

JANUARY 12-18, 2025

SUNDAY POST

HERE . NOW

NATIONAL YOUTH DAY- JAN 12

Redefining Success

COVER STORY

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Celebrated voice actor Rajesh Kava has carved a space for himself in the dubbing industry, working in quite a few blockbusters. He won millions of hearts by lending his voice to lead characters in several famous projects, such as the Harry Potter series, The Lord of the Rings trilogy, Squid Game, the anime series Dragon Ball, and Chhota Bheem, among others. Kava, having a good command over Hindi, English, and Gujarati, also voiced for leading Tamil actors like Vijay and Dhanush. On Sundays, the Gujarat-born artist likes to spend his time with family.



Early bird

I wake up by 6:30 am every day, and Sundays are no exception. On Sundays, we take time to talk and discuss various things, as weekdays are usually packed with various assignments. We also plan our day, deciding whether to go out or stay at home.



With family

Daughter dearest

Being a voice-over artist doesn't mean I mimic all the time. However, when I play with my daughter, I do imitate a few voices just for fun. When I'm not working, I love spending time with my daughter, and we always have a lot of fun together.

Spreading craft

I enjoy working out and plan to continue it as my favourite hobby. I spend time in planning workshops, brainstorming, and organising ideas during my breaks. Giving voice-over is not just work for me. It's a passion for me, and my objective is to popularise it. I also enjoy my gym sessions on Sundays.

Movie buff

On Sundays, we enjoy watching movies or web series. However, I am very selective about them. I also love songs of the 90s, by Md. Aziz and Shabbir Kumar in particular.

No experiment with food

I am a foodie, but I prefer savouring desi foods like roti, sabzi, jowar, and bajra. I don't experiment much with my food.

Family time

If I have a free Sunday, I prefer spending it with my family. I might visit the studio briefly if needed, but otherwise I relax at home, eating, listening to music, watching a movie, and unwinding.



with students

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

- Adam & Eve were the first ones to ignore the Apple terms and conditions.
- The problem isn't that obesity runs in your family. It's that no one runs in your family.
- 250 lbs here on Earth is 94.5 lbs on Mercury. No, I'm not fat. I'm just not on the right planet.
- Most people are shocked when they find out how bad I am as an electrician.

Great initiative

Sir, Last week's cover feature about Pravasi Bharatiya Divas was relevant. It is a fantastic idea by the Odisha government to conduct a biennial event in the capital city. It's heartening to see how Indians residing abroad are working hard to popularise Indian culture there. However, wealthy NRIs should contribute to the development of their home country's infrastructure. For example, many Indians do not yet have access to world-class technical training institutes, and Pravasis should step forward to help construct infrastructure in their hometowns. As a resident of Bhubaneswar, this is a proud occasion for me. The way the city was decorated to welcome the Pravasis has to be seen to be believed. Being a resident of Bhubaneswar, it's a proud moment for me. The way the city was decked up to welcome the Pravasis is to be seen to be believed. Bhubaneswar was given a facelift and the presence of so many dignitaries during those three days made the city the centre of attraction.

SOUMYARANJAN KAR, BHUBANESWAR

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

NATIONAL YOUTH
DAY- JAN 12

Redefining Success



ANISHA KHATUN, OP

For generations, success has often been defined by a narrow set of metrics: a high-powered career, financial wealth, and social status. These traditional benchmarks, while significant, no longer encapsulate the aspirations of modern youth. Today's generation is challenging these norms, choosing to redefine success on their own terms by prioritising passion, purpose, and the desire to make a meaningful impact on society.

In an interconnected world facing complex challenges like climate change, inequality, and mental health crises, today's generation is shifting focus from individual gains to collective progress. Now people value careers that align with their passions and work that contributes to a greater purpose. Youths are charting paths that reflect their values, emphasising emotional well-being, purposeful work, and a commitment to leaving the world better than they found it. Success is no longer solely about climbing the corporate ladder; it's about creating meaningful change, whether through entrepreneurship, advocacy, or community engagement.

This redefinition isn't just a trend—it's a movement that challenges societal expectations and inspires a more inclusive and balanced understanding of what it means to truly thrive. By breaking away from traditional moulds, today's generation is crafting a new narrative that proves success isn't one-size-fits-all—it's deeply personal and profoundly transformative.

On the occasion of National Youth Day, a few youngsters share with Sunday POST their thoughts on the definition of success.

'Success is all about making a positive impact'

Soumya Behera, a student of Shailabala Women's Autonomous College, Cuttack, says, "As a student, I have realised that success is no longer just about grades, prestige, or wealth. It's about creating a life that feels rich in meaning, balance, and purpose. The traditional markers of success—like

acing every exam, landing the perfect job right out of school, or achieving societal status—are no longer the sole indicators of a fulfilling life. Instead, success today is personal, multi-dimensional, and focuses on growth in all aspects of life, not just the material. For me, success starts with mental and emotional well-being. In college, I've learnt that it's okay not to have everything figured out.

She continues: "Life is full of ups and downs, and success means being resilient in the face of challenges. It means accepting failure as part of the learning process and understanding that growth isn't always linear. It's about knowing when to rest, when to push forward, and how to ask



for help when needed. Self-care and emotional intelligence are as important as academic or professional achievements because without mental balance, the rest doesn't matter."

Soumya further explains, "Success also means staying true to yourself, being authentic, and not living for external validation. It's about identifying what you are passionate about and pursuing it, even if it doesn't follow a conventional path. For me, this could mean balancing my academic pursuits with creative hobbies or social causes I care about. Living authentically means accepting that I don't have to fit a mould; I can define my own success based on my values, interests, and dreams, not society's narrow definitions."

She goes on, "Another core element of success is making a positive impact. Success isn't just about "doing well" for yourself; it's about being part of something larger, about contributing to your community and to the world. Whether it's volunteering, advocating for causes that matter, or simply being there for the people around you, the idea of success today is intertwined with social responsibility. As I think about my future, I know I want to have a career that not only fulfils me but also enables

me to make a difference in the lives of others."

Soumya signs off saying, "Moreover, while financial stability is important, I think it's less about accumulating wealth for its own sake and more about achieving a balance where you can support your goals, passions, and well-being. Success in the modern world doesn't mean endless work or striving for more material wealth. It's about creating enough stability in life to feel secure enough to explore, learn, and take risks while also leaving space for rest, adventure, and relationships. Lastly I can say that success is about being true to who you are, embracing growth, making a positive impact, and living authentically in a world that is constantly changing," Soumya concludes.

'It's about evolving with the challenges and opportunities that come our way'

Pradeep Swain, an alumnus of Ravenshaw University and a job aspirant in Bhubaneswar, shares, "In today's rapidly evolving world, the concept of success has undergone a significant transformation.

Success today is multifaceted, encompassing purpose, impact, and personal growth. For young professionals, it's about making meaningful contributions to society while maintaining a healthy balance

between professional aspirations and personal fulfillment. For us, success is about aligning our skills and passions with opportunities to create meaningful change. We are driven by a desire to contribute positively to the world, not just through individual achievements but by advancing collective goals.



In an interconnected world facing complex challenges like climate change, inequality, and mental health crises, today's youth is shifting focus from individual success to collective progress. Now the youngsters value careers that align with their passions and work that contributes to a larger purpose

Success is no longer measured by individual accolades alone but by the value we bring to others—our colleagues, communities, and the broader society. I see success as the ability to pursue a career that not only challenges and inspires me but also reflects my core values. Today’s workforce values innovation, collaboration, and purpose-driven work, and I am motivated to be part of environments that encourage these qualities. Success, for me, is finding roles where I can use my creativity and adaptability to address complex problems, whether that’s improving processes, driving innovation, or contributing to solutions for pressing global issues.”

Pradeep further says, “The traditional idea of sacrificing personal well-being for professional gain is no longer appealing or sustainable. Instead, we seek careers that offer room for growth while allowing us to maintain mental and physical health, nurture relationships, and explore other passions. Success means thriving, not just surviving, in all areas of life. Moreover, success is now intertwined with purpose. Young professionals are increasingly drawn to organisations that prioritise corporate social responsibility, sustainability, and inclusivity. We believe that the work we do should leave a positive impact on the world, whether it’s addressing environmental challenges, fostering diversity, or supporting underserved communities. For me, success lies in contributing to a mission that extends beyond the bottom line, one that leaves a lasting, meaningful footprint. In a world defined by rapid technological advancements and shifting economic landscapes, modern youth understand that growth requires continuous learning. Success, therefore, is not about reaching a fixed destination but about evolving with the challenges and opportunities that come our way. This mindset fosters resilience and opens the door to limitless possibilities, making the journey just as rewarding as the milestones achieved along the way.”

Pradeep winds up by saying, “Ultimately, success for modern youth is a blend of ambition and authenticity. It’s about striving for excellence while staying true to one’s values and passions. As I embark on my career, I aim to build a path where success is not just measured by what I accomplish but also by how I inspire, contribute, and grow.

Success can be both ambitious and compassionate, driven by purpose and grounded in balance.”

‘Success is deeply personal and contextual’

Ranjita Patra, a young entrepreneur from Bhubaneswar, explains her definition of success; she says, “In an era dominated by rapid innovation and evolving values, the traditional notions of success are undergoing a profound transformation. For people, particularly those stepping into entrepreneurial roles, success is no longer confined to material achievements. Instead, it is being redefined as a holistic blend of purpose, impact, and personal growth. As a young entrepreneur, I think success is deeply personal and contextual. It varies from one individual to another, yet there are universal elements that resonate with today’s youth. The pursuit of success is now about creating a



meaningful life, not just a lucrative career. It’s about building something bigger than oneself—a vision, a movement, or a legacy that benefits not just the creator but also the world at large. One of the key shifts in redefining

success is the focus on purpose. In today’s world, people are driven by a strong sense of why behind their actions. We ask ourselves: Does this work bring me fulfillment? Does it align with my values? Does it address a pressing need or solve a real problem? Purpose is the fuel that powers persistence. When our goals align with our values and passions, the journey becomes rewarding.”

Ranjita further shares, “Another critical aspect of success today is impact. It’s no longer enough to grow personally; the focus is on collective progress. Entrepreneurs of my generation are keenly aware of the social and environmental footprints of their ventures. We strive to create businesses that are sustainable, inclusive, and empowering. Whether it’s through reducing carbon emissions, supporting marginalised communities, or fostering innovation, our success is measured by the positive difference we make. Personal fulfilment also plays a significant role in this redefined version. Mental health and well-being are no longer sidelined in the pursuit of professional excellence. For us, balance matters. Success doesn’t mean working tirelessly to the point of burnout; it’s about creating space for self-care, relationships, and personal interests. In today’s world, failure, too, is seen through a different lens. In the traditional sense, failure was often perceived as the opposite of success. But now,

it’s embraced as a crucial stepping stone. We know that every setback brings lessons, insights, and opportunities for growth. Success isn’t about never failing; it’s about rising each time we do, stronger and wiser than before.”

Technology and connectivity also play an integral role now; the digital age has opened endless opportunities for innovation, collaboration, and global outreach, according to Ranjita.

“Success is no longer bound by geographic limitations or traditional hierarchies. It’s about leveraging technology to break barriers, share ideas, and create inclusive platforms that enable others to succeed. We are not discarding traditional metrics like financial stability or recognition; rather, we are expanding them. Profit and prestige are meaningful when they come with purpose. True success is a journey of continuous learning, where personal growth and societal progress go hand in hand. It’s not about meeting society’s expectations but about crafting our own narrative. By aligning our aspirations with our values, making a positive impact, and staying authentic to our passions,” Ranjita signs off.





An example of jaali on the Sidi Saiyyed mosque in Ahmedabad

By harnessing natural elements like wind, shade, and water, people of ancient India developed sustainable cooling techniques that still inspire modern architecture

Ancient engineering to keep cities cool

Long before air conditioning and modern technology, ancient civilizations devised clever methods to keep their cities cool, even in scorching climates. From using building materials that didn't conduct heat to reservoirs that surrounded villages, ancient engineers crafted ingenious solutions to battle the heat.

By harnessing natural elements like wind, shade, and water, they developed sustainable cooling techniques that still inspire modern architecture. Dive into the fascinating ways these ancient societies mastered climate control, turning arid deserts and sun-drenched cities into cool, livable spaces without a hint of electricity.

Why ancient cities needed cooling system

In our modern world, we rely on artificial sources like air-conditioning and refrigeration to beat the heat. Unfortunately, these tools also heat the atmosphere due to their emissions.

The ancients didn't have access to such quick-fix solutions and were able to develop much more sustainable practices for climate control. Across the ancient world, from the dawn of recorded history up to the medieval era, various civilizations demonstrated that they didn't need modern technology to maintain comfortable temperatures.

Here's a closer look at how people in ancient India dealt with inhospitable climates.

India has been home to some of humanity's earliest civilizations, such as the Harappan culture. Due to its subtropical location, India can get oppressively hot and humid. So the ancient Indians who lived along the fertile river basins and

plains of the subcontinent had to come up with their own techniques to counter the effects of the climate.

Working with water

When it comes to overcoming hot conditions, water plays an important role. The ancient Indians understood this and worked toward unlocking the moderating power of water on the climate. Many ancient Harappan cities featured large reservoirs in or around the main town.

These were communal spaces where locals would gather water for their household needs. Also, the process of evaporation from these massive reservoirs had a cooling effect on the surrounding areas.

In the more arid regions of India, people had to dig deep into the earth to reach the water table. This led to the development of step-wells, known as "baoris." Descending several meters below ground level, these structures featured concentric rings of steps that led down to a central water source. The Indian step-wells operated on the same principle of evaporation that Harappan reservoirs used to cool their surroundings.

Hydration to beat the heat

Anyone who has spent time in a hot humid climate knows how quickly the body can get dehydrated from perspiration. Keeping cool drinks nearby was a must in ancient India. To keep their water at a pleasant drinking temperature, ancient Indians developed a clay pot known as a "matka."

These matkas are still in use across India today. Because they are made of porous clay, they allow droplets of water to seep through the vessel and form on its exterior. In turn, the hot climate causes these drops to evaporate, pulling heat from the remaining liquid inside the matka. This leaves the water within the vessel at a cool drinking temperature, allowing people to refresh themselves despite the surrounding heat.

Converting hot air to cool breeze

One way ancient Indians kept their homes cool was to ensure a flow of cool breeze throughout the home. But how did they manage that when the air outside was so hot? The answer—they used an architectural feature that combined scientific understanding with a flair for

aesthetics.

Even today, it's possible to see many buildings in India with a perforated, double-walled exterior facing the direction of the wind. These are known as "jaalis." While it may seem like a purely decorative element, the design has a practical intent. The openings on the outside are larger than the ones facing the interior rooms. As the air flows through the perforations, its surface area decreases and the wind increases in velocity, allowing it to blow through with more strength as it enters the home.

The jaali uses the Venturi Effect to increase airflow and cool down homes in India. A similar concept is also seen in Middle Eastern structures where it is known as "mashrabiya." It began being used in the medieval period.



An ancient house in Kerala

Ananya's marriage plans



Mumbai: Actress Ananya Panday recently shared her vision for the next five years, revealing both personal and professional aspirations. Speaking to *Forbes India*, she expressed her hopes for a fulfilling future. "Personally, in five years from now, I hopefully see myself married, with a happy, settled home, planning babies, and lots of dogs," said the 26-year-old actress.

On the professional front, the rising star emphasised her commitment to growth and excellence. "I really see myself at the top of my game. There's always competition, but right now, I'm focusing on working and getting better at my craft," she added.

Ananya's personal life has been the subject of much speculation, particularly her rumored relationship with former model Walker Blanco. The two sparked dating ru-

mors after being seen together at Anant Ambani and Radhika Merchant's wedding.

On the professional front, Ananya is currently enjoying a career high with back-to-back successes. Her latest Netflix film CTRL has been widely praised. In the film, she portrays Nella Awasthi, an influencer who uses Artificial Intelligence to erase memories of her ex-boyfriend, Joe, after a painful breakup.

Prior to CTRL, Ananya delivered a standout performance in the Call Me Bae series and is set to star in Chand Mera Dil alongside Lakshay later this year.

AGENCIES

Tara shares granny's recipe

Mumbai: Tara Sutaria keeps on treating the fans with sneak peeks into her daily life through social media. The actress recently took to her official Instagram account and shared her granny's

official gram and



Christmas pudding recipe. In the clip dropped on the photo-sharing app, Tara Sutaria can be seen looking adorable in her Christmas pajamas, along with a matching shirt.

The Marjaavaan actress was seen mixing the ingredients of the pudding in a big bowl. The video further included a voiceover by Tara Sutaria, "So, I am making my granny's famous Christmas pudding, and I am so excited to show you guys the end result.

After mixing all the ingredients very well, we put them in tins, boil them for a few hours, and pour a little bit of alcohol, set it ablaze, and dig in. Fun fact- I made sixteen puddings this year and already can't wait for next Christmas"

Tara Sutaria captioned the post, "Christmas pudding from scratch!!! A messy but fun affair. Tons of fruit, wine, nuts, bread crumbs, rum and beer go into making a traditional pudding what it must be! Apart from cooking (two) turkeys and all the trimmings on December 25, this has been our family's Christmas tradition for over forty years now. Here's a little snippet of me and the stages of getting our pudding ready to set ablaze!

P.S - Wearing Christmas pajamas all year round, I don't care!!!"

IAN5

Adrushya to release Jan 17



Bhubaneswar: New Odia suspense thriller *Adrushya* will release in cinema halls across the state January 17. The film's trailer was released recently.

Leading industry stars like Abhishek Giri, Lipsa Mishra, Chaudhary Jai Prakash Das, Jeevan Panda and Nilamani Sahu have acted in the movie. The film is directed by Satya Narayan Sahu and produced by Sunanda Sahu and Rajesh Agrawal. The music was composed by Malay Mishra and songs were sung by Ira Mohanty, Swayam Padhi and Satyajee Pradhan.

A group of friends, with the help of a travel agency visited Daringbadi in Kandhamal district. During their return journey, the car broke down and they were forced to stay at an Adivasi hostel to spend the night. At night, the plot took a violent turn when one among them was murdered. Other members of the group, subsequently were murdered. Was the murderer someone from the group or an outsider?

PNN

Debakanya shooting begins



Bhubaneswar: Shooting for Odia movie *Debakanya*, starring Subhasis Sharma in titular role begins. Under the banner of Supreme Entertainment movies, the film is produced by Suresh Sahu and Bhargavu Tripathy, and directed by Rasesh Mohanty. The first look of Subhasis Sharma was released recently.

The story is written by Shankar Tripathy and stars Ashrumochan Mohanty, Kuna Tripathy, Rabi Mishra, Sushree, Ashok Patnaik, Kedar Mishra, Shambu Khuntia among others.

The movie is dedicated to Lord Jagannath and will showcase culture and tradition of Puri city.

PNN

The Future is Here: Trending Gadgets of 2025



Oura Ring 2

The Oura Ring 2 is a wearable health tracker designed as a sleek, circular ring that monitors various aspects of your sleep, activity, and overall health. It builds upon the original Oura Ring, offering advanced features with a refined design. The Oura Ring 2 is equipped with sensors that track heart rate, body temperature, movement, and sleep stages to give users a comprehensive understanding of their well-being. It provides personalised insights through its accompanying mobile app, allowing users to assess their readiness, sleep quality and activity levels. The Oura Ring 2 features a lightweight, durable titanium body, making it comfortable to wear 24/7, including while sleeping. The device has a long battery life, often lasting up to seven days on a single charge. Although it lacks a display, the ring syncs seamlessly with a smartphone, providing detailed analytics.

LiberLive C1

The LiberLive C1 is a stringless smart guitar designed to make music creation accessible to everyone. Unlike traditional guitars, it features a stringless design, allowing users to start playing and singing instantly without the need for string pressure. The instrument offers intelligent chord sheets and syncs with neck LED indicators, simplifying the learning process. It also provides various sound options, including piano and bass, along with nearly 100 rhythm patterns, enabling users to explore different musical styles. Its foldable design enhances portability, making it convenient for travel and practice on the go. The LiberLive C1 is ideal for both beginners and experienced musicians seeking a versatile and user-friendly instrument. Its innovative approach to music backing sets it apart from traditional guitars, offering a unique and engaging musical experience.



Nékojita FuFu: A cooling cat

Nékojita FuFu is a portable, attachable mini robot designed to cool hot beverages and food by blowing air, emulating human cooling methods. This innovative device features an internal fan that directs cooling air through its mouth, effectively reducing temperatures. Its proprietary "Fu-ing System" algorithm randomises blowing strength and rhythm, mimicking natural cooling patterns. Unlike traditional heat-reducing mugs,

Nékojita FuFu operates on a rechargeable battery, offering portability and versatility. Its design includes "paws" that allow it to attach to straight-edged foodware ranging from 2mm to 6mm in thickness. At CES 2025, demonstrations showed that the robot could lower the temperature of hot water from 190°F (88°C) to 160°F (71°C) in three minutes, and to 151°F (66°C) in five minutes, outperforming conventional cooling methods.



As we step further into 2025, technology continues to redefine how we live, work, and play. This year's most talked-about gadgets seamlessly blend innovation, functionality and style, setting new benchmarks for what's possible. From groundbreaking AI-powered devices to eco-conscious tech marvels, these gadgets aren't just tools—they're a glimpse into the future. Dive in as we explore the trending gadgets that are shaping the world today.



SwitchBot K20+ Pro

The SwitchBot K20+ Pro, unveiled at CES 2025, is a versatile household robot designed to perform multiple tasks, enhancing home automation. Its core feature, the FusionPlatform, allows the K20+ Pro to connect with various devices, enabling functions such as vacuuming, air purification, cooling and home monitoring. Equipped with D-ToF Lidar Navigation and dual laser detection, it navigates spaces with centimeter-level accuracy, avoiding obstacles and maneuvering through tight areas. Users can control the robot via the SwitchBot app or through voice assistants like Alexa and Google Assistant. The platform includes multiple power ports, including USB-C, supporting custom-made attachments and third-party devices. SwitchBot plans to introduce additional features, including a mechanical arm, to further expand its capabilities. The K20+ Pro is expected to be available in bundled kits by mid-2025, offering a customizable solution for smart home enthusiasts.

Lymow One

The Lymow One is an advanced robotic lawn mower engineered to deliver efficient and autonomous lawn care. Equipped with a powerful 300W rated motor and a peak output of 1200W, it adeptly handles tough and thick grass. Its dual mulching blades, spinning at 6,000 RPM, ensure a clean and even cut, while the centrifugal fan integrated into the deck effectively expels grass clippings, preventing thatch buildup. The mower's terrain-adaptive floating deck offers a cutting height range of 1.2 to 4 inches (30-100 mm) and a cutting width of 16 inches (405 mm), accommodating various lawn types and conditions. Utilizing a combination of RTK positioning and binocular VSLAM technology, the Lymow One provides centimeter-level navigation accuracy, eliminating the need for boundary wires and enabling efficient path planning. Its robust aluminum alloy frame and LiFePO4 battery ensure durability and longevity, making it a reliable choice for comprehensive lawn maintenance.





Bhumalin

WANT TO BECOME A MODEL?
Send us your photographs at
features.orissapost@gmail.com