

AUGUST 2 - AUGUST 8, 2020

SUNDAY POST

HERE . NOW



Celebrating sibling bond





State award winning actress Madhumita Mohanty prefers to do the unfinished household chores and organise her wardrobes on non-working Sundays.

Finishing incomplete reads

I love reading novels but fail to complete them at times due to my busy shooting schedule. So, Sunday is the perfect occasion to take care of the read-but-unfinished books.

In homemaker's shoes

I keep my Sundays reserved to organise wardrobes, kitchen and laundry stuff. Besides, I prefer to do most of my unfinished household chores on non-working Sundays.

Late riser

A good night's sleep is essential for everyone and more so for an actor. But we often get deprived of it due to our hectic work schedule. So, I don't get up before 11 am on Sundays to compensate those lost hours of sleep.



With husband

Canine care

On Sundays, I make sure to spend quality time with my three doggies. I love to give my canines a proper bath and offer them their favourite treat.

Kitchen queen

I don't get much time to spend in kitchen on working days. Therefore, I make it a point to cook something delicious especially non-veg dishes for my family on holidays.



RASHMI REKHA DAS, OP



With actor Raimohan Parida

WANDERLUST

Sir, I liked the cover article 'Keeping the travel bug alive' published in last week's Sunday POST because I belong to this category. I am passionate about discovering new places, cultures, traditions and new ways of enjoying life. My wife also loves travelling. Long-term travel is quite an interesting and unusual situation for couples to be in. At home you might normally see each other in the evenings after work and at weekends. Going on a trip with your life partner makes life more beautiful. Also, there were a load of pretty gross situations that we witnessed each other on the road but we kept the travel spark alive always. Travelling has its share of challenges but they really don't matter for those who are truly passionate about travelling.

SAMBHAV AGARWAL, KOLKATTA

REEL VERSUS REAL

Sir, It is hilarious to learn that a member of a stunt team, hidden inside the cabin, shifted the clutch and gear to help actor Shruti Hassan to drive a truck. At the same time I appreciate Shruti's candid confession about her inability to drive a heavy vehicle. Not many actors can dare to reveal their shortcomings before the media. However, it is important for an actor to open up on such issues as there are several instances of fans performing these stunts without taking help of experts and end up hurting themselves. There is a need to understand that on-screen scenes are meant for entertainment only and they don't have link to reality.

SOURAV SAMANTRAY, BARIPADA

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

Celebrating sibling bond

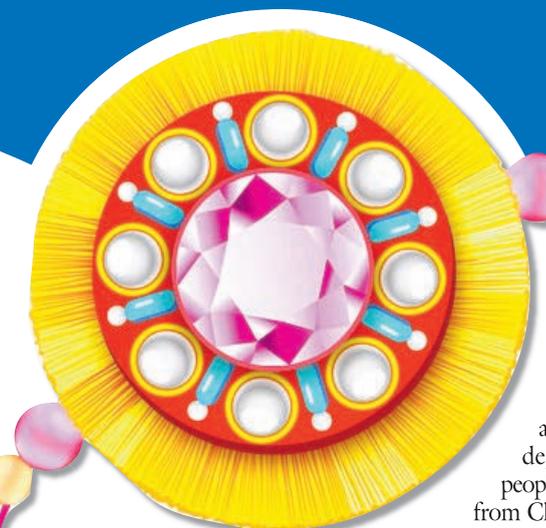
Earlier, people used to prefer Chinese rakhis due to their vibrant colours and varieties. But the mindset is changing slowly but steadily following the Sino-Indian border tension, says a local rakhi-maker.

RASHMI REKHA DAS, OP

These are challenging times when people brace themselves to deal with even tougher situation in future. So, celebration of festivals at this moment is just unthinkable. However, Raksha Bandhan, a festival that celebrates the brother-sister bond, is unique and beyond description in words. Therefore, siblings are set to observe the festivity, albeit on a lesser scale.

Handmade rakhis, for a change, have become a rage this year in the state with restrictions imposed on opening of shops dealing with non-essential goods. A major reason that has helped in growing sales of these 'swadeshi' rakhis is the tension between India and China after the Galwan stand-off. People are reluctant to buy the rakhis manufactured in China. The demand for home and online delivery of locally-made rakhis is growing steadily. A few rakhi-makers of the Twin City share their feelings with **Sunday POST**.

Pokhariput-based social worker **Sushant Sahoo's** main objective is to encourage



people to shun Chinese products. Sushant said, "Even as China's hostile attitude towards our country is a major reason behind my initiative, I enjoy designing these 'threads of love'. The non-availability of Chinese rakhis this year has helped me market my products well. Being a social worker, I had launched Swadesi Kranti Abhiyan and rakhi making is part of this campaign. My wife, an art teacher, helps me in designing while some of my kin have also come forward to support me in making rakhis and selling them. We also make home deliveries of our products."

"While the cost of branded rakhis ranges between Rs 50 and Rs 500, our eco-friendly rakhis don't cost more than Rs 30. So far, we have sold 2,000 pieces of rakhis in last 15 days."

Sushant's wife Anasuya, says, "The pandemic has not diminished the spirit of festivities in Odisha. Since people cannot venture out to

buy rakhis due to lockdown, my husband came up with the idea to make handmade rakhis. Our products are made from cotton, paper, mud, seeds, pulses, rice and food grain which are biodegradable. We are happy that people are gradually rejecting products from China."

Cuttack-based Lipsa Behura, an MBA, makes rakhis using wastes. But she doesn't make them to make money. She distributes rakhis among her friends and relatives to celebrate the occasion wholeheartedly.

She says, "Not only rakhi, I design decorative items using rags. I usually post about my creations on my Instagram page 'Beyond Waste'. This is my way to promote recycling and an eco-friendly environment. I use stuff like old notebooks, cotton, wool, coconut shells, chocolate wrappers, paper quills, stained glass, custard apple seeds, old clothes, dry flowers, leaves and colorful waste papers, card-

boards among others, to make the rakhis." She continued: "People earlier preferred Chinese rakhis due to their looks and wider product range. But the mindset

is changing slowly but steadily. I am distributing them so that people won't go for Chinese goods. Inspired, some of my friends have also started making rakhis using waste materials."

Interestingly, Lipsa ties a rakhi to Lord Sri Krishna as she doesn't have a brother.



Lipsa showing her rakhis



Sushant and Anasuya busy making rakhis





Ishwar (L) busy at his workshop

Cuttack-based graphic designer **Ishwar Sahoo** has become quite popular among rakhi buyers. Though conventional sales of rakhis has witnessed a dip in the Twin City due to the COVID-19 pandemic, Ishwar is raking in the mullah by selling special Covid-rakhi kit online.

riety comes along with a 3D-printed mask which sells for Rs 90. But it is the third variety that sells more. It consists of a rakhi having the pictures of brothers and sisters, two-layered 3D-printed mask, a hand-sanitiser, a chocolate, a key-ring with a QR code generating a sweet Raksha Bandhan message and two vials of rice and sindoor. It costs around Rs 270," he added.



A Covid-19 rakhi kit

He also makes home deliveries without charging extra cost on the customer. Till now, he has sold over 400 pieces of Covid Rakhis and 2,000 normal rakhis, said Ishwar.

Asked about his foray into online rakhi business, Ishwar said that his graphics and photography business suffered in the wake of the pandemic. He

A resident of Thatari Sahi at Chauliaganj, Ishwar mostly relied on making posters of cinemas, television serials and advertisements to support his family. However, he was badly hit by the lockdown. So, he tried to do something new for a living. He first prepared 3-D masks having image of the face of the user. Then his new rakhi packages are selling like hotcakes with customers from across the state and other states like Chhattisgarh, Gujarat, Delhi and Bangalore placing orders.



then thought of selling masks and rakhis online to make ends meet.

"With my knowledge of graphics, I began selling 3D-printed masks first and with Raksha Bandhan approaching, I thought of printing

Rakhis made by Ishwar that spread messages on coronavirus pandemic come in three variants. "The first variety comprises of a wooden rakhi dial printed with the photos of brothers and sisters. It costs Rs 60 a piece. The second va-



Shinu giving final touches to a rakhi

graphics on wood and sell them as rakhis," he said.

Meet Shinu Jha who has been making rakhis for her brother since her schooldays. Though colourful rakhis are always available

in Delhi, says, "I always enjoy making stuff like necklaces, and some decoratives. But I started making rakhis for my brother when I was in Class VI. My first attempt ended in a disaster and all laughed at my design. But



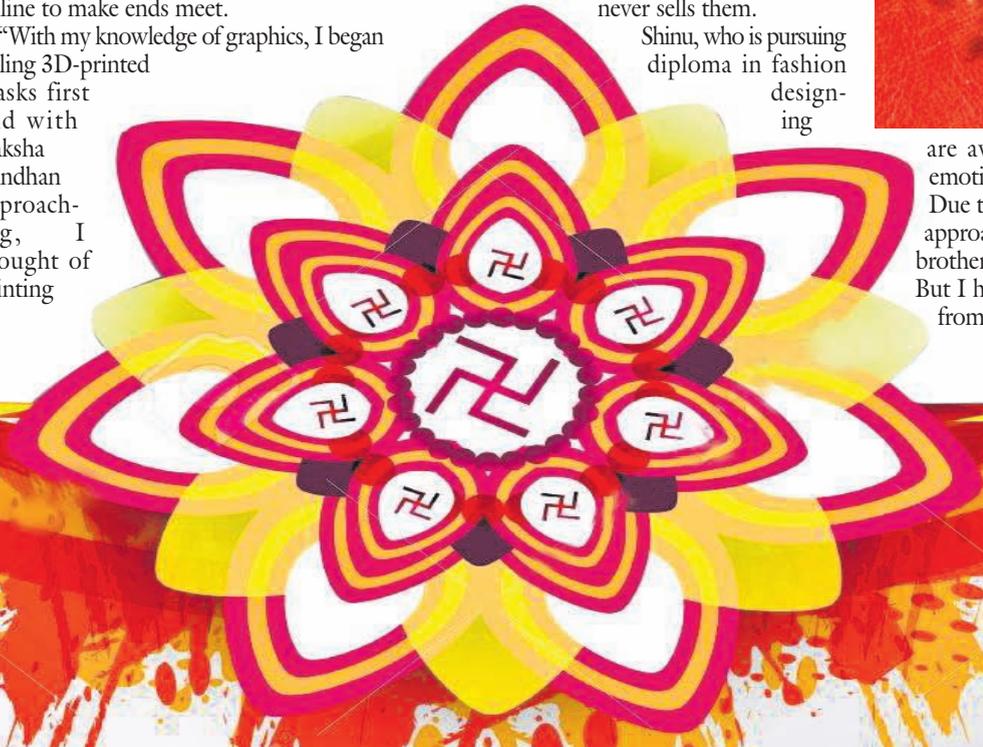
my brother appreciated it which was important for me. It was the intention which matters rather than the output, he said. Since then, I have made it a point to make rakhi for my brother on my own. It may not match up to the colourfulness of the products that

in the market, she never opts for them. Due to pandemic, she has become one of the most sought after rakhi makers in her locality. However, she never sells them.

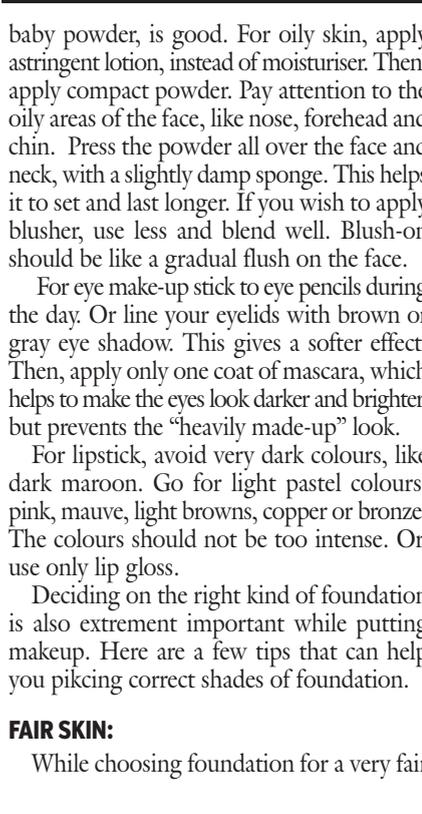
Shinu, who is pursuing diploma in fashion designing



are available in the market but the emotion attached with it has no match. Due to restrictions, many friends have approached me to make rakhis for their brothers and I could not say no to them. But I have not taken a single paisa from them" she said.



Beauty tips for Raksha Bandhan



Raksha Bandhan is the only festival in India that celebrates sibling love. Needless to say, girls love to dress up and look their best on this occasion too.

However, looking beautiful is all about choosing the right shades of colour cosmetics. Selecting them according to skin colour and tone is as essential as learning the techniques of application.

Therefore, flaunt a celebration-perfect look this Rakhi 2020 with herbal beauty tips to ensure you have a really fun-filled, sorted and shining day of brother-sister affection.

It's a good idea to start following a few beauty tips a few days before, to add a glow to the skin. In the hot and humid season, the skin needs toning and refreshing. Here are some home remedies:

Watermelon juice is a good skin toner and relieves dryness too. It cools, refreshes and softens the skin. Apply on the face and wash off with plain water after 20 minutes.

FRUIT MASK FOR ALL SKIN TYPES

Fruits like banana, apple, papaya, orange can be mixed together and applied on the face. Keep it on for 20 to 30 minutes. Then wash off with water. It cools the skin, cleanses dead cells and removes tan.

Cooling mask: Mix cucumber juice with two teaspoons powdered milk and one egg white into a smooth paste. Apply on face and neck and rinse off with water after half an hour.

Mask for oily skin: Mix one tablespoon Multani Mitti with rose water into a paste and apply on the face. Wash off when dry.

After applying face mask, take two of the cotton wool pads soaked in rose water and use them as eye pads. Squeeze out the rose water and then apply on closed lids. Lie down and relax, while you have the mask and eye pads on. Used tea bags can also do the trick. Soak them in a little warm water, squeeze out the water and apply on the eyes like eye pads.

To soften rough, bushy or frizzy hair, mix some water with creamy hair conditioner and put it in a spray bottle. Spray the mixture on the hair. Then comb the hair, so that it spreads through the hair.

Raksha Bandhan is usually celebrated during the day. Daytime make-up has to be light and carefully done. If you have a clear skin, leave out foundation. After cleansing, apply a sunscreen with a built-in moisturiser. Then apply powder. Translucent powder, like a

baby powder, is good. For oily skin, apply astringent lotion, instead of moisturiser. Then, apply compact powder. Pay attention to the oily areas of the face, like nose, forehead and chin. Press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer. If you wish to apply blusher, use less and blend well. Blush-on should be like a gradual flush on the face.

For eye make-up stick to eye pencils during the day. Or line your eyelids with brown or gray eye shadow. This gives a softer effect. Then, apply only one coat of mascara, which helps to make the eyes look darker and brighter, but prevents the "heavily made-up" look.

For lipstick, avoid very dark colours, like dark maroon. Go for light pastel colours, pink, mauve, light browns, copper or bronze. The colours should not be too intense. Or, use only lip gloss.

Deciding on the right kind of foundation is also extremely important while putting makeup. Here are a few tips that can help you picking correct shades of foundation.

FAIR SKIN:

While choosing foundation for a very fair

skin, go for beige with a rosy (pinkish) tint. For fair skins, use beige, pink or orange undertones. If the complexion is fair, but sallow (i.e. yellowish), avoid pink tones and go for beige or biscuit shades. For eye colours, a brown eyebrow pencil may be more suitable than black. Apply dark brown or dark grey eye shadow over black eyeliner. It will tone down the stark black look. For fair skin, try pinks and reds for blushers and avoid dark colours in lipstick.

WHEATISH COMPLEXION:

Most Indian complexions are wheatish. Go for water based foundations. Choose a colour as close to skin colour as possible. Avoid choosing lighter colour foundation. It will not provide a smooth finish, but give a mask-like effect. Use bronze or brown eye shadow. Add a touch of gold under the brow. For blusher, try bronze. For the lips, go for warm earthy colours, like coral, wine, plum, red and shades of red. A dark pink or rose-red would look good too. Avoid maroon, bright orange or very pale pink. The lip liner colour and lipstick colour should be the same.

DUSKY / OLIVE: (SLIGHTLY DARK)

Dusky, or olive complexions, look better with brownish beige shades for Foundation. It should be a colour that will add some glow to the skin. For blushers, avoid mauves and light pink. Go with darker pink, or even some brown shades. A high-lighting powder will help to add glow. Try it on your cheeks, along with your nose and forehead. For eye make-up, go for darker brown shadow, or try bronze or silver. For dusky complexions, dark eyes look captivating. So, go for black eyeliner and mascara.

DARK SKIN:

If you have a dark skin, choose liquid foundations, instead of a creamy one. The foundation should not be lighter than your skin tone. Try to get one which is as close to your normal skin colour as possible. Try out foundation colours in natural brown tones. When you apply foundation and powder, your aim should be for a

lighter coverage. Special attention should be paid to blending. Avoid white and light coloured shadows. Soft brown combined with darker brown would be good. Use a kaajal pencil to outline the eyes. This can have a stunning effect on dark skins. For blusher, try a dark rose pink colour for the day and shades of bronze, plum, wine, for the night. For special occasions at night, use a touch of gold. It can really look glamorous on dark skins. Apply it at the temples and under the outer corner of the eyebrows. For lips, a dark complexion looks good in vibrant colours. Avoid very pale colours. Go for warmer tones, like coral, bronze, red, wine.

Last but not the least, Have superb confidence in you and spread the waves of the warmth of love and affection with all family members .



SHAHNAZ HUSAIN

Jacqueline's selfie with pet cat

Actress Jacqueline Fernandez has posted a picture of herself along with her cat, and said that the two are getting fat.

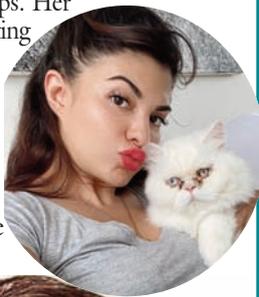
Jacqueline took to her Instagram stories, where she posted a selfie with her cat sitting on a sofa. The *Judwaa 2* actress is seen dressed in a gray T-shirt. She completed her look with her hair pulled at the back and bold red lips. Her pristine white cat is seen sitting on her lap.

On the picture, she wrote: "Just me and my cat getting fat."

On the work front, Jacqueline recently made her digital debut with the web film *Mrs Serial Killer* and launched an online dance competition, *Home Dancer*.

She also featured in the video of Salman Khan's song *Tere bina*, shot at the actor's Panvel farmhouse amid the lockdown.

IAN S



'Have learned so much from Vidya'

Actor Amit Sadh feels blessed to be a part of the film, *Shakuntala Devi*, and is in complete awe of the project's lead actress Vidya Balan.

"She is absolutely wonderful and I am thrilled to have been given a chance to work with her. You made this experience truly special @balanvidya. I have learned so much from you and continue to do so... Thank you for being you! You are amazing," Amit wrote on Instagram.

Helmed and co-written by Anu Menon, the film is based on the life of the late Shakuntala Devi, who is widely revered as the human computer for her innate ability to make incredibly complex calculations within seconds. Vidya essays the role of Shakuntala in the movie.

Not only this, Amit also thanked audience for giving him love for his other recently released projects, including *Breathe: Into the Shadows* and *Avrodh*. IAN S



Malaika serious about veganism

Actress Malaika Arora says she takes being vegan very seriously, in a new post on social media.

Malaika took to Instagram, where she shared a picture of herself in a short green ruffled dress. The actress described her look with funny hashtags like cabbage patch and patta gobi (cabbage).

"I take being vegan very seriously.... #cabbagepatch #gogreen #stylishlyGreen #PattaGobi," she wrote alongside the image.

Recently, the dancing diva Malaika got nostalgic about her childhood with sister Amrita. Reminiscing her childhood days, Malaika shared: "Parents give you direction in life and support you. But our siblings also support us, and that is something we should be happy and proud about."

Malaika recalled she used to take care of Amrita when their mother was at work.

She opened up about her bond with her sister during the shoot of Sony Entertainment Television's show *India's Best Dancer*. IAN S



Shruti's take on single life during isolation

Actress Shruti Haasan shared a glimpse of how single life in the time of quarantine looks like.

Shruti took to Instagram, where she shared a compilation of clips. In the video, Shruti is seen lying in bed, juggling, smelling her own hair and posing in photoshoots.

"What single life in lockdown looks like after a 100 days #justjokes #ilovewalls #going solo," she captioned the video.

On the work front, Shruti's latest film *Yaara* released on an OTT platform. The film also stars Vidyut Jammwal, Vijay Varma, Amit Sadh, Kenny Basumatry and Sanjay Mishra.

The film directed by Tigmanshu Dhulia is a remake of the French film *A Gang Story*. IAN S



LUSCIOUS PANEER CURRIES

Paneer Tikka Masala

INGREDIENTS

- Paneer - 200 gm
- Salt - 2 pinch
- Ginger - 1 inch
- Cashews - 1 teaspoon pureed
- Gram flour (besan) - 1 tablespoon
- Yoghurt (curd) - 1/2 cup
- Poppy seeds - 1 teaspoon
- Peppercorns - 6 pieces
- Edible food colour - 1/8 teaspoon
- Chopped onion - 1/2 cup
- Garlic - 6 pieces
- Tomato puree - 1 cup
- Refined oil - 3 tablespoon
- Cumin seeds - 1 tablespoon
- Red chilli - 6 pieces

FOR MARINATION

- Ginger paste - 1/2 teaspoon
- Lime juice - 1 teaspoon
- Cumin powder - 1/2 teaspoon
- Garlic - 1/2 teaspoon
- Chaat masala - 1/2 teaspoon

FOR GARNISHING

- Coriander leaves - 1/2 cup chopped
- Fresh cream - 1/4 cup

PROCEDURE

To prepare this awesome paneer recipe, the very first step is to prepare the Paneer Tikka and for that you need to prepare a marination mixture by mixing the ginger paste, garlic paste, chat masala, lime juice, cumin powder and salt. Let it rest for a minute and coat the cubed paneer pieces with the mixture and let it marinate for about 30 minutes. Then, place the marinated paneer pieces in a skewer and bake them at 200 degree Celsius for about 10 minutes. Paneer Tikka is prepared and you can keep it aside in a bowl. Now, to prepare the gravy, heat 2 tablespoons of oil and fry the onion till they turn brown and translucent. While the onions are done, let it cool. Grind them well and keep them aside. Then mix ginger, garlic, cashew nuts, cumin, poppy seeds, dry red chillies and peppercorn in the grinder and grind them into a smooth thick paste. Take a pan and heat it on low-medium flame, heat 4 tablespoon of oil and stir-fry the finely grinded mixture till it turns brown and add gram flour. Roast the flour for a minute and then add the curd and cook it for about five minutes. Now, add tomato puree and cook till the puree dries up. Then add three cups of hot water and a pinch of tandoori edible food colour. Mix them all together and let the gravy cook for about 2-4 minutes. When it's cooked, simmer it for another minute and reduce the flame. For preparing the Paneer Tikka Masala,



add the baked paneer tikka in the gravy and cook it till the gravy is thick enough. When your paneer dish is cooked, switch off the burner. Empty this sumptuous dish into a large serving bowl and garnish it with coriander leaves and cream. And serve this rich creamy recipe with your choice of Indian bread or rice.



Mughlai Paneer

INGREDIENTS

- Paneer cubes - 150 gms
- Refined oil - 30 ml
- Cumin seeds - 1 pinch
- Garlic chopped - 1 tsp
- Ginger chopped - 1 tsp
- Tomato puree - 100 ml
- Cashew nut paste - 50 gms
- Kashmiri mirch - 1 tsp
- Small cardamom powder - 1 pinch
- Cumin powder - 1/2 tsp
- Salt - to Taste
- Garam masala - 1/2 tsp
- Water - 75 ml
- Butter - 2 tbsp
- Fresh Cream - 1/2 cup

PROCEDURE

Heat oil in a pan and add cumin and let it splutter. Add ginger and garlic and sauté for a minute. Add tomato puree, cashew nut paste and spices - Kashmiri mirch, small cardamom powder, cumin powder. Cook for five minutes. Add water as required and add paneer cubes. Cook for five minutes and finish with butter and cream. Cook on slow fire for three minutes and add garam masala. Transfer the dish to a serving bowl and garnish with almond flakes, cream, coriander sprig and saffron water

FOR GARNISHING

- Almond flakes
- Saffron (dissolved in milk)
- 1 coriander sprig





Samata

PHOTO: KUMAR SHARAT