

OCTOBER 18 - 24, 2020

# SUNDAY POST

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3,4 COVER STORY

# NAVARATRI LEGENDS

# MY SUNDAY

Actor Sunmeera, who will be romancing Amlan Das in her upcoming movie Gupchup, loves to spend quality time with her family when she doesn't shoot on Sundays. She often travels to Puri with her family to unwind herself



With family

### Painter at heart

Painting is a passion for me and Covid-induced lockdown gave me far more time to follow it while I was idling at home. This apart, I also work on a few craft works on Sundays.

### Family time

Due to hectic shooting schedule I don't get many opportunities to spend time with my family. Therefore, I make it a point to have fun with the family members if I am not shooting. We often move to Puri on a short vacation and enjoy ourselves.

### Experimental chef

Though I am not that good at cooking, sometimes I take the risk of making new dishes and treat my friends and relatives.

### Fitness enthusiast

I don't want to spend too much time in the gym. So, I go for some stretch exercises and prefer working out at home to remain in shape.

### Rest day

I also love to relax on a few Sundays by reading motivational books authored by Robin Sharma.



RASHMI REKHA DAS, OP

## UNWANTED RECORD

Sir, I liked the article Combating Child Porn Menace appeared in last edition of Sunday POST. Being mother to a daughter, the issue is certainly a matter of grave concern for me. I was shocked to learn that Odisha has registered the highest number of child porn cases in the country in 2019 for the second consecutive year. I have observed that use of smart phones by teenagers have increased significantly during the lockdown. On the pretext of attending online classes, children spend long hours on their smart phones. While sex education in schools is yet to become a reality, I too feel uncomfortable to discuss the topic with my daughter. However, I will try to overcome my awkwardness to help my young daughter in future.

SHIVANI SARANGI, RAJGANGPUR

## DIFFICULT TIMES

Sir, The cover story 'A faceoff with pandemic' has not only exposed the poor health infrastructure of our country but the plight of the Covid +ve patients in big cities like Hyderabad. I too went through similar experience after being tested positive for coronavirus. I had fever and a sore throat when I returned to India from Italy. The next day I went to the hospital to undergo a test. By that time, Italy had also come under travel restrictions. As I had fever and travel history, the doctor immediately put me under isolation. My report came after two days and it was positive. I was in quarantine for 21 days. Though I recovered completely and returned home after being declared covid negative, my neighbours started treated me as if I was a criminal. I wish people behaved little sensibly.

BIJAY BALIARSINGH, NAYAGARH

## 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



# NAVARATRI

## LEGENDS

When Parvati was unable to defeat the demon siblings Shumbha and Nishumbha, Lord Shiva guided by Lord Brahma, turned her complexion into black. Later, she performed an austere penance to get back her fair complexion

They are Kushmanda, Skandamata and Katyayani as well. During the last three days of Navaratri, Maha Saraswati symbolising spiritual knowledge is worshipped in her three different incarnations. They are Kaal Ratri, Maha Gauri and Siddhidatri.

### Pratipada

The first day of Navaratri also known as Pratipada is dedicated to the incarnation of Shailaputri or the daughter of mountain. There are other nomenclatures like Parvati, and others of this incarnation of the goddess Durga. She, the embodiment of the coalescence of the Trinity is depicted as a divine maiden riding on a bull with her two hands wearing the attributes of a trident and a lotus. She in her previous birth was Sati, the daughter of Daksha. Sati sacrificed her life by self-immolation as a mark of protest against the humiliation of Lord Shiva, her consort. In the next birth, she was born as the daughter of Himalaya. Shailaputri represents the Muladhara Chakra. Her divine journey in search of her husband Shiva in her previous birth is regarded as the awakening of Shakti. The day is considered the beginning for Yogis to concentrate in meditation. The colour of the day is crimson symbolising action and vigour.

### Dwitiya

On the day of Dwitiya, the second day of Navaratri, Devi Durga is worshipped in the incarnation of Brahmacharini i.e. a maiden practicing rigorous penance and austerity. In this incarnation She is depicted as bare footed and with her two hands holding a rosary and a kamandalu (holy water pot). According to myths, the maiden Parvati craved Shiva who was in deep meditation as her consort. The cupid god Kamdev tried to evoke eroticism of Lord Shiva for Parvati was infatuated to him during her previous birth. Then livid Shiva reduced Kamdeva to ashes. But Parvati was not disappointed. She took the path of asceticism like Lord Shiva who finally accepted her as his wife. Brahmacharini symbolising bliss and calm is worshipped for attaining Moksha (emancipation from the cycle of death and rebirth). The colour of the day is blue representing peace and prosperity.

### Tritiya

Chandraghanta, the incarnation of beauty and bravery, is adored on the third day of Navaratri craving for peace and prosperity. Chandra or moon dangling like a ghanta or bell from her forehead named her Chandraghanta. This form of

Devi is also known as Ranachandi. She riding on a lion manifests her terrible form with her ten hands equipped with divine weapons, a third eye and a half moon on her forehead. When Shiva in his terrible form and with his retinue of ghosts, Aghoris, goblins, ascetics came to marry Parvati, his parents in law swooned. Then Devi metamorphosed herself as Chandraghanta to enamour Shiva. The hue of the day is golden yellow symbolizing charm and grace.

### Chaturthi

On the day of Chaturthi or the fourth day of Navaratri, goddess Kushmanda, the cosmic egg or the creator of the universe, is worshipped. She is worshipped wishing good health, wealth and strength. She is also called Ashtabhuj because of her eight hands which are adorned with divine arms. She is seated on a lion. Her rosary entails all the power of Siddhis and Nidhis. Goddess Durga according to Durga Saptashati, was very pleased with her Kushmanda avatar. From the glares of her left eye Mahakali, a terrible lady with pitch-dark complexion, her third eye Mahalakshmi, a ferocious goddess with reddish yellow complexion and her right eye Mahasaraswati, a benevolent lady with the complexion of milk white were created. Besides, Brahma and Vishnu were also created from the feet and hands of goddess Kushmanda. The day of the colour is orange symbolising happiness and energy.



BUDDHADEV NANDI

Navaratri is a Hindu festival purely dedicated to goddess Durga which is celebrated for nine nights. Nine divine incarnations of goddess Durga are invoked and worshipped for nine days. According to Hindu mythology there are four Navaratri. They are Ashada Navaratri, Sharada Navaratri, Magha Navaratri and Vasanta Navaratri. Of them, Sharada Navaratri during autumn equinox and Vasanta Navaratri during spring equinox are popular.

During Navaratri the energy aspects of the Trinity i.e. Brahma, Vishnu and Shiva are worshipped to keep the eternal processes of creation, preservation and destruction active. Maha Durga or Maha Kali, Maha Lakshmi and Maha Saraswati, consorts of Lord Shiva, Lord Vishnu and Lord Brahma, are the three female counterparts as well as the energy aspects of the Trinity. Actually, Shakti is worshipped in her three different forms or the energy aspects of Trinity. Therefore, the first three days of Navaratri are dedicated to Maha Durga, second three days to Maha Laxmi and third three days to Maha Saraswati.

Maha Durga symbolises the extermination of the original sins including Kama (lust), Krodha (anger), Lobha (greed), Mada (pride), Moha (attachment) and Matsarya (jealousy) and so on. She is adored in the forms of her three incarnations which are Shailaputri, Brahmacharini and Chandraghanta during the first three days of Navaratri. During the second three days of Navaratri, Maha Lakshmi symbolising material and spiritual prosperity is worshipped in her three incarnations.

**Panchami**

The day of Panchami or the fifth day of Navaratri is dedicated to Skandamata incarnation of Devi Durga. Skandamata is depicted with four hands and three eyes riding on a ferocious lion and holding infant Skanda or Kartikeya in her lap. Two of her arms are attributed with lotus flowers; one hand is in the gesture of bestowing boon and the fourth one is engaged in holding Her son Kartikeya. She is the symbol of strength and prosperity. The colour of the day is grey symbolising a vulnerable mother who is subject to change into a stormy cloud if the situation demands. Besides, yellowish green symbolising prosperity and vegetation is also considered the colour of the day. She may be identified with Ceres, the Roman goddess of agriculture, grain and the affection of the mother.



her the name Mahishasuramardini. The colour of the day is orange representing sage as goddess Katyayani was the daughter of Katyayan Rishi.

**Maha Saptami**

On the day of Saptami, Kaalratri, another incarnation of Devi Durga is worshipped. The goddess in this incarnation is believed to be the destroyer of ignorance and darkness. From her three eyes emanate rays like lightning and flames of fire come out of her nostrils while breathing. Other extended destructive forms of Kaalratri are Mahakali, Kali, Rudrani, Chamunda, Chandi et al. She killed the demon named Raktabeej who was bestowed with a boon from Brahma that he would multiply by thousands if a drop of his blood touched the ground. Therefore the goddess sucked and licked his blood before touching the ground. The goddess Kalratri is depicted to have four hands with pitch dark complexion symbolising darkness of the night. She is seated on a donkey, her divine vehicle. On this day blue, red and white colours are considered auspicious.

**Maha Ashtami**

The eighth day or Ashtami of Navaratri is consecrated to Mahagauri avatar of Goddess Durga. She is depicted with four hands. Three hands are adorned with a trident, a lotus and a dambaru (a kind of small drum) and the fourth hand is in a blessing gesture. She is attired all white. Her divine

vehicle is a white bull. When Parvati was unable to defeat the demon brother Shumbha and Nishumbha, Lord Shiva guided by Lord Brahma, turned her complexion into black. Later Parvati performed an austere penance and got back her fair complexion. Another story depicts that the sacred water of Ganga cleansed all her dirt and turned her fair-skinned. The colour of Ashtami is pink symbolising love and compassion.

**Maha Navami**



On the day of Navami, the ninth day of Navaratri, Siddhidatri avatar of Devi Durga is adored. The very name Siddhidatri implies the bestower of all types of siddhis i.e. all the divine aspirations of her devotees. In this incarnation, She has four hands with a blissful happy enchanting disposition. Removing all types of ignorance she bestows her devotees with the divine knowledge to realise the supreme Brahman. She is portrayed as sitting on a lotus. Her four hands are adorned with a lotus, mace, Sudarshan Chakra and Shankh. She is surrounded by gods, saints, yogis, Yakshas, Gandharvas, Asuras to worship her. She is the goddess Mahashakti who gave birth to the Trinity i.e. Brahma, Vishnu and Shiva. She decided and directed their duties in the universe. She coalesced half of Shiva and Parvati's bodies and converted to become Ardhanarishwar for the creation of all life forms. On the ninth day, the devotees break their fast after worshipping different forms of goddess Durga.

**Vijaya Dashami**

The day of Vijaya Dashami or the very day after Navratri is celebrated as the day of victory of the 'good' over the 'evil' attained by Maha Shakti. Devi Durga represents 'good' i.e. Dharma or righteousness. On the contrary, demons like Ravana, Kumbhakarna and Indrajit represent 'evil energies' i.e. Adharma or sinfulness. On the day of Vijaya Dashami, the darkness of ignorance is illuminated by the light of divine knowledge and enlightenment.



# Look

YOUR BEST DURING

# Navaratri



Highlight under the brows with gold, ivory or a light coloured eye shadow.

Then apply mascara. Roll-on mascara is easy to apply. While applying mascara on the upper lashes, look downwards. Apply it both above and below the upper lashes, for a thicker look. Apply on lower lashes too. Wait for a while and apply a second coat. Then brush out the lashes, with a small eyelash brush. To make lashes appear thicker, apply powder between two coats of mascara.

Gloss is popular for the lips. Use a lip liner the same colour as your lipstick. Apply lip gloss in the centre, after applying lipstick.

For normal Indian complexion, go for warm earthy colours, like coral, wine, plum, strawberry, red and shades of red in lipstick. A dark pink or rose-red would look good too. Orange and shades of orange are very much "in," from apricot and amber, to coral and tangerine. You can find orange shades that suit most skin colours. Use orange to coral for darker skin, while orange and peachy shades suit fair skin. If you use orange, go

subtle for the rest of your face. Go for light orange or beige lipstick, lilac, mauve and light pink during the day, with a hint of pearl. Clean your makeup thoroughly once you are back from dandiya DJ. Makeup products left on your skin overnight do a lot of damage to your skin particularly if you are prone to acne, pimples and rashes.

Get the perfect curl on medium heat for 10 seconds only to warm up your eye lash curler. Begin curling your eye lashes from the roots. Keep pressing through the length till you reach the ends of the lash hair. Once you are happy with the way the lashes have curled, you can apply a curl enhancing mascara.

A Bindi is an integral part of make-up for festivals. Look for a decorative bindi, to match the colour of your clothes. A bindi, studded with small sparkling stones, combined with a bright colour would be most attractive.



SHAHNAZ HUSAIN

Navaratri, that marks the start of the festive season in India, is a nine-day long and one of the biggest Hindu auspicious festivals, celebrated all over the globe in the month of September/October as per the Gregorian calendar.

It is believed that goddess Durga descends on earth during this auspicious period to bless her devotees.

It's that time of the year when the devotional energy, lively spirit and the wish to have maximum fun is at its peak, where boys and girls are seen gearing up for 'Dandiya Night' and hopping Puja Pandals with a tremendous festive spirit.

Since this is also a chance to meet new people, it is the best time to showcase your beauty and dancing prowess.

So here are some quick tips for you to look gorgeous and attractive even before the beginning of festival. Your skin is called the mirror of your body. During festivals like Navaratri, there are bright lights. So, for your night make-up, you will need bright colours, otherwise your face will look pale.

First, cleanse the skin and apply a liquid moisturizer. For oily skin, apply an astringent lotion with cotton wool.

Wait for a few minutes. Then, cover blemishes with a concealer, before applying foundation. Or, use a lighter colour foundation on dark blemishes and then apply normal foundation on the entire face. If you wish to cover a pimple or spot, it should be done before applying foundation or powder.

Dot foundation on the face and blend with a damp sponge or with finger tips. Don't forget the neck. Apply loose powder, or try compact powder to set the foundation. Use foundation with beige tones, rather than pink. I feel beige suits Indian skin colour better. If you have a very fair ivory skin, go for beige with a rosy tint. If the complexion is fair, but pale (yellowish), avoid pink tones and go for beige or biscuit. Darker complexions look better with brownish beige. I feel that most Indian skin tones look better in beige or biscuit shades of foundation, rather than pink.

Or go for gold foundation for this special occasion. Dot the face with it and blend with a moist sponge, to give the skin a golden glow. When you apply make-up, remember not to smear too much or rub it. Whether it is foundation or blusher, it is best to dot it with a light touch, using a finger tip, or an

applicator. It can also be applied lightly and evenly with a damp sponge.

Try tinted powders, like warm yellow tones of powder. Powder with a golden tint will also suit. It should be lightly applied. If you want a really healthy glow without the shine, go for a bronzing powder. Avoid applying too much. It should be lightly applied, using a big powder brush.

A hint of blusher should be used on the cheeks. A powder blusher is easier to apply. Use it after you have applied powder. Apply on the cheeks and blend it outwards and slightly upwards. Then, apply light coloured highlighter on the cheekbones. Blend well.

Blusher colours for the night need not match lip colour exactly, but it should be in the same colour tone. For example, if you have worn an orange lipstick, avoid pink blush on. For fair skin, try pinks and reds. If you have a yellowish skin, avoid orange. For wheat complexions, colours like rose, coral, copper are flattering, while plum, wine, bronze may suit darker complexions.

For eyes, apply lighter brown shadow on the upper eye lid and dark brown eye shadow in the crease, to add depth. Outline the eyes with dark eye pencil or eyeliner. For a smudged effect, a dark eye shadow also works well on

the upper lid, close to the lashes. Extend it a little beyond the outer corner of the eyes, slightly upwards. Smudging can be done with a sponge tipped applicator. Eye liner or dark eye shadow may be applied on the lower lid and then smudged.

Actually, dramatic and heavy eye make-up, with the black eye-lined or winged eye look has been the trend and is gaining in popularity. It will be ruling fashion trends. Go for dark eyeliner just under the lower lashes and on upper lid close to the lashes. Extend the lines on upper and lower eyelids beyond eyes, like the 60s heavy eye makeup look. Coloured liner can also be used with black eyeliner, as it is becoming a trend. Pastel eyeliners, in blue, yellow and even orange will be "in" during the coming seasons.

For Navaratri make-up, you may want to try gold, silver or bronze shadow to line the eyes over your eyeliner on the upper lid.

# Odia beauty blooms at pageant

Bhubaneswar-based banker and social activist Rosa has won the Opera Mrs India Global 2020 title beating sixty other finalists in an online beauty contest held last week. The event, organised by Opera Media & Recreations Private Limited and supported by Australia-based newspaper Hindi Gaurav, is popular for scouting talents from India and Australia. While Rosa, an assistant manager of Union Bank of India, bagged the title, Mrs Ranjit Nayaar from Australia became the second runner-up. Rosa, known for raising her voice against social evils, had earlier won the subtitle 'Beauty with a purpose'. Sharing her experience, she said, "All the contestants were asked to make videos on how they created Covid awareness and share them with the organisers. Moved by the plights of the sweepers, I distributed face masks among the needy and shot a video which

made a good impression on the judges."

During a round, the jury asked Rosa how she would deal with rape cases if she is made the Prime Minister of India.

Since the laws on rape and sexual harassment are not stringent in India, she would like to settle such cases in fast track courts within three months. She would also make self-defence training mandatory in schools, answered Rosa.

"My answer won the hearts of judges Harvi Chaugh, a famous Australian movie producer, Sailaja Soorie, pageant trainer and groomer and Anuj Bhanti Kulshrestha, mentor Opera Media," said the title winner.

PNN



# Kangana's weight loss 'saza'

Actress Kangana Ranaut is on a mission to lose weight, and says the effort is not a piece of cake.

Earlier this week, the actress had revealed that she had started working at shedding the 20 kilos she put on for her role as late Tamil politician J Jayalalitha in the biopic, *Thalaivi*.

Now, Kangana has shared how losing weight is turning out to be a 'saza' (punishment).

"Weight gain karne mein maza he maza.... weight loss mein saza he saza — (Gaining weight was all about fun and indulgence, while losing weight is a punishment)," she tweeted along with a picture of her feasting on a meal.

Kangana had tweeted a photo from her workout session,

writing: "I had gained

20kgs for

*Thalaivi*, now

that we are very close to completing it, need to go back to my earlier size, agility, metabolism and flexibility."

The film will be released in Tamil, Telugu and Hindi languages. IANS



# Kareena wraps Laal Singh Chaddha shoot

Actress Kareena Kapoor, who is expecting her second child with husband, actor Saif Ali Khan, has completed shooting for the upcoming film *Laal Singh Chaddha*.

Kareena was in the Delhi for over a month to wrap up her portions in the film, and she finished shooting Wednesday.

The actress shared a picture along with the crew and another with the film's hero, Aamir Khan, on Instagram Stories.

"And all journeys must come to an end. Today, I wrapped my film *Laal Singh Chaddha*... tough times... the pandemic, my pregnancy, nervousness but absolutely nothing could stop the passion with which we shot, with all safety measures of course,"

she wrote as caption.

She thanked Aamir, who also produces the film, and director Advait Chand for the journey.

*Laal Singh Chaddha* is the Hindi remake of Robert Zemeckis' 1994 Hollywood film *Forrest Gump* starring

Tom Hanks, which won multiple Oscars. IANS



# Sarah Shahi joins 'Black Adam' cast

Sarah Shahi has joined the cast of *Black Adam*.

The 40-year-old actress will star opposite Dwayne The Rock Johnson in the DC Extended Universe flick, which focuses on the villain who is a constant nemesis for Shazam.

Sarah will play the role of university professor and freedom fighter Adrianna Tomaz, who becomes superhero Isis in the comic books.

Plot details are being kept under wraps, although Dwayne will play the titular character and the release has been delayed indefinitely due to the COVID-19 pandemic.

It was revealed last month that Aldis Hodge had been cast in the role of Hawkman, which marks the character's debut in the DC Universe, with Johnson teasing his role in a recent fan event.

The 48-year-old star narrated in character: "I have a knack for destroying bullies, but there are some who think I need help."

PTI



# Signature dishes of Durga Puja

'bhog' at home and offer to the goddess. Shampa Maiti, an ardent devotee said "We offer varieties of 'bhog' from Sasthi to Dashami. To start with, we offer fruits, narkel nadu (coconut ladoos) during Sasthi. In the evening we offer 'luchi' or 'poori' (deep fried flatbread) with aloo dum. Payesh (kheer) and rasagolla are also offered to the goddess in the evening."

Pandit Srimohan Bhattacharjee, a regular priest of Baramunda Durga Puja mandap, Bhubaneswar, said, "We try to appease goddess Durga, who visits her natal home with her children, by offering 'khichudi' and 'labra' on Saptami. 'Khichudi' is made from roasted moong dal, green peas, garam masala and ginger while 'labra' is a mix vegetable curry accompanied with fries of brinjal, pumpkin, cauliflower, parwal and potato with tomato chutney. Then the 'bhog' is served to the locals at a community feast. It is believed that the system was introduced by the kings in Bengal provinces in late 15th century to feed the poor and destitute but subsequently became a tradition of Dussehra."

Nandini Barua, a resident of Baramunda area, said Asthami, the eighth day of the festival, witnesses 'basanti pulao' (Yellow sweetened rice), 'kopi tarkari', (cauliflower curry) with 'misti doi' or sweet curd while fish curry and 'niramish mangsho' (mutton without onion and garlic) are offered to the goddess on Navami, the ninth day of the festival.

In Odisha, Cuttack in particular, 'dahi pakhal' or watered rice with curd is offered to the goddess on Dashami, the 10th day of the Dussehra festival, added Barua.

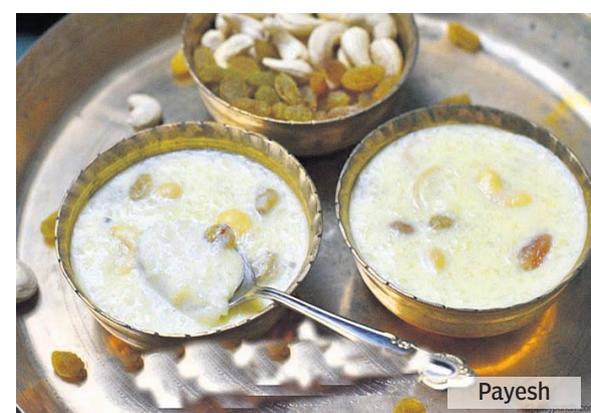
Food critic Sayantani Biswas said, "The vegetarian prasad showcases the 'Satwik' attributes of human personality whereas the non-veg prasad showcases the sacrifice of lust, anger, hatred, selfishness and all bad human attributes before the Goddess."



Kochuri and Cholar Dal



Luchi Aloo Dum



Payesh

CHAITALI SHOME, OP

Durga Puja is here again. But there will neither be huge sculpted figures of goddess Durga and her family, nor the neighbourhood be transformed into a wonderland of lights, music and animation in the Twin City of Bhubaneswar and Cuttack.

Outbreak of pandemic has surely robbed the annual extravaganza of its sheen. The spirit and energies of the pandal hoppers will also be missing this year with restrictions being imposed on all types of social gatherings.

However, one important highlight of Dussehra is the special delicacies prepared in Bengali households as offerings to the goddess. A few Bengalis from Cuttack and Bhubaneswar told **Sunday POST** about some signature dishes cooked during the festivity.

Since the community feast is not allowed due to pandemic, residents of Bengali Sahi in Cuttack have planned to cook



Bengali Khichudi



Labra



Samapika

PHOTO CREDIT: ODISHA FASHION VILLA