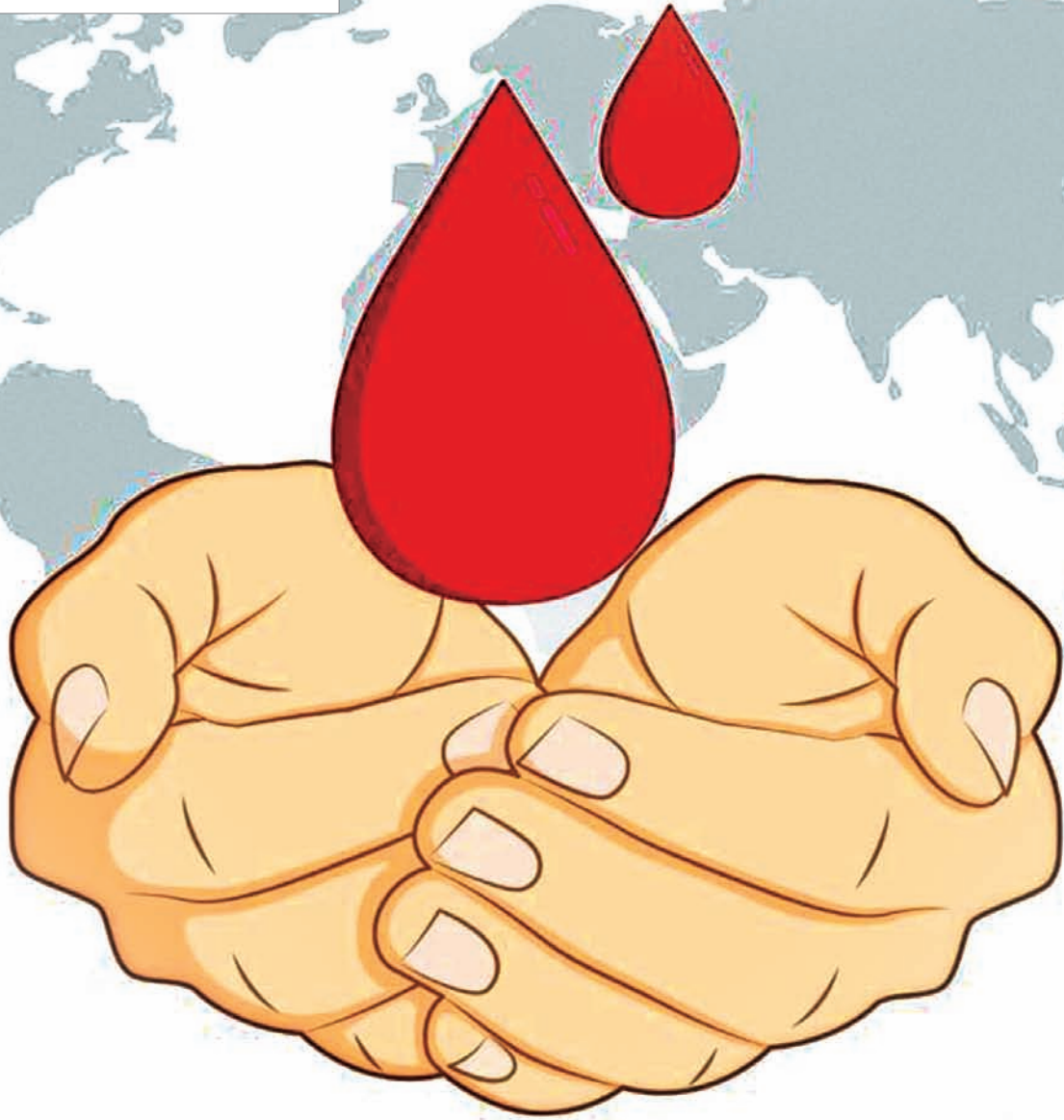


JUNE 9-15, 2024

SUNDAY POST

HERE . NOW



WORLD BLOOD DONOR DAY – JUNE 14

For the greater good

COVER STORY

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Harry Bhoi from Belpahar has taken up multiple roles in the entertainment industry including actor, director, and editor. But Sambalpuri songs such as 'Lusku Lusa 2.0', 'Alta Makhi', 'Mor Mohini', and 'More Bela' have made him a household name in western Odisha and other parts of the state. Now, Harry wants to make it to the next level by producing and starring in his own films



With co-actor

Burning midnight oil

I'm a night owl. I sleep during the morning and spend my nights working on animation and VFX projects. I also research the behind-the-scenes processes of animated movies, exploring how they are made and the technology used

Gym rat

I exercise every evening and adhere to a strict diet. My daily intake includes 12 eggs, 100 grams of paneer, 250 grams of chicken, along with salads and oats

Day of assessment

My family has provided me tremendous support, particularly my mother, who is my toughest critic. I consistently seek her feedback on my VFX projects and Sunday or other holidays are the best days to do that.

Solo traveller

When I get exhausted and need to recharge, I like to travel solo for a month. Exploring new destinations helps me rejuvenate and find mental peace



With his family



MADHUSMITA SAHU, 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

- Pay no attention to the elephant in the room: it's ir-elephant.
- What did Bacon say to Tomato? Lettuce get together!
- What do you call a blonde between two brunettes? A mental block.
- What musical instrument is found in the bathroom? A tuba toothpaste.



CANNES & BEYOND

Sir, I am thrilled to witness the extraordinary achievements of Indian filmmakers at the Cannes Film Festival. The accolades won by Payal Kapadia and Anasuya Sengupta mark a significant milestone, showcasing India's evolving cinematic prowess. It's inspiring to see such talent being recognized on a global platform, especially for a nation with a rich, yet often underrepresented, film heritage. These victories not only celebrate individual achievements but also signal a brighter future for Indian cinema on the international stage. It's high time we acknowledge and support these artists, fostering a culture that values and promotes diverse cinematic expressions.

SIKHA BARIK, 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

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World Blood Donor Day – June 14

The blood donors don't possess superhuman strength or the ability to fly. Their drives come from compassion, empathy, and willingness to give back to the community in the best way possible

For the greater good

MADHUSMITA SAHU, OP

Heroes are not those born with super powers. Sometimes, ordinary people can perform extraordinary deeds when adversity strikes. They don't wear capes and fly. Their attire is simply a bandage and a needle. They are the frequent blood donors, ordinary individuals who perform extraordinary acts of kindness every time they roll up their sleeves.

Unlike the protagonists of comic books or blockbuster movies, frequent blood donors don't seek fame or recognition for their actions. They don't possess superhuman strength or the ability to fly. Instead, they rely on their humanity, empathy, and willingness to give back to their communities in the most tangible way possible by donating blood.

What sets frequent blood donors apart is not just the number of times they donate but the unwavering commitment they demonstrate to a cause greater than themselves. For them, donating blood isn't just an occasional act of charity; it's a way of life, a solemn duty to ensure that those in need have access to the life-saving resource they require.

But what motivates these unsung heroes to donate blood repeatedly, often without expecting anything in return and how do they feel about the act? Here's what a few of them have to share with **Sunday POST** ahead of World Blood Donor Day.

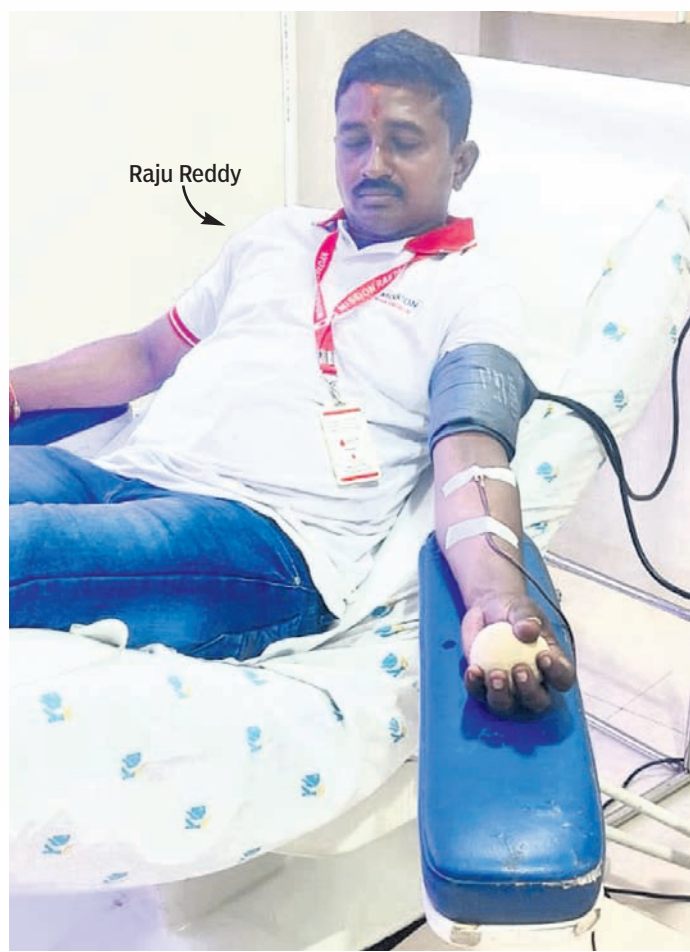
'A single donation can change someone's world'

For **Raju Reddy** from Bhubaneswar, who is always ready to save a life by donating blood, it's a passion.

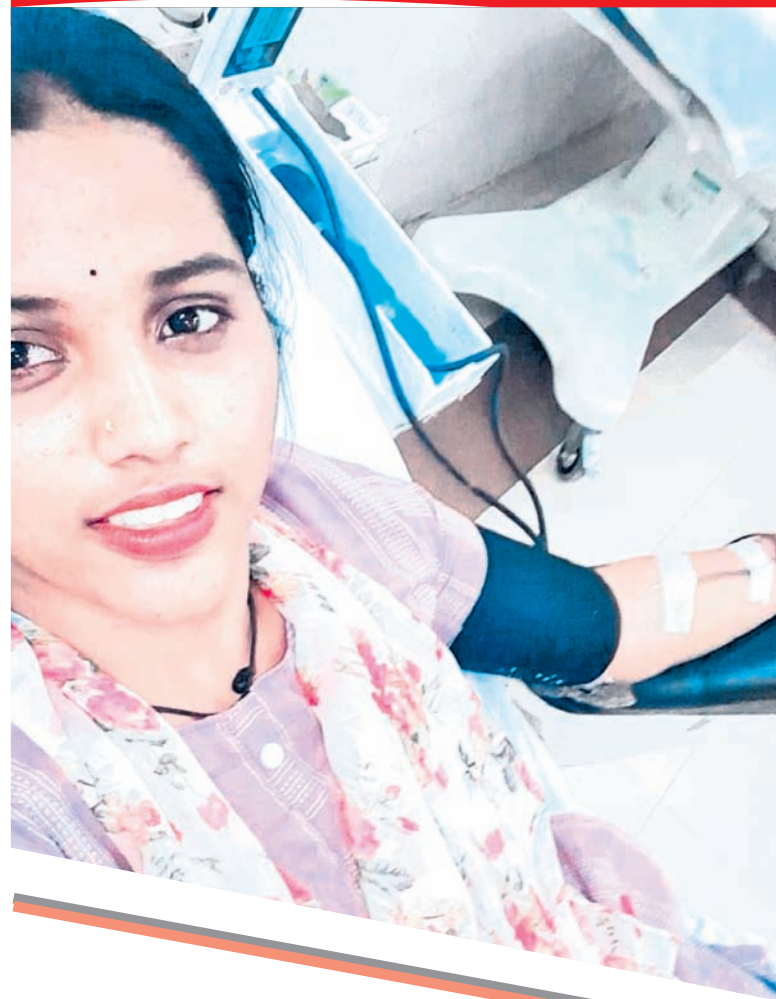
He said, "I've lost track of my blood donation tally. It began during my tenure at a private firm in Bhubaneswar. Back then, blood banks consistently ran low on supplies. Before connecting with the Mission Raktadan founder, I longed to assist victims through blood donations but couldn't find the opportunity. Then, a colleague's plea for help arose, prompting me to step forward and donate. Since that moment, I've remained committed to donating blood, compelled by the impact it can make on those in need."

"It's common knowledge that blood can be donated every three months. But I visited the blood banks after just two months and was asked to be cautious about my health due to my early arrival, receiving reminders about the recommended interval for donation," said the 34-year-old.

He not only donates blood himself, he also motivate others to follow suit. How does he do this? To this he says, "I find the best way to encourage friends and family to donate is by sharing my personal experiences. I speak from the heart, explaining how a single donation can save lives and make a tangible difference in someone's world. I tell them about the sense of fulfilment and camaraderie I feel each time I donate and how simple it is to make a positive impact. Sometimes, I even offer to accompany them to the donation centre, reassuring them and turning it into a shared experience. Ultimately, it's about showing them the power of compassion through action."



Raju Reddy



'Donating blood is my way of giving back to community'

When friends of her age busy making reels or hitting discos, Avilipsa Bal, 22, from Bhubaneswar has other ideas. Her happiness lies saving lives by donating blood to the needy. Interestingly, Avilipsa started off when she was not even an adult. She had to donate blood as there was a medical emergency in her circle. Talking about her motivation, she said, "I'm motivated to keep donating blood because it's a simple act that saves lives. I also know that I can help those in urgent need, especially during emergencies. This gives me immense satisfaction and a sense of purpose. It's my way of giving back to the community."

"Over the years, my blood donation experience has evolved significantly. Initially, I was anxious and uncertain, but the supportive staff quickly eased my fears. With each donation, I grew more confident and aware of the life-saving impact," she added.

She further says, "Knowing that my blood donations have the potential to save lives fills me with a profound sense of purpose and fulfillment."

Each donation is a small act of compassion that can make a significant difference for someone in need, according to Avilipsa.

"It's empowering to realise that a simple act on my part can provide hope and a second chance to patients and their families. This awareness motivates me to continue donating regularly, knowing that my con-

tribution is part of a greater good, and it reminds me of the incredible impact we can have on each other's lives," she says.

When asked what inspired her to start donating blood, the 30-time donor said, "My inspiration to start donating blood regularly comes from my grandfather. As a child, I often accompanied him while he volunteered for our community. Witnessing his selfless dedication to helping others instilled in me a profound sense of responsibility. His acts of kindness and service motivated me to contribute in my own way. I wanted to make him proud and carry forward his legacy of giving. Thus, I chose to donate blood to those in need, knowing that this simple act could save lives and make a significant impact on our community."

Sharing her overall experience, Avilipsa concluded: "Donating blood for the first time was a mix of nerves and excitement. I remember the warm welcome from the staff at the donation centre. After a quick health check, I settled into the donation chair. The needle prick was minor, and the process was surprisingly smooth. During the donation, I felt proud, knowing my blood could save lives. The staff offered juice and cookies afterward, and I left with a sense of accomplishment. It inspired me to make blood donation a regular part of my life," she ended, sharing her overall experience.

'It's a simple act with a profound impact'

"A single drop of blood can make a huge difference," says Jayanta Kumar Sahoo, a loan consultant officer from Bhubaneswar.

"I've been a dedicated blood donor for 15 years, never missing a chance to donate. Over the years, I've donated blood more than 50 times, including both SDP (single donor platelets) and whole blood donations. My commitment began after a close friend was hospitalised due to an accident. We couldn't reach the hospital in time to donate blood, and sadly, he passed away. That loss motivated me to ensure I could always help others in need. Since then, I've made it a point to visit blood donation camps every three months, driven by the desire to make a difference," adds Sahoo.

"After I began donating, the staff encouraged me to donate platelets because my platelet count is high. So, I started donating both blood and platelets as needed. To explain further, there are two types of platelet donors: RDP and SDP. Random Donor Platelets (RDP) are obtained from donated blood within 4 to 6 hours of collection by centrifugation and contain around 5.5×10^1 platelets. Single Donor Platelets (SDP) are collected using a platelet apheresis machine, and one unit of SDP is equivalent to 5 to 10 units of RDP," he further says.

Sharing his feelings, Sahoo continues: "Emotionally, donating blood fills me with a profound sense of fulfillment and purpose. Each time, I feel a deep connection to the anonymous recipients whose lives may be positively impacted. The experience is subtly different each time, depending on my mood, the atmosphere of the donation centre, and my interactions with the staff. However, the

consistent feeling is one of unselfishness and community. There's a unique joy in knowing I've contributed to saving lives. While the physical process is routine, the emotional reward is always a powerful, uplifting reminder of our shared humanity and the difference one person can make."

Speaking about his experience, he says, "The most rewarding aspect of being a blood donor is that your contribution can save lives. It's fulfilling to help those in dire need and be part of a community effort that brings hope and healing to patients

and their families. It's a simple act with a profound impact." He concluded, "I encourage friends and family to donate blood by explaining them how it saves lives. I remind them of the urgent need, share my positive experiences, and sometimes organise group donations to make it a meaningful and social activity."



Portrait of a BLACK LEADER



this point has all but completely divested from progressive, art-first (as opposed to profit-first or story-first) black film and black art in general.” “At the time, there was at least some small social connection between black wealth and black artists, and I find that this connection no longer exists.”

About the director

Malcolm X was Spike Lee’s sixth movie. He was born in Atlanta, Georgia, but grew up in Brooklyn. Studied film at New York University and has directed over 90 films, TV shows, and music videos. His films span diverse genres: musicals, biopics, dramas, documentaries, war films, and satires. He fuses multiple genres to create works that are vibrant and provocative. Most of his works were released independently through his production company, Forty Acres and a Mule. His films have been screened at major film festivals in Berlin, Cannes, and Venice. He was awarded the Academy Awards’ Honorary Award in 2015 for his expansive contribution to cinema. He won the Academy Award for best adapted screenplay for *BlackKkklansman* in 2019.

Based on: Autobiography of Malcolm X

Language: English

Duration: 202 minutes

Year of release: 1992

Direction: Spike Lee (b. 1957) USA

Cast: Denzel Washington (Malcolm X), Angela Bassett (Betty Shabazz), Albert Hall (Baines), Al Freeman Jr (Elijah Muhammad), Delroy Lindo (West Indian Archie), Spike Lee (Shorty),

Written by: Arnold Perl & Spike Lee,

Produced by: Preston Holmes,

DoP: Ernest Dickerson,

Editing: BA Brown,

Music: Terence Blanchard



SUBRAT BEURA

subrat.beura@gmail.com

The film charts the early days of X (then Malcolm Little—Denzel Washington) as a zoot-suited small-time criminal at large in Boston and Harlem; we see his transformative jail period when he converted to Islam; and, finally, his development as a public activist, his relationship with Betty Shabazz (Angela Bassett), and his controversial split from the Nation of Islam (NOI), which culminated with his assassination at Harlem’s Audubon Ballroom on February 21 February 1965.

The film is in three distinct parts based on the 1965 autobiography co-written by Malcolm and Alex Haley. It’s a biopic that spans continents. Pay attention to the production values, from Ruth E. Carter’s sumptuously detailed period costumes to Ernest Dickerson’s cinematography, which uses starkly different shades and tones to comment on each of the film’s three distinct segments. This film was the first major black-authored studio film to offer a three-dimensional portrait of a black leader whose views and actions clashed vigorously with white America. The autobiography assisted the black rights movement by making Malcolm’s work accessible to newer generations.

Lee’s use of archival material is prominent - the opening sequence is an audacious, lapel-grabbing montage comprising grainy, genuine footage of the Rodney King incident, an image of the American flag burning into the shape of an X, and a voiceover of Washington-as-Malcolm delivering a fiery speech directly addressed to American blacks: “I charge the white man with being the greatest murderer on earth. I charge the white man with being the greatest kidnapper on earth. You are one of 22 million black people who are the victims of America.” Note the Lee signature use of the double dolly shot before Malcolm is shot in the ballroom—we get a sensation of Malcolm floating towards us, and we feel closer to him.

Lee takes some artistic license: Malcolm’s brothers Wilfred, Philbert, and Reginald are entirely excised, replaced by the fictional character Baines (Albert Hall), despite Reginald being widely acknowledged as the man who got his sibling involved in the NOI. More problematic is the removal of his half-sister Ella, who funded the pilgrimage to Mecca. Elsewhere, Lee is refreshingly unafraid to depict his subject’s more controversial moments - for example, he includes Malcolm’s comments about JFK’s murder being a case of “chickens coming home to roost.”

While towering moral voices of the time like Martin Luther King Jr. and Mohammad Ali were widely aware of the link between domestic racism and global militarism in the United States, it was Malcolm X who blasted the black liberation movement into global context by actively connecting it to African, Asian, and Latin American revolu-

tionary mobilisations. What sustained the civil rights movement of the 1960s were the massive demonstrations against the Vietnam War, the now legendary Martin Luther King Riverside Church speech on April 4, 1967, on militarism and racism, and Muhammad Ali’s heroic refusal to be drafted into the US army to go kill people who had done him no harm.

Today the mantle of Malcolm X is connected to the Black Lives Movement - examine their mission statement: “While this platform is focused on domestic policies, we know that patriarchy, exploitative capitalism, militarism, and white supremacy know no borders. We stand in solidarity with our international family against the ravages of global capitalism and anti-Black racism, human-made climate change, war, and exploitation.” “The Movement for Black Lives stands with the Palestinian people, and especially those in Gaza, that have been engaging in resistance at the Gaza border,” a very important political and moral stand in

our current times of war manufactured for political ends throughout the world.

The film ends in the present with an optimistic, pan-African coda featuring Nelson Mandela—only recently released from prison in South Africa—addressing a classroom of black schoolchildren in Malcolm’s own words. By today’s standards, these extra-textual bookends seem astonishingly daring.

So, could a Hollywood film as unapologetically supportive of a radical, controversial black figure be made today on such a grand scale? Or is Malcolm X likely to remain a magnificent, monolithic one-off?

Terence Nance says, “Black wealth at

Sharvari's fangirl moments

Actress Sharvari said that watching acclaimed star Sathyaraj, who is known for his iconic role as Katappa in the Baahubali franchise, on the sets of *Munjya* was like attending an acting workshop every day.

Sharvari said: "I am a huge fan of all of Rajamouli sir's work and of course his epic cult blockbuster *Baahubali*. I have seen both films multiple times. So, when I first learnt that Sathyaraj sir is part of *Munjya*, I was excited beyond words."

Sharvari picked up a lot from

him by seeing the actor carry his scenes perfectly.

"Watching Sathyaraj sir on-set was like attending an acting workshop every day. His versatility, patience, and sheer talent transcended everything," she said. She said that Sathyaraj's acting prowess made every scene come alive.

"Whether it was a comic scene or an intense moment, Sathyaraj sir's consistency and ease made every scene come alive," said the actress, who began her career in 2015 as an assistant director for filmmakers Luv Ranjan and Sanjay Leela Bhansali.

AGENCIES



Rashmika's love for reading

Actress Rashmika Mandanna is a bookworm. Going by her latest update on social media, where she shared that she is reading her seventh book.

Rashmika took to Instagram, where she shared a glimpse of the book *King of Wrath* by the bestselling author Ana Huang.

"Once you start reading there's no going back... moving to my seventh book now. So exciting," Rashmika said.

On the workfront, Rashmika will next be seen in Allu Arjun-starrer *Pushpa: The Rule*, which is directed by Sukumar. Most recently, the second track titled *Sooseki* from the film was dropped.

It is picturised on Allu Arjun and Rashmika. The track is composed by National Award-winning music director Devi Sri Prasad and Shreya Ghoshal has lent her vocal prowess.

The film is bankrolled by Mythri Movie Makers and also stars Fahadh Fasil in Sukumar's directorial, which is set to arrive in cinemas on August 15.

She then has *The Girlfriend* by filmmaker Rahul Ravindran, who in March 30, shared that Rashmika dubbed in five languages, including Malayalam, for the first time for the teaser of the film, which is touted to be a one-of-a-kind love story.

IAN S



Theatre keeps Pratik grounded

Actor Pratik Gandhi has been deeply connected to the medium of theatre from a young age. The actor said he feels that theatre is one medium that enriches the soul of an actor.

He told this agency, "For an actor, they get everything from theatre. Theatre enriches the soul of an artiste, solidifies their craft and makes them spontaneous because there's no retake on stage. Theatre is like a root, it not just keeps you grounded but also helps you to derive the nutrients to nourish your soul."

He further added, "I really want the perception of theatre being a not so affluent medium of exhibition to be changed. Theatre should be the most affluent medium. If people are willing to pay Rs 500 for a film

then they should be willing to pay Rs 1,500 for a theatre play. I feel with technological evolution reaching mind-boggling heights and information travelling at lightning speed from one part of the planet to the other, a live experience like theatre will become more exclusive."

IAN S

Neha Sharma on being papped inappropriately

Actress Neha Sharma, who made her debut with the movie *Crook*, has spoken out against the invasion of female actors' privacy by photographers.

The actress said, "There are days when you don't want to get seen and so you take a break, like I did recently. These are things you have to do to stay relevant. It's important to be seen in today's time. As for the angles, it does get distasteful. As a woman, you also lose your freedom to dress the way you want to. When you are in the public eye, you do have to be careful as sometimes things go out of line."

She further said, "There's another side when you talk to them the camerapersons. Their livelihood

depends on this as they are paid for doing it. They are running their family by taking these videos. They also have a hard time standing in the sun the whole day waiting for one photo. There are always two ways to look at things. So, when you introspect, you realise you are also supporting a family, and that's really beautiful."

On the work front, Neha was recently seen in *Illegal Season 3*.

AGENCIES



Raja delicacies

Unique in many aspects, Raja festival is counted as one of the major agrarian festivals of the state and is celebrated in complete grandiose predominantly in the coastal districts of Odisha. Apart from the amalgamation of rich tradition fun and frolic, mouth-watering cuisines and Raja Pana are intrinsic parts of the festivity.

Here's are a few delicacies that sum up the spirit of the festival



PRITISHA DAS



PODA PITHA

When we talk of Raja, one thing that instantly comes to our mind is Poda Pitha. The aroma and taste of the particular pitha is so alluring that it happens to be Lord Jagannath's favorite and is savored by him each time after having the meal. Therefore, the festival is incomplete if Poda Pitha and Kakeras are not cooked in Odia homes.

RAJA PANA

Pana can be consumed in various flavours. Some prefer Sada pan, some like sweet pan, some add chocolate, some make rasmalai pan, you name it and you have it. Raja Pana is unique in its own way and owing to its historical and traditional value specially.

MUTTON-CHAKULI

How about celebrating Raja with traditional mutton tarkari and mota chakuli? Sure enough, the mention of these names must have brought vivid images alive. Sesa Raja is incomplete without this classic Odia combination of Chakuli & mutton curry. It is the essence of celebration in every Odia household. This is something, one won't find anywhere else apart from Odisha.



Rajalaxmi



WANT TO BECOME A MODEL?
Send us your photographs at
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