

APRIL 4 -10, 2021

SUNDAY

POST

HERE . NOW

TRADITIONAL GAMES OF CHILDHOOD

Fading into oblivion

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COVER STORY

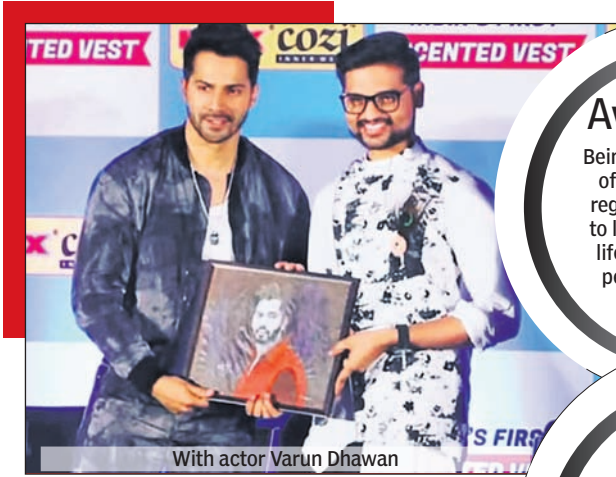




Debabrata Pal, an Odisha-born but Mumbai-based painter, visual story-teller, handloom designer and model, loves to spend time with orphan kids every Sunday. He not only educates the differently-abled children but gives colour therapy sessions to make them feel better.

Voracious Reader

I am a fan of Amish Tripathy's *Shiva Trilogy*. I read his books when I am free. I also read Sandhya Purecha and Sonal Mansingh. Recently, I finished Jeff Abbott's *A Kiss Gone Bad* and Priyanka Chopra Jonas' memoir *Unfinished*.



With actor Varun Dhawan

Avid Traveler

Being into the tribal art, I often visit the remote regions of Maharashtra to learn more about the lifestyle of indigenous people and how they accessorise themselves.

Art Afficionado

I never miss classical dance concerts or stage plays on non-working Sundays.

Odia Foodie

I have a weakness for signature Odia dishes. Since, I don't get many of them like Manda Pitha and Kakara in Mumbai, I try to prepare them on holidays.



Debabrata busy teaching colour therapy to special kids



RASHMI REKHA DAS, OP



WhatsApp This Week

Only on Sunday POST!

Send in your most interesting Whatsapp messages and memes received to: features.orissapost@gmail.com And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- I am looking for a bank loan which can perform two things... give me a Loan and then leave me Alone.
- My bed is a magical place where I suddenly remember everything I forgot to do.
- In the morning you beg to sleep more, in the afternoon you are dying to sleep, and at night you refuse to sleep.
- If you want to make your dreams come true, The first thing you have to do is wake up.



USEFUL TIPS

Sir, The safety tips recommended by beauty expert Shahnaz Hussain in last week's Sunday POST made for an interesting read. In fact, I found her advice of using sunscreen lotions and coconut oil before playing Holi extremely useful. There is no dearth of professional advisors in print as well as electronic media. But what makes Hussain stand out is her advice to use only herbal products.

RAMAKANTA SAHOO, ROURKELA

UNDERRATED LEADER

Sir, Odisha's second Prime Minister Biswanath Das is one of the most underrated leaders of pre-Independence era. I am sure not many people are aware that he was a Prime Minister of Odisha. I am thankful to the editorial team of Sunday POST for carrying an informative write-up on the life and career of Das ahead of Utkal Divas. His achievements will be remembered by the generations to come.

SOUMYAKANTA BISOI, BERHAMPUR

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 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



Bati



TRADITIONAL GAMES OF CHILDHOOD

Fading into oblivion

With the exceptions like Kabaddi and Kho Kho, a plethora of traditional games are on the verge of extinction and today's kids will perhaps never get an opportunity to learn about them

RASHMI REKHA DAS, OP

India is a country of rich traditions and needless to say that games have found a special place in our culture. Our scriptures, history and mythology are testimony to the game of dice, chariot racing, archery and several other games. But the culture and time have undergone drastic changes, so have our sports. Gone are those days, when kids used to hurry back home from school so that they could go out and play their favorite games like Puchi, Kith-Kith, Guti, Gili-Danda and Bagha-Chheli. Children, in this digital age, mostly prefer electronic gadgets over traditional games. Spending time at the game stations of shopping malls is the new trend. With the exception of Kabadi and Kho Kho, a plethora of traditional folk games are gradually fading into oblivion which today's kids will perhaps never connect to. Those games are almost on the verge of disappearance. Sunday POST takes a trip down the memory lane to shed lights on a few such forgotten games.

Puchi

Puchi was one of the favourite games for the girls in villages. However, it is gradually vanishing due to the advent of television and other forms of entertainment. In villages, 'Puchi' competitions were held during festivals like Raja and Kumara Purnima. Two types of Puchi -Thia Puchi and Basa puchi - are still played in some parts of Odisha. Thia Puchi is played in a squatting position where one's weight is shifted and balanced from one leg to another in quick successions. In Basa Puchi, girls sit in a circle and dance throwing one

leg and one hand forward alternatively. The process creates rhythms in the whole body. This is not just an outdoor game, it is a sort of exercise that strengthens the thigh, waist and abdomen of a girl.

Bagha-Chheli

It is a board game that requires concentration, analysis, anticipation and planning. So, it tests the intelligence of a player. People used to draw permanent playing boards on the cemented floor of their verandahs. All they do is to pick up four stones of bigger sizes and 20 small ones. In this game, the opponents' strengths are accessed by employing both defensive and offensive tactics. It can be played by two people or two teams having two players in each team. According to the rules, the tigers have to kill the goats, while the goats have to encircle their predators. In those days, teachers even taught Bagha-Chheli games to students to make them understand mathematics. Students who were

good at the game used to understand complex concepts like fractions, integers, even probability, and arithmetic quickly. Players with tigers need to jump over a goat if the next vertex is vacant. Each time a tiger does this, the tiger eats the goat and the piece is removed from the board. The goats can render a tiger piece useless by cornering it or not provide it space to move.

Bati or Marble game

Once celebrated as a street game, Bati was always the favourite of village lads. The game is quite exciting but has lost its importance with time. Batis or Gotis are the balls made of glass in various colours with a diameter of 1/2 inch. They come in tiny and bigger sizes too. The game can be played in various ways. There used to be different versions ranging from easy to more complicated ones. Basically the players had to hit the target Goti using their own marbles. The winner takes all gotis from the rest of the players.



Basa Puchi



Kith-Kith

It is a very funny hopping game played by girls in many rural villages.

This game requires physical agility. It can be played in streets, indoor or outdoor. Generally a chalk or a small brick piece is used to draw blocks on the ground. It contains eight blocks. Each player uses a marker such as a shell or stone. A player has to stand behind the starting line and toss his marker in the first block. She has to hop over the first block to the second one and then continue hopping to the eighth block, turn around, hop back to the second block, pause and pick up the marker, hop in the first block and set out. Then she has to toss the marker in the second block. This goes on until the player reaches the eighth block and completes the lap successfully. In this game, all hopping is done on one foot, unless there are two lateral blocks, where the player can land her both feet.

Gilli-Danda

Gilli-Danda has quite a few resemblances to the game of cricket, but sans a ball. It is played with two wooden sticks, a smaller one called the Gilli, of about three inches long and the longer one, a Danda which is about two feet long. The Gilli is tapered at both ends to get a good grip for striking it. The greatest challenge and fantasy lies in how well and how far one can strike the spinning gilli in air. The gilli is positioned through a small oval-shaped hole at the center of a circle which is about four feet in diameter, on the ground. The player hits the gilli with the danda and flips it into the

air, hitting it as hard as he can. After that the player has to run and touch an agreed point outside the circle before the gilli is regained by the opponent.

Some people who have grown up playing these games tell Sunday POST on what could be the reasons behind their near-extinction.

Urmila Parida, a school teacher says "I was lucky to play these games which were mostly played on the streets. These days, there is hardly any vacant space left for the children to play outdoor games. Besides, children do not show much interest in learning these 'old-fashioned' games. Instead, they now prefer to play games on computers and smartphones. But parents should encourage their children to play these games as they immensely help in physical and mental growth of their wards."

These games also increase the reasoning power of students. So, there is a need to preserve the traditional games, adds Parida who used to organise Puchi competitions in her school before the spread of coronavirus.

Smruti Rekha Das Bhanja, of Khurda is of the opinion that children these days hardly get time to play outdoor games between their class work and homework. The covid situation has only made the matter worse, she says, adding that many kids don't take interest in playing such games.

Smruti blames the parents for the lack of interest of their children in traditional activities.

Another school teacher Lopamudra Swain, says, "These games had their origin in rural areas. The players used to sing colloquial songs to make them even livelier. But unfortunately, these days rarely do we find youths playing the games. Modern forms of entertainment like TV, movies,

computers and various western games have replaced the traditional ones."

Trilochan Dash, a senior government employee from Bhubaneswar, says, "I have grownup playing these traditional games. We were a few friends, who gathered at a play ground outside our village where we played games like Gilli-danda, Kabaddi and Vish-amrit. I passed on my gaming skill to my children and I am happy they have grown up playing those games. But today, I don't see too many children playing outdoor games except cricket. I'm worried that many parents these days prefer structured activities for their kids. Children need to play with children of different ages to develop their personality which they unfortunately are deprived of."



Gilli-danda



Kith-Kith

When Words Made Wars

The *Book Thief* by Marcus Zusak, the Australian writer, is the war against Nazi Germany and its excesses, by young lives. Death is the narrator who stalks through the book collecting souls on its way even while grieving over them. Death is not the grim reaper we imagine or the final arbiter of life but a human thing with a paternal instinct, kind and gentle able to sympathise with his victims.

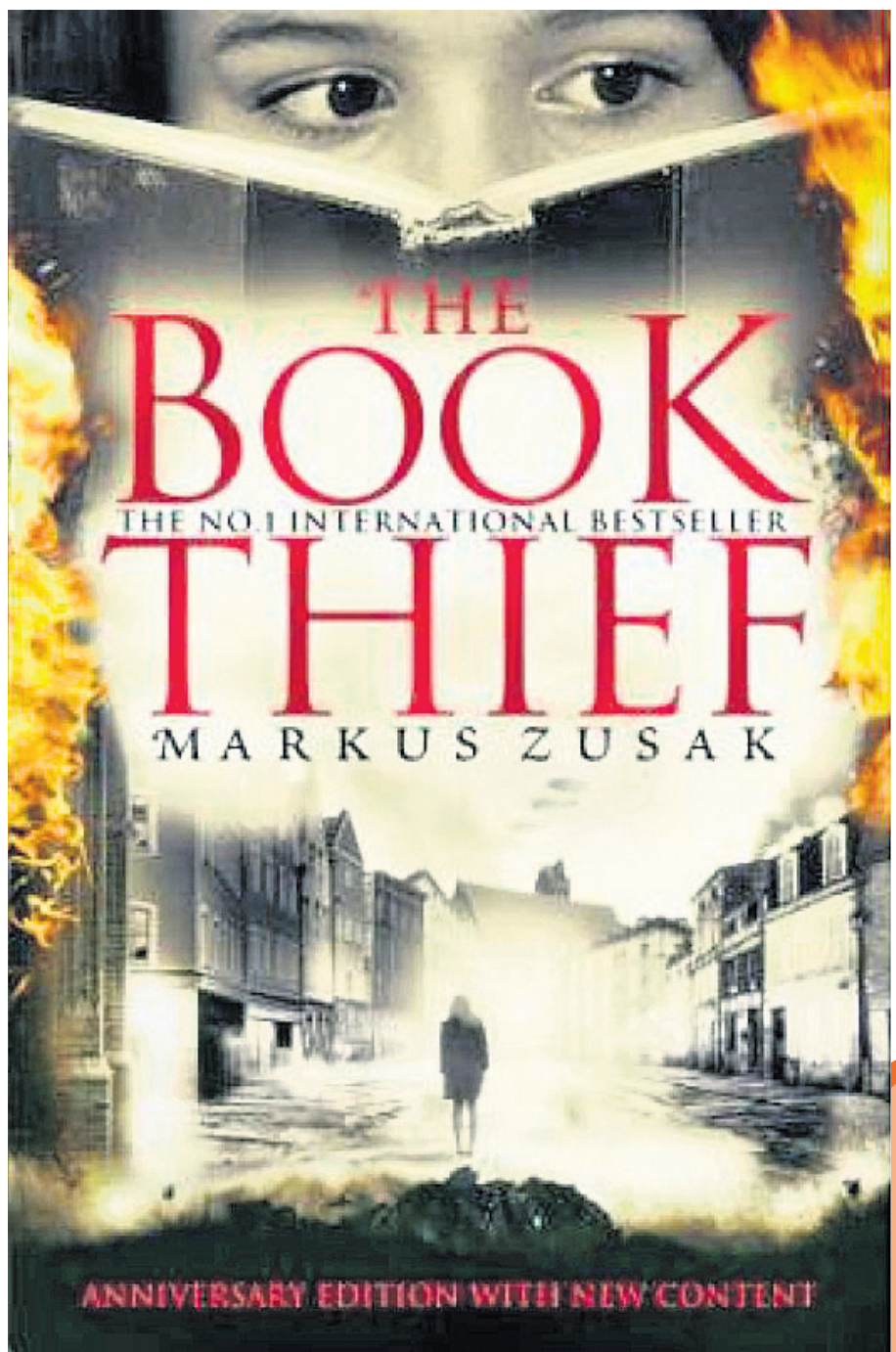
The book celebrates the power of words, their resilience and love that keeps the young protagonist Liesel Meninger alive, the legacy of words that make her live in the midst of horrific circumstances. Words made everything, -words made wars, words unleashed cruelty, 'without words the Fuhrer (leader) was nothing'. The book is about Liesel all of nine years whose father, a communist, had disappeared, whose six year old brother dies in a train compartment after a spurt of coughing, whose mother abandons her to foster care in a dismal town in Germany and retreats into oblivion. Her brother was buried at a nameless wayside station in the midst of sleet and snow and he remained a haunting memory till she died. It is here Liesel turns book thief and her first act of thieving was *The Gravedigger's Handbook*, a book she could not read but it was what it meant- the last time she is seeing her brother and mother.

She is bundled off to Molching to her foster parents, Hans and Rosa Hubermann. Liesel's life, henceforth, is a tangled web of relationships that shapes her destiny. There is Hans, the only father she had known who loves her unconditionally by teaching her to read, though a poor reader himself, sits through her nightmares, cleans up after her bed wetting occurrences, trades his cigarettes for books and plays the accordion beautifully. Rosa is full of profanities and unforgiving of Liesel's transgressions and yet Liesel realises that she is the woman for a crisis and with a heart under her tough exterior. She joins Rosa in picking up the washing and delivering them back and in the process comes across the Mayor's house with his large library of assorted books. The Mayor's wife allows her to read and Liesel once again discovers the power of words. She ends up stealing a book from the library and the Mayor's wife gifts a dictionary to her. She picks up a book from the book burning heroics of the Nazis in the town square on the Fuhrer's birthday. Her repertoire of books grows with Christmas gifts of books by Hans and a second hand copy of *Mein Kampf* and Liesel perfects her reading skills in the basement of the house with her father.

Liesel's best friend is Rudy who walks with her to school, plays football with her on the streets and is her confidant and ally in all her rowdy pursuits, stealing whether books or apples. His claim to childhood fame was when he painted himself charcoal black and becomes his hero, Jesse Owens.

Max, a Jew, is hidden in Huberman home, in their basement, fed there and lived there with the kindness of the family. He read with Liesel and shadowboxed with the Fuhrer to let off his frustration and guilt. He wrote a book and sketched for her, books she treasured till the end. Max finally left when the family was away at a shelter, with profound gratitude for his protectors.

While the war was drawing to a close and the town faced the bombing by the Allied Forces, the whole street was razed to the ground. Everybody is gone except Liesel the lone survivor who was at the time in the basement writing her book *The Book Thief*. She is devastated and as a last gesture retrieves her papa's accordion, works for a time with Rudy's father, meets Max again briefly and finds her life in another country. By the time the book ends she dies at a ripe old age surrounded by her family and the memories



of those who merged their lives with hers. Death, the narrator while claiming her soul hands her, her book she lost in the chaos.

The Book Thief is Liesel's story of her life, her love of words which she discovers in the midst of her suffering, with all their beauty and brutality. Death has the last word in the book "I am haunted by humans", disturbed, depressed at the infinite capacity for good and evil that humans are capable of."



Sudha Devi Nayak

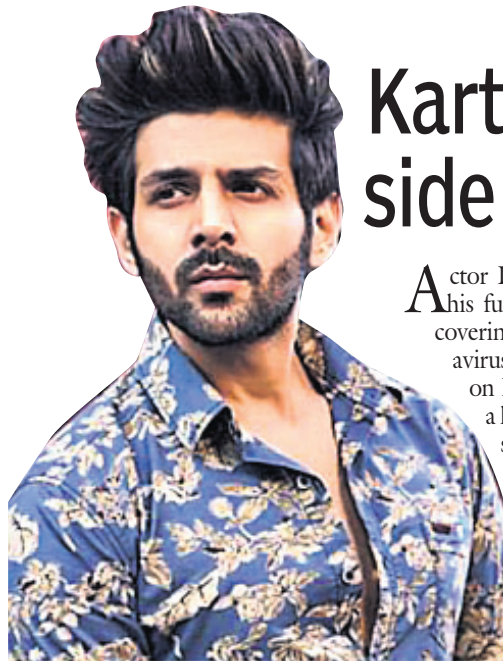
Drive for global promotion of 'Pala'



KAMS Charity, a US-based non-profit organisation presented a virtual musical event 'Rang Barse' to revive one of the dying art forms of Odisha 'Pala' on a global platform last week. Apart from promoting the folk art form, the programme was aimed at providing platforms to other struggling artists. The event was aired live from Music Sizzlers Studio, Bhubaneswar over Zoom and KAMS Charity Facebook page which was enjoyed by the viewers from as many as 20 countries.

Odia singers Sangram and Sasmita mesmerised audience by singing evergreen Hindi film numbers and Odia Holi songs. Besides, US-based flautist Pramod Mohapatra enthralled audience with his recital. Pala artiste Sushree Srimati Swain and her troupe performed 'Jagannath Tatwamruta' narrating the untold mysteries of Lord Jagannath temple during the five-hour event.

Dr Abhaya Asthana, a Fellow at Nokia Bell Labs-CTO graced the occasion and supported KAMS Charity's mission. PNN



Kartik reveals hilarious side effects of Covid-19

Actor Kartik Aaryan has shared this funny side effects after recovering from the novel coronavirus. Kartik posted a picture on Instagram recently doing a handstand, dressed in grey sweatshirt and pants.

"Covid ke baad se sab ulta dikh raha hai! Good morning! (After Covid everything seems upside down. Good morning!)"
Kartik

captioned the image. Kartik tested positive for Covid March 22.

On the work front, Kartik is currently shooting for his upcoming horror comedy film *Bhool Bhulaiyaa 2* where he features alongside Tabu and Kiara Advani.

The film is a follow-up to the 2007 film *Bhool Bhulaiyaa* and is slated to hit theatres in November. Besides this, Kartik will also be seen in the film *Dhamaka* which will release on OTT. IAN S

Deepika fond of Bieber's Peaches

Actor Deepika Padukone last week posted a quirky video for fans, in which she talks about her favourite song and her playlist, which she said she is very possessive of. In a recent video clip on Instagram, the *Chhapaak* actress disclosed her love for Justin Bieber's chartbuster hit song *Peaches*.

In the witty video, Padukone can be seen getting ready in her vanity van as she says "I am very possessive about my playlist". When asked to reveal her favourite song, she replied, "Can I play it for you?" and starts playing Justin Bieber's *Peaches* from his latest album Justice.

"This is my favourite song!" she added while grooving to the track. Alongside the video that accumulated more than 3 lakh views within an hour of being posted, she wrote, "What are you listening to...!" Around the same time, actor Alia Bhatt also shared the track *Peaches* on her Instagram story along with a peach emoji. IAN S



Raveena seeks death penalty for poachers, rapists

Actress Raveena Tandon posted a comment on social media about India's legal system, saying the laws in our country are too weak, and culprits are not convicted in most cases. She raised concern about crimes like poaching and rape, and demanded capital punishment for such misdemeanours.

"Poaching becoming a serious problem in these pandemic times. Our laws and sentencing too weak. Frikkin impotent, our legal system is such that culprits are not convicted in most cases Political correctness be damned. Hang Poachers and Rapists," Raveena tweeted.

Her tweet came minutes after she posted about the forest fire in Madhya Pradesh's Bandhavgarh Tiger Reserve.

"Paradise lost . @MPTourism hope all is done to contain this.... Madhya Pradesh: Forest fire rages through Bandhavgarh Tiger Reserve," Raveena tweeted earlier. IAN S





Delectable Desserts



MALPUA

Ingredients

- Banana: 1
- Milk: 1 cup
- Wheat flour: 1 cup
- Rava / semolina / suji (fine): 2 tbsp
- Fennel (crushed): 1 tsp
- Cardamom powder: ¼ tsp
- Cream: 2 tbsp
- Oil for frying
- FOR SUGAR SYRUP:**
- Sugar: 1½ cup
- Water: 1½ cup
- Cardamom: 3 pods
- Pinch saffron food colour

Procedure

First, take a banana and ½ cup milk in a blender. Blend to smooth puree. Transfer the banana puree to a large bowl. Add 1 cup wheat flour, 2 tbsp rava, 1 tsp fennel, ¼ tsp cardamom powder and 2 tbsp cream. Mix well making sure everything is well-mixed. Now add milk as required and mix using a whisk. Whisk for five minutes or until the batter is lump-free. Leave the batter for 30 minutes. Meanwhile, prepare the sugar syrup. Take 1½ cup sugar, 1½ cup water and 3 pods cardamom. Stir well until the sugar dissolves completely. Boil for five minutes or until the sugar syrup turns sticky. Now add pinch of saffron food colour and mix well. Keep aside. Now prepare the malpua by pouring 2-3 tbsp of batter in a ladle over hot oil. Shallow fry in medium hot oil. Flip over and fry both sides till the malpua gets cooked completely. Drain off the oil and press gently. Dip in sugar syrup and soak the banana malpua on both sides for two minutes or till it absorbs sugar syrup. Finally, garnish banana malpua recipe with few chopped nuts.



BURFI

Ingredients

- Sugar: 240 gm
- Whole milk: 300 ml
- Salted butter: 130 gm
- Full-fat milk powder: 595 gm
- Ground cardamom seeds: 1 tsp
- Saffron strands: 12-15
- Vanilla extract: 1 tsp
- Lemon juice: 1 tsp
- Pistachios: 20 gm
- Edible silver or gold leaf optional

Procedure

Line a L30 x W20 x D5cm (13"x9") rectangular tray bake pan with baking parchment. Scatter over some sliced pistachios or pistachio nibs. Heat the milk in a large, non-stick pan. Add the butter and allow it to melt. Add the sugar and stir until it has completely melted and you can no longer feel the crystals at the base of the pan. Tip in the milk powder and stir well to mix properly. The mixture will become thick, like mashed potato in appearance. Cook the mixture over a very low heat, stirring all the time to ensure it doesn't catch and burn on the base of the pan. Once the burfi mixture begins to come away from the sides, at about the 5 minute mark, add the lemon juice, vanilla extract, cardamom and saffron. Continue to stir for two more minutes. Around the 8 minute mark, the burfi mixture should be thick. Once it forms a soft mass that comes away from the sides of the pan and into a ball, it is ready. Spoon the mixture into the prepared tin lined with baking parchment and pistachios. Press the mixture in with a rubber spatula, ensuring the surface is as even as you can get it. Allow it to cool in room temperature. Then, refrigerate it for 30 minutes. The baking parchment will come away easily. Decorate with silver or gold leaf (optional). Cut into squares and serve.



Manoj

PHOTO: CHANDAN