

MAY 28- JUNE 3, 2023

# SUNDAY POST

HERE . NOW



Menstrual Hygiene Day – May 28

# Let's Talk

COVER STORY

P 3,4

# MY SUNDAY

Influencer Jagadish Sahu is an example of unrelenting enthusiasm and desire for true content. The Ganjam boy began his career in photography in 2012, and in 2014 he launched 'Discover Brahmapur,' which later became the renowned platform 'Odia Hues' that celebrates the vibrant culture of Odisha. His 'Bhubaneswar Hues' came next that focuses on candid evaluations of Odia cuisine and has established Jagadish as a dependable content creator



**Active Day**  
On Sundays, I concentrate on Bhubaneswar Hues, my Instagram account, travelling, making videos, and doing research..

**Self-reflection**  
I love to be at a sea beach when I get a break. Often, when I'm near an ocean, I think about the past, make amends for my mistakes, and get insight into who I am.

**Passionate musician**  
I'm a music enthusiast who also experiments with content development. Three tracks of my latest creation are already completed, and work on the rest of the tracks is on.

**Desi foodie**  
I fervently like Biryani and Chhenapoda, two dishes that make me incredibly happy and hold a particular place in my heart.



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](mailto:features.orissapost@gmail.com) And we will publish the best ones

### THE BEST MEMES OF THIS ISSUE

- I love the F5 key. It's just so refreshing.
- Women sometimes make fools of men, but most guys are the do-it-yourself type.
- A fine is a tax for doing wrong. A tax is a fine for doing well.
- Why kill time when you can make it work for you?



## WORRYING TREND

Sir, The focus of last week's cover article, 'A looming threat,' was on how most children engage in mobile devices while avoiding outside activities. It is certainly a worrying trend. It is absolutely true that the COVID pandemic has played a huge role in making kids addicted to the device. As the schools conducted online classes during the period, the parents did not intervene in the use of cell phones by the students for a long time and allowed the wishes of their wards with eyes closed. It's only that the mothers are highly worried about their children's health and behaviour. Even though removing children from mobile devices is challenging, it is not impossible. I believe that parents should encourage their children to take part in outdoor activities like summer camps and swimming lessons. As suggested by one of the experts, the children shouldn't use their mobile phones for more than an hour, and that too under strict vigil.

**NANDITA SAHU, BERHAMPUR**

## 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](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



## Menstrual Hygiene Day – May 28



BIJAY MANDAL, OP

**A**yushi Sharma, a Standard VII student at a Central Government-run school in Bhubaneswar, was recently humiliated in front of the entire class by a female teacher.

Reason: Her school bag contained a Menstrupedia Comic, a book designed to teach teenage girls about their periods.

To address the commonly held misunderstandings about menstruation, one of the very normal bodily activities, Ayushi's mother ordered the book online for her.

The way Ayushi's teacher reacted may be a mirror of society as a whole and a contributing factor in the stigmatisation of millions of girls and women worldwide for this universal truth.

If a teacher, whose job is to dispel stigma and taboos around menstruation and increase awareness of its difficulties, can think in such a way, what to think about the store owners who wrap sanitary pads in either newspaper or a black carry bag?

Most menstrual difficulties, according to health professionals, are caused by the stress that women experience during this time.

To create a society in which no one is held back because they menstruate, we are commemorating World Menstrual Hygiene Day today. However, the objective cannot be achieved unless the period-related silence is broken or until society begins to discuss it.

### 'Want men to speak about period health'

"We often ask women to talk about period freely but have we ever thought whether the en-

vironment is friendly for them to talk about it?" asked **Dr Priyanka Mohanty**, a physician and social activist of Kalahandi.

Known as the 'Pad Girl of Odisha' Mohanty said, "I tried my best to educate women about their period health and taboos but I realised no matter how much I do, they are still ashamed of talking about it freely



really thought he will be so helpful. He not only helped me to reach out to people but also presented things in a very funny and emotional way which makes him an absolute favourite of Odisha," recalled Priyanka.

She also didn't forget to mention Sameer Sahoo and Sekhar Kumar Das who came out of their comfort zone to do something for women of Odisha.

"Both of them helped me immensely to neutralise period stigmas in Odisha," acknowledged Priyanka.

Sharing her thoughts on Menstrual Hygiene Day, she concluded, "Men and women both are two important pillars of society and can't survive without each other and not just women

but men are equally responsible to create shame free environment where women can approach doctors for medical intervention to fight against diseases related to period. And the day a man gets a pad for a woman not out of shame but as a normal necessity and a woman doesn't wrap the sanitary napkin in a bag anymore that day Odisha will win the battle against period poverty."

### 'Hurdles turn learning curves'

After sensitising people over menstrual hygiene in more than 700 villages and 100 schools for the last 12 years, **Ankita Sahoo** of Dhenkanal

is now known as 'Pad Woman of Odisha'.

The freelance journalist and the documentary filmmaker has so far distributed over 60,000 sanitary pads amongst the needy to address the issue.

Asked what made her take such an initiative, Anika said, "Since I am



a journalist, I often write on women health and hygiene.



Priyanka with a few adolescent girls creating awareness on menstrual hygiene

in front of their male counterparts."

She went on to add, "Therefore, I always wanted men to speak about period health so that women around them feel better and free to let them know and get a better medical intervention for diseases related to bad menstrual hygiene management."

Priyanka acknowledged the role of Subhagit Dash, an IT professional and an influencer to help her promote a de-stigmatised society.

"When I texted him to help me in the journey to eradicate shame about the word 'period' I never

*The day a man gets a sanitary pad for a woman not out of shame but as a normal necessity and a woman doesn't have to wrap it in a bag anymore, that day Odisha will win the battle against period poverty, said Dr Priyanka Mohanty, known as 'Pad Girl of Odisha'*

I also came know a lot of things about the issue while shooting for my documentary films. I found a lot of hesitancy and shame among women about menstruation which ultimately lead to a lot of complications.

They suffer due to age-old beliefs regarding menstruation and don't even discuss with anyone about their problems, let alone consulting the doctors. Soon, I started working on it and so far I have distributed thousands of sanitary pads among those who didn't know what menstrual hygiene was all about."

She continues: "Period is a biological process like other body functions. It's not a matter of shame. Rather, it's not possible to become a mother without this. During a survey, I found that one in four women of most villages in Odisha suffers from period-related complications. Therefore, there is a need to overcome the taboo. I always ask the village girls and women to ask for sanitary pads without hesitation."

On the hurdles she faced during her sensitisation initiatives, she shared, "Though I face a lot of difficulties during such campaigns, I didn't consider them real hurdles. Moreover, they have turned learning curves for me. Often, both men and women turn hostile and raises voice against such awareness programme due to their ignorance. But later, they also come forward to join me in my next programme."

Ankita concluded by saying that many women, of tribal areas in particular, can't afford to buy sanitary pads which make them resort to unhygienic practices during their periods. Therefore, people, with means and resources, should come forward to distribute napkins among the village women.

**'Forcing ancient beliefs can be hazardous'**

Tapas Rout, a novelist and filmmaker who was raised in a rural village in the Kendrapara district, has always been troubled by the subject of menstruation hygiene.



His concern about the issue made him make a short film on the issue and reach out



Ankita distributing sanitary pads in a rural village

to its target audience. The movie, Utsav, went on to win top award at a festival supported by Unicef.

The first period is one of the most difficult moments in a teen girl's life, according to Tapas, who shared his opinions on the topic and the premise of his movie.

"Even though I now live in a city, I have seen that our society still adheres to old traditions regarding period. So the movie gave me a chance to talk about this problem and influence people's perspectives," he says.

"Unhygienic habits throughout the menstrual cycle can cause a number of chronic illnesses that make a woman suffer for her entire life. I think my movie has triggered a conversation among both urban and rural masses," he adds.

When asked about his teenage years, Tapas reflects, "A girl reaching puberty was a hush-hush issue during my school days and the scenario hasn't really changed much even now. I used to think it was normal back then. But I didn't learn about the negative impacts of menstruation hygiene ignorance

until I was exposed to the world of literature."

Tapas further quips, "An adolescent girl frequently misunderstands how her body behaves. It is the family and friends that should make her comfortable at this vital time. They should speak with her and allow her to talk about her health instead of forcing their ancient beliefs upon her which can be proved hazardous for a girl's health."



Tapas receiving certificate for Best Film at a Unicef sponsored film competition



Poster of Utsav, a film made to sensitise people on menstrual hygiene

He proceeded, echoing Dr. Priyanka Mohanty's viewpoint, by saying that males have a responsibility to ensure that women are comfortable. They should be the ones to start the conversation about the problem without stigmatising their female counterparts.

"Menstrual hygiene is a global issue, but there hasn't been much discussion, particularly in India. Therefore, it's about time that males step up and can do things like buying sanitary pads for the women at home or adding feminine hygiene products in family's monthly grocery list, since this can help to significantly reduce the shame associated with menstruation," concludes the filmmaker.



Mayurbhanj State Rest House

Since trains were less frequent during British era, Maharaja Srirama Chandra Bhanj Deo would typically travel in his personal saloon from the Baripada rail station to Rupsa, where he would repose in this rest house

# Tale of a heritage house

JANAKI BALLAV DASH

Recent history shows that rulers of every era constructed Dak Bungalows, Dharmasalas, and rest houses for the benefit of their subjects. Such structures were also built by Britons, but primarily for their own use.

Srirama Chandra Bhanj Deo, the Maharaja of Mayurbhanj (a princely state), in contrast, constructed a number of similar rest houses. However, according to Prof. Nilakantha Patra, head of the history department at Gadia College, they were not exclusively for the aristocracy; the general public could also utilise them. He continues that they were more charitable in their understanding of the universal need for such rest places.

According to Nilamani Senapati's (ICS) History of Mayurbhanj, the Maharajas were responsible

for creating a distinctive legacy of their time by constructing Dak Bungalows, rest homes every six miles. On the Khunta-Udala-Kaptipada road from Baripada to Amarda airport, some of these still exist today. They are in terrible shape in the subdivisions of Bamanghati and Panchpir. After the merger of Mayurbhanj state, these rest houses were given to the Works Department, which is now in charge of maintaining and caring for them, according to Prashanta Panda, a retired

they are currently being used by visiting authorities as a stopover.

It should be noted that the first Circuit House in Odisha was built by the Maharaja of Mayurbhanj in 1939 and is now maintained by the Works Department following a series of renovations. According to Hemanta Dash, a third-line descendant of the Raajguru (royal tutor) family who has access to archives of royal records including the historic merger agreement documents, the National Highway

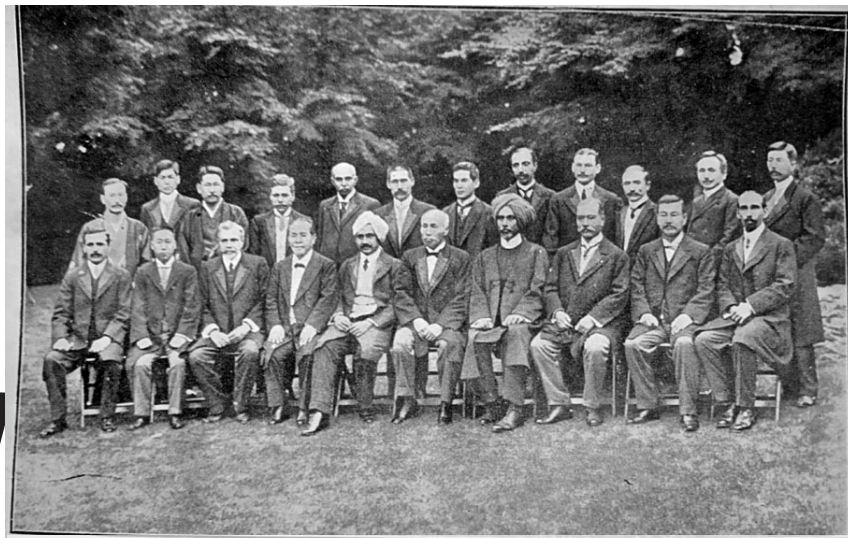
He therefore waited for several hours or perhaps for several days and nights to board a train for his journey to Calcutta. The services of cooks and housekeepers were available during his stay. On his way back from Calcutta, he would do the same thing: wait for a train to arrive from Baripada so he could move to Rupsa. His manager and other personal staff members waited in this rest home for hours, maybe days, during his arrival and departure from Calcutta, Bombay, and Madras. This made the Maharaja build the rest house to deal with excessive delays.

Sprawling over two acres of land in the village of Bamada near the Mayurbhanj and adjacent Rupsa wide gauge rail lines, the rest house successfully serviced SER railway officials for many years.

However, at the moment, the heritage house appears to be a pale shell of its former self, heavily encroached upon and severely decayed from poor maintenance. Chandrasekhar Rout, the current keeper of this historic rest home, lamented that its peripheral areas has been turned into a dumpyard where waste of all types was being dumped.

In recent years, a gate and a boundary wall were constructed by the railroad authorities to prevent further encroachment on this rest house. However, regrettably, neither the name 'Mayurbhanj State Rest House' nor any signposts marking its founder's name is there.

In a memo to the Union Railway Ministry, Mayurbhanj Forum convenor Ranjan Mohapatra demanded for a proper signpost for the heritage rest house and the necessary renovation to prevent the structure from being extinct. Additionally, he asked the government to observe December 17, the birthday of Maharaja Sri Ramchandra Bhanj Deo, who constructed the historic house.



Maharaja Srirama Chandra Bhanj Deo (5th from L-sitting) at a foreign summit in Japan

executive engineer from Public Works Department, Baripada.

Some of these rest homes were renovated, while those in terrible shape were changed out for new ones. According to the current executive engineer NL Ghadei, the new buildings now contain numerous government agencies, including PHCs, Anganwadi, and panchayat level offices. The Nichuapada, Manatri, Bamanghati, Panchpir, Amarda, Betnoti, Jamshola, and a few other Dak Bungalows have undergone renovations.

According to Ghadei,

Dak Bungalow, the forest rest houses at Palbani, Nawana, Chahla, Barehipani, and in and around Similipal forest reserve are still providing services to tourists in their renovated guise. Maharaja Sri Ramchandra Bhanjdeo-built narrow gauge railway line connecting the broad gauge at Rupsa in 1905-06, he said, was a significant step in the development of railways.

Since trains were less frequent back then than they are now, the Maharaja would typically travel in his personal saloon from the Baripada rail station to Rupsa, where he would repose in this rest house.

You need to choose the right words: Kemmu

Actor Kunal Kemmu, who turned 40 last week, and is known for his comedic roles talked about why he won't take up double meaning comedy films.

"You have to choose the right words. I don't think anybody likes hearing a no. If it comes from the right place, they would understand. I have always said that I will be uncomfortable doing a certain role and won't deliver the performance they will pay me for," Kemmu shared.

The *Kalyug* actor has always believed in changing things up. From being a part of hit comedies such as *Golmaal Again* and *Go Goa Gone*, to a dark turn in *Kalank* and *Malang*. Was this out of a fear of being tagged a comic actor? "The fear is not that I will get typecast, but that I might become repetitive. Sometimes, my brain needs to be stimulated by different characters, so I can take time off and come back," said Kemmu. Even with comedy, there's one genre he stays away from. "When it's double-meaning, sexual humour, which is where I get uncomfortable.

That's one thing you may have not seen me do," he signed off.

Kemmu was last seen in *Pop Kaun?* and *Kanjooli Makhichoo*.

AGENCIES

## Actions speak louder: Sunny

Actress Sunny Leone, who is busy with the promotions for her upcoming film *Kennedy* at the Cannes Film Festival said people that passed unflattering comments about her past cannot point fingers at her now because of her work in *Kennedy*.

In a conversation with media at Cannes Film Festival 2023, the Jackpot actress said, "I am of the opinion that actions speak louder than words. Despite enduring years of criticism, doubters claiming your inability and dismissing you as Sunny Leone, a mere porn star with added glamour, this time they can no longer say that. Sunny Leone's inclusion in this film is not solely based on her identity or past."

The *Jism 2* actress went on to add "As entertainers, we often face criticism and hurtful comments from people who doubt or misunderstand us. Despite hiding our true feelings behind a smile, such negativity can deeply affect us. However, we must persevere and not reveal our vulnerability, as it goes against the expectations placed upon us."

*Kennedy* stars Sunny Leone, Rahul Bhatt and Abhilash Thapliyal in lead roles.

AGENCIES

## Isha recreates Dimple's Rudaali look

Actress Isha Talwar, who has been receiving a lot of positive response for her work in the streaming show *Saas Bahu Aur Flamingo*, recently recreated veteran actress Dimple Kapadia's look from the latter's film *Rudaali*.

In *Saas Bahu Aur Flamingo*, Isha plays a Rajasthani girl who is a part of a drug empire headed by Dimple's character. Isha revealed that her prime reference for getting the look right was *Rudaali*.

The actress said, "The story is based in Rajasthan and so my character, Badi Bahu, has a certain kind of dressing. To get the look right, my prime source of reference is Dimple ma'am's look in *Rudaali*. Post the show, I wanted to recreate the exact look that Dimple Ma'am had in the show."

She further mentioned: "I rewatched *Rudaali* for my research and then I am sharing screen space with the legend herself. It was not just an honour but also overwhelming and, of course, I was equally startled at the same time."

The show is currently streaming on Disney+ Hotstar. IANS



## Hina excited to be part of G 20 group

Actor Hina Khan, who attended the G20 Tourism Working Group in Srinagar, talks about giving career guidance to young attendees and growth in the region.

In an exclusive chat, Hina says, "I felt immense joy as I received recognition in Jammu & Kashmir, where my fellow Kashmiris appreciated my accomplishments."

She interacted with many personalities at the function, including young attendees. She says, "The state is home to numerous emerging talents, such as actors, rappers, and singers, seeking validation and recognition. When I encountered many of them and they inquired about my journey, facing similar pressures and familial judgments, I advised, 'Have faith in yourself, and with parental support, you can overcome any obstacle.'" Hina also posted on Instagram and wrote, "Grateful to be part of the G20 Tourism Working Group Meeting in Srinagar, promoting positive growth and constructive alternatives for young people in Jammu-Kashmir and the country. Proud to contribute to Naya Kashmir's growth story and inspire fellow Kashmiri youth. Met amazing talent today, thanks to Mayor of Srinagar for the opportunity. Seeing recognition from home government for genuine achievers is encouraging.

Hoping to inspire many more to choose the right path for their future. Thank you, Mayor @junnaidmattu.official for this wonderful initiative.."

AGENCIES



**YOUNG CHILDREN TO SENIOR CITIZENS, ALL BENEFIT FROM CYCLING AS IT'S A SAFE, LOW-IMPACT FORM OF EXERCISE. IT IS ALSO ENJOYABLE, AFFORDABLE, AND ENVIRONMENT-FRIENDLY**

World Bicycle Day – June 3

# Pedal Power



MADHUSMITA SAHU, OP

The use of a bicycle has several advantages. It not only supports economic growth by becoming a component of a sustainable transport system, but also helps reduce traffic congestion.

No wonder then that on March 15 of last year, the United Nations General Assembly adopted a resolution to integrate cycles into public transport systems for sustainable development.

However, far earlier than such a resolution was approved at the UN, the Odisha government had introduced the Mo Cycle plan at Bhubaneswar in 2018 as part of the city authorities' commitment to encourage environment-friendly communication under the Public Bike Sharing scheme.

However, with the project not yielding the desired results, Bhubaneswar Municipal Corporation, in collaboration with about 70 major corporations, has now pulled up its socks to launch the 'Cycle2Work' campaign, yet another attempt, to resurrect cycling culture. To make the drive a success, Bhubaneswar's cycle paths have been transformed offering a safe and convenient space for cycling enthusiasts and commuters alike. The dedicated cycle lanes are seamlessly integrated into the urban fabric, providing connectivity to key destinations.

According to City's avid cyclists, the paths are well-maintained, ensuring a smooth and enjoyable ride.

In order to promote cycling culture among readers, this World Bicycle Day, **Sunday POST** spoke with a couple of enthusiasts who recounted their cycling experiences.

## Cycling slakes thirst of the spirit

Bhubaneswar-based mountaineer, cyclist, and marathon enthusiast Pravasa

Ranjan Chinara says, "As a geologist by profession, I have always been fascinated by Mother Nature and pursuits that keep me connected to her. My journey as a cyclist began in September 2021 with a 200-kilometer ride organised by the Bhubaneswar Cycling and Adventure Club. It was an initiative by the BRM (Brevets de Randonneurs Mondiaux), a French cycling club, as part of its centenary celebrations. BRM organises long-distance bicycle races of 200 to 1200 kilometres."

However, Pravasa's journey wasn't an easy one because a good bike was a prerequisite.

"The hunt for getting a road bike began and I was fortunate enough to acquire a used bike just three days prior to the event. I was nervous about trying 200km without any biking experience. I went on a ride the day before the event but ended up hurting my knees and shoulder. With many questions in my mind and bruises on my body, I joined a highly motivated team of riders the next day and finished it in 9 hrs and 50 mins. Sometimes pain brings the best out of us. The adventure with the wheels thus began."

Manali-Leh-Khardungla Ride, 1000 km



Pravasa Ranjan Chinara

BRM Ride, 1200 km LRM Ride, Bhubaneswar-Vizag-Dharmavarm, and Bhubaneswar-Tangi-Khurda-Nayagarh-Daspalla-Boudh-Sonepur-Sambalpur-Jharsuguda-Sundargarh-Rourkela are just a few of Pravasa's cycling memories and adventures.

He added, "At times, when wretched, crestfallen, I take a ride seeking solace," while describing the usefulness of cycling for him. I travel to quench the hunger of my spirit.

In reaching milestones, he expresses gratitude for the assistance of his fellow club members and the guidance of club president (Bhubaneswar Cycling and Adventure Club), Sanjeeb Panda (IPS).

## For improved physical and mental fortitude

"For me, it all began in 2018 when I noticed people cycling with a full kit, including a helmet, branded cycling gear, cycling jerseys and cycling trousers," says Ritik Panda, a student of computer science and engineering.

Their commitment and sense of style were really appealing and outstanding which encouraged him to take up riding, adds Ritik.

He continues by saying that it's crucial for all to cycle every day for at least 10 kilometres because it's thought to have several advantages.

Ritik, who earlier had worked on the state government's Mo Cycle project, claims that daily riding has improved his physical appearance and strengthened his mind.

"Throughout my cycling journey, I have participated in numerous competitions. However, the most unforgettable experience was a ride from Bhubaneswar

to Narasinghpur via Banki, covering a total distance of 300 kilometers. It was an adventure filled with

excitement and enjoyment. I completed the entire distance in just 19 hours, showcasing my determination and stamina," Panda concludes.

## Cycle Facts

### Wooden cycles were a thing once

The first constructed bike was almost entirely made of wood, and several thousand were built and used. Its popularity dramatically faded when the number of accidents soared - it was prohibited by the police!

### A bike with a length of 135 ft

The company Santos and the University of South Australia built this bike in 2015. Guinness World Records required the constructors to prove that the bike could travel a minimum of 100 meters, without riders touching the ground - which it could.

### Bikes don't actually need riders

A bit of cycling science for you: amazingly, a bicycle can stay upright without a rider as long as it's moving at 8mph or faster.

### Cyclists are cool

A 2014 psychological study found that cyclists tend to demonstrate a unique blend of intelligence, generosity and the "cool" factor.

### World's most expensive bike

The most expensive bike ever, Damien Hirst's Trek Madone, or the Butterfly Bike, was auctioned for \$500,000 at Sotheby's.

### World-record-breaking cycle

The largest rideable bicycle has a wheel diameter of 3.3 m (10 ft 9.92 in) and was built by Didi Senft from Germany.



Ritik Panda

# Hiranmayee



PHOTO: KAMAL PHOTOGRAPHY