

OCTOBER 4 - 10, 2020

SUNDAY POST

HERE . NOW



WORLD ANIMAL DAY - OCTOBER 4

VOICES FOR THE VOICELESS

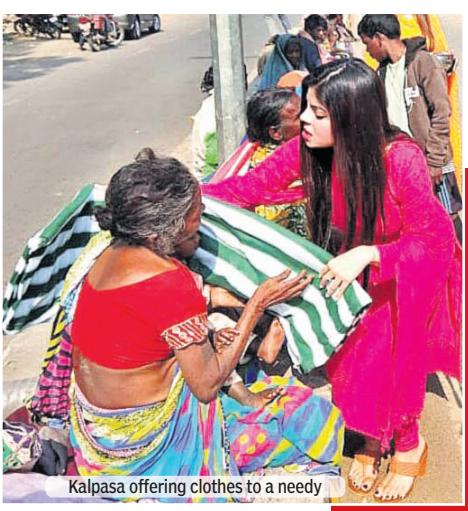


COVER STORY

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With her niece



Kalpasa offering clothes to a needy

Author, model and social worker Kalpasa Ankita Shaw loves to visit eldercare centres Sunday and spend time with the senior citizens.

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Fitness enthusiast

I never skip my Yoga session on holidays which is essential for my mental wellbeing. This apart, I take to dancing to maintain my fitness.

Day of giving back

I am pretty satisfied with my life and have no complaint whatsoever. Therefore, on Sundays, I offer food and medicines to people who struggle to meet ends.

Seeking inner peace

I get mental peace by visiting old age homes and spending quality time with elderly people.



With old-age home inmates

Mommie dearest

I am a diehard fan of my mom. I love some delicacies cooked by her and enjoy select movies too with my little sister.

Cousin bonding

Spending time with my cute niece who lives in the USA through video call is a must for me on Sundays.



RASHMI REKHA DAS, OP

ENGAGING STUFF

Sir, I found the last edition of Sunday supplement interesting. The cover story Offbeat Destination is an informative piece. I got to learn about Baneswar and Harihara temples. I was unaware of these shrines. Thanks to Sunday POST, I learned about these sites. Giving facelift to these unknown temples is the need of the hour. I liked reading My Sunday segment too because Antara Chakraborty is my favourite singer. She has a soothing voice. Her voice works as an antidote when I get depressed. Literature segment was also interesting. Tinseltown page looked attractive. I expect Sunday POST to continue its good work in future as well.

SITAKANTA PALAI, BHADRAK

EXCHANGE OF IDEAS

Sir, I was delighted to read the story 'Expanding literary Horizons' published for the International Translation Day. The story highlights the importance of translation through which a writer can reach out to various sections of people speaking and writing in a different language from the former. With the world becoming a global village, translation makes it easier for people to connect with their counterparts living in various parts of the world. It gives the pleasure of reading to people various books which is alien to their culture and philosophy. It is an exchange of ideas between two regions for which the translator should take care while translating text from one language to another as little mistake in understanding its essence might mar his/her effort. It should not be verbatim but a synopsis of the original writing.

SARITA MOHANTY, SECTOR-6, CDA, CUTTACK

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

Voices for the voiceless

Lack of awareness and stricter punishment are of the few reasons behind growing cases of animal cruelty in India, says well-known animal rights activist Purabi Patra.

RASHMI REKHA DAS, OP

Young Sneha Aryan (name changed), a creative writer working with a Bhubaneswar-based publishing house, one day spotted an injured pigeon writhing in pain while she was having lunch on her office terrace. Though new to the city, she managed to rush the distressed animal to an animal care centre taking help of an office boy. Fortunately, the attending doctor was an ardent animal lover who took all care for the bird's recovery. Though many of Sneha's colleagues were present on the terrace, most of them thought taking strain of treating a bird is wastage of time.

It is not only Sneha's friends, many among us think the same way undermining the fact that every animal on the earth has right like humans to live

with dignity and they too deserve the care like we do.

In order to raise status of animals and their welfare standards across the globe, World Animal Day is observed October 4 every year. The day also meant for celebrating the human-animal bonding. But in this dog-eat-dog world, how many people really care for the well-being of these voiceless creatures. Moreover, cruelty against the animals in the society is growing by the day. Here is what a few advocates for animals have to say on why animals, especially strays, are being ill-treated in our country.

Purabi Patra, founder

and chairperson of Animal Welfare Trust, Ekamra, attributes lack of awareness and lack of stricter punishment are the reasons behind growing number of animal cruelty cases. Besides, she feels that people don't have compassion towards animals

these days. The seed of kindness and compassion towards animals should be sown in kids right from the childhood so that they can develop respect and love for animals.

Recalling a few anecdotes, she says, "Recently a



pregnant dog was beaten mercilessly by two women at Samantrarapur area in Bhubaneswar. On being informed, we rescued her in dying condition. Naming the dog April, we started an online campaign to get justice for April. April delivered two puppies following a surgery but succumbed to the injuries. The newborns also did not survive due to premature birth. *Justice for April* soon became a movement across social media platforms after her death.

We also lodged a police complaint demanding exemplary punishment against the offenders. However, police served notices on the accused but took no action against them. Lack of punishment encourages many to commit such crimes and get away with them."

Citing one more instance of cruelty, Purabi continues: "In another incident, a 68-year-old man was arrested and remanded in judicial custody for his alleged sexual assault on a stray dog at Patia, Bhubaneswar. The accused, a security guard, was booked under relevant sections of IPC. After the animal's medical examination was conducted at Saheed Nagar Veterinary Hospital, it was handed over to me. However, the accused is roaming scot-free."

Purabi feels that stricter amendment of Prevention of Cruelty to Animals (PCA) Act, 1960 is the need of the hour. "In most cases of animal cruelty, the accused get bail as cases are often registered under Sections 428 and 429 of IPC. For these sections, the maximum sentence period is less than seven years. Besides, most sections of PCA Act treat several offences as non-cognizable and bailable. This makes easier for the accused to escape imprisonment

either by securing bail or paying penalty, often as little as ₹50. The state government has to come up with stringent laws for crime against animals."

"In India, it is common sight to see people pelting stones at stray animals for the sake of fun. Besides, people also engage bulls and hens in fights for entertainment. In villages, people also organise cart races where bullocks are treated as playful objects. As if this was not enough, animals are sacrificed at many shrines flouting laws. Gone are those days when animals were not only considered part of our habitation but also worshiped", says Sanjib Das, secretary of People for Animal.

Sanjib, who recently helped Athagarh forest officials bust a pangolin smuggling racket, says "Animals are important components of the ecosystem. Their role as consumers



helps maintain the cycle of energy in the environment. We don't take stray dogs seriously although their role in ecosystem cannot be ignored. Be it stray dogs or wild animals, we need to conserve all animal species. So, government should initiate action against those who torture the animals."

Bichitrana Biswal popularly known as Bichi Bhai has dedicated his life for wildlife conservation. A farmer by profession, he is the founding member of Sea Turtle Action Programme (STAP). He has been monitoring the long term Olive Ridley Conservation Programme of Action for Protection of Wild Animals (APOWA) in Puri and Jagatsinghpur in association with Department of Forest and Environment, Government of Odisha.

Hailing from Astaranga, he has also undertaken community-led conservation programmes to protect wildlife, sparrow and biodiversity. He is also a part of the Mangrove Biodiversity Conservation and Restoration programme at Astaranga. In the last 26 years, he has saved more than 1100 venomous snakes, 200 Dolphins and 100 sparrows. He has been working tirelessly to safeguard all kinds of wild animals and mammals from poaching.

He maintains that cruelty against animals is a cognizable offence under Sections 428 and 429 of IPC. There is an urgent need to implement effectively the laws made for the protection of animals. When it comes to conservation of Olive Ridley, officials of forest, fishery and Indian Coast Guards have to work together to save turtles from clutches of poachers. Lack of coordination between these three departments leads to large scale poaching of Olive Ridley."

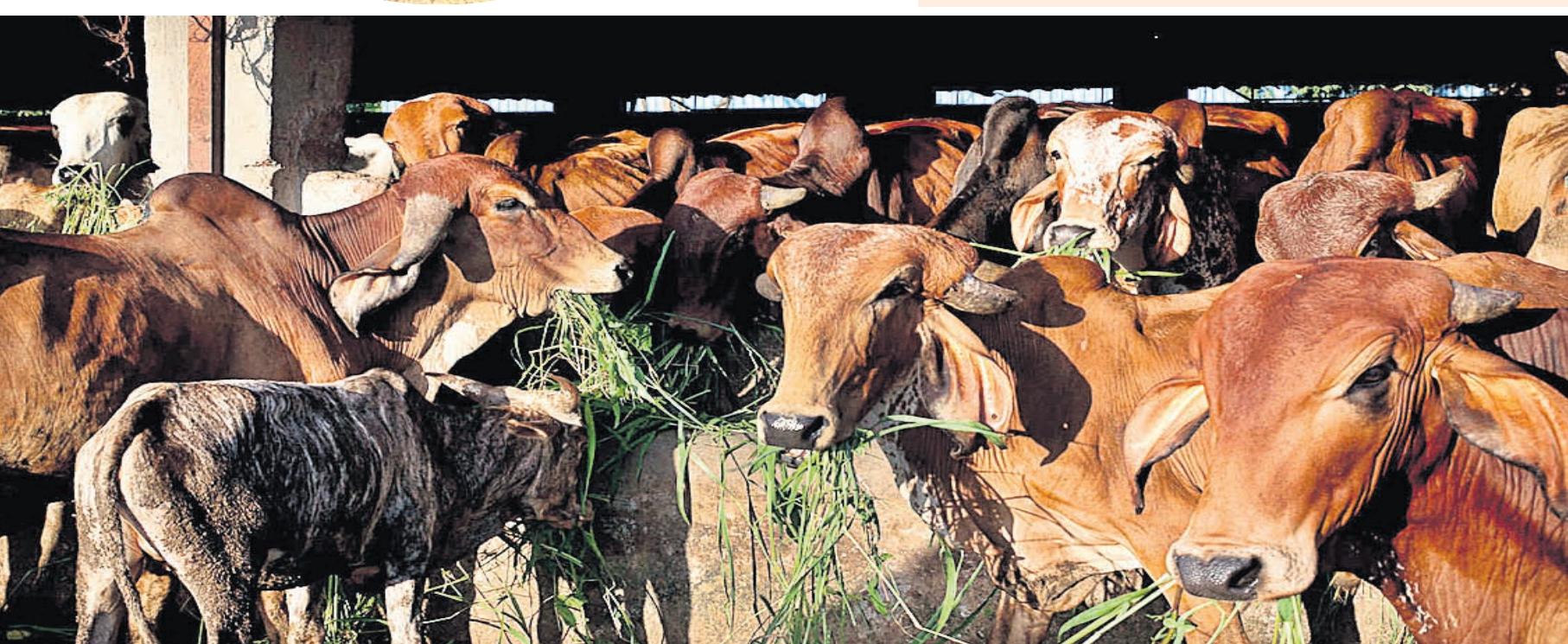
Rajesh Prusty is one of the most sought



after names in Bhubaneswar when it comes to animal rescue work, cows and bulls in particular. He says "Law against animal cruelty is not implemented properly which is why the mute creatures are subjected to ill-treatment and torture. Besides, enough awareness is not created on the issue. Moreover, incidences of human-animal conflict are highlighted in the media. But animals are abused across the globe - in laboratories, farms and pet shops for human good."

Akash Ranjan Rath, former honorary wildlife warden of Puri, says, "Human beings are selfish. They use animals for their own interest. Ironically, we all like animals, be it wild or domesticated, and take pleasure watching them on television screen but hardly do anything worth-

while to ensure their dignity. If everyone starts to look at animals with love and compassion, we will see far fewer cases of cruelty towards animals. There are rules and laws in place against the ill-treatment of animals, but are rarely followed. We all need to develop an emotional bonding towards animals and try to instill the feeling of love and respect for animals as they are an important part of our ecosystem."



CELEBRATING WITH STRAYS

Marriage certainly is one of life's most significant events and couples leave no stone unturned to make the occasion special. But here is a couple who made it truly memorable by spending time with stray and rescued animals in a Bhubaneswar-based animal shelter home.

Eureka Apta and Joanna Wang, both residents of Bhubaneswar, went for a simple temple wedding so that they can spend little more for the wellbeing of stray animals. They do-

nated food and other daily essentials to an animal shelter centre in the city and also spent time with the animals to celebrate their marriage.

Apta is a filmmaker who had worked with Odisha Tourism and NFDC while Wang is a dentist. "We always had this plan. We wanted to do something for these voiceless animals instead of going for a lavish celebration," said the duo.

ARINDAM GANGULY, OP



Eureka and Joanna spending time with stray dogs

Hand care during corona times



With number of Covid +ve cases on the rise, one of the easiest but most important ways to protect you and your loved ones is to wash hands frequently.

Proper handwashing which takes at least 20 seconds not only reduces the spread of coronavirus but can also prevent the spread of viral illnesses such as cold and flu and other infections.

As we diligently wash hands more frequently than usual to slow the spread of the virus, unfortunately, the practice often removes the natural, protective oils from our skin, exacerbates dry skin issues, causes dry, cracked and raw skin. It can also lead to conditions like eczema.

Besides, this can cause open wounds in your skin that can allow in bacteria and other germs and increase your risk for infection through the fissures.

Here's everything you need to know about how to wash your hands and take their proper care.

Actually, the skin on the back of the hands is thin and lacks oil glands. That is why the hands are prone to wrinkles and lines. The nails also become dry and brittle, breaking or chipping easily. So along with protecting ourselves from the new disease, we also need to protect our hands.

The outermost layer of our skin is composed of oils and wax, and it acts as both a shield from the outside and a guard that maintains natural moisture

in the skin. This natural barrier is broken down by the suds created by soap while washing hands.

Bath time is appropriate for pampering the hands and supplying them with the oil and moisturising they need. Before your bath, apply warmed oil on the hands and massage it into the skin. This helps to soften the skin. You can use coconut oil, which is very nourishing. Or, use pure almond oil. Immediately, after your bath, apply a moisturising lotion or cream, while the skin is still damp. This helps to seal in moisture. Twice a week, have a pre-bath treatment by mixing ground almonds with curd and a pinch of turmeric. Apply on hands. After 15 minutes, rub the paste gently on the skin and wash it off with water. At night, massage cream on your

out skin because the water evaporates. Creams, which are often oil-based, are more effective after washing hands.

Alternatively, you can take four teaspoon almond oil and mix one tablespoon rose water. Add half-teaspoon tincture benzoin, drop by drop. Mix together. Apply this on your hands. Put hands inside loose cotton socks and leave on the preparation all night. Rinse off with plain water next morning.

Use hand ointment or cream instead of a lotion as these are more effective. Vaseline is still the most effective moisturizer used by many.

Lemon juice and sugar rubbed together with the hands helps to soften the skin. Take two tablespoons sunflower oil, 2 tablespoons lemon juice and 3 tablespoon coarse sugar. Mix together till it becomes a paste. Apply and rub into hands. Wash off after 15 minutes. Repeat the process three times a week.

Take fresh orange peels, pierce them with

a fork. Rub the peels on the hands to brighten them.

Choker (wheat bran) and besan (gram flour) can be mixed with turmeric and milk into a paste and applied on the hands. Wash off after 20 minutes. This softens, cleanses and tightens the skin.

Mix almond oil and honey in equal parts and massage into the nails and cuticles.

For dry nails, warm any vegetable oil and soak fingers in it for ten minutes. Wipe off with a moist towel.

A few almonds eaten daily make the nails strong. Include whole grains, yogurt, leafy green vegetables, sprouts and fruits in your diet.

If your skin is sensitive to harsh chemicals then you should handle cleaning supplies while wearing gloves.

One-teaspoon Brewer's yeast added to one glass of fresh fruit juice also keeps the nails and skin in good condition.

Apply thick moisturiser and then cover with cotton gloves to increase absorption before going to bed at night. Consider a humidifier at night—raising the humidity level in a room to help dry skin.

Germs spread more easily from wet skin than from dry skin, so drying your hands completely is an important step. Paper towels or clean clothes are the most effective way to remove germs without spreading them to other surfaces.



SHAHNAZ HUSAIN

Hornsby to star in *Lost in Space* Season 3

Actor Russell Hornsby has boarded the cast of the third and final season of Netflix sci-fi series *Lost in Space*.

The actor is best known for starring in shows such as *Lincoln Heights*, *In Treatment*, *Grimm* and the Academy Award-nominated movie *Fences*.

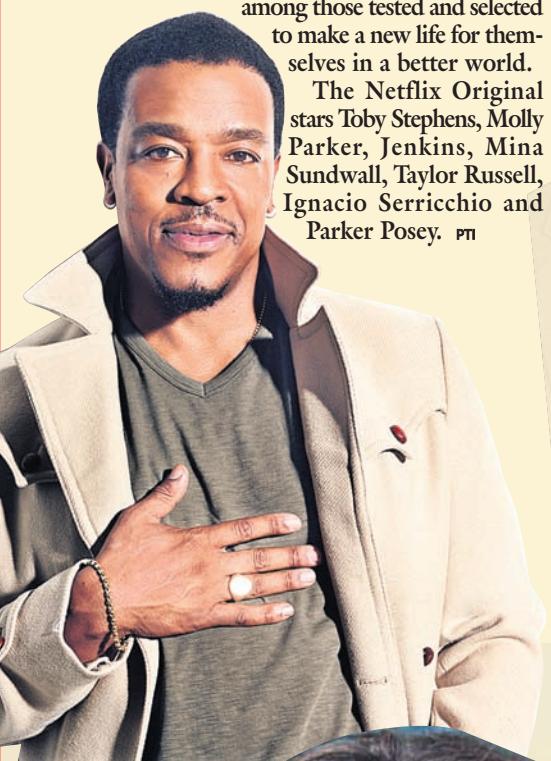
According to *Deadline*, the details of Hornsby's character have been kept under wraps.

The show was renewed for the final season in March this year.

Lost in Space is a re-imagining of the classic science fiction series of the same name in the 1960s.

It is set 30 years in the future, where colonisation in space is now a reality, and the Robinson family is among those tested and selected to make a new life for themselves in a better world.

The Netflix Original stars Toby Stephens, Molly Parker, Jenkins, Mina Sundwall, Taylor Russell, Ignacio Serricchio and Parker Posey. PTI

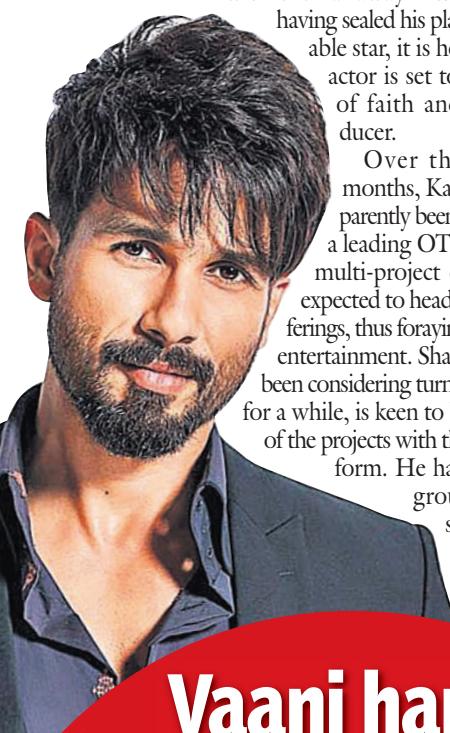


Shahid to turn producer soon

Though the glorification of toxic masculinity in *Kabir Singh* (2019) had raised many eyebrows, there's no denying that Shahid Kapoor dominated the box-office with the runaway hit. A year on, having sealed his place as a bankable star, it is heard that the actor is set to take a leap of faith and turn producer.

Over the past few months, Kapoor has apparently been in talks with a leading OTT giant for a multi-project deal. "He is expected to headline three offerings, thus foraying into digital entertainment. Shahid, who has been considering turning producer for a while, is keen to bankroll one of the projects with the OTT platform. He has begun the groundwork to set up his studio," reveals a source.

AGENCIES



Vaani happy to see industry bouncing back

Even as the government Wednesday evening announced its decision to open cinema theatres in a phased manner, several film units have already started shooting amid the new normal.

Among units that are filming overseas is the Akshay Kumar-starrer *Bell Bottom*. The cast and crew have been shooting in Glasgow, Scotland. Actress Vaani Kapoor, who is paired opposite superstar Akshay in the film, says she is happy to see the industry bouncing back.

"Shooting for *Bell Bottom* has

been fun and a good experience. Despite the ongoing challenges amid the ongoing pandemic, the team managed to have a really smooth and safe shooting experience while filming with a large crew, for which they deserve all the credit," said Vaani.

"We were made to feel safe on the sets because of their commitment to safety and hygiene," she added.

Vaani is also gearing up to start shooting for Abhishek Kapoor's untitled romantic drama opposite Ayushmann Khurrana.

IANS



Kangana resumes work after seven months

Actress Kangana Ranaut recently travelled down South to finish pending work of her film, *Thalaivi*.

"Dear friends today is a very special day, resuming work after 7 months, travelling to southern India for my most ambitious bilingual project *THALAIVI*, need your blessings in these testing times of a pandemic," she tweeted.

Along with her tweet, Kangana posted a few morning selfies for her fans.

"P.S just clicked these morning selfies hope you all like them," she added.



Kangana was spending time with her family in Manali ever since lockdown happened. She was in Mumbai for a few days in between, when Brihanmumbai Municipal Corporation (BMC) initiated a demolition drive at her office in the city claiming illegal construction.

Thalaivi is the biopic of late Tamil chief minister J Jayalalithaa, directed by AL Vijay.

IANS

Scrumptious biryanis

Mutton biryani

INGREDIENTS

For garam masala:

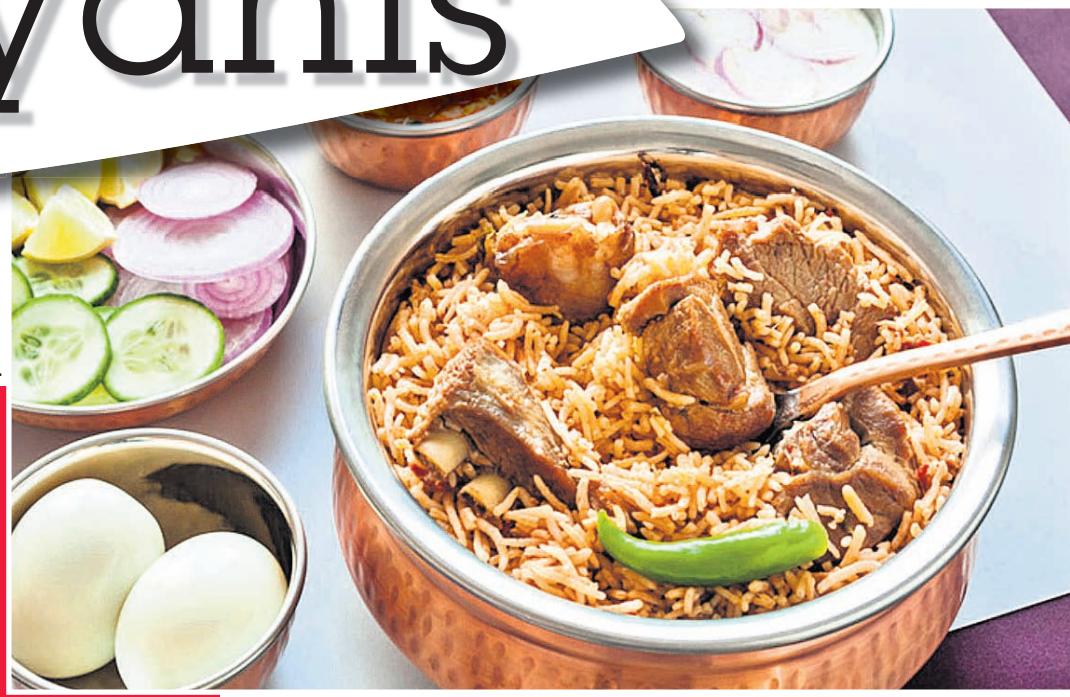
- Cinnamon stick: 1
- Cloves: 8-10
- Cumin seeds: 2-3 tsp
- Fennel seeds: 1 tsp
- Coriander seeds: 2-3 tsp
- Pepper corns: 1 tsp
- Star anise: 2
- Mace
- Brown cardamom: 2-3
- Green cardamom: 3-4

For cooking:

- Salt: 2-3 tsp
- Basmati rice: 2 cups
- Ghee: 3 tsp
- Oil: 2-3 tbsp
- Milk: 2-3 cups
- Saffron

For mutton marination:

- Mutton: 1/2 kg
- Ginger-garlic paste: 2-3 tsp
- Turmeric: 1 tsp
- Chilli powder: 1 tsp
- Cashew nut paste
- A pinch of garam masala
- Curd: 4-5 tsp



PROCEDURE

Dry roast all the spices. Once they are roasted, transfer them to a masala grinder and grind them finely. Now marinate mutton. To half kg mutton, add ginger-garlic paste, turmeric and chilli powder. Then add cashew nut paste, garam masala, curd and whisk it. Cover it with the lid and put it in the refrigerator for an hour. Let the meat come to room temperature. Season the meat with salt. Soak basmati rice in water for about 30 minutes. Grease the handi with some ghee and oil. Transfer the marinated meat from the bowl to the handi. Now stir and cook the meat for a few minutes. Cover with the lid and simmer it for another half an hour. Now layer the mutton with cooked rice and pour a little saffron induced milk over it. Add a little salt, garam masala, roasted onions and ghee over it. Cover the handi with the lid and weight it down with something heavy. Keep the flame low. Cook for about half an hour. Serve it hot.



INGREDIENTS

For biryani masala:

- Carom seeds: 1 tsp
- Fennel seeds: 1 tsp
- Cardamom pods: 5
- Clove: 5
- Cinnamon Stick: 4

For biriyani:

- Sunflower Oil: as required
- Onions, finely sliced: 2
- Bay leaves: 2
- Cinnamon Stick: 1
- Cloves: 1
- Cardamom: 4
- Star anise: 1
- Basmati rice: 2 cups
- Prawns (cleaned and deveined): 1-1/2 cups
- Red chilli powder: 2 tsp
- Turmeric powder: 1/4 tsp
- Lemon juice: 1/2 tsp
- Curd: 1/2 cup
- Mint leaves: 1/2 cup
- Salt according to taste

Prawn Biriyani

PROCEDURE

To begin making the Prawns Biryani recipe, firstly dry roast the ingredients like the ajwain seeds, fennel seeds, cinnamon, cardamom and cloves and grind them into a fine powder. Add oil in a wok/kadhai and saute the onions on medium heat till the onions are brownish and crispy. Soak basmati rice in water for about 30 minutes. In a mixing bowl, add cleaned and de-veined prawns, turmeric powder, 1 tablespoon of biryani masala, red chilli powder, half lemon juice, 1/2 teaspoon of salt, 1/2 cup of chopped mint leaves, 1/2 of the fried onions and curd. Combine everything well with the prawns and set aside for about an hour. In a medium sized saucepan, add 5 cups of water, 1 tablespoon of biryani masala, cloves, cinnamon, bay leaves, 1/4 cup of mint leaves, 1 tablespoon of oil and remaining salt. Boil water over high flame. To the boiling water, add the soaked rice and cook on high flame for about 4 to 5 minutes. Do not overcook the rice. Overcooking rice may make them mushy and rice might break. Drain the water from the rice immediately and set aside. Meanwhile, in another medium wide saucepan, spread the remaining half tablespoon of oil on the bottom of the pan. Spread the marinated prawns at the bottom layer of the pan. Add half of the remaining fried onions and spread them evenly above the prawns. Sprinkle the mint leaves evenly. Layer the rice over the prawn masalas and spread them evenly. Garnish with the leftover fried onions. Dissolve a pinch of saffron in hot water and pour them on top of the layered rice. Cover the pot with the lid and cook the layered rice on high flame for about 10 minutes. Do not open the lid while cooking. Reduce the flame and cook the biryani for about 20 minutes. Turn off the heat and remove the lid after 15 minutes of resting time. Combine the biryani well in such a way that the masalas and rice is well combined. Do not stir hard as rice might break. Garnish with cilantro and it is ready to be served.



PHOTO CREDIT: CHANDAN