

DECEMBER 15-21, 2024

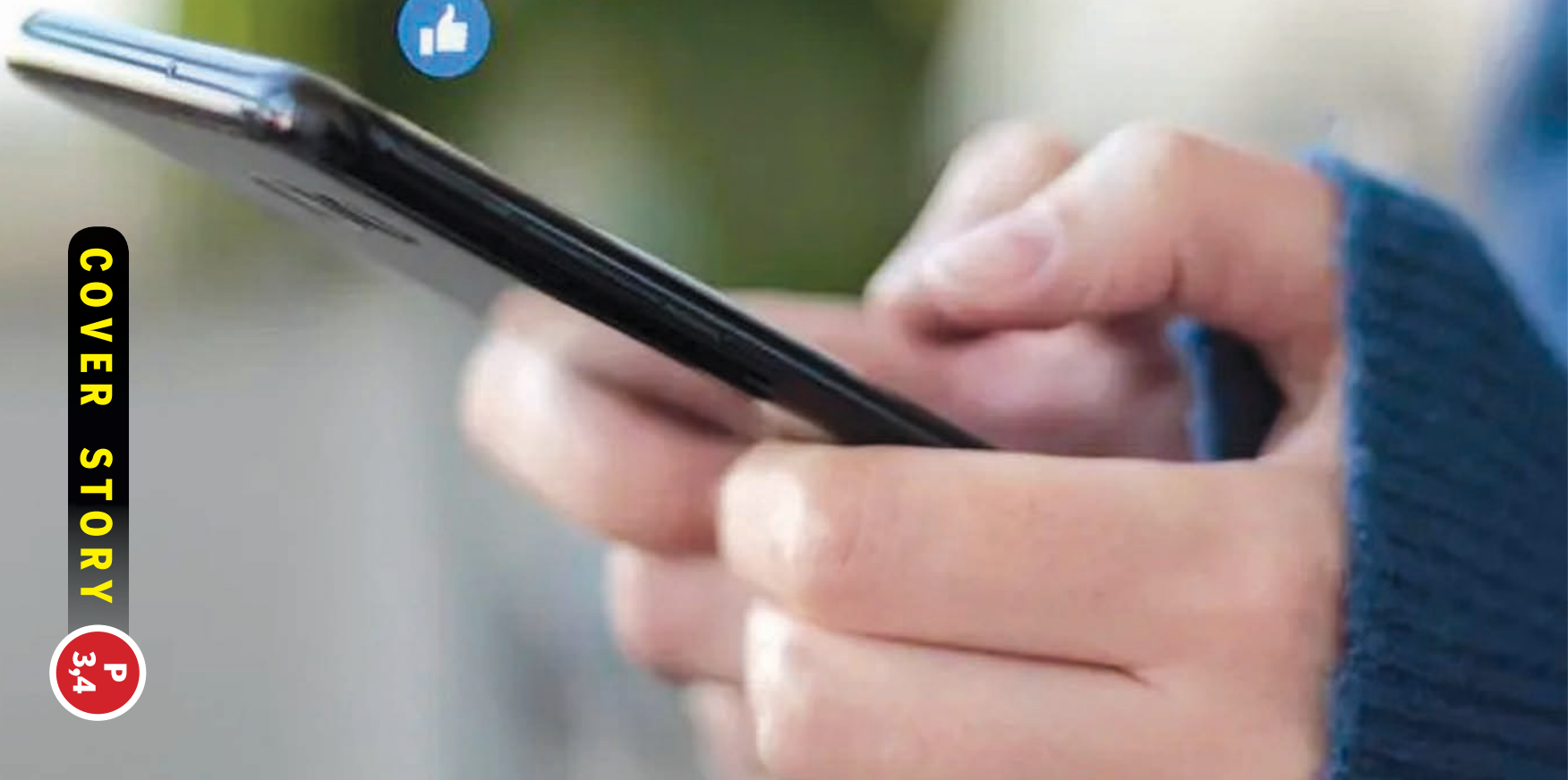
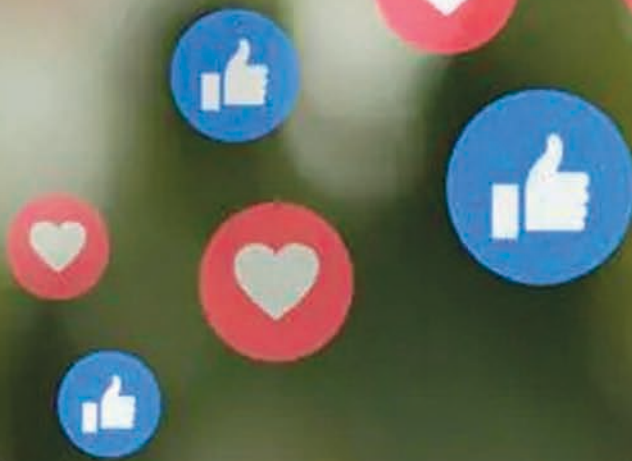
SUNDAY POST

HERE . NOW



LOST IN

CYBERSPACE



COVER STORY

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Cuttack boy Amiya Kumar Mallick earned national recognition when he became the first Indian sprinter to officially clock under 10.30 seconds in the 100 meters, during the National Federation Cup- 2016 in New Delhi. Once tagged as the fastest man in India, Amiya has several medals in his kitty. In addition to his sporting achievements, he is also known for his disciplined lifestyle, serving as an inspiration for budding sports talents



Working day

As an athlete, my weekdays are full of high-intensity training workout sessions. Therefore, Sunday, more often than not, remains a working day for me.

Day of detox

Normally on Sundays people prefer eating non-veg, but I like vegetarian food because during my training sessions I take a lot of protein- and carb-rich food, so on weekends I prefer detoxifying my body.

OTT lover

I like watching movies on OTT platforms, as sitting 2-3 hours in theatres is a big task for me. I like inspiring movies or movies with a social message.

With family, friends

Holidays are something I save for my loved ones. We plan a weekend getaway, or we try doing something adventurous.



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

- My wife and I always compromise. I admit I'm wrong and she agrees with me.
- This girl on Tinder asked me why I have an unlit cigarette in my picture... I told her I'm just looking for matches.
- Behind every great man is a woman rolling her eyes.
- I named my dog 6 miles so I can tell people that I walk 6 miles every single day.

Multi-talented Babushaan

Sir, A feature on Babushaan Mohanty, one of the top actors of the Odia film industry, was long overdue in Orissa POST. Though not an elaborate one, the interview made my day as a fan. I was quite surprised to learn that despite being a superstar, he leads a simple life. He appears so different from his contemporaries even as he's one of the most sought-after actors in the industry. Talking about his acting skills, it definitely is in his blood. Being the son of two stalwarts—Aparajita and Uttam Mohanty—Babushaan has certainly inherited the legacy. However, his singing ability is yet to be tapped by the filmmakers in Odisha. When there are so many actors in Hollywood who also sing and vice versa, it's a matter of pride that we have our own Babushaan, who is equally good in both professions.

SUBRAT SAHOO, BOLANGIR

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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Many will argue that social media helps expand vision of the younger generation. But it comes with some risks. Online bullying, harassment, misinformation, and inappropriate content, to name a few. They can also impact mental health adversely by limiting direct contact with peers and encouraging constant online comparison. This may lead to low self-esteem, anxiety, and depression



ANISHA KHATUN, OP

LOST IN CYBERSPACE

Meera is a bright, 16-year-old girl from a quiet suburban neighborhood. Her world revolved around school, family, and occasional outings with her friends. Though she was polite and obedient, Meera often felt caged, longing for something more exciting than her predictable life.

One evening, while scrolling through social media, she received a friend request from someone named Aryan. His profile picture showed a confident, charming young man with a carefree smile. Intrigued, Meera accepted.

They exchanged messages, and soon their conversations became a nightly ritual. Aryan was 20, a college dropout working odd jobs in the city. He seemed worldly and daring; everything Meera felt her life was missing.

Aryan made her feel seen and valued in a way she hadn't before. Her parents, unaware of the secret relationship, were growing frustrated with her increasing distraction.

One night, after another heated argument with her mother about her grades, Meera packed a small bag and sneaked out of her house in the dead of night. Aryan was waiting at the bus station. His motorcycle gleamed under the dim streetlights, and he smiled when he saw her.

They rode to the city, where Aryan rented a tiny apartment. For the first few days, Meera was intoxicated by her newfound freedom, but reality soon sank in. Aryan wasn't the dream partner she'd imagined. He was often out, leaving her alone in the cramped apartment. Money ran out quickly, and Meera began to miss home—the warmth of her family, the comfort of her bed, and even the predictability of her routine.

Back in her town, her parents were frantic. They filed a missing person report, and the police tracked her location through her phone.

When officers arrived at the apartment a week later, Meera broke down. She realised her impulsive decision had not only endangered her but had also devastated

her family. Meera was taken home, and though her parents were relieved, their trust was shattered. It took months of therapy and family counselling for them to rebuild their relationship.

This is not a stray incident; one can find such incidents taking place across the country day in, day out. Moreover, cyber exploitation of youths has become a global phenomenon. Perhaps this is the reason why Australia has imposed a ban on social media for children under the age of 16, and more nations are preparing to follow suit.

With cyber crimes spreading their tentacles at a menacing pace, Sunday POST sat down with a few parents to learn what they have to say on the issue. Whether this is the time India should also jump on the bandwagon of restricting social media for minors.

'Technology is a boon, but it needs boundaries'

Jyoti Mohanty, 34, mother of a six-year-old boy, Bhubaneswar, says, "Australia's decision to ban social media for children is a remarkable and forward-thinking move that aims at protecting the well-being of the younger generation. In

today's world, social media has become an integral part of life, but its negative effects on children cannot be ignored. The constant exposure to curated content, online validation, and peer com-

parisons can harm their mental health, lower their self-esteem, and even lead to anxiety and depression. By banning social media, Australia is taking a firm stand to protect young minds from these adverse effects. As parents, we often witness how social media affects our children's lives. It distracts them from their studies, diminishes their focus, and reduces their engagement in meaningful activities like outdoor play, reading, and creative pursuits. Moreover, the growing concerns about online predators and exposure to harmful content make such platforms increasingly unsafe for impressionable minds. This decision sets a powerful precedent, showing that governments can play an active role in supporting parents in this challenging digital age."

When

asked, should India come up with some stricter rules to control the use of social media among children, Jyoti states, "If such policies are implemented in India, it would help children regain their childhood, free from the constant pressure to conform to unrealistic social standards and the addictive cycle of 'likes' and 'shares.' It will also encourage them to develop healthy habits, such as spending more time with family, participating in physical activities, and pursuing hobbies that nurture their creativity and critical thinking."

Jyoti signs off by saying, "This move by the Australian government is a reminder that technology, while a boon, needs boundaries, especially for children who are not yet equipped to navigate its complexities. By limiting their access to social media, we can ensure that they grow up in an environment that prioritises their emotional, mental, and physical development. Australia's move should inspire other nations to adopt similar measures and prioritise the holistic well-being of future generations."





'We aim to protect students from harmful content'

Basudev Bhatt, President of Odisha Parents' Federation, says, "We already have sought a ban on social media in India to protect students from pornographic videos and other harmful content. The restriction is also necessary to curb the use of online gaming apps by children. This will reduce the rate of student suicides and help in maintaining peace in families, and kids will be able to concentrate on their studies."

Bhatt goes on to add, "Australia has imposed the ban while other countries are either contemplating or have taken similar measures. For instance, Norway plans to raise its social media age restriction from 13 to 15, while France has introduced legislation



to ban under-15s from accessing online services without parental permission. In the United States, federal laws require parental consent for an under-13 to use social media, and some states are considering stricter regulations. Germany, Italy, and South Korea also have laws regulating social media use among minors. It's high time, India considered following in their footsteps."

'Offline activities for kids foster stronger family bonds'

Jyotsna Acharya, 36, mother of a 12-year-old boy, Cuttack, says, "In today's fast-paced digital world, social media has become a powerful tool for communication, gaining knowledge, and information sharing. However, for children, its impact can be more harmful than beneficial. My son spends most of his time on the phone, and these social media platforms are so engaging that it's hard to stop them."



I strongly support the idea of banning social media for children in Australia, and I hope India will bring some stricter regulations to address the challenges posed by these platforms."

Talking about the hazards, she continues: "Social media platforms expose children to a wide range of risks, including child identity theft, online harassment, and inappropriate content that they may not be mature enough to process. By restricting access, we can create a protective barrier that shields them from these dangers and allows them to grow up in a safer and more positive environment. Moreover, social media often becomes a significant source of distraction, taking away precious time that could be better

utilised for learning, creative pursuits, and physical activities. Without the constant pull of notifications and endless scrolling, children can focus on building essential life skills, exploring their interests, and excelling academically."

Jyotsna further explains, "A ban on social media would also relieve children from the pressures of online validation, such as 'likes,' 'comments,' and 'followers,' which can negatively impact their self-esteem. Instead, they can develop confidence and a sense of self-worth through real-world achievements and interactions. Encouraging children to engage in offline activities fosters better communication skills, stronger family bonds, and meaningful friendships. It also helps them experience life more authentically without being overly influenced by virtual trends and peer pressure. In short, banning social media is not about restricting freedom but about providing them with a healthier, balanced environment that nurtures their growth and prepares them for a brighter future."

'A complete ban may alienate children from their peers'

Pritish Prasad Rout, 37, a bank manager and father of an 8-year-old boy, Bhubaneswar, says, "While Australia's decision to ban social media for children is well-intentioned, it raises concerns about its practicality and long-term effectiveness. Social media has become



deeply ingrained in modern society, and banning it for children may not address the root causes of excessive use, such as peer pressure or inadequate parental guidance. Moreover, a complete ban risks

alienating children from their peers and leaving them unprepared to navigate the digital world responsibly. We are acutely aware of the negative effects of social media, such as addiction and exposure to harmful content, but an outright ban is not a solution to it. Children, often driven by curiosity, may find ways to bypass restrictions, potentially leading them to less regulated and more dangerous online spaces. It might also create a sense of exclusion, as social media often serves as a platform for communication and collaboration among peers."

Rout is of the view that instead of banning social media, there is a need to find a more balanced approach to safeguard our children's well-being. "Instead of a complete ban, a better approach could be to educate children about the responsible use of social media and set clear boundaries. Parents, schools, and governments should work together to create awareness about the risks and teach children how to navigate the digital world safely. This could involve promoting digital literacy programmes, implementing stricter age-appropriate content filters, regulating harmful content, and encouraging platforms to adopt child-friendly designs," according to him.

He further says, "Children also need engaging offline alternatives to reduce the lure of social media. Promoting hobbies, sports, and family activities can provide them with the emotional fulfilment and sense of belonging they often seek online. The key lies in striking a balance: empowering children to benefit from the positive aspects of social media while protecting them from its harms. Policies should focus on equipping children with the skills and knowledge they need to make informed decisions rather than imposing blanket bans that may not be sustainable in the long run."

'Australia's ban on social media for kids is a welcome step'

Bebina Nayak, 39, mother of a 4-year-old girl, Bhubaneswar, says, "My daughter's whole world revolves around the phone; she can adjust a few hours without me, but not without phone."

Australia's move to ban social media for children is a bold and commendable step in the right direction. Social media has become an overwhelming part of our children's lives, often at the cost of their emotional well-being, mental health, and academic focus. We all are well aware of the fact that excessive screen time impacts our kids, affecting their sleep, concentration, and even self-esteem due to the unrealistic standards portrayed online. This move sends a strong message about the importance of prioritising children's mental health and overall development over corporate interests. By limiting their exposure to potentially harmful content and the addictive nature of these platforms, children will have the opportunity to redirect their time and energy toward more meaningful activities like reading, sports, hobbies, and spending quality time with their loved ones."

When asked whether India should also emulate, Nayak says, "In India, where social media usage among youth is on the rise, such restrictions could be revolutionary. While a complete ban might seem drastic to some, it aligns with our cultural values of protecting children and guiding them toward a balanced, healthy lifestyle. We do our best to monitor and guide our kid's online habits, but it often becomes difficult to compete with the pervasive influence of social media. A government-led initiative like this would provide much-needed support to parents, ensuring a safer and healthier environment for the next generation."



Getting what you're

'SEEK'ing?



SHIVAJI MOHINTA

The constant pressure to meet expectations at work creates anxiety. So, professionals are often trapped between what they're doing and what they wish to do

Choosing the right job isn't just about earning a pay-check—it's about aligning your passions, skills, and goals to create a fulfilling career. But in today's fast-paced world, where conversations about workplace stress and mental health dominate headlines, it's natural to wonder: Is there a way to break free from this cycle?

◆ Growing crisis of workplace stress
Studies reveal that more than 50% of the workforce experiences job-related stress, with the numbers rising each year. Many cases go unreported, as people often consider stress a necessary evil in exchange for financial security. But here's the truth: chronic stress doesn't just chip away at your mental health; it seeps into your personal life, affecting relationships, productivity, and overall well-being.

A little stress can motivate you to push boundaries, but excessive stress leads to burnout, absenteeism, and frustration. The question is: how do we escape this vicious cycle?

◆ The self-dilemma
For many, the problem feels inescapable. The constant pressure to meet expectations creates anxiety. Professionals are often trapped between what they're doing and what they wish to do.

This conflict stems from financial and social insecurities. Questions like, "What happens if I leave my job?" or "What if I fail?" cloud decision-making. The result? We stick to what's familiar, even if it drains us, until one day we wake up to realise we've lost more than we've gained—our

health, happiness, and balance. So, how do we find clarity and purpose? By turning to the acronym SEEK—a guiding light to choose the right career path and rediscover joy at work.

◆ The SEEK framework
The acronym SEEK stands for Skills, Enjoyment, Earnings, and Knowledge. Let's dive deeper:

◆ S - Skills
Ask yourself: Where can I put my skills to the best use? If you excel in accounting, can you pursue a role that allows you to make a meaningful impact in that domain? Leveraging your unique strengths can make you feel valued and indispensable in your field.

◆ E - Enjoyment
What's the kind of work you genuinely love doing? The kind of job that makes time fly, where you feel entirely immersed, and where your (4H's) heart, head, hands, and heels work in harmony. For instance, I have known some professional pilots transition to becoming interior designers—not because they lacked flying skills, but because they found joy and passion in creative design.

◆ E - Earnings
Does the job offer the financial rewards necessary for a comfortable life? Your work should provide a sus-

tainable income to support your needs and aspirations. While money isn't everything, financial stability & security is essential to avoid unnecessary stress. Financial independence helps in personal decision-making too.

◆ K - Knowledge
Will this role help you grow intellectually? Can you learn from your team, boss, or organization? Knowledge-rich environments not only improve your professional skills but also keep you motivated. For example, companies like Hindustan Unilever are known for offering immense learning opportunities, which is why many professionals dedicate long tenures there.

◆ Finding Your "Go-To" Space
The magic happens at the intersection of these four anchors. When your Skills,

Enjoyment, Earnings, and Knowledge align, you create a career that is fulfilling and sustainable.

Finding this sweet spot takes reflection and courage, but it's worth the effort. After all, a career aligned with your SEEK framework doesn't feel like a heavy burden—it feels like a joyful pursuit.

So, pause for a moment. Think about your current job. Are you truly SEEK-ing what you deserve? If not, maybe it's time to explore new horizons where you can thrive and be happy.

Remember: Life is too short for work to feel like a painful obligation. SEEK wisely and craft a life you love.

The author is a Business Consultant & a Certified NLP Coach.





Actress Priyanka Chopra Jonas was honoured at the fourth edition of the Red Sea International Film Festival. On the occasion, the actress said that she is a believer of the universal power of entertainment to bring people together.

With this, the actress has joined previously announced Red Sea Honouree, Viola Davis as the film festival celebrates and recognises her accomplished career and achievements on screen and within the wider film industry.

PeeCee on power of entertainment

The actress said, "I am humbled to be recognised at the Red Sea International Film Festival, a celebration of storytelling that transcends language, borders, and cultural divides. I have always believed in the universal power of entertainment to bring people together, and I applaud the Red Sea team for their commitment to showcasing the incredible talent and diversity of stories being told around the world, not just within Hollywood or Bollywood but far beyond".

The two-time National Award winner further mentioned, "Reflecting on nearly 25 years in the industry, I am reminded of how fortunate I've been to witness and contribute to storytelling that challenges perspectives, inspires change, and connects us all. This recognition is a reminder of why I fell in love with making movies in the first place."

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Ananya's period talks

Whether it's bullying or being cheated on, young actor Ananya Panday always opens up about several personal struggles in her interviews, showing fans her relatable side.

The *Liger* actress has now shared her first period story.

In a recent chat with News18, Ananya explained how there wasn't much conversation about menstruation at home back when she first got her period. Ananya was quoted saying, "When I got my first period, I remember being in school and I didn't understand what had happened to me because no one had spoken to me about it. When I went home, I was very scared because I thought something was wrong with me and that I had hurt myself. I didn't know what was happening. But my mum and my daadi gave me gifts and they told me that this is a moment to celebrate."

Ananya further stated that in her opinion, every young girl and her family should deal with menstruation and their first period in a similar manner, in order to do away with the stigma attached to the topic. Well, that is truly inspiring. On the work front, Ananya has been busy collecting accolades for her impeccable performance in her 2023 film *Kho Gaye Hum Kahan*.

AGENCIES



OLLYWOOD ROUND-UP

Gangs of Puri-II goes on floor



BHUBANESWAR: After the stupendous success of its first season, Odia web series *Gangs of Puri*, a Kanaccha Lannkaa Original, is returning with Season 2. The mahurat was held at the Hanuman Temple near CRP Square here recently.

"The second season will begin from where the first ended. The cast and crew have been kept unchanged with a few important additions while the shooting began December 11. The series will start streaming in March next year," director Anupam Patnaik shared.

The first season had an ensemble

cast including KK, Aman, Choudhary Jayprakash Das, Rabi Narayan Mishra, Hara Rath, Ankita Mohanty, Soni, Susanta Dashmohapatra, Bhabesh Behera, Namita Bhattacharya, Mamata Manjari Panda, Udit Guru, Rakesh Parida, Pranab Prasanna Rath, Mayank, Anjana Dash, Bhakti, Soumya, Sameek, Umakanta, Niranjan Acharya, and Bhavani.

Dipanwit Das Mohapatra, Nishant Majithia, Soma Hota, Priyambada, and Manmay Dey will join the cast in the second season of the crime drama, set in the pilgrimage town of Puri in the 90s.

PNN

Multilingual *Parab* to hit theatres Dec 20

BHUBANESWAR: The makers of the national award-winning movie *Daman* are ready with their next *Parab*.

The movie, which deals with the land issue between Odisha and Andhra Pradesh and its effect on the locals, will be released in cinema halls across the state December 20 in three languages- Odia, Hindi and Telugu.

Starring Sidhant Mohapatra, Anu Choudhury, Choudhury Jayprakash Das, Dipanwit Das Mohapatra, and Suryamayee Mohapatra, the film is produced by Deependra Samal and directed by Chinmay Das.

The film, to be released in over 200 theatres, will be distributed



nationwide by Panorama Studios, which has secured digital, satellite, and OTT rights to the movie.

PNN

Ganda Bhairav shoot begins



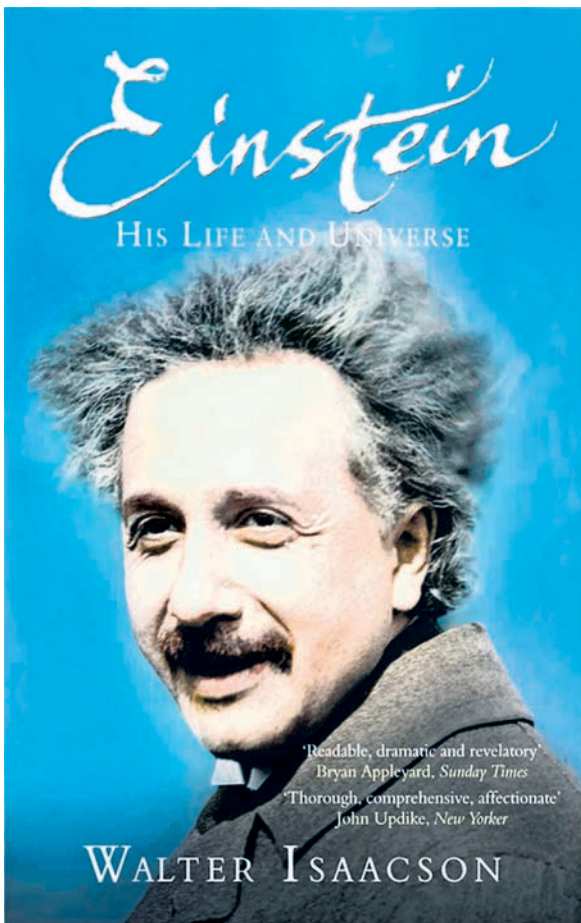
BHUBANESWAR: The shooting of RR Events and Cine Productions' new Odia movie *Ganda Bhairav*

began recently. The Sudhanshu Mohan Sahoo directorial has Devasis Patra and Sivani Sangita in the leads. Eminent playwright Sankar Tripathy of Pushkara fame has written the script, screenplay, and dialogues of the movie, produced by Ramesh Barik.

Ananya Mishra, Jayprakash Mohanty, Puspa Panda, Soma Bhounmik, KK, Santu Nije, and Asit play other important roles.

Devasis, who headlines the movie, recently won the Best Actor Award for his role in *Shaheed Raghu Sardar* at the State Film Awards.

PNN



Knowing a scientist and a rebel

chanics. Einstein's quest did not yield tangible results but he continued to work at it as he felt that there could not be randomness in the universe and events could not happen without a cause. He explained "It is open to every man to choose the direction of his striving and every man may take comfort from the saying that the search for truth is more precious than its possession."

In his initial years Einstein worked for a livelihood at the patent office in Bern for seven years even as he churned out job seeking letters for the academia, simultaneously pursuing his scientific theories. During his tenure there he founded the Olympia Academy with fellow scientists and philosophers where matters were discussed with a healthy scepticism about received wisdom and accepted conventions that would become a hallmark of his creativity. Lawrence Durrell the writer says "The Relativity proposition was directly responsible for abstract painting, atonal music and formless literature". Einstein had an emotional and magical bond with music and he turned to Mozart whenever he ran into difficulties in science whose music, beautiful and pure," that I see it as a reflection of the inner beauty of the universe itself". While wrestling with problems of general relativity he improvised melodies on his violin and sought inspiration. For a world done with a world war, Einstein's Theory of Relativity burst on the consciousness of people yearning for a triumph of human transcendence. He achieved celebrity status and New York Times reported "He looked like an artist. But underneath his shaggy locks was a scientific mind whose deductions have staggered the ablest intellects of Europe."

It was obvious that Einstein would one day win the Nobel and such was his confidence that he promised his first wife and family the proceeds of the prize long before it was won and he kept his promise. He did not get the prize for his Relativity Theory as it was considered purely theoretical, lacked experimental grounding and did not involve discovery of new laws. The official citation said he was awarded the prize for his services to theoretical physics and for his discovery of the law of photoelectric effect. Einstein has been passed over for the prize several times and it reflected more negatively on the prize itself than on Einstein.

Conscious of his Jewish heritage he was no rabid nationalist but supported the Zionist movement to establish a Hebrew University in Jerusalem though he did not want to relocate there or press for a Jewish nation state in Palestine. He was offered the presidency of Israel which he graciously refused. He associated with the Jewish people and resented those who would forsake their roots in order to assimilate. Despite his Zionist cause, Einstein's sympathies extended to the Arabs who were being displaced by the influx of Jews into what would be Israel. In a prophetic message that rings true even today he said "The two great Semitic peoples have a great common future. If the Jews did not assure that both sides lived in harmony, he warned the struggle would haunt them in decades to come"

Einstein did not believe in a strict organised religion but a divinity behind the inscrutable order and harmony of the universe. He could not conceive of a God who would sit on judgement on the affairs of men but a force in the discernable laws and connections that is subtle, intangible and inexplicable. Veneration of this force was his religion. His religious feelings of awe and humility informed his sense of social justice and he rejected the trappings of hierarchy, excess consumption and materialism and dedicated himself for the betterment of refugees and the oppressed. He was an avowed pacifist though his stance would change from pure pacifism with Nazi German atrocities, who believed war was irrational and advocated a global order, a world government, a supranational entity that would exist above the

member nations than as a mediator among sovereign nations. He wanted control of atomic weapons by an organisation that would have the authority to produce or possess such weapons. His efforts for prevention of future wars were motivated not only by his pacific instincts but also his feelings of guilt for the role he played in the execution of the Atomic Bomb project. Though he did not work directly on the project, it was his initiative that started the US bomb research and it was his equation $E=mc^2$ that made the atomic bomb theoretically possible. When he heard of the devastation caused by the bomb in Hiroshima and Nagasaki he said "Oh my God!"

Einstein took several trips to America for his lectures and was finally appointed at the Institute for Advanced Studies Princeton where he continued his scientific research till the end. He relinquished his German citizenship and acquired American citizenship because he found tolerance of free thought and speech and acceptance of nonconformist beliefs. In the words of a contemporary scientist, Max Born "Einstein a citizen of the whole world, little attached to the world around him, independent of the emotional background of the society in which he lived."

Einstein's personal life was chaotic with two marriages, his amours, a divorce, a child born out of wedlock whose whereabouts never known, a young son committed to an asylum and his relations with his older son, an engineering professor at Berkeley not very smooth. But Einstein had this remarkable ability to shut himself off from personal tragedies to focus on his scientific work because he considered that his liberation and moral responsibility. He enjoyed the company and attention of friends, he enjoyed the outdoors, sailed, hiked and lived the good life in the world of physics and thought experiments, a loner who loved all mankind. When his end came at the age of 76, by his bed there were twelve pages of tightly written equations, littered with cross outs and corrections in search of his elusive unified theory and a draft of an undelivered speech for Israel Independence day which began "I Speak to you today not as an American citizen and not as a Jew but as a human being."

President Eisenhower said "No other man contributed so much to the vast expansion of 20th century knowledge. Yet no other man was more modest in the possession of the power that is knowledge, more sure that power without wisdom is deadly."

Einstein's brain was preserved for a number of years pieces of which were given to researchers but, no important scientific study emerged. A true understanding of Einstein's imagination and intuition lay in the working of his mind. He himself did not see any special talents but a passionate sense of curiosity and a desire to question the mysterious. A leading daily of his time said that his genius was not brute processing power but imagination, independence, creativity and passion. The best summing up of Einstein's genius would be from Isaacson "an imaginative, impertinent patent clerk became the mind reader of the cosmos, the locksmith of the mysteries of the atom and the universe."



SUDHA DEVI NAYAK

Walter Isaacson, historian and journalist has presented to us in his biography of Albert Einstein, a brilliant scientist and an intensely human person, a rebel with an overweening self confidence mingled with impudence and contempt for convention. The magnitude of his personality, "science's preeminent poster boy" calls for a "protean biographer" who could encompass his versatility, his genius, his doggedness, his innate charm, his adulation by the community of science as well as those outside. Isaacson, master of his form, having written biographies of renowned figures from Leonardo da Vinci to Elon Musk has placed before us a carefully researched book with extensive notes, in easy and accessible manner about one of the greatest scientists, who was also a defiant personality, outspoken peace activist and a social democrat.

Einstein with his wild halo of hair, his twinkling eyes and extraordinary brilliance made his face a symbol and his name a synonym for genius. With his groundbreaking theories of space, time, and light he made a leap into the pantheon inhabited by Aristotle, Galileo and Newton. He believed that God would not play dice by allowing things by happenstance and the cosmos does not function without strict causality or certainty. Like Spinoza he believed in a divine design reflected in the elegant laws that governed the working of the universe. Contemporary physicists were unable to see beyond the classical physics but Einstein upended the scientific community with his path breaking discoveries.

Einstein's discovery that light is to be regarded not only as a wave but a stream of particles led to "Laser"-Light amplification by the stimulated emission of radiation. His special theory of relativity linked time and space disagreeing with Newton's theory that both were absolute, constant and independent. The General Theory of Relativity, the memorable equation $E=MC^2$, is the idea that mass and energy are interchangeable led to nuclear energy and the great bomb. When his general relativity theory was validated through the Eclipse of 1919 it was considered the greatest triumph of human thought. "The intimate union between the beautiful, the true, and the real has again been proved."

A collaborative work of other scientists dealing with quantum mechanics asserted there is no reality beyond actual observation, the working of the universe fundamentally based on chance rather than causal certainties. Chance, indeterminacy and probability took the place of certainty. Einstein disagreed and embarked on a lonely quest for a more complete explanation of the universe—a unified field theory that embraces electricity and magnetism and gravity and quantum me-



Rashmita

