

MARCH 2-8, 2025

SUNDAY POST

HERE . NOW



International Women's Day

Breaking into male bastion

COVER STORY

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Kolkata-born Priyanka Sahoo has made significant strides in the Odia film industry over the past decade, establishing herself as a prominent actress. Her journey began on a dance reality show, which led her to modeling and anchoring. She made her acting debut as a child artist in the Odia film *Pila Ta Bigidi Gala*. Since then, Priyanka has headlined several notable films, including *Super Boy*, *Shayeri Shayeri*, and *Mane Mane Mana Khoju Thila*. With upcoming projects like *Mu Tumaku Bhala Pae*, *Kemiti Prema*, *Maya Marichika*, and *Tu Mo Dreamgirl*, her star continues to rise. When she takes a break from work, Priyanka cherishes her time with family

Refining expressions

When I'm not on set, I work on my expressions in front of the mirror to better my performance in movies. I also have a passion for painting and love dancing.

Movie maniac

As a movie buff, I enjoy watching content-driven films and have a special fondness for romantic movies as well.

Occasional chef

I don't cook regularly, but whenever I'm in the mood, I enjoy exploring new recipes and trying them out.

Trip to Puri

Puri is our go-to destination; whenever we don't have a specific plan, we head to the abode of Lord Jagannath seeking inner peace.



With Family

Family priority

For me, an ideal Sunday is all about spending quality time with my family, exploring new places, and bringing smiles to everyone's faces. We often go out for dinner or plan a fun outing together.



With co-actor Papu Pom Pom



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

- If anything is possible, is it possible for something to be impossible?
- Refusing to go to the gym counts as resistance training, right?
- My IQ test results just came in and I'm really relieved. Thank God it's negative.
- I like you. You remind me of when I was young and stupid.

Science impact

Sir, This refers to the cover story of last week's Sunday POST ahead of National Science Day. Science has revolutionized life in profound ways, there's no second opinion about that. From the advent of electricity that lights up our homes and powers our devices, to the development of vaccines that have eradicated deadly diseases, its impact is undeniable. Advances in transportation, like automobiles and airplanes, have made the world more accessible, shrinking distances and fostering global connectivity. In agriculture, scientific methods have increased crop yields, feeding billions. Communication has been transformed by the internet, allowing instant information exchange across the globe. In medicine, sophisticated imaging techniques and surgical procedures save lives daily. Environmental science helps us understand and mitigate climate change. Artificial intelligence and automation are reshaping industries, promising efficiency and innovation. Science continues to push boundaries, promising a future where technology and discovery enhance every aspect of human life.

Sandeep Das Sharma,
Umerkote

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

ANISHA KHATUN.OP



Few dare to tread the path less traveled. Yet, a select few, undeterred by skepticism, bias, and societal expectations, have forged ahead with resilience and determination. Their courage not only shatters barriers but also inspires future generations to pursue their passions fearlessly

International Women's Day – March 8

Breaking into male bastion

ANISHA KHATUN, OP

For generations, certain professions have been considered exclusively for men, but brave and determined women have rewritten that narrative. From bustling tattoo studios to dynamic film sets, from DJ consoles to cinematographers' lenses, and from comedy stages to the spotlights of stand-up performances, women have shattered glass ceilings, proving that ambition knows no gender. They are the trailblazers, the innovators, the fearless dreamers who refuse to be confined by outdated norms. Yet, stepping into male-dominated fields has not been without its challenges. Many have faced skepticism, bias, and the weight of expectations that tell them they don't belong. But with resilience, women have shown that skill is not defined by gender, that leadership is not limited by tradition, and that strength comes in many forms. Their presence has not only changed industries but also redefined possibilities. Each woman who steps forward, determined and unwavering, paves the way for the next generation. With every challenge

they overcome, they inspire young girls to dream bigger, reach higher, and step boldly into spaces where they were once unseen.

With International Women's Day just around the corner, Sunday POST sat down with a few women who have continuously challenged boundaries

'Choosing the right people to work with is crucial'

Falgu Satapathy, a renowned cinematographer who has worked on projects like *Pushkara*, *Shiksha Mandal* (a Hindi web series for MX Player), and *Fauji Calling* (a Hindi feature film), has carved a space for herself in this male-dominated field.

She says, "Since childhood, I was crazy about movies. I was very fond of watching them, and in our time, Doordarshan was the only channel available, with movies premiering at specific times. I used to eagerly wait for those moments. I have also acted in stage plays and TV shows. That was when I realized that we only recognize the people who work on screen, but behind the camera, there are countless individuals working day and night out recognition. I never wanted to become an actor, but I always

wanted to make a career in the film industry. My goal was to become a filmmaker. Since I was interested in direction, after completing my intermediate in Science, I tried to get into BPFTIO. Unfortunately, there was no option to learn direction, which led me to enroll in cinematography. I wanted to become a director, but I accidentally became a cinematographer."

Talking about the challenges, she continues: "Obstacles have always been there. For me, obstacles are of two types: internal and external. Battling with your own choices is an internal struggle. Whereas, external obstacles include societal perceptions—many think that women can't do this job because they aren't physically strong or capable enough. Sometimes, even our families don't support such career choices due to safety concerns. There are

of criticism during her journey.

Asked about how she handles the negativity, she says, "I maintain a strong and positive mindset, which I believe has helped me thwart negativity. I don't build up a negative perspective on anything new, but at times of setbacks, like rejection, our surroundings help us a lot in overcoming negativity. Choosing the right people to work with is crucial, as they can encourage you during difficult times, and most importantly, we should always trust ourselves."

Falgu's achievements have a lot to do with how she was raised.

Reflecting on her upbringing, she shares a valuable lesson from her mother: "She taught me to always remember that there are people in the world who are far less privileged than us, yet they live happily. So, we should always be grateful to God for whatever we have, without complaining."



Falgu during a shoot

many obstacles, but we need to be determined about our decisions." Apart from challenges, a female achiever also has to withstand a lot

Sought her suggestion to the younger generation, she said: "I am just beginning my journey, but if I have one suggestion for aspiring filmmakers and cinematographers, it is that no technology can replace human perspective, intelligence, and emotions. I have trust in today's generation; they are much smarter than us, and they can do things even better, but remember one thing: human creativity is irreplaceable."

'People often don't recognise the potential of women'

Baishali Pradhan, Odisha's first certified female tattoo artist, has not only made a name for herself in the business but is also pursuing a degree in fine arts. She says, "I come from a tribal family where tattoos are deeply embedded in the cultural fabric. I was always fascinated by the art of tattooing from a young age. However, I never imagined making it my profession. Over time, my perspective changed, and I decided to take this art forward and contribute to its growth in Odisha."

Asked about her journey and how she tackled the challenges, Baishali shares, "As a woman in this field, I have faced numerous challenges. The tattoo industry is largely male-dominated, and people often fail to acknowledge the capability of women in this profession. They think that women are not capable, and gaining acceptance was extremely difficult for me. Moreover, establishing a platform

ing their cultural and historical significance is equally essential. Tattooing is not just about creating art on the skin; it is about preserving cultural heritage and storytelling. If one has proper dedication and practice in this art, they can surely build a successful career in this field."

'With a positive mindset, any challenge can be overcome'

Stand-up comic **Barsha Mishra** has carved out her own identity among her male counterparts. Reflecting on her journey, she says, "Since childhood, I have always been drawn to stage performance. From learning Odissi, contemporary, and freestyle dance to confidently showcasing them on stage, being in front of an audience felt natural. However, public speaking was a different challenge altogether—one I first encountered while representing my school in the Youth Parliament. That experience gave me the confidence to speak in front of a crowd."

Coming from a family that deeply values art, with her father being a theatre artist, Barsha thinks performing on stage is in her DNA. But beyond these influences, humor has always been her escape.



challenge comes with a lesson. If you need to cry, let it out—but don't dwell on the same problem for too long. Instead, focus on finding a solution and take action. Growth comes from moving forward, not just reflecting on what went wrong."

Here's what she has to say to aspiring stand-up comedians and con-

tent creators: "Don't step into this field just because it looks cool or seems like an easy way to get famous. There's always another side to the story. Focus on completing your education, keep honing your craft, and give yourself time to figure things out. Eventually, you'll find the right balance between your career and your passion, and you'll know which one truly makes you happy."



Barsha performing before audience

for myself and educating people about the cultural and artistic significance of tattoos was another significant challenge. Despite these obstacles, my unwavering passion and self-confidence have kept me moving forward."

Baishali strongly believes in inspiring other women to break stereotypes and make their mark in this field and thanks her colleagues and students who have been a constant source of motivation.

She says, "I always believed that one day, I would inspire women to advance in this field. I have always envisioned a future where more women pursue tattoo artistry without fear of societal constraints. I would like to thank my colleagues and students who have always encouraged me on this journey. I will be thankful to them for my entire life." Sharing her wisdom as an experienced professional, she advises aspiring tattoo artists to focus on personal growth before honing their technical skills.

"Become a good human being first, then an artist. Practice, patience, and clear goals are essential elements in mastering this craft. It is not enough to have knowledge about tattoos; understand-

Recalling the defining moment in her career, Barsha said, "Back in college, I was known for my sarcastic wit, but I never considered stand-up comedy as a career until my convocation. That day, I unknowingly delivered a comedic set about college life, making people laugh in a way I had never done before. That moment sparked something within me. I started watching stand-up videos, performing at open mics, and slowly immersing myself in the art."

She continued: "My team at Comedy Highway played a huge role in supporting me and reinforcing the belief that 'Comedy needs jokes—your gender has nothing to do with it.' I am fortunate to have a strong support system that makes obstacles feel much smaller. With the right people around you and a positive mindset, any challenge can be tackled. It's not about avoiding difficulties but about facing them with the right perspective and support."

Sharing her approach to dealing with challenges, the comic said, "Honestly, staying positive isn't always easy, and it's okay to feel worried sometimes. Life throws unexpected hurdles, but every



Baishali at work

Lasting revival or a fleeting trend?

Desia Koraputia song 'Chhi Chhi Re Nani', released in 1995, recently saw a resurgence in popularity, particularly on social media platforms. It has garnered over 42 million views, thanks to its catchy tune and nostalgic appeal, making many contemporary music composers to rework their success formula



... sic or the lyrics touch the heart and stay with people beyond trends. While reels can amplify a song's reach, they can't manufacture true popularity. A song becomes timeless when it resonates deeply with listeners, creating memories and emotions that go beyond digital hype."

She added: "On the other hand, songs trending on reels are a different aspect altogether. Many creators choose music based on trends and algorithms to maximize their reach, often shaping content around what's popular at the moment. Once a track gains momentum, more creators use it to stay relevant, further fueling its digital presence. But real popularity isn't just about algorithm-driven trends—it's about how a song stays in people's hearts long after the trend fades."

quipped Anand.

Importance of originality

Eminent singer Antara Chakraborty, who lent her voice to the Bengali version of *Chhi Chhi* and its sequel *Chhi Chhi Re Babu* for Sidharth Music, shared her perspective. "The album was released about three decades ago but it didn't click at that time. Since the song was an original composition and the creators had put their heart into their work, it was destined to strike a chord with the listeners, which has happened now. Similarly, songs that are considered average at the moment might become a rage after a few years. So, it's tough to predict the fate of a song. You can only try to create something original to con-



Power of melodies

Noted music director Prem Anand attributed the trending of songs like *Chhi Chhi* to the power of original melodies. He said that influencers and social media agencies popularize music, but such fame often doesn't reflect the real popularity of a song.



"The songs of the 90s were so popular that they are still being used by today's youth as remixes. But my suggestion to them is

ARINDAM GANGULY, OP

In the 1990s, Odia modern songs scaled new peaks, captivating listeners with a blend of diverse melodies, moods, rhythms, and lyrical themes. These songs, such as *Rangabati*, *To Mathare Tikili Bhala Laguni*, and *Chirideba Agar Chiti Thare Padhi Dekha*, kept audiences engaged from start to finish and remain popular to this day. However, over time, Odia music lost its luster due to Bollywood dominance and the rise of digital music consumption.

Recently, the vintage charm of Odia music has made a comeback, with songs like *Alata Makhi* and *Chhi Chhi Re Nani* garnering global attention. The latter, a Koraputia song, composed by the late Satya Adhikari and released in 1995, has recently reached 42 million views on various social media platforms. This trend has been further fueled by popular figures like comedian Bharti Singh and Tanzanian influencer Kili Paul, who perform these songs at events, giving widespread exposure to Odia music.

With the growing love for original Odia tunes, **Sunday POST** spoke to a few experts to understand the implications of this trend.

Role of social media in music popularity

Expressing her views on recent popularity of old Odia songs, Joyeeta Roy, a digital creator and founder-director of Signature 24 Productions Advertisement Agency, said, "The



A screengrab of a video featuring Bharati Singh lip-syncing Odia song *Chhi Chhi*

before, such as *Kacha Badam* and *Manike Mage Hithe*, which became global sensations but did not lead to sustained growth for their respective music industries."

However, Roy highlighted a positive aspect of this trend: "It's bringing Odisha and the Odia language into the global spotlight. Even if it doesn't directly revive the industry, it's creating awareness and curiosity about Odisha's rich cultural heritage, which is a step in the right direction."

Roy also addressed the role of social media in making songs popular: "Songs are emotions—either the mu-

to create something original instead of reworking on old gems. It will help them with the culture



connect of the land,"

nect with the audience," she said. Music composer Abhijit Majumdar echoed similar sentiments, stating that the trend of remixing old songs among youngsters is a sign of lack of creativity. "Composers must attempt something original to carve their own space. This will help the music industry grow," added Majumdar.

Alia's favorite 'kind of chaos'

Bollywood actress Alia Bhatt recently gave fans a glimpse of what she calls her "favorite kind of chaos."

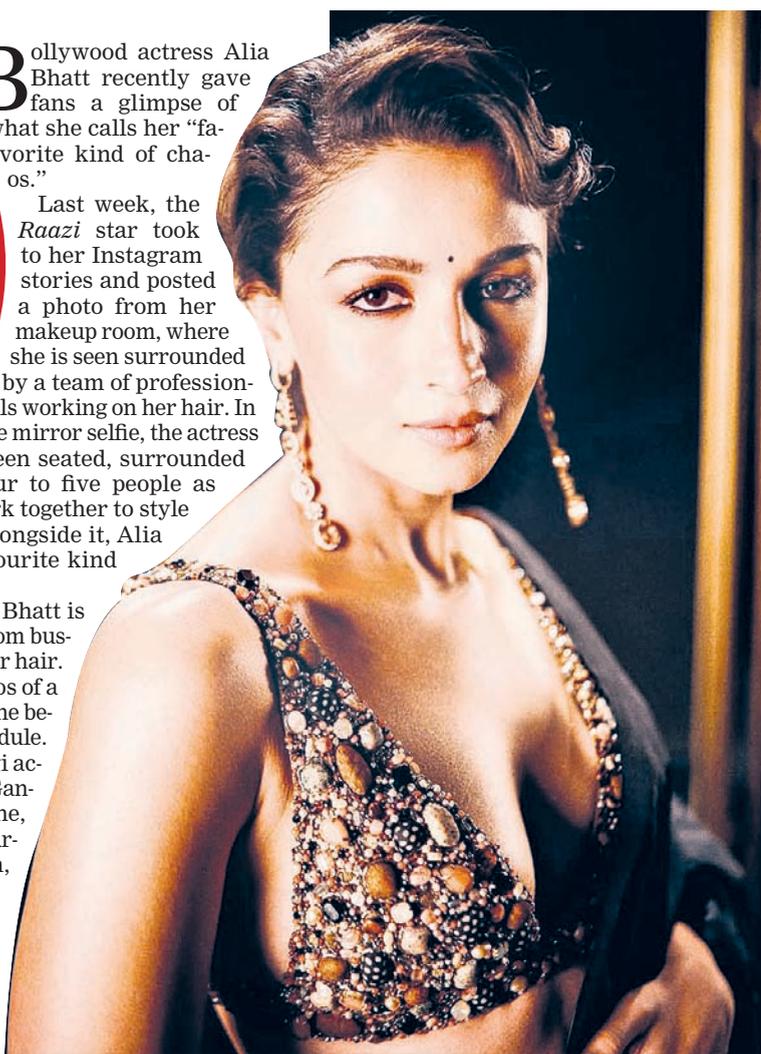
Last week, the *Raazi* star took to her Instagram stories and posted a photo from her makeup room, where she is seen surrounded by a team of professionals working on her hair. In the mirror selfie, the actress is seen seated, surrounded by four to five people as they work together to style her hair. Alongside it, Alia wrote, "My favourite kind of chaos."

Going by the image, it seems like Alia Bhatt is shooting for a project, with the makeup room bustling with activity as her team works on her hair. The candid photo captures the lively chaos of a typical day on set, giving fans a peek into the behind-the-scenes moments of her busy schedule.

Meanwhile, yesterday, the *Dear Zindagi* actress celebrated 3 years of her iconic film *Gangubai Kathiawadi*. Marking the milestone, Alia shared a couple of sketches of her character from the film along with the caption, "#3YearsOfGangubaiKathiawadi."

Next, Alia is set to reunite with filmmaker Sanjay Leela Bhansali for his upcoming project *Love and War*, starring alongside Ranbir Kapoor and Vicky Kaushal.

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OLLYWOOD ROUND UP

Raavan gets release date

Bhubaneswar: Following the success of *Karma*, director Anupam Patnaik and actor Anubhav Mohanty are reuniting for *Raavan*. The poster of the movie was released on Maha Shivaratri, and the film is set to release September 26.



An Instagram post by the makers read: "The wait is over! Presenting the 1st Official Poster of *Raavan*. The legend of power, vengeance, and destiny is about to unfold. Mark your calendars—*Raavan* hits theaters on 26th September 2025. The journey has just begun! The Demon Empire will rise again. Every end has a new beginning."

The movie is being produced by Barsha Patnaik, Jagruti Shukla, and Arpit Golecha. Shukla has also penned the story, while the screenplay and dialogues are written by Manas Padhiary, Nishant Majithia, Jagruti Shukla, and Anupam Patnaik.

Trailer, music release of Simli



Bhubaneswar: The official trailer and music of the new Odia movie *Simli* were released at a special event organised at the Press Club of Odisha recently.

The Housing and Urban Development Minister Krushna Chandra Mahapatra and Forest and Environment Minister Ganesh Ram Singh Khuntia attended the event.

The plot of the movie revolves around animal poaching and timber smuggling by mafias in Similipal forest. Suryamaye Mohapatra plays the role of a DFO in the movie. Manoj Rout, Lipika Senapati, Anupa Saha, and Chaudhary Bikash Das play other important roles.

Smita Rout has written the story and produced the movie, while Sukumar Mani is the director of the project. Bachu Mukharjee, Bishnu Mohan Kabi, and SB Smruti have scored the music.

The MKR Productions movie will be released March 14.

Launching of Odia movie Laddo

Bhubaneswar: The mahurat of Satyavama Cine Productions' new Odia movie *Laddo* was held at Sai Temple in Patia recently.

Directed by Santosh Biswal, the film explores how the protagonists go out of their way to save the Earth. Susant Kumar Nayak, Arlin Ankita, Asrumochan Mohanty, Chaudhury Bikash Das, Chaudhury Jay Prakash Das, Smita Mohanty, KK, Udit Guru, Rajshree, and Arpan Mishra play key roles in the film.

Apart from playing the lead, Subham Sagar has also written the story and screenplay. Somesh Satpathy has scored the music for the movie, which will begin shooting March 10.

PNN



Bhumi's decade-long journey

Bollywood actress Bhumi Pednekar, who is receiving a lot of positive response for *Mere Husband Ki Biwi*, recently, completed 10 years in the film industry as an actor. Following her milestone, the actress spoke about portraying an array of characters in her journey, and how it has shaped her career.

From her memorable debut in *Dum Laga Ke Haisha* to her recent roles, Bhumi has emerged as one of the most versatile and celebrated actors of her generation.

Reflecting on her journey, Bhumi shared, "My journey began with *Dum Laga Ke Haisha*, and every day since has been a reminder of how far I've come. These 10 years have taught me resilience, passion, and the power of believing in oneself".

She further mentioned, "I've had the privilege of playing some truly diverse characters, an overweight bride in my debut, a queer character in *Badhaai Do*, a journalist fighting for justice in *Bhaktshak*, an octogenarian who defied age norms in *Saand Ki Aankh*, a woman confronting colour biases in *Bala*, and someone embracing her agency in *Thank You For Coming*".

The actress has essayed a variety of roles across different genres, and her career has been defined by her ability to embrace powerful, socially relevant narratives while delivering exceptional performances.

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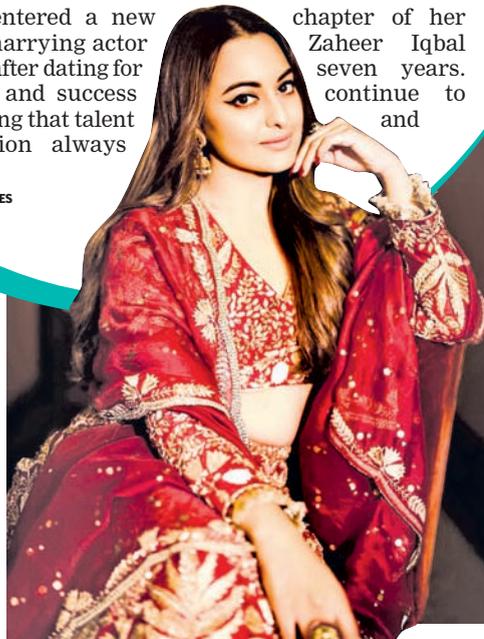
Sonakshi's heartbreaking rejection

Bollywood actress Sonakshi Sinha recently opened up about a deeply personal experience from the early days of her career when body-shaming comments left her in tears. In an interview with *Hauterrfly*, Sonakshi recalled a painful incident where she was denied a lead role simply because she was considered overweight. "I remember there was this one time where I really broke down. I came home crying because they did not give me a lead role because I was overweight," she shared. She was told she wouldn't look good in the role and was instead offered a smaller part.

Sonakshi sought comfort from her aunt during that difficult time. "I went up to her, sat on her lap, and just started crying," she recalled. She questioned herself but eventually found the strength to move on after crying it out. On the professional front, Sonakshi was recently seen in the horror-comedy *Kakuda* and made a significant impact with her performance in Sanjay Leela Bhansali's OTT series *Heeramandi: The Diamond Bazaar*, which has already been confirmed for a second season.

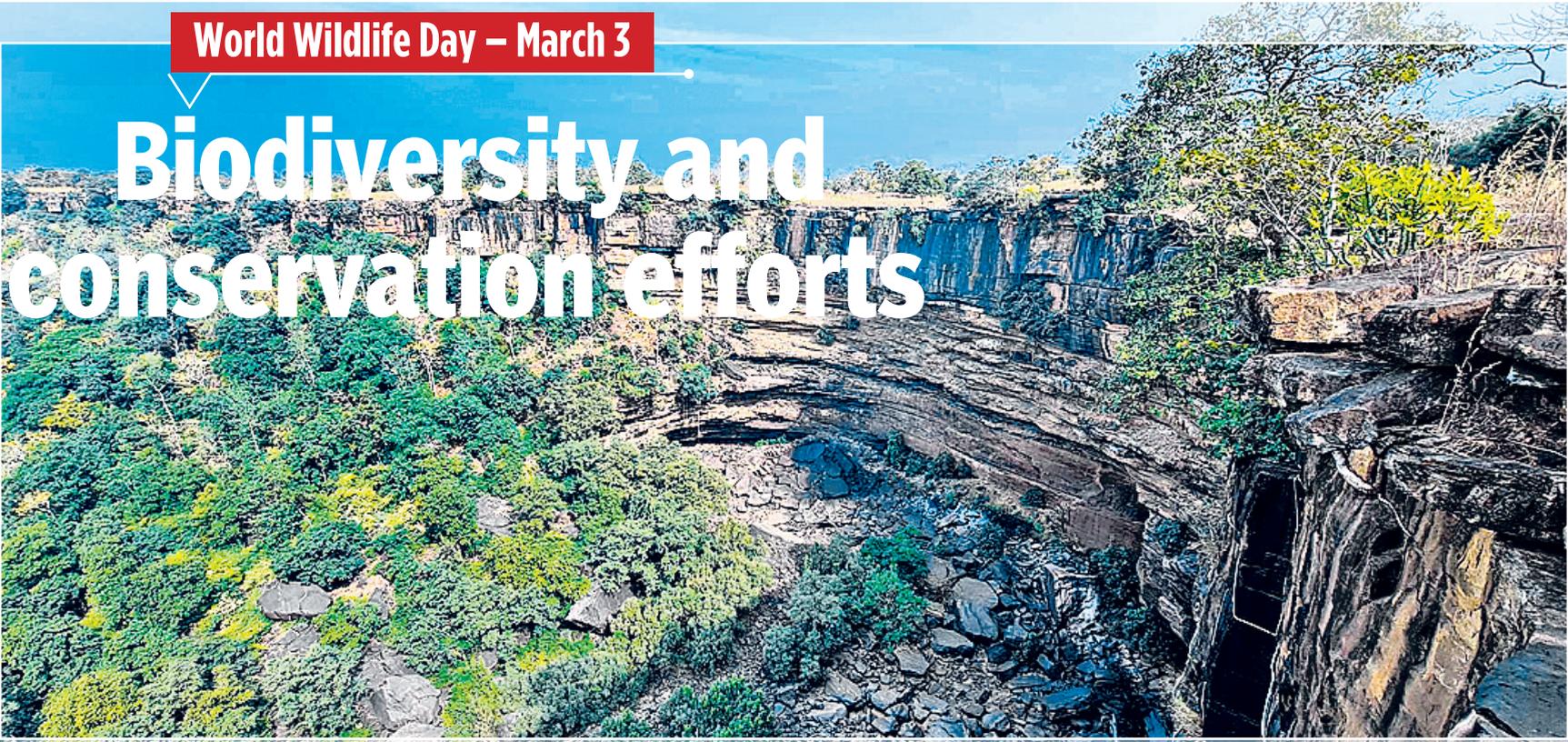
Sonakshi also entered a new personal life by marrying actor on June 23, 2024, after dating for seven years. Her resilience and success continue to inspire, proving that talent and determination always prevail.

AGENCIES



World Wildlife Day – March 3

Biodiversity and conservation efforts



DR MIHIR PATNAIK

Northeast India boast rich floral diversity, including many species adapted to different altitudes and climates. The diversity of plants is also well represented in India's protected areas, such as national parks, wildlife sanctuaries, and biosphere reserves.

Fauna

India's fauna includes some of the world's most iconic species, such as the Bengal tiger, Asian elephant, and Indian rhinoceros. It is the only country home to both tigers and Asiatic lions, with the latter found exclusively in Gujarat's Gir National Park. India also hosts large populations of herbivores, including deer, antelope, and wild buffalo, which are vital to the country's ecosystems.

Birds are another key component of India's wildlife, with about 1,300 species recorded, many of which are endemic or globally threatened. Notable species include the Sarus crane, the tallest flying bird, and the Indian bustard, one of the most critically endangered birds. The country's diverse habitats, such as wetlands, grasslands, and forests, support this rich avian diversity.

India's reptilian diversity is also significant, with over 550 species, including the Indian and king cobras, and various monitor lizards. Furthermore, India is crucial for amphibians, especially in regions like the Western Ghats and Eastern Himalayas, where many species are endemic.

Endemism in India's Biodiversity

One of India's defining characteristics is its high level of endemism. Many species are found nowhere else in the world. For example, the Nilgiri Tahr, an endangered mountain goat, is endemic to the Western Ghats. Similarly, the Ladakh shrew is only found in the high-altitude regions of Ladakh. The Great

Himalayan National Park in Himachal Pradesh is home to several endemic species, including the Himalayan Monal, the state bird of Uttarakhand.

One of India's defining characteristics is its high level of endemism. Many species like Nilgiri Tahr, Ladakh shrew and Himalayan Monal are found nowhere else in the world. India's biodiversity hotspots, such as the Eastern Himalayas and Western Ghats, have the highest concentrations of endemic species

India's biodiversity hotspots, such as the Eastern Himalayas and Western Ghats, have the highest concentrations of endemic species. The Western Ghats, in particular, are notable for their rich diversity of both plants and animals, many of which are found nowhere else.

Aquatic biodiversity

India's aquatic ecosystems, both freshwater and marine, are equally remarkable. With approximately 15,000 species of freshwater fish, many of which are endemic, India's rivers and lakes are home to unique species such as the Ganga river dolphin. Additionally, the country has around 1,300 species of marine fish, including commercially important species like tuna and sardines.

The Sundarbans mangroves, one of the world's largest ecosystems, is home to the Bengal tiger, which has adapted to living in the mangrove environment. The Sundarbans and Bhitarkanika also support a wide variety of marine life, including crabs, estuarine crocodiles, and migratory birds.

Challenges to India's biodiversity

Despite its wealth of biodiversity, India faces significant challenges. Habitat destruction, driven by deforestation, urbanization,

and agricultural expansion, is one of the main threats to species and ecosystems. Overexploitation of resources for food, medicine, and trade further endangers wildlife. Pollution of both terrestrial and aquatic ecosystems also poses a serious threat. Additionally, climate change is expected to exacerbate these challenges, leading to shifts in habitat ranges and potential species loss.

Conservation efforts

Recognizing the importance of preserving its biodiversity, India has implemented several conservation measures. The Wildlife (Protection) Act of 1972 was a key step in providing legal protection to species and establishing protected areas, including national parks and wildlife sanctuaries. Project Tiger, launched in 1973, is one of the most successful conservation programs globally, significantly boosting tiger populations in India.

India is also a signatory to several international agreements, such as the Convention on Biological Diversity (CBD) and CITES. The country has created biosphere reserves under UNESCO's Man and the Biosphere (MAB) program, further emphasizing its commitment to biodiversity conservation.

India is striving to balance development with biodiversity preservation. Through these efforts, the country aims to safeguard its natural heritage for future generations, ensuring that its rich ecosystems and species continue to thrive.

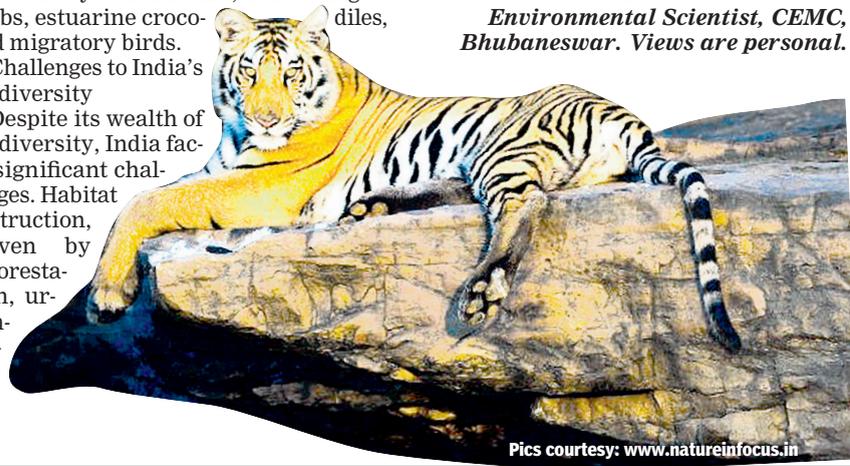
The author is Senior Environmental Scientist, CEMC, Bhubaneswar. Views are personal.

India is one of the most biodiversity-rich countries in the world, thanks to its vast and varied landscape. From the snow-capped peaks of the Himalayas to the tropical rainforests of the Western Ghats and the arid deserts of Rajasthan, India harbors an immense diversity of flora and fauna. This diversity is shaped by the country's unique geographical features and varied climatic conditions, placing India among the 17 mega-diverse nations that collectively house over 70% of the world's biodiversity. India's richness is not only in species diversity but also in its ecosystems, genetic resources, and the invaluable services these ecosystems provide.

Flora

India is home to approximately 45,000 plant species, which constitute about 7-8% of the world's known plant species. This variety is largely due to India's diverse climatic zones, ranging from temperate to tropical climates. The country's forests include tropical evergreen, tropical deciduous, montane forests, and alpine meadows, each supporting distinct plant species. India is also rich in medicinal plants, with over 2,000 species used in traditional medicine systems like Ayurveda and Siddha.

The Western Ghats, a global biodiversity hotspot, is home to more than 7,400 species of flowering plants, around 1,800 of which are endemic. Similarly, the Himalayas and



Pics courtesy: www.natureinfocus.in



Sasmita

WANT TO BECOME A MODEL?
Send us your photographs at
features.orissapost@gmail.com