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SUNDAY POST

HERE . NOW



JHAMU YATRA SPECIAL

WALKING BAREFOOT ON FIRE

Matter of faith

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COVER STORY



Rourkela-born Roza Rana who has already made top stars like Katrina Kaif, Jacqueline Fernandez, Tiger Shroff, Vicky Kaushal and Madhuri Dixit dance to her steps, loves reading her favourite books when she is free from her professional commitments



Dancing Diva

Dance is my first love as well as crush. So, often, I indulge in dance practice to spend some quality time with myself.

More Than a Pet

I love playing with 'Babuduu', my pet rabbit, at my leisure. He is my best mate who understands my mood. Even on a dull day, I can count on him to lift my spirit.

With Bestie

My favourite hangout destination is a coffee shop. And guess who my BFF to join me there is? Be it cinema hall or CCD, I am accompanied by none other than my mom.

Fitness Freak

Though I go for my regular workout sessions on weekdays, on Sundays I spend a few extra hours to burn the extra calories.



With Katrina Kaif

Bookaholic

I like to read motivational books, fiction and fantasy genres when I am free from my professional obligation. Sometimes, I spend sleepless nights trying to understand the complex relationships of Mahabharata. Now, I am reading JK Rowling's fantasy series Harry Potter.

Avid Traveler

Away from the hustle and bustle of crowded city life, I love to spend time in the lap of nature. So, I often have to travel extensively to explore the raw beauty of lesser known destinations.



With Tiger Shroff

●●● 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

- I went to see the doctor about my short-term memory problems - the first thing he did was make me pay in advance.
- I dressed my dog up as a cat for Halloween. Now he won't come when I call him.
- Before you marry a person, you should first make them use a computer with a slow Internet connection to see who they really are.
- Among the things that are so simple even a child can operate them are parents.

VICTIMS OF OFFICIAL APATHY

Dear Sir, I appreciate the efforts of the Sunday POST team for producing a cover story on Chadheya Nata at a time when many folk theatre forms are facing extinction. Being a resident of Bhadrak, I am a witness to the sincere attempts of members of local cultural outfit Sanchar Cultural Association in popularising the art form. But it is the state government which should take some drastic measures for the survival of such forms. In the absence of government support, the art is gradually fading into oblivion and artistes find it really hard to revive it. It's not just Chadheya Nata, artistes of Mughal Tamasha are also victims of government apathy. The state government's failure to address their plight has made many artistes switch to other professions. The government now needs to view the matter seriously before it is too late.

MANAS MEHER, BHADRAK

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
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JHAMU YATRA SPECIAL

Matter of faith



Though many devotees walk on a bed of red-hot embers barefoot during Jhamu Yatra, they literally come out unscathed thanks to divine intervention, shares a senior priest of Maa Mangala Temple at Kakatpur

RASHMI REKHA DAS, OP

It might sound clichéd, but Odisha's unique identity across the globe is mostly attributed to Lord Jagannath and his world famous Rath Yatra. So, there is little surprise that most of the festivals celebrated here are some way connected to the rituals and customs of Srimandir.

One of them is Jhamu Yatra, the most popular festival of Goddess Managala of Kakatpur in Puri district which attracts lakhs of footfall every year. Celebrated for over a month beginning in the first Tuesday of Chaitra, the Jhamu Yatra has some unique features, including the devotees' walk on burning charcoal, attached to it. With just a few days to go for the culmination of the festival, **Sunday POST** takes a look at its origin, con-

nection to Srimandir traditions and the legends associated with the rituals.

Origin

Goddess Mangala, means auspicious or a deity who ensures bliss for all, is the Adishakti or primeval spiritual energy of the universe. She is considered the mother of Lord Jagannath, says Jagannath Culture researcher Trilochan Mishra, adding, Mangala is adored as the force behind Jagannath.



Delving deep into the matter, he explains, "Nearly 800 years ago, Sarala Das, the legendary 15th-century poet, mentioned that goddesses Samalei of Sambalpur, Sarala of Jhankad and Biraja of Jajpur are just the different forms of Mangala. She has assumed different names at different times. The creator formed the entire universe as per the instruction of His mother. So, it may not be wrong to say that She is the source of cosmic evolution and the controller of all forces. Thus, Mangala is an inseparable entity of the Lord in His creation. Legend has it that the idols of Lord Jagannath, Balabhadra and Subhadra were taken to the caves of Trikut Hills in Subarnapur district for protection from the fury of Bajrabahu, a general of Islamic empire based in Delhi.

The trinity there were secretly worshipped for 144 years. The deities were taken from Trikutagiri only during the reign of King Jajati Keshari and kept at Biraja temple. It was Jajati Kesari's guru Rantideva who advised him to seek the blessing of goddess Mangala before consecrating the idols at present day Srimandir. Thus, the first Nabakalebara of Lord Jagannath was held in Chaitra month of Hindu calender as per Prachi Purana and Banajaga Yatra is the first step of this ritual. It is said that Jhamu Yatra was added to the list of colourful festivals in Odisha during the first Nabakalebar of Trinity. During this festival, some ardent devotees walk on burning charcoal in a tunnel, a part of their penance, to appease Maa Mangala and seek her blessing. It is also believed that Mangala fulfills the servitors' desires of tracing the suitable timber required for the soul change ritual (Nabakalebara) of Lord Jagannath when they go on Banajaga Yatra in search of wood. This establishes the connection between the Jhamu Yatra and Banajaga Yatra. During every Nabakalebara, which is held in Chaitra, a group of Jagannath temple servitors set out in search of wood meant for consecration of the deities of Jagannath temple.





Devotees in large number gathered at the shrine to watch the Jhamu Yatra ritual

They stop off at Deuli Mutt, known as the entudisala (birthplace) of Lord Jagannath, near Maa Mangala's abode at Kakatpur. It is when Maa Mangala comes in their dream and guides them in which direction they need to move to get the timber."

Connection with Nabakalebar

Mythology says, Indradyumna, the king of Malaba proceeded to Puri as per the advice of his minister, Vidyapati. The king, in his dream, was directed to hold a Yajna. So, he had conducted a yajna and got to know that a huge trunk having the divine marks of conch, disc, mace and lotus was floating in the sea. He rushed to bring the Daru but failed as by then it had transformed into an immovable hillock, not budging from its place. At that point of time, the king was advised to pray to goddess Mangala to bail him out. King succeeded in his divine intention after following the instruction of the goddess and the images of the deities were installed on the Ratna Singhasana. Since that day, Maa Mangala has been associated with the Nabakalebara ritual of Lord Jagannath."

About the special features of Maa Mangala, Mishra says, "Gita Govinda is recited everyday during Bada Singhara besha of Maa Mangala. Being a Parama Baishnabi, non-veg is never offered to her as 'bhog'. During Dussehra, fish is offered to side-deities but not to Mangala. Besides, there is a bed made of solid stone on which Mangala rests after making round the entire universe every day, it is said. The bed carries a worn out look as if it were in use for centuries."

Rituals of Jhamu Yatra

The Jhamu Yatra is famous in Odisha and other states.

Lakhs of onlookers visit the temple to witness the devotees walking on fire. It is celebrated for five Tuesdays beginning from the first week of Chaitra every year. The fifth Tuesday is celebrated as Jhamu Yatra. Devotees collect water from river Prachi and walk barefoot on the blazing charcoal spread on a long channel with the earthen pot filled with water on their shoulders. However, it is surprising to find that not a single devotee is hurt by the fire while performing the ritual. It is believed that the impact of fire is nullified by divine intervention. What concerns them most is to appease the goddess to minimise their sufferings. They believe that performing these rituals would reduce their sins and bring peace and joy.

Rising popularity

Though the ritual originated from Mangala temple, it is now celebrated in every Shakti Peetha elsewhere in the state. Of late, it also is observed in urban pockets. Devotees do these rituals to get their wishes fulfilled or as a mark of gratitude.

The culmination

The grand finale of the carnival is held on Maha Visuva Sankranti which happens to be the fifth Tuesday of the month. Devotees who walk on the fire are colloquially called 'Patuas'. Thousands of people gather around to watch devotees from different age groups walking on burning charcoal barefooted. On the final Tuesday, a devotee, called Kalisi, claims to be possessed by goddess Mangala. She listens to the difficulties of other devotees and offers solutions to them. Patuas keep performing till the wee hours of the next morning.

THE FIREWALKERS

I am a firm believer of Shaktism. I am a great devotee of goddess Sarala of Jhankad. I come from there to perform the ritual at Maa Mangala's shrine. I got to know from Brahma Purana that after the divine appearance of Brahma from the navel of Lord Vishnu, the entire cosmic plane of the universe was steeped in deep silence. After that Maa Mangala came into existence. It was She who guided Brahma in creating the universe. Her name was Adi Mangala. She had descended on the Earth on a Tuesday in the month of Chaitra. She is considered the all powerful and supreme cosmic force of the Lord. Thus, I make sure to perform the ritual to appease the goddess. My wish of having a daughter was fulfilled after performing the ritual. Since that day I have been performing the ritual.

SUBASH DASH | A DEVOTEE FROM JHANKAD (JAGATSINGHPUR)

I have practised this ritual for the last two years. Devotes who walk on fire have to take pure vegetarian food for five Tuesdays. Maa Mangala has been kind to me and solved all my problems. She is the living deity. So I perform her every ritual with utmost sincerity. On the day of Sankranti Maa mangala appears and wards off evil forces if worshipped properly. That's why she is worshipped in every nook and corner of the state in the month of Chaitra.

SOUMYA RATH | A DEVOTEE FROM PIPILI

Legends



Samarendra Dixit, a servitor of the shrine, says, "A zamindar had carried the idol of Maa Mangala from Sri Lanka and was coming to Odisha on a boat. Near Kakatpur, the boatman couldn't sail his boat as river Prachi was swelled up over its banks. The idol also fell in the river. The zamindar with the help of some priests searched for the idol but their efforts yielded no results. It was then the priests decided to sacrifice their lives in fire. But Maa Mangala came in their dream and told them the directions where Her idol could be traced. As the idol was recovered on the fifth Tuesday of Chaitra month, devotees have been observing Jhamu Yatra to pay obeisance to the Goddess. The priests recovered the idol of Maa Mangala from the river and the idol was initially kept at Deuli Mutt before being consecrated at Kakatpur. The Netrotsav ritual of Maa Mangala is carried out on the first Tuesday. A devotee carries out Kalika Nacha on the third, fourth and fifth Tuesday.

AN HONEST STROLLING DOWN MEMORY LANE

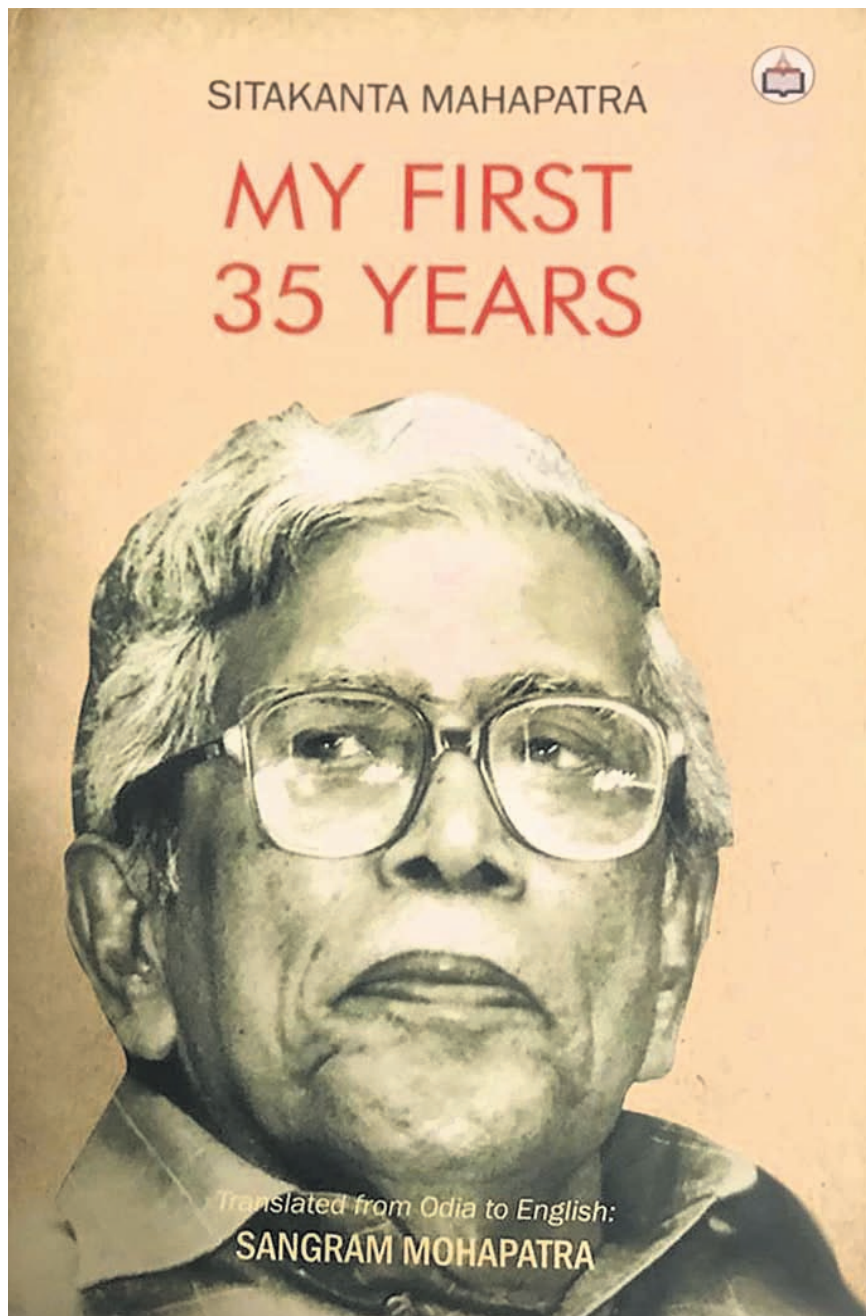


CHANDRASEKHAR HOTA

He always looks for the miracle in the ordinary. For him the liberating force is the imagination. Be it poetry collections, travelogues or any other works of creativity, Sitakanta Mahapatra, the doyen of modern Odia literature, has this uncanny ability to convey a message simply yet forcefully. No wonder, for many, he is not just a Jnanpith or Padma Vibhushan recipient but a trailblazer of modern Odia poetry. His body of works, spanning multiple genres of Odia language and literature, has cast a spell on the readers for nearly seven decades. Eminent writer Sangram Mohapatra has picked up *Ei Pruthwi Re Paintirish*, Sitakanta's autobiography in Odia, to represent it to the non-Odia readers. Titled *My First 35 Years*, the 196-page book vividly portrays the literary journey of the consummate writer during his initial days. Sitakanta believes that the first 35 years of his life set the tone for what he has accomplished in later years. In fact, these three-and-half decades dominated his poetry for the rest of his life. Elements like nature, rural setups, emotion, nostalgia, river and sky, all were part of his existence during this period. Understandably, his memoir is a reflection of his rooted love for his native soil and Chitrotpala, the river flows nearby.

Every moment of the village for him turns momental. The cultural ethos of the village, customs, fair, festivals, rituals, folk shows and most importantly the people remain the intrinsic part of the soul of his memoir *My First 35 Years*. He has grown up reading Odia literary wealth like *Odia Bhagabata* and the works of Sarala Das, Madhusudan Das, Yashobanta (Das), Gangadhar (Meher) and others. His mother, a pious lady and father, a teacher instilled a high sense of moral and ethical value in him. Sitakanta was born and brought up in an environment of teaching and learning as his predecessors too were teachers. He hails from a place, which was the ancestral village Vyasa Kabi Fakir Mohan Senapati, the great poet, writer and philosopher of Odisha who played a decisive role in formation of Odisha on linguistic basis. A lifelong learner with an acquisitive mind, Sitakanta proved his academic and intellectual calibre time and again. The collective memory of his childhood helped him write a series of anthologies relating to myth, man, destiny and simplicity of life.

Nostalgia forms the focal point of Sitakanta's autobiography. He could feel the essence of



life and living through his father, mother, Bada Bou (who died of leprosy) and sister. His grandmother, father, uncle, friends have been a great source of his life's inspiring journey. Sitakanta's journey is about the accomplishments of a middle class Odia boy, who set a benchmark in literary firmament. Studying in Ravenshaw, Allahabad, Cambridge and Harvard were part of this journey.

Divided into 17 chapters, this book shows the ambilingual character of the poet. However, despite being proficient in English he chooses to write in his mother tongue which is the language in which he dreams. An avid reader with solid knowledge of western literary theories and ideas, Sitakanta was never influenced by western theories. His writings

are deeply rooted in the natural landscape he lived and groomed in. The temporality, spatiality and literary happenings couldn't influence his writings which remained untouched, fresh and came straight from the heart. The book is not just his memory but a cultural horizon of Odishan land which was stupendous and village-centric during his time. Sitakanta is a perfect blend of tradition and modernity, transition and transformation. Emotion and reason simultaneously flow in his literary journey. Silence, empathy and deep love for seeing and surrounding is of primal focus for Sitakanta. The unseen, mythological and metaphysical aspects of life have touched Sitakanta Mahapatra very much. In his autobiography, he dreams of counting stars who

he believes are the eyes of ancestors.

The village customs, rituals, folk shows like pala and daskathia come alive in Sitakanta's memoir, as do the varieties of pitha and chakuli, the signature Odia delicacies. It also contains the school student Sitakanta's joy when India became a free nation and his pain at the assassination of Mahatma Gandhi. Various moments of freedom movement and rising popularity of khadi have also found a prominent place in his memoir. Sitakanta says he was fortunate to be mentored by a teacher like Gandhian Rajkishore Nayak. Poetry of Sitakanta was in all its glory when he was a student at Ravenshaw College staying in room no.24 of East Hostel. There only, he met Ramakanta Rath, Jenamani Narendra Kumar, Choudhury Hemakanta who later changed

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the landscape of Odia literature.

The journey of poet Sitakanta from a novice boy to octogenarian veteran has never been a bed full of roses. A topper throughout his career, he adopted a systematic approach and deep perseverance. His first 35 years are crucial in shaping what he has become today and sharpening his imagination. Working in various capacities in the government has proved the enormous credentials of the poet and administrator.

Sitakanta Mahapatra is a unique academic mind and an excellent scholar of his time. His life as described in this book is a lesson, expression, expansion, transmission, introspection and inspiration for many. This beautifully translated memoir will certainly be a collectible for the non-Odia readers and fans of Sitakanta.

The author's pluralistic vision of life and his honest portrayal of memories aid value to the book. The unencumbered self is best expressed in this writing. Deep personal memory becomes universal while the primary imagination turns into eternity. This book helps to meet a man who is an epitome of modern poetry.

The reviewer is a literary critic and winner of Sahitya Akademi Yuva Puraskar - 2020

Alia is on cloud nine

Alia Bhatt is in a celebratory mood after finding out that three songs from her films have been trending. The actor shared on her Instagram account that she is dancing on the inside after finding out about the success of the songs. Alia was recently seen in a cameo in *RRR*, which starred Ram Charan and Jr. NTR. She also appeared in the title role in Sanjay Leela Bhansali's *Gangubai Kathiawadi*, which was released in February.

Alia took to Instagram Stories recently to reveal her songs that have been trending. Two of the songs are from her film *Gangubai Kathiawadi*, while one is from *RRR*. She shared a post by media consulting firm Ormax Media from Wednesday that revealed the top 5 songs of the day on Ormax Heartbeats (OHB). The chart report based on audience research keeps track of the weekly popularity of Hindi songs.

Sharing the post, Alia, wrote, "When 3 out of the top 5 songs are from your films." She also added a GIF of a little girl dancing. The songs in the top five positions were *Srivalli* from *Pushpa*, *Meri Jaan* from *Gangubai Kathiawadi*, *Nacho Nacho* from *RRR*, *Maiyya Mainu* from *Jersey*, and *Dholida* from *Gangubai Kathiawadi*, respectively.

AGENCIES



Cinema is not just box office numbers: Sanjana

Sanjana Sanghi isn't disappointed that her debut as the lead actor in *Dil Bechara* 2020 ditched the theatrical outing for digital route because of the pandemic.

The 25-year-old explains, "*Dil Bechara* was always meant to release on the big screen. But things are so unpredictable. Now, all of us, be it an actor or director, we all have realised that the most important thing is working, more than anything. Focusing on writing your scripts in the best possible way and performing them well [is what matters]. Whether it is for an OTT platform or theatrical, what is important is that projects are being watched."

The actor is glad that the

pandemic has ushered Indian cinema into a phase "again where it is about the stories".

She elaborates, "For so long, in the middle, it had become all about the numbers and the box office business. In that sense, now (when stories are prioritised) is the best time to be a young leading actor in the industry," says Sanghi, who is confident that this trend will continue with things regaining a sense of normalcy.

Speaking about the theatrical release of her next film, *Om*, co-starring Aditya Roy Kapur, she adds, "It a visual spectacle and only meant for theatres, if God willing, there is no next wave (of Covid-19) and theatre business gets normal."

AGENCIES

Hina on her deglam role in *Seven One*

Yeh Rishta Kya Kehlata Hai fame Hina Khan is all set

to essay the role of a strong police officer Radhika Shroff in Adeeb Rais' new series *Seven One*.

The actress is quite excited about her deglam look and she speaks about her role and shooting experience.

Hina says: "I thoroughly enjoyed this process of playing a cop. The approach was as real as it gets with real locations. I didn't have any makeup on and didn't have to think for a bit about what I am going to wear or how I am going to look."

Because I was playing the character as a real life cop. And also I think actors are like sponges."

"We must observe every good and real thing from around us in order to play our characters efficiently. And I am glad I was able to reflect on such high and precise creativity from the makers who knew what they wanted. The entire experience was fulfilling and I am thankful to the director and the entire team," adds the actress.

IANS



Tiger turns singer for *Heropanti 2*

Action star Tiger Shroff has gone behind the mic for his feature film song debut in his upcoming action film, *Heropanti 2*.

The action star has earlier lent his voice to singles like *Unbelievable* and the Punjabi-English single *Poori Gal Baat*.

Titled *Miss Hairan*, the song is an A R Rahman composition with lyrics furnished by veteran lyricist Mehboob. Ahmed Khan has taken the onus of choreography along with Rahul Shetty.

Tiger has performed the track along with Nisa Shetty.

Written by Rajat Arora and music by A R Rahman, Sajid Nadiadwala's

Heropanti 2 is directed by Ahmed Khan, who also directed Tiger's last release *Baaghi 3*.

Produced by Sajid Nadiadwala, the film, which also stars Nawazuddin Siddiqui and Tara Sutaria, is scheduled to release in theatres April 29 where it'll clash with the Ajay Devgn directorial *Runway 34*.

AGENCIES





Improve skin tone naturally

TONING HELPS TO ADD GLOW TO THE SKIN AND IS PARTICULARLY USEFUL FOR DULL, OILY AND SLUGGISH ONES

Toning of the skin is part of routine skin care. It usually follows cleansing and helps to complete the cleansing process, removing the last traces of dirt and pollutants. The main purpose of toning is to stimulate the skin, improving the circulation of blood to the skin surface. Toning refreshes and refines the skin. It helps to add a glow to the skin and is particularly useful for dull, oily and sluggish skins. However, skin toning is necessary for all skin types.

Rose-based skin tonics

Rose or lavender based skin tonics are good, as they have refreshing and soothing properties. Actually, rosewater is one of the best known skin tonics and is easily available. Keep some rosewater in a bowl, in your refrigerator. When it is cold, it is not only most refreshing, but is very effective in improving blood circulation to the surface.

Magic of cucumber

Some natural ingredients also have a toning effect. For instance, cucumber is a natural toner. For oily skin, you can apply

cucumber juice by itself on the face and wash it off with plain water after 15 minutes. You can also mix cucumber juice with a little rose water. This would make a good toner. Apply it on the face and rinse off with plain water after 15 minutes.

Green tea suits all skin types

Green tea is a wonderful skin-toner and suits all skin types. Soak green tea leaves in hot water for half an hour. Cool, strain and use the liquid to tone the skin.

Skincare using banana

Mashed banana and apricot pulp are natural skin toners. They close the pores and tighten the skin. They suit all skin types. Tomato juice can also be applied on oily skin for an astringent effect.

Collect orange and lemon peels and dry them in the sun. Powder and add to face masks. They also work as astringents, closing and tightening the pores.

How to tone the skin

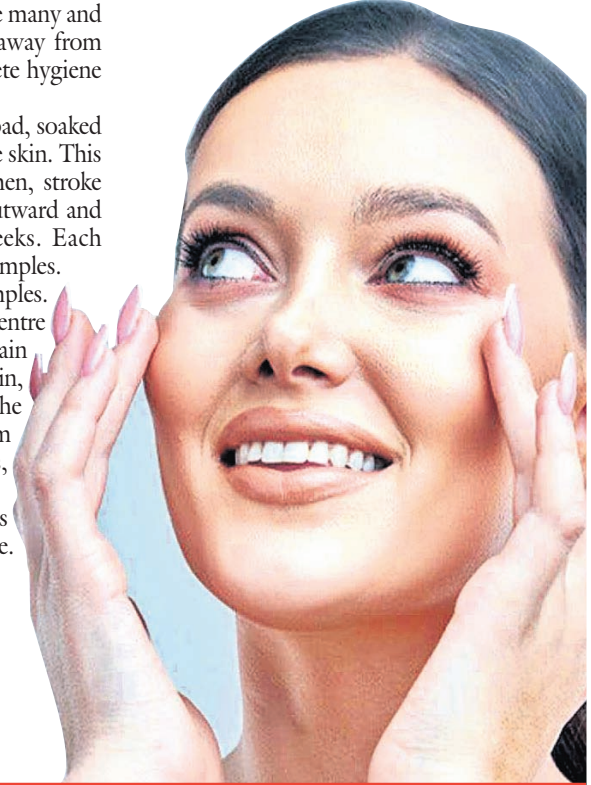
Make cotton wool pads of about 4" square

in size. In fact, you can make many and keep it in a box for daily use, away from dust. You have to ensure complete hygiene and cleanliness. After cleansing the skin, use a cotton wool pad, soaked in skin tonic, to wipe and pat the skin. This stimulates blood circulation. Then, stroke the skin gently with it, using outward and upward movement on the cheeks. Each movement should end at the temples. Apply gentle pressure at the temples. On the forehead, start from the centre and go outwards on each side, again ending at the temples. For the chin, use circular movements. Tone the neck too, going downwards from the chin. Tone around the eyes, but use a very light touch.

Toning the skin after a hard day's work will help to remove fatigue. You will feel totally renewed and refreshed.



SHAHNAZ HUSAIN



PET CARE IN SUMMER

For Your Furry Friends



Spray water over a dog's belly and paws 2-3 times a day to help them control their body temperature and wipe them dry afterwards, advises a pet expert

After a spell of winter, it's relieving to see the sun, but not the heat it brings. The pets can't stay indoors all the time, and the sun isn't kind to them either. Fortunately, there are simple DIY methods for protecting them from the heat and keeping them cool

Create a shaded place to relax

All pets need their outdoor time no matter what season it is. Running around on fresh grass is great but the hot sun can be really cruel to the pets. If you have an outdoor space, you can consider installing an umbrella or an overhead covering that can block sunlight. Providing shade will not only protect them from being overheated

but they'll also protect your pet's paws from the hot pavement. You can also keep a cooling bed and fresh water in this area.

Build a mini water park

Get a portable and inflatable pool and have a pool party on your balcony or terrace! A little splish splash can cool down your pet and can be a great summer activity for the kids and pets. Better yet, call the neighbourhood pups too and beat the heat together. For the full swimming experience, you can visit special swimming pools for pets and make a day out of it. Swimming is not only a great exercise in general for dogs but it



is also one of the best activities for them in summer.

Hydration and more hydration

We cannot stress enough how important it is to keep your pets hydrated throughout summers. Not only do they need access to fresh and clean water at all times, as responsible pet parents we must go the extra mile to increase their water intake. Foods like watermelon and cucumber have very high water content and are great for pets. But you must wash and de-seed all fruits and vegetables before giving them to your dog. Apart from that, healthy drinks infused with probiotics, coconut water, curd, chicken/meat/vegetable broth and wet food can be added to their diet as well.

Easy-breezy clothing

Dogs do not sweat and hence controlling their body temperature can be difficult. To help with this problem, you can easily make a cooling vest for your pet with your old cargo shorts or pants. Cut them up to fit your pet and stitch strings to tie the vest. Add ice packs in the big pockets of the vest to keep your pet cool, especially when they're outdoors.



Ashutosh



PHOTO: KUMAR SHARAT