

NOVEMBER 24-30, 2024

SUNDAY POST

HERE . NOW

INTERNATIONAL DAY FOR ELIMINATION OF
VIOLENCE AGAINST WOMEN-NOV 25

LET'S MAKE SOME NOISE!



P 3,4
COVER
STORY



MY SUNDAY

After starting off as the winner of reality show 'Mun Bi Herione Hebi'—Season 2 in 2015, actress Suryamayee Mohapatra carved out a special place for herself in the showbiz. Her years of perseverance finally paid off when she was adjudged the Best Actress (2021) at the recently held State Film Awards ceremony for her performance in 'Dalcheeni'. Before entering the film industry, the Damanjodi-born actress hogged the lime-light, becoming the second runner-up at the Miss Vizag beauty pageant in 2014, followed by several appearances in commercials. 'Akhi Kholile Tu, Tu Hi Tu', 'Trushna', 'Malyagiri', and 'Karma' are among the popular movies she has been part of



With co-actors and industry colleagues

Holiday food

I always like to enjoy home-cooked meals on my days-off because I spend most of my time away from home due to work commitments. My favourite breakfast is curries and parathas.

Family comes first

Normally, a movie takes 35 to 40 days to complete. So, when there is no work, I prefer to stay at home and enjoy my time with family.

Passion for music

Apart from watching movies, I love spending time with myself and listening to classical music and ghazals at my leisure. This helps me reduce anxiety.

Sibling bond

My sister is my sole friend; I don't have many. But since she lives abroad, we talk on a video call whenever I have free time. I feel so much more at ease when I talk to her about my day.

Pet parent

I enjoy spending time with Silver, my pet dog. He relieves my stress. He has the ability to make me grin no matter how awful the day is.



With sister

ANISHA KHATUN, 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

- Yesterday, I fell down from a 10 meter ladder. Thank God I was on the third step.
- Waking up this morning was an eye-opening experience.
- I named my dog 6 miles so I can tell people that I walk 6 miles every single day.
- The last thing I want to do is hurt you. But it's still on the list.



Heritage in motion

Sir, When we think of Bali, the first notion that comes to our mind is that of an exciting holiday destination. You can visit spots which are diverse in nature, whether it is the Besakih Temple or the Ubud Monkey Forest. However, what most people don't know is about the unique connection which Bali has with India, Odisha in particular, commemorated every year in the form of a festival called Baliyatra. Literally means a voyage to Bali, the festival takes place in Cuttack, to celebrate the maritime history of Odisha and its ancient trading links in Bali, Indonesia. I'm glad to learn that the fair this year had ambassadors of at least 12 countries in attendance, while cultural troupes from six countries like Thailand, Nepal, Sri Lanka, Slovakia, Indonesia and Bhutan performed at the event to promote the annual extravaganza globally.

SUMEET SAHOO, 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. Feel free to send in your opinions, queries, comments and contributions to

features.orissapost@gmail.com
 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa.
 Phone (0674) 2549982, 2549948

Women, since childhood, are made to believe that men are the only support they have. This mindset contributes significantly to the rising instances of violence against them, says Namrata Chadha, former chairperson of the State Women Commission



INTERNATIONAL DAY FOR ELIMINATION OF VIOLENCE AGAINST WOMEN-NOV 25 LET'S MAKE SOME NOISE!

“A society’s progress is measured by the safety of its women.”

Here’s a line that speakers, authors, politicians, and social activists use time and again while discussing women’s issues.

Women, however, are far from safe at this moment, despite the fact that society is purportedly progressing at an incredible pace. Moreover, it is growing less sensitive by the day.

In recent years, violence against women has become an epidemic of sorts, sparking outrage and concern worldwide. From domestic abuse to public harassment, women continue to face threats in every aspect of life. According to a recent study, one in three women experiences physical or sexual violence in her lifetime, often at the hands of those close to her. Reports of workplace harassment and online abuse are also rising at an alarming rate. Femicide rates have reached unprecedented levels. Disturbingly, many cases go unreported, leaving perpetrators unpunished and victims without justice.

Experts attribute this rise to several factors, including deeply ingrained patriarchal systems, insufficient education on gender equality, inadequate law enforcement, societal stigma surrounding victims, and a lack of awareness about women’s rights.

Violence against women or gender-based violence not only affects individuals but also undermines families and communities. Survivors often struggle with lasting psychological trauma, social isolation, and economic hardship, while children exposed to such violence are more likely to become future perpetrators or victims themselves.

The United Nations, to raise awareness on the issue, has designated No-

vember 25 as the International Day for the Elimination of Violence Against Women.

On the eve of this day, a few experts shared with Sunday POST their thoughts on it and the ways to curb this gender-based violence.

‘Men should be engaged more in the fight against this menace’

Noted novelist and gender specialist **Hiranmayee Mishra** says, “In spite of a constant increase in the visibility of women in public spaces, violence against women is on the rise. The inequality in the power structure and inequality in the distribution of resources is a prime cause for



this. Instead of looking at the reasons for violence and digging out almost the same reasons for years, it’s high time we think about the huge economic, social, and psychological loss recurring due to violence against women. The uneven distribution of

power and position is clear in every sphere. An increase in the rate of education of girls does not necessarily lead to an increase of women in the workforce. Most unfortunately, the women who are in the workforce also face gender-based violence. There are very important structural interventions in the form of legislative instruments. Even then, violence against women is alarmingly high in our country. Segregation of roles as masculine and feminine, silence culture among women, lack of self-confidence in women, lack of parental support, and lack of access to important resources are still prevalent.”

When asked about the ways to eradicate this violence, Mishra states, “Now the hundred-dollar question is how to handle this? Since it is clearly a power game, we should look at the root. Our men should be engaged more in the fight against this menace. Violence against women has its roots in our ancient value system and beliefs. Gaps in the ages of men and women, gaps in the educational qualifications of men and women, and gaps in the earnings of men and women are very

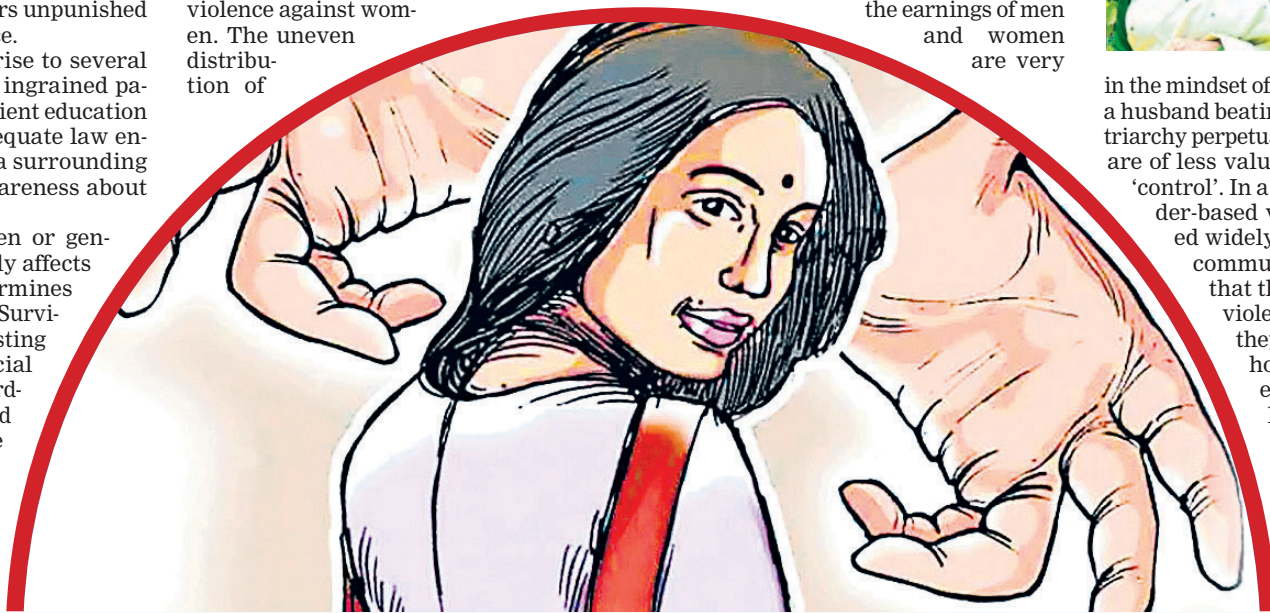
prominent within the institution of marriage. Women enter into married life with an uneven social position. This somewhat allows men to behave irresponsibly and insensitively towards their newly married spouses.”

She signs off by saying, “The only way to curb violence against women is to stand with our girls in the time of distress and boost up their self-confidence. It is important to encourage our girl children to follow their passions and dreams in life. Marriage is just a subsequent phase or progression, but it should not be looked at as the final destination or salvation for girls. Violence against women can only come to a reasonable end when all the men and women of our land will stand up and raise their voice against it.”



‘There is a need to fill the gender gap’

Namrata Chadha, former State Women Commission chairperson and a social activist, Bhubaneswar, says, “Violence begins from our mind; it’s all in the mindset of the people. We think that a husband beating his wife is normal. Patriarchy perpetuates that girls and women are of less value and should be kept in ‘control’. In a patriarchal society, gender-based violence is often accepted widely by the people. In tribal communities, you will observe that the cases of gender-based violence are very few because they give respect to womanhood. But in modern societies, women are treated like commodities. Women are often used in commercials to sensualise things, and the worst part is that women are happy with it; they don’t even realise that they are being used.”



Chadha further says, "In most of the cases, women are being harassed by their intimate partner, but they refuse to report because of the emotional attachment. Since childhood, they have been taught that 'men behave like this; you have to adjust in every situation.' Women are made to believe that men are the only support they have, and they can't do anything without them. Social stigma also plays a vital role here; a woman who is being abused every day by her partner fears separation because of society. Several thoughts come to her mind, like how she will face the world after getting divorced; everyone will blame her for the split. So she silently bears everything without complaining."

Asked for her opinion on how to curb this menace, Namrata explains, "Gender-based violence is a phenomenon very deeply rooted in gender equality, so first of all we have to fill this gender gap and give importance to women. Women are physically, mentally, and emotionally different from men, but that doesn't mean they should be treated differently; they should be given equal respect. Now we don't need to teach girls how to live or behave; rather, we should teach our boys how to treat women. Schools and colleges should incorporate lessons on gender sensitivity to foster a culture of respect and equality among the youth. Strict guidelines should be made for men so that they don't treat women as a mere commodity."

'Women need to raise their voice'
Binduja Upadhyay, a social activist who works for women's upliftment in Bhubaneswar, says, "Men consider women as a subject of dominance. They

legal protections, insufficient education, lack of awareness, alcohol consumption, and porn videos. Most of the cases of violence go unreported because women are afraid to raise their voice. If she musters enough courage to report the crime, she is not treated properly by people around her. In some cases, even their FIR is not being registered by the police. There are multiple cases of harassment in police stations."

Upadhyay further adds, "There are several instances where we have seen that the perpetrators enjoy their lives, whereas the survivors face a number of stigmas like the feeling of guilt, shame, or responsibility for their abuse. They are being perceived or

treated differently by others. Nowadays women are being used as commodities; they

have become the most vulnerable section of society. No woman is safe here; it doesn't matter whether you are a working woman or a housewife, whether you are a 7-year-old child, a 17-year-old girl, or a 70-year-old woman. I believe that alcohol and porn videos play a vital role in this crime. In most of the cases, you will find that the abuser is in a drunken state. Alcohol allows the abuser to justify his abusive behaviour. In recent years, you might have noticed that porn videos played a crucial role in most of the rape cases, though these sites are banned in India, but still people do have access to these kinds of videos."

What measures can be taken to check the violence against women?

On this, Binduja says, "Women need to raise their voice. They need to realise that the idea that women are inferior to men is absurd. They should report cases of violence without any fear; several organisations are there to help them. Proper laws should be formulated for women's safety, and the women should be made aware of them.

Society also needs to understand that they are the victims and they should be handled with utmost care. The cases of workplace harassment are also on the rise. So, a committee should be formed in this regard to check this crime."

DEFINITION

Violence against women can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviours that frighten, intimidate, terrorise, manipulate, hurt, humiliate, blame or injure someone.



SIGNS OF ABUSE

- Embarrassing or making fun of a woman in front of her family or friends.
- Putting down a woman's accomplishments.
- Making a woman feel like she is unable to make decisions.
- Use intimidation or threats to gain compliance.
- Telling a woman that she is nothing without her male partner.
- Treating a woman roughly—grab, push, pinch, shove or hit you.
- Using drugs or alcohol as an excuse for saying hurtful things or abusing a woman.
- Pressurising a woman sexually for things she isn't ready for.
- Making a woman feel like there is "no way out" of the relationship.



believe that women are their possession and they can treat them the way they like. A few reasons that are responsible for the rising cases of violence against women include social stigma, inadequate



Hypnic jerks are a benign physiological phenomenon. Doctors and scientists aren't sure why they happen, but some are of the opinion that the brain fails to understand what's going on as muscles relax before sleep. So, hypnic jerks or sleep starts remain yet another mysterious evolutionary quirk of being human—but they certainly aren't an issue worth losing sleep over, say experts



SLEEP STARTS mystery

It's one of the oddest sensations you can experience as you're trying to turn in for the night. Just as you think you're falling asleep, you suddenly feel as though you're in a freefall. Your stomach somersaults and your body involuntarily spasms as you lay in bed. Your limbs, or even your entire upper body, may jerk or thrash in the process. There's no logical reason why you felt as if you briefly entered a fight-or-flight mode and whatever calmness you recently attained is erased in an instant. The experience may leave you confused, annoyed, or simply weirded out—and to make matters worse, it likely isn't the first time this has happened. But if it's any consolation, you aren't alone.

associate professor of psychiatry and division director of sleep medicine in the University of Mississippi Medical Center's Department of Psychiatry and Human Behavior. "It's an organized muscle movement, so it's going to require central nervous system communications. Although where and what stimulates that movement, and why, is, to my knowledge, unknown."

There are a few knowables about hypnic jerks, however. According to experts, the movements are prime examples of myoclonus or myoclonic jerks—involuntary muscle spasms similar to hiccups and epileptic seizures. But that isn't to say jolting awake shortly after turning out the lights is cause to schedule an MRI scan.

"We don't think of it as a pathological problem. It's a normal phenomena," explains Richert. "It's definitely not the sign of a sleep disorder that we would treat, and not a sign of any underlying problems such as seizures or movement disorders."

The American Academy of Sleep Medicine offers a number of reasons that may be causing your particular variant of hypnagogic jerks. Unfortunately, the spectrum of explanations is so broad that it really doesn't help narrow down much at all. While a "high intake of caffeine or other stimulants" and "excessive stress" could generate sleep starts, so could "prior intense physical work or exercise" and sleep deprivation. Hypnagogic jerks could come from being too amped up—but also they may happen when you are exhausted.

Richert says. "A lot of times, you can say, 'Well, if you deprive yourself of sleep for a while, you're more likely to have some [physical consequences].' But... as far as I'm aware, there's no evidence to suggest that sleeping more would make it better, or that if you don't get enough sleep, it gets worse."

Still, many sleep researchers have offered their own plausible theories to explain hypnic jerks. One group hypothesizes that the sensation happens after decreasing blood pressure and muscle tissue relaxation causes your brain to misfire and briefly enter a panic mode. While there isn't concrete evidence to back it up yet, other experts contend the feeling arises when your brain instinctually thinks you are liable to fall out of a tree—as may have been the case for some of our primate ancestors.

Richert adds that he's also not aware of specific medications or behavioral modifications that are proven to increase or decrease sleep starts. For its part, the AASM recommends some of the classic pre-slugger tips: avoid caffeine and other stimulants in the hours before going to bed, work to reduce stress, and ensure you are getting enough sleep overall.

feine and other stimulants in the hours before going to bed, work to reduce stress, and ensure you are getting enough sleep overall.

But as long as hypnic jerks—or fears of them—aren't negatively impacting your life, then Richert and other experts say there is no need to seek medical consultation. For the time being, hypnagogic jerks remain yet another mysterious evolutionary quirk of being human—but they certainly aren't an issue worth losing sleep over.

AGENCIES



"I'm not aware of any good explanation for why it happens," says Allen Richert,

"That's the interesting thing,"

Tamannaah's wedding buzz grabs attention

Just days after reports of Keerthy Suresh's wedding, it's details about Tamannaah's wedding that garnered attention. Tamannaah has been in a relationship with Vijay Varma, a popular actor from Hyderabad, with the couple often spotted together in public. According to a report from 123Telugu Tamannaah and Vijay are planning to tie the knot in 2025. Reports suggest that the couple is currently looking for a luxurious apartment to call home after their wedding.

Although neither of them has officially confirmed the news, it has quickly become a topic of widespread discussion within the film industry. Fans are eagerly awaiting an official announcement to see when the couple will take this exciting step in their personal lives.

Tamannaah and Vijay Varma reportedly began dating in 2023 after growing

close while working together. While keeping their relationship mostly private, the couple has been spotted together at various events, sparking interest among fans. Their love story continues to capture attention as their bond grows stronger.

AGENCIES



Apart from her love for cinema, Alaya F is also an ardent fitness fan wherein the actress loves to promote a fit lifestyle on social media. Enjoying a massive fan following, the young star loves to share her beauty and skincare tips too with her Insta fam and recently she decided to share another fat on the form, she steps that duce this face.

ALAYA'S BEAUTY SECRETS

Apart from sharing a detailed video deher so can ap-



from sharing a detailed video deher so can ap- scribing the steps that cial media fam ply to reduce fat the face, Alaya also mentioned a few details in her caption.

While many fans dropped heart emojis and showered love on the post, a few others went on to also add appreciative comments expressing gratitude towards the actress for helping them with these challenges. This is not the first time where Alaya has showcased her love for fitness and skincare. In the past, she has shared several videos of her workout as well as dance sessions as she continues to showcase a glimpse of her healthy lifestyle.

AGENCIES



AMOL PALEKAR: FROM PAINTER TO PERFORMER

A new book on the life and times of painter-actor-filmmaker Amol Palekar will give readers a retrospective of the veteran artist's personal odyssey from canvas to celluloid via proscenium.

Viewfinder in English and *Aiwaz* in Marathi, the book will mark Palekar's 80th birthday.

Palekar reflects on a rich tapestry of experiences that shaped his artistic journey: from his beginnings as a painter in Mumbai, to his immersion in theatre under the mentorship of Satyadev Dubey, and finally, to his celebrated career in cinema, where he delivered back-to-back box office hits and unforgettable performances.

"My journey back to the past offers a glimpse into India's cultural evolution, highlighting the gap between alternative theater, art-house cinema and mainstream entertainment," said Palekar, known as the relatable boy-next-door in the 1970s for his work in superhit films like *Gol Maal*, *Chhoti Si Baat*, *Rajnigandha* and *Chitchor*, among others.

Palekar's mastery in acting stood out in contrast to larger-than-life heroes in high-octane dramas, authenticating the everyday hero and inspiring a new wave of cinematic role models.

Transitioning to direction, Palekar's films turned to intimate, often unspoken themes that blurred the lines between personal and universal experiences.

With his adaptations of landmark works from Indian literature, he expanded his reach across languages and won accolades both in India and abroad, including an Oscar nomination for *Paheli* in 2006.

The *Khushi* actress also admitted that she has been figuring out how to get through each day due to the unpredictable nature of events in her life. "I think the most challenging role has been the role I'm playing in real life because there is no script. Things are thrown at me every single day. This does not come with a script," she shared with a smile and confidence.

AGENCIES

Samantha Ruth Prabhu has been gaining significant attention for her recent performance in Raj & DK's action web series *Citadel: Honey Bunny*. Amid this buzz, an old video of Samantha speaking about facing challenges in life has resurfaced online.

In the video, Samantha was asked about the toughest roles she has played in her career. In response, the actress gave a candid and impactful answer, stating that her life itself has been the toughest role she has played. She elaborat-

SAM ON TOUGHEST ROLE SHE PLAYED



IAN S

Pause—Is it perimenopause?



DR RACHNA RATH

A game of *housie* was proceeding at a ladies' soiree, and the elderly Punjabi aunty happened to emphatically announce the next number—pain in the knee, four three-forty-three. I smiled, striking off my age-matching *numero 43* on the ticket, and with that, *voilà!* clinched the bottom line. Jumping in glee, I simultaneously shrieked as a jolt of sudden, searing pain shot through my knee. 43 is not an angel number but apropos of 'pain in the knee', the universe had just buttressed the bottom line for that fateful day. From then on, if I considered my body a disco-ball, pain pathways from several body parts like the lower back, crook of the neck, and glutes were simultaneously getting lit. The constellation of abnormal blood parameters in my report was indeed no Andromeda or Orion with barely any connection whatsoever to underline a disease pattern. Over the next few years, there was one thing I began connecting though; that my chronic sleeplessness or exaggerated wakefulness was fogging my mind into reduced wokeness so much so that I did not wince once when news came in that a certain gentleman had triumphed or if my postgraduate uttered my tummy for *microtomy* in her seminar.

My poor peripheral vision had not anticipated that these signs heralded the onset of the unfamiliar and poorly diagnosed condition of perimenopause. One may be fooled into assuming that perimenopause will announce itself like an official trailer to "Ovum Age(s)- The Shutdown" movie releasing in a few months, but truth be told; the vague signs and symptoms of this 'around menopause' phase owing to a hormonal roller-coaster may well begin almost a decade before the full pause. To count the little blessings though, we women rejoice at the thought of a *pausa* on the *bloodshed*, monthly discomfort, and pain in *egg-stream*.

Weary women in their late 30s or early 40s, losing their mind a little, perpetually complaining of pain in their muscles and joints, or possibly the *tushie*, tossing

and turning all night despite the chamomile tea, and tossing the blame on the clueless spouse for their overworked selves may be classical case presentations of perimenopause. Replace the chamomile tea with rubbing garlic-infused hot mustard oil in the knees for rural case scenarios! Unprecedented period irregularities may sport the climate designs of Madagascar with alternate flooding and drought or persistent heavy flow versus low flow, a la Meghalaya or Jaisalmer respectively. Vaginal dryness that few experience thence may compare with gauze coming out of a hot air sterilizer.

Featuring in this 'end-game of reproductive years' a sizable XX segment of our nation equivalent to the populace of Honduras or Greece may develop a recurrent need to take a leak and a diminish-

ing need to seek carnal pleasure, which may eventually become a national emergency and calamity, all things considered! One can also imagine that given an ever-increasing female workforce, menopause and its transition may well qualify as the largest contributing factor in bringing down GDP—the wealth of a nation.

The hot flashes and night sweats serve as just about the right ingredients to hit the perimenopausal woman with the flavours of a *Peri-Peri sauce* at 50,000 *Scoville Heat Units* and shy of the fury of a menopausal *Naga sauce* at 250,000 SHU. One need not cringe at that, as they are officially hot now!

Just as a magician conjures up coins and

candies with a wave of his hand, the body of the woman in perimenopause begins acquiring an uncanny competency of conjuring fractures at will on twisting the ankle here or banging the wrist there. Data suggests that half of the women past 50 will experience this phenomenon of osteoporosis, which is the story of the mighty mineral calcium *bidding adieu* to the bones! Cringe one may, as they are officially fragile now! If a woman is here forth *egged-on* with encouraging expressions of 'Go, break a leg, girl,' the body can literally accomplish it thence.

Longitudinal cohort studies like the



Penn Ovarian aging study and SWAN that included women from multiple ethnic backgrounds have been able to define this menopausal transition more fully by associating specific symptoms with specific stages of perimenopause, thus providing a timeline to key symptoms that were believed to have been a bunch of random variables. Alluding to an example, women who may experience hot flashes early in their transition may do so for a prolonged duration; therefore, such a forecaster may help them make an informed decision to try pharmacological treatment.

The estrogen secreting ovaries do play their part of a good cop, policing the rogue elements and protecting us for a major part of our lives. But the good cop is now nearing retirement with a diminishing reserve of strength (designating the number of ovarian follicles), and the unhealthy elements begin to rise. The rising bad cholesterol, not a bad breakup or divorce, can indeed give one a heart attack. The good sibling, aka HDL cholesterol, may be out taking a stroll while the bratty *L-aa-D-L-a* is wreaking havoc in the house.

Care to look beyond the estrogenic flips, the beyond 40s may indeed be a woman's golden years, having once deciphered all the areas gray; she tends to possess more of grey on and way beneath the scalp. As a show of that intelligence, she needs to recognise that perimenopause may be that vital golden hour to detect and attend to her signs and symptoms before it is too late and the worse kicks in at menopause. So, one may soak in that sunshine, pack in that cardio, unrack those rusty dumbbells, chop up more greens, pack away more 'produce of colour', and reign in the BMI for starters. If you already got the ball rolling there, then it is an *egg-cell-aint coming of golden-olde age!* Over and above all, one needs to reach out to the expert physician if need be. Chop-chop!

The writer is an Associate Professor in Oral and Maxillofacial Pathology, SCB Dental College & Hospital, Cuttack, and regularly posts write-ups on Rachnacreates.com

Disclaimer: Views and opinions expressed are solely those of the author and do not make absolute claims on the scientific accuracy of the information provided.

Priyanka



WANT TO BECOME A MODEL?

Send us your photographs at features.orissapost@gmail.com