

MAY 14-20, 2023

SUNDAY POST

HERE . NOW



International Mother's Day – May 14

Single & Strong

P 3,4

COVER
STORY



Tanistha Panda from Bhubaneswar wears many hats. She's a stand-up comedian, make-up expert, face art artist, content creator, small business owner, and many more. However, her expertise at bringing down the house is what has made her one of the most sought after names in the business. The self-taught artiste, when free, loves taking a pleasant walk while listening to music

Musical break

As I spend Monday to Saturday at the office, and on the weekends I complete my pending work, such as collaborations and shoots, my Sundays are not my days off. However, whenever I get a break, I love to take a pleasant walk while listening to music.

Never-ending love with mutton

I prefer eating rather than cooking. I love gorging on authentic Indian mutton curry with anything, be it lunch or dinner.



With late father

Me time

For me, the best way to spend my leisure hours is to take a quality nap, as I'm basically a sleep-deprived person.



With mother



During a IWD' 23 session speech

Partner in crime

If I get any free hours I tend to stay at home and share my daily activities, including my new career moves and secrets, with my mother. She is my go-to person and partner in crime.



Performing stand-up comedy

MADHUSMITA SAHU, OP

WhatsApp This Week

Only on Sunday POST!

Send in your most interesting WhatsApp messages and memes received to: features.orissapost@gmail.com And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- When a woman says "what?" It's not because she didn't hear you. She's just giving you a chance to change what you said.
- Retirement is the time in your life when time is no longer money.
- What do you call people who are afraid of Santa Claus? Claustrophobic.
- Son: "Dad, can you tell me what a solar eclipse is?" Dad: "No sun."

LEARNING CURVE

Sir, I would say last week's cover story, 'Making kids future ready' came out at an apt time when summer is at its peak and boredom is hitting the kids. The story set its standard from the beginning itself, reminding its readers of the 90s' ideal 'summer camp' in the film Kuch Kuch Hota Hai. I must say it was a very nice representation looking at the pictures and applause for the schools that are taking care of the leisure time that a kid gets. Many schools these days make sure a child learns something every time. And it is mesmerising to us as parents that in this digital age, there are still engaging activities and a lot of learning opportunities apart from books and academia. This has been a commendable job done by the organisers for years now. I am sure every educational and training institution should take up such activities for the overall growth of their students.

SMITA PRADHAN, BHUBANESWAR

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. Please 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



International Mother's Day – May 14

Single & Strong

FOR A WOMAN, RAISING A CHILD IN THE ABSENCE OF HER HUSBAND IS LIKE MOVING A MOUNTAIN. BUT THERE ARE A FEW WHO, WITH THEIR POSITIVE ATTITUDE AND DETERMINATION, ACE THE CHALLENGES FOR SINGLE MOTHERS LIKE A PRO

SMRUTI REKHA BARIK, OP

Having a baby is the greatest joy in one's life. However, with joy comes responsibility for both parents. But at times, things take such sharp turns in life that it's the mother who has to play both roles. She becomes a mother, father, friend and everything to her child. In managing her own emotion, she often has to ignore her comfort and aspirations for the sake of her child. Issues like a lack of a safety net, financial concerns and being judged make things only difficult for them.

This International Mother's Day, **Sunday POST** sat down with a few such single mothers and traced their road to success.

'Don't forget your inner calling'

Being a single mother is definitely a challenge but time teaches everything, says **Kavita Seth**, a single mother and a playback singer who recently bagged a Filmfare trophy for her recital in the Hindi movie *Jugjugg Jeeyo*.



Kavita Seth

"On this Mother's Day, I appeal to everybody to respect that human who spends her entire life after her kids, to birth one, to feed it, to protect and take care of it," she adds.

Responding to a question how she's been managing work and home, Kavita explains, "It is the passion for work that keeps the fire burning.

It not only makes you chase your dreams, but also keeps you going

back in life after the untimely demise of her husband, she recalls, "After



Kavita with her sons Kavish and Kanishk

amidst all the storms. It is always your goals and dreams that make you come back stronger and inner voice that constantly reminds you not to stop."

Kavita requested that all the mothers be there for their kids to witness all the changes in them in their growing-up years.

"I feel the initial years of the kids are very important. But at the same time the moms shouldn't forget their inner calling and happiness, because that is what will keep you going in your later life when your kids grow up," she opines.

'War widows are the role models'

Pranjya Eleana Valentina Mishra is a social worker at The Universe: Council of Cultural Growth and Cultural Relations (CCGR), Cuttack.



Pranjya Mishra

Sharing what made her bounce

marriage, I became a homemaker but wanted to follow my passion for social work. So, I took a course from the National Institute of Human Rights and a course in geriatric care from the National Institute of Social Justice. My involvement in social services helped me battle the tragedy of losing my life partner."

As a single mother, she has always tried to be unconditional towards her children, says Mishra.

A single mother has to become a package of ideal parenting. Therefore, she has to be strong too, she asserts.

When the death of a husband often

makes a woman slip into a deep depression, how could she manage to bring normalcy back into her life? To this, she says, "I draw my inspiration from the young war widows and the women who took part in the Indian freedom struggle."

Everything, following her husband's death, was chaotic, as it was the first time she had to take complete responsibility for her family.

Narrating her ordeal, she recollects, "I was yet to overcome the trauma that I faced because of the numerous hospital visits. But I didn't give up and rose to the challenge. Both my daughters had just joined their respective courses at the University of Hyderabad while all our savings were exhausted in my husband's cancer treatment. We had to deal with the repayment of liabilities on our heads while dealing with grief at the same time."



Pranjya with her daughters



She continues: "I feel God stands by you when you opt to take on extra responsibilities in life, especially through harrowing times such as these. I am lucky to have very supportive, loving, helping friends and of course the caring members on both families. The journey of life can be a bit lonely sometimes but it is up to us to gather everyone around by appreciating them, their small helps and their mental support and I have been lucky to have had and continue to have such good people around me."

On balancing work and parenting Mishra says, "There was no clash as such because my daughters were staying in hostels." To provide them with mental support, I talk to them regularly about life, life's mission, conscious living and how spiritualism plays a great role in our lives. My belief in God remains a constant source of strength with both my brothers anchoring our ship."

Life still is not easy for her as she sometimes has to fight anxiety and stress since many issues are not sorted out yet.

Advising the young mothers, she concludes, "Life is very unpredictable. Nothing is permanent here. But despite all odds, we must remember that motherhood is a blessing. So, shower your children with affection while teaching them to be tough."

'Double parenting is now a thing'

Manoharpur Government Upper Primary School teacher Jayashree Nath is yet another single mother who still is gathering the pieces of life following her husband's death.

She says making decisions about children's education and taking care of finances remains a big challenge always. But by the grace of the



Jayashree Nath

has managed to overcome every hurdle in life, adds Nath.

Talking about the toughest phase of her life she recounts, "When my husband passed away, life seemed difficult but I never lost faith in God. But I had two children, a daughter and a son to take care of. As a single parent, I knew I had to play a father's role as well. As I am a teacher, looking after the students and taking care of my children and providing them with everything they need are quite challenging."

Nath says her daughter is her constant support. "She introduced me to the world of technology and has been my best friend all along. I'm incredibly lucky to have a daughter like her who is also my greatest motivator."

In her message to other single moms, she says, "Being a single mom is not easy. I just want to say never give up on yourself or your children. Being single doesn't mean you're weak. As it takes twice the amount of everything to be a single mom, it means that you're strong enough to handle things on your own."

'Life's all about balance'

Her life as a single mother has been roller coaster ride, says Sony Parhi, a faculty in the Department of Journalism and Mass Communication, Central University Odisha.

"Sometimes I feel stumped, other times it is challenging to make decisions. I did the best I could, even though my efforts are not always perfect. The times the kids get sick are the most difficult times. Not to mention the financial issues as well. But I learnt that it is all about balance. The scales are not always evenly balanced. I erred many times. And there is never a perfect mother and a perfect job holder mother at the same time," Parhi, talking

about her vulnerability, confesses.

Her mother, brother and sister helped Parhi to balance parenting and job. It was painful to move to Koraput from Bhubaneswar in 2009 to take up a teaching job at the university when the children were still in school, she says.

"My family members were my constant source of strength. My children are my support system.

They taught me to be techno-savvy. They taught me the importance of financial security. This apart, the simplicity of people at Koraput, my second home, inspired me to work hard to overcome the hurdles as a single mom," narrated Parhi with gratitude while speaking about her source of inspiration.

For all the mothers and single mothers out there, three cheers!!! Being a



Sony Parhi

mother is the greatest blessing ever. There are no rules or miracle guidelines to be a good mom. Do not be scared of making mistakes, she advises.





INTERNATIONAL MUSEUM DAY- MAY 18

The breathing history

MADHUSMITA SAHU, OP

Museums provide an insight into the history of humankind. These hallowed halls are where history breathes, art whispers, and knowledge awakens. They are also the windows through which we glimpse the diversity of human experiences.

For centuries, museums have stood as sanctuaries of knowledge, repositories of our collective past. They are the guardians of our cultural DNA, preserving fragments of civilisations that would otherwise fade into obscurity.

In a bid to promote museums as tools for cultural exchange, enrichment of cultures, and development of mutual understanding, cooperation, and peace among peoples, International Museum Day has been celebrated every year May 18 since 1977 by the International Council of Museums (ICOM).

Ahead of International Museum Day, a couple of curators of Bhubaneswar-based museums shared with **Sunday POST** about the significance of museums and what they have to offer.

Bharati Pal, the curator of the Odisha State Museum (OSM), said the museum was established in 1922 at Ravenshaw College but it was later shifted to Bhubaneswar in 1960.



Talking about OSM's special offer on International Museum Day, Pal reveals, "The museum offers free entry to all visitors on this day so that they can explore various galleries, including Archaeology, Contemporary Art, Epigraphy, Numismatic, Arms and Ammunitions, Art and Craft, Mining Geology, Anthropology, Sanskrit Manuscripts, and Patta Paintings."

She also highlights that the museum accepts donations of old artefacts from individuals to preserve them.

"We have preserved various types of donations in the past. Recently, a casket (sinduka)

from a person's ancestral home has now become a cherished possession of our museum," said an elated Pal.

The museum has facilities for all age groups and showcases a wide range of artefacts.

On the special attraction the museum has to offer, she continued: "We have a 10-minute light and sound show every day about the history of the 1857 Paika

For centuries, museums have not only stood as sanctuaries of knowledge and repositories of humans' collective past, they have also remained the guardians of their cultural DNA, preserving fragments of civilisations that would otherwise fade into obscurity

different statues in the garden for visitors to explore. The staffs are also committed to taking care of visitors' needs as much as possible and helping them explore the museum fully, Pal signs off.

Gourav, the Scientist D HO of the Regional Museum of Natural History, believes



an opportunity to reach a wider audience, inspiring them to appreciate and protect the natural world. Through interactive exhibits and educational programmes, the museum strives to instill a sense of responsibility towards the environment in every visitor, he added.

Asked about the special plans, he regretted to inform **Sunday POST** that due to ongoing civil construction work at the museum, they are unable to offer anything spectacular this International Museum Day.

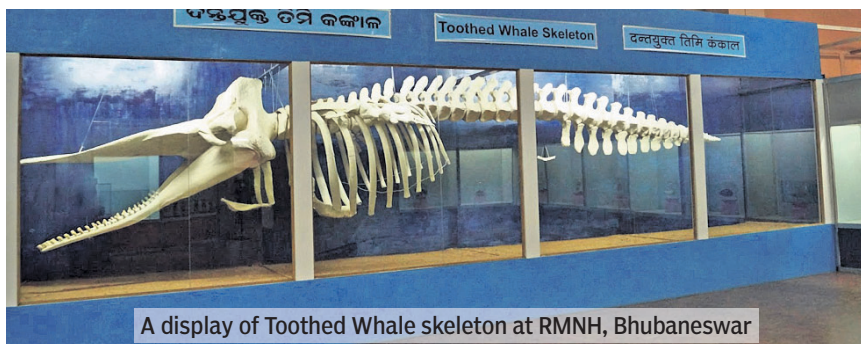
Nevertheless, they are ensuring the continuation of their month-long programme called Meri Life, which aims to raise awareness about sustainable environments and engage as many people as possible, he said.

The museum, established in 1995, comprises three main galleries: Unique Creations of Nature, Biodiversity of Odisha, and Herpetofauna Gallery. Additionally, there is a Discovery Centre for kids and various other exhibits and displays.

When asked about virtual tours of museums, Gourav personally expresses his reservations about the idea. He presents an analogy using the example of Rasagola, a popular Indian sweet. If given a choice between a photograph of Rasagola and an actual plate of Rasagola, most people would choose the latter because it provides a more sensory experience. He said the same principle applies to museum collections.

"Physically visiting a museum and having the opportunity to take a close look at the exhibits creates a far more impactful and meaningful experience compared to virtual tours, which only provide around 10-12% of the actual experience," he pointed out.

While acknowledging the usefulness of smartphones and modern technology, he asserts that personally experiencing the museum in person provides a unique sense of satisfaction and fulfilment. He encourages people to visit the museum, where they can touch and feel the texture of certain collections, enhancing their overall learning experience.



A display of Toothed Whale skeleton at RMNH, Bhubaneswar

Rebellion, featuring legendary personalities, boosting footfall at the museum."

Though a large number of visitors are seen on museum premises at the moment, the authorities have arranged an online tour of the museum like others during the COVID-19 pandemic.

Manuscript and Archaeology galleries were the most preferred by visitors during that period, recalls Pal.

She recommends that schools and colleges send their students to the museum to explore and learn more about the past and research how the artefacts are preserved. The museum has artefacts dating from the 1st century to the present day, and they have plans to open new galleries such as aquariums and paika rebellion.

The OSM has made arrangements for the kids, such as a children's park and installed

that museums offer immersive experiences that enable visitors to gain knowledge about nature, biodiversity, and the significance of environmental conservation. The museum he oversees is dedicated to preserving the natural history of the state.

Elaborating more, he continued: "Through interactive exhibits and dioramas, the museum provides an engaging and spectacular experience for its visitors. Its primary goal is to raise awareness about the rich biodiversity of Odisha and the urgent need for conservation. By showcasing the beauty and fragility of natural ecosystems, the museum aims to inspire its visitors to become responsible stewards of the environment."

Gourav underlined the critical role museums play in educating the public about environmental conservation and sustainability. He says that International Museum Day provides

Became a doormat in relationships: PC

Actor Priyanka Chopra recently opened up about her relationships before Nick and how those made her think of herself as a 'doormat'.

In the latest episode of the *Call Her Daddy* podcast, Priyanka was asked if she had any pattern while choosing her romantic partner. The actor called herself a 'monogamist' and said, "I went from relationship to relationship to relationship. I did not give myself time at all between relationships, till my last one. I always ended up dating the actors that I worked with or the people that I met on my set."

She continued: "The repeating of the mistake was always feeling like, I need to be the caretaker, always feeling like it's okay to cancel my job or my work or my meeting or my priority to make sure that he's propped up. I literally would become like a doormat and I was like, okay, that's fine because, you know, that's what women have been told for such a long time that our role is to glue the family together or you've got to make your man feel comfortable when he comes back home."

Priyanka, however, put some of the blame for her mindset on the "patriarchal society" that she comes from.

Portraying the role of a super cop, Sonakshi nailed the look. According to the sources from the set, the actress learnt how to ride the bike during the shoot and in no time she became pro. Her dedication to the role was such that she was able to ride the bike better than her body double on the sets, impressing even the director, Reema Kagti.

Talking about her



When riding became a passion for Sonakshi



Sonakshi Sinha, who is gearing up for her OTT debut with *Dahaad*, learnt biking for the thriller series. The *Double XL* actress says riding has become her passion and even now she steps out for night rides.

love for biking, the unapologetic actress shared, "I think I was born to do this role, as an actor we all want to do something beyond our limits and this role demanded the same from me. I had to go through a lot of preps for the role and riding the bike was one of them which were such a fun experience".

"Once I gained the skill to ride, there was no stopping for me, riding became a passion for me and it continued even after the shoot. Even now I step out for night rides often and my mother gets really worried, but I love every bit of it," she added.

SPECIAL OLYMPICS

Ayushmann to cheer Indian contingent

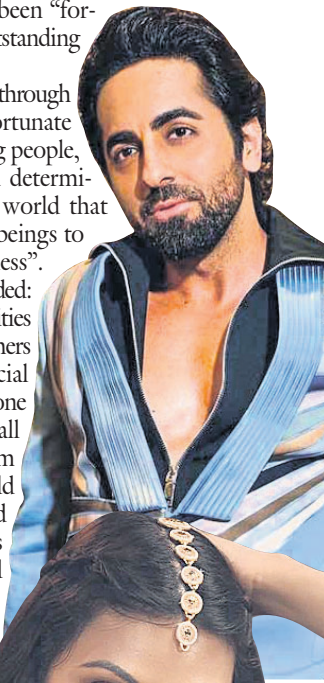
Actor Ayushmann Khurrana has been roped in to galvanise the Indian team and cheer for the athletes headed to the Special Olympics for people with intellectual disabilities scheduled to be held in Berlin from June 16 to June 25.

The actor says he has been "fortunate" to meet many "outstanding people".

He said: "In my life and through my work, I have been fortunate to meet many outstanding people, who, with their grit and determination, have shown the world that the potential for human beings to achieve greatness is limitless".

The *Badhaai Do* actor added: "These talismanic personalities have set the example for others to be inspired. The Special Olympics Bharat Team is one shining example. I wish all the participants of this team the very best for the World Summer Games being held in Berlin, Germany this year. I know they will make us all proud!"

IAN S



'I'm labelled controversial for speaking the truth'

Actress Sherlyn Chopra is set to drop a hip-hop song which revolves around her "controversial journey" in Hindi films.

Asked whether she enjoys being controversial, she said: "Truth is controversial and that's why when I speak the truth, I'm labelled as controversial! My upcoming rap song speaks volumes about my roller-coaster journey in the industry. Hence it's really close to my heart and means much more to me than just any other project".

Talking about the details of the song, Sherlyn said it is shot on the outskirts of Mumbai and is going to be a "fast paced one with speed and swag".

"I'm sure it's going to be loved immensely especially by the youth! I have poured my heart and soul in the rap song and its music video! I have been following a strict workout routine to stay in great shape for this song," added the *Game* actress.

IAN S





Significance of design

JUST LIKE A PERSON'S RESUME, THE DESIGN IS AN INTRODUCTION OF WHAT IS TO FOLLOW. IT CREATES THE FIRST IMPRESSION OF WHAT'S IN STORE AND CAN BE VERY FRUITFULLY USED TO TARGET DIFFERENT AUDIENCES

role and becoming counter-productive. Just like a person's resume, the design is an introduction of what is to follow. It creates the first impression of what's in store and can be very fruitfully used to target different audiences. For example, a simple packet of chocolate when designed with trendy colours, big shapes and cartoons would give the impression that it is made for children whereas when the same content's package is made using subtle colours and classic fonts then it would give the impression that it is intended for a higher category of consumers. This has been amply shown by brands when they change the packaging of their products during festivals. But it doesn't just have to do with the aesthetics of



The world famous red-bottom shoes, known to be the signature style of Christian Louboutin

Design and persona

The design can also tell a lot about the person behind it. It can also become a way to recognise a person by looking at their signature style. That also brings me to wonder, who are designers? Do you need a specific degree to be one? Formal education does give due credit to design and has allowed space for formal education in various fields of the subject - like Fashion Design, Interior Design, Design in Architecture, Arts and others. But, does this mean that if you do not possess such formal certifications then you cannot be deemed a designer? I think not. I believe, design applies not only to clothes, surfaces, buildings and architecture but also to us as individuals. Each and every one of us is a designer whether we have a formal degree or not. Some of us find a highly creative outlet to display it - by becoming artists, or fashion designers, some use it to design lives and become multi-millionaires in entrepreneurship. But, so many of us place such a small degree of importance on design that we forget that we are all designers in our individual capacities and that we get the freedom to make our own creations and are not just a party to them. Imagine what would happen if we woke up to this fact and unleashed the real designer in all of us.



NAMRATA AGRAWAL

In older centuries, the aspect of design was limited only to industries that were creative in nature, e.g., fashion industry, but we have come a long way since then and now creativity and design are a part of each and every aspect of our life. Design even exists in nature! Ever noticed the symmetry and the variations that every single snowflake that falls from the sky has? Many people like to discount this aspect of design, considering it to be an 'extra,' which is an additional issue apart from the basic functionality served by something. But in reality, design pertains to aspects that are much deeper than just what meets the eye.

What is design?

When thinking of design, the first thing that comes to mind is patterns, colours and shapes that signify the aesthetic of something. What comes to mind next is the way in which something is done, meaning - the structure of a process. Design is a part of each and every single aspect of our lives - the gadgets we use, the clothes we wear, the books we read, the chair we sit in, the pen we write with, in fact, our entire physical body too - the way in which our anatomy is designed is what makes every person unique.

How design makes a difference?

We often use the saying - Substance over Form, but doesn't form hold equal importance as the substance? If it doesn't look good then it may not tell the proper story of what the substance actually is, thus performing a negative



The well-recognised eclectic modern-ethnic prints denoting the famous fashion designer Masaba

something but also has a deep root in representing its functionality. The design of something is the aspect which also expresses the intent. Everything and everyone that exists in this universe, exists to serve a purpose and this purpose is conveyed in the way that it presents itself. The presentation is the design. Two buildings - one is a school and one is a hospital, both have different reasons for existence but the way to convey that would be to design the buildings in a way to represent that in their very fabric.



PHOTO : KUMAR SHARAT, OP