

OCTOBER 30-NOVEMBER 5 2022

SUNDAY POST

HERE . NOW

WORLD VEGAN DAY – NOVEMBER 1

VEGANISM, A HUMANE CHOICE



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COVER STORY



Actor and director-producer Sapna Bhavnani is a name to reckon with in the world of entertainment. She is also a hair stylist whose clientele includes the likes of Priyanka Chopra, Katrina Kaif, MS Dhoni, Virat Kohli and several other celebs. Sapna, who was recently in Bhubaneswar for the screening of her documentary 'Sindhustan', loves to pen down her thoughts in the wee hours



With Mahendra Singh Dhoni and Sushant Singh Rajput

No yoga day
Instead of pumping iron at the gym and taking up vigorous physical exercises, I rely more on practicing yoga to keep the metabolism running. However, I prefer to give it a miss on Sundays.

Self-exploration

After waking up at 5 am, I don't engage myself in conversations till afternoon. I find myself a corner to sit, explore my mind and all I do is writing. I believe there couldn't be a better time than the dawn to do that.

In nature's lap
I have a property at Kamsheet, located between Lonavala and Pune, nestled amid mountains. It's always calming and refreshing to spend some good time with family there looking at the beautiful mountains.

Anything for family
Though my diet is limited to just two meals - lunch and dinner - in a day, I love to cook some scrumptious Sindhi curries on Sundays to treat my family. It always feels great to have them together at my place.



Interacting with the audience at Indian Documentary Film Festival of Bhubaneswar (IDFFB) in Bhubaneswar

ARINDAM GANGULY, 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

- I can tell when people are being judgmental just by looking at them.
- Refusing to go to the gym is a form of resistance training.
- What's the difference between ignorance and apathy? I don't know and I don't care.
- 6:30 is the best time on a clock, hands down.



GO GREEN

Sir, Your cover story 'Champions of change'(Oct 23) on the pioneering initiatives of Sushanta Sahu, Sujit Mohapatra and Subhranshu Satpathy for ushering in eco-friendly Diwali celebrations was an inspirational read. Through their painstaking endeavours, these 'green crusaders' have demonstrated that it is possible to celebrate the festival in an eco-conscious way. Taking a cue from their initiatives, we can use bio-degradable bags/ painted newspapers by discarding shimmering synthetic gift/wrapping papers, circumventing the use of chemical-based colourants by using only natural colours for intricate Rangoli patterns, avoid ingesting sweets laden with sugar and average ingredients with artificial coloured coatings in favour of homemade sweet savouries and dry fruits, encourage the use of solar-powered lights for conserving energy, promote the usage of simple elegant earthen lamps, discard the bursting of highly toxic firecrackers once and for all in favour of green crackers, to celebrate the festival of light.

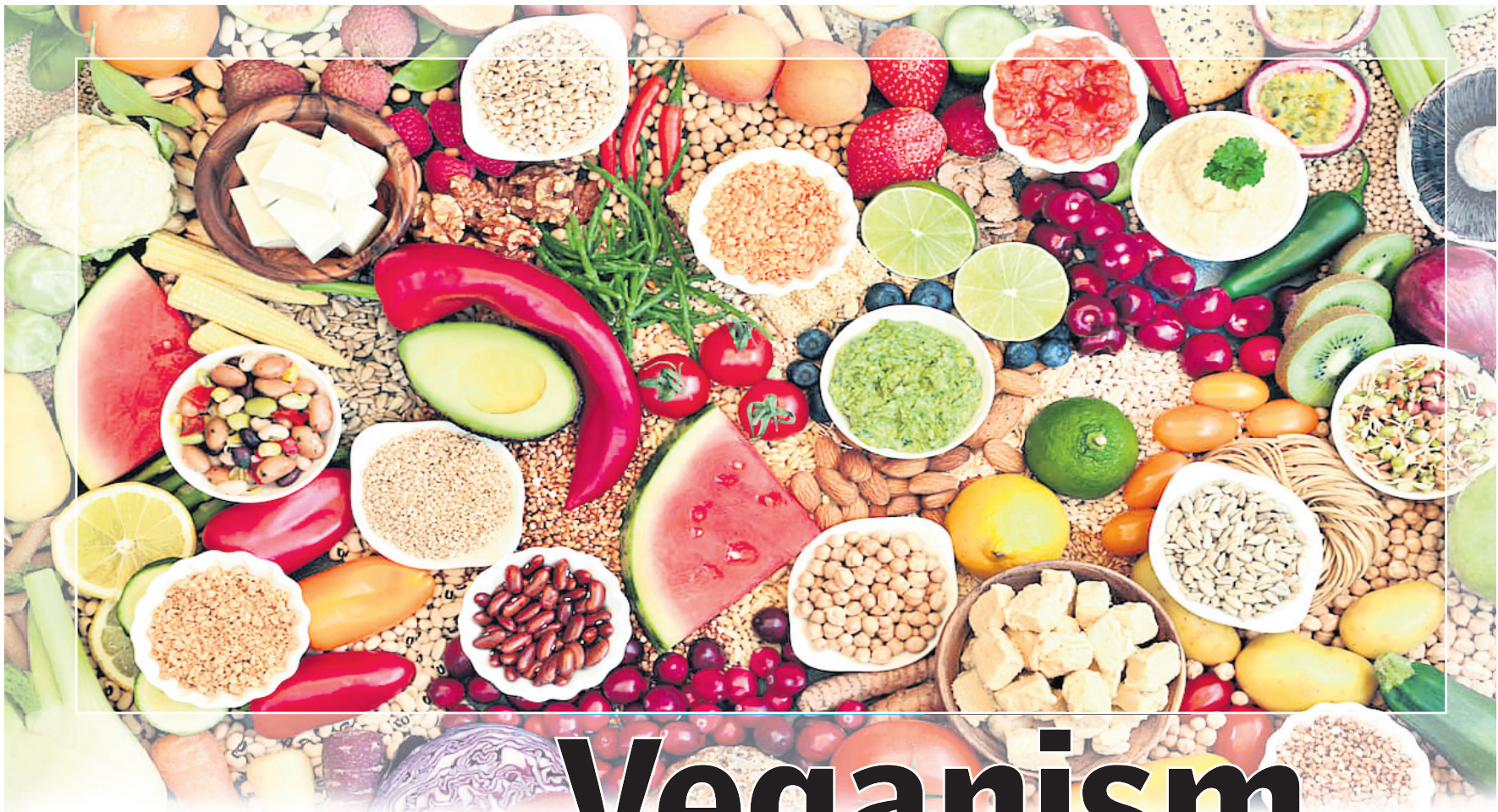
AMIT BANERJEE, New Delhi

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



Veganism, a humane choice

SMRUTI REKHA BARIK, OP

Apart from practices such as use of masks, maintaining social distance and hand hygiene, another change that Covid-19 has brought about is veganism.

After learning about the role veganism plays not only in combating the pandemic but also how it can help in dealing with climate crisis, more and more people are adopting a vegan lifestyle.

They not only abstain from consuming animal products, but also from wearing or purchasing leather or other products made from animals. They use

products that are cruelty-free and not tested on animals and choose forms of entertainment that do not engage animals.

Talking about India, it is a country where animals are worshipped, loved, pampered and taken care of just as any other family member. No wonder, India is said to have the most numbers on the chart of followers of veganism.

Therefore, it can be safely assumed that veganism is set to become the new normal in a post pandemic world.

Ahead of World Vegan Day November 1, a few advocates of veganism shared with **Sunday POST** why it is important to be a vegan and what role it can play in overcoming the climate crisis.

A nutritionist and medical professional, **Dr Kiran Ahuja**, manager of Vegan Projects at PETA (People for Ethical Treatment of Animals) India says, "Veganism is part of India's past and future".

Talking about the history of this trending lifestyle she continues: "The origin of veganism dates back to when the first humans ate fruits, berries, nuts, and other foods that nourished them. Of course, people

in India have been eating vegetables, fruits, pulses, grains, and other vegan foods for millennia."

The Himalayan Brokpa People were strict vegans more than 3,000 years ago. At the heart of three of



India's major religions (Hinduism, Buddhism, and Jainism) lies ahimsa, and many Indians are vegan because of their belief in this principle of non-

violence towards sentient beings. Today, India has the largest vegetarian population in the world (nearly 40% of us find eating animal flesh repulsive and do not eat meat), and in a recent span of 10 years, the number of vegans, including people from all religious backgrounds, have risen by 30%.

Thanks to public support for animal welfare, concerns about the negative environmental impact of meat and dairy farming, and worry about the increased rates of obesity, diabetes, heart disease, and high blood pressure, the vegan population keeps growing. Ahuja says it's quite natural for Indians to care about animals. The Sanskrit phrase "Vasudhaiva Kutumbakam" means "The World Is One Family" and the Constitution of India requires

How it all started

World Vegan Day was started in November 1944 by the Vegan Society, a group that was created by Donald Watson, an English animal rights advocate. The term 'vegan' was coined in place of 'non-dairy vegetarian'. The word 'vegan' as Donald Watson described it, is the "beginning and the end of the word vegetarian". The Vegan Society also celebrates Vegan month, in the month of November.

citizens to have compassion for animals, she points out. Even as a big percentage of vegans live, there is no let up in cases of animal cruelty in the country. On this, she says it is all about creating awareness.

"When people will realise that billions of chickens are confined to cages so small they can't even spread one wing just to produce eggs, that trillions of fish are suffocated or slit open for their flesh while they're still alive, or that most calves are torn from their mother's side shortly after birth and that many are killed simply so that humans can steal their milk, they will reject this violence by consuming exclusively vegan foods," a confident Ahuja added.

A STUDY BY UNIVERSITY OF OXFORD SUGGESTS THAT DITCHING MEAT AND DAIRY CAN SLASH AN INDIVIDUAL'S FOOD-RELATED FOOTPRINT BY 73 PER CENT



WE ARE ALL ANIMALS

Hollywood actor Joaquin Phoenix campaigns for veganism



ADOPT — DON'T SHOP!

Your yoga partner is waiting in an animal shelter.

It is not just about atrocities towards animals; by adopting a vegan lifestyle people can reduce the risk of their health disorders.

“A staggering of us, along with the majority of the rest of the world, are lactose intolerant, meaning we can’t digest dairy. Doctors advise that consuming dairy can contribute to heart disease, various types of cancer (including reproductive, colon, and breast cancer), obesity, and other serious physical ailments,” she further says.

This apart, concerns over the climate catastrophe are also prompting more people to go vegan. A study by the Indian Institute of Technology Delhi and the Deenbandhu Chhotu Ram University of Science and Technology, Murthal found that the methane produced by India’s farmed animal population (the world’s largest) can significantly raise global temperatures.

Vivek Mallick, a student of Amity University-Kolkata, turned vegan as he believes that animals are living with and not for human beings.

He wants to set an example for others of how vital animals and nature is for humans, and that they have to be answerable to the choices they make.

Vivek says, “Veganism can trace its origin way back to ancient India, where people from different religions such as Hinduism, Jainism



Buddhism preached about Ahimsa and how every living being should be treated with love, care and respect.

Although, it has taken a modern meaning nowadays where it has become a way of living which excludes as much as possible and practicable, all forms of exploitation and unnecessary cruelty towards other animals. When people introspect and realize about the meat, dairy and leather industry, they become more aware about their choices and what dire consequences it has on the lives of others, because someone in their sane state of mind can never commit such a heinous act of cruelty on an innocent creature for their needs”.

Shedding some light on veganism as a lifestyle, he continues: “One can choose to eat mock meat or vegetables rather than ending someone’s life for a five-minute pleasure. One can also choose to wear synthetic substitutes rather than silk or wool, and one must also boycott every kind of animal cruelty such as zoos, circuses, animal rides. If everyone were to adopt a vegan lifestyle, they would not only be able to keep their health in optimum conditions but also decrease green-

house emissions and slow down global warming and climate change as the animal farming industry is the second largest emitter of greenhouse gases after the energy sector. People would not only be making a healthy choice but rather a humane choice also”.

Vivek, to popularise the practice of veganism, says, “In order to connect with the community, we have to start from the grassroots level and show people what the meat, dairy, leather and other animal dependent industries hide from them. Even children must be told the truth about these practices before they are brainwashed into believing the sweet lies. They must realise that chicken, fishes, goats, cows and all other animals know when they are going to be killed and they feel pain and fear such as ourselves, they just want to live freely just like us”.

Purabi Patra, the founder chairperson of animal welfare trust Ekamra, animal rights activist, and a vegan based in Bhubaneswar, says, “Veganism as a lifestyle is not something we imagine as an out of



world concept”. “If we talk about vegan food, the daily staple food like (dal, chawal, roti, sabzi) we eat in our daily life is mostly vegan, chocolate, cheese, butter are any-

ways not good for health and should be avoided at least for your own health. No point in going for expensive leather items, when we have ample choices in synthetic accessories. Silk has never been a mandatory textile for us, and we have a lot of other options in fabric. So for me veganism as a lifestyle is damn easy, just that you need to take it positively,” she explains.

Nowadays social media is the best platform to explore the options, there are lots of forums and groups on veganism and vegan people, where one can join and explore the world of veganism.

VEGAN CELEBS

The concept of veganism has hogged the limelight of late and for that the credit must be given to some celebrities who keep away from animal and dairy-based products. While Indians like Aamir Khan, Esha Gupta, Alia Bhatt, John Abraham, R Madhvan, Kiran Rao, Virat Kohli, Neha Dhupia, Anushka Sharma, Sonam Kapoor and Sanya Malhotra have played big roles in growing popularity of veganism, Hollywood celebs of the likes of Tobey Maguire, Liam Hemsworth, Natalie Portman, Anne Hathaway, Joaquin Phoenix, Pamela Anderson and Ariana Grande promote the practice aggressively.



DEBUNKING MYTHS

Myth - Vegan food lacks protein.
Fact - Lentils, beans, nuts, seeds, soybean and tofu are considered good sources of protein.

Myth: Fish are the only source of Omega-3.
Fact: Apart from fish, Chia and flax are good dietary additions as they are rich in alpha-linolenic acid (ALA), which helps heart health, also known as sources of Omega-3.

Myth: Plants have feelings.
Fact: Plants do not have a central nervous system. So, if fruits are picked up from a tree it will not really hurt them. It’s just like clipping off a nail! .

Myth: Veganism leads to malnutrition.
Fact: A balanced vegan diet is known to boost the immune system, enable better heart function, provide more endurance and promote healthier skin.

Myth: Veganism is expensive.
Fact: When you go to a supermarket, do you find vegetables to be priced higher than steak? At a restaurant, is vegetable pasta more expensive than bacon strips?.



TRY TO RELATE TO THEIR FATE.
SAY NO TO ELEPHANT RIDES

Actress Sanya Malhotra promoting vegan lifestyle



5 must take road trips in Australia

From bustling cities to quaint townships, picturesque valleys to sweeping tablelands, the Land Down Under, with almost 4,000 kilometres of road from end to end, is a nation of contrasting beauty

What could be better than mixing the excitement of travel with the thrill of cricket? It's time to pack your bags and take that long-awaited journey to Australia now that travel is back in style and the ICC Men's T20 World Cup is taking place there after a break of over two years.

So, here's a list of the top five road trips one should take in Australia with the loved ones during this mega event. Take in Australia's different environment as you travel while taking in cricket matches taking place all throughout the nation, from the untamed and burnt-umber desert landscape of Red Centre Way to the picturesque journey along the East Coast Route.

The Great Ocean Road, Victoria

It is a well-known Australian highway that runs from Torquay to Allansford through Victoria's breathtaking coastline. Koalas perched in trees, ochre cliffs shining at dusk, shipwrecks, rainforest, waterfalls, golden beaches, and the Twelve Apostles - a group of gigantic limestone stacks rising out of the sea off the coast of Port Campbell National Park-can all be seen during this trip.

In Torquay, there are many vacation parks where families can spend the night, as well as more secluded and intimate accommodations like Anchor Geelong, which provides spacious, spotless apartments near the water that are ideal for couples.

Gibb River Road, Western Australia

This thrilling excursion necessitates a 4x4 for more daring travellers in order to navigate its unpaved, dusty orange tracks. As you travel through the isolated Kimberley region of Western Australia, you will pass revered



GREAT EASTERN DRIVE, TASMANIA

on how much time you have available, you could plan a shorter path. Take a Dolphin eco-cruise to start at Broome, then stay close by at The Courthouse Bed & Breakfast.

Red Centre Way, Northern Territory

On this five-day circular drive through central Australia, you'll immediately be awed by the gargantuan, wild and burnt-umber desert landscape. Along the way, you'll discover flame-red rocky gorges and canyons and swimming holes dotted between the peaks of the West MacDonnell Ranges. Be ready for kangaroos hopping over undulating dunes and natural monuments like Kings Canyon, Kata Tjuta and the unmissable Uluru.

This enormous sandstone monolith is sacred to the Anangu tribe of Indigenous Australians and is one of the best settings

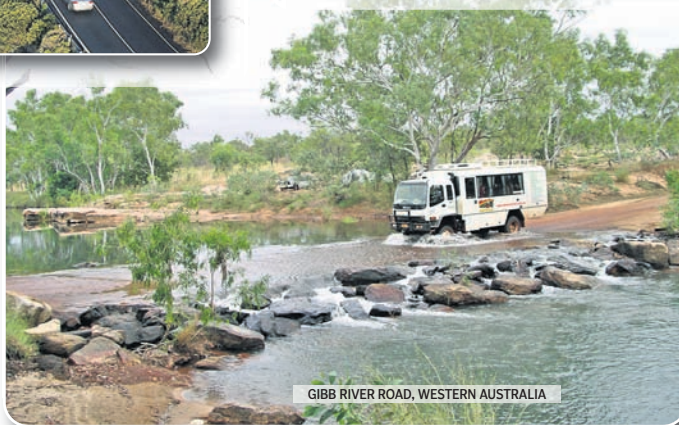


THE GREAT OCEAN ROAD, VICTORIA

is highly rated for one-night stays. If you're feeling adventurous, get up before sunrise for a Hot Air Balloon Flight Tour.

East Coast (Brisbane to Cairns), Queensland

The East Coast route is one of the most popular road trips in Australia, taking you past some of the most magnificent natural wonders of the Southern Hemisphere. There's the Great Barrier Reef, Fraser Island (the world's largest sand island, with gleaming white beaches and inland rainforest) and the stunning Whitsunday Islands. Stop off in national parks, visit the famous surfing hotspot of Noosa, skydive over tropical islands and



GIBB RIVER ROAD, WESTERN AUSTRALIA

for a sunset anywhere in the world. The Red Centre Way journey starts in Alice Springs, where colourful, quirky and affordable hostel Alice's Secret Travellers Inn

seas, and finish your adventure with a tropical sailing trip or a visit to the ancient rainforest

of Cape Tribulation. You'll find a wide range of accommodation pricing where the trip ends in Cairns, but if you are celebrating the end of your journey, spa-equipped Crystalbrook Riley is one of the most highly-rated hotels in the area.

Great Eastern Drive, Tasmania

The Great Eastern Drive starts in the Tasmanian capital of Hobart and ends up in the Bay of Fires, where white sands are backed by burnt orange lichen-covered boulders and lapped by the crystalline sea. Follow wild, untouched coastline through national parks, over mountains and past the historic ruins



RED CENTRE WAY, NORTHERN TERRITORY

of the Port Arthur convict settlement.

It's a road trip experience that's guaranteed to make you fall in love with Australia's peaceful and visually arresting island state. Treat yourself to one of the many local tours and a glamorous stay at MACq 01 Hotel, overlooking Hobart harbour, before setting off on your road trip adventure. Murals in the hotel's guest rooms tell the stories of the heroes, villains, explorers, inventors and convicts who used to roam these lands.



When Katrina had to ditch her diet plans

Actress Katrina Kaif shared how her mother-in-law often forced her to have parathas but she has to deny being on a diet.

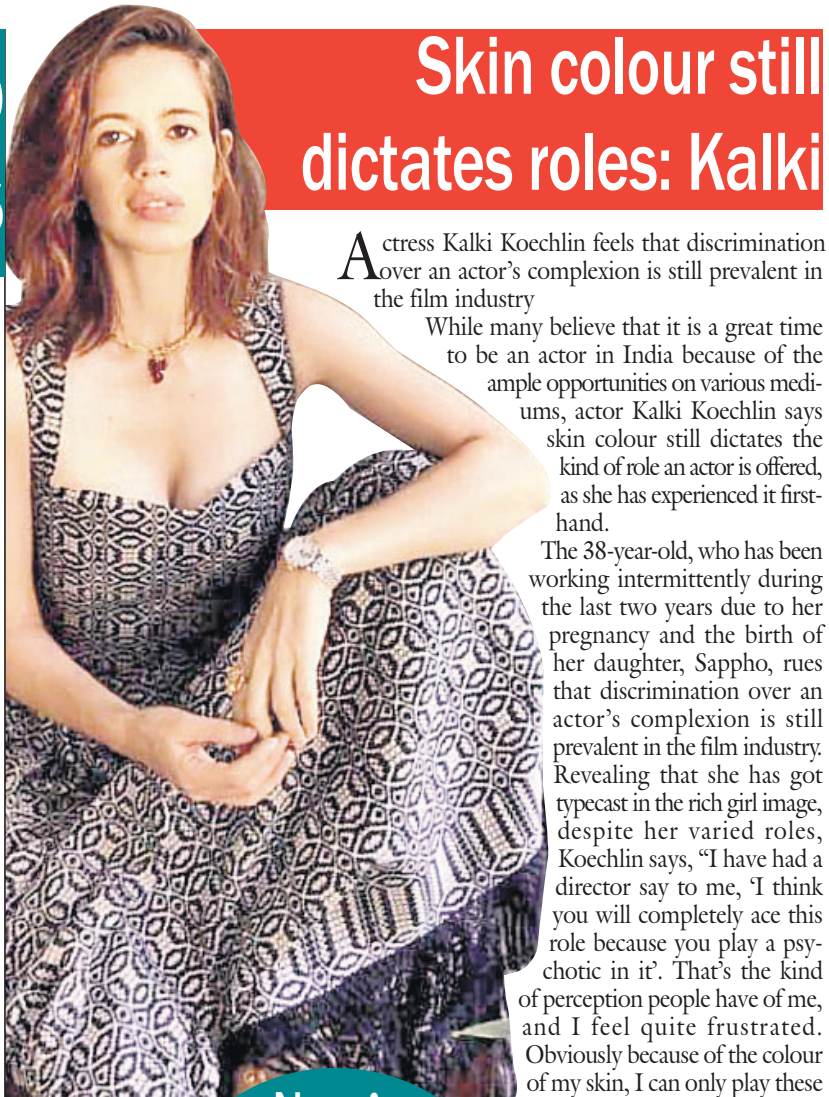
On *The Kapil Sharma Show*, when the host asked Katrina if her diet has changed after marriage especially being part of a Punjabi family. The *Namasteey London* actress told him that she was often asked to have a heavy diet but she refused because of her fitness regime.

She said: "Initially Mummy ji used to urge me a lot to have parathas and since I'm on a diet I couldn't have it so I used to just have a bite. And, now that we have almost completed a year of our marriage, Mummy ji now prepares sweet potatoes for me."

Katrina is coming along with Siddhant Chaturvedi and Ishaan to promote her film *Phone Bhoot* and she told about her shooting experience and revealed some interesting anecdotes. She also talked about her life post her marriage.

The Kapil Sharma Show airs on Sony Entertainment Television.

IAN S



Skin colour still dictates roles: Kalki

Actress Kalki Koechlin feels that discrimination over an actor's complexion is still prevalent in the film industry

While many believe that it is a great time to be an actor in India because of the ample opportunities on various mediums, actor Kalki Koechlin says skin colour still dictates the kind of role an actor is offered, as she has experienced it firsthand.

The 38-year-old, who has been working intermittently during the last two years due to her pregnancy and the birth of her daughter, Sappho, rues that discrimination over an actor's complexion is still prevalent in the film industry. Revealing that she has got typecast in the rich girl image, despite her varied roles, Koechlin says, "I have had a director say to me, 'I think you will completely ace this role because you play a psychotic in it'. That's the kind of perception people have of me, and I feel quite frustrated. Obviously because of the colour of my skin, I can only play these upper-class characters."

The *Yeh Jawaani Hai Deewani* actress, however, is excited about her next film, *Goldfish*, in which she plays veteran actor Deepti Naval's daughter, suffering from dementia.

AGENCIES

Nora's Manike is not just an item song: Sidharth

Actor Sidharth

Malhotra has said that the song *Manike*, from his latest release *Thank God*, is the main song and not just an item song. In a new interview, Sidharth reacted to mixed responses that the song has received. He also spoke about the film facing legal issues and added that "it's not fair to watch one snippet and judge a whole film".

Sung by the Sri Lankan singer Yohani and Jubin Nautiyal, *Manike* is a recreated version of 2021's viral song *Manika Mage Hithe*.

Last year, the *Thank God* team made an announcement that Yohani will be making her singing debut with the Hindi version of her hit song. The song features Sidharth and Nora Fatehi. Sidharth said, "It's the main song in the film. Nora (Fatehi) plays an interesting character; she doesn't come in for the song alone. It's very well-integrated into the story as opposed to it being just an item song. We're happy that people are liking it. Nora and I've done many songs in the past but this is the first time I've danced with her in *Manike*. We did a song in *Marjaavaan* (*Ek Toh Kumm Zindagani*) as well where I was just looking at her dance. At that time, I had told her that the next time we do a song, I'll make sure that I do some moves and that's what we did with *Manike*." Helmed

by Indra Kumar, the film stars Ajay Devgn and Rakul Preet Singh in the lead roles.

AGENCIES

Sunny talks about her family time

Although Sunny Leone was missing in action from the Diwali celebrations in Mumbai, she did make it a point to celebrate the festival with her husband, Daniel Weber, and kids, Nisha, Asher and Noah. She also celebrated Nisha's birthday and had a blast with the kids.

"I am currently shooting for *Splitsville*. So, I couldn't attend any of the Diwali and festive celebrations in the city but I was happy to be able to make time for my daughter's birthday and to be able to celebrate Diwali with my children and my husband. With the kind of busy lives my husband and I have, the best thing we can give each other and our kids is our undivided time. I'm glad we could do that during the festive period that just went by," Sunny says.

The actress-entrepreneur, who kicked off her career in show business in India with *Bigg Boss* and *Jism 2*, was recently seen playing one of the central characters in *Ginna*, a Telugu movie that was released all over India last week.

AGENCIES



An ode to Autumn

Pico Iyer, globetrotting journalist, memoirist, and travel writer, in his novel *Autumn Light: Season of Fire and Farewells* has painted for us Japan in autumnal tints, its fine restraint and elegance, grace and quiet melancholy. Iyer spends his time writing, shuttling between California where his aged mother lives and Nara, a suburb of Kyoto where his Japanese wife lives making a life for her family. His transposition from a bustling office in Manhattan to sleepy Nara is a mental upheaval where he experiences the transparent and the mysterious in a delicate balance and the realisation that everything passes and nothing can be taken for granted. He moved to Japan to learn how to live with less hurry and fear of time, and to see how an old and seasoned culture makes its peace with passing hours, to learn how best to dissolve a sense of self within something larger and less temporary.

Written in lyrical, translucent prose, the novel is an ode to Autumn, an elegy, a philosophy of life that tells us all happiness is fleeting, all beauty is transient and all love we cling to in desperation becomes in the end a memory. A meditation on the essential changelessness in change and the humbling acceptance that nothing lasts, everybody leaves yet it is possible to settle comfortably and live a life of cherished attainment by carving out a mundane routine. "I see it in the spaces where nothing is happening one has to make a life". The steadying patterns of everyday rites of going to the post office, visits to the temple, a vigorous game of ping pong with ageing friends and enjoying a crystalline sky, the turn of leaf on the maple trees, the chant of children in a park, a walk in the woods, makes a day. The small spaces people occupy in Japan unlike the West, as his wife does in their small two room apartment, talks of self containment even erasure. All this is part of what Iyer sees as an aesthetic of enhancement through subtraction "the Japanese art of taking more and more away to charge the few things

that remain."

"Autumn poses the question we all have to live with. How to hold on to things we love even though we know we and they are dying, How to see the world as it is, yet to see the light in the truth." Mortality is the stuff of life and in the face of the evanescence of all things we need to savour the joys of the world we inhabit. Things are as they are and every year people go out and watch the autumn, because it's always the same, and always not. We are reminded of George Eliot who says in her *Mill on the Floss* "What is worth that sweet monotony where everything is known and loved because it is known?" Iyer has his fair share of grief - the death of a father in law, his mother in law losing mind and memory, confined to a nursing home, an estranged brother in law and a daughter who was diagnosed with cancer.

There is no linear or sequential progression in the narrative but a meandering rumination on illnesses, deaths, absences, separations but also happy resolutions, reunions, savouring the moment and appreciation of all the things worth living for. Hiroko, his wife tells him "Your book nothing happening

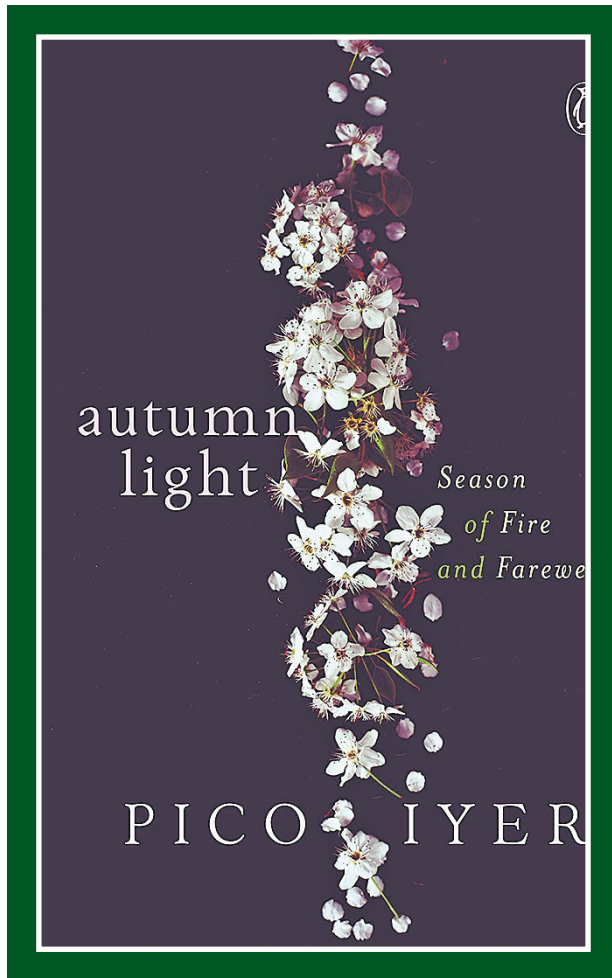
she asks and she is right." Autumn is an inward looking season when everything falls away. Leaves shoot only to fall, flowers bloom only to fade, we are born only to

sons, lifetimes, galaxies and loves is what confers preciousness and sweetness."

The customs Japanese have are a way of honouring the dead. Obon is a local Festival of the Dead celebrated to welcome the dead to look in on their loved ones. They pay a local Buddhist priest to give a special Buddhist name to protect the deceased in the afterworld. These rites offer a container for grief, a time tested way of channelling sorrow so that every family can be joined with every other. In Japan the divisions between the living and the dead are porous, the air is thick with the presence of deities and ghosts and the land is saturated with dead ancestors, river gods, and heavenly bodies. They believe in the eight million gods of rice paddy and wind, maple tree and constantly changing sky, whose presence we can never forget.

The Japanese gift for phasing out a past that can no longer be amended and like children not knowing what would come next, earning a liberation from the future makes them live in the moment. In Zen practice, when you see a mountain you should become that mountain. If you are observing the autumn, you become the autumn. "Hold this moment forever, I tell myself, it may never come again."

Then the visit to the Dalai Lama rounds up the book where he states that his vision of a place of education meant a place devoted to the propagation of basic kindness and understanding with nothing explicitly Tibetan or Buddhist involved. Suffering is the central fact of life, from his Buddhist view point; it's what we do with it defines our lives. Not praying for blessings or good health but working for them. You make your own karma every moment. At the end of the book Iyer says in the acknowledgements "Quite often I sit on our tiny terrace, nibbling at sweet tangerines under a high, deep-blue sky, a cup of tea, a novel beside me in the busy quiet, and wonder what I did or { didn't do} to deserve such blessings". What more can anyone ask?



age and die but this inherited wisdom does not help us to escape the pain of loss, illness and separation. We can only reconcile our yearning for permanence, "the poignancy of longing for certainties", in a universe predicated for change, cherishing the beauty of life not despite its perishability but precisely because of it; because the "im-permanence of things, of sea-



Sudha Devi Nayak
Bhubaneswar



Swopna