

DECEMBER 18-24, 2022

# SUNDAY POST

HERE . NOW



# UNDERDOG TALES



P 3,4  
COVER  
STORY



An HR-turned-entrepreneur, Sonali Mishra has several honours and recognitions to her credit. She has also been part of various beauty pageants as a jury member. The freelance makeup artist, who has recently set up her design studio 'Glam and Gaiety', nourishes a dream to go on a road trip to Jammu and Kashmir



### Sunday detox

I wake up early on Sundays, have lukewarm water, soaked almonds and raisins. The extra time I find myself at home, I cook light and healthy breakfast. I am pretty more active on Sunday mornings than others; I go cycling and practice yoga.



With actor Partha Sarathi Ray

### Family time

Sunday evenings are for my family. We cook, eat, and have loads of fun together. We also do gardening at our leisure and take care of the aquariums.



With family



With athlete Dutee Chand

### Exploring new avenues

Taking a break from my corporate life during pregnancy, I got back to pursuing a course in make-up from Bangalore with my family's assistance.

### Task manager

I love to keep up with the latest global trends and techniques in makeup. Instead of keeping tasks, like cleaning the kits, pending for Sunday, I make sure to finish them on weekdays.

### Chasing dreams

I have been to countries like the US, Brazil, the UK, Dubai, Bangkok, and many more, but my heart longs to explore the streets of India and dreams to take a ride to Jammu and Kashmir on a bike.

### Food connoisseur

I love to explore varieties of street food more than the street itself, Japanese cuisine being my favourite. I love cooking and mutton is my preferred dish.

SMRUTI REKHA BARIK, OP

**WhatsApp This Week**

Only on **Sunday POST!**

Send in your most interesting WhatsApp messages and memes received to: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- I think my neighbor is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.
- My wife and I were happy for twenty years. Then we met.
- Artificial intelligence is no match for natural stupidity.
- When my boss asked me who is the stupid one, me or him? I told him everyone knows he doesn't hire stupid people.

### QUEST FOR MEANING

Sir, Sunday POST deserves fulsome praise for featuring Sudha Devi Nayak's excellent review of Victor Emil Frankl's autobiographical bestseller A man's search for meaning (Dec 4). Through her lucid narrative and select excerpts from the book, the reviewer brings to the fore the central themes of the celebrated psychiatrist's work that a man's deepest desire is to find purpose in life and adapt one's attitude even under most trying circumstances. This acquires primacy in view of the fact that it's possible to have enough to live by, but nothing to live for. Widely regarded as one of the most important and inspirational books of the 20th century, this groundbreaking work holds out a ray of hope for the growing number of people afflicted with depression in the present stressful times. There are three important takeaways from this monumental work- turning adversity and suffering into human accomplishment, to overcome the guilt feeling by changing oneself for the better and inculcating a sense of responsibility in all our actions in view of the ephemeral nature of life.

**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](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



The recently concluded National Dog Show at Bhubaneswar suggests that if properly trained and taken care of, the locally bred dogs too can give the most exotic dog breeds in the world a run for their money

Representational Pic: Source: ihskasfoundation.org

# Underdog Tales

POST NEWS NETWORK

When we talk about a stray or street dog, an image of a four legged malnourished and diseased animal appears in our thought.

Stray dogs are also notorious for charging at the bikers and pedestrians for no specific reasons. Understandably, the Bhubaneswar Municipal Corporation (BMC) authorities have recently gone into overdrive to sterilise the strays to control their population and curb the dog menace.

While the decision has already sparked debates between animal lovers and members of civil society, there is no denying that these homeless and hungry canines are a neglected lot, living on left over food with their average age not exceeding three years.

It is little wonder then that most dog parents prefer to buy foreign dog breeds such as German Shepherd, Labradors, Golden Retrievers, Poodles or Rottweiler instead of adopting indie dogs.

However, the dog experts and handlers were in for a surprise at the recently concluded National Dog Show in Bhubaneswar.

Reason: Tommy, a one-year-old stray dog of Indian breed astonishingly bagged the first prize in the pre-beginners category beating other exotic dog breeds.

People keeping stray puppies at home are not very uncommon as they are available free of cost and for their low maintenance. But competing with foreign breeds at a national show was certainly news to many. Will Tommy's performance make the

animal lovers rethink about their perceptions on indie dogs and choices of pets?

Apart from Gaurav Agrawal, the proud parent of Tommy, here's what some dog experts and lovers have to say on adopting indie dogs.

### 'Lied to parents for Tommy'

Recalling the incident when he decided to make Tommy a member of his family, Gaurav, a Class IX student, says, "All puppies look cute but for me Tommy was super cute, an overload of cuteness. So, I couldn't resist myself from picking it up from the roadside. But my parents were against it. So, I had little choice but to hide it from them. But I couldn't hide Tommy for long and they finally discovered him."

Asked how he managed to convince his parents, Gaurav continued: "It was quite dramatic. With the help of my grandfather I convinced my parents that Tommy was not a street puppy but of a Labrador breed which I got from a friend as a gift. Then, my parents let him stay and needless to say he became a member of the family."

Being a 'Labrador', Tommy needed training like other pedigree dogs. So, Gaurav hired a trainer for him. After a few sessions of training, Tommy took the trainer by surprise. He found no less than a foreign breed dog. So much so that he suggested Gaurav participate in dog shows.

An excited Gaurav took Tommy to the SR Prusty, the president of Orissa Kennel Club (OKC) to know if he could participate in the show. Impressed with Tommy's performance, Prusty allowed him to be in the pre-beginners' round and what happened after that, as they say, was history.

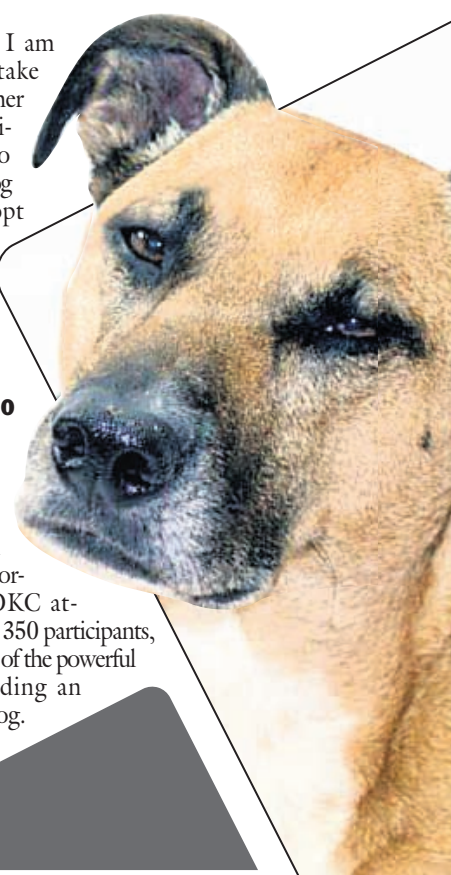
Tommy went on to win the first prize in the category. In the history of the contest, it was for the first time that an indie dog achieved such a feat.

Gaurav says, "I think a dog is a dog. Be it from streets or a foreign breed, if it is treated with love and trained properly, it can give it back by outperforming the competitors in dog

shows. Now, I am planning to take Tommy to other bigger championships. I also request other dog lovers to adopt street puppies and they can do wonders like Tommy did for me."

### 'Time to document and standardise local breeds'

The all-breed championship organized by OKC attracted close to 350 participants, including some of the powerful breeds, including an Indian breed dog.



Gaurav with Tommy and his winner's trophy



SR Prusty

OKC president Prusty recalls, "There was this young fellow Gaurav Agarwal who had brought his dog, which was picked up from the street as a puppy. He showcased how capable he is. After watching the dog's training we allowed him to participate. We were astonished that the dog won first prize in the obedience category competing with seven other breeds. This was the first time in history that a local breed participated in the competition and performed so well. This has sent a message that local breeds are no less in comparison to other foreign breeds. We want the dog lovers to take cue from Gaurav and adopt indie dogs instead of buying expensive dogs of foreign breed and train them to participate in dog shows."

Sharing his experience, the OKC president adds, "People have started realising that Indian dogs are healthier, loyal companions and can adjust to the climate better. Also, keeping them is less expensive compared to foreign breeds. There are many advantages to having an Indian dog as a pet. It is high time that we document and standardise Indian breeds for their official recognition and popularise them."

**Lesser known Kalinga Hound**

Speaking on the issue, **Dr. Niranjana Panda**, a former professor of Odisha University of Agriculture and Technology, says, "It's all about mentality. People have the tendency to buy foreign breeds instead of adopting street dogs just to brag by paying a hefty sum. But I am always in for indie dogs. The stray dogs seen in Odisha are known as Kalinga Hounds, which many do not have an idea about. There are different Indian breeds in India known as Indian Pariah Dog, Rajapalayam and others."



Narrating an anecdote, Panda continues, "During the construction of the Konark Sun temple, the head architect Bishu Maharana's son

Dharampada visited him with some berries. A dog also accompanied him. That dog was of Kalinga Hound breed, locally known as 'Balua Kukura'."

Drawing a parallel, he further says, "In our state, Sambalpuri is the traditional attire but people prefer western dresses just to brag about. In the same way, people buy expensive foreign breeds and are not inclined on adopting stray dogs just to show off. There are several advantages to adopting a local breed. I myself have treated many stray dogs who are adopted by their parents, and it was a pleasure to treat them. I myself, being an ardent lover of stray dogs, have always recommended people to adopt stray dogs."

**Be a dog lover, not a breed lover**

According to **Bawrun Mohanty**, a vet student, "As a dog lover, one shouldn't differentiate between breeds. Moreover, local breeds should be preferred as we all know their high immunity power. Often the street dogs are neglected as disgusting but there is no dearth of instances when they are found more loyal than other breeds. Rather than keeping the foreign breeds for showoff, people should offer a home to homeless dogs. So, be a dog lover, not a breed lover."



**Phew, cynosure of all eyes**

Sharing her fangirl moment with Phew, an adopted street dog, architect Pratyasha Patra recalls, "Severely injured, one leg broken, shivering in pain and cold, barking constantly in a busy hawk of Balasore, my father noticed a tiny black stray dog in the month of November 2016. He brought him home in a plastic marketing bag. I was staying in Bhubaneswar at that time. I got a call from my mom complaining about the dog like who's going to take care of it, how this fella will survive etc. On the very next day maa and papa took him to the vet. It took almost a month for his complete recovery. Gradually that little fella became the most lovable member in the family. He was so tiny that we named him Mr. Phew. Gradually, he went on to become cynosure of our eyes. All my short trips, my day naps were just incomplete without him."



Pratyasha with her dog Phew

Pratyasha, however, is disappointed about how the street dogs are treated. She says, "Unfortunately many of us discriminate against dogs concerning their breeds. Even some veterinarians are also cold in their approach towards indie dogs."

Suffering from a heat stroke, Phew passed away a couple of months back leaving Patras in tears. Pratyasha says Phew, for them, was not just a dog, he was a family and they are yet to come to terms with the loss.



**REASONS TO HAVE INDIE DOGS AS PETS**

- They belong to this land**

The Indie you adopt belong to a family of dogs that have lived in this land for several generations. This generational history means that the dog has the genetic makeup that is best suited for this land and country, its climatic conditions and dietary habits.
- They don't need to be bought**

One does not have to spend 4-5 figure amounts to acquire this dog breed. Just walk down your street or contact a local animal welfare volunteer and you can easily adopt one.
- Your food is his food**

Compared to other breeds, one does not really have to worry about the diet of an Indie. It is a well-known fact that the Indie dog as a pet is more than happy to eat 'ghar ka khana'. You do not need to buy expensive dog food or prepare anything special.
- Low cost of care**

The Indie dog in most cases does not need frequent visits to the vet for its upkeep and general health. Skin and other related issues are at a minimum. No need for those expensive supplements, powders, soaps and shampoos either. The dog has a tough constitution and remains in very good health throughout the year.



# Hamlet with 108 ancient shrines



*The temples built in Maluti village of Jharkhand are of terracotta form. They bear the imprint of the ancient architecture of Chala, Bengal and Odisha*

Maluti (or Malooti) is a tiny village near Shikaripara town of Dumka district of Jharkhand. With a population of nearly 2,500 to 3,000, this unique village consisting of as many as 108 magnificent ancient temples with both the state and Central governments making sincere efforts to declare it a UNESCO World Heritage Site.

Spread over an area of 406 hectares, this village has numerous historical, religious and marvellous architectural ancient heritage structures that one is bound to leave one spellbound with ancient temple structures.

The tableau of this village of 108 temples and beautiful ponds was presented during the Republic Day parade in New Delhi in 2015 when the then U.S. President Barack Obama, who was the chief guest, was also impressed.

This tableau was selected for the second prize at the 2015 Republic Day parade and this the rich historical heritage of Maluti attracted the attention of the government and tourists.

Prime Minister Narendra Modi has shown personal interest in bringing Maluti on the map as a historical and religious heritage site after which construction work worth Rs 13.67 crore began to preserve these heritage sites with the help of Central government.

October 2, 2015, the Prime Minister virtually laid the foundation stone of this scheme to project Maluti as a world-class heritage site. However, the organisation which was entrusted with the work of preserving these heritage sites and renovating the temples located here, was accused of tampering with their original form.

Construction works came to a halt in 2018 due to objection-

tions raised by the locals and historians. Jharkhand Governor Ramesh Bais also visited Maluti a few months back.

After returning from Maluti, the Governor held a meeting with the state Tourism department officers in October where he expressed his disappointment over the works of restoration of temples in Maluti.

Bais said that in order to preserve these heritage sites, there should be minimum interference with the ancient style and structure of these temples. Now the Jharkhand Tourism Department is preparing to start the second phase of the restoration works soon.

In 2010, the Global Heritage Fund, an organisation working on restoring the heritage of ancient structures, included the temples of Maluti in the list of the world's 12 most endangered heritage sites.

Nearly 250 to 300 years ago, of the 108 temples built in Maluti, only 72 are left. The number of ponds have also reduced to 65.

Due to lack of maintenance, many priceless heritage structures have been destroyed. In recent years, apart from the government, many researches have been conducted on these heritage sites of Maluti at the non-governmental level as well due to which the tourists, including other states apart from Jharkhand, Bihar and West Bengal, frequently visit here in large numbers.

## Legend behind the shrines

The story of construction of 108 temples and ponds in Maluti is quite interesting. When Bengal was ruled by Sultan Ala-ud-din Hussain Shah between 1494-1519, it is said that the Sultan had a penchant for keeping eagles.

One day, one of the Sultan's

favourite eagles went missing so he announced a huge reward for any one who could find the bird. A youth named Basant Rai found this eagle.

Pleased with Rai's effort, the Sultan gifted the land of Maluti and surrounding areas to him. After owning the land, Basant Rai became known as Raja Baj Basant. His descendant Raja Rakhad Chandra Rai devoted his time to religious pursuits, rituals and ceremonies. He built the first temple in Maluti in 1720 A.D. It is said that other members of his family also started competing with each other regarding the construction of temples.

As many as 108 temples and as many ponds in number were built one by one by the same family. Of these, the tallest temple is 60 feet high and the smallest is only 15 feet high.

## Land of gods

Maluti is also known as 'Gupt Kashi'. Ancient inscriptions reveal that Maluti was once known as the 'Land of Gods'. Realising the religious significance of Maluti, the then Muslim ruler Sultan Ala-ud-din Hussain Shah (1493-1519) declared this area as a tax-free land.

The temples built in Maluti are of terracotta form. They bear the imprint of the ancient architecture of Chala, Bengal and Orissa.

Somnath Arya has written a book titled Beyond Comparison on Maluti with assistance from Jharkhand government. He said that the main temple out of these 108 temples is of Goddess Mauliksha.

The landlord family worships Goddess Mauliksha as the 'Kuldevi' (ancestral diety). Some believe that she may possibly be a goddess of Tantric traditions of Buddhism. Vajrayana or Tantric Buddhism was very prevalent in Maluti till the 15th century.

It is quite possible that later on people of Hindu religion also started worshipping Goddess Mauliksha. Historians have come to the conclusion that the construction of temples started in this village from 1720, and continued till 1845.

The maximum numbers of temples built here are dedicated to Lord Shiva.

Apart from these there are temples devoted to goddess Durga, Kali, Dharmaraj, Mansa Devi and Lord Vishnu built here. Attractive artifacts of terracotta (baked clay) are inscribed outside the temple. These artworks are based on the themes of Ramayana and Mahabharata.

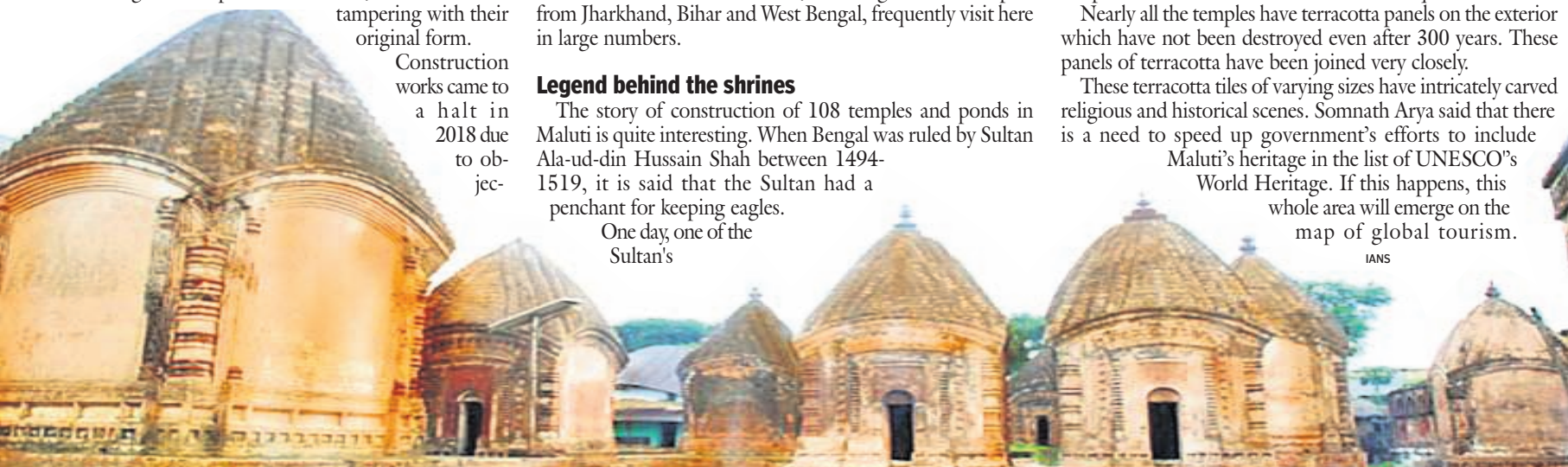
Artifacts based on the events of Ram-Ravana war, Ram leela, Krishna leela, Ram's exile in the forest, Jatayu episode, abduction of Sita, Vakasur war etc. are depicted. One similarity in all these temples is that the entrance of all of them is quite small.

Nearly all the temples have terracotta panels on the exterior which have not been destroyed even after 300 years. These panels of terracotta have been joined very closely.

These terracotta tiles of varying sizes have intricately carved religious and historical scenes. Somnath Arya said that there is a need to speed up government's efforts to include

Maluti's heritage in the list of UNESCO's World Heritage. If this happens, this whole area will emerge on the map of global tourism.

IAN S



## Uorfi unfazed by trolling

**B**igg Boss OTT fame and influencer Uorfi Javed has been the butt of jokes, courtesy her bizarre fashion sense on social media. However, nothing bothers her as she said that she is unfazed by all the trolling and criticism that comes her way.

Uorfi grabbed eyeballs as she flaunted her outlandish fashion statements on the dating reality show *Splitsvilla X4*, hosted by Sunny Leone and Arjun Bijlani on MTV.

Talking about her making headlines with her ensembles, Uorfi said: "Yes, I do make headlines for my outfits. In the show I was also being myself. I took some really nice outfits in the show and what made me choose such outfits? I didn't choose them, it was the MTV production who chose the ones which were not too revealing."

However, she does not always get compliments for her bizarre fashion statement and many times, she is criticised for her looks. She believes that it is useless to pay any heed to them.

She adds: "I don't take trolls and criticism seriously. Constructive criticism is still okay but trolls, I don't think I want to give them any importance."

IAN S

## Actors behave like influencers: Huma

**A**ctor Huma Qureshi opened up about the rising pressures put on actors in Hindi film industry about their social media followers to get better roles and how it is not her job to take those numbers into account.

In the roundtable discussion featuring Vidya Balan, Mrunal Thakur and Nimrat Kaur, the Badlapur actor said, "I am not a social media influencer, I am an actor. I act. In the West also, there are a lot of actors... but they don't behave like influencers. I am sorry but, most of us... I am in-

cluding myself also, sometimes we behave like influencers! I am like... my job is not to do this, my job is to act. There is a big difference, and somewhere I think it's just become so blurred. Just because you have 10 million followers doesn't mean you can do that part well or not."

Huma, who was last seen in Vasan Bala's critically acclaimed *Monica, O My Darling*, also praised actor Tabu in the same discussion and said, "She is amazing and at the top of her game. She is part of two of the biggest films of the year and she doesn't do any promotions!."

IAN S

## Shweta's balancing act

**P**opular face of the TV industry Shweta Tiwari, who is currently seen in *Main Hoon Aparajita*, playing the role of a mother of three daughters, reveals how she is maintaining a balance between her personal and professional lives.

The actress has a 6-year-old son, Reyansh and a 22-year-old daughter, Palak. As she is always on the sets and busy shooting, she has decided to bring her son to her work place so that she can give him time as well.

She shared: "As I am shooting for *Main Hoon Aparajita* for most of the day, I have ensured that there is room for Reyansh on set. He goes to school and then returns to my set in the evening, where we spend time and travel back home together. I try my best to manage both, my shoot, and my responsibilities towards Reyansh."

She added that she took a break from work for her son and even now she makes sure to give him proper time.

IAN S

## Kangana recalls acid attack on sister

After a 17-year-old girl faced an acid attack by a man in Delhi's Dwarka last week, Kangana Ranaut has shared about her sister Rangoli Chandel's trauma and how she herself was terrified after the attack.

The actor said she used to violently cover her face every time a stranger passed her. Taking to her Instagram Stories, Kangana wrote, "When I was a teenager my sister @rangoli\_r chandel was attacked with acid by a roadside Romeo.... She had to go through 52 surgeries, an unimaginable amount of mental and physical trauma.... We as a family were devastated .... I also had to go through therapy because I feared anyone passing me might throw acid on me which caused me to cover my face violently in a reflex action every time a biker, a car, a stranger crossed me .... These atrocities haven't stopped ....

Government need to act very strongly against these crimes

...I do agree with @gau-tamgambhir55 we need to take very strict measures against acid attackers..."

Last Wednesday, two masked men on a bike threw acid on the class 12 student minutes after she left her west Delhi home for school. Reportedly, the girl has sustained eight percent burn injuries and is undergoing treatment at Safdarjung Hospital's burn ICU. IAN S



Kangana R



# Pack bags for wellness retreats

Vacations aren't just about relaxation and engaging in a healthier lifestyle. They are also the perfect places where you can learn a new skill

Amidst hectic lifestyles and tight work schedules, there's hardly any time to rest and recharge. While 'vacation' may be the first thing that comes to your mind to get away from the hustle and bustle of daily life, think again.

Does a vacation really allow you to disconnect or do you feel like needing a vacation from your vocation?

If the latter is your answer, what you need is a wellness vacation. According to reports, travelling for self-care is on the rise and wellness tourism now accounts for \$639 billion in tourism globally. While a wellness vacation can certainly do wonders for your body and mind, there are quite a few things you need to know to make your getaway a truly relaxing one.

## Type of self-care activities

To make the most of your wellness vacation, it is important for you to first choose the type of self-care activities that you would prefer. It can be emotional, physical, spiritual, social or sensory. Certain wellness retreats may focus on conscious awakening, mindfulness, meditation and beach walks; others on spiritual and holistic activities. This can also include the ancient practice of yoga. Sensory self-care activities like meditation or time spent in nature can help calm the mind and attain inner peace. Other wellness getaways focus more on fitness which includes gym workouts, high-intensity exercise and special dietary needs.

## Varying durations

Are you looking for a week-long wellness vacation or an extended stay? Well, the good news is that the majority of wellness retreats offer programmes of different durations. You can opt for one that lasts for 2/3 days or even go on a month-long retreat. However, if you want to feel fully rejuvenated and recharged, at least a week-

long wellness retreat would be ideal.

## Scheduled activities

Most wellness retreats are structured around a schedule that includes different activities every day. The schedule indicates times for waking up, activities and meals are served and teachings offered. The schedule is integral to the practice of the wellness retreat. As such, it can teach you about yourself, help develop your inner strengths and help you feel content. Participating in the schedule helps you get insight into beliefs, attitudes, motivations and feelings that can go unseen if you are free of any timetable. However, there are other types of wellness vacations as well where you can pick and choose to go with your own flow.



## Learn new skills

Wellness retreats aren't just about relaxation and engaging in a healthier lifestyle. They are also the perfect places where you can learn a new skill. New skills can vary from yoga, meditation, mindfulness, physical activities, and more. The majority of retreats provide access to highly trained professionals who support you on your wellness journey. These individuals help you learn new skills and enter a world of self-exploration with various types of practices.

As you can see from the above-mentioned points, there are quite a few things to consider before you start your wellness journey. To make it a life-changing event and also a refreshing vacation you'll never forget, choose carefully. We are sure, the benefits will be endless.

IAN S





# Samaptika