

JUNE 18-24, 2023

# SUNDAY POST

HERE . NOW



RATH YATRA SPECIAL

# Breaking Barriers

COVER STORY

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# MY SUNDAY

FROM STARTING HIS ARTISTIC CAREER AS AN OPEN MIC PERFORMER TO PLAYING THE LEAD IN NATIONAL AWARD WINNING DIRECTOR ASHUTOSH PATNAIK'S MUCH-ANTICIPATED SHORT FILM *BALMIKI* SOVAN SAMAL HAS COME A LONG WAY. IN THE MEANTIME, THE KENDRAPARA BORN ACTOR HAS CARVED HIS SPACE IN THE ENTERTAINMENT SCENE OF ODISHA WITH HIS POPULAR MUSIC VIDEOS LIKE *PADE ADHE*, *BICHARA HRUDAYA*, *DIL BANJARA*, *NIRAB RATI*, AND *PREMA ARAMBHA*. THE ENGINEERING GRADUATE THINKS THERE IS NO SUCH THING AS 'DAY-OFF' IN AN ACTOR'S LIFE



## SRK fanatic

I was not a film buff from the beginning. During my engineering studies I used to watch 3-4 movies a day. I have no qualms about confessing that I fell in love with movies after watching Shah Rukh Khan on screen. He is the reason I became an actor.

## Mumbai connection

While SRK was my motivation, earning a diploma from Anupam Kher's acting school and receiving the certificate from acclaimed actor Manoj Bajpayee were two other big steps towards my journey as an actor.



Receiving his certificate from actor Manoj Bajpayee



With friends

## Wanderlust on two wheels

There is nothing better than going on a long ride on your bike. I love road rides and have been to scenic sites like Koraput, Daringbadi, Vizag, and Lonavala on bikes.

## Self love

To be successful, one must be passionate about one's work. So I go to bed listening to a song I've featured in, then wake up listening to one of my tracks playing.

## Favourite hobby

When I have a break from work, which is rare, I watch a good movie or a series. I also enjoy playing BGMI with my brothers.



With parents

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

- Somewhere an elderly lady reads a book on how to use the internet, while a young boy googles 'how to read a book'.
- The last thing I want to do is hurt you. But it's still on the list.
- A man was found guilty of overusing commas. The judge warned him to expect a really long sentence.
- A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.



## APPRECIATE TRADITIONS

Sir, The cover story from the previous week, 'Raja: Then & Now,' illustrated how the communal celebration has lost some of its lustre over time. People are now accepting contemporary ways of celebrating as a result of the shift in generations and mentalities. I have also witnessed my nieces, the Gen-z generation, celebrate the event while dressed in western attire and always holding a phone in their hand. Swings once used to be available at every home, but now people must wait in queue at shopping centres to use them. It is due to lack of trees in our back yard that we have to depend on community Raja Utsav or malls to enjoy the festival. It is true that delectable treats like pithas and kheeri are now easily accessible. I believe it's crucial that the next generation understands and values our festival-related traditions.

SEKHAR KUMAR SAHU, SAMABALPUR

## 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



## Rath Yatra Special



# BREAKING BARRIERS

With Rath Yatra evolving into an emotion, thousands of Lord Jagannath's foreign-born disciples have abandoned their birth identities in favour of Hindu names that connect with the divine energy pulsating through their souls

with different cultures and spiritual traditions," explained Narayani.

"Growing up in Russia exposed me to a wide variety of belief systems, and I was drawn to the vivid and magical qualities of Hinduism. My initial introduction to Lord Jagannath came through books, documentaries, and conversations with fellow spiritual seekers," she stated.

"I got increasingly enthralled as I learnt more about Lord Jagannath and the significance of the Rath Yatra event. The vivid descriptions of the deities, the intricate rituals, and the deep devotion of the followers all piqued my interest. As I dug deeper into my Hinduism research, I uncovered the underlying idea of Lord Jagannath's unconditional love and acceptance of all beings. This spoke to me strongly since this concept was quite different from the other faiths. The inclusive element of Lord Jagannath's worship, in which people from all walks of life, regardless of social or cultural background, greatly appealed to me.

"The Rath Yatra festival, in particular, piqued my interest due to its grandeur and spiritual significance," Natalia says adding "I was captivated by the spectacle of gigantic chariots being pulled through the streets, accompanied by vivid processions and enthusiastic choruses. It appeared to be a festival that symbolised both devotion and unity, a manifestation of devotees' and the Lord's holy journey."

She went on to add, "My interest in Lord Jagannath and the Rath Yatra festival arose from a genuine desire to connect with the divine and to experience the richness of this ancient tradition firsthand. I travelled to India to see the Rath Yatra celebration, where I immersed myself in the atmosphere of devotion, mingled with devotees, and sought to comprehend the event's spiritual importance."

Radhe, is a Moscow-based Jagannath follower. She claims that the Jagannath culture has spread throughout Russia and acquired popularity. "We have Lord Jagannath, Lord Baladev, and Goddess Subhadra ties in many cities throughout our country, and Rath Yatra is celebrated elaborately here. They are not as large as in Puri, but they are as large as the police and administration allow. Despite the cold and bitter weather in Moscow (about -20°C), people crowd the chariots during the Rath Yatra. Devotees also make and give Jagannath and his siblings nice winter clothing," she continued.



Her entire family worships the idols of Jagannath, Balabhadra, and Subhadra at her home. "I worship Patitapavan Jagannath, a small wooden idol. Everything we prepare is offered to the Lord by our entire family. Whenever we have guests, we serve the same food, and they love it," she said.

"As a devotee, my interest in Lord Jagannath and the Rath Yatra festival was sparked by my deep fascination

souls. They argue that this amazing fusion of spirituality and multiculturalism displays unbounded love and devotion that knows no boundaries, where the heart recognises no distinctions and all are joined under the kindly gaze of the Lord of the Universe.

Ahead of Rath Yatra, a few devotees from nations like Russia and the US share their thoughts on Lord Jagannath, Rath Yatra, and their motivation behind shunning their birth identities.

**Natalia Milanova, aka Narayani Radhe, Moscow**

Natalia Milanova, also known by her spiritual name Narayani

MADHUSMITA SAHU, OP

It is believed that due to multiple attacks on Srimandir by foreigners, Muslim rulers in particular, in the past, the temple administration restricted non-Hindu admission into the 12th century shrine. So much so that Gajapati Ramachandra Dev-II, who once embraced Islam to save the temple and the deities, didn't break that rule and had to have a darshan of Patitapaban from outside. However, as they say, Lord Jagannath or Rath Yatra is no longer a matter of religion, it has evolved into an emotion over the centuries. The festival is celebrated in over a hundred cities around the world, demonstrating how the Jagannath Cult has integrated other faiths into its fold.

Even though non-Hindus are not permitted inside the temple, many of them nonetheless exhibit their devotion to Jagannath, the Supreme Being. Thousands of such fervent believers have accepted the Lord's spirit, discarding their birth names like old leaves in favour of Hindu names that connect with the divine energy pulsating through their





and yoga instructor, so I began attending kirtan events where people chanted Hare Krishna, Jai Jagannath, and other names of the supreme lord. I was introduced to the Bhagavad Gita, kirtan, prasadam, and ISKCON at that time. I began travelling the world as a musician, performing in kirtans. I attended the Rath Yatra in New York City a few years ago, which has been running the festival for the past 46 years. It was a fantastic full circle. I returned to my native state after traversing the world, and Jagannath was just next door to me. I've been playing bass on stage for Lord Jagannath and assisting devotees during Rath Yatra celebrations ever since," he shared.

"I grew up in New York and never knew anything about Lord Jagannath, and then I travelled all over the world looking for him, and when I returned home, I met him on the streets of New York City," he quipped while adding that God does, indeed, work in unexpected ways. People wander around looking for the divine, only to discover that it is already within them.

"I have never been to Puri, India, to witness the original Yatra, but here in New York, I feel his presence and am happy to be a devotee of the Lord, but one day I would love to visit the Lord at his abode in Puri, Odisha," he concludes.

She wrapped up, "The Rath Yatra festival has allowed me to forge meaningful connections with people from diverse backgrounds. It has allowed me to gain a better understanding of Hinduism and appreciate the beauty of its ceremonies and customs. My journey continues, and my dedication to Lord Jagannath and appreciation for the Rath Yatra celebration only grow deeper with each passing year."

**Erick Santagada, New York City, the US**

Born in a Christian family at New Paltz of New York City, Erick Santagada had a deep interest in spirituality and a desire to find God. However, he was unable to find solutions in organised religion. This sparked his interest in learning about diverse world religions, yoga, and meditation. During this search, Santagada was introduced to the Jagannath culture.

Rechristened Ekacakra-prana Dasa, he told how he encountered Jagannath faith in New York. "I discovered that God, the one supreme lord, has many names and appears in many traditions. When I came to Nashville, Tennessee, I was a musician



**Larry Pugliese, aka Laksmi Nrusimha Das, New Jersey**

Larry Pugliese, aka Laksmi Nrusimha Das, of New Jersey, has been a Lord Jagannath devotee since his adolescence. From 1976, he has been attending Rath Yatra ceremonies in New York City. "Rath Yatra is a very auspicious and exciting time for me. Devotees flock from all over the world to attend it in New York City. It begins on 5th Avenue, New York's most influential street, and culminates at Washington Square Park with dance performances and kirtan on the stage. It's a sight to behold," Larry said.



The pandemic had halted all celebrations around the world, but it couldn't dampen the spirits of New York's enthusiasts. "Last year, Rath Yatra was commemorated with a massive online event. It drew people from all around the world and was a big success. The permit for the Rath Yatra parade is issued on the second Saturday of June in the United States. We have already celebrated Rath Yatra on June 12 this year. It was a fantastic event, and devotees were overjoyed to be a part of it after missing it the previous year," he said.

However, one his desires remains unfulfilled. "I've been to the Puri Jagannath

temple but have never been able to attend the Rath Yatra celebrations. I'd like to be a part of it at least once," said the retired New Jersey English teacher.

Recalling, he added, "It all started when I stumbled upon a book on Eastern philosophy, which introduced me to the profound teachings and vibrant culture surrounding Lord Jagannath. I felt an inexplicable connection and peace in the presence of Lord Jagannath as I dug deeper into the texts and began attending temple functions. His divine form, loving character, and all-inclusive devotional philosophy greatly resonated with my soul, inspiring me to adopt a life dedicated to Lord's worship and service.

"I'd like to emphasise the significance of approaching the Rath Yatra and Lord Jagannath's teachings with an open mind and a genuine desire to learn. Respect for the traditions, rituals, and beliefs is crucial. We need to recognise that the Rath Yatra is a religious procession that commemorates Lord Jagannath, his brother Balarama, and his sister Subhadra's celestial voyage. It represents the devotee's desire to accompany the Lord on his trip and progress spiritually," he signed off.









# Kangana reflects on Mumbai's other side

In a recent trailer launch event in Mumbai, actor Kangana Ranaut unveiled the trailer of her upcoming production, *Tiku Weds Sheru*. The film features acclaimed actors Nawazuddin Siddiqui and Avneet Kaur in the lead roles. During the event, Kangana expressed her belief that only the stories of successful individuals, the achievers, find their way to the silver screen. Delving deeper into her remarks, Kangana shed light on the underbelly of Mumbai, highlighting the darker aspects of the city.

Kangana said, "There are lakhs and lakhs of people coming to Mumbai every day with a dream. Where do these people go? What happens to them? Some of them run away from their homes. I was in a kind of situation where I had shut all the doors behind me. There was no going back for me. What happens to people like me? This thought often occurs to me. Every day I would get rejected while auditioning. One selection changed my life when Anurag Basu had approved of me. Had that not happened, what would my life be?"

She further added, "All of us, including Nawaz sir, have gone through the grind of those struggling days. Today, we have everything, like stardom and fans, and the world is very kind to us. But we have also seen the other side of Mumbai, of Bollywood, and the underbelly of Bollywood, as we call it the shady audition offices and offers."

*Tiku Weds Sheru* will start streaming on Amazon Prime Video from June 23.

AGENCIES



# Kainaaz still a part of me: Dia

Actress Dia Mirza's web series *Kaafir* will complete four years of its release on June 15.

Ahead of the show's 4th anniversary, the actress looked back at the series and shared that the character of Kainaaz Akhtar played by her in the show is

still a part of her, especially Kainaaz's devotion to her daughter.

The *Sanju* actress said, "I have travelled a very long distance with Kainaaz, and as I said four years ago, discovering her within was an incredible experience. She is still a part of me, and now as a mother, I identify with her devotion to her daughter even more deeply."

The series is inspired by the true story of Shehnaz Parveen. The actress further mentioned, "As an actor, it is important for me to do work that has some substance and meaning, serves a purpose, and brings people together in a positive way. This story was a powerful reminder that no matter which side of the border we may inhabit, we are all human beings who experience the fundamental emotions of love, grief, loss, and hope in the same way."

Kainaaz for Dia is a symbol of someone who dealt with immense pain with unwavering determination and optimism.

"While preparing for the role, it was very challenging to read up on individuals who had endured similar injustices. Such parts also give you a perspective of the vastness of human suffering and the pointlessness of hate. *Kaafir* to me will always represent a beacon that compels us to look at each other in a new light, as human beings and not through filters of religion and nationalities," the actress concluded.

IANS

# Emraan makes his Telugu debut

Actor Emraan Hashmi, who is known for films like *Gangster*, *Zehar*, *Awarapan* and *Shanghai*, has joined the cast of director Sujeeth's gangster drama *OG*. The film also stars power star Pawan Kalyan and Priyanka Mohan in the lead.

Emraan joined the cast as the film's third schedule currently progresses in Hyderabad. He will make his foray into Telugu cinema with the movie and will be seen essaying the role of Pawan Kalyan's nemesis in the film.

Talking about making debut in the Telugu film industry, the *Jannat* actor shared, "I am excited to embark on this new journey with *OG*. The movie has a strong and gripping script and it offers me a challenging role that I am looking forward to working with Pawan Kalyan Sir, Sujeeth, Danayya Sir and the team. I am confident that we will create a memorable cinematic experience for the audience."

The film also stars Arjun Das and Sriya Reddy in key roles in the film. With music by Thaman S, *OG* is produced D.V.V. Danayya, written and directed by Sujeeth under DVV Entertainments banner. The film also has veteran actor Prakash Raj in a prominent role.

IANS



# Neena's next to help NRI viewers discover their roots

Actress Neena Gupta, who has a slew of releases lined up, has shared that her upcoming film *Hindi-Vindi* will bring Hindi to the forefront of the NRI audience. The film is set around the NRIs who have left an indelible mark on the global stage.

This musical film gives a sneak peek into the intergenerational language barriers and love between a visiting grandmother and her Australian-Indian grandchild, Kabir.

The film follows Kabir's transformative journey as he learns Hindi through the fusion of Western and Indian music. It stars Neena Gupta as the grandmother, Mihir Ahuja as Kabir, and Shannon K. as Rihanna.

Talking about her role in the movie, the *Badhaai Ho* actress said, "I am delighted to play a key role in the upcoming film *Hindi-Vindi*. Hindi is close to my heart, and this film brings Hindi to the forefront of the NRI audience. I am also looking forward to working with the young and talented filmmakers Ali, Jayant, and Aniket. They are passionate about telling interesting stories. I am excited about the shooting in Australia."

On the workfront, Neena Gupta will be seen in *Lust stories 2* streaming June 29 on Netflix.

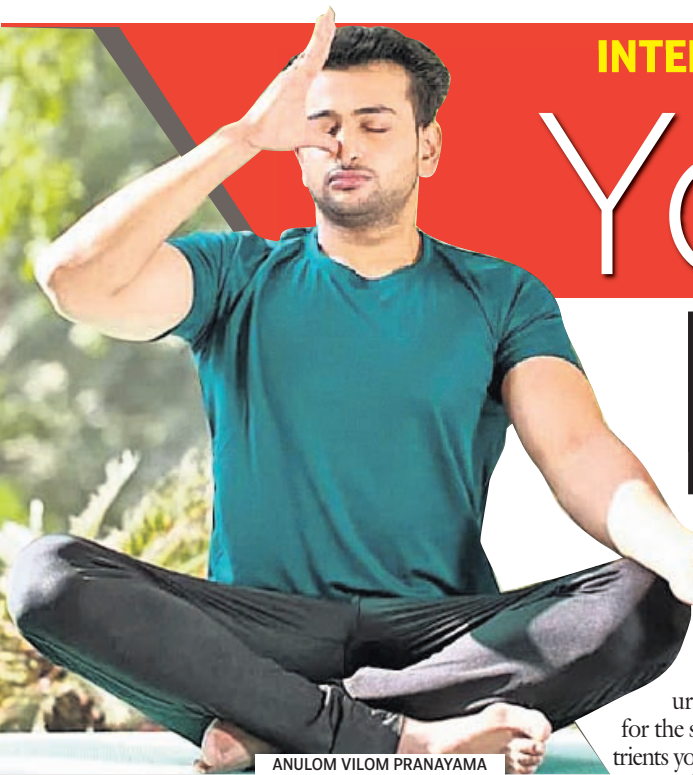
IANS





INTERNATIONAL YOGA DAY - JUNE 21

# Yoga for beauty



ANULOM VILOM PRANAYAMA

When the blood flow in your skin is improved, it glows naturally and it gets easier for the skin to absorb the nutrients you consume from food. Proper circulation also detoxes

your skin which solves problems like excess oil or dryness.

The lotus pose also encourages the digestive process and tones sacral nerves by increasing the flow of blood.

## Tadasana

This basic posture contains the secrets of how to hold you in countless other poses.

Known as Mountain Pose, it acts as the foundation for all other standing yoga postures. It helps to concentrate on deep & rhythmic breathing which is one of the essential components for healthy skin.

This asana is vital for all those who wish to have a radiant and glowing complexion by practicing yoga poses. This asana can be practiced any time of the day. The foundational posture asks you to stand upright with your feet facing forward parallel to each other and your arms at your sides, palms facing forward. But there's actually a lot to pay attention to in the basic pose.

It is best to avoid this asana if you are experiencing Headaches, Insomnia and Low blood pressure.

## Halasana

This yoga pose is effective in improving the overall blood circulation of the body. It helps you feel relaxed and calm, and the positive effective reflects on your skin too.

If you have trouble sleeping this asana will definitely help you since it improves blood circulation of all over your body giving you calm and relaxed body which will reflect on your face and skin. It is also called as

Plow pose, and it is the best as and for attaining naturally healthy glowing skin. It assists in improving individual's digestive process which is vital for the glowing and healthy skin. It also heals lower back and hip pain and boosts the metabolism.

Halasana also works on your core muscle to give you a toned abdomen. Lying on your back, raise both legs above the stomach. Bend your body and try to extend your legs above the head to touch the ground with the toes. Hold this posture for 10-15 seconds, relax for a minute and repeat again.

## Cobra Pose or Bhujangasana

This type of asana reflects a cobra's posture – one which has a raised hood. It's a great asana for increasing flexibility and strength in your back, arms, and shoulders.

Practicing this pose every day will also help you stay relaxed and elevate your mood, leading to smoother skin. If you find your skin rough and often feel stiff, then Bhujangasana or simply known as the Cobra Pose is for you. This yoga pose helps reduce the stiffness in the back and shoulders.

Lie flat on your stomach and place your head on the ground. The hands are placed near the body while palms touch the ground. The legs are to be kept straight and palms firmly pressed against the floor. The arms should be straightened as one inhales and the chest lifted, as one follows the upper back. The hips are to be kept steady and this position is to be retained for duration of fifteen to twenty seconds and then released.

Doing this pose helps with premature ageing, acne, psoriasis and helps in improving your overall skin and body health.

## Anulom Vilom Pranayama or the Nadi Shodhan pranayama

Pranayamas are the most effective way of keeping the skin young and healthy. They ensure proper blood circulation and keep the skin glowing.

Pranayama is a breathing exercise that helps clear blocked



TADASANA

energy channels called nadis and thus calming the mind. Alternate nostril breathing helps to purify the blood and oxygenation is better resulting in a natural facial skin glow.

Pranayama or breath control is a purification technique which directly targets your respiratory system and corrects its functioning by removing unwanted energy blocks.

Regular yoga practice pranayama, and meditation aid you in reverse the signs of ageing including wrinkles, saggy skin, crow's feet and fine lines amongst other.

Pranayama helps purifying the blood because of the increased intake of oxygen, which is very crucial for improving immunity. Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body.



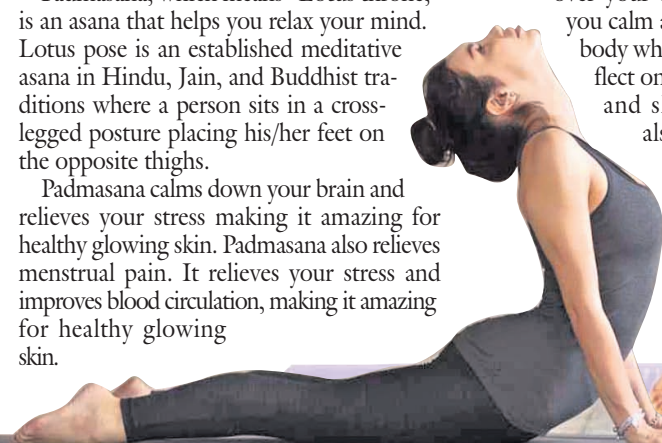
SHAHNAZ HUSAIN

The author is an international fame beauty expert and is called the herbal queen of India

## Padmasana

Padmasana, which means "Lotus throne," is an asana that helps you relax your mind. Lotus pose is an established meditative asana in Hindu, Jain, and Buddhist traditions where a person sits in a cross-legged posture placing his/her feet on the opposite thighs.

Padmasana calms down your brain and relieves your stress making it amazing for healthy glowing skin. Padmasana also relieves menstrual pain. It relieves your stress and improves blood circulation, making it amazing for healthy glowing skin.



BHUJANGASANA



PADMASANA



HALASANA



# Chinmayee

