

MAY 25-31, 2025

# SUNDAY POST

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## Dress for the planet

COVER STORY

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# MY SUNDAY

Rising star Akash Hota is the cool kid who burst onto the film scene after the pandemic chaos of 2020. His TikTok and Instagram reels went viral, and bam! He won a reel competition that flung open doors of Ollywood. In 2023, Akash nailed his film debut in 'Dasama', stealing everyone's hearts. This Bhubaneswar-born actor is all about quality, not just churning out content. His success shows that quality and dedication can shine even in a fast-paced industry. Despite his phenomenal achievements, Akash keeps it real, enjoying quiet Sundays with friends



ANISHA KHATUN, OP

### Chilling with buddies

My Sundays are all about friends—whether it's heading out on short trips or simply exploring the city together, trying new restaurants and discovering exciting flavours along the way.

### Friends, fun, food and more

My ideal Sunday is a perfect blend of friends, fun, food, and games like cricket, football, go-karting, billiards, and whatever else the day brings.

### Good food & binge-watching

My favourite way to rest is enjoying good food and binge-watching Netflix. It's the perfect way to recharge and prepare myself for the week ahead.



With co-actors



### Culinary enthusiast

In my leisure time, I enjoy cooking and take pride in making delicious home-style chicken and mutton curry—something I'm genuinely good at.

### Love for storytelling

I also enjoy writing short stories inspired by my own life, expressing personal experiences through creative storytelling.

**WhatsApp This Week**

**Only on Sunday POST!**

Send in your most interesting WhatsApp messages and memes at: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
And we will publish the best ones

**THE BEST MEMES OF THIS ISSUE**

- Why didn't the man report his stolen credit card? The thief was spending less than his wife.
- I know I know, smoking's bad for me and all. But, my mama told me never to be a quitter.
- I changed my password to "incorrect", so anytime I forget and enter the wrong thing, the computer tells me what it is.
- Teacher: "Are you sleeping in my class?"

Student: "Well now I'm not but if you could be a little quieter I could."

## Manipulating public opinion

Sir, I am writing in reference to last week's cover story, "Virtual Warzones," which highlighted how online campaigns often disseminate misleading narratives across the world, while the facts on the ground tell a different story. Misinformation can have far-reaching and harmful effects on people. It distorts their understanding of reality, leading to poor decision-making in various aspects of life, such as health choices, financial investments, and political beliefs. When people are exposed to false information, they may develop incorrect perceptions about important issues, which can fuel fear, anxiety, and mistrust. This can also erode social cohesion and public trust in institutions. In the context of public health, misinformation can discourage people from taking necessary precautions or seeking appropriate medical care. In the political sphere, it can manipulate public opinion and undermine democratic processes. Overall, misinformation undermines the foundation of informed decision-making and can have serious consequences for individuals and society as a whole.

**SOURAJIT MOHAPATRA, CUTTACK**

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

# Dress for the planet

**In the realm of fashion, sustainability shines as a guiding star. Organic cotton, bamboo, upcycled garments, and zero-waste techniques are redefining style. With eco-conscious designers crafting timeless pieces that honour the planet, this green revolution isn't just a trend—it's a necessary evolution for a stylish, sustainable future**

ANISHA KHATUN, OP

As the environmental crisis deepens and climate change looms large, consumers and creators alike are beginning to rethink the impact of their fashion choices. The glitz and glamour of fast fashion, once hailed for its affordability and quick turnaround, is now being questioned for its devastating environmental footprint—from toxic dyeing processes and textile waste to unethical labor practices and carbon-heavy supply chains.

The rise of sustainable fashion is more than just a trend; it is a necessary movement towards conscious living. Designers are embracing natural, recycled, and biodegradable materials, while many brands are prioritising ethical production processes and transparency in their supply chains. From organic cotton and bamboo fabrics to upcycled garments and zero-waste design techniques, sustainability is now at the forefront of innovative fashion.

This shift is also driven by growing awareness among consumers, especially younger generations who demand accountability and want their wardrobe choices to reflect their values. Social media, documentaries, and activist movements have played a crucial role in spotlighting the dark side of fashion and promoting a more mindful approach to consumption.

The urgency to adopt sustainable fashion practices cannot be overstated. With the fashion industry being one of the largest polluters globally, immediate action is essential to reduce harm to the planet. Embracing eco-friendly fashion isn't just about following a new aesthetic—it's about securing a future where style doesn't come at the cost of sustainability.

To explore solutions to this global concern, Sunday POST reached out to a few designers, inviting them to share their insights, experiences, and suggestions on making fashion more sustainable.

**'It's all about making a conscious choice'**

**Pankaja Sethi** is a textile designer, artist, and researcher who has spent over fourteen years working closely with Adivasi women and weavers in Odisha. Her deep engagement with indigenous communities in-

forms a unique design philosophy—one that bridges traditional knowledge systems with contemporary aesthetics. Through her creative space, Pankaja Sethi Studio, she crafts hand-woven, experimental textiles rooted in sustainability, social impact, and storytelling.

Her work challenges the fast fashion narrative by placing craftsmanship, community, and consciousness at the forefront. "Sustainable is the need of the time," she says. "It is about conscious choices we make—from choosing a brand that supports the local community, protects the environment, and uplifts artisans." For Pankaja, sustainability is not a fleeting trend but an urgent call for systemic change—one that begins with the decisions we make as consumers and creators.

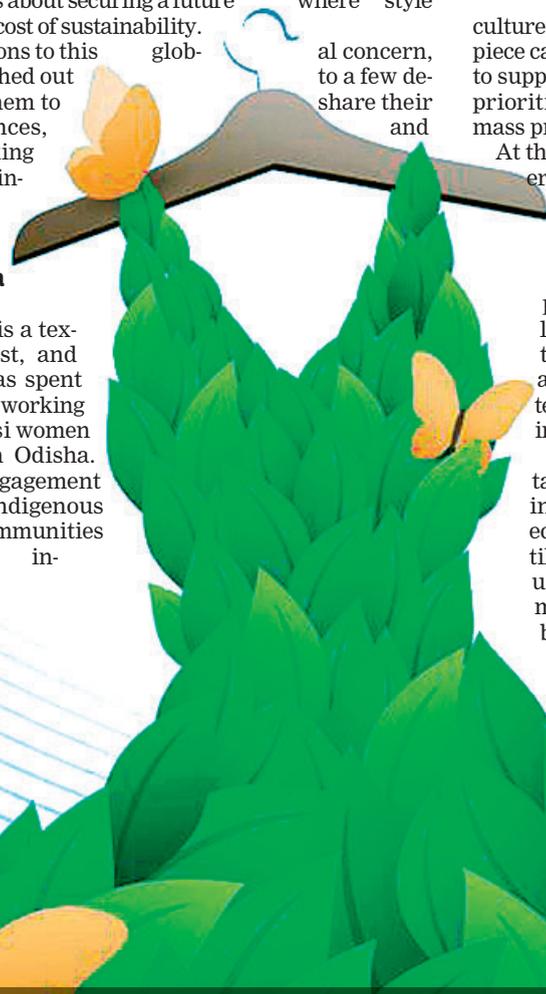


Her designs are deeply inspired by indigenous traditions. Each textile is not just a product but a reflection of time, culture, and care. She urges consumers to consider the journey of what they wear—the hands that made it, the stories embedded within it. "Weeks of work on a saree and months of work on a saree both sustain the community and preserve the

culture," she explains. For her, every handcrafted piece carries the weight of heritage and the power to support livelihoods. It's a model of fashion that prioritizes purpose over pace, and meaning over mass production.

At the heart of Pankaja's practice lies an unwavering respect for craftsmanship. She believes the value of a garment is inseparable from the labor, love, and legacy woven into it. Her approach sees artisans not merely as workers, but as storytellers and cultural custodians. Each piece that emerges from her studio is intended to last—not just physically, but emotionally and culturally. Through her designs, Pankaja preserves age-old techniques while adapting them for the contemporary market, creating pieces that are timeless in essence and relevant in form.

Innovation, she insists, is key to keeping sustainability alive and adaptable. Her process includes sourcing organic materials, using eco-friendly packaging, and repurposing textile waste in imaginative ways. "Buying local, using eco-friendly packaging, using organic materials, and reusing textile waste in the best possible ways—and being creative as per the market demand," she says. This balance between tradition and innovation is central to her work, showing that sustainability is not about sacrificing creativity—it's about redefining it.





**'Sustainability goes hand in hand with creativity'**

**Pritam Nayak**, Managing Director of Pritam Nayak Couture, is among the emerging voices championing sustainable fashion in an industry historically dominated by fast, disposable trends. With years of experience in high-end couture, he has embraced sustainability not just as a trend but as a core philosophy that informs his design process, production choices, and brand ethos.

"Sustainable fashion is gradually reshaping consumer behavior as more people are becoming conscious of their choices," he says. "Consumers are increasingly leaning towards garments made from natural fibers rather than synthetics, driven by a desire to reduce environmental impact."

According to Nayak, this change is no longer limited to a small, eco-conscious niche. It is steadily gaining traction across a broader demographic, influenced by global campaigns and the power of social media.

has become a platform for enabling brands to showcase their commitment to sustainability and inspiring consumers to choose mindful fashion over fast fashion," he adds.

He notes that within his design practice, sustainability is embedded in the creative process. "We embrace sustainability by

reusing leftover fabrics for intricate embellishments instead of discarding them. This not only minimizes waste but also adds unique craftsmanship to each piece, which resonates with our clients," he explains. For Nayak, sustainability goes hand in hand with creativity. Each piece becomes a canvas where waste transforms into art, elevating the garment's character while reducing its ecological footprint.

Affordability and accessibility are crucial aspects of this transition, and Nayak believes that eco-friendly fashion is no longer confined to the conscious elite.



"Eco-friendly fashion is indeed becoming more accessible. Many brands are introducing garment exchange programs where customers can trade in old clothes for discounts on new items. This not only encourages reusability but also reduces waste," he notes. He takes it a step

further by using leftover fabrics for embroidery, accessories, and even entire garments. "We also collaborate with brands that turn fabric waste into beautiful accessories," he adds, showcasing how sustainability can be both practical and aspirational.

When it comes to innovation, Nayak's label strikes a balance between technology and tradition. "Here we transform waste materials into beautiful embroidery, handcrafted flowers, and accessories," he shares. "This not only reduces waste but also brings unique character to each design." While technology, including AI, plays a role in the design process, Nayak maintains that it never overshadows the human touch.

"Our primary focus remains on luxury and craftsmanship, ensuring that sustainability does not come at the expense of quality. For us, it's about merging innovation with tradition, crafting garments that are both eco-friendly and elegantly luxurious," signs off Nayak.

**'Modern consumers are now overcoming impulse buying'**

Designer and proprietor of the sustainable fashion label Mrigika, **Goodlee Rani P. Sitanshu Malinee** represents a growing community of conscious creators reshaping the fashion industry. In a space long dominated by fast fashion, where rapid production and fleeting trends have dictated consumer behavior, designers like her are steering the narrative toward mindfulness, ethics, and environmental responsibility.

Reflecting on this shift, she says, "In the past, younger generations were mostly drawn to fast fashion because

of its newness and accessibility. But now, people are becoming more aware of environmental issues and are turning toward sustainable options. In sustainable fashion, quality matters."

According to her, modern consumers are gradually prioritizing thoughtful choices over impulse buying. They are seeking garments that not only align with personal style but also reflect their values, such as environmental consciousness and ethical labor practices.

One of the biggest challenges in sustainable fashion, however, is its perceived affordability. Goodlee Rani acknowledges this but believes it is often misunderstood. "Sustainable fashion often comes at a higher price point than fast fashion, but that's because it depends on eco-friendly materials and responsible production environments," she explains. "It is affordable for the average consumer, though not at the same price as fast fashion." She further adds that as demand grows and sustainable practices become more widespread, prices are likely to become more competitive. "In the future, sustainable fashion will become cheaper according to customer demand. Brands are listening, and market shifts are already underway," according to her.



She also highlights the importance of fair wages for workers—an ethical priority that impacts production costs but underpins the entire philosophy of sustainability.

Innovation is playing a crucial role in transforming the fashion industry's ecological footprint. "Designers are increasingly sourcing eco-friendly materials like organic cotton, bamboo, and recycled fabrics," she says. These choices significantly reduce the environmental impact of garment production. Additionally, the industry is adopting smarter, low-waste production techniques. "Many designers are minimising fabric waste during cutting and assembly through techniques like digital pattern-making," she adds.

Beyond materials and processes, sustainable brands are also reimagining fashion consumption itself. "Most brands are now offering rental services and encouraging customers to return old garments for recycling or upcycling," says Goodlee Rani. These circular models not only reduce textile waste but also promote responsible consumer behavior, encouraging longevity and reuse over disposability.

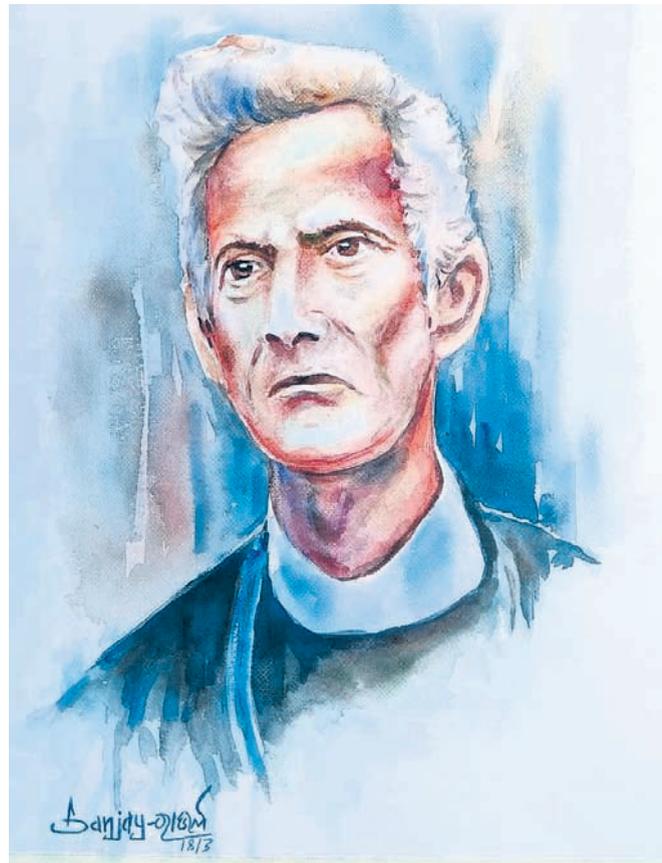


PRESERVING FAKIR MOHAN'S LEGACY

# Should 'Randipua Ananta' be renamed?



KRUSHNA KUMAR MOHANTY



A wave of concern has recently swept through Odisha's literary and cultural circles over the proposed title change of Fakir Mohan Senapati's classic short story, "Randipua Ananta" (The Widow's Son), now being adapted into a film. The controversy centers on the word 'Randi', which—though historically accurate and contextually appropriate within the story's original framework—is now perceived as derogatory in contemporary usage.

As this landmark literary work undergoes film adaptation, some stakeholders are reportedly advocating for a revised title to better suit modern sensibilities. However, this suggestion has been met with strong resistance from Odisha's intellectual, literary, and academic communities. The issue at hand is not merely semantic—it concerns authenticity, heritage, and the moral responsibility of honoring a literary canon.

Fakir Mohan Senapati is not just a writer; he is the founding pillar of modern Odia prose and social realism. Altering the title of his story is far from a trivial creative decision—it would constitute a symbolic rupture from the past, and a potential erasure of the historical and social context that shaped his writing. In 19th-century Odia, the term 'Randi' was a direct, descriptive word—devoid of the pejorative tone it carries today. Fakir Mohan used it with intent, to expose the marginalization, sorrow, and resilience of widows within a rigid, caste-bound society. Sanitizing

In 19th-century Odia, the term 'Randi' was a direct, descriptive word—devoid of the pejorative tone it carries today. Fakir Mohan used it with intent, to expose the marginalisation, sorrow, and resilience of widows within a rigid, caste-bound society

the title may strip the narrative of its raw realism, and risk diluting the author's purpose.

Literary purists argue that classics should not be edited to appease modern sensibilities, especially when such changes come at the expense of truth. Would we rename Nathaniel Hawthorne's *The Scarlet*

*Letter* or Thomas Hardy's *Tess of the d'Urbervilles* to make them more comfortable? Why, then, should we tamper with a title that holds deep cultural and historical significance in Odia literature?

Moreover, such a change might alienate Fakir Mohan's devoted readers, who revere his legacy and regard any alteration as an act of literary dishonor. For the people of Balasore, where Fakir Mohan lived and wrote, this is more than a literary issue—it is personal, emotional, and symbolic. If the film fails to respect its roots, it risks both critical backlash and commercial disappointment.

While filmmakers do enjoy creative liberties, those liberties must coexist with cultural sensitivity and historical fidelity. There is a growing call for the director and production team to preserve the original title and engage with the story in its full, unfiltered truth. A disclaimer could be added for modern audiences.

es, explaining the historical usage of the term—but the title, many argue, should remain untouched.

To erase or replace Fakir Mohan's words is to deny a part of our collective memory—a memory shaped by pride, pain, resistance, and social evolution. In an era where cinema aspires to truth, let us not begin by compromising it.

*The writer, a renowned poet, edits a widely circulated journal and can be reached at krushna.kk@gmail.com*

## FACT FILE

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- Literary purists argue that classics should not be edited to appease modern sensibilities, especially when such changes come at the expense of truth
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## An outline

*Randi Pua Ananta* is a compelling tale of redemption and transformation. Ananta, initially a troublemaker, becomes a selfless hero when his village faces a flood. He sacrifices himself by using his body to hold a door over a hole in the embankment, preventing further damage. This act not only saves the village but also transforms him from a maligned figure to a respected community member. The story, a rare gem in Odia literature, subtly explores themes of societal judgment and the importance of empathy. It challenges readers to reconsider their biases and recognize the potential for change in everyone. *Randi Pua Ananta* is a poignant reminder of the transformative power of selflessness and the capacity for redemption.



# Wamiqa's magical journey

Did you know, actress Wamiqa Gabbi was a junior artist in the Thoda Thoda Pyar song from Saif Ali Khan and Deepika Padukone's 2009 drama Love Aaj Kal.

Reminiscing about the good old days, Wamiqa penned a sweet note to her younger self on Instagram. She wrote, "Dear Younger Wamiqa, You were always a dreamer and a hard working one! As a kid on that Love Aaj Kal set - you were not just a junior artist enjoying the work that came your way because your Daddaa believed in you, but you believed in yourself too.... You were nervous, excited, soaking it all in on that set."

"Cut to 16 years later, the song from the same film is playing and the same love for the camera still lives on, but this time, it's your story! Every time I hear Chor Bazaari, it hits a little different now! You've gone from being in one fleeting frame as a toddler with a mooch and a massa, to finding your own space in the spotlight." the diva went on to write.

"You didn't dream small and never stop chasing the best because TITLI wouldn't have happened if you had gotten lost on the way and I am so glad you didn't! Always be humble, grateful and never stop believing in MAGIC! Love, Wamiqa," she added. IANS



# Saiyami on casting couch

Many actors have bravely spoken out about the casting couch in the film industry, and the latest to join them is Saiyami Kher. In a recent interview, Saiyami revealed her unsettling experience as a teenager when she was asked to "compromise" by a female casting agent in the Telugu film industry. She was just 19 or 20 at the time but handled the situation with remarkable maturity.

Recalling the incident, Saiyami said, "There was this one agent who had called me for a Telugu film and said, 'You know, you will have to make compromises.'" Surprised by the suggestion, especially coming from another woman, Saiyami pushed back, saying, "Ma'am, I'm not understanding what you are saying." When the agent persisted, Saiyami firmly responded, "I'm sorry that you feel I'm someone who needs to go down this route. There are certain limits I have never crossed in my life."

The actor, who made her Hindi film debut with Mirzya and was last seen in Jaat alongside Sunny Deol, shared this was the only such encounter she's faced. Previously, actor Fatima Sana Shaikh had shared a similar experience in the South industry, exposing the persistence of such misconduct. AGENCIES



## Beauty hacks by Sara

Sara Ali Khan took to social media to reveal her top beauty hacks for de-puffing her face ahead of her best friend's wedding.

Known for her candid posts, the actress shared a glimpse into her go-to skin-care and makeup routine that helps her look fresh, radiant, and camera-ready for special occasions. From cold therapy to light makeup tricks, Sara shows how to glow effortlessly for any special occasion.

Taking to Instagram, the Simmba actress shared a fun behind-the-scenes video of her getting ready for her best friend's wedding. The clip begins with the actress indulging in an ice facial to reduce puffiness and add a natural glow. She's then seen playfully brushing her teeth with special purple corrector paste. After applying sunscreen to prep her skin, Sara makes a stunning transition into an elegant purple lehenga. She completes her look with soft glam makeup.

On the professional front, Sara was last seen in the movie Sky Force, which also featured Akshay Kumar and Veer Pahariya. She is currently awaiting the release of Anurag Basu's upcoming anthology Metro... In Dino, a romantic drama boasting an ensemble cast that includes Aditya Roy Kapur, Anupam Kher, Neena Gupta, Pankaj Tripathi, Konkona Sen Sharma, Ali Fazal, and Fatima Sana Shaikh. IANS



# How Karisma beats the heat

Karisma Kapoor is embracing the summer vibes in the sweetest way possible.

The actress shared a refreshing photo of herself enjoying a juicy slice of watermelon, giving fans a glimpse of how she's staying cool amid the rising temperatures. Needless to say, Karisma's post is a perfect reminder to savor the simple joys while beating the heat this season. Sharing her photos, the Dil To Pagal Hai actress wrote, "Watermelon Sugar #SummerFeels." Taking to Instagram, she posted two photos of herself: In the first image, she is seen sitting by the side of a pool, and in the other, she poses with a slice of watermelon.

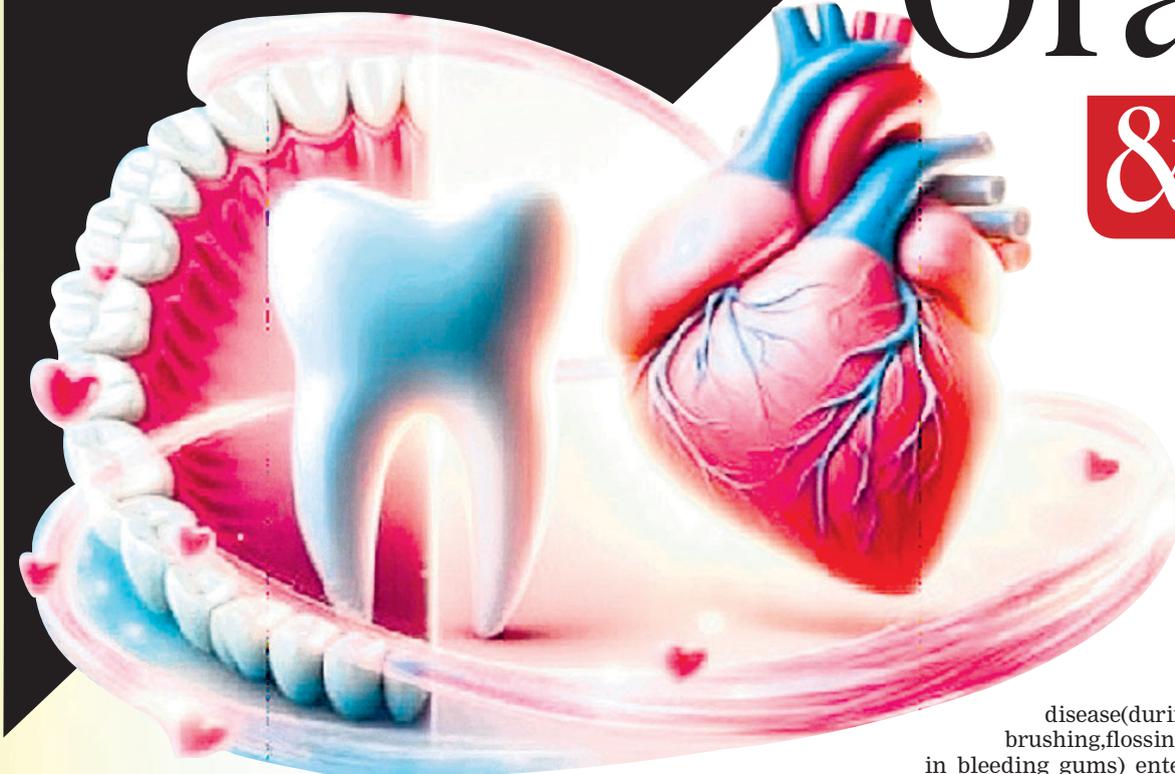
Karisma looks elegant in a maroon-colored suit, styled with soft, glowy makeup.

On the professional front, Karisma will soon be seen in the series Brown, where she portrays a detective and recovering alcoholic who investigates the murder of a young woman from a prominent family.

Directed by Abhinay Deo, the series features an impressive ensemble cast, including Surya Sharma, Helen, Soni Razdan, Meghna Malik, Jisshu Sengupta, K.K. Raina, Ajinkya Deo, Aniruddh Roy, Shatrughan Kumar, and Kiara Sadh.

Produced by Rithika Rajachandran and Satrajit Sen, Brown is reportedly inspired by Abheek Barua's 2016 book City of Death. IANS

# Oral health & CVD



## Risk factors

When we think of oral health, we might think of keeping teeth and gum clean and healthy. Did we know poor oral health could increase risk of heart disease? When we think of heart disease, we focus on factors like diet, exercise and genetics but health of our teeth and gums also play significant role in our risk of developing heart disease. Besides the Risk factors of heart disease such as hypertension and diabetes; Poor oral health and heart disease share risk factors like smoking, poor diet and lack of exercise. A balanced diet and exercise play a critical role in maintaining good oral health. Avoid sugary, fat food, acidic foods, and include fruits, vegetables, lean proteins and whole grain. Exercise can improve circulation and reduce inflammation, which benefits oral health and overall health.

## Preventive measures

- To protect our oral health, practice good oral hygiene daily.
- Brush your teeth at least twice a day with a soft-bristled brush using fluoride toothpaste.
- Brush your tongue too and practice gingival massage with finger.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit food with added sugars.
- Replace your toothbrush every three months or sooner if bristles are splayed or worn or you are having cold, flu, cold sore.
- Schedule regular dental checkups and cleanings.
- Avoid tobacco use.

disease (during brushing, flossing in bleeding gums) enters blood stream and connect to the plaque (deposit of fat, cholesterol, calcium, and other materials) in coronary arteries contributing to formation of blood clot which reduces normal blood flow limiting the amount of oxygen and nutrients necessary for normal heart function leading to heart attacks and strokes. Poor oral health can also be associated with an increased risk of other cardiovascular conditions, like endocarditis (infection of the heart's inner lining). People with congenital heart disease, rheumatic heart disease, valvular heart disease and prosthetic heart valves are particularly at risk. When bacteria enters the blood stream during dental procedure and attack the lining of heart valves or attach to damage heart valves, this may cause infected blood clot formation that are able to travel to brain, lungs, kidney, spleen, abdomen and cause stroke and heart valve damage. People with gum disease are 28% more likely to suffer a heart attack than those without dental problems. Poor oral

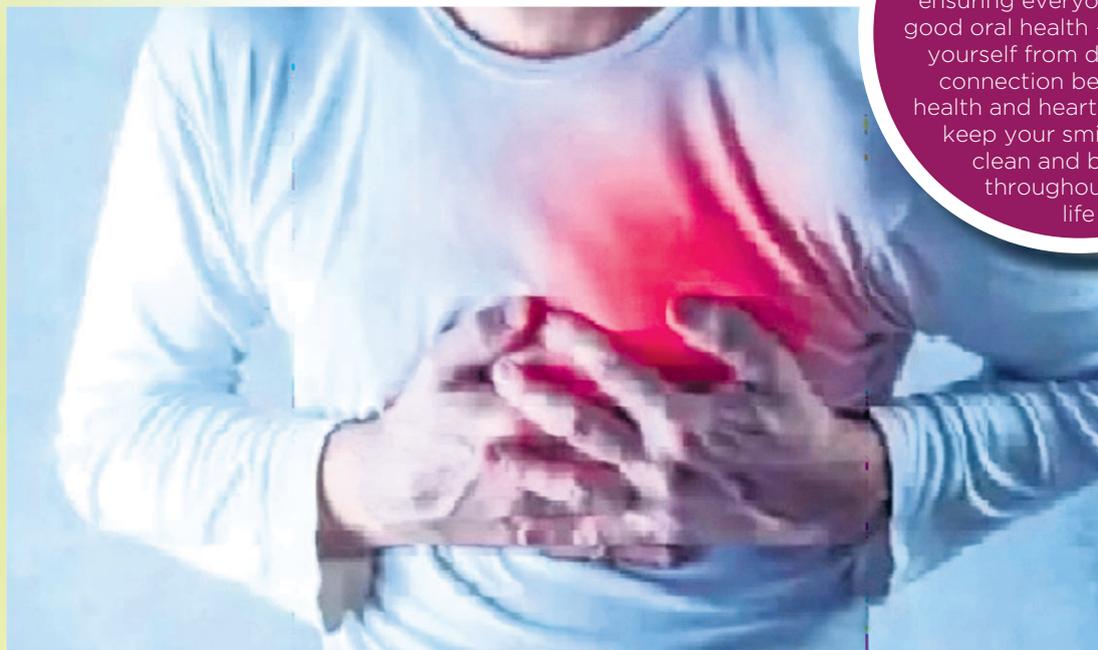
Oral health is integral to general health, and we can't be healthy without oral health, which is vital for overall health. Like other areas of the body, our mouth teems with bacteria — mostly harmless. But our mouth is the entry point to our digestive and respiratory tracts, and some of these bacteria can cause disease. Normally the body's natural defences and good oral health care, such as daily brushing and flossing, keep bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease. Poor oral health, particularly gum disease like gingivitis, periodontitis (red, swollen, bleeding gums, sensitive to the touch, pus formation, bad breath, bone loss and loose teeth/ tooth loss) involves inflammation and infection in the gums, which can lead to bacteria entering the blood stream.

Researchers suggest that bacteria from gum

Maintaining good oral health, including regular brushing, flossing, and dental check-ups, and ensuring everyone access to good oral health — can protect yourself from developing a connection between oral health and heart disease, and keep your smile healthy, clean and beautiful throughout your life

health is a risk factor for human papillomavirus (HPV) infection, which can make us more susceptible to having a heart attack.

*Remember your mouth and your body talk—so look after them both! Have a healthy teeth and good oral hygiene...*



**Dr. Ashok Kumar Mohanty**

TATA Main Hospital,  
Noamundi

Shruti



WANT TO BECOME A MODEL?  
Send us your photographs at  
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