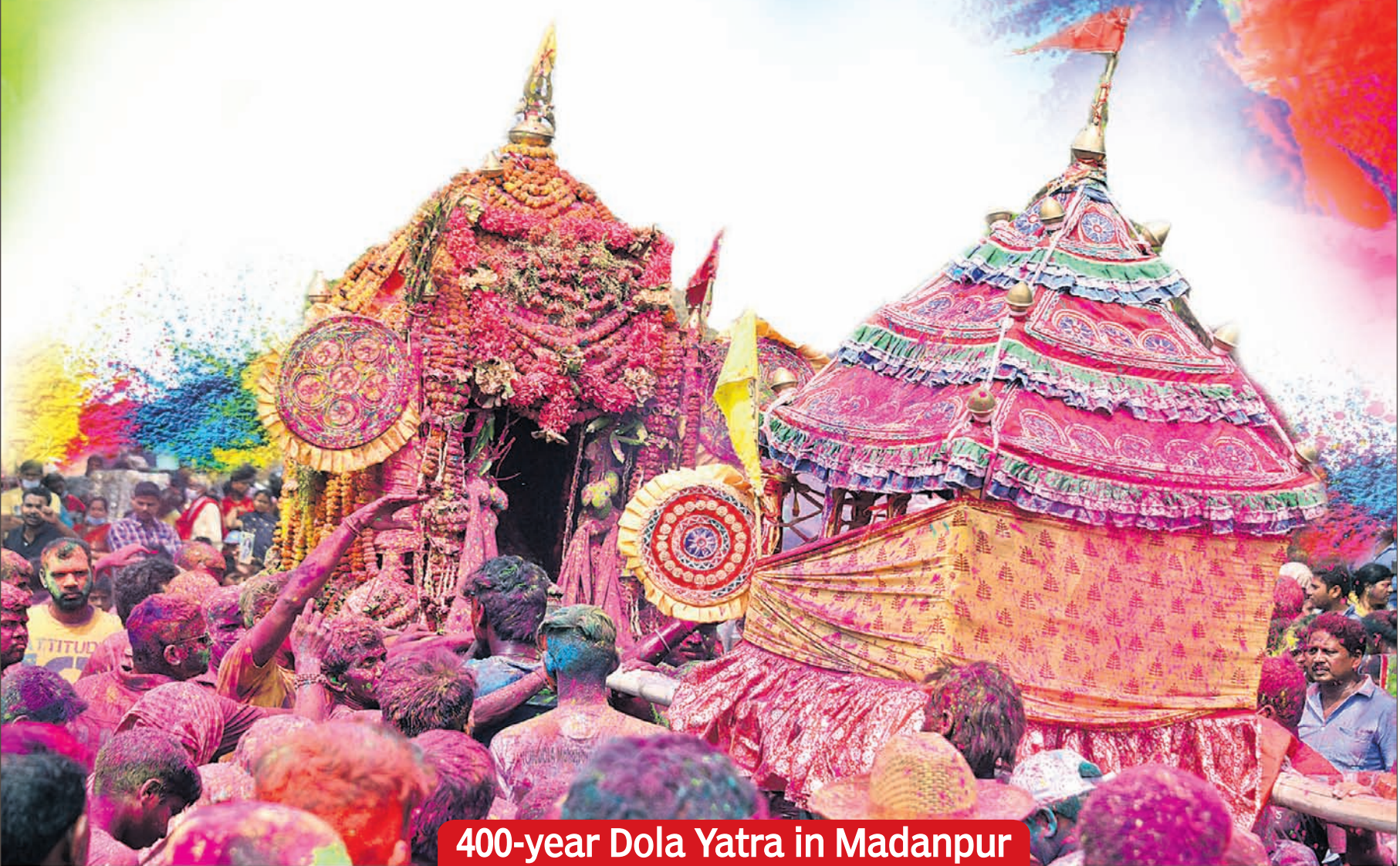


MARCH 13-19, 2022

SUNDAY POST

HERE . NOW



400-year Dola Yatra in Madanpur

Steeped in Spirituality



ACTRESS SHEETAL PATRA, WHO IS PLAYING THE PROTAGONIST IN THE FEMALE CENTRIC MOVIE DIDI NAMASKAR, LOVES TO WATCH HORROR MOVIES AT HER LEISURE



With mother

With besties

I go shopping with my besties Prapti and Pooja. As we find it hard to spend quality time, we shop for hours to give each other company and have fun.

Home décor

I decorate my home when I have free time. I usually try my hands at painting flower vases and pots to make my sweet home look more beautiful.

Passionate dancer

No matter how busy I am, I make sure to practice dancing for an hour. Apart from yoga, I love to dance to keep myself in shape and healthy.



With brother

RASHMI REKHA DAS, OP

Bro's favourite

When I am at home, I love to gorge on pasta, gupchup and chat. Guess who dons the chef's apron to cook all these mouth-watering dishes? He is none other than my younger brother Krishna. He actually knows how to win my heart.

Busy bee

I enjoy being busy. Being an MBBS student, on non-working Sundays, I keep myself busy studying. I try to finish my pending tasks and revise whatever I have studied in a week. Besides, sometimes I love to keep myself occupied in shooting reality shows.

Movie maniac

Watching horror movies with my brother and other cousins Sunday late night with minimum lights in the room is a must. Horror films are great at using sound to compound the anxiety though I get scared sometimes. My mother and aunts also join us more often than not.



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

- People say big girls don't cry but that's not true. They cry because they can't get a boyfriend.
- My dad always knew I was going to be a comedian. When I was a baby he said, 'Is this a joke?'
- I ate a clock yesterday, and it was very time-consuming.
- What do you call a sleeping dinosaur? A dino-snore.



THE TRAILBLAZERS

Dear Sir, The Women's Day lead story *Breaking the Bias* (Mar 6) is an apt tribute to the untiring zeal and self-belief of three enterprising women entrepreneurs in carving out a niche for themselves in diverse spheres viz. IT, rural administration & wellness sector and tribal women's upliftment. All the three role models have successfully demonstrated that with the right intent and single-minded devotion, it is possible to break free from the shackles of hidebound traditions and narrow mindsets. For breaking the gender bias, it is of utmost importance to nurture the leadership qualities in women and harness their capacity-building potential for facilitating their meaningful contribution to the mainstream. Both within the family and at the workplace, there is a dire need for fostering the right attitudes and incorporating and implementing appropriate policies in right earnest for women's literacy, inclusive development and economic empowerment.

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



Steeped in Spirituality

RASHMI REKHA DAS, OP

The style and manner of celebrating Indian festivals have changed drastically over the years, thanks to rapid modernisation in the country. Moving away from the tradition, the celebrations have become more an opportunity for the affluent to flaunt their riches. Be it Holi, Diwali, Dussehra, Makar Sankranti or Maha Shivratri, most festivals have lost their charm. Dola Yatra, a festival to celebrate Radha-Krishna's divine love and to welcome Spring, is no exception.

However, the residents of Madanpur, a village on the outskirts of Odisha's capital city Bhubaneswar, haven't forgotten their roots. They have been celebrating Dola Yatra or Dola Purnima for over 400 years without deviating from their age-old traditions. After a hiatus of two years due to Covid restrictions, the villagers have now geared up for the occasion this year.

Ahead of Dola Purnima, **Sunday POST** visited the village to know more about festivity.

Fortnight-long celebration

Dola or Basantostav which coincides with Holi is a big occasion for the residents of Madanpur.



the beginning, the idol of Nilakantheswar Dev, the presiding deity of the village, is taken to an elevated platform for public viewing. Display of fire-works attracts thousands of people to witness the festivity which has been celebrated for more than 400 years. After Raghurajpur, Panchu Dola Melan at Madanpur is unique in many respects. While Dola Yatra is observed for a day or two in other parts of India, the celebration continues for 15 days in Madanpur.

Elaborating more, Bibudhendra Bidyadhara, a resident of Madanpur says, "Madanpur is famous for Panchu Dola Melana. The 'melana' (congregation) is observed on the day of 'Dola Purnima'. The uniqueness of this tradition is that deities from 23 nearby villages are congregated at the vast 'melana' ground. As per the traditions, on the day of Trayodashi Chandrasekhar Dev,

the representative idol of Lord Nilakantheswar placed in a decorated Biman or palanquin is taken out of the temple in a grand procession amidst 'sankirtan', traditional dances like Paika dance and Naga dance, the beating of gongs and bursting of firecrackers. Also, Harihara Bheta is another attraction of the Melana. Lord Nilakantheswar of our village and Lord Balunkeswar of Tamando are considered siblings. Lords Nilakantheswar and Balunkeswar symbolise Lord Shiva aka Hara, and Lord Chaitanya Mahaprabhu of Jagasarapatna symbolises Lord Krishna aka Hari. Idol of Chaitanya Mahaprabhu is taken out of the temple for a meeting with Lords Nilakantheswar and Balunkeswar. Their union is called Harihara Bheta (meeting of Hari with Hara). The festival witnesses a footfall of more than 10,000. On the night of Jamana, fireworks worth lakhs are burst across the Melana ground. Saints of various sects also grace the occasion. It is believed that one gets her wish fulfilled if she consumes Pitha Bhoga offered to Chandrasekhar Dev during the festivity. As incredible as it may sound, I have seen women overcome infertility after consuming the bhog."

While Dola Yatra which coincides with Holi is observed for a day or two in other parts of India, the celebration in Madanpur, a village on the outskirts of Bhubaneswar, continues for 15 days, a practice which has been going on over the last 400 years



Devotees on their way to offer different kinds of 'bhogs' to the deity



He continues:

“At a time when Naga dance is on the brink of disappearance, we try our best to keep this folk dance form alive by performing it during Holi. It involves energetic and stimulating dance performances by men. Naga dance is the most entertaining part of this 15-day carnival. The dancers perform Naga Nacha wearing oversized masks of devils, kings and queens. Another important segment of the festival is Ganaka or Jyothisha (astronomer-cum-fortune teller) reads out the new Odia almanac and narrates the important events that are to take place during the year. This is the reason why many people believe the festival heralds the Odia New Year.”

When God plays Holi with devotees

Dharmendra Chamapati, who assists the Sankritan Mandali to perform, says, “For me, Dola Purnima is an occasion when God descends on earth to play Holi with his devotees. Cultural events like sankirtan and folk dance performances add radiance to the festivity. Sankirtan team members play the musical instruments to make the procession of Chandrasekhar Dev more special. Vimanas are decorated with flowers and mango leaves. Each household in the village offers bhog to the Lord. Deities from as many as 23 villages are brought to meet Lord Chandrasekhar Dev to mark the culmination of the Dola Parva. Before that, the representative idol is made to visit deities of neighbouring villages after being taken out of the temple on the day of Trayodashi. It visits villages like Mendhasala, Sahapur and Jagasarapatna to kick off the Melana Parba. The idol of Lord

Chandrasekhar Dev is placed at ‘Asthana’ during those days before his entry into the temple after the end of festivity. The daily rounds of the deity are called Chachery. The people who follow the procession play with abira. On the final day of the Purnima, the celebration culminates with a swing festival for the deities.”

Champati goes on to add: “Paika dance is the central attraction of Madanpur Melana. It is performed for the amusement of the crowd during the festival. Display of martial art forms an important part of the Paika dance. Artistes use swords, shields and lathis as props for performing acrobats and gymnastics.”

On the mythological significance of Dola Purnima, Dharmendra says, “When one is expiated from all sins he

gets a view of Lord Krishna swaying in the swing. That’s why people irrespective of caste, creed and community throng the site and smear abir on each other’s foreheads as a mark of bonhomie and camaraderie.”

Culmination of Melan Utsav

Narendra Champati, a retired deputy director of Odisha Animal Husbandry and Veterinary services, says, “Dola Yatra is performed from the 10th day of bright fortnight to full moon day of Falguna. On this occasion, deities from different villages are taken to the Melana Padia (field) on Dola, a specially designed temple-like structure made from wood - and people celebrate the festival by spraying colours on each other. On the day of Melana, deities from 23 villages like Mahura, Jagasarapatna, Tamando, Kashipur, Aiginia and Baliapada are brought in palanquins and Melana ritual is held with fanfare. The congregation of deities called Panchu Dola continues amidst blowing of conches and performance of various rituals. One such ritual is the host deity’s invitation to other deities with offerings of ‘bhog’ and ‘Hari-Har Bheta’. Saralabani ritual is held to mark the culmination of Melana Utsav. We usually pool funds to organise the event every year. The idol of Chandrasekhar Dev is kept at Akhada ground so that He can visit the other deities. On the very day when the Odia almanac is read, the Lord visits Jagasarapatna to take bhog. The Lord visits 12 villages in 12 days in procession. It also visits door-to-door when people put colours to the deities and offer bhog, known as ‘Chacheri Bhoga’. Deities congregate at the Jamana Padia where devotees shower the idols with abir. Crackers are burst on the day of Melana. Lord Nilakantheswar is brought back to the sanctum sanctorum of the temple following the end of 15-day festivity.”



I never underestimate my audience: Partha

Known for his unusual choices of movies, Odia actor Partha Sarathi Ray learnt his acting lessons from Barry John who also trained top stars like Shah Rukh Khan, Manoj Bajpayee and Sushant Singh Rajput

RASHMI REKHA DAS, OP

From sharing screen space with top star Ajay Devgn to winning the state film award as Best Actor, the torch-bearer of new-age Odia cinema Partha Sarathi Ray has come a long way. Known for his unconventional choices of movies, Partha is placed among those who look beyond the 'copy-paste' phase of Odia film industry and believe the industry can shine again in all its glory. Be it *Dalcheeni* where he had to lose seven kilos or *Boffin* in which he didn't brush or bath for five days in a row to become the character, all the movies he has been a part of are quite different in terms of storytelling, cinematography and presentation. Needless to say, Partha, with his no-nonsense approach to acting, is on his way to become a trendsetter in Odia film industry. Taking some time off from his busy schedule, the thinking actor opened up with **Sunday POST** about his childhood, struggling days in Mumbai and much more.

Excerpts:

- **After appearing in a couple of mainstream Hindi movies and sharing screen space with a top star like Ajay Devgn, what made you return to Odisha?**
- Yes, I was part of some good Hindi movies as well as TV commercials. I did lots of voiceover work also. But they were not lead roles, so, not up to my expectations. Then, being the only son of my parents, there was pressure on me to return to Odisha. I had no choice but to come back and try to create an identity in the Odia film industry.
- **Tell us about your struggling days in Mumbai?**
- They were really tough. However, those rejections, making the rounds of studios, observing people and situations have made the actor that I am today. The struggle in Mumbai makes me understand different characters and has made me a better performer. There were days when I had to manage a day with just ₹50.
- **How was your childhood? When did you get bitten by the acting bug?**
- I had a normal childhood. I was asked to concentrate on studies like what happens in average middle class families. But I had a lot of interest in sports and I used to watch good movies. In fact, I was a big fan of Shammi Kapoor, Amitabh Bachchan and Dharmendra and I loved to watch movies on Doordarshan at the weekends. My dad would insist me to see the national award winning movies on Sundays. Perhaps, I was attracted towards movies because of watching such movies when I was in my teens. I had developed reading habit also. But I never thought of becoming an actor. The acting bug bit me when I was in Delhi. I joined the acting classes of Barry John who also trained people like Shah Rukh Khan, Manoj Bajpayee and Sushant Singh Rajput. I was topper of the batch and secured 'A' grade and selected for Barry sir's professional theatre group. I also worked with Dilip Shankar and thought of becoming a professional actor.
- **How did you get a break in Odia film?**
- I came back to Odisha in 2011 and started assisting my

brother-in-law in his medicine business. At the same time I was trying to meet people from the Odia film industry. It was then that I came to know from one of my relatives that a producer was looking for new faces for his upcoming film. She told him about my previous work. So, a meeting was fixed. When the producer saw me for the first time he almost shouted 'you are my doctor Abhinash'. And I landed the lead role in *Nai Separi Kanaka Gori*.

- **How has been the journey so far?**
- It has been really tough. There is stiff competition. But I believe there is space for everyone in the Hindi film industry if one works sincerely. If you are good at your craft, patient and focused, none can stop you from achieving your goal. But the scene is different here in the Odia film industry. Even after my movie *Hello*



Partha in a scene from the film *Boffin*



With co-artist Samaresht Routray

Arsi bagged a national award and me the best actor trophy at the state film festival, I had to approach people to get work. I am here because of my passion for acting. I never take my audience for granted and never underestimate them.

- **From *Nai Separi Kanaka Gori* to web series *Four*, you have played many characters, all layered. Which one of them is close to your heart and the reason thereof?**
- The one I played in *Hello Arsi* because it gave a fresh lease of life to my acting career. At that time I was not getting good work and I started doubting my ability. Those days were really painful. Following the success of *Hello Arsi*, my career took off again. Besides, my role in *Boffin* is very close to me. It was about a person who has read a lot of books and wanted a life free of all bondages. To portray that character, I had to do a lot of homework. I stayed in the same costume for more than two days and didn't take a bath for five days at a row during summer to make it look convincing. Besides, I also like my character in the web-series *Anthony*.
- **Have you suffered due to favouritism in the industry?**
- Favoritism is everywhere, Odia film industry is not an exception. Nothing is organised here. Here merit is not honoured and that's the most painful part. I faced it and I have been very vocal about my feelings about

Odia cinema for which I have lost quite a few projects.

- **Tell us something about the prospect of homegrown Odia streaming platforms?**
- It is in a nascent stage in Odisha. However, I am not too optimistic about their future. The reason is quality and budget. We don't have enough budgets to match the quality and standard of national-level web-series. So we have to choose our content very wisely. In theatrical releases, the biggest advantage is even if there are 20 people in the theatre they watch 90 per cent of the movie no matter how bad it is. But that is not the case in OTT where one gets a plethora of choices. If you are not engaged for the first five-six minutes, you switch over to other platforms. I think we have to keep making quality content on a consistent basis and they have to be marketed well. There has to be a demand for Odia contents outside Odisha then only OTT platforms can thrive.
- **In a recent interview, you said that Odia OTT platforms are cheap and sleazy versions of their national counterparts. Please explain?**
- Not all contents are cheap and vulgar but it's true that there is a spike in erotic content on local OTT platforms and they are also not made aesthetically. However, there are some platforms which offer interesting content within a limited budget.



Sushant's birth anniv to be celebrated as 'Sushant's Moon'

Sushant Singh Rajput's birth anniversary in 2023 will coincide with the first New Moon of 2023 and hence the Luna Society International has announced that the day will be observed as 'Sushant's Moon'.

This declaration has been made on the organisation's website wherein they revealed that January 21, 2023 will be dedicated to the celebration of the late Bollywood actor and space enthusiast. Interestingly, next year, Sushant's birth anniversary falls on unique

day because it is also the when Luna is at its closest distance to Earth during the entire year. Luna Society International also stated that 'Sushant's Moon' may become an annual occurrence despite not always coinciding with the first New Moon of the year.

While Shah Rukh Khan received a piece of land as a gift from a fan, Sushant Singh Rajput was the only Indian actor who had bought a piece of land on the moon. The late actor had bought a piece of lunar land on the far side of the

moon, in a region called the Mare Muscoviense or the Sea of Muscovy. Apart from this, Sushant Singh Rajput also owned an expensive telescope which he used for space gazing. Sushant's father had stated that the actor observed his land on the moon with a telescope worth Rs 55 lakh. Interestingly, Sushant had also signed up to play the role of an astronaut in a Hindi film titled *Chanda Mama Door Ke*. For his role, he also underwent training at NASA but the project failed to take off.

AGENCIES

Sara flaunts her love for nature

Sara Ali Khan's recent Instagram post is proof of the fact that she is an avid nature lover.

Most recently, Sara took to the social media application and shared a few pictures from her Ladakh vacation.

One of the images features Sara looking up at the sky while on a motorbike. The other image stars Sara sitting around a bonfire.

For the caption, she used a quote by 20th-century Italian actress Eleonora Duse.

"If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields, has the power to move you if the simple things of Nature have a message that you understand, rejoice, for your soul is alive," she wrote.

Meanwhile, on the work front, Sara will be seen sharing screen space with Vicky Kaushal in Laxman Utekar's yet-to-be-titled film. She is also a part of *Gaslight*, which features Vikrant Massey and Radhika Apte apart from her.

AGENCIES



Anushka lauds Jhulan Goswami

Actor Anushka Sharma congratulated India's veteran pacer Jhulan Goswami, who equalled the tally of most wickets in the ICC Women's World Cup, Thursday.

For the unversed, Sharma's next film *Chakda Xpress* is inspired by Goswami's life and journey.

Taking to her Instagram handle, the *Jab Tak Hai Jaan* actor shared a clip of the 39-year-old achieving this feat against New Zealand in the ongoing ICC Women's ODI World Cup 2022 at Hamilton.

Goswami took the record-tying wicket in the last over of the innings against the White Ferns. Goswami knocked

Katey Martin over. With the wicket, Goswami became the joint-highest wicket-taker in Women's World Cup history, joining Lynette Ann Fullston at the top with 39 scalps.

Anushka wrote, "Congratulations @jhulangoswami on becoming the joint-highest wicket-taker in ICC women's world cup history."

AGENCIES



Gangubai Kathiawadi enters ₹100cr club

Filmmaker Sanjay Leela Bhansali's recently released magnum opus *Gangubai Kathiawadi* starring Alia Bhatt in the lead role has crossed the Rs 100 crore mark at the Indian box office.

The film, which was released February 25, also secured the third-biggest opening as well the biggest non-holiday opening for a Hindi film since the start of the pandemic.

Taking to her Instagram handle last week, Alia thanked the audiences for their love and celebrated by enjoying a vegan burger with fries.

She penned the caption, "Happy century to Gangubai and happy vegan burger + fry to Alia. Thank you for all the love."

AGENCIES



Skin & Hair Hacks for Holi



Holi Hai!! A few days are left before you head to play joyfully and get dirty in colour game. The Holi fever has set in and it is that time of the year when you are excited to look like a multi-coloured canvas.

While you've zeroed in on where you're going to be celebrating Holi with splashes of harmful toxins, make sure to follow these Holi skin care tips to give your hair and skin that extra protection from chemical laden harsh colours to counter ill effects on colour stained faces, parched hair and irritated skin.

Skin Care

Remember to apply a sunscreen 20 minutes before going out to in the sun. Use a sunscreen of SPF 20 and above. If your skin is prone to pigmented patches, select one with a higher SPE. Most sunscreens have built-in moisturisers. If your skin is very dry, first apply the sunscreen, wait for a few minutes and then apply a moisturiser. Light daytime make-up may be used. Touch up your eyes with eye pencil or kajal and use a lip gloss. The real problem is removal of

colours after playing Holi. Do not wash your face with soap immediately, because soap is alkaline and causes further dryness. Instead, use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth and apply a moisturizer on the face and body, while the skin is still damp.

The day after Holi, mix two tablespoons honey with half a cup of curd to deal with the effects of sun-exposure, like dryness or tanned skin. It removes tan.

Hair Care

The dry 'Gulal' and the wet colours of today are not derived from natural sources. They contain chemicals, shiny particles of mica and even lead, which collect on the scalp and irritate it. Apply a protective leave-on conditioner or hair serum before playing Holi. They coat the hair and protect it from chemical colours, pollutants and sun-exposure.

While washing the hair, massage the scalp gently and rinse thoroughly with water.

Add the juice of a lemon to a mug of water and use it as a last rinse. This helps to restore the acid-alkaline balance of the scalp.

Beer can also be used as a last rinse. Add the juice of a lemon to the beer. Pour over the hair after shampoo. Leave on for a few minutes and rinse off with plain water.

SHAHNAZ HUSAIN



Prevent Parvo in Puppies

The last thing any new puppy owner or dog breeder wants to hear is a diagnosis of parvo.

Parvo in puppies is unfortunately a common disease with deadly consequences, which is why it is important for anyone dealing with puppies on a regular basis to be aware of the symptoms of parvo and what to do about it

What Is Parvo?

Parvo in puppies is caused by the canine parvovirus. This virus is highly contagious and spreads through direct contact with an infected dog or by indirect contact with a contaminated object. Your puppy is exposed to the parvovirus every time he sniffs, licks, or consumes infected feces. Indirect transmission occurs when a person who has recently been exposed to an infected dog touches your puppy, or when a puppy encounters a contaminated object, like a food or water bowl, collars and leashes, and the hands and clothing of people who handle infected dogs. That's why it's so important to use a parvo disinfectant.

Why Do Puppies Get Parvo?

Puppies ages six weeks to six months are the most susceptible to parvo. Puppies younger than six-weeks-old still retain some of their mother's antibodies, assuming that the dam received her full series of parvo vaccinations. Puppies are vaccinated against parvo at approximately 6, 8, and 12 weeks of age. They are vulnerable to the disease until they have received all three shots in their vaccination series, which means parents need to take extra precaution during this time to prevent their puppies from contracting the virus.



Source: akc.org

Symptoms of Parvo in Puppies

A puppy with parvo is a very sick dog. Since parvo is common in young puppies, you should call your vet any time your puppy is feeling under the weather, but you should also be aware of the specific symptoms of parvo in puppies and they are: Blood diarrhea, vomiting, fever, lethargy, anorexia, weight loss, weakness, dehydration and depression

Treating Parvo

Your vet will diagnose parvo based on clinical signs and through blood work. She may also run a test called an ELISA to search for virus antigens in your dog's feces and will perform additional diagnostic testing as needed. There is no cure for parvo. Your vet will offer your puppy supportive care over the course of the illness, treating symptoms such as vomiting, diarrhea, and dehydration, and making sure that your puppy gets adequate nutrition.

Prevention

Parvo is a preventable virus. All puppies and adult dogs should receive their parvo vaccinations, and it is especially important that bitches used for breeding receive a full course of parvo vaccinations, as the puppies will depend on the mother's antibodies for the first few weeks of life.

Besides, the puppies shouldn't come into contact with unvaccinated dogs until they have received all of their parvo vaccines. Make sure all dogs in your household are vaccinated, and be very careful when socialising your puppy.

Neha



PHOTO: KUMAR SHARAT