

SEPTEMBER 11-17, 2022

SUNDAY POST

HERE . NOW

New Age Snubbing

P 3,4
COVER
STORY



WITH FOUR NATIONAL AWARDS TO HER CREDIT, INDIE FILMMAKER LIPIKA SINGH DARAI IS NOW A SHINING STAR ON THE FILM FIRMAMENT OF INDIA. AN ALUMNUS OF FILM AND TELEVISION INSTITUTE OF INDIA, PUNE, LIPIKA LOVES TO SPEND TIME ON THE TERRACE LOOKING AT THE STARS AND MOON.

Idea of idling

As an independent filmmaker, I don't have a daily office to attend or have fixed days-off. I make sure that Sunday feels like a Sunday. I love to spend time on the terrace looking at the stars and moon. My partner is always careful in ordering delicious food keeping my taste buds in priority. We avoid household work and spend all the time together lazily, though sometimes we meet close friends.

Love for staycation

I travel many places while researching, shooting and attending film festivals. But when I am on vacation, I love to stay in a place just like the locals for long. I love exploring it silently, by walking through the by lanes, riding a two wheeler and exploring the underrated places.

Heart at home

My favourite places in India are South Goa, Shilong, Kochi and Pondicherry. But my heart lies in the beautiful green deep forests of Odisha. The forests of Phulbani, Sundargarh, Mayurbhanj and Koraput are the ones I have travelled extensively.

Evolving with films

Many relate to filmmaking as their passion but the fact is that my work revolves around making films. The engagement with the subjects gives me a space where I get enough opportunity to evolve as a person.

Indigenous food to tickle taste buds

I belong to Mayurbhanj and my parents' house is in Baripada, where I have spent many years of my childhood hence Mudhi with singda/aloochop/ghugni/mansa, podo pittha and patra poda dishes are the delicacies I love.



SMRUTI REKHA BARIK, OP



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

- Where does a winemaker get his gossip? Through the grapevine.
- What do you call a parade of rabbits hopping backward? A receding hareline.
- Why did the teddy bear say no to dessert? Because he was stuffed.
- What do you call Santa's helpers? Subordinate Clauses.



VULTURE CONSERVATION

Sir, The cover story 'Feathered Friends' (Sept 4) on the precarious existence of vultures was an eye-opener. As a result of various factors like rapid habitat loss, starvation due to smaller foraging grounds and primarily due to the consumption of the drug 'diclofenac', the Indian vulture population has plummeted from a healthy 40 million in the 1980s to an abysmal low figure of approximately 19,000 in 2017. The painstaking efforts of NGOs and conservationists in the vulture habitat in the Sigur plateau in the Mudumalai Tiger Reserve in the Nilgiris have resulted in some improvement in their numbers through initiative such as regular monitoring of vultures, their breeding cycles, the success of their nesting seasons and re-colonising their habitats. The creation of additional 'Conservation Breeding Centres' and earmarking 'Vulture Safe Zones' in specific locations will also go a long way towards rehabilitating nature's scavengers.

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



A combination of two words 'phone' and 'snubbing', 'phubbing' is the awkward practice of totally ignoring those around in favour of scrolling a mobile device

New Age Snubbing

SMRUTI REKHA BARIK, OP

Touching feet is not the only way to show respect to the elders, keeping aside the smartphones is also considered quite respectful these days!

This internet meme on smartphone addiction is gaining good traction on social media in recent times as phubbing is gradually becoming the new normal of our social life.

However, not too many people connect with the term 'phubbing' even as it has been over a decade since the word was coined by an Australian advertising firm.

A combination of two words 'phone' and 'snubbing', phubbing is the awkward practice of totally ignoring those around in favour of scrolling a mobile device.

With people's increasing reliance on smartphones, almost everyone now can relate to this phenomenon. This growing practice of prioritising phone over offline interaction is all set to destroy the fabric of social structure.

Earlier it was only the youths who used to succumb to smartphone addiction. But in the post-pandemic era, the kids, after being exposed to smartphones through their online classes, are now the new victims.

Not just the kids or youths, the elderly are also spending hours on their phones instead of getting involved in other healthy practices.

With phubbing fast becoming a trend, few well known psychiatrists share with **SundayPOST** its impact and how to overcome it.

Phubbing and kids

Eminent psychiatrist **Dr Samrat Kar** says the children are the primary victims of phubbing which affects them both physically and psychologically. It begins with spoiling their

eyesight at an early age. Besides, they stay away from outdoor activities which are essential for their physical growth.

It's not only the kids, studies reveal that half of the working population consume unwanted social media posts which always negatively affect productivity, says Kar.

"Phubbing is a symptom but you can call it a disease if it causes social and occupational impairment," he adds.

Speed breaker in marital journey

Dr Kar continues: "This addiction often plays the role of a speed breaker in marital journey. The bond between a couple gets weaker if a partner, more often than not, is found occupied with a smartphone. Being physically present and showing affection are integral to a happy married life. But it is getting



affected by the infatuation with the virtual world."

Elderly people no exception

Kar says, phubbing has become part of most senior citizens' post retirement behavioral transformation. Because of a major routine change, they have been found spending most of their time with mobile phones, which results in detachment from the family. Another major issue about this is that net-

working creates a lot of issues for them. When they are required to go out for walks and seek solace in other good practices, they engage themselves with phones. Most people above 60 years of age come to him for getting constant anxiety attacks, adds the psychiatrist.

The way out

We need to replace it with a better substitute. The children of this age need to be taught about the physical interaction and vitality of communication. They need to be taught about the value of visiting families and keeping touch with them and should be given an absolute replacement for mobile phones. A good 20-30 years back, parents used to recite poems and read out stories to their children. They used to share their experiences from their younger times. This is high time; they needed to reverse the clock.





Virtual world, the new comfort zone

Famous psychiatrist **Dr Amrit Pattajoshi** says, "It is one of the most unattended issues, yet the most vulnerable one. The behavior might not be a big deal but it definitely is one which destroys relationships along with mental health".

Pattajoshi adds, "Getting disconnected from the real world has become the new comfort zone for people. Interaction with the physical and social world has decreased. People are spending more time over the phone by creating a virtual surrounding and searching solution to their problem in the virtual world. Students are more dependent on the internet to get quick answers to the questions rather than studying from books and acquiring more knowledge. This leads to worsening of interpersonal relationships with friends, family and neighborhood."

Asked if social exclusion leads to phubbing or the other way round, Pattajoshi says, "It is the same question as what came first - egg or the chicken. Mostly people who remain socially isolated either by exclusion or by self take the help of the virtual world and engage themselves in various activities which may not reflect their true self to the outside world. Similarly people spending their time on mobile devices engage themselves so much in the virtual world that they automatically get socially excluded from the surrounding or family members and friends."

Asked on how to overcome the situation, he suggests, "What could help in depleting the damage caused is a decrease in screen time, by increasing socialization and taking out time for meeting up with friends. No mobile usage during dining and while going to bed. By spending time with family and having quality conversations to know things about each other. Students should avoid screens during study hours and refer to books to solve problems rather than finding quick solutions through the internet."

Pattajoshi also advises parents not to use smartphones while feeding kids, which is a common practice in most households. "Distraction of the child while feeding will not allow the child to have adequate sensory stimulus of the food. They will have food but will have no interest in understanding what food they are having. Their mouth is engaged in feeding but their eyes are distracted with the visual stimulus of the food. Increase in screen time during the early development will engage the child in virtual worlds and thus will decrease his socialization which in future may cause issues in learning language and motor skills."

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Disconnection with real world

Dr. Subhankar Swain, a Sambalpur-based psychiatrist, says, phubbing is the root cause of all types of relationship issues these days.

"The biochemical changes are the result of excessive use of smartphones. Short term content like reels and shorts are rampant these days. Such content stimulate our brain and release a chemical called dopamine, which gives us a pleasurable sensation or kick. With time the greedy brain demands more and more dopamine and we are hooked to our screens for hours," points out Swain.

He continues: "For many people the behavioral pattern of checking and scrolling the phone stays even when we are with our loved ones and friends. Without talking and communicating verbally the person stays glued to his phone. The phubbing behavioral pattern results in communication problems, misunderstandings and a disconnection with the real world."

Swain, sharing his experience, recalls "I've seen two people sitting in a restaurant looking at their phones, for hours. I've seen parents busy with their phones and the child crying for attention. While it seems innocuous at the beginning, long term phubbing can result in separation, heartbreaks and conflicts."

His one line advice to the phubbers is - Less time on the phone means more time having meaningful conversations which ultimately benefit our mental health, our sense of connection and belonging.



LET'S STOP PHUBBING

Here are a couple of approaches for controlling phubbing behavior and helping close ones to overcome it.

No-phone zones

Parents, couples, friends, and friend groups can decide among themselves to spend certain times together that are phone free. This might be a walk, a meal, or morning coffee together.

Turn off notifications

The sounds that smartphones make automatically trigger the compulsion to check the phone. Therefore, turn off notifications for emails, social media updates, texts after workhours.

Excuse yourself

If you feel the compulsion to use your phone, remove yourself from the conversation or group first. This way, you're not snubbing someone who's sitting right in front of you.

Share phubbing woes

If you are the victim of phubbing, talk to the other person about it. Specifically, let them know that you feel hurt and ignored. If they are phubbing you because they feel uncomfortable or awkward, they might not realize how their behavior is affecting you. Thus, this realization can encourage them to put the phone aside. Moreover, it might lead to an important conversation about the relationship.

SOURCE: NEWPORTACADEMY.COM



ENGINEERS' DAY – SEPTEMBER 15

Bharat Ratna Mokshagundam Visvesvaraya, also known as MV, is remembered for designing India's first flood protection systems

Reminiscing a master designer

Dreamer, thinker, and a man of action, not lost in the past but always thinking of the future, living an integrated life, bringing into existence and giving shape to dreams not for himself but for India and the people of India –

JAWAHARLAL NEHRU'S TRIBUTE TO SIR MV IN 1960 ON HIS CENTENARY

“Remember, your work may be only to sweep a railway crossing, but it is your duty to keep it so clean that no other crossing in the world is as clean as yours”

Known as India's greatest civil engineer, Bharat Ratna Mokshagundam Visvesvaraya practiced these words during his life time. He was literally the builder of India, the builder of dams and water systems, to be precise, which not only boosted irrigation facilities but also saved a large number of people from floods. He was an engineering pioneer of India whose genius reflected in harnessing of water resources and building and consolidation of dams across the country. No wonder, the nation celebrates his birth anniversary September 15 as Engineers' Day.

Ahead of this day Sunday POST lists a few lesser known facts about the life and times of this legend.

Unparalleled innovator

Visvesvaraya is best known for designing one of India's first flood protection systems, in Hyderabad, and setting up one of the first engineering institutes in the country, the Government Engineering College, now called University Visvesvaraya College of Engineering, Bengaluru. Sir MV carried out various significant initiatives throughout his life, be it water reservoirs, town planning or industry and commerce. One of his major contributions was the Krishnarajasagara (KRS) reservoir on the Kaveri river, of which Mahatma Gandhi said: “KRS alone, one of the largest of its kind in the world, would perpetuate the name of Sir MV.”

His other inventions included designing the block system of irrigation, which ensured even distribution of water supply to parched agricultural lands across a number of villages, and the introduction of automatic sluice gates on dams, which enabled storage of water well above the crest of the weir of the dam.

Champion of the Western model

Visvesvaraya was one of the first scholars in India to vouch for a Western industrial-capitalist model of development, where agriculture became almost completely irrelevant. Like Nehru, he too wanted India to opt for a Western model of economic development, which held industrialisation as desirable and inevitable. For him, an agrarian way of life

stood for a primitive social order.

An art student who turned engineer

Born September 15, 1861 to a Telugu Brahmin family in Visvesvaraya lost his father at the age of 12. Sir MV enrolled for his early education in Chikballapur, where he completed his primary education. Then for his high school education, Sir MV came to Bangalore. In 1881, after receiving a bachelor's degree in Arts from the Central College in Bangalore, affiliated to the Madras University, he pursued civil engineering from the reputed College of Engineering, Pune.

No to personal work

There is no dearth of interesting anecdotes about Sir MV. When he was offered the position of Dewan of Mysore State, it is said that he invited his relatives for dinner. He told them that he would take up the offer on one condition: that they (the relatives) should not come and ask him to use his position as Dewan to help them get their personal work done.

Instrumental in making education compulsory for all

Sir MV retired in 1908 and had earned a reputation for his honesty, integrity, ability and intelligence. He had introduced compulsory education in the State which later was embodied as a fundamental right in the Constitution

of independent India.

Differences with Mahatma

Sir MV belongs to that small band of eminent Indians whose ideas and achievements have been among the truly creative and formative force of modern India. His slogan was Industrialise or Perish and

Mahatma Gandhi's view was Industrialise and Perish.

In 1921 Gandhiji launched his non-cooperation movement which Sir MV did not agree with. He wrote to Gandhiji urging him to be better dressed in view of the upcoming Round Table Conference as he himself used to be immaculately dressed.

In August 1927 Mahatma Gandhi visited Mysore State (reported on September 1, 1927, issue of Young India). In a speech during that visit Gandhi said, “Bhadravathi (Iron Works), like Krishnarajasagar Dam, is a tribute to the patriotism and constructive genius of Visvesvaraya, who has placed his talents, knowledge and industry and all his time and energy at the service of Mysore.

One thing that strikes us most here is that the whole undertaking is from top to bottom a self-contained one. The originator is a Mysorean, at any rate, entirely South Indian. That is a thing about which you and India may well be proud.”

The final years

Sir MV's extraordinary feats resulted in the government of India bestowing him with the Bharat Ratna award in the year 1955. The centenary of the birth of Sir MV was celebrated in Lalbagh in Bangalore. Prime Minister Nehru flew down to Bangalore by a special plane to honour one of the greatest sons of India. MV breathed his last April 12, 1962, at the age of 102 years.

AGENCIES



NOTABLE LAURELS

- 1904** Honorary Membership of London Institution of Civil Engineers for an unbroken period of 50 years
- 1911** C.I.E. (Companion of the Indian Empire) at the Delhi Darbar
- 1915** K.C.I.E. (Knight Commander of the Order of the Indian Empire)
- 1943** Elected as an Honorary Life Member of the Institution of Engineers (India)
- 1955** Conferred 'Bharat Ratna' (The gem of India), the highest distinction of the country

Firsts are always special: Kajol on her OTT debut

Mumbai: Actress Kajol's first look from her upcoming digital debut series, the Indian adaptation of *The Good Wife* titled *The Good Wife -- Pyaar, Kanoon, Dhoka* was unveiled last week. The actress will play a lawyer.

Talking about playing a lawyer in the web series, Kajol, one of the most loved actresses of Hindi film industry, said in a statement, "I have been playing multiple characters throughout my acting journey, but the firsts are always special."

The first look was released on the occasion of Disney+ Day.

Commenting on the upside of the medium of OTT, the actress said, "The beauty of OTT platforms is that they give creators and actors an opportunity to reinvent and experiment with different formats, and with Disney+ Hotstar's *The Good Wife*, that's exactly what I got."

She added: "As a career first move, I will be playing a lawyer in my first-ever series, directed by the fabulous Suparn Verma."

IAN S



Yami's Lost to open CSAFF

Mumbai: Aniruddha Roy Chowdhury's *Lost*, starring Yami Gautam Dhar, will serve as the opening film at the Chicago South Asian Film Festival (CSAFF), the makers announced last week. The investigative drama thriller is written by Aniruddha and Shyamal Sengupta, with a screenplay by Sengupta, and dialogues are penned by Ritesh Shah.

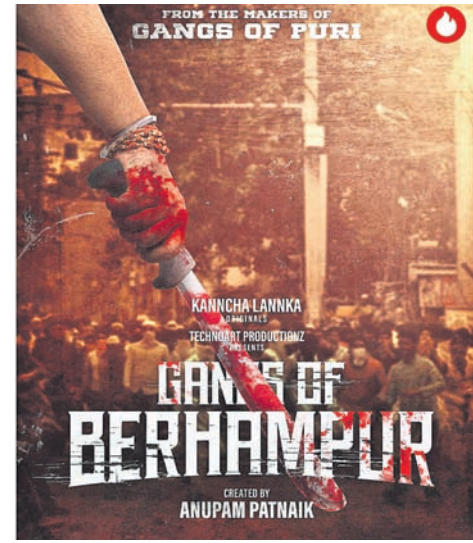
The CSAFF, which will be held from September 22 to 25, is the largest annual South Asian event that appreciates great storytelling.

Yami, who will be seen as a crime reporter in *Lost*, said she is happy and proud about her film's selection at CSAFF.

"I can't be happier and more proud of the film's selection for the opening night at CSAFF. I feel like it's one that the people will connect to and will be the one that you cannot miss, especially in the current age and time," said the Uri actress.

Lost also stars Pankaj Kapur, Rahul Khanna, Neil Bhoopalam, Pia Bajpiee, and Tushar Pandey. IAN S

Kanchara Lannka announces Gangs of Berhampur



Bhubaneswar: Following the success of *Gangs of Puri*, homegrown streaming platform Kanchara Lannka last week announced its next web series titled *Gangs of Berhampur*.

The upcoming series will be bigger, better and spicier in content than the last one, said sources. This series will also be created by Technoart productions, helmed by Anupam Patnaik and Barsha Patnaik, the makers of *Gangs of Puri*.

The series will bring out some hair-raising narration that has never been told on screen, they said. The action thriller will soon go on floors, they added.

"The success of *Gangs of Puri* has put extra responsibility on us to excel and touch the hearts of people of Odisha. We will do our best to live up to the expectation of the viewers," said Anupam Patnaik.

As the name suggests, it will be a scorcher of a web series that will raise the bar of entertainment in Odia language, says Akshay Kumar Parija, Founder and chairman of Kanchara Lannka.

Pheri Asuthibi Kolaku Tora to have TV premiere Sept 18



Bhubaneswar: New Odia movie *Pheri Asuthibi Kolaku Tora* will have its world TV premiere at Zee Sarthak September 18 (Sunday) at 6:30 pm.

Produced under the banners of Zee Sarthak Films and Sai Hari Vision Productions, the movie, with its plot revolving around female foeticide, has Jyoti Panda and Poonam Mishra playing the lead pair. The main attraction of the movie will be child artist Prasiddhi.

Goodly Rath has scored the music of *Pheri Asuthibi Kolaku Tora*, written and directed by Sanjay Nayak. Swayam Padhi, Neha Niharika, Mantu Chhuria and Lipsa Mahapatra lent their voices for the songs.

The film sends a social message with a good dose of entertainment, said actress Poonam Mishra.

PNN

Tara sends fans into frenzy

Mumbai: Fashionista Tara Sutaria often grabs the limelight for her relationship with Aadar Jain. Now, most recently Tara was clicked leaving a restaurant with a mystery man hiding his face from the paparazzi.

On the other hand, the man in question tried to dodge media by covering his face with a mask and his hoodie. He looked tall and lean. A video of them stepping out of what appeared to be a restaurant was shared by Viral Bhayani on Instagram.

Interestingly, netizens tried to guess the name of the mystery man in the comment section.

A number of users wondered if the man was cricketer Deepak Hooda.

Others dropped Arjun Kapoor and Raghav Juyal's names in the comment section.

Meanwhile, Tara and Aadar have been dating since 2019 and have been spotted in multiple public outings together.

Talking to Hindustan Times, Aadar earlier said, "Tara is someone who is very, very special to me. We give each other a lot of happiness. We do hang out a lot and people show us a lot of love. It's great and that's all I can about it."

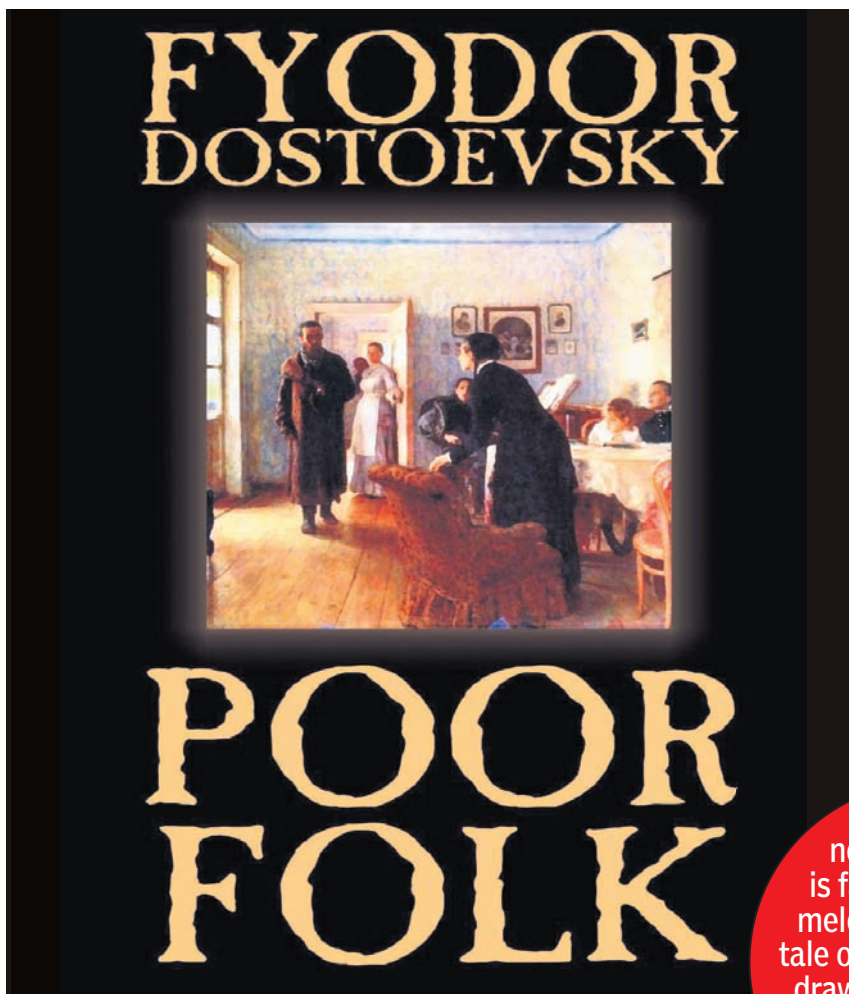
AGENCIES



Tale of purification through suffering



SUDHA DEVI NAYAK



his running.”

Varvara in her letters gives a lengthy account of her destitute childhood and her tragic relationship with Pokrovsky in her letters to Devushkin and Devushkin is the loquacious lover with his expressions of love at once adulatory and paternal full of endearments and concern for her wellbeing and obsequious pleas to be loved. He constantly underestimates himself, his deportment and is pained at the thought of his colleagues holding him in contempt. “From his very nature the poor man has to wear his feelings on his sleeve so that nothing about him is sacred and as for his self respect -!” Exemplifying this is the attention he draws from his superior official when he makes a mistake with a document. While he is being berated a button from his threadbare coat slips and rolls off to the feet of the official and Devushkin is left scrounging for the button on the floor. This was the moment of utter debasement of a man who seemed to apologise for his very existence. The official is shocked and for the first time becomes aware of Devushkin's shabbiness and in a fit of compassion sanctions him 100 roubles for his clothes while writing off his previous loan. Overjoyed at this stroke of luck he communicates with Varvara sending her a gift of 45 roubles. He shoots up in the estimate of his colleagues,

receives more work and recognition and with new found money assures Varvara that they would have a more comfortable life.

Meanwhile Varvara, tired of her penurious existence, agrees to marry a rich landlord, Bukoff and move away. The news shatters Devushkin and he is sceptical of her happiness and tries to dissuade her to no avail. Varvara's last letter is full of anguish for the man she is leaving behind and the novel closes with Devushkin's letter of overwhelming sadness, unable to accept the fact that it would be his last letter and imploring her to continue to write. The novel is a series of letters that portray every dark shade of emotion from anguish and inadequacy to humiliation and despondency, a hopeless, ill fated love, caught in the tentacles of poverty, between an older man and a young woman, leaving the reader too with an ineffable sadness.

Dostoevsky's characters do not fall from grace so much as destroy their self respect, most pitiable figures living in Dickensian squalor, yet those we come across in our daily lives and mindlessly pass on. The very keynote in Russian literature is simplicity, naturalness and realism. “An essentially Russian trait is the quite unaffected conception that the lowly

are on a plane of equality with the so called upper classes. The Russian writings of the poor, as it were from within as one of them with no eye to theatrical effect upon peculiar virtues or vices. A democratic spirit is reflected, a true universality, an unstudied generosity that proceeds not from the intellectual conviction that to understand all is to forgive all but from an instinctive feeling that no man has a right to set himself up as a judge over another, that one can only observe and record.”

In Dostoevsky, the passion for common people and the all embracing, all penetrating pity for suffering humanity reach their climax. Between scenes of heartrending, abject poverty, injustice and wrong he managed to exhaust the whole range of human woe. He analysed this misery with an intensity of feeling and a painstaking regard for harrowing detail. In *Poor Folk* he tells us about the impoverished family of Devushkin's co tenant at his sordid quarters “then I heard very soft sobs, then a whisper, then sobbing again, as if someone were crying there, but so quietly, so desperately desperate, so sad, that it would tear my heart apart- and then half the night I could

not shake off the thoughts of these poor people, so that I could not fall asleep for a long while.”

Dostoevsky seeks purification through suffering which was one of his articles of faith. *Poor Folk* is far from being a melodrama, it is the tale of two people who draw on our genuine sympathy with their candour and simplicity.

Thomas Selitzer, the Russian American translator says “The Russians take literature perhaps more seriously than any other nation. To them books are not mere diversions. They demand that fiction and poetry be a true mirror of life and be of service to life. A Russian author to achieve the highest recognition must be a thinker also. He need not necessarily be a finished artist. Everything is subordinated to two main requirements- humanitarian ideals and fidelity to life. This is the secret of the marvellous simplicity of Russian literary art. Before the supreme function of literature the writer stands humbled. He knows he cannot cover up poverty of thought, poverty of spirit and lack of sincerity by rhetorical tricks or verbal cleverness. And if he possesses the two essential requirements, the simplest language will suffice.” *Poor Folk* certainly answers to this and with its simplicity of expression, its lyrical grace, depth of emotion, throwing up the seamy side of life of the less fortunate, is the precursor of his later masterpieces.

The novel *Poor Folk* is far from being a melodrama. It is the tale of two people who draw on our genuine sympathy with their candour and simplicity

Ritushree



PHOTO: ODISHA FASHION VILLA