device

Struggling to fall asleep? Your mind might be too active to let you rest. While there are many mindfulness techniques to help with this, Dodow offers a simple, tech-based solution. This device projects a blue light onto your ceiling at a rhythmic pace (for 8 to 20 minutes) that you synchronize with your breathing. Inhale as the light expands and exhale as it contracts. Focusing on this exercise calms your mind, helping you drift off to sleep. This device is available at ₹4,999.00 at Amazon stores.



Kalyani

WANT TO BECOME A MODEL?

Send us your photographs at
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