





ENGINEER'S DAY - SEPTEMBER 15

DESIGNING HOPE



Himadri Tanava Das is a filmmaker, producer, and entrepreneur. Fueled by a passion for storytelling, he founded Camera Queen Production

and Shiftu Technology Pvt Ltd at just 19, in 2011. Beyond the lens, Himadri has carved a niche in IT and software development, sharing his insights at premier B-schools such as XIMB. His production

house has already delivered acclaimed projects—'Kuhudi', 'Bigul', 'Barang 1999', and 'T'—while audiences can soon look forward to 'Chardham', 'Raa'van', 'Randhra', and 'Utkal Diary'. When the cameras stop rolling, Himadri recharges by

destinations VNICHV KHVLIM UE

exploring new

Day to learn new skills

I use holidays to master fresh techniques and stay ahead of emerging trends, constantly sharpening my craft and recharging my creativity.

Doing recce & much more

Creative

brainstorming

My mornings begin with

coffee and collaborative

stories and concepts ignites

my passion for storytelling.

ideation with fellow

creatives: exchanging

In my downtime I scout new locations and cultures for future projects, tinker with footage just for fun, and team up with industry peers to keep ideas flowing.

Professional obligation

MIXED BAG

On select Sundays I experiment with camera angles. refine edits, and attend festivals or workshops to remain inspired, informed, and creatively charged.

Family evening

Sunday evenings are sacredreserved for family conversations, shared laughter, and memory making that anchor my week.



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

- I went to see a child psychiatrist, that kid didn't know what he was talking about.
- What's blue and not very heavy? Light blue.
- What do you call 10 rabbits walking backwards? A receding hare-line
- What do you call a short psychic who escaped from jail? A small medium at large.



Faulty parenting

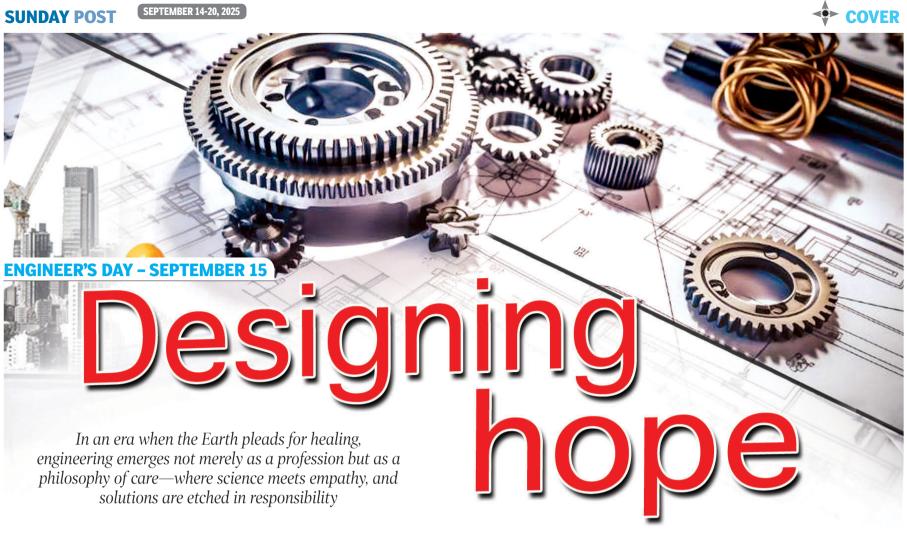
Sir, This is with reference to last week's cover story, 'Call for Hope', which highlighted the need for sympathy, direction, and a trustworthy person during stress and uncertainty that can lead to suicidal thoughts. In India, many people grapple with such thoughts, and several take the fatal step because they lack emotional and mental support in difficult times. Poor communication and understanding at home, strict parents, fear of being scolded, or the dread of not meeting parental expectations push youngsters toward suicide. Weak emotional resilience and distorted mental health nurture these thoughts. It is largely the fault of parenting and our education system that they fail to teach us how to become emotionally and mentally strong enough to face failure and challenges. Parents must raise children to be sturdy yet friendly, able to share their problems and receive the right support and solutions—key steps to keeping suicides at bay.

ABHILASHA GUPTA, MOHALI



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 Peatures.orisapost of grain.com
B-15, Industrial Estate, Rasulgarh,
Bhubaneswar - 751010, Orissa.
Phone (0674) 2549982, 2549948 

ANISHA KHATUN, OP

he planet's pulse is quickening, and the signs are everywhere—melting icecaps, smoldering forests and oceans restless with rising tides. Our world, once a sanctuary of balance and abundance, now trembles under the weight of human ambition and neglect. Yet, amid this growing uncertainty, a group of quiet visionaries is at work, crafting solutions that blend intellect, innovation, and empathy. Engineers, often unseen but deeply indispensable, are shaping the tools and technologies that can steer us away from catastrophe and toward renewal.

Their designs are more than technical blueprints—they are carefully composed responses to nature's pleas, fusing cutting-edge science with sustainable practices. From solar farms that harvest the sun's endless energy to resilient infrastructure that withstands storms and floods, engineers are reimagining the way we inhabit the Earth. Every bridge, every renewable grid, every water-conserving system reflects a commitment to safeguarding life for future generations.

In an era when the Earth pleads for healing, engineering emerges not merely as a profession but as a philosophy of care—where science meets empathy, and solutions are etched in responsibility.

On the eve of Engineer's Day, Sunday POST reached out to engineers on a mission to heal the Earth.

Water management is a critical aspect of climate adaptation'
Raja Sudhir Kumar Rout, a civil engineer from Cuttack, emphasises that designing infrastructure to withstand the impacts of climate change is one of the most pressing challenges today. He explains, "Sus-

tainable and resilient design is not just about using eco-friendly materials—it's about rethinking how structures interact with their environment. We need to consider local climate patterns, future risks and the long-term performance of buildings and infrastructure. For example, incorporating green roofs, permeable pavements and energy-efficient systems can make infrastructure more adaptable while reducing environmental stress. Resilience also means designing structures that can withstand extreme weather events, such as cyclones, floods and heatwaves, without compromising public safety or service delivery."

Water management is also significant measure to boost sustainability.

On this, he says, "Water management and flood control are critical components of climate adaptation. With rising sea levels and irregular rainfall patterns becoming increasingly common, engineers must design drainage systems, levees and reservoirs that prevent urban flooding and manage excess water sustainably. Effective water management not only protects communities from

disaster but also ensures the efficient use of available resources. Rainwater harvesting and wastewater recycling are some of the approaches we are implementing to conserve water and reduce pressure on existing systems."

Regarding sustainable construction materials, he adds, "Sustainable construction materials and techniques play a huge role in reducing carbon emissions. Traditional construction relies heavily on cement and steel, which are energy-intensive to produce. By using recycled materials, fly ash, or low-carbon concrete alternatives, we can significantly lower the carbon footprint of new projects. Furthermore, modular construction methods and prefabrication reduce waste and improve resource efficiency. Integrating lifecycle assessments into project planning helps us understand the long-term environmental im-

so us understand the long-term environmental impact and make smarter choices from the outset."

He also highlighted the challenges engineers face, stating, "Despite these advancements, integrating climate adaptation strategies into urban planning comes with its own set of challenges.

Balancing cost, feasibility and public acceptance is not always straightforward. Many stakeholders, from government bodies to local communities, need to be aligned in their priorities. Additionally, existing infrastructure may not be easily retrofitted, requiring significant investments. Policy constraints, lack of awareness and limited technical expertise in some regions further complicate implementation. I strongly believe that by working collaboratively—with planners, architects, environmental scientists and communities—we can create solutions that are both sustainable and resilient. Engineers are at the forefront of this transformation and our responsibility is to lead the way in designing infrastructure that not only serves present needs but also safeguards future generations."

'Energy efficiency crucial in combating climate change'

Vigyan Viplab, a mechanical engineer based in Bhubaneswar, believes that enhancing energy efficiency is crucial in combating climate change. He explains, "Mechanical engineers have an important role in improving



system performance by identifying areas where energy is wasted and applying smarter solutions. Instead of just upgrading equipment, we analyse processes and work on optimising operations. Simple interventions like improving motor efficiency, reducing friction losses and implementing advanced controls can lead to substantial energy savings. These im-

provements not only reduce greenhouse gas emissions but also help industries lower their operational costs in the long run."

On innovations in HVAC (Heating, Ventilation, and Air Conditioning) systems, he says, "Efficient heating, ventilation and cooling solutions are essential for reducing energy consumption in buildings without compromising comfort. In this hot and humid climate, using smart thermostats, adaptive airflow systems and energy recovery devices can drastically reduce unnecessary energy use. We are also exploring sustainable materials such as phasechange insulation and eco-friendly refrigerants that enhance system efficiency while lowering environmental impact. These technologies ensure that buildings remain comfortable while consuming significantly less energy."

ers to make

informed

SUNDAY POST

PTEMBER 14-20, 2025





Regarding clean transportation, Vigyan remarks, "We can contribute to sustainable mobility by designing electric and hybrid vehicles that are lighter, more efficient and cost-effective. From developing high-performance battery management systems to enhancing aerodynamics and reducing vehicle weight using advanced composites, our work focuses on minimising energy losses. We are also investigating hydrogen fuel solutions and integrating regenerative technologies like braking systems to recover and reuse energy, making transportation

cleaner and more efficient." On the challenges of designing sustainable manufacturing processes, he points out, "There are real obstacles when trying to balance resource conservation with productivity. Many industries are hesitant to invest in sustainable solutions due to high upfront costs and limited awareness of long-term benefits. Retrofitting existing machinery or training staff to adapt to new systems can also be a challenge. However, proaches such as lean manufacturing, waste heat recovery and predictive maintenance are helping us overcome these hurdles. By focusing on smart, cost-effective solutions, we can ensure that sustain-

go hand in hand."

He concludes, "Cities like Bhubaneswar are uniquely positioned to design systems that are both energy-efficient and environmentally responsible. By integrat-

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ability and productivity

able practices into every phase—from design to implementation—we can create technologies that not only meet today's needs but also safeguard resources for future generations."

'Data-driven solutions essential in addressing climate crisis'

Samarpit Das, a data engineer from Bhubaneswar currently working in Jharkhand, believes that data-driven solutions are essential in addressing the climate crisis. He explains, "We play a vital role in building the foundations that allow scientists and policymaktured way, cleaned and made available for analysis. By enabling seamless access to vast datasets, we empower researchers to identify patterns,

model predicenvironmental rately."

On the role of he adds, "Reis transforming tries monitor to energy coninstance, by conalysing sensor ufacturing units we can identify and take correcstantly. Machine can be integrated lines to forecast detect anomalies energy-saving These indentify patterns, tions and assess risks more accu-

data processing, al-time analytics the way indusand respond sumption. For tinuously andata from manor power grids, inefficiencies tive actions inlearning models into these pipeenergy demand, and automate adjustments.

terventions not only optimise operational efficiency but also directly contribute to reducing carbon footprints, making industries more sustainable."

Regarding renewable energy systems, Samarpit explains, "Data engineering helps optimise the performance of renewable energy sources by ensuring the smooth flow of information across various components. For example, in solar farms or wind turbines, we collect data on weather conditions, energy

output and equipment status to improve grid stability.

Energy storage solutions like batteries require precise data management to balance supply and demand efficiently. With proper data architecture, we can predict storage needs, prevent outages and ensure that renewable sources are used optimally, reducing reliance on fossil fuels."

On the challenges involved, he reflects, "One of the biggest hurdles in building climate-focused solutions is ensuring data quality and

reliability. Datasets are often incomplete, inconsis-

tent, or prone to errors due to sensor failures or communication gaps. Making this data accessible while maintaining privacy and security adds another layer of complexity. We also need to address scalability—

climate

grows

data

expo-

nentially and systems must be designed to handle this without compromising performance. Collaborating with domain experts is essential to interpret data correctly and build models that reflect real-world conditions."

"As data engineers, our responsibility extends beyond technology. We must create systems that empower others to solve some of the most complex challenges of our time. By designing robust, efficient and secure data infrastructures, we are helping pave the way for smarter, greener and more resilient solutions to the climate crisis," he signs off.



SUNDAY POST

SEPTEMBER 14-20, 2025

Gadgets for smarthomes

As we progress through 2025, technology continues to introduce innovative gadgets that simplify daily tasks, enhance productivity, and improve overall quality of life. From smart companions to advanced home appliances, these devices are thoughtfully designed to integrate into everyday routines, making life more convenient, efficient, and emotionally enriching. Here's a look at some of the most impactful gadgets making waves this year



Timekettle W4 Al interpreter earbuds

TECHNOLOGY

anguage barriers are fading thanks to the Timekettle W4 AI interpreter earbuds. Designed for everyday use, these wireless headphones feature Babel OS 2.0, an advanced translation software powered by AI language models. Users can translate up to 42 languages and 95 accents with an impressive 98% accuracy. Bone conduction

technology ensures reliable translations even in noisy environments, allowing users to speak softly without compromising communication. Whether traveling abroad or attending international meetings, the Timekettle earbuds offer convenience and

discretion, making conversations smoother and more natural.

Livia: Emotion-Aware AR companion

ivia, an emotion-aware augmented reality (AR) companion app, brings emotional intelligence to personal interactions. By combining AI agents, multimodal affective computing, and AR-driven interactions, Livia offers customised emotional support tailored to each user's needs. It prioritises long-term memory management, ensuring that important experiences are retained without overwhelming data storage. Livia's empathetic interface fosters deeper bonds, helping users manage stress, reduce loneliness and feel supported in times of emotional strain.





Hisense U8 S Pro air conditioner

omfort meets intelligence with the Hisense U8 S Pro air conditioner. It features presence-aware HI-SENSOR technology that automatically adjusts airflow, temperature, and humidity depending on how many people are in the room and their preferences. By learning patterns over time, it ensures

energy is used efficiently without compromising comfort. Additionally, the built-in voice assistant allows users to control settings hands-free. Its HI-NANO ion air purification system further improves air quality by removing allergens and pollutants, creating a healthier living space while reducing energy consumption.





SwitchBot AI pet - Noa & Niko

and Niko, revolutionizing how technology can provide emotional and Niko, revolutionizing how technology can provide emotional as mechanical devices but as empathetic friends. They can recognize as mechanical devices but as empathetic friends. They can recognize individual family members and respond to gestures, facial expressions, and emotions in real-time. Whether expressing happiness, sadness, mirror human-like emotions, creating

or jealousy, they an interactive and comforting environment. Their on-device AI learns the family's daily routines, preferences, and shared memories, helping them adapt to different situations and moods. Noa and Niko serve as trusted companions for children, elderly members, and anyone seeking a deeper connection with technology at home.

MarsWalker Robovac

leaning becomes smarter and more accessible with the Eufy MarsWalker Robovac. Unlike conventional vacuum cleaners, this robot vacuum is equipped with tank-like treads, enabling it to climb stairs and navigate uneven surfaces with ease. It's ideal for homes with multi-level layouts or challenging floor designs. The Al-driven

algorithms help it map rooms, avoid obstacles, and clean efficiently across various surfaces. Its adaptive cleaning modes ensure no area is overlooked, making it a perfect solution for maintaining cleanliness with minimal effort.



▼ TINSEL TOWN

in two years, I am not on any

lists... but I am the happiest

I have ever been," she said.

She revealed how constant-

Now, Samantha focuses on

small, meaningful changes like

keeping a gratitude diary. "A

year later today, my whole at-

titude towards failure and hic-

cups has changed," she reflect-

ed. She also uses her podcast

to share health information.

hoping it helps others avoid

helplessness. "With my wellness investments, the idea

is to not land in that state

of helplessness which I

once found myself in. I do

not wish it for anyone else," she added, encour-

aging people to prioritise health and gratitude.

Uorfi going natural to enhance look

fame Javed, Thursday, took to social media to show her 'road to recovery' from swollen lips. She also shared that she has discovered something even better than lip fillers but it is more natural than cosmetic.

Taking to her Instagram stories, Uorfi posted a series of her photos and captioned it as, "Road to recovery So many people said so much made so many reels Some said 'it's upar wale ka azaab' Fruit for my bad deeds I had a good laugh at them all even the memes Waise I've discovered something better than lip fillers to make my lips fuller. In the next video, my lip care.

The images and videos trace Uorfi's journey from showing her swollen lips to her present-day recovery pictures. The final video shows the actress confidently flaunting her lips while herself. recording Uorfi recently

grabbed attention on Instagram as she opened up about the aftermath of dissolving her lip fillers. Her visibly swollen lips quickly sparked buzz across social media.

Sharing her video, *The Traitors* winner wrote, "No, this is not a filter: I decided to get my fillers dissolved, as they were misplaced. I will get them again but naturally. I'm not saying no to fillers at all. Dissolving is painful."



Tanishaa recalls her near-death-experience

anishaa Mukerji, who made her Bollywood debut with Sssshhh... in 2003, recently recounted a terrifying experience from the film's shoot. While travelling with co-stars Dino Morea, Gaurav Kapur, and director Pavan S Kaul, their car skidded on black ice and plunged into a gorge. The accident left Gaurav with multiple fractures and Dino with a broken bone. Tanishaa herself suffered a serious concussion. Doctors later revealed that the impact had caused brain swelling, and it took her over a year to fully recover. Despite the trauma, she continued working on Sssshhh ... and other projects. dent also led to memory loss.

making her feel like a filmi character wak-

ing up without knowing anyone. Her mother rushed to Manali to support her, and they later moved to Delhi for treatment.

In another interview, defended Tanishaa star kids, expressing pride in being part of a Bollywood family. She lamented the constant criticism aimed at the industry, explaining that many star kids feel a strong sense of loyalty and responsibility to give back, unlike outsiders who she feels often seek to benefit without the same commitment. She emphasised that love for the fraternity and cinema is at the heart of her journey.



Oral & dental care

during pregnancy

o sustain oral and dental health for a lifetime, effective and adequate care is essential. In women, dental care is much more important during pregnancy, breastfeeding, and menopausal periods. Pregnancy is not a disease state but instead it is a sign of being healthy. Maintaining good oral health during pregnancy is crucial for both the mother and the developing baby due to hormonal changes and physiological changes that can impact dental health. Poor oral health, particularly gum disease, has been linked to complications likepremature delivery, low birth weight baby, pre-eclampsia, pregnancy granuloma, gingivitis, pregnancy tumours, loose teeth, mouth dryness, and dental erosions. The changing hormone levels in pregnancy directly affect gum problems, and indirectly, tooth decay.

Here's why oral health is so important during pregnancy

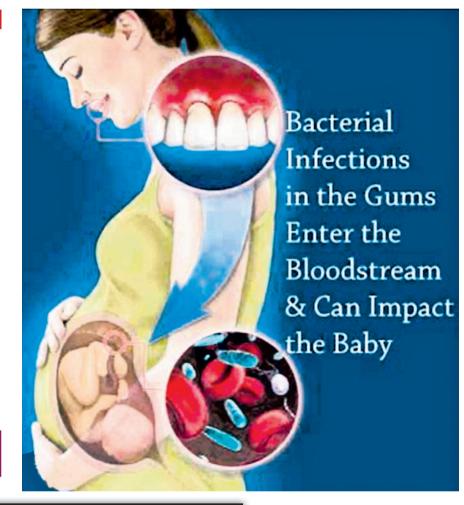
FOR THE MOTHER

- Pregnancy hormones can make gums more sensitive and prone to inflammation (gingivitis), bleeding and increase the risk of cavities. Morning sickness and cravings for sugary foods can contribute to tooth decay.
- Hormonal changes can sometimes cause the growth of benign tumors (pregnancy tumor or pyogenic granuloma) on the gums.
- Poor oral health can contribute to systemic inflammation, potentially affecting pregnancy
- Regular dental check-ups and cleanings can help identify and address potential issues early on.

FOR THE BABY

- Studies suggest a link between gum disease and preterm birth or delivery of low-birth-weight baby.
- Bacteria from the mother's mouth can be transmitted to infant, potentially leading to early childhood cavities/caries.
- Good oral health habits established during pregnancy can benefit the child's oral health later in life.

HEALTHY MOUTH





HEALTHY MOTHER HEALTHY CHILD

HOW TO MAINTAIN GOOD ORAL HEALTH DURING PREGNANCY

- Brush at least twice a day with soft bristled brush using fluoride toothpaste and floss daily to remove plaque and food particles.
- This can be gentler on sensitive gums.
- Brush your tongue too and practice gingival massage with finger.
- Use mouthwash to remove food particles left after brushing and
- Replace your toothbrush every three months or sooner if bristles are splayed or worn or you are having cold, flu, cold
- After vomiting, rinse your mouth with water or a fluoride mouthwash to neutralize acids and wait before brushing to avoid damaging enamel.
- Limit sugary snacks, drinks, and focus on a balanced diet with fruits, vegetables, cereal, milk, dairy products, meat, fish and eggs and foods rich

- invitamin A, C, D, calcium and phosphorus.
- Drink plenty of water to help prevent dry mouth.
- Schedule regular dental checkups and cleaning/scaling with polishing of teeth
- Quit smoking and alcohol. Smoking and alcohol consumption can negatively impact both the mother's and baby's health. The possibility of abortion or stillbirth increases among smokers. Also, when the baby is born alive, the birth weight is less than normal. Early or late neonatal deaths are seen much more frequently among babies of mothers who smoke.
- **Emergency dental treatments** like extractions or root canal treatment etc. are safe and should not be delayed if needed.

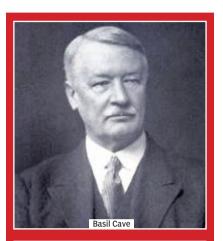
By prioritizing oral health and taking proactive steps to maintain good oral health during pregnancy, expectant mothers can contribute to a healthier pregnancy and healthy development of their babies.

Remember your mouth and your body talk—so look after them both! Have a healthy teeth and good oral hygiene...



Dr. Ashok Kumar Mohanty TATA Main Hospital. Noamundi







OP DESK

n the morning of 27 August 1896, the tropical calm of Zanzibar's Stone Town was shattered by the roar of Royal Navy guns. By 9:40 a.m. the shooting had stopped, the palace was in flames, and the Sultanate's fate had been sealed. Total elapsed time: 38-45 minutes-shorter than a modern sitcom and still the shortest war ever recorded.

A throne, a treaty and a telegram

The flashpoint was not a border dispute or a trade route, but a succession crisis. When pro-British Sultan Hamad bin Thuwaini died suddenly on 25 August, his 29-year-old nephew Khalid bin Barghash moved into the palace and proclaimed himself ruler without awaiting the mandatory approval of the British consul

London had exercised a "protectorate" over Zanzibar since 1890, giving it the legal right to veto any candidate. Khalid's open defiance—backed by 2,800 palace guards, a handful of artillery pieces and an armed yacht—was therefore interpreted as a direct challenge to imperial authority

Consul Basil Cave cabled the Foreign Office; within hours the cruiser HMS St George and two gunboats dropped anchor in the harbour. Cave delivered an ultimatum: vacate the palace by 09:00 on



THE 38-MINUTE ANGLO-ZANZIBAR WAR, SHORTER THAN A MODERN SITCOM, IN 1896 LEFT 500 LOCALS DEAD OR WOUNDED VERSUS A SINGLE BRITISH SAILOR INJURED WHEN HE TRIPPED OVER A ROPE

the 27th or "we shall open fire"

Khalid's reply, slipped under the consulate door, read: "We have no intention of hauling down our flag and we do not believe you would open fire on us"

Two minutes past nine

At 09:02 the ultimatum expired. British gunners immediately began a systematic bombardment. In the first salvo they silenced Khalid's only artillery battery and sank the 120-ton royal yacht Glasgow. Machine-gun fire raked the palace walls; 500 shells and more than 4,000 rounds tore through courtyards, harem quarters and the clock tower itself—ironically knocking out the very timepiece historians would later cite to fix the war's duration. By 09:40 Khalid had slipped out a back door and sought asylum at the German consulate; his flag

was lowered and the shooting ceased.

Casualties reflected the one-sided nature of the contest: roughly 500 Zanzibari dead or wounded versus a single British sailor injured when he tripped

Gunboat diplomacy in action

The lopsided engagement was never about territory; it was about signalling. Britain wanted to remind Europe—and restless African rulers-that the Indian Ocean's western gateway remained firmly in London's sphere. The Berlin Conference of 1884-85 had already carved East Africa into German and British zones, and the 1890 Heligoland-Zanzibar Treaty had swapped the tiny North-Sea island of Heligoland for German recognition of British primacy in Zanzibar

Allowing an upstart prince to crown

himself risked encouraging German agents still sniffing around the coast.

Within 24 hours Britain installed the more pliable Hamoud bin Mohammed, who dutifully outlawed slavery-another key British objective

Khalid, smuggled to Dar es Salaam aboard a German warship, spent the next two decades in exile; his brief reign had lasted less than three days

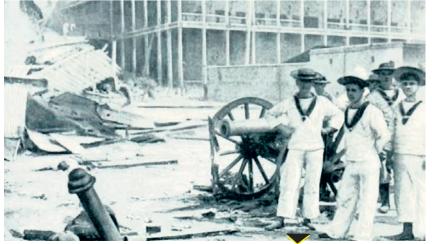
Legacy in 38 minutes

The Anglo-Zanzibar War is often dismissed as a comic footnote, yet it encapsulates the asymmetry of high-imperial politics: telegraph cables, steel cruisers and explosive shells deployed to enforce a clause in a treaty most Zanzibaris had never seen. The episode also accelerated the island's integration into Britain's Indian-Ocean security lattice, paving the way for Zanzibar's later merger with Tanganyika to form Tanzania in 1964

More broadly, the war became a textbook example of "gunboat diplomacy," studied in naval colleges as proof that maritime supremacy could resolve colonial crises before luncheon.

For anti-colonial activists, the 500 dead became early martyrs in the longer, bloodier struggle for African self-rule.

Today the ruined palace walls are a tourist stop, and local guides like to joke that visitors should set two alarms—one to arrive, one to leave—lest they spend longer touring the exhibit than the British needed to conquer it. History's shortest war may have changed little on the ground, but it endures as a vivid snapshot of an era when empires could redraw maps in the time it takes to brew a pot of tea.



British marines standing next to a captured artillery gun