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SUNDAY POST

HERE . NOW

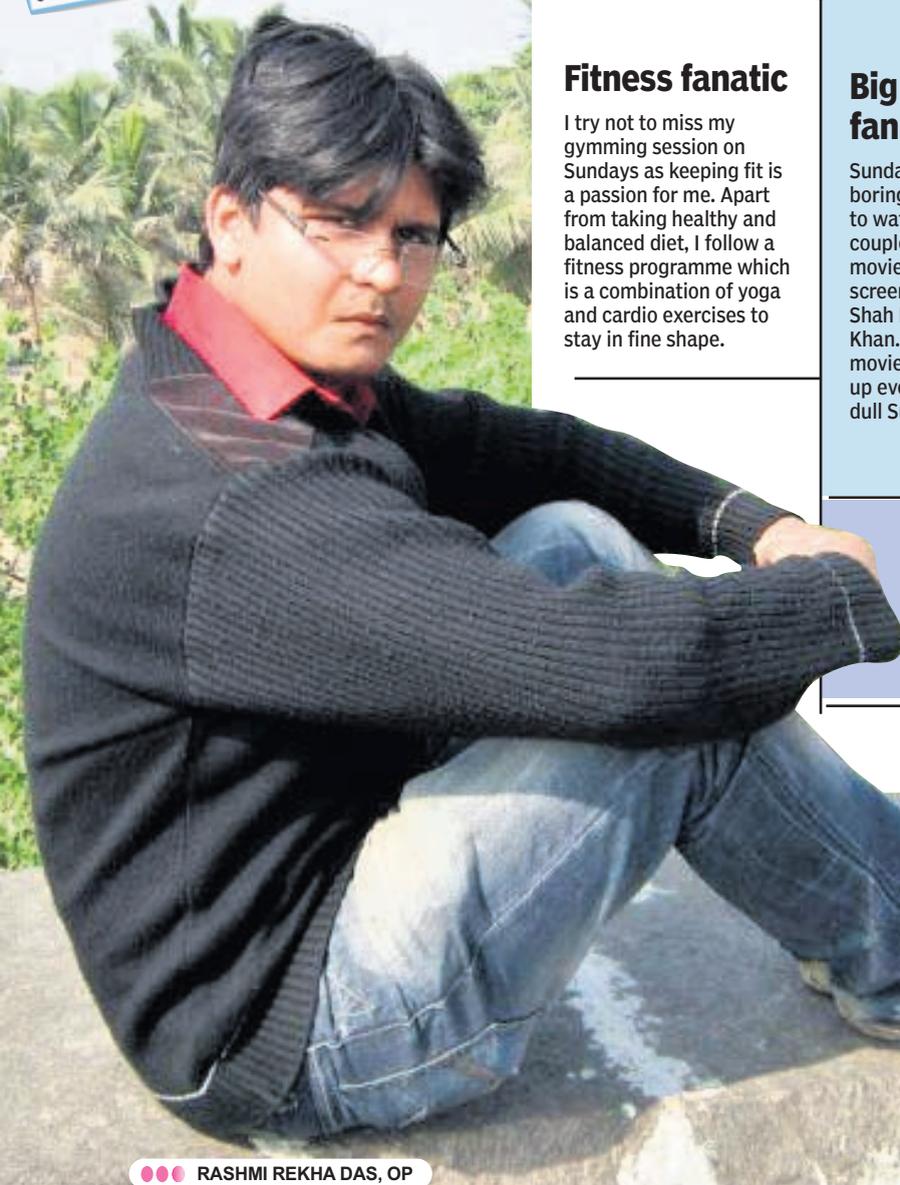


Royal Patronage

P
3,4 COVER STORY



Mumbai-based Deepak Panda, who has scripted and directed Odia film My Love Story and Hindi short film Dhonu, loves to go on a long drive with friends on Sundays.



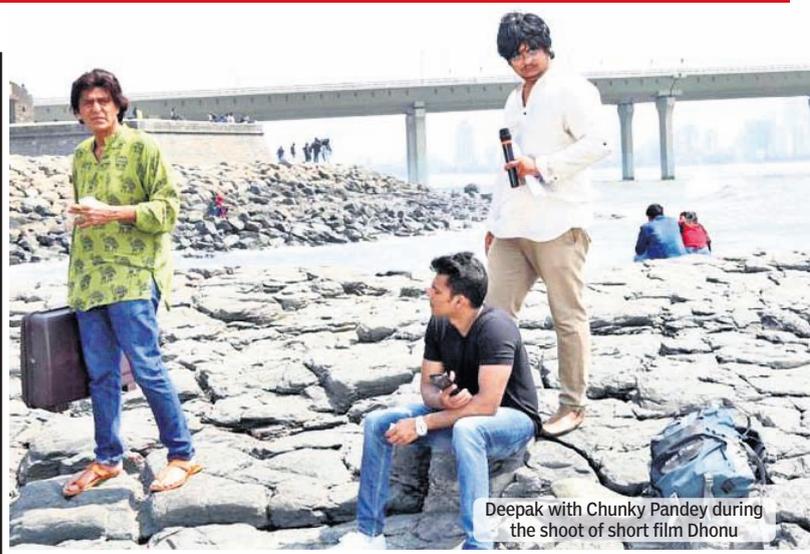
●●● RASHMI REKHA DAS, OP

Fitness fanatic

I try not to miss my gymming session on Sundays as keeping fit is a passion for me. Apart from taking healthy and balanced diet, I follow a fitness programme which is a combination of yoga and cardio exercises to stay in fine shape.

Big SRK fan

Sundays turn boring if I fail to watch a couple of movies of my screen idol Shah Rukh Khan. His movies lights up even a dull Sunday.



Deepak with Chunky Pandey during the shoot of short film Dhonu

Relaxing with buddies

I love to go on a long drive with my friends on non-working Sundays. We prefer visiting Juhu beach to feel the sound of waves crashing on the shore.

Chef by choice

Cooking has always been one of my favourite pastimes. But at the moment, it's a compulsion since I am still single. I am fond of chicken curry and I love to invite some close friends for lunch.

Fiction lover

Reading novels is one of my weaknesses. My favourite author is Chetan Bhagat and I haven't left any of his works unfinished.

OFFICIAL APATHY

Sir, I was surprised to learn the plight of family members of freedom fighters who had laid down their lives for the nation. Besides, I was not aware of the fact that Sahid Nagar is located in Bhadrak district. Everyone talks about Eram where 29 freedom fighters were shot dead while they were protesting against the British rule September 28, 1942. More than 5,000 satyagrahis had assembled to demand the end of the British Raj. I would like to thank **Sunday POST** for highlighting the plight of freedom fighters' kin. It's really sad to know that not a single statue of the freedom fighters who were gunned down by the police has been set up by the state government. Celebrating Kranti Diwas sounds hollow when the government has failed to create employment for their successors.

KALYAN KUMAR SEN, TIRTOL, JAGATSINGHPUR

SPREADING POSITIVITY

Sir, I am a regular reader of **Sunday POST** and I love reading the special stories in **Sunday POST**. Though, the volume of the supplement has been reduced to eight pages, I find the content quite engaging. However, I miss some of the segments very badly. For example, I would wait eagerly for the travel stories but they don't appear these days. Similarly, I enjoyed reading about the eminent personalities from the field of art and culture in Thespian's Nook. This too has been stopped. This apart, articles on fashion and shopping were also quite informative. It is not just this newspaper, many other dailies are having a truncated edition. I wish normalcy returns soon so that we can get the full edition of **Sunday POST**.

RITANJALI SAMANTRAY, SAMBALPUR

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
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Royal Patronage

At a time when the country stares at an economic catastrophe and thousands struggle to meet ends, Meenal Singh Deo, the Royal Princess of Dhenkanal has turned a savior of sort for nearly 600 artisan families in the state

CHAITALI SHOME, OP

In the past, Rajas and Maharajas not only collected taxes from the people to run the administration, they were equally concerned about their subjects too. But the welfare of the people became a responsibility of the people's representatives with India turning a sovereign democratic republic. Needless to say, many of them often fail

to perform their duties leaving the citizens to suffer.

However, there are some descendants of erstwhile princely rulers who still continue to think about people's wellbeing. Meenal Singh Deo, the Royal Princess of Dhenkanal is certainly one of them. When the whole world is under the grip of coronavirus leaving millions battle for survival, she has taken care of hundreds of artisan families in the state in a unique way.

A few members of these artisan families told **Orissa POST** how they got a new lease of life owing to the initiative taken by the members of the royal family.

Bimal Chandra Mishra of Vishnupur Karagola village in Dhenkanal district is one of the finest Pattachitra artists of the area. His differently-abled son **Gyana Ranjan Mishra** is also an accomplished painter. With a combined experience of 25 years behind them, the Mishras had a booming business in painting till a few months ago. But they suddenly stopped getting orders, thanks to the imposition of lockdown and closure of art showrooms across the state. Tourists from outside were reluctant to visit Odisha. Soon, Bishnu found it difficult to arrange two square meals a day for his family of five.



Gyana Ranjan Mishra

In the meantime, the members of the Dhenkanal royal family came to the rescue.

"At a time when all sources of earning dried up due to pandemic, Meenal Singh Deo, the Yuvarani of Dhenkanal palace appeared as a saviour. She placed an order for paintings worth Rs 20,000 which worked like life-saving oxygen for us. The other members of the palace also bought Pattachitra paintings from us. It seemed they were god-sent for us," said Bishnu.

Thanks to the Singh Deos, the artisan family got an opportunity to showcase their products in Hyderabad and earn a few extra bucks.

"The buyers here used to pay us ₹2 per square inch for our works which is very less compared to the hard work goes into the making of a Pattachitra. But we get not less than ₹15 per square inch for every piece of painting from the sales at Hyderabad," added Bishnu.

He lamented that though the government had opened an office near Gudianali Nua Pokhari, no official bothers to enquire about us during such difficult times.

Pradepta Kumar Nayak, a master craftsman of straw handicrafts, is another case in point. A native of Jiral in Kamkhyanagar, Nayak couldn't find any takers for his handicraft goods even as he is a state award-winning artist. He has also been selected to get National Award for the year 2017. Besides, he has been imparting his skill to young girls and boys from the year 1989 free of cost.





Straw Pattachitra by Pradeep and pattachitra work on vase by Gyana Ranjan Mishra



He said, "We are grateful to the members of Dhenkanal palace for buying handicrafts worth ₹10,000 and giving a donation of ₹5000 for proper training of the students. On the other hand, the government is yet to announce any financial package for the artists who now stare at a bleak future."

Sharat Patra is a renowned weaver of Nua Patna but he failed to get customers after the lockdown. Coming to know about his plight, the members of the royal family placed an order worth ₹25,000 to keep his hearth fire burning. "This order gave a new lease of life to us. The royals, after executing the order, continued to buy sarees throughout the lockdown period which was of great help. There are more than 2,000 weaver families in Nua Patna and many of them have got orders from the royal palace."

Anadi Bhushan (name changed) said, "The artisan families here are in anger as the state handloom, textiles and handicraft department didn't bother to enquire about them during the lockdown. But most of them are reluctant to speak. They are afraid of losing the orders, whatever they get from the department once in a while, in future."

He went on to add that, "During the complete lockdown period not a single client enquired about our products. We



Maharani Radhika Raje Gaekwad



Princess Meenal Singh Deo



Yashasvini Devi

didn't have the funds to procure raw material also. We are really grateful to the Yuvarani of Dhenkanal who not only helped us financially, she ordered sarees for her family and other relatives who live in other states. We owe a lot to her for our sustenance."

Contacted, Princess Meenal Singh Deo said, "The pandemic has really hit the artisans quite hard as they hardly had any opportunity to display their products. They are also not rich people having good savings to fall back on during tough times. I was really disturbed thinking about their future. So, I spoke to some of family members including my sister Maharani Radhika Raje Gaekwad of Baroda, my daughter Yashasvini Devi and my school friends. We first provided them some daily essentials for their survival. Then we bought the products available with them."

Meenal, who is also a fashion designer, promoted the products online to get more customers for the artisans.

"I am happy that my sister and I managed to draw the attention of online community towards the handcraft products. We met as many artisans as possible to learn about their difficulties and help them out. We could contact more than 600 artisan families in and around Dhenkanal and made sure that they get the correct price of their products. Besides, we have offered health assistance to the children with special needs. HDFC Bank has honoured us with Neighbourhood Heroes, an award in recognition of our effort," added the princess.



Young girls learning Straw pattachitra work



Homemade face masks during monsoon



Monsoon is a time when the skin experiences a host of problems like fungal infections and acne due to severe humidity, sweat, grime, heat as well as dampness and moisture. Therefore, you need specific skincare treatments for the rainy season mainly for skin dryness, unnecessary pimple growth and a sudden strange red bump those appear like a pimple on the face. Detoxification of the dull and dry skin is essential during this unpredictable weather as it prevents allergies, puffiness and skin diseases.

Here we list a few homemade packs that will come straight from your Kitchen

Fresh Fruit Mask

Add one piece of any four or five seasonal fruits of your choice and one tsp honey .Put all the ingredients in a bowl and mash them using a fork. Make sure the paste is of a smooth consistency and do not have lumps. Apply this face pack on your face and uncovered areas for 30 minutes and wash it with clean fresh water after 30 minutes for glowing , radiant and attractive skin.

Fuller's Earth Pack

In a bowl, mix 1 tbsp of fuller's earth (multani mitti) and rose water and whip together to make a thick and smooth paste, making sure there are no granules. Apply this face pack on your face and uncovered area and wash it off with clean fresh water after 30 minutes . You can apply this face pack once in a week . This pack is best for people with oily/combo skin.

Rice Powder Mask

Take one tablespoon of rice flour and mix it with two tablespoons of tomato juice. You can also add one teaspoon of almond oil for dry skin. Mix the ingredients well and apply the paste on face and neck, massage gently for 30 minutes.

Then wash the skin with fresh clean water. The pack helps protect the skin from UV damage.

Malai and Turmeric Face Pack

To get radiant skin, take one tbsp of malai with 2 tsp of turmeric powder and add few drops of rose oil. Mix all the ingredients and massage this pack into your skin and after 15 minutes wash it with a mild face cleanser. When used on the face and body, turmeric can make the skin brighter, clearer, and flawless. Rose oil helps to clear up acne, wrinkles, and fine lines and adds to the natural beauty of the skin. Malai is a rich source of lactic acid which works as a natural exfoliator that can remove the dead skin cells from the skin and enhance the complexion and helps in eliminating the dead skin cells.

Aloe Vera Pack

Skincare cannot be completed without the use of aloe vera. Mix equal quantities of aloe vera gel and lemon juice. Apply the pack on your face for 15 minutes and allow it to dry in a natural environment for 15 minutes .It boosts collagen production, fights acne, improves texture, and hydrates your skin. Wash and grind neem leaves in rose water and add aloe vera gel and some water to get a thick paste. Apply this paste onto your skin and let it dry for 10 minutes. Wash off with cool water for the best results.

Vegetable Face Mask

Vegetables are considered an excellent option for making your skin glow. It keeps your skin moisturised and hydrated. Either eating them raw or applying them on the skin is beneficial as it provides de-

cent care for all skin types.

Onion Face Mask

Extract onion juice in a jar and then dip a cotton ball in the onion juice and apply it to your face and neck area and let it remain for a minimum of 30 minutes. Then, wash off your face with normal water. Using this pack twice a week can help you get the best results. Mix the onion juice with few drops of almond oil. Apply it gently on your face and neck area and wash off with cold water after half an hour.

Tomato Pack

Take out the tomato pulp or grate the tomato along with lemon juice, one tablespoon of gram flour, and one tablespoon of orange peel powder. Add raw milk into the ingredients. Apply gently on your face and neck and allow it to dry completely. Rub it smoothly and wash your face with plain water.

Take a tomato, one tbsp of oatmeal and one tsp of yogurt. Blend the tomatoes and add oatmeal and yogurt to make a mixture. Apply the mixture on the skin with a cotton pad in a gentle way around the face and neck and wash off after 20 minutes with fresh clean water. You can apply it twice a week or as per your skin type.

Papaya Face Pack

Papaya tops the list of the homemade recipes or the natural ingredients that can guarantee you radiant, attractive, and glowing skin. Just mash a small slice of papaya and add some honey and apply all over the face and neck. Wait for 30 minutes then wash with normal water. This is excellent to add glow on all skin types.



SHAHNAZ HUSAIN

I find it easier to follow my heart: Vidya

Vidya Balan does not like to follow norms. She finds it easier to follow her heart. The actress says doing something that is not natural to you can be a painful process, which she realised a few years ago.

"I find it easier to follow my heart because I've tried in the past to follow the norm," Vidya said.

"I think almost 10 years ago, and started to read my inner voice and follow that. I found that to be easier," she added. Ask her if she is a rebel, Vidya said: "I don't see myself as a rebel. I think when people choose to do what they want as opposed to what is expected of them, they are often labelled as rebels."

After a stint on the small screen with *Hum Paanch*, Vidya entered Bollywood with *Parineeta* in 2005. Since then, Vidya has been defying stereotypes — be it while essaying mother to Amitabh Bachchan in *Paa* or the sultry siren in *The Dirty Picture* or her role of a full-of-life housewife in *Timbhari Sulu* or the flawless mathematician with flaws as a human being in *Shakuntala Devi*. IANS



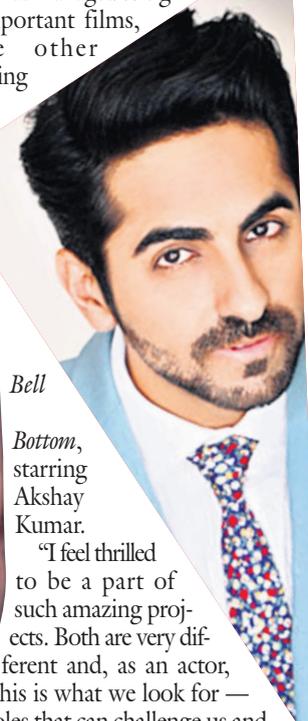
Vaani can't wait to work with Ayushmann

Actress Vaani Kapoor looks forward to working with Ayushmann Khurrana in an upcoming film. She says Ayushmann is one of the most earnest actors of this generation.

"Ayushmann is one of the most earnest actors of our generation. The way he moulds himself into different characters amazes me. One of my all-time favourite performances by him is Vicky Donor. For a debut film, I was amazed by his performance. In *Andhadhun* and *Article 15*, too, he was brilliant. I am really looking forward to working with him!" Vaani said.

Vaani is set to play Ayushmann's love interest in Abhishek Kapoor's untitled upcoming film. Shooting is set to start in October. The film is a love story and casts Ayushmann as an athlete.

During the Covid pandemic, Vaani has managed to sign two important films, the other being



Bell

Bottom, starring Akshay Kumar.

"I feel thrilled to be a part of such amazing projects. Both are very different and, as an actor, this is what we look for — roles that can challenge us and help us diversify our talent and craft," said Vaani. IANS

'I'm an overprotective mother'



actress talks about her incredible 20-year journey in the industry, how she's spending time with family indoors during the lockdown, as well as highlighting the many ups and downs in her career. If one was hoping to get some news on their darling Taimur who never fails to enlighten the media with his antics, Kareena didn't disappoint.

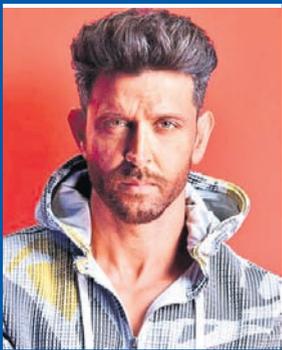
Speaking about the kind of mother she is, she said, "I am an overprotective mother. I am also a first-time mother. This journey is teaching me something new each day. Taimur is also teaching me the kind of mother he wants me to be. He brings out the best in me, even the worst because even I lose patience sometimes." AGENCIES

The latest cover of Filmfare's August issue features Kareena Kapoor Khan who is at the top of her game balancing motherhood and her professional life, all while looking flawless.

In the cover interview, the talented

Gunjan Saxena... earns Hrithik's compliment

Actor Hrithik Roshan appreciated the movie *Gunjan Saxena: The Kargil Girl* Wednesday and praised the entire cast for their 'outstanding' work. The *War* actor shared his reaction on the movie on Twitter, that got released August 13 in the video streaming platform Netflix.



Actor Janhvi Kapoor has essayed the role of Saxena in the movie.

Hrithik complimented and took a bow at the entire team of the movie for its 'outstanding' execution. The movie, upon its release, drew mixed reactions from the movie enthusiasts, with some appreciating the movie for the deliverance, while some disappointed with the outcome.

Gunjan Saxena, who is one of the first female pilots to fly in combat, played an important role in rescuing injured soldiers during the Kargil War in 1999 and was awarded the gallantry Shaurya Vir Award for displaying courage during the war.

AGENCIES

The 46-year-old actor noted: "Cried my eyes out and laughed out loud after watching the newly released movie - a story of the Dharma Productions, based on the first Indian Air Force woman pilot — Gunjan Saxena — who was part of the 1999 Kargil conflict."

DREAMY BREAKFAST



Dhokla

INGREDIENTS

- Gram flour (besan): 1 Cup
- Citric acid: 1 tbsp
- Sugar: 1 tbsp
- Salt according to taste
- A pinch of turmeric
- Water (to make batter)
- Fruit salt/ baking powder (dissolved in water): 1 tbsp

FOR THE TADKA

- Oil: 1 tbsp
- Mustard seeds: 1/2 tbsp
- Dried red chilli: 1
- Curry leaves-7

PROCEDURE

In a bowl mix gram flour, citric acid, salt, sugar and turmeric. Add water and make it into a smooth batter with medium thick consistency. In a glass add the fruit salt or baking powder. Add water to it and pour this into the dhokla mixture. Grease the steaming tin with 2 drops of oil and pour the mixture into it. Steam for about 15-20 minutes or till cooked. In a pan, add oil, mustard seeds, curry leaves and red chillies. Let it splutter. Pour the tadka over the prepared dhokla. Cut into pieces and serve.

Carrot Halwa

INGREDIENTS

- Carrot: 1kg
- Milk: 1. 1/2 litre
- Green cardamoms: 8 pieces
- Ghee: 5-7 tbsp
- Sugar: 5-7 tbsp
- Raisins: 2 tbsp
- Almonds, shredded : 1 tbsp
- Dates, chopped: 2 tbsp

PROCEDURE

Peel and grate the carrots. Simmer in milk with the cardamom until liquid evaporates. Heat ghee in a heavy pan and add the carrot mixture. Cook over a gentle flame for 10-15 minutes. Stir in sugar and continue cooking until the halwa turns deep reddish color. Stir in dried fruit and serve.





Madhushree

PHOTO: CHANDAN