

MAY 15-21, 2022

SUNDAY POST

HERE . NOW

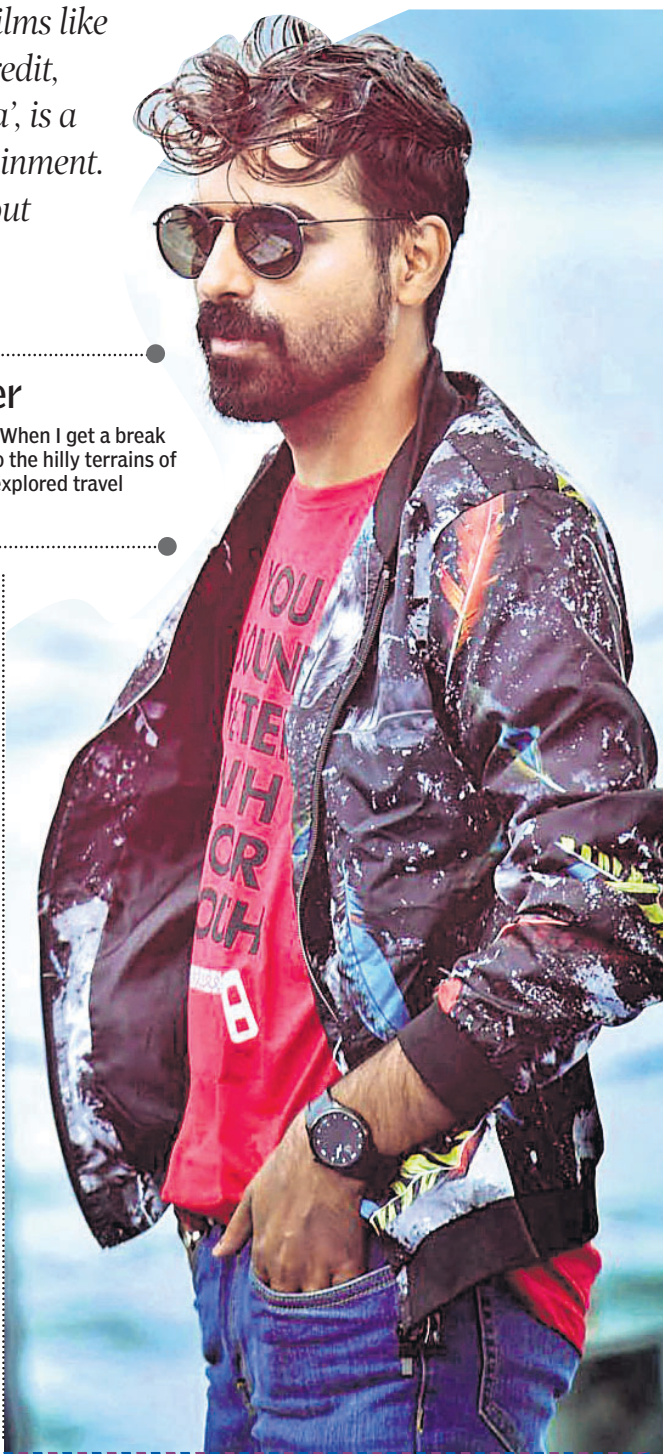


The World at Their Feet

P
3,4 COVER STORY



With over 200 TV commercials and short films like 'Nawab', 'Sita' and 'Antarvasna' to his credit, Dayanidhi Dahima, the 'Adman of Odisha', is a name to reckon with in the world of entertainment. The prolific filmmaker loves to hang out with friends at tea joints on his non-working Sundays



With Shah Rukh



With Rajnikanth



With Amitabh



With Sachin Tendulkar

Rest day

Being into the entertainment industry, I don't get too many opportunities to complete my sleep cycle. So on non-working Sundays, I love to have my much-deserving eight-hour sleep schedule without getting disturbed.

Solo traveler

I love going on a solo trip. When I get a break from the shoot, I escape to the hilly terrains of Leh and Ladakh and less-explored travel destinations of Odisha.

Binge-watcher

Binge-watching is not just something which I enjoy; it is also a necessity for me as a filmmaker. Therefore, I watch popular web series on streaming platforms when I am not working.

Sunday Brunch

As I wake up late on my off days, I prefer having brunch on Sundays.

Sweet tooth

Since I have a craving for sweets, I visit exclusive outlets to gorge on sweetmeats albeit on my cheat days. Besides, I love to hang out with my friends at popular tea joints on non-working Sundays.

Obliging fans

I spend an hour on social media to stay in touch with my fans. I do come live to have a question and answer session with them.

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

- Dogs are forever in the pushup position.
- I am a man of my word, and that word is "unreliable."
- When you have a fat friend, there are no see-saws, only catapults.
- I found there was only one way to look thin: hang out with fat people.



A SUCCESS SAGA

Dear Sir, The write-up on the coffee table book *The Magic Of Mangalajodi* (May 8) and the captivating lens work of Avinash Khemka was a veritable feast for the eyes. Incidentally, the successful transformation of Mangalajodi Wetlands from a happy hunting ground for parasitic poachers into an idyllic eco-tourism haven teeming with a mammoth & variegated avian life, should be a torchbearer for conservationists around the world. This 'Birding Hotspot' which attracts approximately three lakh winged visitors from across the globe during winter is a testimony to the perseverance and painstaking efforts initiated in the late 90s by Nanda Kishore Bhujabal, an ardent activist of NGO Wild Orissa & former wildlife warden and the Sri Sri Mahavir Pakshi Bachao Samiti. The pioneering zeal of these committed environmentalists ushered in this sea-change.

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



The World at Their Feet

Talent comes in many forms as every child is endowed with some special abilities. One might be good at drawing while another might be great at music. But there are some who never cease to surprise others with their extraordinary feats. **Sunday POST** catches up with three of these prodigies

RASHMI REKHA DAS, OP

Triranga Priyadarshan- Name is enough

It is due to the supreme sacrifices made by legions of patriots that India could break off colonial bondage. Unfortunately, not many kids of Gen-Z recall or recognise the invaluable contributions of those bravehearts. But Triranga Priyadarshan, a Class X student of KCA Public School, is an aberration. He not only composes poems on patriotic themes and delivers extempore

speeches on patriotism, he also frequently appears in street plays to promote the spirit of nationalism.

“There are many things you can do if you love your motherland. But unfortunately, a very few understand what it really means to be a patriot. I love my country to such an extent that I won’t hesitate to die if the need arises. I dream of a nation buzzing with success in every sphere of life”, says Triranga defining patriotism.

So far Triranga has performed in nearly 30 plays which were staged for 250 times across the state. Besides, he is a Taekwondo champion. Being a child artiste of Vande Mataram, a street theatre troupe that works on several social issues, he sensitises people about HIV/AIDS, corona and also deadly effects of nicotine and alcohol consumption. Most recently, his act in the skit titled No War, Only Pyaar opposing ongoing war between Russia and Ukraine held at PMG Square in Bhubaneswar was lauded by all and sundry. Besides, he has a YouTube channel to make people aware of social evils and how to deal with them.

Sharing an anecdote, his father Prahallad Nayak who founded Vande Mataram, says, “Every year on the occasion of Independence Day and Republic Day, we distribute 500 national flags to passersby before commencement of our play. He once told me that ‘We should not distribute flags to those who are well aware of these days and their significance. Instead, we should give flags especially to those who are un-

aware about national holidays and their importance.’ Since that day, we started visiting the slums in Bhubaneswar and sensitised the kids.”

Nayaks are so obsessed with patriotism that not only do they design their clothes on tricolour theme, the exterior of their house and most of their belongings have also been painted in saffron, white and dark green.

About his goal in life, Triranga, a Taekwondo second dan black belt holder, says, “I want to be a soldier one day and lay down my life for the sake of my motherland.”



Sai Jyoti Mohanty - The miracle boy

Sai Jyoti Mohanty, Class VII student of DAV Public School, Pokhariput is blessed with extraordinary skills to read and see everything with his eyes closed.

Son of automobile spare parts distributor Chittaranjan Mohanty and homemaker Chinmayee Mohanty, Sai can recognise colours, numbers and ride a bicycle with closed eyes. That's not all. He can also identify bank notes and their denominations with his eyes closed. Besides, he has an uncanny ability to tell the position of people sitting in front of him even blindfolded.

From its smell, says Sai when asked how he could recognise the note without even touching and seeing. "I smell currency notes and can easily say which country it belongs to," reveals the prodigy who has



represented Odisha in karate at national level and bagged a gold medal.

We have all heard from granny about how Arjuna had impressed everyone by shooting blindfolded, creating fire and rain with arrows in Mahabharata. Sai also has developed the same qualities to shoot with closed eyes and hit targets effortlessly.

Talking about his multi-talented son, Chittaranjan says, "I made him do meditation when he was not even five years

old. When lockdown was imposed, we got more time to do meditation. Since then, we father-son duo have been doing meditation,

The Class VII student of DAV Public School, Pokhariput can identify bank notes and their denominations and ride bicycles blindfolded. Now, he is focusing on shooting with the eyes closed

yoga and pranayam for more than an hour. Meditation really worked wonders for Sai. Interestingly, meditation helped improve his concentration power and explore his hidden abilities."

He continues: "I blindfolded him and asked him to read when he revealed that he could do things without seeing them. Later, I made him write and ride cycles. He did it with ease. Currently he is focusing on shooting blindfolded."

About his aim, Sai, attributing his success to his father says, "I want to represent India in the Olympics for which I am vigorously practicing shooting."



Ahan Patnaik Sahoo - The teen litterateur

At a time when kids of his age group enjoy partying and tapping smartphones, he is busy putting his imagination to paper by writing stories. He wrote his first book *When You Try, You Can Fly* at the age of five. The story is a testament to the vivid imagination and creativity of the little author. The plots of his stories are not only unique in their own ways; they also showcase the sensibilities of a child. From creating scary monsters to penning some incredible fantasies, the young kid has made his presence felt in the literary circuit.

For Ahan, writing comes to him naturally. His grandparents Sailesh Chandra Patnaik and Pranati Patnaik are writers of repute. His mother Pragnya Patnaik is an author, activist, columnist and a former software consultant with Infosys. Originally from Sambalpur and now residing in Bhubaneswar, Ahan secured a place in India Book of Records holder for authoring a book at the age of five.

Upon being asked what inspired him to write, he says, "My mother is a writer. I see her writing something new every day. She is my inspiration. Her body of work motivated me to write my own. During the lockdown period when we were all confined to our

home, I vented out my energy writing a book. I created stories during the first phase of lockdown in 2020 when I was in Std III. My book came out in 2021 when I was eight and studying in Std IV."

Ahan reads a lot of books on history, freedom fighters, kings, countries, and Gods. However, his all-time favorites are epics *The Ramayana* and *The Mahabharata*. Therefore Valmiki and Vyasa are his favorite authors.

About his first book, Ahan says, "My first

Ahan, a Class V student of DAV School-Chandrasekharpur, was secured a place in India Book of Records authoring a book at the age of five

book was a collection of moral stories. The stories are sweet, simple and based on a variety of topics of interest for children. The subjects of the stories include friendship, sharing and caring, kindness, planting trees, preserving wildlife and maintaining hand hygiene. My upcoming book is a collection of interesting Indian mythological and historical stories like *The rise of Kali Yuga*, *Arjuna Vadh*, *Krishna's Maya*, *Aniruddha*, *Barbarik*, and so on. The book is almost complete and will be released soon."

Ahan, apart from writing, also has set a few other goals in his life.

"I am also learning to swim and play the piano. I wish to be a great swimmer and pianist someday. I feel bad seeing many people without enough food, clean drinking water, and proper clothes. I want to help them and do something to make their lives better," he says.

About his most cherished memories, Ahan says, "my happiness knew no bounds when my work was recognized by the India Book of Records. When I visited Shri Ganeshi Lal, Hon'ble Governor of Odisha, he made me sit on his lap and encouraged me. He presented me with a pen, which is a prized possession for me."



A lyrical peek inside a poet's mind



BY S CHATTERJEE

*Day always rises
from those rice fields
in front of the house where I was born
and evening too spreads out from there
They are lodged at some point
between earth and sky
I have been running for years
to reach that point, but the distance
seems to be my life.*

These are lines from the poem *Length of My Life* from the recent book of Sonnet Mondal.

Poetry is a journey that reveals and conceals and points to the obvious without giving a specific answer. Kolkata based poet Sonnet Mondal's recent collection of poetry, *An Afternoon in My Mind* touches on the raw nerves of readers with a charming subtlety that flows off easily from the poet's mind and pen, as easily as dreams visit, stay, and leave us suddenly with remnant emotions and desires that yearn to take full flight.

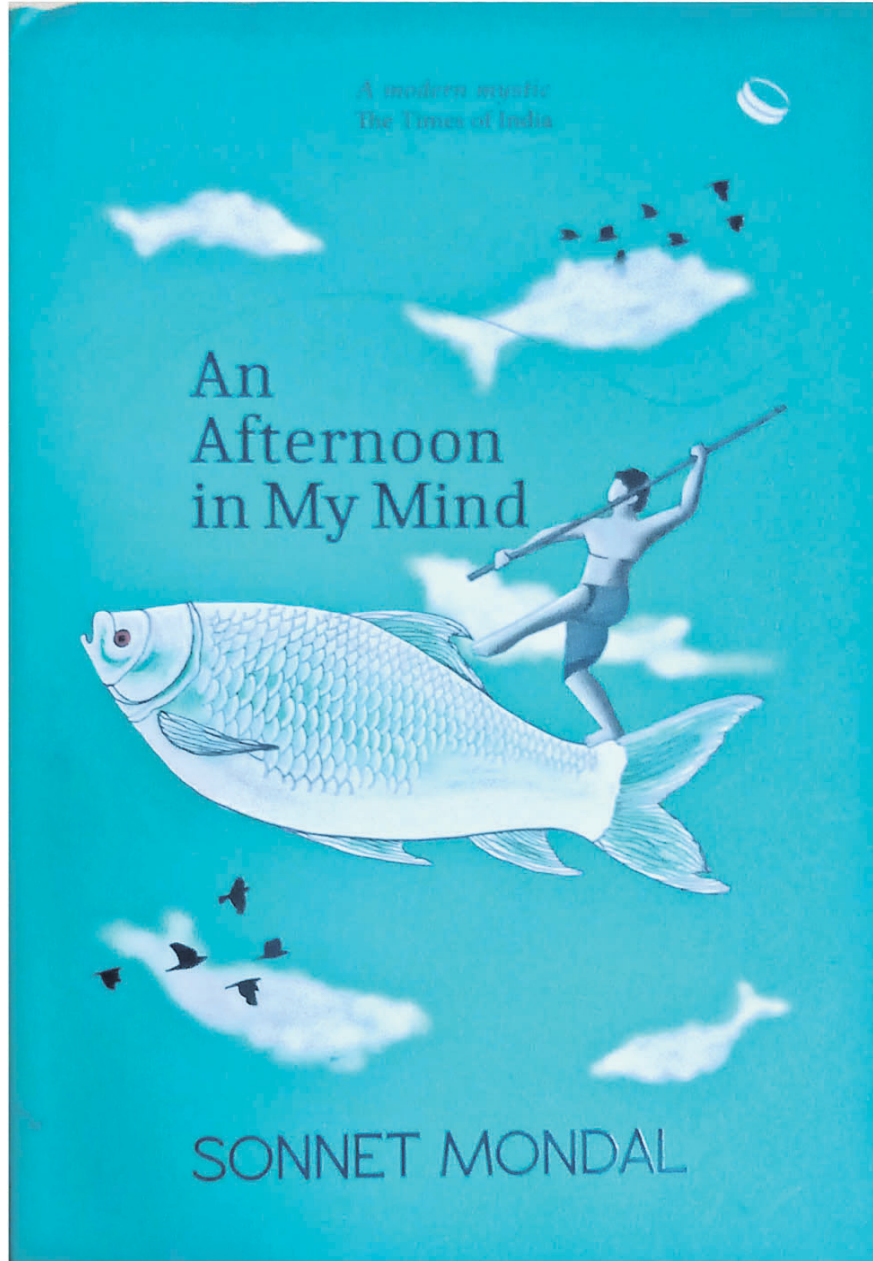
The hardcover book released by Copper Coin Publication includes seventy five poems that carry lucidly told narratives that are speckled with echoes, shadows, and images that open the doors of mystery and point to paradox, as well as towards a future with possibilities that await a dawn.

Poetry for Sonnet appears to be about life not just a language as he inhales and exhales lived moments, surprises and sudden encounters, challenges of circumstances, the banality of ordinary existence, and embedded stories nestled in stillness and silence.

His works are like a gentle lullaby, that often sings out the poignant past, which he suffuses with the now with lines that allow the readers to reencounter the familiar and bygone with bittersweet nostalgia in poems like *Revisiting My Old House* and the lingering comfort of old winding country roads in *Preserved in a Corner*. He takes readers through meandering journeys of self questioning and streams of solitude through his words that lilt in poems like *Self-interrogation and Naivety* where he hits upon a profound chord using simple short lines that hold philosophy, magic and marvel

*We look at the stars
without them knowing about it
just as we pass
without time knowing about us*

Through his poems like *Venom in the Void* or *The Pandemic Symphony* the



poet seeks to encounter elements of fear, foreboding, anxieties, social traumas using sounds, silences, and metaphors that appear to carve out answers and healing with hope against the contradictions of daily odds and injustices. Sonnet uses short words and lines that have an understated charm and impact as they open up thoughts to metaphysical elements and quiet ponderings like in *Rubble* and *Bleeding Thoughts*.

There are poems that touch upon abandoned thoughts and unravelled quests as the poet beautifully traces in the "journey of a smile" or the constant human elements of daily weaknesses and human insights that shape our lives and living as expressed in his work "fear", evoking nostalgia blending

it with the now in lines like

*Today was another idle day
but I didn't step out.
I kept fear like a wallet
in my trouser pockets—
all reprisals hanging
in a pouch of cloth.
Later, I went with a spade
to clear the outgrowing bushes
in the backyard of my house.
Beneath the spaded outgrowth
were memories of getting drenched
in rain with my cousin
and some roots refusing to
come out of the dug-up earth.*

The collection glides over themes of loneliness, futility, lost romance, childhood, innocence, and unanswered queries of contemporary living. Each poem has a personal appeal, bringing fragrances and scenes of unfinished conversations, changing patterns of the rural landscape, and never loses sight of wit and humour.

When he stops at the innocent beauty of *Escaping a Little Girl* or listens to the constant reassuring familiarity of *The Ferry's Night Horn*, Sonnet softly spins a yarn of reality and fantasy, giving life and magic to everyday happenings.

Each poem is a mellow and mesmerizing experience that reminds us of life and its dualities, of daily struggles and joys, of tragedies and love, which the poet expresses with endearing artistry.

Travel which seem to have made a strong

An Afternoon in My Mind

Author:

Sonnet Mondal

Published by:

Copper Coin Publishing Pvt Ltd

Price: Rs 499

impact in his poetic trail gently surfaces leading readers to a space caught between the past, present and an awaiting future that longs to complete the plans and dreams left half way and undone much like an unsatiated afternoon reverie in lines like

*Everyone has to walk
a bit further, and then leave.
Behind the departing footsteps
remains a house
some unfinished work
some unshaped plans
and some space that takes
the house back to its days
when it was still being built
with dreams of acquiring
a place to sit and sleep in
and look towards light.*

Somewhere, while still within the pages of his writings, which breathe in a beautiful mood of timelessness, readers will be reminded of the famous quote by Simonides, "Painting is silent poetry, and poetry is eloquent painting."

Sara channels her inner chef

More often than not, Sara Ali Khan shares fun moments and snippets from her whereabouts for which she enjoys a massive fan following. Having said that, the actress recently jetted off to Kashmir and has been dishing out major travel goals from there.

She even shared a glimpse of her 'dinner time', where she was seen channelling her inner chef. Sharing the video she wrote, "Dinner time." Sara can be seen donning one of her brightest smiles, cooking, and donning a black and white tracksuit. She is making the most of her vacation, making truck loads of such happy moments.

Meanwhile, on the work front, Sara Ali Khan was last seen in Aanand L Rai's Atrangi Re alongside Akshay Kumar and Dhanush. She will next be seen sharing screen space with Vicky Kaushal in Laxman Utekar's next. Apart from that, she also has Pawan Kripalani's Gaslight alongside Vikrant Massey and Chitrangada Singh.

AGENCIES



Shilpa goes on a social media detox

Actress Shilpa Shetty enjoys massive following on social media, her motivational posts and fitness inspiration are hugely popular with fans. However, the actress has now announced a break from Instagram and Twitter. "Soooo bored of the monotony, everything looking the same... going off social media till I find a new avatar," Shilpa Shetty announced last week.

Just a couple of days ago Shilpa Shetty had penned an inspirational post on one's personality. "We're always told that we're unique, and so, it is pointless to try to imitate or replicate someone else's behaviour. However, what we also need to be mindful of is that our own personalities have some good and some not-so-good aspects. Nobody is perfect. Nobody is all good or all bad," Shilpa had shared.

Last year, Shilpa's husband Raj Kundra had deleted his social media presence. Soon after he was released on bail in connection with pornographic content case, Raj Kundra deactivated

his social media handles. However he briefly returned to Instagram with a private profile, but Raj has majorly stayed away from social media.

AGENCIES



SANJU'S MANTRA

Nobody cares about your story till you win, so win!

Sanjay Dutt, who is known for his personal charisma and physique, has yet again impressed with his performance in KGF: Chapter 2.

The actor's 'never give up' attitude was seen when he was shooting for the blockbuster Yash-starrer after he had just pushed back cancer. And he nailed the villainous character of Adheera with his stellar performance.

The actor has now taken to his social media handle and shared an intense workout picture, which shows his dedication as he lifts heavy chains in the gym. His message for his followers: "Nobody cares about your story till you win, so WIN!"

He should know this better than most, for he has set many examples with his triumphs over difficult life situations in the past.

Sanjay Dutt has some exciting projects coming up, such as the period drama Shamshera, Ghudchadi, and Prithviraj, where he plays the blind uncle of Prithviraj Chauhan, essayed by Akshay Kumar.



Masaba on having a baby out of wedlock

Masaba Gupta, daughter of Neena Gupta and Vivian Richards, recently opened up about being tagged as modern and the idea of having a baby out of wedlock.

In a recent interview with a news portal, the designer revealed that she has been tagged as too modern for being born out of wedlock. However, she added that there's no size that fits everyone. According to her, the responsibility of being modern is to be accepted. However, Masaba feels that we have become more intolerant and are going back in time.

Elaborating further, she added that despite being a modern woman she doesn't have the guts to have a baby out of wedlock. Masaba reportedly doesn't want to take that extra pressure and put a child in that space.

Masaba also spilled some beans on her idea of a perfect man. According to her, he should be a mix of modern and timeless. The designer added that one has to be in touch with their ethics, culture and morals which we have grown up with. According to her, a modern or timeless man should be able to change with time and adapt to things.





Proper face care helps one get rid of the harmful effects of sun's rays, as cold water tightens and protects the pores that gets opened up when the skin is exposed to scorching heat



Cold facial during summer

The heat is on the rise. When the weather changes the needs of the skin also change. That means we're constantly on the look-out for treatments that will keep us cool. Applying ice to skin for beauty purposes is known as cold therapy. It's routinely used in the treatment to eliminate puffiness, reduce oiliness, ease acne and boost the skin's healthy glow. Cold facials are especially beneficial for summer days.

With sunburn, inflammation, redness and acne on the rise in these times, a way out can be found for it right in your kitchen – apply ice to your face.

Not sure how? Read on to see all that you can freeze to make your very own beauty-boosting ice cubes to get supple, attractive and radiant skin.

Aloe Vera ice cubes

Aloe vera is known as nature's beauty secret. These aloe vera ice cubes not only cool and soothe the skin, but also heal sunburnt skin. Take one bottle of natural aloe vera gel that's inside an aloe vera plant. Choose an aloe plant with mature leaves growing near the base of the plant. If there are no leaves growing at the root of the plant, then it is not ready for harvesting. Pour the gel into

an ice cube tray. Fill each reservoir of the ice cube tray three-quarters of the way with aloe gel.

You can pour 2-3 drops of essential oil in each section and let it freeze in natural way for few hours. You can also add marigold flowers to enhance cooling as marigold is a natural anti-oxidant and can heal burns and other skin irritations.

Rose water ice cubes

This is an amazing technique to give an instant and immediate glow to your skin. Mix together a cup of concentrated rose water with a cup of water and add in rose petals in ice cube tray. For extra cooling effects, you can add in peppermint essential oil or rose essential oil for an extra rosy glow. Freeze and your rose ice cubes are ready!

When ready for your facial treatment, boil some water and pour into a large bowl. Place your face over the steaming bowl with a towel over your head for max five minutes or till you feel convenient with the steam.

Next, grab one of your rose ice blocks and gently roll the ice all over your face and neck. Finish off with a spritz of rosewater.

Alternatively, mix together 1/2 cup rose water and 1/2 cup witch hazel. Stir them well and put in a Jar. Pour the mixture into each of the ice cube tray and allow it to freeze for a few hours, and your rose ice cubes are ready.



Take rose petals preferably pink or red from garden or flower market whichever is convenient to you. You won't need the stems or leaves, just the petals. Next, give them a good rinse and transfer into a large pot. Add just enough water to cover all of the rose petals. Cover the pot and let it simmer for about 15 minutes or until the petals have lost all of their colours or even longer so the petals start to almost brew. Remove the petals out of the rose water pot and transfer the remaining liquid into a jar. Pour over ice cube trays and stick them in the freezer. You can use when you require.

Green tea ice cubes

This popular beverage is rich in antioxidants and flavonoids that help reduce the rashes and scars, fight ageing, kill bacteria, repair sun damage, and soothe irritated skin. Brew 2 green tea bags in boiling water for 2-3 minutes.

Avoid

adding too much water to get a concentrated solution. Take tea tree essential oil and add 2-3 drops in each section of your ice tray. After it cools down, add your green tea to each section of an ice cube tray and place it in the freezer for 2-3hrs or until the solution becomes totally solid. Please ensure that your ice tray should be totally clean and free from any bacteria. Use these every other day gently moving it on your skin, especially around the eye/neck areas.

Cucumber & lemon ice-cubes

Blend cucumber and a lemon to make a puree. Add just enough water to blend for desired consistency Mix it well until smooth. Add a few drops of lemon and pour it evenly in an ice-cube tray. Freeze it for a few hours preferably for overnight and apply cold for maximum effect. Before using, allow the cube sit for 30 seconds or so to soften slightly. Gently rub the cube over your face and neck, using the icy slush to exfoliate. You can sit on your face for 5-10 minutes before rinsing. Freeze the cucumber water in trays. You can add herbs basil, mint or lemon juice in them for a little extra flavor. Put them in freezer and allow them to settle for overnight to form solid state. You can use them as per your convenience.



SHAHNAZ HUSAIN





Selina

PHOTO : ODISHA FASHION VILLA