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SUNDAY POST

HERE . NOW



Reclaiming Bastion

P
3,4 COVER STORY



Accomplished music director and tabla player Bibhu Prasad Nanda loves to have lunch with his family and enjoy each other's company.



With his son

Grooming young talents

Music is my soul and playing tabla is meditation to me. So, every Sunday morning I train some young, aspiring instrumentalists to popularise the art of tabla playing.

Music lover

I feel music is the energy pill that keeps me going. Therefore, when I get time on Sundays, I sit for hours to compose new songs.

Family man

Sundays are special for me because none from the family misses the opportunity to eat together. Mealtimes not only provide an opportunity to be connected, it also strengthens the family bonds.

Quality time with son

Sundays are reserved for my two-year-old son Saiansh. I take him to park so that he can play freely in the lap of nature.



With his late father Radhakanta Nanda

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

- In the morning you beg to sleep more, in the afternoon you are dying to sleep, and at night you refuse to sleep.
- I am looking for a bank loan which can perform two things... give me a Loan and then leave me Alone.
- If you want to make your dreams come true, the first thing you have to do is wake up.
- I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness



ACT OF KINDNESS

Sir, The cover story 'A Unique Mission' describing about the startup launched by a young doctor to provide free ECG test facilities to poor published in the last edition of Sunday POST is really praiseworthy as heart diseases have become the order of the day. Offering free ECG test facilities to the needy will save them of their hard earned money and time. I wish him all success.

DEBASMITA NAYAK, CHOWDWAR, CUTTACK

CARE FOR PETS

Sir, I am sad to learn that Covid has affected the pets as they don't have the freedom to play freely outdoors. Still, we can use whatever space we have to engage them in various games and tricks. We may not be able to provide them the required physical exercises but we shouldn't overlook the importance of mental exercise. Mental stimulation for the pets is essential for them at these hours.

SOUMYAKANTA SAHOO, BHAWANIPATNA

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

Reclaiming Bastion

Even as Odissi dance is performed predominantly by women, of late, there is a surge in the number of male dancers who have defied popular perceptions that female performers depict fluid moves in a better manner

RASHMI REKHA DAS, OP

According to Hindu mythology, Nataraja or God Shiva is the Lord of Dance or can be said that he is the originator of all dance forms. So, historically, dance, be it classical, folk or tribal, had been dominated by men. They were the gurus, composers and performers. There was a time when most first generation gurus and dancers were male and women were not encouraged to perform at public places. Back home, exponents like Gurus Kelucharan Mohapatra, Debaprasad Das and Pankaj Das are credited with the popularity of Odissi dance in 20th century. However, when Odissi was reconstructed as a classical dance form in 1958, male dancers got marginalised. It was then that the first generation female dancers like Sanjukta Panigrahi, Sonal Mansingh, Minati Mishra and Kumkum Mohanty presented Odissi on global platforms. After that it was rare to find a stand-alone male dancer in Odissi. In the last few years, however, there is a surge in male Odissi dancers who with their sheer brilliance have defied the popular perceptions that female performers depict the form's fluid moves, sculpturesque poses, and delicate gestures in a better manner. Some of these classical dancers tell **Sunday POST** how difficult it was to overcome the challenges to carve a place in this women-dominated profession.

Kumar Bhimsen

Performing under the open sky before Lord Jagannath, Balabhadra and Subhadra while they are carried from Srimandir to the chariots during Rath Yatra has been a ritual for Odissi dancer Kumar Bhimsen.

Hailing from Puri, Bhimsen got attracted towards Odissi dance

from when he was a kid after seeing danseuses performing be-

fore the Trinity. "Being from a servitors' family, leaning towards Lord Jagannath was quite natural. My parents' selfless service to the Lord inspired me to dedicate my life to His service. But my means of serving the Lord was different. From my childhood, I loved the way dancers expressed their devotion for God. So, I decided to perform before Lord Jagannath. Odissi dance is just like 'Nirmalya' or 'bhog' for me. I got admission at Udaya Nrytua Sanskruti under the guidance of Adi Guru Pankaj Charan Das to hone my dancing skill and communicate with my Lord. More than twenty years, I have been performing before the Trinity on occasions like Pahandi Bije, Rukmani marriage ceremony, Chandan Chapa and Niladri Bije ritual along with Guru Narayan Pande", says Bhimsen.

Bhimsen, who has toured many countries to spread the dance form across the globe, is currently taking virtual Odissi classes and teaching students at his city of birth, London.

Asked about his struggle as a male Odissi dancer, Bhimsen says, "Male dancers always face criticism. When I decided to make a career as an Odissi dancer, my family and friends did not approve of it. My parents wanted me to focus on studies. It was only

after completing post graduation in journalism and mass communication from Utkal University, I could concentrate in Odissi. People used to tease me using adjectives like 'akhada bala' and 'patuabala'. They often ridiculed me saying 'He is a boy having feminine qualities'. Once I was performing at Anapurna Theatre, Puri. A section of the audience made mockery of me because I was the only boy who was dancing among the girls. I was hurt but I did not give up. My struggling days were very tough. Despite being a trained dancer, people hardly feel free to send their children to me to learn Odissi dance because I am a male dancer. At the beginning, I had a very few students and they paid a paltry sum of Rs 20 per month. It was quite difficult for me to survive as a classical dancer."

"I am happy that things changed for the better. Our society has started encouraging and accepting male performers," added Bhimsen.

Sanjeev Kumar Jena

"The state capital has the maximum number of sculptures depicting male dancers. Temples built during 12th and 13th century like Brahmeswar temple, Megheswar temple, Kapileswar temple in Bhubaneswar and Jagannath temple in Puri, and the Sun temple in Konark carry sculptures having such depictions. That apart, the ancient dance form of Gotipua, performed by young boys dressed as girls, is considered a precursor to Odissi. So, male dancers were there much before us.



Kumar Bhimsen



Sanjeev Kumar Jena

Still, people find male dancers performing classical dances weird," says Sanjeev Kumar Jena who has already performed in places like Paris, Sri Lanka, China, Malaysia and South Korea.

During his childhood, Sanjeev loved to dance to the tune of western songs. Once he went to witness an inter-school dance competition where he happened to watch an Odissi dance performance and fell in love with it. It was then he

decided to make a career in Odissi. He managed to get a seat at Utkal Sangeeta Mahavidyalaya in 2011 after his matric examinations and then there was no looking back.

Recalling his struggling days, he says "Nachabala" was the common adjective people used to use for me. That's not all. People used derogatory term 'maichia' for me. I really found it hard to deal with such abuses. People should not disrespect others if they cannot respect. But I must say, those derogatory comments made me stronger and boosted my confidence to become a successful male dancer. There were also no job opportunities for male Odissi dancers. In 2011, we staged a sit-in for two years demanding government employment. Thanks to our strike, the government created posts of dance teacher in the schools. Here also female dancers were given preferences when it comes to teaching students at schools."

Goutam Ray

Goutam's poignant expressions and graceful moves have made him popular in Odissi dance. Nurtured under the tutelage of the legendary Guru Shri Kanduricharan Behera, he has performed in nearly 20 countries including the UAE, the US, Indonesia, Sri Lanka and France. Since the age of three, dance has been a way of life for him. His unending and insatiable passion for dance is remarkable and it is for him a beautiful way of communion with the Almighty. Goutam believes he is a born dancer and hard work and dedication have shaped his career.

Goutam dwells on the difficulties male Odissi dancers confront.

Goutam was so passionate about Odissi that he did not appear for Plus II examinations only to secure admissions in Utkal Sangeeta Mahavidyalaya.

"Had I been appeared for Plus II, I would have wasted a year for enrollment into this prestigious college. At that time, my sole aim was to make a mark in the field of dance. It was Odissi which gave me an opportunity to be a part of many national and international events. I am really grateful to my Gurus Kanduricharan Behera, Manoranjan Pradhan, Naba Kishore Mishra, Lingaraj Pradhan and Bichitrananda Swain for shaping my career."

As a male Odissi dancer have you ever faced any difficulty? To this query, he says, "Although I have personally never faced any difficulty for being a male dancer, I have seen many fellow dancers having to withstand criticism. This happens because there are people who think that dance is only meant to be performed by women not men. It's a misconception and it is sad that many people prefer not to get rid of this blinkered notion. When I was three, I got enrollment in Gopal Das Smaraki Kala Mandir at Kendrapara which was being run by Guru Kanduricharan Behera. I was the only boy who was learning Odissi at that time. Villagers, out of curiosity, often rushed to watch me perform and applauded my skills. Inspired by me, six more boys took admission in the school to make a career in Odissi dance. So, I feel proud to be an Odissi exponent who motivated others to follow suit."

Pankaj Kumar Pradhan

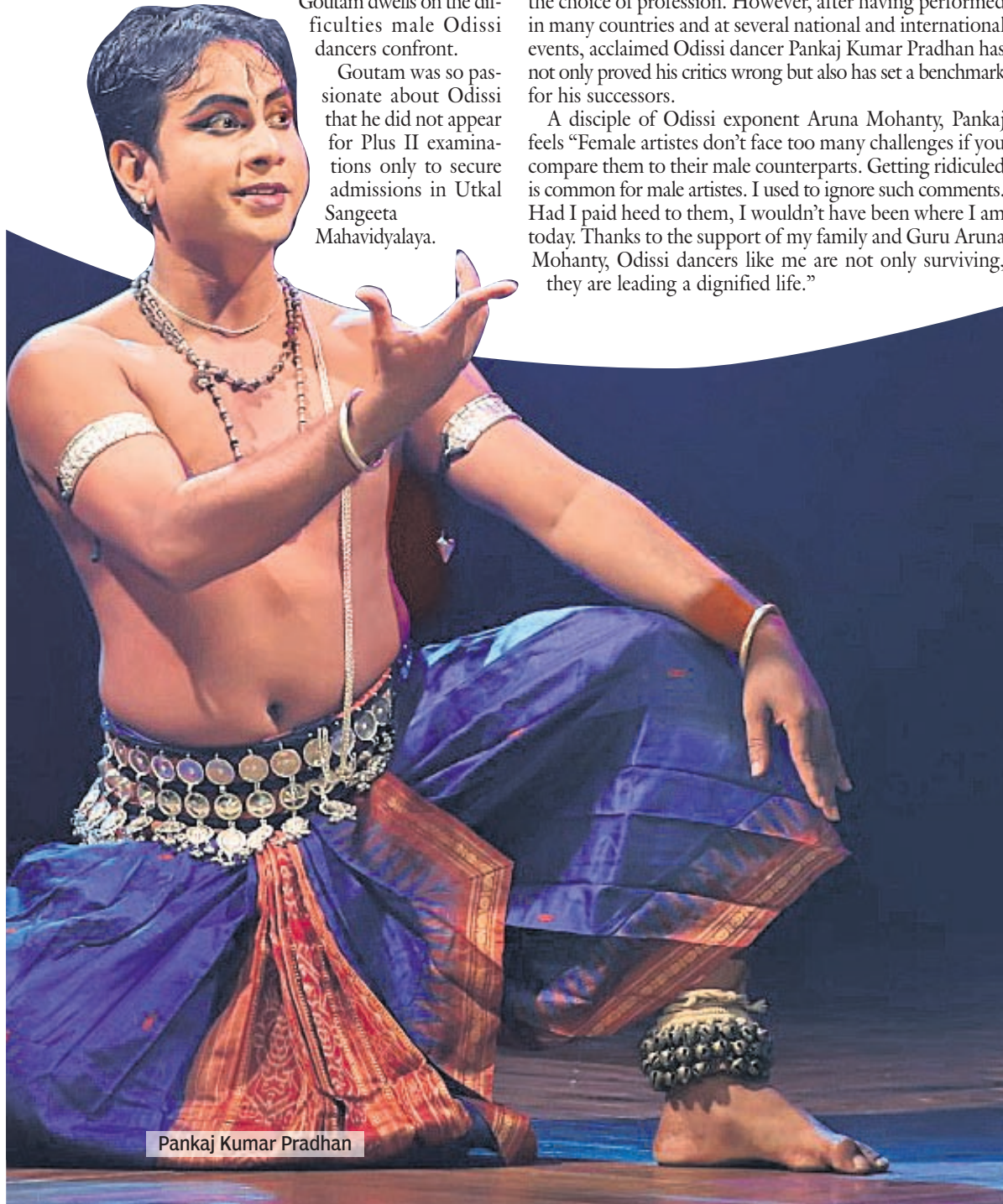
It is always a challenge for men to make a mark as a classical dancer in India where gender stereotypes dictate the choice of profession. However, after having performed in many countries and at several national and international events, acclaimed Odissi dancer Pankaj Kumar Pradhan has not only proved his critics wrong but also has set a benchmark for his successors.

A disciple of Odissi exponent Aruna Mohanty, Pankaj feels "Female artistes don't face too many challenges if you compare them to their male counterparts. Getting ridiculed is common for male artistes. I used to ignore such comments. Had I paid heed to them, I wouldn't have been where I am today. Thanks to the support of my family and Guru Aruna Mohanty, Odissi dancers like me are not only surviving, they are leading a dignified life."

Goutam Ray



Pankaj Kumar Pradhan



A home remedy to get glowing skin



Besan or gram flour has long been used as a natural face cleanser in India to treat various skin disorders while maintaining skin's PH balance

Besan or gram flour, an integral part of Indian cuisine, is a popular beauty remedy, something that's been passed down from generation to generation. It has been used in homes across India to lighten the skin and make it appear glowing.

It works as a good skin tightening agent. It clears all the dust and dirt stuck in your skin pores and then tightens them. Other benefits are that besan is antimicrobial and it keeps skin moisturised.

Besan is also used for hair and skincare to remove tan and pigmentation. It has long been used as a natural face cleanser in India to treat various skin problems while maintaining skin's PH balance. It helps remove tan, dead skin and zits and brighten the skin complexion. It provides remedy for acne, pimples and dark skin.

Besan has been traditionally used in beauty care, mainly to deep cleanse and exfoliate the skin. Ubtans, a homemade face pack is a great skincare secret of every Indian woman to get smooth and supple skin.

The ubtan consist of besan, rice flour, ground almonds, yoghurt and turmeric. First, the body was massaged with sesame seed (til) oil. Then the ubtan is applied and washed off after half an hour. The washing off and scrubbing away the ingredients helped to clear the skin of dead cells, leaving the skin smooth and bright, with a translucent quality.

Getting rid of acne

Besan works wonders to get rid of acne. It can also be added to face packs for removing tan, cleansing and tightening the skin. Mix besan with yogurt, lemon juice and a pinch of turmeric. Apply on the skin and wash it off after half an hour.

Address skin tan

Skin tanning is a common problem during summer. If you are regularly exposed to UV rays in the day then you can use besan to soothe your skin. Mix one tsp each of besan powder, ground oats and sandalwood powder. Make a paste with

an infusion of green tea and add 1 tsp of honey. Mix it to make a paste of good consistency. Apply it to your face and uncovered areas around the neck and arms and let it dry naturally for the next one hour. Wash it off with lukewarm water and use every day to help your skin relax.

Alternatively, mix ground almonds with gram flour, milk and lemon juice. Apply it on the face and wash off after 20 to 30 minutes. It helps to remove tan and lighten skin colour.

Mix a tablespoon of besan with rose water so as to form slurry. Now apply it evenly on your exposed areas such as the face, neck, hands, feet, and leave for 30 minutes. Then wash with cold water. If your skin is regularly exposed to scorching summers, there is a remedy for it also. Grate the cucumber and squeeze it to drain out the juice. Add some besan to it and again keep the consistency on the liquid side. Apply on areas which get exposed to heat and wait for 20 minutes, then remove using cold /fresh water.

Addressing oiliness

A besan pack helps to reduce oiliness. It can be mixed with milk or yogurt and applied. Wash it off after 20 minutes. It also controls the secretion of excess oil or sebum.

Get rid of pimple

For pimple prone skin, mix 1 tsp besan with 1 tsp sandalwood powder, 1/2 tsp turmeric and milk to make a consistent paste. You can also mix it with normal water, curd or rose water to make a paste in place of milk. Apply on the face and allow it to dry in a natural environment at normal temperature and wash it off with clean and fresh water.

For dark arms and neck

Apply til oil daily and massage it on the skin. Mix besan, curd, lemon juice and a little turmeric and apply at least three times a week. Wash it off after half an hour. For smooth and fairer skin, mix gram flour with dried and ground orange peels and cream of milk. Apply on the face and neck. After 15 minutes, rub gently on the skin with circular motions. Wash off with water.

For skin brightening

Mix two spoons of besan with a few drops of lemon juice and one spoon of milk cream. Keep the consistency smooth and place the pack on your face for about 30 minutes and wash with fresh normal water.



SHAHNAZ HUSAIN

Kirti shares photo from her mountain trip

Bollywood actress Kirti Kulhari has shared a photograph that captures her in the midst of solitude in the mountains. She shared she went on an 80-kilometre trek on her own.

In the photo, Kirti can be seen posing against the backdrop of snowclad mountains, looking at the sky. She did not disclose the location. "Been away... been with Me... been high up in the mountains... 80 kms trek.. 12000 ft high... 6 days... and am back .. hey peoples ... #staysafe. Much more coming your way... loads of love ..." Kirti wrote on Instagram.

Kirti has been away from social media for a while, ever since she announced separation from Saahil Sehgal.

On the work front, the actress will next be seen in the medical thriller web series *Human*. IANS

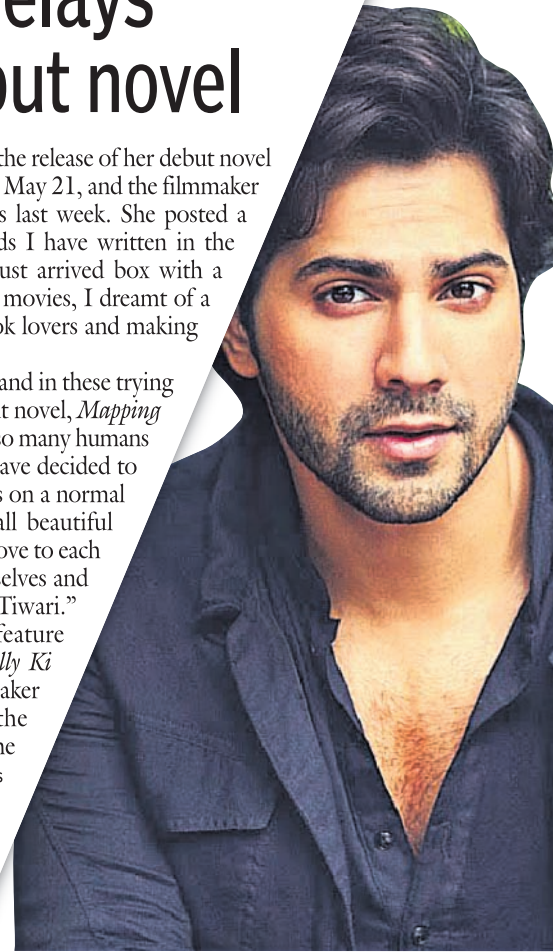


Ashwiny delays launch of debut novel

Filmmaker Ashwiny Iyer Tiwari has postponed the release of her debut novel *Mapping Love*. The novel was scheduled to release May 21, and the filmmaker took to social media to share the news with fans last week. She posted a statement that read: "A note celebrating the words I have written in the fragrance of a book store. The joy of opening a just arrived box with a beautiful book inside that has a story to say. Like my movies, I dreamt of a similar togetherness. Of reading chapters amongst book lovers and making all of you a part of my happiness."

"But my journey of life keeps surprising us and in these trying times I don't feel right to release my debut novel, *Mapping Love* on 21st May, 2021 when there are so many humans affected by this treacherous virus. I have decided to wait as time heals to see bright faces on a normal day and we rejoice the love for all beautiful forms of art once again. Sending love to each and everyone. Take care of yourselves and your young ones. Ashwiny Iyer Tiwari."

Ashwiny is known for her feature films *Nil Battey Sannata*, *Bareilly Ki Barfi* and *Panga*. The filmmaker is set to debut in the OTT space with the series *Faadu*. IANS



'Lucky to shoot Bhediya in a Covid-free town'

Actor Varun Dhawan last week took to social media to express how challenging it has been to shoot for his upcoming film *Bhediya* amid the ongoing pandemic, though he feels lucky that the shoot happened in the town of Ziro, Arunachal Pradesh, which is Covid-free.

"#bhediya. Shooting a movie during the pandemic has been extremely challenging but working under the leadership of @amarkaushik has been one of the most exhilarating and satisfying experiences for me. Amar bhai chalo khelte hain. Was extremely lucky to shoot in a covid free town like ziro in #ARUNACHAL-PRADESH," he wrote as caption with photographs from the set of the film on Instagram, where he poses with director Amar Kaushik.

Bhediya reunites Varun with his *Dilwale* co-star Kriti Sanon. The actress recently informed in an Instagram post that the unit had wrapped up shooting for the film in Ziro and also spoke about her friendship with Varun from back in the day when they worked in the 2015 film *Dilwale*.

IANS

Sonakshi tweaks meaning of WFH

The acronym WFH normally means 'work from home' but Sonakshi Sinha decided to give it a spin, while appealing to fans to stay indoors amid the Covid pandemic.

The Dabangg actress posted a picture on Instagram, where she is seen dressed in a crop top and cycling tights, and posing next to a pilates machine.

"When #WFH for you means Workout from home. #gharperaho," the actress captioned the image.

Sonakshi recently announced her upcoming project *Bulbul Tarang*, which will have an OTT release.

She will also be seen in *Bhuj: The Pride Of India*, co-starring Ajay Devgn, Sanjay Dutt and Nora Fatehi, and is gearing up for her web series debut in *Fallen*, which casts her as a cop.

IANS



Home furnishing tips for summer



Summers call out for cool-refreshing drinks. So, one can always turn that little empty corner, or an otherwise unused area of a house as a make-shift bar station, suggests designer Raghunandan Saraf

A new season -- whether summer or winter -- always brings in new vibes, new colours, and gives you an opportunity to redo your surroundings as per your mood. Here are some ways to make your home refreshing and summer-ready by designer Raghunandan Saraf.

Colourful outdoor setting
We love summer sundowners, particularly when the gathering moves outside. Pick a comfortable open air seating set that encourages discussion and lingering. Some bright outside cushions and throws for are an absolute necessity. You can also spice up the setting with hint of string/fairy lights. Consider string lights as mood, rather than task lighting for magical space.



Amp up bar station
Summers call out for cool-refreshing drinks. Especially when the temperature heats up, one tends to find solace in the cool drinks. For the season, fresh and fruity summer cocktails deserve a dedicated station. You could always turn that little empty corner, or an otherwise unused area in your house as a make-shift bar station. As one says, 'every party house needs a fantastic, spilling-over bar'.



Turn porch into lounge
On the off chance that your house is lacking in space, transform your porch where you can simply unwind. With the correct furnishings and embellishments, your patio can give your little home an additional eating space. Giving your front entryway a coloured makeover adds additional style to your yard and a point of interest for your new outdoor space.

Re-arrange furniture
The manner in which you utilise your home in the winters versus summers is most likely to be different. Winters mean more evenings cozied up with the TV or having individuals over for occasion parties, so the furniture mirrors that. In the summer, children are bound to play computer games or read in their rooms. Moving your furniture around prepares your home for a comfy summer. Beanbags by the shelves encourage reading and lounge chairs help you keep an eye on the kids while they play.



Add summer scents
Probably the most ideal approach to freshen up your home for the mid-year is getting summer fragrances. Regardless of whether you love the solace of a candle or you incline toward scented oils, summer aromas can light up your state of mind. Search for brilliant, clean aromas like lemon and orange. Or then again, in case you're a flower person, pick spring-prepared scents like lilac or rose. Assuming spring is a period for recharging, summer is a period for basically enjoying your hard-work. By preparing your home, you can shake out the dust and laziness of colder climate and love your space in a bright, new, vaporous way.





Priti

PHOTO: KUMAR SHARAT, OP