

OCTOBER 17-23, 2021

SUNDAY POST

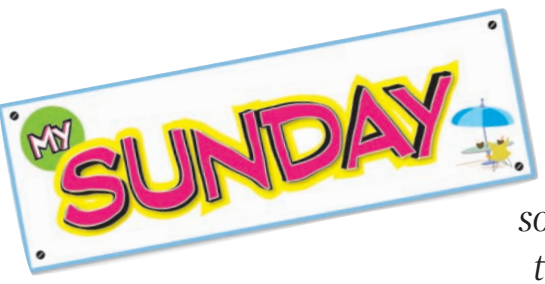
HERE . NOW



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COVER STORY

The K-factor



Actress Jasmine Rath, who is now a household name after appearing in several music videos, daily soaps- 'Maya' and 'Sargam'- and a movie titled 'Indrajal', loves to write down her thoughts and personal impression about life in a diary

Self Pampering

My profession always needs me to look good. Therefore, I visit a beauty salon every week to pamper my skin and hair.



RASHMI REKHA DAS, OP



With brother

Time to Unwind

Taking a break from daily grind, I hang out with my friends every Sunday evening. Chai Break restaurant is our favourite hangout zone where we recharge ourselves for the next week.

Learning Session

Being a passionate Odissi dancer, my Sundays are incomplete sans a serious dance session. So, I join Guru Bijay Das' class to improve my steps.



With mother

Family Time

Due to hectic shooting schedules, often I keep missing my family. So, I try to spend as much time as possible with them. I enjoy helping my mom prepare traditional prawn curry and mushroom besar.

Understanding Inner Self

I love to express myself in a diary. Writing down the thoughts and memories teaches me to know myself better. As I don't get much time on weekdays, I do it religiously on Sundays. I also write poems and quotes in my diary.

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

- At night, I can't sleep. In the morning, I can't wake up.
- Society is funny. They ask you to be yourself and yet they judge you.
- I smile because I have no idea what's going on!
- Some people just need a high five in the face with a chair.



UNITY IN DIVERSITY

Dear Sir, I was delighted to read the cover story 'Dussehra's Myriad Hues' published in last week's **Sunday POST** as it offered an insight into the celebration of the festival in various forms and styles in different parts of the country. The celebration might be different but it promotes the concept of unity in diversity and has kept us together for hundreds of years. The festival not only symbolises victory of truth and righteousness over evil but entwines in it the ancient scriptures of Ramayan and Mahabharata. I wish **Sunday POST** to publish many more such articles in future which will serve as food for the craving soul and lead us on a path to get soaked in cultural diversity of our great nation.

SUSHREE SUCHARITA PARIDA, BHUBANESWAR

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



The K-factor

PNN & AGENCIES

We love their soppy soaps and gentle romances, their thrillers and their intense cinema, their music and increasingly even their food. The 'K' way of life has middle and upper class India in thrall, a 'we love everything about South Korea' movement led primarily by its small screen entertainment industry that has found the unlikely loyalists here.

A glance at Netflix's top-10 category shows the inroads Korean shows have made in India with Lee Jung-jae and Park Hae-soo's *Squid Game* and Kim Seon-ho and Shin Min-a-starrer romantic drama *Hometown Cha-Cha-Cha* consistently featuring on the list.

Squid Game, a Hunger Games-like survival show inspired by Korean children's games, is on its way to becoming the biggest show in Netflix history, says Ted Sarandos, co-CEO of Netflix.

Since it began working with Korean filmmakers and talents in 2016, the streamer has introduced over 80 original Korean shows and films to its members around the world and subs the K-content in 30 languages, the spokesperson said.

Kingdom Season 2, *It's Okay to Not Be Okay* and *Crash Landing...* are among the series to have regularly featured in the Top 10 on Netflix in India. And over 22 million households tuned it for the Korean horror TV series *Sweet Home*.

This is why Hyun Bin and Son Ye-jin of the super popular *Crash Landing on You*, a soft romance without any rough edges between a North Korean officer and a South Korean heiress, and actors Song Joong-ki, Park Bo-gum have become huge stars in India alongside others such as Song Hye-kyo and Bae Suzy.

K-drama lovers are also hooked on to Rakuten Viki, a streaming service that has over 15 million users globally.

Such is the love for all things South Korean that many fans have overcome the subtitle barrier and included Korean words such as *noona* and *oppa* (elder sister and brother), *namja-chingoo*

(boyfriend), *yoja-chingoo* (girlfriend) and *sarang-hae* (I love you) and many other words and phrases in their daily vocabulary.

Globally, too, the language is making waves with the Oxford English Dictionary recently adding 26 Korean words, including K-drama, hallyu and kimbab to the dictionary.

Creating unique stories from the normal and familiar life stories can be the power of K-dramas, and this can be one of the main reasons why K-content is getting global popularity.

Bangtan Boys or BTS, a South Korean boy band, introduced content writer **Sanskriti Basu** of Bhubaneswar to K-pop.

She says, "It gives me solace amidst the chaos, and hope that no matter how wrong life is right now, there will be a happy ending to my life too, just like those K-dramas. Unlike Indian daily series, Korean dramas usually have about 16-20 episodes in total, which makes it easy for viewers to commit to the series, and to afford the time. Dramas like *Descendants of the Sun*, *What's Wrong with Secretary Kim*, and *Gangnam Beauty* got me hooked on K-drama. Korean romances have always taken me to a happy place where destiny brings the protagonists together in a very interesting way. Their constant banter creates a comic moment or a moment of tension, but eventually, they end up falling for each other.

India is now one of the top countries in the world in terms of numbers for streaming and watching K-Pop or K-drama content, says Young-Geul Choi, director of New Delhi's Korea Tourism Organization



Screengrab of a Korean drama





Members of *Blackpink* K-pop girl group

IMPACTS OF KOREAN WAVE

- Creating unique content from the normal and familiar life stories can be the power of K-dramas, and this can be one of the main reasons why K-content is getting global popularity.
- To introduce Indians to the world of K-pop, Korean Culture Centre India (KCCI) also runs pan India contests along with a K-pop academy.
- *Squid Game*, a Hunger Games-like survival show inspired by Korean children's games, is on its way to becoming the biggest show in Netflix history
- Catering to the rising demand, the Jawaharlal Nehru University is also running a Korean language teacher training course as well as a regular subject in collaboration with the KCCI.
- Oxford English Dictionary has recently added 26 Korean words, including K-drama, hallyu and kimbap to the dictionary.

They fight evil together, and every circumstance in the drama conspires to bring a happy ending to them. K-drama isn't always about the protagonist, rather it shows the development of the supporting characters as well. They are equally important. Korean horror and thriller are absolute nail-biters. It will continuously keep one on the edge. *Train to Busan*, a movie about a zombie apocalypse, raises the hair on the back of the viewers."

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According to Young-Geul Choi, director of New Delhi's Korea Tourism Organization (KTO), the popularity of K-content exploded during the pandemic but the first K-wave emerged in the Northeast in 2000 when teenagers became fascinated with the Korean lifestyle.

India is now one of the top countries in terms of numbers for streaming and watching K-Pop or K-drama content, he says.

Aradhana Biswal, a food blogger, cannot remember exactly when she fell in love with K-drama. "It's been more than seven years since I have been watching K-dramas now. Back then these series and K-pop videos were not that easily accessible and it took a lot of time to find these dramas and to download them. But the one thing that keeps me going is how relatable these dramas are. The storyline of these dramas are built in a certain way that you will be deeply invested in the characters, in the story and will be a part of that drama itself. These K-dramas are a mixture of strong emotions, family values, humour, romance, culture, plot-lines, fashion, suspense and most importantly food. After watching 100s of K dramas, I am now obsessed with Lee Min-ho and Korean food."

She goes on to add that: "When it comes to Korean food, some of my favourite dishes are *bibimbap*, *tteokbokki*, *japchae*, *stew*, *kimbap* and most importantly *soju*. And out of all these hot bowls of *ramen* is one of these things that happen in each and every K drama. I have tried quite a few *ramen* and they never disappoint. My love for Korean dramas is never ending and it's now a part of my life."

Cuttack-based B-Ed student **Banya Arabi Sahoo** is a huge fan of K-drama and K-pop. She has been watching dramas since 2011. She is totally addicted to it. She says, "My first drama was *Playful Kiss*. Their stories are not limited to family and romance dramas, they create



Shreya Mohapatra, a Class XII student of DAV Unit-VIII of Bhubaneswar, says, "I came across K-pop in 2018

supernatural, fantastic, sci fi, e-sports, friendship, medical, school, historical, idol, cruelty, food stories too. Their cinematography, acting skill, dance, and OSTs are fabulous. Earlier, I used to watch dramas with English subtitles but now I can understand their language a little bit. I am a diehard fan of Lee Jong-suk, Ji Chang-wook, Kim Soo-hyun, and Park Min-young."

"Coming to K-pop, I am a BTS fan now and my favourite is V, JK and Jimin. I also like the SS501 band. Though it has been disbanded now, my love for K-pop started from SS501 only," signs off Banya who wants to visit places like Seoul, Jeju-do island, Busan, Suwon and Hallasan Mountain shown in K-drama once in her lifetime.



Korean dish tteokbokki

when I first listened to the song *Paradise* by BTS from their album *Love Yourself: Tear*. It was something I really needed at that time as an escape and I am really glad about finding the world of K-pop. I think one of the reasons that sets K-culture apart

is that there is something for everyone. It's a world of different genres and cultures. During the pandemic, my tryst with K culture became stronger. While on one hand thrillers like *Squid Game* and the *Penthouse* gave me chills on the other hand *Uncontrollably Fond* and *It's okay not to be okay* made me cry. Not to forget my all-time comfort drama *Reply 1988* with Park Bogum in the star making inspires me to enjoy my life every time I watch it."

She further says, "There are many boy and girl groups such as Blackpink, EXO, TXT, Stray Kids and Red Velvet, but my favourite is BTS. What I personally love about BTS is how its members speak up about mental health, youth and their message to love ourselves through their music. And that's what makes them so different from others and which is why they have a dedicated fan base. My favorite song is *Boy with Love* from the album *Map of the Soul: Persona* because it has such a funky pop rhythm which just makes you want to get on your feet and dance."



Poster of television series *Backstreet Rookie* starring Ji Chang-wook and Kim Yoo-jung

'ODISHA HAS BEEN A SECOND HOME TO ME'

THOUGH TOLLYWOOD SUPERSTAR PROSENJIT HAS PREDOMINANTLY APPEARED IN BENGALI FILMS DURING HIS DECADES-LONG CINEMATIC JOURNEY, HE ALSO HAS WON MILLIONS OF HEARTS WITH SOME BREATHTAKING PERFORMANCES IN HINDI AND ODIA MOVIES

ARINDAM GANGULY, OP

With more than 300 films to his credit in a career spanning over three decades, Bengali Superstar Prosenjit Chatterjee is already a legend. While most of his contemporaries have either hung up their boots or switched to insignificant character roles, *Bumba Da*, as he is popular among his fans, has been constantly breaking his image to reinvent himself. Be it *Moner Manush*, *Jatishwar*, *Mayurakshi*, *Praktan* or *Robibaar* – he has always challenged himself as an actor. Getting challenging roles is what gives him a kick, says Chatterjee.

Though Prosenjit has mostly appeared in Bengali films during his decades-long cinematic journey, he has managed to win millions of hearts with some breathtaking performances in Hindi and Odia movies. Especially, the Odia-Bengali bilingual movies that he was part of are still remembered by fans of both the states.

The versatile actor took some time off from his packed schedule to speak to **Sunday POST** exclusively about his Odisha connection and more:

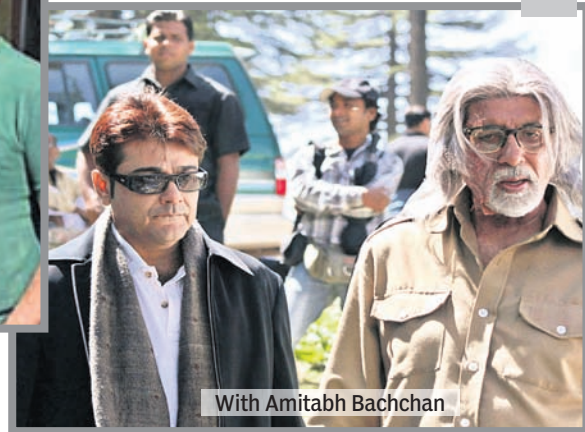
Excerpts from the interview:

Please share some memories in Odisha and experience of working with Odia actors?

There are quite a few unforgettable moments that I can share while shooting at Puri, Paradip, Konark and



With Babushaan



With Amitabh Bachchan

in Kalinga Studio. My first Bengali-Odia bilingual *Maa*, directed by great Odia actor-director Prashanta Nanda, is still popular in West Bengal. Then a major portion of my first directorial Purushottam was also canned in Odisha. I have wonderful experience of working and learning from famous Odia actors like Uttam Mohanty, Prashanta Nanda, who directed me in three movies, Hara Patnaik and youngsters like Anubhav Mohanty, Anu Choudhury. I can say Odisha has been a second home to me.

How is the Bengali film industry coping with the ongoing pandemic?

It's not just the Bengali movie industry but the whole entertainment industry has suffered a lot due to the pandemic. But fortunately, things are improving and I'm optimistic about the return of normalcy.

Do you see OTT taking over cinema in future?

See, in the past we had only single screen theatres then came the multiplexes. And now people have OTT platforms. But I believe that there is no substitute to the magic of watching movies in cinema halls. If you can remember, people said the same thing when Doordarshan and satellite channels were launched. But big screens survived those onslaughts. For instance, many cinema halls like Nandan are doing brisk business despite the presence of streaming platforms.

So both OTT platforms and theatres can coexist if they continue to offer good content to the viewers.

Are you ready to venture into web series?

In fact, I have just completed a Hindi web series directed by Vikramaditya Motwane of *Udaan*, *AK Vs AK* and *Sacred Games* fame. I don't mind working in any medium because I believe that no medium is small for any actor. All big actors of India and other countries are venturing into streaming platforms.

What is more important for you, commercial success or critical acclaim?

Both are important for me. Commercial success is important for the development of the industry because without profit you can't survive. Also I don't believe that a critically acclaimed movie can't draw an audience to the theatres. Many of my award winning movies like *Chokher Bali*, *Utsab*, *Moner Manush* and *Jaatishwar* did quite well at the box office.

What do you see in a movie before signing it?

I see my target audience and whether they will like it or not. Also, the right director is very important for me, especially because he is the captain of the ship. But no one can guarantee the success of a movie.

Tell us about the camaraderie you share with directors and the success behind it?

I have a fantastic relationship with all my directors. I have worked with more than 100 directors and some of them have repeated me on several occasions. I have worked with legendary directors such as Swapan Saha, Rituparno Ghosh, Goutam Ghose and many others and have learnt a lot from them. I have done movies with new directors like Srijit Mukherjee and Atanu Ghosh. I am a directors' actor and I always surrender to them. They also know that I would give my 100 percent. Actor-director relationship is much like a married couple. Both have to complement each other to make it work.

Is there any plan to join a political party in future?

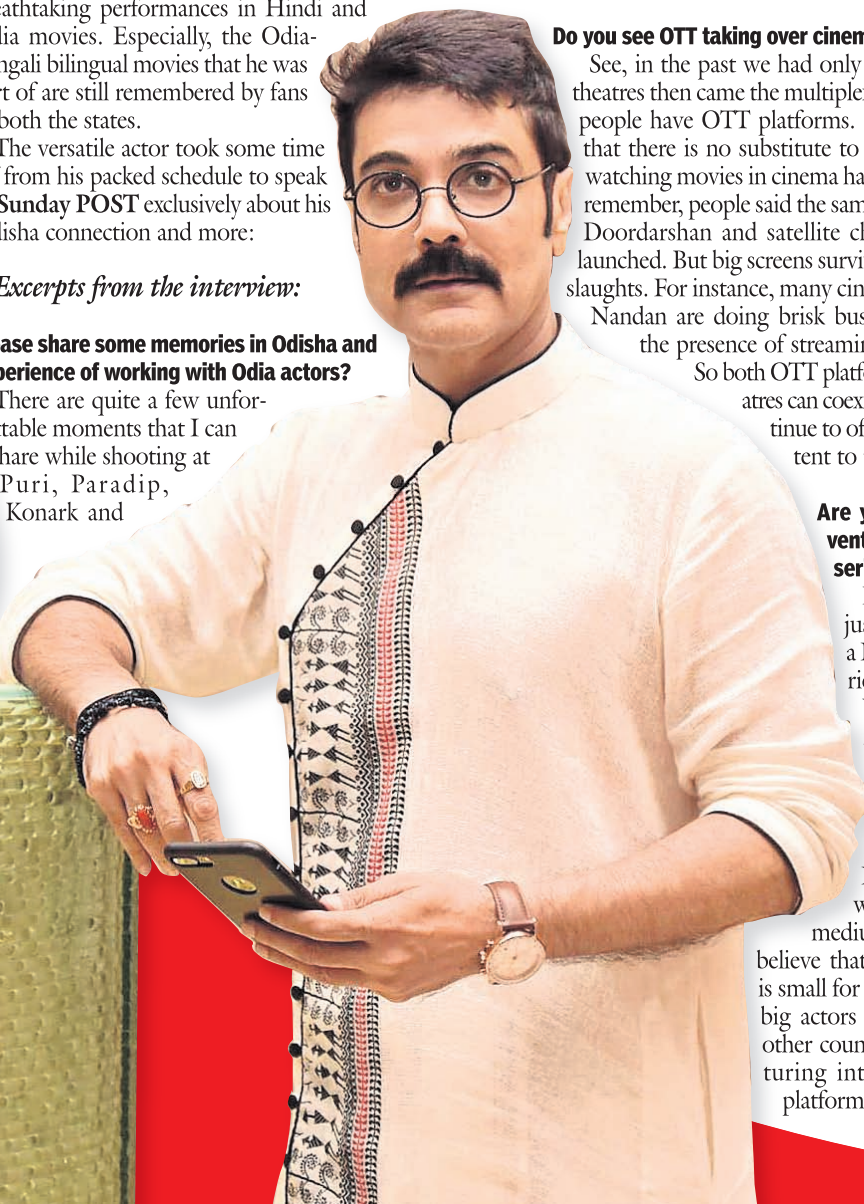
I have not given it a thought yet. I have respect for all parties and political leaders. At the moment, I am happy to entertain people and I want to continue that with dedication.

How do you see the current movie making scenario?

All the regional movie industries are doing well now. In the past we used to be identified as regional actors but with the advent of streaming platforms we have got national exposure. Now technicians and actors of different states are working in every film industry and it is the right time for young talents to showcase their skills at national level.

Why don't we see you too often in Hindi movies?

At this stage of my career I can't do every film that comes my way. The last Hindi film that I did was *Traffic*, directed by Rajesh Pillai. I am still open to do more films in Hindi if I get a suitable script that excites me. Besides, I shoot Bengali films round the year which often prevents me from doing films in other languages.



Janhvi wants to play Arunima Sinha

Inspired by the life of mountain climber Arunima Sinha, actor Janhvi Kapoor expressed her desire of portraying the role of Arunima on screen.

Recently, she visited the capital to attend a felicitation ceremony for the Paralympians for their historic performance at the Tokyo Olympics. At the event, she greeted several sportspersons and interacted with them. The *Dhadak* actress even expressed her desire of portraying the role of Arunima on screen.

"I have met Arunima Sinha and her story is very inspiring. I would love to play her on screen," she said. Arunima is the first female amputee who successfully scaled the mighty Mount Everest. She is also a former national-level volleyball player.

Meanwhile, Janhvi recently shared pictures after she got inked. She opted for her late mother Sridevi's handwritten note. Her tattoo reads, "I love you my labbu." The legendary actress passed away in February 2018 in Dubai.

On the work front, Janhvi will be next seen in Karan Johar's *Takht*. She also has *Goodluck Jerry* and *Dostana 2* in the pipeline.

AGENCIES



Aparshakti makes a 'ghar waapsi'

Actor Aparshakti Khurana is back on radio for a storytelling. He says it's a 'ghar waapsi' for him as he is back on radio after almost six years.

Aparshakti, the younger brother of actor Ayushmann

Khurrana, is hosting a new storytelling series, which is a two-month-long series and will feature 24 stories on radio and six digital episodes

over the next two months.

Aparshakti said: "It's a 'ghar waapsi' for me as I am back on radio after almost 6 years, but jokes apart it's such a special feeling to enter the same studio again. I'm really looking forward to voice these stories for the radio listeners."

The series will see the actor take listeners through a rollercoaster of emotions exploring heartbreaks, puppy love, eternal love and second chances, among others.

On the acting front, Aparshakti is gearing up for his next titled *Hum Do Humare Do*, which also stars Rajkummar Rao, Paresh Rawal, Kriti Sanon and Ratna Pathak Shah.

AGENCIES



'Thrilled to be part of Uunchai'

Recently, Parineeti Chopra took to her Instagram handle to share a photo with filmmaker Sooraj Barjatya. The actress announced that she has been roped in for *Uunchai*.

Sharing the pictures, Pari wrote, "Thrilled and honoured to be a part of the iconic cinematic universe of Sooraj Barjatya sir. Sooraj sir has defined, and is the torchbearer of India's family entertainers and I can't wait to work under his tutelage; alongside this stellar and incredible cast."

A source close to the unit had revealed, "Sooraj has begun shooting with Anupam Kher, Parineeti and Boman Irani. Amitabh Bachchan will be joining later."

In a recent interaction the Parineeti opened up about her last film, *Saina*.

Talking about her experience, she said: "Saina is the most challenging and exciting film of my career so far. Saina's simplicity and determination encouraged me to be more meticulous and rigorous towards my goals."

The actress further added, "While preparing for the role, I didn't want to act like Saina, I wanted to be Saina."

AGENCIES



Arjun turns playboy in *The Lady Killer*

Arjun Kapoor is all set to unleash his never-before-seen avatar with his next entertainer. He has slipped into the role of a small town playboy for *The Lady Killer*, which traces a whirlwind romance packed with thrilling twists and nerve racking suspense.

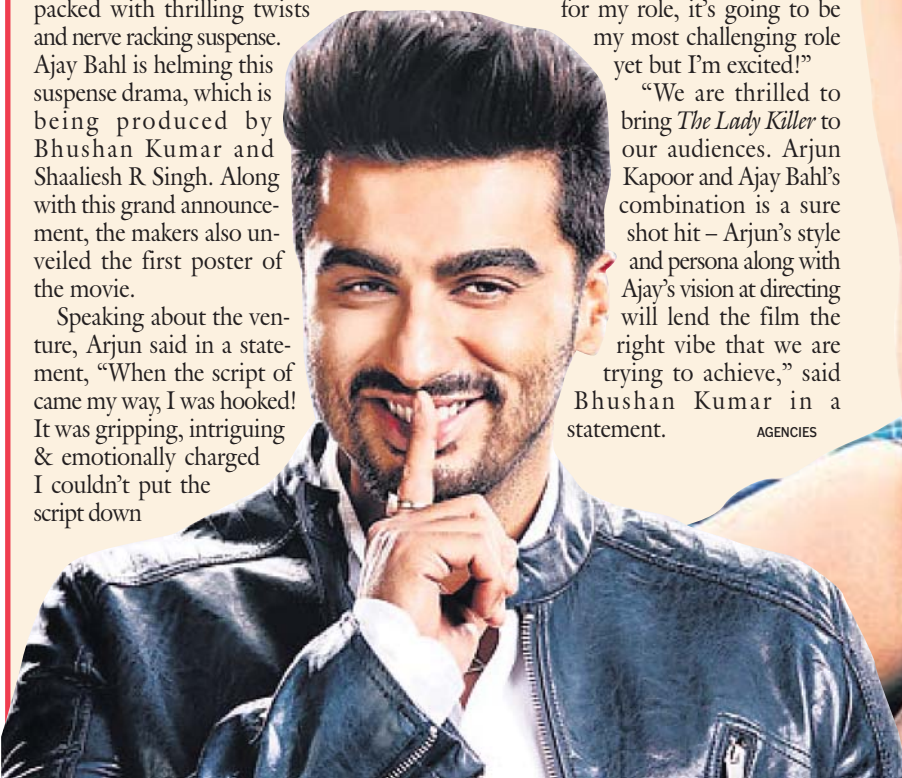
Ajay Bahl is helming this suspense drama, which is being produced by Bhushan Kumar and Shaaliesh R Singh. Along with this grand announcement, the makers also unveiled the first poster of the movie.

Speaking about the venture, Arjun said in a statement, "When the script of came my way, I was hooked! It was gripping, intriguing & emotionally charged I couldn't put the script down

from the moment I started reading it. I am very excited to be a part of this journey with my amazing producers Bhushan sir, Shaaliesh sir and of course my director Ajay Bahl sir. I can't wait to begin prep for my role, it's going to be my most challenging role yet but I'm excited!"

"We are thrilled to bring *The Lady Killer* to our audiences. Arjun Kapoor and Ajay Bahl's combination is a sure shot hit - Arjun's style and persona along with Ajay's vision at directing will lend the film the right vibe that we are trying to achieve," said Bhushan Kumar in a statement.

AGENCIES





Myths about Hair Care



We keep hearing so many beauty care solutions and claims that soon we start wondering which ones are true and which are not. A time comes when you have to separate the facts from the myths, so that we can care for our skin or hair properly. Yes, even regarding hair care there are many myths. So, let's explode some myths and deal with the facts.

Myth: We should brush our hair 100 times a day.
 There is one famous myth that has existed for many generations that we should brush our hair 100 times a day to make it healthy and lustrous. Actually, excessive brushing does the hair no good and can even damage the hair. Brushes with wire bristles can break the hair. Also, if the hair is oily, too much brushing can make it even more so, because brushing activates the oil glands further. On the other hand, if the hair is dry, it can lead to too much static and "fly away" hair. Actually, it is best to use a wide toothed comb, especially if there is hair loss. If you use a brush, use one with natural bristles.

Myth: Frequent washing of the hair is harmful.
 This is, perhaps, one of the most common myths. We wash our faces several times a day, but neglect to wash the hair. Yes, as Hair Expert, Philip Kingsley has said, our face and hair go to the same places. But, we wash our faces several times a day, but neglect to wash the hair. The hair attracts dirt and pollutants too and these, along with stale oil and sweat tend to cling to the hair much more. Washing does not harm the hair, if you use a mild shampoo. Apply less shampoo and rinse well with water. Wash the hair more frequently in hot and humid weather and also

if the hair and scalp are oily.

Myth: Hair loss can be controlled with vigorous head massage.
 This is another common myth that vigorous head massage with oil can check hair loss. Actually, if there is hair loss, the roots are already weak and vigorous head massage can cause more hair to fall out. The hair should be treated gently. Avoid rubbing and vigorous massage. Using only the finger tips actually move the scalp in small rotary movements to stimulate the hair follicles.

Myth: Henna turns black hair into red.
 This is also a myth. It is true that henna imparts a reddish colour. However, it colours white hair a reddish brown. It does not



colour black hair. On the other hand, it can add shine and attractive highlights to black hair.

Myth: Use "Black Henna" to make the hair black, instead of red.
 There is no such thing as "black henna." The natural colour that henna imparts is reddish brown. What is known as black henna may contain chemical dye. So, one should be careful. Coffee and catechu added to the henna paste can provide a darker colour, but not black. We have formulated Colourveda, a 100 natural hair colour, which contains amla, henna, catechu and indigo. It is available in three colours brown, blackish brown and burgundy.

Myth: People who colour their hair with chemical colourants should apply henna regularly for its benefits.
 This is not so. Those who colour their hair with chemical colours should not apply henna. Actually, henna coats the hair and therefore, it can coat coloured hair and disrupt the colour. One should wait for the chemical colour to wear off and then apply henna, if one wishes to.

Myth: Frequent shampooing and conditioner makes hair brittle and leads to hair loss.
 Frequent shampooing does not make the hair brittle. It is the product one uses and

amount of shampoo used that can make the hair dry and brittle. Conditioning does not make the hair brittle. It protects the hair by forming a protective film over the hair.

Myth: Dandruff does not affect the skin.
 Actually, dandruff not only affects the hair by clogging the pores of the scalp, but can also affect the skin and lead to acne. In fact, severe dandruff can cause acne on the back, shoulders and upper arms. If there is severe dandruff, combs, brushes, pillow covers and towels should be washed daily, in hot soapy water, adding a few drops of an antiseptic solution.



Myth: Oiling the hair does not help the hair in anyway.
 This is not true. Oil does help the hair by softening and improving hair texture. It removes dryness. Different oils also have specific benefits. For dandruff, apply warm olive oil or til oil. For severely damaged and dry hair, heat two teaspoons each of castor oil and pure coconut oil. Heat and apply on the hair.

Myth: Dry and dull hair can be cured only by deep root conditioning.
 Root conditioning delivers greater amounts of caffeine and other active ingredients directly to the hair roots. The entire hair should be conditioned if it is dry and dull. Other therapies like hot oil therapy would also help. You can try deep conditioning. Mix one egg to one tablespoon mayonnaise and one teaspoon olive oil. Apply the paste on the hair. Then do the hot towel wrap. Leave on for half an hour and then wash the hair.



SHAHNAZ HUSAIN



Tanmayee



PHOTO: KUMAR SHARAT, OP