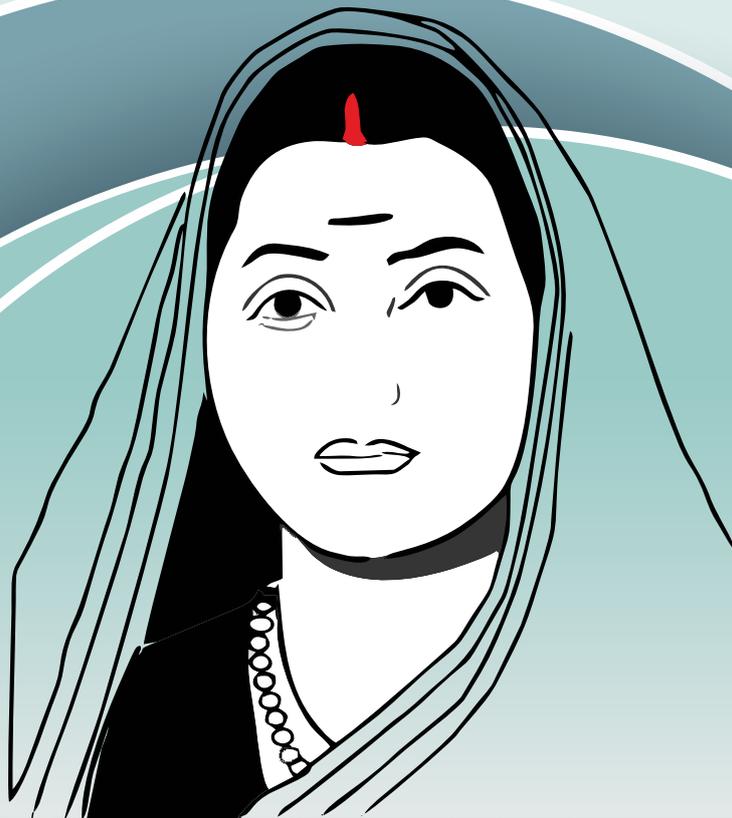
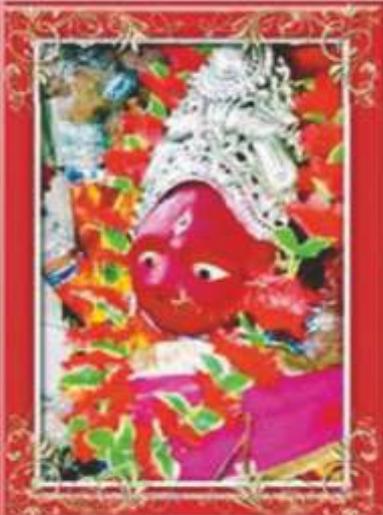




Swabhimanini 2025





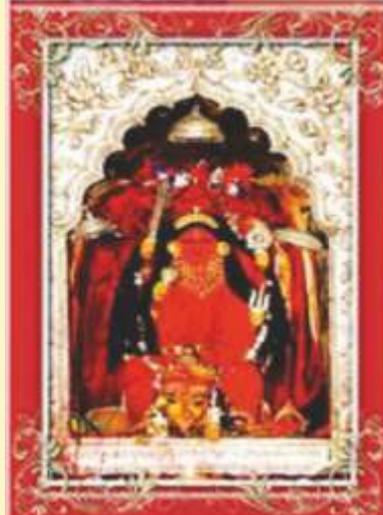


ମାଁ ପାଟଣେଶ୍ୱରୀ

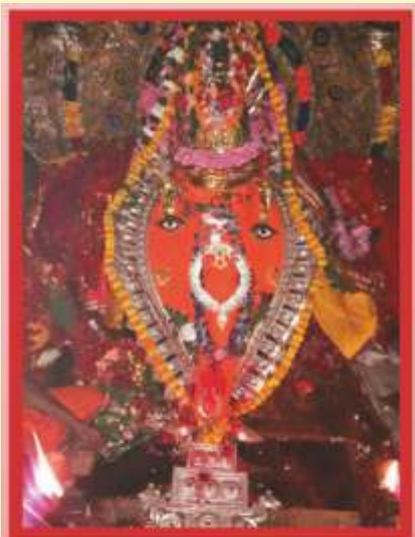
ଆମର ମାଟିର ରତନ



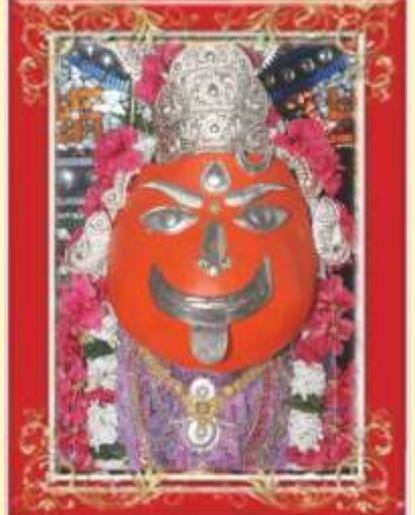
ମାଁ ମାଣିକେଶ୍ୱରୀ



ମାଁ ସୁରେଶ୍ୱରୀ



ମାଁ ସମଲେଶ୍ୱରୀ



ମାଁ ଚନ୍ଦ୍ରହାସିନୀ

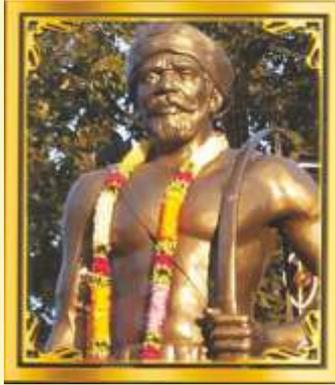


ମା' ଘଣ୍ଟେଶ୍ୱରୀ

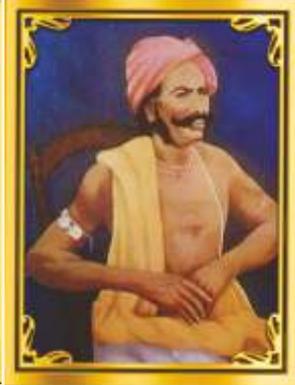


ମା' ମେଟାକାନ୍ତି





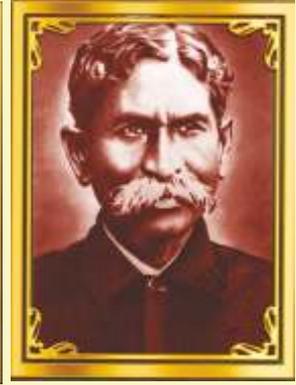
Rendo Majhi



Veer Surendra Sai



Santha Kabi Bhima Bhoi



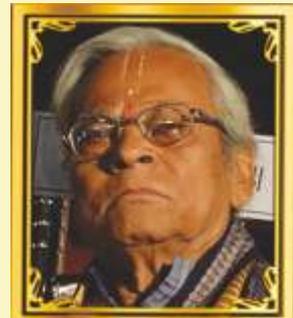
Kabi Gangadhar Meher



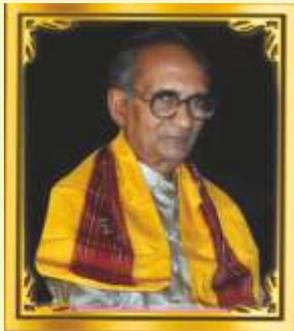
Padmashri Haldhar Nag



Padmashri Krishna Patel



Padmashri Atala Bihari Panda



Padmashri Mitrabhanu Gountia



Padmashri Jitendra Harpal



Kailash Ch. Meher



Narayan Pruseth



Srinivas Udgata



Saroj Nanda



Hemachandra Acharya



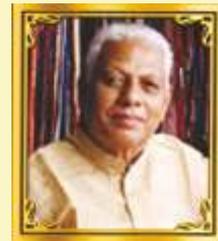
Sadhu Meher



Kunja Bihari Meher



Krutartha Acharya



Chaturbhuja Meher



प्रवेश साहिब सिंह

Parvesh Sahib Singh

कैबिनेट मंत्री राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार

Cabinet Minister Govt. of NCT of Delhi

D.O. No : MinPWD/R/2025/996

Date : 12/12/2025



MESSAGE

The "DELHI ODIA NARI KALYAN SAMITI", New Delhi, is celebrating its 3rd grand year PUSHPUNI TIHAR on 11th January 2026. On this occasion, they are bringing out a souvenir "Swabhimanini-2025".

The organization has good presence in Delhi & National Capital Region. I am sure souvenir will be quite useful for the non-resident people of our state of Odisha.

I take the opportunity to convey my sincere appreciation to the executive committee for their commendable efforts and convey my best wishes for their success.


(Pravesh Sahib Singh)

मंत्री-लोक निर्माण विभाग, विधायी मामले, संचाई एवं बाढ़ नियंत्रण, जल, गुरुद्वार चुनाव
Minister of Public Works Department, Legislative Affairs, I&FC, Water, Gurudwara Elections
Camp. Office : 20, Windsor Place, New Delhi-110001 Ph.: 011-23724988. E-mail: parveshsahibsingh@gmail.com

[f /parveshsahibsingh](#)

[@ /parveshsahibsingh](#)

[✉ /@p_sahibsingh](#)

संसद सदस्य
लोकसभा, नई दिल्ली



Member of Parliament
Lok Sabha, New Delhi

सुश्री बाँसुरी स्वराज
Ms. Bansuri Swaraj



MESSAGE

I am happy to know that the Delhi Odia Nari Kalyan Samiti is publishing a souvenir 'Swabhimani-2025' to commemorate its 3rd grand year of Pushpuni Tihar on 11th January 2026.

I believe such an event will play an important role in preserving and promoting the cultural identity of Odisha and act as a vital bridge connecting Delhi based odias with their language, traditions, and civilisational values.

I extend my best wishes to the organisers and office-bearers of Delhi Odia Nari Kalyan Samiti in celebrating this auspicious occasion with such dedication and grandeur and extended my best wishes for the success of this initiative.

(Bansuri Swaraj)

Office : 10 Talkatora Road, New Delhi-110001
Tel. No.: 011-23324043, 011-23324044, Email : officeofbansuriswaraj@gmail.com

ANANTA NAYAK

MEMBER OF PARLIAMENT
Lok Sabha - Keonjhar (Odisha)

MEMBER :

- Standing Committee on Coal, Mines and Steel
- Parliamentary Committee on Welfare of SC & ST
- Consultative Committee for the Ministry of Labour and Employment



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9, H.C. Mathur Lane, New Delhi-110001
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Mobile : 9437022233, 9178765111
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Office :
Langalakanti, Dhenkikote,
Dist. Keonjhar-758029 (Odisha)
Phone : 06733-223733
E-mail : anantanayakbjp@gmail.com



Date- 18.12.2025

MESSAGE

The "DELHI ODIA NARI KALYAN SAMITI", New Delhi, is celebrating its 3rd grand year PUSHUNI TIHAR on 11th January 2026. On this occasion, they are bringing out a souvenir "SWABHIMANINI-2025".

The organization has good presence in Delhi & National Capital Region. I am sure souvenir will be quite useful for the non-resident people of our state of Odisha.

I take the opportunity to convey my sincere appreciation to the executive committee for their commendable efforts and convey my best wishes for their success.

Yours Faithfully

(Anant Nayak)

सुजीत कुमार SUJEET KUMAR

Member of Parliament
(Rajya Sabha)



MEMBER :

- Standing Committee on Science & Technology, Environment, Forests and Climate Change
- Consultative Committee for External Affairs
- Indian Council of World Affairs (ICWA)
- Executive Committee, Bar Association of India (BAI)



It is heartening to learn that the Delhi Odia Nari Kalyan Samiti, New Delhi, is celebrating its 3rd grand year of "Pushpuni Tihar" on 11th January 2026. On this auspicious occasion, the samiti is bringing out a souvenir titled "Swabhimani-2025".

The organisation has established a strong and commendable presence in Delhi and the National Capital Region, and has been consistently working towards the social and cultural empowerment of the odia community, particularly women. I am confident that this souvenir will serve as a meaningful and valuable platform, helping readers remain connected with the rich heritage, values, and contemporary contributions of our state of Odisha.

I extend my best wishes to the samiti for the grand success of the event and for their continued endeavours in the years ahead.

(SUJEET KUMAR)

C-1/12, Humayun Road, New Delhi-110003
Plot -152, Next to Aum Building, Patia Square
Bhubaneswar-751024, Odisha

 SujeetKOfficial

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+91-11-24611151, +91-674-2744814
+91-7978758134, +91-9967376283



Bhartiya Janta Party

Mahila Morcha, Delhi
Pocket 5, Pandit Deen Dayal Upadhyaya Marg, New
Delhi-110002



Date: 19/12/2025

MESSAGE

The "Delhi Odia Nari Kalyan Samiti" New Delhi, is celebrating its 3rd grand year Pushpuni Tihar on 11th January 2026. On the occasion, they are bringing out a souvenir "Swabhimani-2025".

The Organization has good presence in Delhi & National Capital Region. I am sure Souvenir will be quite useful for the non resident people of our state of Odisha.

I take the opportunity to convey my sincere appreciation to the executive committee for their commendable efforts and convey my best wishes for their success.

Regards,

(Priyal Bhardwaj)
General Secretary, BJP
Mahila Morcha, Delhi

सुनील कुमार

अध्यक्ष, तीन मूर्ति मंडल
भारतीय जनता पार्टी

नई दिल्ली विधानसभा
दिल्ली प्रदेश
भारतीय जनता पार्टी

कार्यालय: शॉप नं. 1, प्रथम मंजिल, सांगली रोड,
महात्मा ज्योतिबा फुले मार्ग, नई दिल्ली - 110001



क्रमांक संख्या...Misc/11/2025

दिनांक...27/12/2025



MESSAGE

It gives me immense pleasure to learn that the Delhi Odia Nari Kalyan Samiti, New Delhi is celebrating teh 3rd grand year of "Pushpuni Tihar" on 11th January 2026. I am happy to note that the on this auspicious, the samiti is also releasing a souvenir titled "Swabhimanini-2025"

Over the years, the Delhi Odia Nari Kalyan Samiti has established a strong and commendable presence in Delhi and the National Capital Region. The organisation's consistent efforts towards the social and cultural empowerment of the odia community, particularly women, are truly praiseworthy.

I am confident that the souvenir "Swabhimanini-2025" will serve as a meaningful and valuable platform, enabling readers to stay connected with the rich heritage, core values, and contemporary contributions of the state of Odisha.

I extend my best wishes to the Delhi Odia Nari Kalyan Samiti for the grand success of the event and wish the organisation continued success in all its future endeavours.

(Sunil Kumar)

☎ 9818975713

✉ bjp.teen.murti.mandal@gmail.com



SunilKumarKori



sunil_kumar_Kori_bjp



SunilKu44973785

Governing Body



Lili Nag
President



Brundabati Suna
Vice President



Anjali Nanda
General Secretary



Pooja Suna
Joint Secretary



Sangita Suna
Cashier

Advisor's

Pratibha Kumar Hansa

Dr. Jagadish Hansa

Gangadhar Pati

Core Committee Members

Ankit Suna	Bhakta Suna	Harish Nanda	Santosh Kumar Nag
Sishupal Suna	Bishnu Deep	Shyam Suna	Ashok Suna
Shankar Kumar	Prabin Kumar Nag	Ganesh Harpal	Arun Kumar
Rahul Kumar	Kundru Harpal	Birendra Suna	Ramesh Nanda
Binod Deep	Mukesh Deep	Dayanadhi Bag	

Legal Registration Status : **DELHI ODIA NARI KALYAN SAMITI**

PAN (Permanent Account Number) : AAHAD2167M

12A Registration Number (Tax Exemption) : AAHAD2167ME20241

80G (Tax Exemption) : AAHAD2167MF20241

NGO DARPAN Unique ID : DL/2024/0481913

Accounts Details:

ACCOUNT NAME: DELHI ODIA NARI KALYAN SAMITI
BANK NAME: STATE BANK OF INDIA
ACCOUNT NO.: 41167342495,
IFSC CODE: SBIN0001276
BRANCH: LAJPAT NAGAR

DELHI ODIA NARI KALYAN SAMITI is registered as an Indian SOCIETY under the societies registration act 1860 since 2021 (Registration No. S/2897 of 2021)

TAX EXEMPTION

All donations to DELHI ODIA NARI KALYAN SAMITI are exempted u/s 80G (The Income Tax Act, 1961).

Our Beloved Members



Our Beloved Members



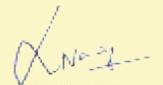
Our Beloved Members



Message from President

Dear members, well-wishers, and friends, It gives me immense pleasure to extend my warm greetings to all of you. Delhi Odia Nari Kalyan Samiti has always stood as a symbol of unity, culture, and the indomitable spirit of the women of Western Odisha residing in Delhi/NCR. Our journey has been shaped by dedication, hard work, and the shared dream of preserving and promoting our rich heritage. As we continue our mission, we remain committed to empowering women, nurturing talent, supporting community welfare, and celebrating the traditions that connect us to our roots. Each event, each initiative, and each achievement of DONKS reflects the collective strength of our members and the unwavering support of our community. I extend my heartfelt gratitude to everyone who has contributed their time, effort, and encouragement to our organisation. Let us continue to walk together, stronger, more confident, and more united, towards a future filled with progress, pride, and cultural harmony. With warm regards, President Delhi Odia Nari Kalyan Samiti (DONKS)



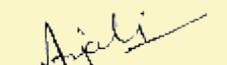

Lili Nag

Message from Secretary

Juhar, It gives me immense pleasure to extend my warm greetings to all our members, well-wishers, and the larger Odia community residing in Delhi-NCR. I am proud to share that our organisation continues to work with dedication towards preserving and promoting the rich cultural heritage, traditions, and values of Western Odisha. Our journey has always been guided by unity, women empowerment, and community service. With the active support of our members, we strive to create meaningful platforms where our women can showcase their talents, contribute to social welfare, and strengthen our cultural identity away from home. As we move forward, we remain committed to organising more cultural programs, welfare activities, and community-oriented initiatives that bring pride to our organisation and joy to our people. Your encouragement, participation, and blessings inspire us to work harder each day. We look forward to your continued support in every upcoming endeavour of DONKS.



With warm regards, Secretary Delhi Odia Nari Kalyan Samiti, New Delhi


Anjali Nanda



Child Protection:

To prevent child labour, child marriage, and child begging; and to protect children and women from trafficking and domestic violence.

Women Empowerment:

Providing self-defence and financial aid to young girls and women for education and marriage.

Education:

Establishing and managing schools to provide holistic education from pre-primary to higher secondary levels.

Training & Employment:

Managing professional institutions for arts, crafts, music, yoga, and vocational training.

Cultural & Social Promotion:

Organising literacy drives, adult education, exhibitions, essay competitions, cultural events, and seminars.

Community Development:

Running welfare projects like community halls, night shelters, Anganwadi centres, Mahila Ashrams, and healthcare units.

Environmental and Infrastructure Development:

Supporting establishment of tanks, roads, parks, and other community facilities.

Non-Profit Operation:

All activities are conducted on a no-profit, no-loss basis with funds reinvested for community benefit.

ABOUT US

Delhi Odia Nari Kalyan Samiti

Empowering Odia Women • Preserving Our Heritage • Serving the Community. The Delhi Odia Nari Kalyan Samiti (DONKS) is a registered socio-cultural and development organisation based in New Delhi, dedicated to the empowerment of women and children, the promotion of Odia culture, and the creation of sustainable community welfare initiatives. Established under the Societies Registration Act, DONKS operates within the National Capital Territory (NCT) of Delhi

The Samiti embodies a dual mission cultural preservation and social development working to protect vulnerable populations while upholding the Odia traditions and festivals that form the backbone of community identity among Odias living in Delhi.

ମାଲତୀ ଘର ପୁଷ୍ପପୁନୀ

ଭକ୍ତ ପ୍ରଣାବ ସୁନା

ପ୍ରଥମ ଦୃଶ୍ୟ

(ଗାଁର ଗୁଚେ ଗରିବ୍ ପରିବାର ଫଂଗନ୍, ମାଲତୀ, ସମାରୁ ଆଉ ସୁମତୀ କେ ନେଇକରି ଇ ଲେଖା...)

ମାଲତୀ - ଆଗୋ ରଘୁର ବା ସୁନୁଛ କାଏଁ !

ଫଂଗନ୍ - କାଏଁ ହେଲା କିଛି କହୁ ଥିଲୁ କାଏଁ

ମାଲତୀ - ନା ଗୋ ଆରୁ ଦିନ୍ ୨ ଟା ଗଲେ ପୁଷ୍ପପୁନୀ ଡିହାର ଆସୁଛି

ଫଂଗନ୍ - ହଁ ଆସୁଛି ତ... ଡିହାର ବିହାର ତ ଲାଗିଛି ନ ହେନେ କାଣା ହେଲା ଯେ ।

ମାଲତୀ - କାଣା ହେଲା ଯେ କହେସ କେଁ ଗୋ । ଘରେ ଅତିଆ ନେଇନା । ଗହଁତିଆ ଘରୁ ଯାହା ଭୂତି ଭରକନ୍ ପାଏଲ ସବୁ ସାରି ସାଏଲାନ । ପିଲା ଛୁଆ ତିନ୍ ଟା ଅଛନ୍ କିଛି ଗୁଚେ କରି ଧରି ନେଇ ଦେଲେ ଭଲ ହେବା କାଏଁ । ମର ଛୁଆ ମାନେ ଲୁକର ଖାଏବାର୍ ପିବାର୍ ଦେଖବେ କାଏଁ ।

ଫଂଗନ୍ - ସତ୍ କହୁଛୁ ତ ମାଲତୀ ଗହଁତିଆ ନୁ ବରସ୍ ଗୁଚାକର ଯାହା ଭୂତି ଭରକନ୍ ପାଏନି ସବୁତ ସାରି ଦେନା । ଲୋକର ଘରେ ବରସ୍ ଗୁଚାକର ଅତୀଆ ଢୁକ୍କା ବେଳେ ମୋର ଘର ଖାଲି କାଏଁ କରଫା ଆମେ ତ ଗରିବ୍ ଲୋକ୍ ଆମର ତ ଫଟା କପାଲ । ଆଗକେ କେନ୍ଦ୍ରା କରି ବଲମା ଯେ ମର ବୁଦ୍ଧି ଅନ୍ଧାର ହେଇ ଯଉଛି ।

ମାଲତୀ - ହେଟା ତ ମୁଇ କହୁଛେଁ ଗୋ

ଫଂଗନ୍ - ବତ ପିଲାତ ଆମର ଦୁଃଖ ସୁଖ ସବୁ ବୁଝି ପାଲାନ ଇ ସାନ୍ ଦୁଇଟା କେ ବୁଝାବାର୍ ଟିକେ ମୁସ୍କିଲ ।

ମାଲତୀ - ସତ୍ କହୁଛ ଗୋ

ଫଂଗନ୍ - ତୁଇ ଚିନ୍ତା ନେଇ କର୍ତ୍ତ ମାଁ ସମଲେଇ ସବୁ ଯୁଚେଇ ଦେବେନ । ରାମ ଚନ୍ଦର୍ ଗହଁତିଆ ଥିଲେ ଆମର କାଏଁ ଚିନ୍ତା । ପୁଷ୍ପପୁନୀ ଅତିଆ ନେଇ ଦେବେ କାଏଁ । ଧରତି ମାଁର ଦୟାନ୍ତୁ ଇ ବଛର ବାଷ ବାଷ ବି ଭଲ ହେଇଛି ।

ମାଲତୀ - ହଁ ଗହଁତିଆ ହଁ ଆମର ସାହା ଭରସା । ଆଗୋ ଗହଁତିଆ ନିକେ ଗଲେ ତମର ହେ ସାନ୍ ଟାକେ ବି ନିକରି ଯିବ । ବଡ଼ା ଲାଜକୁରିଆ ଟା ସଂଗେ ନେଇ ନେଲେ ନେଇ ଯାଏ ।

ଫଂଗନ୍ - ହଁ ହଁ ସଭେ ଜିମାରେ ଗହଁତିଆ ଆର ଗହଁତିଏନ୍ କେ ପୁଷ୍ପପୁନୀ ଜୁହାର କରି ଆଏମା ।

ମାଲତୀ - ହଁ ହଁ ଯିମା ଗୋ

ଦ୍ୱିତୀୟ ଦୃଶ୍ୟ

ସୁମତୀ - କାଏଁ କହୁଛ ହୋ ଇନ ମୁଇଁ ଯେ ଘରେ ନୁରୁଛି ।



ସମାରୁ - କିଛି ନେଇ ରେ କାମ ଗୁତାତ ନେଇନା ଖାଲି ବସିଛି ଭାବନି ହାଲିଆ ବାଡ଼ି ହେଲେ ଗୁତାତୁ କରି ଥିସି କାମେ ଆସବା ।

ସୁମତୀ - ହଁ ତମେ ହେ ହଲିଆ କାମ ଏକା ଜାନିଥ । ଲୋଗ୍ ରାଏଜ୍ ଯାଇ କରି କେତେ ପଇସା କମଉଛନ୍ । ତମେ ଖାଲି ଗାଁନେ ଥ ଆରୁ ହାଲିଆ ରହୁଥ ସଙ୍ଗେ ମତେ ବି ହଲିଏନ୍ ବନେଇ ଦେବ ।

ସମାରୁ - ତୁଇତ ସବୁ ବେଳେ ଖାଲି ରାଏଜ୍ ଜ କହେଲୁ ଗା । ବାହାରେ ରହେବାର କେତେ ଦୁଃଖ କଷ୍ଟ ଯେ ଜାନିଛୁ କାଏଁ । ବାହାରେ ରହେଲା ଲୋଗ୍ ନିଜର ମାଁମାଟି ଲୋଗ୍ ବାଗ ପରବ ପର୍ବାଣା କେ ଝୁରି ମରୁଛନ୍ ! କେନ୍ଦ୍ରି ଭାବ୍ ଅଭାବ୍ ପଡ଼ଲେ ଆସି ନୀ ପାରବାର୍ ମୁଇ ତର ପାଖେ ଅଛି ଯେ ତତେ ଭଲ ନେଇ ଲାଗବାର୍ କେଏଁ ତୁଇ କାଣା ମତେ ଛାଡ଼ି କରି ରହିପାରୁ ।

ସୁମତୀ - ହଁ ଛାଡ଼ ବେସା ନେଇ ଭୂର୍ତନ ! ଯେ ସୁନୁଛ କାଏଁ ପୁଷ୍ପପୁନୀ ଡିହାର ଆସୁଛି । ହେ ଦିନ ପାଠ ମତା ସଂଗେ ସିକାର୍ ଟିକେ ବନାମା ଖଞ୍ଜା ବିଞ୍ଜା ଆନି ଦେବ ।

ସମାରୁ - କେନ୍ଦ୍ରା କଥା କହେସୁ ରେ ଦେଖୁଛୁତ କାମ ଗୁତା କିଛି ନେଇ କି ହାତେ ପଇସା ଗୁଚେ ନେଇ ଖଞ୍ଜା କେନ୍ଦ୍ରି ଆନି ଦେମି କହତ । ପିଠା ମତା ତ ଠିକ୍ ଅଛି । ଶିକାର କହୁଛୁ ଯେ ଜାନିଛୁଁ କାଏଁ କେଜି ହଜାରେ ପରେ ଗା ।

ସୁମତୀ - ହେଟା ମୁଇ ନେଇ ଜାନେ ...ତମେ ଆଣି ଦେବତ ।

ସମାରୁ - ଇତାକେ ପାରି ନେଇ ହୁଏ ..ହଁ ହଁ ଦେଖିମି... ଦଦାତ ପୁଷ୍ପପୁନୀ ଅତୀଆ ଲାଗି ଗହଁତିଆ ଘରକେ ଯିବା । ଦେଖୁ ଗହଁତିଆ କାଣା ଦଉଛନ୍ ଯେ ଭଲ ଅତୀଆ ଦେଲେ ଆନୀ ଦେମା ଗା ।

ସୁମତୀ - ଦାଦା ସଂଗେ ଗହଁତିଆ ଘରକେ ତମେ ବି ଯିବ ଗୋ । ନେଇତ ଠକେ ପଡ଼ବ । ଗହଁତିଆ ଜହ ଦେଲେ ବି ତମର ବହୁ କମ୍ ଦେଲେ ବଲବେ ।

ସମାରୁ - ମର ବହୁ ହେକ୍ତା ନେଇ କରନ୍
 ସୁମତୀ - ହଁ ହଁ ମୁଇ ଜାନିଛେ ନ ତମର ବହୁର କଥା । ଖାଲି
 କଥା ସୁନ୍ଦର ନ ମନ୍ ଭିତରେ ଅଁହକାର ପୁରିଛେ
 ସମାରୁ - ହଁ ହଁ ବେସି ନେଇ କହନ ଜିମି ଜିମି ମୁଇ ବି ଜିମି
 ସୁମତୀ - ତମର ବହୁର କଥା କହି ଦେଲେ ବାଧା ଯାଉଛେ
 ନାଇକେଁ ।

ସମାରୁ - ତୁଇ କେକ୍ତା କଥା କହୁଛୁ ରେ ଦେଖୁଛୁ ତ ନିଜେ
 କୁରିଆ ଘରେ ରହିକିନା ଆମକୁ ଛାଡ଼ ଘରେ ରଖୁଛନ ।
 ଫେରବି ତୁଇ ଏକ୍ତା କେକ୍ତା ଭାବି ପାରୁଛୁ କହତ ।
 ସୁମତୀ - ହେତିର ଲାଗିତ ମୁଇ କହୁଛେଁ ରାଏଜ୍ ଯାଇକରି
 ପଇସା ଦୁରା କମାଲେ ଆମେବି ଘର ଗୁଟେ ନେଇ ବାନତା
 କାଏଁ ।

ସମାରୁ - ହଁ ହଁ ତୁଇ ଜା ମୁଇ ଖଞ୍ଜା ବିଞ୍ଜା ଆନି ଦେମିନ ।
 ଯେତେ ବେଳେ ଦେଖଲେ ଖାଲି ରାଏଜ୍ ଜ କହେଲା ।

ବୃତାୟ ଦୃଶ୍ୟ

ଫଗନ୍ ଆର ସମାରୁ - ଗହଁତିଆ ଆଜ୍ଞା ଗହଁତିଆ ଆଜ୍ଞା ଘରେ
 ଅଛ କାଏଁ

ଗହଁତିଆ- କିଏ ହୋ .. ରହ ରହ ଆସୁଛେଁ । ଏ ହେ ସମାରୁ
 ଫଗନ୍ ତୁମେ କାଏଁ ବୋ ।

ଫଗନ୍ ଆର ସମାରୁ- ଆଜ୍ଞା ଜୁହାର
 ଗହଁତିଆ - ଜୁହାର ଜୁହାର.. କେତେ କବାରେ ବାହାରିଲ
 ଦୁହେଁ

ମାଳତୀ - ଗହଁତିଆ ବା ମୁଡ଼ିଆ ମାରୁଛେ ଗୋ
 ଗହଁତିଆ - ଭଲେ ଥ.... ଆସ ଆସ ଭିତରେ ବାସ...କେତେ
 କବାରେ ବାହାରିଲ ସଭେ ...

ଫଗନ୍ - ଆର ପରାସ କେଁ ଗହଁତିଆ ତୁମର ନିଜେ ତ
 ଆସିଛୁ । ତମେତ ଆମର ଅର୍ଷି ଦାତା ସୁଖ ଦୁଃଖ ବୁଝବାର
 ଲୋକ । ପୁଷ୍ପୁନୀ ଆସୁଛେ ଆଜ୍ଞା ହେଥିର ଲାଗି ଆସନ୍ତୁ ।

ଗହଁତିଆ - ହଁ ହଁ ବୁଝି ଯେ ... ଆରେ ଏ ନିନୀର ମାଁ ଶୁନ୍ତୁ
 କାଏଁ ଦେଖତ କେନ୍ କେନ୍ ଆସିଛନ ଯେ ।

ଗହଁତିନ - ଆରେ ବୁଆ ମାଳତୀ ସମାରୁ ଫଗନ୍ ସଭେ ଆସିଛ
 କାଏଁ

ସଭେ - ଗହଁତିନ ଜୁହାର
 ଗହଁତିନ - ସଭେ ଭଲେ ଥ ... ସମାରୁ ଏକ୍ତା ଆସଲ ଯେ
 ସୁମତୀ କେ ସଂଗେ ନେଇ ଆନିଥିତ କାଏଁ

ସମାରୁ - ମୁଇତ ସଂଗେ ଜଉଁ କହେନି ଗହଁତିନ ହେଲେ ସେ
 ଆସ୍ତେ ତ । ନିଜର ନୁ ଟିକେ ବଡ଼ ଘରୁ କନିଆ ଆନ୍ତେ ଏକ୍ତା
 ହେସି ନ ଗହଁତିନ । ସେ ଆରୁ ମର ସବୁ କଥା ମାନୁଛେ
 କାଏଁ ।

ଗହଁତିଆ - ଛାଡ଼ରେ ବାବୁ ଆଜି କାଲି ଆରୁ କେନ୍ ବହ
 ବୁଆସେନ୍ ବଡ଼ ବଡ଼ଖା କେ ଆଘୋର ହେକ୍ତା ସମ୍ମାନ ଦଉଛନ
 ଯେ । ଏ ନିନୀର ମାଁ ଦେଖ ଲ ମାନକୁ ଭଲ ସେ ଅତିଆ ଦେଇ
 କରି ବଟ । ଲ ମାନକର ଲାଗି ହିଁ ଆଜି ଆମେ ଗାଆଁର
 ଗହଁତିଆ ଆନ । ଲମାନେ ପରିଶ୍ରମ କରୁଛନ୍ ବଳି ଆମେ ତାଷ
 କରି ପାରୁଛା ।

ଗହଁତିନ - ଠିକ୍ କହୁଛ ଗୋ... ମୁଁ ଆଣି ଦଉଛେ ।
 (ଯାହା ଦେବାର ଅଛେ ଦେଲା ପରେ.....)

ଗହଁତିଆ - ବାବୁ ଫଗନ୍ ସମାରୁ ବାଲବା ତ କମ ନୁହେଁ
 ହେଇ ତ ।

ଫଗନ୍ - କେକ୍ତା କଥା କହେସ ଗହଁତିଆ । ତମେ ଦେଲା
 ଅତିଆ କେତେ କମ୍ ହେସି କାଏଁ । ଖାଲି ଆର ଗୁଟେ
 ଜିନିଷଟେ ହେଇଥିଲେ ଭଲ ହେଇଥିତା ଗହଁତିଆ ।

ଗହଁତିଆ - ହଁ ହଁ ବୁଝିଲି ... ଏ ନିନୀର ମାଁ ଆରୁ ୫୦୦/- ଟଙ୍କା
 ଗୁଟେ ଦିଅ । ବେସି ନେଇଁ ପିଁ ଦେବ ରେ । ଛୁଆ ମାନକର ଲାଗି
 ବି କିଛି ନେବ ।

ଫଗନ୍ - ହୟେ ନେମି ଯେ ଗହଁତିଆ ସେ ନେଇ ପିସନ୍ କେଁ
 ଅଣ୍ଟା ଫେପସି ।

ଗହଁତିଆ - ବେତା ହେଟା ପେସ୍ଟି କହେସନ୍ ... ହଉ ଜ ଜ ଭଲ
 ସେ ପୁଷ୍ପୁନୀ ମନାବ ।

ସଭେ - ଯାଉଛୁ ... ଜୁହାର ଗହଁତିଆ ଆଜ୍ଞା ଜୁହାର ଗହଁତିନ
 ପୁଷ୍ପୁନୀ ଦିନ

ରଘୁ- ମାଁ ତୁଇ ବେଗ୍ ମୁନା ଗୁଟେ ଦେ ମୁଇ ମୋର ଭାଇ
 ବୁହେନ୍ ସଂଗେ ବସ୍ତିକେ ଛେର ଛେରା ମାଗି ଜାଏସି ।

(ସମାରୁ ଆରୁ ଫଗନ୍ ପି କରି ଆସୁଛନ)
 ରଘୁ - ଆଗୋ ମାଁ , ଆଗୋ କାଳି ଦେଖୁ ଆସ ମର ବୁଆ ଆରୁ
 କକା କେକ୍ତା ହଉଛନ୍ ଯେ ।

ମାଳତୀ ଆର ସୁମତୀ - ହେଦେରେ ଲ ବର ରୁଗିୟେ ଫେର୍ ପି
 କରି ଆସ୍ତେନ ।

ଫଗନ୍ ଆର ସମାରୁ - ମାଳତୀ ସୁମତୀ ନିଅ ଶିକାର ରାନ୍ଧ
 ସଭେ ମିଶି କରି ଗୁଟେ ଠାନେ ପିଠା ମତା ଶିକାର କରି
 ପୁଷ୍ପୁନୀ ମନାମା ବରଷ୍ ଗୁଟାକର ପରେ ଆମର ଲ ଡିହାର
 ଆସିଛେ ।

ଆମେ ଦୁଇ ଭାଇ ଆଜି ନାରମୁ...ଏ ବାବୁ ରଘୁ ମୁବେଲେ ଗାତ
 ବଜାତ ।

ସମାପ୍ତ

ଚାଲରେ ପିଲେ ଗଛ ଲଗାମା

D.D. Suna

ଚାଲରେ ପିଲେ ଗଛ ଲଗାମା ପରିବେଶ ଆମେ ବଚାମା ।
ଗଛ ନାହିଁ ତ ବରଷା ନାହିଁ ବର୍ଷା ନାହିଁ ତ ଚାଷ ବି ନାହିଁ ।
ଚାଷ ନାହିଁ ହେଲେ କାଣା ଖାଏମା ଚାଲରେ ପିଲେ ଗଛ ଲଗାମା ।

ଗଛ ଆମର ଜୀବନ ଦାତା ଗଛ ବିନେ ସତେ ଶୁଖୁଲା ଲଗା ।
ଗଛକେ ଆସ ପୂଜା କରମା ଚାଲରେ ପିଲେ ଗଛ ଲଗାମା !

ଗଛକେ ଗଢ଼ଲା କେନ ଜର୍ମରା ଫଲ, ଫୁଲ ସାଜେ ଦେସି ଛପରା ।
ଗଛ ଲେଖେ କେହିତ ନାହିଁ ବୁଝେଇ ଦେମା ହୋ ଗାଁ ଗାଁ ଯାଇ ।
ଆଏଜଠାନୁ ଆମେ ଶପଥ ନେମା ଚାଲରେ ପିଲେ ଗଛ ଲଗାମା ।



Plantation Day Celebration

The Story of a Tree

Once upon a time, in the quiet corner of a bustling village, a tiny seed lay hidden beneath the soil. No one noticed it. No one knew it was there. But the seed dreamed – a big dream – to touch the sky one day.

With the first drop of rain, the seed woke up. It pushed through the dark soil, feeling the warmth of the sun for the very first time. Slowly, gently, it became a small plant. Children passing by would often step near it, but the little plant held on tightly to the earth and whispered to herself, "One day, I will grow strong."

Seasons changed. Winds tried to bend it. Summer heat tried to dry it. Rains washed the soil around its roots. But the little plant never gave up. It stood through every storm with courage.

Years passed, and the little plant finally became a beautiful tree. Its branches stretched wide, offering shade to tired

travelers. Birds built their nests, singing songs every morning. Children played around its trunk, laughing and circling it with tiny hands. The tree felt proud – not because it was tall, but because it could give something to everyone.

One day, a traveler rested under its shade and said, "You stand here silently, yet you help so many. How did you become so strong?"

The tree smiled with its rustling leaves and replied, "By growing a little every day, by holding on through storms, and by giving more than I took."

And so, the tree became a symbol of patience, kindness, and resilience.

It taught everyone a simple truth –

That greatness doesn't come from size, but from the goodness you share with the world.

ମୁଁ ନାରୀ

ନିଲେଶ କୁମାର ଭୋଇ

ମୁଁ ଝିଅ ଟିଏ -ମାଟିର ଗନ୍ଧରେ ଜନ୍ମ,
ହସି ହସି ଆଜି 'ଆକାଶରେ ସପନ ।
ସେ' କହିଲେ - “ସଂସାର ହେଉଛି କଠିନ,”
ମୁଁ ହସିଲି - “ମୋ ହୃଦ ଲୁହାରେ ଲିଖନ ।”

ମୁଁ ବୋହୂ, କିନ୍ତୁ ଯଦୁ ନୁହେଁ,
ମୋ ହାତେ ସ୍ନେହ ଓ ସେବା ରହେ ।
ମନ ମୋର ମଣିଷ ହେଉଛି ଭିତ,
ଯେଉଁଠି ଚିତ୍କା ଜଳେ ଭାବନା ଜିତ ।

ସ୍ୱପ୍ନ ଫୁଟେ ମୋ ମନ ଗଛରେ,
ଶ୍ରମ ଓ ପ୍ରେମ ଫଳେ ହସି ମୁହଁରେ ।
ମୁଁ ଜନନୀ - ଜୀବନ ଦେଉଛି,
ନିଜ ଦେହ ସାମା ମୁଁ ରକ୍ଷି ରଖୁଛି ।

କେହି ନିର୍ଦ୍ଦୋଷ ନୁହେଁ ମୋ ଆତ୍ମା,
ମୋ ଆଶା ହେଉଛି ମୋ ଅଧିକାର ରାତ୍ରିଦିନ,
ମୁଁ ଭଗିନୀ -ହସରେ ଶକ୍ତି,
ପ୍ରତ୍ୟେକ ଶବ୍ଦରେ ଆଶା ଓ ମୁକ୍ତି ।

ମୁଁ ନାରୀ -ଶବ୍ଦରେ ଅଗ୍ନି,
ଚକ୍ଷୁରେ ସ୍ୱପ୍ନ, ହୃଦେ ବିପ୍ଳବ ଗାନ ।
ମୁଁ ନୁହେଁ କେବଳ ସଂସାର ଶୃଙ୍ଖାର,
ମୁଁ ହୁଏ ତାହାର ନବ ଅର୍ଥ ଭାର ।

ମୁଁ ଜୀବନ, - ନିରବତାରେ ଶବ୍ଦର ଜଗତ ।
ମୁଁ ଶବ୍ଦର ଅଗ୍ନି, ନିରବତା ବିଦ୍ରୋହ,
ନଦୀ ସରିସା ମୋ ଗତି ଅନୁରୋହ ।

ମୁଁ ” ଅନ୍ଧାରେ ଆଲୋକ ଦିଏ,
ଫୁଲ ସରିକି ଅସ୍ତ୍ରତ୍ୱ ହସି ଥିଏ ।
ସୁନ୍ଦରତା ମୋ ଅସ୍ତ୍ର ନୁହେଁ,
ମୋ ଅସ୍ତ୍ରତ୍ୱ ହିଁ ମୋ ଶକ୍ତି ସ୍ୱପ୍ନ ।



ମୁଁ ବଜ୍ର - ଶବ୍ଦ ମୋ ସ୍ପଷ୍ଟ,
ମୋ ମନ ହେଉଛି ଦୃଢ଼ ଅବିଚଳ ।
ମୁଁ ଯଦୁ ନୁହେଁ, ନିର୍ମାତ୍ରୀ ଜୀବନ,
ମୋ ଉପରେ ଠିଆ ଏ ସଂସାରର ଧାନ ।
ମୁଁ ଶାନ୍ତି, ମୁଁ ହେଉଛି ଝଡ଼,
ପ୍ରକୃତି ମୋର ନିତ୍ୟ ସଂଗୀତ ନଡ଼ ।
ମୁଁ ସୃଷ୍ଟି, ମୁଁ ପ୍ରଳୟ, ମୁଁ ଭୟ,
ମୁଁ ହିଁ ଆନନ୍ଦ, ମୋ ମନେ ଅଭୟ ।

ମୋ' ନାମେ ଆରମ୍ଭ, ମୋ ନାମେ ଶେଷ,
ମୁଁ ଜୀବନର ଅନନ୍ତ ଉପନୟାସ ଭେଷ ।
ଯେଉଁଠି ମୁଁ ଦେଖେ, ସେଠି ଜନ୍ମେ ଯୁଗ,
ମୋ ଶବ୍ଦ ଅଗ୍ନି, ନିରବତା ତୋଫାନର ଝଡ଼ ।

ମୁଁ ନାରୀ - ଜୀବନର ସାର,
ପ୍ରକୃତିର ସ୍ୱର,
ଶକ୍ତିର ଅଧିଷ୍ଠାନ ।
ମୁଁ ପ୍ରେମ ଭାବ ବାଣ୍ଟେ ନିରକ୍ତର.. ।

ହେଲେ ଆଜିର ମଣିଷ ସମାଜ
ଦେଖେ ମୋତେ
ରକ୍ତ, ମାଂସ ରେ ଗଢ଼ା
ଏକ ଉପଭୋଗ ବସ୍ତୁ .. ।

स्तन कैंसर: इसे जानें। समय पर पहचानें। बेहतर उपचार पाएं

ड० जगदीश हंस

दिल्ली ओड़िया नारी कल्याण समिति की सभी बहनों 'स्तन कैंसर' एक ऐसी बीमारी है जिसे हम जागरूकता और शुरुआती पहचान के माध्यम से अधिक सफलतापूर्वक रोक और इलाज कर सकते हैं। भारत में किए गए शोध (जिसमें BRCA1 जैसी जीन में बदलाव की जांच शामिल है) बताते हैं कि कुछ महिलाओं में ऐसे आनुवंशिक परिवर्तन पाए जाते हैं जो जोखिम बढ़ाते हैं। शुरुआती पहचान जीवन बचाती है। (Hansa et al. 2012)

आपको क्या जानना चाहिए और क्या करना चाहिए:

- सामान्य चेतावनी संकेत पहचानें: स्तन या बगल में कोई नया गांठनुमा हिस्सा, स्तन के आकार या बनावट में बदलाव, त्वचा का सिकुड़ना/गड्ढा पड़ना, निप्पल से असामान्य स्राव, या लगातार दर्द। इनमें से कुछ भी दिखे तो जल्द चिकित्सक से मिलें। (Hansa et al. 2013)
- स्क्रीनिंग महत्वपूर्ण है: 40 वर्ष और उससे अधिक उम्र की महिलाओं के लिए नियमित क्लिनिकल ब्रेस्ट एग्जाम और डॉक्टर द्वारा सुझाई गई मैमोग्राफी शुरुआती पहचान में मदद करती है। युवा महिलाओं के लिए क्लिनिकल जांच और अपने स्तनों के सामान्य स्वरूप की जागरूकता महत्वपूर्ण है। (Hansa et al. 2015)
- परिवारिक इतिहास और अनुवांशिकी: यदि परिवार में (खासकर माता, बहन, मौसी/फूफी) स्तन या डिम्बग्रंथि (ओवरी) का कैंसर हुआ है, तो डॉक्टर को बताएं। टल्।1 जैसी जीन की जांचधरामर्श की सलाह दी जा सकती है। भारत के अध्ययनों से पता चला है कि उच्च-जोखिम वाले परिवारों में लक्षित जीन परीक्षण उपयोगी होता है।
- स्व-देखभाल व रोकथाम: स्वस्थ वजन बनाए रखें, नियमित शारीरिक गतिविधि करें, तंबाकू और अत्यधिक शराब से बचें, स्तनपान को प्रोत्साहित करें, और समय-समय पर स्वास्थ्य जांच करवाएं।

स्तन स्व-परीक्षण (Breast Self Examination – BSE): सरल और जरूरी कदम

स्व-परीक्षण स्क्रीनिंग का विकल्प नहीं है, पर यह आपको किसी बदलाव को जल्दी पहचानने में मदद करता है।

इसे हर महीने एक बार करें। माहवारी के 7-10 दिन बाद (रजोनिवृत्ति के बाद कोई एक तय दिन चुन लें)।

BSE के चरण:

1. देखने का चरण (दर्पण के सामने):

- सीधे खड़े हों, बांहें ढीली रखें, फिर उठाएँ, फिर कमर पर रखें।
- किसी भी बदलाव को देखें। आकार/आकृति में परिवर्तन, त्वचा पर खिंचाव या गड्ढा, लालिमा, निप्पल का अंदर की ओर मुड़ना आदि।

2. स्पर्श करके जाँच (खड़े होकर या नहाते समय):

- एक हाथ उठाएँ।
- दूसरी हाथ की तीन उंगलियों के सिरों से हल्के गोलाकार दबाव में जाँचें।
- पूरा स्तन एक पैटर्न में जाँचें:
- गोलाकार (बाहरी हिस्से से केंद्र की ओर), या
- ऊपर-नीचे (वर्टिकल लाइन में), या
- वेज/त्रिकोणीय (बाहरी भाग से निप्पल की ओर)।
- बगल (अंडरआर्म) क्षेत्र को भी अच्छी तरह महसूस करें।



3. लेटकर जाँच:

- जिस ओर का स्तन जाँच रही हों उस कंधे के नीचे छोटा तकिया रखें।
- उसी पैटर्न गोलाकारधरूप-नीचे/वेज को हल्के, मध्यम और गहरे दबाव के साथ दोहराएँ।

4. दर्द या स्राव पर ध्यान दें:

- निप्पल को हल्के से दबाएँ। यदि दूध के अलावा कोई स्राव, खून या दर्द हो तो डॉक्टर से सलाह लें। यदि कोई गांठ या बदलाव मिले, घबराएँ नहीं। कई गांठें कैंसर नहीं होतीं पर तुरंत डॉक्टर को दिखाना बेहद महत्वपूर्ण है। जल्दी पता लगना ही जीवन बचाता है।
- यदि निदान होता है: आधुनिक उपचार (सर्जरी, रेडिएशन, दवाएँ, टार्गेटेड थेरेपी, इम्यूनोथेरेपी) आज पहले की तुलना में अधिक प्रभावी हैं। शुरुआती अवस्था में पहचान होने पर इलाज की सफलता बहुत बढ़ जाती है। हाल के समीक्षात्मक लेख बताते हैं कि I जैसे नए शोध उपकरण बेहतर निदान और व्यक्तिगत उपचार में सहायता कर रहे हैं। (Hansa et al. 2024)
- एक समूह के रूप में कदम उठाएँ: समय-समय पर जागरूकता सत्र आयोजित करें, विशेषज्ञ डॉक्टरों को आमंत्रित करें, स्क्रीनिंग कैम्प लगवाएँ या नजदीकी जाँच केन्द्रों से महिलाओं को जोड़ें, और उपचार/जाँच में सहायता के लिए एक सपोर्ट नेटवर्क बनाएँ।

बैठक में पढ़ने के लिए छोटा संदेश:

"स्तन कैंसर का इलाज तब सबसे सफल होता है जब इसे समय पर पहचान लिया जाए। यदि आपको स्तन में कोई गांठ या असामान्य बदलाव महसूस हो, तो इसे नजरअंदाज न करें। तुरंत डॉक्टर को दिखाएँ। अपनी सहेलियों और पड़ोसियों को भी बताएं। समय पर पहचान जीवन बचाती है।" (Hansa et al. 2024)

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International Women's Day Celebration 2024 & 2025: Empowering Voices, Inspiring Change- The Delhi Odia Nari Kalyan Samiti's Tribute to Womanhood

Venue: Pandara Park, New Delhi

Participants: Samiti members, families, invited speakers, and community guests



Every year, the eighth of March paints Delhi in shades of strength, compassion, and creativity and nowhere is that spirit more radiant than at the **Delhi Odia Nari Kalyan Samiti's International Women's Day celebrations**. The observances of **2024 and 2025** reflected not only joy and solidarity but also a deep sense of purpose advancing gender equality, celebrating Odia womanhood, and nurturing the values of dignity and service that define the Samiti's essence.

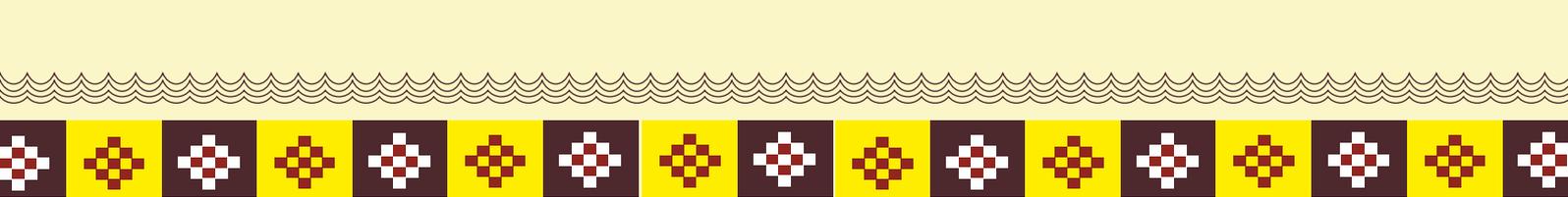
Women's Day 2024: "Celebrating Her Strength"

Held on **8 March 2024** at **Pandara Park**, the event opened under the resonant theme "*Celebrating Her Strength.*" The morning breeze carried an air of pride as

members, gathered beneath festooned canopies adorned with *alpana* motifs and marigold garlands.

The programme began with a soulful rendition of *Bande Utkala Janani*, followed by a welcome address from the Samiti's president, who reminded everyone that empowerment is not a slogan but a way of living. She emphasized how Odia women, from ancient poets like *Kuntala Kumari Sabhatra* to modern achievers in science, politics, and art, have carried forward a tradition of intellect and resilience.

The highlight of 2024's celebration was a panel discussion titled "Women at the Centre of Change." Speakers from



diverse fields education, civil service, entrepreneurship, and healthcare — shared stories of perseverance and purpose. They spoke candidly about work-life balance, leadership, and the evolving roles of women in shaping India's growth story.

“Empowerment begins when a woman's voice is heard at home,” one speaker observed, drawing appreciative applause from the audience.

Children of members performed short skits depicting *Rani Lakshmibai* and *Kandhei Jhia of Odisha*, followed by a vibrant **Sambalpuri folk dance** dedicated to womanhood and harvest. The graceful choreography symbolized fertility, creativity, and nurturing energy.

The afternoon concluded with a community lunch of *dalma*, *pitha*, and *chhena poda*, cooked collectively by members reinforcing the Samiti's belief that sharing food is sharing love.

Women's Day 2025: “Inspire Inclusion, Empower Generations”

If 2024 celebrated strength, **2025 celebrated inclusion**. The theme “*Inspire Inclusion, Empower Generations*” resonated through every aspect of the event. The stage backdrop featured a Pattachitra mural of Goddess Durga, symbolizing both power and protection, surrounded by motifs of *Sambalpuri ikat*.

The day commenced with a unity march around Pandara Park, where participants carried placards reading “*Equal Rights, Equal Respect*”, “*Empowered Women Empowered Nation*”, and “*Nari Shakti*

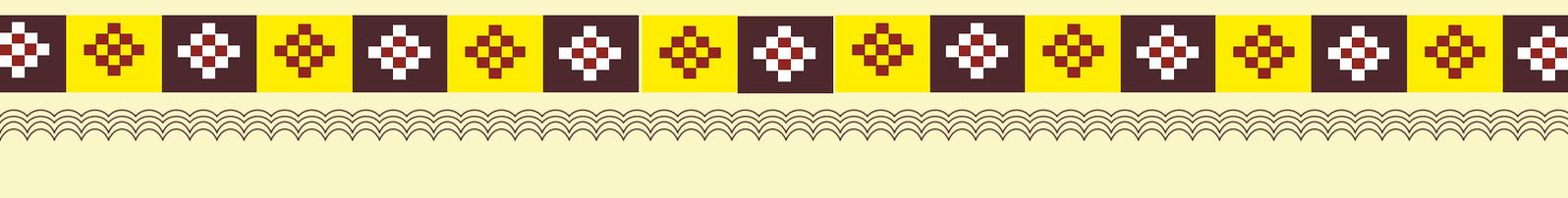
Hi Desh Ki Shakti.” Families, friends, and supporters joined the parade, reflecting the message that women's empowerment thrives through collective participation.

A special address by invited dignitaries added distinction to the occasion. Eminent women professionals from Delhi's cultural and administrative circles spoke about mentorship, entrepreneurship, and self-care. They applauded the Samiti for nurturing cultural identity while promoting gender equality a rare blend of tradition and transformation.

The celebration continued with a creative exhibition showcasing paintings, handicrafts, and literature authored by the Samiti's members. One corner displayed *Sambalpuri loom weaves* and another featured *hand-painted diyas* symbolizing women as the light-bearers of society. The exhibit drew admiration from visitors and inspired many to explore their own artistic pursuits.

A moving segment followed “**Voices of Courage**”, where survivors of domestic violence and economic hardship shared their journeys of rebuilding life through education and self-reliance. Their stories, narrated with poise and hope, left few eyes dry and reminded everyone that empowerment begins with empathy.

Musical interludes by local Odia artists added festive rhythm, performing songs like “*Kandhei Jhia Tume Sundara*” and “*Suna Suna Rati Re*.” The air filled with laughter, rhythm, and applause a celebration of feminine energy in all its hues.



Family Participation and Men as Allies

In both years, the celebration underscored that gender equality is a family responsibility. Husbands and sons volunteered as stage managers, photographers, and ushers, symbolizing partnership rather than hierarchy. Their participation reaffirmed that the success of womanhood lies in collective understanding and mutual respect.

Children presented self-composed poems about their mothers, while elders shared memories of Odia festivals that honour the feminine divine, such as *Raja Parba* and *Khudurukuni Osha*. These generational exchanges transformed the gathering into a dialogue between the past and the future.

Cultural and Social Outreach

Both years also witnessed **community outreach programmes** under the banner of “*Swaabhimaan se Seva*.” Members visited nearby shelter homes to distribute essential kits to underprivileged women and children. The act of service added moral depth to the celebrations demonstrating that empowerment must extend beyond stage and speech into action.

Environmental consciousness was another recurring theme. Eco-friendly décor made from paper, jute, and dried flowers replaced plastic. Attendees took a pledge to reduce waste, conserve energy, and support women artisans by choosing sustainable products.

Recognition and Reflections

The closing sessions each year were

emotional and inspiring. Certificates and mementos were presented to volunteers who worked tirelessly behind the scenes. Several participants expressed that these gatherings rejuvenate their confidence and sense of belonging in the bustling life of Delhi.

One young Twinkle Nag volunteer remarked:

“This Samiti gives us space to grow. We learn, we lead, and we love. That's empowerment in its purest form.”

Legacy of the Celebrations

The **International Women's Day celebrations of 2024 and 2025** by the Delhi Odia Nari Kalyan Samiti transcended the boundaries of an annual observance. They became platforms for dialogue, mentorship, and solidarity nurturing a network of inspired women ready to lead in families, workplaces, and society.

These events reaffirmed that empowerment is not a destination but a continuum woven through acts of kindness, courage, and collaboration. With every applause, every speech, and every shared smile, the Samiti strengthened the thread that binds Odia women in Delhi: **pride in heritage, power in unity, and purpose in progress.**

As the curtains fell on each celebration, the resonating chants of “*Jai Jagannath*” mingled with the city's evening breeze a divine reminder that when women rise together, they elevate the world around them.

International Yoga Day Celebration 2024 & 2025: Unity, Wellness, and Womanhood in Motion

Venue: Pandara Park & India Gate Lawns, New Delhi

Participants: Samiti members, families, yoga enthusiasts, and volunteers

The soft rays of dawn over India Gate carried the fragrance of jasmine and the serenity of deep breathing. Mats unrolled, smiles blossomed, and hearts aligned with rhythm. The **Delhi Odia Nari Kalyan Samiti's International Yoga Day celebrations for 2024 and 2025** radiated harmony, bringing together culture, wellness, and womanhood on one mat of unity.

Yoga: Bridging Culture and Consciousness

For the Samiti, yoga has never been merely a physical discipline it is a bridge between body, mind, and community. Each year, the observance of **International Yoga Day (June 21)** becomes an opportunity to promote holistic health while reflecting on India's timeless spiritual heritage.

In 2024, the event theme “**Yoga for Harmony**

and Humanity” set the tone. The 2025 edition, held at dawn under the theme “**Women's Well-Being through Yoga**”, extended the message to family health, emotional balance, and inner strength. Both mornings became living testaments to the Odia philosophy of “*Sarira Santulana, Mana Santulana, Samsara Santulana*” balance in the body, the mind, and the world.

Yoga Day 2024: Embracing the Spirit of Swasthya and Sanskriti

On **21 June 2024**, nearly **200 participants** gathered at the lush **Pandara Park**, transforming its open lawns into a tranquil sea of yoga mats in hues of white and saffron. The session began with a collective chant of “**Om Shanti**”, followed by a short inaugural address from the event coordinator, who reminded





everyone that health is the foundation of service and culture.

Professional instructors from the community guided participants through the **Common Yoga Protocol** issued by the Ministry of AYUSH starting with *Tadasana*, *Vrikshasana*, *Trikonasana*, and moving into gentle pranayamas such as *Anulom Vilom* and *Bhramari*. The air vibrated with synchronized breathing, each inhalation drawing calm and each exhalation releasing clutter.

Children, elders, and working women practiced side by side, demonstrating how yoga transcends age and occupation. Several first-time participants expressed amazement at the clarity and composure that even 30 minutes of guided asana practice could bring.

After the session, a brief **talk on lifestyle disorders** highlighted yoga's role in combating stress, hypertension, and diabetes common challenges among urban families. The discussion encouraged participants to adopt “five minutes of stillness a day” as a lifelong resolution.

The 2024 program concluded with a refreshing serving of *lemongrass tea* and *mitha pitha*,

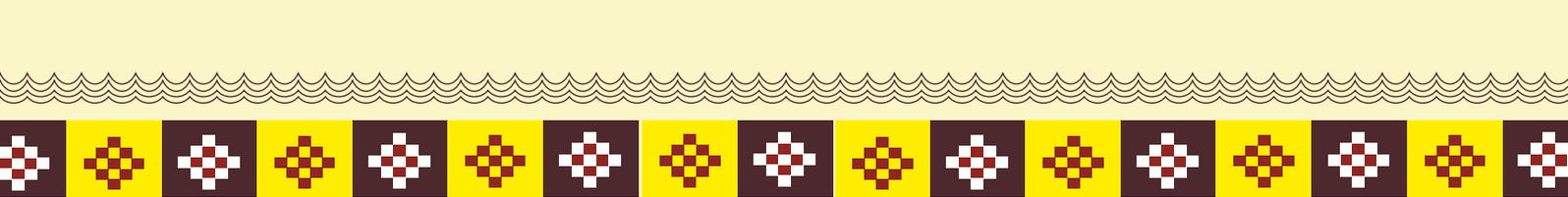
symbolizing wellness with a touch of Odisha. Smiles and gratitude rippled through the crowd as members vowed to make yoga part of their *dinacharya* (daily routine).

Yoga Day 2025: Women Leading Wellness

Building on the previous year's enthusiasm, the **2025 celebration** near **India Gate lawns** expanded in scope and spirit. The Samiti collaborated with local yoga schools and the **Fit Bharat Campaign**, inviting instructors who specialized in **yoga for women's health**, prenatal care, and stress management.

The morning began with a soulful invocation to *Lord Jagannath* rendered in *raga malkosh*, creating an ambience of devotion before movement. The first sequence, a graceful **Suryanamaskar demonstration by 21 women**, symbolized perseverance and empowerment—the rising sun mirrored the inner light of discipline.

Sessions on *Chakrasana* and *Shashankasana* were interspersed with mindfulness meditations and laughter-yoga bursts that filled the lawns with joy. The event also featured a **children's yoga corner**, where little ones learned postures



like *Marjari Asana* and *Vrischikasana* through storytelling. Each child received a small *Sambalpuri gamuchha* as a token of appreciation, blending culture with celebration.

A highlight of 2025 was the “**Yoga and Nutrition**” panel, in which Ayurvedic practitioners discussed seasonal diets, detox recipes, and Odia traditional foods such as *saaga bhaja* and *pakhala* as natural cooling aids. The dialogue reinforced how yoga's holistic philosophy integrates food, sleep, and thought.

As the sun climbed higher, the rhythmic *Aumkar* recitations resonated around India Gate. Tourists paused, took photographs, and some even joined spontaneously turning the session into a symbol of cultural diplomacy through wellness.

Families in Flow

Both years saw an extraordinary turnout of **entire families** mothers practicing alongside daughters, husbands assisting wives in balance postures, and grandparents meditating with grandchildren. This family participation transformed Yoga Day into a living festival of relationships and reciprocity.

Elders shared anecdotes of ancient Odia yoga traditions once practiced in temple courtyards, while younger members captured moments for social-media campaigns tagged **#YogaWithSamiti** and **#HealthyOdiaHomes**. The inter-generational exchange gave Yoga Day the warmth of a family reunion infused with serenity.

Health Camps and Outreach

Post-session, the Samiti organized **free health check-ups** in collaboration with local clinics blood-pressure, sugar, and BMI screenings reinforcing that awareness must lead to action. Brochures on preventive health, posture care, and breathing exercises were distributed.

In 2025, a “**Yoga beyond the mat**” initiative encouraged participants to volunteer weekly at

community centres to teach simple asanas to elderly citizens and domestic workers. Several members pledged to conduct follow-up classes, ensuring that the spirit of Yoga Day extended throughout the year.

Reflections and Recognition

Each year concluded with words of gratitude and reflection. Senior members expressed that the event was not just about fitness but about **inner cleansing and social connection**. Participants shared personal experiences some noting better sleep, others reduced anxiety since adopting daily yoga.

One participant Pratibha Hansa beautifully summarized,

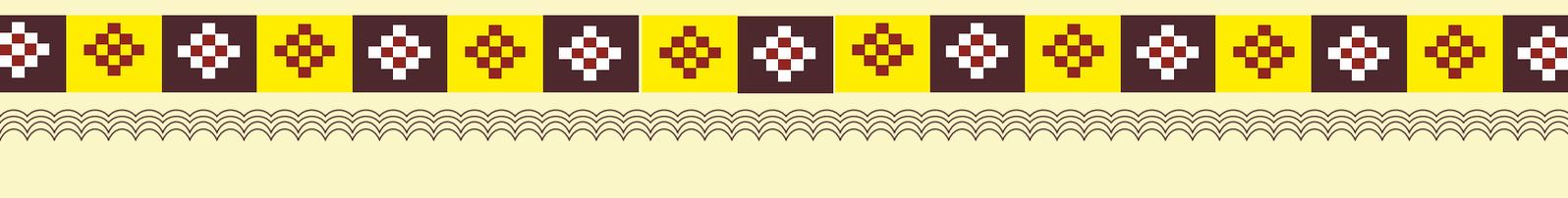
“When I stretch my body, I also stretch my compassion. Yoga teaches me patience with myself and with the world.”

The Municipal Health Department commended the Samiti for promoting community wellness and cultural harmony, encouraging similar citizen-led initiatives across Delhi.

Legacy of Wellness

The **Yoga Day celebrations of 2024 and 2025** left a lasting imprint on Delhi's cultural landscape. They showcased how a women-led community organization can champion both national identity and holistic living. Beyond postures and pranayamas, they cultivated mindfulness, discipline, and unity values as relevant to the nation as to the self.

As the Samiti prepares for future editions, one truth endures: *Yoga is the art of living gracefully*, and every graceful act by a united community becomes a beacon of strength. Through every stretch, breath, and smile, the Delhi Odia Nari Kalyan Samiti continues to embody the ideal of a **Healthy Mind in a Healthy Nation**.



माँ और बहेनो

क्षिर मोहन अदाबट

एक छोटा सा कबिता भी मेरे तरफ से मेरे प्यारे माँ और बहेनो के लिए नारी कोमल है, कमजोर नहीं, उसकी हिम्मत के आगे पहाड़ भी झुके। हर मुश्किल से लड़ने वाली, हर संघर्ष से टकराती है। तू धीर है, गंभीर है, तू डटकर लड़ने वाली है। तूने झुकना तो सीखा ही नहीं, तू सात सुरों की सरगम है। तुझसे ही तो ये अंबर और गगन है। अंधेरों में भी, तू प्रकाश का एक किरण है। वीर पुरुष की वीर नारी, तुम धीरज कभी भी खोना ना। अपने हौसलों से दुनिया को, है और कुछ करके दिखाना। नारी का सम्मान करो, मत तुच्छ उसको समझना। नारी का सम्मान करो, जीवन उसका सफल बनाना। यह कविता नारी की शक्ति, साहस और धैर्य को दर्शाती है, जो उसे वीर और शक्तिशाली बनाती है।



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Plantation, School Bag & Sweater Distribution Activities 2024 & 2025: Nurturing Nature and Young Dreams

Venue: Government Primary School, Near Pandara Park, and Neighbourhood Areas of New Delhi

Participants: Samiti Members, Families, Schoolchildren, and Community Volunteers

In the gentle rhythm of giving, the **Delhi Odia Nari Kalyan Samiti** continues to weave compassion into action. The **Plantation, School Bag, and Sweater Distribution Drives of 2024 and 2025** were shining examples of how culture and conscience walk hand in hand when women lead with purpose. These twin-year initiatives reflected the Samiti's belief that true service is not just charity it is the extension of motherhood toward the environment and the next generation.

Rooted in Green Vision

Every tree planted is a promise to the future, and every child supported is a seed of hope. Guided by this philosophy, the Samiti launched the annual plantation and educational support campaign to coincide with the monsoon season and the reopening of local schools.

The **2024 campaign** began with a symbolic plantation ceremony near **Pandara Park**, where senior members planted **neem, amaltas, and peepal saplings** along the roadside. The air was filled with prayers to Lord Jagannath, seeking blessings for the well-being of all living beings. In 2025, the initiative expanded to include nearby **Government Primary Schools**, with the



theme “*Harit Hridaya, Shikshit Bhavishya*” Green Hearts, Educated Futures.

Through these efforts, the Samiti reaffirmed that Odia culture's reverence for nature is inseparable from its devotion to humanity.

Plantation Drive 2024: Greening the Capital

On a cloudy July morning in 2024, more than **70 volunteers**, including children and families of the Samiti, gathered with saplings, spades, and eco-enthusiasm. The plantation area around Pandara Park and India Gate Lawns came alive with



energy as participants dug small pits, planted young trees, and tied name tags bearing inspiring messages like “*I will grow with your care*” and “*Let every leaf breathe peace.*”

Environmental experts briefed participants about the ecological benefits of native trees how they reduce pollution, absorb carbon dioxide, and provide habitat for birds. Children listened keenly, realizing that each sapling they planted was a gift to their own future.

After the activity, members sang *Bande Utkala Janani* and took a **Green Pledge** to water and protect the saplings regularly. The event concluded with herbal tea and light Odia snacks a perfect blend of tradition and sustainability.

Plantation Drive 2025: From Saplings to Sanctuaries

Encouraged by the thriving greenery of 2024's effort, the 2025 plantation campaign scaled new heights. Collaborating with **NDMC officials**, the

Samiti adopted a small patch near a local school as a “mini green zone.” This year, species such as jamun, gulmohar, and kadamba were added to diversify the urban canopy.

Children from the school participated enthusiastically, painting small boards with messages like “*Save Trees, Save Tomorrow*” and “*Prakriti is Paramatma.*” The members of the Samiti guided them with motherly warmth, explaining that protecting nature is a sacred duty embedded in Odisha's cultural DNA.

As monsoon showers blessed the new saplings, the scene became symbolic a community nurturing both the earth and its young custodians.

School Bag and Sweater Distribution 2024: Spreading Warmth and Wisdom

Parallel to the environmental campaign, the **education outreach program** brought smiles to dozens of schoolchildren from underprivileged backgrounds. In August 2024, members visited a **nearby Government Primary School**, where classrooms were decorated with balloons and paper flowers made by the students themselves.

The children greeted the guests with folded hands and traditional Odia welcome songs. The Samiti members, dressed in simple yet elegant Sambalpuri sarees, distributed **school bags, notebooks, pencils, and crayons** essentials that symbolize access to dreams.

Each bag carried a message tag:

“Study with joy, dream with courage, grow with kindness.”

The distribution was followed by an **interactive storytelling session**, where volunteers narrated moral tales from Odia folklore about kindness, honesty, and respect for elders. The laughter and curiosity of the children filled the room with light stronger than any festival lamp.

Sweater Distribution 2024: Wrapping Warmth Around Little Shoulders

As winter descended on Delhi later that year, the Samiti returned to the same school for a sweater distribution drive. Over a hundred children received woollen sweaters, socks, and caps in bright colours.

A memorable moment came when one child exclaimed, “Now I can go to school even when it's cold!” a simple sentence that reflected how small acts of compassion ripple into lasting impact.

The members shared homemade *pitha* and *cha* with the children, turning the distribution into a celebration of affection and belonging.

Continuing Compassion: 2025 Expansion

The **2025 initiative** broadened its reach to include two nearby government schools. The program combined environmental education with social care: after planting saplings within the school campus, members distributed eco-

friendly school bags made from jute and cotton, emphasizing the importance of sustainability.

The **winter campaign of 2025** was marked by an emotional highlight—a visit to an orphanage near R.K. Puram, where sweaters and stationery kits were handed over to 80 children. The joy and gratitude in their eyes reflected the warmth of the Samiti's collective heart.

One of the volunteers remarked,

“When we wrap a sweater around a child, we wrap them in hope.”

Interlinking Nature, Nurture, and Nation

Both years' drives beautifully interwove three core ideas **Nature (Haritata), Nurture (Siksha), and Nation (Seva)**. The members of the Delhi Odia Nari Kalyan Samiti demonstrated that civic responsibility and cultural pride can coexist harmoniously.



The campaigns not only improved local greenery and supported education but also strengthened community bonds. Neighbours who witnessed the events were inspired to adopt similar green corners and contribute to the school donation drives.

Leadership and Participation

From planning logistics to sourcing eco-materials, women led every detail of the initiative. The **youth volunteers** of the Samiti played crucial roles in record-keeping, photography, and follow-up visits to ensure sapling survival. Families supported wholeheartedly fathers arranged transport, children carried water cans, and elders offered blessings.

The unity of purpose turned these simple acts into a movement of compassion.

Recognition and Reflections

The plantation and distribution campaigns of both years drew appreciation from school principals, local residents, and civic authorities. Several NDMC officers personally acknowledged the Samiti's efforts for aligning local community welfare with national environmental goals.

Feedback from parents and teachers highlighted that children who received support showed renewed motivation toward schooling. Meanwhile, the growing trees around the school grounds stood as silent witnesses to a flourishing partnership between people and the planet.



Legacy of Green Compassion

The **Plantation, School Bag, and Sweater Distribution Activities of 2024 and 2025** reaffirmed the Delhi Odia Nari Kalyan Samiti's unwavering commitment to humanity and sustainability. Each sapling, each smile, and each warm garment became a symbol of empathy rooted in Odia culture's timeless message: *“Jibana sewa he param dharma”* service is the highest virtue of life.

As the Samiti looks ahead, its legacy continues to blossom through the rustling leaves of planted trees, the laughter of children who study warmly, and the echo of women's footsteps leading Delhi toward a greener, kinder tomorrow.

Pushpuni Bhetghat 2024: A Celebration of Sambalpuri Spirit and Odia Identity in the Heart of Delhi

Date: 4 February 2024

Venue: Pandara Park, New Delhi



In the early spring of Delhi, as the winter chill slowly gave way to gentle sunlight, **Pandara Park** bloomed with the vibrant colours of Odisha. The **Pushpuni Bhetghat 2024**, organized by the **Delhi Odia Nari Kalyan Samiti** a collective of dynamic women representing the *Paschim Odia Prabasi* community became a radiant mosaic of tradition, togetherness, and timeless Odia pride.

Honouring the Essence of Pushpuni

Pushpuni, celebrated after the harvest season in Western Odisha, is not merely a festival it is a feeling that binds hearts through gratitude, food, and folk expression. The Delhi Odia Nari Kalyan

Samiti, driven by the purpose of cultural upliftment and preservation of Odia heritage, recreated this festive spirit amidst the cosmopolitan pulse of the capital. The event provided a home away from home for hundreds of Odias settled in Delhi NCR, reconnecting them to their roots through taste, tune, and togetherness.

A Gathering of Eminent Personalities

The occasion was graced by distinguished delegates whose presence elevated the event to a grand socio-cultural confluence.

Sambalpuri Culture Takes Center Stage

Mrs Meenakshi Lekhi, then Minister of State for External Affairs and Culture, was the Guest of Honour. A seasoned parliamentarian, lawyer, and advocate of women empowerment, Mrs Lekhi lauded the community for its commitment to nurturing India's pluralistic traditions. In her address, she reflected that the Odia diaspora has played a pivotal role in keeping regional art and folk heritage alive even beyond state boundaries, demonstrating how culture can serve as soft diplomacy in strengthening national unity.



Shri Sunil Yadav, President of the Bharatiya Janata Yuva Morcha (BJYM) Delhi, appreciated the enthusiastic participation of youth and women in organizing such a massive cultural affair. He remarked that events like Pushpuni Bhetghat represent “the heartbeat of Bharat”—where regional identity meets national pride.

Adding further warmth to the gathering, **Shri Virender Sachdeva**, Working President of the BJP Delhi unit, praised the organizational discipline and volunteerism demonstrated by the members of the Samiti. He emphasized the need for nurturing local cultural festivals within metropolitan spaces as bridges that connect urban citizens to India's rural ethos.



The core of the celebration pulsed with Sambalpuri rhythm and colour. The stage, adorned with the famous *Bandha Pata* patterns and *Bomkai* motifs, came alive with a series of enthralling performances. The program began with an invocation to Lord Jagannath, followed by an energetic Sambalpuri folk dance that captured the festive joy of harvest season. The graceful swirls of the dancers, dressed in bright *Sambalpuri sarees* and *gamuchhas*, transported the audience straight to the paddy fields and courtyards of Western Odisha.

Children from the community showcased their talents in folk songs, skits, and recitations depicting Odia legends and village life. Their innocence and enthusiasm drew wide applause from the audience, symbolizing how the younger generation continues to carry the torch of heritage forward.

The event also featured a cultural exhibition displaying handcrafted artefacts, traditional jewellery, hand-woven textiles, and paintings inspired by Odisha's tribal art. Visitors admired the fusion of tradition with modern aesthetic sensibilities a reminder that Odia art is timeless, adaptive, and ever-inspiring.

Felicitation and Community Recognition

A key highlight of the Bhetghat was the felicitation ceremony honouring members of the community who had contributed significantly to social welfare, education, and cultural promotion. The Delhi Odia Nari Kalyan Samiti recognized women entrepreneurs, educators, and artists whose work had empowered others and amplified the voice of Odisha on national platforms.

The spirit of inclusivity permeated every



aspect of the celebration. Volunteers, dressed in matching Sambalpuri attire, welcomed guests with chandua-decorated pithas and rose petals, embodying the essence of Odia hospitality. The air was filled with the aroma of authentic delicacies *Pashim odisha's enriched food, Saga, Hendua, pitha, dalma and mansa* served during the community lunch (bhoji bhojana) that brought together elders, youngsters, and guests in one joyous family feast. The sharing of food became symbolic of the harmony and affection that define the Odia community everywhere.

A Platform for Women and Cultural Upliftment

True to its purpose, the event underscored the leadership and organizational prowess of women. The Delhi Odia Nari Kalyan Samiti has long stood for empowerment through culture, and the Pushpuni Bhetghat 2024 demonstrated that vision in action. From conceptualization to coordination, women played the central role in curating performances, managing logistics, and ensuring inclusivity. Their teamwork transformed the day into a seamless and memorable experience for all.

Several speakers highlighted the historical and philosophical significance of Pushpuni

celebrating the harmony between nature and humanity, prosperity and humility, celebration and gratitude. The festival thus resonated as both a cultural revival and a collective thanksgiving, reminding everyone of their shared Odia identity amid Delhi's diverse social fabric.

Participation and Togetherness

The event saw the participation of hundreds of Odia families residing in Delhi, Gurugram, Noida, and Ghaziabad. Many travelled from distant corners of the capital to reconnect with fellow Odias and relive cherished memories of their homeland. The lush green surroundings of Pandara Park were filled with laughter, melodies, and rhythmic beats of *dhol and nishan*.

Children played around the food stalls, elders exchanged nostalgic stories of their villages, and newcomers to Delhi found instant belonging in this extended family. This inter-generational bonding gave the Bhetghat a rare emotional depth



it was not just an event but an emotion of homecoming for everyone present.

Closing Reflections

The formal program concluded with **Dr Jagadish Hansa (Advisor DONKS)**, representing the organizing committee, delivering heartfelt closing reflections. His words beautifully captured the underlying philosophy of the day:

“Pushpuni is more than a festival it is a reminder of who we are. Even as we live far from our soil, our language, songs, and traditions breathe within us. Today's gathering is a testimony to the Odia spirit that transcends geography. We celebrate not just the harvest, but the enduring bond between Delhi and Odisha between modern life and ancestral wisdom.”

His speech resonated deeply, leaving the audience introspective yet joyous, proud yet humble. The resounding applause



that followed was not only for the event's success but also for the shared identity it reaffirmed.

As the sun set over Pandara Park, the colours of the *Sambalpuri sarees* glowed brighter against the fading sky. The rhythmic claps of the final *dalkhai* dance echoed like a heartbeat of Odisha in Delhi. *Pushpuni Bhetghat 2024* thus concluded as a celebration of culture, community, and continuity a festival of belonging that reminded every Odia that no matter where life takes them, their roots will always bloom in the fragrance of their heritage.

Pushpuni Bhetghat 2025: Harmony, Heritage and Hope — An Odyssey in Delhi

Date: 5 January 2025

Venue: Pandara Park, New Delhi



The dawn of 2025 brought yet another vibrant chapter in Delhi's cultural calendar as Pandara Park transformed into a little slice of Western Odisha. The **Pushpuni Bhetghat 2025**, organized by the **Delhi Odia Nari Kalyan Samiti**, once again united Odia families from across the National Capital Region in a magnificent celebration of faith, food, and folklore. This year's edition deepened the legacy built in 2024, blending continuity with creativity and reaffirming the community's commitment to cultural upliftment and collective joy.

The Spirit of Pushpuni

For Odias, *Pushpuni* marks the completion of harvest a thanksgiving to Mother Earth and a joyful moment to share abundance with family and neighbours. Celebrated every winter, it epitomizes humility, hard work, and harmony with nature. Bringing that essence to Delhi, the Samiti recreated the festival's rustic charm through Sambalpuri décor, folk music, and traditional delicacies. The event's theme, "Harmony through Heritage", reflected both the nostalgia of home and the optimism of diaspora

life.

Distinguished Guests and Their Messages

The grandeur of Pushpuni Bhetghat 2025 was elevated by the presence of eminent dignitaries and well-wishers of the Odia community

Each dignitary's address resonated with respect for Odisha's cultural richness and appreciation for the Samiti's consistent efforts to nurture it on Delhi soil.

A Festival of Colours, Dance and Devotion

The central attraction of the event remained the dazzling of the Sambalpuri sensational Singer **RUKU SUNA's Sambalpuri** performances that brought the rhythms of Western Odisha alive. The thunderous beats of *dhol*, *nishan*, and *mahuri* filled the air as dancers performed the lively **Dalkhai**, **Karma Naach**, and **Rangabati Fusion**, symbolizing the vitality of rural Odisha. The performers, dressed in exquisite hand-woven Sambalpuri sarees and kurtas, mesmerized spectators with synchronized



Shri Parvesh Verma, Hon'ble Member of Parliament, lauded the community for its unity and patriotism. He emphasized that regional cultures like Odisha's enrich the national mosaic and keep India's democratic spirit vibrant through shared traditions



Mrs Priyal Bhardwaj, General Secretary of BJP Mahila Morcha, Delhi noted social activist and founder Sangini Saheli Organization, praised the women of Delhi Odia Nari Kalyan Samiti for their leadership in cultural revival and humanitarian work. She highlighted how women's collectives can strengthen grassroots cultural diplomacy while empowering future generations.

Shri Anil Valmiki, civic representative and advocate of inclusive urban development, congratulated the organizers for creating a platform where art, culture, and social responsibility converge.



footwork and infectious energy.

Equally captivating was a **children's cultural segment**, where the younger generation enacted scenes from Odia folklore and recited poems honouring nature's bounty. These budding artists reminded everyone that heritage lives through storytelling, song, and shared joy.

The **cultural exhibition** drew huge crowds throughout the day. Stalls displayed intricate *Dokra* metal craft, *Pattachitra* paintings, hand-loomed textiles, and regional culinary delights. The exhibition not only promoted Odia artisanship but also fostered local pride and economic encouragement for traditional craft preservation.

Felicitation and Honouring Excellence

Continuing the tradition of recognizing community service, the Samiti hosted a felicitation ceremony honouring educators, artists, and volunteers who had contributed meaningfully to cultural and humanitarian causes. Awards were presented to members who

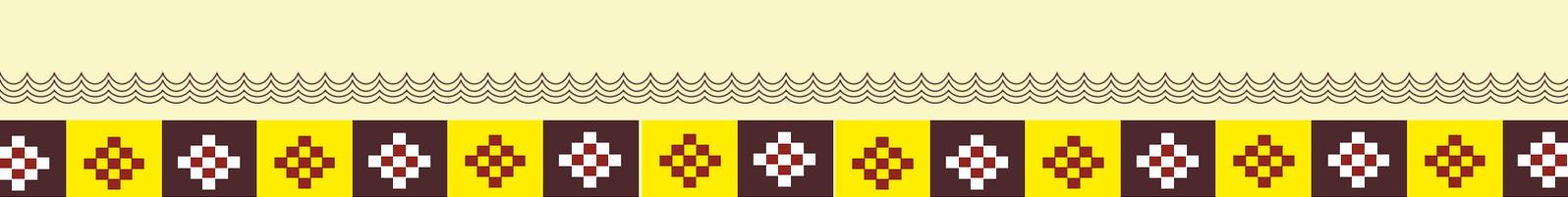
spearheaded literacy campaigns, women's self-help initiatives, and youth mentorship programs. The applause for each honouree echoed gratitude and respect, reinforcing the idea that individual achievement gains true meaning when it uplifts the collective.

Culinary Delights and Community Bonding

No Odia celebration is complete without its feast, and Pushpuni Bhetghat 2025 delighted everyone with a grand community lunch that celebrated regional flavours. From *ghuguni*, *pitha*, and *chenna poda*, the menu was a nostalgic journey through Odisha's kitchens. Volunteers served food with warmth and laughter, turning the meal into a symbol of unity that transcended age and background.

Families sat together on mats under trees, sharing stories of their hometowns Kalahandi, Sambalpur, Balangir, Bargarh, each memory blending into the aroma of mustard oil and freshly cooked rice. The laughter of children, the rhythmic music, and the scent of home food





painted Pandara Park in the hues of togetherness.

Women's Leadership and Cultural Upliftment

The 2025 celebration highlighted once again the organizational excellence of the **Delhi Odia Nari Kalyan Samiti**. From conceptual planning to on-ground management, women volunteers led every sphere of the event stage coordination, hospitality, publicity, and cultural programming. Their teamwork embodied empowerment in its truest sense, proving that preservation of culture is a form of social leadership.

Through Pushpuni Bhetghat, the Samiti advanced its mission of cultural education, gender equality, and youth inclusion. The event also launched a year-long heritage awareness campaign, encouraging Odia families in Delhi to teach children traditional songs, idioms, and customs, ensuring that the diaspora remains rooted even while global in outlook.

Unity through Diversity

The audience of **over 1500 participants** included Odias from all corners of Delhi-NCR as well as friends from other linguistic communities who came to experience Odisha's warmth. Many non-Odia guests remarked on how the event radiated an inclusive atmosphere open, joyful, and deeply human. The diversity of attendees itself stood as a testament to India's living pluralism, where every culture finds celebration rather than isolation.

Moments of Reflection and Gratitude

As twilight descended on Pandara Park, the final *Dalkhai* dance drew spontaneous participation from young and old alike. The rhythmic claps, colourful attire, and exuberant singing merged into an unforgettable crescendo of joy.

Following the performances, **Ankit Suna** offered closing reflections, capturing the emotional heartbeat of the evening:

“Pushpuni binds us to our soil even as we soar across horizons. In every song we sing and every dance we perform, we pay homage to our ancestors and to the land that nurtured us. The Delhi–Odisha connect is not just geographic it is spiritual, built on shared values of compassion, respect, and unity. Let us carry this essence forward throughout the year.”

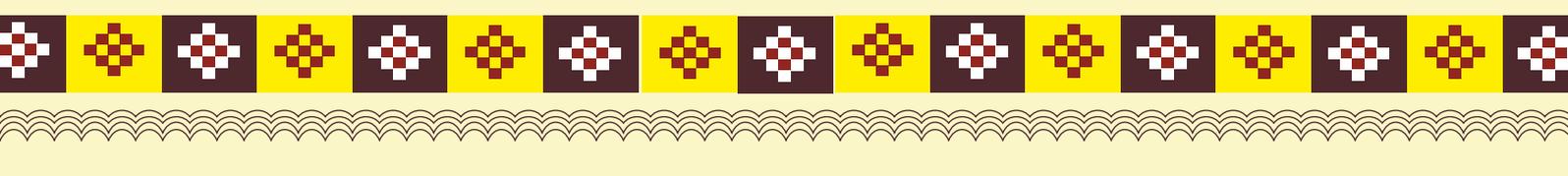
His words encapsulated the collective sentiment a blend of nostalgia for the homeland and pride in its living culture. The applause that followed was both heartfelt and prolonged, echoing long after the stage lights dimmed.

Legacy and Looking Forward

Pushpuni Bhetghat 2025 concluded not merely as a cultural gathering but as a movement of belonging. The event reinforced the belief that heritage is dynamic it thrives when celebrated, evolves when shared, and strengthens when led by communities united in purpose.

As participants dispersed into the chilly Delhi night, carrying gifts of *sambalpuri gamuchha* and warm memories, there lingered a sense of fulfilment that culture, when nurtured collectively, becomes the heartbeat of identity. The Delhi Odia Nari Kalyan Samiti once again proved that geographical distance can never diminish the fragrance of one's roots; it only makes the blossom of culture more radiant.

The Pushpuni Bhetghat series has now become a tradition of unity, pride, and renewal, inspiring not just Odias but all who value the beauty of diversity. With every passing year, it promises to keep sowing the seeds of friendship and cultural consciousness across the capital, ensuring that the spirit of Odisha continues to bloom vibrantly in the heart of Delhi.



Swachha Bharat Abhijan Observance 2024 & 2025: Clean Hands, Clear Hearts — Delhi Odia Nari Kalyan Samiti's Call for Civic Harmony

Venue: Vicinity of India Gate, New Delhi

Participants: Samiti Members, Families, and Community Volunteers



When civic consciousness meets cultural responsibility, the result is a celebration not just of tradition but of transformation. The **Delhi Odia Nari Kalyan Samiti's Swachha Bharat Abhijan Observations for 2024 and 2025** embodied exactly this philosophy uniting Odia women, their families, and local volunteers in a mission that blended patriotism, discipline, and compassion for the environment.

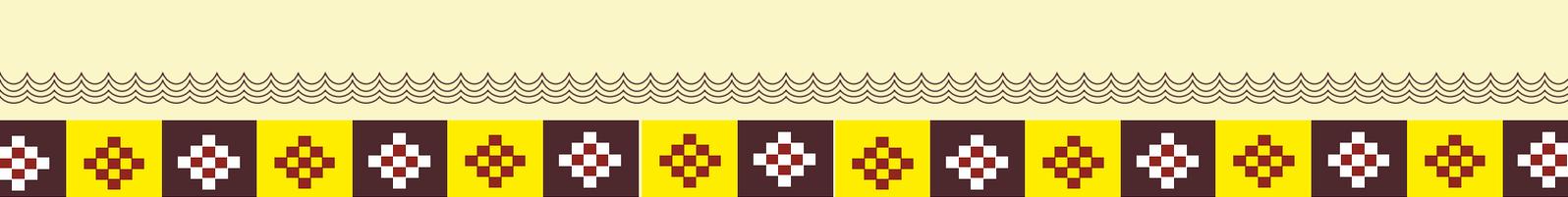
A Clean Start to a Collective Vision

For two consecutive years, members of **Delhi Odia Nari Kalyan Samiti**, accompanied by their families and youth volunteers, gathered near the iconic **India Gate** to reaffirm their commitment to the **Swachha Bharat Mission**, the

national movement initiated by the Hon'ble Prime Minister to promote cleanliness, hygiene, and responsible civic behaviour.

The initiative was not just about sweeping streets; it was about **sweeping away apathy**. The Samiti, known for its cultural vibrancy, stepped beyond rituals and festivities to make civic responsibility a living ritual in itself. The event's dual editions **Swachha Bharat Abhijan 2024 (March)** and **Swachha Bharat Abhijan 2025 (April)** drew more than 150 participants each year, including women, children, and elders of the Odia diaspora in Delhi.

The sight of elegantly draped *Sambalpuri sarees* and colourful *gamuchhas* amidst



the city's colonial architecture was both symbolic and inspiring a reminder that cleanliness is not a task but a tradition.

Inspiration Behind the Initiative

The driving thought behind this annual observance was rooted in the Samiti's vision of '**Sanskriti O Seva**' Culture through Service. The leadership of Delhi Odia Nari Kalyan Samiti has long believed that a clean environment nurtures not just healthy living but also spiritual growth.

In her welcome address during the 2024 event, one of the senior coordinators remarked,

“When we pick up the broom, we pick up responsibility. Clean surroundings are reflections of clean minds and collective pride.”

This message resonated throughout both years, turning what began as a symbolic drive into a sustained community movement.

Activities and Impact: Swachha Bharat Abhijan 2024

The 2024 campaign began at **8:00 AM on a Sunday morning** near India Gate, where volunteers assembled carrying brooms, gloves, and biodegradable waste bags. The drive covered stretches of the **Central Vista lawns and nearby footpaths**, areas that attract heavy footfall from morning walkers and tourists.

Members divided into small groups each

tasked with cleaning, segregating waste, and educating passers-by about maintaining hygiene in public spaces. Many onlookers spontaneously joined in, inspired by the sight of families working together with such zeal.

Children carried placards with slogans like *“Swachha Delhi, Sundar Bharat”* and *“Cleanliness is our Collective Dharma.”* The rhythmic chants of *Bande Utkala Janani* between cleaning intervals filled the morning air with both patriotic fervour and Odia pride.

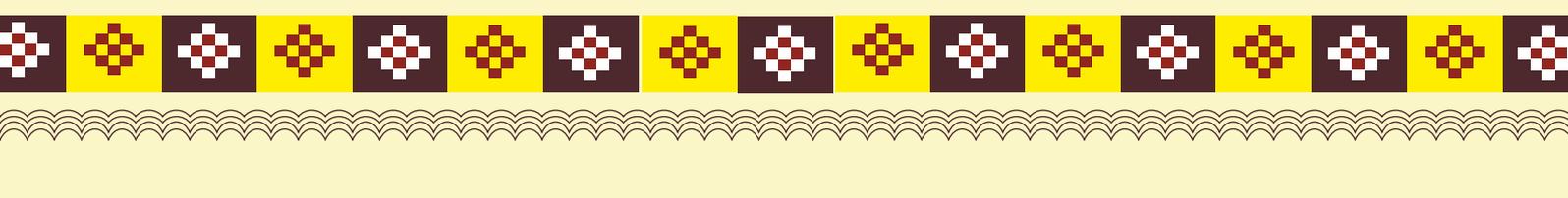
The 2024 drive concluded with a short **awareness meeting** on eco-friendly practices—waste segregation, plastic-free celebrations, and recycling initiatives. Pamphlets in English, Hindi, and Odia were distributed, emphasising community responsibility.

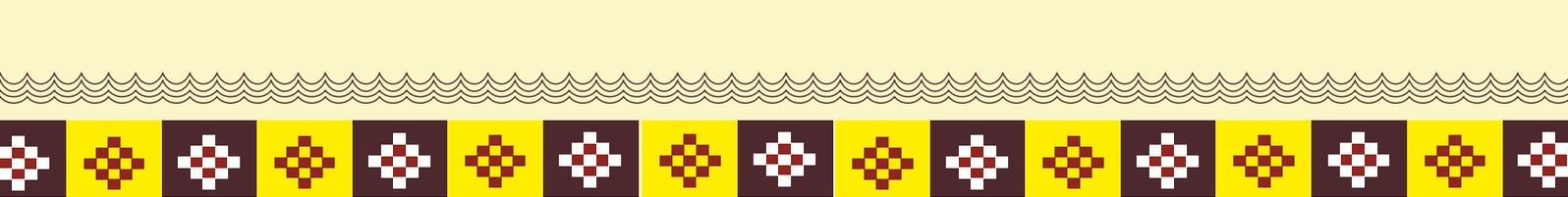
The campaign was widely appreciated by local residents and civic authorities, some of whom lauded the Samiti's initiative as a model for cultural associations in the capital.

Expanding the Mission: Swachha Bharat Abhijan 2025

Building on the success of the previous year, the 2025 observance evolved into a larger and more structured movement. Organized again near India Gate, the drive this time included collaboration with **New Delhi Municipal Council (NDMC)** representatives and school students from nearby areas.

The focus of the 2025 edition extended





beyond physical cleanliness to **behavioural change**. Volunteers conducted **street-side interactions**, discussing with visitors how everyday choices like using cloth bags or segregating waste at home could contribute to a sustainable environment.

A group of young volunteers from the Samiti's youth wing demonstrated **creative street plays** (*nukkad natak*) on the theme “*Clean India, Green India, Healthy India.*” The plays combined humour, drama, and emotion to convey powerful messages about civic sense and environmental protection.

Special attention was given to **plastic waste awareness** members collected single-use plastic from the surroundings and displayed creative art installations made from recyclable materials.

The day concluded with a community pledge led by senior members, promising to maintain cleanliness not just in public spaces but also in daily habits homes, offices, and events.

Family, Faith, and Civic Duty

One of the most heartening aspects of both years' campaigns was the **family participation**. Children and elders worked side by side, proving that civic engagement knows no age boundaries. The intergenerational nature of the event turned it into a living classroom where values of responsibility and humility were passed on informally but memorably.

Parents explained to their children how the Swachha Bharat Mission is connected to *Jagannath Dharma*, where cleanliness (*Swachhata*) is equated with holiness (*Pavitrata*). This blending of modern national goals with ancient spiritual wisdom added depth and cultural resonance to the campaign.

Recognition and Reflections

Both years' campaigns earned appreciation from several local officials and civic observers who recognized the Samiti's consistent effort in creating social awareness. Their contribution went beyond symbolic gestures—the group ensured that the cleaned areas remained litter-free for days by installing **self-made awareness boards** and **distributing dustbins** in collaboration with NDMC.

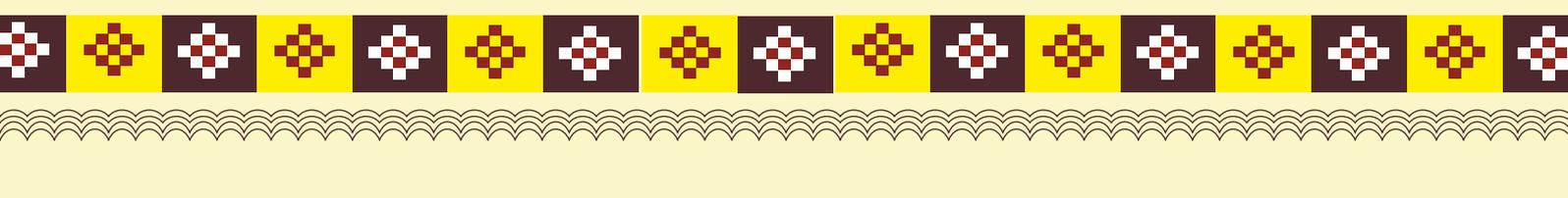
Participants reflected that the greatest reward was the **collective sense of fulfilment** knowing that their small actions contributed to the larger cleanliness narrative of the nation.

One volunteer remarked during the 2025 session,

“We came to clean the streets, but we ended up cleansing our own outlook. We realised that real change begins with individual accountability.”

The Odia Ethos of Service

For the Delhi Odia Nari Kalyan Samiti, Swachha Bharat Abhijan has become more than an annual event it is now a



moral tradition. Rooted in Odisha's philosophy of *Seva, Shraddha, and Samarpan* (service, faith, and dedication), the initiative reflects how Odias, wherever they reside, integrate their regional values with national missions.

The Samiti's participation also aligns with its broader social outreach vision linking cleanliness to **women's health, child well-being, and environmental stewardship**. Members have since adopted small clusters around India Gate and R.K. Puram for periodic cleaning, turning awareness into sustained action.

Conclusion: A Clean Nation Begins with a Clean Intention

The **Swachh Bharat Abhijan Observations of 2024 and 2025** by Delhi Odia Nari Kalyan Samiti reaffirmed that cleanliness is not merely a campaign but a collective conscience. Through brooms, songs, and smiles, the women and families of this community showcased that patriotism is best expressed through participation.

Their message was simple yet profound a clean street mirrors a clean society, and a clean society mirrors a noble soul.

Each year's event near India Gate stood as a symbol of disciplined service, feminine leadership, and civic devotion reminding everyone that even the smallest effort, when done together, can make a city shine brighter and a nation stand taller.



Pua Jiuntia- 2025

On 14th September 2025 (Sunday), Delhi Odia Nari Kalyan Samiti gathered to celebrate Pua Jiuntia, one of the most significant and emotionally cherished festivals of western Odisha. Traditionally observed on the 08th day of Krushna Paksha (Mula Asthami) of the Ashwina month, Pua Jiuntia is a sacred occasion where mothers offer prayers and fast for the long life, well-being, and prosperity of their sons. For Odia families residing in Delhi, this festival holds deep cultural nostalgia, symbolising the bond between mother and child and the continuity of Odia heritage far from home. Five senior members of DONKS; Ms. Sapuri Bagh, Ms. Ritu Bagh, and Ms. Sumati Nag, Ms. Babita Deep & Ms. Japa Suna have been continuously leading this Pua Jiuntia Osa for the past 22 years.

The meeting and celebration were held with great devotion and a warm community spirit. Mothers and senior women members arrived dressed in traditional attire, carrying puja items such as jhuna, ghee diya, akshata, mantra pothi, and specially prepared pithas.

A brief prayer session was led by the cultural committee, reciting sacred mantras invoking Dutibahana Osa and seeking divine protection for the sons of every mother present. The ambience was serene, filled with the fragrance of incense and the gentle sound of traditional chants. Mothers tied the sacred Jiuntia thread on their wrists, symbolising commitment to their vow and offering of blessings for their sons' long, healthy, and successful lives.



After the prayers, a small cultural exchange took place where mothers shared Pua Jiuntia prasad and homemade festive delicacies like manda pitha, arisa pitha, and kheer. The event fostered a sense of unity, warmth, and sisterhood among all DONKS members. Children also participated happily, receiving blessings from all elders present.

The session concluded with a group blessing ceremony where all mothers jointly prayed for the collective well-being of the community's children. A vote of thanks was offered, acknowledging the dedication of the organising committee who ensured that every ritual was performed authentically.

The Pua Jiuntia celebration on 14th September 2025 became a memorable expression of cultural preservation, maternal love, and community harmony reflecting DONKS' continuous effort to keep Odia traditions alive while strengthening the emotional bonds between families living in the capital.

Other Social Activities



Plantation by DONKS



Plantation by DONKS



Sarbat distribute by DONKS



Sarbat distribute by DONKS



Tanka Torani distribute by DONKS



Tanka Torani distribute by DONKS



Prasad distribute by DONKS



Prasad distribute by DONKS

Interaction with Hon'ble President of India, Smt. Droupadi Murmu



Delhi Odia Nari Kalyan Samiti had the rare honour of an interaction with the Hon'ble President of India, Smt. Droupadi Murmu.

During this special meeting, President of DONKS, Smt. Lili Nag, and Joint Secretary, Smt. Pooja Suna, received the privilege of representing the organisation. Their participation marked a proud moment for the entire DONKS community, reflecting the dedication and cultural commitment of Odia women in Delhi.

The interaction provided a valuable opportunity to share the vision, activities, and community welfare initiatives undertaken by DONKS, strengthening the organisation's resolve to continue working with responsibility, dignity, and service.



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