



at home, enjoying unhurried moments with my dad and family. No alarms, no rush, just the warmth and comfort of home.

when it comes, I cherish being dogs-tea, laughter, cuddles, or silence-it's everything I need.

Love for street food

I am a big-time foodie! I will always choose street food over fine diningthose raw, real flavours just hit different. During COVID, I taught myself to cook and now make simple. happy meals.

Sundays better in Odisha

Being in Odisha makes Sundays even better, driving by the sea, enjoying local food like ghee Anna at Puri, and always ending the day with a peaceful moment with Lord Jagannath.



Recharging with swimming

I love swimming-it's freeing, clears my mind, and calms my heart. Recently, I've learned to drive and now enjoy long drives with soulful music. That combo of road, rhythm, and solitude-feels amazing!

While Ioveeta entered the

Bengal film industry at

just 16, later she worked

on acclaimed films like

has collaborated with

'Pink' and 'Shivay'. She also

celebs such as Babushaan

her agency spearheads over

300 brand campaigns and

celebrity collaborations,

elevating regional talent and brands to national

recognition. Joyeeta is not

just an entrepreneur; she is

a trailblazer, redefining the

entertainment and

branding landscape

Mohanty, Mahesh Babu,

and Virat Kohli. Today,

WhatsApp This Week

With family

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

- Finland has just closed it borders... so now nobody can cross the Finnish line.
- How long have I been working for this company? Ever since they threatened to fire
- Experience is what you get when you didn't get what you wanted.
- Keep talking, someday you'll say something intelligent!



Single dads' struggles

Sir, This refers to the writeup on Father's Day. Being a single father is a challenging yet rewarding journey. Single fathers in India face numerous challenges due to societal norms and limited support systems. They struggle with the stigma attached to being a single parent. They also often hear judgmental comments from neighbors and colleagues, making them feel isolated. Balancing work and childcare is another hurdle. Unlike single mothers, single dads find fewer resources and support groups tailored to their needs. Financial strain is also a significant issue, as they have to manage all expenses on their own. Additionally, finding reliable and affordable childcare is difficult, especially when they need to work late. Navigating these challenges requires immense resilience and adaptability. Despite the obstacles, single dads remain determined to provide a nurturing and stable environment for their child, proving that love and dedication can overcome societal barriers.

SOUMYAJIT SAHOO. BARGARH





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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'Lord never let you walk alone'

Somnath Gochhikar, 39, a servitor at the Jagannath Temple in Puri and a cameraman with a media house, lives and breathes devotion. For him, every moment in the presence of the Lord Jagannath is filled with magic-but one particular incident reaffirmed his faith like never before.

"When you are around Jagga," Somnath says softly, "you forget everything—you forget the whole world. Every moment is sacred. But what happened that night, I will carry with me for the rest of my life."

It was during Durga Puja. Like every year, servitors at the temple observe rituals on Ashtami, Navami, and Dashami. On the morning of Saptami, Somnath's 85-year-old uncle-who suffered from Alzheimer's—went missing from home. At first, the family assumed he may have wandered to a nearby temple. But as hours passed with no sign of him, panic began to grow.

'We searched every lane, every temple," Somnath recalls. "I contacted people



in the media, reached out to the district collector and SP. but no one had any information. By 11 at night, we were exhausted and heartbroken.

Standing helplessly near the tem-

ple. Somnath was struck by a sudden realisation.

"I had informed everyone—except the One who performs miracles. With teary eyes, I walked towards Lord Balabhadra. I folded my hands and whispered, 'Until you bring him back, I won't eat, I won't move.' I left it all to him.

Moments later, as if in response, a childhood friend appeared out of nowhere and casually asked, "Why are you standing here? Your uncle is sitting on the temple staircase."

Stunned, Somnath rushed to the spotand there he was. Calm, unharmed, quietly sitting just outside the temple.

"I had no words," he says, voice choked with emotion. "It was as if Lord himself guided him back. That moment taught me



what complete surrender truly means."

For Somnath, it wasn't coincidence. It was divine intervention—an undeniable reminder that when you turn to the Lords of Puri with pure heart and faith, they never let you walk alone.

'He came to me when I needed Him the most'

"I will never forget that evening," says Suchitra Das, a 45-year-old homemaker from Cuttack, as her eyes well up with emotion, "It wasn't during Rath Yatra, or some big festival. It was an ordinary day. vet for me, it became the most extraordinary moment of my life."

Suchitra recalls how she had been going through a very dark phase. Her husband had lost his job, her daughter was facing rejection after rejection in medical entrance exams, and her own health had begun to falter. "I had stopped praying



regularly. I was just... tired. I felt like the Jagga had forgotten me."

One afternoon, overwhelmed and feeling completely broken, Suchitra sat in her small puja

room. The idol of Lord Jagannath that had been in her family for generations stood silently in front of her. "I looked at him and said, 'Prabhu, if you are really there, say something. Show me. I am drowning.'

That night, Suchitra dreamt she was standing in the crowd outside the Jagannath temple in Puri. "I couldn't see anything clearly, but I heard a voice—calm. strong, and loving. It said, 'Let go of all worries. You are mine. I was, I am, and I always will be."

"When I woke up, I felt like someone had touched my soul," she says. "The room smelled faintly of camphor and tulsi, even though I hadn't lit anything. And for the first time in months, I felt light. I felt held," she added.

That week, her husband got a job offer from an old contact. Her daughter cleared her exam in the very next attempt. Her sugar levels, which had been erratic, started stabilising without a change in medication. "People can call it coincidence," Suchitra smiles. "But I know what I felt. I know what I heard. That wasn't a dream—it was a darshan. He came to me. Not in a temple, not during aarti, but when I needed Him the most."

"Jagannath is not just a God on a chariot. He is a presence. And once he chooses to walk with you, you are never truly alone again."





KANCHI BIJAYA

The Kanchi Conquest is a popular legend associated with Lord Jagannath and the Gajapati King Purushottamadeva of Puri. It tells the story of how Lord Jagannath, along with his brother Balabhadra, aided the king in his conquest of Kanchi, a kingdom in present-day Tamil Nadu, and his subsequent marriage to Princess Padmavati. The king was initially defeated in his attempt to conquer Kanchi. Discouraged, he prayed to Lord Jagannath for help. The legend says Lord Jagannath and Balabhadra appeared to him in a dream, promising to fight alongside him in his next attempt. On their way to Kanchi, the divine brothers, disguised as ordinary soldiers, stopped at a milkmaid's (Manika's) house to quench their thirst. They paid her with a ring, instructing her to collect the payment from King Purushottam. When the king later encountered Manika and saw the ring, he recognized it as belonging to Lord Jagannath. Recognizing the divine presence, he was filled with confidence and renamed the village where Manika lived Manikapatna in her honor.



GEETA GOVINDA

Jayadeva was a great devotee who desired to offer his masterpiece, Geeta Govinda, in the form of a garment to Jagannath Swami. The verses of his work were so devotional that it is said that Lord Jagannath himself that it is said that Lord Jaganhath himself appeared to Jayadeva in a dream, expressing his appreciation for the devotee's work and accepting the offering. This tale highlights the power of Jayadeva's devotion and the Lord's willingness to reciprocate the love of his devotees.



FAMINE IN PURI

Lord Jagannath appeared in the dreams of a devotee, instructing him to distribute Mahaprasad to the hungry. The devotee followed the Lord's instructions, and miraculously, the Mahaprasad never ran out, ultimately saving the people from starvation. This tale serves as a testament to Lord Jagannath's compassionate nature and his willingness to help those in need





WHETHER IN LEADERSHIP, FRIENDSHIPS, OR FAMILY, SHOWING UP MATTERS. LORD JAGANNATH'S OUTING TELLS US THAT TRUE **ENGAGEMENT HAPPENS WHEN WE STEP OUT** OF OUR IVORY TOWERS — DIVINE OR OTHERWISE — AND INTO THE CROWD

Even Gods take a rest

vear





July (6th 2024) in these very columns, explored "Big Team Lessons from the Rath Yatra", drawing parallels between this grand spiritual movement and teamwork lessons

it offers to transform ordinary tasks to extraordinary achievements. This year, as the divine procession returns to the streets of Puri, I invite you to look again — not at the chariots or rituals alone, but at the deeply human messages the festival offers.

Two insights particularly stand out this time: the enduring importance of social connections — real, physical, shared — and the understated necessity of conscious relaxation in a world obsessed with busy-ness. Rath Yatra, in its timeless form, speaks powerfully to both.

Power of physical presence

The defining feature of the Rath Yatra

a statement of humility and connection. Pulled by thousands, the chariot is not just a vehicle — it's a symbol of shared strength and common purpose.

In today's hyper-digital environment, where video calls replace visits and emojis substitute empathy, this act of showing up physically has even deeper relevance. The festival reminds us that while technology may connect devices, relationships are built in person, through shared efforts and real-time presence. Whether in leadership, friendships, or family, showing up matters. Lord Jagannath's outing tells us that true engagement happens when we step out of our ivory towers — divine or otherwise and into the crowd.

Sacred pause

Another subtle but profound element of the Yatra is the temporary stay of the deities at their aunt's home — Gundicha Temple. It's a break from the routine. A time of lesser rituals, a different diet, and a lighter rhythm.

In today's relentless world, where FOMO keeps us on the edge, this phase of the Yatra is a divine message: Even gods take a

break. Why don't we?

Creativity, mental clarity, and emotional balance thrive not in constant hustle, but in conscious rest. Like the deities, we too must schedule time to step away, simplify,reflect, and recharge.

Whether it's a solo walk, an afternoon off, or a week with family - your 'GUNDICHA MOMENT' may be what your inner world needs most.

Where connection meets reflection

Bringing these threads together cial bonding and sacred pausing - the Rath Yatra teaches us something holistic: Life is not a race, but a rhythm.

For leaders: Like Lord Jagannath, true leadership sometimes means stepping out of ivory towers and walking among people — not just to be seen, but to truly connect.

For teams: The act of pulling the

chariots together speaks volumes about shared effort, collective momentum, and unified purpose.

For individuals: Taking a break isn't giving up — it is an intentional strategy. Like the deities' retreat, it helps us return with clarity and creative fire.

Here I want to draw attention to Meta India's Public Policy VP, Shivnath Thukral who recently resigned from his high-profile job to focus on his health & prioritize family relationships.

This festival reminds us that true spirituality and sustainable success both begin when we align our outer actions with inner renewal.

So, as the giant wheels of the Rath Yatra roll through the streets of Puri again this year, let them not just pull the divine chariot — let them also turn the wheels within us. Let them remind us to reconnect. To pause. And to return stronger. Because the journey outward is also a journey inward.

> The author is a Business Consultant & a



ty's illuminating primer drops infused with

hyaluronic acid. The lightweight formula

gives her that effortlessly dewy finish with-

Whether on set or enjoying downtime,

out feeling heavy on the skin.

occasion of Fa ther's Day, the







BHUBANESWAR: Rising star Lohitakshya Patnaik is set to make his big-screen debut as a lead in Ladhei: Fight Till Death. Directed by renowned filmmaker Ashok Pati, the movie is produced by Lohitakshva's father Debasis Patnaik. But for Ollywood insiders Lohitakshva is no stranger—he began his journey as a child actor in Pati's Dreamgirl and has since appeared in films and web series, gradually paving his way to this moment.

Trained at Anupam Kher's acting institute, Actor Prepares, Lohitakshya brings depth and discipline to his role. Speaking to Sunday POST, he shared, "I play Leo, a man of few words who's battling inner and outer demons to change his life." Starring opposite him is Avilipsa, with whom he shares a strong on-screen chemistry

"It was important for me to make her feel comfortable on set.

That ease reflects in our scenes together," the actor said.

Lohitakshya credits much of his artistic growth to Pati, calling him "a father figure."

'Ashok sir is like a father figure to me. I've worked with him since I was a child, and he has taught me so much. I will always be grateful for his guidance and for believing in me," he said.

'My father also played a huge role in this journey. When no one believed in me or this project, he did. I owe him everything," the 2nd year MBBS

student, talking about his deep bond with real-life father, said. "Whether through medicine or cinema,

I want to make difference,' he savs.

career etween breaks and critically acclaimed performances, Chitrangda Singh has always gravitated toward roles—and decisions—that

bring her a sense of peace. In an honest con-

versation, the actress opens up about the lessons she's learned, both professionally and personally, and the joy she finds in motherhood.

Known for her introspective approach to acting, Chitrangda doesn't shy away from critiquing her own work. "When I look back at some of my old films, I think-damn, I really missed an opportunity there. I could have done so much more, she admits. Reflecting on her role in *Baazaar*, she says, "There were parts where I feel I didn't go deep enough. You slowly realise that the script is just a guide. The real character often lives beyond the pages.

I put in much more effort in

Chitrangda on career break

body language to the smallest expressions. Chitrangda also credits her evolution as an actor to experiences like Modern

Gaslight-from her voice and

Love Mumbai, where she starred opposite Arshad Warsi. "That show made me connect more deeply with my character's inner world," she

adds, "I've been fortunate to be directed by Sudhir Mishra in many of my early films. His approach to storytelling shaped the actor I am today.'

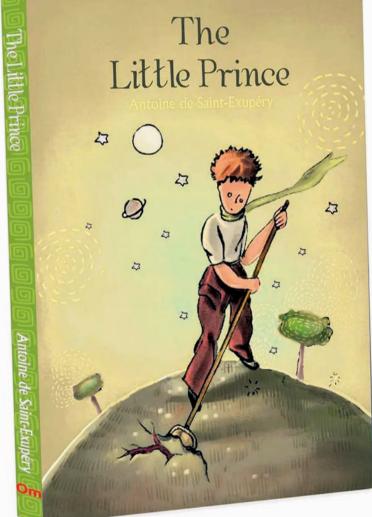


A tale of human vulnerability

ritten and illustrated by the French pilot, Antoine de Saint-Exupéry novella *The Little Prince* is a classic that spans generations. It is the bestseller most translated work after the Bible. Every child reads it with joy, and every adult discusses its philosophy. The New York Times says, "There are few stories which, in some way, in some degree, change the world forever for their readers. This is one." Katherine Woods gave us the original translation of the book in 1943, and though there have been other translations, hers is considered the definitive English translation. Her poetic translation perfectly captures the enchanted storytelling of Saint-Exupéry. It addresses the human predicament with themes of love, loneliness, friendship, and loss within a fable.

The book begins with the author's plane crash in the Sahara, and he must fix his plane before he runs out of his supply of water. Here, he chances upon the Little Prince, who comes up with a strange request: "If you please, draw me a sheep." After several attempts, he draws a picture of a plain box, where the sheep is supposed to be sleeping inside. The Prince is satisfied, and thus begins a friendship between the narrator and the Little Prince. The Prince claims to have come from an asteroid scarcely higger than a small house that contains three volcanoes—one of them extinct—a rose that he is in love with, and baobab trees that threaten to overrun and destroy his planet. About his rose, he says, "She chose her colors with the greatest care. She dressed herself slowly, adjusting her petals one by one. She did not go out into the world all rumpled like the field poppies. It was only in the full radiance and her beauty that she wished to appear. However, tired of her vanity and little strategems,

the Prince decides to leave her to see the rest of the world. The Prince traverses through the universe, visiting several asteroids where he meets grownups immersed in their work and reduced to a mere function. He meets a king who is drunk with his authority and thinks the whole universe is at his command. Yet, the Prince learns from the king that orders to be obeyed should be reasonable and that it is more difficult to judge oneself than others. "If you succeed in judging yourself rightly, then indeed you are a man of wisdom." Next, he meets a conceited man who demands admiration and acclaim from all around him all the time. Then, he meets a tippler forever drunk, who tells the Prince he drinks to forget that he is ashamed to be drunk, leaving the Prince puzzled at the oddness of grown-ups. He meets a businessman who considers himself a man of consequence, immersed in thoughts of wealth, even counting and owning the stars. He comes across the lamplighter who lights and extinguishes a lamp at sunrise and sunset simultaneously because his planet turns so rapidly that a day is only one minute. Yet, the Prince thinks he is the best among the people he has met because he is thinking of something else beyond himself. His work has meaning and beauty because when he lights his lamp, he awakens a star or a flower, and when he puts out the lamp, he sends them to sleep. Finally, he comes across the geographer who keeps a record of everything on his planet only by gathering details from visiting explorers. When the Prince asks him whether he recorded flowers, he replies that he recorded things eternal, not ephemeral, and flowers are ephemeral. The Prince thinks of his ephemeral flower. left alone defenseless except for her four thorns, and he experiences his first moment of regret. But he takes courage and moves on.



After a long journey aided by "the migration of a flock of wild birds," he finds himself on Earth and meets a snake in the desert of Africa. When he complains of loneliness in the desert, the snake gives him the wisdom that loneliness is also among men. The Prince moves on to discover a garden full of roses and feels there is nothing unique about his rose. As he cries in his sadness, he meets a fox who asks him to tame it. The fox explains that taming is establishing ties, and slowly they get close to each other. The Prince understands the friendship that makes one unique to the other. When he decides to leave, the fox is in tears and lets him into the knowledge that "It is only with the heart that one can see rightly; what is essential is invisible to the eye." The Prince realises that the time he invested in his rose makes her so important and unique and makes him responsible for her. The most beautiful passage in the book is where he tells the garden of roses, "But in herself alone, she is more important than all the hundreds of you roses; because it is she that I have watered; because it is she that I have put under the glass globe; because it is for her that I have killed the caterpillars; because it is she that I have listened to, when she grumbled, or boasted, or even sometimes when she said nothing. Because she is my rose.

Then he meets the railway switchman who is busy with travelers in railway trains forever in motion, on a meaningless journey, in pursuit of nothing. He also meets a merchant who sells pills for water to save time spent

in drinking water. In the present world of high technology and quick fixes, we can understand the stress and paucity of time, but the Prince would rather go in search of water.

After recounting his memories of his travels and people to his friend, they go in search of water in the desert, and his friend, carrying the sleeping Prince, ruminates, "What moves me so deeply about this little Prince who is sleeping here is his loyalty to a flower—the image of a rose that shines through his whole being like the flame of a lamp, even when he is asleep." When at last they reach a well, he feels how the ordinary and the basic become precious when they are denied. "The water from the well was born of the walk under the stars, the song of the pulley, the effort of my arms. It was good for the heart, like a present."

Soon it was time to leave for the Prince, and his friend, and the Prince leaves for his planet with a bite from the snake he befriended, leaving his body behind as it would be too heavy for him to carry back home. However, in his leave-taking, he assures his friend he would be among the stars and they would be laughing whenever his friend opened his window. The friend does not find his body and is left wondering about the Prince. Six years later, he tells us the story of the Prince and what he meant to him and poignantly requests the reader that if he were ever to meet the Prince in an African desert, under a star, he should let him know and comfort him.

In a style full of lilting, lyrical grace, intermingling philosophy and poetry, the story gives us love and loss, belonging and loneliness, which is the tale of human vulnerability. The Prince's solitude, even when he meets people from lamplighters to kings, is complete, although he has gained in wisdom; he has no sense of connection with them. The act of leaving time and again reminds us of the loneliness we carry with us despite

being with people. At the same time, the friendships we forge, the relationships we establish, make life worth living, and the value of understanding others even if their perspectives differ from ours. Thinking about his rose, he feels he was too young to know how to love her. and he should have judged her not by words but deeds. And finally, he asks his friend to look up at the laughing stars and find him there, and the book ends with a sense of melancholy but not without hope. The novella also explores the inevitability of death. The end is ambiguous, denying easy closure to the most final of human matters. In the end, it is a paean to the splendor and endless possibilities of childhood, where a child can traverse the universe "with a flock of wild birds." It is strangely coincidental that Antoine de Saint-Exupéry, a year after the publication of his book, in 1943, disappeared over the Mediterranean while flying a reconnaissance mission for his French squadron.



SUDHA DEVI NAYAK

♦ GLAM SLAM SUNDAY POST Sriya WANT TO BECOME A MODEL? Send us your photographs at features.orissapost@gmail.com