

MAY 6-12, 2018

SUNDAY POST

HERE . NOW



...THESE
EXTRAORDINARY
INDIVIDUALS
HAVE MADE A
DIFFERENCE IN
THE LIVES OF A
LOT OF PEOPLE



PORTRAITS OF FORTITUDE

Newcomer Swagatika Mohanty plays a farmer's wife in her debut Odia movie *Hero No.1* opposite actor Pradyumna Lenka. Her next movie is an art film *Drustanta*, directed by Jitendra Mohapatra, where she will play the lead role. She began her career as a theatre artiste and has performed with renowned dramatist Dheera Mallick



Rise and shine
 The young actor loves to wake up early in the morning. "I like to leave my bed by 6 am on Sundays, as I don't like to miss my yoga classes at any cost," she says.

Shopping spree
 Sundays are boring for Swagatika if there is no shopping. "Despite my hectic work schedule, shopping is a must on Sundays," she says.

Lazy afternoons
 "I love to spend Sunday afternoons with my family and friends at home," reveals Swagatika.



Leisure trip
 On a leisurely Sunday, Swagatika likes to visit scenic places in Puri, Chandrabhaga and Konark. "I love to go for a stroll on the Golden Beach of Puri. It gives me immense pleasure. I can feel my stress going away," she quips.

Eating out in the evenings
 For Swagatika, Sunday evenings are for eating out with close friends. She loves non-vegetarian food, especially chicken. "Spending time with friends at a restaurant is fun. It strengthens my bond with friends," says the actor.



SOMANATH SAHOO

LETTERS



A potential artist

Sir, I read Manish Kumar's feature *The Can do Girl* (Sunday POST, April 29 - May 5) with great interest. I felt that this 12-year-old Tribal girl, Subhadra Tung, from Mayurbhanj is not at all physically challenged. Her creativity in drawing and painting proves her inner stamina. It is also said that every child is an artist. Hence, creativity does not depend on the physical hands alone. It originates in the mind and soul. Depending on the person's intellect, a genius may shine in a field such as visual arts or performing arts or writing skills. So, I hope this budding artist would become a great woman of potential in the future. She should be encouraged by everyone and the government.

**AKHIL PRADHAN
 DHENKANAL**

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 us your opinions, queries, comments and contributions to features.orissapost@gmail.com
 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

Cure in a cord

Sir, The feature "Cure in a cord" in Sunday POST (April 29 - May 5) was very informative. The description regarding umbilical cord was explained with infographic illustrations. Parents can easily take a decision whether to preserve their baby's cord or not. Also I felt happy to learn about the development of Odisha's health sector which is very important for middle class people. Of late, bone marrow transplantation facilities have been available to people of Odisha easily and economically. The author should have also given the names or places where cord bank facilities are available in the state.

**PRAFFULA JENA
 CUTTACK**

Making the right move

Sir, The story 'Making the right move' in the Sunday Post (April 29-May 5) was an interesting read. Not only the migrant labourers but their children also suffer along with their parents. And the children who are forced to travel with their parents abandon schools. But it was interesting to learn from the article that children of migrant labourers are being taught in the schools at Binjharpur where the brick kilns exist. We hope, children of migrant labourers working in other kilns also get similar opportunities. We expect Sunday Post to feature such human interest stories in the future.

**SANJAY KUMAR MISHRA
 BOLANGIR**

Disability is not a deterrent to success as the inspiring stories of Chumki Datta, Jafar Iqbal and G Chandrashekhar Reddy prove

Strength does not come from physical capacity. It comes from an indomitable will.

MAHATMA GANDHI



RASHMI REKHA DAS, OP

Most of us take our lives for granted. Despite being physically fit, we keep complaining and making excuses. But there are many differently-abled people, who have proved that disability need not be a hurdle to success and achievement. All you need is willpower and determination. Think of people like Helen Keller, Stephen Hawking, and closer home, Sudha Chandran, Arunima Sinha, and Rajendra Singh Rahelu. It must be acknowledged that they are people with very special abilities. Sunday POST meets Chumki Datta, Jafar Iqbal and G Chandrasekhar Reddy who have amazed the world with their courage and determination. They never let their disabilities become obstacles in their path to glory. These extraordinary individuals have made a difference in the lives of a lot of people.

Chumki Datta

Born in Kolkata, Chumki was a pampered daughter in a small family of four. Her father, who was a lawyer, wanted to ensure the best for her and sent her to the renowned Loreto School in the city. She later specialised in advertising and marketing. Everything was going smoothly in her life when her world turned upside down. It was on April 8, 2003, that she met with an accident and was left a paraplegic.

Chumki, who heads the advertising agency Mastermind Advertising Services, says, "Life changed in a fraction of a second. On that fateful night, I was in a car on the highway to Bhubaneswar. Perhaps the driver Raju dozed off or maybe it was just too dark. But when he suddenly saw headlights coming towards him, he swerved sharply to the left at high speed and hit construction material dumped on the side of the road. The impact sent the car flying out of control, the front doors were flung open and the two front seat occupants, Raju and I, were thrown out of the car. Before I could realise what had happened, the car landed on Raju and crushed him to death. When I regained consciousness, I found myself on the operation table and thereafter I have been in a wheelchair."

PORTRAITS OF FORTITUDE

Though bound to a wheelchair, Chumki, who resides in Bhubaneswar, has scripted a success story by running an advertising agency and heading the movement to make the differently-abled in Odisha economically independent for which work she was adjudged the Best Employee/Self Employed with Disabilities (female) under the Locomotor Disability category of National Awards for Divyangjan Empowerment 2017. Her efforts have been appreciated by the President of India.

Today, Chumki introduces herself through her disability, without an ounce of self-pity. Once a model and a TV newsreader, it took time for Chumki to adjust to the new innings in her life. The accident shattered her mentally but she never lost hope. Her husband Tathagata Datta was a pillar of strength and with his unstinted support she slowly regained confidence. What amazed all those who knew her closely was Chumki's spirit. Never did the smile leave her face. She was ready to face her altered life with amazing grace, without a trace of bitterness. "As a true believer of Vivekananda, I was inspired by one of his quotes which gave me a reason to move forward in life. The quote is: "All power is within you, you can do anything and everything." I started managing an advertising agency called Mastermind Advertising Services. It's a print media communication and designing unit. I have undertaken a lot of creative work for the Department of Social Security and Empowerment of Persons with Disabilities, Government of Odisha. Then I started my own corporate guest house Excel Home and entered into the hospitality sector. Mastermind Advertising Services has designed the Vani Vihar Underpass in Bhubaneswar in association with Bhubaneswar Municipal Corporation and also designed the advertising campaign for the second Ability Marathon held in Bhubaneswar December 3, 2017. Besides, it designed the tabloid for the Inclusive India Campaign, which was held in Bhubaneswar this year."

Chumki was moving on in her life, when another tragedy struck. Her pillar of strength Tathagata Datta, loved, admired and respected by a huge number of people passed away after a bypass surgery. Then the real test of survival started for Chumki. The going hasn't been easy for a single woman in a country like India and that too a disabled one - but she prevailed. "For example, the owner of the building where the guest house was set up



Chumki Datta

asked me to vacate after my husband's death. A very trusted employee I had put in charge of the advertising firm betrayed me. Obviously, some unscrupulous people felt that, without any male relative to support, I could be exploited. But I didn't lose courage. I started a guest house at a new location with the help of a few young men my late husband had mentored. Now I have emerged a winner."

For the last few years,

For last few years, Chumki has been working to bring positive change in the lives of persons with disabilities and underprivileged girls and women and senior citizens.



Jafar Iqbal



Jafar with Prime Minister Narendra Modi

Chumki has been working to bring positive change in the lives of persons with disabilities (PwD) and underprivileged girls and women and senior citizens. She has started Mastermind Livelihood, which gives training and empowers PwDs to earn a living for themselves. Training is given for making handmade paper and jute products and soft toys.

Recently, she formed a self-help group for persons with disabilities called Vriddhi, which has a training cum production centre. Persons with disabilities are to be given training in making handmade 100% natural soaps. This project is in progress in association with the Department of Social Security and Empowerment of Persons with Disabilities, Odisha.

Jafar Iqbal

Jafar Iqbal is a known name in blind cricket. An alumnus of Bhima Bhoi School for Blind, Jafar, who belongs to Sundarpada, has been making a mark in the Indian blind cricket team since 2011 and has been a part of all major tournaments that India have won, from T20 World Cup to Asia Cup.

Jafar was born blind and his parents wouldn't let him go out and play. They were afraid that he might get hurt.

"I studied in a school for the blind and it was there that I developed a love for cricket. I got a chance to showcase my talent as a cricketer and started playing for my school. I was so crazy about cricket that even during the Ramzan month, I never stopped playing. And interestingly when I felt hungry during the holy month, I used to go for cricket practice and it helped satiate my hunger for cricket and food. In 2000, I played a state-level tournament for the first time when I was in class VI. In 2002, I became captain of my school team and, in the following year, I got a place in the Odisha Blind Cricket Team. But those days were very tough. I had played many tournaments without shoes and other safety equipment."



Jafar with President Ram Nath Kovind



Chumki being felicitated by President



He continues: "Those days, our school teachers used to turn on the radio for us to listen to the cricket commentaries. It helped us imagine the various aspects of the sport. With the help of our teachers, we first started playing with a coconut oil tin with pebbles in it, so that we could hear it moving, and a bat. Initially, we played on the verandah. And then we got a plastic ball with cycle bearings inside. From those days, we have gone far ahead. I simply love this game."

Jafar got selected for the Indian blind cricket team in 2011 as an all-rounder. Before that, he was the captain of Odisha's blind cricket team. Under his captaincy, Odisha won its first-ever state-level match in 2010. The team went on to win six consecutive east zone tournaments. It paved the way for his entry into the Indian team.

According to Jafar, the Cricket Association for the Blind in India (CABI), was founded in 1998 to provide a platform for the visually impaired to showcase their talent for cricket. The Indian Blind Cricket Team won the first T20 World Cup in 2012 and then the 2014 Blind World Cup finals against Pakistan. It is also the only blind team in the world to have won all three championships - T20, ODI and Asian championships. Jafar was a part of all these tournaments.

No doubt, India has the maximum number of cricket fans in the world. But the number of blind cricket fans is far less. Jafar shares an interesting story. "I was pursuing post-graduation in Political Science at the Utkal University when a few mediapersons came to our department to interview me. They wanted my friends to say something in praise of me, but nobody came forward."

Jafar blames the government for not doing anything to popularise the sport. "There is no ground for visually-impaired cricketers to practice cricket in the state capital. Whenever a major tournament approaches, I go to BJB College ground which often remains occupied by its students. People don't seem to think that we can do something remarkable and

bring accolades for our nation. Apart from school teachers and parents, nobody cheers our victories. It really saddens me."

However, Jafar, who had the opportunity to meet Prime Minister Narendra Modi recently, says the prime minister was appreciative of his efforts.

Jafar's achievements in Paralympics are lesser known. In 2007, he won the gold medal in the 800 metres sprint event and bronze in the 200 and 400 metres events. "It was a low phase in my career as I could see no future in cricket. But cricket is my first love and I feel I have a strong bonding with the game."

Jafar attributes his success to his father

Sheikh Abbas, who was a guiding spirit in his life. "Following his death in 2000, I have been a lonely soul. Whenever I came first in school, he used to say, "See, my son has got a salary, referring to my marksheet as salary. He felt proud of me because I came first every time as a student without the help of tuitions. I dedicate my success to him every time."

Jafar, who works as Procurement Inspector at Odisha State Civil Supplies Corporation Limited and believes in looking ahead, says: "For me, every person is special. All that you need is to rekindle your dreams and follow your passion. Impairment, for me, has been a blessing, allowing me to represent my land outside."

G Chandrasekhar Reddy

Meet G Chandrasekhar Reddy, a resident of Jhatipadar of Ganjam district. About 80 per cent disabled since childhood, he feels that 'disability' is a word that is not in his dictionary. When his family did not support him and pressured him to discontinue studies, he left his family to create his own identity. His parents used to often tell him, "Bahut heigala, chhota ta tu aau kahin padhibu, ebe gaon re dukan kar" (You did your education. It's better to have a betel shop and look after business. After all, you are a disabled person. What will you do studying further?) This left him in a state of depression for some time. But then he decided to leave home at the age of 10 to do something different.

"Instead of words of encouragement, my parents would tell me to abandon my studies when I was in Class V and open a betel shop to support my family. My parents used to treat me as a guest and never paid heed to my needs. Though I was good at studies and wanted to study further, they had different plans for me. But I proved that I am not a "good for nothing." I left home and passed Class X and diploma, free of cost, with flying colours."

Chandrasekhar wanted to pursue engi-

neering and so he moved to Bhubaneswar. With many dreams and steely determination, he suffered a lot to eke out a living in the state capital. He slept at the railway station because he did not have money or anyone to help. After clearing the entrance for a degree in engineering, he started approaching private engineering colleges but was denied admission because of physical disability and financial constraints. But Chandrasekhar refused to give up.

"I started meeting different government officials. Finally, I met VV Sharma, the Commissioner-cum-Secretary of Higher Education, Government of Odisha, and sought his intervention. Government intervention helped me get admission in the College of Engineering Bhubaneswar. Now, I am pursuing B Tech thanks to government support. I persuaded the Vocational Rehabilitation Centre for Handicapped and All Odisha Orthopedically Handicapped Welfare Association to provide me accommodation."

Jafar blames the state government for not doing anything to popularise the blind cricket

He adds, "After classes, in the evening, I work as a hardware engineer for my sustenance. I work with two agencies E World and Mother Solutions

where I repair electronic gadgets, including laptops. Besides, I have been selected in the list of finalists for Mr Wheelchair, India. I participated in the National Para Athlete Championship. I was also awarded for my art and craft work in a national level competition. I have got around 45 certificates for winning various competitions in arts and crafts, chess and javelin."

Chandrasekhar says, "I will dedicate my life to the service of people with disabilities. I think I can connect disabled youth to various job avenues. I have decided to run a voluntary organisation, Divyang Mission, for the well-being of fellow disabled friends. I am grateful to my friends, some officials and well-wishers for helping me out and being with me in difficult times."



Chandrasekhar greeting Chief Minister Naveen Patnaik on the latter's birthday

COMEDY ROCKS

Their keen humour-laced observations on life and people can have the audience in splits. Young and talented, these stand-up comedians are masters of the punch line

Not many in India had heard of stand-up comedy a few years ago; but today social media platforms like Facebook, Instagram and YouTube have popularized this genre so much that many young people have made a successful career in stand-up comedy. On World Laughter Day, **Sunday POST** compiles interesting facts about some of the well-known Indian stand-up comedians:

Zakir Khan: Success didn't come easy to Zakir. Born and raised in Indore, Madhya Pradesh, Zakir, 30, belongs to a family with a strong musical background. He dropped out of college and moved to Delhi aspiring to be a radio producer. He did a year's course in radio programming at ARSL.

His decision to drop out of college was initially opposed by his family and so he desisted from telling them many things. He lied about having a job and did not take money from home.

In Delhi, Zakir worked in different fields, from theatre to radio. Though he had offers from many companies, he accepted a job with HT Radio.

It was then that a friend told him about the growing opportunities in open mics being organised in Delhi. It took only a few stand-up comedy acts for him to become immensely popular. He also gained a following on YouTube.

After successful comedy acts in Delhi, Zakir headed to Mumbai where he got the opportunity to write for a new comedy show, 'On Air with AIB.'

He won the title of 'India's Best Stand-up Comedian' in a show by Comedy Central India.

Tanmay Bhat: A comedian,

scriptwriter and performer, Tanmay Bhat is a bundle of talent and has made his presence felt on YouTube and television. Born in 1987 in a middle class family in Mumbai, he aspired to become a marine engineer initially but later gave up that idea to follow his passion.

As a young boy, Tanmay faced a lot of fat shaming, but most of the time he used humour in self-defence.

Tanmay was in Class 7 when he did his first

comedy podcast, All India Bakchod, popularly known as AIB founded in 2012. The YouTube channel of AIB currently has around two million subscribers. Tanmay and the AIB team have landed in legal trouble quite a few times for the offensive content of their shows. He was part of "AIB Knockout," a roast comedy show that featured stars like Ranveer Singh, Arjun Kapoor, Karan Johar and other known faces of Bollywood.

Tanmay was one of the first four Indian comedians to be featured at Mumbai's first all-Indian Comedian Line Up- the Comedy Store titled *Local Heroes*. He has also performed for media houses like Times of India and BBC, and corporate giants like British



World Laughter Day is celebrated on the first Sunday of May every year in honour of Dr Madan Kataria, the founder of the laughter yoga movement in India. It is celebrated by gatherings of people in public places for the sole purpose of laughing. The day is intended as a positive manifestation for world peace and building friendship through laughter. Dr Kataria believed in the scientific benefits of laughter. Research has proven that laughter stimulates many organs with oxygen, fires up and then cools down your stress response, soothes tensions, relieves pain, improves your mood and even boosts your immune system.

comedy act at an apartment function. His performance was lauded. He made his debut as a comedian in 2009 in a competition 'Weirdass Ham-ateur Night' and won it. By 25, he had already done 25 TV shows. Tanmay became the co-founder of India's

Airways, Vodafone, Tribal Fusion and Audi. A huge fan of Johnny Lever and comedian Russell Peters, Tanmay has also been inspired by others like Raju Shrivastava, Jerry Seinfeld, Chris Rock and George Carlin.



Laughter Yoga at IG Park, Bhubaneswar

The comedian undertook a weight reduction challenge and followed a strict Keto diet, losing more than a hundred kilos in less than 12 months.

Kenny Sebastian: Born in a Malayali family, Kenny, like most youngsters, grew up without much of an idea of what he was going to become.

He grew up in different parts of the country as his father was in the Indian Navy, and it was only in the summers that his family visited his hometown in Kerala. He fluently speaks three languages – Hindi, English, and Malayalam. His shows are in English peppered with Hindi.

Kenny picks non-controversial topics for his shows and makes up his jokes according to the audience. Sometimes, he makes last minute changes even after he is on stage. In one of his interviews, Kenny said: “My greatest fear is people not laugh at my jokes.”

In school, Kenny was plagued by stage fright. To overcome his fear, he always pushed himself out of his comfort zone as much as possible.

Once he overcame stage fright, he found a love for camera and wanted to become a filmmaker.

Kenny graduated in visual arts. In college, he discovered his talent for stand-up comedy. He took part in the Mood Indigo festival at IIT and won. He realised that he had never felt greater thrill after winning a competition than this one. Once college ended, Kenny took the comedy way.

Kenny, who also paints and plays the guitar, has teamed up with comedian Naveen Richards to write and direct a web series on three South Indian guys in space called *Star Boyz*, which will be released on YouTube.

It's been more than eight years since he began doing stand-up acts, and he has done shows across the US, and in Singapore, Abu Dhabi, and Dubai. Even after becoming

a pro, Kenny still practices a joke several times before going on stage, and he keeps fine-tuning the jokes until they are perfect.

Aditi Mittal: One of the earliest female stand-up stars in the Indian comedy world, Aditi Mittal was born in 1987 in Mumbai. She is not just a stand-up comedian but an actress and writer too. Her jokes are mostly on topics which are taboo in Indian society. After completing her high school from Mumbai, she moved to the US and got a degree in Mass Communication. She worked in the US for a while. But when she lost her job in the recession, she shifted to India and started to do comedy shows.

She has some notable TV series to her credit such as *Stand Up Planet* and *Men's World*. She is also the writer of the TV movie *Aditi Mittal: Things They Wouldn't Let Me Say*. She frequently writes columns and articles in *Grazai Men*, *DNA* and *Financial Times*.

Throughout her career, she has held a place among India's top 10 stand-up comedians. She participated in the prestigious 100 Women conference in London organised by BBC.

STRESSED? LAUGH IT OFF

Laughter is the best medicine—that might sound like a cliché but indeed laughter is a simple and easy way to feel good. No wonder then that laughter clubs in many cities have earned a loyal clientele.

When Bhubaneswar-based **Jay Krishna Rajhans**, 67, a retired SBI bank official went to visit his daughter and son in Mumbai, he was hugely impressed by a laughter club there. He hadn't seen anything similar in Bhubaneswar. “There were hundreds of people of different age groups, exercising and laughing endlessly. It was intriguing. I wanted to know how they gain so much energy and keep themselves happy.”

On returning to Bhubaneswar, Rajhans decided to launch his own club. From five members initially, more than 20 regulars joined in within a month after the club started, and they come from various professional fields. Retired Physics Professor **Radhacharan Jena**, 66, says: “It was a much needed step taken by Rajhans. I had heard long back about the healing effects of

laughter therapy. Many people want to exercise but they lack motivation because of lack of company and guidance. Laughter gives you confidence and boosts your self-esteem. It happened to me, so I know. It has transformed me into a better and more energetic person.”

Sixty-two-year old **Hemant Kumar Sahoo**, a retired banker, also holds the same view. He says: “I suffer from hypertension and diabetes. But since I started laughter yoga, I feel much better. Now I look forward to the day, each day.”

“When we started the laughter club, people mocked us. We didn't take their words seriously, though,” he adds.

Dr Chandramani Sahoo and retired IAS officer Parameswar Swain both feel that a day without laughter is a waste. “Daily laughing exercise is a must. It not only keeps you fit throughout the day but also makes you happier and calm,” says Chandramani. Berhampur city has more laughter clubs as compared to Bhubaneswar. Dayananda Laughing Club is now more than two decades old. Its owner, Purna Chandra Subudhi, says, “We started with a few people and now we have more than five hundred members. It's a free service to help people overcome their stresses and stay happy. I am not bragging, but I have seen some paralysed persons who have recovered by practicing laughing yoga. It is no less than magic. When people share their happy stories with us, we feel we have done something worthy.”

PICS: BIKASH NAYAK



J K RAJHANS



HEMANT KR SAHOO



RADHACHARAN JENA



KATRINA 'same despite fame'



Actress Isabelle Kaif, who is preparing for a hectic life in the film industry, says her sister and actress Katrina Kaif has not changed after gaining fame.

Isabelle, who made her acting debut with *Dr Cabbie*, spoke about Katrina in *GQ India's* May 2018 issue.

"It didn't change much for me and my family except that we were suddenly seeing her on magazine covers, in ads and on billboards. But she's been the same before and after the fame," Isabelle said.

"The thing that changed the most was the way we travelled. People treated me a lot differently when I travelled with her," she added.

What's the best advice Katrina has given to you? "To not get caught up in the hectic nature of the work. To take it day by day, and to give my best every day."

The actress will be seen in dance film *Time to Dance*, to be helmed by Stanley D'Costa. She will share the frame with actor Sooraj Pancholi.

Isabelle says she would like to work with superstar Aamir Khan. "I really like Shahid Kapoor and Varun

Dhawan. And it would be a dream to work with Aamir Khan. I watched a lot of his films growing up, especially *Lagaan*, because that was my mother's favourite. Every time I watched *Fanaa*, I'd weep. If I had to pick international actors, it'd definitely be Benedict Cumberbatch. But the other day, I saw *Baby Driver*, and loved Ansel Elgort in it."

On her features, Isabelle said: "Katrina is 5'10. I've got another sister who is 6 ft tall. So, I'm a little insecure about my height." IANS



Soorma release put off to July 13

Chitrangda Singh's first production, Shaad Ali's *Soorma*, which was to release June 29 will now release July 13. Though the release date was announced last year, they have been forced to change it to avert a clash with Rajkumar Hirani's *Sanju*, which eyed the same date. She was keen to get on with the promotions. Her wait for it just got longer. Chitrangda, who also features in *Bazaar* and *Saheb Biwi Aur Gangster 3* will have to remain in actor mode for now. Chitrangda Singh happily took to her Twitter account to share the release date of her debut film *Soorma*, as a producer. The film is a biopic of an ace hockey player and former Indian Hockey captain Sandeep Singh. Diljit Dosanjh essays the character of Indian Hockey Captain, Sandeep Singh. The actress is very excited about her role as a producer in this film. The *Aao Raja* girl announced the release date of *Soorma*. IANES

Dippy won't attend Sonam's wedding

The big question is whether Deepika Padukone will attend Sonam Kapoor's wedding. Her presence is sure to raise eyebrows considering their history. But it appears unlikely as Dippy is slated to attend the MET Gala in New York May 7. She will be walking the red carpet at the Cannes Film Festival May 10. Sometimes a packed tight schedule can prove beneficial too.

Both Kapoors and Ahujas released a joint statement Tuesday announcing the wedding date. It read, "The Kapoor & Ahuja families, take great joy and pride, in announcing the marriage of Sonam & Anand. The wedding is scheduled May 8 in Mumbai. Since it is an intimate affair, we request you to respect the family's need for privacy. Thank you for all your blessings and love, as we celebrate this special moment in our lives." With the year's big fat Punjabi wedding of Sonam and Anand Ahuja, there is much excitement within the industry folks. The who's who from the glamour world will be gracing the special occasion. AGENCIES



JENNA FINE AFTER SPLIT

Actress Jenna Dewan says she is feeling good following her split from actor Channing Tatum. Tatum and Dewan, who wed in 2009 and share one daughter together, announced their separation in early April. "I'm good, I'm really good," Dewan said. "I so appreciate all the love and everything," she added. Dewan is now looking forward to the future of her career, and the possibility of her show 'World of Dancing' getting nominated for an Emmy. She said: "For us to be recognised for that in that way would be huge for everyone involved. I really believe that we are changing the game in a lot of ways, especially for dancers. And to have that just continue to elevate and be seen by the Academy would be like absolutely amazing." IANS

A movie close to RANVEER'S HEART

Actor Ranveer Singh, who has finished shooting of *Zoya Akhtar's Gully Boy*, says he is really attached to the film's story.

Ranveer was interacting with media as he unveiled Carrera eyewear's #DriveYourStory campaign and premiere of short film based on his life journey recently.

Talking about his upcoming films, Ranveer said: "I have just completed shooting of *Gully Boy*. It is a special story, one that I am closely attached to. It is set against the backdrop of flourishing desi hip-hop scene coming out of Bombay (Mumbai)."

"It is the story which represents Mumbai in its true sense and the city is my home town, these are my people, this is my language so this is the story I am really attached to. It's an underdog story about a kid who broke through from great adversity in life to make it as a recording artist," he added.

Ranveer, who made his Bollywood debut with Yash Raj film's *Band Baaja Baraat* was last seen in Sanjay Leela Bhansali's *Padmaavat* playing character of Alauddin Khilji

which received extremely positive reviews from audience and critics. When asked what words of wisdom he would like to give to youngsters, Ranveer said: "You just have to believe in yourself and pursue what you are truly passionate about. If it's coming from your heart, it's right. You shouldn't think that anything out of your reach and far-fetched or impossible for you to achieve."

The actor said to become a Hindi film hero was a dream which was out of reach. "It seemed very much out of my reach until I had a feeling that I can accept failure but I can't accept it without trying. So, however, daunting the odds may seem, I am going to be brave and muster up the courage and do what my heart says. "I just want to say youngsters out there to follow your heart, pursue your passion and don't be afraid because nothing is impossible," he said.

Apart from *Simmba* and *Gully Boy*, Ranveer will also be seen essaying the character of former Indian cricket team captain Kapil Dev in Kabir Khan's *1983*. IANS





Sketching shame

An artist attempts to explore reality in an unconventional way. When he paints a human being, he tries to portray the 'being' and not human 'anatomy'.

A renowned artist, who walks barefoot, asks his 'nude' model to not just sit quietly, but to sing, talk, ask something, while posing for his next artwork. She has been sitting as a silent 'nude' model for years, for sketches, water-colours, oil-on-canvas made by students of art, in a classroom. This, is the first time she has stepped out, into a painter's house. She is used to the public workplace, for the private posing; she has a condition – one of the students should accompany her to make her feel normal, protected... reassure that her nudity is for education, not enjoyment. The



PIYUSH ROY

so-far 'silent' model, almost hungrily laps up this rare option to speak. She asks, "Why paint nudes?" It is a question that has been brewing and brimming in her, ever since she opted to pose as a paid nude model in an art school, to alleviate her poverty. She was told it's for the cause of education; the explanation however, had at best, been a shame-justification self-solace.

The artist answers, "I have painted horses in the nude; birds in the nude... nobody questioned me then... God is present in every human being. And every form of God is man-made. An artist attempts to explore ideas beyond the conventional thinking. Clothes are meant to cover the body, not the soul. And I attempt to seek the soul

through my art". It is a perspective.

It doesn't match with the point-of-view of some who violently vandalise his, and the other student works-in-progress at the school interpreting the nude portraits as expressions of obscenity. Nude works of art, architecture, sculpture have been periodically ravaged, vandalised, prohibited down the centuries. But neither have the artist, nor their models stopped collaborating on this intimate process of expression.

Director-actor Ravi Jadhav, an auteur of immense courage and compassion from contemporary Marathi cinema, in his latest film, *Nude* (Chitra in Marathi), charts a subject rarely explored; the story of a model, who poses in

the buff for a living, anonymous, not for fame but for survival. The film first came in the news, last year for being unceremoniously removed from the International Film Festival of India's (IFFI Goa) screening list. Approved by the selection panel it was withdrawn by the government. Like the protesters in the above scene they had perceived its theme and title to be bad, against the culture, anti-Indian!

What is anti-Indian? Defining an answer for such open questions is dangerous because even if true it may be; it will never be the only one. Perspectives vary from person to person based on their conditioning, life experiences, adaptation, education and level of empathy and openness.



Kalyanee Mulay as Yamuna in a still from *Nude*

An art professor in the film prophetically anticipates the above aggression when he says, 'we have progressed as an independent nation; but regressed in our freedom'. I would beg to slightly differ with the lament that manifests itself in the film's simmering and violent reactions to artistic freedom every now and then. The fact that in a week when even Bollywood has been shunted out of the theatres by the distribution might of the biggest Hollywood film of the year, that a little Marathi film stands its own, surviving and getting seen as the film playing in maximum Mumbai theatres after Avengers is an assurance that there exist, patrons for good

"Why paint nudes?" It's a question that has been brewing and brimming in her, ever since she opted to pose as a paid nude model in an art school, to alleviate her poverty. She was told it's for the cause of education; the explanation however, had at best, been a shame-justification self-solace....

art. My neighbourhood theatre where I saw the film was half-packed, even in a 4pm working day show; it was playing four shows of Avengers to one of Nude. Jadhav's film will not be abandoned - I hope there is enough word-of-mouth to recover its cost; a fair share of accolades it anyways will court next year, when the awards season comes calling.

The beauty of the film or the success of its filmmaker is in the fact that it is not an uncomfortable film at all, irrespective of its subject. Probably because it remains an intensely personal journey about a dedicated professional, Yamuna (Kalyanee Mulay), another migrant in a big city, allowing its anonymity to attempt something different. But she can't take home any evidence or memory of her workplace. To the world, she is a sweeper outside an art school. In a



profound scene her elder sister, Chandra (Chhaya Kadam), also a nude model, burns some sketches of works-in-progress inspired by them, thrown away. They were beautiful.

Yamuna wants her son with a talent in sketching to become an artist. Perhaps then he would someday appreciate the value of her secret calling. He doesn't. After squandering a lifetime of her savings in an expensive education like learning art, he opts to work in the Gulf instead, to make quick money, because artists normally have to wait too long to make money. His mother accepts - some of us work for money only; some for money and fame. The latter category may not always make enough money and the majority falling in the first category for which making money is the be all and end all, will never appreciate the former's motivation. That's okay; good art needs few creators, more patrons. Only the best anyways,

will survive its long years of churn, a necessary test for self-faith in their talent. A creative person has to be aware and appreciative of his/her work before expecting any recognition of the world.

Nude is powerful, poignant and provocative. It is also a very beautiful film.

Its director and especially his cinematographer (Amalendu Chaudhary) have lav-

ished its frames with the emotion and ambition of an art work. Its two leading lady performances (Mulay and Kadam) lend to some memorable expressions of onscreen bonding, tremendous care, understanding, joy, independence and vistas of kindness. Frequent long silences invite you to soak in the events with detached contemplation. Shock moments are captured as splashes in a life's art work, a tribute to its unpredictable brush strokes.

You will enjoy the film, if you are a patron of creativity or an artist at heart. Through Yamuna and Chandra's story, it tries to make the viewer understand that nude modeling is as respectable a job as any other. This little film needs patronage; not because it is necessary. A good work of art always is. But because it's a rare ode to a courageous, beautiful identity and the ideation of its imagination from a chance, uncommon premise - a weak personal dare edging to shed inhibitions for a lifetime.



Artist at work



Naseeruddin Shah in a still from *Nude*. (Inset: Director Ravi Jadhav)



Blood banks often face supply shortages in summer because donors fear that donating blood in the hot days will bring on weakness and fatigue

BRATATI BARAL, OP

Summer is the cruellest season of the year. And with summer, most blood banks face a shortage. At least 38 per cent of India's population is eligible to donate blood, but less than 10 per cent of them actually do.

"Blood crisis becomes acute when schools and colleges close for summer vacation," says

Dr Debasish Mishra, blood bank officer, Capital Hospital, Bhubaneswar. Students are the main donors everywhere.

Excessive sweating on hot days generally causes fatigue, weakness and dehydration which causes many voluntary donors to think that donating blood may make them sick.

Several organisations are working to spread awareness about blood donation and how it can save lives. They have teams of experts who offer pre and post donation counselling and educate donors about the benefits of donating blood. A political party in Odisha has launched

'Jeevan Bindu', a programme to hold blood donation camps across the state. The Bhubaneswar-Cuttack Commissionerate of Police has launched the 'Jivan Alok' programme to improve availability of blood in the blood banks. "Red Cross conducts camps five to six times a month to solve the issue of blood shortage in summer. Government agencies and NGOs also work to ensure availability of blood," says the doctor.

"A healthy person can donate blood in summer if he takes care of the body properly by consuming adequate water and other liquids before and after the donation. He must take

healthy nutritious meals before donation. During the donation, he should wear comfortable outfits with sleeves that can be pushed above the elbow," he adds.

"The problem of blood shortage in summer happens due to lack of communication," says **Safaque Aftab**, volunteer at an NGO that organises camps. The group has more than 2,000 members across the state. "We conduct awareness programmes, street plays, and music programmes to encourage people. We have to counsel people, convince them that nothing adverse will happen if they give blood in summer. We try to educate them that the exhaustion is due to summer heat and not blood donation. There are donors in our group, who celebrate birthdays, marriage anniversaries or happy occasions by donating blood. Recently, a couple in Cuttack started their married life by donating blood."

Safaque, who has donated blood



more than 30 times, says: "We have had the privilege of helping many in distress with the help of people associated with us. Together, we act to save lives and change people's attitude towards donating blood. Our strength lies in our volunteers who care to share the gift of life. There is still no substitute for human blood. Without the continued support of volunteer blood donors, we cannot succeed."

Bikram Bharti, parent of a Thalassemia patient, says, "My three-year-old needs one unit blood transfusion every 21 days. From the start, I have depended on the Red Cross blood banks, but I never faced any difficulty. Every day, 20 to 30 regular Thalassemia patients depend on the blood banks. It's a blessing for patients that government and NGOs work hard to collect blood through camps. Blood banks keep enough stock of blood for Thalassemia patients, who need



blood transfusions frequently."

Dhirendra Thakur, who is associated with a charitable trust that has 500 active members, says: "We arrange blood in case of emergency, but sometimes we focus on arranging blood for rare groups or negative groups. We often find people unwilling to donate blood in summer. They think they will become weak or fall sick. It depends upon the donor's attitude and dedication towards donating blood."

Dhirendra, who has donated blood 25 times so far, says, "We conduct camps in different places in association with the Jivan Alok programme."

Jagat Jivan Jena, an NGO coordinator says that finding a donor these days is easy. "We have donors in our group, who regularly donate blood to some



Thalassemia patients in the city. We have a group consisting of 1,000 donors who can arrange blood within 30 minutes of getting a request."

"I have seen that we get more calls to arrange a donor in summer. Though some donors fear that donating blood in summer will cause weakness, according to health experts, extracting 250 ml out of the five litres blood in a human's body is not enough to make a person weak," adds Jagat.

Who can donate blood?

Any healthy person not suffering from transmittable diseases can donate blood. The donor should be in the 18-60 age group and have a minimum weight of 50kg. The donor's haemoglobin level should be minimum 12.5 per cent and pulse rate between 50 and 100mm without any irregularities. Body temperature should be normal and oral temperature should not exceed 37.5° Celsius. A person can again donate blood after three months.

Who is not eligible?

Those suffering from cardiac illness, hypertension, kidney ailments, epilepsy or diabetes are not eligible to donate blood. Ladies who have had a miscarriage should avoid donating blood for the next six months. A donor who has been treated for malaria in the past three months, HIV patients, and a person who has had alcohol in the last 24 hours are not eligible.

Preparation

The donor should take enough fruit juice and sufficient water in the night and morning before donating blood. Avoid donation on an empty stomach and eat three hours before you donate blood. Donors should avoid fatty foods and eat foods rich in iron such as whole grains, eggs, spinach and other leafy vegetables, orange and other citrus fruits.



An awareness programme at Pathostav



Care for the shelterless

be distributed among the homeless people on the street?"

Palak, who works with a pharmaceutical company as a medical representative, adds, "I have been interested in social work for years. My family members also support me in this cause. Earlier, I was associated with a few social work groups but had problems working according to their instructions. I wanted to offer my services for charity, without any self-interest. Hence, I decided to work on my own. Now some like-minded friends help me out."

Palak says that big money is not required for his work. "When we get a call, we visit the party venue on our bikes,

once. But I always take care to ensure that the really needy people get the food and so I did not pay heed to him."

"You find a lot of poor and homeless people sleeping on the footpaths at Raj Mahal Square, Master Canteen Square and near Ram Mandir. We distribute food in these areas. Sometimes we get a large quantity

of food but we can carry only a part of it on our bikes. Most of the food that we bring on our bikes gets easily disbursed in these areas and we don't have extra food packs to distribute elsewhere," says Palak.

Manas Kumar Swain, a contractor from Bhubaneswar,



Feeding in need



Serving food on the pavements

had taken Palak's help in January during his sister's marriage. He said, "After the party, a large quantity of food was left over. I got Palak's phone number from a friend and contacted him. He came with his friends and took food for about 35 people from the marriage venue at Kalpana area. These youngsters are doing a great job."



Amit Das

Amit Das, a B Tech from the Oxford Engineering College in Bhubaneswar, has been associated with Palak from the beginning. He said, "I am a close pal of Palak and I help him in this project. We give away food to homeless people and we feel happy that we are helping the poor and needy. We are now planning to arrange a four-wheeler to expand our area of operation. Let us see."

FOOD with LOVE

HIMANSHU GURU, OP

Wasteful consumption is the bane of our society. There are many well to do people who celebrate social events on a huge scale with a lavish spread of food and drink. Very often, a lot of food remains unconsumed after the party is over. To ensure that this food is put to good use, a few Good Samaritans have come together to distribute it among the needy and the homeless people who know the pangs of hunger only too well.

Bhubaneswar-based Palak Kumar Sahu (25) and his friends collect surplus food from parties and feasts to distribute it among shelterless people who spend their nights on the city's pavements.

"I have been distributing surplus food among

Palak Kumar Sahu and his friends are Good Samaritans for the capital's shelterless

the needy people on the streets for about one and a half years now. I provide my phone number to the organisers, and I get calls from them. These days, the calls to collect food have become very regular," says Palak, an MBA from Utkal University.

The youngster continues, "Earlier, during parties when there was surplus food, it used to be a matter of worry for many people. I thought to myself, why can't the surplus food

pack the food in polythene bags and quickly take it to the streets so that the food does not become stale. Besides, we provide khali (plates made of leaves) at our own cost. Sometimes party hosts or organisers provide us a four-wheeler in case there is a large amount of food. Otherwise, we carry the food packs on our bikes."



Palak Sahu

Palak points out that they do not need office space for their work. "But I think I should create a web page so that more people can contact me and I can provide food to more homeless and hungry people."

The youngster describes some of the issues he faces while distributing food at night. "Sometimes the police want to know where I am going at such a late hour or what I am carrying in the bags. But when I explain what

I am doing, they allow me to go. At times, anti-social elements create problems, but that is not a big issue. Once a drunkard yelled at me for not handing over all the food to him for distribution and asked me to leave the place at



Manas Swain

Food for thought
Palak Kumar Sahu urges all right thinking people in city to not waste food that they may not consume at feasts or festivities. Call him (9583200098) to help feed hungry people who dwell on the pavements.



Food for street urchins

GET IT GET IT GET IT straight

There are some natural ways to get straight, soft and bouncy tresses

SOYONG, OP

Straight, shiny and smooth hair is trendy and easy to manage and can be worn in a free flowing style or be styled in numerous ways. However, if you want to straighten your curly hair, it is good to remember that extreme heat and chemical straighteners can be bad for your hair. Over time, hair becomes dry, the ends split and your hair won't look as attractive as it was once. On the other hand, a natural straightening method can give you softer, bouncy and damage-free tresses, say experts. Fortunately, there are some natural methods for turning your curly or wavy hair straight. You may not get the stick-straight look, but you will have healthier hair that is straighter than your natural locks. **Sunday POST** talked to some hair stylists in Bhubaneswar about some chemical-free ways to straighten hair.

Sanjeev, who has a unisex parlour in the city, offers some tips on how to get silky-smooth straight hair, the natural way:

can wrap a silk scarf around your hair and sleep on it to reduce the frizz.



Roll your hair:

Use large hair rollers to roll sections of wet hair and secure them tightly against your head. Let it dry completely. Even a slight bit of moisture can make the curl come back.

Use overnight hair bands:

Before going to sleep, divide damp hair into one or two low pony tails. Fasten with soft hair elastic bands, then add additional bands every inch or so down the pony tail in order to hold it together. Free your hair of the elastic bands in the morning.



Brush wet hair until it dries:

Wash your hair and let it dry on its own. But continue to brush it every five minutes. Pull and hold each section of hair for a few seconds to encourage it to straighten out.

Wrap wet hair tightly: When your hair is wet, comb and part it down the centre. Comb the left portion all the way over to the right and wrap around the back of your head, securing with bobby pins. Flip the right section over to the left side, wrap, and pin in the same way. Let the hair dry completely. You



Anindita, an expert in hair straightening, also has some tips on how to treat hair with natural straightening masks.

cup of warm oil and half a cup of Aloe Vera and apply this pack to your hair. Wash your hair after 40 minutes.

Milk, honey and egg:



Mix 1 cup of milk with 1 tbsp of honey and let it soak into your hair and scalp for an hour before washing out. You can also mix two cups milk with one egg. Apply on your hair, keep it on for 10 minutes then squeeze out. Cover your hair with a plastic shower cap for 30 minutes. Wash out thoroughly and brush dry.



Castor oil:

Beneficial in treating skin infections, stomach problems and constipation, castor oil is also useful to straighten your hair. Warm the oil and massage it into your hair. Wrap a warm, damp towel around your head and keep it on for 30 minutes. Then wash your hair with a good shampoo.

Vinegar:

It adds sleekness and shine to your hair. After rinsing out the conditioner from your hair, add a few drops of vinegar into a mug of cold water and rinse out your hair with it. Comb your damp hair straight.



Egg and olive oil:

They nourish your hair and make it strong. They can also be used to straighten your hair. Thoroughly mix two eggs with one part olive oil. Apply it on your scalp. Wash your hair after an hour.

Aloe vera:

It is rich with enzymes that promote hair growth and keep your hair soft and smooth. It also penetrates the hair, moisturising it thoroughly, and reducing the chance of frizz or curls. Mix half a



Lemon juice and coconut milk:

Lemon juice is a natural straightener while coconut milk acts as a conditioner. Apply the lemon juice-coconut milk mixture on the strands of your hair and then wash it out with lukewarm water. Don't forget to comb your wet hair and let it air dry.

SP team spotted these style gurus this week

It could be
YOU
next time



TOO ETHNIC
Nidhi (L) glows in her red-golden lehenga while Sanghamitra elegantly carries her chocolate brown saree



Svetlana

PIC: AKHIL RANJAN