

SEPTEMBER 26-OCTOBER 2, 2021

SUNDAY POST

HERE . NOW



WORLD TOURISM DAY - SEPTEMBER 27

Exploring the remote

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COVER STORY

MY SUNDAY

Chhanda Mishra, a popular writer, columnist, singer and YouTuber, loves to enjoy family tea time every Sunday morning.

Riyaz Session

I never skip my morning riyaz session to take care of my voice. So, Sundays are no exception.

No To Socialising

I keep the Sundays reserved for my family, hence, say no to get-togethers, be it a literary meet or a musical concert. Spending time with loved ones is something I never want to miss out on.

With Friends

I am a homemaker while most of my friends are job holders. So I never disturb them on working days. But I make it a point to call them Sundays and pour my heart out.

Family Tea Time

My husband Asim Kumar Panda, DSP of Rourkela, manages to join us - Ananya, Arnab and me - Sundays. So, I enjoy family tea time every Sunday morning the most.

Expert Chef

Kids love Aloo Paratha in breakfast and chicken biryani in lunch on Sundays provided they are cooked by me. Needless to say, I don't disappoint them.

Pet Lover

The pleasure I get while spending time with our pet dog Joey is beyond description. He too takes part in our 'chai pe charcha' and entertains us.

Spiritual Practice

I visit Lingaraj temple Sunday evenings and spend an hour inside as I have a spiritual bent of mind. This helps me get inner peace for the next one week.



RASHMI REKHA DAS, OP



With family

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 love my job only when I'm on vacation.
- Three words more beautiful for a married woman than I LOVE YOU: No Cooking Today
- I don't have time to hate the people who hate me because I'm busy loving the people who love me.
- It's funny how people say they miss you, but don't even make an effort to see you or speak to you.



SHINING EXAMPLES

Dear Sir, One of the most influential scientists of modern times, the wheelchair-bound physicist Stephen Hawking once wrote in the first ever world disability report back in 2011 that "Disability need not be an obstacle to success". Who can be better examples of that iconic quote than Loma Swain, Sarita Routray and Anushkhya Acharya, featured in the cover story 'Beating the Odds' of last edition of Sunday POST. Sarita's story is really heart-rending. With her determination, courage and skills, Sarita brought laurels for the country. I would like to thank Open Learning Systems (OLS), and Special Olympics Bharat-Odisha for identifying her talent. I would like to urge OLS to spot more such talents and help them achieve their goals.

DR ANAMIKA TRIPATHY, KENDRAPARA

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

WORLD TOURISM DAY - SEPTEMBER 27

Exploring the remote



Even though not many tourist destinations have been left unexplored due to the phenomenal growth of social media, itinerants manage to trace a few less travelled locales that go on to draw the attention of the travel enthusiasts

RASHMI REKHA DAS, OP

Backpackers, who want to spend some good time in nature's lap, have very limited destination choices these days as not many places in Odisha remain unexplored thanks to the phenomenal growth of social media. But the itinerants invariably trace a few stunning locales that often steal the hearts of the travellers. On the eve of World Tourism Day, **Sunday POST** talked to some travel bloggers who explore the unexplored.

Destination T Rampur

Popular travel blogger Jitu Mishra, also the co-founder of Sarna Educational and Cultural Services, recommends exploring Thuamul Rampur, also known as T Rampur, a tiny hill station of Western Odisha's Kalahandi district. Far away from the hustle and bustle of city life, T Rampur can really be a revelation to the travel enthusiasts. Filled with mysteries, it is considered a hidden gem yet to be explored by the sightseers. In days of yore, the hilltop, located at a height of 800 metres from the sea level was

Manikeswari, the tutelary deity of the royal family of Kalahandi while the temple is a major Tantra Peeth of Western Odisha.

A drive through the scenic mountain road drops you at a dead-end called 'Hello Point'. One of the spectacular landscapes of Odisha, it was used as a favourite hunting trap among the local tribal communities. They would chase wild boars to this point and with no option to escape, the boars would jump into the valley and die. The hunters would pick up the dead animals for their feast.

The little explored location is densely forested and has quite a few waterfalls. However, many of them are inaccessible, except for the Sindher Waterfall which is about 10 km away from T Rampur. The road that leads to Sindher, one of the tallest waterfalls in Kalahandi, is adorned with natural beauties and rustic rural life. The region is also a major watershed

Route Chart: The site is located about 500 km from the state capital Bhubaneswar. Though it doesn't boast of very luxurious accommodation facilities, one can stay at Bhawanipatna, which has quite a few decent hotels. The nearest railway station is Junagadh, about 50 km from T Rampur.

Jain Temples of Koraput

"What do we mean by heritage? It's the tradition and culture of a place that has existed for a long time and has greater significance. Odisha has quite a few heritage sites which not many people are aware of. We, at Koraput, have sites like Ganesh Temple, Batrish Singhasan, Jain temples and many others,"



Prayag



Jitu



Photo courtesy: Prayag Samal



Photo courtesy: Jitu Mishra

part of the erstwhile Kalahandi kingdom. A dilapidated palace still stands in mute testimony to the glorious past. Besides, the place houses the shrine of Maa

with the origin of River Indravati. In the winter the temperature comes down to the freezing point and gets blanketed with thick mists.

Kondhs and Sabaras, the main tribal communities of T Rampur, cultivate fruits like litchi and mango. Several self-help groups in the region have pioneered millet cultivation and raising fruit orchards.

The scenic spot is just a two-hour drive from Bhawanipatna, the district headquarters town of Kalahandi district. One can drive via Junagadh in the Ghat Road and return through Kalrapat Wildlife Sanctuary. The road to T Rampur via the sanctuary is one of the finest in Odisha and often takes the sightseers to another world altogether.

says Prayag Samal, a popular travel influencer who owns Smiyags Production.

Considered an important Jain site in undivided Koraput district, the temple at Subei under Nandapur block was set up in the Sixth century. According to the historians, the temple was made before the construction of Sun Temple at Konark and Puri's Jagannath temple. The idols found here are of Rishabh Nath Mahavir and small Jain Yakshis. Jain idols are also found in different sites of Koraput like temples in the Subei Jain monastery. The monastery has five small temples and one of them houses the image of Rishabh Nath surrounded by Tirthankars.



Scenic view of Dabarkhol Waterfall

Photo courtesy: Prayag

There also is an image of four-armed Tara adorning bangles in one temple while another temple on the monastery campus has been partially damaged. According to historians, Jain traders who came to undivided Koraput region to collect and trade gemstones set up the monastery and worshipped Mahavir, Parshwanath, Rishabhanath and other Tirthankars.

Route Chart: Jain temples are just 35 kilometre away from Koraput town on the National Highway 26.

Dabarkhol Waterfall

Prayag also shared information about Dabarkhol, one of the least-explored travel destinations of Odisha.

Dabarkhol Waterfall, situated under Hindol-Badamba forest range in Nayagarh, is about 60 km from Cuttack town. It is a scenic waterfall which can amaze travel enthusiasts with its natural serenity. Sounds of chirping birds and cleanliness are pure delight which will capture tourists' heart for sure. However, there is a room for improvement so far as road connectivity is concerned. One has to go through muddy stretches and elephant crossing paths to arrive at the destination. Besides, the traveller has to trek for 3-4 km to reach near the main stream of the waterfall.

Despite its shares of challenges, the trek will be thoroughly enjoyed by avid sightseers.



Sajal Sheth got his photo clicked on the top of Mamu-Bhanja hill during his visit to the place

Sea Shell Island

Though Sea Shell Island, locally known as Shamuka Tapu, is one of the stunning islands in Puri district, not many tourists are aware about it. Travel blogger Avinash Patnaik recommends the travellers to visit the place and explore its beauty.

Epic view of sunrise and sunset makes Sea Shell Island an ultimate destination for the globetrotters. The unblemished sand extends is long and beautiful. With best perspectives amid dawn and dusk you can witness a delightful show of tints end up noticeably known. The sea conch shells are a major attraction of the place for which

the place is named as Shamuka Tapu. Travel enthusiasts can take a bike ride from Jagannath Sadak, Bhubaneswar upto Puri beach, then to Sipasarubali beach at Giral from where Samuka Tapu is at a walkable distance.

It takes about an hour to reach the finishing point. One can halt there and arrest the splendor in his/her camera. You can have the pleasure of getting big sea shells inside the water body.



Avinash



Sea Shell Island

Photo courtesy: Avinash

Mamu-Bhanaja Hill

According to avid traveler and biker Sajal Sheth, Mamu-Bhanaja hill (roughly translates to uncle and nephew), located at Kakhadi village in Cuttack district is yet to be explored by travel enthusiasts. At the top, there are two large stones visible prominently. One is Mamu stone and the other being Bhanaja stone. Mamu is bigger than Bhanaja. It is said that the uncle and nephew once went to the hilltop for hunting. They took shelter under a large piece of stone to escape lightning but failed. The impact of that thunderbolt was so strong that stone

was broken into two pieces. Since then, the hill is known as Mamu Bhanaja hill. A visitor can hardly take an hour to reach on top of 200-ft hill from the plain. After reaching the top you can enjoy a picturesque view of nearby villages and serene atmosphere.

Route chart: It is about 20 km from Cuttack town and one can drive through Utkal Gaurab Madhusudan Setu which leads to Dahabaleswar temple. From there, one has to take the route connecting Kakhadi village to reach the destination. For travel enthusiasts best time to visit the hill is between August and February.

Former career diplomat Malay Mishra, who recently has set up a public library in his late mother's memory using his own resources, says it is his way of giving back to the society



Sarojini Devi Memorial Library being inaugurated

RASHMI REKHA DAS, OP

Retired Indian Ambassador Malay Mishra needs no introduction to the readers as the blogs written by him on a wide range of subjects are quite popular among the netizens and his columns appear in newspapers and online publications. He also teaches in universities and schools and delivers lectures in India and abroad. With his long experience in different countries and continents, he has imbibed a global outlook and would prefer to be known as a committed intellectual devoted to the cause of social good. Mishra was recently in the news after the inauguration of Sarojini Devi Memorial Library, a tribute to his late mother, which he has set up to encourage reading habits among the youths.

In a conversation with **Sunday Post**, the former career diplomat talked about how his library is different from other libraries and a host of topics.

Excerpts...

While there are several other options to contribute for the cause of society, what made you set up a library?

There are quite a few objectives. First, I wanted to pay tribute to my mother who was an eminent educationist of Odisha and has greatly inspired me with her own life. She served as the headmistress in several schools including Puri Girls' High School. I learnt from her how education empowers an individual and helps him/her realise dreams. In fact, I strongly believe that the lower middle class families in India have nothing with them except the power of education. They can use it as a tool to raise their standard of living. Secondly, during my stint as a career diplomat, I observed from close quarters how students are taught in foreign universities which is quite different from ours. Their education is more hands-on while ours is textbook oriented. So, here students don't get much opportunity to gain practical knowledge and



expand their vision. Therefore, there is a need to look beyond textbooks to succeed in life. I have collected the books from different countries and they belong to different genres. I want to offer wider reading choices to the youngsters to feed their imagination. For instance, the library has encyclopedias meant for students under 6 years of age. Thus, the library is built to cater to a kind of intellectual comminutes who will be leaders and thought-leaders and decision-makers of tomorrow.

How can one get access to the library?

The library, built in the loving memory of my mother, is meant to serve the intellectual and educational needs of the society. It is housed on the second floor of my resi-

dential building and intended to grow into a multipurpose centre with occasional lectures, book readings, mentoring sessions and other academic activities to dissem-

inate knowledge for the benefit of all. So, as such there are no strict criteria in place to get access to the library. It remains open from 1pm to 8 pm every day except Mondays and select national and state holidays. We expect students from Puri and other places to visit it and see for themselves what is being offered. We are offering life memberships and the library does not charge anything except one time payment of Rs 30 — the cost of the card. The library is being run by four persons including me as its director. The library will continue to function even after me and keep on educating people on various aspects of life.

Who do you think will benefit the most from this initiative?

It is the college and varsity students, who are in a little advanced stage of their education, will be the potential beneficiaries. Ours is an exclusive library which is meant for an exclusive readership. This kind of library you would find in metropolitan cities like Delhi and Bangalore. The library, resourced with my personal collection of more than 3,000 books, is intended to be used by all citizens irrespective of age, gender, caste and religion. I have books on fiction, literature, language, religion, culture, yoga, politics, spirituality and social sciences. The library contains books mostly in the English language though it does have an assortment of books in Odia, Hindi and even a few foreign languages. Students could be encouraged to shape their future and seek career guidance in individual or group sessions from me with my extensive experience of public life and exposure to different countries, cultures and peoples. I have 300 plus books on literature. These days many students don't prefer reading literature. They don't have time for fiction. Literature, I would say, is an im-

'We need to look beyond text books'

portant part of one's life because it forms the character. I have books on international relations, international laws and the global system. My initiative aims to give back to society what I have got from it.

What are the reasons for the declining reading habit among youths and how can it be revived?

I think the sudden rise of social media is one of the reasons behind it. Though the world is now at our fingertips, the media is often misused and in that case it does more harm than good to the young minds.

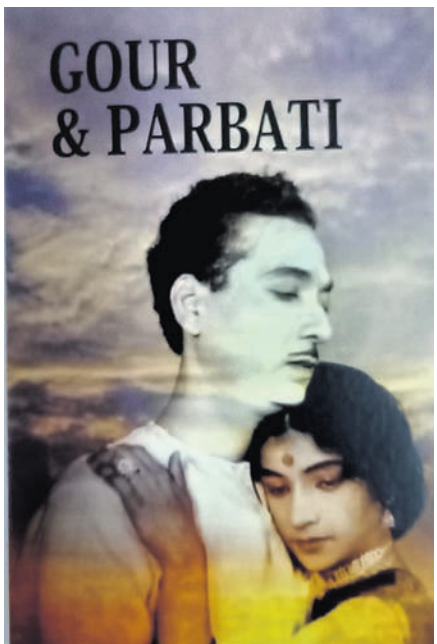
The over dependence on search engines like Google is a bane. Earlier, we didn't have that facility and we had to depend upon the library to squelch our cravings for knowledge. These days, students do not take the pain of going to the library and reading there because of Google. Peer group level activity is missing. Besides, now the teachers hardly interact with students on a personal level. Parents also don't spend quality time with their children. So, I will blame the system for this sorry state of affairs. Knowledge comes from curiosity. If you are curious to acquire something, you have to go after that. That happened in my life. I was curious about going abroad and I managed to achieve that. It is curiosity and questioning mind that drives you and forces you to move.

Your advice to regenerate the students' interest in the library.

Library plays a very healthy role in our academic as well as social lives. Though many schools have libraries, they are hardly visited by the students. This is a failure of the system. I blame policy makers and also teachers for the dwindling number of readers at the library. Therefore, it is the teachers and the parents who need to motivate the students to make the library a part of their life.

Last but not the least, your inspiration?

Needless to say, it is my mother. As said earlier, my mother was a teacher who used to cook for us after returning from school and help us in our studies. She did not have the luxury of having domestic help at home. But she never felt exhausted and was quite active till the last day of her life. I too don't get tired that easily. I imbibed that trait from her. It was my mother who inculcated in me the reading culture. She always wanted me to see as district collector. After joining foreign service, she once asked if I wouldn't be a collector any more. I explained to her that the role of an ambassador is way bigger than that of a district collector. I owe all my success to her and to my school's headmaster Padmanava Das who helped me shape my career.



'Gour & Parbati' unveiled sans fanfare

POST NEWS NETWORK

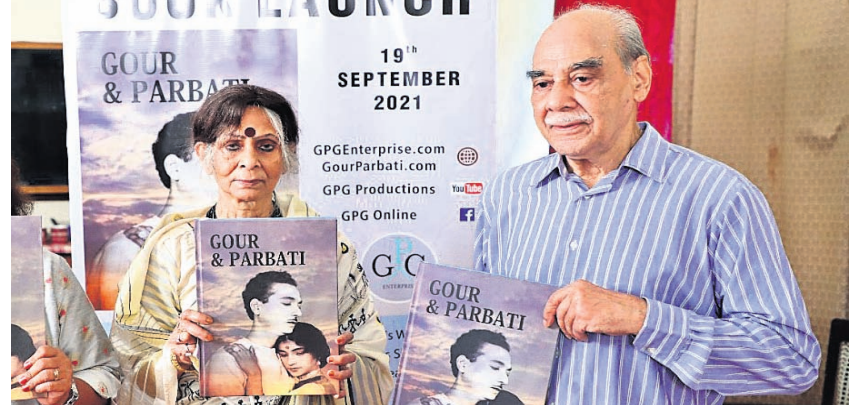
Gour Prasad Ghose and Parbati Ghose—these are not just two names. Describing them as legends of Odia film industry too will be an understatement. Considered as the First Couple of the Odia showbiz, Gour and Parvati were institutions in themselves. To archive and substantiate their glorious journey in the film industry, a book titled 'Gour & Parbati' was unveiled last week here at the residence of eminent theatre director Anant Mahapatra, also a close friend of Ghose family without much fanfare.

The other objectives of the book is to inspire and motivate new upcoming talents of the industry with stories of the duo's creative achievements and focused determination, said daughter Ratri Ghose Barman who was instrumental in releasing the book.

It is a collective effort of her husband Shekhar Barman, aunt Khirod Naik, daughter Pavlina Ghose and son-in-law Chris Campos, added Ratri.

Earlier, she had launched a website www.gourparbati.com and then a YouTube channel featuring songs from all the movies of her parents.

While releasing the book, Mahapatra, on



his association with Gour and Parbati said, "It is a very long long association dating back to early 1950s. I have worked with both Gour and Parbati in films and away from films, at social level. They used to come to my house frequently and we shared the commitment to films. I am happy the next generations of Ratri-Shekar and Pavlina-Chris are carrying forward the legacy."

For the unversed, Gour and Parvati embarked upon their passion at a very young age, as stage artistes and worked their way up. From acting to producing to directing films, the couple did it all. Romancing in

the movies was what brought the two together. Their romance blossomed with the blooming of Odia film industry. They set their own trend of presenting social issues to the public through artistic narration while consistently introducing established and new talents in the magical world of cinema. The couple's illustrious career was crowned with many awards and accolades. At the peak of their stardom, they made Odisha proud by bringing home the National Award for Regional Films for three consecutive movies - *Lakshmi* in 1962, *Kaa* in 1965, *Stree* in 1968.

The book brings to the fore the outstanding voyage of Parbati and Gour Prasad Ghose, two of the most eminent personalities of Odia film industry and their rise to the top as actor, producer and director at a time when the industry was in its fledgling stage.

Sushmita's note on self-love

Sushmita Sen, who is a fitness enthusiast, has shared a peaceful picture on Instagram. The actress is currently enjoying her vacay and she has been sharing pictures and videos on her handle. With the latest picture, Sushmita penned a beautiful note about 'self-love' and 'self-healing'.

She can be seen meditating in the picture. Along with it, she wrote, "Taking a moment to thank, all that we often take for granted is my definition of #meditation. Becoming aware of my breathing...is in itself my gratitude of being Alive!!! No need to breathe in...breathe out...simply notice it!! A life lived consciously is a gift... only YOU can give yourself!!! The magic of self love & self healing lies in it!!

#breathe #awareness I love you guys beyond!! #duggadugga"

Soon after she posted the picture, her fans were left in complete awe.

One of the fans commented, "All that you share here goes straight to our heart" while another fan wrote, "And thank you for spreading the love eternally."

AGENCIES



Anushka spreads positivity

Anushka Sharma's Instagram account gives a sneak-peek into her personal life but her stories are always sprinkled with inspirational quotes and thoughtful posts.

In her latest Instagram story, the actress has tried to spread positivity on social media and shared a note about 'success'. Anushka shared a post by artist Charlie Mackesy which featured a small boy asking his friend, who is a mole, "What do you think success is?" To which the mole replies, "To love".

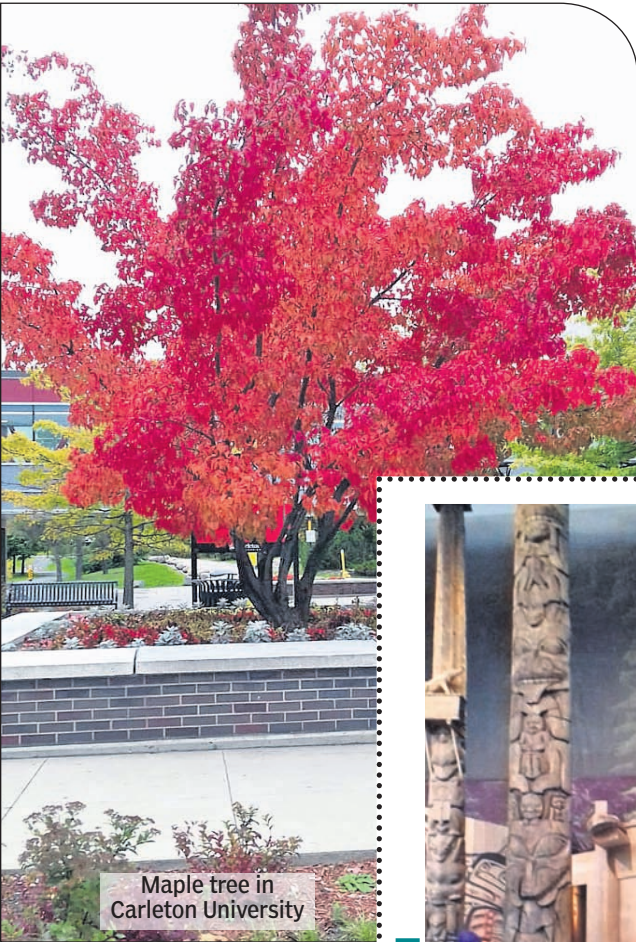
After spending three months in London, the *NH10* actress returned to Mumbai this week. Back in the bay, the actress was quick to hit the gym. Recently, Anushka had shared a post workout sweaty selfie and inspired her followers to take up a healthy lifestyle. In January this year, Anushka and Virat turned parents with the birth of their daughter Vamika.

AGENCIES



A MEMORABLE

Autumn
in Ottawa



Maple tree in Carleton University



Gallery with Totem Poles

The 202 km long Rideau Canal or the Rideau Waterway built in 1832 meanders through Ottawa and connects Ottawa to Lake Ontario and St. Lawrence River at Kingston, Ontario. The Rideau Canal, A UNESCO world heritage site consists of hand-operated locks to close compartments to equalize water levels. During freezing winters, the Rideau canal turns into the world's largest skating rink, becoming a super highway to skiers.

To delve into Canada's vibrant past and explore its rich cultural heritage a visit to the National Museum of the Canadian Museum of History in Gatineau is indispensable. An aesthetically designed post-modern architectural building with colourful flowerbeds at the entrance houses rare artefacts, totem poles from the earliest human settlements

dating back to 20,000 years of human history. Canada's role in both the world wars and its own independence on July 1st, 1867 is highlighted here.

Ottawa boasts of unique attractions, nature trails, multitude of ceremonies and state-of-the-art museums like the Canadian War Museum, Science and Technology Museum, Aviation and Space museum and Agriculture and Food Museum.

Talking of food, one is delighted to find amazing varieties of grains, lentils, breads, buns, fruits and vegetables besides dressed lamb, pork, beef, chicken, salmon, lobsters, tilapia etc. in stores like Produce Depot, Loblaws or Bulk Barn. We sampled some of the rarest types of rice like organic Black rice, Brown Basmati rice, Wild rice, Aztec Blend, Arborio rice and Jasmine-scented rice. For connoisseurs of food, Poutine, Canada's national dish made of fried potatoes, cheese

curds and gravy is a delectable preference. Butter Tarts, Beaver Tails, Pretzel Pizza are other items in demand. Known for its unique flavours, Maple syrup in glass bottles often shaped like a maple leaf is an archetypal Canadian product available in all stores. Made from the sap collected from the maple tree's trunk and heated to evaporate water content, the leftover concentrated syrup is a delicacy used as a condiment for pancakes, pies and waffles.

Of the captivating gardens and parks, the Andrew Haydon Park on the Ottawa river in Carling Avenue stands out for its panoramic landscape. Architect Donald W Graham worked on this project which boasts of huge sylvan woods, deciduous trees changing colours, grassy meadows, waterfalls, rivulets and walking trails. Migrating ducks, geese, brants and Resident Canadian Mallards inhabit the two ponds within the park named after the former Reeve of Nepean, Andrew Haydon. The park, with the Nepean Sailing Club nearby is an idyllic haven for picnicking. The Confederation Park, with its iconic Totem pole, fountains, lawns, black squirrels and cyclists is another swanky retreat.

Ottawa's numerous libraries, schools and two main Universities-Carleton University and Ottawa University cater to the scholastic, academic and literary interests of the young and old. Sociable and cheerful by nature, most of the locals, especially elderly citizens enjoy conversing with visitors. Exclusive areas like Chinatown, Little Italy and some south-east Asian countries, festooned with their colourful flags, hoardings and other insignia offer their distinctive cuisine in their characteristic ambience. Indian stores like Vaishali are the go-to shops that offer Desi items A to Z.

Not just an amalgamation of French descent and British ancestry, Ottawa is a melting pot of global cultures. A harmonious blend of old and new, Ottawa's surreal beauty, wonder and excitement can be discovered only after experiencing it firsthand. To conclude, in the words of an immigrant professional Uber driver, "After moving from various cities across the globe, I've finally decided to settle in Ottawa where everything is good. A lot of freedom, good enough incomes, decent opportunities for education, friendly people....., I hope to bring my family here soon!" (Concluding part)

The writer is a retired principal of Chatrapur Women's college, Ganjam

SUJATA PATNAIK

The scenic landscapes, autumnal leaf drop, well-maintained public transport system and the Parliament Hill of the Canadian capital were the highlights of the first part of this travelogue published last week.

Picking up where it was left off, let us begin with Centennial Flame. Just opposite to the Peace Tower, the Centennial Flame to mark the 100th anniversary of the Confederation (1867) burns throughout the year atop a fountain. Visitors toss coins into the fountain after making a wish. The collection goes towards charity.

About 3.5 kms from Parliament Hill lies the Residence of the Governor General of Canada since 1867, the Rideau Hall. The Residence, open to the public comprises an imposing edifice with fountains at the entrance. A short distance on foot takes us towards 24, Sussex Drive, the residence of Canadian Prime Minister, Justin Trudeau. A stature of Queen Elizabeth II on horseback stands nearby. Rows of cars glide by smoothly as we walk under light showers. We reach a picture-perfect spot where the Rideau river plunges 37 feet over a cliff to join the Ottawa river. 'Rideau' in French stands for curtain. The Rideau river cascades like twin waterfalls to mingle with the Ottawa river.



Facade of Rideau Hall



Entrance to PM Trudeau's residence



Chandrika