

SUMITRA PARHI

Writer, Artist, Researcher, Content Creator, Translator,
Mental Health & Wellness Coach

Address:

MIG 2, Debashram, Keshura, Bhubaneswar, Odisha 751002

Mob: 6370281099

[Email- sumitraparhi13@gmail.com](mailto:sumitraparhi13@gmail.com)

Education:

2019-21: Junior Research Fellowship, Ministry of Culture, Govt. of India.

2015: Post Graduate Diploma in Teaching English, The English and Foreign Language University, Hyderabad-500007

2013: Post Graduate Certificate in Teaching English, The English and Foreign Language University, Hyderabad-500007

2008: M.A. in English & Comparative Literature, Pondicherry University, Pondicherry, 605014

2006: B.A (English Hons.) from FM University, Balasore, Odisha

Publication:

- 2007: ALOKARA AVISARA (Collection of Poem)
- 2015: Mitra's ENGLISH GRAMMAR, Easy way to learn the magic and mystery of a language.
- 2017: POTHY BAHARARA PRUTHIBI (Criticism)
- 2018: KUNI PARIRA GAPA (Short Story Collection)
- 2018: CHAHINLE AKASHA (Drama Collection on Child Psychology and Parenting)
- 2018: VETGHAT@BAT (Interview with Artist) Bhubaneswar Art Trail, Navigation is Off Line, Organised by Utsha Foundation in collaboration with Bhubaneswar Development Authority and Dept of Tourism, Govt of Odisha.

Writings/Editing:

- 2024: Article on 'Chariot Making' in "Shree Jagannath, Lord of the Universe," a coffee table book published by The Hindu Group. The book was released by Chief Minister Naveen Patnaik.
- 2024 to present: Column Writer at OTV, Odisha (On Art, Craft, Culture & Mental Health)
- 2022: Column Writer at Odishasambad, Odisha
- 2021: Column Writer at Odisha360, Odisha
- 2020: Column Writer at Phytoon (On Art and Craft)
- 2019: Column Writer at BATOI, Odisha
- 2010-2018: Editor, "Jagrat", A yearly Magazine.
- 2009: Co-Editor, "Career Path", Monthly English Magazine.

Documentary:

- Idital: Lanjia Saura Tribal Art of Odisha
- Dhan Murti : Craft of Bothra Tribe of Odisha
- Kapdaganda Shawl of Dangaria Kandha Tribe of Odisha
- Kotpad Natural Dye of Odisha
- Tribal Motifs in Natural Dyed Kotpad Fabric
- Kotpad Handloom Making
- Sabai Grass Craft of Odisha
- Golden Grass Weave of Odisha
- Weaver Village which makes Clothes for Lord Jagannath
- Coir Toy Village of Odisha
- Applique Craft of Odisha
- Dhokra Craft of Odisha
- Flexible Brass Fish Craft of Odisha
- Pattachitra Painting of Odisha
- Palm Leaf Craft of Odisha
- Ganjapa Craft of Odisha
- Gopalpur Tussar fabric of Odisha
- Papier-Mache Masks of Odisha
- Papier-Mache Toys of Odisha
- Cow Dung Toys of Odisha
- Tribal Jewellery of Odisha
- Horn Craft of Odisha
- Wooden Masks of Odisha

- Lacquer Craft of Odisha
- Maniabandha: Budhhist Weaver Village of Odisha
- Traditional Handmade Terracotta Making of Odisha
- Terracotta Village Which makes Horses & Elephants
- Black Granite Stone Carving Village of Odisha
- Traditional Kutumba Jatra of Odisha
- Jhoti Chita of Odisha
- Rabana Chhaya Fresco of Odisha
- The First Theatre Group of Odisha
- Trational Games of Odisha
- Diamond Triangle Of odisha
- Raghurajpur: The Heritage Craft Village of Odisha
- Kumartuli: The Traditional Idol Maker village, West Bengal
- Kalabhavan: The House of Art
- Amar Kutir: The 100-year-old Art & Craft Centre
- Solo Pitha Craft of West Bengal
- Khoai Mela of West Bengal
- Pashmina Kani Shawl weaving of Kashmir
- Carpet Weaviong of Kashmir
- Papier-Mache Craft of Kashmir
- Walnut Wood Carving of Kashmir
- Varanasi Wooden Toys
- Banarasi Saree

Curation, Co-Ordination & Facilitator:

- 2023: “THEN & NOW”, Exhibition on 50-year history of Bhubaneswar. A project by Odisha Tourism, Bhubaneswar Development Authority, Bhubaneswar Municipality Corporation & Bhubaneswar Smart City.
- 2024: Curator & Opening Speaker at 2nd Pratima Award Festival & Memorial Lecture.
- 2023: Extending Warmth & Sustainability: Clothing Outreach in Tribal Areas.
- 2023: Warming Hearts & Empowering Communities: Cloth Distribution to Children & Women, Khordha.
- 2023: Promoting Healthier Lifestyle: Alcohol Awareness Programme, Badaberana.
- 2023: Curator & Opening Speaker at 1st Pratima Award Festival & Memorial Lecture, Bhubaneswar.
- 2023: Igniting Creativity Workshop by Dr. Shephali Nandan, Bhadrak, Odisha.
- 2023: Conquering English Grammar Fears: Workshop In baghamari (1 day)

- 2023: Empowering Through Language: English Grammar Workshop for School Children, Erkanta, Odisha (1 Day)
- 2022: Project Coordinator of “Ankur Childrens Literature Festival”, Bhubaneswar.
- 2022: Reaffirming Support for Artist at Annapurna Theatre.
- 2022: Project Coordinator at “Odisha Art & Literature Festival” organized by Dhauli Review trust.
- 2018: 11th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2017: 10th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2016 : On theme “Nature” at Kaptipada, Mayurbhanj (400 participants from 4 district of Odisha). (4 Days)
- 2016: 9th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2015: 8th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2014 : On theme “Self Discovery” at Markona, Balesore (350 participants from 4 district of Odisha). (4 Days)
- 2014: 7th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2013: 6th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2012: 5th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2011: On theme “Importance of Self” at Basudevpur, Bhadrak (200 women from the block participated) (1 Day)
- 2011: 4th Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2010: 3rd Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2009: 2nd Youth Creators Meet, Bhadrak, Odisha (4 days)
- 2008: 1st Youth Creators Meet, Bhadrak, Odisha (4 days)

- 2025: Utsha Artist Residency 2025
- 2024: An evening with Mr. Devdas Chhotray: Author, Poet & Lyricist, Utsha
- 2024: Climate Change & Art - A Green Perspective"[Panel Members: Ravi Agrawal, Jagannath Panda, Aditya Panda, Sandeep Hota], Utsha
- 2024: Interaction of Art College students with Eminent Artist Ravi Agarwal & jagannath Panda, Utsha
- 2024: An Evening with Prabodh Parikh: Poet, Painter & Art Critic, Utsha
- 2024: In Memory of Poet Jayanta Mahapatra, Utsha
- 2024: Open Day of Artist Bhikari Pradhan & Madhvi Srivastava, Utsha
- 2024: Utsha Artist Residency 2024.
- 2023: Interaction evening with Eminent Artist Bibhu Patnaik and Documentary Filmmaker, Painter and Illustrator Vikram Nayak, Utsha
- 2023: Interaction and Slide Presentation evening with Eminent Artist Alec Cumming, Utsha
- 2023: Utsha Artist Residency 2023

- 2023: Worked as Asst. Project Co-ordinator & Artisan Co-ordinator of Barbil Barbil Art Project VI (“Kata Sarei: Weaving Human Tapestry through Art”) Organized by Utsha Foundation, Bhubaneswar & Arya Group Foundation, Barbil
- 2023: Third Chandrasekhar Rao Memorial Lecture by esteemed writer and expert in Odia culture, Shri Asit Mohanty on “The Emergence of an Art Tradition from the Past.” Utsha
- 2023: Jagannath Panda in Conversation with Ramakanta Samantaray & Kedar Mishra. (Echoes of Unfathomed World), Utsha
- 2022: Second Chandrasekhar Rao Memorial Lecture by eminent Artist Ramahari Jena on "Chandrasekhar and The Contemporary Art Movement", Utsha
- 2022: Interaction Evening with eminent artist and printmaker Kanchan Chander, Utsha
- 2022: Subtle Embodiment: An Interactive Art Workshop for Young Women, Artists of Odisha conducted by eminent artist and printmaker Kanchan Chander at Utkal University of Culture. Collaborative Project of Utsha Foundation, Utkal University of Culture & Odisha State LalitKala Akademi.
- 2022: Sahapatha: A Literary Evening with Eminent Poet Prof. Soubhagya Mishra, Utsha.
- 2022: Interaction Evening with Eminent Poet, Theatre Artist Prof. H S Shivaprakash, Utsha
- 2022: Anam Poet Kumar Mohanty Memorial Lecture (Perumal Murugan), Utsha in collaboration with Anam Foundation.
- 2022: Sahapatha: A Literary Evening with Eminent Poet & Journalist Kedar Mishra, Utsha.
- 2022: Sahapatha: A Literary Evening with Eminent Poet & Theorician Prof. Bishnu Mohapatra, Utsha.
- 2021: Interaction Evening with Eminent Artist Jagannath Panda, Utsha.
- 2021: Sahapatha: A Literary Evening on Odia Poetry & Poet, Utsha.
- 2021: Sahapatha: A Literary Evening on Odia Non-Fiction, Utsha.
- 2021: Sahapatha: A Literary Evening on Odia Story, Utsha.
- 2021: Sahapatha: A Literary Evening on Odia Novel, Utsha.
- 2021: Worked as Asst. Curator cum Asst. Project Co-ordinator cum Artisan Co-ordinator of Barbil Art Project-V, Organized by Utsha Foundation, Bhubaneswar & Arya Group Foundation, Barbil
- 2021: Project Manager of “Metis Initiative on Plastics and Indo-Pacific Ocean 2021” organized by Utsha Foundation for Contemporary Art, Bhubaneswar in collaboration with AFD (France Development Agency).
- 2020: Utsha Artist Residency of Manveer Singh, Utsha.
- 2020: Utsha Artist Residency of Muskan Singh, Utsha.

Mental Health & Wellness Coach:

- 2023: Art Therapy Workshop: Fostering Creativity & Collaboration among Tribal Artisan Children, Dhenkanal.
- 2021: Weekly Mental Wellness Workshop through Art & Creative Writing with School Students, Goutamnagar Govt. School, Bhubaneswar.
- 2008 to Present: Mental Health Counselor at SAIEC, Bishnubindha, Odisha
- 2012-2018: Group Counselling Sessions of Parents, Bhadrak (Every month 2nd Sunday)
- 2012-2018: Teacher & management Group Counselling Sessions, Bhadrak (Every Saturday)
- 2016: Workshop on "Supporting Students Through Exam Stress: Managing Anxiety & Post-Result Depression" Chhamauj, Odisha
- 2012 to Present: Mental Health Counselor at SAIERC, Gopalpur, Odisha
- 2008 to Present: More than 1000 Individual Beneficiary

Exhibition:

2019: Exhibition of Painting at Lalitkala Akademi, Ravindra Bhawan, New Delhi.

Research Associates:

- 2021-23: Gopinath Mohanty Foundation, Bhubaneswar
- 2018-20: Centre for Human Sciences, Bhubaneswar

Talk & Guest Lectures:

- 2025: Special Guest & Speaker at 1st Sabai Kala Mohatsav, Balasore.
- 2025: Special Guest, Speaker & Award Recipient at SAST Annual Festival, Niakhia, Odisha
- 2025: Reader at Poet Meet, Bhubaneswar in "Interaction Evening with Eminent Hindi Poet and Cancer Survivor Vibha Rani & Author and Film Critic Ajay Brahmatmaj".
- 2024: Guest Speaker at All India Radio, Cuttack in Samunnata Bharat Programme on "My Financial Success Journey as a Social Media Influencer".
- 2024: Jury & Guest at Times of India Ratha Yatra Contest.

- 2024: Panel Discussion on “Women with Disabilities - Changing the World for the Better: From Literature, Laws, and Policies to Real-Life Changes” at 23rd Anjali International Children and Youth Festival. A Collaborative Project of Swabhiman Foundation and Ketaki Foundation Trust. (Co-panelists: Dr. Komal Kamra, Ms. Diethono Nakhro, Ms. Kanchan Pamnani, Sarah Muthoni Kamau, Kerryann Ifill, Rhoda Garland, Krishna Mohan Tata).
- 2024: Jury & Guest at Childrens Carnival, Bhubaneswar.
- 2024: Speaker at Kalinga Literary Festival, Bhubaneswar on “The work of Literary Institutions”.
- 2022: Speaker at Odisha Art & Literature Festival organized by Dhauli Review Trust.
- 2022: Guest at 1st Batoi Writers Meet.
- 2016: Presentation on ‘Alternative Education Practices in Odisha’ – Muzaffarpur, Bihar.
- 2008: National Seminar on “Translation and The Nation”- Pondicherry University in collaboration with Central Institute of Indian Languages, Mysore.
- 2008: International Seminar on “Indian Women Writer and their Writings” – Tamilnadu in collaboration with Karnataka Lekhakiyara Sangha.
- 2008: M.A project paper- Droupadi in Mahabharata and in Yagyaseni: A Comparative Study
- 2007: Talk on White’s Voss and Sri Aurobindo’s Savitri: A Comparative Study, Pondicherry University.
- 2006: National Seminar on Post Colonial Literature
- 2006: National Seminar on Media Studies

Teaching:

- 2017-19: Principal at SAIEC, Bishnubindha, Bhadrak, Odisha
- 2013 : HOD, Interpersonal Communication, MIT, Bhubaneswar.
- 2011: Spoken English Instructor at Sharp Mind, Hyderabad.
- 2010-2017: Alternative Education Director at SAIEC, Bishnubindha, Bhadrak, Odisha
- 2008 : Lecturer in Communicative English at IMAGE, Bhubaneswar.
- 2007: Sanskrit Language Instructor at Senthil Higher matriculation School, Pondicherry
- 2020 : Pedagogist at Samanwit Sikshya Kendra, Ambala Cant., Ambala, Haryana.

Translation:

- 2019: Translation for India Foundation for the Arts, Bangalore

- 2019: Translation for Living Farm, Odisha
- 2019-21: 22 Children Books Translation for Pratham organization, New Delhi
- 2018-20: Translation work for Humana People to People India, New Delhi
- 2018: Translator in Bhubaneswar Art Trail, Navigation is Off Line, Organised by Utsha Foundation collaboration with Bhubaneswar Development Authority and Dept of Tourism, Govt of Odisha.
- 2016 : Poetry Translation of Famous Hindi poet Nanda Kishore Nandan
- 2015: Translation work for RBI, Bhubaneswar

Present Association:

- Editor, "CHITRALEKHA" a Multi-Lingual Art and Literature Magazine. (Since 2022)
- Managing Trustee, Pratima Foundation, Bhubaneswar. (Since 2021)
- Digital Content Creator, Travel Blogger, YouTuber. (Since 2019)
- Professional Content Writer (Since 2021)
- Founder of Mitra Craft (Since 2021)
- Mental Health & Wellness Coach (Since 2029)

Social Impact Initiative:

Main Sun Rahi Hun: A mental wellness initiative where 100 unknown individuals share their struggles over 100 days, receiving free counseling.

Save Her Hand, Save Her Life: Financial aid for women artisans without any support.

Pratima Research Grant: Funding for students passionate about art, craft & culture.

Pratima Shilpi Samman: Recognition, Award & cash rewards for traditional artisans.

Pratima Shikshya Samman: Recognition, Award & cash rewards to individuals contributing to alternative education.

Pratima Sahitya Samman: Recognition, Award & cash rewards who contributed significantly to non-fiction literature.