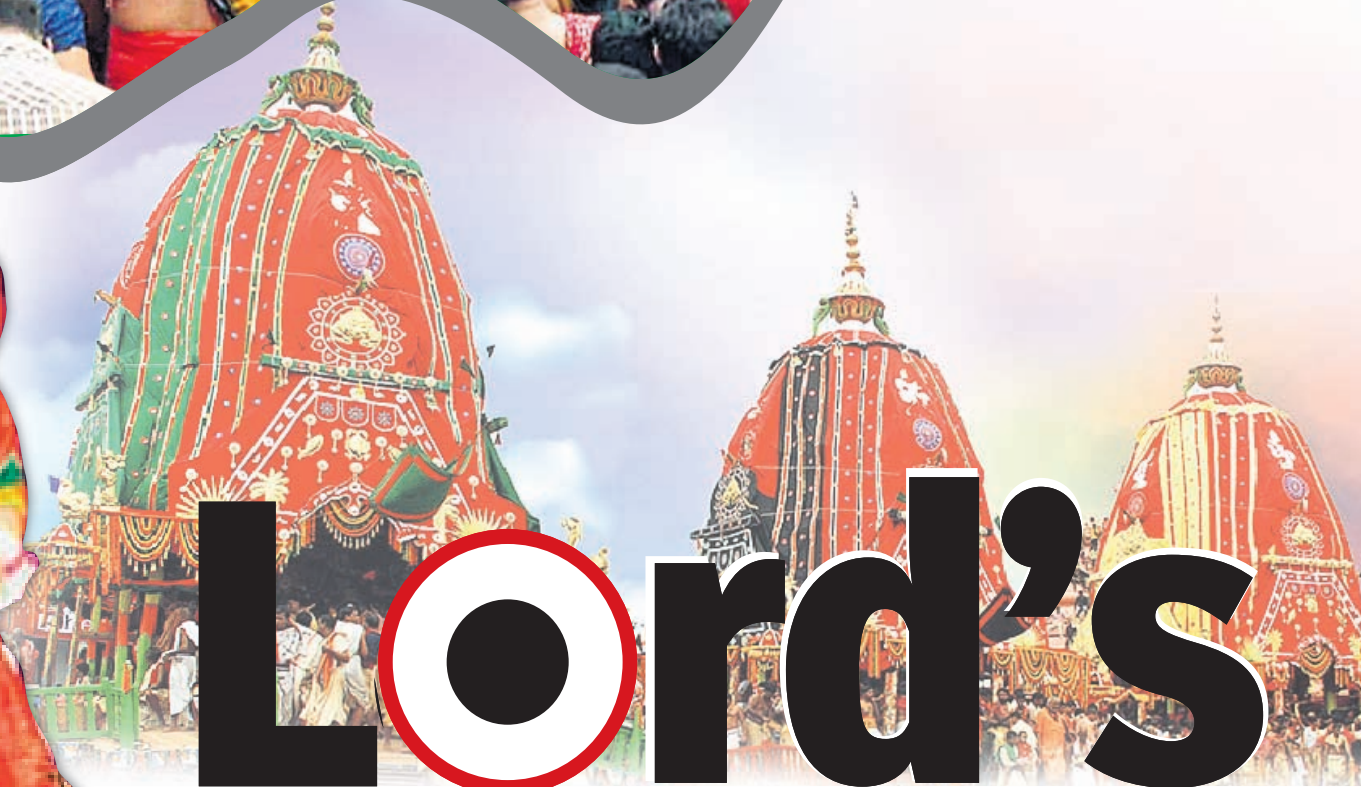


JULY 5-11, 2020

# SUNDAY POST

HERE . NOW



# Lord's

## extinct services





Odisha-born actor Subhankar Das, who has appeared in several Hindi movies like *Rustom*, *School Chalega* and *Judgementall Hai Kya* and in a few TV serials, loves to cook some special dishes for his friends and dine out together.



Subhankar with friends

●●● RASHMI REKHA DAS, OP



With Javed Akhtar

**Natural cook**

I love and enjoy cooking special dishes to treat my friends. In fact, I invite them to my place and cook their favourite items on non-working Sundays.

**Fitness freak**

I am a fitness enthusiast, therefore I work out for two to three hours a day at the gym. Besides, I need to remain in shape as fitness is a necessity for an actor. I often go for a walk and buy vegetables on Sunday mornings.

**For a noble cause**

I feel I have some responsibility towards the society which is why I always try do my bit for the underprivileged. Currently, I am helping people affected by COVID-19. On Sundays, I distribute food and other essentials among the distressed daily wage earners.



**Filmy buff**

Being a part of film industry, I always try to raise the standard of my acting. Thus, I make it a point to watch good cinemas on Sundays.

**Voracious reader**

Books are my best friends and I take them along wherever I travel. Recently, I finished reading first two parts of *Shiva Trilogy* amid lockdown and have started the last part now.

**UNIQUE TRADITION**

Sir, I found the cover story 'Minors at Lord's Service' interesting. Though I learnt about Mudirasta servitors and their roles in the absence of Gajapati, I did not have any idea about other services they render in the temple. Besides, I was not aware of their roles during *Gahana Bije* ritual. After reading the cover story, I came to know that a minor priest from Mudirasta clan should be present when the queen offers prayers during *Gahana Bije*, a ceremonial visit which is done once in a generation of Gajapati Queens of Odisha. I was also unaware of the fact that the queen can have darshan of the Lord as long as possible. But she can offer puja only once in her lifetime.

**RAMAKANTA MISHRA, UMERKOTE**

**AVERAGE STUFF**

Sir, I am a regular reader of Sunday POST but I found the cover story average this time. Mudirasta servitors have been assigned to perform Chhera Pahanra in the absence of Puri King which is not very unusual. That apart, they accompany Puri Queen as part of *Gahana Bije* ritual which anyone can do it. During my frequent visits to Jagannath temple, I often found servitors misbehaving with devotees. Thus, highlighting servitors is backing their audacity. The servitors have also been accused of not maintaining distance with First lady Savita Kovind during her last visit in 2018. The matter came to light after the Rashtrapati Bhavan in an official communique raised the matter with the Puri temple administration recently.

**SEEMA RANI SEN, KHARAGPUR**

**LETTERS**



**A WORD FOR READERS**

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948





# Lord's extinct services

RASHMI REKHA DAS, OP

**As a result of external invasion, by the Moghul lieutenants in particular, many Gajapati kings in the past could not continue with all the rituals initiated by their predecessors. This apart, servitor families having no sons as their successors, failed to render a few services**

This year's world famous annual Rath Yatra of Lord Jagannath came to an end last Saturday with *Niladri Bije*, one of the most interesting ceremonies associated with the festival. **Sunday POST**, over the years, has been carrying articles on some lesser known facts about the Lord and his abode Srimandir. Last week's cover story was also about the services rendered by Mudirastas, a unique category of servitors who are minors and perform their duties as the representatives of Puri Gajapati.

It is needless to mention that Gajapati is the foremost servitor of Lord Jagannath and his siblings. However, several other qualified servitors have also been appointed to perform necessary rituals in the temple. They have been traditionally rendering their services since the times of king Anangabhima Dev III. The 13th Century ruler had introduced 120-category of services and also engaged servitors for each category. Some more services were added with the passage of time as per the requirement of the temple and the practice continued for several hundred years. Gradually, as a result of external invasion, by the Moghul rulers in particular, on the Jagannath temple, the subsequent Gajapati kings could not continue all the rituals. Besides, the servitor families having no sons as successors to carry out the tradition stopped per-

forming the rituals. Since there is no system of recruiting new people from outside the sevayat community, some services are no more in operation.

**Sunday POST** takes a look at some of the important services that have been discontinued over the decades.

#### Paika Seva

According to Srimandir's Record of Rights, names of 36 servitors were registered to perform the service in 1954. This service required the servitors to remain present in the temple round the clock on turn basis. On being directed by Dalai and Dalabehera servitors, Paika servitors would go to different places to pick the specific servitors to the temple when the latter had to perform rituals. Besides, they would invite Puja Panda servitors to offer Prasad outside Nrusingha and Lakhmi temples after Madhayna Dhupa (Lunch) ritual. As many as six Paika servitors used to remain present all the time on the temple premises. Paika Seva had become defunct about 45 years ago.

#### Parichha Seva

Rajagurus or the royal priests of Gajapati Maharaja were entitled to perform Pariccha seva. This service was associated with the administration of the temple. They were assigned to ensure the smooth conduct of rituals being performed by

the other servitors. However, the service is no more part of temple rituals.

#### Geeta Govinda Seva

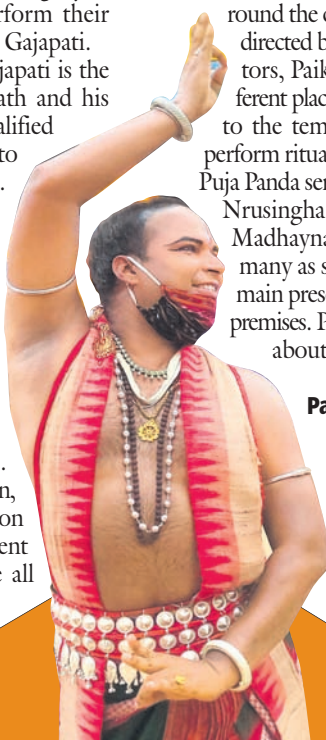
Recitation of devotional songs from epic Geeta Govinda, that concentrates Radha-Krishna love, before the deities is known as Geeta Govinda Seva. A Brahmin servitor was assigned to render devotional songs from Geeta Govinda, written by Sri Jayadev Goswami in 12th century AD during the Chandan Lagi procession. However, this ritual was discontinued in 1954. When Brahmin servitors stopped offering the service, one Narayan Acharya from Baseli Sahi was asked by Jagannath Ballav Mutt and Raghav Das Mutt to do the seva for some time. Later, the service was discontinued.

#### Suara Nijoga Nayak

Suara Nijoga Nayak used to manage all the affairs of Suaras and kitchen. Earlier, servitors coming under Suara Nijoga Nayak category used to supervise employment of Katha Bhoga Suara and look after Daru Ghara. However, all these works managed by Suara Nijoga Nayak are being done by a committee under the guidance of Suara Mahasuara Nijoga after a court verdict in 1870.

#### Paniki Pata seva

The Panikipata seva has become extinct. It was learnt that a person from Chasa caste was employed to do the Paniki Pata seva. He used to cut fish and vegetables during Sola Puja at Bimala temple. By the time of preparation of Record of Rights, the service had discontinued.





**Bhitarra Gayani Devadasi**

Under Chhatisa Nijoga, Devadasi seva was the only service where women had a big role to play. As many as nine Bhitarra Gayani used to offer this service between 1950 and 1955. While the first set of Devadasis was known as Bhitarra Gayani, another set of Devadasis was called Bahara Gayani who had rituals to perform outside the inner sanctum of the temple. Bahara Gayani Devadasis were also known as singers of sanctum sanctorum. When Bhitarra Gayani Devadasis would dance during Badasinghara (bedtime ritual), Bahara Gayani Devadasis used to sing devotional songs to appease the Lord in other functions. Apart from daily rituals, Devadasis had a special role during the Rath Yatra, Nabakalebara (symbolic recreation of wooden forms of the deities), Chandan Yatra, Phagu Khela and Nanda Utsav. Bhitarra Gayani Devadasis used to dance during from Sakala Dhupa ritual at Jaga Mohana. Apart from reciting Geeta Govinda before Ratra Pahuda (the last ritual of the day), they would offer this service during Bala Dhupa (morning offering) ritual in the holy month of

temple. By 1980, only four Devadasi - Harapriya, Kokilaprava, Parshmani and Sashimani- were left. It was learnt that the Devadasi tradition had been disappeared by the time the state government took charge of temple administration in 1960. However, other rituals associated with the Devadasi tradition were being practiced. Devdasi traditions were maintained till the death of Kokilaprava. After her death, the service was discontinued. Besides, it is learnt that Kokilaprava had not adopted daughter to continue the service.

**Kumbhara BisoI Seva**

Kumbhara BisoI servitors were assigned to supply clay pots and other pottery items for the daily requirement of the temple. Potters at Kumbharapada were assigned to provide the service. In 1906 King Mukunda Dev handed over the charge of making earthen items to Kumbhara BisoI. As Kumbhara BisoI servitors failed to provide clay pots to temple on time, it was decided in Temple Managing Committee meeting held in November 29, 1987 to stop the service.

Yatra and temple administration carried the expenses. Beside Banua servitors' job was to fetch water from well for temple rituals. They would provide rope to fetch water. In Record of Rights, there was the mention of one Ananta Jena as Banua sevak. As the service was not hereditary, none came forward to continue the legacy resulting in withdrawal of the service.



Kartik. In the month of Baisakha, they would also perform during Aalata lagi ritual for 42 days prior to Chandan Yatra. Devadasis remained unmarried for whole life and consider Lord Jagannath as their husband. While the Record of Rights (RoR) of the temple indicates that there were about 25 Devadasis about 100 years ago, Orissa Gazette of 1956 lists nine Devadasis and 11 musicians in the Jagannath



**Banua seva**  
Banua servitors used to supply the fire-works to the temple during festive occasion like Chandan

**Some important servitors who still render their services to Srimandir right through the year**

- |                         |                        |                       |                         |                        |                           |
|-------------------------|------------------------|-----------------------|-------------------------|------------------------|---------------------------|
| 1. Gajapati Maharaja    | 18. Pati Mahapatra.    | 34. Hadapanayak       | 50. Baharadeuli Jogania | 67. Dayanamali         | 84. Daraji                |
| 2. Pattajoshi Mohapatra | 19. Patribadu          | 35. Bidia Jogania     | 51. Handi Jogania       | 68. Madei              | 85. Rathabhoi             |
| 3. Bhitarchha Mohapatra | 20. Garabadu           | 36. Khatuli Sevak     | 52. Birimunda Samartha  | 69. Badu Mohapatra     | 86. Malachula             |
| 4. Talichha             | 21. Suarabadu          | 37. Astana Pratihari  | 53. Kothabhoga Pania    | 70. Tatua              | 87. Ojha Maharana         |
| 5. Mudirasta            | 22. Khurinayak         | 38. Kothabhog Jogania | 54. Panikipata          | 71. Patara bandha      | 88. Ghanta Seva           |
| 6. Deula Purohit        | 23. Mukhapauhala       | 39. Pradhani          | 55. Biribuha            | 72. Chhatara nijog     | 89. Gantua                |
| 7. Puja Panda           | 24. Ghatuari           | 40. Paila             | 56. Daudibala           | 73. Kahalia            | 90. Ratha Dahuka          |
| 8. Badapanda            | 25. Gochhikara         | 41. Lenka             | 57. Churana             | 74. Sankhua            | 91. Badhei                |
| 9. Pushpalaka           | 26. Muduli             | 42. Mahasuara         | 58. Sabat Nijog         | 75. Parbajatra Jogania | 92. Baidya                |
| 10. Khuntia             | 27. Alatibalita Sevaka | 43. Jagia Mahasuara   | 59. Pania pata          | 76. Chitrakara         | 93. Amunia Chhatara       |
| 11. Bhandara Mekapa     | 28. Puranapanda        | 44. Amalu Suara       | 60. Mandani             | 77. Rupakara           | 94. Chhamu dihuri         |
| 12. Palia Mekapa        | 29. Duttamahapatra     | 45. Pantibadu         | 61. Chakaapasara        | 78. Bania              | 95. Chapa Behera          |
| 13. Akhanda Mekapa      | 30. Lugadhua and Pani  | 46. Amalutola,        | 62. Mulia Suansia       | 79. Tamara Bisoyi      | 96. Chapa dalai           |
| 14. Changada Mekapa     | Kunda Sevak            | 47. Purakharadi       | 63. Binakara            | 80. Karotia            | 97. Tadhau Karana         |
| 15. Khataseja Mekapa    | 31. Ballava Jojanja    | 48. Tolabadu          | 64. Darpania            | 81. Bentabindha Paika  | 98. Deula Karna           |
| 16. Pratihari           | 32. Bimanabadu         | 49. Rosha Paika       | 65. Kothasuansia        | 82. Patara Bisoyi      | 99. Kotha Karana          |
| 17. Daita               | 33. Anasara Sudasuara  | 49. Baharadeuli Suara | 66. Mahabhoi            | 83. Kala Bethia        | 100. Chaula Bachha Karana |



# Extra care during monsoon



**R**ainy days are here again. No other season makes its presence felt with such pomp and splendor. However, the cool raindrops often make your skin dull and cause skin allergies, hyper pigmentation, facial folliculitis, and frizzy hair due to dirt. The sudden downpour takes a toll on skin and hair due to bacterial and fungal infection. Therefore, your skin needs extra care in rainy season.

If you suddenly notice skin allergies and skin infections on your face due to heat, humidity and rain then don't worry. With a few simple tricks you can keep your skin glowing and manage your hair this monsoon.

In case of a skin infection, use an anti-fungal powder to avoid further infection. Always keep your skin dry. Don't wear wet clothes. Also, wet shoes should be changed instantly. These small precautions go a long way in having a healthy and infection-free skin.

Beauty is not just a question of how you look, but how you feel, and at no time is this more relevant than during the monsoon. Therefore, it is always advisable to follow a skin and hair care routine during this period.

A flower based skin tonic is ideal. I just can't do without a rose-based skin tonic during hot and humid weather. I keep a small bowl of rose skin tonic in the fridge, with cotton wool pads soaking in it. This way it is chilled and ready for use.

One can do this with rose water too, a powerful natural skin toner. I wipe the skin with it several times a day. Rose is a natural coolant and most refreshing. The chilled toner also closes and refines the pores.

I also use cotton wool pads soaked in the skin tonic as eye pads. It is most relaxing and removes fatigue. Splashing the eyes with cold water also provides great relief. Sometimes, eye fatigue leads to puffiness. For this, I first wash the eyes with cold water and then with lukewarm water and repeat this alternate cold and warm water washing a few times. Sometimes, I soak tea bags

in water and then apply them over the eyelids as eye pads. Tea helps to relieve puffiness.

For a monsoon face mask, mix three teaspoons oats with egg white and one teaspoon each of honey and curd. If you don't want to use egg white, add rose water or orange juice. Apply it on the face and wash it off after half an hour. Use it twice a week. Dry and powdered lemon and orange peels can also be added to the face pack.

Besides, you can go for a fruit mask. They are most refreshing during hot and humid weather. You can also add cucumber pulp to the fruit mask, as it has an astringent effect and closes the pores. Ripe papaya pulp can be mixed with grated apple, water melon, pineapple and so on. Papaya and cucumber also help to remove tan. This apart, mango can also be most nourishing for dry skin. Apply the mask on the face and wash it off with plain water after half an hour.

I wash my hair more often during the monsoons. Tea and lemon juice make a wonderful hair rinse, adding shine to the hair: Just boil used tea leaves again, in enough water. Cool, strain, add the juice of a lemon. Use it as a last rinse after shampoo. The juice of a lemon and half a cup of rose water can also be added to a mug of water to make a fragrant last rinse.

You can prevent your hair from becoming dull and frizzy by applying a mixture of apple cider vinegar and water. Mix a tablespoon of apple cider vinegar mixed with half a cup of water; it will calm your tresses. Use a gentle shampoo to wash your hair and avoid using chemicals on the hair. We witness more hair fall during monsoons than the rest of the season mainly due to bacterial and fungal infection. The best way to avoid facial folliculitis is to avoid perspiration and to keep hair dry as much as possible. This can be achieved by taking regular and more frequent baths.

We should be careful while using public toilets because there remains the possibility of the presence of infectious agents. Consume at least 10-12 glass of water and also apply plenty moisturisers to keep skin hydrated.

Sometimes, I apply several egg whites before doing shampoo, leaving it on for half an hour. It works as a wonderful cleanser.

Make sure to avoid sharing of clothes or towels.

During the monsoons, the body loses fluids through sweat. I take lots of "nimbu paani" and fresh fruit juices. I also turn to home remedies for small ailments. For sore throat and cough, I find ginger tea most soothing. I add some tender tulsi leaves to it, while it is boiling. Water boiled with just tulsi leaves can also be taken as drink in case of sore throat.

Take care and enjoy the season with your loved ones.



SHAHNAZ HUSAIN





## Kangana's fun-filled moments in Manali

**K**angana Ranaut is enjoying some time in Manali before the onset of monsoons. The actress organised a picnic for her family in the picturesque mountains of the area.

"Kangana organised a picnic for her family. Even though they are in the green zone, they appreciate all the permissions given by the Himanchal Pradesh authorities," the actress' team tweeted.

They also shared a video where Kangana can be seen enjoying herself as she rolls on the green grass while laughing her heart out. Clearly, she is spending quality time with her sister Rangoli and nephew Prithvi. The other family members also enjoy themselves as they sit for a meal together, chat, laugh, sing and dance. Kangana can also be seen joining her mother while she dances happily.

"Kangana Ranaut organised a picnic for her family, and because of lockdown there are no tourists in the valley. The result? A freedom-filled and happy time in the valley that she hasn't seen in years," reads an Instagram post by the actress' digital team.

On the work front, Kangana Ranaut is all set to turn director and producer for the film *Aparajita Ayodhya*, which revolves around the Ram Mandir case.

IAN S



## Learnt new things from each film: Diana

**I**t's been an eight-year journey for actress Diana Penty in the Hindi film industry. She says it has been a great learning experience and that each film she has done till now has taught her something new.

The actress made her debut in 2012 with the hit *Cocktail* starring Saif Ali Khan and Deepika Padukone. She was then seen in films like *Happy Bhag Jayegi*, *Lucknow Central*, *Happy Phirr Bhag Jayegi*.

"It's been a great journey, and a great learning experience. Each film has taught me something new—be it about myself, my

craft, my profession, people. I'm also grateful to have had the opportunity to work with some wonderful and very talented people along the way," Diana said.

Amid the lockdown, Diana has come out with an initiative called *The Khaki Project* to extend help and support to Mumbai Police, who have been in the forefront in the city's fight against the coronavirus outbreak.

IAN S



## 'Managed to get out of dad's shadow'

**N**ew-age star Tiger Shroff says that while life is easier for people from the film industry, it also takes "double the effort" to emerge from the filmy family shadow.

"Being my father's son, there's an added pressure of being a star's son. People think it's very easy for us. I won't lie, in a way to get a little attention it helps. It's easier for people who are from the film industry but it's double the effort to make it on our own. I managed to get out of my father's shadow," added Tiger, son of actor Jackie Shroff.

The young actor also opened up about his parent's reaction to social media comments on his looks in the initial days of his career.

He said: "My father has been in this industry for 30 odd years. He has seen the highs and lows of the industry and he protected me from that from a very young age. Now, that I am out there in the open, I have become an easy target."

IAN S

## JODIE COMER QUILTS SOCIAL MEDIA

**K**illing Eve star Jodie Comer has revealed that she has quit social media because she feels guilty about 'seeking out negative comments' about herself.

The actress deactivated her Twitter account earlier this year. Now, in an interview with *OK!* magazine, she revealed that she has temporarily left Instagram, reports [femalefirst.co.uk](http://femalefirst.co.uk).

"Until I get some self-control and manage not to go and seek out negative things on social media, I think it's best for me

to take a little step back," said Comer.

"Also now, in this time, I am trying to be a little bit conscious of what I use it for. It feels a bit wrong for me to be doing any sort of self-promotion at the moment, so I'm trying to be a little bit wary of that, while also being communicative and speaking to people," she added.

IAN S





# SWEET MEET

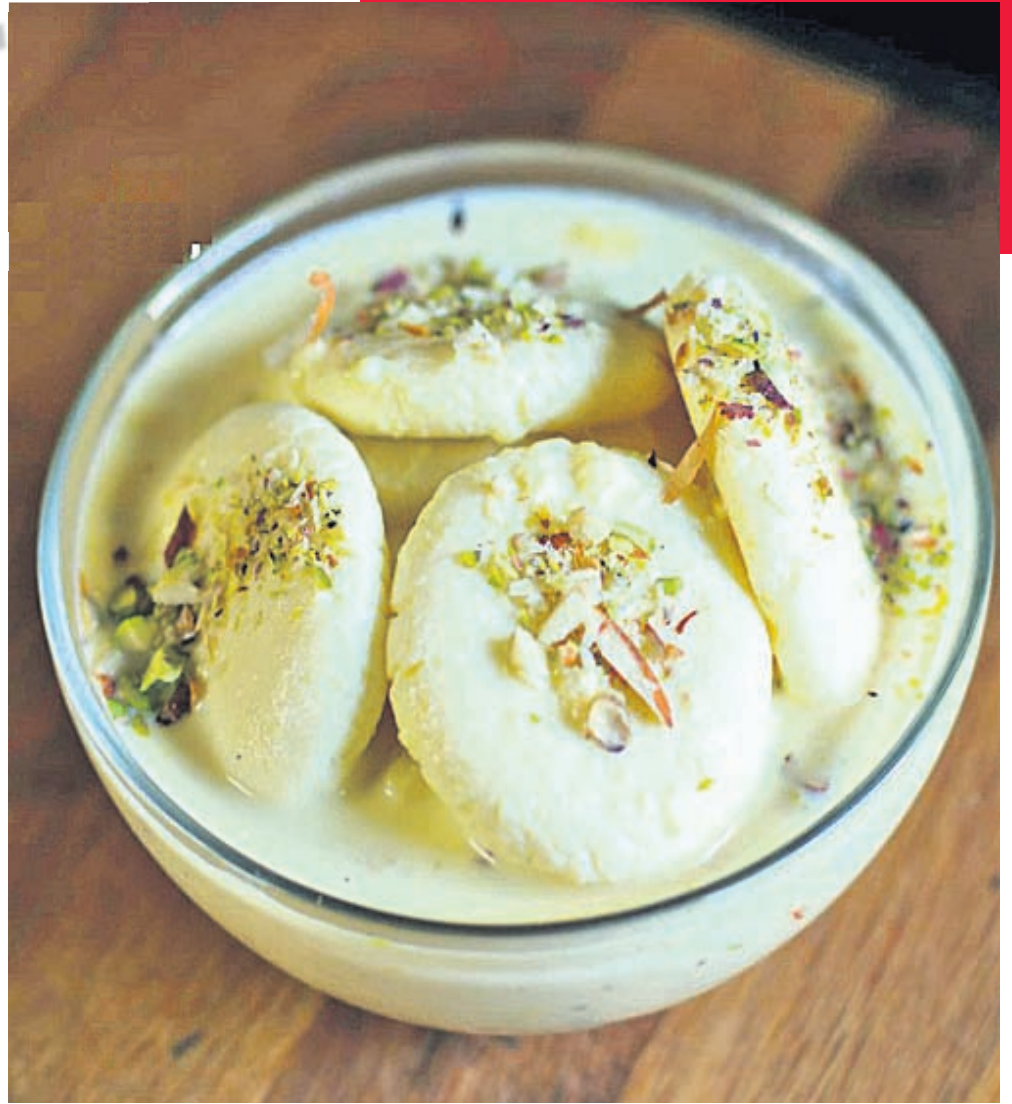
## INGREDIENTS

- Cottage cheese or paneer - 200 gms
- Refined flour for dusting
- Sugar - ½ cup
- Water (to make sugar syrup)
- Milk - 1 litre
- Green cardamom or elaichi - 4 nos
- Kesari - 5 strands
- Yellow food colouring
- Chopped almonds - ½ cup
- Chopped pistachios - ½ cup

## RASMALAI

### PROCEDURE

Heat water and sugar in a pan to make sugar syrup. Turn off the flame once the sugar dissolves. Dust refined flour on the platform and knead cottage cheese wrapped in muslin cloth on it. Make balls out of the cottage cheese. Add them to the sugar syrup. On a medium flame, let the cottage cheese balls soak in the sugar syrup until they begin to float. Remove from the syrup. Flatten and squeeze out the syrup. Keep aside. Bring the milk to a boil. Add elaichi, kesari, a pinch of yellow food colouring, chopped almonds and pistachios (leave some for garnishing). Let it boil for 5 to 6 minutes. Add the squeezed rasagola. Boil for another 40 to 45 minutes. The milk will begin to thicken. Keep stirring at regular intervals. Once done, turn off the flame and let it cool. Garnish with kesari strands, chopped pistachios and almonds. Keep in the refrigerator until it is time to serve.



## GULAB JAMUN

### INGREDIENTS

- Milk powder - ½ cup
- Maida/refined flour - ¼ cup
- Baking powder - ½ tsp
- Ghee - 1 tbsp
- Milk - 3 tbsp
- Sugar Syrup
- Sugar - 1 cup
- Water - 1 cup
- Cardamom pods - 4 to 5
- Few strands of saffron
- Rose water - 2 tsp

### PROCEDURE

Measure ingredients accurately and mix them to make dough. Do not rest the dough, and don't over knead it too. It should be smooth. Divide and roll into balls instantly and try avoiding cracks. Now place them on an appam pan greased with ghee so that the gulab jamun is not dry. Make sure you cook the gulab jamun in your pan on medium to low flame. Continuously keep turning them so you get a uniform colour. Do not overcook the gulab jamun in the pan. Dunk the cooked gulab jamun in hot sugar syrup (which is not boiling).







# Rasmita



PHOTO: KUMAR SHARAT