

OCTOBER 23-29, 2022

# SUNDAY POST

HERE . NOW



DIWALI SPECIAL

# Champions of change

P 3,4  
COVER  
STORY



With family



With friends

Beginning her acting career in 2015, Lumraina Satpathy became a household name in Odisha for her stellar performance in TV shows like 'Sankha Sindura', 'Jibana Saathi', 'Ama Ghara Laxmi' 'Kuanri Bohu' and 'Mangula Kanya'. The Dhenkanal girl, who later turned a producer, loves to hang with friends at a café when she gets a break



ARINDAM GANGULY, OP

### Mom's kitchen

You are never conscious when it's mutton cooked at mom's kitchen. For cutting on carbs I skip rice on weekdays but on Sundays, rice and mutton is the only platter I crave for.

### Late riser

Sundays are for staying in with family. I prefer sleeping till late and completing my work, if any, by evening. So the time that is left is well spent with family dining together.

### Gateways to happiness

There can't be greater joy than hanging with friends on Sundays. A café in Bhubaneswar, my workplace, or somebody's farmhouse on the city outskirts are our ideal destination to have a good time.

### Pet time must

Pets are stress relievers, my dog Google is the closest to my heart. Often, she waits for me to come back home from the shoot so that we could lounge together. She's friendly and a little more loveable than any other pet.

### Kolkata beckons

On elongated weekends I travel with my family to our place that we own in Kolkata. It is our way of vibing in with the little time we get together.

### Focus on diet

I prefer sticking to my regular diet and avoid heavy exercises. Looking back to the time when I gained a little weight and to reduce that I had to make a scheduled diet. So maintain it and avoid exhausting workout.

## 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

- Adam & Eve were the first ones to ignore the Apple terms and conditions.
- My friend's bakery burned down last night. Now his business is toast.
- The world champion tongue twister got arrested. I hear they're going to give him a tough sentence.
- The rotation of Earth really makes my day.



## NEED FOR MODERATION

Sir, 'Worrying Trend' (Oct 16) was a timely reminder on the need for moderation in our daily exercise drills. The tete-a-tete with leading cardiologists and fitness experts clearly reveals that when it comes to the benefit of exercise, more need not necessarily be better. Trying to be a fitness freak by jogging more miles on the road or sweating extra hours in the gym might prove to be counterproductive. In today's weight-loss obsessed society, it is extremely important to listen to one's body and avoid the hype of the latest craze. While regular exercise is essential for maintaining a healthy body and mind, balancing health and fitness is something we should all be striving for. In our bid to get fit too quickly, we need not go overboard in following a particular fitness regime. Participating in extreme endurance sports and strenuous physical exercises can increase the risk of cardiac arrests, irregular heart rhythms and other adverse health conditions.

AMIT BANERJEE, NEW DELHI

## LETTERS



### A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to features.orissapost@gmail.com B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

With more people coming together to combat the impact of climate change, having environmentally sustainable celebrations this Diwali is the least one could do to reduce carbon footprint



DIWALI SPECIAL

# Champions of change

SMRUTI REKHA BARIK, OP

Hard though it may sound to many, going green during Diwali sans firecrackers, is not unattainable. No wonder, many Indian states have already urged people to ditch the harmful firecrackers and celebrate the festival with diyas and green crackers. The Delhi government has even gone on to ban the production, storage and sales of firecrackers and a violation will attract a fine up to Rs 5,000 and three years in jail. Such a move is certainly a welcome step but self-imposed restriction, instead of compulsion by government agencies, is what the need of the hour is. And here're a few prominent names that have been on a mission to celebrate the festival of lustre without causing damage to the environment.

### Sujit Mohapatra

Bakul Foundation is a non-government organisation but its activities are quite different from the conventional NGOs. Recently in



the news for promoting Daan Utsav across the country, the organisation has been demonstrating the power of volunteerism through its initiatives in education, environment and arts. Bakul is nothing but an idea, 'an idea of what can happen when we come together', says its Secretary and Development Consultant **Sujit Mohapatra**.

Like other issues of sustainability, Bakul is committed to the cause of the environment, hence celebrates a Green Diwali every year.

### Let's not be preachy

Sujit says, gifting during Diwali, a culture which is more persistent in the northern part of the country but with the assimilation of cultures and adoption of trends, has become a tradition in Odisha as well. "Our foundation thinks differently to curb the pollution contributed by burning and bursting across the country during Diwali. I have always believed that actions are more powerful than words. Therefore, we plan events and programmes on Diwali eve and the day later and gift plants to people along with handmade chocolates. There are so many who receive the plants and understand the importance

of fresh air and oxygen. Instead of being preachy, I have spread greenery and a powerful message by gifting plants to others."

### Establishing 'Green Culture'

Elaborating more Sujit continues: "In 2009 we started 'My Tree' campaign. The idea was to have personal association with trees. To encourage people to buy a plant we also attach a complimentary hamper, in it are hand painted

diyas and handmade chocolates. We focus on personal association with the trees, hence the name, 'My Tree'. So when we planned about personal association with trees, that's when we thought that trees need to be backed by our cultural practices, because when something is part of our culture, automatically people take care of it."

Having observed for decades, in any event the easy-beautiful gift is a bouquet, which is dead already. So, why not present a plant instead. Automatically a plant gets planted somewhere, adds Sujit who is committed to bring about a cultural change.



An organic gift set from Bakul Foundation



Bakul volunteers at work



Subhanshu training schoolkids on diya making

**Subhanshu Satpathy**

If Sujit is committed to promote 'Green Culture' in Bhubaneswar, Subhanshu Satpathy, known as the 'Birdman of Odisha' is on a mission to take the revolution to Dhenkanal town, about 75 km from the capital city of Odisha, nestled in the lap of nature.

There can't be a better occasion than



Diwali to create awareness on a sustainable solution to climate change, he says.

Subhanshu, an alumnus of Tata Institute of Social Sciences and a volunteer of UN Environment Programme, distributes 'Seed Bomb' instead of firecrackers among the kids to safeguard the environment.

"Besides the town, we travel to a distant rural pockets and have successfully planted in the young minds that the bombs pollute but the seed balls that we make out of mud protects the environment, hence seed-bombs," says Subhanshu.

**Raising standard of living**

His team has also taken up the initiative

to retail the handmade diyas made by the villagers and provide them as much profit as possible. This volunteering activity has helped the villagers up their standard of living.

"For Diwali we also engage a good number of villagers to prepare sweets which are eco friendly as well. We never use plastic wrappers or coated tops on the sweets. It not only creates more earning opportunities, but also enables people to contribute sustainably," says Subhanshu.



**Changing young minds**

Subhanshu believes that revolution begins when a young mind changes. "We launch these awareness campaigns mostly in schools where we find the crowd that would otherwise have gone home and asked to get crackers. We conduct poster-making competitions for students who understand on a deeper level how the pollution harms the climate, their pets and the animals outside," he says.

"Going back to 2006-08 when we took this initiative, I have always tried to go round the state to bring the change but I have always ensured the change begins at home, in Dhenkanal," adds Subhanshu who has so far made one lakh 'seed bombs' for this Diwali.

**Sushanta Sahu**

Based out of Bhubaneswar, Sushant Sahu is yet another 'Green Crusader' who has been on a mission to make the city and its outskirts as green as possible. Bursting crackers and pushing the planet to a step closer to death shouldn't make anyone happy, says the nature lover.

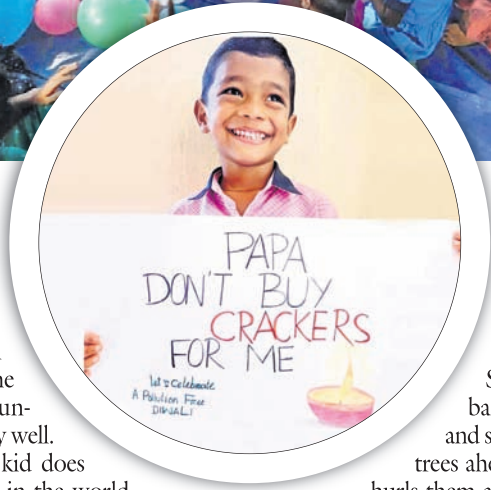
**Balloon bombs replacing crackers**

Asked about his way of celebrating the festival of light, Sushant says, "We celebrate the auspicious occasion at a tribal village near Chandaka Sanctuary. Blowing and bursting balloons is what we do as an alternative for burning crackers. An initiative to save the environment on an individual basis has now come quite far, chaining a few hundreds to follow this. It is high time people need to realise and reconsider their idea of celebrating."



Sushant believes that kids can play a key role in effecting a change.

"Revolution begins at home and my son understands really well. I believe if a kid does then anybody in the world can. The ecstasy we embrace by spending quality time with a few hundred villagers



who gather on Diwali and blow balloons is irreplaceable," he concedes.

Like Subhanshu, Sushant also makes balls using clay, sand and seeds of traditional trees ahead of Diwali and hurls them at the open spaces in Bharatpur and Ghangapatna reserve forests to celebrate the festival.

**THE DARKER SIDE**



Talking about the impact, the winged animals become the major victims of cracker bursting. As the birds see very less at night, they die in fear and several meet with accidents. Many pets and strays are also found missing the next morning as they run away from their shelters out of fear. Not just the animals, humans are also severely affected by the loud sound generated by the crackers. The deafening sounds can make elderly people suffer from heart attacks. But it is the environment that becomes the biggest casualty as bursting of crackers raises the pollution level in the air like no other.

**Environmentally sustainable celebrations**

**Green crackers**

Green crackers are eco-friendly crackers and safe for the environment. The fumes from fire-crackers may have a harmful effect but green crackers have minimal adverse impact on the environment. Pledge to celebrate this year's Diwali with green crackers.

**Earthen lamps**

Say no to LED lights or plastic lamps which are easily available in markets and purchase clay diyas. The earthen lamps are your best friend if you want to celebrate a pollution-free and eco-friendly Diwali. By buying diyas, you will also be helping out small-time earthen diya manufactures and sellers.

**Organic Rangoli**

For this festive season, let's try to keep it organic with natural ingredients like rice powder, cloves/ cinnamon(brown), turmeric or haldi (yellow), etc. Flowers are the best option for 'go green diwali' as they are safe for the environment and bio-degradable.

**Seed crackers**

These are simply an alternative for fire crackers. Seed crackers are the perfect solution for celebrating Diwali. Concerned about noise and air pollution, a group of people developed an exact replica of firecrackers. These seed crackers burst into a plant. They are without any health-hazards.

**No plastic wrappers**

Say no to plastic wrappers for gifts and decorations. Instead of wrapping gifts in plastic packets, use biodegradable bags which are completely compostable. The plastic boxes are non-biodegradable waste and harmful for the environment.

# Legends of Diwali



*Jain scriptures refer to Diwali as Divalikaya which means light leaving the body. To mark the significance of Lord Mahavira's enlightenment, the earth and heavens were illuminated with lamps*

One of the most popular Hindu festivals, Diwali symbolises the victory of good over evil. Among the Hindus, Lakshmi, the goddess of wealth and prosperity is worshipped on this day. The day of Diwali is also celebrated with fervor by the Jains. There are various legends behind the celebration of Diwali, even within Hinduism. Sunday POST takes a look at a few of them.

**End of Lord Rama's exile**  
The most prominent legend associated with Diwali is that of Rama's return to Ayodhya according to the Ramayana. As legend has it, Rama was exiled from the kingdom of Ayodhya for 14 years, along with his brother Lakshman and wife Sita. The three lived happily together in the forest along a riverbank until one day Sita was kidnapped by the demon king Ravana. Rama searched the land for some time



in pursuit of Sita until he finally found her, defeating Ravana and bringing her back to his side. Rama and his companions then returned to Ayodhya to reclaim the throne which was rightfully his and were greeted joyously by all.  
Diwali celebrates the return of Rama to

Ayodhya as a narrative of the victory of good over evil.

**Rebirth of goddess Lakshmi**  
Lakshmi, the goddess of fortune, is the most prominent goddess associated with Diwali, and thus her story is one that has particular significance to the festival.  
As the story goes, through a display of arrogance, god Indra once provoked Lakshmi



to leave the divine world and enter the milky ocean. Without the guidance and blessings of Lakshmi, the world then turned into a dark place, and the gods were desperate to bring her back. After churning the milky ocean for 1,000 years, Lakshmi was finally reborn, rising to the surface on a beautiful lotus flower, and once again bringing to the world her blessings of good fortune.  
On Diwali, people light up the night to guide Lakshmi into their home and bring good fortune and prosperity for the year to come.

**Lord Krishna's victory over Narakasura**  
In the southern part of India, the story of Lord Krishna's victory over the powerful demon king Narakasura also holds particular significance to Diwali.  
This legend holds that Narakasura was blessed by Brahma with the power that he could only die by the hand of his mother, whom Narakasura believed would never kill him due to her deep love for him. His mother, however, was born again as Krishna's wife Satyabhama, who, upon seeing Narakasura wound her husband Krishna in battle, delivered the fatal blow. In dying, Narakasura requested that no one mourn his death, and instead celebrate,  
as

we see take place every year during the Diwali festival.

**The legend of king Bali**  
The fourth day of Diwali, Balipratipada, is celebrated in honor of the beloved king Bali's return to earth.  
Legend holds that the powerful King Bali, who ruled over the netherworld, earth, and heavens, became so feared by the gods that they sent Vishnu to dispose of him. Vishnu took the form of a dwarf and appears before Bali, beseeching that he be granted control of all the land which he could cover in 3 paces. Because of the dwarf's small stature, Bali granted this request unhesitatingly, and it was then that Vishnu grew to enormous proportions, covered all Bali's kingdom in two paces, and with the third pace stomped him down into the netherworld.  
Because of his noble nature, however, Vishnu granted Bali the right to return to earth for one day each year, and it is thus that Bali is celebrated during Diwali alongside other legendary figures.

**The return of the Pandavas**  
In the ancient Hindu epic Mahabharata, the Pandavas were the five sons of King Pandu. At one point, the Pandavas were



ordered into exile for 12 years after losing a game of dice. The Pandava brothers were genuinely loved by the people, and their return from exile was marked as a joyous occasion worthy of celebration by the illumination of lamps throughout the city streets. This return was said to occur during the festival of Diwali and thus is observed as in line with the annual tradition.

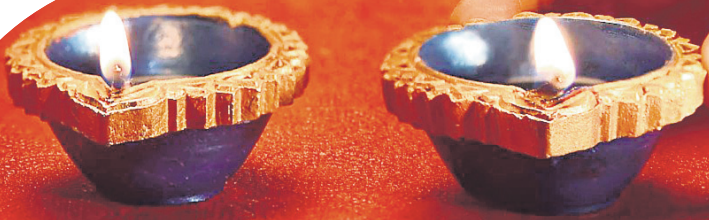
**Goddess Kali destroys the demons**  
Kali, the goddess of destruction, is celebrated in West Bengal as the major deity associated with Diwali. According to Hindu mythology, Kali was born to liberate heaven and earth from the cruel oppression of the



demons. However, after slaying all the demons, Kali lost control and continued her path of destruction until the intervention of Lord Shiva reigned her in. Her day of repentance is celebrated on Diwali, paying tribute to the awesome power of Kali and her embodiment of the ultimate victory of good over evil.

**Lord Mahavira reaching 'Nirvana'**  
While these previous legends come from Hindu mythology, Jains also have their own traditions that guide the celebration of Diwali.  
According to Jainism, Lord Mahavira, a contemporary of Gautama Buddha, reached enlightenment at the time of Diwali in the 6th century BCE, around the time of the first historical records of the festival's observation. Mahavira is a major figure in the Jain religion, and his achievement of nirvana serves as the primary reason why Jains have celebrated their own Diwali alongside Hindus for countless generations.

AGENCIES



# Janhvi asks sister not to date an actor

Janhvi Kapoor, the young actress has already carved a niche for herself in the film industry with her excellent choice of films. Unlike her contemporaries, the talented actress has always opted for films that challenge her as an artist over commercial potboilers.

In a recent interview the *Gunjan Saxena* actress gave some interesting pieces of advice to her sister Khushi Kapoor, who is now gearing up for her Hindi film debut.

Asked what advice she would like to give to her sister, she had a very interesting reply. "Don't date an actor," replied the loving sister. "Just because I think the kind of girls I and her are, I just think it would be better," added Janhvi. Notably, with her smart advice to her sister Khushi Kapoor, Janhvi has also indirectly admitted that she was indeed dating an actor in the past.

Later, she also opened up about other important things she wants Khushi to follow when she enters the film industry. "Know your worth. Know that you have something to offer, despite what faceless people on Instagram might say," said the doting sister. AGENCIES



# Shefali talks about her "win-win" situation

Actress Shefali Shah says she is "obsessed" with work but none of her career choices stem from a desire to be continuously seen on screen. In 2022, the versatile actor has featured in critical successes such as the shows *Human* and *Delhi Crime 2*.

"This is the first year in my entire life where I have had five releases and it wasn't planned," Shefali said.

The actor said the current phase of her career is like a "win-win" situation as she is getting the opportunity to play interesting parts.

"It is a win-win. I think anybody who was offered *Delhi Crime* would blindly say yes," she said.

The 49-year-old actor said she is glad that filmmakers are able to look beyond her image of a serious performer.

"As an actor, I am happy I am able to break the thing that 'she does serious roles', *Darlings* was great and refreshing. *Doctor G* is a funny film but the character I am playing is very serious." In *Doctor G*, Shefali essays the role of Dr Nandini Srivastav. The actor said she found the script of the Anubhuti Kashyap-directed movie interesting. AGENCIES



# Traits of characters stay back: Rasika

She's acted in films like *Aurangzeb*, *Lust Stories* and *Manto*, but it is her performance in the web shows that has won her maximum attention of late. Rasika Dugal won applause for her roles in shows like *Mirzapur*, *Made in Heaven*, *Delhi Crime* and *Out of Love*. Each of her characters in these shows have been strikingly different from the other.

With every show that she shot for, the traits of the characters she played stayed back with her. She elaborates saying, "Once you play a character it becomes a part of your life. So, it is an experience of your life and it will stay with you in some way or the other."

She further adds, "It doesn't stay in a conscious way. You don't realise how much it has stayed with you or how much it hasn't stayed with you. These are some beautiful experiences that are very intangible." AGENCIES



# Parineeti on Big B's role in her career

Actress Parineeti Chopra, who will be seen working with Amitabh Bachchan in the upcoming film *Uunchai* directed by stalwart filmmaker Sooraj Barjatya, feels over the moon to be working with megastar and says that her journey would have been incomplete if she didn't get to work with him.

Parineeti says, "It is just amazing that I am getting to work with Mr Bachchan this year, which happens to be his milestone 80th birth year. Even after he has accomplished possibly everything, it was amazing to see him approach every day on the sets like it was the first day of his career."

"The dedication, the drive and the passion he has for cinema is incomparable and that's what sets him apart. He is an institution and I have ticked off working with

him from my bucket list, thanks to *Uunchai*! My journey in cinema would have been incomplete if I didn't get to work with Bachchan sir."

She adds, "The time I got to spend with him on the sets of *Uunchai* is one of the most precious moments of my career." AGENCIES





# Diwali

# Desserts

All festivals in India have their distinct fervours and Diwali is no different. With a couple of days to go before the festival of light, every household is gearing up for parties. But, no party is complete without an innovative dose of desserts. So, ahead of this grand festival, **Sunday POST** brings some scrumptious delicacies that have been an integral part of country's cultural milieu



PRITISHA DAS



## Gajar Ka Halwa

Bringing a slice of India's best, most vibrant and sweetest, Gajar Ka Halwa is a winter must for every family. Made mostly with red grated carrots, milk or mawa, nuts and ghee and a lot of other ingredients, it is the perfect winter dessert and must make of the season. Rich, perfectly balanced, fudgy and so so inviting, this dessert celebrates the plethora of good carrots we get this season. Don't miss out on this gorgeous recipe.



## Sweets

In India, sweets form a major part of celebrations. As this is the season for cheer, no celebration is complete without some sweets! Flowers! And of course candles! Delicacies like Rasagola, Ras Malai, Kheer Kadam and Milk Cake can be a part of your menu for festivals, get together or any other special occasion.

## Diwali Cake

This Diwali, try something different. As we know, the cake is a delicious dessert, which is liked by all. It is also able to complete the Diwali celebration with joy and sweetness. Diwali cakes are outstanding and trending to gift your family members or friends.



THE AUTHOR IS A POPULAR FOOD BLOGGER OF ODISHA





# SONGAM

PHOTO: KUMAR SHARAT, OP