

SEPTEMBER 6-12, 2020

# SUNDAY POST

HERE . NOW



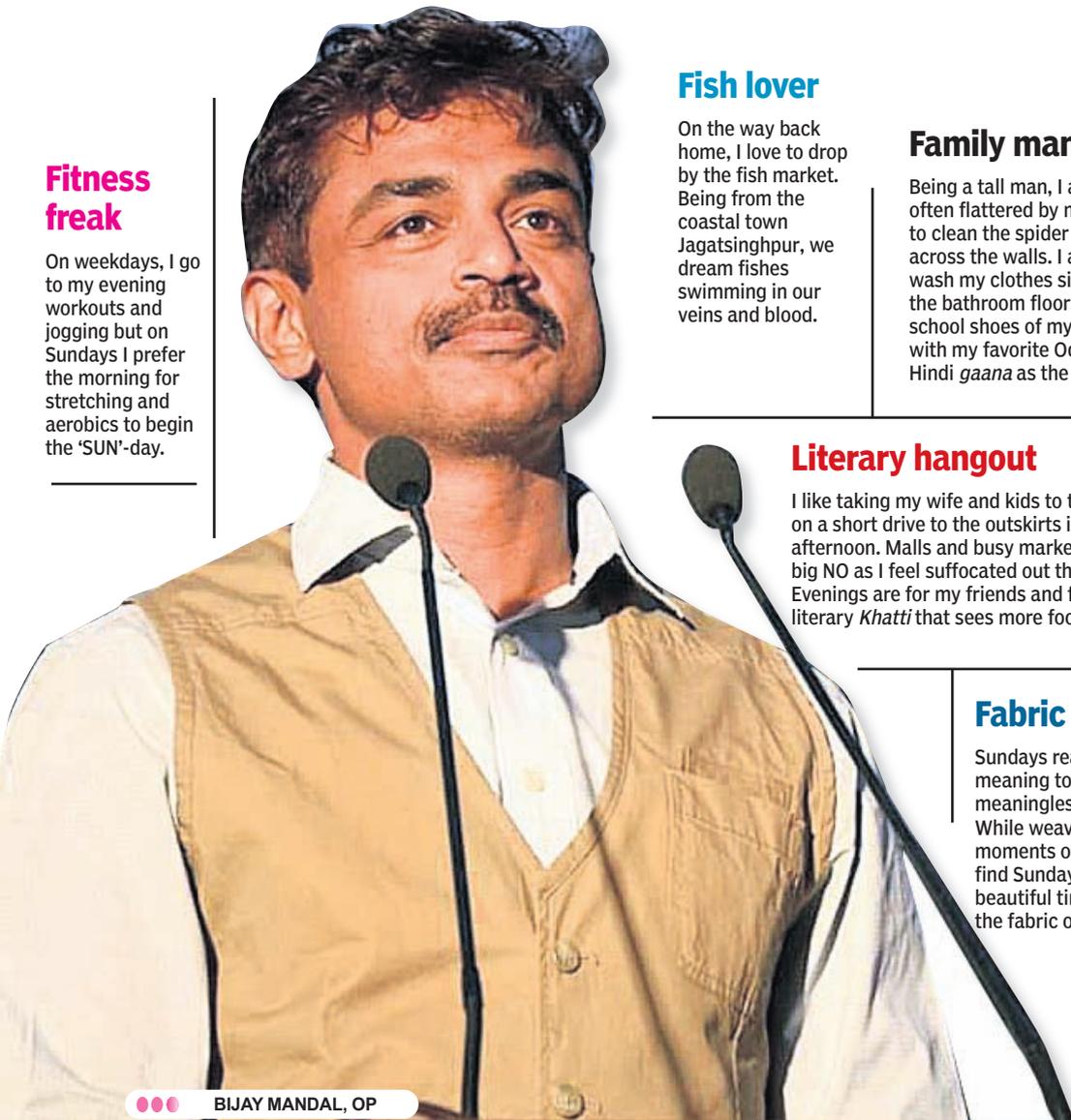
# The

# Eco-Warriors

**P**  
3,4 COVER STORY



Popular poet and author Saqti Mohanty is loved by his fans for the metaphors and similes he uses in his works. Known as 'Urban Poet' in the literary circuit, the Bhubaneswar-based assistant professor of Physics loves taking his wife and kids to parks or on a short drive to the city's outskirts



**Fitness freak**

On weekdays, I go to my evening workouts and jogging but on Sundays I prefer the morning for stretching and aerobics to begin the 'SUN'-day.

**Fish lover**

On the way back home, I love to drop by the fish market. Being from the coastal town Jagatsinghpur, we dream fishes swimming in our veins and blood.

**Family man**

Being a tall man, I am often flattered by my wife to clean the spider webs across the walls. I also wash my clothes sitting on the bathroom floor, polish school shoes of my kids with my favorite Odia and Hindi *gaana* as the BGM.

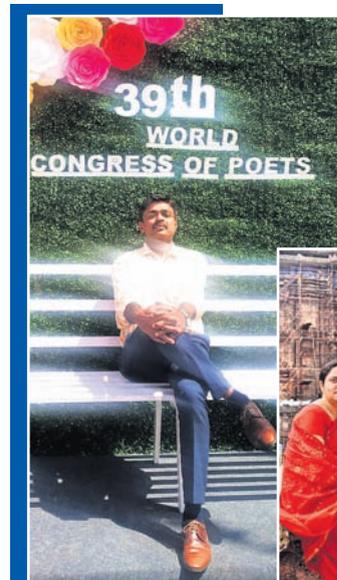
**Literary hangout**

I like taking my wife and kids to the park or on a short drive to the outskirts in the afternoon. Malls and busy market places are big NO as I feel suffocated out there. Evenings are for my friends and for our literary *Khatti* that sees more footfalls.

**Fabric of time**

Sundays really add meaning to the so called meaninglessness of life. While weaving the moments of my life, I find Sundays as beautiful tiny flowers on the fabric of time.

BIJAY MANDAL, OP



At a poets' congregation



With family



With actor Piyush Mishra

**TOUGH TIME FOR STUDENTS**

Sir, I was delighted to read the cover story 'Homeschooling Blues' in the last edition of Sunday POST which is an informative piece. I came to know about the reality, expectations and shortcomings of online education for school students during this lockdown period. Online teaching cannot be a match to classroom teaching as it does not help in forming the teacher student bonding which is highly required as the students are minors and lack the ability to take their own decisions. Moreover, technical glitches and low network often discourage the students in attending their classes and to listen and write what the teacher is teaching to them. As a result, many students often bunk classes on one pretext or other and do not feel engrossed in their studies. I desperately want the pandemic to end so that students can get opportunity to be in their classes.

SUSHREE SUCHARITA PARIDA, BHUBANESWAR

**GREAT REVIEW**

Sir, The review of the book *Resisting Dispossession: The Odisha Story* by Abinash Dash Choudhury made for an interesting read. I understood that writer duo Nigamananda Shadangi and Ranjana's creation is not just any ordinary one—it divulges the untold secrets of a democracy that boasts of an otherwise successful journey. It must be a unique book in recent history, for, it tells the becoming of modern Odisha through the voices of the weakest and the most courageous people who have struggled hard to keep their homes intact or, have failed to do so. According to the authors, the book records a seven-decade long history of the state's polity, revealing the intentions of how the Governments have functioned. After going through the review for a couple of times, I can't wait anymore to have this book in my collection.

AMITABH PANDA, BOUDH

**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 Eco-Warriors

CHAITALI SHOME, OP

Lalmani Harijan and his wife Ghasena have been taking care of a forest spread over 50 hectares in Nuapada district for the last 28 years without any government assistance

A green environment not just reduces air pollution and atmospheric toxins that could affect our body's immune system, it also helps sustain natural resources for current and future generations. Besides, an eco-friendly ambience has a good impact on people's body and mind when anxiety sets in as an impact of pandemic-induced lockdown. Therefore, it is high time more people come forward to do their bit to turn the planet green for all. This is exactly what some people are doing at the moment and a few of them share their experience with **Sunday POST**.

Meet Archana Gomango, a young forest range officer under Panchirida range of (Gochha reserve forest) Sarankul in Nayagarh district. She is quite popular among the Internet users for leading patrol teams, in the dead of the night, deep into the forest which was the happy hunting ground for elephant poachers and timber mafia till Archana's joining the range. She has so far produced at least 50 such offenders in the court. She is also involved in conservation of elephants and house sparrows in Nayagarh.

She says, "Not too



Archana Gomango

many women forest officials would dare to roam around inside the dark forest in midnight with

just a handful of colleagues to check jumbo killing and smuggling of valuable timber. This may be a reason behind my popularity in the social media. But I consider it as part of my duty which I will continue to do. Earlier, there was a perception that reserve forest area is a paradise for the poachers and timber mafia. I wanted to change that. I feel proud that I have done my bit with the help from some of colleagues to check such illegality. I have just started my journey and I am hopeful that things will change in other reserve forests also."

Sonali Sio, posted under Gania forest range in Nayagarh, is another daring forest

officer. She is also an environment lover who works for wildlife conservation. She patrols the forest every night to keep the woods free of poachers and timber mafia.





Sonali with poachers

“I had arrested three poachers with arms and forwarded them to the court. Since then no poaching case has been registered under this forest jurisdiction. This apart, I am a wildlife lover which is why I make an extra effort during patrolling to prevent poaching incidents. Tuskers often enters our forest range eat bamboo and drink water. Therefore, I have to be extra vigilant,” says Sonali who has also been felicitated by Nayagarh forest division for her soil conservation activities.

Asked about these two daring forest officers, Nayagarh Divisional Forest Officer Dhanraj .H.D says, “Both of them are working relentlessly to keep the forest and its inhabitants safe. It feels so good to see them doing night patrolling fearlessly and putting culprits behind the bars.”

Biranchi Narayan Baral and his wife Preetinanda Baral, inhabitants of Mahanadivihar in Cuttack are two other changemakers who have converted a barren patch of 10 acres at Mainsiagotha of Barchana block in Jajpur district to a certified organic farm. The couple decided to start farming after Biranchi’s uncle died of cancer.

He says, “I had seen quite a few organic stores near Tata Memorial Hospital in Mumbai when I went there for my uncle’s treatment. Then I thought of starting organic farming.

Because, I felt that one of the main reasons of people suffering from cancer is the use of pesticides in cultivation. This motivated me to started my farm Samarpana July 27, 2016. Today, I am distributing thousands of saplings free of cost among the locals and people from other regions.”

Making an unproductive patch of land green has never been easy. No wonder, many of Biranchi’s friends and relatives discouraged him not to invest time and money in such a ‘loss-making’ project. However, he was determined to prove them wrong. With strong will power and after several rounds of soil testing, he managed to develop one of the best organic farms in the state. Now, the students of horticulture, farmers and many SHG groups regularly visit Biranchi’s farm to learn traditional farming techniques.

“Making money has never been my priority. I have always wanted to tell that the secret behind healthy living lies in organic farming. I am happy that many people are coming forward to take up traditional methods of cultivation,” concludes Biranchi.

Looking after a forest spreading over 50 hectares for decades is never an easy task. However, Lalmani Harijan and his wife Ghasena have been doing this, which looks improbable for many, for the last 28 years at Sunarisiskuan of Khariar block in Nuapada district.

Speaking about his bonding with the jungle



Lalmani with his wife



Biranchi and Preetinanda Baral at the soil conservation ritual

Lalmani says, “I used to roam around aimlessly in forest when ranger Binod Babu spotted me and asked me to look after the jungle. This incident occurred in 1992. After that I treated the forest as my child and took the responsibility to nurture it. I decided to look after the jungle and protect it from being plundered by the timber mafia.”

The 65-year-old has so far planted more than 40,000 trees of many species like teak, karada, dhoura and several other medicinal saplings. Lalmani’s family including his son Krushna and wife makes sure to reach the forest every day by 5 am. They take care of the old trees and plant new ones in vacant places by working around 14 hours a day. He has recently been appointed as a supervisor by the forest department under assisted natural regeneration (ANR) project. His love for the trees is such that he knows every tree by its names and when it was planted.

Acknowledging Lalmani’s contribution in conservation of trees, forest guard Rohitaswa Rout says, “His is an heroic effort. Unfortunately, he has not got any reward from the government.”

On this the green warrior says, “The Mother Nature is the greatest reward to mankind. Therefore, I have no regret for what I have been doing for years.”



# Fruit Packs For Glowing Skin



during the dry winter season.

Alternatively you can take one banana, one tsp of honey and a few drops of lemon juice. Mash the banana and add honey and lemon juice to apply the

added to face masks. Mix oats

with curd, honey and apple pulp or grated apple into a paste. Apply on the face and wash it off after 20 to 30 minutes. Grate a few slices of apple, with its skin removed and add a few drops of honey to make it a paste. Apply the paste onto your face and uncovered areas like hands and elbows. Wash it off with warm water after 30 minutes.

Alternatively Take one apple and few grapes and blend both apples and grapes to get smooth, soft paste. Apply it on face and open around face and let it dry in natural environment. Wash it with clean, fresh water and pat dry.

If you have dry skin, do not use this remedy as vitamin C can dry out your skin further.

## Pomegranate

Pomegranates are a rich source of Vitamin C and antioxidants. They are extremely beneficial for the skin, as they help in retaining moisture. Used regularly on the face, it can remove tan, lighten skin colour and also brighten the skin. Pomegranate juice can be mixed with lemon juice in equal quantities and applied on the face. Rinse off after 20 minutes with water. Pomegranate peel can be dried and powdered and used in face packs. Mix two teaspoons each pomegranate peel powder and multani mitti with enough rose water to make a paste. Apply on the face, avoiding the lips and area around eyes. Wash off when it dries.

## Grapefruit

Both pink and red grapefruits are said to be rich in Vitamin A, carotene and lycopene. They are also rich in Vitamins C and A, as well as potassium and magnesium. Additionally they contain B-Complex Vitamins and minerals such as iron, calcium, copper and phosphorus. Like other citrus fruits, grapefruit also has a cleansing and toning effect on the skin. It is particularly good for oily and pimple prone skin. It reduces oiliness and also helps to reduce tan over a period of time. Grapefruit also helps oily skin problems like open pores and helps to tighten them. Mix the juice with

oats to make a paste and apply on the face. Wash off when it dries. It helps to remove blackheads.



SHAHNAZ HUSAIN

papaya with three teaspoons of oats and one teaspoon each curd and honey. Leave on for 20 to 30 minutes and wash off with water. It softens the skin and adds glow.

Alternatively, mash few slices of ripe papaya until it is smooth. Add few drops of honey and lemon juice to make thick paste. Apply the paste on the face for 30 minutes and wash it off with fresh clean water.

## Banana

Banana is one of the richest sources of potassium and also contains Vitamin C and B6, silica, potassium, and other nutrients. It helps clear hyperpigmentation and protects the skin from sun damage. It is a perfect ingredient for dry and sensitive skin. It also tightens and tones the skin.

Add banana pulp to egg white and one teaspoon honey. Leave it on for 20 to 30 minutes and then wash it off. Almond oil may also be added to the pack, especially

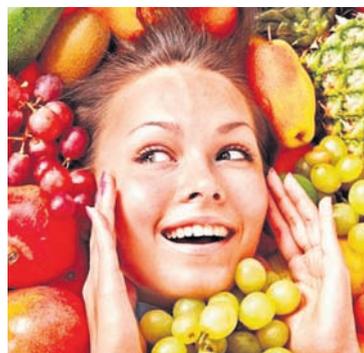
paste on your face and

other areas of the skin. Leave it and wash it off after 30 minutes. Avoid using lemon juice if you have dry and sensitive skin.

## Apple

Apples contain a wealth of vitamins and minerals. Apples are wonderful skin toners that help to tighten the skin and stimulate blood circulation to the skin surface. Apple contains vitamin C that helps build collagen. It contains powerful antioxidants and polyphenols that protect your skin from UV damage and ageing.

Apples also contain fruit acids, which have a powerful cleansing effect on the skin, removing dead skin cells. This helps to brighten the skin and gradually clear away blemishes, like dark spots. In fact, it helps to achieve healthy, glowing and youthful skin. Raw apple pulp or apple juice can be applied on the skin daily and then washed off with plain water after 20 minutes. Grated apple can be



Many of us feel cheated by using artificial products that show no result. Most of these skin creams, lotions and gels are loaded with chemicals which can harm our skin in the long run.

However, a great alternative to your expensive beauty products in the market is fruit face packs which are quite effective, have no side effects and are cost efficient.

Here are some fruit face packs that help you achieve a beautiful glowing skin.

## Mango

Mango is rich in Vitamins A, C and E having a host of skin rejuvenating properties. Take 3 tablespoons of mango pulp and mix with one teaspoon each ground almonds, oats and lemon juice. Apply on the face, avoiding the lips and area around eyes. Wash off after 20 to 30 minutes.

Take slices of ripe mango. Mash it until it is smooth. Add one teaspoon full of multani mitti and make a thick, smooth paste. Apply this paste on your skin around face and neck and wash it off after 30 minutes to get supple and glowing skin.

## Ripe Papaya

Papaya has so many benefits that it is used to be called "the food of the angels." It is a rich source of antioxidants, like Vitamins A, B and C, folate and pantothenic acid, as well as minerals like potassium, copper, and magnesium. So, mix three teaspoons of ripe



## When Preity returned to late 1990s

Actress Preity Zinta has reminisced about her days in the late nineties, when she shot with a female director for the first time.

The year was 1999 and Preity, then one of the busiest young heroines in Bollywood, shot with director Tanuja Chandra for the film, *Sangharsh*.

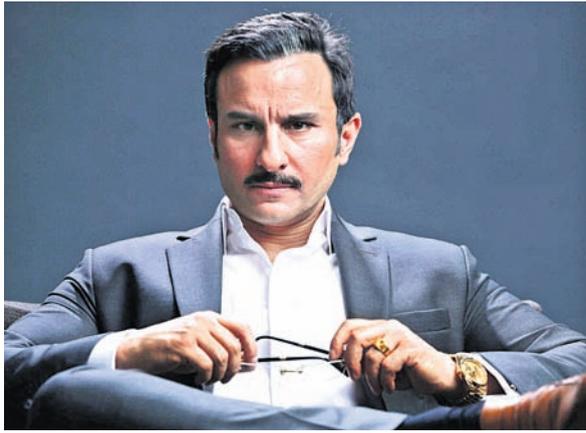
The actress Thursday shared a clip from the film, which starred Akshay Kumar and Ashutosh Rana.

"Remembering *Sangharsh* today. My first film with a female director where I fell in love with a criminal, caught a terrifying serial killer and broke a leg... literally. Thank you @akshaykumar @sonunigamofficial #shradhapandit #AshutoshRana #TanujaChandra and the entire cast and crew for this unforgettable experience. #ReetOberoi will always be very close to my heart. #Ting," wrote Preity, as caption with the video.

The film had Preity playing a young CBI officer out tracking down a religious fanatic who abducts children. For this, she seeks help of a dangerous jailed criminal, played by Akshay Kumar.

Last month, Preity completed 22 years in Bollywood, and she has thanked her colleagues and fans.

IAN S



## Saif plays antagonist in 'Adipurush'

Actor Saif Ali Khan has been confirmed as the antagonist in the much-hyped Om Raut directorial *Adipurush*, starring Telugu superstar Prabhas.

Raut Hindi film debut, *Tanhaji: The Unsung Warrior*, also had Saif as the central villain, Aurangzeb's royal guard Udaybhan Singh Rathore, pitted against Ajay Devgn's titular protagonist Tanhaji Malusare. On returning in yet another role with negative shades in an Om Raut film, Saif said: "I'm thrilled to be working with Omi dada again! He has a grand vision and the technical knowledge to really pull it off. He has taken me beyond the cutting edge of our cinema in the way he shot *Tanhaji* and this time he is taking us all further." On working with *Baahubali* hero Prabhas in such a big project, he added: "It's a phenomenal project and I'm super thrilled to be a part of it! I look forward to clashing swords with the mighty Prabhas and to play a role that is electrifying and demonic." The film is currently in pre-production stage.

IAN S

## 'I have two different personalities'

Fashion designer Masaba Gupta says she has two personalities, one where she is a social butterfly and the other when she is at ease with her mother, actress Neena Gupta. "Masaba Gupta has two different personalities—one in front of people, where I socialise, come across as hobnobbing, and am a social butterfly, and the other when I am at ease in my house or with my mom," Masaba said.

"I always try to maintain balance between my commercial and artistic life where I do absolutely nothing, and then I have a life full of drama, events, celebrating people and many other things. I have this Yogi life on the side. The title of the series *Masaba Masaba* is because of my dual personality," she added.

The designer has opened up parts of her life for a fictionalised series *Masaba Masaba*. In the Netflix show, Masaba and her mother Neena play their fictionalised versions. The show, also starring Neil Bhoopalam, Rytasha Rathore, Smaran Sahu and Satyadeep Mishra, released on August 28.



Masaba Gupta

IAN S

## Jacqueline, Yami join Bhoot Police cast

Jacqueline Fernandez and Yami Gautam have joined the cast of the spooky adventure comedy *Bhoot Police*, starring Saif Ali Khan and Arjun Kapoor.

The horror-comedy will be helmed by Pawan Kripalani, who has helmed thrillers like *Phobia* and *Ragini MMS* in the past.

"I am looking forward to working with Jacqueline and Yami. This will be my first collaboration with the entire cast. We need someone to add the craziness to this fun-filled enter-

tainer and both of them will definitely add this magic to the script," said the director. The film is produced by Ramesh Taurani and Akshai Puri. The team has started the groundwork for the film, which will be largely shot across Dharamsala, Dalhousie and Palampur.

"We are consulting experts to plan the safety measures for the team. We aim to wrap 80 per cent of the film during outdoor schedules. The remaining portions will be shot on a set in Mumbai," added Taurani.

IAN S



# A sizzling treat

## Mushroom Patty

### INGREDIENTS

#### 3 servings:

- Mushroom - 2 cups
- Bread crumbs- 1 cup
- Onion- 1 cup
- Green chili- 5 pc
- Egg- 2
- Cheddar cheese- 1/2 cup
- All purpose flour- 1/2 cup
- Thyme- 1 teaspoon
- Virgin olive oil- 1/2 cup
- Salt as required
- Black pepper as required

### PROCEDURE

#### Wash and chop the veggies

To make this easy recipe, wash the mushrooms, onions and organise the ingredients in place. Then take a plate and rumble the bread pieces. In the meantime, chop the mushrooms, onions and green chilies. Then take a pan and add some water, add in the chopped mushrooms with a dash of salt. Par-boil the mushrooms, then drain the water and keep them aside.

#### Prepare the mushroom patty mixture to make patties

Take a large bowl, add mushrooms, eggs, bread crumbs, cheese, onion, flour, salt, thyme, and black pepper in a bowl and mix well. Scoop some mixture and make round balls, press to flatten them and make patties.

#### Heat a pan and fry the patties

Take a pan over medium flame and add in the oil. Once the oil is hot enough, gently slide the patties and fry them by flipping sides, fry them until they turn golden in colour. Place the patties on an absorbent tissue paper.

#### Serve hot

Transfer the patties to the serving plate and serve with a dip or chutney of your choice. Pair these patties with a salad of your choice and make it a delicious wholesome meal.



## Chicken Shashlik

### INGREDIENTS

#### 4 servings:

- Chicken boneless- 500 gm
- Tomato- 2 medium
- Yoghurt (curd) - 2 tablespoon
- Ginger paste- 2 teaspoon
- Coriander powder- 1 teaspoon
- Powdered red chilli- 2 teaspoon
- Onion- 1 medium
- Capsicum (green pepper)- 1 medium
- Garlic- 6 cloves
- Black pepper- 1 teaspoon
- Pureed tomato- 5 teaspoon
- Butter- 4 tablespoon

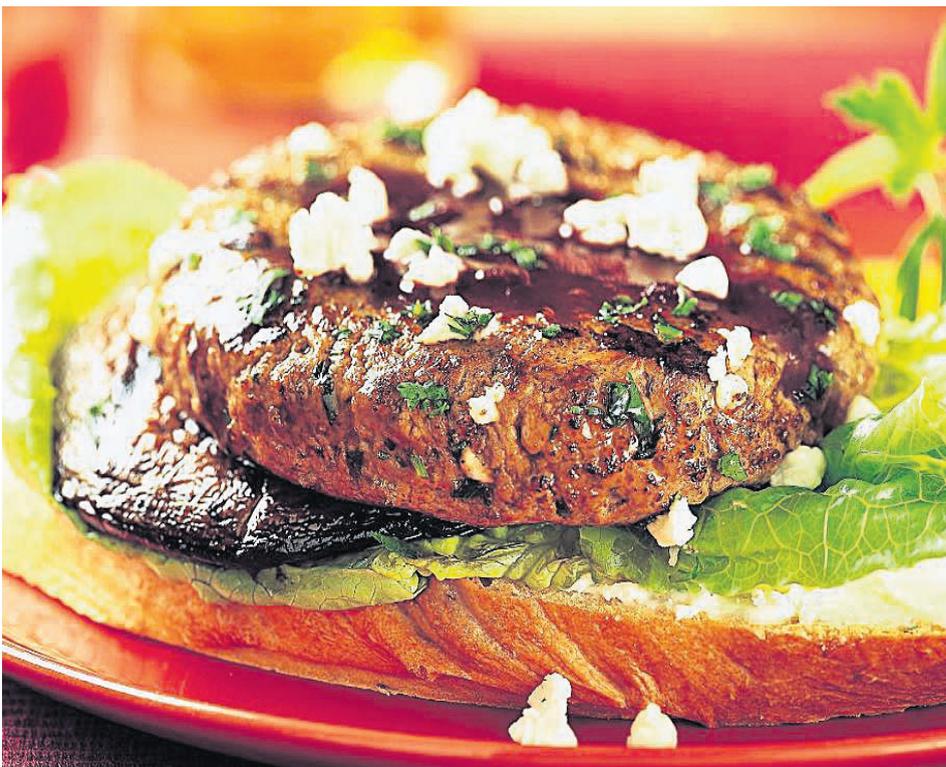
### PROCEDURE

#### Marinate the chicken

Chop the onion, tomato and capsicum and keep aside. Make a paste of ginger and garlic. Take a bowl, mix together the yogurt, garlic, ginger, black pepper, coriander, chilli powder, salt and tomato puree. Add the boneless chicken pieces and mix well, coating all the pieces in the marinade properly. Add the vegetables. Cover and refrigerate for 2-3 hours.

#### Grill the chicken skewers

Thread the chicken onto the skewers, alternating it with chunks of onion, tomato and capsicum. Brush with butter, then grill until chicken is cooked through and is golden brown. You can also pan grill the chicken. In this case, just ensure that you keep the flame low and keep turning the chicken pieces. You may have to alternately cover and uncover the pan and keep adding butter. Then, place the chicken skewers on a heated iron plate for sizzling effect and splash a few drops of water and oil on it. Serve immediately with mint chutney. You can also serve it on a bed of rice or noodles and it would become a complete meal.





Akhilesh

PHOTO CREDIT: KUMAR SHARAT