

MARCH 5-11, 2023

# SUNDAY POST

HERE . NOW



## Adding life to colours

P 3,4

COVER  
STORY

# MY SUNDAY

**IN A LITTLE OVER TWO YEARS, ABHISHEK PANDA HAS APPEARED IN NEARLY 40 ROMANTIC HIT MUSIC VIDEOS SHOWING SIGNS OF MAKING IT TO THE TOP IN THE BUSINESS. HE USED TO TEACH ENGLISH TO M.A. STUDENTS AND CHASE HIS PASSION OF PHOTOGRAPHY BEFORE BECOMING A HEART-THROB. THE FORMER MR BERHAMPUR, WHO IS ALSO A PH.D RESEARCH SCHOLAR, SAYS HE WOULD HAVE JOINED DEFENCE FORCES HAD HE NOT BEEN AN ACTOR**



**Sunday PositiviTEA**  
 Most of my Sundays are packed with shoots. I wake up late and start my day with a cup of tea, when I don't shoot. No matter what day it is, tea is a must for me in order to keep myself positive. I need positivitea.

**Passionate explorer**  
 Photography has always been an interest of mine since 2012. Apart from photography, I'm also a fitness freak. I would love to join the defence force. If not, I would like to serve as the Minister of Fisheries and Animal Husbandry.



**Adventurous life**  
 Becoming an actor was no less than an adventure. We have to prove ourselves daily in front of the camera. I can't explain how much pressure we take; mentally, physically and socially. I love adventure sports. I also like to explore, places, food and outfits

**Pets redefine peace**  
 I find peace and love with pets. I believe 'unconditional love' starts and ends with the four legged. They make the world a better place to live in.

**A beginner chef**  
 I have started cooking and enjoying the process these days. I am done with the basics like tea, noodles, oats, rice, dal etc. and gearing up for the next level. My favourite food has to be Bou's (Mother's) handmade prawn biryani, pumpkin flower fritters and peri peri fries.



●●● SMRUTI REKHA BARIK, OP

## WhatsApp This Week

**Only on Sunday POST!**

Send in your most interesting WhatsApp messages and memes received to: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
 And we will publish the best ones

**THE BEST MEMES OF THIS ISSUE**

- You have two parts of brain, 'left' and 'right'. In the left side, there's nothing right. In the right side, there's nothing left.
- Behind every angry woman is a man who has absolutely no idea what he did wrong.
- Improve your memory by doing unforgettable things.
- God gave us the brain to work out problems. However, we use it to create more problems.



## ODE TO THE WHEELCHAIR

Sir, Making life easier (Feb 26) was an apt panegyric for the wheelchair to commemorate International Wheelchair Day. This momentous occasion is a timely reminder for having a more accessible world for all, especially for people with physical impairments. Needless to add, a wheelchair imparts the necessary confidence, independence and a sense of higher self-esteem to its user by making a perceptible difference between a passive receiver and an active contributor. This assistive mobility device can help in opening up a new world of opportunities for its user, enable him to participate in all societal engagements, sports and recreation activities, resulting in better health and improved quality of community living. For having a more all-embracing society, it is direly imperative to implement non-negotiable rules and regulations for making public places, workspaces, educational institutions and entertainment spots etc. easily accessible and functional for those with mobility disabilities. Disability, after all, is purely a matter of perception. As Nick Vujicic, the renowned motivational speaker, puts it succinctly across: "For every disability you have, you are blessed with more than enough abilities to overcome your challenges".

**AMIT BANERJEE, NEW DELHI**

## LETTERS



**A WORD FOR READERS**

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa.  
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# Adding life to colours

IMAGE COURTESY: DRAWING ACADEMY YOUTUBE CHANNEL

SMRUTI REKHA BARIK, OP

**As India prepares to celebrate the auspicious festival of Holi, some activists are pushing the narrative of 'change is the only constant' for the better. They are avoiding traditional chemical dyes in favour of an herbal substitute for the celebrations**

**H**oli, the bright festival of colours, not only celebrates the victory of good over evil, it also commemorates the eternal love between Radha and Lord Krishna. Then, the festival marks the onset of Spring, the king among all seasons. Unfortunately, it also is that time of the year again when people drench each other in chemical-laced coloured water posing serious health hazards. To top it all, in the last couple of decades, the festival has turned a source of environmental damage too.

However, it is heartening witness that more people are coming forward to combat the adverse effects of Holi pollution and resorting to natural ways of celebration.

Ahead of the festival, **SundayPOST** sat down with a few social activists who have geared up to observe Holi in an environmentally responsible and sustainable manner.

**Herbal Holi in its 13th year**

Herbal Holi is a moniker that combines the words Herbal and Holi, in an original way. **Swapna Pati**, a well known humanitarian and Hindi film actress, came up with the idea of Herbal Holi. Swapna, a Rourkela native, began doing charity work while studying and living in a hostel. She started campaigns with her friends, and eventually others joined in. With time, Swapna encountered several youngsters and volunteered at a school for the blind. The inspiration of Herbal Holi came to Swapna when she noticed that despite being one of the most revered festivals in India, Holi has been tainted by chemical dyes, resulting in dangerous skin diseases. There is also a risk of side effects from playing Holi with chemical colours. Using readily available ingredients from the market, such as beetroot, spinach,



neem leaf, turmeric powder, multani chlorophyll, and sandalwood powder, she began making colours by hand.

In 2010, Swapna began organising Herbal Holi on her rooftop. Many people attended the event and experienced the eye-catching, healthy, and easy-to-clean colours. Since then, Pati has planned a gathering each year to educate people about playing Herbal Holi. She hasn't stopped since, and the Swapna Pati Foundation has been in operation for 13 years.

"Holi promotes the idea of interconnectedness and merrymaking, but accidents are becoming more frequent, and people are being affected due to the chemicals used in colours. The preparation also involves underage labour. Hence, 'Herbal Holi' is the new way, challenging the conventional idea of playing Holi with colours sold in stores", says Swapna.

She added, "This is the only individual event happening in the entire city of Bhubaneswar, and everybody who has been a part of the celebration is eagerly waiting for Holi this year. Although COVID put numerous restrictions and a pause on the celebration, the preparation is back with so much pomp this year. The number of members has decreased post-Covid, making it difficult to organise, but spirits are high for the Herbal Holi."

Herbal Holi with Swapna Pati is preparing for huge footfall, and this year actress Amrita Rao and DJ Venus are gracing the event.

Swapna Pati Foundation believes in lending a helping hand to make children and women realise the possibility of a better future by promoting education for children and empowering women.

**Choosing healthy colours**

With a motif of creating positive social change, the Help Hands Foundation took its first step by providing monetary assistance of Rs 500 to the transgenders in Bhubaneswar. They also provided food and shelter to the stray animals. **Rudra Narayan**, the managing director of the organisation, said that their motivation to draw attention to Odia culture was the push that helped them take the initiative two years ago.



The festival, named *Phal Rasiya*, will be organised March 7 and 8 by the Help Hands Foundation and Glamour 77 at Blue Splash Water Park along Puri-Konark Drive. Explaining the nomenclature of the event, Rudra said, "Since this is the first year of celebrating Holi, and looking at the concerns of skin health, we will have pools filled with

juices, watermelon and orange extracts, milk, and rose petals. Since all of these have a major impact on the skin's health, we have named the event *Phal Rasiya*. There will be fashion shows in traditional and western attire. Authentic food will be a major attraction, as we will have Baripada mutton, chhena poda, rasabali and many more." Steering away from the traditional chemical dyes and pushing toward this fruit and flower extract alternative is not only innovative but also beneficial for the health.

"To attract more people and make this event a success, we have a few celebrity attractions. Television actress and *BigBoss* participant Tejasswi Prakash, Odia film actress Priya Choudhury, Supriya Nayak, Sasmita Panda, and many others will grace the event," concludes Rudra.



**Traditional activity of colour-making**

Shweta Agarwal, founder of the Unmukt Foundation, says that they have been conducting hands-on workshops on the making of natural colours for Holi since the inception of the organisation. Elaborating on the process of making colours, she said, "We prepare Holi colours by using corn flour/arrowroot powder as a base, and for pigments we use turmeric, beetroot, the green leaves of spinach or



delonix regia, or natural minerals, etc. All of these ingredients combine to produce pastel colours. As the children love vibrant colours, we use food colours. These colours are free from harmful chemicals, rich with the goodness of herbs and natural ingredients, eco-friendly, cost-effective, and water-saving, beating chemical colours in every aspect. It gives us great joy to start celebrating the festival a month before Holi through this unique and traditional activity of colour making."

She added, "Children actively participate in the colour-making workshops. Initially, we conduct quizzes and keep the workshops interactive to encourage them to use natural Holi colours. Once they are convinced, we provide them with the necessary ingredients to make the colours themselves. Recently, the Principal of SSVM School, Khandagiri, Gagan, shared that our workshops not only help children with Holi but also combine their textbook learning with practical learning, which is in line with National Education Policy 2020."

The team has been organising workshops for five years and currently teaches more than a thousand children about the process of natural colour-making. Sadashib, one of the children from the foundation, said, "I am making Holi colours at home. I have made beetroot juice, and I am going to do the experiment with different leaves and flowers too."

Expressing her thoughts on the foundation, Shweta said, "Not only the children but also our volunteers are feeling very satisfied. They are learning something new and sharing it. We owe a special thanks to Sudhanwa Dash, Unmukt volunteer leader, SOA National Institute of Law college volunteers, and their professor, Amruta Das,



for volunteering with us and giving us support to reach our goal."

**Big push towards sustainability**

Social activist and founder of the Dudnu Foundation, Bandana Harichandan, who has several awards to



tion have been hosting a gala event known as Ranga Utsav Samman at her residence on the occasion of Holi for the past four years. They celebrate this festival with fun, dance, singing, and cultural programs. They have taken the initiative to play Holi with organic colours. The small change of substituting herbal colours for chemical dyes is a big push towards sustainability and making the world a

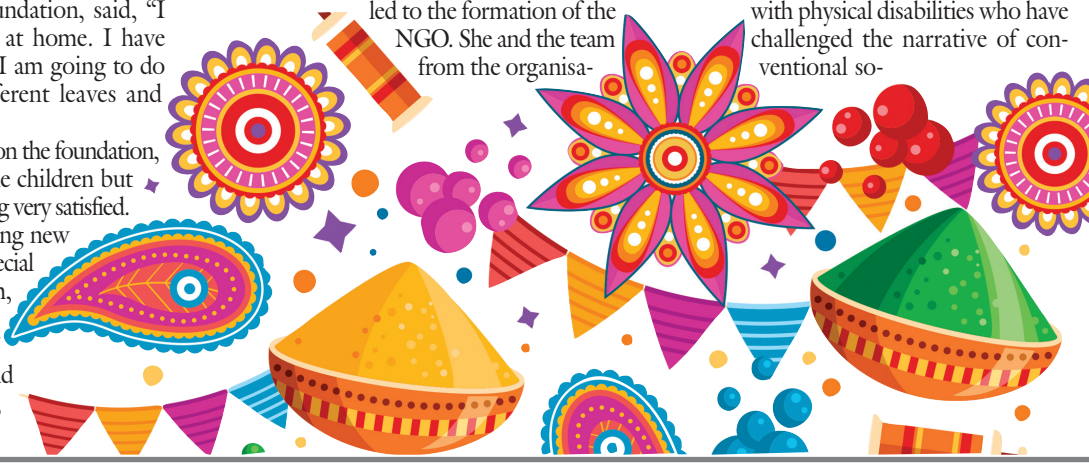


her credit, started doing what she was always passionate about, which is contributing time and money for different social work, which led to the formation of the NGO. She and the team from the organisa-

better place. The activist does not hesitate to arm herself for social change in a positive direction. She has a soft corner for individuals with physical disabilities who have challenged the narrative of conventional so-

ciety and become inspirational figures. The foundation also awards those who have achieved recognition in their respective fields with Dudnu Prerna Sanman. Dudnu Foundation also felicitates celebrity figures, social activists, educators, freedom fighters, and families of war martyrs on this occasion.

Explaining the cause, the activist said, "On August 16, 2019, I started the NGO called Dudnu Foundation Trust, in which along with helping people, we also organise cultural festivals and honour people for their contributions. Connecting with children having different abilities is the main purpose of the NGO. My wish is to build a hospital along with an ashram for the children."



## TRANSLATION HELPS PEOPLE WITH THE PROJECT OF MUTUAL UNDERSTANDING AND IT HAS BEEN IGNORED IN INDIA WITH DREADFUL CONSEQUENCES, SAYS ACCLAIMED POET AND AUTHOR JERRY PINTO

# 'Reading helps one grow as a person'

■ You also have written novels, short stories and poems. Which one is tough among these?

■ I don't think of my writing as existing in silos. I feel at the best of times as if I am a conduit for words and images that come through and which then determine their shape. The next step is accepting what the words want to do. Oh, you're a poem. Oh, you're a short story. Oh, you're an essay. Then comes the craftwork, the artisanal exercise of editing.

■ You are known for travelling daily by bus, train and starting a conversation with a stranger, for your characters. How do you find your characters? Do personal experiences help?

■ I do not believe in human exceptionalism but I do believe what makes us unique is empathy and one of the most important means we have of understanding each other is through language. Language in action, in everyday action, is conversation. The exchange of ideas, feelings and thoughts is also conversation. It is such an ordinary thing that we forget how magical it is when it does happen. And in that everyday magic lie the seeds of creativity. We are our stories but even more they are our stories. One cannot hope that every bus-ride will throw up a character. 'The hunt is not an exercise of will/But patient love relaxing on a hill,' as Nissim Ezekiel put it.

■ Books are being widely adapted into movies. What's your take on this?

■ No great book can become a great movie unless the writer is willing to accept that the demands of film are different and that s/he must submit to these demands. That is the difficult bit for the writer. For the reader, the same applies. You cannot expect your favourite book to be transferred completely to the screen because in the process of reading the book, your imagination is engaged and you complete the work of the book by giving it a cerebral and visceral life. That will never turn up on the screen.

■ Do you think translation is not given much importance in India?

■ I believe that a nation like ours can only be built on mutual trust and understanding and to understand and trust someone, we must approach with-

out presuppositions and learn with humility. Translation helps us with the project of mutual understanding and it has been ignored in India with dreadful consequences.

■ What's your view on the importance of bookshops?

■ Thanks to the internet, it is believed that now a New Yorker and a resident of a small town in India would have equal access. However, this has proved to be tragically untrue with algorithms, savage business practices, and unhealthy ecosystem intervening. So you need book shops where you can follow your nose, trust your heart, stop and read a few pages, smell books, pick them up, hold them and feel them. Bhubaneswar has good bookshops such as Walking Bookfairs and that is a portal to the world of reading, but no portal works if people won't cross it. Please go and buy books and read them. You have no idea how much that will help you grow as a person.

■ What can we expect from you next?

■ I am, as always, working on several projects at once. But the book that will probably come out next is a translation of Swadesh Deepak's short stories and his plays. These two volumes will be companion pieces to his magnificent autobiography which I was honoured to be allowed to translate *I Have Not Seen Mandu: A Fractured Soul-Memoir*.

ARINDAM GANGULY, OP

Indian English poet, novelist, short story writer and translator Jerry Pinto's body of work speaks for itself. While he was honoured with Sahitya Akademi Award for his novel *Em and the Big Hoom*, his *Helen: The Life and Times of an H-Bomb*, a study on iconic dancer and actress, fetched him Best Book on Cinema Award at the 54th National.

Though Pinto has touched several aspects of literature, he loves to call himself a poet.

His fans from Odisha are excited that his *Murder in Mahim* and *Em and the Big Hoom* will soon be available in Odia language.

The acclaimed poet and author was recently in Bhubaneswar to participate in a literary festival. On the sideline of the event, he took some time off to speak to **SundayPOST** on a range of issues.

Here're the excerpts:

■ Would you share your views about Odisha, Odia authors and on the present state of Odia literature at national level?

■ I believe that every state in India throws up a precious cache of literature which is invaluable to all readers. The problem in India is language which forms a barrier to reading. We not only need more translations to English but also to other Indian languages. We need more translators but good translations otherwise the whole project might go under. There are of course good English language writers in Odisha. I am familiar with Jayanta Mahapatra whose beautiful and lyrical poetry seems to remind English of its Sanskrit roots. Then, there is Sitakanta Mahapatra whose translations I have treasured. I have just bought a stash of books published by Manu Dash which I am hoping to read when I get back to Mumbai. I find it very heartening that Bhubaneswar has a world-class bookshop like Walking Bookfairs. I hope that the young people will make good use of it.

■ You have authored several books on movies. What attracted you towards this genre?

■ Film is the ultimate 20th century art form. It brought together strands from so many different art forms and made them a new one. Writing, music, art and photography, they all found sources of renewal in cinema. I believe that we should bring together our diverse cultures and forge a new one while respecting the individual constituents and celebrating them for what they are. This is the basis of constitutionalism, secularism and democracy all of which have been very important to me. To write about cinema then is to accept the challenge that this art form evokes.





### Sara new face of popular snack brand

Mumbai: Actress Sara Ali Khan is on a roll, becoming the face of major brands across categories. Kurkure, one of India's most beloved snack brands, recently onboarded Sara as its brand ambassador.

In a comical Instagram post, she wrote, "Finally, I can tell you all happily. I'm part of this chatpatta family, *Ab Kurkure mai lagega Sara ka tadka!* (Now Kurkure will have Sara's tempering) Everyone should have a good time; *ladki aur ladka* (boys and girls). *Is family mai masala na hoga kam;* *Fine for masti, tasty, zayekedar fun* (The family will never run out of masala; up for mischief, tasty, and flavourful fun)."

The *Atrangi Re* actress has a prestigious endorsement profile despite her age. She is the face of a number of high-end brands like Fanta, Puma, JBL, Vivo, Veet, Garnier, and many more, with Kurkure being the latest addition. Synonymous to the brand, the actress is known for her fun and playful persona that adds a bit of mischief in the daily lives of her fans, which is the perfect fit for the brand. Sara will be an active part of upcoming Kurkure campaigns and will promote the brand and products across all traditional and digital platforms in the country.

AGENCIES



### Journey into B-town is difficult: Ritika

Mumbai: Ritika Singh, best known for her role in *Saala Khadoos*, says that although she feels blessed to have a career in the south Indian film industry, she is finding it difficult to get a breakthrough in Hindi films. The actor shot to fame with her lead role in her 2016 Hindi movie debut, *Saala Khadoos*, co-starring R Madhavan as her boxing coach.

Narrating her challenges, she said, "Although I am a Hindi girl from Mumbai, it is a bit difficult to find the right connection, people, and manager. It is a big game."

She further added, "I am not saying they make it difficult, but as an outsider, it is difficult to approach people. You think, 'What will he think of me if I say I want to work with you?' or 'How do I say 'Hi'?' I am willing to act in all languages as long as I get a good script and a good team. I am waiting for that to happen in Hindi, and I will take it more seriously now. I hope everything works out."

AGENCIES

## Show on MMA is a story of emerging India: Suniel

Mumbai: Superstar Suniel Shetty is currently hosting the MMA reality web series *Kumite 1 Warrior Hunt*. He shared that, aside from the regular heavy duty drill of fighting and martial arts, it is a human story that talks about an emerging India.

The actor and the team, including Mohamedali Budhwani, The Great Khali, India's star MMA fighter Ritu Phogat, and Indian wrestling coach Mahavir Singh Phogat, appeared on *The Kapil Sharma Show* to

promote MMA and the series.

The actor said, "*Kumite 1 Warrior Hunt* is a cut above a mere reality series; it is a human story that talks about an emerging India. I thank everyone associated with the series. Thanks to Toyam Sports

Limited for believing in the sport. The company is going to change the future of sports in India, and I say this because when you have the grit to go ahead and spend money to build something, regardless of consequences, that's a champion."

IANIS



### Yami goes all praise for Kangana

Mumbai:

*Lost* actress Yami Gautam spoke about her bond with Kangana Ranaut, saying that 'anyone who treats you with respect and love must be embraced back'.

In a recent interview, Yami called Kangana 'a fantastic actress' and 'one of the best we have'. The actor also said that she was invited by Kangana to her Manali home while she was shooting in the town.

Recalling the invitation from Kangana, Yami said, "We were shooting for *Chor* in Manali. It was a two-day shoot, and my mom was with me. She generously invited me to visit her home, but we couldn't because of my busy shooting schedule. It's just the mutual respect, and I feel anyone who treats you the same must be embraced back. I am looking forward to her next projects because her work speaks for itself."

AGENCIES

International Women's Day – March 8

# Call for level playing field

**A WOMAN IS ALWAYS MORE IMPORTANT THAN A MAN BECAUSE OF HER ABILITY TO CARRY A LIFE WITHIN WHICH HELPS IN SURVIVAL OF THE HUMAN RACE, SAYS WOMEN'S RIGHTS ACTIVIST RUTUPARNA MOHANTY**



MADHUSMITA SAHU, OP

**“E**quality is giving everyone a shoe. Equity is giving everyone a shoe that fits.” – Susan K Gardner, Dean, College of Education, Oregon State University

Since there are just a couple of days to go before International Women's Day (IWD), activists have started rallying for issues like women empowerment and more equal rights - from pay disparities to gender equality. However, the United Nations, with its theme 'Embrace Equity' for this year, seems to have addressed an issue that has long been ignored.

People often mix up equity with equality and even use them interchangeably. But the two are different. Equality means the same resources or opportunities to a group or individual whereas equity is about allocation of exact resources and opportunities required to reach an equal outcome.

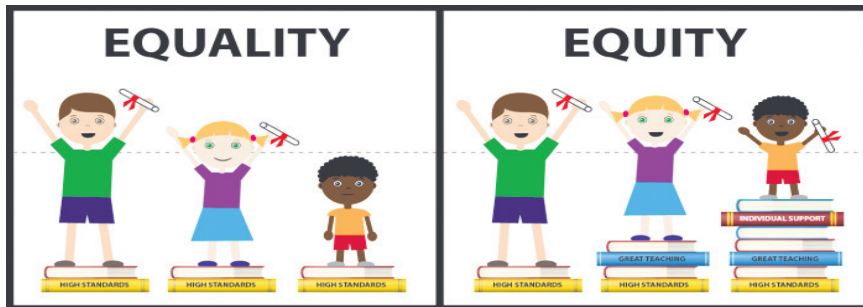
To discuss more about this year's IWD theme and other issues of women, **Sunday POST** caught up with a few empowered women of the state. Here's what they have to share.

For **Sruti Mohapatra**, an Indian disability rights activist who received Nari Shakti Puraskar in 2022 by the President, 'Embrace Equity' is a powerful topic.



She says, "In the last 25 years or so, I have shifted from equality towards fairness. Equality occurs when we receive and give the same item to everyone. However, equity is when you provide facilities based on the needs of an individual. When we shift from equality to equity, we establish a level playing field and provide opportunities based on a person's needs."

Sruti believes that women with disabilities are often discriminated against. "For example, when I was disqualified in interviews and deprived of lectureships, and many such employment opportunities, it wasn't because I was less qualified; it was because the assumption was that if I am considered for the job, how would they accommodate my



wheelchair? So, there was no equity at that time," she adds. For the uninitiated, Sruti wanted to become a civil servant after clearing her UPSC about three decades ago. But she injured her spinal cord in a car accident and was denied her favourite job. Since then, the proud wheelchair user has been campaigning for disability rights.

Men and women are not distinct beings. Moreover, they are two halves of the same thing named life. They are thus two components of vitality and existence, she says.

Women will not be subjected to as much abuse or brutality as they are facing now if they amp up their inner strength, courage and boldness, concludes Sruti, a revered name in Odisha for being a winner through adversities.

According to **Rutuparna Mohanty**, a social activist, human rights lawyer, and women's rights activist, equity is a broad concept and everyone should embrace it following the UN's call.



"Women



face prejudice in all spheres of life despite having the aptitude and that has to be addressed. Women are now in positions which were traditionally all-male bastions. So, I always believe that a woman is more powerful than a man because of her unique ability to carry a life within and playing an important role in the survival of human race. Everyone should view women on an equitable footing, hence the IWD theme 'Embrace Equity'. We are all equal, and there shouldn't be a distinction between man and woman," she points out.

Rutuparna, also a family court lawyer, has a piece of advice for the women as well. "While enjoying freedom, young women shouldn't forget about their responsibilities. As a family court lawyer I have observed that many women don't have much interest in starting a family which is the primary cause behind rising cases of divorce. As I mentioned earlier, creating a new life is what makes a woman different from a man and

they should enjoy the power bestowed upon them by the creator."

When I read the words 'Embrace Equity', I wondered what it is like? says **Mamata Tripathy**, actress, singer and researcher.



"So I searched for the real meaning and discovered that equality and justice are not the same. Giving equal opportuni-

ties to women is not sufficient. There is a need to give someone what he or she needs to be successful. Giving everyone the same thing and expecting them to become equal is a wrong assumption which has been addressed by the UN in this year's IWD theme," she says.

Mamata, moreover, believes that all women are born with the special ability of 'child bearing' capacity which the men don't have. So, a woman is much above a man in that parameter. Therefore, a woman shouldn't be compared with a man, she quips while lamenting that many parents often treat their sons and daughters differently.

Defining freedom of women in Indian society, she says, "Just wearing a bikini is not an indication of personal growth. Wearing it is not bad, but how beautifully one carries it is what matters. It also matters a lot how a woman talks and conducts herself in public or how gracefully she presents herself to make a statement about herself."

**Namrata Chadha**, a social activist, ex-member of the Odisha State Women's Commission, and a strong voice for women empowerment and against gender inequality sharing her thoughts, states that IWD was a very significant day for her when she was younger. She enjoyed celebrating and commemorating that day.



"But as I got older and witnessed more violence against women, I realised that celebrating just a single day is not important. Every day is a woman's day, and we need to take care of women every day," she says.

On the matter of equality she says: "Nobody, in my view, is equal in our society; there is always a class system. Men and women are unique individuals with distinct characteristics. We should neither change nor pursue the stereotyping position. Given the opportunity, men will help in kitchen chores, and women will go beyond the four walls of a house. So it's a matter of opportunities, opportunities you're being offered in life, and it's a process of slow evolution to attain that."



PHOTO: KAMAL PHOTOGRAPHY