

JANUARY 16-22, 2022

SUNDAY POST

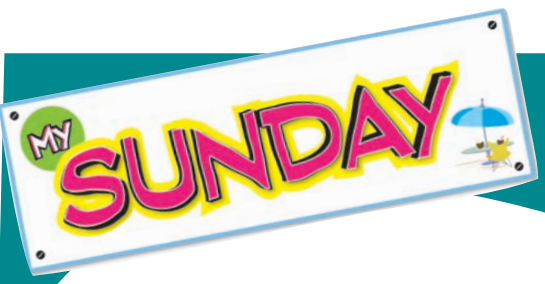
HERE . NOW



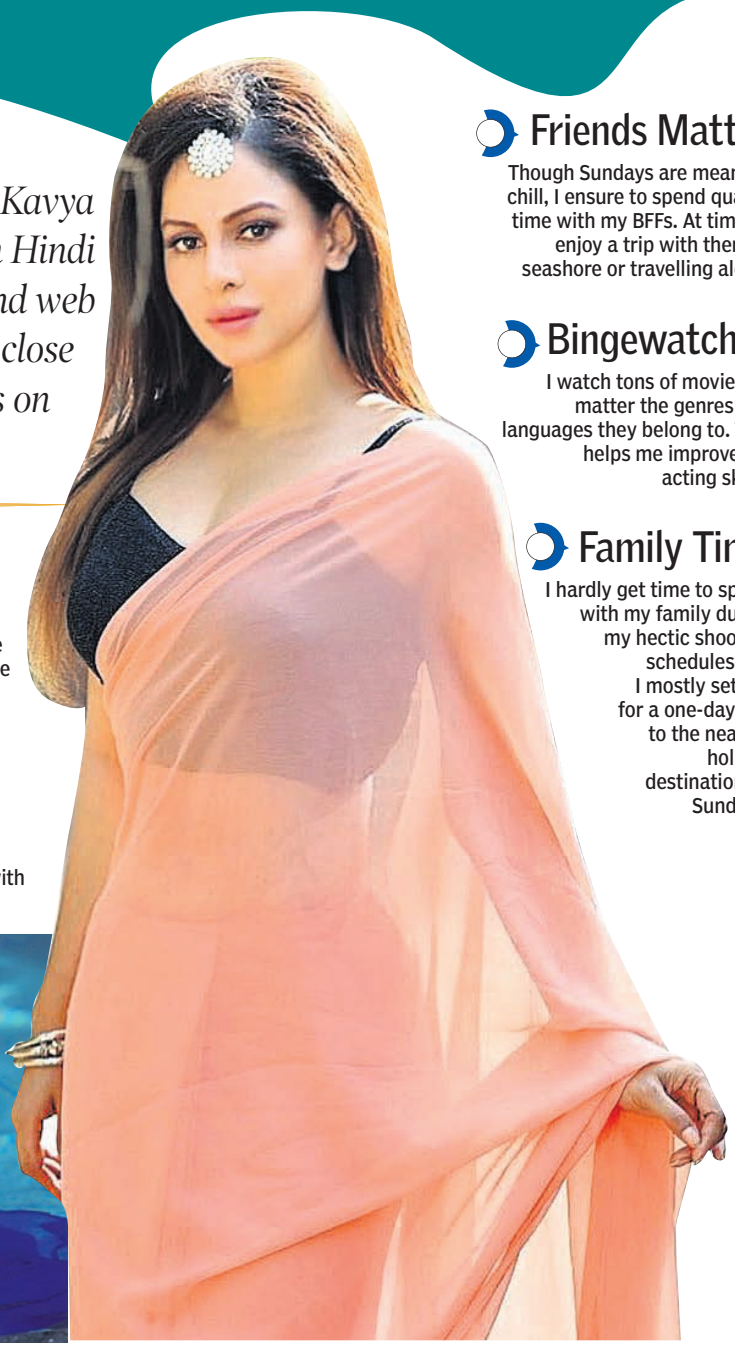
Resurgence of Classical Music



P
3,4 COVER STORY



Mumbai-based Odia film actress Kavya Keeran, who impressed viewers in Hindi films 'Rang-E-Ishq', 'Ramratan' and web series '3G', '72 Hours', treats her close pals with authentic Odia foods on non-working Sundays



Gym Lover

When in Mumbai, I never miss a gym session in the morning. But it's not always possible as I often have to travel to different locations due to work commitments.

Playing Host

Since I prefer home-cooked stuff over restaurant meals, I cook almost every alternate day. On non-working Sundays, I love to treat my close friends with authentic Odia food like Dalma and Kheeri.



Friends Matter

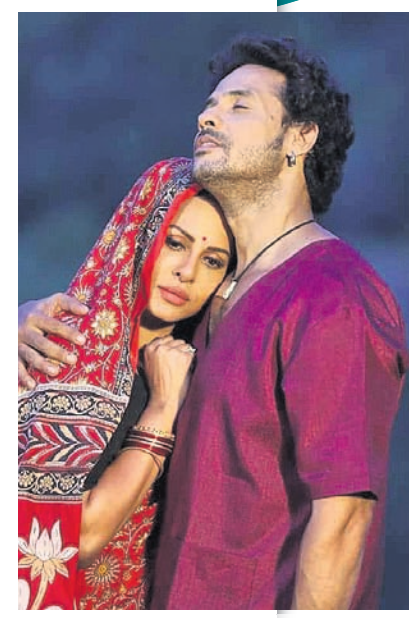
Though Sundays are meant to chill, I ensure to spend quality time with my BFFs. At times, I enjoy a trip with them to seashore or travelling alone.

Bingewatcher

I watch tons of movies no matter the genres and languages they belong to. This helps me improve my acting skills.

Family Time

I hardly get time to spend with my family due to my hectic shooting schedules. So, I mostly set out for a one-day trip to the nearest holiday destination on Sundays.



With Debasis in Raghu Sardar



With co-stars Riya and Sambit on To Na Ra Mane Han set

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

- My wife just found out I replaced our bed with a trampoline. She hit the roof.
Always borrow money from a pessimist. They'll never expect it back.
A recent study has found that women who carry a little extra weight live longer than the men who mention it.
Adam & Eve were the first ones to ignore the Apple terms and conditions.



ENVIRONMENTAL CRUSADERS

Dear Sir, The cover story 'Making a difference', (Jan 9) highlighting the pioneering efforts of young environmental crusaders for tackling the challenges of climate change was really very inspirational. The development of a satellite for detecting climate changes and beach cleaning tools are indeed highly praiseworthy and should serve as a role model for others to emulate. In view of the enormity of the climate changes, the recurring nature of unexpected natural calamities and the unwarranted magnitude of carbon footprints, it is direly imperative to instill environmental consciousness among youngsters at an early age and put in place emergency climate-resilient plans and mechanisms on a war footing. As per World Bank estimates, 800 million people living in South Asia are vulnerable to the effects of climate changes with their deleterious impact on livelihood and the fragile ecosystems.

AMIT BANERJEE, NEW DELHI

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

Of late, listening habits of the youngsters are changing globally as more of them are turning towards classical music shunning the commercial tracks, reveals a study



Resurgence of Classical Music

RASHMI REKHA DAS, OP

With the sudden spike in streaming services, more people, millennials and members of Gen Z in particular, have started listening to classical music these days than they did about a decade ago, suggests an international study.

Back home, the scene is no different. Youngsters now prefer to listen to legendary classical singers like Ustad Amjad Ali Khan, Ustad Bade Ghulam Ali Khan, Dr. M. Balamuralikrishna and Pandit Bhimsen Joshi than the commercial songs, adds yet another report. So, one can safely conclude that a change is taking place in the listening habits of the new generation. In the case of Odisha, more singers with classical voice training have made it to the final round of singing reality shows as they are more frequently heard. Be it Barnali Hota, Ananya Sritam Nanda or Sohini Mishra, all have undergone rigorous training in classical music before hogging the limelight.

Odisha, apart from these shining stars, also boasts of a pool of young classical singers who have carved their own space on the national music scene. A few of them shared with **Sunday POST** their success story and how the classical voice training played a decisive role in their career.

'Did 40 days of silent music practice in the Himalayas'

Dhrupad is the oldest tradition of Hindustani music of the Indian sub-continent. Born and brought up at Karanjasol, a nondescript village of Bhograi block in Balasore district, **Mukund Dev** is known as Odisha's only nationally known

Dhrupad singer. He has also set up Dhrupad Music Foundation in Bhubaneswar to promote the style.

Talking about his journey in the world of classical music and its significance in his career, Mukund says, "In my journey of nearly 20 years in Indian classical music, I have had the opportunity to associate with many artistes and music lovers from across the country and abroad. To reach the root of Indian music, I studied at Utkal Sangeet Mahavidyalay and Mumbai University and learnt the subtle nuances of music from gurus like Padma Shri Gundecha brothers (Bhopal), Sangeet Acharya Pandit Arun Kashalkar (Mumbai) and Shri Vijayanand Naik. To know the inherent powers of Indian classical music, I did 40 days of silent music practice in the Himalayas. Along with these 40 days, I completed 200 days of silent music meditation of my life and experienced many tangible facts of Indian classical music."

He continues: "Music is not just a medium of entertainment; music is an invisible force that illuminates life with full energy. Indian classical music has a unique amalgamation



Mukund performing on stage

of acoustics, Mathematics, Chemistry and Physiology as well as Indian culture and Indian philosophy. If one studies Indian classical music with reverence and finds the right Guru, then it becomes easy for him/her to understand all the genres of music. Personally, Indian classical music has helped me grow intellectually."

He further adds: "The practice of Indian classical music is essential for recognising various notes in music which has helped me establish my identity in the music world."

'Classical music is soul of our culture'

One of the most versatile classical singers of this generation, **Mahaprasad Kar** doesn't need any introduction. His voice is heard ever and anon when one switches on the radio or the television set. He has also performed widely on the stage since the age of nine. Being the son of legendary singer Prafulla Kar he was destined to become a classical singer.

About his tryst with classical music, Mahaprasad says, "I hail from a family of renowned musicians. My grandfather



Mahaprasad sharing stage with his father

Khetramohan Kar was a tabla maestro and my father Prafulla Kar, is a music director, singer and lyricist of national repute. My forefathers belonged to the zamindar family.

In those days, we used to hold cultural programmes inviting classical singers like Hirabai Barodekar, Omkarnath Thakur among other eminent personalities to our place. My father grew up watching such events which left a lasting impact on him.



He got influenced by classical music and wanted to make a career in music. Similarly I too got inclined towards classical singing from my childhood. When I was nine, I loved watching my father singing for long hours without getting exhausted. Seeing my growing interest in classical music, he requested his Guru Pandit JVS Rao to teach me Hindustani classical. So I got trained in Hindustani music under the tutelage of Pandit Rao.

When I was young I got inspired by the singing style of Anup Jalota who took bhajan singing to a different level. I started performing such songs on stage and getting appreciated."

How does he incorporate the style of classical singing in modern songs? He says, "My father never wanted to sing commercial tracks. But the demand for classical music was few and far between. So he started singing film songs while making sure to give

them a classical touch. I also follow my father's footprints. My songs have the element of *raga* which makes me different from others. Blending *raga* to songs is my forte. I have sung songs like *Biswa Jagannath Brahma Jagannath, Mote Bhari Laja lage* apart from Odissi, Chhanda, Champu. My style fetched appreciations from eminent singers."

"Singers now-a-days are deprived of a good teacher. I am lucky to have a Guru like JVS Rao and a guide like my father who shaped my career. Without a classical singing base, I could not have made a mark in the music world. Classical music is the foundation. This is the route to get success in any genre. I must say that classical music is the soul of our culture. Years of rigorous practice, hard work and dedication has made me what I am today. Music without classical touch is just like a body without soul," he signs off.



Abhijeet performs before legendary flautist Hariprasad Chaurasia

'Difficult to grow without learning classical music'

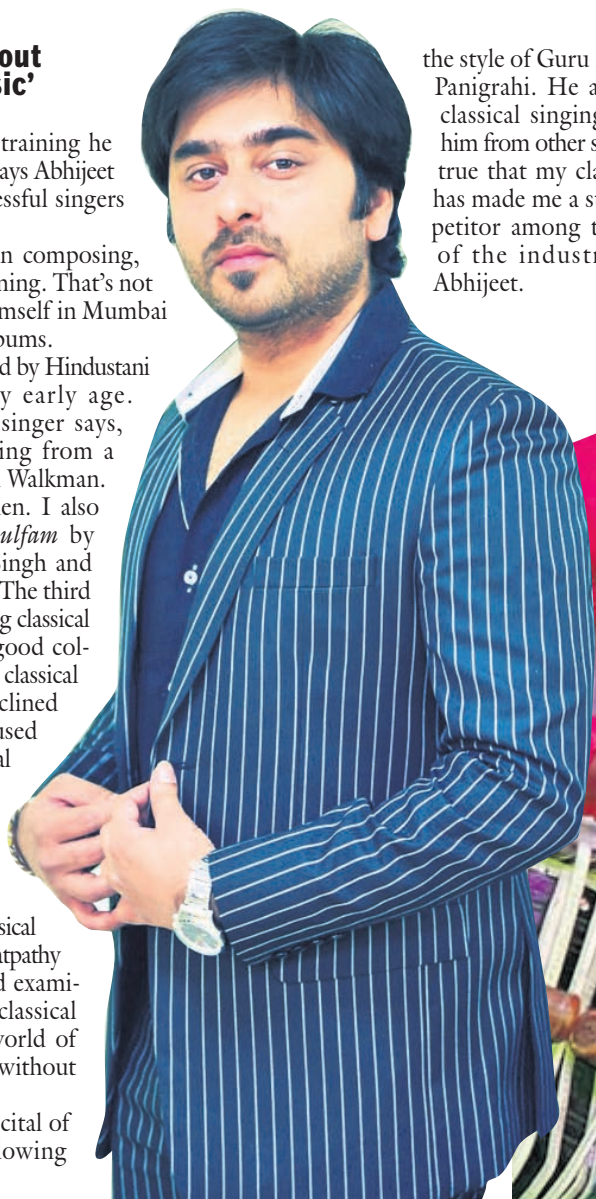
Without the classical voice training he wouldn't have reached this far, says Abhijeet Mishra, one of the most successful singers of this generation.

Abhijeet has also excelled in composing, recording and music programming. That's not all; he has made a name for himself in Mumbai by releasing his solo Hindi albums.

Abhijeet says he was fascinated by Hindustani classical music from a very early age. Recounting those days, the singer says, "Once my dad, after returning from a concert in the US, gifted me a Walkman. I was studying in Class V then. I also got three cassette tapes – *Gulfam* by Hariharan, *Insight* by Jagjit Singh and a *Raga* album by Pandit Jasraj. The third one fueled my interest in learning classical singing. Besides, ours had a good collection of cassettes of renowned classical singers of India. I was so inclined towards classical music that I used to take part in the annual cultural extravaganza organised by *Srjan*, a premier dance school of Bhubaneswar, which is participated by many national level classical singers. However, I started learning Hindustani classical from Guru Debendra Narayan Satpathy after I appeared Class X board examination. All I can say is that classical music is like ABCD in the world of music and no singer can grow without learning it."

Abhijeet is known for his recital of Jayadeva's Gita Govinda following

the style of Guru Raghunath Panigrahi. He admits that classical singing separates him from other singers. "It's true that my classical base has made me a strong competitor among top singers of the industry," quips Abhijeet.



Aurosis on stage with his father Chitaranjan Pani

'Quit cushy job, stable life to make career in music'

Aurosis Pani, who is credited with many hit songs like *Kene Ghene Jauchha, Bhala Pae Boli*, also acknowledges that his classical base helped him create a different identity for himself.

How did you get attracted towards classical singing? To this query, Aurosis responds: "I have grown up seeing my father Dr Chitaranjan Pani practising classical music. Right from childhood, I got trained under him. So, music came to me naturally.

At the beginning, I didn't know the difference between classical singing and other styles. But my fa-

ther's rendition was soothing to my ears. Later, I came to know that *raga* plays a vital role in classical singing and every human being is attached to *raga*. In classical singing, there is *raga* for all emotions, be it anger, happiness or sadness."

Speaking more about classical style of singing, he says "It is a meditation. Three things play a very important role in classical singing - dedication, time and patience. It takes years of practice to perfect the skill."

Aurosis was a software engineer before embarking on a career in music. In 2016, he quit a cushy job and stable life to follow his passion.

About his life-altering decision, Aurosis says, "I have no regret for it. After quitting my job, I again appeared for graduation and post-graduation examinations in music. Now I am pursuing a Ph.D in classical music.

Now I am devoting all my time to singing though I know that making a mark in the field is quite challenging. But I believe in myself. Overall, it has been a beautiful journey."





'Will keep career, passion entwined'

Sheetal Patra, one of the top stars of Odia film industry who also studies medicine simultaneously, says serving people as a physician will always remain her priority

couldn't muster courage to say yes to the project. But director Hara (Patnaik) Uncle encouraged me to take up the role. After that I became a household name in Odisha. Hara Uncle also wanted to cast me in his multi-starrer *Om Sai Ram*. But I was studying in Class IX at that time and my parents didn't want to disturb me. Hara Uncle also advised me to focus on studies promising to help me make a debut in films after the board exam. However, my dream remained unfulfilled as he passed away before my entry into the industry.

urge to steal, in *Chorani*, a women-centric comedy film and that role is also one of my favourites. I worked quite hard to tickle the funny bones of the audience. There was a sequence, where I steal from a supermarket. While enacting the scene, the mall's salesgirls grew suspicious and lodged a complaint against me with the authorities. However, they later realised that the scene was part of the movie.

RASHMI REKHA DAS, OP

After spending nearly eight years in the Odia film industry, top actress Sheetal Patra needs no introduction. Be it a girl-next-door or a passionate lover, she has played all the roles that have come her way with great panache. While Sheetal is one of the most sought after actresses in the cine industry at the moment, she also studies medicine at Hi-Tech Medical College and Hospital to see herself as a physician in future. The actress, in a breezy chat with **Sunday POST**, talked about her formative years, getting break in movies, her goal in life and much more.

How did you start off?

Being fascinated by dance since I was a toddler, I started learning Odissi, Western and Kathak at the age of three. I participated in reality shows like *Boom Shakalaka Boom* and managed to bag quite a few titles. Then I got an offer to host children's shows like *Kuni Raija* and *Best Wishes* at the age of six. Besides, I also featured on the cover of Odia magazine *Kadambini*. However, I believe that working in a few episodes on poet Jaydev in mythological TV series *Sri Jagannath* was the turning point of my career. I played Ketaki, a 25-yr-old woman, when I was barely 12. The role was challenging and I

Tell us about your first movie and how did you get the break?

After my Class X board examination, storywriter Sandip Routray and veteran actor Minaketan Das approached me for the lead role in *Jie Jaha Kahu Mora Dho*, to be directed by Mrutyunjaya Sahoo. After watching my performance in TV shows, they wanted to launch me in their film. Meanwhile, I also got many offers to do tele soaps. But I was not keen to do TV as it would have affected my studies. So, I opted to do films as my parents also agreed to it. Working opposite Babusan made my journey easier. To my utter surprise, my first film was a success and I got noticed for my role.

To whom do you owe your success?

I would like to attribute my success to my parents Gitanjali Patra and Ramhari Patra. My parents left no stone unturned to fulfill my dream. They took note of my interest and honed my skill. They accompanied me to shooting sets and dance classes on time without a fail. They were, and will remain a constant source of inspiration.

Among the roles you portrayed, which one you liked the most?

My character in *Dil Deewana Heigala* is very special to me. Recently, I played a kleptomaniac, a person who suffers from an impulse control disorder that results in an irresistible

The best compliment you have received so far.

There are a couple incidents. I couldn't have gotten a better compliment after Hara Uncle remarked that my Ketaki reminded him of popular actress Rachana Banerjee. "The expressions in your eyes resemble Rachana a lot. Like her you too are blessed with natural grace and expression," he said. On another occasion, Tiki aunty (senior actress Aparajita) once complimented me saying "When Babusan performs with heroines on a dance track, I can't take my eyes off him. But when he performs with Sheetal, the latter gets my whole attention, not Babu."

You have bagged quite a few awards in your career. Which one is special to you?

I have received a dozen of awards. But frankly speaking, awards hardly matter to me. Yes, I certainly get encouraged by the recognitions to better my previous works. But it is the love of the fans and viewers' acceptance that matters most.

Whom do you idolise in life?

I am highly influenced by my father and his unconditional love. A few years ago, he met with a mishap which caused a financial crisis in the family. Despite being in great trouble, he did not stop my dance classes and other tuitions. In fact, he did not let me know about the issues he was facing at that time. I always did well in my studies because he took care of my proper training. On the acting front, I am inspired by Gal Gadot from Hollywood and Kangana Ranaut and Jennifer Winget of Hindi film industry.

Last but not least, would you like to see yourself as a doctor or an actor?

Serving people as a physician will always remain my priority. However, I will try to strike a balance between my career and passion, keep them entwined.

Rapid Fire Round

- Nickname: Chintu
- Favourite food: Homemade food and Panipuri
- Preferred destination: Puri
- Childhood Crush: Shah Rukh Khan
- Favourite co-star: Babusan
- Upcoming movie: *Tu Mora Ok*

Select Filmography

- *Chorani*
- *Premare Premare*
- *Suna Pila Tike Screw Dhila*
- *Tora Dine Ku Mora Dine*
- *Tu Je Sei*
- *Bhala Pae Tate 100 Ru 100*
- *Jiye Jaha Kahu Mora Dho*

Pooja to have five releases in 2022



Actress Pooja Hegde, who dabbles in different film industries, will have a busy 2022 as she has five films lined up for release.

Her upcoming films for this year include Vijay Thalopathy's *Beast*, *Cirkus* opposite Ranveer Singh, *Acharya* with Chiranjeevi and Ram Charan, *Radhe Shyam* opposite Prabhas and a yet-untitled film opposite Mahesh Babu.

Thrilled about launching into a happening year, Pooja shares, "Despite the challenges, last year has been so giving and inspiring for me. All the love that 'Most Eligible Bachelor' got in theatres was overwhelming. It made me feel like a newcomer."

Her goal for 2022 is to work with people with a knack for brilliant storytelling, "As for 2022, I'm more determined to jam with brilliant minds and give the audience cinema that is worth remembering.

I want to explore spaces of my craft that excite the audience, makers and me."

IANIS

VIDYUT'S DEBUT PRODUCTION

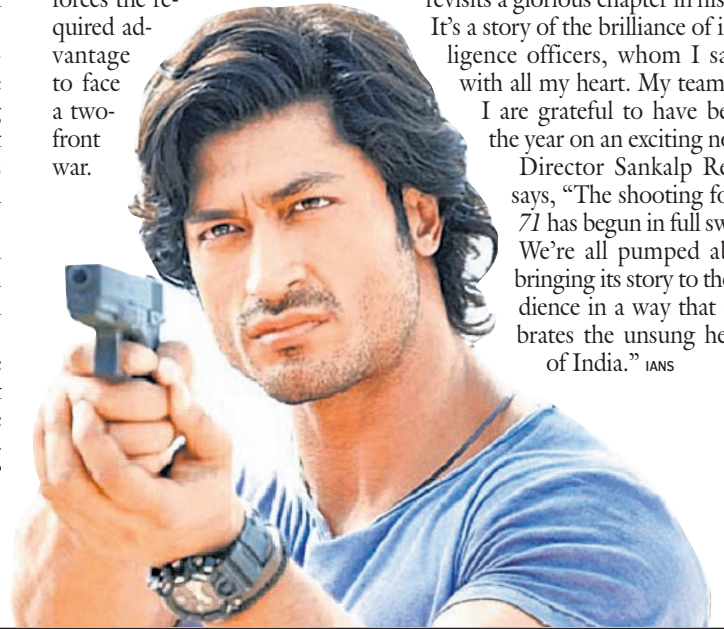
IB 71 celebrates unsung heroes

Action star Vidyut Jammwal flagged off the first schedule of his next film titled *IB 71* directed by Sankalp Reddy, Thursday.

The espionage thriller is based on a true incident of how Indian Intelligence Officers outwitted the entire Pakistani establishment and gave the Indian armed forces the required advantage to face a two-front war.

The film is Vidyut's debut production venture under his banner Action Hero Films in association with T-Series and Reliance Entertainment. Talking about the film's first schedule, Vidyut Jammwal shares, "It's a new beginning for my production house Action Hero Films. I'm thrilled about backing a film that revisits a glorious chapter in history. It's a story of the brilliance of intelligence officers, whom I salute with all my heart. My team and I are grateful to have begun the year on an exciting note."

Director Sankalp Reddy says, "The shooting for *IB 71* has begun in full swing. We're all pumped about bringing its story to the audience in a way that celebrates the unsung heroes of India." IANIS



Tabu to romance Ajay in *Bholaa*

The Hindi remake of Tamil blockbuster movie *Kaithi* starring Ajay Devgn has gone on floors with the title *Bholaa*. In the film, Ajay Devgn reprises the role played by actor Karthi. Devgn's film has aroused curiosity about the female lead.

A source close to the film has revealed, "Tabu has been finalised for the Hindi remake of *Kaithi*. She will be seen romancing Ajay."

Ajay in fact did a quiet mahurat of the film January 11. Only after that, he shot for it but just for 56 minutes (7.44 am to 8.35 am) to be precise with a skeleton crew, the key actors and technicians maintaining all protocols of precautions. The shoot was done at Filmistan Studios in Goregaon (West).

Bholaa will be directed by Dharmendra Sharma, who is Devgn's cousin and the cinematography is by Aseem Bajaj. Dharmendra along with Vikrant, another cousin of Ajay, accompanied the actor to Sabarimala temple.

AGENCIES



Kareena reveals her favourite spot in house

Kareena Kapoor Khan often shares workout pictures and videos from her gym session. The actress loves yoga and motivates her fans to take up a healthy lifestyle with her posts on social media.

Recently, she shared a photo from her yoga session at her favourite spot. In this photo, we can see her sitting on her yoga mat on her open terrace. She called it her most favourite spot in the house. The post was captioned as, "Back at my most favourite spot... My yoga Mat with my favourite girl... long road ahead but we can do this oh! is that my car at the back? @an-shukayoga." Fans are in awe of her post-workout glow.

In December, Bebo had tested positive for COVID-19 last year along with bestie Amrita Arora. They both had attended a get-together party at Karan Johar's house. The actress kept herself self-quarantined until she recovered and tested negative for the virus.

On the work front, she is gearing up for the release of her upcoming film, *Laal Singh Chaddha* co-starring Amir Khan in the lead role. It will also feature Naga Chaitanya and Mona Singh in key roles. It is slated to hit the theatres April 14 of this year. Kareena has also been roped in for Karan Johar's magnum opus, *Takht*.

AGENCIES



Combating cold

Nature has gifted humans with oils and ingredients that can help fight chilly climatic conditions



SHAHNAZ HUSAIN

The winter breeze may feel good and enjoyable but it can rob moisture off your skin and make it prone to dryness and damage.

Besides frequent shower in hot water, using the electric heating equipment and chilling atmosphere make the skin dry, dull, flaky and unattractive. It also makes your facial skin and the skin of your lips appear rough. However, nature has gifted us with oils and ingredients that can help combat winter dryness. Here are a few remedies to battle it out.

■ **Sesame seed oil:**

Research has revealed that this oil is rich in Vitamin E, minerals, protein and lecithin. So, it can be massaged on the face to relieve dryness.

■ **Olive oil:** Popularly called 'liquid gold', it is fairly nutritious and is popular for body massage, mainly to soften the skin and provide nourishment. Olive oil contains many vitamins and minerals and is an all-around natural moisturizer and recommended by dermatologists for dehydrated skin particu-



larly in winter.

■ **Almond oil:** It is quite beneficial for very dry skin and helps to relieve itching, soreness and dryness during winters. It is reported to be soothing, healing, lubricating, softening, revitalizing and nourishing. Almond oil contains fatty acids which help your skin retain moisture and can heal chapped and irritated skin during winters.

■ **Coconut oil**

This body-friendly stuff is used to strengthen the hair and make it thick and shiny. The application of oil with a light massage

helps to stimulate blood circulation to the follicles and also softens hair texture. It is also said to be beneficial for the skin, as it soothes sun-damage and has a healing effect.

■ **Apricot kernel oil:** It can be used for skin care during winters. It is rich in Vitamins A, C and E. It

also contains fatty acids and is a source of unsaturated fats. As it is easily absorbed by the skin, it is used in many cosmetic products and also indirect external applications on the skin.

■ **Jojoba Oil:** This oil Vitamin B complex and E which help in skin repair and damage control. The minerals such as zinc and copper in the oil help to keep skin calm and comfortable.



winter pet care tips that will make your life easier

long-haired or thick-coated pets are usually more cold-resistant, short-haired or those with shorter legs feel colder because of the increased exposure. So, make sure your pet is wearing a suitable covering or coat made for them, and check on them regularly.

cold weather can be as bad for your pets' skin as it is for ours. By consulting with your veterinarian, you can add a skin and coat supplement to their food, to help prevent dry, flaky, or cracked skin.

Avoid overfeeding

There is a common misconception that increasing the food intake of your pets might protect them from the cold, but that could prove disastrous for them. You need to carefully monitor your pets' weight throughout the season to make sure they're at a healthy weight and adjust their calory intake based on their level of activity as well.

Keep them hydrated

Winters lower our water consumption, just as much as it can in your pets. But for them, dehydration can be life-threatening! So, during winters, make sure their water bowls are never empty and keep watch on whether they are drinking adequate water or not.

IANIS

There is a common misconception that increasing the food intake of pets might protect them from cold, but it could prove disastrous for them

Winters in India range from the pleasantly cold to the very extremes, and both you and your pets need just as much care when the mercury drops. Here are a few

Check tolerance

Just like humans, you need to understand your pet's tolerance based on several factors including their coat, body fat stores, activity level, and health. While

Keep bedding warm, comfortable

We should keep their space adequately warm and cozy. Additionally, if you have any kind of heaters or fireplaces in the house, make sure they are pet-proofed, and your pets don't accidentally hurt themselves while seeking warmth.

Moisturise

Be it dogs or cats, dry and

Winter care tips for your furry friends





Sanvi



PHOTO: KUMAR SHARAT, OP