

JUNE 30-JULY 06, 2024

SUNDAY POST

HERE . NOW



INTERNATIONAL DOCTORS DAY - JULY 1

Guardians of health

P 3,4

COVER
STORY



With six poetry anthologies – ‘Apoorna’, ‘Meghamanaa’, ‘Mayalagna’, ‘Rupasi’, ‘Hrudabandee’, ‘Aaa’ – to her credit, Mukul Mishra is a popular name in the literary circle of Odisha. Mukul was also feted with numerous awards including Bhubaneswar Pustaka Mela Samman, Bolangir Bahi Haata Samman and Chetabani Sahitya Sansad Jyoti Mishra Juba Pratibha Samman for her works. The homemaker from Bolangir loves to read books and watch movies at her leisure hours



A few covers of Mukul's poetry collections

Life in literature

I don't work out or go on outings. Rather, good books, good movies and soulful songs are my Sunday fun. I enjoy self-care and writing as well.

A day to recharge

As a homemaker and mother of a college going girl, my Sundays are not much different from the weekdays. So Sunday is mostly a family day. But at times, I take a small pause between those busy and stressful weeks to relax, recharge and pamper myself.



Receiving a citation at a literary festival

Daddy dearest

I regularly visit my father to spend quality time with him. Doing little things for him gives me strength and satisfaction and makes me more responsible towards life.

Food day

More often than not, Sunday is a food day at home. So I make something special, and try to experiment with recipes, spending more time in the kitchen.

Feline love

My two cats are absolute bliss! Playing with them makes me light and stress-free. However, doing their weekly health care is my husband's job.

BIJAY MANDAL, 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

- What do call an Irishman sitting by the pool? Paddy O'Furniture.
- What did one candle say to the other? "Don't birthdays burn you up?"
- Why didn't the skeleton go to prom? Cause he had 'no body' to dance with.
- What's the best place to shop for a soccer shirt? New Jersey!

SAVE TIGERS

Sir, The interview of filmmaker Vishwajeet Dash carried in the Tinsel Town page of last week's **Sunday POST** made for an interesting read. From being a food and travel vlogger to becoming documentary filmmaker is certainly a big leap. And making a movie on tigers is the need of the hours. The number of tigers is on the wane and it is high time we created awareness on the conservation of the feline species. Like him, I also like to see a thriving population of tiger in Odisha. But unfortunately, a few tigers brought from Kanha National Park of Madhya Pradesh to Satkosia Sanctuary to raise the tiger population didn't work for several reasons. So, the government has to address such issue on a war footing to save remaining tigers in the country.

PAULOMI GHOSH, SAMBALPUR

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
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INTERNATIONAL DOCTORS DAY - JULY 1

Guardians of health

Medicine is considered a noble profession. However, since treatment costs have skyrocketed, it has now turned into one of the highest-paying jobs in the world. But in the mad race of accumulating wealth, there are a few healthcare professionals who have set examples for the fraternity by providing services to the poor nearly for free

MADHUSMITA SAHU, OP

In the realm of service and sacrifice, few professions exemplify dedication as profoundly as doctors. Beyond the confines of their clinics and operating rooms, the physicians often extend themselves to extraordinary lengths, embodying a commitment that transcends mere duty. From volunteering in remote villages to undertaking perilous missions in war-torn regions, their actions speak volumes about the profound impact of compassionate care.

Ahead of International Doctors Day, **Sunday POST** presents a few remarkable stories of physicians who have gone out of their ways to set examples for the fraternity.

One Rupee Clinic

Odisha-based doctor **Shankar Ramchandani** was in the news after opening a clinic during the peak of COVID-19 pandemic to provide affordable healthcare to thousands of patients. In February 2021, he set up the famous 'One Rupee Clinic' in Burla, Sambalpur district, to offer free consultancy services and medicine to the poor. Over the past three years, he has treated 7,000 patients, averaging 20-30 patients a day.

"It's been four years since I started the one rupee clinic, and it gives me immense satisfaction to help the poor," said the 38-year-old, who also launched a 'one rupee medicine service' in 2022 on the clinic's first anniversary.

Elaborating more on his initiative, the assistant professor at Veer Surendra Sai Institute of Medical Sciences and Research (VIMSAR), Burla, said, "I charge Rs 1 because I want my patients to feel they've paid something for the treatment. I'm happy to help the poor, underprivileged, elderly, disabled, and anyone else without access to medical care."

In addition to treatment, Ramchandani pro-

vides medicines for Rs 1. "I realised many patients couldn't afford medicines, even those costing Rs 10 or Rs 20. So I buy them cheaply from wholesalers and through the government's Jan Aushadi scheme," he said. For expensive medicines, he uses his own money. The One Rupee Clinic, located in the Kachha market area of Burla, operates from 6 p.m. to 7 p.m., often extending until 11 p.m.

He also set up another clinic for the poor in his hometown, Padampur. "I visit Padampur fortnightly and offer consultations from morning till evening without a fixed schedule," he explained. Dr. Ramchandani has received widespread appreciation for his efforts during the pandemic, notably treating a 27-year-old COVID-19 patient beyond duty hours and transporting him to the hospital.

There is an interesting story behind Ramchandani's benevolent acts.

Growing up, Dr. Ramchandani witnessed his father, the sole breadwinner for their family of 32, struggle to make ends meet with a small stationery store. The loss of his grandfather and uncle to cancer left his father heartbroken, unable to afford their treatment.

"There was no medical facility nearby, and they had to travel long distances for treatment. While the treatment was free, we couldn't afford transportation costs," Dr. Ramchandani told Sunday POST. Motivated by these experiences, his father resolved to educate his children to become doctors to serve the poor. "I aspired to be a doctor not only to fulfil my father's dream but also to help the poor and needy. But the journey wasn't easy,"

Ramchandani said. He described his family situation: "We were five sons and four daughters. I was the fifth son. We lost our father in 2001, and my eldest brother had to take on all responsibilities. I couldn't even afford textbooks and relied on hand-me-downs from seniors." Despite these challenges, he ranked second in the Odisha state medical entrance test.

Dr. Ramchandani's personal experiences inspired him to help others avoid the struggles his family faced.

The God Doctor

Recently, the state government constructed a highway to Bondaghati, established a health centre in Mudulipada, and employed health workers. However, without an MBBS doctor, the healthcare system remained ineffective, and the Bonda tribe continued to trust their traditional healers over modern medicine.

In June 2021, **Dr. Champeshwar Panigarahi**, an MBBS doctor, was posted to the Mudulipada Primary Health Centre. Finding that no patients were visiting the hospital, he investigated and discovered the community's deep-rooted superstitions. Determined to change this, he visited each village, educating people about various diseases and promoting the free medicines available at the hospital.



Dr Shankar with his wife and kids





Reflecting on his experience, Dr. Panigarahi

shared, "I was born in

Manikpur in Birmaharajpur, Sonepur district. My father, Kulmani, and mother, Kushilata, are watermen. As a child, I asked my father, 'What kind of work can serve people and bring peace?' He replied, 'Medical service.' Inspired by this, I dreamed of becoming a doctor and serving these people. Initially, the lack of roads, electricity, and mobile networks bothered me. But seeing the locals suffer from superstition and lack of healthcare, with pregnant women and newborns dying without treatment, I was shocked."

He continued, "I took medicines and visited villages, explaining treatments. Given the locals' physically demanding lives, many suffered from arthritis, so I provided painkillers and multivitamins. After successfully delivering some babies, they began to trust me. The number of patients at the medical centre gradually increased. Initially, I struggled with the local language, but now I understand it well. We also have an ambulance service for serious cases, transferring patients to a bigger hospital in Khairput."

Public awareness programmes, including free health camps organised by the government and NGOs, have further helped the community. On this, Panigarahi says, "The locals now trust me deeply. If I'm out, they wait for me at the hospital. This change brings me immense happiness. The hospital staff and my wife, Sriyanka Mishra, have been incredibly supportive. Sriyanka, who has passed MTA, is delighted to be here, serving the people with me. I am very proud of her."

Thanks to Dr. Panigarahi's efforts, the health centre in Mudulipada has become a trusted place for the Bonda tribe, significantly improving their access to healthcare.

A life of service and charity

Dr. Narayani Panda is a name synonymous with service and charity. Born November 4, 1937, in Rayagada, she is a remarkable figure who has donated all her assets during her lifetime to help others. She was the third of nine daughters and two sons born to Gangasagar and Janakpriya Panda. From a young age, Narayani loved reading. A turning point came when she and a few friends contracted cerebral malaria while in school. The local lady doctor performed a cursory check and sent them away, resulting in the deaths of two friends, which deeply

impacted Narayani.

Witnessing various rituals and superstitions surrounding girls' education, Narayani vowed to become a doctor to serve the public. In 1963, she joined Sambalpur Hospital as a gynaecologist and obstetrician, but resigned in 1965 due to the harshness of the hospital officials. She then joined the municipality-run Matri Marsal under Dr. Janardhan Pujari, finding immense satisfaction in serving mothers and children. Her dedication to her duties was so profound that she did not consider marriage until much later, when she married senior journalist Prashant Kumar Mohanty. Together, they engaged in various phil-



Dr Champeswar during a medical camp at Bonda ghati



Dr Narayani Panda with husband Prasant Kumar Mohanty

anthropic activities. Sadly, her husband passed away, leaving her heartbroken.

After her husband's death, Dr. Panda dedicated herself entirely to patient care. She says, "After my husband's death, I became completely lonely, so I spent a lot of time in patient care." After retiring in 1995, she continued to see patients in her clinic for a nominal fee, which increased from 2 rupees to 50 rupees by 2022. At 86, she is no longer able to see patients but is proud to have served them until she was 84.

Dr. Panda's commitment to charity was inspired by her own experiences. She recalled her time at Gangadhar Meher College, where she received financial support from the trust fund to pursue her education. This support played a crucial role in her success, allowing her to study medicine at Sriram Chandra Bhanjdeo Medical College and Hospital in Cuttack.

In gratitude, she donated 30 lakh rupees to Gangadhar Meher College, enabling the purchase

state-of-the-art computers for poor and talented students. She also donated 25 lakhs to the Government Women's College in Sambalpur, 15 lakhs to Netaji Subhash Chandra Bose College, and 53 lakhs to Loksevak Mandal. Starting in April 2024, she plans to establish a scholarship fund for poor, meritorious students with an interest rate of 35 lakh rupees.

Additionally, Dr. Panda has contributed over one crore rupees to various institutions, including the Prashant Kumar Mohanty Memorial Hall, the Public Library, Odisha Rajya Mulla University, and the Rotary Hospital. She also donated a building worth over 1.5 million rupees to the Government Women's College in Bhupada, Sambalpur, providing accommodation for 20 students.

Dr. Panda's charitable work fills her with joy. She says, "As far as I am concerned, it is not a charity but a virtue." Her life and contributions are a testament to her unwavering commitment to serving others and improving the lives of countless individuals.



A tale of resilience

“ We were unconsciously seeking out stories of cancer survivors and repeatedly narrating them to each other, planning post-therapy dine-in at mom’s favourite restaurant and family vacation to Vietnam; the looming shadow cast by cancer seemed a tad bit smaller that way. Mahatma Gandhi was right about the indomitable human spirit and the strength we drew from it. I certainly drew ounces of strength by swallowing some of it as well. ”



Dr. Rachna Rath

camouflaging and there had to ensue a Kargil War like strategy (therapeutic) to contain enemy pockets of intrusive tumour cells, nab hidden assailants (receptors) and regain LOC (Life Over Cancer). Extra tests, advanced hunt for additional receptors, few promising results and yet chemotherapy might be a shot in the dark!

Amidst major chaos and some clarity, mom was only interested in the results of BRCA gene analysis. “Pray why?” A mutation in her gene may condemn me and my sister to the risky gallows of BC. This thought devastated her and the day her BRCA gene gave evidence of being normal, there was no measure of her joy; regardless of the uncertain outcome of her own cancer. A mother’s love is the strongest and most powerful energy known to man. It may consume her but she would still burn bright to light her children’s path.

We were unconsciously seeking out stories

processed and packaged food were written off from mom’s menu. The dietician further shoved the household into existential crisis by sweetly nudging us to ignore the presence of the fridge, microwave and sundry. She let the gas stove pass. We relented to all the dietary restrictions and relegated to the free-radical quenching and anti-oxidant beaming diet. If she had asked the family to sow, reap and eat their food, we would have considered that too.

Come autumn when leaves fall, marked mom’s fall of hair too. Rapidly dividing cells of the hair follicle rapidly succumbed to chemotherapy. Without delay, we too dived into online scarf shopping and were soon neck deep in the amazonian sea of choices.

Mom’s long- drawn chemo sessions spanning over six months corresponded to the

the inducted nervous newbies. Owing to obvious hair loss, one common denomination marked the whole bunch. Akin to the NCC cadets donning the neck scarf, an omnipresent head scarf appeared as part of the chemo cadet uniform.

Merry Christmas came and went and so did Happy New Year for a large share of mankind. Amidst new resolutions, popped a tiny new nodule in the same breast mom was operated for. There was no comfort in knowing it was just a teeny- weeny focus of carcinoma in situ. What if it was cancer 2.0, making a comeback with greater vengeance?

I and dad dashed off to consult higher experts making a journey of faith to the Mecca that granted salvation from cancer. Their expertise indicated in-situ disease and not a recurrence. Contented and rearmed with a deeply-deliberated treatment regimen, we were back to our home-grown shrines of healing and known messiahs to resume treatment 2.0. By now, mom had eased into her new lifestyle, excluding certain 3 S (Sugar, Sluggishness and Socialisation) and embracing certain others (Stewed vegetables, Surya Namaskar and Streaming OTT content).

After a point however, the adamant chemo-drugs went for mom’s immunity and body electrolytes, landing her in ICU in the near past. Recovery has been on slow trot. From administering medicines to monitoring mom’s blood parameters and diet, my 75-year-old dad is caregiving with the energy of a 30-year-old.

Alongside exercising her mandate and casting her vote, mom is exercising per se and voting in favour of all things healthy and all that makes her happy. She has completely cast aside anything unhealthy that makes her happy as well. The fight may not be over, yet there is faith, family and caution in our armoury in case the enemy strikes again.

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars”- Khalil Gibran.

The writer is an Associate Professor in Oral and Maxillofacial Pathology, SCB Dental College & Hospital, Cuttack, and regularly posts write-ups on Rachnacreates.com

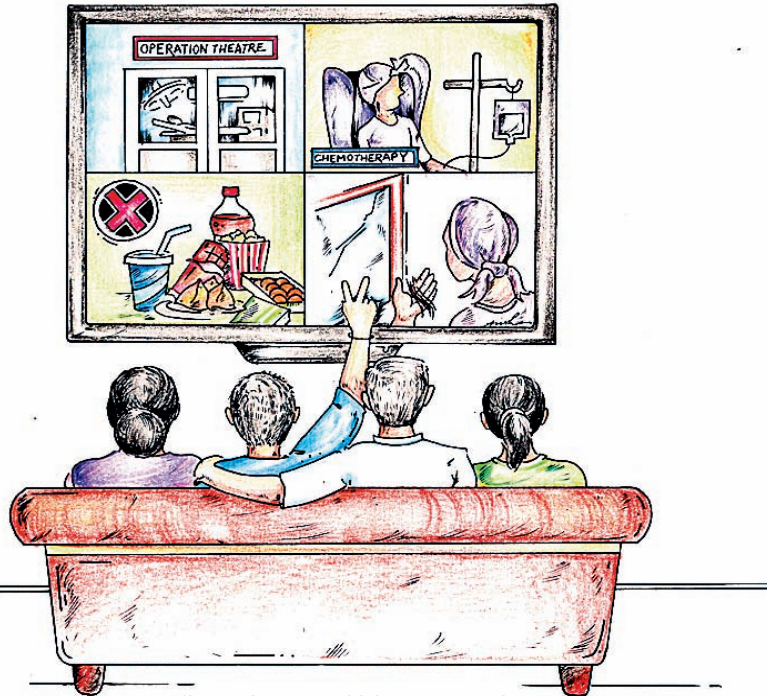


Illustration: Dr. Ashish Kumar Swain

of cancer survivors and repeatedly narrating them to each other, planning post- therapy dine- in at mom’s favourite restaurant and family vacation to Vietnam; the looming shadow cast by cancer seemed a tad bit smaller that way. Mahatma Gandhi was right about the indomitable human spirit and the strength we drew from it. I certainly drew ounces of strength by swallowing some of it as well.

Calendar dates for the chemo cycles like festival dates were marked out. Most fried and fermented food, some raw and refrigerated food, excess sugary and salty food and all

number of SAARC nations. The airconditioned hall where the 4-hour long regimen was routinely administered had 18-20 fellow patients in different stages of various bodily cancers, lounging on tan-coloured recliners, their bodies sipping in the dripping chemical diet. The patients got friendly over time and a noticeable camaraderie prevailed. Veterans in the club (4/5 chemo down) had a poised, matter-of-fact bearing and were seemingly oblivious to the intravenous line stuck in their arm or chest wall; more stuck on the spiritual podcast streaming in their ears or in comforting

It was not Big B but Big C that made our acquaintance some time back. We did not get invited on KBC but BC (Breast Carcinoma), a most dreaded visitor came knocking on our door. How the small berry like mass popped up in her right breast was a shocker for mom who was abreast of all tips on self- examination and routinely performed the same. A 2 cm tumour changed family conversation from climate to chemotherapy, state politics to state-of-the-art precision radiotherapy and surviving bad air quality to surviving cancer. Unwittingly, we were set upon a tough journey that cancer chose for us. It was my family pitted against Ductal Carcinoma of the breast, stage II.

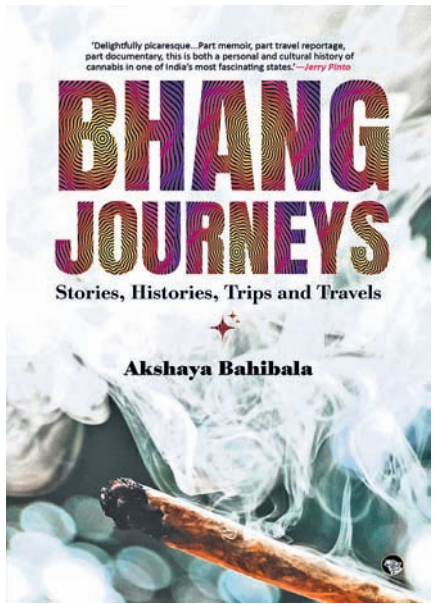
Beyond the “why us?” a slew of investigations awaited and we went through all the necessary and unnecessary tests, as mandated by surgeons and oncologists, recommended by friends of the doctor dad and demanded by the pathologist daughter.

Surgery was a given but mastectomy seemed radical. Despite mom’s initial fear of disfigurement and diminished womanhood, she grudgingly realised that letting go of mankind’s lopsided, conformed notions of beauty was in her b-r-e-a-s-t interest. The unbiased onco-surgeon ruled in her favour anyway and saved the day, err breast. The tumorous lump was out.

As for the tests, some good and not so good results emerged. Ironically, I found myself in denial over the bad hormone profile displayed by the reports and doubted the competency of dad’s trusted lab. I repeated the tests at my trusted lab and at a third lab trusted by our government. All the results pointed to a lack of cell targets for mom’s chemotherapy. The cancer cells were cleverly

'Let's dispel taboo around marijuana'

'Bhang Journeys: Stories, Histories, Trips and Travel', a book by Akshaya Bahibala, the co-founder of Walking Bookfairs, a popular bookstore in Bhubaneswar, has recently been in the news for its unique message. A poet, bookseller, publisher, and co-founder of Walking BookFairs, Bahibala was in the grip of ganja and bhang, living the highs and lows of addiction on Puri's beaches with hippies, backpackers, and dropouts from the West and East. Now the booklover has come up with a very interesting account of his experiences in Bhang Journeys. In a breezy chat with **Sunday POST**, the bookseller delved into the journey of writing the book. Here are the excerpts:



Substances (NDPS) Act, 1985. Till then, there was no restriction on the latter. Despite the ban, ganja is still consumed by many youngsters.

● What is your view on the conventional belief that Ganja is a medicinal plant?
● In one of the chapters, I have discussions with experts over the issue, and they dismiss the claims. Ganja and bhangs don't have any medicinal purpose apart from being used as painkillers or chutneys in some Indian cuisines.

● Do you think that the ban on ganja should be lifted?
● Yes, it doesn't make sense, as the contraband is widely available and consumed by people. Instead of imposing ban, the government should make people aware of its abuse.

● What is your next literary project?
● There are many things I want to write about. But for now, I'm concentrating on the next part of Bhang Journey, as there are a lot of characters that need to be told to the readers.

● What needed to be done, according to you, to address the issue of substance abuse?
● The government must open more rehabilitation centres, and proper attention should be given to the inmates. Of late, many victims of substance abuse have reportedly died at the existing centres, perhaps due to a lack of attention. In Odisha, bhang is legally available, while cannabis is illegal as per the Narcotic Drugs and Psychotropic



Satya bags top honour

Bhubaneswar: Odia actor Satya Ranjan won the Best Actor trophy at just concluded Shanghai International Film Festival for his work in the movie *In the Name of Fire*. Directed by Abhilash Sharma, the Magahi language movie is set in the rural east Indian state of Bihar and focuses on a struggling mother and child and how their religion impacts their existence.

Best Actor award at the Shanghai International Film Festival. Thanks Abhilash Sir giving me such opportunity. This achievement is particularly meaningful given the many hardships we faced together on this journey."



SHANGHAI FILM FESTIVAL

Satya bagged Asian New Talent's best actor prize at the event for his role as a beleaguered father in the film. Sharma also won the Best Director award. The film also stars another Odia actor Sonalli Sharmishta in lead role.

He went on to add, "This award is not just a personal victory but a testament to our collective strength and determination." For the unversed, Satya from Bhadrak has worked in many movies including *Sonchirriya*, *Dhoomketu*, *Daawat-E-Isq*, *Airlift*, *The Legend Of Michel Mishra* and Bengali movie *Alifa*, which has won national award, among others.

Reacting to the success, Satya said "Respected director, producer, seniors, co-actors & cast and crew of this mind blowing project *In the Name of Fire*, I am profoundly grateful and honoured to say that we won twp awards Best Director Abhilash Sharma and me

OLLYWOOD ROUNDUP

Ramesh Rout's next titled *Kaantarati*

Bhubaneswar: SM Entertainment and Amara Studios announced the title of their new movie *Kaantarati: The Contractor* at a city hotel recently.

Kati and others. The film is inspired from several events happened recently across the country, said the director, adding, the shooting will commence from July 4.

Directed by Ramesh Rout and produced by Shrabani Patnaik, the psychological thriller tells the story of a serial killer. Rout has earlier directed more than 25 movies including *Godfather*, *Chand Na Tame Tara*, *Kabula Barabula*, *Tora Mora*

The film stars Devesh Ranjan, Suryamayee Mohapatra, Tapas Sargharia, Pradyumna Lenka and others in important roles. The story is by Rout while screenplay is written by the director himself and Nishant Majithia.



Karma shooting begins

Bhubaneswar: National Award winning director Anupam Patnaik joined hands with actor Anubhav Mohanty for his next *Karma*, muhurat of which was held at Hanuman Mandir in CRP Square, Bhubaneswar last week. The Amiya Patnaik Productions movie is slated to release during Dussehra while the shooting began June 28, said Patnaik. Producer Barsha Patnaik, writer Manas Padhiary, actors Suryamayee, Divya, Nishant, Manmay, Choudhury Jayprakash Das and others were present during the event. Patnaik's *Pratikhyia* garnered accolades from the critics, resonating well with the viewers.



Engineering marvels of Black Pagoda

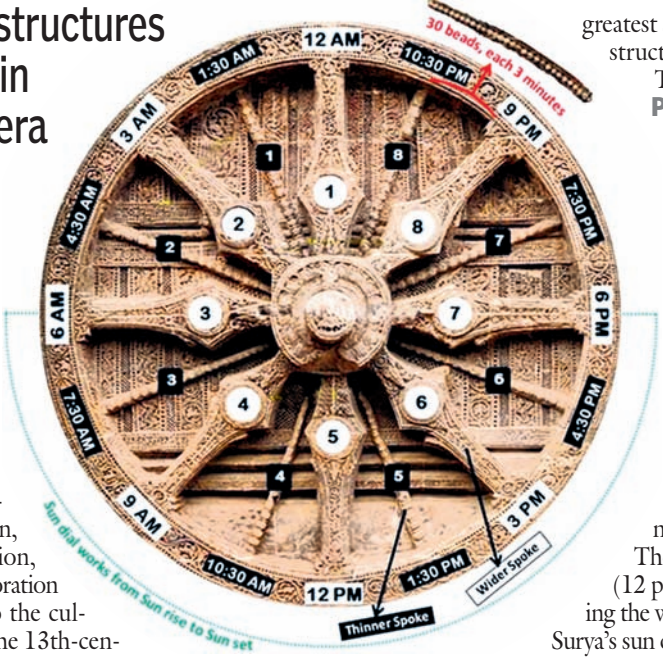
The 13th Century edifice, granted World Heritage Site status by the UNESCO, is not just an architectural wonder, it is also considered as one of the greatest scientifically designed structures ever built in medieval era

OP DESK

Located on the eastern coastline of the Indian subcontinent, the Sun Temple at Konark, is a stunning example of temple architecture. Its conception, scale and proportion, and sculptural decoration bear testimony to the cultural prowess of the 13th-century kingdom of Orissa. The structure is also a monumental example of the personification of divinity, thus forming an invaluable link in the history of the diffusion of the cult of Surya, the Sun God.

A masterpiece of creative genius in both conception and realisation, the temple represents a chariot of the Sun God, with twelve pairs of wheels drawn by seven horses evoking its movement across the heavens. It is embellished with sophisticated and refined iconographical depictions of contemporary life and ac-

tivities. On the north and south sides are 24 carved wheels, each about 3 m in diameter, as well as symbolic motifs referring to the cycle of the seasons and the months. These complete the illusionary structure of the temple-chariot. Between the wheels, the plinth of the temple is entirely decorated with reliefs of fantastic lions, musicians and dancers, and erotic groups. Like many Indian temples, the Sun Temple comprises several distinct and well-organised spatial units. But not many know that the monument is also one of the



greatest scientifically designed structures ever built. This week **Sunday POST** explores some of the astounding facts behind this ancient engineering.

Significance of Konark Wheel

The replica of a Konark wheel which now adorns the new Indian Parliament, consists of eight wider spokes and eight inner spokes and it is nine feet in diameter. The temple features 24 (12 pairs) wheels representing the wheels of Lord Surya's sun chariot. The 12 wheels signify the 12 months of the year and the 8 spokes represent the 8 prahars or time

divisions of the day. According to legend, it is said that the Konark sundial and moon dial were used to calculate the precise time of day based on the position of the sun. There are eight minor spokes which run exactly in the middle of the major spokes such that the time between a major spoke and a minor spoke is 1.5 hours or 90 minutes.

Astronomical connotation

It is said that the temple's architects used their knowledge of astronomy to create the sundial, and its design is based on complex mathematical calculations that took into account the earth's rotation and the movements of the sun, moon, and stars. It can track the movement of the sun throughout the day and throughout the year. The wheel was designed to align with the sun's rays at differ-

ent times of the year, indicating the changing seasons and the solstices. It is believed to have been used to calculate the precise time for various religious ceremonies and rituals

How do they work?

The edge of the wheel has 30 beads in between a minor & a major spoke dividing 90 minutes into 30 equal intervals of 3 minutes each. The beads are large & one can determine if the sun's shadow falls on the centre or on the ends. Thus one can calculate time accurately to the minute. Now, question arises: what happens when the sun gradually moves from east to west? The sundial being carved on a wall would not be able to tell time during the afternoon as the sun would move away and not shine on this wheel at all. To address the issue, the temple has an identical wheel or sundial located on the west side. The east sundial works from morning to afternoon and the west from afternoon to sunset. The next question is: What happens at night? There would be no sun and, hence, no shadows until sunrise. Then, the 24 wheels carved across the temple, said to serve as moon dials, came into play.



Ananya



WANT TO BECOME A MODEL?

Send us your photographs at
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