

MAY 1-7, 2022

SUNDAY POST

HERE . NOW



WORLD LAUGHTER DAY TODAY

Way to wellness

P
3,4

COVER STORY

MY SUNDAY

ACTRESS JHILIK BHATTACHARJEE, WHO HAS NOW TURNED A PRODUCER, LOVES COOKING AUTHENTIC BENGALI DISHES LIKE ILISH BHAPA AND SUKTO FOR HER HUBBY AND FATHER-IN-LAW ON NON-WORKING SUNDAYS

Donning chef's apron

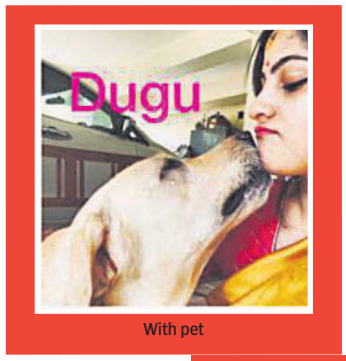
I am a strong believer of this proverb 'The way to man's heart is through his stomach'. Little wonder then that I cook authentic Bengali as well as Odia dishes to win his heart. While my father-in-law loves Sukto, hubby has a liking for Ilish Bhapa and Malai Chingdi curry.

Being spiritual

Reading books is my favourite pastime. Though I like books from multiple genres, spiritual writings are my favourites because it makes me calm and helps to de-stress.

Gupchup party

We organise gupchup parties every Sunday evening at home. Apart from the family members, our staffers also join in to satiate their taste buds.



With pet



With husband

Couple dinner

I am extremely romantic at heart. As his profession often keeps my husband often away from home, I love hosting candlelight dinners at my place and spend some quality time on Sunday.

Pet parent

Sunday sans Dugo, my pet dog, sounds boring. Being connected to the entertainment industry, I hardly get time to spend with him. On non-working Sundays, I spend as much time as possible with Dugo to make him feel important.



With actor Archita Sahoo



With actor Sivani Sangita

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

- All my life I thought air was free... until I bought a bag of chips.
- It took a lot of willpower. But I finally gave up dieting.
- Why was the math book sad? Because it had so many problems.
- Why did the coffee file a police report? It got mugged.



A MOVING TRIBUTE

Dear Sir, Sudha Devi Nayak deserves accolades for penning a moving tribute to American author Joan Didion and her heart-touching memoir *The Year Of Magical Thinking* (April 24). Didion earned widespread acclaim as a screenplay writer for the 1976 Barbara Streisand smash hit *A Star Is Born* while *Joan Didion: The Centre Will Not Hold*, a documentary on her life and works earned rave reviews from viewers and critics alike. Through her writings spanning over five decades, this celebrated American writer dwelt on myriad subjects viz. the irreversible sweep of the anti-establishment protests of the 60s & 70s, the ruptures in American civil society and the attendant social upheavals etc. Through her lucid write-up, Nayak has brought to the fore Didion's inimitable writing style and ceaseless quest for perfection in the choice of words and framing of sentences.

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



WORLD LAUGHTER DAY TODAY
Way to wellness

Though thousands of people across the country have taken to laughter yoga for their physical wellbeing, not many have the idea that a human body cannot differentiate between fake and real laughter, says Mumbai-based physician Madan Kataria

RASHMI REKHA DAS, OP

In 2001, renowned English actor, screenwriter, producer and comedian John Cleese came to Mumbai to make a BBC documentary titled *Human Face*. During his visit, he held a laughter session at Arthur Road prison after having permission from police authorities. With reluctance as many as eighty depressed and angry prisoners gave their nod to attend the session. To everyone's surprise, the laughter session worked wonders for the prisoners. Those who were hesitant to attend the session asked 'when they would laugh like this again'. They seemed so happy and joyful as if their anger and depression had transformed into laughter. Since then, laughter yoga has no longer become a myth. Mumbai-based physician Madan Kataria popularised laughter yoga therapy which includes unconditional laughter with yogic breathing or pranayama. Many people across the country have embraced it though a good number of people have no idea of it which is based on the scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. While Kataria is on a mission to add zing to as many lives as possible through his therapy, back home, Odisha too has its share of Good Samaritans who are hosting laughing sessions for the wellbeing of people.

On the occasion World Laughter Day **Sunday POST** catches up with some laughter practitioners who are popularising the concept

of laughter yoga in Odisha.

Hemant Kumar Sahoo, a retired banker also the secretary of LN Laughter Club, says, laughter yoga strengthens our immunity systems and protects us from the damaging effects of stress, relaxing our body pain in the body muscles. Besides, it strengthens our relationship, group bonding and enhances our teamwork spirit."

He continues: "We are demonstrating laughter exercises and promoting with a slogan 'Health and Happiness' in different health institutions, educational institutions,

public and private sector undertakings. Our club was founded in 2017 with five members including its president JK Rajhans, Dr Sanamali Bag, Chandramani Sahoo and me.



Situated near Unit VIII DAV Public School, now it has 120 members with retired civil servants, bankers, doctors, professors, industrialists, businessmen and of course common people. It has started laughter yoga which aims to cultivate fitness at an advanced age with promoting joy, health and happiness. Doing exercise without being happy is of no use. So we initiated

laughing therapy into our exercise regime. We start our session daily with laughing yoga. When the mind becomes happy, endorphins are produced by the central nervous system to help us deal with physical pain. Our club has a maximum number of elderly people above the age group of 60. I have seen miraculous changes in their lifestyle. After they started doing laughter yoga, they got rid of their knee pain and waist pain. Lately, we have introduced dance steps to our routine which continues for one hour and 15 minutes every day."

"We have members from all walks of life. Things like religion, previous position or designation, economic status have lost their identities in our club. Our Mission is to remain healthy and happy through laughter exercise and spread this message across society," he signed off.



Members of LN club bursting into laughter as part of their daily routine



Balasure-based **Paresh Kumar Dash**, another retired banker along with some 30 like-minded people, has been popularising laughter yoga for the last four years at Mission School. The session includes a few aerobic exercises, walking and laughter yoga. "Our group is called Hasa Paribara. Many of our acquaintances have reaped the benefit of laughter yoga. It has helped people suffering from lung and liver ailments. Apart from physical benefits, it helps you forget the worries of the real world temporarily. We create sounds like animals and laugh. We welcome everyone and don't charge anything to join this group. Anyone can laugh for no reason. Simple laughter exercises are the best way to deal with stress in this dog-eat-dog world. The concept is based on the idea that the body doesn't know the difference between a real laugh or a simulated laugh, so you get all the same physiological health benefits by faking it until it becomes real."



Bhubaneswar-based octogenarian **Lokanath Pradhan** is a case in point. At the age of 88, he looks perfectly fit and doesn't look like an elderly person thanks to his rigorous practice of laughter yoga. He cycles daily to Gopabandhu Square where he is joined by 8-10 senior citizens and they start laughing out loud apart from doing other exercises. He says, "Animals cannot laugh but we can. We should enjoy the art of laughing which helps cure both your mental and physical pain."



Bhubaneswar-based octogenarian **Lokanath Pradhan** is a case in point. At the age of 88, he looks perfectly fit and doesn't look like an elderly person thanks to his rigorous practice of laughter yoga. He cycles daily to Gopabandhu Square where he is joined by 8-10 senior citizens and they start laughing out loud apart from doing other exercises. He says, "Animals cannot laugh but we can. We should enjoy the art of laughing which helps cure both your mental and physical pain."

We feel fresh after a bout of laughter in the early morning. The regime keeps us healthy and diseases at bay."

What beneficiaries have to say

Homemaker **Smruti Rekha Dasbhanja** says, "I am staying in Khurda with my son Anwesh while my husband lives at his workplace in Rayagada. As he only visits us once a month, taking the entire responsibility left me in a state of despair. Six months back, I got into depression. My efforts to overcome depression by watching funny videos and keeping myself engaged in gossiping with my friends yielded no results. It was then I got to know about the spiritual outfit Smiles which stands for See Magic in Life Every Second. Apart from preaching spirituality, the outfit also holds laughter yoga sessions for 15-20 minutes. The session involves a coach and participants from across the



globe. Though it was virtual, when one broke into laughter, all participants burst into loud laughter and it was natural. So, everyone enjoyed deep laughter regardless of their location and environment. Doing it consistently helped beat depression without taking medicines. People prefer tea for starting the day with a positive note but I prefer laughter therapy. It helps a healthy and happy start to my day."

Chinmayee Palai, a Chennai-based homemaker, says, "I was suffering from thyroid disorder for which most of the time I felt sick. My friend asked me to join the morning walk and then I came across the Laughter Club. She got me ad-



mitted to the club. To my utter surprise, it worked like a miracle and my thyroid issues have almost gone. I am a happy bird."

Expert opinion

Counselor **Snigdha Dhal**, says "Needless to say laughter works as a painkiller. Laughter Yoga has proved beneficial to many. But one thing I would like to add is that people who are into laughter yoga may not get the full benefit. Those who are laughing from their hearts are the real gainer. Because when we laugh from the heart and are happy, we release endorphins which are our body's natural painkillers. Endorphins help ease chronic pain, de-stress and boost immunity. Being a counselor I advise my clients to laugh as much as you can but don't fake it. Besides, laughter yoga is a great cardio workout, especially for those who are incapable of doing other physical activities. Laughing helps your heart get pumping and burns a good amount of calories."



Members of Hasa Paribar all set to have a bout of laughter

'X factors key for movies to succeed'

ACTOR, PRODUCER AND MODEL AFTAB SHIVDASANI SAYS HE HAS ALREADY ACTED IN SEVERAL REGIONAL FILMS AND IF OFFERED STRONG ROLES, HE WOULD LOVE TO MAKE HIS DEBUT IN AN ODISIA FILM

Call it fate or sheer bad luck, there are many actors who showed a lot of promise as child artistes but couldn't make it big once they switched to adult roles. Master Raju, Master Alankar, Jugal Hunsraj, Mayur are a few examples. However, actor Aftab Shivdasani was an aberration.

From playing Farex baby as a 14-month old to crime thriller web series *Poison 2*, he has travelled a long way. While Aftab grabbed the attention as a child artiste in top commercial potboilers like *Mr India*, *Shahenshah* and *Chaalbaaz* in the 1990s, he also cemented his place as a commercial hero appearing in movies like *Mast*, *Kasoor*, *Awara Paagal Deewana*, *Darna Mana Hai*, *Hungama* and *Masti*.

Aftab, like many top actors, went through a lean phase in his career, but he managed to bounce back with back-to-back OTT releases *Poison 2* and *Special Ops 1.5*.

The *Kya Kool Hai Hum* actor, during his brief stay in Bhubaneswar, had a tête-à-tête with **Sunday POST** on a host of subjects.

Excerpts:

■ **You started off as a child artiste in *Mr India*. So, getting a break as lead in *Mast* must have been a cakewalk for you?**

■ Nothing is smooth in life so was my debut as a hero. Though I appeared as a child artiste in many hit films, those outings didn't help me get break as a hero. Working as a child actor doesn't guarantee a career when you grow up and there is no dearth of examples in our industry. Secondly, I didn't belong to a filmy family which made my task a bit difficult. However, I was frequently doing commercials at that time and director Ram Gopal Varma spotted me during a shoot while he was searching for a new face for his upcoming movie *Mast*. Then we had a meeting and he told me that I was perfectly fitting his bill and the rest as they say is history.

■ **Earlier you said that you had to struggle a lot just because you are an outsider. Can you elaborate it a little more?**

■ When I said struggle, I didn't mean it literally then. Being an actor you have to face new challenges all the time. It's not like you get opportunities every day. You have to pick up the best opportunity from those that come your way. You need to



Actor Aftab Shivdasani in Bhubaneswar
PIC: KUMAR SHARAT

try and construct your career brick by brick. I think we all face struggles in our life. That's what I actually meant. Of course, not having a filmy background had its disadvantages. But I am not complaining. Moreover, I am fortunate to have played such a wide range of characters in my career spanning over two decades.

■ **So many popular movies like *Mast*, *Love Ke Liye Kuch Bhi Karega*, *Awara Paagal Deewana*, *Darna Mana Hai*, *Hungama* and *Masti* are part of your filmography? Which one do you like the most and why?**

■ *Sukriya: Till Death Do Us Apart* is a lesser known film in my career. Anupam Kher and Shriya Saran were my co-stars. My

role in the Anupam Sinha-directorial was appreciated by the critics. It was an interesting character. Besides, *Aao Ishq Kare* is also one of my favourites as I was both producer and story-writer of that movie. The plot revolved around a 12-year-old boy (played by me) who had a crush on a 22-year-old girl. He suddenly turned into a six-footer 22-year-old male to get united with his love. Both movies are special to me for my characterisation.

■ **You have been in the industry for two decades. What kind of changes have you witnessed since you started off?**

■ Cinema has undergone changes in all departments - scripts, content and style of making. You can say the taste of the audience has changed over the years. In every 5-7 years, showbiz has gone through a transition. So, cinemas are being made keeping its target audiences in mind. Again, the streaming platforms have revolutionised the scenario altogether. They are coming up with exceptional contents. Cinemas have to have those X-factors to taste success because the viewers find the content on OTT platforms more engaging.

■ **Being from a non-filmy background, have you ever suffered because of favouritism?**

■ I have no idea. To be honest, I am not aware of it.

■ **What's your take on web platforms?**

■ Digital platforms are ruling the roost because of the contents they offer. One can experiment and try out different things with OTT platforms. Being part of web series like *Poison 2* and *Special Ops 1.5* helped me carve a space among niche audiences.

■ **Tell us about your diet and fitness regime?**

■ I am a vegetarian. I go for a mix of carbs, proteins and fats in my diet and follow it religiously. For breakfast, I either have protein shakes or oats with dry fruits and almond milk. Lunch comprises stir-fried veggies or soup, eggs or a little bit of tofu sometimes. I usually have buckwheat rotis since I am gluten intolerant. My comfort food comprises burgers, pizzas, chaat and Chinese stuff. On workouts, I do a mix of cardio and weights six days a week.

■ **Would you consider acting in Odia films in future?**

■ Of course I will if offered strong roles. I have already appeared in films of other regional languages like Tamil and Kannada. Odisha is a very nice place to be in and I am looking forward to shoot a movie here.

Taapsee on landing a role in SRK's *Dunki*

Taapsee Pannu's happiness and excitement knew no bounds after she bagged *Dunki*, a Rajkumar Hirani film co-starring Shah Rukh Khan. "It is probably that the biggest ever I could have got," exclaims the actor, adding "It's too good to be true. I never even thought that I'll eventually someday reach this, forget about so soon. So, I myself wasn't announcing or talking about it because I just didn't want to jinx it in any way."

Asked about her first reaction on knowing that she's going to star in such a big project, Pannu says, "There's no shying away from accepting that I don't know if it can get bigger than this ever for me. Hence, the disbelief of being a part of it was lingering one till the time I reported on set and the first day of shoot was done."

On working with Khan, she adds, "With Shah Rukh sir, what I was most looking forward to spend that time off-screen with him, where I can just sit in chat with him, because I love his personality beyond his films as well — the wit, the humour, the experience that he has, and the honesty with which he narrates his experiences. I wanted to hear those experiences that he's gone through in those decades of creating what he has created."

AGENCIES



Tara had no plans of becoming an actor

Tara Sutaria, who made her big debut with Karan Johar's *Student Of The Year 2* with Tiger Shroff and Ananya Panday, is slowly but steadily making her mark in Hindi film industry.

However, did you know that the actress actually never planned of be-

coming an actress? Yes, you heard that right! In an interview with a news portal, Tara revealed that when she was growing up, she never thought that she would be an actor. It's something that happened later on in life. The actress also added that her parents are very artistically inclined. They understand what the entertainment industry is all about.

However, she also went on to say that since it was never really a discussion growing up, her parents were surprised when she decided to be an actor.

Meanwhile, on the work front, Tara was seen *Heropanti 2* co-starring Tiger Shroff. The movie also stars Nawazuddin Siddiqui in the role of an antagonist. It hit the theatres April 29, 2022. AGENCIES



Tiger wants to play a Hollywood superhero

Actor Tiger Shroff has his film *Heropanti 2* released last week. The film is a sequel to the 2014 romantic-action film of the same name. In a new interview, Tiger revealed that he wants to play a superhero in Hollywood.

Tiger is veteran actor Jackie Shroff and Ayesha Shroff's son. He has a younger sister named Krishna Shroff. Earlier, Krishna reacted to *Heropanti 2*'s trailer, saying, "Time to get your a — to Hollywood, brother."

In a recent interview, Tiger said that his goal is to get into Hollywood. He said, "There is a void in terms of a young action hero in the West. There isn't an action hero of my age group, and maybe the kind of things I do. We used to see that perhaps in the 90s. Ever since then, it's been a while since you have seen somebody with that skill set, portraying action or the kind of action I do at least unless it's *Spider-Man* or something. But that is my goal eventually to sort of getting into that space and try my luck in the West."

AGENCIES



Rashmika shoots for *Animal* in Mumbai

Actress Rashmika Mandanna, who garnered rave reviews for her stint in *Pushpa*, is currently busy shooting for her next project in Hindi, *Animal*. She will be seen with Ranbir Kapoor in the Sandeep Reddy Vanga directorial. The duo kickstarted the shoot in Manali and returned to Mumbai recently.

Reportedly, Rashmika has now started shooting for *Animal* in Mumbai. Speaking about the same, a source close to the actress revealed, "Rashmika has been shooting for *Animal* in Mumbai for more than a week now. The schedule consists of several patches of day and night shoots in the suburbs. She has been juggling different cities to concentrate on her acting projects in Telugu, Tamil and Hindi."

The source further added, "Post this, Rashmika will travel to Hyderabad for a short period of time, and then return to Mumbai to fulfill her brand commitments."

Rashmika joined the team of *Animal* after Parineeti Chopra backed out. It was reported that Parineeti opted for Imtiaz Ali's next and hence exited from *Animal*.

AGENCIES



First of May

THE ROOTS OF MAY DAY CAN BE TRACED IN MARXIST ECONOMIC THOUGHT THAT PRIORITISED THE RIGHTS OF THE LABOURING CLASS OVER THAT OF THE CAPITALIST CLASS

May 1 popularly known as May Day or International Workers' Day is dedicated to workers and labourers across the world in commemoration of the historic struggles and demonstrations in support of working-classes for an eight-hour work-day in the late 19th century in the United States. In more than 65 countries, May Day is recognised as a holiday.

Sunday POST takes a look at the origin and backdrop of the event.

Simmering Grievances: After the Civil War followed by the Long Depression, the United States witnessed a rapid expansion of industrial production. The need for labour unions to protect the rights of the workers became uppermost. The Knights of Labour, expanding from just 9 members to 50,000 in a ten-day span of time, emerged as the main labour union in the United States. On the contrary, vehement anti-union measures were adopted by the employers. Mainstream newspapers stood by the employers for their business interests. Even the public maintained a negative view of unions and the labour movement.

Background of Haymarket Affair: The roots of May Day can be traced in Marxist economic thought that prioritised the rights of the labouring class over that of the capitalist class. In the spring of 1886, thousands of workers went on a strike and attended rallies that were held throughout the United States. They sang the anthem 'Eight Hour' reflecting the ideology of the Great Upheaval, "Eight Hours for the work. Eight hours for rest. Eight hours for what we will."

But the factory authority instead of paying heed to the workers' demand was determined to undermine the strength of the union. The factory owner hired scabs to keep the production running. On the other hand, Chicago police were summoned to put down the strikers who confronted the scabs. As a result, tensions mounted high followed by the faceoff between the Chicago police and the workers who went on strike. May 3, 1886, four strikers were killed and several others injured.

Haymarket Bombing: The day was May 4, 1886. About two thousand Chicagoans assembled at Haymarket Square to protest against the police firing and killing strikers outside the McCormick reaper factory on the previous afternoon. The rally and the demonstration began peacefully in the evening.

August Spies, an American upholsterer, radical labour activist and newspaper editor, Albert Richard

Parsons, an American socialist and later anarchist, and Samuel Fielden, an English-born American Methodist pastor addressed the crowd. Many of the crowd had already left the place due to deteriorating weather. Even Mayor Carter Harrison Sr. who had been there to watch the demonstration, walked home early as the crowd was quiet. When Samuel Fielden had just been finishing his speech at about 10:30 pm, 170 Chicago policemen suddenly turned up marching in formation towards the speakers' wagon and demanded the protesters to disperse. Despite Fielden insisting the meeting peaceful, the police inspector John

Bonfield addressing the speaker and the crowd announced, "I command you in the name of the law to desist and you to disperse." Samuel Fielden insisted that the meeting was non-violent in response to the peremptory dispersal order.

At this time of exchanging words, a homemade bomb with a brittle metal casing filled with dynamite and ignited by a fuse was hurled into the path of the police ranks by someone from one of the alleys that led to the square. As a result of the explosion a police officer named Mathias J. Degan was hit by metal splinters and killed and six other officers were wounded. It was followed by a cacophony of gunfire.

Aftermath of the Haymarket Affair: The anarchists were blamed for the great chaos in the Chicago Haymarket Affair. The eight anarchists – August Spies, Albert Parsons, Adolph Fischer, George Engel, Louis Lingg, Samuel Fielden, Oscar Neebe and Michael Schwab – were arrested and charged with committing and inciting murder without any proof of their connection to the affair. It was evident that only two of the accused were present during the explosion. All of them were found guilty without sound evidence against them by a jury.

August Spies com-

mented, "Our silence will be more powerful than the voices

they are going to strangle today."

Outcomes of the Movement: The impacts of the Haymarket Affairs cannot be denied. Despite wanton public backlash after the anarchist-led Haymarket Affairs in Chicago, the wage-earners all over the United States started battle campaigns against employers and politicians for control over the workplace and even the government itself. In Cincinnati, a city in the US state of Ohio, some employers granted an eight-hour working day and others increased workers' pay to avoid labour resentment.

Commemoration of the Day: The Haymarket Affair is considered one of the most significant events in history. William J Adelman, a labour historian and a founder of the Illinois Labor History Society, commented, "No single event has influenced the history of labor in Illinois, the United States, and even the world, more than the Chicago Haymarket Affair. It began with a rally on May 4, 1886, but the consequences are still being felt today. Although the rally is included in American history textbooks, very few present the event accurately or point out its significance". The Haymarket Affair was commemorated by the Second International, a federation of socialist



parties and unions based in Europe, on July 14, 1889. May Day was first celebrated on May, 1890.

May Day in India: In India, the May Day was first observed in Madras, erstwhile Chennai, by Labour Kisan Party of Hindustan in 1923. Two meetings were held – one at Triplicane Beach and another near the Madras High Court – under the leadership of Singaravelar, the founder of the Labour Kisan Party of Hindustan in Madras. A resolution was passed urging the British Government to declare May 1 as Labour Day and also a holiday.

Unfortunately, the imposition of harsh and prolonged lockdown measures due to the COVID-19 pandemic has severely affected labour protection and job security as well in the last couple of years. Factories and industries all over the world have come to a grinding halt. The situation seems to bring back the sad memories of the days of oppression on working classes.



Buddhadev Nandi





Laxmipriya

PHOTO: KUMAR SHARAT