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SUNDAY POST

HERE . NOW



Offbeat Destinations

COVER STORY

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Antara Chakraborty is not only one of the leading playback singers of the state, she has lent her voice to scores of songs in Hindi and other regional languages. Daughter of eminent lyricist and poet Mohit Chakraborty and a Visharad of Hindustani classical music, Antara loves listening to foreign language songs on Sundays



With writer Pratibha Ray



With her co-artists during a recording session

Music is life

I do at least two hours of riaz followed by a yoga session in the morning. Soon after, I listen to some soulful numbers and rehearse a few songs. Also, I help my mom in cooking non-veg dishes.

Academic pursuits

I am doing a doctoral programme in literature. Therefore, I try to take time out for my studies, if it is a non-working Sunday.

Avid listener

I prefer to listen to songs of foreign languages which helps me bring variations to my singing. As I have recorded songs in various Indian languages, I spend a few hours doing my home work on regional songs and coordinate with the music directors.

Dad, my guide

I often seek dad's guidance pertaining to my future projects on Sundays. I go through loads of magazines and newspapers that he brings if I am not recording.

Nature lover

I love to be at the wheels and leave no opportunities to travel with my friends to nearby scenic destinations.



BIJAY MANDAL, OP

BIG BLOW

Sir, The passing away of veteran Odia actor Ajit Das due to the killer corona virus is a great loss to the our cine industry. The Cover story in Sunday Post is a deserving obituary on the life of the veteran actor, who could have carved out a niche for himself like his contemporary NSDians in the Bollywood, had he chosen the Hindi film industry after passing out from NSD. But he came back to Odisha and his greatness lies in promoting Odia talents throughout his life. For his impeccable role portrayals in some classic Odia flicks, he will be etched in the memory of the people. Upcoming young artistes should follow in his footsteps. Deep condolences for the veteran.

SASWAT SWAIN, JAGATSINGHPUR

EXIT OF A LEGEND

Sir, I am one of the privileged viewers who got opportunities to witness most of the classics staged by AJIT, a theatre troupe founded by eminent actor Ajit Das who passed away recently. Needless to say, he used to take his productions to another level with his strong involvement. I sincerely believe that he could have made it really big in Mumbai had he shifted base to the Tinsel Town instead of training raw talents in Odisha. But the respect he has earned over the years as a teacher by creating hundreds of actors has no comparison. He was certainly a great teacher who continued to share his expertise with his students till the last breath. Even as he was in his early 70s, for me, he departed too soon as the teacher in him had still a lot to offer.

BIRENDRA ROUT, 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



Offbeat Destinations

Odisha Tourism Development Corporation is planning to spruce up less talked about sites into major tourist destinations in near future, says department's marketing manager Alok Mishra

CHAITALI SHOME, OP

Bhubaneswar: Travel and tourism is not only the largest service industry in India, nearly 40 countries, according to a report, depend on it for more than 15 per cent of their employment. Therefore, United Nations World Tourism Organization has been celebrating World Tourism Day

September 27 for the last 40 years to underline the social, cultural, political and most importantly economic effect of travelling on people's life. The slogan of day this year is Building Peace! Fostering Knowledge!

However, tourism, at present, is the worst-hit sector due to the outbreak of coronavirus across the globe. In such a scenario, the state government is encouraging domestic tourism to revive the Covid-hit sector.

With more and more people looking for destinations off the charted routes, **Sunday POST** lists a few less talked about religious sites that can become places of major attractions in coming days.

BANESWAR TEMPLE OF BONAI, SUNDARGARH

This famous shrine of Lord Shiva is a centre of religious activities for Hindus and people of tribal community. The main attraction of the temple is a 'dancing

Ganapati'. It is believed that the idol was consecrated during the 12th Century when Bonai was under the domination of the Kadamba dynasty. According to Historian Kailash Chandra Dash, the main Shiva linga is divided into two parts. The right side represents goddess Parvati while the left one represents Shankar or Lord Shiva.

Dhrustadyumna Panda, a servitor of the temple said, "The temple is not only an attraction for the devotees of Lord Shiva, the scenic surrounding attracts reasonable footfall throughout the year. The government should take immediate measures for beautification of the site to attract more tourists to this less-traveled site."

HARIHARESWAR TEMPLE OF NAIRI

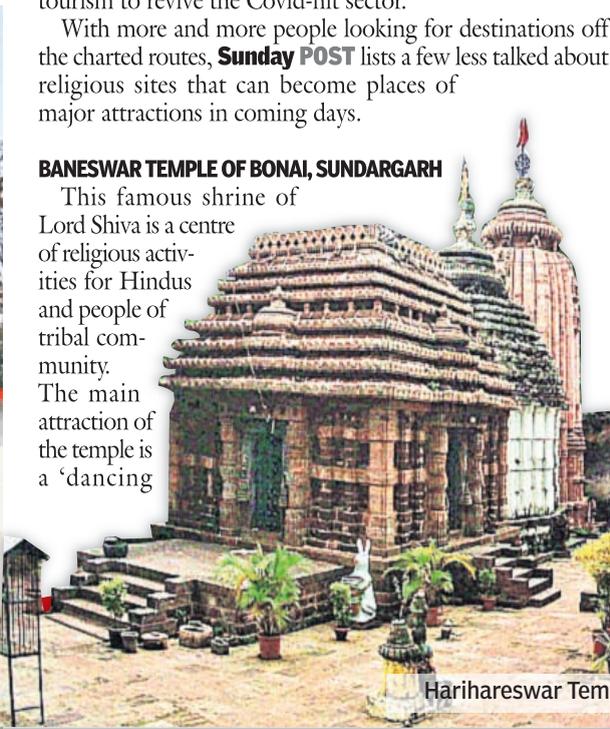
The shrine, famous for being the abode of Lord Jagannath during external invasion on Puri Srimandir, is located on the outskirts of Chillka lake close to Banpur in Khurda district.

"Sri Jagannath Temple, according to religious experts, was attacked at least on 18 occasions by non-Hindu plunderers to display their religious superiority. Chillka was a safe destination to house the deities on most of the occasions, said travel blogger and heritage enthusiast Deepak Kumar Nayak.

It is not only the Harihareswar Temple, there are so many other shrines in Odisha that can draw a large number of travel enthusiasts, added Nayak.

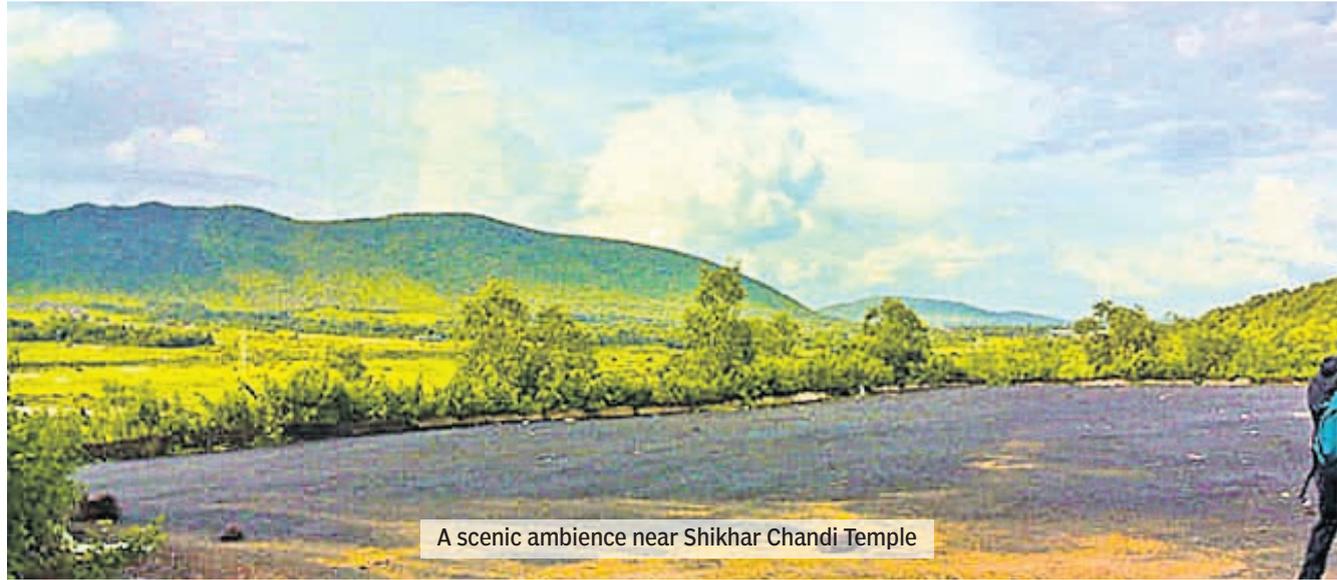


Entrance of Baneswar Temple

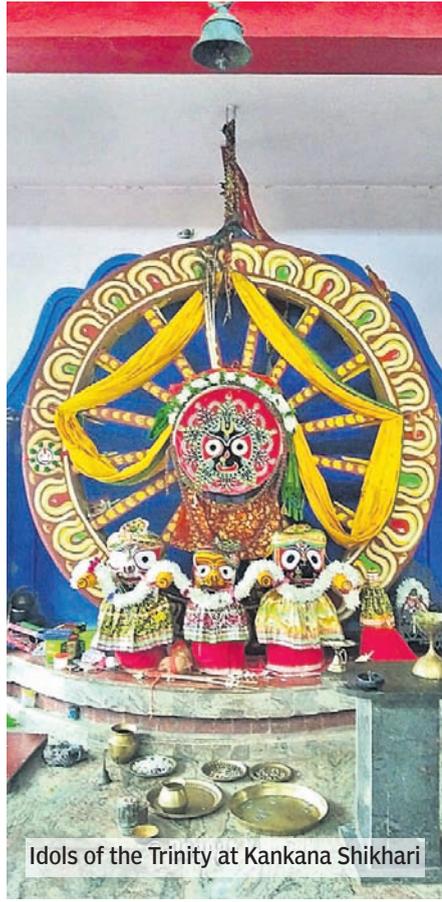


Harihareswar Temple





A scenic ambience near Shikhar Chandi Temple



Idols of the Trinity at Kankana Shikhari

Legends behind the shrine

Legend has it that Kesab Rai, who assumed the name of Ramachandra Deva II, ascended the throne of Bhoi dynasty of Khurda in 1727. His ascendance coincided with the death of Murshid Quli Khan, a liberal Moghul lieutenant in erstwhile Utkal. He was succeeded by Shuj-ud-din, who, later, asked his son, Muhammad Taqi Khan, to manage affairs in Utkal. Taqi was a staunch and intolerant Muslim. He is notorious for demolishing many Hindu shrines and temples during his period. He invaded Khurda in 1731. He then attacked Dhauligarh and Rathipurgarh.

As there was the danger of Mughal attack on Srimandir, idols of the Trinity were first taken to Dobandha Chapa near present day Kanasa in Puri district and then to Nairi via Chilka lake. Bada Parichha Paramananda Kuanra Mohapatra and Sana Parichha Bishnu Paschima Kabata, two servitors, were in charge of shifting the idols from Srimandir.

They choose Harihareswar

Temple of Nairi to be the new abode for the deities. This beautiful temple was built during the late 17th century by Parikuda king Sri Jagannath Manasingh. Madala Panji, the chronicle on Srimandir rituals, confirms Lord Jagannath's stay in Harihareswar temple on several occasions. Even today, three Chaka Asthanas are preserved and worshiped in the Jagamohana of this temple in the memories of Lord Jagannath's short stay.

Apart from Harihareswar Temple, there are a few other temples in Nairi that have the potential to become major destinations of tourist attraction.

The Radha Mohana Temple situated near the palace of Bada Nairi zamindar is one such site.

Another site is Kankana Shikhari, a location inside the Chilika lake near Nairi villalge. The deities were kept in this island during the first attack by Taqi Khan, says a folklore.

Though, Madala Panji has no mention about this, it is believed that Lord Jagannath stayed here for a while and the servitors offered him Kankana (spine gourd) as offerings. Even today there is a tradition

of sending Kankana produced here to Puri Srimandir.

SHIKHAR CHANDI TEMPLE

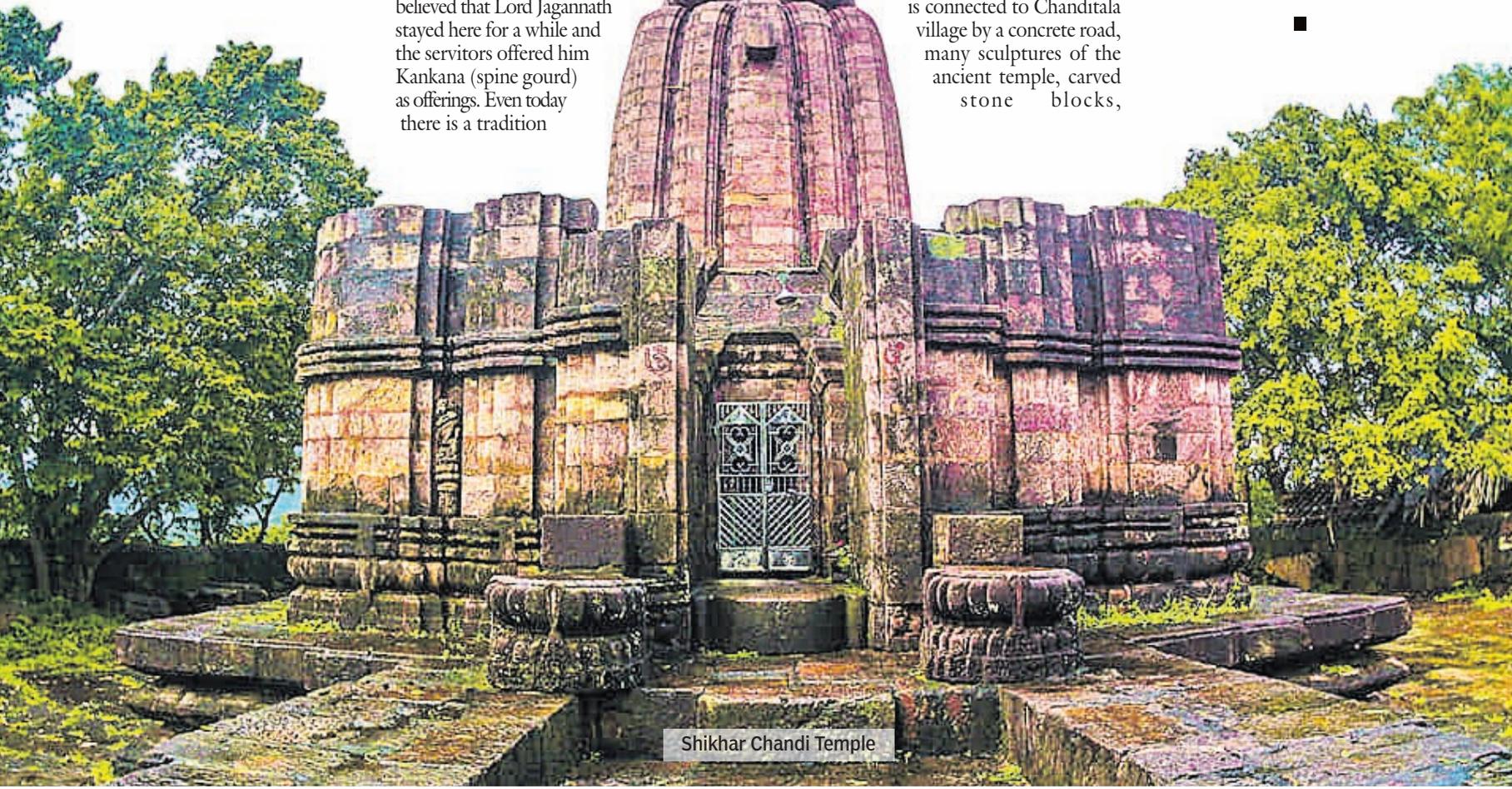
Another lesser known but magnificent tourist destination is the Sikhhar Chandi Temple of Chandital near Chandikhol. The original temple was destroyed by Kalapahada, a Muslim General of Bengal Sultanate during his series of attacks on Hindu shrines in Utkal. A new structure has been erected on the foundation of the original temple in the designs without altering the design.

The temple's natural ambience attracts a large number of tourists across the year. One can enjoy the cool breeze on the hill top while dry clouds in the back drop of green fields and hills present a scenic view. Located just about four kilometers from the NH-16 near Badachana and less than 70 kms from Bhubaneswar, the shrine is believed to be built during the rules of Somavamsi kings.

While the hill top temple is connected to Chanditala village by a concrete road, many sculptures of the ancient temple, carved stone blocks,

Navagraha panels, Udyota Singhas, Dopicha Singhas can be seen lying scattered on the temple premises. There is a partially broken Eka Pada Bhairava figure that indicates the antiquity of the place.

Asked about beautification of these less-travelled tourist destinations, Odisha Tourism Development Corporation marketing manager Alok Mishra admitted, "There are quite a few such sites those need immediate attention. The department definitely has plans to develop these sites into major tourist destinations in near future."



Shikhar Chandi Temple

Hair tricks from kitchen



Every woman dreams of having a luscious, long, soft and healthy hair. However, overexposure to harsh sunlight, weather changes, stress, inappropriate diets, pollution and most importantly chemical treatments often shatter their dreams.

Needless to say, women, in a bid to revive their damaged hair and in their quest for gorgeous one, spend generously on salon treatments, medications and potions that promise to work wonders instantly. But often they fail to yield desired result. On the other hand, you can use a few natural ingredients that are economical and quite rewarding.

Here's how you can repair your damaged hair with ingredients you most likely have in your kitchen.

The first thing to remember is that for healthy hair, the body must be in a state of good health. Hair is fed by the blood flowing to the follicles, which means that diet and good blood circulation are extremely vital for hair nourishment. The hair also needs external nourishment. Right there on your kitchen shelf are many natural ingredients that can revitalise the hair. They not only nourish the hair but are also good cleansers, like egg white, lemon juice, gram flour (besan) or yoghurt. They also help to maintain the normal balances and condition the hair.

The application of oils also provides nourishment to the hair. Oil is a common kitchen ingredient.

You can use sesame seed (til) oil, coconut oil, sunflower oil, or almond oil, for the hair.

Warm the oil and massage gently into the scalp, at bedtime, using the fingers to actually move the scalp. Once or twice a week, heat pure coconut oil and apply on the hair and scalp. Apply on ends too. You could go for a turban therapy following this massage session. This works best for dry and under-nourished scalp. For turban therapy, dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. Leave the oil on overnight.

Apply curd half an hour before shampoo. Rinse well with water when you shampoo.

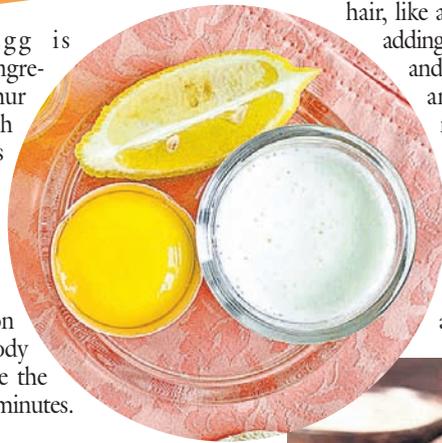
Egg is one of the most versatile ingredients. It contains silicon, sulphur and fatty acids that help to nourish the hair. The white of the egg has a powerful cleansing action too. Applied on the hair 15 minutes before shampoo, the egg coats the hair shaft and adds thickness, shine and body.

Milk can easily be applied on the hair to nourish it and add body and shine. After shampoo, rinse the hair with milk and leave on for 5 minutes. Then rinse off with plain water.

Beat an egg with a little milk to form a thickish consistency and apply it on the scalp and hair. After half an hour, rinse the hair well with water.

For dry, damaged hair with split ends: First cut off the split ends. Take one tablespoon almond oil and add 2 egg yolks. Mix together and apply on the hair. Apply on ends too. Wearing a plastic shower cap will help. Wash your hair after half an hour.

Both oily and dry hair can benefit from the application of yoghurt or curd on the hair and scalp. It helps to soften the hair, nourish it and also add body and shine. Curd also restores the normal acid-alkaline balance.



Banana pulp by itself can be applied on the hair, like a pack. It nourishes and conditions dry hair, adding body and shine. Take the pulp of two bananas, and add two teaspoons lemon juice. Mix together and apply on the hair. Leave it on for 20 minutes and then wash hair.

Ripe papaya is ideal as a nourishing and cleansing pack. It is particularly useful for removing scales that adhere to the scalp. For oily scalp and dandruff, mix ripe papaya pulp with gram flour and apple cider vinegar into a paste. Apply on the hair and wash off after half an hour.



Coconut milk is extremely nourishing and softening for the hair. It is said to control hair loss and promote growth, being rich in protein, essential fats, iron and manganese. Mix one cup coconut milk with powder of curry leaves and 2 tablespoons orange juice into a paste. Curry leaves are rich sources of beta-carotene and protein, which encourage healthy hair growth. Apply and leave on for one hour. Wash off.

The tannin in tea leaves helps to add shine to the hair if tea is used in hair rinses. Used tea leaves can be boiled again in enough water, cooled and strained and used as a last rinse after shampoo.

Gram Flour (besan) has a cleansing action and reduces oiliness. For a hair pack, mix a cup of curd, two teaspoons of besan, an egg white and the juice of half a lemon. If you have very dry hair, substitute the egg white with egg yolk or teaspoon of almond oil. Apply the paste on the hair and wash it off after half an hour.

For oily scalp and dandruff, mix ripe papaya pulp with gram flour, egg white and four teaspoons apple cider vinegar into a paste. Apply on the hair and wash off after half an hour.



SHAHNAZ HUSAIN



Ankita reveals her secret to happiness

Actress Ankita Lokhande has shared her mantra to be happy. Ankita, the former girlfriend of late actor Sushant Singh Rajput, took to Instagram and shared a picture where she looks stunning in a white sari and is smiling at the camera.

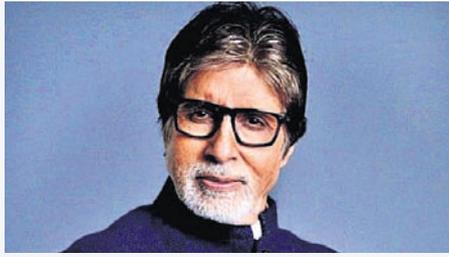
"How to be happy! Decide every morning that you are in a good mood," she captioned the image.

Ankita recently planted saplings in memory of Sushant. Her dog Hatchi is also seen in the pictures she posted.

"Hatchi and mamma. My partner in almost everything, Planting plants seedling. It's our way to remember him by fulfilling his dream," she captioned the snapshots, tagging them #plants4SSR.

Sushant was found dead at his Mumbai home June 14. Initially, Mumbai Police had said it was a case of suicide. Now, his death is being investigated by CBI, Narcotics Control Bureau and Enforcement Directorate.

IAN S



Big B reminisces about his commentary days

Amitabh Bachchan misses doing cricket commentary, going by his latest post on social media.

In an Instagram picture he shared recently, Big B sits with a commentary mic. "... at the game .. doing the Cricket commentary .. been a while errr .. MUMBAI INDIANS victorious .. COME ONNN ...!!!" he wrote.

A comment from the verified account of Indian Premier League team Mumbai Indians team read: "Missed the legendary voice" along with a blue heart emoji.

The 13th season of Indian Premier League (IPL) got underway September 19 and is being played in United Arab Emirates this year while Amitabh has started shooting for the reality quiz show Kaun Banega Crorepati

12. IAN S



'Robert De Niro the best kisser'

Actress Sharon Stone says veteran actor Robert De Niro is the best kisser among all her on-screen leading men.

"Well, Robert De Niro was for sure the best kisser. Yeah, Bob was far and away the best kisser," said Stone, on Watch What Happens Live, reports metro.co.uk.

Stone recalled the kiss she shared with De Niro in Martin Scorsese's 1995 crime drama, Casino, while making her point. Kisses with other actors, she added, were just 'meh' stuff in comparison.

"I don't know that I can compare anything else to that. Everything else was kind of like, 'meh'," she quipped. "It was the actor that I admired the most

and had, my whole career, was like, 'I just want to sit across the table from

Robert De Niro and hold my own. And maybe because I just held him in such extraordinary, high regard, and it was the pinnacle of the kissing moment for me.," Stone added.

IAN S

I am nothing sans fans: Disha

Mumbai: Disha Patani now has over 40 million followers on Instagram. The actress thanked her fans saying she is nothing without them.

To celebrate the feat, Disha shared an Instagram video last week that captures her doing squats at the gym.

"40 million got me like 60kg 10 reps, thank you my lovely fc's for all the support and love, I'm nothing without you all," she captioned the video.

Disha uses the platform to share slices of her life off screen, as well as glimpses from workout sessions, besides photographs where she is decked up in full make-up and outfits.

She started her journey

with the 2016 Sushant Singh Rajput starrer *M.S. Dhoni: The Untold Story*, and since then has featured in films like *Baaghi 2* and *Malang*.

Disha is now set to resume shooting, for her upcoming films *Radhe* and *Ek Villain 2*.

IAN S





INTERNATIONAL TRANSLATION DAY

Expanding literary horizons

THE ART OF TRANSLATION HAS NOW BECOME A PART OF LITERATURE WITH TRANSLATORS BEING CONFERRED WITH AKADEMI AWARDS FOR THEIR PAINSTAKING EFFORTS

Without translation, we would be living in provinces bordering on silence
 FRANCIS GEORGE STEINER | FRANCO-AMERICAN PHILOSOPHER, NOVELIST AND EDUCATOR

BIJAY MANDAL, OP

Reading story books was the principal medium of recreation for kids in the 1970s. There would hardly be any child from that generation who haven't read their favourite fairy tales hiding them inside the text books. The books were the only means to know the world and they mostly came from translated literature. Back home, Biswa Sahitya Granthamala used to publish the translated versions of world famous stories like *Uncle Tom's Cabin*, *The bottle Imp*, *Robinson Crusoe*, *Robin Hood*. Similarly, Raduga publications of erstwhile Soviet Union presented the Russian fairy tales, translating them in various Indian languages, to the kids which perhaps prompted many Indians to love Russia. The colourful images printed in glossy papers, big alphabets and most importantly the content used to take the readers to a different world altogether.

The magic of translation was such that a few government bodies like Kendra Sahitya Akademi and National Book Trust also started translating literatures of foreign and other Indian regional languages offering new windows to the readers. The art of translation has now become a part of literature and the translators are also being conferred with Akademi awards for their transcription.

Ahead of International Translation Day September 30, a couple of award winning translators tell **Sunday POST** the reasons why one should read more translated literatures and how challenging it is to recreate an original work.

Poet and author Shradhanjali Kanungo is a well known name in state's literary circuit. Though she won quite a few awards earlier for her creative writing, she made her presence felt strongly after winning Kendra Sahitya Akademi award for *Srimayee Maa*, a translation of Naba Kumar Basu's twin novel in Bengali, *Labnya Purna Pran and Keu Par Nay*, based on the life of Sharada Devi, wife of the great sage Sri Ramakrishna Paramahansa.

Shradhanjali says, "Translation, a process of interpreting texts of one language to another, plays an important role in exchanging ideas between two regions."

She goes on to add, "At a time when we have become almost a family due to globalisation, translated literature can play a significant role in fostering good relationship between nations and regions. It can also help understand the culture and philosophy of two different areas. Needless to say, it is the translation that helps in the growth of language, culture and literature of a country."

Asked about the challenges of a translator, she continues: "It was not an easy task for me. Apart from having expertise in both the languages, a translator needs to be careful about maintaining the fundamental nature of the original work."

A reader should never feel that he or she is reading a work of translation from another language. The reader should get the feel of the soil and that makes work of translation a success, Shradhanjali adds.

Kanakmanjari Patnaik, an eminent poet, educationist and a retired professor of Odia language needs no introduction as one of the prolific translators of the state. While Patnaik has to her credit several already published books on poems, short stories and children literature, she has honoured with many state-level awards for her translational works.

She says, "This is a time when we get the

world in our fist but unfortunately we lack humanitarian action. We need to have a global mindset and learn about different cultures. We must share joy, grief, misery and difficulty of others. For that we need to open as many windows as possible to learn world literature. So, there can't be a better time than this to explore translated literature."

Kanakmanjari, on the challenges, says: "For a creative person there can't be a more joyous moment than writing an original piece. However, the pleasure is no less in interpreting a great work of literature in another language. Be it the ideal characters from mythology or men from history, people always try to emulate them. Similarly, I draw inspiration from those exceptional characters, incidents and circumstances outlined in works of other languages and recreate them in Odia."



SHRADHANJALI KANUNGO



KANAKMANJARI PATNAIK

FAMOUS ODISIA LITERARY WORKS TRANSLATED INTO ENGLISH

NAME OF BOOKS	AUTHOR	TRANSLATOR
Chha Man Atha Gunth (Six Acres and A Third)	Fakirmohan Senapati	University of California Press
Revati	Fakirmohan Senapati	Multiple translators (KK Mohapatra, Leelawati Mohapatra, Kishori Charan Das and many others)
Matira Manisa (Born Of The Soil)	Kalindi Charan Panigrahi	Bikram Das
Akashara Ishara (The Escapist)	Manoj Das	Manoj Das
Paraja	Gopinath Mohanty	Bikram Das
Danapani (Survivor)	Gopinath Mohanty	Bikram Das
Yagnaseni (The Story of Draupadi)	Pratibha Ray	Pradip Bhattacharya
Anomara Kanya (Anoma's Daughter)	Santanu Kumar Acharya	Bibhas Ch. Mohanty and Santanu Kumar Acharya
Bheda	Akhila Nayak	Rajkumar



Prachi



PHOTO CREDIT: KUMAR SHARAT