

NOVEMBER 9-15, 2025

SUNDAY POST

HERE . NOW

Curious Case of Carriage

COVER STORY

P
3,4



ANISHA KHATUN, OP

Trained at Mumbai Digital Film Academy and on the theatre circuit, Shreyan Nayak from Rayagada carved a space for himself in the world of acting and modelling. While still an engineering student, he dominated college-runways and quickly rose to ‘super-model’ status. In 2019, he stormed into Ollywood with ‘Selfish Dil’ and followed up with a string of hits—‘Chumki Seta Panire Budiba Nahinki’, ‘Oye Anjali’, and ‘Romeo Robot’. TV viewers know him equally well from the popular serials ‘Tu Kahibu Na Mu’ and ‘Bada Bohu’

Sunday reset

I enjoy spending my Sundays with family and friends, while also taking time to unwind, recharge, and indulge in my favourite hobbies and interests.

Lazy-day bliss

Stress-free Sundays are my favorite—waking up late, slowing down the pace, and enjoying a peaceful day filled with relaxation, comfort, and time for myself.

Evening run & bites

In the evening, I love jogging in the park to refresh my mind, followed by exploring a variety of street foods to satisfy my taste buds.

Dance, movie & camaraderie

In my free time, I enjoy dancing, practicing acting and improvisation, playing cricket with friends, or simply relaxing while watching my favourite movies.



With family



With Bada Bohu team



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

- I have one of those unlimited cell phone plans. There's no limit to how much they can charge me.
- To make mistakes is human. To blame someone else for your problem, is strategic.
- Why don't oysters share their pearls? Because they're shellfish.
- A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.



Living heritage

Sir, This refers to last week's cover story 'Bali Yatra: Magic of a bygone era'. Centuries ago, Odia merchants hoisted cotton sails and sailed to Java, Bali and Sumatra for trade; today their descendants simply cross the Mahanadi on a pontoon bridge, yet the sea breeze still beckons. Cuttack's Bali Yatra—Asia's largest open-air fair—erupts every Kartika Purnima with the same wanderlust. Over five million feet now tramp the two-kilometre sand stretch where ancient sadhabas once launched boita. LED-lit toy ships replace wooden boitas, but the dawn still glints on silver filigree. Children haggle for balloons shaped like smartphones while grandparents recount tales of distant spices; millennials queue for Instagram frames beside a replica of the old Kalinga vessel. Folk troupes perform beneath drones, Sambalpuri rock fuses with EDM, yet the central ritual—floating tiny lamps in memory of voyages—remains unchanged. Commerce, cuisine, craft and carnival converge, proving that the human hunger for stories, sweets and salt air is timeless. Thus, Bali Yatra survives as living heritage, annually re-scripted but forever anchored to the same river and restless tide.

SOUMENDRA MAHARANA, PARADIP

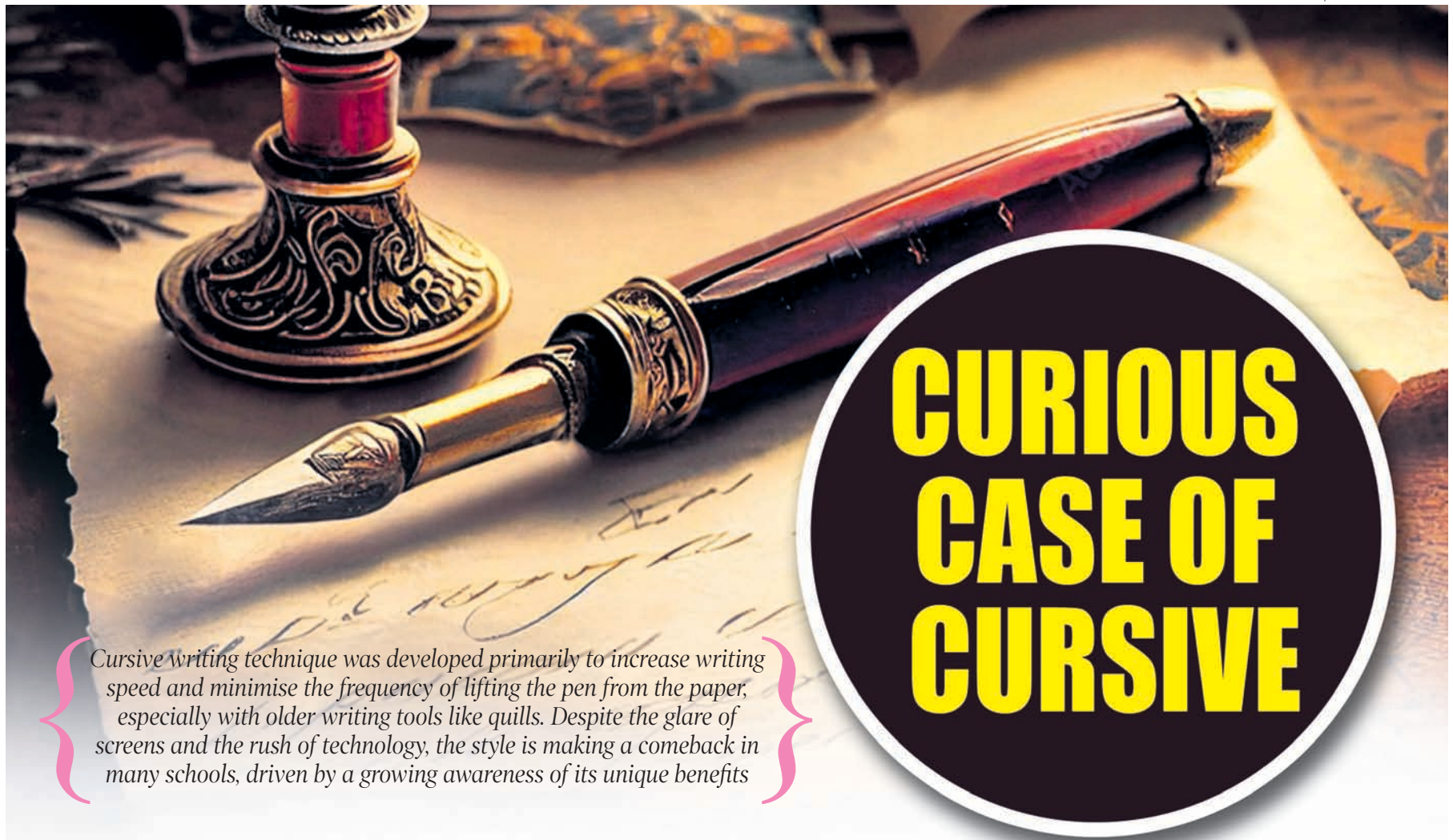
LETTERS



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



Cursive writing technique was developed primarily to increase writing speed and minimise the frequency of lifting the pen from the paper, especially with older writing tools like quills. Despite the glare of screens and the rush of technology, the style is making a comeback in many schools, driven by a growing awareness of its unique benefits

RACHNA MAHESHWARI, OP

In an age where every thought sparkles on social media, and thumbs fly faster than pens can glide, a quiet art has been slipping away one curving line at a time. Cursive handwriting, once a proud mark of education and elegance, now lingers in the margins of nostalgia.

There was a time, not long ago, when penmanship was a reflection of character. In the 1990s, children sharpened their pencils often “Apsara Dark”, and filled copybooks with graceful loops and curves. The tagline of a famous advertisement still echoes in memory: “Extra marks for good handwriting.” It was more than marketing; it was motivation.

Cursive writing technique was developed primarily to increase writing speed and minimize the frequency of lifting the pen from the paper, especially with older writing tools like quills. Despite the glare of screens and the rush of technology, the style is making a comeback in many schools, driven by a growing awareness of its unique benefits.

With the style experiencing a resurgence, Sunday POST takes a look at its journey, varied aspects and shares what experts have to say on the relevance of the form of writing.

More than a style

Once upon a time, handwriting spoke volumes about a person. Teachers could sense diligence in each curve of the ‘g,’ or elegance in the flow of an ‘f.’ Cursive was not just a style- it was a discipline, a social statement. It taught patience, precision, and pride. To write well was to be well.

The roots of cursive date back centuries- from Egyptian scripts to the Renaissance, when the “Palmer Method” of the 19th century became the gold standard of penmanship. Businesses, schools, and individuals valued it as a symbol of intellect and refinement. A beautifully written

letter was a badge of professionalism, and a handwritten note, an expression of sincerity.

But the 21st century brought a quiet revolution. Keyboards replaced quills, and screens replaced slates. The shift was swift, cursive handwriting, once celebrated, was now seen as quaint.

Digital takeover

Walk into any classroom today, and you’ll see glowing tablets instead of ink-stained notebooks. Smartboards have replaced chalkboards, and typing has taken the place of cursive drills. The transition accelerated during the COVID-19 pandemic, when online learning became a necessity. Handwriting practice - once an everyday ritual turned optional, even obsolete.

Science of script

Beyond aesthetics, cursive writing holds scientific merit. Neuroscientists and psychologists have long recognized its profound effect on the brain. Writing by hand, particularly in cursive- activates neural circuits linked to memory, comprehension, and creativity. The continuous motion of connecting letters engages the brain in ways typing cannot.

Letters vs likes

The digital age has redefined communication. Where once we waited eagerly for handwritten letters, now we wait for read receipts. The contrast between likes and letters reveals more than nostalgia; it shows how technology has reshaped emotion.

In the era of ink, communication was tactile. The paper carried the sender’s touch, their pauses, their imperfections. Each letter was unique, personal, and irreplaceable. Today, our words appear and disappear in pixels.

Instant, yes, but also ephemeral.

Waiting has vanished from our vocabulary. Anticipation has been replaced by immediacy. The art of writing was never just about expression- it was about connection. It demanded time, intention, and emotion. Now, between notifications and scrolls, we have lost that rhythm.

The world may be more connected than ever, yet something profoundly human feels unplugged.

Culture connect

Many argue that cursive is an outdated skill, irrelevant in an era dominated by coding and digital communication. Others see it as vital a link to culture, cognition, and continuity.

In the United States, a quiet resurgence is underway. States like California and Texas have reintroduced cursive writing

into school curriculum for grades one through six. It happened because the government believes that students who never learn cursive can’t read historical documents.

Creative careers

Surprisingly, cursive has found new life, not in classrooms, but in creative industries. From calligraphy and bullet journaling to graphic design and digital lettering, the art of writing has reinvented itself.

Middle-aged learners rediscover cursive as a therapeutic hobby, while younger creators turn it into a business. Platforms like Instagram and Pinterest have become unlikely curators of handwritten art, with millions following creators who make writing mesmerizing again.



Apps such as Canva and InDesign now offer digital calligraphy tools- proof that technology, once the villain, is helping preserve the very craft it nearly erased.

Script as therapy

Psychologists describe handwriting as a mindful act. The rhythm of pen on paper slows down thoughts, channeling them into focus. For many, journaling in cursive is a form of meditation -each loop a breath, each word an emotion released. In a world overwhelmed by noise, writing by hand is silence that speaks. Studies show that students, who regularly write by hand even a few sentences daily, display better emotional regulation and stronger memory retention. Calligraphers often describe their practice as “ink therapy.” Every stroke is deliberate, every word a reflection. It’s an art you can feel- unlike the sterile perfection of typed text.

Enduring touch of ink

Technology is here to stay. No one can deny the convenience of digital writing, from cloud-based notes to AI-generated reports. But somewhere between speed and soul, we lost touch- quite literally. A handwritten note still carries warmth. A letter penned with care still holds weight. No digital font, however elegant, can replicate the intimacy of ink pressed onto paper. Perhaps that’s why, even in this era of instant messages, handwritten wedding invites, personalized journals, and crafted notes continue to hold sentimental and social value. We crave authenticity- and cursive, with all its imperfect beauty, offers just that.

Final word

Cursive handwriting may never return to the center stage of education, but it refuses to vanish. It endures in classrooms that still cherish it, in artists who revive it, and in the quiet hearts of those who remember

what it meant to write, not type, a feeling. Technology can automate writing, but it cannot replicate emotion. Every slant, every loop, every mark on paper carries a fragment of the writer’s identity; a pulse of humanity that no pixel can imitate. As machines learn to write, perhaps it’s time for us to remember why we do. Because beyond function and form, art even in the digital age, is what keeps us human.

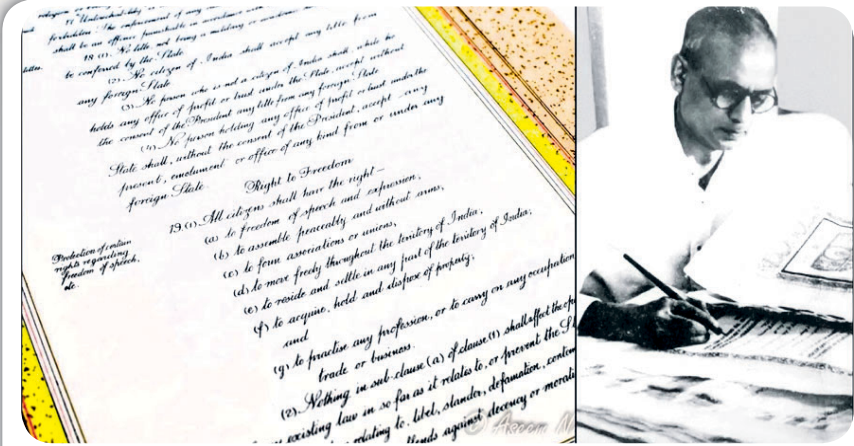
Experts speak

For many educators, the loss is bittersweet. **Ruchi Romya Mishra**, an English educator at DAV Public School Unit-VIII, Bhubaneswar, said, “Cursive writing has long been valued for improving handwriting skills, enhancing fine motor coordination, and helping students develop a personal writing style. However, with digital devices dominating classrooms, schools focus more on typing and legible print handwriting. Still, cursive writing helps build concentration, memory, and artistic expression. It may not be essential for everyone, but practicing it regularly supports well-rounded literacy development.”

Echoing similar sentiment, her colleague, **Sangeeta Mohanty**, says, “Cursive writing is graceful and efficient. It strengthens hand muscles, improves focus, and connects letters smoothly — reducing mistakes. Even in a digital age, cursive reflects personality and creativity. We must keep it alive.”

These words carry both nostalgia and urgency. As students graduate fluent in emojis and hashtags but unable to sign their names in cursive, an art form, and a fragment of identity slips further from collective memory.

Speaking about its impact on child psychology-



THE MOST FAMOUS CURSIVE-WRITER

Prem Behari Narain Raizada’s writing is most famous for hand-writing the original Constitution of India in a flowing italic style. He completed the manuscript in six months, using pens with a No. 303 nib for the English version and a Hindoo dip-pen nib for the Hindi version. Raizada was chosen for the monumental task by Prime Minister Jawaharlal Nehru, who wanted the Constitution to be a handwritten, not printed, document. He wrote the Constitution in a flowing italic style, a skill he learned from his grandfather. The manuscript included 395 articles, 8 schedules, and a preamble, written in both English and Hindi. The original copies of the Constitution are kept in the Parliament of India’s library and are considered the world’s longest handwritten constitution. Raizada was also allowed to inscribe his name on every page of the Constitution, with his grandfather’s name on the final page, a request he made in exchange for undertaking the work.

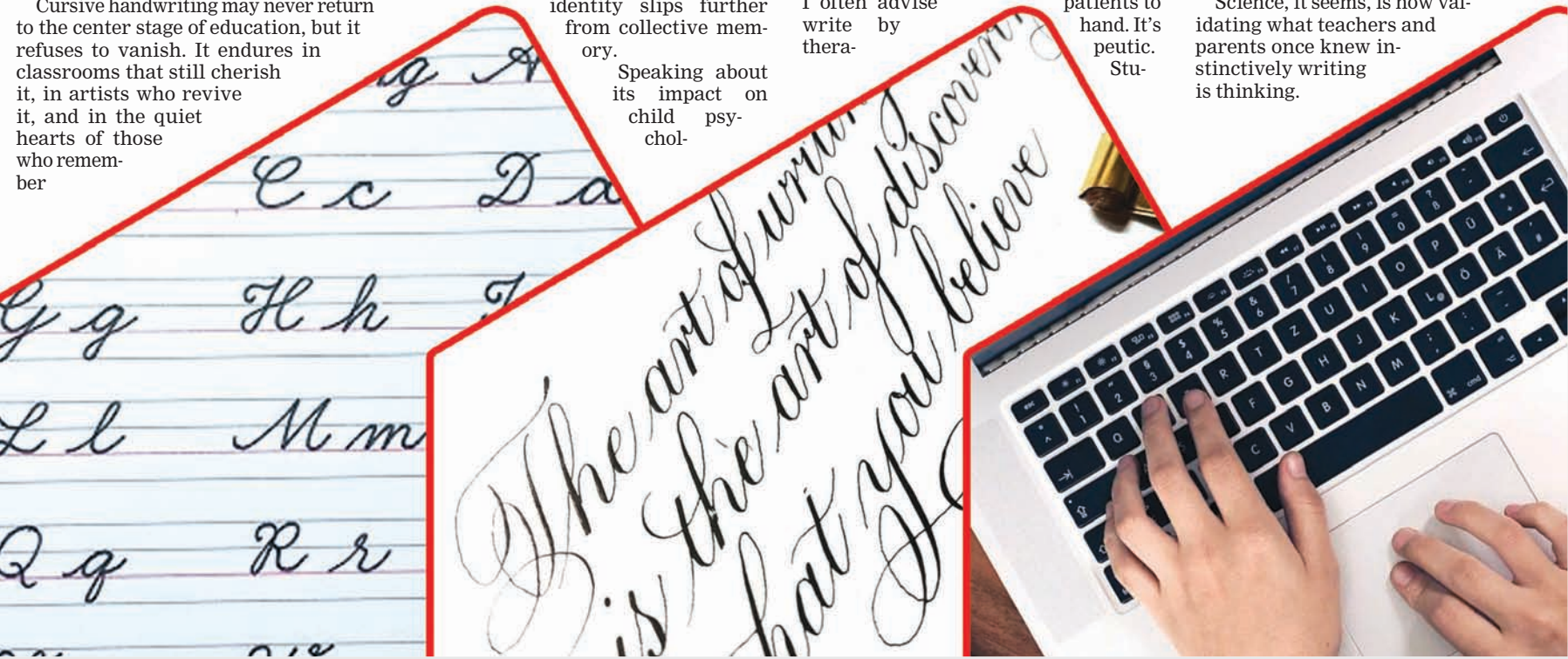
ogy, **Dr Sangram Bal**, neurosurgeon at SUM Ultimate, Bhubaneswar, adds, “Cursive handwriting supports cognitive development and fine motor skills. EEG scans show that it activates multiple areas of the brain, leading to improved learning outcomes. It enhances brain activity in ways digital note-taking does not.”

Clinical psychologist, **Shivani Tripathy**, Manipal Hospitals, Bhubaneswar underscoring its value, states, “There is an alarming rise in attention and memory issues, especially among young people glued to screens. I often advise patients to write by therapeu-

Stu- dents who take handwritten notes recall and comprehend better. Cursive writing reinforces spelling, reading fluency, and the connection between letters and sounds.”

Even learning coaches see cursive as a brain booster. **Tanvi Singhal**, founder of Super Brain Booster Academy, has turned handwriting into an art-based discipline. “We teach children cursive writing to help them build confidence, focus, and reading fluency,” she says. “In this era of instant gratification, writing is mindfulness in motion.”

Science, it seems, is now validating what teachers and parents once knew instinctively writing is thinking.



KALINGA-BALI: OCEANIC ECHOES

Long before the rise of the Jagannath cult, Kalinga was also the cradle of a profound cultural current that carried Hinduism to Bali and other parts of Southeast Asia. The historical region celebrated harmony with nature, revered the sea as sacred, and saw divinity in every act of life



DR SRIMANTA MISRA

Kalinga was the epicenter of an enduring tide of peace that flowed across centuries. The devastating Kalinga War transformed the heart of Emperor Ashoka, turning conquest into compassion. From the ashes of battle arose a new vision — one that carried the message of Buddhism to Sri Lanka and the Far East, forever changing the spiritual landscape of Asia.

Long before the rise of the Jagannath cult, Kalinga was also the cradle of a profound cultural current that carried Hinduism to Bali and other parts of Southeast Asia. This was a form of faith that predated later codified traditions — a vibrant, oceanic spirituality that could be called “Hinduism before Hinduism.” It celebrated harmony with nature, revered the sea as sacred, and saw divinity in every act of life.

Early maritime trade (1st–4th Century CE)

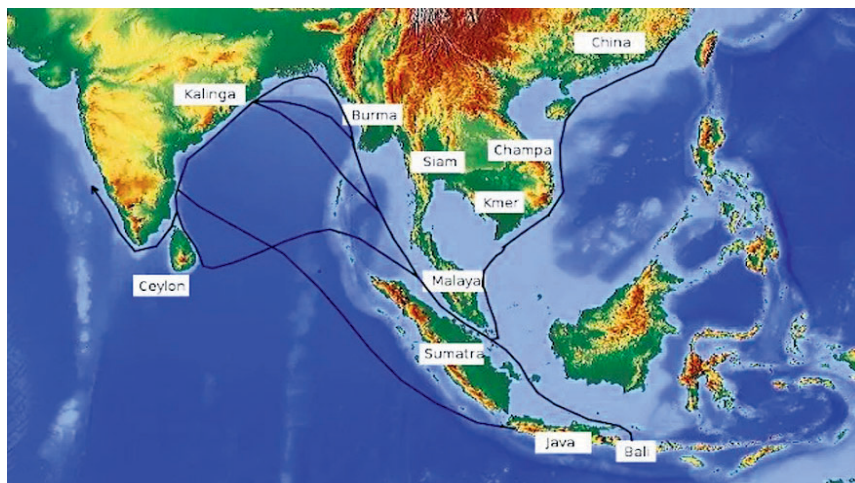
From the 1st century, the maritime trade routes began connecting the Indian subcontinent with Southeast Asia, including the island of Bali. Indian merchants, taking advantage of seasonal monsoon winds, sailed across the Bay of Bengal to exchange goods such as spices, textiles, gemstones, and metals. Bali's strategic position in the Indonesian archipelago made it an important stopover for traders and a hub for the exchange of commodities and ideas.

Spread of Indian culture

By the 4th century CE, Bali had become deeply influenced by Indian religion, culture, and political thought. Alongside the exchange of goods, Indian traders and Buddhist missionaries brought new ideas that profoundly shaped Balinese society. Hinduism and Buddhism took root, merging with local traditions to create a unique spiritual synthesis. The Kingdom of Bali became an integral part of the wider Southeast Asian maritime network, which linked India, Sri Lanka, and the Indonesian islands through flourishing trade and cultural interaction.

The Majapahit Period

During the Majapahit Empire, based in Java, Bali came under the empire's influence. The 13th to 16th centuries marked the height of maritime commerce across the Indonesian archipelago. Indian merchants operated alongside traders from China, Arabia, and Southeast Asia, exchanging spices, textiles, and luxury items. The Indian cultural imprint remained strong, visible in Bali's language, art, and religious traditions. This period represented the culmination of centuries of Indo-Balinese interaction, characterized



by both material and cultural exchange. **Key Indian ports in the Kalinga Trade Network**

The eastern Indian coastline—particularly the ancient Kalinga region (modern Odisha and parts of West Bengal)—played a pivotal role in connecting India with Southeast Asia, including Bali. Several ports served as the gateways for this maritime exchange:

► **Tamralipti (modern Tamluk, West Bengal):** One of the earliest Indian ports, cited in ancient texts and inscriptions. It served as a departure point for voyages to Suvarnadwipa—a term encompassing Southeast Asia, including Bali, Sumatra, and Java. Both Buddhist pilgrims and merchant-sused this route.

► **Palur (near modern Ganjam, Odisha):** Frequently mentioned in inscriptions and Buddhist records as a bustling harbor from which ships sailed to Sri Lanka, Java, Sumatra, and Bali.

► **Manikapatna (near Chilika Lake, Odisha):** Archaeological findings of Roman, Chinese, and Southeast Asian artifacts attest to its prominence between the 9th and 15th centuries CE. The port exported rice, spices, beads, textiles, and ivory.

► **Pipli (near Balasore, Odisha):** Located near the Subarnarekha River, this port contributed to trade across the northern coast and beyond.

Evolution and decline of maritime trade

In the earliest centuries before the Common Era, the eastern Indian seaboard was alive with maritime enterprise. The Kalingan sailors — known as sadhabas — built sturdy wooden ships called boitas and set sail across the Bay of Bengal. They followed the monsoon winds to distant shores, carrying with them rice, textiles, ivory, spices, and precious stones. Their destinations included Sri Lanka, Sumatra, Java, and most significantly, Bali. These voyages were not just commercial missions; they were acts of adventure, devotion, and cultural diplomacy.

Between the 4th and 10th centuries, this maritime activity reached its zenith. Kalinga's ports — Tamralipti, Palur, and Manikapatna — buzzed with trade, drawing merchants from China,

Arabia, and Southeast Asia. Ships from the Kalingan coast carried not only goods but also ideas: the philosophies of Hinduism and Buddhism, the Sanskrit script, art forms, and architectural influences. During this golden era, the Indian Ocean became a network of cultural and spiritual connectivity, linking the temples of present day Odisha with those of Bali and Java.

But by the 11th century, the tides began to turn. Coastal silting, shifting river mouths, and frequent cyclones disrupted navigation. Gradually, the once-thriving ports lost accessibility, and many harbors turned into quiet lagoons. Meanwhile, Arab and later European traders — Portuguese, Dutch, and British — entered the Indian Ocean trade network, diverting routes and redefining the balance of maritime power. By the 15th century, Kalinga's direct link to Bali had faded, surviving only in legend and memory.

Yet, the legacy of these voyages endures. Every year, in my homeland of Odisha, people celebrate Boita Bandana — the festival of ships — launching miniature boats into rivers and seas to commemorate the ancient Bali Jatra, the “voyage to Bali.” It is a ritual of remembrance, a cultural echo of the maritime grandeur that once defined our civilization.

European conquest to Bali

European awareness of Bali began through travelers such as Marco Polo, though the first confirmed contact occurred in 1512 when Portuguese explorers António de Abreu and Francisco Serrão reached its northern coast. Subsequent expeditions, including the Magellan-Elcano voyage (1519–1522), recorded the island under names such as Boly, Bale, or Bally.

By 1585, the Portuguese attempted to establish a fort and trading post in Bali, but their ship was wrecked near the Bukit Peninsula. Survivors were welcomed by the Dalem, the king of Gelgel, and integrated into Balinese society — marking the first significant European presence on the island.

► Balinese Hinduism: A unique cultural synthesis

Balinese Hinduism, or Agama Hindu Dharma, represents a fusion of imported Indian traditions and indigenous Balinese beliefs. It arrived via trade and migration between the 1st and 13th centuries CE, primarily through contacts with eastern India (Kalinga and Bengal) and South India. The Majapahit Empire further reinforced these influences before the spread of Islam in Java.

► How Balinese Hinduism differs from Indian Hinduism

Although both share a common philosophical root, Balinese Hinduism, blended with local culture, has evolved along its own distinct path. In India, Hinduism is rich in sacred texts — the Vedas, Upanishads, and epics like the Ramayana and Mahabharata. In Bali, these stories survive not as scriptures but as living performances — vibrant dance-dramas retold in temple courtyards, where gods descend amid music and movement.

The caste system in Bali is present but fluid, lacking the rigidity seen in many parts of India. Rituals are collective rather than individual, with community participation at their heart. While Indian Hinduism often emphasizes personal devotion (bhakti), Balinese practice focuses on communal harmony and offerings that sustain the balance of the world. The priesthood, too, is distinct — the pedandas, or Brahmin priests, chant in both Sanskrit and Old Javanese, bridging the linguistic heritage of two ancient civilizations.

In essence, Balinese Hinduism is a radiant blend — of Indian philosophy, Buddhist compassion, and the animistic reverence for nature native to the island. It stands as a living testimony to the oceanic crosstalk between India and Bali that began over two millennia ago.

Conclusion

My voyage to Bali was more than a journey across seas; it was a return to origins. As a descendant of ancient Kalinga living far away in France, I felt the pulse of my ancestors in every temple gong, every canang sari, and every smile of the Balinese people. Though centuries have passed since the ships of Kalinga last touched these shores, the spiritual and cultural bond between our lands endures — timeless, tender, and eternal, like the ocean itself.

The writer is a Consultant Haematologist, Hôpital de Troyes Troyes, France



Shraddha's obsession

Bollywood actress Shraddha Kapoor, who was last seen in *Stree 2*, is a big time foodie. Her latest obsession is the flavour of the season, carrots.

The actress took to her Instagram recently, and shared a video featuring three pictures of herself enjoying the carrots in different forms.

The first picture shows the actress dolled up as she sat in her make-up chair with her team behind her amidst the shooting chaos. She can be seen enjoying a bowl of "gajar ka halwa". The second picture shows her enjoying a glass full of carrot juice, as she smiles for the camera. The third picture shows her with a plate of carrot sandwich.

She wrote on the video, "Dil bole gajar, dimaag bole aur bhi gajar. Kya ye normal hai ya obsession".

Earlier, the actress had dropped a series of pictures in which she was seen indulging in some chakli and chiwda. The actress was seen dressed in comfortwear with floral patterns in the pictures, which also featured her furry friends, Shyloh and Small. One of the pictures also had a bound script out of the focus in the background. She wrote in the caption, "Chak-li De India".



Horror comedy *Mantra Muugdha* to hit theatres in January 2026

BHUBANESWAR: The much-awaited horror comedy from Amiya Patnaik Productions *Mantra Muugdha* is all set to release in January 2026.

Talking about the plot, in the heart of Odisha's mystical Dharakote Palace, where echoes of royalty meet whispers of the supernatural, four unlikely friends stumble upon a curse that's as hilarious as it is haunting.

Bipin, a failed magician with more confidence than skill; Tiki, a ghost-hunting social media influencer; Manas, a nervous schoolteacher with a secret past; and Riya, a sarcastic yet brave tour guide, arrive at the palace to shoot a viral video about its ghostly legends. But what begins as a joke soon turns into a night of bizarre enchantments — talking mirrors, laughing portraits, and a mysterious spirit who refuses to rest.

At the center of the chaos is Muugdha Devi, the ghostly queen whose tragic story hides a twist of fate — and a centuries-old curse that can only be lifted if someone makes her truly laugh.

With grand visuals, witty performances, and an emotional core that celebrates belief and redemption, *Mantra Muugdha* promises to be Odisha's biggest horror-comedy spectacle — redefining how audiences experience laughter and fear on the big screen.

Directed by Anupam Patnaik, movie's ensemble cast includes Manmay Dey, Dipanwit Dashmohapatra, Sarthak Bharadwaj, Bhoomika Dash and Suryamayee Mohapatra. **PNN**



Huma on career's darkest role

The acclaimed cop drama *Delhi Crime* returns for its third season, featuring Shefali Shah as DIG Vartika Singh, Rasika Dugal as Neeti Singh, and Rajesh Tailang as Bhupendra Singh. Joining the ensemble this season is Huma Qureshi, who steps in as a formidable new antagonist, Badi Didi.

At the trailer launch, Huma shared her excitement about joining a show she has long admired. "Evil suits me! (laughs) Seriously though, I've been a huge fan of *Delhi Crime* Seasons One and Two. When I got the call, I felt like a kid with their favourite toy," she said. She praised the cast and crew for their dedication, adding, "It was an honour to enter this universe and take the story forward. Everyone was so warm and welcoming that it never felt like I was new on set."

Opening up about playing one of the darkest characters of her career, Huma said, "This is probably the darkest and most morally disturbing character I've played — the 'best worst' character ever (laughs!). But I thoroughly enjoyed it. Playing someone so dark lets you explore without limits. I was conscious about portraying women with agency and perspective, even from a negative space. *Delhi Crime* reflects society, and if my performance brings even a little more awareness to important issues, it's an honour to have done this role."

Huma's portrayal promises to bring depth and intensity to an already compelling series. **AGENCIES**

Rashmika to get hitched soon!

In date. Rashmika and Vijay's bond traces back to their popular Telugu films *Geetha Govindam* (2018) and *Dear Comrade* (2019), with their camaraderie often making headlines during events and holidays. Fans also noticed Rashmika's Wikipedia page listing Vijay as her partner, with "engaged" beside his name, further igniting excitement.

Udaipur, famously known as the "City of Lakes," has become a preferred venue for celebrity weddings, offering a blend of grandeur and serenity. The choice of a royal palace hints at an extravagant yet intimate celebration, steeped in Rajasthan's regal heritage.

Professionally, Rashmika's latest Telugu film *The Girlfriend* has released in theatres, while Vijay was last seen in *Kingdom*, keeping both actors in the spotlight as they prepare for their special day. **AGENCIES**





SHAHNAZ HUSAIN

HAIR CARE TIPS FOR MOMS-TO-BE

Pregnancy is the time when the body of a woman goes through a lot of changes physically and on the hormone level. For instance, the gestation period when the body is invested in nurturing the foetus all the nutrition is supplemented or rather re-directed there. At this time if the woman is not taking proper diet and her dietary requirements are not fulfilled it leads to deficiencies and hormonal fluctuations that directly impact hair growth. Reduced hair growth accompanied with hair fall. After pregnancy it takes a lot of time for the body to return to normal, thus due to heavy hair fall women experience hair thinning. Physical stress and emotional adjustment to new life after delivery is a huge change for her to get used to, with this disrupts hair growth. Additionally, the body is breastfeeding and it needs more nutrition, when essential Vitamins, such as Vitamin B and iron and zinc are lacking in

diet it leads to heavy hair fall. Some women who suffer massive blood loss post-pregnancy are low in iron that leads to hair fall. Thyroid imbalances too is one of the major reasons for reduced hair growth that is noticeable by hair thinning. It is essential to plan a proper diet that would supplement you with Omega-3, Vitamins D, C and B12, Calcium and supplement you with iron and protein. When your body receives ample nutrition then you can expect healthy hair. However, I always suggest in obtaining supplements through natural sources instead of pill popping until it is the suggested course of action by your doctor. The right time when you should begin your hair treatment or hair care regime should be at the time of your second trimester, it is relatively safer. It specially goes for the time when you are getting your hair dye done but it should be chemical free, opting for a vegetable-based colour or organic henna. You can easily indulge in a gentle hair massage to relax yourself, getting your hair trim appointments, and using natural treatments with precautions are some of the safer options. However, you should be cautious about certain hair treatments like hair straightening,

keratin, and certain products for removing dandruff, these contain harmful ingredients and very strong chemicals that when inhaled are detrimental to your health and the health of foetus. It is essential to first consult your dermatologist, check the ingredients of your hair products and let your doctor know of any such procedure that you may undertake for your hair care. These days it is hard to define what is safe if we are looking for specific products. However, choosing products that are based on natural ingredients that contain plant extracts, botanical blends and essential oils. Organic and herbal extracts all based in nature, without the use of harsh chemical formulation. For instance, it is safe for pregnant and postpartum women to use herbal shampoos, herb infused hair oils, conditioners that are free of harsh chemicals and products that are gentle on scalp and hair. Hair care during pregnancy requires a robust routine that is supportive of hormonal health and manage your natural hair cycle. Therefore, it becomes essential to have a proper understanding of what needs to be done and what should be avoided. Let your hair remain natural rather

than dying your hair or getting it permed or highlighted. As whatever you put on your scalp gets absorbed in your blood stream too. Avoid any hair treatments that consist of chemicals similar to or exactly like, minoxidil. If you feel like getting your hair some highlights then only get the tips of hair done that is safe option. Be cautious of using shampoo or conditioner with harsh or harmful chemicals. Avoid combing your hair when it's wet as it is prone to breakage. DIY home remedy to strengthen hair follicles and for shine is boiling handful of curry leaves with coconut oil. Let it cool and use this mix as a hair mask an hour prior to shampoo. Mixing sesame oil with few drops of lavender essential oil for hair growth or rosemary essential oil will help achieve thick hair. Healthy hair is the result of a balanced diet that should comprise of proteins that can be supplemented through eggs, tofu, pulses and cheese. Iron is essential to provide strength to your hair so, include beetroot, legumes, jaggery, dates and spinach. Vitamin D and calcium are essential part of hair growth therefore I suggest including milk, sesame seeds and ragi, of course sunlight exposure too is one way of supplementing your body with ample of Vitamin D. include all kinds of nuts and seeds in your diet and remember to supplement your diet with Vitamin C with citrus fruits and Amla. Different hair types have different requirements, but a healthy diet is always the key to keep your hair healthy. However, for different hair types, you can opt for some simple solutions:

- IF YOU SAVE FINE HAIR THEN VOLUMIZING SHAMPOOS AND CONDITIONERS ARE THE BEST
- FOR WAVY HAIR CONSIDER USING ANTI-FRIZZ PRODUCTS AND ENSURE THAT YOUR HAIR ENDS ARE AMPLE HYDRATED
- FOR THICK HAIR MOISTURIZING SHAMPOOS AND CONDITIONERS WORK BEST
- CURLY HAIR REQUIRES DEEP CONDITIONING AND LEAVE-IN CONDITIONERS
- OILY HAIR NEED SCALP CLARIFYING SHAMPOOS TO HELP GET RID OF BUILDUP BUT REMEMBER TO CHOOSE LIGHTWEIGHT CONDITIONERS

The author is international fame beauty expert and is called Herbal Queen of India



Alexander was buried alive!

The death of Alexander the Great, one of history's most formidable conquerors, has remained a perplexing historical mystery for over two millennia. His sudden demise in 323 BCE at the young age of 32 has sparked countless theories, ranging from poisoning to infections like malaria or typhoid. But a compelling modern hypothesis suggests a chilling twist: Alexander may not have actually died when everyone thought he did. Instead, he might have been accidentally buried alive, trapped in a motionless body due to a rare neurological disorder — yet mentally aware until the very end.

This sensational theory revolves around a medical condition called Guillain-Barré Syndrome (GBS), a serious autoimmune disorder in which the body's immune system attacks its own peripheral nerves. Though rare, GBS can lead to total paralysis, temporary loss of reflexes, and a spectacularly deceptive appearance of death — one that would have been nearly impossible for ancient physicians to detect.

A mysterious end

Alexander, at the pinnacle of his glory, had carved an empire stretching from Greece to northwestern India. But in Babylon, after a banquet and subsequent bout of fever, his health deteriorated. Ancient accounts — though often embellished or vaguely recorded — mention that he suffered from a high fever for days, eventually becoming unable to speak or move. What remains most intriguing is that even after he was declared dead, his body showed no signs of decomposition for six days. For an era with no refrigeration or modern preservatives, this was considered a divine omen... but today, scientists see it as a potential medical clue.

Dr. Katherine Hall, a medical doctor and researcher from the University of Otago, examined the historical descriptions of Alexander's illness and presented her hypothesis in the *Ancient History Bulletin* in 2018. She proposed that the symptoms attributed to Alexander — fever, progressive muscle weakness, and eventual paralysis — align remarkably well with GBS, particularly a subtype known as acute motor axonal neuropathy (AMAN). Unlike classic GBS cases that sometimes affect breathing or heart rate, AMAN can spare the central nervous system while essentially rendering the body immobile.

"What if Alexander wasn't actually dead when they thought he was?" Hall

Scientists are of the view that the world-beating Greek King suffered from a neurological disorder. When he died, he was just paralysed after suffering from a medical condition called Guillain-Barré Syndrome and mentally aware as there was no trace of decomposition even after six days of his immobility. So, the Macedonian ruler was accidentally buried alive, they believe

asked in her research. Based on her investigation, she concluded that Alexander might have become paralyzed and unresponsive due to GBS, while still fully conscious.

When death imitates life

Ancient doctors diagnosed death mainly by external signs — lack of breath, no visible movement, and absence of response to stimuli. Pulse-checking and pupil dilation tests were centuries away from practice. Thus, someone in a deep state of paralysis could easily be declared dead.

Alexander's body, however, complicates the story further. According to the ancient historian Plutarch and others, even after six days, his corpse showed no rotting or odor. His complexion and features remained eerily life-like. Some believed this was a sign of divine favor — that Alexander was more god than man. Hall's theory, however, posits a different idea — that he was still alive, not decaying because his body was still functioning, even if imperceptibly.

Imagine: the king who had never lost a battle, who had toppled empires and dared to call himself the son of Zeus, lying motionless but alive, trapped in a body that betrayed him — while preparations for embalming began around him. It's a macabre thought, and if true, it weaves a tragic layer into the story of a man almost mythic in life.

The limits of the theory

Fascinating as this idea is, it's also important to acknowledge that it rests on interpretation, not hard evidence. We do not have Alexander's remains. His tomb's location was lost to time, shrouded in mysteries and legends. Without a body to examine using modern forensic tools, every theory — from poisoning by rival generals, to falciparum malaria contracted in marshy Babylon, to typhoid fever — is speculative.

Moreover, some historians caution against reading too much into later sources. Accounts of Alexander's death

were written centuries after the fact, often colored by political or spiritual motives. The report about his body not decomposing, for example, may have been symbolic — a way to deify him posthumously or emphasize his greatness.

Similarly, Guillain-Barré Syndrome is extremely rare and difficult to diagnose even today without lab testing or detailed neurological exams. While Hall's idea aligns elegantly with some historical reports, there's no way to confirm it — and it must compete with simpler, more traditional explanations such as infection or poisoning.

The allure of unanswered questions

Still, the GBS theory has captured imaginations for its spine-chilling potential. It bridges the gap between medical mystery and historical intrigue. It transforms Alexander from a

semi-mythical conqueror into a tragic figure betrayed not by men or fate, but by his own immune system — and poor medical understanding of the time.

Above all, it reminds us that history is often as much about what we don't know as what we do. In the case of Alexander the Great, the true cause of his death — and whether he died a conqueror or a captive in his own body — may never be fully resolved. Yet it is exactly through these layers of uncertainty that his legend continues to grow, centuries after he walked the earth.

As long as modern science challenges old narratives, and researchers continue probing the past with fresh eyes, Alexander's story will live on — not only in the books of history, but in the imaginative spaces where myth, medicine, and mystery meet.

OP DESK

