

JUNE 20-26, 2021

SUNDAY POST

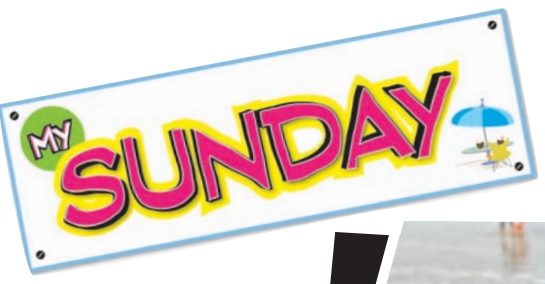
HERE . NOW



FATHER'S DAY SPECIAL

The Super Dads

P
3,4 COVER STORY



ACTOR-ART DIRECTOR LINKAN PATNAIK, WHO HAS IMPRESSED HIS FANS IN FILMS LIKE LOVE YOU JESSICA, LAILA O LAILA AND KOKOLI, PREFERS TO WATCH CLASSIC MOVIES AT HIS LEISURE

» Poet at heart

Writing poems is something which gives me solace in life. Converting the inner feelings and emotions into words through poems puts me in a blissful state.

» Donning chef's hat

I love to treat my parents, sister and wife with desi food when I don't shoot. They love signature Odia cuisine like Pakhala, Badi chura and Saga bhaja prepared by me.



With family

» No gym day

I prefer to stay away from exercising on Sundays to manage the pending household chores. Moreover, I give rest to my body after completing the work.

» Binge watcher

I love to binge watch some select movies at my leisure. Watching classics and realistic films helps me spruce up my acting skills.

» Staying in touch

With meeting friends physically remaining out-of-bounds due to Covid-induced lockdown, I depend on social media platforms or make calls to connect with my friends.



With actor and singer Ila Arun



RASHMI REKHA DAS, OP



A still from the movie Laila O Laila

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

- The librarian didn't know what to do with the book about Tesla's love of electricity, so he filed it under 'Current Affairs'.
- What's the best time to go to the dentist? Tooth-hurtie!
- My math teacher called me average. How mean!
- I used to be a banker, but over time I lost interest

AN EXCELLENT REVIEW

Dear Sir, Chinmay Kumar Hota must be complimented for his excellent review of Bishnupada Sethi's latest bouquet of poems Beyond Here and other poems (June 13). Through his lucid writing style and felicity of expression, interspersed with some excerpts from a few poems, the reviewer has very deftly covered the poet's explorations of life's rich tapestry, its myriad hues and the unknown beyond. However, I found the price of the book on the higher side.

AMIT BANERJEE, NEW DELHI

PLEASANT SURPRISE

Dear Sir, The review of anthology Beyond Here and other poems was a pleasant surprise for me. I knew bureaucrat Bishnupada Sethi as a sensitive Odia poet but was not aware about his English poems. The review Of Life & Death made for an interesting read. I am eagerly looking forward to get a copy of the book.

AKHIL PRADHAN, DHENKANAL

LETTERS

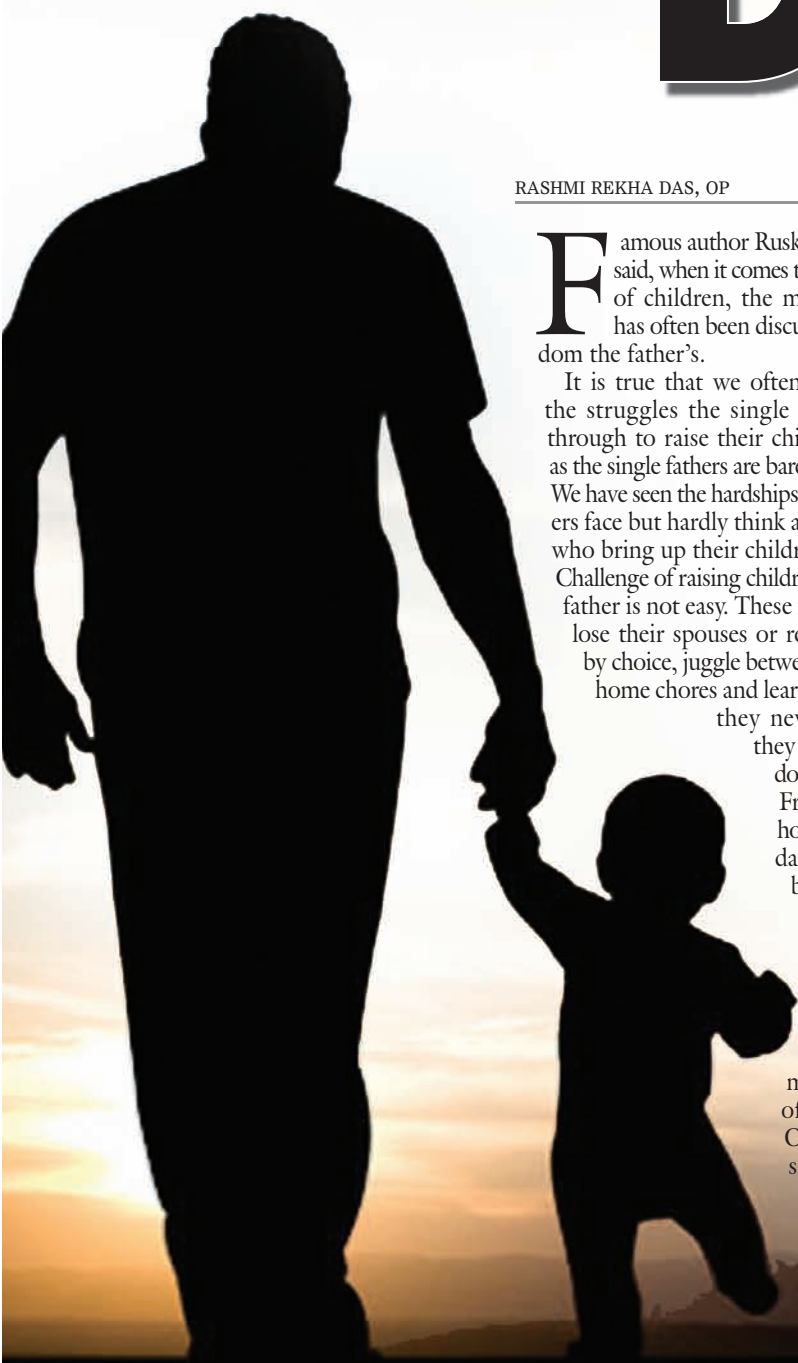
A WORD FOR READERS

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

FATHER'S DAY SPECIAL

The Super Dads

Until a few years ago it was unimaginable to see men fulfilling the responsibilities of parenthood without having women in their lives. But these days, despite challenges, more men are willing to shoulder the responsibility



RASHMI REKHA DAS, OP

Famous author Ruskin Bond once said, when it comes to upbringing of children, the mother's role has often been discussed but seldom the father's.

It is true that we often read about the struggles the single mothers go through to raise their children where as the single fathers are barely discussed. We have seen the hardships single mothers face but hardly think about fathers who bring up their children all alone. Challenge of raising children as a single father is not easy. These fathers, who lose their spouses or remain single by choice, juggle between work and home chores and learn some tasks they never thought they will need to do in their lives. From figuring out how to tie their daughter's ribbon to preparing meals, single dads do everything to understand the motherly side of parenting. On the occasion of

Father's Day, a few of these Super Dads share with **Sunday POST** the challenges they face in raising their children.

Saswat Swayamprakash

It might take some time for the Indian society to accept bachelors adopting kids or seeing men fulfilling the responsibilities of parenthood without having a woman in their life. A responsible single father can certainly do as good a job of raising his children as a single mom. Rourkela-based businessman Saswat Swayamprakash (name changed) is a case in point.

Saswat rescued a newborn from a bush on the morning of July 7, 2012. He found her crying inconsolably with ants found on her body. He rushed her to a nearby hospital where she underwent treatment for three days. He says, "After her recovery, I wanted to take her into my house but my family was against the decision. Despite their objections, I brought her into my house. My orthodox grandmother was furious, suspecting the child as the result of an illicit relationship. Therefore she can't be accepted, said my grandma. My parents too stopped talking to me for three months. I had to face a lot of flak for my 'Prakruti'. I had selected this name as I received her from nature."

Saswat continues: "When Prakruti turned two, I officially adopted her and threw a big birthday bash at Hanuman Vatika to introduce her to my near and dear. When I rescued Prakruti, she was a newborn

baby. So, I had to spend many sleepless nights. I have no regret for adopting her. She is very good at studies and well-behaved."

It is not only Prakruti, Saswat has adopted two more kids from an orphanage in the last six years. He says he feels blessed to have Prakruti as she, at such a tender age, now looks after the other two children when he is absent at home. Saswat even had to call it quits with his fiancée of 10 years as his relationship was gradually coming in the way of his parenthood.

He now plans to adopt two more children. That's not all. Earlier, Saswat was working in the government sector but had to quit job to look after his kids. Interestingly, he has not ever told his children that he is not their biological father. Whenever they ask him about their mother, he says their mother passed away in an accident.

"Meanwhile, my parents' behaviour towards my kids has changed. They love to spend time with them and take care as if they are their own grandchildren. It makes me happy", Saswat signs off.

Arijit Mitra

Bhubaneswar-based businessman Arijit Mitra, has been both dad and mom to his 17-year-old daughter for the last four years following his wife's death due to a heart attack.

Arijit says, "When my wife passed away, my daughter was in Class IX.



Arijit with his daughter

all their questions. I did all these things so that the void created by the absence of her mother can be compensated up to some extent. Besides, I took note of my daughter's likes and dislikes and started taking her to short outings to spend quality time with her."

Arijit continues: "When her mother was alive, she used to help her get ready for parties and functions. Now she has started asking me about clothes she would wear in function and all that. I am happy that she is gradually coming to terms."

Now Arijit has developed a strong rapport with his daughter which was not the case when his wife was alive. "My daughter is pursuing journalism in Birla Global University and she is good at studying. She has become so friendly with me that she pressing for my remarriage", says Arijit.

Manoj Das

Even before his wife's demise, his daughter was his priority, says Manoj Das (name changed) who works in a government department. "So I am taking care of her with the same affection, and warmth just like before", adds Manoj, who lost his wife two years back.

Apart from being friendly with his daughter Riya, Manoj is very much particular about her education. He says, "Her education is my priority. I try my best not to involve Riya in household activities, as I want her to completely focus on studies. It is only after she settles down in life that my role as single parent will be judged by others."

Riya, a Class XII student, on the other hand, is all praise for her dad. She says, "My dad is the strongest person I know. He takes care of all my needs like my mother. So much so, that he, like my mom, enquired about health during my periods. He does everything to bring a smile to my face. Mom was special but dad is no less."

cooking her favourite dishes to bring her out of the trauma. Gradually, we became friends and she started sharing her secrets with me."

"If your wife is no more, you have to understand that the kids will have no one but you to take care of their emotional needs. The first thing to do is to prioritise your kids and spend quality time with them. Try to answer

As she was very close to her mother, it was not easy on her part to accept things as they are and move on in life. I have been trying my best to keep her happy. At the beginning it was difficult for both of us to bear the sudden loss. But for the sake of my daughter's future, I had no choice but to forget about the pain of losing my wife. I started taking care of her little things like



Famous single dads

Hrithik Roshan

Hrithik ended his 13 years long relationship with his wife Suzanne Khan and is now taking care of his sons Hreedaan and Hrehaan single-handedly. He takes care of them, takes them for vacations and keeps them happy. He is a very hands-on parent. He teaches his kids to be responsible, confident and keeps them grounded.



Karan Johar

The producer, director, actor and fashion designer is the newest daddy on the block. He announced the birth of his kids in early March last year. He became a father to twins via surrogacy. He has named his kids after his own parents' name - Yash and Roohi. He is planning to keep his work in the back seat to be with the babies.



Tusshar Kapoor

The *Kya Kool Hain Hum* star became a proud single parent in 2016 through IVF and surrogacy. He is a determined and doting father to his son Lakshya. His son is the greatest source of joy and Tusshar has been busy attending to his parenting duties. Tusshar told the media that Lakshya looks exactly like him.



Rahul Bose

Rahul has always been known for doing a lot to charity. This dynamic actor is very reserved when it comes to his personal life and has adopted six children from the Andaman & Nicobar Islands. He's a single father to all these children. One of the most versatile actors of Hindi cinema, Rahul adopted the kids in 2007 and he is also working towards rehabilitating drug-addicted children.



Rahul Dev

The model, actor, entrepreneur and social activist is playing yet another role - the role of a single parent to his 19-year-old son, Siddhant, since his wife passed away in the year 2009 due to cancer. Although the loss of his mother left Siddhant really sad, Rahul is there with him whenever possible.



Anurag Kashyap

We've all heard about Anurag's marriage to the pretty Kalki and their sad separation just two years after that. But what some people don't know is that this was Anurag's second marriage. Previously married to Aarti Bajaj, the couple has a daughter named, Aaliya. Anurag continues to be a single, doting dad while dabbling in movies.



STICK MAGIC

When dreams come true

THE MOUNTAIN HOCKEY, A FILM MADE ON THE INDOMITABLE SPIRIT OF A TEACHER-CUM- HOCKEY COACH, BECOMES FIRST ODIA DOCUMENTARY TO STREAM ON DISNEY + HOTSTAR

RASHMI REKHA DAS, OP

Born in Sundargarh district, the hotbed of hockey in India, he used to eat, drink and breathe the game. Like many others, he too had a dream to represent the nation. But fate had other ideas and he ended up becoming a headmaster in a local Upper Primary school. However, that couldn't kill his dreams and he managed to relive them by creating a pool of talents many of whom have already played at national and international levels.

Meet teacher Rajendra Kumar Kujur who is fulfilling his dreams by making many tribal girls play hockey at top level. So much so that documentary film *The Mountain Hockey* has been made on his resolves and love for the game. Interestingly, it is the first Odia documentary to be streamed on Disney+ Hotstar last week. Needless to say, the short film is garnering good viewership after its release. The film is not merely about hockey sticks and a ball. It speaks about the resilience of a hockey coach and his determination to turn his dreams into a reality through a bunch of raw talents.

Picking up the poor tribal girls from remote areas of Sundargarh and making them shine at highest level was like a dream come true him, says the headmaster of Amlikhaman Mission UP School.

His protégés Gayatri Kisan, Mary Kandulna, Abhinashi Mukti Suren, Samira Lakhda have made Odisha proud by playing national and international hockey series.

On what attracted him towards hockey, Kujur says, "Sundargarh is known as the hotbed of hockey in India. The district has produced many players who made it to the national hockey team. From a very young age, I have seen my father and siblings playing hockey. So, quite naturally I was drawn towards the sport. I belong to Rangidhipa village of Sundargarh district. Much like others, my day too started with playing hockey. It was my favourite pastime after school hours. The ambience is such that children here cannot think of anything other than hockey. I always wanted to become a member of Team A, stay in sports hostel and play for my nation. But my father had other ideas."

He continues: "When I was in Class VI, Sylvester Toppo, an eminent sports personality from Panposh Sports Hostel visited different schools of Rourkela to scout fresh talents. He picked up 13 students to groom them as future hockey players. I was among the top two in his list. He wanted us to train at National Sports Training Centre in Punjab.

However, my father did not allow me to travel to Punjab. He was under the impression that — *'Khehoge Kudoge Hoge Kharap, Padhoge Likhoge Hoge Nabab'* and believed that there was no future in playing hockey. Therefore, my dreams remain unfulfilled."

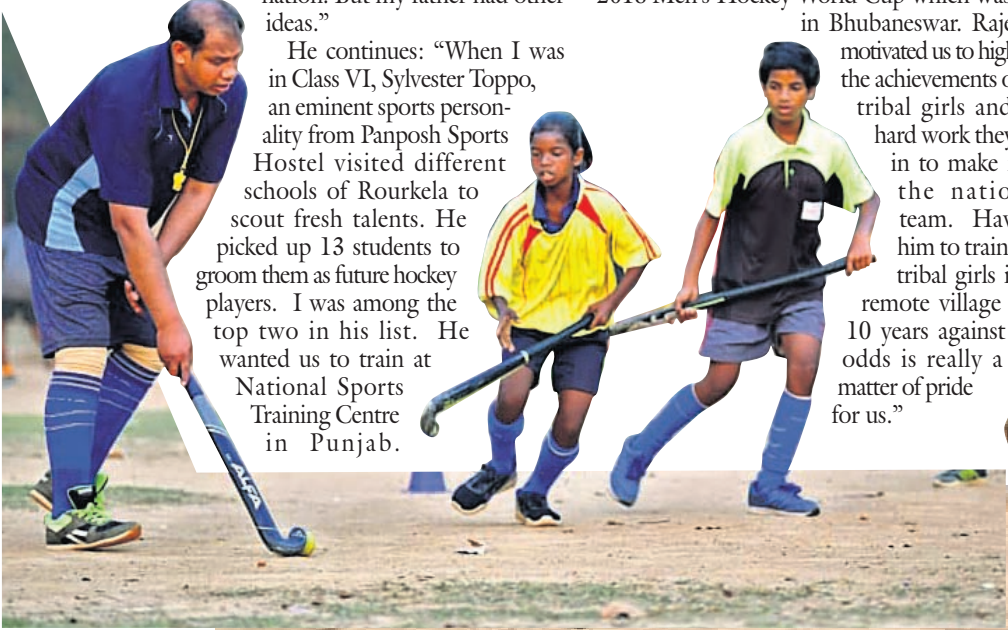
Recalling another fondest memory he says, "I was also chosen to get training under Sundargarh Sports Hostel. When I expressed my desire to live in sports hostel, my father didn't approve. I even played hockey at college level and went on to represent the university team. But unfortunately, I was not picked up for the playing eleven because by then I had started training to become 'Father' in a catholic church. After that my dream to play for the nation came to an end. While playing for Northern Star club, Sambalpur we won 22 consecutive matches in a span of two years but it had no meaning to me. In the meantime I became the 'Father' of a catholic church and was posted in Amlikhaman in 2008-09."

Hockey coach Rajendra Kujur couldn't play for India at his prime but he has now created a pool of talent many of whom have already played national and international series

On reliving his dreams, Kujur says, "When I moved to Amlikhaman, I noticed girls were very good at hockey there but they lacked proper training. They didn't even have proper sticks to play. I tried to plug the holes and make them confident about the game. As I failed to fulfill my dreams I wanted to relive them through these girls. Initially, I started training 20 students and the number rose to 200 in no time. It is like fulfilling my dreams."

"I had never thought that a documentary would be made on my struggle and whatever little I have achieved. I considered it to be a great honour for me", adds a proud Kujur.

Film's producer Subrajit Pradhan says, "The idea of making a documentary was conceived after 2018 Men's Hockey World Cup which was held in Bhubaneswar. Rajendra motivated us to highlight the achievements of the tribal girls and the hard work they put in to make it to the national team. Having him to train the tribal girls in a remote village for 10 years against all odds is really a matter of pride for us."



Shaan's unique way of celebrating Father's Day



Singer Shaan is set to release a new song to mark Father's Day today. The track titled *Tera Hissa Hoon* tells the story of a father-son relationship. Opening up about the song, Shaan said it is necessary to spend more time with parents, especially during the ongoing pandemic. "The pandemic has made us all realise that how satisfying spending time with our close ones can be and to get our priorities right is very important. Let's not wait until it's too late and spend more time with our ageing parents. They have sacrificed so much for us. It's the least we can do," he said. The track has been sung, written and composed by Shaan and he plays both father and son in the music video. The video also features the singer's son Shubh Mukherjee. IANS

Twinkle gives glimpse of her 'upside down' world



Actress-author Twinkle Khanna treated fans to a fun picture with a witty caption last week. The actress, who recently celebrated her mother Dimple Kapadia's birthday, posted a picture on her Instagram account where she is seen relaxing on the couch, but upside down. Twinkle, known for her funny captions, wrote: "Sometimes you have to be upside down to see this right side up. #babatwinkledev". Twinkle often gives fans a glimpse of her family time. From getting face painted by daughter Nitara, to pictures of holiday with husband, actor Akshay Kumar, the actress keeps fans regularly updated! IANS

Vaani super hopeful about Bell Bottom



Vaani Kapoor has a dream line-up right now. After her last release, the blockbuster *War* in 2019, she was cruising along, looking at three mega releases in 2020. Then, pandemic struck. It's delayed her date with the box office, of course, but *Bell Bottom* starring Akshay Kumar, *Chandigarh Kare Aashiqui* with Ayushmann Khurrana and *Shamsher* with Ranbir Kapoor are still mega attractions at the box office. It's been a long wait, but with *Bell Bottom* being formally announced for theatrical release July 27, Vaani tells how it pays to be patient. "It's a solid product and Akshay sir, like in every film of his, is simply outstanding. One has to see the film to understand what he has done. I'm grateful that I have a big

film coming out now," says Vaani. "It's been a long wait to see my films get a release due to the virus, but I'm being super hopeful now that the audience will be entertained by them," she adds. IANS

Siddhant relives his childhood



Actor Siddhant Chaturvedi was recently in the mood for poetry, relieving his childhood in his new Instagram post. Siddhant posted a clip that shows him sitting on a swing. Alongside the video, he wrote a poem in Hindi: "Akhri baar jhoole pe kab baithe the? Pedh se Jaamun kab tode the? Kaagaz ki plane kab udai thi? X and 0 kab jeete the? (Hamesha Draw) Likhne ne zada toh Pen-fight mein use hoti thi Pen... TV pe dekhte Popeye, Dexter aur Ben-10, Geeli rumal ko ghuma ke 'Phatak' (When was the last time you sat on a swing; plucked berries; made paper planes; played tic-tac-toe and always ended in a draw? Used your pen more for pen fights than writing; Watched Popeye, Dexter and Ben-10 on TV, Soaked your hanky and struck someone with it)." Siddhant, who came out with the song *Dhoop* last year amid the pandemic, will next be seen in *Bunty Aur Babli 2*, *Phone Bhoot*, *Nudhra* and a yet-untitled film by Shakun Batra. IANS

International Yoga Day - June 21

Yoga for Beauty and Immunity



Yoga is not just a physical exercise but a complete programme which enables the amalgamation of the mind and body



As the country battles the pandemic on a war-footing, India's traditional system of yoga has been established again as a means to boost immunity and improve overall health and well-being. A consistent yoga practice – along with certain poses in particular – can support and boost the immune system.

You can enhance your beauty with yoga by incorporating strict guidelines in your daily life. Regular practice of yoga, pranayama, and meditation aids you in reversing the signs of ageing including wrinkles, saggy skin, crow's feet, and fine lines amongst others.

Pranayam helps to purify the blood because of the increased intake of oxygen, which is very crucial for improving immunity. It is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, disease-free body.

Those who regularly practice yoga and meditation have a certain glow about them that comes from within and radiates outward. Yoga helps condition the lungs, clears the respiratory tract, and stimulates the lymphatic system to oust toxins from the body. It also brings oxygenated blood to the various organs to en-

inner beauty. Meditation creates more antibodies in the body. It significantly increases left-sided, anterior brain activation (pattern indicating positive emotions) in meditators.

The practice of yoga may greatly aid in helping you look youthful and fresh.

I have always said that a strong immune system, good health, and beauty are complementary to each other. Unless you are healthy from the inside, you cannot reflect true beauty. For flawless skin, shiny hair, and a slim figure, good health must be on top of the list. In fact, I promoted the Ayurvedic principles of holistic health, with yoga as an integral part of the program. This concept of holistic beauty care was unique and caught on worldwide. In fact, I believe that yoga is very relevant to our modern lifestyle, in terms of both health and beauty. Personally, it has been a part of my life and I have experienced its numerous benefits.

The appeal of yoga lies in the fact that it helps both body and mind. It not only works on all the muscle groups but also increases vitality, tones the internal organs, stimulates the nerve centers, relieves stress, and clears the mind which boosts immunity and gives you an attractive personality and beauty from within. Although it is an ancient Indian discipline, it has also gained relevance as a means of attaining a well-balanced personality and delaying the visible signs of ageing.

The other important aspect of yoga is that it involves breath control and specifies the inhalation and exhalation of breath during the exercises. Thus, oxygenation which boosts immunity is a feeling of physical and mental extension. This is so important for beauty because a feeling of good is an integral part of being good.

When we talk of

beauty, we do not talk only about the beauty of the face. It also includes the figure, giving it suppleness, good posture, and grace. Where appearance is concerned, a slim figure can take years off and helps in staying youthful for a longer time. It supplies oxygen to every tissue and this, itself makes way for both health and beauty. If you are leading a life that does not provide enough physical activity, you are actually encouraging ageing. Exercise is a potent remedy for premature ageing, not only because it strengthens the body, but also keeps it looking trim, fit and enhances immunity in the body.

Many beauty problems are triggered by stress. Since yoga helps to induce relaxation and reduce stress, it certainly helps in dealing with stress-related conditions like acne, hair loss and dandruff. Studies conducted on those who practice yoga have shown that positive changes also occur in personality, attitudes, emotional stability, and self-confidence. It has a direct effect on the mind, emotions, and mood. You will feel instantly rejuvenated and good about yourself.

It's important to sleep well, reduce stress, and eat healthily. Holistic health and self-care are keys to radiant skin since taking care of yourself inside will be reflected in your outer shine.

In this manner, yoga is an organic technique of helping us keep our mind and body in the same place at the same time.

It is not just a physical practice but a complete programme of how to live in the world.



SHAHNAZ HUSAIN



Gyana

PHOTO: KUMAR SHARAT, OP