

MAY 8-14, 2022

**SUNDAY**

**POST**

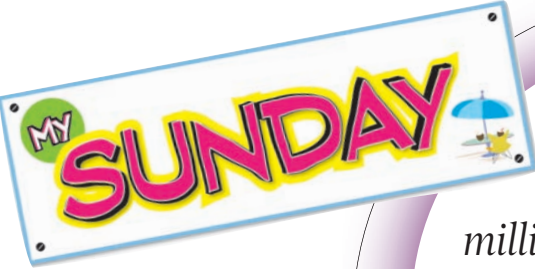
HERE . NOW



**Mother's Day special**

# Making dreams come true

**P**  
3,4 **COVER STORY**



Singer Abhijeet Mishra, who has captured millions of hearts with his melodious voice, loves to help his mother in the kitchen and finish household chores on non-working Sundays.

Turning lensman

Apart from singing, I am very much passionate about photography. I enjoy clicking pictures without going into the technicalities. I am more of a spontaneous photographer and I click whatever appeals to my sensibilities.

With pals

I don't usually get much time to hang around with friends. But I love meeting Rajkumar Mahoto and Snehasis Das from the industry. We spend quality time when the three of us are free from work commitments. Besides, I also take time off to be with my childhood friend Ritesh on Sundays.



With his mother



With Snehasis



With Rajkumar



RASHMI REKHA DAS, OP

Gym rat

Of late, I realised that remaining in shape should be my priority and working out is great for the body and mind. Thus, I never miss hitting the gym no matter how late I sleep the previous night.

Connecting with fans

On holidays, I take to social media to connect with my fans which I fail to do on working days. I spend almost an hour with my fans answering their queries.

Mama's boy

My mother works all the time to keep everything organised and keep everyone happy. So on Sundays, I work as her helping hand and assist her in finishing household chores to offer her some sort of relief.

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

- Once I told a Chemistry joke. There was no 'Reaction'. I once fell in love with a girl who only knew four vowels. She didn't know I existed. How did the telephone propose to its girlfriend? He gave her a ring. Love is telling someone to go to hell and worrying about them getting there safely.

ICONIC NUMBERS

Dear Sir, Buddhadev Nandi's 'First of May'(May 1) was an inspirational read. Incidentally, the historical background of the International Workers' Day and the workers' relentless quest for social equity and justice through their decades of struggle fired the imagination of our early film-makers and lyricists to incorporate these themes in some iconic numbers in Bollywood films made in the immediate post-independence era. While Thehar Zara O Janewale(Boot Polishh 1954) eulogises the dignity of labour and the reward for painstaking efforts, Saathi Haath Badhana(Naya Daur 1957) was an exhortation for collective solidarity. Yeh Hai Bombay Meri Jaan(C.I.D 1956) highlighted the yawning social divide between the haves and the have-nots and the growing alienation of man wrought by mechanisation.

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

Mother's Day special

# Making dreams come true

It is not always necessary to become a biological mother to enjoy the bliss of motherhood. This can also be experienced by securing the future of the underprivileged or bringing positive changes to their lives



denied to them. She says, "Several meritorious students in our country get deprived of education due to financial constraints. The future of these children is uncertain and bleak. So, I am trying my best to bring them into the mainstream by facilitating their higher edu-

cation. I help poor and destitute children get admission in schools and colleges. I pay for their admission, tuition, accommodation and food. So far, I have helped more than 100 poor children fulfill their dreams."

Nibedita's mission started in the year 2007. Recounting the initial days, Nibedita says:

"It started all of a sudden. While watching television, I was shocked to learn how a gas cylinder blast left three siblings orphaned. I went to the spot and decided to help them. But I did not know what to do and how to do it. I met the district collector seeking government aid for them, but in vain. I finally decided that the only way I could secure their future was by providing them education."

Nibedita, however, did not have enough money to bear their educational expenses. She started cutting down on her own expenses. So much so, that she stopped her only son's tuition classes to fund these siblings. After completing their education, one of the two sisters has got a job under the Gram Tarang Yojana while their brother, who was in Class V then, is pursuing BSc now.

Nibedita says she was depressed after losing her second child and had major health issues when she came to know about the cylinder blast. "I was battling for life before these three kids came into my life. I used to spend most of the days in hospital after my second delivery. I got a new lease after they became a part of my life. Since then, I have never visited a hospital or taken any medicines."

Her first successful endeavour encouraged her to help more such students. In fact, she made it a mission of her life to spot meritorious students who find it hard to follow their dreams due to financial issues. With the help of some Good Samaritans, voluntary organisations and, of course, her husband and son, she successfully funded these



students' education. Recalling her earlier days, she says, "I belong to a conservative family in Nayagarh. My parents wanted to marry me off after matriculation just like that of my three sisters. They were not allowed to study further, but I was determined to complete my graduation. After graduating from Nayagarh College, I got married. Soon after my marriage, I started lending a helping hand to children in my neighbourhood who were good at studies but did not have anything to eat. Once I went to my neighbour's home. There I found a five-year-old boy hungry as they didn't have food for that day. I felt bad and decided to help the boy who used to come first in his school. I kept providing rice to the family without my in-laws' knowledge." This is just one of those examples when Nibedita went out of her way to help the needy.

RASHMI REKHA DAS, OP

Becoming a mother is an incredible experience for a woman as nothing else can offer the joy that comes with motherhood. However, it is not always necessary to become a biological mother to experience the bliss of motherhood. Whether you are a biological mom or an adoptive one, every woman has the power to bring positive changes to a child's life. This Mothers' Day, Sunday POST presents tales of two such women - Nibedita Lenka and Sunita Panda - who are not biological mothers but have managed to shape the life of underprivileged kids and those living in shanties.

**Nibedita Lenka**

Known as Yashoda Maa for underprivileged children, Nibedita reaches out to slum dwellers and makes them realise the importance of education in life. She not only has prevented hundreds of kids in remote areas from discontinuing their studies, but also helped them find jobs. A resident of Bhubaneswar, Nibedita offers selfless love to the needy enabling them to have a good life that would otherwise be



Nibedita, who runs five Barnabodha Pathasala at different shanties in Bhubaneswar, poses with slumkids.

Subhrasmita Barada, daughter of a cycle mechanic of Nayagarh district, wanted to get admission in college after securing 90 per cent marks in HSC, but she was strapped for funds. Nibedita extended a helping hand. With her support, Subhrasmita has completed Plus II Science and also B Tech from CIPET.

Srikant Sahoo from Puri, who had secured 10th position in the HSC exam, managed to secure 12th position in the XII Board Exam thanks to Nibedita's support and guidance. He lost his mother and was finding it hard to continue studies. Nibedita helped him for his further studies.

A beggar's son and another student from Kendrapara got admission in NIT Rourkela due to Nibedita's intervention.

The list of her good work goes on and on.

There are students preparing for medical, banking and other competitive examinations due to Nibedita's support.

Rani Hembram of Keonjhar district was spotted working in a brick kiln so that she could bear her expenses for higher studies. She had

secured 85 per cent marks in HSC Board Examination. She decided to work in a brick kiln after her parents expressed their inability to enroll her in college. After Rani's story was highlighted in the media, Nibedita came to her rescue and got her admitted to Nabajyoti Science College in Bhubaneswar. Rani says, "I am grateful to Maa for making my life better and will try to live up to her expectations."

Nibedita is thankful to her husband Prafulla Kumar Lenka, a retired government employee, and their son Punjit Kumar Lenka for standing by her side. For her exemplary work, Nibedita has been bestowed with the Mother Teresa award, Amma Gaurav award, Adarsha Nari award, Sambhavi award and Change Maker award, among others.

### Sunita Panda

Sunita Panda is known as mother for couples having marital or family disputes in Rayagada district. She has so far reunited about 85 families. Besides, she has solemnised marriages of six poverty-stricken girls.

"When experiencing acute poverty in rural pockets in particular see marriage as an option to reduce family expenses and gain financial security. This idea is reinforced by patriarchal



Sunita at a prize distribution ceremony



norms that devalue girls.

Because girls have less access to education and low social and economic status, they are often economically dependent on men. They may see marriage as their only option. But they find it hard to manage another family at an early age and seek my help to overcome their issues. That apart, couples often face issues pertaining to dowry and money. I solve whatever problems couples face with the help of my husband," says Sunita who is a teacher at an upper primary school at Padmapur block in Rayagada.

How did it all begin? To this, she says,

"When I was pursuing graduation, I got married. Though my husband allowed me to continue my studies, in return, he wanted me to keep his mother, who lost her husband at the age of 22, happy all the time. On the other hand, my mom-in-law was known for her hot temperament at the beginning. I was advised not to answer her back ever. Besides, I was asked to maintain a great bonding with my husband's maternal uncles who were not happy with our marriage. We planned for a child soon after the marriage. Living up to everyone's expectations was difficult while raising my daughter. Preparing for examinations, higher studies only added to the burden. But I managed to win my mother-in-law's heart. I always give my example to girls who find it hard to manage their families."

She is always against the idea eloping when parents do not give consent for marriage. "When lovebirds fail to convince their parents for marriage, they come to me. I make their parents understand their feelings for each other and more often than not I manage to bring a happy ending," signs off Sunita who is a poet and anchor apart from being an award-winning teacher. She is also a recipient of Biju Patnaik Women's Achiever Award (2020), Best Prativa Award (2020), Mother Teresa Award (2020), Best Social Worker Award (2020).

LOVE YOU

# PORTUGAL: AN IDEAL YEAR-ROUND HOLIDAY DESTINATION

*From cosmopolitan cities and out-of-the-way towns and villages, to lively beach resorts and spectacular national parks, this diminutive nation offers an incredibly diverse range of visitor attractions*

With its mild climate, 3,000 hours of sunshine per year, and magnificent contrasting landscapes within its seven regions, as well as superb cuisine, fine wines, and hospitable people, Portugal is the ideal year-round vacation destination. From cosmopolitan cities and out-of-the-way towns and villages, to lively beach resorts

and spectacular national parks, this diminutive nation offers an incredibly diverse range of visitor attractions. Defining Portugal's history is an amazing collection of monuments and historic buildings, many of them recognized by UNESCO as World Heritage Sites. Here goes the list of the best places to visit in Portugal.



**Sintra**  
Enchanting Sintra is one of the gems in Portugal's glittering sightseeing crown. Recognised by UNESCO for its remarkable cultural landscape, this historic and captivating town is definitely worth putting aside a full day to absorb. It's one of the most popular day trips from Lisbon. Clustered under the lip of the wooded Serra da Sintra hills, the town is dominated by the landmark Palácio Nacional, its signature twin chimneys looming over a pretty square edged with houses painted in a palette of pale pink and ochre with splashes of yellow.



**Lisbon**  
Lisbon, the capital of Portugal, is one of Europe's most alluring cities. Set on the banks of the River Tagus, this vibrant Atlantic port is scattered over a series of hills that heighten its splendid waterfront location. Exploring the city's historic core is a journey into its fascinating past – a heritage exemplified by celebrated visitor attractions, such as the mighty Castelo de São Jorge and Alfama, the oldest part of Lisbon. A collection of world-class museums extends the cultural experience. To the east, away from the city center, you can marvel at the modernity of Parque das Nações and its crowd-pulling sites such as the brilliant Oceanário.



**Coimbra**  
The historic hilltop university in Coimbra is just one reason to visit this venerated Portuguese city. But the wealth of additional visitor attractions, much of them clustered around the Velha Universidade, classified by UNESCO as a World Heritage Site, merits a full day's sightseeing. The undoubted highlight of a tour of the old university campus is the stunning Biblioteca Joanina, a Baroque gem of gilded and marbled wood and frescoed ceilings.



**Tavira**  
Cited by many a guidebook as the most captivating town in the Algarve, Tavira does indeed tick all the scenic boxes. The Rio Gilão cuts a smile through this pleasantly laid-back town, with a Roman footbridge connecting one side with the other. The waterfront makes for a wonderful walk, before or after you've uncovered the rest of Tavira's historic treasures. The castle walls provide glorious views across the old town and the nearby coast. You can also explore the Igreja de Santa do Castelo, the grandiose church where warrior knights are entombed.



**Parque Natural da Serra da Estrela**  
For good reason, the highest peaks on mainland Portugal, the Serra da Estrela, are called the "star mountains." Rising to 1,993 meters above sea level at its highest point, the range, or more precisely the plateau, is a dramatic natural feature of central Portugal. It is often snowcapped in winter, when opportunistic skiers take advantage of what is probably the shortest ski season in Europe. Otherwise, the granite escarpments and glacier-cut valleys are classic hiking country, with a network of signed long-distance paths and tracks covering the terrain. Along the way, walkers can take in some absolutely stunning countryside and absorb the traditional character of the place, epitomized in villages like Linhares and Valezim.

# The Magic of Mangalajodi putting Odisha on global ecotourism map

ucationist and an avid bird-watcher, founded *Song of the Wild*, a not-for-profit organisation in 2018 to focus on conservation of natural habitats and wildlife. As a part of its core philosophy, the organisation focuses on engaging the younger generation with natural habitats and outdoors, in order to inculcate the consciousness and ethics of nature conservation in them.

It also organised in 2018 a photo exhibition of photographs of Mangalajodi shot by Khemka at Lalit Kala Akademi Regional Centre, Bhubaneswar, which received huge attention from the visitors. After the success of the expo, the duo had been working on the coffee table book.

All proceeds from the sales of this book will be used to fund conservation initiatives by *Song of the Wild* in Mangalajodi, they say. PNN



Nature and wildlife photographer Avinash Khemka has spent more than 300 nights over the last 10 years and captured nearly 10,000 images to present this stunningly beautiful coffee table book to the nature lovers



An image from the coffee table book

“This book is the culmination of ten years of photography, hard work and a journey from hobby to passion to strong desire of giving back to nature,” says Avinash Khemka who has spent more than 300 nights to capture over 10,000 images in his lens using state-of-the-art photography equipment.

The Cuttack-based industrialist, social worker and a renowned nature and wildlife photographer has been doing photography

since 2012. He has used the medium to disseminate and popularise the conservation story of Mangalajodi to the widest possible audience.

For the unversed, Avinash, in collaboration with Panchami Manoo Ukil, a Bhubaneswar-based ed-



Cover of the book

**BHUBANESWAR:** With more than three lakh migratory birds visiting its wetlands in winter every year, Mangalajodi, a 10 sqkm patch of marshland which is just 90 minutes road journey from Bhubaneswar near Tangi Chandpur of Khurda district, holds the distinction of being one of the greatest conservation stories of the world.

Coffee table book *The Magic of Mangalajodi*, released April 21 by Odisha Chief Minister Naveen Patnaik, showcases the avian paradise Mangalajodi like never before.

## Kriti on link-up rumours

Actor Kriti Sanon posts one video with her co-star Kartik Aaryan, and the rumour mill goes into overdrive speculating that they are dating. But for her, it is just another “petty” thing to ignore.

And she feels it is an outcome of the growing popularity of social media.

“It is (result of) people’s need for information. I don’t know if social media is a great thing to happen to us or a bad thing that happened to us. I have mixed feelings when it comes to that,” said the Mimi actress when asked about the current speculation.

“If you ask me about these petty things, they don’t bother me at all. It just makes you feel like ‘I wish my life was as interesting as it sounded it to be,’” she quipped.

After spending eight years in the industry, Sanon is still learning to live with the constant scrutiny on personal and work life. “I know that this is a part and parcel of being a celebrity and a known face. But, I have to admit that there are things that annoy you and bother you,” said Sanon, adding, “Sometimes things are written about you or you get scrutinised for everything you say”.

PNN



## Sheetal goes de-glam for Tora Mora Kati

Actor Sheetal Patra has proved her versatility by playing diverse characters in her acting career spanning over six years. Now, she is all set to wow her fans with her de-glam look that she is sporting for her upcoming film *Tora Mora Kati*.

Directed by Ramesh Rout, the romcom features Siddhant Mahapatra, Sailendra Samantray, director Sudhansu Sahu, Bobby Mishra and filmmaker Tutu Nayak in a pivotal character.

This is the first time that Sheetal has taken a break from her glamorous image and has gone de-glam for her character. Talking about her minimalistic look, she says, “I am playing the character of village girl Sachi in the movie. I am super excited to share screen space with Sudhansu sir for the first time. He will be seen playing a cameo. The film is all about how love-birds get reunited again after being separated for some issues.”

“I have played so many characters in my career but I have literally fallen in love with Sachi. She speaks less but her expression says it all”, she signs off.

Produced by Jhilik Bhattacharjee, the movie has its music scored by Prem Anand.

PNN





# Tips for summer party makeup



*Party season reaches its peak during summer season, so it's time to pull out all the stops with your beauty look.*

Keeping your makeup prim and proper during summer is not a child's play.

Everyone wants to do something a little extra special for summer events, but it's all about knowing how to make an impact without gimmicky shades and poorly performing formulas.

We've already reached the peak of summer. Party season reaches its peak during summer season, so it's time to pull out all the stops with your beauty look.

Whether you put on one of our famous bandage or bodycon dresses or are dressing down in jeans and t-shirt, we have a few tips to ensure you enjoy the summer event with style looking and feeling your best.

### Hydrate

If you really want to look good in an outdoor party in intense heat and humidity, your skin needs to have a natural glow. Hydrating your skin is one simple way to keep it healthy. For this, drink 8-10 glasses of water, juice, soup, green tea daily to hydrate yourself. This will also help flush out the toxins and help combat dry skin. Drinking an adequate amount of water boosts the metabolism and regulates your appetite.

### Exfoliate naturally

The best way to get rid of dry, flaky skin during the summer season is by exfoliating. A good oil-based exfoliator to rid the skin of dead cells is the key. Make sure your arms and legs are properly prepared before showing them off in your party dress. The key to gleaming limbs is to ensure they are soft and smooth. Increase the frequency of exfoliating your skin before party eve. Try a pH-neutral product for a gentle skin cleansing that will not agitate or irritate your skin type. Alternatively, prepare some scrubs at home using all-natural ingredients. Just heat a cup of medium ground coffee with an oil of your choice. Do not let it boil. Then, add sugar granules and a few drops of essential oil to the mixture. Mix well. Apply this scrub on damp skin before you hit the shower and exfoliate well. You need to scrub your skin at least once a week. Use some face masks. Be it a homemade honey and cinnamon mask, or a revitalising deep cleansing mask. Use products best suited for your skin type to keep your face looking fresh and glowing. But don't go overboard as that will make it rough.

### Let your eyes do the magic

Don't abandon your beloved smokey eye on summer events in an open area or closed air conditioner room. Smokey eyes are always trendy, and they work for parties. Apply an eye shadow that's darker than your skin tone and sweep into your crease. Next, apply a complementary eye shadow lighter than your skin tone to your lid and blend towards your lash line. To finish, blend the two together

to blur any harsh contrast. Try going with navy or mix black and gray for a smoldering, mysterious look.

### Classic lip

A little shine on your lips will complement your look. The easiest way to elevate your look in seconds is to wear a bold lipstick colour. Staple colours such as red and pink, in their bolder versions, will do well on the occasion. Fuller lips will draw eyes. To get your lipstick to last until midnight, make sure your lips are well-hydrated before using a bright colour or highly pigmented lipstick so your pout stays soft and hydrated but never sticky. This red lip look is sophisticated and perfect for summer events. Find a pink or red lipstick that you feel really good in, and shape your lips with a matching lip liner to ensure the color stays put.

### Dress elegantly

Pick the right type of dress according to your body type so that it highlights all your right features. Pick out a dress that not only makes you look good but in which you can actually breathe. Whether it is a cocktail dress or a different kind of outfit, make sure that you feel confident in it. Comfort is imperative

because you will be mingling and possibly dancing in summer events. Keep the jewelry minimal and straightforward if you are wearing a shiny dress to achieve the right balance.

### The sculpted look

Not all parties / get-togethers call for a full face of makeup, you can create a light but lovely look with just a little blush. From bright pink and orange to berry and red-orange shades, a blush with a burst of colour will amp up your complexion and create a radiant look that will turn heads. Sculpted cheekbones with just the right amount of bronzer give you a straight off the runway style. Complete your party look with statement earrings and a high ponytail.

Jewel-toned eye shadow is always a good idea when you want to play with colour on the eyes

### Blotting paper

Blotting paper will be your makeup saviour throughout the day – just carry around a few in your purse and keep dabbing away the oil at regular intervals. Make sure you dab the paper and not wipe!

### Pick a water-resistant formula

Even if you aren't going into the pool with makeup, you do tend to sweat a lot in the summer so picking water-resistant formulas is a safe option. You don't want to end up with panda eyes after having your mascara and eyeliner running down your face, do you?



SHAHNAZ HUSAIN



*Titikhya*

**PHOTO : ODISHA FASHION VILLA**