

NOVEMBER 29 - DECEMBER 5, 2020

SUNDAY POST

HERE . NOW



Get ready for a winter staycation

P
3,4 COVER STORY





Eminent novelist, poet and gender specialist Hiranmayee Mishra, known for her works like 'Gotie Barsaratira Kahani', 'Kinnarira Kabya', 'Bibhorbela' and 'Megha Pakhira Geeta', loves to cook something special for her hubby and daughter.



Perfect beginning

I start all my days with 'pranayams' followed by a meditation session and a few moments expressing gratitude to the supreme power for a new day full of possibilities. Sundays are no different.

Literary gathering

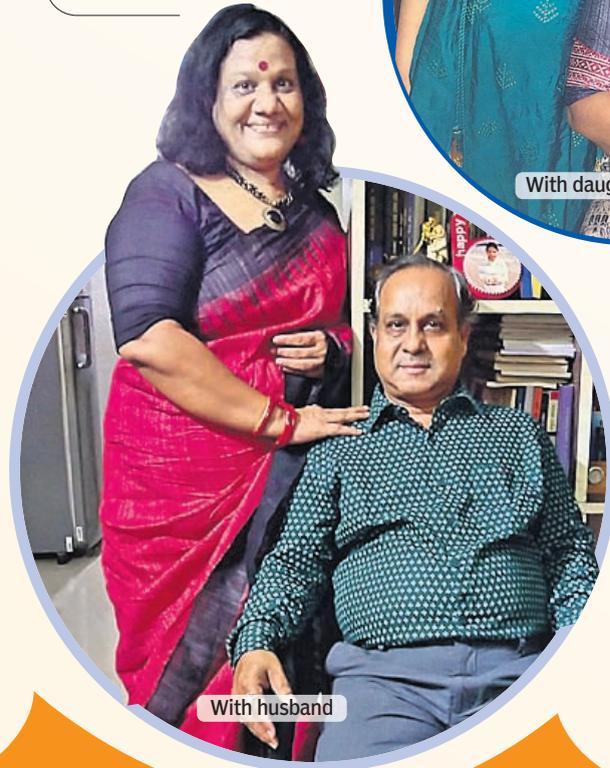
As Bhubaneswar is a happening place, not just on Sundays, all my evenings were packed with literary activities till the outbreak of coronavirus. I also used to get friends and relatives at home.



With daughter

Passionate cook

I love to cook new dishes for my husband, a fish lover and my vegetarian daughter. So, I usually prepare more than two dishes on Sundays and we talk a lot over lunch.



With husband

Writing, a way of life

Writing for me is like waking up, taking breakfast, looking at the sky or doing meditation. I almost read and write something every day, though not literary works, always.

Bapu in thoughts

My Experiments With Truth is my all time favourite book and it has inspired me constantly. I always keep this in a place where I can find it easily and usually go through a few pages of this book on Sundays.

RASHMI REKHA DAS, OP

SETTING EXAMPLES

Sir, I liked the cover story *Bane Turns Boon*. It's true that Covid-19 has taught us many things in life. Many youths lost their jobs during the lockdown. But they have learnt the art of dealing with depression and how to become self-sufficient. I really liked the story of Kasturi Patnaik who turned super chef in a matter of a few days after launching her start-up Petafull. Similarly, the story of Sushant Sahoo is quite inspirational. Sushant became jobless and his wife's beauty parlour and art class faced closure after the government declared lockdown. I would like to appreciate the efforts and determination of the couple who did not get into depression after their income sources dried up. They took up the challenge and became successful due to their determination. They are an inspiration for others who always want short-cuts to achieve success.

RAGHUNATH SENAPATI, TIRTOL

UNUSUAL PROFESSION

Sir, I loved reading the article *Treading Paths Less Travelled*. Being a woman entrepreneur, I was impressed by Nina Singh's story. Before embarking on a career in pearl culture, Nina worked as an Odisha Administrative Officer for 12 years and as a DGM in Jindal Steel and Power Limited for two years. Despite having a successful career, she quit both jobs with a fat salary and ventured into an unexplored territory. She took the plunge despite the lack of support from her family. I salute her courage and determination. I too faced failure twice when I decided to become an entrepreneur. But I did not have the guts to invest again and take the risk. Nina's journey from bureaucrats to entrepreneur is laudable.

SUMITRA AGARWAL, JHARSUGUDA

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

Get ready for a winter staycation

With a steady fall in the number of visitors due to the pandemic, Debrigarh Wildlife Sanctuary in Sambalpur is now clad with thick greenery which is a good sign, says wildlife photographer and naturalist Subhendu Bhattacharya

RASHMI REKHA DAS, OP

Ever since the re-opening of all tourist destinations in October, more than six months after they were closed due to the pandemic, there has been a surge in the number of vacationers in Odisha. The last few weeks have seen people, who were cooped-up for several months, travelling to domestic scenic locations to unwind and have fun. Significantly, the remote getaways like Debrigarh Wildlife Sanctuary of Sambalpur and Sapua Dam Project of Dhenkanal are much in demand than those of the popular tourist destinations. With the onset of winter, here is what some avid travelers tell Sunday POST on their experience during the pre-and-post lockdown situation.

Prashant Choudhury, a member of Wildies Conservation and Research Forum, says "After a long gap, three members of our forum including me visited Debrigarh Wildlife Sanctuary in Sambalpur for three days. Earlier, I had visited the picturesque sanctuary on several occasions as it is an absolute delight for wildlife enthusiasts like me. But my trip to the sanctuary this time was worth remembering."

Asked how his latest trip is different from the previous ones, he recalls, "We visited the sanctuary in November, 2019 when the sanctuary was brimming with activities. Earlier, we used to have sight-seeing from a distance. Before the lockdown, animals were hardly in sight due to



Prashant Choudhury



human presence in large numbers. But this time, we could see animals like Indian Gaurs and leopards roaming on the patrol route. Those were amazing sights for enthusiasts like us."

Choudhury goes on to add, "Thanks to the lockdown, we closely observed activities of a 10-member bison family from a distance of mere 12 ft. We minutely observed how they are living together. Indian gaur can be termed as the flagship species of the sanctuary which is why nature lovers from different countries do not miss a chance to visit Debrigarh to watch bison closely. We were there for 45 minutes and we made a documentation on them which was not possible in a pre-lockdown scenario. In our previous visits, we never had such an opportunity to document bison's movement since the place was crowded. Moreover, they are now friendlier towards human beings. We also witnessed pugmarks of leopards but could not trace them. Besides, we had the opportunity to see migratory birds in large numbers. We also carried hand sanitisers, a box of sanitising wipes and face masks among other essentials as part of measures taken

to keep coronavirus at bay." not allowed on the beach without face masks.

Anwesa Misra, a Bhubaneswar-based business analyst, is of the opinion that she missed the excitement and enchantment of travelling that she used to have before the lockdown was imposed. "This lockdown has made life so boring that I desperately needed a break. Being a passionate traveler, I did not say no to visit Puri beach to celebrate my niece's birthday. Despite the looming threat of Covid, we did not abort our Puri trip. We were scared to be at public places but there was not much gathering there and every one had put on face masks. It was a big relief to see sanitiser stands and thermal guns at public places.

We were also

Anwesa even found the surroundings of Srimandir deserted which was, given the popularity of the temple, quite surprising. But she liked the 'new normal' experience. "All the restaurants made face masks mandatory for their customers while auto-rickshaws are engaged to keep the beach free from garbage. That apart, local shopkeepers and hawkers are no longer allowed on the beach. Though the Holy City is gradually limping back to normalcy, I missed the amount of amusement which we used to have while visiting Puri beach with my siblings in the past."



Anwesa Misra





Subhendu Bhattacharya

Wildlife photographer **Subhendu Bhattacharya** who is also a naturalist and conservationist, feels "I had a great time at Debrigarh Wildlife Sanctuary during my recent visit. With less number of tourists visiting the destination, it is now clad with thick greenery which is a good sign. Apart from documenting on Indian gaurs, we explored a fishermen's hamlet after trekking 20 kilometre and spent a few hours with the village kids. Though I had been to the sanctuary earlier, I missed this village which is popular for producing dry fish by roasting them instead of drying them in the sun. The journey was a quiet affair with less human interference. Besides, I visited Bhitarkanika National Park during



PHOTO COURTESY: SUBHENDU BHATTACHARYA



Soumya Mishra

Soumya Mishra, an avid traveler, could not wait to be in Puri after relaxation in travel guidelines. "A family outing was always on the cards as the pandemic had flattened all the excitement and energy. We were stuck at home like everyone and life had come to a standstill. So, the trip was like getting a fresh lease of life. I found many people wearing face masks and following the pandemic guidelines. There were some aberrations also."

Asked about her experience of travelling during pre and post, she says, "It was quite different. I used to have lots of fun on Puri beach before the lockdown. Things are not the same now. The hawkers are no longer visible on the beach. You cannot have the delight of eating street food which is one of the major attractions of Puri beach. With a mask on your face, you cannot enjoy a sea bath. Going by the saying 'whatever happens, happens for the best, we should accept the new normal in the travel industry and be optimistic."

ing the pandemic where I could see a few leopard cats also."



Subhendu with the village kids

Muhammad Imran Ali, a drug de-addiction activist, has recently visited Sapua Dam Project in Dhenkanal. "My happiness knew no bounds when my friends and I decided to go for a picnic. After being confined to our homes for so many months, I got a chance to relive pre-pandemic days. Needless to say, I missed the enjoyment that I used to have. Earlier, we loved to go on a picnic with as many people we want which are not the case now. Due to pandemic restrictions, you are allowed to visit a place with limited members in your group. As there was no crowd at Sapua dam, the place was far cleaner than earlier. That apart, I felt glad to see people wearing masks and maintaining social distance. However, I felt disheartened to see liquor bottles at the tourist site."



Muhammad Imran Ali

maintaining social distance. However, I felt disheartened to see liquor bottles at the tourist site."

OFFICIAL SPEAKS:

Rashmi Sonia Tirkey, manager of India Tourism in Bhubaneswar, says, "Though government has unlocked quite a few tourist destinations with an aim to create employment opportunities, picnickers should be kept in small groups, preferably family members. Visitors are asked to drop the travel plan if any of them feel sick. Ailing people should not risk others' lives by joining them. Besides, picnickers should ideally prefer day visits rather than night stay



Beauty tips for Winter Brides



Looking beautiful on the wedding day is not merely a matter of make-up and dress. It needs weeks of care. If a skin care programme is followed a few weeks before the wedding, it can really help. The skin type and the season should also be taken into consideration. For instance, in winter, even oily skins may feel dry, while dry skins need more moisturisation and nourishment with creams and oils.

For your daily facial care routine, cleanse your skin twice a day. It's not just the skin on your face that's prone to dryness in the winter—your hands are often left vulnerable to the same environmental elements as your complexion. Same goes for the rest of your body!

Night time cleansing is more important, in order to remove pollutants and make up before bedtime. So, cleanse the skin daily at night and apply a layer of moisturizer before you sleep. You can also apply an all-night mask for your skin.

For normal to dry skin, use a cleansing cream or gel or, take half a cup of cold milk and add five drops of any vegetable oil (til, olive or sunflower oil).

Put this in a bottle and shake well. Cleanse the skin with it, using cotton wool.

If the skin is oily, use a cleansing lotion or face wash for oily skins. Oily skins also need deep pore cleansing. Mix rice powder with curd and apply on the face once or twice a week. Rub gently with small circular movements and wash off with water.

An oily skin may also feel dry in winter, but when cream is applied, it can lead to pimples. So, mix one teaspoon pure glycerine with 100 ml rose water and keep in a bottle in the fridge. Use a little of this lotion to relieve dryness. It will soften the skin, without making it oily.

Aloe vera gel or honey may be applied on all skin types, to moisturise and soften the skin. Apply on the face and wash off with plain water after 20 minutes.

For the face, prepare a mask at home and use it two or three times a week. For normal to dry skin, mix two teaspoons wheat bran with one teaspoon each of almond meal (badaam), curd, honey and rose water.

For oily or combination skin, mix three teaspoons oats with curd, honey and egg white or rose water. Mix everything together into a paste and apply on the face, avoiding the lips and area around the eyes. Wash it off after 20 minutes.

After applying face mask, soak two cotton wool pads in rose water and use them as eye pads. Lie down and relax. This is extremely relaxing and refreshing and a great restorer of both body and mind. Rose water actually has a relaxing effect, helps to remove fatigue and brighten the eyes.

The skin around the eyes is thin and delicate. It acquires lines and wrinkles easily. Apply an under-eye cream and wipe it off after 15 minutes, with moist cotton wool.

The skin on the lips is also thin and lacks oil producing glands. It becomes dry and chaps easily. Even if you are using the moistest lipstick you cannot apply it on your lips without a coat of lip balm or petroleum jelly. For plump looking lips give them a base coat of lip balm. After cleansing, apply almond oil or almond cream on the lips daily and leave it on all night.

Ultra violet rays are weaker in winter and you don't get tanned easily. But, it tends to cause wrinkles, premature ageing, dryness, and damage the skin. Most sunscreens have built-in moisturisers.

For extreme dryness,

use a cream. A liquid moisturiser should also be used under make-up. Keep the skin well moisturised.

During winter, opt for water-resistant sunscreens free from fragrance. This practice will make you glow on your wedding day and even before after.

In winter, the hair also needs to be nourished with oils. Heat pure coconut oil and apply on the hair. Then 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 five minutes. Repeat the hot towel wrap three to four times. After shampoo, apply a creamy conditioner, leave on for two minutes and wash off with plain water. Or, you can apply a leave-on conditioner or hair serum for shine and protection. Oil them every week and get a hair spa at least once a month prior to your wedding. Add a little olive oil to whichever oil you apply to give it a little touch of moisture.

You can also give your hair a quick conditioning treatment before shampoo. Mix one teaspoon each of vinegar and almond oil with one egg. Beat them together well. Massage the mixture into the scalp. Leave on the mixture for half an hour and then wash your hair. If you do not wish to use egg, add more almond oil.

You must keep yourself hydrated by drinking 8-10 glasses of water daily which will help flush out toxins, improves skin tone, healthy and glowing skin. You can add fruit juice, coconut water, watermelon, green tea and lassis in your daily routine. Eating the right kinds of food will help your skin glow even in the winter months. Have a small box of dry fruits when you are travelling. Try to include regional and seasonal fruits, vegetables in your diet on a daily basis. Snacking on naturally hydrating food will keep your body hydrated. Opt for a diet that is rich in Omega 3 essential fatty acids.

All brides go through some kind of stress. It can ruin all your winter skincare efforts. To deal with this kind of mental stress, it is essential to learn to relax. It has been proved that physical exercise actually helps the body to cope with stress. A few weeks before the wedding, start taking a little exercise, like going for a walk. In fact, walking is good for both body and mind. Yoga and meditation are also helpful, in terms of calming the mind and inducing relaxation. You must ensure eight hours of sleep daily to rejuvenate your skin. If you sleep late and aren't getting enough rest, take mini naps during the day. Even a couple of 30 minute naps through the day will help you and your skin!



SHAHNAZ HUSAIN



Priyanka enters prep mode for 'Text For You'

Actress Priyanka Chopra Jonas has started preparation for her next romantic drama, tentatively titled *Text For You*, co-starring Grammy-winner Celine Dion and actor Sam Heughan.

Through her Instagram Stories, Priyanka also revealed that she will start shooting for the project soon.

She shared several pictures from her prep mode, in which she is seen getting her hair and nails done before she begins work.

The photographs showed Priyanka wearing a mask while getting a manicure. Her hair is covered in plastic sheets, hinting at new hair colour

"Prep... starting text for you on Friday," she wrote with the photos.

Written and directed by Jim Strouse, the film is an English remake of the German-language film *SMS Fur Dich*, based on Sofie Cramer's novel.

According to the storyline, Priyanka's character is a heart-broken woman who has just lost her fiancé. In her attempt to send constant messages

to her fiancé's old number, she will connect with a man across town suffering from a similar heartbreak.

IAN S



Kriti shares her goofy mood

Actress Kriti Kharbanda has shared her mood in a recent post on social media.

Kriti posted a picture on Instagram, where she is seen making a goofy face as she poses in a striped red and white saree. A part of the saree covers her face.

"#mood...#happyday," she captioned the image.

Kriti recently talked about the film that changed her life. She says it was her 2017 release *Shaadi Mein Zaroor Aana*.

Directed by Ratna Sinha, the film revolves around a small town couple who meet for a proposed arranged marriage. An unexpected event on their wedding night turns their innocent love story into a revenge saga.

The actress was most recently seen in *Taish*, also featuring Pulkit Samrat, Jim Sarbh, Harshvardhan Rane and Sanjeed Sheikh. The Bejoy Nambiar directorial is streaming in film as well as web series formats. IAN S



Babushaan (L) with trainer Akash

Babushaan set to catch fans by surprise

Actor Babushaan has returned to shooting and if sources are to be believed, he is all set to catch the fans by surprise. He has been undergoing vigorous dance training with Akash, a close associate of actor Tiger Shroff's personal trainer Vikram Swain from Odisha.

He is working really hard and leaving nothing to chance to give justice to his character in the new film, said sources. Besides, the *Sister Sridevi* actor has recently shot for an advertisement in Jaipur.

In the meantime, shoot for his upcoming movie *Bidyaran* will resume soon where he will be paired with Shivani Sangita, said film's director Jyoti Das.

Babushaan will also shoot for the signature calendar of Signature 24 Production next week which is scheduled to be unveiled in the first week of January.

ARINDAM GANGULY



Varun urges followers to be safe, work safe

Actor Varun Dhawan has urged everyone to be safe amid the on-going Covid pandemic.

In a new video

Varun posted on Instagram stories, he is seen travelling in a car. He sits on the backseat wearing a mask.

"Be safe work safe," he captioned the video.

Varun is currently busy promoting his upcoming film *Coolie No. 1*. The film also stars Sara Ali Khan.

The film is directed by Varun's father David Dhawan. The film is a remake of the Govinda-Karisma Kapoor original the director made in 1995. In the remake, Varun and Sara reprise the lead roles.

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PRAWN TIKKA MASALA

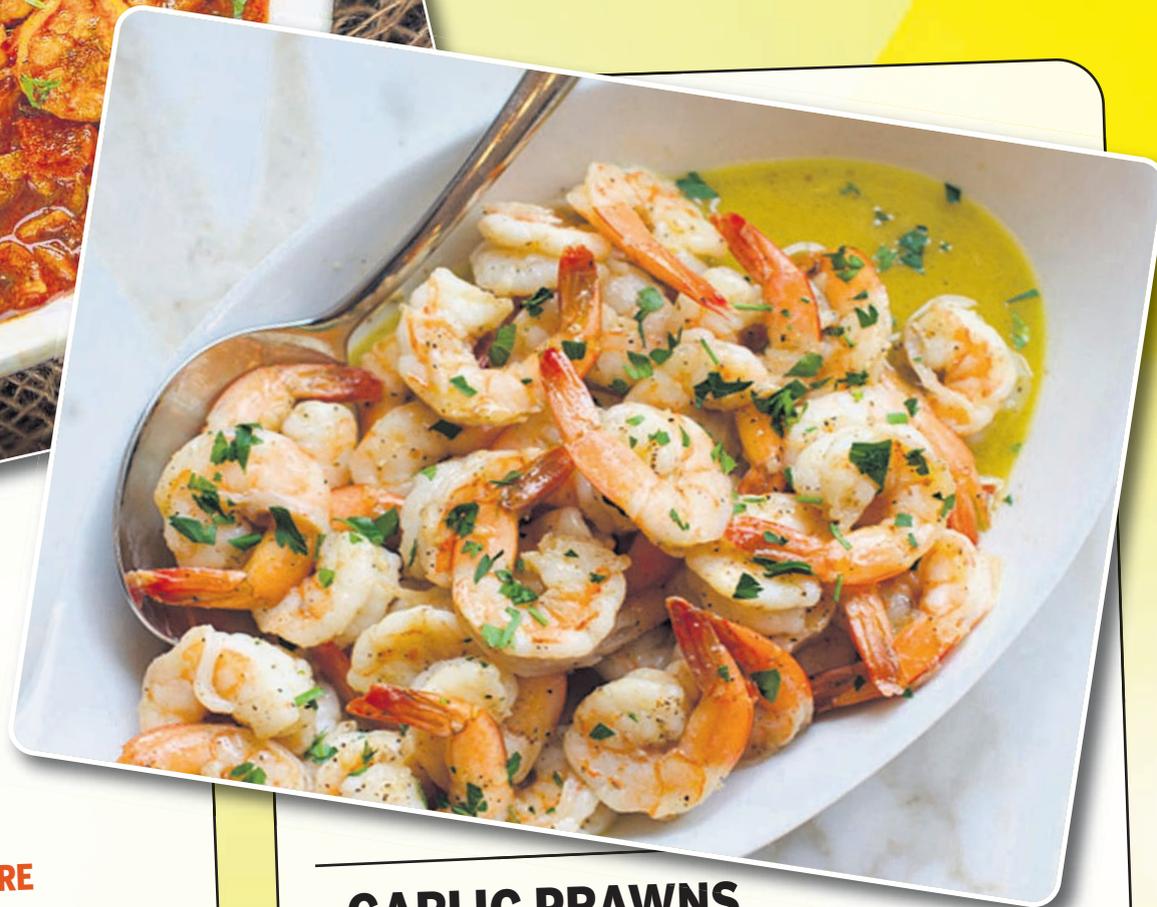
INGREDIENTS

- Jumbo prawns (cleaned): 20-25 pieces
- For marination:
 - 1/2 Lemon
 - Salt: 1 tsp
 - Chilli powder: 1 tsp
 - Ginger-garlic paste: 1 tsp
- For gravy:
 - Curd: 1/2 cup
 - Cream: 1/4 cup
 - 2 Onions, finely chopped
 - 3 Tomatoes (pureed)
 - Chilli powder: 1 tbsp
 - Salt: 1 tsp
 - Turmeric: 1 tsp
 - Cumin seeds: 1 tsp
 - Garam masala powder: 1 tbsp
 - Ginger-garlic paste: 1 tsp
 - Butter: 1 tbsp
 - Oil: 2 tbsp
 - Tandoori masala (for colour): 1 tsp

PROCEDURE

In a bowl, mix lemon juice, salt, chilli powder and ginger-garlic paste. Add prawns and marinate for 15-20 minutes. Heat butter in a kadai (pan). Add marinated prawns and cook for about 4-5 minutes until well cooked. Keep aside in another bowl. In the same kadai, take 2 tablespoon oil and add cumin seeds. When they sizzle, add chopped onions and saute for about 4-5 minutes until onions turn dark brown. Add ginger-garlic paste, chilli powder, turmeric powder, salt and fry for one minute until the mix turns aromatic. Make a puree of the tomatoes using a blender and add in the kadai. Mix well and cook on low flame for 3-4 minutes, until the mixture thickens. Add cream, curd and garam masala. Mix well, keep flame on low. Add cooked prawns, tandoori masala powder and salt to taste. Serve with rice or fresh made naan.

LUSCIOUS PRAWNS



GARLIC PRAWNS

INGREDIENTS

- Salt: 1 tsp
- Garlic leaves: 2 tbsp, chopped
- Garlic (ground to a paste): 20 cloves
- Onions: 1/2 cup, coarsely chopped
- Oil: 1/4 cup

FOR THE SAUCE:

- Cornflour - 2 Tbsp (blended in water)
- Salt: 1 tsp
- Vinegar: 1/4 cup
- Soya sauce: 1 tsp
- Sugar: 1 tbsp
- Water: 1/2 cup
- Cleaned prawns: 250 gm

FOR MARINATING THE PRAWNS:

- Lemon juice: 1 tbsp

PROCEDURE

Wash the prawns and leave them in a colander to drain. Add the garlic paste to the prawns and mix well. Marinate this in a cool place for at least half an hour. In a wok heat the oil and add all the prawns and turn around over high heat for about 1 minute or till slightly brown. Now lift these prawns out of the wok and keep aside. To the same wok add the chopped leaves and onion. Sauté over high heat till the onions are transparent. Add the sauce ingredients, bring to a boil, stirring all the time and then simmer for about a minute. Add the prawns, let them heat through and serve.



Disha