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SUNDAY POST

HERE . NOW



NOT JUST A FESTIVAL

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COVER STORY



KNOWN FOR EXPLORING INDIA'S BEST KEPT SECRETS, TRAVEL BLOGGER PRAYAG SAMAL IS AN ADVENTUROUS EATER TOO. NO WONDER, HE LOVES TO TRY NEW DISHES AT HIS LEISURE



Early Riser

Be it a Sunday or any other day, I get up early. Needless to say, I enjoy the morning breeze and loud chirping of birds. The sight of the sun appearing on the horizon makes a perfect start of the day.

Cricket Fan

I am a great lover of cricket. So, I prefer playing the game in the neighbourhood with my friends rather than pumping iron in the gym to maintain my fitness.

Time to Party

Sunday nights are the best time to enjoy as I host parties for my co-workers to motivate them for the upcoming week.

Setting Travel Goals

I prefer to spend quality time with like-minded people to discuss my new plans and goals in the evening rather than hanging out with friends.

Avid Traveler

I take a break from the daily grind of life and visit nearby historical sites or scenic spots to chill. Normally I plan for next vlogging trips or prepare a script for next projects with my co-creator Sushri.

Food Lover

Being an adventurous eater, I love to do experiments with new dishes. I'm very good at making Smokey Paneer. However, I am yet to succeed in making a mug of Dalagona Coffee.



creative corner



That one look...

That one look
The shy curl on lips
The one innocent move
The hopeless hope
That one tiny thing
That stole your heart once

A hint of that
And it all comes back
With the strongest of force
The flutter in stomach
The longing
The stupidity
It's always the same
With just a Hint of That...

Priyanka Nayak Palasuni, Bhubaneswar

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

- A man asks a gym trainer: "I want to impress that beautiful girl. Which machine can I use?" Trainer replies: "Use the ATM".
- People say everything happens for a reason. So when I punch you in the face, remember I have a reason.
- I will marry the girl who looks pretty in her Adhaar card.
- Always borrow money from a pessimist. They'll never expect it back.

REVISITING PAST

Dear Sir, I became nostalgic after going through last week's cover story 'The Wheelie Kings'. It took me back to my college days when I too attempted a wheelie just to impress my girlfriend but in vain. I had a nasty fall which made me spend a few days in the hospital. Soon, I realised stunt is not everyone's cup of tea. However, I am happy to learn that many youths from Odisha have mastered the skills now.

SANJAY SUPKAR, PURI

EXCELLENT CANVAS

Dear Sir, The Sunday POST supplement is definitely an excellent canvas offering readers with a variety of choices. It is entertainment plus information. I appreciate the brains behind these concepts. Attached please find some of my cartoons that I drew during the lockdown period. Will be obliged if they appear in one of your editions.

M PRADYU, KANNUR

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



Not just a festival

For many Odias, Diwali is not about mere lighting diyas and bursting crackers. The festival has its inner significance. This is, for them, an occasion to express gratitude to their ancestors, who they believe, are the integral part of one's existence and identity

RASHMI REKHA DAS, OP

The countdown has begun. After three more days, Diwali, the festival of lights, will be celebrated in India and beyond with much fanfare. The festival brings together the entire family and offers an opportunity to enjoy each other's company. While some people believe that the day is celebrated to commemorate the return of Lord Ram to Ayodhya after 14 years of Vanvas following his victory over demon king Ravana, there are many who observe it as the birthday of Laxmi, the goddess of wealth and prosperity. There are also several other legends associated with this national festival of lights and extravaganza.

Apart from these, back home, people observe Diwali for an entirely different reason. For many Odias, it is not just about lighting diyas and bursting crackers. It is, for them, an occasion to express gratitude to their ancestors.

Putting it simply, eminent columnist **Harish Barthwal**, who writes on spiritual issues, explains "You thank the waiter who offers you a cup of tea for which you pay at the counter. You also say 'Thanks' to an unknown person who takes care of your luggage for a few minutes. Ever thought of expressing gratitude to your mom who bore you for a full nine months in womb or reciprocating the series of tribulations your dad underwent for your sake. How do we repay them, because we must repay them. Else, God may forgive us, but our Karmas shall not, and haunt us like a calf identifies her mother among a thousand others."

Barthwal goes on to add, "It is believed that 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."

Corroborating this belief, *Bada Badua Daka* or reminiscing the ancestors, a prominent ritual is prevalent in Odisha since time immemorial.

On the occasion of Diwali, this ritual is performed in the morning and continues till late evening at Bada Danda (the Grand Road) in Puri to pay obeisance to forefathers. It is a religious ritual observed in the memory of ancestors, whose blessings are in-

voked and prayers are held for their wellbeing. In Srimad Bhagwat Gita, Lord Krishna has said that there is a karmic bond of life and death. If a person fails to perform the rituals for the ancestors, his kin are likely to suffer. When rituals are performed with full devotion, ancestors become happy, they bless their next generation, he says.

More about Bada Badua Daka

As per the traditions, family members hold a bundle of jute stem and lit it. Then, they point it towards the sky chanting the traditional verse: 'Bada Badua Ho, Andhara Re Asa, Alua Re Jao, Mahaprasad Khai, Baisi Pahacha Re Gada Gadau Thao. The lines are loosely translated as, 'O! Forefathers, come to us in this dark fortnight, but we are lighting your way to heaven. Attain salvation on the twenty-two steps of Srimandir partaking the Mahaprasad.' This is an age-old ritual observed by the people of Odisha. They invoke the ancestors' souls on the day and pray for their salvation. People throng Puri in large numbers to offer homage to their ancestors.



People paying obeisance to their ancestors at Bada Danda, Puri, during Diwali FILE PHOTO



Experts speak

Surya Narayan Rath Sharma, a researcher of Jagannath Culture, says, "The Hindu scriptures state that an ideal Brahmin is someone who shows respect to his parents and forefathers and observes 'shraddha' to please them. And most importantly he never refrains from performing the rites meant for the forefathers. According to Hinduism, not practicing this ritual brings disgrace to one's family. Pitru Pakhya in the Hindu calendar is a period lasting for 15 days when people pay homage to their forefathers. It is believed that our ancestors come to us on the day of Mahalaya from Pitru Lok and return on the day of Diwali. Bada Badua Daka ritual is performed on their return journey which makes them free from the cycle of birth and



death. It is believed that if a person is suffering from Pitru Dosha then the period is regarded to be an ideal occasion to get rid of it."

Chunara servitor **Sarat Mohanty** says, "During Pitru Pakhya, departed souls of our families are remembered with devotion. Bada Badua Daka ritual is performed during the fortnight of Pitru Pakhya to appease our ancestors and pray for their salvation. The ritual helps their souls in their upward journey and brings prosperity to their next generations. When people leave this material world it becomes the duty of their successors to worship the departed

souls on specific days like new moon day. Diwali is also one such day when we need to pray for their well being because they come to visit their descendants on this very day. It is said that if they are offered Mahaprasad, they would attain salvation. Whatever we are today it is because of our ancestors. Every one irrespective of caste and creed should follow the Bada Badua rituals on Deepavali amavasya.

Another Jagannath culture researcher **Naresh Das** says, "One can measure the importance of forefathers in our lives from this Sanskrit sloka which reads 'Pita swarga, pita dharma Pita hi Paramang Tapo. Pitori pritima pannay Priyantay sarva devata'. Deepawali is an occasion to pacify our ancestors by performing the Bada Badua Daka ritual which is a part of shraddha. It is a ritual to repay debts of our forefathers. It is a mark of respect and devotion towards our ancestors. Lord Ram had also performed Shraddha. When Lord Ram, his consort Sita and brother Laxman were in the forest, Bharat informed them about the death of their father. After hearing this sad news Lord Ram performed the ritual of Shraddha for his father Dasaratha. Fortnight between Mahalaya and Deepawali Amavasya is a sacred and celestial period for paying obeisance to our forefathers. That's why Odia people do the rituals of Bada Badua Daka to appease their departed souls and seek their blessings in return."

What people have to say...



Trilochan

Das, a septuagenarian from Bhubaneswar, says "Being a pious Hindu I have been worshipping my ancestors for years. I do it not because of societal obligation but because I feel a sense of pride in my lineage. I believe that my reverence towards my ancestors is out of pure faith. Now-a-days, many people no longer live in joint families for which rituals including ancestral worship are not passed on. I never hesitate from doing shraddha for my father and forefathers. Bada Badua Daka has always been a matter of honour for me."

Siddharth Das, who lost his father in 2017, says, "I do believe in worshipping our ancestors. When my father was alive I was forced to follow rituals related to ancestors.

Then, I considered

such practices a waste of time. But after losing my father when I performed shraddha, I realised his presence.

I felt as if he was blessing me and forgiving me for my past deeds. Since then, I take pride in performing such rituals. I do feed crows on a regular basis as I never consider my ancestors are not dead but alive in other forms. Besides, as told by my father, rituals meant for forefathers always help exorcise negative and evil forces from our lives thereby protecting our families. And when it comes to Bada Badua Daka, I take pride in doing the ritual and also love performing the ritual because all family members get united while doing the ritual. Apart from offering food and water to our ancestors, we show them light to return to their abode. It is simply unacceptable to leave the ancestors hungry and thirsty by not doing this ritual."



Goddess Kali is believed to be the cosmic energy that transcends all forces of creation and destruction in the universe

Celebrating Superiority of Woman Power



BUDDHADEV NANDI

Every autumn, when Diwali, the festival of lights, is widely celebrated in Northern India with pomp and gaiety, Goddess Kali, the quintessential deity of darkness, is invoked to venerate women power in Eastern India. If the former is marked by crave for opulence and light over ignorance, the latter suggests the worship of Mother Goddess symbolising sources of all existence. She is the cosmic energy that transcends all forces of creation and destruction in the universe. According to Tantrism, this cosmic energy is manifested in ten forms of Great Wisdoms of Parvati or Adi. The manifestations of the spectrum of these ten aspects range from the horrendous virago to the raving beauty.

Cause of Dasa Mahavidya

Legend has it that King Daksha Prajapati, a descendant of Brahma and the father of Sati, being infuriated in the marriage of his daughter with beggarly vagrant Lord Shiva, arranged a yagna to humiliate his son-in-law. He invited all gods and goddesses except Shiva. But Sati, despite her husband's stern forbiddance, insisted on attending her father's yagna. Prevising dire consequences, Shiva did not give permission to Sati to attend the ceremony. Then enraged Sati with her ten different forms circumvented absconding Lord Shiva from ten cardinal directions to make him aware of the eternal spiritual truth and the superiority of woman power.

Kali - The Goddess of Time

Divine Mother Kali is considered the first manifestation in the series of ten Mahavidyas. Etymologically, the word 'Kali' is derived from the Sanskrit word 'Kaal' i.e. time. She is the devourer of time. Her complexion is darker than the pitch darkness of the night symbolising that eternal darkness from which all forms of life springs up. In Devi Mahatmya, Goddess Kali is depicted as an emaciated building with dark flesh hanging loosely from her bones and dishevelled hair. Her protruded tongue is lolling to quench her thirst of blood. One of her four arms is equipped with a kharga (scimitar) smeared with dripping blood. She holds the severed head of a fierce demon called Raktabija. Other two hands are in abhaya mudra (providing courage) and varada mudra (dispensing boons) gestures to bless

her devotees with sumptuous boons. Kali trampling on Shiva's chest represents supremacy of Prakriti (nature) over Purush (man).

Tara - The Goddess of Compassion

Tara in the succession of Dasa Mahavidya is the second form. When Lord Shiva swallowed the venom secreted by Vasuki, the great snake king of the Nagas, during Samudramanhan (Sea churning) to save the universe, he fell unconscious. Then Goddess Durga manifested as the mother of Lord Shiva to breastfeed him that acted as antidote. All sources of energy including the sun emanate from her. She offers ultimate knowledge of salvation.

Tripurasundari - The Goddess of Dazzling Beauty and Bliss

Tripurasundari is the third form in the series. The name Tripurasundari itself connotes peerless beauty in the three worlds - Heaven, Earth and Underworld. She is seated on the lotus shaped navel of Lord Shiva. The four props of her throne comprise Brahma, Vishnu, Maheswar and Rudra.

Bhuvaneshwari - The Goddess of Space

Bhuvaneshwari or the Goddess of the Universe is the fourth form of Dasa Mahavidya. Pleased with the austere penance with the desire of

creating the Universe by Lord Brahma, the primordial female energy manifested as Bhuvaneshwari. She symbolises the cycle of creation, sustenance and destruction. She is seated on a lotus flower symbolising the source of all creations. Her two hands are equipped with a goad and noose and other two hands assume the gestures of blessing and assurance.

Bhairavi - The Goddess of Self-sacrifice

Next female version of Dasa Mahavidya is Bhairavi. She is a female yogini with the knowledge of Kundalini Tantra. Two of her four hands are adorned with a sword and a trident. Other two hands are in the gestures of providing courage and dispensing of boons. Besides, Bhairavi is also found holding a book symbolising knowledge and a rosary indicating devotion. Goddess Kali manifested in Bhairavi form to kill Chanda and Munda, the two powerful demons.

Chinnamasta- The Goddess of Endless Courage and Striking Force

One of the most horrific forms of Dasa Mahavidya is Chinnamasta. The self-decapitated Goddess is quenching the thirst of herself along with Jaya and Vijaya metaphorically Rajas and Tamas, two of the three subtle basic

components of nature (trigunas).. Once Parvati's two friends Dakini and Varmini also known as Jay and Vijaya entreated Parvati to feed them and satisfy their hunger. Then Parvati slit her throat with her fingernail and decollated her head from her torso. Three spurts of blood directly poured into the mouths of the decapitated head of Parvati and her two accomplices.

Dhumavati - The Goddess of the Void

Dhumavati is the seventh incarnation of Dasa Mahavidya. Once Lord Shiva and his consort Parvati were whiling away leisure hours in Kailash. Parvati being very hungry entreated Lord Shiva to arrange some food to satisfy her hunger. But Shiva's repeated requests to keep patience made her restless and she devoured her husband who was in deep meditation to appease her hunger. Immediately, smoke started emitting from her body. This widow form of Goddess Parvati is worshipped in the nomenclature of Dhumavati. Dhumavati with grey complexion, wrinkled skin, bloodshot eyes, fallen out teeth and dishevelled hair is the ugliest form of Parvati. She is attired white without ornaments like a widow. She represents hunger, poverty, thrust, belligerence and such other inauspicious and negative aspects of life.

Bagalamukhi - The Paralyser Goddess

Bagalamukhi is one of the ten forms of Dasa Mahavidya. The word 'bagla' is the distorted pronunciation of the Sanskrit word 'valga' (rein or bridle). Therefore, the Goddess Bagalamukhi possesses the power to control or rein and even paralyse the enemies. According to a popular legend, a huge storm once lashed the universe threatening to destroy the whole creation. Then all the gods invoked Mother Goddess Sati on the shore of Haridra Sarovara to save the creation from the tempest. Appeased by the austere penance of the gods, the goddess manifested as Bagalamukhi and quelled the storm and restored the order of the universe. Matangi - The Goddess of Expression

The ninth form of Dasa Mahavidya is popularly known as Matangi. She is named after her father Rishi Matanga. She leads her devotees to Om, the primordial cosmic sound. Her three hands are attributed with a scimitar, a skull and a veena and the fourth one is in the gesture of bestowing boons to her devotees.

Kamala - The Lotus Goddess

In the succession of Dasa Mahavidya, Kamala is the tenth manifestation. She is also identified as the Tantric form of Lakshmi, the Goddess of wealth. The goddess with golden complexion is seated on a full-bloom lotus that signifies purity and piety.

Anushka takes Badshah's Jugnu challenge



Anushka Sharma has taken the viral Jugnu challenge and recorded an entertaining dance video. Dressed in a one-shoulder black top and denims, the actress shook a leg to Badshah's song and it was absolutely entertaining. Sporting white sneakers, Anushka's perfect dance moves were a sight for sore eyes. She is currently in Dubai, accompanying husband Virat Kohli, who is leading the Indian cricket team at the ongoing T20 world cup. Before joining Virat Kohli, Anushka Sharma wrapped her work in Mumbai. Upon landing in Dubai, the actress was in quarantine and had given fans a glimpse of her life from the hotel room. She had posted several pictures of Virat Kohli and captioned it, "Couldn't choose between these two captions - Quarantine makes the heart fonder & Love in the time of bubble life #OhWell, you get the point."

AGENCIES

Diana's sneak peek from her shoot



Diana Pentz's performances have a certain charm. On camera, the actress appears natural and her presence lights up the screen. The actress impressed with her work in *Shiddat* and she is now set for *Adbhut*. While her followers were intrigued to know about her next project, Diana recently broke the news about working on an intriguing project titled *Adbhut*. And now she is providing them a sneak peek from her shoot diaries.

The actress took to her Instagram and shared a reel set against the backdrop of snow-clad mountains. She did an interesting wordplay with her caption as she wrote, "Love at frost sight! ????"

AGENCIES

Samantha and Naga Chaitanya made their separation official October 2. Moving on from the relationship, Samantha has now deleted all pictures of Naga from her Instagram account. The actress is an avid social media user but her profile lacks all her mushy posts with former husband.

Even her anniversary post for Naga from 2019 has been deleted from social media. "You are my person and I am yours, that whatever door we come to, we will open it together. Happy an-

Samantha removes Naga's images from her Insta account

niversary husband @chayakkineni," Samantha had penned with a mushy picture of theirs. While a few wedding pictures are still there on Samantha's Instagram account, she has clearly cleaned off several memories with Naga Chaitanya. After dating for several years, Samantha and Naga tied the knot in 2017. The couple had a Hindu and Christian wedding ceremonies and pictures from their dreamy affair had gone viral online.

AGENCIES

When Salman ate three samosas at one go



and I spoke when he was going to the Jio World Drive. It is good that later he came to Gaiety-Galaxy. Aayush and he opened the gates. The interesting bit was that he was very hungry. He ate three samosas from our canteen. It was very nice to see him do that."

"I am eagerly waiting for his film *Antim*. It should do well," Desai concluded.

Besides Salman and Aayush, the film stars Mahima Makwana. Varun Dhawan makes a special appearance in the song *Vighnaharta*. The film has been directed by Mahesh Manjrekar.

AGENCIES



Salman Khan-starrer *Antim: The Final Truth* was all set to make a grand splash with its trailer at Mumbai's massy theatres, Gaiety-Galaxy October 25. But the venue was changed to Jio World Drive, BKC.

Then, we saw pictures of Salman and his brother-in-law Aayush Sharma opening the gates of Gaiety-Galaxy on the same day. So, when did they go there? And what did they do?

We contacted Gaiety Galaxy and Maratha Mandir's Executive Director Manoj Desai, who said, "Salman

Just Words

All languages and cultures may not have words to define some emotions. Some words don't quite match up to the feeling of the moment. Just because a language may not have the equivalent of it doesn't mean the emotion is absent

the city Istanbul.

'Sehnsucht' is a German word which has no English equivalent. It means the 'longing for something'. CSLewis defined it as "the inconsolable longing in the human heart for we know not what." 'Mysa' in Swedish or 'Koselig' in Norwegian translates to a physical and emotional idea of cosiness and 'Flanerin' in French is emotional succour derived from experiencing the outdoors. The Croatian word 'fjaka' is a stress-buster. It translates to the sweetness of doing nothing. The poet Jaska Fiamengo says it is a state of the Mediterranean spirit- locals at cafes nursing a cup of coffee for hours or shopkeepers taking an afternoon siesta. And no one questions it because you don't disturb someone who is on 'fjaka', the brand of wellness that is life in the slow lane.

'Tehzeeb' is said to be an Arabic word which in translation means 'refined civility', a manner of sophistication and etiquette, the charm offensive, used in North India. The Finnish word 'Sisu' means the psychological strength to

Hebrew word 'firgun'. 'Ren' is a Chinese word which is humanity, a Confucian virtue, the quality of being altruistic. The Confucius definition of Ren is 'wishing to establish himself', seeks to establish others, and wishing to be enlarged himself. He said "Ren is not far off; he who seeks it has already found it."

There are many words in Sanskrit, to which all our languages owe a kinship, that has thrown up wonderful words like 'Ahimsa' and 'Shanti' which are internationally popular. 'Ahimsa' is nonviolence as empowering philosophy of Mahatma Gandhi, 'the power of the powerless' as said by Victor Havel, the Czech statesman and writer. Shanti, "the peace that passeth all understanding" is quoted by TS Eliot in his poem The Wasteland where he talks about the chaos and confusion in the aftermath of the World War I. In Part 5 of the poem, the despair of the poem is alleviated with the peace mantra "Shanti, Shanti, Shanti."

These are words in various languages and cultures that have limited translations, words that have to be experienced

All thought expresses itself through words and whatever is inexpressible remains thought inaccessible. Through the ages, beginning with the first unintelligible sounds of primitive woman and man was born the concept of language and that gives expression to thought. Words can grasp everything tangible to moments before they evanesce, feelings fragile and transient, emotions that confuse and overwhelm. We all own language, this naming and expressing, connecting the narrative dots. There are no inadequate languages, only inadequate practitioners.

After we think every concrete object in the world has been named and every conceivable thought identified there still remains a body of abstract thought or feeling that does not exist in our emotional and cultural vocabulary. Nations and communities as they evolved discovered words peculiar to themselves yet universal in imagination. Let's take a look at them.

'Hiraeth' is a Welsh word which means a spiritual longing for a home which may be or never was or nostalgia for ancient places to which we may never return. It is the echo of the lost places of our soul's past and our grief for them. It is in the wind and the rocks and the waves. It is everywhere and nowhere. 'Mono no aware' is a Japanese word which means empathy towards all things, an awareness of their impermanence and a gentle wistfulness at their passing, the bitter sweetness of brief fading moment of transcendent beauty.

The Russian word 'Zhalet' has a beautiful definition by Boris Pasternak in his book The last Summer. It is impossible in English to feel sorry for someone without feeling some sort of superiority on the part of the person who feels the pity. Not so in Russian where to feel pity and to love someone are almost synonymous notions in popular usage and expressed by the single word 'Zhalet'. Another Russian word 'Tosca' meaning loosely sadness or melancholia is in the words of Vladimir Nabokov "No single word in English renders all the shades of Tosca. At its deepest and most painful it is a sensation of great spiritual anguish often without any specific cause". The Turkish word 'Huzun' means a sense of loss, inadequacy, a general sense of melancholy, entirely untranslatable a word extensively used by Orhan Pamuk in his memoir of



Unique German words that are missing in English vocabulary

PICTURE COURTESY: WORTLAND.COM

grapple with challenges even without a reward in sight. Valourised and valued in their culture, 'Sisu' is universal capacity, it just so happened the Finns had noticed it and coined a word for it, writes Emily Anthes in The New Yorker. The uninhibited joy of drinking beer on the first hot day of the year is 'utepils' for the Norwegians and the irresistible urge to squeeze someone to show they are cherished is 'gigil' in Tagalog. How does one differentiate between the pride you feel for a friend's accomplishment you are a tad jealous of and the pride you feel for a friend for whom you feel wholly happy? This subtle difference is expressed in the

before they are understood. All languages and cultures may not have words to define some emotions. Some words don't quite match up to the feeling of the moment. Just because our language may not have the equivalent of it doesn't mean the emotion is absent. These 'lexical wonders' give us a peep into other cultures and allow us to understand how others experience and parse their feelings and help us to understand our own.



SUDHA DEVI NAYAK



Alisha



PHOTO: KUMAR SHARAT, OP MAKEUP: PRASHANT