

AUGUST 11-17, 2024

# SUNDAY POST

HERE . NOW



INDEPENDENCE DAY SPECIAL

# REDEFINING FREEDOM

COVER STORY

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Chiranjib Nayak, also known as Bhaina\_o\_bhaina among his followers, is an Odia stand-up comic from Chandikhol who strives to be the finest version of himself in show business. A post-graduate in biotechnology, Chiranjib looks up to Malaya Parida of Komedycountdownodisha for inspiration. The former sales executive enjoys cooking, socialising with friends, and watching web series when he is free



With cousins

### Insane foodie

I'm quite crazy about Indian food. On Sundays, I go on exploring new eateries that serve traditional foods such as Bara, Chicken Biryani, and Pakhala.



With Riten, Malya and Bishal

### Social obligation

I like a five-day work week with two days off. Participating in social service with the Millennium Rotaract Club helps to reduce my stress on my days off.

### Web show addict

Today's youth are fond of digital content and I'm no different. Aside from cooking and partying with pals, I enjoy binge-viewing web series when I'm free from work.



With family

### Family time

I prefer spending quality time with my loved ones to hanging out with friends. I believe in keeping ourselves joyful and bringing laughter into our daily life.

MADHUSMITA SAHU, OP

## WhatsApp This Week

Only on **Sunday POST!**

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

THE BEST MEMES OF THIS ISSUE

- What part of your family can you see through? A transparent.
- What is the most dangerous thing in your freezer? Ice is.
- Q: Why shouldn't you write with a broken pencil? A: Because it's pointless
- Where do fish work? The offish.

## BOOKS FOR BRAINS

sir, As the headline of last week's cover story 'Constant Companions' suggests, indeed, there is no better friend than a good book. I'm more than agree with the view of Tapas Rout, who is of the view that books expand a person's horizons and give one wings to explore the world. It's amazing to learn that Rout has bagged the Reader of the Year award two consecutive times. In an era where digital screens dominate people's lives, Rout has really set an example for others with his love for books. According to a study, the deeper readers go into the story, the more areas of their brain get activated. So, as the book-reading habit among the younger generation is gradually on the wane, it's time for parents to instill this spirit in their children when they are kids.

**SOUMYA SEN, BERHAMPUR**

## 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](mailto:features.orissapost@gmail.com)  
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INDEPENDENCE DAY SPECIAL

# REDEFINING FREEDOM

Independence, for many, is not just breaking away from foreign yoke. Real freedom, for them, starts from within by freeing minds, filling hearts with power, and creating positive changes

MADHUSMITA SAHU, OP

**A**s India commemorates its 78th Independence Day, the essence of true independence is reflected through the diverse perspectives of its citizens. For some, it represents liberation from colonial rule and a celebration of national pride while for others freedom underscores ongoing struggles for social and economic equity. Many choose to be independent in their own way. For them, independence is peace of mind. These stories collectively paint a varied picture of independence, suggesting that while the nation has made significant progress, the journey towards complete freedom is still on.

Ahead of Independence Day, people from cross-section of society shared with **Sunday POST** their definition of 'independence'.

lieve that true freedom requires us to be vigilant about our rights and the freedoms of others."

**'True freedom is all about liberation from negative approach and mindsets'**

"Every year, on Independence Day, we celebrate our hard-won freedom from British rule with great pride. However, to me, true freedom goes beyond liberation from colonial oppression. I believe we are still not entirely free, as negativity often holds us back. There is a saying that people tend to hold you back when you achieve something good, and this, unfortunately, rings true," said chef **Biswajit Moharathi**.

He continued: "I have personally witnessed how jealousy and resentment can undermine success. Instead of celebrating others' achievements, we often envy them.

This mindset is detrimental not only to personal growth but also to the sense of unity and brotherhood in our country. In my industry, for instance, I see people constantly competing and harbouring ill will towards each other. I have faced jealousy and animosity firsthand.

These attitudes create a toxic environment that hampers progress and undermines solidarity."

Furthermore, the obsession with selfish and materialistic pursuits prevents people from achieving true freedom, according to Biswajit.

"We are often trapped by our desires and personal ambitions, which make us stray from the larger picture of collective well-being. Ultimately, freedom should mean liberation from these negative tendencies. It is about freeing our minds from jealousy, resentment, and materialism. Only then can we foster a spirit of genuine brotherhood and unity. On this Independence Day, I hope we strive towards this deeper sense of freedom."

**'We need to be vigilant about our rights and those around us'**



**Atasi Basu Jena**, a well-known painter of the state, shared, "In my view, freedom is a state of free consciousness. True freedom is achieved when a person is conscious of his or her rights and respects the rights of others. Everyone is entitled to basic rights, and safeguarding these rights is the essence of freedom."

She added, "Unfortunately, we still see many instances where this ideal is not realised. For example, many Indian girls are not allowed to choose their own partners. Working women often do not receive the same care, respect, and rest as their male counterparts. A girl child remains unwanted in many families. Beyond gender discrimination, issues like caste, religion, and environmental degradation continue to dominate and create divisions. If powerful individuals are not restrained and made aware, they can infringe upon the freedoms of others, leading to unrest. This highlights the importance of everyone being conscious of their rights and the rights of those around them.

Therefore, I be-



**'Autonomy to make creative choices is independence to me'**

Popular Odia movie star **Devasis Patra** said,

"Independence, to me, is a profound and multifaceted concept that transcends mere political sovereignty. It embodies the essence of creative freedom and the ability to express oneself without constraints."



"In the realm of cinema, independence signifies the liberty to explore diverse narratives, challenge societal norms, and bring untold stories to the forefront. Art, in its truest form, thrives on freedom. The ability to choose roles that resonate with one's beliefs and values and to collaborate on projects that push boundaries is a privilege I deeply cherish. Independence means having the autonomy to make artistic choices without succumbing to commercial pressures or societal expectations," he said.

"Moreover, independence in the creative industry extends to the freedom of thought and speech. It's about voicing opinions, advocating for change, and using the platform to highlight issues that matter. As actors, we have the power to influence minds and provoke thought, making it imperative to uphold the principles of freedom and individuality," added Patra.

Elaborating more on true independence, he shared, "Independence also means the

right to personal growth and self-discovery. The journey of an actor is one of continuous learning and evolving. It's about breaking free from stereotypes, embracing diversity, and celebrating the uniqueness of every individual. In essence, independence is the cornerstone of creativity. It empowers us to dream, innovate, and inspire."

The Dear Purusha actor signed off by saying, "I believe that true independence is achieved when we are free to be ourselves, to tell our stories, and to leave an indelible mark on the world through our craft."

**'Forming opinions and making decisions without relying on others is freedom'**



**Deepak Kumar**, a budding cinematographer was of the view that if someone who isn't patriotic, independence might take on a different meaning from the conventional idea of freedom from colonial or oppressive rule.

"It could represent the freedom to make personal choices and live life according to one's own terms, freedom from societal expectations and norms. It might involve being independent in thought, forming opinions and decisions without relying on others. Independence could also mean being emotionally self-reliant and managing one's emotions and well-being without depending on others," he said.

Additionally, it might entail having the financial means to support oneself, enabling choices without the constraints of financial necessity, added Deepak.

**'We should work towards serving society and the nation better'**

**Nishikant Tarenia**, the founder of Ray of Hope Foundation, Bhubaneswar, said, "During our childhood, Independence Day

meant going to school, hoisting the flag, and participating in debate competitions. However, today the situation has changed. To me, Independence Day is not just about celebrating freedom. Despite 78 years of independence, many people in India still live below the poverty line without adequate housing, food, and clothing."



What is the significance of being the world's fourth-largest economy if a larger section of the society still lives below the poverty line? asked Nishikant.

He went on to add, "The dreams of the freedom fighters who sacrificed their lives for a better future remain unfulfilled. Although the youth are considered the future of the country, few are actively contributing to societal improvement. In many areas, girls are not safe at night. True Independence Day will be when all these issues are resolved. Instead of merely celebrating, we should work towards serving society and the nation better."

**'Value of independence is understood when one is robbed of it'**

**Ansruta Mohanty**, an MBA graduate, says, "Trying to define independence is like trying to define breathing; it is always there. It is a state of being. Most importantly, its value is understood only when it is taken away from us. It is waking up every morning knowing that choices and decisions can be made only by you and nobody else.

Our country has always set a wonderful example of being democratic. But there's something that I would like to be free from; it has to be from regionalism and the stereotype that exists in every part of the country. Diversity has become our weakness rather

than our strength. I want to be free from being asked what caste and community I belong to. I am a proud Indian, and that should be enough for any fellow Indian."



One of the major hurdles in organ donation is the prevalence of myths those believe that it is against religion. But the fact remains that all most all religions support organ donation, viewing it as an act of charity and love, says Dr Pravas Acharya, the president of Body and Organ Donation Initiative (BODI)



**WORLD ORGAN DONATION DAY- AUGUST 13**

# BEACON OF HOPE

MADHUSMITA SAHU, OP

**A** few months ago, an eight-year-old boy named Subhajt Sahu from Bhubaneswar suffered a brain seizure during a school test and was immediately hospitalized. He was later transferred to a private hospital, where he slipped into a coma. Despite their grief, Subhajt's family made the brave decision to donate his organs, a choice that has since changed the lives of several individuals.

Subhajt's parents donated his kidneys, lungs, liver, eyes, heart, and pancreas. His story is a powerful reminder of the profound impact one donor can have and underscores the significance of Organ Donation Day.

Ahead of World Organ Donation Day, a couple of organ donors shared their thoughts with **Sunday POST**.

**'Awareness and willingness to donate are essential'**



**Dr. Pravas Acharya**, the president of Body and Organ Donation Initiative (BODI) and a donor, said, "Organ donation not only saves lives but also brings hope and healing to families who have endured the loss of a loved one. For

recipients, a transplant can mean a second chance at life, an opportunity to see their children grow, or the ability to pursue their dreams and passions. For donor families, knowing that their loved one's legacy lives on through the lives they saved can provide

a sense of solace and pride."

He emphasises the critical shortage of organ donors in India. "Every year, thousands of patients die waiting for a transplant. Awareness and willingness to donate are essential to bridging this gap. Transplants can save lives and dramatically improve the quality of life for recipients. For instance, a kidney transplant can free a patient from the constraints of dialysis, and a heart transplant can offer a new lease on life to someone with end-stage heart disease," he explains.

He said, "Organ donation involves the transplantation of healthy organs and tissues from a donor to someone in need. This life-saving process can include the donation of the heart, kidneys, liver, lungs, pancreas, intestines, corneas, skin, and bone marrow. Despite the potential to save lives, there remains a significant gap between the number of donors and those awaiting transplants. Organ Donation Day aims to bridge this gap by fostering a culture of generosity and awareness."

However, the number of people coming forward to donate organs is not very encouraging.

On this, Acharya says, "One of the major hurdles in organ donation is the prevalence of myths and misconceptions. Many people believe that organ donation is against their religion or that doctors will not work as hard to save their lives if they are registered donors. These myths are unfounded. Most major religions support organ donation, viewing it as an act of charity and love. Additionally, medical profes-

sionals are committed to saving lives; organ donation is only considered after all life-saving efforts have failed."

Sharing his experience, he adds, "The stories of recipients who have been given a new lease on life through organ donation are truly inspiring. They illustrate the profound difference that a single act of donation can make. Consider the case of a young woman who received a heart transplant and went on to complete her education and contribute meaningfully to society. Or the father who, after a successful kidney transplant, is now able to watch his children grow up. These are not just medical successes; they are triumphs of human compassion and solidarity. However, the journey does not end with the decision to donate. It requires a robust infrastructure to ensure that organs are harvested and transplanted in a timely and ethical manner. This involves coordination between hospitals, organ donation organisations, and government bodies."

Concluding, he said, "On this Organ Donation Day, I urge everyone to consider the profound impact of becoming an organ donor. It is a decision that can save multiple lives and bring immense relief to grieving families. I also call upon our policymakers to support initiatives that promote organ donation and improve the infrastructure necessary for its success."

**'I wanted remain alive even after my death'**

**Prabir Kumar Pradhan**, a social activist and IFFCO employee from

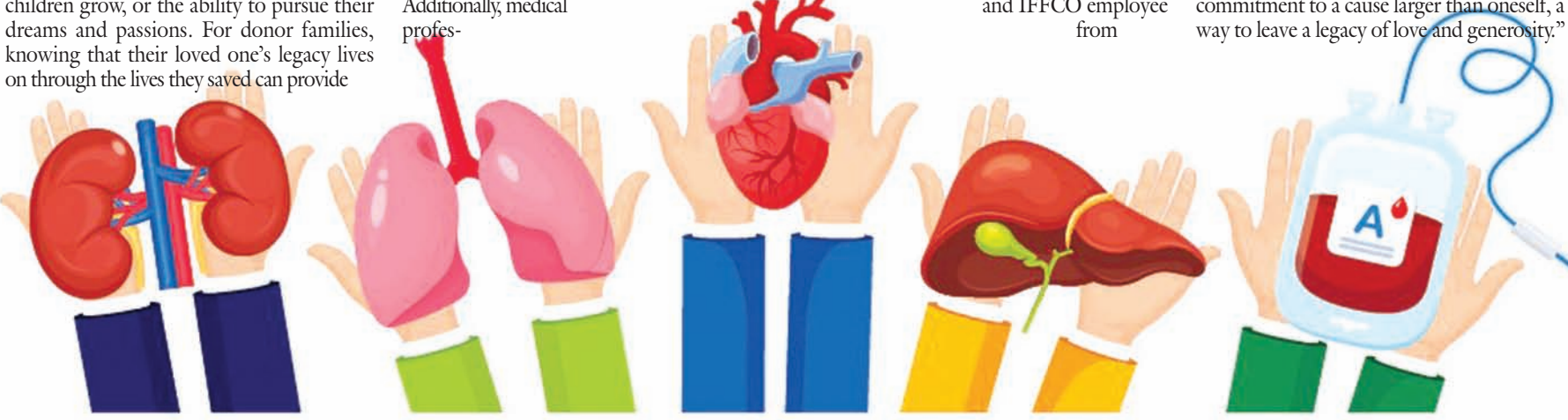
Paradip, marked his 15th wedding anniversary by pledging his organs for donation. His selfless act not only surprised his family, but also received all round applause from the local community.

Talking about the motivation behind his decision, Prabir says, "I wanted remain alive even after my death and there is no better way than pledging my organs. Besides, organ donation provides a new lease of life to those in need. Pledging my organs is one of the most significant and fulfilling choices I've ever made. It reflects my belief in human kindness and the profound impact one person can have on many lives."

He also recounted the role of his family that helped him taking the decision.

"Growing up, I learnt the importance of helping others from my parents. However, it was my close friend's need for a kidney transplant that truly made me understand the lifesaving potential of organ donation. His struggle and eventual relief through a successful transplant highlighted the urgent need for more donors. I didn't take the decision in a hurry. I researched and spoke with medical professionals to understand the process. I realised that in death, I could offer hope and a second chance to someone fighting for their life."

On a parting note, he said, "Organ donation is often seen through the lens of tragedy, but I view it as a beacon of hope. It transforms loss into life, sorrow into joy, and despair into possibility. By pledging my organs, I have joined a community that believes in giving beyond their lifetime. This pledge is a commitment to a cause larger than oneself, a way to leave a legacy of love and generosity."





Actress Mrunal Thakur, during the promotions of her cricket film Jersey, with Shahid Kapoor, had said that there was a time when she was madly in love with Virat Kohli. However, as this statement goes viral again, the actress has reacted to it.

## Debate over Mrunal's comment on Virat

The social media handle of a news portal dropped a picture of a statement from Mrunal, which featured the actress alongside a picture of Kohli, and a fan shared it on Reddit. She is usually known to react to something she doesn't like, and the actress' comment has now

led to several interpretations.

The actress just commented on this post and said, "STOP IT OK." This comment has led to several users debating about whether Mrunal is angry, embarrassed, or just denying this. A user wrote, "Why her comment is giving the vibe that the information is true, but she's kind of embarrassed, lol." Another one said, "Is it me or does that comment sound sarcastic? As in, when our friends tease us for our crush, we usually say, 'stop it ok.'"

AGENCIES

## TRAP opens to mixed reactions

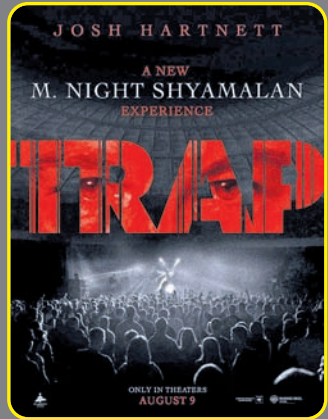
Bhubaneswar: India-born American filmmaker M Night Shyamalan's TRAP, released last week, is garnering mixed reactions in theatres.

Here's what the fans have to share with Sunday POST about their experience.

The character of a loving father transforming into a villainous butcher caught Sonali Chayani, a 21-year-old influencer from this city, by surprise. "The movie drags in the middle but leaves a pinch of laughter at the end. It's overall entertaining, but a one-time watch only," she said.

Ramesh Jaiswal, 29, a businessman from Bhubaneswar, described the movie as a mixed bag of thrills and confusion. "The narrative seems to lose its focus in the middle. The atmospheric tension and Josh Hartnett's acting are quite appreciable," Jaiswal said.

"The film was entertaining, but it didn't quite hit the mark as it should. The story's complexity led to a confusing or unsatisfying conclusion. However, the concert scenes in the movie are worth watching. Jonathan Langdon's performance as Jamie, the vendor, offers comic relief," said Nora Ujjana Lakra, a 3rd year Psychology student from Bhubaneswar.



## Want to rid myself of stereotypes: Hari

Bhubaneswar: Popular comedian of Odia film industry Harihara Mahapatra, aka Hari, has been on a mission to alter his image by acting in serious films.

After appearing in intense roles in movies like Rumku Jhumana and Dho re Babu Dho, he did it again in his recent release, Bhagia Bharija. Apart from acting as the male lead, he has produced the movie and penned the story, dialogue, and screenplay.

The film has Debjani Deghuria, Bobby Mishra, and Pupinder Singh in other key roles. Bhagia Bharija is about the impact of social media and the result of sudden fame in people's lives.

In the movie, Hari plays an auto driver who wants a good life for him and his wife, while the latter is fond of making reels on her cell phone. In an unprecedented turn of events, a filmmaker roped her in for a movie after

watching her reels. How the couple's lives change after that forms the crux of the movie.

Co-produced by Bhisma Rath, the film is directed by Mrityunjay Sahoo.

Talking to Sunday POST at the special screening of the movie, Hari shared, "After performing comedy in over 200 movies, I switched to intense roles in projects like Rumku Jhumana and Dho re Babu Dho, which were well received. So, I took up yet another serious role in Bhagia Bharija, which is based on the impact of social media on our lives."

About his transition from comedy to drama, Hari said, "We have seen many actors getting typecast for their whole careers. I also suffered from that. However, as an actor with a theatre background, I always wanted to rid myself of stereotypes. Also, I am in a situation where I can now wait to choose. I hope that this movie will be liked by the audience."

PNN



Actress and diva Nia Sharma has finally revealed who her forever crush is on social media.

Nia took to her Instagram stories, where she shared a selfie with Bollywood actor Fardeen Khan.

In the image, Nia, who looks drop dead gorgeous in a black-fitted dress with a turtleneck, is seen flashing a toothy smile as she poses with Fardeen, who looks dapper in an all powder blue outfit. For the caption, she wrote: "Forever crush".

It seems Fardeen was on the sets of the comedy-culinary show Laughter Chefs Unlimited Entertainment to promote his upcoming film *Khel Khel Mein*. The film also stars Akshay Kumar, Vaani Kapoor, Taapsee Pannu, Ammy Virk, Aditya Seal, and Pragya Jaiswal.

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## Nia's forever crush



Appreciating the movie, Karan Karua, 21, a student and a movie buff from Rourkela, said, "TRAP is a must-see for lovers of the thriller genre. I personally enjoyed the atmospheric tension and unsettling mood. The movie was so engaging due to lots of twists and turns, and the concert scenes were so realistic."

Released August 2, the film stars Josh Hartnett, Ariel Donoghue, Saleka Shyamalan, Hayley Mills, and Alison Pill in key roles.

RESHMI YADAV, OP



Poster of the movie *Tangled*, adapted from *Rapunzel*

the property. Most people agree that this plant was *Campanula rapunculus*, often known as bellflower or salad green.

Strangely, the pregnant woman is determined that she must consume some *Campanula rapunculus* even as she begins to lose weight, endangering the life of the unborn child.

Her husband, in desperation, agrees to steal some of the bellflowers from the witch by breaking into her garden. And it proves to be a successful. Before going back home and offering them to his pregnant wife, he scales the compound wall and finds some of the plants.

He repeatedly breaks into the property to get more and more of the flower in the days that follow, until one day the sorceress captures him as he is trying to flee the compound.

#### The story begins

Rapunzel story begins with the capturing of the husband by the sorceress.

As retaliation for the couple breaking into her garden, the sorceress now demands that they give up their newborn.

When a baby girl is born, she reluctantly concedes that the child is truly given over eventually. The witch gives her the name Rapunzel after the plant that her mother was fixated on eating, and when she becomes older, she imprisons her in the compound's tower.

She grows up there, becoming a teenage girl with beautiful, golden hair.

Then, one day, a prince passes by and hears Rapunzel singing from the top of the tower. Her voice captivates him, and he finds himself drawn to investigate its origin.

He eventually succeeds in getting into the tower, whereupon he and Rapunzel fall in love. However, they have to deal with the sorcerer's unpleasant atti-

tude, and even when the prince tries to clarify the issue to her, the sorceress cuts off Rapunzel's hair. She banishes her from both the compound and the tower.

Since all she has ever known is the tower and the garden, she is abandoned to fend for herself in the wilderness. Upon his return and discovery of the events, the prince throws himself from the tower and blinded.

After that, he wanders the woods for years, but the tale finally has a happy conclusion. They run across each other one day while he is aimlessly strolling through the forest; they have heard each other sing.

In the interim, Rapunzel gives birth to a boy and a girl, and while they are together, the prince's sight is magically restored. Returning to the prince's realm, the family leads a happily ever after.

#### Different climax

This story, in contrast to many others by the Grimm

# ORIGIN OF RAPUNZEL

THE STORY OF RAPUNZEL TOLD DURING THE MIDDLE AGES AND EARLY MODERN ERAS BY FOLKLORISTS LIKE HANS CHRISTIAN ANDERSEN IS NARRATED TO AUDIENCES EVEN TODAY THROUGH DISNEY PRODUCTIONS AND A VARIETY OF OTHER MEDIA

Brothers, begins gloomily and ends cheerfully.

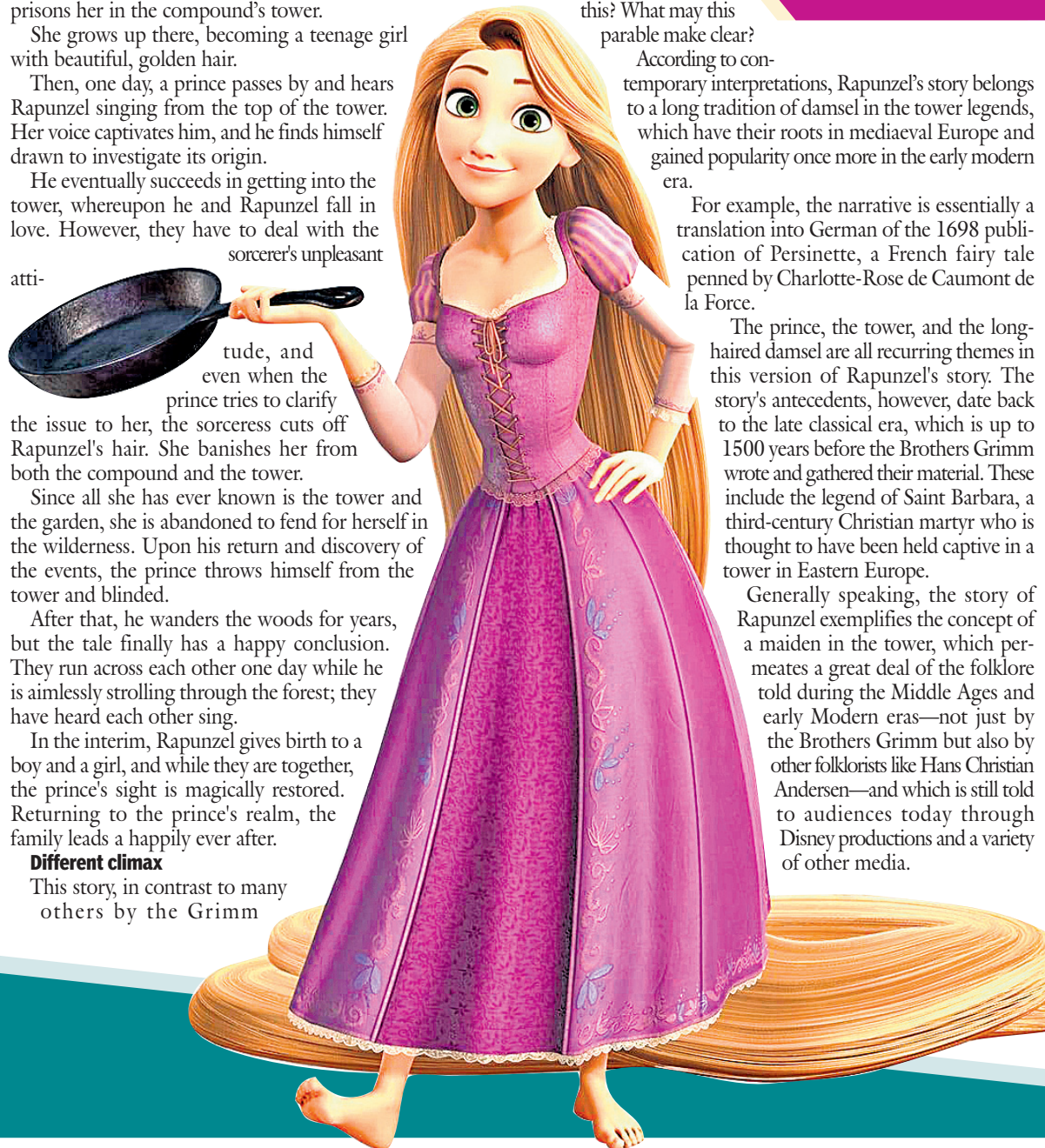
What then is the specific history of this? What may this parable make clear?

According to contemporary interpretations, Rapunzel's story belongs to a long tradition of damsel in the tower legends, which have their roots in mediaeval Europe and gained popularity once more in the early modern era.

For example, the narrative is essentially a translation into German of the 1698 publication of *Persinette*, a French fairy tale penned by Charlotte-Rose de Caumont de la Force.

The prince, the tower, and the long-haired damsel are all recurring themes in this version of Rapunzel's story. The story's antecedents, however, date back to the late classical era, which is up to 1500 years before the Brothers Grimm wrote and gathered their material. These include the legend of Saint Barbara, a third-century Christian martyr who is thought to have been held captive in a tower in Eastern Europe.

Generally speaking, the story of Rapunzel exemplifies the concept of a maiden in the tower, which permeates a great deal of the folklore told during the Middle Ages and early Modern eras—not just by the Brothers Grimm but also by other folklorists like Hans Christian Andersen—and which is still told to audiences today through Disney productions and a variety of other media.





**BULTI**



WANT TO BECOME A MODEL?  
 Send us your photographs at  
[features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)

PHOTO: KUMAR SHARAT, OP