

MAY 11-17, 2025

SUNDAY POST

HERE . NOW

Mother's Day Today

JUGGLING WITH JOY



COVER STORY

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Sambit Ray, a promising actor and model, burst onto the scene in 2022 with Mr. India Cosmo Nation title. His passion for acting propelled him into the TV industry with a debut in 'Rajayoga', where he captivated audiences with his talent and charm. Now, the actor is making waves with his role in daily soap 'Sandhya Ragini'. With a year of experience, Sambit is eager to break into films and pursue his acting dreams. His dedication and versatility has positioned him as a rising talent ready for new challenges

Balancing relaxation and adventure

I spend my Sundays in a rotation: one week with family, the next chilling and traveling with friends. It's the perfect balance of relaxation and adventure.

Sunday is fun day

When I have free time, I enjoy playing cricket with friends, doing photoshoots, and taking long drives with them, embracing fun and adventure.



With family

Rejuvenating start

My ideal Sunday starts with a relaxed morning, slowly waking up, followed by self-care activities like going to the gym, meditating, and using home remedies—creating a peaceful and rejuvenating start to the day.

Film buff

In my leisure time, I love researching acting, exploring new things, and watching movies. SRK is my favorite, inspiring me with his craft and charisma.

Culinary experiment

I love cooking and experimenting with new recipes, particularly non-veg dishes, to discover unique flavors and culinary creations.



With co-actors



WhatsApp

This Week

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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

■

When you realize that waiting for the waiter makes you the waiter.

■

Everyone has a photographic memory, some don't have film.

■

I found there was only one way to look thin: hang out with fat people.

■

Wouldn't exercise be more fun if calories screamed while you burned them?

Manipulative design

Sir, Last week's cover story on the adverse impact of dark patters was timely and informative. Dark patterns are manipulative design tactics used in websites and apps to trick users into doing things they didn't intend to, like making purchases or sharing personal information. They exploit psychological vulnerabilities to influence behavior. For example, a website might use confusing layouts to make it hard to cancel a subscription or hide important information in long terms of service. These tactics can lead to frustration, financial loss, and a sense of being misled. Over time, they erode trust in digital platforms and can make users more wary and less willing to engage with new technologies. In extreme cases, they can also contribute to privacy breaches and security issues. Recognizing dark patterns is crucial for protecting oneself online and making informed decisions.

SAMAR MUDULI, SONEPUR

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

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Balancing work and parenting has never been easy, but single mothers today ace it with élan. Their journey is unique, showcasing strength and innovation in modern society. With resilience and adaptability, they not only create new family dynamics and defy stereotypes, but also become agents of change

MOTHER'S DAY TODAY JUGGLING WITH JOY

God could not be everywhere, and therefore he made mothers. — Rudyard Kipling

Balancing the demands of a career with the tender, tireless journey of motherhood is a profound act of love, courage, and unwavering resilience. For single mothers who shoulder both professional responsibilities and the emotional nurturing of their children alone, each day becomes a delicate dance between deadlines and school runs, meetings and midnight lullabies. These women are not just mothers—they are providers, protectors, mentors, and emotional anchors, pouring their strength into building a life that is both stable and filled with love.

It takes extraordinary fortitude to wake before dawn, face the world's expectations, manage a career with composure, and still return home with enough tenderness to comfort a child, soothe their fears, and make them feel safe. They carry invisible burdens—juggling finances, battling loneliness, navigating guilt, and constantly questioning, “Am I doing enough?” Yet, they rise—day after day—driven by a love that knows no limits and a sense of purpose rooted in giving their children the best possible future.

They do not live between two worlds—they create one, whole and intentional, where strength and vulnerability coexist. Their journey may not follow a traditional script, but it is deeply powerful and uniquely inspiring. In choosing to grow personally and professionally while raising their children with devotion, they prove that emotional presence and independence are not mutually exclusive—they are the foundation of a life built on love, dignity, and quiet heroism.

On the occasion of Mother's

Day, Sunday POST celebrates the voices and journeys of these incredible women, sharing their powerful reflections on strength, love, and resilience.

'Having a non-judgmental, supportive community is important'

Sneha Krishnan, Associate Professor at the Jindal School of Public Health, OP Jindal University, Sonapat, Haryana, and an active member of the Film Society, Bhubaneswar, approaches single motherhood with quiet strength, clarity, and conviction. Her journey reflects a deep sense of self-awareness and a belief in the power of community over societal judgment.

“There are challenges, but they aren't overwhelming,” Sneha says. “People question how a woman can raise a child alone or make important decisions without a man. But those questions don't matter to me. I have a son, and I'm very happy with my life.”

Balancing work, parenting, and personal commitments is undeniably demanding, but she emphasises that this is true for all parents—not just single mothers.

“Managing everything at once is difficult, regardless of your relationship status. You can't do it all at the same time. Life unfolds moment to moment. What truly matters is having a non-judgmental, supportive community,” she says.

Her professional environment

has played a pivotal role in sustaining that sense of support. “Working in a university space, I'm surrounded by people with similar values. Academic communities and interest-based groups tend to accept you for who you are and what you contribute—not for how your personal life looks.”

Yet, Sneha acknowledges that cities often fail to accommodate children in meaningful ways. “Urban spaces are not always child-friendly. You can't take them everywhere. It's not about being physically present every minute—it's about ensuring they're safe and cared for wherever they are.”

Recalling her decision to raise her child independently, Sneha admits the journey wasn't free from resistance. “My family didn't initially support my choice. Many believed I was making a mistake. People often feel entitled to decide how others should live. Yes, it hurt. But over time, perspectives shifted, and acceptance came,” she recalls.

For her, motherhood and ambition go hand in hand. “My personal goals and parenting are not separate. I am the only one, so I have to manage both. It's about knowing what matters most in each moment. My child is not apart from my dreams—he is part of them. There have been sacrifices, of course, and I've lost relationships along the way. But if someone can't accept us as a unit, that's their loss,” explains Sneha.

Financial independence, she notes, has been crucial in navigating this path. “Having a stable job and my own

home gave me the freedom and confidence I needed. For single mothers, financial stability is essential—it offers choices and peace of mind.”

Sneha's message extends beyond single mothers to society as a whole. “This is a journey, and everything can't be fixed overnight. Patience is key. More importantly, building a support system isn't just the responsibility of single mothers—it's a collective effort. Friends, families, colleagues—we all have a role to play. Supporting one another makes the journey easier for everyone.”

'Single parenting has been a catalyst for personal growth'

Sangeeta Parida, PGT English at Buxi Jagabandhu English Medium School, exemplifies resilience, grace, and unwavering dedication as a single mother. Speaking candidly about her journey, she sheds light on the emotional and practical challenges that come with raising a child alone. “There are a lot of challenges being a single mother,” she says. “Balancing home life, professional duties, family obligations, and social responsibilities is quite tough. Amid all this, the child often doesn't get the time they deserve.”



Despite these hurdles, Sangeeta refuses to let circumstances define her. Instead, she channels her energy into doing the best she can, striving to give her child love, care, and a sense of belonging. She admits that while juggling multiple roles, compromises are inevitable. "When a single person takes on many responsibilities, the quality of attention gets divided. Some tasks are left for the next day, and unfortunately, the child has to compromise. But a mother always tries her best."

What sets Sangeeta apart is her conscious effort to create mutual understanding with her child. She believes in involving her child in her life's journey to foster empathy and maturity. "Children of single parents are extremely understanding. They become mature beyond their years because they closely observe their parent's struggles. They're cooperative, and that makes the journey easier."

She values quality time as the cornerstone of their bond. "Whenever possible, I take my child on vacations to reconnect and make up for lost time. Even if I'm not physically present all the time, I make sure my child knows they are always a part of my life." This approach of honest communication and intentional connection strengthens the emotional bond they share.

Sangeeta also credits her family, especially her brother, for being a constant pillar of support. "Without family support, it's almost impossible. My brother is my biggest strength—he helps me with everything and is like a godfather to my child." This strong support system plays a crucial role in her ability to manage responsibilities without feeling isolated.

Interestingly, single motherhood has also been a catalyst for personal growth. "Professionally, it has helped me a lot. Earlier, I felt accountable to someone, which sometimes held me back. Now, I am free to focus on my ambitions. I'm pursuing things I had once put aside, and that gives me a deep sense of achievement."

Challenging traditional mindsets, she asserts, "In Indian society, a woman's respect is often tied to her marital status. But is our respect really dependent on someone else? We are responsible for our own dignity through our actions and values."

To fellow single mothers, Sangeeta offers a powerful message: "Everyone struggles, but our struggles are just more visible. Don't feel disheartened by a failed relationship. Move on, embrace your strength, and do what's best for your growth and your child's future. We have indomitable power—there's nothing we cannot achieve."

'You don't have to be perfect; just keep going'



Opening up about the multifaceted challenges of single motherhood, **Arati Mohanty**, Women and Child Development Officer, Cuttack, offered a deeply personal and inspiring glimpse into her daily life.

"Being a single mother comes with numerous challenges—financial hardship, emotional stress, and the constant struggle to balance work and family. These difficulties affect not only the mother but also the well-being of her children. There's no one to share the highs and lows with, and that emotional burden often leads to



loneliness and depression."

Each day, Arati navigates new hurdles with determination. Despite feeling exhausted or overwhelmed, she remains unwavering in her commitment to her children.

"A single mother must remain strong for her children. She plays the dual role of both father and mother, and breaking down is simply not an option," she shared.

Her sacrifices are countless—sleepless nights, missed opportunities, and the

quiet abandonment of personal aspirations—all to ensure a better future for her children. Her thoughts are consumed by how to meet their needs, how to provide them with a good life. Her entire world revolves around them. As she puts it, "Being a single mother is twice the work,

twice the stress, twice the tears but also twice the hugs, twice the love & twice the pride!"

This intense devotion also leads to a withdrawal from social gatherings, not out of disinterest, but out of concern.

"Social gatherings become less frequent, not out of choice but out of fear—fear of judgment, of being trolled, of her children facing embarrassment because of society's harsh words," said the WCD officer.

What single mothers truly want, Arati asserts, is not pity. "Single mothers don't ask for sympathy or charity. All they seek is respect."

To manage the overwhelming demands of work, parenting, and personal life, Arati relies on strict planning and a structured routine.

She goes on to add, "Balancing work, personal life, and parenting is a constant act of prioritisation. I stick to a daily routine and plan everything in advance, including meals, homework time, and self-care. I've learned to say no to what doesn't serve my peace. I break my day into slots—morning for chores, work hours strictly for my job, and evenings for my kids. Without structure, I would be lost." She emphasises that time is precious and self-care is vital. "I also make sure to rest because my energy fuels my family's well-being."

For Arati, single parenting has reshaped her entire outlook on life, especially her goals and relationships. "Single motherhood reshaped everything—my career path, my friendships, and my dreams. I had to put some personal goals on hold, but that didn't mean abandoning them. Motherhood taught me to dream differently—now my ambitions include my children's future too," added Mohanty.

To other single mothers, Arati's heartfelt message is one of hope, strength, and resilience. "You don't have to be perfect; you just have to keep going—your love and presence are what matter most. Believe in your strength, because even on your weakest days, you're still your child's biggest hero," signs off the proud mother.

ANISHA KHATUN, OP



Greatest cities

in human history

Cities evolved alongside the advent of agriculture. With the coming together of people, began the division of labour and people specialised in different crafts and trades. Sunday POST takes you on a journey to the most stunning cities of ancient world



Rome: The eternal city

Rome, possibly the first city to reach a population of one million, was founded in 753 BC but inhabited as early as the 10th century BC. Roman architecture, flourishing from 500 BC to 125 AD, utilized innovative concrete to create marvels like the Colosseum and the Pantheon. At its peak, Rome's population was supported by the empire's taxes, with up to a quarter of its grain provided by the government. By the 2nd century AD, Rome housed between two and three million people, though its population dwindled to half a million by 273 AD.



Jericho: The dawn of urban life

Jericho, often hailed as the world's oldest continually inhabited city, has a history stretching back over 11,000 years. Its strategic location near a perennial spring fostered the first agricultural revolution. In the 8th millennium BC, this settlement of around 2,000 people became a proto-city, with mud-brick buildings and stone foundations clustered around central courtyards. The Tower of Jericho, built around 8,000 BC, stood 28 feet tall and required an estimated 11,000 working days to complete, showcasing early human ingenuity.

Uruk: The cradle of civilisation

Founded over 7,000 years ago, Uruk emerged as one of the world's first proto-cities and grew to be the largest urban area of its time. By 3,000 BC, it boasted a population of nearly 50,000, with another 40,000 in the surrounding area. Uruk featured a complex system of canals and distinct districts for various professions. The city's ziggurats, massive temples dedicated to local gods, were the largest monuments humans had ever built. Uruk thrived for millennia until its decline around 300 AD.



Beijing: The imperial capital

By 1500, Beijing was the world's largest city, with a population of one million. Human presence in the area dates back hundreds of thousands of years. The first city, Jicheng, was founded in 1045 BC and later became the capital of the state of Yan. After China's unification in 221 BC, it remained a key city. In 581, it became the northern terminus of the Grand Canal. The Forbidden City, built between 1406 and 1420, made it the Ming Dynasty's official capital. Today, Beijing is home to over 22 million people, a testament to its enduring significance.

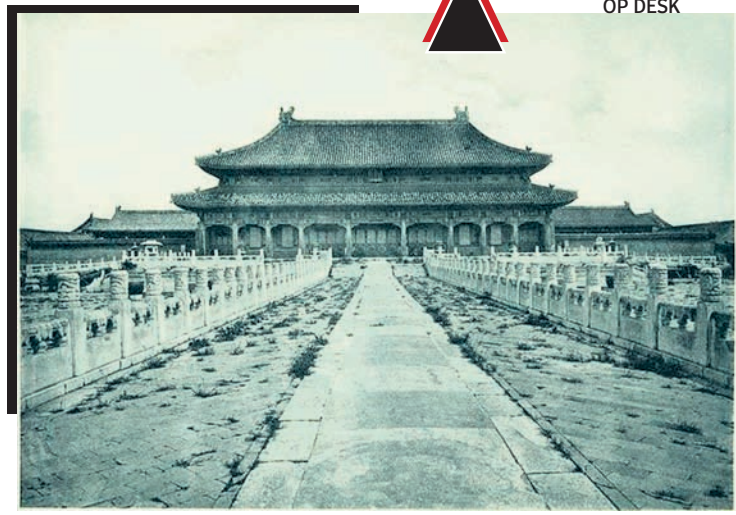


OP DESK



Athens: The birthplace of democracy

Athens, continuously inhabited for over 5,000 years, is named after the Goddess Athena. It was a significant military stronghold for the Mycenaean civilization by 1400 BC. Athens pioneered democracy in the 6th century BC, allowing male citizens to participate in legislative and executive processes, though women were excluded. This city-state's legacy of democracy and cultural achievements endures to this day.



Lauren's wake-up call

Choreographer-dancer Lauren Gottlieb, who made her debut in Hindi cinema in 2013 with *ABCD: Any Body Can Dance*, said that entering Bollywood was a steep learning curve because she was unprepared for the industry's unique pace, expectations, and culture.

Asked what's one lesson the industry taught her that no one prepared her for, Lauren told this agency: "If I take Bollywood specifically, I'd say the biggest lesson was re-



alising just how much I didn't know going in."

"The inexperience—not just in performing, but in understanding how the industry and India itself worked—was a real wake-up call. I didn't know who was who, how the timelines worked, what was expected, or where to push versus where to hold back," she added.

The actress further added: "The hours are long, shoots can stretch way beyond the scheduled time, and there's just a whole rhythm to it that's very different from other industries."

Lauren said in those first few years, she often found herself thinking "Wait, what's going on?"

"But over time, you just become more attuned to the pace, the process, and the personalities involved. Now I can walk on to a set and think, 'It's all good—it'll get done,' because I've grown into the rhythm of it." IANS

Actress Riddhi Dogra has talked about gaining recognition in the industry, sharing that one of the biggest highlights for her is that Shah Rukh Khan and director Atlee now know who she is — and for her, that's a big win.

In a candid conversation, the actress reflected on her journey and the role that catapulted her into the limelight — *Jawan*. She played the character of Kaveri Amma, Shah Rukh Khan's mother, in the action thriller. When asked about the impact of *Jawan* on her career, Dogra told this news agency, "I think my journey has been steady and full of learning. *Jawan* was definitely a memorable part. A lot of people started calling me Kaveri Amma after that. Every project has helped me grow and taken me to the next level. I'm especially grateful to have worked with Atlee, and I truly hope I get to collaborate with him again. So yes, after *Jawan*, I feel I gained more recognition—if only because now Shah Rukh Khan and Atlee know who I am."

The *Maryada* actress also opened up about the honour of playing Shah Rukh Khan's mother in the film.

"I often joke with my friends—and I hope Shah Rukh takes this in good spirit—that I'm such a true fan, I'd do anything to make him look younger! Even play his mother," added Riddhi.

IANS

Riddhi gets candid



Nabakalebara to hit screens on Bahuda

BHUBANESWAR: Sai Shradha Productions' upcoming release *Shree Jagannathanka Nabakalebara* will hit theatres July 4, on the day of famous Bahuda Yatra. Earlier staged as a play, the movie promises to capture the spiritual and cultural grandeur of one of Odisha's most sacred traditions.

The film's poster was unveiled recently featuring a star-studded cast that includes Sidhant Mohapatra, Suryamayee Mohapatra, Jyoti Ranjan Nayak, Sivani Sangita, Pinky Pradhan, Sritam Das, Kuna Tripathy, Meghna Mishra, Navpreet Arora, among others.

Producer and director Saubhgyalaxmi Jena (Bini) shared that the over-



whelming response to the stage play encouraged the team to adapt it into a feature film.

The film is based on the book *Nabakalebara* by renowned author Shankar Prasad Tripathy. The book explores the deeply spiritual event of Nabakalebara, a rare and sacred ritual held in Puri, Odisha, during which the deities at the Srimandir are ceremoniously given new bodies.

According to the creators, the story not only sheds light on the ritual's deep roots but also evokes the emotions and transformations experienced by those who witness it.

Karan on cloud nine

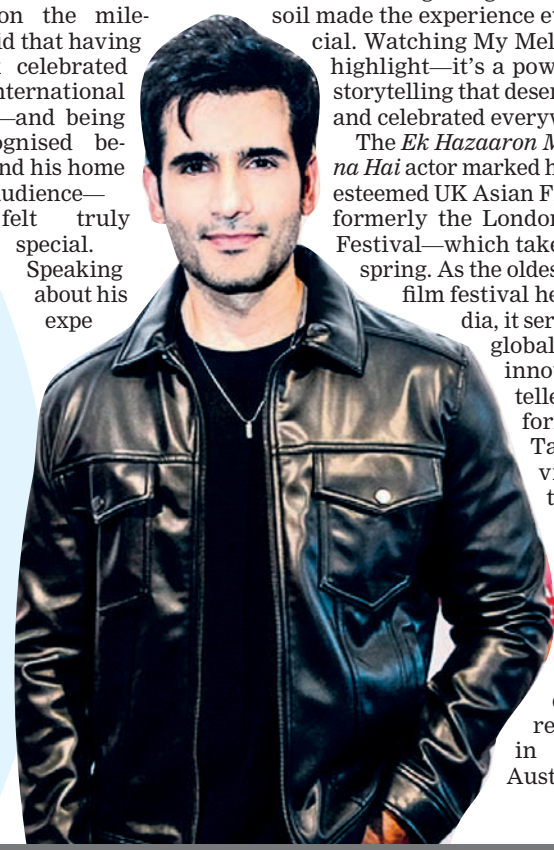
Popular television actor Karan Tacker recently made his debut at the UK Asian Film Festival, and the actor couldn't hide his excitement.

Reflecting on the milestone, he said that having his work celebrated on an international stage—and being recognised beyond his home audience—felt truly special.

Speaking about his experience, the actor shared, "Cinema has always been a passion of mine, and to be surrounded by people who celebrate it so wholeheartedly was truly inspiring. Attending the UK Asian Film Festival for the first time and being recognised beyond home soil made the experience even more special. Watching *My Melbourne* was a highlight—it's a powerful piece of storytelling that deserves to be seen and celebrated everywhere."

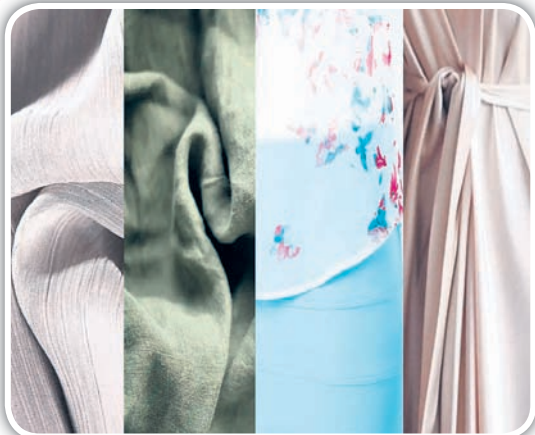
The *Ek Hazaaron Mein Meri Behna Hai* actor marked his debut at the esteemed UK Asian Film Festival—formerly the London Asian Film Festival—which takes place every spring. As the oldest South Asian film festival held outside India, it serves as an ideal global showcase for innovative storytellers and performers. Karan Tacker was invited to attend the premiere of the anthology 'My Melbourne,' which weaves together four narratives drawn from real-life events in Melbourne, Australia.

IANS



LOOK CHIC THIS SUMMER

As the sun blazes brighter and days grow longer, summer becomes the perfect time to experiment with light, breezy, and bold fashion choices. But summer style isn't just about looking good—it's also about staying cool and feeling comfortable. Whether you're relaxing at the beach, working from home, or running errands around the city, here are the top five summer fashion tips that will keep you looking effortlessly chic all season long



Choose breathable, natural fabrics

When the mercury rises, synthetic materials can trap heat and sweat, making you feel sticky and uncomfortable. That's why one of the golden rules of summer dressing is to stick to breathable fabrics like cotton, linen, and rayon. These natural fibers allow air circulation, absorb moisture, and dry quickly—keeping you fresh all day long. Pair a cotton kurti with palazzos, or rock a linen jumpsuit for a trendy yet relaxed look. Chambray is another stylish alternative that looks like denim but is much lighter and more breathable.

PRO TIP: A loose white linen shirt is a summer must-have. It can be worn as a top, over a tank, or even as a beach cover-up.

Opt for light, bright shades

Summer is the time to ditch the dark tones and embrace lighter hues. Light shades like white, beige, pastel pinks, mint greens, lemon yellow, and sky blues not only reflect sunlight but also lift your mood and give off fresh, vibrant energy. Bold colors and tropical prints are also in vogue during the summer months. They add a touch of fun and celebration to your outfits and are great conversation starters at casual get-togethers.

PRO TIP: A flowy pastel maxi dress paired with tan sandals can take you from a casual day outing to an evening dinner effortlessly.



Layer lightly and strategically

Layering is often avoided in summer, but when done right, it can enhance your look without adding bulk. Choose lightweight, sheer, or open-weave layers such as kimonos, cotton shrugs, or mesh jackets. These can elevate your outfit while still allowing air flow.

PRO TIP: Layer a floral crop top with a lace shrug or team your basic tank with a light cape-style shrug for a smart, boho vibe.



Accessorise for occasion & fashion

In summer, accessories should be both stylish and practical. Think wide-brimmed hats, oversized sunglasses, lightweight scarves, and woven bags. These not only complete your outfit but also protect you from the sun. Keep your jewelry minimal—choose dainty gold chains, hoop earrings, or colorful thread bracelets.

PRO TIP: A straw hat, canvas tote, and tinted shades instantly add a vacation vibe to even the simplest outfit.



Choose comfy, breathable footwear

Closed shoes can feel suffocating in the heat. Summer calls for open-toed sandals, espadrilles, flip-flops, or breathable flats that are easy on your feet and match almost any look. Neutral tones like beige, tan, or white are versatile and timeless.

PRO TIP: Invest in one pair of cushioned, stylish slides—you'll wear them all season long.



Rupashree

WANT TO BECOME A MODEL?
Send us your photographs at
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