

JANUARY 5-11, 2025

SUNDAY POST

HERE . NOW



18TH PRAVASI BHARATIYA DIVAS – JANUARY 9

RECONNECTING WITH ROOTS



COVER STORY

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MY SUNDAY

Day of learning

Sunday is my favourite day of the week; I treat it as a day of learning, as on other days I don't get enough time to work on myself.



Actor, writer, and director-producer Aswin Tripathy is a prominent name in Odisha's showbiz. 'Dotpen', 'Delivery Boy', 'Sita: Sangharsa Ra Kahani', and 'Shanti Apartment Flat No 203' are among his notable works. He also has directed commercials featuring renowned Bollywood actors, showcasing his versatility and expanding his influence beyond regional cinema. Married to popular anchor Purna Pratikshya, the Bhubaneswar-born artiste likes to spend his free time with family, flicks, and books



Clearing backlogs

The day begins with meditation and fulfilling my prior commitments to my family. I also use this day to complete my pending work.

Mad about Dahibara-aloodum

My all-time favourite breakfast is Dahibara-aloodum, and for lunch, I can have anything. However, the Sunday menu is mostly decided by my wife, Purna.

Movie buff

As a movie lover, I enjoy spending my leisure time watching movies. I also love reading books.

ANISHA KHATUN, 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

- Yesterday I donated my watch, phone, and \$500 to a poor guy. You can't imagine the happiness I felt as I saw him put his pistol back in his pocket.
- If I ever need a heart transplant, I'd want my ex's. It's never been used.
- No matter how much you push the envelope, it'll still be stationery.
- What do you call a boat full of polite football players? A good sportsman ship.

Welcome move

Sir, This refers to the release of the Odia film Wife (in Tinsel Town page), starring actress Varsha Priyadarshini. I'm glad to know that the actress has finally overcome the turbulent phase in her personal life and moved on. It's really unfortunate that the actress missed out on so many opportunities after getting entangled in a legal battle with her ex-hubby, Anubhav Mohanty. While Anubhav continued to act in movies and managed to deliver hits like Karma and Love in London to the viewers, Varsha switched to social work, staying away from movies. Therefore, her return to Ollywood is a welcome move. Importantly, the movie is said to be based on Varsha's life, and the actress is learnt to have shared her side of the story in the divorce case. Varsha is one of the most gifted actresses to grace the Odia film industry, and I wish her the best for the success of her movie.

ROHIT SAMANTRAY, 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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18TH PRAVASI BHARATIYA DIVAS - JANUARY 9

RECONNECTING
WITH ROOTS

Beyond the borders of India lies a vibrant community of natives. United by their common ancestry, the diasporas have not only been making significant impacts across the globe, but also partnering effectively in the growth story of their motherland

For the first time in history, Odisha is taking centre stage as the host of Pravasi Bharatiya Divas, a prestigious event that celebrates the invaluable contributions of Indians residing abroad while strengthening their ties with the homeland. This landmark occasion is not just an event but a testament to Odisha's growing prominence on the national and global stage. Known for its rich cultural heritage, ancient traditions, and profound contributions to art, spirituality, and craftsmanship, Odisha is now poised to shine as a modern and progressive state with boundless opportunities.

Pravasi Bharatiya Divas in Odisha offers a unique platform to showcase the state's timeless beauty, from its iconic temples and classical dance forms to its breathtaking landscapes and evolving industrial prowess. For Odias living abroad, this event is a call to reconnect with their roots, celebrate their identity, and play an active role in promoting Odisha's legacy worldwide.

This milestone also serves as a bridge between the past and future, blending Odisha's rich history with its aspirations for growth and development. By hosting this event, Odisha not only opens its doors to its diasporas but also sends a powerful message about its readiness to engage with the world. It's an opportunity for Odias worldwide to unite, collaborate, and contribute to the state's global standing while taking pride in their unique heritage.

Ahead of Pravasi Bharatiya Divas, a few Odias residing abroad share with Sunday POST their feelings and describe how they have been promoting the culture and tradition of their homeland abroad.

'I'm working on cultural collaboration between Odisha and London'

Dr. Bhagyashree Singh, Musculoskeletal Specialist, NHS London, U.K., says, "I am truly honoured to be part of this prestigious event and deeply grateful to the government for inviting us as delegates. This oppor-

tunity makes me feel more connected to Odisha and its vibrant cultural fabric. Beyond my professional role, I am the Cultural Lead for South Asian heritage events and have served as the former Cultural Secretary of the Odisha Society of the U.K. and Head of Events at CFONHS, a position within the Conservative Party, specifically working on Rishi Sunak's health team. These roles have allowed me to actively promote Odia culture and traditions abroad. Over the years, I have organised various cultural events in Britain to promote Odia culture and traditions. Recently, I presented a Konark Chakra of silver filigree work from Cuttack to the former health minister of Britain."

Asked about a memorable incident as a non-resident Indian, Singh says, "One of the most rewarding moments of my journey was being invited as a special guest at Downing Street, where I had the privilege of discussing Odisha's traditions and culture with British politicians. I also work closely with local mayors to foster cultural collaboration between Odisha and London, ensuring that our shared heritage gains recognition on an international platform. As a trained classical singer in both Hindustani vocal and Odissi classical music, I am

passionate about preserving our rich musical traditions."

She is currently working to include Odissi music as part of the Indian choir of England, thus introducing its beauty to diverse audiences.

"These efforts are not just professional commitments but a heartfelt endeavour to keep Odia culture alive and thriving overseas. Through my work, I aim to build bridges between cultures and ensure that the legacy of Odisha continues to inspire and resonate globally," concluded Singh.

'Our commitment to Odia culture extends beyond events'



The Odisha Society of Canada (OSC), a non-profit socio-cultural organisation, was founded in 2004, to promote Odia culture and traditions in Odisha.

Anil Kumar Sahu, the secretary of the organisation, says, "We organise a variety of cultural events throughout the year, such as food festivals,

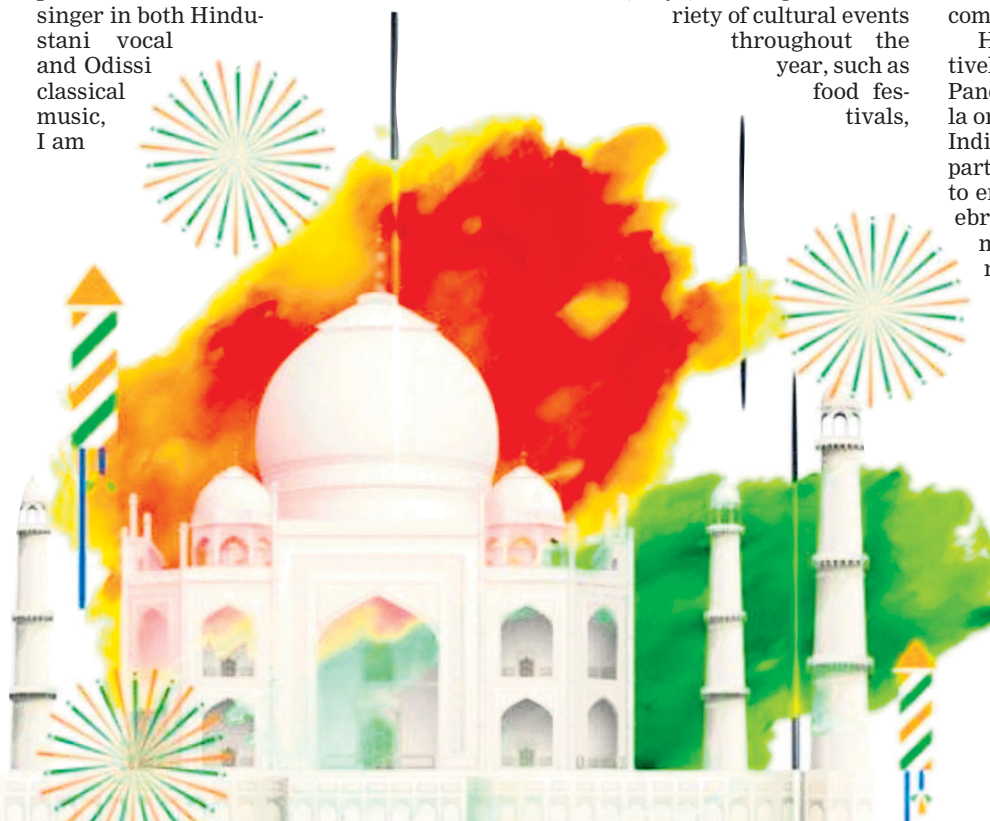
speech competitions on Odia topics, and drawing contests. Our annual badminton championship, held in October-November, brings together the Odia community for friendly competition."

He goes on to add, "On Utkal Divas and Boita Bandana we host indoor competitions to celebrate Odia heritage. We ask people to make biota (boats) as a tribute to Odisha's rich maritime heritage. This competition not only honours our ancestors' seafaring traditions but also fosters creativity and community participation. Additionally, we hold an Independence Day picnic where we hoist both Indian and Canadian flags, fostering a sense of unity and pride among members."

Quizzed about what else OSC does apart from organising cultural events, Sahu shares, "Our commitment to Odia culture extends beyond events. We organise a yearly cottage picnic in June, offering members a chance to connect and enjoy the natural beauty of Canada. We also assist Odia people in settling here, ensuring they feel supported in their new environment. In line with our social responsibility, we conduct cleanliness drives and bike rides to promote community engagement."

He continues: "Furthermore, we actively participate in events organised by Panorama India, a not-for-profit umbrella organisation that helps unite various Indian cultural associations and groups, particularly during Independence Week, to ensure that the spirit of India is celebrated across the country. One of our main goals is to preserve and promote the Odia language and culture. Through initiatives like Odia Sikhyaalaya, we offer online classes to teach Odia to members, ensuring that future generations continue to speak and appreciate our language."

Sahu signs off by saying, "Our goal is to educate our children about the rich heritage and history of Odisha, foster inclusive relationships among people of Odia origin, and celebrate the vibrant Odia community in Canada by organising themed events and offering an online curriculum throughout the year. The Odisha Society of Canada remains a cornerstone of cultural exchange, fostering a deeper understanding of Odia traditions and enhancing the sense of belonging for all its members."





'Incredibly proud moments to see writeups on Surendra Sai in Gulf News and Khaleej Times'



Priyadarshree Panigrahi, a prominent non-resident Odia & head of an Indian FMCG MNC's MENA operations in Dubai, says, "It is a great feeling to know that Odisha is hosting this year's Pravasi Bharatiya Divas. I have been living outside India for more than 17 years now. When I left

India, I could never have imagined Odisha hosting such a large-scale event, especially of this nature, involving the entire Indian diaspora. It is a matter of pride that Bhubaneswar is the host city this year. This event strongly proves to the world that our state has come a long way from the days it was known for hunger, starvation, and natural calamities. It also provides an opportunity for the state to showcase its natural beauty, culture, heritage, and food, thereby presenting itself as an attractive tourist destination. In addition, Odisha has massive potential for investors across many sectors, which should also be highlighted."

Recalling his journey, Priyadarshree says, "I was born in Bhubaneswar and spent a large part of my childhood in Sambalpur before moving to Delhi to complete my secondary school and higher education. All along, I have taken immense pride in my roots, and it has been my desire to promote our culture and traditions wherever I live outside India. This strong desire led to the celebration of 'Nuakhai,' Odisha's premier agrarian festival, on a very large scale in Dubai. Though the celebrations had started earlier, for the first time, 'Nuakhai' was celebrated on a large scale in

2016 at the Indian Consulate Auditorium in Dubai. A group of us, like-minded individuals, organised these celebrations on a massive scale. This was the largest-ever Prabasi Nuakhai and the first time Nuakhai was celebrated in such a grand manner outside India. It showcased the rich culture, traditions, handlooms, and folk music of western Odisha on the global stage, attracting significant media attention. Padmashri Jitendra Haripal was invited for this Nuakhai during his maiden foreign trip, where he sang "Rangabati" for the first time on foreign soil. Many Indians and non-Indians came to know of this unique festival. Since then, Nuakhai in the UAE has grown in strength and continues to be the largest Nuakhai celebration outside India."

Priyadarshree adds, "Similarly, the desire to honour and propagate the legacy of Veer Surendra Sai across the globe led to the commemoration of his 212th birth anniversary on the 23rd of January 2020. For the first time ever, Veer Surendra Sai's heroism was featured in international media, showcasing this unsung hero. It was an incredibly proud moment to see articles about Veer Surendra Sai's valour and bravery in leading newspapers like Gulf News and Khaleej Times. Another proud moment was the celebration of his Jayanti at the Indian Consulate in 2023, alongside Netaji Subhas Chandra Bose's birth anniversary. As I look back, it gives me immense satisfaction to know that we were able to contribute in some way to spreading Odisha's culture and history in places far from India. This is our small and humble contribution to our motherland."



About Pravasi Bharatiya Divas

The return of the first illustrious Indian, Mahatma Gandhi, on January 8, 1915, from South Africa is celebrated as Pravasi Bharatiya Divas. The first PBD was inaugurated on January 9, 2003, in New Delhi under the leadership of former Indian Prime Minister Atal Bihari Vajpayee. PBD serves as a platform for the overseas Indian communities to engage with the Government of India. It's also a digital platform for recognising and celebrating the achievement of the diaspora. The Pravasi Bharatiya Samman stands as the highest honour bestowed upon a non-resident Indian, a person of Indian origin, or an organisation established and operated by them.



When seismic waves reach the surface of circular temples during earthquakes, they propagate equally in all directions. As the energy of the earthquake waves is evenly distributed everywhere, the temple walls remain stable during the quake and the risk of collapsing is reduced

THE RESILIENT WALLS: A SYMPHONY OF ART & SCIENCE

SATYABRATA PANIGRAHY

Ancient architecture is the soul of Indian civilisation that embodies art, spirituality and scientific thoughts of a bygone era. Architecture is the tangible form of contemporary abstract ideas, philosophy and techniques in the journey of human civilisation. It is the artistic expression of scientific thoughts, a symphony of art and science. In his popular book *The story of philosophy*, Will Durant has said, "Every science starts with philosophy and ends in art." That is to say, it is hardly possible to build an architectural wonder without using any technology.

Odisha, one of the best places in India for heritage lovers, is a treasure trove of architectural marvels. Many temples, monuments, pillars and stupas still exist today as a testament to Odisha's glorious past. The Sun Temple at Konark continues to mesmerise the eyes of the beholder. Credit goes to the skilled architects of ancient Odisha, who were masters in the art of creating such captivating stone craft.

The temples in Odisha are mainly built in the vimana style of architecture. But the 64 Yogini temple at Hirapur is an exception, as it has a circular design. This tantric shrine was built in the 9th century. Sculptures of 64 kinds of yoginis are placed inside the circular wall of the shrine with no roof. There is also a scientific reason behind building such circular temples. Circular shapes are earthquake-resilient structures.

Because a circle has no corners, and the distance between the center point of the circle and its circumference is equal in all directions. When seismic waves reach the surface during earthquakes, they propagate equally in all directions. As the energy of the earthquake waves is evenly distributed everywhere, the temple walls remain stable during the quake and the risk of collapsing is reduced. The circular shape gives an ad-

ditional

stability to the temple.

On the other hand, polygons like rectangular or square shapes contain corners, and these are more vulnerable due to the uneven distribution of seismic waves. Several research studies have suggested the earthquake-resilient feature of circular design. If you notice the seismic map of Odisha, it shows that Hirapur in Khurda falls in seismic zone-3, which means it is located in the most earthquake-prone areas of Odisha. As the temple

is situated in the coastal area, it also has the ability to withstand high wind speed during cyclones. Perhaps, the master architects of ancient times envisioned such circular walled temples to protect against earthquakes and cyclonic winds.

The 64 Yogini temple of Morena in Madhya Pradesh is circular in shape. Since its location lies in seismic zone-3, ancient builders might have built such a circular temple to protect it from any hazardous earthquake. Although there is no authentic information available, it is said that the circular design of old parliament

is circular shape to avoid the damage caused by earthquakes. Due to the structural stability and robustness of 'Bhunga', these were unaffected in the earthquake that occurred in Bhuj, Gujarat in 2001. Recognising the quake-resilient feature of these circular walled homes, the local administration also encouraged the construction of 'Bhunga' houses.

Similarly, the 'batter wall' with pyramid-like slopes on either side is another innovative feature of ancient architecture. The width of the lower part of a batter wall is wider than the upper part. They are known for structural stability and firmness. Batter walls can be found in the Gopuram of ancient temples of India, Tughlaqabad Fort, Kumbalgarh Fort. The entrance gateway of 10th century Barabati Fort in Cuttack and the Hirakud dam also contain batter walls. The entrance wall of Barabati Fort is slightly inclined, which means that the lower part of the wall is wider than the upper part of the wall.

Batter walls are mainly used in the construction of forts and embankments to protect the structure. Architectural marvels of ancient times have managed to survive for centuries because of the application of such scientific techniques. These sophisticated and aesthetically appealing structures continue to whisper the stories of resilience, innovation and eternal beauty.

The author writes mostly on history of science, art and culture and can be contacted at saty1999situ@gmail.com



KJo shares his greatest passion

Part from being one of the most celebrated filmmakers in Bollywood, Karan Johar is also very active on social media.

The 'Dharma' head recently took to the stories section of Instagram and revealed what he considers to be his biggest passion. KJo dropped a stylish photo in a



black sweatshirt with 'Filme' written on it in Hindi.

Completing his look with black shades, he wrote, "Filme..What we live and die for..." It should not come as any surprise, given that Karan Johar has dedicated all his life to making movies, and continues to do so even today.

As far as Karan Johar's next project is concerned, the director recently joined forces with Kartik Aryan for a romantic comedy titled *Tu Meri Main Tera, Main Tera Tu Meri*. For the un-

versed, the drama will mark Kartik Aryan's first association with KJo. Sameer Vidwans will be helming the movie scheduled to be out in the theatres in 2026. Adding to the hype for *Tu Meri Main Tera, Main Tera Tu Meri*, the filmmaker has already released the teaser of the forthcoming drama. IANS

After making a name for herself in the television industry, Mouni Roy is now slowly making her mark in Bollywood. She started the year 2025 on a positive note by taking the blessings in a temple.

Dropping a couple of pictures of the religious visit on the photo-sharing app Instagram, she wrote, "Embracing the divine possibilities of the new year, trusting that every step we take is guided by the loving hand of god...Happy 2025."

Recently a video of the *Naagin* actress surfaced on social media where she can be seen taking a nasty fall. As the stunner was leaving the New Year's party venue in Mumbai with husband Suraj Nambiar and BFF Dishu Patani, the trio was surrounded by the paparazzi.

Talking about her professional commitments, Mouni was recently a part of the Disney+ Hotstar's web series named *Showtime*, where she shared the screen with Naseeruddin Shah, and Emraan Hashmi.

Up next, Mouni will reportedly be a part of an untitled project by the *Khuda Haafiz* fame director, Faruk Kabir. It is believed that the movie will reach the audience in 2025. IANS



Mouni welcomes divine possibilities

After kicking in the New Year with her politician husband Raghav Chadha in Delhi, the *Kesari* actress is all set to head to Mumbai.

Parineeti recently used the stories section of her official Instagram handle and dropped an awe-worthy post regarding how she is going to miss the Delhi winters. Dressed in a cream coat, high-neck sweater, and a wollan cap, the actress wrote, "Not emotionally ready for Bombay Heat yet".

Prior to this, Parineeti took to her Insta handle and shared her mantra for 2025. Her note went like this, "My mantra forever. Make it yours, this new year. You'll always be brave in someone's mind and coward in another's, strong to one

and fragile to another, good to one and terrible to another. You will be seen as annoying to one and comforting to another. Some will feel anxious around you and some will find peace in your company. Some will see you as "too much" while others will see you as a gift".

Talking about her work, Parineeti last graced the silver screen with *Amar Singh Chamkila* opposite Diljit Dosanjh. Imtiaz Ali directed the biopic on the late Punjabi singer. IANS



Parineeti's emotional struggle

Junaid performs live at Prithvi Theatre

Junaid Khan has indeed left everyone impressed with his phenomenal performance in his debut film *Maharaj*. Seamlessly balancing his theatre performances and film projects, the actor is now gearing up for his next film, *Loveyapa*, co-starring Khushi Kapoor. With anticipation for the film on the rise, the first song from *Loveyapa* is was released last week, coinciding with Junaid's live theatre performance at Prithvi Theatre, Mumbai.

It is truly remarkable to see how Junaid is managing both his films and theatre commitments with perfection and keeping respect for the stage. After the announcement of the release date of *Loveyapa*, Junaid performed for the first time at Prithvi. The first song from his upcoming film *Loveyapa*

released last week and the excitement around the movie continued to build. Following the success of *Maharaj*, Junaid is poised to win hearts once again with his next project! On the work front, Junaid has also an upcoming film with Sai Pallavi.

AGENCIES





SHAHNAZ HUSAIN

WINTER MAKEUP

tips for dry skin

As the winter chill sets in, women often find themselves grappling with the challenges of dry and flaky skin. Dry skin is a concern throughout the year, but winter intensifies the problem. The low humidity during colder months strips moisture from the skin, leaving it parched and vulnerable. Indoor heating and hot water baths can further dehydrate the skin, while harsh winds cause irritation and sensitivity. This leads to dry patches, rough texture and sometimes redness, irritation and dullness.

Winter skincare is all about hydration. Invest in nourishing products that moisturise and protect your skin from the harsh elements. The right makeup products, techniques and tools can enhance your skin's natural texture, giving you a fresh and radiant finish.



Cleanse gently

Cleansing your face is a crucial step in your winter makeup routine. The cold air makes your skin delicate, so it craves a gentle touch. Start with a cream-based skincare cleanser to remove impurities without stripping your skin of its natural oils. This will help slough off dirt and dead skin cells. Proper cleansing ensures makeup blends well and stays in place. Use a nourishing face wash that suits all skin types to remove impurities while preserving essential moisture.

Follow up with a hydrating serum to add an extra layer of moisture, creating the perfect base for makeup.

Use a hydrating cleanser twice a day to re-

move dirt, oil, or makeup. For best results, exfoliate twice a week with a mild scrub to remove dead skin cells and unclog pores.



Hydrate skin

Winter air tends to dry out the skin, leading to dehydration. Before applying any makeup, ensure your skin is well-hydrated with a nourishing cleansing balm and a moisturiser suited to your skin type. Incorporate serums, moisturisers, and face mists containing hydrating ingredients like hyaluronic acid or glycerin. After using a mild cleanser, apply a moisturising serum with hyaluronic acid. To seal in moisture, use a thick moisturiser rich in ceramides. Apply moisturiser right after cleansing to lock in moisture.

Cleansing balms with peptides and shea butter lock in moisture while cleansing, preventing your skin from feeling stripped. Drink plenty of water, soup and juice to maintain internal hydration, supporting your skin from within.

A hydrating primer is essential for dry skin in winter. It creates a barrier between your skin and makeup, preventing moisture loss. Apply it before your foundation and avoid ingredients like salicylic acid, parabens and alcohol, as they can dry out the skin.

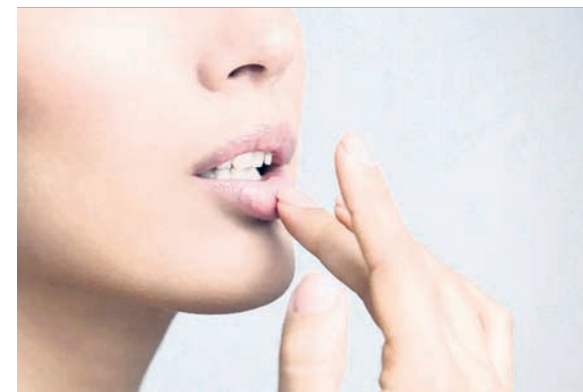


Exfoliate skin

Exfoliation is key to healthy, smooth skin. During winter, increasing your exfoliation routine will help your skincare products absorb better and work more effectively. Exfoliating boosts blood circulation, promotes collagen production and accelerates cell turn-

over, leaving your skin brighter and fresher. However, over-exfoliation can strip your skin's natural oils and cause irritation, so don't exceed exfoliating twice per week. Use a gentle exfoliant, like lactic acid, to avoid irritation.

Regular exfoliation smooths the skin, but choose the right method. For sensitive or dry skin, opt for a gentle chemical exfoliator. For acne-prone or oily skin, physical exfoliators help unclog pores and reduce oil. Avoid harsh physical exfoliators, as they can be abrasive. Exfoliate in the evening to prevent your skin from being overly vulnerable.



Lip care

Chapped lips are a common winter issue and even the most perfect appearance can be ruined by cracked lips. To keep your lips hydrated, use creamy lipsticks with nourishing formulas. Apply a lip primer before adding color to your pout. Choose lipsticks made with natural ingredients to keep your lips moisturised and prevent chapping. Avoid long-wearing matte lipsticks, as they can dry out your lips and settle into cracks.

Instead, use a nourishing lip mask overnight. During the day, apply a moisturising lip balm under your lipstick. Choose lipsticks with a satiny, creamy texture to maintain softness and suppleness. Exfoliate your lips gently with a lip scrub once a week to remove dead skin and keep your lips smooth.

The writer is famous for pioneering the herbal beauty care movement and taking Ayurveda worldwide





Kiranmayee

WANT TO BECOME A MODEL?
Send us your photographs at
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