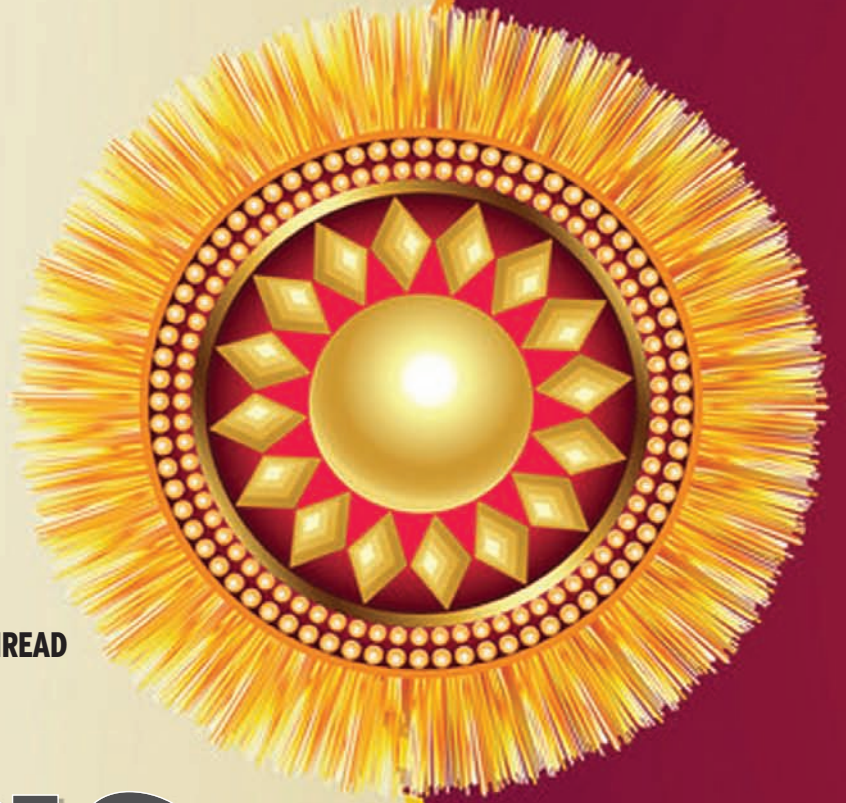


AUGUST 22-28, 2021

SUNDAY POST

HERE . NOW



CELEBRATING RAKSHA BANDHAN - THE FESTIVAL OF SACRED THREAD

Siblings by choice

P
3,4 COVER STORY



Special educator-turned-chef Kasturi Patnaik, who rose to fame after launching her star-tup 'Petafull', a door-to-door food delivery service during the Covid-19 outbreak, loves to spend quality time with her granny to make her feel special



Tireless Worker

Sunday being a public holiday, I get maximum orders on this day. So, I have to work till late afternoon to satisfy my customers. I also prepare a to-do list for next week.

Papa's Girl

My father is a food connoisseur and a big fan of what I cook. When I am at home, he asks me to don the chef's apron and prepare signature Odia dishes like Dalma and Ghanta Tarkari for him.

Fitness Freak

I practice both yoga and pranayam to keep my mind and body fit. Besides, I also do aerobics and dance to remain in good shape.

Root Matters

I make sure to execute all the orders before evening and visit my maternal grandmother's home as my presence always makes her feel special.

Caninophile

My doggie Seru is my BFF. On Sundays, I take him out for a morning walk and try to spend as much time as possible.

With Special Children

Being a special educator, I teach special children and help them do therapy for their well-being.



With parents



With her pet Seru

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

- SALARY - Something which comes at 2G speed and goes away at 4G speed.
- The most powerful words other than I LOVE YOU is "Salary is Credited"
- If people are talking behind your back, be happy that you are the one in front.
- I love rumours. I always find out amazing things about myself that I never knew about.



REALITY CHECK

Dear Sir, 'A Day For Introspection'(Aug 15) provided meaningful insights into the myriad problems plaguing Indian society even 74 years after independence. Notwithstanding the tremendous strides made by the country and the indescribable elation that we experience on every Independence Day, the reality check presents a disturbing scenario. For the vast majority, especially women, the freedom from discrimination, deprivation and the right to exercise their own choices without any hindrance, remains largely a distant dream.

AMIT BANERJEE, NEW DELHI

EYE OPENER

Dear Sir, Dr Soumya Subhadarsini's write up on spooned nails last week was really an eye opener. Not many people are aware of the fact that spooned nails or Koilonychia is a physical deformity caused by iron deficiency. Moreover, it is an indication about impending serious health issue. The article will certainly help many detect the condition early to prevent the future complications.

SANDEEP SAHOO, BRAJARAJNAGAR

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

CELEBRATING RAKSHA BANDHAN - THE FESTIVAL OF SACRED THREAD

Siblings by choice

Raksha Bandhan is not confined to those who are biologically related. There are many instances when men and women back each other like siblings even though they are not born to the same mother

RASHMI REKHA DAS, OP

Today Raksha Bandhan is observed across the country to celebrate the purity and sanctity of the bond between a brother and sister. While a sister ties a 'Rakhi' around her brother's wrist for his long life, the latter takes a vow to protect her under any circumstance.

However, the celebrations also go beyond the blood ties when people share close relationships. Whether it is Mughal emperor Humayun from history or Lord Krishna from mythology, they went out of their ways to protect their rakhi-sisters Draupadi and Karnavati. **Sunday POST**, on the occasion of Raksha Bandhan, presents a few brother-sister duos that are not biologically related but their bonding is no less intense than what exists between any siblings.

Ipsita-Anang

Cuttack-based Ipsita Priyadarshini, who works as a project coordinator in an NGO, came in touch with Anang when she was

studying in BJB Autonomous College in Bhubaneswar. The vibrations matched and in no time they became true friends. It didn't take too long for Ipsita to wish Anang was her sibling. Even though Ipsita and Anang haven't been born to the same mother, there are so many instances when they backed each other like siblings.

Sharing an anecdote, Ipsita says, "On the very night when cyclone Phailin hit the state, my mother was bitten by a venomous snake. We rushed her to a nearby



hospital in an unconscious state. We didn't have enough cash with us and the ATMs were not working. I sought help from some of my close friends but to no avail. We are in a state of panic. Left with no choice, I called Anang. Expectedly, he not only rushed to the hospital all the way from Bhubaneswar braving inclement weather, he stayed the whole night till mom gained sense. Not to mention, he already had handed me Rs 10,000 to meet the urgent medical needs.

"This was not the only occasion when Anang bhai shouldered my problems; he has stood by me like a rock since we have known each other. Like a brother he protects me in every situation. Though we don't share the same mother, he is a brother in true sense."

Anang, a social worker by profession, says, "I can't forget those days when Ipsita took care of me like my

sister. I suffered from typhoid while doing my MSW course. Though she was in Cuttack at that time, she would come early in the morning, make breakfast for me and check whether I took medicines on time before leaving for her classes. She even prepared notes for me before my semester papers as I was too weak to make them. She took me to hospital and never left me alone till my complete recovery. Like a sister, she also guided me in taking important decisions in life. Even though I am not her biological brother, she will remain my sister lifelong."

Jyoti-Tigmanshu

Jyoti Rekha, a homemaker from Bhadrak, had never imagined that she would ever be accepted by her family after she married a boy of her choice. But her brother Tigmanshu Narayan Bhanja (Silu) made it possible. "I came to know about Silu Bhai after his marriage to my cousin Smruti in 2007. As I was very much close to Smruti, I got along well with her hubby also. Everything was hunky-dory till I decided to have a love marriage in 2020. My family members stopped talking to me and I was not allowed at home.



Raksha Bandhan In History and Mythology

Legends say that Raksha Bandhan celebration is not confined to blood relations only. The story of Rani Karnavati and Mughal emperor Humayun, is quite popular among historians. When Rani

Karnawati, the widowed queen of the king of Chittor realised that she might not defend her kingdom from the invasion of the Sultan of Gujarat, she sent a 'Rakhi' to Humayun and, in return, the emperor sent his troops for her help.

Another reference is connected with Lord Krishna and Draupadi from mythology. Once, Lord Krishna threw a celestial weapon at Shishupala to punish him for his numerous sins.

However, during the act of hurling the Sudarshan Chakra from his index finger, he hurt himself.

On seeing the blood oozing out, Draupadi tore off a piece of her cloth to wrap around Krishna's finger to check the bleeding. Krishna was touched by her gesture of devotion and asked her what she would like in return for this favour. Draupadi, like a true sister, just asked for the Lord's holy presence in her life forever. When the Kauravas tried to dishonor Draupadi, she prayed Krishna and he came to her rescue.



However, Smruti and Silu Bhai realised my pain. Though Smruti wanted her husband to stay away from my family issues, he came forward and approached my family as well as my husband's family to settle the issue once and for all. In the beginning both parties rejected Silu Bhai's proposal and even badmouthed him. Undeterred, he persisted with his efforts to unite the families which paid off in the long run.

Now, I am leading a blissful life. When my siblings did not understand me and my emotions, Silu Bhai came through like a breath of fresh air. He is more than a brother to me."

Tigmanshu, who works in the corporate sector, says "Jyoti is more than a sister to me. She created a special place in our family for the way she hosted our guests during my marriage. Besides, she is very much close to my wife and that made the relationship stronger by the day. Once, my wife suffered from diarrhoea. Since I was away from the town due to office work, Jyoti rushed to Bhadrak Headquarters Hospital to take Smruti's care and spend a night on the hospital verandah. Be it medical needs or other problems, Jyoti took care of my wife on many instances even as they are not blood related. So, I never hesitate to do my part as her brother when the situation arises," signs off Tigmanshu.

Susmita-Abhijeet

Top Odia playback singer Abhijeet Mishra considers Susmita Das, also a renowned singer, his sister. He says, "Words fall short when I try to define our bond. Be it happy moments or when I am in trouble, I find her next to me."

Abhijeet recalls, "I was fortunate to get an opportunity to work with legendary musician AR Rahman in a project during my initial days at Mumbai. However, I slipped into depression when the project was over. I was feeling alone in Maya Nagari Mumbai. One day, I made a call to her and broke down like a child to get rid of the condition. Like an elder sister, she explained to me that I



was high in emotion when working with Rahman Sir and the emotion level dropped after the winding up of the project. I should be prepared for that in future, she said. Her words helped me immensely to overcome depression. Be it personal life or professional life, she stands by me as a sister."

Sushmita, on the other hand, says, "I came in contact with Abhijeet 15 years back. Since I lost my brother at an early age and Abhijeet resembles him a lot, I developed a spontaneous affection for him. We have toured entire Europe and the US together for concerts. Needless to say, I feel protected when he travels with me. He takes care of my little things like a young caring brother."

Riya-Debesh

Entrepreneur Debesh is a distant relative of TV anchor Riya. But their bonding is no less than what exists between siblings as they understand each other's unspoken pain.



Citing an example of their closeness, Debesh says, "About a month back, I got into depression following an issue in the family. So much so, that I wanted to end my life. But committing suicide is easier said than done. No one really wants to die. So, I texted Riya though it was late in the night. She instantly sent a few voice messages that gave me immediate relief. I would say, she saved my life that day. For me, Riya is more than a sister."

Riya says, "In Odia, Nana means brother and I call him Bapi Nana. Like a brother, he is very protective about me. He understands me like no one does. I was really worried when he lost interest in life and wanted to die. I feel honoured that he confided in me his personal issues and sought my suggestions when he needed them badly. I also feel the same and look up to him when I face any difficulties in life. We are more than siblings."

Look your best this Raksha Bandhan



Looking cheerful and pleasant on this special occasion is all about choosing the right shades of colour cosmetics. Selecting them according to skin colour and tone is as essential as learning the techniques of application.

Like all festive occasions, girls love to dress up and look their best during the festival of Raksha Bandhan. However, looking cheerful and pleasant as a host of this festivity is all about choosing the right shades of colour cosmetics. Here are a few tips to have a celebration-perfect look this Raksha Bandhan.

Fruit mask for all skin types: Fruits like banana, apple, papaya, orange can be mixed together and applied on the face. Keep it on for 20 to 30 minutes. Then wash off with water. It cools the skin, cleanses dead cells and removes tan.

Cooling mask: Mix cucumber juice with two teaspoons powdered milk and one egg white into a smooth paste. Apply on face and neck and rinse off with water after half an hour.

Mask for oily skin: Mix one tablespoon Multani Mitti with rose water into a paste and apply on the face. Wash off when dry.

After applying face mask, take two of the cotton wool pads soaked in rose water and use them as eye pads. Squeeze out the rose water and then apply on closed lids. Lie down and relax, while you have the mask and eye pads on.

Raksha Bandhan is usually celebrated during the day. Daytime make-up has to be light and carefully done. If you have a clear skin, leave out foundation. After cleansing, apply a sunscreen with a built-in moisturiser. Then apply powder. Translucent powder, like a baby powder, is good. For oily skin, apply astringent lotion, instead of moisturiser. Then, apply compact powder. Pay attention to the oily areas of the face, like nose, forehead and chin. Press the powder all over the face

and neck, with a slightly damp sponge. This helps it to set and last longer.

For eye make-up, stick to eye pencils during the day or line your eyelids with brown or gray eye shadow. This gives a softer effect. Then, apply only one coat of mascara, which helps to make the eyes look darker and brighter, but prevents the heavily made-up look.

For lipstick, avoid very dark colours, like dark maroon. Go for light pastel colours, pink, mauve, light browns, copper or bronze. The colours should not be too intense or use only lip gloss. First outline the lips with a lip pencil, same shade as your lipstick. Fill in colour with a lipstick brush.

Foundation tips

Fair skin: While choosing Foundation for a very fair skin, go for beige with a rosy (pinkish) tint. Also use beige, pink or orange undertones. If the complexion is fair, but sallow (i.e. yellowish), avoid pink tones and go for beige or biscuit shades. For eye colours, a brown eyebrow pencil may be more suitable than black. Apply dark brown or dark grey eyeshadow over black eyeliner. It will tone down the stark black look. For fair skin, try pinks and reds for blushers and avoid dark colours in lipstick.

Wheatish complexion: Most Indian complexions are wheatish. Go for water based foundations. Choose a colour as close to skin colour as possible. Avoid choosing lighter colour foundation. It will not provide a smooth finish, but give a mask-like effect. Use bronze or brown eye shadow. Add a touch of gold under the brow. For blusher, try bronze. For the lips, go for warm earthy colours, like coral, wine, plum, red and shades of red. A dark pink or rose-red would look good too. Avoid maroon, bright orange or very pale pink. The lip liner colour and lipstick colour should be the same.

-Dusky / Olive: (Slightly dark): Dusky, or olive complexions, look better with brownish beige shades for Foundation. It should be a colour that will add some glow to the skin. For blushers, avoid mauves and light pink. Go with darker pink, or even some brown shades. A high-lighting powder will help to add glow. Try it on your

checks, along with your nose and forehead. For eye make-up, go for darker brown shadow, or try bronze or silver. For dusky complexions, dark eyes look captivating. So, go for black eyeliner and mascara. Apply eyeliner and smudge with a cotton bud, or apply eye shadow over it. It will give the smokey eyed look. Go for gloss for the lips and nude shades in lipstick would be good to bring out the glow in the complexion.

Dark skin: If you have a dark skin, choose liquid foundations, instead of a creamy one. The foundation should not be lighter than your skin tone. Try to get one which is as close to your normal skin colour as possible. Try out foundation colours in natural brown tones. When you apply foundation and powder, your aim should be for a lighter coverage. Special attention should be paid to blending. Avoid white and light coloured shadows. Soft brown combined with darker brown would be good. Use a kaajal pencil to outline the eyes. This can have a stunning effect on dark skins.

Last but not the least, have superb confidence in you and spread the waves of the warmth of love and affection with all family members.



SHAHNAZ HUSAIN



Vaani on why *Bell Bottom* is special to her

Vaani Kapoor and Akshay Kumar's much-awaited film, *Bell Bottom* released last week.

Recently, the actress took to her Instagram handle to share a new poster featuring Akshay. Along with the poster, she penned a heartfelt note and revealed why this film will be special to her.

Bell Bottom star Akshay Kumar steps out for fresh air after finishing his quarantine in London; reveals he is '*Missing Ratlam ki galiyaan*'

In this poster, we can see Vaani and Akki can be seen posing together. Vaani looks gorgeous while the actor is looking dapper wearing aviators and sporting a moustache. She revealed that because of Akshay this film will be special to her. She further praised her co-star for his dedication and hard work. The post was captioned as, "*Bellbottom* will always be special to me because of You @akshaykumar sir !!! The dedication and hardwork you show is inspirational."

AGENCIES

Pooja Hegde is a busy bee

Pooja Pooja Hegde is currently busy shooting for her multiple films. Apart from her Hindi films, she also has a bunch of South projects. Reports suggest that her films, *Beast* and Prabhas starrer *Radhe Shyam* might release on the same day.

A source close to the film shared, "The makers of *Beast* are looking at the start of Pongal next year for the film's release, which will be on the 14th of January, 2022 so hopefully, theatres will be open and functioning by then."

If this turns out to be true, Pooja Hegde will have a double release on the date as her romantic period drama, *Radhe Shyam* is also slated for a Pan-India release on the same date.

Meanwhile, Pooja will be exploring different genres in her upcoming projects. She will be seen with Ranveer Singh in *Cirkus*, *Radhe Shyam* with Prabhas, *Bhaijaan* with Salman Khan, and other South projects. Speaking about them, Pooja assured that it will be a treat for the audience.

AGENCIES



REKHAS VOICEOVER FOR SPEAKING TREE

Veteran actress Rekha will be lending her vocal prowess for a promo for the controversial reality show *Bigg Boss 15*.

Rekha said: "*Bigg Boss* is a very 'naayab' show, that has all drama, action, fun and thrill and what's more, you get a crash course of life itself. And if one is patient and resilient, one will evolve to be one's best self! What could be better poetic justice than that."

The timeless diva will be doing a special voiceover for a tree in the promos of the show, hosted by Bollywood superstar Salman Khan on television.

She added: "It is going to be an exciting new experience, as I am doing a voice over for a 'speaking tree' whom Salman has fondly named 'Vishwasuntree', a vibrant tree full of wisdom, hope and faith! It is always gratifying to work with Salman and I feel blessed to share these unique moments with him... He is as always a pure pleasure!"

AGENCIES



Shreyas gears up for maiden short film

Actor Shreyas Talpade is all excited about his upcoming short film titled *Speed Dial* and is looking forward to his 'first eve' short film.

The film is directed by Kushal Srivastava and produced by 8 PM Premium Black Music CDs.

"Working on *Speed Dial* has been a really fun and interesting experience for me. Honestly, if you think of it, this is my first short film ever and I am happy that I've shot with Kushal and his team which is equally enthusiastic. The character of Kabir is very relatable and I'm sure a lot of people will know exactly what he's going through. In sit-

uations like that, everyone would love a bit of luck and magic to help them out. Audiences are definitely in for a few fun twists and turns with *Speed Dial*," said Shreyas.

The film follows the story of Kabir, essayed by Shreyas, who is a contemporary 'everyman' and an introvert to such an extent that he can't even express his one-sided love to his childhood crush Ayesha. With Ayesha about to get married to someone else, Kabir is about to take a drastic step when luck shines on him, turning his world around for the better.

AGENCIES



Middlemarch

Among the greatest English novels

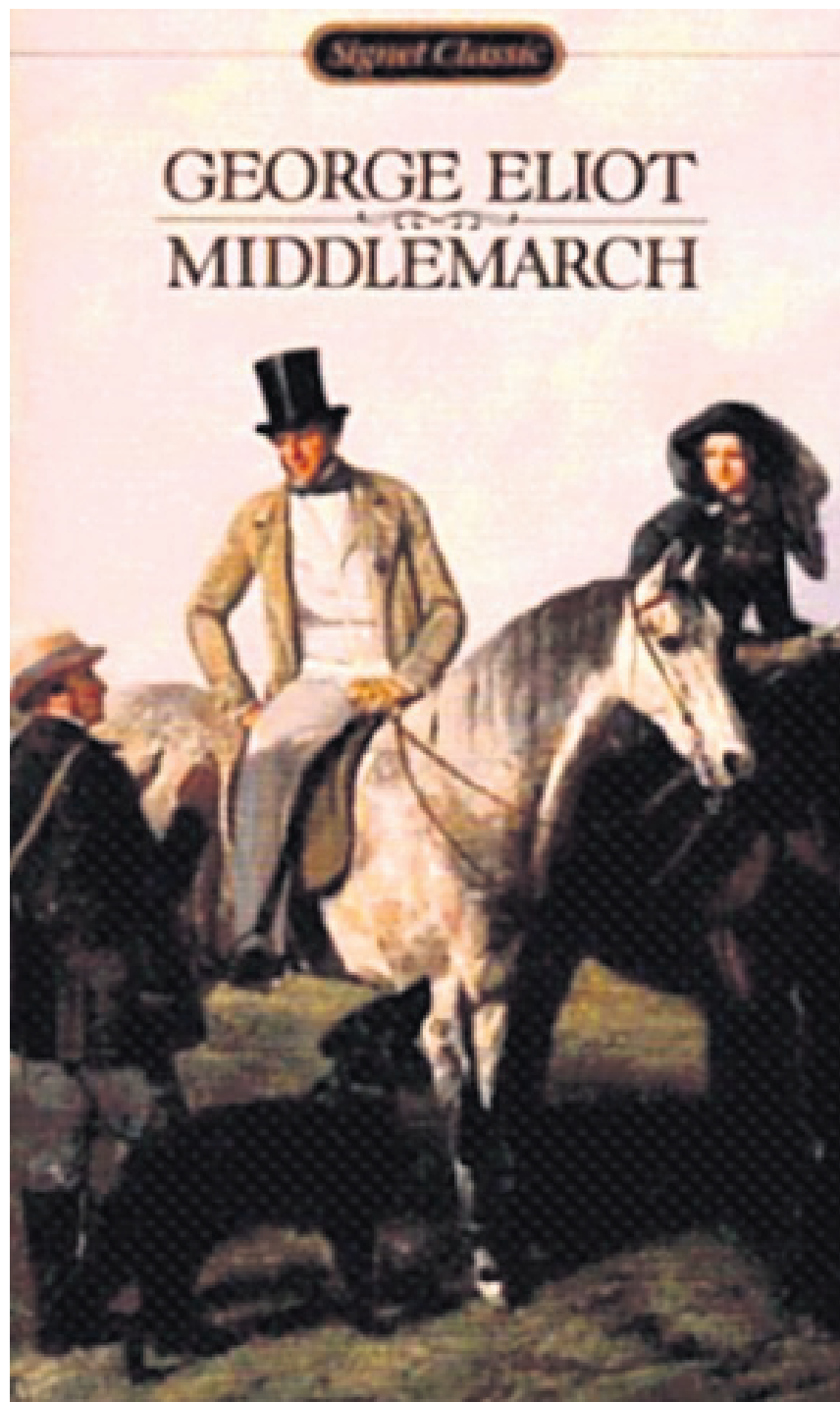
Middlemarch, a Study of Provincial Life by George Eliot has been considered a landmark in the history of the English novel. When Middlemarch appeared in 1871-72, Dickens and Thackeray had departed the literary scene and George Eliot was acknowledged the greatest living English novelist. At a time when women were forced to step back in a patriarchal world, Mary Anne Evans adopted a male pseudonym and went on to storm the bastions of English Literature. The brilliance of her style and language, acute sense of observation and careful delineation of plot and character, “unravelling certain human plots and seeing how they were woven and interwoven” have placed her among the best of writers.

Set in the 1830s, almost four decades before it was written, the novel as the subtitle suggests is as much about its characters as a multilayered story of provincial life on the brink of momentous change. It is about an entire community of characters coming under social pressures and their impact on individual ambitions. It is England on the cusp of change with the Reform Act of 1832- the reshaping of parliament, the extension of franchise beyond a narrow elite, the fears of industrialisation which would render manual skills obsolete, alarm of the Railway.

Each subplot is interwoven with the other forming a cohesive whole forming a grand tapestry of characters wrapped in their dilemmas.

The chief subplot in the story is that of Dorothea, a beautiful, intelligent girl, puritan and moralistic at heart, chooses an elderly, scholarly, selfish clergyman, Casaubon, for a husband. Marriage for her was an ennobling discipleship to a father figure. For his sake she learned to read Greek and Spanish in transcribing material for his magnum opus “Key to all mythologies”. Soon her marriage unravels and she realises the barrenness of her marriage to a man who is not able to reciprocate her emotion and is devoid of common human impulses. Her journey through the marriage is the bildungsroman of a young girl to an awakening and release and the realisation that Will Ladislaw, Casaubon's young cousin and she love one another. When finally the dying Casaubon cuts off Dorothea from his will if she marries Ladislaw, regardless of consequences of losing wealth she marries Ladislaw in all her idealism.

The second subplot features the young doctor Lydgate who comes to Middlemarch with aspirations and dreams to achieve something great in medicine and is thwarted by a



misguided marriage to Rosamund Vincy, a pretty, manipulative, accomplished girl. Rosamund is an extravagant social climber who wants to escape the provincial life of Middlemarch through the lineage of her husband. Lydgate is the noble hero with a fatal flaw, able, ambitious, and courageous but with certain arrogance, blatantly contemptuous of the doctors, apothecaries and the society

of Middlemarch and unable to take care of his finances. Finally it is left to Dorothea to help him out of his debts and restore his dignity.

Then there is the religious Banker, Bulstrode, basically a hypocrite who tries to hide a sinful past through his present reputation and when his past catches up with him reaches an ignominious end. The moral centre of the

book belongs to the Garth family and the love between the plain unassuming straight spoken Mary and Fred the scion of a well to do family is a genuine feeling that cuts across class prejudice. The Garth family is responsible for inculcating the value of not making extravagant claims on life or lowering one's moral sight in respect of important issues.

Apart from these the book is laden with several characters each adding to the whole and making the novel a rich reading experience. It is the panoramic example of a small town and its inhabitants whose stories lend strength and texture to a novel telling us the way a community works and the state of the nation. In the novel there is a feminist subtext where she feels women should assert themselves and simultaneously says they must adapt themselves to their conditions. Here we see Eliot's mind is expansive, inclusive, able to identify and accommodate conflicting opinions aware of the limitations of a single point of view. She is a sceptical genius questioning every intellectual position and leading us to question it too. Middlemarch above all is about change and how people adapt to or resist change in their marriages, professions, family life and social intercourse. The novel is full of erudition with literary references and allusions and a keen knowledge of the outer world. From the mannered drawing rooms of Jane Austen and Dickens's grimy offices, we come to George Eliot who gave us the variety in the working of everyday life.

In her fiction she gave us unforgettable female characters whose travails continue to inform readers of ambition, love, resisting convention and trying to grasp happiness even at a cost and staying true to yourself and believing it is never too late. In his tribute to George Eliot, Henry James says “When one reads George Eliot's novels, the emotions, the tormented intelligence, the moral conscience of her heroes and heroines becomes one's own adventure” In an international survey of the BBC, readers around the world have voted

Middlemarch as the greatest English novel. It is said great novels are like cathedrals of the modern world. Middlemarch is certainly one of them.



Sudha Devi Nayak



Puja



PHOTO: KUMAR SHARAT, OP