



Sunday, not a holiday

In our profession, every day is the same; there's no distinction between Sunday and Monday. We don't follow the typical week structure.

Fitness freak

My recent obsession is working out, but since I don't always have the time, I make the most of it whenever I can and hit the gym to break a sweat.

collaborating in movies like 'Deewana', 'Loafer' and 'Luchakali'. In 2020, Raja made his directorial debut with the critically acclaimed thriller 'Adrushyam'. The following year, his 'Chakhyu Bandhan' swept Odisha State Film Awards. His unique ability of blending traditional Odia culture with modern storytelling has solidified his reputation. Raja, who looks forward to the release of 'Aafaa', 'The Millet Diary', and

'Case 18', finds joy in immersing himself in movies and books in his downtime

journey as an assistant director,



I enjoy spending my time watching movies and reading books, as it helps boost my imagination. Additionally, I assist my wife with cleaning the house.

Time for recharge

Whenever I get some free time, I either plan outings with my family and friends or enjoy relaxing at home with my loved ones.

Overcoming sleep debt

With wife

When I don't have a shoot or work, I enjoy getting a few extra hours of sleep to recharge for the busy week ahead.

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

- I am a nobody, nobody is perfect, therefore I am
- For Sale: Parachute. Only used once, never opened.
- So, a thought crossed your mind? Must have been a long and lonely journey.
- Losing a wife can be very tough. Some may even say impossible.



Good source of knowledge

Sir, The last issue of Sunday POST was a delightful read. The cover article 'Food on Cloud' was particularly informative. In today's fast-paced world, cloud kitchens are emerging as a vital solution for the food industry. These virtual kitchens operate without a dine-in space, focusing solely on delivery. They offer a wide variety of cuisines, meeting diverse customer demands efficiently. Women entrepreneurs in Odisha's food industry have redefined authentic Odia cuisine through these facilities. They serve as an inspiration for many budding entrepreneurs in Odisha. The article 'Start-ups in Odisha' was also an excellent piece of writing. Though brief, it covered a wide range of topics with depth and significance. The write-up in the Science segment was equally enriching. For me, Sunday POST is a storehouse of knowledge and enlightenment.

> Prabhudutt Dash. Bhubaneswa



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

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From AI-driven innovations to sustainable agricultural practices and to breathtaking inventions in the field of entertainment, science has revolutionized the way of living by unlocking the mysteries of the universe and harnessing nature's power.

ANISHA KHATUN

The value of an idea lies in the using of it

cience is the key to understanding the universe, from the tiniest atoms to the vast expanse of space. It is a journey of curiosity, discovery, and innovation, constantly pushing the boundaries of what we know. Through science, we have unraveled the mysteries of life, harnessed the power of nature, and built technologies that shape our daily existence. Whether it's the medicine that heals us, the energy that powers our world, or the digital advancements that connect us. science is at the heart of progress. It is not just a subject but a way of thinking, a re-lentless pursuit of truth that challenges us to ask, explore, and redefine the limits of possibility.

National Science Day, celebrated annually on February 28th, is a tribute to the immense contributions of science and technology in shaping our world. This day marks the anniversary

NATIONAL SCIENCE DAY - FEB 28



groundbreaking discovery of the Raman Effect by Indian physicist CV Raman in 1928. The day is more than just a com-

memoration of this remarkable achievement; it is a celebration of scientific progress, innovation, and the pursuit of knowledge.

Ahead of National Science Day, Sunday POST caught up with a few young minds who shared their perspectives and contributions to society.

'My aim is to contribute to a sustainable planet'

Jayaram Rana, a Biochemical

Scientist and the MD & CEO of ALIVE Biotech Innovation Pvt. Ltd., is a distinguished innovator known for his ground-

breaking research. His dedication to science has earned him a Guinness World Record for developing the largest Taro leaf through his biochemical research. Reflecting on his journey, the 35-year-old shares, "My objective is to advance human and organ health, while also advocating for environmental sustainability. My two pivotal researches, the Cell Redevelopment Formula and

the Energetic Molecule.

are uncovering the secrets behind age reversal and organ regeneration. These discoveries hold the promise of rejuvenating both the body and mind."

Javaram's scientific journey began in 2012 when he established a personal laboratory focused on research into human health and plant growth. This later evolved into the Health Science Research Foundation (HSRF), which was officially registered in 2020. His breakthrough moment came in 2018 when the Indian Council of Medical Research (ICMR) selected his 'Anti-Aging and Organ Redevelopment Project' for further study. However, financial constraints prevented the project from progressing. Despite the challenges, Rana's determination never wavered. In 2020, his continued research on plant growth led to the recognition of a Guinness World Record for developing the largest Taro leaf, a feat that reignited his passion for advancing his scientific endeavors.

Elaborating on the effectiveness of his research, Rana, a native of Ambagaon under Kantamala block in Boudh district, says, "I've unofficially tested my formulas and found they can reverse biological age by 10 years or more, enhance immune function, increase stamina, restore brain and organ health, improve energy levels, and relieve stress. Most importantly, these benefits come without any side effects, as the research is based solely on organic biochemical products—no chemicals involved." He addresses potential concerns about intervening with nature's processes, clarifying, "We're not altering nature; we're enhancing life by preventing the cognitive decline that often accompanies aging.

Despite facing financial constraints, he has self-funded his research, with support from well-wishers who believe in his work. In order to scale his innovations, he founded ALIVE Biotech Innovation Pvt. Ltd., with the goal of conducting

large-scale research and development. "My ultimate vision is to contribute to a healthier and more sustainable planet," concludes Rana.





'Stay curious and never stop learning'

Sharing her perspective, **Dr. Namisha Sharma**, a scientist at the Institute of Life Sciences, Bhubaneswar,

says, "My work aims to enhance the resilience of plants to environmental stressors. By understanding how plants interact with pathogens at a molecular level, I am developing strategies to breed or engineer plants that can better resist viral infections. This will lead to



healthier crops that rely less on chemical treatments, which is essential, especially with the new challenges posed by climate change, such as altered weather patterns and increased pest and pathogen threats."

Dr. Sharma, who completed her PhD at the National Institute of Plant Genome Research, New Delhi, focuses her research on plant-pathogen interactions, particularly viral infections. She is also a recipient of prestigious awards like the National Academy of Agricultural Sciences (NAAS) Young Scientist Award and a member of the Indian National Young Academy of Science (INYAS).

Speaking about her fu-

search goals, she says: "In the future, I plan to expand my work to include agro-economically important crops that are crucial for food security and agricultural sustainability. Additionally, I intend to explore the potential of seaweeds as a sustainable resource, not just as a food source, but also for enhancing soil health and supporting sustainable agricultural practices. By improving the yield and growth of these plants, I hope to contribute to more resilient and environmentally friendly farming systems, promoting global food security and boosting agricultural productivity in the face of climate change.'

She signed off with a message to the younger generation: "My message is to stay curious and never stop learning. The world of science is ever-evolving, and each of you has the potential to contribute something groundbreaking. Keep experimenting, asking questions, and challenging the limits of what we know." Dr. Sharma ends by quoting Albert Einstein: "The important thing is not to stop questioning. Curiosity has its own reason for existing."

'The future belongs to those who dare to dream'

Akash Bhanjadeo, the founder and CEO of Sherlock Studio in Bhubaneswar, emphasizes the profound impact of science on gaming and its ability to make life easier. He says, "Science has always been the key to simplifying life, and gaming is no exception. From AI-driven non-player characters (NPCs) to hyper-realistic graphics and real-time physics simulations, science enables us to create immersive experiences that feel real. It turns imagination into interactive worlds, making gaming more accessible and intelligent. Science has shaped society in ways we often overlook. In gaming, it's not just about entertainment; it's about education, therapy, and skill-building. Virtual reality (VR) is helping pilots train, AI is making enjoyable, learning

gaming is creating jobs for millions. Science isn't just changing how we play; it's reshaping how we learn, heal, and connect."

Akash further explains
the focus of his work at
Sherlock Studio: "Our research is centered on pushing
the boundaries of storytelling
and realism. We experiment with
AI to create smarter NPCs, use advanced physics for smoother gameplay, and incorporate cinematic
techniques to enhance narrative
depth. Our goal is to make every
moment in a game feel alive and
emotionally engaging. We're



currently working on two
ambitious
projects—an
open-world
role-playing
game (RPG) that
introduces crime
and strategy to
mobile gaming
and a high-quality horror game,
'Destined Notes,'

for PC."

Sharing his future goals, he says, "Looking ahead, we plan to explore augmented reality (AR) and VR gaming, crafting experiences that let players step into new worlds with full immersion, not just through a screen."

Any advice for those who want to make a career in gaming? "Gaming isn't just about playing; it's about creating. If you love games, learn how they're made. Experiment, build, and never stop innovering. The future belongs to those

vating. The future belongs to those who dare to dream beyond the screen," quipped Akash.

> 'Despite technological strides, the challenges are far from over' Dr. AVV Koundinya, Scientist at the Central

Scientist at the Central Horticultural Experiment Station, ICAR-IIHR, Bhubaneswar, is worried about the challenges faced by farmers due to climate change and

market un-

certainties.
Speaking on how science is helping them navigate these difficulties, Koundinya explains, "While the contribution of agriculture to India's GDP has declined, the number of families depending on farming has remained largely the same. But unfortunately, there are a few instances where youths have left their jobs and returned to villages to take up farming. Additionally, the rapid conversion of farmland into com-



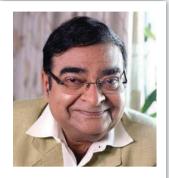
mercial spaces is reducing the net cropped area. The growing population, shrinking farmland. and the impacts of climate change are placing immense pressure on farmers and agricultural scientists to increase crop pro-

ductivity. Despite these challenges, scientific innovations in agriculture have led to improved yields in food grains, oilseeds, and horticultural crops over the past few decades."

the past few decades.' Koundinya goes on to state, "Technologies such as high-yielding, stress-tolerant crop varieties, micro-irrigation, and improved fertilizers and pesticides have greatly enhanced productivity since India's independence. However, the challenges are far from over. Climate change poses serious challenges for farming. So, managing weather extremes has become a key focus for agricultural scientists. Researchers worldwide are working to develop crop varieties that are high-yielding, nutritious, heat- and drought-tolerant, and resistant to pests and diseases. In combating climate change, AI-driven precision agriculture is playing a vital role by offering real-time monitoring, predictive insights, and automated solutions, such as early weather prediction, smart irrigation, pest and disease forecasting and climate-resilient crop selection.

BREATHING BATTLE

■ Tackling asthma's grip on India's health landscape



DR. MUKESH BATRA

sthma, a chronic respiratory condition affecting both children and adults worldwide, presents a significant health challenge, particularly in countries like India. Its symptoms include coughing, wheezing, shortness of breath. and tightness in the chest. India bears a significant burden of asthma, with 3.43 crores individuals affected, as per the Global Burden of Disease (GBD) report. Shockingly, India also records 42% of worldwide asthma-related deaths.

In addition to lowering quality of life, the illness places a significant financial strain on families and the healthcare system. Numerous factors, including genetic predisposition, allergens, air pollution, and lifestyle choices, are linked to the high prevalence and severity of asthma cases in the nation.

Causes of asthma triggers

Asthma is a complex interplay of genetics and environment. Genetic predisposition, often evidenced by familial patterns, increases susceptibility. Environmental factors like allergens, such as dust mites and pollen, can provoke immune responses leading to airway inflammation. Certain occupations, like farming or health-

exposure to allergens or irritants. Outdoor and indoor air pollution exacerbates symptoms. Additionally, exercise-induced asthma can occur, particularly in cold or dry conditions. Many people still suffer from a lack of knowledge regarding the signs, causes, and appropriate management of asthma. Understanding these diverse factors are crucial for effective asthma management and prevention strategies.

Treatment with homeopathy

Homeopathy, a safe and effective science, provides a lasting solution

requires careful management and awareness of triggers. By being aware of the symptoms, triggers, and treatment strategies, people with asthma can live more fulfilled lives and lessen the disruption this chronic illness causes to their daily routines

care.

entail

Living with asthma

gering asthma, homeopathic remedies aim for a comprehensive treatment. With a focus on holistic healing, homeopathy offers individuals suffering from asthma a path toward long-term relief and improved respiratory health. Antimonium Tart helps in

cases of cough where there is great rattling of mucus but very little is expectoration, while Arsenic Alb can be suggested for breathing problems that worsen early in the morning and improve when bend-

asthma by

and treating the allergens trig-

addressing its

root causes. Specifically tailored

treatments not only alleviate

symptoms but also target under-

lying allergies, eradicating asth-

ma from its source. By identifying

ing forward. Spongia Tosta is good for

patients with a deep or barking cough. The above homeopathic medicines are to be taken in 30 C, 4 pills twice a day – till symptoms subside.

Reducing influence of stress on asthma involves incorporating relaxation techniques, exercise, and sufficient sleep into a comprehensive asthma management regimen, alongside medication use and trigger avoidance strategies.

Lifestyle changes

Lifestyle modifications can significantly improve an individual's asthma and overall health. Firstly, maintaining a clean environment by regularly dusting, vacuuming, and washing bedding can reduce triggers. Secondly, engaging in regular exercise, particularly indoors during high pollen seasons, enhances lung function and reduces asthma symptoms. To prevent asthma flareups, stay away from tobacco smoke, dirty air, and strong smells. Also, eating lots of fruits and veggies, along with foods with omega-3 fats, and finding ways to relax can help manage asthma and keep you healthy

Living with asthma requires careful management and awareness of triggers. By being aware of the symptoms, triggers and treatment strategies, people with asthma can live more fulfilled lives and lessen the disruption this chronic illness causes to their daily routines. Seeking guidance from qualified homeopath and following essential routineis very effective in managing asthma.

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 doctor before taking any medication.



'I'm a big space cadet'

fter doing intense roles in Rhakshak Rheed and Afwah. Bhumi Pednekar is set to return to comedy with Mere Husband Ki Biwi, directed by Mudassar Aziz. The film stars Ariun Kapoor and Rakul Preet Singh along side Bhumi, who plays Prableen, a woman suffering from partial amnesia. Her character is determined to marry Arjun's character, completely forgetting that they had divorced a while back.

In a recent interview, Bhumi was asked if she is forgetful in real life. She laughed, saying, "Main toh har 5 minute mein bhool jaati hoon! I'm a big space cadet—I even forgot the point I was supposed to say. You're asking a mess of a person."

"We've done method casting for this role! People do method acting; we do method casting (laughs). She forgets a lot. We talk on the phone for a long time, and after 15 minutes, she'll ask, 'What was I talking about?'

Beyond this film, Bhumi is gearing up for her OTT debut with *The Royals*, starring alongside Ishaan Khatter, Zeenat Aman, and Sakshi Tanwar. She plays Sophia Kanmani

a luxury

startup.

Shekhar, CEO of

homestay



LAUNCH OF ODIA MOVIE VAASTAV



Bhubaneswar: The mahurat of the new Odia movie Vaastav was recently held at a city hotel, attended by several prominent actors from the industry. The film, presented by Banaswarna Television in association with LT Production, is directed by the duo Lubun Tubun and produced by Badrinath Patnaik.

Hindi film actor Tushar Bedi, known for his role in Animal, will make his Odia debut opposite Ankita Dash, Other key roles are played by Rabi Mishra, Prativa Panda, Tapi Mishra, Ratan Meher, and Sonali.

The music for the film is scored by Baidyanath Dash, with lyrics penned by Nihar Ranjan and Arun Mantri. The songs feature the vocals of Humane Sagar, Arpita, and Anu-

Shooting is set to commence from February 26.

he entertainment industry is full of surprises and actress Hina Khan recently made a shocking revelation about her experience with Imtiaz Ali's Laila Majnu. Despite being the first choice for the lead role, she was replaced by Triptii Dimri due to her skin tone. Hina, who hails from a Kashmiri family, shared that the makers felt she didn't look

'Kashmiri enough" and wanted someone fairer for the role. This revelation left many stunned, highlighting the persistent biases in the industry. Though deeply hurt, Hina chose to move forward instead of dwelling on the disappointment. Despite facing personal and professional challenges, including her ongoing battle with stage 3 breast cancer, Hina remains dedicated to her craft. She was last seen in Griha Laxmi, where she portrayed a homemaker-turned-fearless leader in the drug underworld Laila Majnu, which was initially released in 2018, did not

perform well at the box office. However, when it was re-re leased in 2024, it gained a massive following and became a rage. The film's success is a testament to its quality, and it has been hailed as an 'underrated gem' by the audience.

AGENCIES

Kareena embraces positivity

ctress Kareena Kapoor dropped a post about celebrating love and family amidst the ongoing controversy

rounding the attack on Saif Ali Khan. The diva shared a string of gorgeous photographs in a heavily embroidered blue-green outfit. Adding to it, she wrote in the caption, "After the darkness, comes the light. Putting the negativity behind and embracing the joy... celebrating love and family with my favorite people. Love conquers all."

A few days ago, Kareena made her first public appearance as she stepped out for her work commitments after the attack on husband Saif. The diva had been staying away from the limelight recently, but now she has decided to get back to work.

Kareena was captured in Mumbai by paparazzi as she arrived on set. She was seen walking toward her vanity when she greeted the paparazzi with a warm smile and folded hands before heading inside.

In the meantime, the Mumbai Police has been investigat ing the attack on Saif at his Bandra residence, which left him severely injured. Going by the recent updates, the fingerprint samples collected from the accused, Shariful Islam sent for examination. The initial reports have confirmed that some of the fingerprints match, however, the police still awaits the final report.







Rights of nature & environmental personhood

SATWIK PANIGRAHI & CHARUDUTTA PANIGRAHI

ecognition of ecosystems and species as separate legal entities has been attempted in India when the Ganga and Yamuna were declared as legal persons by the Uttarakhand Court in the case of Mohammed Salim v. State of Uttarakhand (an order which was later stayed by the Supreme Court of India). An

eco-centric stewardship will make
it possible to
carve out
a "safe
and
just

space"
that
would enable everyone
to thrive. Frustra-

tion is snowballing over humanity's ultra-exploitative relationship with other species and growing concern about the seemingly subterfuge of the technology-and-markets approach to the climate crisis. A new wave of nature and animal rights movements needs to be shifted from the margin (read fad) to the mainstream (read action). Society can't be alien to the biosphere, which is its very origin.

The life source of the indigenous, all of us, involves an inseparable livelihood with non-human entities as persons with whom we are supposed to interact with, conserve, and protect like our own kin. Examples include Ecuador's

Pachamama (Mother Earth) and New Zealand's Te Awa Tupua (Whanganui River) and Taranaki Maunga.

Your writers, in this piece, are concerned about the ecological treasures of India and are cognizant of the challenges that need to be overcome to confer legal personhood on them.

OLIVE RIDLEY SEA TURTLES

The eastern coast, specifically Odisha, Andhra Pradesh, and Tamil Nadu, is the habitat for Olive Ridley turtles. The IUCN Red List classifies Olive Ridley as one of seven living marine turtle species. They are vulnerable today. Ridleys are an integral part of the planet's food chain and play a vital role in maintaining the world's ocean health. They regulate a host of other organisms. The Odisha river mouths (muhana) host over 500,000 Olive Ridleys every year, but more than 2,000 carcasses were found last year, only in about a 30-kilometer stretch of beach from the Jatadhari river mouth in Jagatsinghpur district to the Devi River mouth in Puri district. Illegal, rapacious trawling is a major reason for this massacre.

The Orissa High Court, on February 23, 2021, took suo motu cognizance of *Down to Earth*'s February 2021 report on the death of Ridleys due to negligence by Odisha's Forest and Fisheries departments. The High Court directed the state government, on March 16, 2021, to install transponders in all mechanized fishing vessels to track their movements and save the turtles from fishing nets. But Ridley murders continue unabated.

Mechanized fishing is destroying the species, which is protected under Schedule 1 of India's Wildlife Protection Act, 1972, akin to the tiger. The Gahirmatha Marine Sanctuary in Odisha is the world's largest nesting site for the species. The stretch is also a death trap. TEDs (Turtle Excluder Devices) can support sea turtle conserva-

tion, but the fishing industry's resistance to their use is contumacious.

It is time we establish the rights of Olive Ridley to live. The pretense is worth noting-Kurma Avatar, meaning "turtle incarnation," the second incarnation of Lord Vishnu in Hindu mythology, has to plead for life and identity now. Olive Ridley turtle has been the charm for the state of Odisha. Named Olly, it was first introduced

in 2017 at the Asian Athletics Championships and then flaunted worldwide as the mascot of the

ed worldwide as the mascot of the FIH Men's Hockey World Cup in Odisha.

Parties like ships or corporations, which are inanimate, are considered capable of launching litigation, and so it should be as respects valleys, alpine meadows, rivers, lakes, estuaries, beaches, ridges, groves of trees, swampland, or even air that feels the destructive pressure of modern technology and modern life."

JUSTICE WILLIAM 0. DOUGLAS IN THE US SUPREME COURT CASE OF SIERRA CLUB ν_{\bullet} MORTON (1972)

Numerous NGOs have raised funds and enriched themselves on account of Ridley. The same Ridley is riddled with criminal neglect. When humans can't protect, the Avatar has to protect itself.

CHILIKA LAKE

Any discussion about Odisha would invariably mention "Chilika." Chilika has been over-exploited, and its glory has been ruthlessly confined to only romance, fine arts, tourism, and shrimp commerce. This brackish lagoon, the world's second largest, was chosen on October 1, 1981, as India's first Ramsar wetland. This is a globally ratified commitment to protect the wetland. Chilika is the source of livelihood for over 150,000 fishers and allied communities. It is home to threatened species and to the endangered Irrawaddy dolphins.

There is a proposed project of about 7.8 kilometers of connectivity, which includes two bridges of 1.7 km and 1.9 km in length, which will interfere with its sedimentation, breeding, migration, and salinity. This, Asia's largest lagoon, is recognized as one of India's most productive ecosystems. It is naturally shallow, connected to the sea (Bay of Bengal), and gets freshwater inflow from various catchment areas

through numerous rivers (rivulets) and brooks. Its high productivity and saline gradient regime support colossal biodiversity, which, in turn, facilitates a conducive environment for the nursery, breeding, and feeding grounds of birds, fish, and shellfish. The lagoon possesses a considerable density of aquatic vegetation, including macrophytes and seagrass. Being on the Central Asian Flyway used by several migratory waterbirds, more than a million travel to Chilika every year from the harsh Eurasian winters. Climate change has been affecting and gnawing at Nature's gift, Chilika, a lake that yearns for respect as a living, breathing entity.

New Zealand set this precedent with the Whanganui River, which now has legal rights like a person. If India amends the Environment Protection Act (1986) to declare Chilika a "living entity," it's not just symbolic. It means Chilika could take destroyers and violators to court, hold them accountable, penalize them, and, if need become down heavily on avaricious shrimp farming that chokes the lake's ecosystem. The lure of big money has muted the cries of Chilika, which is desperately seeking its individuality.

Since 2019, the National Green Tribunal's (NGT) order to demolish the illegal shrimp farms has been waiting for action. The convenient inaction and conducive silence are killing Chilika. That's where Chilika's Rights can provide a standing, an independent entity to fight its own case and try for the implementation of NGT's decisions. The local fishing communities will get a place and say at the regulatory table when shrimp farms dump chemicals or block waterways, fish stocks crash, and families lose their livelihoods.

A court in Ecuador has ruled that pollution has violated the rights of the Machángara River, which flows through Quito, its capital.

"The river carries away tons of garbage that comes down from gullies and hill-sides," according to the Global Alliance for the Rights of Nature. Chilika has the same rights as people, but this needs to be rendered. Let Odisha weave the vision, gather gumption, and be one of the first few states to recognize the rights of natural features not to be degraded or polluted. Viksit Bharat 2047 will rely heavily on LiFE, the connectedness between lifestyle and environment.

The PM's G20 declaration is what Odisha should own, internalize, and practice. Because it is essential for Odisha to protect and preserve natural features much more than many other states, and the state is on the cusp of mega incursions into biospheres (call it responsible mining, if you may). Natural features, if empowered, can deal with natural disasters.

Satwik Panigrahi is a promising public interest lawyer, and Charudutta Panigrahi is an author and thinker. SUNDAY POST FEBRUARY 23-1 MARCH, 2025



