

APRIL 06-APRIL 12, 2025

SUNDAY POST

HERE . NOW



SUMMER SPLASH

COVER STORY

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WITH PRINCE NARULA AT AN EVENT



AT WORK

Love for Manga show

I also enjoy watching cartoons. Shinchan, a character from Japanese Manga series, is my favorite character. His mischievous antics and humour never fail to entertain me, no matter how many times I watch.

Time for backpack

I love traveling and exploring new places. Besides, exploring different cultures, landscapes, and traditions broadens my perspective.

No to professional work on days off

I love gardening, painting, and crafting. I get engaged in such activities, which bring joy and relaxation, whenever I find opportunities.

My family, my world

In our profession, there are no Sundays or Mondays, but whenever I get time, I love spending it with my family. They mean the world to me.

Kshirabdhii Tanaya Jena, aka DJ KT, is a trailblazer in the world of music. Hailing from Bari, Jajpur, she left a stable engineering career in Bangalore to follow her passion for DJing. Despite initial setbacks, her perseverance paid off, making her an unmissable name in the industry. Now based in Bhubaneswar, she blends EDM and techno with Bollywood beats to keep the crowd grooving. As one of the few female DJs in Odisha, Kshirabdhii is not just making music—she’s making waves, proving that with hard work and passion, dreams can indeed become a reality

ANISHA KHATUN, OP

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

Never break someone's heart because they have only one inside...break their bones because they have 206 of them.

Hell is wallpapered with all your deleted selfies.

A man walks into the doctors and the doctor says, "I've not seen you for a while." The man replies, "Yes, I've been ill."

Never tell a woman that her place is in the kitchen. That's where the knives are kept.

Comprehensive approach essential

Sir, Last week’s cover story ‘Imperiled Legacy’ in Sunday POST was an eye opener. It’s matter of great regret that so many attractive handicrafts are on the verge of disappearance. I sincerely believe that to revive the dying crafts of Odisha, a comprehensive approach is essential. Besides, the government must document and research these crafts thoroughly, providing subsidies and grants to artisans. Financial support through microfinance schemes can help artisans invest in better tools and materials. Market access can be improved by organizing regular exhibitions and leveraging e-commerce platforms. Skill development programs and integrating craft education into school curricula will also inspire the younger generation. Forming artisan co-operatives and craft clusters can enhance collective marketing efforts and resource sharing. Public awareness campaigns, including media outreach and tourism integration, can highlight the cultural significance of these crafts. Finally, encouraging innovation through modern designs and technology integration can make these crafts more appealing to contemporary audiences. By combining these efforts, Odisha can preserve its rich craft heritage and ensure its sustainability for future generations.

Soumyaranjan Sahoo, SUNDARGARH

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



Water parks in Odisha are proving to be more than just a trend. With their combination of thrilling rides, family-friendly activities, and commitment to safety and sustainability, these summer escapes are set to redefine the way the coastal state celebrates life and leisure

ANISHA KHATUN, OP

As the mercury begins to soar, Odisha is experiencing a refreshing new wave of entertainment—one that promises to keep both locals and tourists cool and thrilled. From the bustling city centers to the serene outskirts, aqua parks and theme-based recreational hubs are emerging as the ultimate summer escapes. Odisha, renowned for its rich cultural heritage, serene beaches, and spiritual landmarks, is now adding a splashy new dimension to its charm. Aqua parks, with their water slides, wave pools, and adrenaline-pumping rides, are becoming the go-to destinations for families, thrill-seeking youth, and curious tourists.

With the IMD predicting an unusually hot summer this year, water parks are set to become the most sought-after destinations for city dwellers.

Before the mercury hits peak, Sunday POST takes a dive into this refreshing trend, speaking to park authorities and visitors alike to uncover the magic behind these watery wonderlands.

'Safety is a priority for us'
Priyanka Singh, Deputy General Manager of Wonder World Water Park in Malatipatpur, Puri, shares her insights: "Our facility has started receiving a heavy influx of visitors as the temperature rises. Our peak season typically runs from February



to August, with the largest crowds coming in during the hottest months. In summer, water parks become the preferred destination for outings."

Wonder World Water Park is more than just a place to cool off; it's a hub of excitement and safety, she says. Highlighting the main attractions Singh continues: "From floating along the crazy river to splashing around in the wave pool, we offer a wide range of water activities that are a hit with visitors. Our wave pool is particularly popular, as it provides a beach-like experience in a safe and controlled environment. Safety is a priority for us, and we have lifeguards stationed throughout the park to ensure a secure and enjoyable experience for all."

Talking about the footfalls she says, "Our park's location in Puri, a city that attracts millions of tourists each year due to the revered Jagannath Temple, makes it a major attraction for visitors. Many tourists, after offering prayers at the temple, seek entertainment options for the rest of the day. As a result, our park sees a large influx of both tourists and locals. On weekdays, we welcome around 3,000 to 4,000 visitors, and on weekends, this number surges to nearly 5,000. Besides, we have a dedicated team of 200-250 staff members managing operations, ensuring smooth arrangements for a hassle-free experience."

Singh further elaborated on the unique aspects of Wonder

World Water Park, emphasising that it is more than just an aqua park.

"In addition to the water rides and pools, we also offer resort facilities, providing a wholesome experience to our guests. Visitors can stay at our resort and enjoy a complete vacation package. To enhance the experience,

we have designed mud houses to give visitors a taste of traditional village life. Furthermore, we have planted medicinal plants across the premises to maintain a clean and fresh atmosphere. To keep our visitors engaged, we regularly organise different events and festivals, ensuring that there is always something exciting happening at the park," she shares.





an all-encompassing amusement facility designed to deliver a clean, safe, and hygienic leisure experience. He attributes the increasing demand for amusement parks in Odisha to several key factors: “The state’s hot and humid climate, with long summers and high temperatures, makes water-based attractions a popular choice for cooling off. Additionally, with the growing middle class and rising disposable incomes, families and young professionals are increasingly



ty of its staff through industry-specific training, Wonderla directly supports the local economy. The park’s increasing footfall stimulates various sectors, especially hospitality, as visitors’ spending benefits local hotels, restaurants, and businesses. The positive economic ripple effect extends to indirect sectors, such as suppliers, performers, and small businesses that support the park,” according to him.

On safety issues, he says, “Operating a facility of this magnitude requires rigorous quality control and constant maintenance. Wonderla ensures the highest standards of safety and cleanliness by using advanced water filtration systems and conducting regular quality checks through an in-house NABL-certified laboratory.”

“For me, visiting water parks multiple times during the summer has become a tradition. It’s not just about cooling off but also about enjoying the thrill and pleasure of water-based activities. Water parks are not only for children; they cater to all age groups, making them a fun option for the entire family or groups of friends. Whether it’s the excitement of floating in a lazy river, there’s something for everyone. Water parks offer a perfect balance of relaxation and adventure during the hottest days of the year, a reason why the parks are becoming popular these days.”

Deepti Sahoo, who recently visited Wonderla amusement park, emphasizes the fun and excitement: “In summers, you can’t go on a picnic, so these types of aqua parks are the best options for spending quality time with your family and friends. This particular park has a unique blend of a water park and a theme park, offering a wide range of rides that cater to different tastes and age groups.”



She goes on to add, “Despite the crowds, the experience remains enjoyable due to the lively and friendly environment. The park offers more than just water rides, it also features a rain dance area, where visitors can dance to music in the refreshing water. Live DJs add to the vibrant atmosphere, playing upbeat tunes that energise the crowd. To complement the entertainment, the park serves delicious food that enhances the overall experience. I like visiting the park with my friends and we spend a whole day there enjoying the moment. There is so much to do that can make you engage for a full day without getting bored.”

She concludes by saying that while water parks may get crowded on weekends, they remain one of the best summer entertainment options.

‘Ours is not just a water park but an all-encompassing amusement facility’

Wonderla Holidays Ltd., Bhubaneswar, considered Odisha’s largest amusement park, is another major player in this refreshing trend. **Dheeran Choudhury**, the Chief Operating Officer, explains: “Wonderla offers a combination of both water and land rides, providing an extensive range of entertainment options. The park features 23 thrilling rides, 10 themed food and beverage outlets, and 12 retail stores, including a 120-seat air-conditioned restaurant situated near the wave pool.”

Choudhury emphasises that Wonderla is not only a water park but



seeking new entertainment options.”

On the topic of tourism and economic growth, Choudhury explains how Wonderla contributes to the local economy.

“As a significant player in Odisha’s tourism industry, Wonderla not only attracts visitors from neighboring states but also creates employment opportunities for the local population. Notably, 98% of the park’s workforce is from the local community, which underscores the company’s commitment to skill development and job creation. By enhancing the employability



Visitors speak:

Sharing her experience, **Tapaswini Nayak** from Bhubaneswar, a recent visitor to Wonder World Park, says: “The heavy, sticky air in the atmosphere drains energy, turning a simple stroll into a tiring chore. In this context, water parks offer a refreshing escape, providing a perfect

diversion during the sweltering summer months. A dip in the cool waters of a water park is an effective way to beat the intense summer heat.”

Nayak further shares,



How to DEAL with HAIR LOSS



DR. MUKESH BATRA

Research by a team of cardiologists associated with Ahmedabad-based UN Mehta Institute of Cardiology on more than 1,900 individuals has revealed that those who have male pattern baldness and early greying of hair have more than five times higher risk of getting heart disease. Hair loss is not just from a particular diet or hormonal changes, it can be a medical condition. The study found that nearly 50% of heart attack patients had androgenic alopecia commonly known as male pattern baldness as compared to around 27% of healthy counterparts. Men who had just crown-top hair loss or vertex baldness, Alopecia Areata/Patchy hair loss, were 52 percent. A variety of conditions, including hormonal changes caused by pregnancy, childbirth, menopause, and thyroid problems, can cause permanent or temporary hair loss in females. Female pattern hair loss (FPHL) affects roughly 40% of women by the age of 50. Certain drugs, such as those used to treat cancer, arthritis, depression, heart problems, gout, and high blood pressure, can cause hair loss. Male pattern baldness, according to Medical News Today, increased the risk of coronary artery disease by 5.6 times and premature greying by 5.3 times. It is not a cos-

metic problem, it's a medical concern.

According to a study conducted by the National Centre for Biotechnology, people suffering from Alopecia can experience psychological consequences such as high levels of anxiety and depression. Other than Alopecia Areata, extreme hair loss causes baldness and can be caused by thyroid disorders, certain medications, and other Autoimmune Diseases. It could also be the result of heredity, nutritional deficiencies, infection, smoking, or stress.

To treat hair loss through Homeopathy one needs to literally go to the root of the problem. As there are more than 40 medical reasons for hair loss, identifying the right one and then treating it through a proper homeopathic plan of treatment helps to reduce hair fall the right way. A certain amount of hair fall is normal and there is a three year cycle of hair to fall and grow naturally. Therefore there is no need to be

WORLD
HOMEOPATHY
DAY - APRIL 10



alarmed if there is a small amount

of hair loss every day. It needs to be treated if it is progressing and there is visible thinning of the scalp. In some diseases like in alopecia areata hair falls off in large lumps leaving bald patches on the scalp. This also results from lowered immunity. Proper homeopathic treatment helps to increase immunity over a period of time and restore hair in the bald areas. Some homeopathic medicines that will help to reduce hair loss are as follows:

Wies Baden 30 – 5 pills twice a day to reduce hair fall and help hair growth in male pattern baldness.

Fluoric acid 30 – 5 pills twice a day helps in cases of alopecia areata.

FerrumPhos 6x – 3 tablets twice a day helps in iron absorption in women who are anemic. Once their Feretin iron level increases the hair loss stops and in many cases grows back.

Research has proved that certain homeopathic medicines can act as natural DHT inhibitors and thereby help control hair loss without any side effects.

Hair is made up of protein and iron, therefore a diet which is rich in protein and iron such as chickpeas, milk, Lentils, mushrooms, Beetroot, Soybeans, and vitamin C-rich fruits is recommended to encourage hair growth.

The writer, a Padma Shri awardee, is founder & Chairman Emeritus, Dr. Batra's® Healthcare. For health related queries, please mail to: askdrbatra@drbatras.com
Disclaimer: Please consult your local doctor before taking any medication.





Taapsee's thoughtful gift

pression, bringing unexpected joy to the couple. Taapsee was deeply moved by the story and responded, "Thank you for reminding me that i have a lot more impact n responsibility than just being an actor good enough. Thank you for sharing this beautiful story which forever will become my daily dose of encouragement. This is the love i will treasure for LIFE and hold it closest to my heart. N tell your dad Taapsee sends across a big hug and she would love to see him soon but maybe not in that villa."

AGENCIES

Taapsee Pannu, one of the finest actresses, is not only known for her stellar performances but also for her kindness. Recently, journalist Justin Rao shared a heartwarming story that highlighted her impact beyond the screen.

Justin's father suffered a brain stroke, leading to severe memory loss, even forgetting family names. However, six months later, one name remained in his memory—Taapsee Pannu. As he regained speech, he amusingly named a bungalow near their home The Taapsee Pannu House, forming an unexpected yet touching connection with the actress. Another beautiful coincidence strengthened this bond. When Justin's parents recently stepped out in Delhi, his mother wore a saree gifted by Taapsee when she launched her brand. This thoughtful gesture left a lasting im-



KAREENA ON AGING GRACEFULLY



Kareena Kapoor Khan recently shared her perspective on fitness and aging, emphasising her desire to stay independent and active throughout life.

Speaking at the launch of her nutritionist Rujuta Diwekar's book, *The Commonsense Diet*, the 44-year-old actress expressed her commitment to staying fit to handle the challenges of aging.

Kareena, who shares sons Taimur and Jeh with husband Saif Ali Khan, stated that she wants to work even at 70 or 75 and remain capable of daily tasks without relying on assistance. She believes in embracing aging while maintaining a healthy lifestyle, which includes eating right, consuming ghee and khichdi, practicing weight training, walking, and doing Surya Namaskars rather than opting for skin treatments or Botox.

Famous for her role as Geet in *Jab We Met*, Kareena still lives by the line, "Main apni favourite hoon." She encourages women to believe in themselves, as self-confidence shapes perception.

Recalling postpartum struggles, Kareena revealed that after Jeh's birth in 2021, she gained 25 kg and briefly doubted her appearance. However, she quickly reassured herself, saying, "No, it's fine. I'm still looking fab."

AGENCIES

NSDian Satyabrat Raut's theatre studio opens on City outskirts

BJAY MANDAL, OP

Bhubaneswar: In an effort to promote all aspects of theatre, a dedicated theatre studio-cum-laboratory has been established at Pahal, on the outskirts of the city.

The facility is the brainchild of Prof. Satyabrat Raut, an alumnus of the National School of Drama (NSD), who recently retired as the head of the Drama department

at Hyderabad University.

Speaking about the initiative, Raut, who had earlier established the School of Performing Arts and Creative Expressions (SPACE) Academy at the same site, said, "As an Odia with extensive international exposure as a theatre theoretician and practitioner, I decided to return home after nearly 40 years of living outside the state."

"Apart from theatre rehearsals, this facility can be used for performances, demo

A performance during the event



SATYABRAT RAUT

productions, seminars, and interactions, including a variety of theatre or related cultural events," added the Sangeet Natak Akademi award winner.

Natya Chetana, one of the prominent theatre troupes in the country, presented its 150th show of *Rebati Sebati Au Eibati* on the occasion, concluding its Theatre Week drive that began on March 27th, World Theatre Day.

Theatre and spiritual personality Dr. Shantanu Rath and social leader Krishna Mohanty (daughter of Nabakrushna and Malatidevi Choudhury) inaugurated the studio-cum-laboratory. An ensemble of dignitaries from various spheres of art, including Dhirendranath Mallick, Himansu Khatua, Manmath Satpathy, Nabin Parida, Subodh Patnaik, Lala Biren Prasad Roy, Darpa Narayan Sethi, and Manu Dash, were in attendance.

OLLYWOOD ROUNDUP

Anupam's next titled *Bande Utkal Janani*

Noted film-maker

Anupam Patnaik's new film is titled *Bande Utkal Janani*. The film's title poster was shared alongside a heartfelt message from Patnaik, emphasising that this isn't just a movie, but a mission—a call to every Odia soul to reconnect with their roots. He urged people to not just watch the film, but to awaken to the importance of their language and culture, highlighting the critical need to preserve and fight for their identity. Patnaik, known for works like *Pratikshya*, *Gangs of Puri*, and *Karma*, expressed that the focus now is not just about receiving applause, but about making an impactful statement. He emphasized that without a fight for their language, Odia people might soon become strangers in their own land. Further details about the project will be shared in the coming days. Currently, the *Tulasi Apa* director is busy promoting the second season of *Gangs of Puri*, set to stream on the Kancha Lanka platform soon. Additionally, he is set to collaborate with Anubhav Mohanty on a new project titled *Raavan*, which is scheduled for release on September 25.



UPCOMING RELEASES

Dustbin

Dustbin will hit screens across the state April 11. Headlined and helmed by Papu Pom, the thriller has been made with a budget of Rs 90 lakh. Papu has also penned the story, screenplay, and composed the music for the movie. Prachi, Sukumar Tudu, Dipanwait Das Mohapatra, Chaudhury Jay Prakash Das, Smita Mohanty, Jeevan Panda, and Aravind Sarangi play other key roles. The film's director expressed confidence that audiences would embrace the suspense thriller upon its release.

Aajira Rebati

Produced by RR Events and Cine Productions, *Aajira Rebati*, to be released April 11, stars Sheetal Patra in the titular role of Rebati. Directed by Subhranshu Das, the movie tells the story of Rebati in the early 1990s, who overcomes challenges to achieve her dreams. Apart from Patra, Bonny Sengupta will be seen in a major role. The cast also includes Usasi Mishra, Pushpa Panda, Sukant Rath, Rabi Mishra, and Prithviraj Nayak. Prem Anand has scored the music while the screenplay is written by Shyama Prasad Mishra.

Racket

Shree Motion Pictures' latest thriller *Racket* will be released April 25. Directed by Sangram Mohanty and produced by Sreelekha Panda, the movie's ensemble cast includes Namrata Thapa, Dushmant Panda, Prithviraj Nayak, Arlin Ankita, Hemant Patra, Rishu, and Smruti Ranjan Mohanty. Ankita Dash will have a special appearance in the film. The music for the film has been composed by Prem Anand while Humane Sagar, Deeptirekha Padhi, Sibhasish Mishra, Srichandan, Ananya Sritam Nanda, Pragyan, and Nishant Mishra have lent their voices to the songs.

PNN

RAY OF HOPE

By harnessing the power of light, Dr. Khageswar Sahu has introduced a method that is both effective and safe, without the side effects or resistance issues associated with traditional treatments. No wonder, his inventions fetched him the highest individual honour from India's Department of Atomic Energy

In the realm of medical technology, few innovations have the potential to revolutionize treatment as profoundly as Dr. Khageswar Sahu's pioneering light therapy devices. Hailing from Dihudi Anandapur village in Bhadrak's Dhamanagar, Odisha, Dr. Sahu has introduced Nasolight and Earolight, two groundbreaking inventions that offer a safe and effective alternative to traditional treatments for nasal and ear infections. His work has earned him the highest individual honor from India's Department of Atomic Energy, a testament to his innovative spirit and dedication to improving public health.

Alternative drug treatment

Nasal and ear infections are widespread problems, affecting millions



globally. These infections are often caused by pathogens such as bacteria, viruses, and fungi, each requiring distinct treatments that can vary in effectiveness and duration. Traditional treatments generally involve antibiotics, antiviral medications, or antifungal drugs, which can be effective but may also come with side effects, especially when used repeatedly.

While working at the Raja Ramanna Centre for Advanced Technology (RRCAT), Dr. Sahu recognised the need for an alternative to conventional drug treatments. He envisioned a method that could address infections at their source without the risks associated with pharmaceuticals. This vision led to the development of Nasolight and Earolight, which use advanced light therapy techniques to target and treat infections directly in the nose and ear.

How the devices work

Nasolight and Earolight are specifically engineered to fit within the nasal passages and ear canals. Using a controlled wavelength of light, they target harmful microorganisms without affecting the surrounding healthy tissue.

Nasolight: Designed for treating nasal infections, Nasolight emits a focused beam of light into the nasal cavity, combating pathogens such as bacteria, viruses, and fungi. Its technology allows it to penetrate the tissues in the nasal passages, reaching areas affected by infection and providing relief from symptoms like congestion, inflammation, and pain.

Earolight: Engineered to treat infections in the ear canal, Earolight uses focused light therapy to disrupt the life cycles of microorganisms causing the infection. The device is effective at targeting hard-to-reach areas within the ear, reducing inflammation and encouraging the healing process.

Science behind the therapy

Light therapy has been studied for its healing properties in various medical

fields, including dermatology and wound care. Dr. Sahu's devices are among the first to apply light therapy to treat respiratory and ear infections. Nasolight and Earolight employ light wavelengths that have been scientifically proven to neutralize pathogens. This technology disrupts the DNA of bacteria and other pathogens, effectively killing or inactivating them and preventing the infection from spreading.

Impact on public health

Nasolight and Earolight hold immense promise for public health. By providing an alternative to drugs, these devices offer hope to individuals who suffer from recurring infections or have compromised immune systems. The devices' ease of use makes them suitable for both clinical and home settings, empowering patients to manage their own health without the need for constant medical intervention.

Moreover, the cost-effectiveness of these devices makes them accessible to a broad population. As healthcare systems worldwide look for sustainable solutions to fight infection, light-based therapies like Nasolight and Earolight

could play a pivotal role in reducing dependency on medications and minimizing healthcare costs associated with treating infections.

Looking ahead

These two inventions appear to be just the beginning of Dr. Sahu's vision to revolutionise infection treatment. With continued research, he hopes to expand the application of light therapy to tackle other types of infections and perhaps even chronic respiratory issues. His goal is to make advanced healthcare accessible and affordable, leveraging scientific innovation to improve quality of life, says the renowned scientist.

In a world where medical science is constantly evolving, Dr. Sahu's dedication and ingenuity serve as an inspiration. His work at RRCAT continues to set new standards for innovation, exemplifying the impact that research and development can have on improving the health and well-being of society.

BASANTA KUMAR PANIGRAHI





sona

WANT TO BECOME A MODEL?
Send us your photographs at
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