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SUNDAY POST

HERE . NOW



Bringing school to doorsteps

P_{3,4} COVER STORY



BM Baisali is multi-talented. She is a certified yoga trainer, a singer, a committed theatre artiste and an Odissi dancer. And now, she looks forward to the release of 'Kedar Gouri', her first Odia film as a leading lady. The actress, when free, loves to accompany her father to the market and buy fresh vegetables



Self care
I jog for an hour in the early morning and drink green coconut water, at least once a day to get natural glow on my skin. The electrolytes and antioxidants in coconut water also strengthen my immune system.

Foodie
I am a non-veg food lover. Pakhala (fermented rice) with Sukhua (dry fish) is the ultimate treat for me if I get them on a Sunday lunch platter.



My Dad My Hero
There is no bigger joy for me in the world than to spend time with my dad. I love to join him in buying fresh vegetables from the market Sunday morning.

A Fulfilling Day
Being a certified Yoga teacher and a trained Odissi dancer, I take Odissi and Yoga classes for students on the Zoom app to make my Sunday a happy day.

Part-time Gardener
We have grown varieties of vegetables like papaya, lady finger, tomato and spinach in our backyard. Though my parents take care of the plants on other days, I enjoy gardening on Sundays.

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

- Maybe if we tell people the brain is an app, they'll start using it.
- I hate people who steal my ideas before I think of them.
- Please God if you can't make me slim make my friends FAT!!!
- I love finding money in my clothes. It's like a gift to me from me.

LEAST-EXPLORED SECRETS

Dear Sir, I loved the cover story of last edition 'Exploring the remote' because all the places recommended by the travel bloggers were completely new to me. Despite being a permanent resident of Cuttack, I was ignorant about Mamu Bhanaja hill which is just a stone's throw away from the city. Thanks to Sajal Sheth, I got to know about the site and also packed my bag to visit the place with my friends. But my dream remained unfulfilled due to incessant rain triggered by cyclone Gulab. As the place is not much crowded, I have rescheduled my visit to October 2, a national holiday. It's true that common tourist destinations are no more in vogue. Exploring less discovered destinations will add zing to life.

SAMRESH TRIPATHY, CUTTACK

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
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Bringing school to doorsteps

Veterinarian Dr Balam Sahu, in a bid to generate low input based sustainable livelihood options, has been running for the last 13 years a campaign - 'Pathe Pathshala'- to train rural women, farmers, school dropouts and jobless artisans among others

RASHMI REKHA DAS, OP

His is not a conventional educational institute which teaches Science, Math and literature in the classrooms. But veterinary practitioner Dr Balam Sahu named his campaign Pathe Pathshala (a classroom on the move), that he launched about 13 years ago to educate people for their wellbeing. The initiative is still on and it continues to change lives for the better.

Balam says he teaches the skills that help people, mostly from economically backward section, generate low input based sustainable livelihood.

No wonder, the students are not the conventional school goers. "Our students are farmers, pastoralists, livestock keepers, artisans, school dropouts and homemakers. They are braced into our class irrespective of their age, gender, colour, caste, creed, educational back ground and religion," says Balam.

The veterinary doctor, who understands the grassroots needs, has so far conducted over 1,050 such doorstep classes in Odisha and other states. Even the outbreak of Covid-19 couldn't dent his spirit as he continued to disseminate information forming 100 WhatsApp groups having 250 members each during these difficult hours.

In an exclusive conversation with **Sunday POST**, Balam laid bare about his unique initiative and many more.

The Beginning

As a government veterinary doctor Balam used to give lectures and train the farmers on livestock rearing and traditional methods of treating cattle diseases. A workshop held in 2008 changed his notion towards women livestock farmers and *Pathe*



Receiving Gold medal from Padma Shri Prof Anil Gupta

Pathasala came to the fore.

Recalling the anecdote, he says, "The training sessions meant for the livestock farmers were mostly held either in Bhubaneswar or at major towns of Odisha. At such an event, I spotted just one woman among the 40 participants. As women play a vital role in farming activities, their low attendance made me worried. The woman revealed that many women in her village wanted to take part in the workshop, but could not step out due to domestic obligations. It was then I realised that the most important segment of the society was getting deprived of the right information. So, I decided to reach out to them and empower them in their language. I named the initiative - *Pathe Pathasala*. I visited Dalibati village, inhabited mostly by the Gola community members who are goat keepers, in Ganjam district. They had excellent knowledge on how to de-worm the livestock, how to treat a diarrhea case and what are the

herbs required to address respiratory problems of goats using traditional remedies. Then I thought this knowledge should be spread among the livestock keepers in other regions and *Pathe Pathasala* turned out to be the right platform to disseminate the information."

School With A Difference

Schools generally ask students to come and learn, but Balam's school reaches out to its students to impart knowledge on traditional methods of addressing ailments among cattle. He holds training sessions as per the villagers' convenience and speaks the local language so that they can understand the facts properly and in areas where they are comfortable at. "Since its inception, I have so far conducted 1,061 classes at villages across the state and neighbouring states directly training more than one lakh livestock farmers, especially women. But I take classes on weekends because when I took the initiative I was in government service. I would not have gotten adequate leaves. Therefore, I left the headquarters every Friday night and teach the villagers on Saturdays and Sundays.



Women attend a Pathe Pathshala session



A large number of people listening to Balam at a session

Awards Galore

- National Award for outstanding contribution in the field of Science and Technology Communication in 2011
- National Award for best scouting of grassroots innovations by National Innovation Foundation, DST in 2007
- Scientist of the State Award by Odisha Krishak Samaj in 2007
- Odisha State Bigyan Academy Award for popularisation of Science & Technology in 1998
- Orissa Veterinary College Golden Jubilee Award-2010 for taking science and skills on livestock to grassroots people
- Invited by Tianjin University of Finance and Economics (TUFE), China, for addressing on grassroots innovations in 2012
- Attended FAO conference on Animal Genetic Resources, Rome, Italy in 2009, as Special Observer
- Invited to address a joint session of Global Development Network (GDN)-2007 at Cairo

My wife always accompanied me during my visits to remote villages”, said Balam.

He often takes classes in village playgrounds, schools, and panchayat offices for the convenience of women farmers. “At the beginning, women were a little apprehensive. As I took classes for free, they were under the impression that my intention was not right. But that did not last long. I went alone, talked to them and explained why I was reaching out to them.”

He further says, “Scientists deliver their lectures in English at most of the livestock training programmes. Let alone implementing them, farmers don’t even understand the instructions. So, I started speaking to the village folk in their language. For instance, I prefer to speak in Odia if I am in an Odisha village. Similarly, I speak Hindi in Jharkhand and Bengali in West Bengal as my motto is to spread the knowledge at their place, time and in their language.”

Traditional Remedies

At a time when doctors give stress on use of allopathic medicines to deal with cattle diseases, Balam prescribes traditional remedies. He says, “You can find as many as 50 common ailments such as fever, cough, gas and Foot and Mouth Disease (FMD) in cows, buffaloes and goats. I advise them how to identify the symptoms and what traditional remedies are available to treat the animals as they have little or no side effects.”

Balam has been documenting the traditional healing process of farm animals since 2000. “People are unaware of the fact that traditional practices are more effective. We have plenty of natural resources that people have been using for ages and they do wonders for the health of the cattle. Over the years, I had learnt a lot from elderly village people and documented them for the wellbeing of the animals. One thing I must admit that though I am a veterinary doctor, I got to learn a lot from village women about the traditional ways of rearing livestock and managing the crop. It is always a cross pollination of knowledge.”

Lyrical Teaching

In order to make the villagers remember the traditional practices to cure their cattle, he recites poems explaining remedies as all are not literate enough to read and write the instructions. “There is a song for every disease. Memorising songs is an easy way for villagers to remember remedies for every ailment”, he says.

The lines ‘*Bhata kheera khai phampile peta, Pana patra ada dekhae bata*’ roughly translates to ‘when an animal suffers from gastric, the paste of betel leaves and ginger can help it recover’.

Similarly, *Badahajami ku patala jhada, Harida o dahi hauchi loda*’ means ‘when an animal suffers from diarrhoea, you can cure him by giving a mixture of myrobalan and curd.’

Balam’s mode of teaching became popular very quickly. His lectures have proven so helpful that farmers have been asking for more such workshops.

A Night To Remember

He takes classes selflessly but his happiness knows no bounds when villagers get involved with his way of teaching. Sharing an anecdote, he says “When I started delivering lectures at Rairakhol village, there was only a group of 20 farmers. But people kept joining in as the day progressed. By the evening, the number of attendees had grown to over 200. As they had several questions for me, the training went on till night. By the time I wrapped up the session, it was 9 pm. I was really elated to see the response of *Pathe Pathashala*.”

Radio Pathe Pathshala

Following the outbreak of Covid-19, Balam has stopped visiting villages. That does not mean the pandemic has dented his spirit of imparting knowledge among the needy. “As it was

not possible to visit villages, I made sure to hold online sessions during Covid times. Apart from people of Odisha, I got connected with farmers of Punjab, Haryana and Gujarat and shared traditional methods that could help them raise better crops and rear livestock better.”

That’s not all. To remain connected with the villagers, he hosted Radio Pathe Pathasala in which people can call him, ask their queries related to cattle ailments and get their problems solved. “Apart from holding online sessions and hosting Radio Pathe Pathasala, I created 100 WhatsApp groups having 250 members in each group to answer farmers’ questions pertaining to livestock and cattle diseases”, Balam maintains.

Mission Statement

About his purpose, Balam says, “I want to teach as many people as I can till I am alive. I did not stop working even after my superannuation in 2020. I continued to help the farmers in rural pockets. It is basically giving back to society what I have got from it.”



Balam being honoured with a National Award by former Union Minister Ashwani Kumar in 2011

Observing Shradh befittingly helps us seek ancestral blessings



You thank the waiter who offers you a cup of tea for which you pay at the counter. You also thank the colleague who just drops your cheque in the designated box in the bank he was going to. You also say 'Thanks' to an unknown person who takes care of your luggage for few minutes.

Ever thought of expressing gratitude to your mom who bore with you for full nine months in womb, then nourished you without demur throughout the nonage even beyond, along with all your tantrums, acts of omission, commission and mischief, or reciprocating the series of tribulations your Dad underwent for your sake, holding your delicate fingers to teach you how to write, or your little hand to help take the first step. Perhaps he also borrowed money to meet your essential and non-essential expenses to keep you in positive frame.

Besides parents, we owe immensely to several individuals, institutions, and other entities that helped us in acquiring the position we are in today. How do we repay it, because repay we must. An unwritten law prescribes that each act of kindness, favour or whatever has to be recompensed. Else, God may forgive us, but our Karmas (i.e. our actions over time) shall not, and haunt us like a calf identifies her mother among a thousand others. "The deeds that men do live after them", goes the adage.

In Hindu perspective, atop to be grateful are the Gods followed by our ancestors because birth in human form is

Gratitude to ancestors

considered available to the most favoured, something for which even Gods aspire. As for parents, though you can settle the expenses incurred by them on you, by any yardstick you cannot recompense for what was done in building you. A Hindi bhajan says, Tu mandir mandir kyon bhatke, tere mat pita hee ishwar hain ... Tu jo hai unke karan hai, Unke tan kee dhul hai tu (why do you wander from temple to temple for seeking God when you have parents as supreme Gods with you, just the particulate of their being, whatever you are, it is because of them).

Beyond the material investment it is the moral & psycho-emotional inputs of parents that matter utmost. A feeling of gratitude towards parents on the part of children significantly unburdens the latter, and also serves as great gratification to parents. The greatest gratitude one owes is towards mother who has been equated with God. Each one is here due to her; she is God's emissary on earth. Since God could not appear in human shape on earth He sent her, so they say.

Gratitude is not precisely indebtedness though both carry similar meaning; the former is permanent, it spiritually uplifts both parties while indebtedness is disposed of by returning the cash or favours through give & take with no further obligations.

The Krishna Paksh i.e. no-moon fortnight in Hindu Bhadrapad month (this year during from 20 September to 6 October) is annually observed by the Hindu as Pitra Paksh (i.e. two-week period). It is believed that the Pitars (our ancestors) appear on earth to ascertain how their descendants are faring; once satisfied that they are leading a virtuous, righteous life, the Pitars return happily. After receiving the offerings for their sake, they bless their descendants. So began the tradition of Shradh. The good wishes ancestral beings

shower on us proactively intervene in expediting fulfillment of our aspirations. Tarpan to the departed soul and feeding the Brahmins are two major components of Shradh performance. The practice of Shradh is in line with ancestral worship advocated in all faiths.

Gratitude is considered as an ennobling feeling in Islam, Christianity, Buddhism and Judaism. The Prophet said, "Gratitude for the abundance you have received is the best insurance that the abundance will continue." The fasting month of Ramdan is but expression of gratitude to Allah. To Jonathan Edwards, a spokesperson of Christianity, gratitude and thankfulness towards God are among the signs of true religion. According to Jews, all materials and comforts are attributable to God, so the followers must have gratitude. Ancestral worship is deeply ingrained in all aspects of Chinese culture.

Not minding that legions are deprived of the comforts and facilities we have, "We often take for granted the very things that most deserve our gratitude," said Cynthia Ozick. Gratitude is the most effective way to seek the presence of God in a person's life. The ongoing till no-moon day i.e. October 6 is an especially auspicious opportunity to reinforce our perceptions towards divine and ancestral favours and blessings that we have been partaking.

Author is a blogger (www.bluntspeaker.com) and writes on spiritual, health and social issues.



HARISH BARTHWAL



'Life without love is no life at all'



South actress Rashmika Mandanna will be seen in *Mission Majnu* with Sidharth Malhotra and in *Good Bye* with Amitabh Bachchan and Pavail Gulati. She has also been shooting for her projects down South and has been focussing on work with clearly no time for love and relationships.

However, the actress was once engaged to her *Kirik Party* co-star Rakshit Shetty. The couple started dating in the course of shooting *Kirik Party* and were engaged in 2017 in a private ceremony. However, they mutually called off their engagement in September 2018 and since then, Rashmika's sole focus has been her work.

When asked if she believes in love, Rashmika told a news portal, "Love is important and life without love is no life at all. There has to be some sort of love. I have been in love with my work and I have not thought about anything else in a long while. Now, when you ask, I do come to think about it. I believe in the emotion and I genuinely feel it can fix and break anything. I hope when the right person comes along, I pick it up and I am not too immersed in work to not notice it. It will break my heart if I miss that. I hope I am able to understand and feel it when it comes my way. I believe it will come my way and when it comes, I hope to be able to embrace it." AGENCIES

Elina plays woman of substance in *Arundhati*

Bhubaneswar: Odia film actress Elina Samantray will be seen as a woman of substance in her next women-centric flick *Arundhati*.

Divulging more about her character, Elina says, "Women often face multiple forms of discrimination and my onscreen character Arundhati too deals with them in her life as a daughter, wife and mother. But she fights for her dignity and self-respect and also raises voice when she is required to. *Arundhati's* journey from being a victim to the woman of substance and strength forms the crux of the movie."

Slated for a Dussehra release, the film also features Rajveer, Pradyumna Lenka, Bobby

Mishra, Jaya Swami, Sanjay Bhola, Prativa Panda and Nari in pivotal roles. Directed by Ramesh Rout and produced by Ramesh Barik and Ajitav Mallik, dialogues of the movie

have been penned by Rajani Ranjan. The music has been scored by Abhijit Majumdar. Lubun Tubun and Tuna Chandan have choreographed the songs in the movie.



Alia's *Gangubai Kathiawadi* to release in 2022



Actress Alia Bhatt's much-awaited film *Gangubai Kathiawadi* is all set to release on the big screen January 6 next year.

Alia took to Instagram, where she shared the poster of the film, which is directed by Sanjay Leela Bhansali. The film also stars Ajay Devgn.

"Bringing to you a part of my heart & soul, #GangubaiKathiawadi releasing in cinemas near you on 6th January, 2022," she wrote as the caption.

Gangubai Kathiawadi is inspired by the life of Gangubai Kothewali, 'madam' of a brothel in Mumbai's Kamathipura, and is based on a chapter of Hussain Zaidi's book *Mafia Queens Of Mumbai*. IANS



Sunil forays into OTT with *Invisible Woman*

Sunil Shetty is all set to make his OTT debut with the web series *Invisible Woman*.

Produced by Yoodlee Films, and helmed by Tamil director Rajesh M Selva, the noir action thriller series also stars Esha Gupta.

Talking about his digital debut, Shetty said, "A web series today must have something to set it apart from the barrage of narratives that already exist, and the story of *Invisible Woman* immediately captured my attention."

Invisible Woman is currently going on floors and will be the first of many series that Yoodlee Films will announce in the coming months.

Shetty added, "I am very happy to collaborate with Yoodlee to bring *Invisible Woman* to life and to make my debut in a web series as unique as this."

The production house has experience in the OTT space with 17 feature films and has produced movies like *Ajji*, *Hamid*, *Comedy Couple* and *Axone*, to name a few. IANS

Look your best during Navaratri



■ ■
Apart from the religious significance, the nine-day festival is a perfect time to get your jewellery, makeup, accessories and traditional outfits ready for celebrations
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Navaratri festival is that time of the year when the devotional energy, lively spirit and the wish to have maximum fun is at its peak, where boys and girls are seen gearing up for 'Dandiya Night' and Puja Pandals with a tremendous festive spirit.

Since this is also a chance to meet new people, it is the best time to showcase your beauty sense and dancing prowess.

So, here are some quick fixes for you to start gearing up for skin, hair make up to look gorgeous and attractive even before the festival begins.

Your skin is called the mirror of your body. During festivals like Navratri, there are bright lights. So, for your night make-up, you will need bright colours, otherwise your face will look pale.

First, cleanse the skin and apply a liquid moisturiser. For oily skin, apply an astringent lotion with cotton wool.

Wait for a few minutes. Then, cover blemishes with a concealer, before applying foundation. Or, use a lighter colour foundation on dark blemishes and then apply normal foundation on the entire face. If you wish to cover a pimple or spot, it should be done before applying foundation or powder. Concealing sticks are available for this. Paint over the spot with a little concealer, or lighter shade of foundation using a thin brush. Then, apply a little powder.

Dot foundation on the face and blend with a damp sponge or with finger tips. Don't forget the neck. Apply loose powder, or try compact powder to set the foundation. Use foundation with beige tones, rather than pink. I feel beige suits Indian skin colour better. If you have a very fair ivory skin, go for beige with a rosy tint. If the complexion is fair, but pale (yellowish), avoid pink tones and go for beige or biscuit. Darker complexions look better with brownish beige. I feel that most Indian skin tones look better in beige or biscuit shades of foundation, rather than pink.

Or go for gold foundation for this special occasion. Dot the face with it and blend with a moist sponge, to give the skin a golden glow. When you apply make-up, remember not to smear too much or rub it. Whether it is foundation or blusher, it is best to dot it with a light touch, using a finger tip, or an applicator. It can also be applied lightly and evenly with a damp sponge.

Try tinted powders, like warm yellow tones of powder. Powder with a golden tint will also suit. It should be lightly applied. If you want a really healthy glow without the shine, go for a bronzing powder. Avoid applying too much. It should be lightly applied, using a big powder brush.

A hint of blusher should be used on the cheeks. A powder

blusher is easier to apply. Use it after you have applied powder. Apply on the cheeks and blend it outwards and slightly upwards. Then, apply light coloured highlighter on the cheekbones. Blend well.

Blusher colours for the night need not match lip colour exactly, but it should be in the same colour tone. For example, if you have worn an orange lipstick, avoid pink blush on. For fair skin, try pinks and reds. If you have a yellowish skin, avoid orange. For wheat complexions, colours like rose, coral, copper are flattering, while plum, wine, bronze may suit darker complexions.

For eyes, apply lighter brown shadow on the upper eye lid and dark brown eye shadow in the crease, to add depth. Outline the eyes with dark eye pencil or eyeliner. For a

smudged effect, a dark eye shadow also works well on the upper lid, close to the lashes. Extend it a little beyond the outer corner of the eyes, slightly upwards. Smudging can be done with a sponge tipped applicator. Eye liner or dark eye shadow may be applied on the lower lid and then smudged.

Actually, dramatic and heavy eye make-up, with the black eye-lined or winged eyed look has been the trend and is gaining in popularity. It will be ruling fashion trends. Go for dark eyeliner just under the lower lashes and on upper lid close to the lashes. Extend the lines on upper and lower eyelids beyond eyes, like the 60s heavy eye makeup look. Coloured liner can also be used with black eyeliner, as it is becoming a trend. Pastel eyeliners, in blue, yellow and even orange will be "in" during the coming seasons.

For Navratri make-up, you may want to try gold, silver or bronze shadow to line the eyes over your eyeliner on the upper lid. Highlight under the brows with gold, ivory or a light coloured eye shadow.

Then apply mascara. Roll-on mascara is easy to apply. While applying mascara on the upper lashes, look



downwards. Apply it both above and below the upper lashes, for a thicker look. Apply on lower lashes too. Wait for a while and apply a second coat. Then brush out the lashes, with a small eyelash brush. To make lashes appear thicker, apply powder between two coats of mascara.

Gloss is popular for the lips. Use a lip liner the same colour as your lipstick. Apply lip gloss in the centre, after applying lipstick.

For normal Indian complexion, go for warm earthy colours, like coral, wine, plum, strawberry, red and shades of red in lipstick. A dark pink or rose-red would look good too. Orange and shades of orange are very much "in," from apricot and amber, to coral and tangerine. You can find orange shades that suit most skin colours. Use orange to coral for darker skin, while orange and peachy shades suit fair skin. If you use orange, go subtle for the rest of your face. Go for light orange or beige lipstick, lilac, mauve and light pink during the day, with a hint of pearl. Clean your makeup thoroughly once you are back from dandiya DJ. Makeup products left on your skin overnight do a lot of damage to your skin particularly if you are prone to acne, pimples and rashes. Get the perfect curl on medium heat for 10 seconds only to warm up your eye lash curler. Begin curling your eye lashes from the roots. Keep pressing through the length till you reach the ends of the lash hair. Once you are happy with the way the lashes have curled, you can apply a curl enhancing mascara.



SHAHNAZ HUSAIN

Gyana



PHOTO: KUMAR SHARAT, OP