

FEBRUARY 9-15, 2025

# SUNDAY POST

HERE . NOW

VALENTINE DAY SPECIAL

# Love in the Air

COVER STORY

P  
3,4





### Relaxation and creativity

As a choreographer, my Sundays are a perfect blend of relaxation and creativity. Since my passion is also my profession, even after a busy week of rehearsals, I relish starting my Sunday with a few warm-ups to kick off the day.

### Following trends

When a new project is on the horizon, I immerse myself in exploring and innovating dance moves. I always keep an eye on global trends and plan meticulously to bring something unique to the table. Days off are the perfect time to work on this.



Rakesh Behera, aka Nandu Master, is one of the most sought-after choreographers in Ollywood. In a career spanning over 12 years, Nandu has won millions of hearts by choreographing hits like 'Lajawab Tu,' 'Tu Mo Premare Achu,' 'Peg Badhei De,' and 'Bhata Te Haba Dali Te Haba.' The acclaimed dance master has also showcased his versatility by acting in the movie Hi Krushna. A native of Bhubaneswar, Nandu enjoys spending his Sundays organising workshops and brushing up his skills

### Jamming together

I love catching up with my crew, and our meet-ups are always filled with fun and camaraderie. Sometimes, we jam together, organise workshops, or focus on refining our skills.

### Family matters

On my ideal Sundays, I cherish spending quality time with my family, whether relaxing at home or planning a fun outing.



With co-workers



With kids at a workshop

ANISHA KHATUN, 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

- I'm reading a book about anti-gravity. It's impossible to put down!
- Why do we never tell secrets on a farm? Because the potatoes have eyes, and the corn has ears!
- I told my wife she should embrace her mistakes. She gave me a hug.
- Why did the tomato turn red? Because it saw the salad dressing!



## Digital threat

Sir, Last week's cover story on 'digital warriors' made for an interesting read. Their efforts are laudable as digital advances can indeed make life miserable in several ways. Firstly, the constant connectivity and digital distractions from smartphones and social media can lead to decreased productivity and increased stress. The fear of missing out and the need to stay updated on social media can exacerbate feelings of inadequacy and anxiety. Moreover, the spread of misinformation and disinformation on digital platforms can lead to confusion and mistrust. Privacy and data security concerns are also significant, as the vast amount of personal information shared online makes individuals vulnerable to cyber threats. Additionally, the digital divide can further widen socioeconomic gaps, leaving those without access to technology at a disadvantage. Lastly, the potential for digital technology to be used for surveillance and manipulation by authoritarian regimes poses a serious threat to human rights and freedoms.

AMARDEEP KHUNTIA, JAGATSINGHPUR

## 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)  
B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa.  
Phone (0674) 2549982, 2549948

VALENTINE DAY SPECIAL

# Love in the Air

True love is about connection, commitment, understanding, and appreciation rather than material possessions. What truly matters is having the right partner, someone who makes every moment special, quips famous actor Sabyasachi Mishra on his idea of Valentine's Day.

**Love doesn't make the world go round. Love is what makes the ride worthwhile. — Franklin P. Jones**

ANISHA KHATUN, OP

We are already in the Valentine's Week. In today's fast-paced world, where responsibilities often take precedence over romance, Valentine's Day provides couples with an opportunity to pause and reconnect. Whether in a new relationship or a long-term marriage, this day encourages people to express their affection in meaningful ways. Acts of love, be it through heartfelt words, thoughtful gestures, or quality time, reinforce emotional security and deepen the sense of togetherness. It's not about extravagant displays but about an intentional effort to create one another.

This special day acts as a catalyst for positive emotions, helping couples rekindle passion and create lasting memories. Even for those who are not overly romantic, the smallest acts of appreciation, like a simple "I love you" or a handwritten note, can enhance relationship satisfaction. Moreover, Valentine's Day allows couples to reflect on their journey together. It's a moment to cherish shared experiences, acknowledge growth, and reinforce commitment. In long-term relationships, where routine can sometimes overshadow romance, this day serves as a gentle reminder to keep the spark alive.

While love should be celebrated every day, Valentine's Day provides a special occasion to go the extra mile. It's not about so-



cial expectations but about personal meaning, about making the person you love feel seen, appreciated, and valued. Whether through small gestures or grand celebrations, the essence of this celebration lies in strengthening the emotional foundation of relationships and celebrating the beauty of love in all its forms.

As we approach the day of love and friendship, a few romantic souls share with Sunday POST their idea of Valentine's Day.

**'I'm incredibly lucky to find the right person in life'**

Renowned actor Sabyasachi Mishra, who tied the knot with actress Archita Sahu about four years ago in Jaipur, reflected on the essence of Valentine's Day and what it means to him. He believes that love should be celebrated every day rather than being confined to a single date on the calendar.

"In my opinion, every day is Valentine's Day. There isn't anything inherently special about just one particular day. However, we often get caught up in our busy lives and forget to express our love and appreciation for those who matter most. Days like Valentine's Day, Rose Day, or Propose Day act as gentle reminders that expressing love is important. They encourage us to take a moment and make our loved ones feel special. A small gesture can make a lot of difference. Celebrating special days, be it anniversaries, Valentine's Day, or any other meaningful occasion, helps reinforce the bond between partners. Personally, I celebrate my anniversary every month because I believe in creating opportunities to make beautiful memories. Valentine's Day is

just another wonderful reason to celebrate love. The more special moments you create, the stronger your relationship becomes. Every small celebration adds up to a lifetime of cherished memories."

The Pushkara actor also highlighted that grand gestures or expensive gifts are not necessary to make a day special.

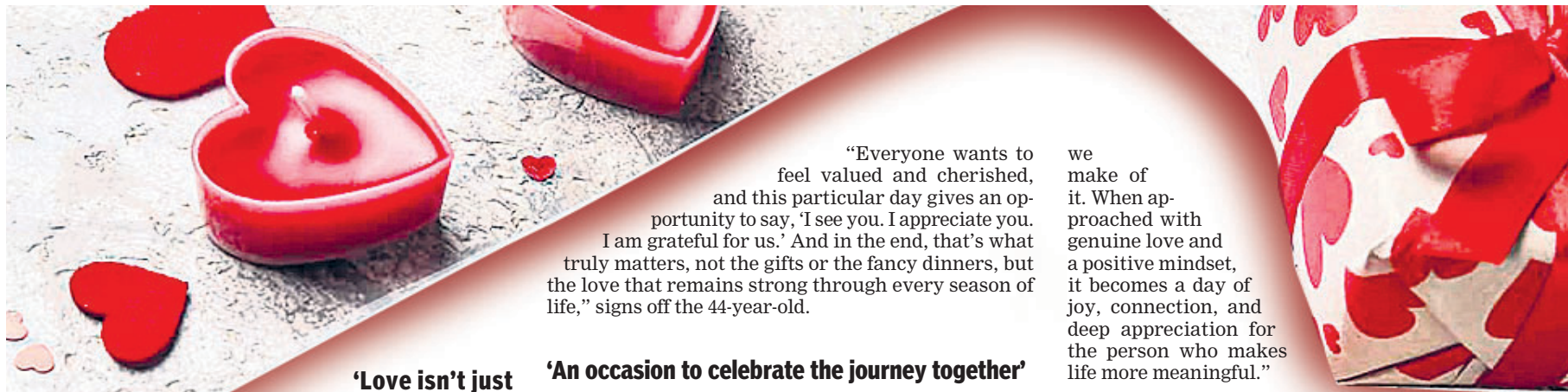
"Celebration doesn't mean extravagant gifts or lavish dinners. If you are with the right person, even the simplest setting can become magical. A perfect date doesn't require an expensive restaurant; your own drawing room can be just as special if you're with the one you love. True love is about connection, understanding, and appreciation rather than material things. What truly matters is having the right partner, someone who makes every moment special."

The actor, who looks forward to his next role in "Randi Pua Ananta," adapted from Byasakabi Fakir Mohan Senapati's classic short story of the same name, expressed gratitude for having found his perfect partner.

"Finding the right person in life is a blessing, and I consider myself incredibly lucky in that regard. Love should be nurtured every day, and small acts of appreciation go a long way in strengthening a relationship," he concludes.



# LOVE



### 'Love isn't just about passion, but partnership'

Reflecting on how his perspective on Valentine's Day has evolved over the years, Orissa High Court lawyer **Jagannath Mohanty** says, "With years of marriage behind me, I see Valentine's Day in a different light than I once did. Earlier, it was all about romance in its most exciting form: grand gestures, handwritten love notes, and surprise dates. There was an eagerness to impress, to create magical moments that felt straight out of a movie. But as time passed, love transformed into something deeper, something that doesn't need extravagant displays to feel real. At this stage in life, Valentine's Day isn't about proving love; it's about acknowledging it. It's a reminder to pause and appreciate the quiet, steady companionship that has carried us through the highs and lows of life."



He goes on to add, "Love isn't just about passion; it's about partnership. It's built in the moments that don't make it to social media: the early morning coffee poured without asking, the way we instinctively reach for each other's hand in a crowd, or the silent understanding in a single glance. These everyday moments hold far more meaning than any bouquet of roses or expensive dinner ever could."

Mohanty continues, "As relationships mature, love is no longer defined by butterflies in the stomach but by a deep sense of security, trust, and understanding. Passion still exists, but it evolves. It's found in laughter over shared memories, in standing by each other's side through life's uncertainties, and in the unwavering support we provide one another. This occasion serves as a gentle nudge to take a step back and acknowledge all of this, to truly see and appreciate the person who has been my constant through the years. It's easy to take love for granted when it becomes familiar, to assume that love is understood and doesn't need to be expressed. But days like this encourage us to appreciate how far we've come, not just as individuals, but as a couple."

### 'An occasion to celebrate the journey together'

**Alok Kumar Lal**, 27, a businessman set to get hitched soon, shared his thoughts on Valentine's Day.

He says, "Valentine's Day is often seen as a day of love and romance, but beyond the chocolates and flowers, it has a deeper impact on relationships. I see this day as a beautiful opportunity to express appreciation, strengthen emotional bonds, and create meaningful memories with my partner. Love, at its core, is about connection and commitment. In our busy lives, we sometimes forget to communicate our feelings to our partners or assume that they already know how much they mean to us. However, love needs to be expressed, and this love fest serves as a reminder to pause and reflect on the love we share. It encourages couples to make time for each other, whether through a deep conversation, a thoughtful gift, or simply spending quality time together. The effort we put into making this day special reinforces emotional intimacy, which is crucial for a healthy relationship."



Lal further explains, "Psychologically, the celebration of love triggers feelings of happiness and security. The excitement and anticipation surrounding Valentine's Day can reignite passion and bring partners closer. Even simple gestures, like writing a heartfelt note or planning a small surprise, can make a significant impact. It's not about extravagant gifts but about showing that we value and cherish our significant other. For me, this day is not just a tradition but a chance to celebrate the journey we are on together. It allows us to reflect on our growth as a couple, the challenges we've overcome, and the dreams we share for the future. While love should be expressed every day, dedicating a special day to romance adds a layer of excitement and appreciation."

Asked about his ideas for Valentine's Day, he adds, "It's a time to create beautiful moments that we will cherish for years to come. In the end, Valentine's Day is what

we make of it. When approached with genuine love and a positive mindset, it becomes a day of joy, connection, and deep appreciation for the person who makes life more meaningful."

### 'Love simply flows, just as life does'

He's a lecturer by profession but his poetic expression touches hearts like no other. **Dipun Puhan**, an alumnus of Visva-Bharati, writes across genres ranging from revolution to pain to sexual orientations, relationship and many others. However, his poems on romance strike a chord with the young readers.

Sharing his thoughts about the 'Day of Love' with a critical yet insightful perspective, Puhan says, "Valentine's Day feels like a scheduled display of love rather than a genuine expression of emotions. The idea of reserving a particular day to affirm love seems ridiculous to me. What's the harm if someone kisses their partner first and then gifts them chocolate? Why must love follow a scripted sequence? For generations, lovers have clung to these rituals, as if love needs a set format to be real. It's amusing to watch from a distance -- a competition where people try to prove they are 'true lovers' through grand displays and rehearsed gestures. But in a world torn by war, hunger, death and inner struggles, where does such perfect love exist? And where are these so-called lovers when love is needed the most?"



Puhan further questions whether unconventional expressions of love should be excluded from its true meaning. He adds, "I have witnessed the shy exchange of roses between two college boys, and the thrill of a girl on a roaring bullet bike surprising her shy female friend with a teddy bear. I have also seen an uneducated village boy, oblivious to the concept of Valentine's Day, pedalling his cycle with his beloved sitting behind him. Do they not qualify as lovers? Must we exclude them from the so-called list of lovers simply because they do not conform to society's definition of love?"

Defining love, he ends, "I have realised that life is about moving forward, and so is love. There are no fixed rules for love, nor is there a need to be influenced by conventions. Love simply flows, just as life does."



# DIY presents for your Valentine

Valentine's Day is the perfect occasion to demonstrate your love and appreciation with something heartfelt and personal. Instead of buying from shelves, why not craft something unique in your own hands? DIY gifts add a special touch, showing effort, thoughtfulness, and creativity. From simple crafts to more elaborate projects, there's a DIY idea for everyone, no matter your skill level. So here are a few ideas for DIY gifts to make your Valentine feel extra special!

## LOVE EXPLOSION BOX

A fun and interactive gift where layers of paper open up to reveal photos, notes and small gifts inside.



### Materials needed:

- Coloured cardstock or thick scrapbook paper
- Scissors
- Glue or double-sided tape
- Photos and small printed messages
- Decorations (stickers, ribbons, glitter, etc.)

### PROCEDURE

#### A- Create the box base

- Cut a 12x12 inch square from cardstock.
- Score lines to divide it into nine equal squares (4x4 inches each).
- Cut out the four corner squares so the paper forms a plus sign (+).

#### B- Make the Layers

- Repeat step 1 with 10x10 inch

and 8x8 inch paper, making progressively smaller layers.

- Stack them in the center, gluing only the middle squares together.

#### C- Decorate each layer

- Attach photos, handwritten notes and stickers to each flap.
- You can create mini pockets for love letters or add small drawings.

#### D- Make the lid

- Cut a 6x6 inch cardstock piece. Score 1 inch inward on each side.
- Cut and fold the edges to form a lid and then glue the flaps.

#### E- Final touches

- Place small gifts inside (chocolates, jewellery and love notes).
- Close the box, secure it with a ribbon, and decorate the lid.

## LOVE STORY SCRAPBOOK

A personalised scrapbook capturing your relationship's best moments.



### Materials needed:

- A blank scrapbook or journal
- Printed photos of you both
- Decorative paper, washi tape and stickers
- Glue stick or double-sided tape
- Markers and pens

### PROCEDURE

#### A- Design the cover

- Decorate the front with your names, an important date, or a title.

#### B- Organise the pages

- Dedicate each page to a specific memory.
- Use chronological order or themes.

#### C- Add photos & messages

- Glue pictures and write a short story or caption about each moment.
- You can also include ticket stubs, pressed flowers or other keepsakes.
- **D- Decorate & personalise**
- Use stickers, doodles and washi tape to make

it visually appealing.

- Leave blank spaces to add future memories together.

#### E- Final touches

- Write a heartfelt love letter on the last page.
- Wrap the scrapbook in decorative paper.

## "100 REASONS I LOVE YOU" JAR

A heartfelt jar filled with 100 reasons why you love your partner.



### Materials needed:

- Small glass jar with lid
- 100 small pieces of colored paper
- Pen or marker
- Ribbon and decorative elements

### PROCEDURE

#### A- Write your messages

- On each slip of paper, write a reason why you love them.
- You can also mix in love quotes or favorite shared memories.

#### B- Fold or roll the notes

- Fold each note or roll them up and secure them with tiny ribbons or paper rings.

#### C- Decorate the jar

- Tie a ribbon around the lid.
- Add a custom label on the jar
- You can glue hearts or small charms onto the jar for extra decoration.

## CUSTOM LOVE MAP ART

A framed artwork featuring the locations of your most meaningful moments.



### Materials needed:

- A small picture frame
- Printed maps of important places.
- Scissors and glue
- Coloured cardstock or scrapbook paper
- Marker or calligraphy pen

### PROCEDURE

#### A- Choose your locations

- Pick 2-3 special places (e.g., where you first met, your first trip)

#### B- Print & cut the maps

- Print small maps of these

locations.

- Cut them into heart shapes.

#### C- Assemble the artwork

- Glue the heart-shaped maps onto a coloured cardstock background.

- Write labels under each map.

#### D- Frame & personalise

- Place the artwork into a frame.
- Add a title at the top.

These DIY gifts add a personal and heartfelt touch to Valentine's Day. Which one are you most excited to try?

# Shilpa's happy place

Actress Shilpa Shetty recently shared a glimpse of her 'happy place' with fans on social media.

Posting a video from one of her vacations, the *Hungama 2* actress showcased her serene surroundings, offering a peaceful view of the ocean. Along with the video, she captioned the post, "Sea la vie." The clip highlighted Shilpa enjoying the calming beauty of the sea, reflecting her need to disconnect and find peace.

She also included the hashtags #happyplace and #quietthechaos, emphasizing the importance of taking time to relax and recharge.

In the video, Shetty looked radiant in an orange-colored dress. Earlier, the Dhadkan actress had shared a heartfelt tribute to the incredible team behind Bastian Hospitality.

In the post, she expressed her gratitude, referring to them as her "BASTIAN FAMILIA" - the team that makes the dream work. She tagged

key members of the team, including her husband Raj Kundra, Ranjeet Bindra, Tina R. Bindra, and Kunal Jani.

On the professional front, Shilpa was last seen in the Amazon Prime Video series *Indian Police Force*, where she portrayed Delhi Police Special Cell Chief Tara Shetty IPS.

IAN S



## Sai's unique passion

Actress Sai Pallavi, whose Telugu film *Thandel* is all set to hit screens, has disclosed that she has now taken to bee keeping as well.

As part of the promotions of *Thandel*, the makers of the film asked fans on social media platforms to send in any questions that they might have for the film's lead cast of Naga Chaitanya and Sai Pallavi.

Naga posed the questions sent in by fans to Sai Pallavi. Responding to a question from a fan on one other thing that she was passionate about

other than acting, Sai Pallavi said, "Recently, I started bee keeping."

She then blushed and said, "I am still not very good at it. I get stung a little but yeah, bee-keeping."

To another question on whether she had plans of directing a film someday, the actress laughed and said, "No."

However, Naga Chaitanya jokingly said that what the actress was saying was a lie as she had told him that she might direct one day and that she might cast him as well.

IAN S

## 'Every master was once a beginner'

Actress Sadha Sayed, who was a top actress in the Tamil and Telugu film industries before going on to become an ace wildlife photographer, has now reminded her fans that every master was once a beginner and that the only thing standing between an individual and his potential is his first step towards realising it.

Taking to Instagram, the actress posted pictures she had shot of a Bronze Back Tree Snake and wrote, "You don't have to feel ready to start. Every master was once a beginner, every expert was once unprepared. The truth is readiness comes through action, not before it."

The actress then went on to say, "Success doesn't come with knowing everything already, but with believing in yourself enough to begin, learn, and grow along the way. You're capable of more than you can imagine, and the only thing standing between you and your potential is the first step. Have you taken yours?"

It may be recalled that Sadha started seriously pursuing her interest in wildlife photography from October 2021. In October 2022, the actress put out a post that said, "Today, I finish one year as a wildlifer and it's the kind of anniversary I'd wish to celebrate for the rest of my life!"

IAN S



## Papu's next titled *Dustbin*

Comedian Papu Pom Pom's new movie is titled *Dustbin*. While the shoot has already begun, the makers are planning to release the movie, which is being made under PK Films Production, April 11.

Apart from playing a central character, Papu has written the story and screenplay and has scored the music. The movie is produced by KK Sahu.

The film, with a budget of Rs 90 lakh, also stars Prachi, Sukumar Tudu, Dipanwait Das Mohapatra, Chaudhury Jay Prakash Das, Smita Mohanty, Jeevan Panda, and Aravind Sarangi in key roles.

The lyrics are written by Nirmal Nayak, Deepak Jena, and Ranjan Nayak, while Kuldeep, Antara, Anurag, and Ananya Sritam Nanda have lent their voices to the songs.

*Dustbin* is a suspense thriller, and hopefully, the audience will like the movie, said Papu.

PNN



# Manage psoriasis

## with homeopathy



DR MUKESH BATRA

Psoriasis, a chronic immune-mediated disease, arises when the immune system mistakenly targets healthy cells, leading to inflammation visible as skin plaques. The most common form, Psoriasis vulgaris, affects 80% to 90% of individuals with psoriasis, presenting symptoms such as scaly rashes, small scaling spots, itching, and burning. These symptoms, accompanied by cyclic rashes, soreness, joint stiffness, and nail abnormalities, contribute to the challenges faced by those living with psoriasis.

One alarming aspect is the established link between psoriasis and skin cancer. This chronic condition is associated with an increased risk of malignancies, particularly skin cancer. Early detection is crucial, and changes in moles can be a potential indicator of skin cancer. The ABCDE method—*asymmetry, border irregularity, color changes, diameter increase, and evolution over time*—provides a guide for monitoring moles and seeking timely medical attention.

### Types of psoriasis

Psoriasis manifests in various forms, each with its own distinct characteristics. Plaque psoriasis, the most prevalent type, involves dry, itchy patches with raised skin covered in scales. Nail psoriasis affects the nails, causing pitting, while guttate psoriasis is often linked to bacterial infections. Inverse psoriasis affects skin folds, and the rare erythrodermic psoriasis covers the entire body with a peeling rash.

Stress plays a significant role in triggering and exacerbating psoriasis. Studies show that 31–88% of patients identify stress as a contributing factor. Psoriasis, being a persistent inflammatory condition, exhibits evidence that stress may impact its progression. Addressing stress is crucial to managing the symptoms and improving the quality of life for individuals with psoriasis.

### Management with homeopathy

In the pursuit of an effective treatment free from side effects, homeopathy offers a promising solution for the treatment of psoriasis. Homeopathy offers a holistic approach, considering both



**Being a persistent inflammatory condition, psoriasis exhibits evidence that stress may impact its progression. Addressing stress is crucial to managing the symptoms and improving the quality of life for individuals with such condition**

physical and psychological aspects of the patient's well-being.

The homeopathic method of treating psoriasis entails adapting medicines to individual needs. Mezereum is good medicine for scalp psoriasis; Kali Ars assists with skin redness and irritation; and Natrum Muriaticum 200 is advised for cases involving emotional disturbance. These homeopathic remedies, taken in 30 C dosage, four pills twice a day, attempt to ease symptoms till they go away.

Moreover, homeopathy proves to be cost-effective, making it an accessible option for individuals seeking long-lasting relief from psoriasis. Homeopathic doctors conduct comprehensive sessions to understand the



patient's condition, ensuring personalized and effective treatment.

### Lifestyle changes

Living with psoriasis poses challenges, but integrating self-help strategies into your daily routine can improve symptom management and overall well-being. Maintain a healthy diet with fruits, vegetables, and whole grains, and explore the anti-inflammatory benefits of omega-3 fatty acids. Stay hydrated, identify and steer clear of triggers like stress, and practice stress management through

activities like yoga. If you're exposed to limited sun, use sunscreen on unaffected areas to prevent sunburn. Keep your skin moisturized, practice gentle skin care, and avoid scratching to prevent inflammation. Choose comfortable clothing, care for your nails, and use prescribed topical treatments consistently. Regular exercise boosts well-being, and joining support groups offers emotional backing.

Recognizing the impact of stress and exploring holistic treatment options like homeopathy can contribute to a better quality of life for individuals dealing with this chronic condition.

condition. Homeopathy, with its individualized approach and proven efficacy, offers a ray of hope in the journey towards managing and mitigating the effects of psoriasis. It is advisable to take guidance from a qualified homeopathic doctor for a treatment plan.

*The writer, a Padma Shri awardee, is founder & Chairman Emeritus, Dr. Batra's® Healthcare.*

*For health related queries, please mail to: askdrbatra@drbatras.com*

*Disclaimer: Please consult your local physician before taking any medication.*



Jyotirmayee



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