

DECEMBER 6-12, 2020

SUNDAY POST

HERE . NOW



INTERNATIONAL HUMAN RIGHTS DAY-DECEMBER 10, 2020

STEWARDS OF HUMANITY

P
3,4 COVER STORY





Angul girl Pratyusha Amanta, who recently became the second runner-up in Opera Miss India Global 2020 pageant, loves to spend time with her besties on Sundays.



Fitness enthusiast

Be it Sunday or any other day, I hit the gym at 6 am. I do weights to strengthen my muscles and shed the extra kilos.

With pals

My teaching profession doesn't allow me to spend quality time with close friends like Sefali, Priti and Poppy. On non-working Sundays, I make sure to be with them.

Mama's girl

As I remain occupied on working days, I cannot help my mother in household chores. Therefore, I help my mother in cooking and other activities on Sundays

Me time

I listen to motivational speakers to calm my nerves. Besides, I follow the YouTube channel of renowned model Alesha Raut to learn something new.

Movie maniac

Earlier, I used to watch the 'first day first show' of some select movies in theatres. With the closure of multiplexes, I now watch them on streaming platforms on Sundays.



RASHMI REKHA DAS, OP

STAY SAFE

Sir, Last week's cover story 'Get ready for a winter staycation' made for an interesting rear. But unfortunately, the tourism and hospitality industries have been badly hit by the spread of coronavirus. Picnicking in winter is not bad, but travelers should arm themselves with sanitiser and hand wash before going out on a trip. As the nation is yet to defeat the deadly virus with the government still trying hard to resolve the crisis, the battle against Covid-19 is far from over. We should not risk our lives by going out without fear. I would like to request all picnickers to stay home and not to plan for picnics as this is not the right time to do so.

BAIDYANATH SAMAL, JAJPUR ROAD

A ROLE MODEL

Sir, I am an admirer of eminent novelist, poet and gender specialist Hiranmayee Mishra. I have read almost all her works like *Gotie Barsaratira Kahani*, *Kinnarira Kabya*, *Bibhorbela* and *Megha Pakhira Geeta*. I was excited to see her in My Sunday segment of the tabloid. I have written six poems and that I could do only after going through her compositions. She has been an inspiration for many and I am no exception. It was also good to know that *My Experiments With Truth* is her all time favourite book. I have decided to add this book to my collections. Despite her involvement in literary activities, she never neglects the family which only shows the commitment towards her loved ones.

SAMITA SENAPATI, RAGHUNATHPUR

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

STEWARDS OF HUMANITY

Prabir Das, a lawyer and rights defender, never views his work as a profession or a job but a mission to get justice for the underprivileged

RASHMI REKHA DAS, OP

Each and every person on this planet is entitled to some inalienable rights as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status, says a universal declaration adopted by the United Nations over 70 years ago.

However, there are millions among us who are robbed of the rights to lead a dignified life. Cases of grave human rights violations are growing steadily across the globe.

Therefore, December 10 has been marked as International Human Rights Day and the objective of the occasion is to improve the physical, social, cultural and spiritual well being and welfare of the vulnerable group of people globally.

Ahead of this day, a few rights defenders shared with **Sunday POST** some memorable human rights violation cases that they had taken up to bring positive changes in the lives of victims.

Lawyer and rights defender **Prabir Das** needs no introduction. Be it the Pipili gangrape incident or the case of a scheduled caste youth's illegal detention in police custody for over eight years, Prabir has been in the forefront among the custodians of humanity.

He has successfully pleaded many cases against the poor and oppressed.

In one of such cases, Pratap Naik, a scheduled caste youth from Boudh, was handed down life imprisonment by Phulbani Sessions Court in a case but the Odisha High Court found him innocent and acquitted him. However, the Sessions Court failed to issue the release order which made the youth languish in jail for eight years more. Meanwhile, Prabir filed a public interest litigation seeking an inquiry into the incident and demanding a compensation of Rs 10 lakh for the victim.

He claimed that the right to liberty of Pratap Naik under Article 21 of the Constitution had been grossly violated in the hands of the state

agencies. Acting on his complaint, OHRC ordered Rs 8 lakh as compensation to the family.

Prabir also presided the sensational Pipili gagrape incident following which the High court not only monitored the investigation, it also kept an eye on the victim's treatment at SCB Medical College and Hospital. The court finally directed the Puri Superintendent of Police to launch a probe into the incident and submit a status report in a week's time.

The directions came in response to a petition filed by none other than Prabir, who drew the attention of the court on the plight of the girl and her family. They were subjected to untold sufferings due to denial of treatment and police inaction. Finally, the victim's family was given Rs 10 lakh as compensation after her death.

In yet another case, many elderly persons lost their eyesight after undergoing cataract operations in an eye camp at Dharmagarh in Kalahandi. Prabir filed a PIL seeking guidelines by the honourable High Court for organising eye camps so that such incidents would not be repeated and also seeking compensation for the victims. Acting on his PIL, victims were provided compensation Rs 2.5 lakh each.

"I never view my work as occupation or profession rather I view it as a justice delivery mission. I hail from Mayurbhanj, a tribal dominated district. I am well aware of the condition of poor people including tribals, dalits, destitutes. In fact their suffering brought me to the legal profession. I am committed to fight for the cause of humanity in general and the deprived sections of the society in particular," said Prabir who decided not to get married to devote more time to help out the oppressed.

Manoj Jena is an active member of the National Human Rights Commission. Born in a socially backward family in Jajpur district, Manoj had a passion for social service since his schooldays. He has fought some of the most high-profile cases.

In 2012, as many as 35 students of Kendu Sevashram at Nayagarh fell ill after consuming the mid-day meal. One of the students named Mini Majhi died while undergoing treatment at the Nayagarh district headquarters hospital. Following Manoj's intervention in the matter, NHRC ordered Rs 5 lakh as compensation to Mini's family and Rs 25,000 each to the students who were hospitalised. "Though such incidents were not new in the state, the government did not seem interested in coming up with measures to avoid such incidents in future," Manoj says.



Prabir Das



Manoj Jena

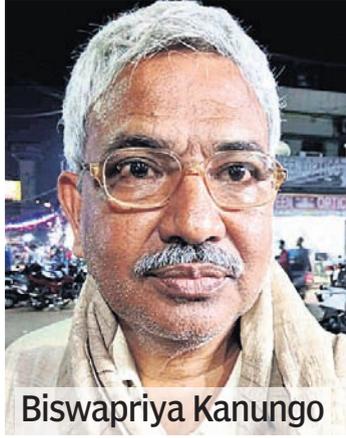


Thanks to Manoj, the next of kin of custodial death victim Kuldeep Mohapatra got justice. Mohapatra posed as a special branch inspector and extorted money from a businessman in Bhubaneswar. He was arrested by the Sahid Nagar police but found dead in custody. Police tried to suppress the case claiming that he was assaulted by the mob which caused the death. It was only after Manoj's taking up of the case with the NHRC that the concerned police officer was asked to pay Rs five lakh from his salary to the victim's family.

In another incident, a woman from Digapahandi in Ganjam district, who was the sole breadwinner of her family, died during a botched family planning operation done by an eye specialist. Manoj filed a petition with NHRC following which the commission ordered a compensation of Rs 5 lakh to the kin of the deceased.

Well known rights defender **Biswapriya Kanungo** has stood up for the rights of women, the oppressed, the environment and for equality among other issues.

In one such case, Odisha Human Rights Commission (OHRC) ordered the police to pay compensation of Rs 2.5 lakh each to two people of Bargarh district who were unlawfully arrested. The duo was arrested in 2016 by Paikmal police under the supervision of the then-Investigating officer (IO) on charges of



Biswapriya Kanungo

killing a boy. However, the boy returned home after two years.

According to Biswapriya who ensured justice for the accused, Jitu Dandasena, a resident of Piplipali village under Paikamal police limits in Bargarh district went missing on December 7, 2016. During the course of the investigation, police arrested Halu Gurla and Raghab Naik of Bargarh town December 24, 2016, on charges of



murder and destroying evidence. The two were later sent to jail.

Kanungo informed the Commission that the arrests were made by the Investigating Officer on the basis of circumstantial evidence. The accused were first arrested by Paikamal police after they recovered Dandasena's mobile phone. Once the police were unable to trace the missing person, they forced the two men to admit to a crime they did not commit and added Section 302 of the IPC (murder) to the chargesheet.

Later on, both of the accused were sent to judicial custody. They remained in jail for about a year before getting bail. However, Dandasena returned home in 2018 from Kolkata. Kanungo knocked at the door of OHRC seeking justice for the victims.

It was because of Kanungo, the state rights panel recommended that the Odisha government make a provision for officers to undergo a course on human rights, human psychology and behavioral science.

"Police instead of adopting proper procedure, innovative and scientific methods, turn accused-centric," feels Kanungo.

Akhand is yet another activist who plays a pivotal role when it comes to dealing with cases of grave human rights violation. Since 2011, he has been closely associated with the Civil Society Forum on Human Rights (CSFHR), a human rights defenders platform in Odisha. So much so, that the human rights defender received a threatening call June 2 2017, from a man who accused him of being an agent of Pakistan and of terrorism and said he would be killed "soon" for filing a complaint against an Indian Army officer

to the National Human Rights Commission (NHRC).

Earlier, Akhand filed a complaint with NHRC citing an incident in which Army personnel in Kashmir tied a man to a vehicle and drove him around as a human shield against stone-pelting protesters April 9, 2017.

NHRC asked the Defence Secretary to submit a report about the incident after a video of Farooq Ahmed Dar, who the Indian Army said was one of those pelting stones at the convoy in Budgam district, tied to the front of the vehicle went viral and caused a national controversy.

Akhand had sought NHRC's intervention, terming the incident a "gross violation of human rights".

In another case, Akhand alleged that Bijay Kumar Guin, S/o Shri Hari Guin, R/o Village Devipatna under Niali PS, District Cuttack is languishing in jail for no fault of his.

The Commission took cognizance and called for the reports. From the reports it was seen that judicial magistrate first Class, Nimapada issued warrants of arrest of one Bijay Kumar Guin @ Babulla, S/o Shri Dhani @ Hani Guin, R/o Village Devipatna under Niali PS, District Cuttack.

It was a classic case of mistaken identity as Hari Guin's son Bijay was not the culprit but Hani Guin's son who committed the crime.

Needless to say, the commission quashed the court's order and directed the police to apprehend the real culprit and produce him before the magistrate.

The Commission found that there was an illegal arrest and detention and an innocent person was made to put in confinement for over a period of 38 days and his human rights were violated, therefore, he should be compensated. Accordingly, the Chief Secretary, Govt. of Odisha was directed to show cause as to why a monetary relief of Rs. 50,000/- should not be recommended to be paid to the victim.

Speaking on a case he had taken up that almost changed a system, Akhand says, "My petition against Indian Railways is a celebrated case because it had impacted the system. My petition with NHRC stated that railway toilets contributed to the growing cases of open defecation as faeces is thrown on the tracks.

Responding to the petition, Railway authorities made it clear that the ministry had plans in place to eliminate direct discharge type toilet systems from its entire fleet of passenger coaches by March 31, 2022."



Akhand



Dealing with heel fissures



Cracked heels also referred to as heel fissures are a common skin condition in winter when humidity level is low and the outdoor temperature is cold. It is generally caused due to lack of moisturisation as the skin on the feet lacks oil glands. When the skin becomes too dry, it loses much of its elasticity. This can result in cracked heels which can fracture into deep cuts, or fissures, that can be pretty painful and even get infected.

common foot issues that can arise if you don't pay proper attention. Cracked heels are especially prevalent when you walk barefoot or feet are exposed through open-back shoes as we call them in Hawaii chappals. In some cases, cracks in the heels can become very deep and cause extreme pain.

Dry/cracked feet are a sign of lack of attention towards your body and one of the worst nightmares for most women. The skin around your heels is prone to dryness.

The cold dry weather especially during extreme winters causes loss of moisture and further hampers proper blood supply to the feet. The skin of the feet suffers as a result. The skin on the heels is harder and thicker than most other parts of the body. Loss of moisture causes the living cells to change into dead horny cells. Therefore, there is a build-up of dead cells. If the lack of moisture proceeds unchecked, cracks develop on the heels and may even extend beyond the dead cells, causing pain. But don't despair, yet there are natural ways to get soft foot skin.

Give yourself weekly foot treatments at home to revitalise the skin. Soaking the feet in warm water helps to soften the skin and remove dead skin. For daily foot and heel care, apply pure almond oil on the feet daily before your bath and massage it into the skin. After your bath, apply a cream while the skin is still damp. This helps to seal in moisture. Massage the cream into the skin. The feet will remain soft and smooth.

Honey is natural remedy for common foot problems. Honey contains antimicrobial and antibacterial properties which can heal and cleanse deep cracked wounds and moisturise the

can help your skin retain moisture. It is widely used for treatment of dry skin, eczema, and psoriasis. Not only does coconut oil help retain hydrating water on the skin's surface, but it also removes dead skin cells. On top of that, coconut oil can help strengthen tissues underneath the epidermis. Coconut oil can be used in place of your regular foot lotion to prevent cracked heels; consider using it daily. Apply the oil liberally on your feet before going to bed. You'll have smoother heels in the morning. Moisturise your feet with coconut oil twice a day when you experience deep cracks.

Prevent cracked heels by soaking, scrubbing, and performing the hot olive oil treatment on your feet twice a week. Apply olive oil with help of cotton ball and gently massage your feet in circulation motion till the oil is soaked in the skin. Cover the foot with cotton cloth and wash it after some time with lukewarm water. Apply the oil before going to bed night daily for better results.

Rub olive oil on your heels as soon as you emerge from a shower or bath in the morning, and apply the oil again each night before bed. Wear socks before going to bed to keep the oil on your feet and off your bedding.

Make sure that you wear closed back shoes and socks since open backs can cause cracked heels and make them deep which causes severe pain sometimes. Also, be sure to match your footwear to the season. Select weather appropriate footwear to give protection to your feet and help prevent cracked heels. Use cotton socks and avoid synthetic material, woolen socks during winters which can irritate the skin and cause dryness.

Avoid soaps and shampoos which contains strong, harsh chemicals and use homemade skin cleansers with organic ingredients. Make sure to keep cracked heels protected by covering them with thick layer of cotton cloth to create a protective barrier on the surface of the skin to moisturise dry skin.

skin .Mix one cup of honey in five litres of luke warm water and soak your feet for 10 minutes. You can use honey as a foot scrub after the soak or apply it as foot mask overnight. You can repeat it twice in a week.

You can also opt for cheap and home remedy available in your kitchen shelf. Take lemon halves and some sugar. Dip the lemon halves into sugar and scrub on the heels daily and wash off with fresh water. Follow a daily treatment for cracked heels for one week.

At night, before retiring, soak the feet in hot water for about 20 minutes. Add some coarse salt and shampoo to the water, before soaking the feet. Hot water helps to soften the dead skin on the heels. With the help of a pumice stone or a heel scrubber, rub the heels gently, in order to remove the dead cells. Avoid metal scrubbers. After washing the feet, massage them with a cream, rubbing it into the skin. A cream containing lemon and turmeric would be ideal. Bandage the heels with clean cloth. Then wear cotton socks and go to sleep. This way, the cream will remain on the heels and not get on to the bedclothes.

Keeping the heels smeared with cream all night will soften the skin and replenish moisture loss. Repeat this every night for one week.

Coconut oil contains anti inflammatory and antimicrobial properties which

asis with medical conditions of a compromised immune system, an infection can become a serious health risk.

Heels can crack when the skin around the rim of your heel becomes super dry and thick, and increased pressure on the fat pad under the heel causes the skin to split.

Cracked heels are one of the most



SHAHNAZ HUSAIN

Jennifer Aniston is back to work



Actress Jennifer Aniston is back on the sets to shoot for the second season of hit series, *The Morning Show*, and is taking extreme precautions amid the global Covid-19 pandemic.

The 51-year-old actress shared snapshots from the set on Instagram. In one image, she is in costume to face the camera but wearing a clear plastic face shield.

Aniston wore a grey plaid shirt and slacks as she got ready for the scene, along with oversized boxed specs underneath her plastic face shield that rested on her neck. It featured her name on a white label.

She captioned the picture: "Back to work".

Aniston's role as a journalist in *The Morning Show* earned her a Golden Globe nomination for Best Performance by an Actress in a Television Series — Drama category.

IAN S



Ileana calls herself a weirdo

Actress Ileana D'Cruz has called herself a weirdo in her latest video post on Instagram. In the clip, the actress is seen wearing a pantsuit and playing with her sleeves.

"Me: I'm really gonna be productive and clean out my closet today. Me 7hrs later: Ooooh look! Sleeves!!!! #whyami-likethis #smh #weirdo," Ileana wrote alongside the clip.

Ileana recently wrapped up shooting for her forthcoming film, *Unfair N Lovely*.

It is a comic take on India's obsession with fair skin. Set in the backdrop of Haryana, the film chronicles the story of a dusky girl. Actress Ileana D'Cruz has been paired with Randeep for the first time. The film is slated for a 2021 release.

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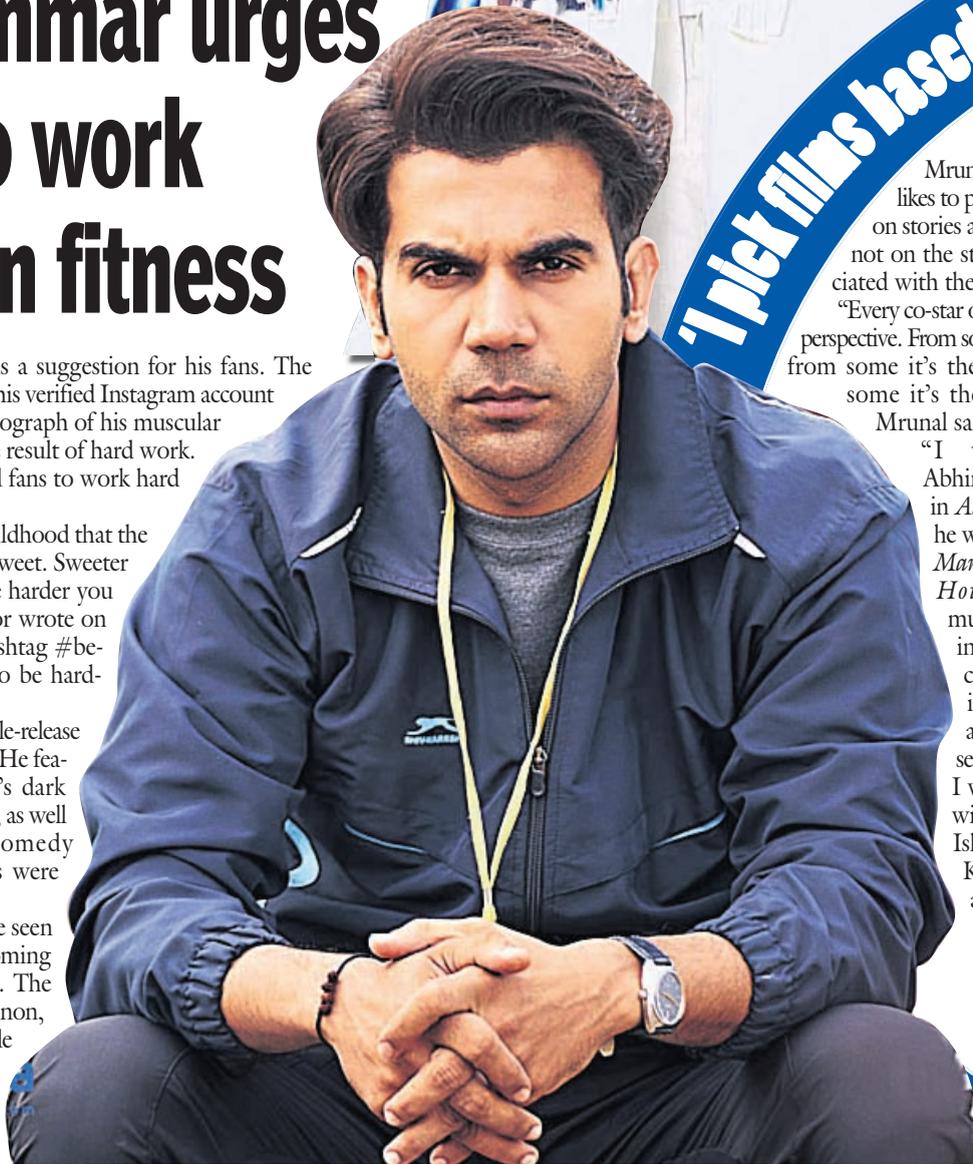
Rajkummar urges fans to work hard on fitness

Rajkummar Rao has a suggestion for his fans. The *Street* actor took to his verified Instagram account recently to share a photograph of his muscular frame, saying it was the result of hard work. The actor also exhorted fans to work hard on fitness.

"I had heard since childhood that the fruits of hard work are sweet. Sweeter the fruit you desire, the harder you have to work," the actor wrote on Instagram using the hashtag #be-mehnati to urge fans to be hard-working.

Rajkummar had double-release during Diwali this year. He featured in Anurag Basu's dark comedy anthology *Ludo*, as well as Hansal Mehta's comedy *Chhalaang*. Both films were released digitally.

The actor will next be seen in Abhishek Jain's upcoming comedy *Second Innings*. The film also stars Kriti Sanon, Paresh Rawal and Dimple Kapadia, and is scheduled to release next year.



'I pick films based on stories, not co-stars'

Priyanshu Painyuli, both of whom are just exemplary at what they do. In the end, I choose a film based on how brilliant the story is and how it will help me further my acting and better my craft. We live in times when content is king," she added.

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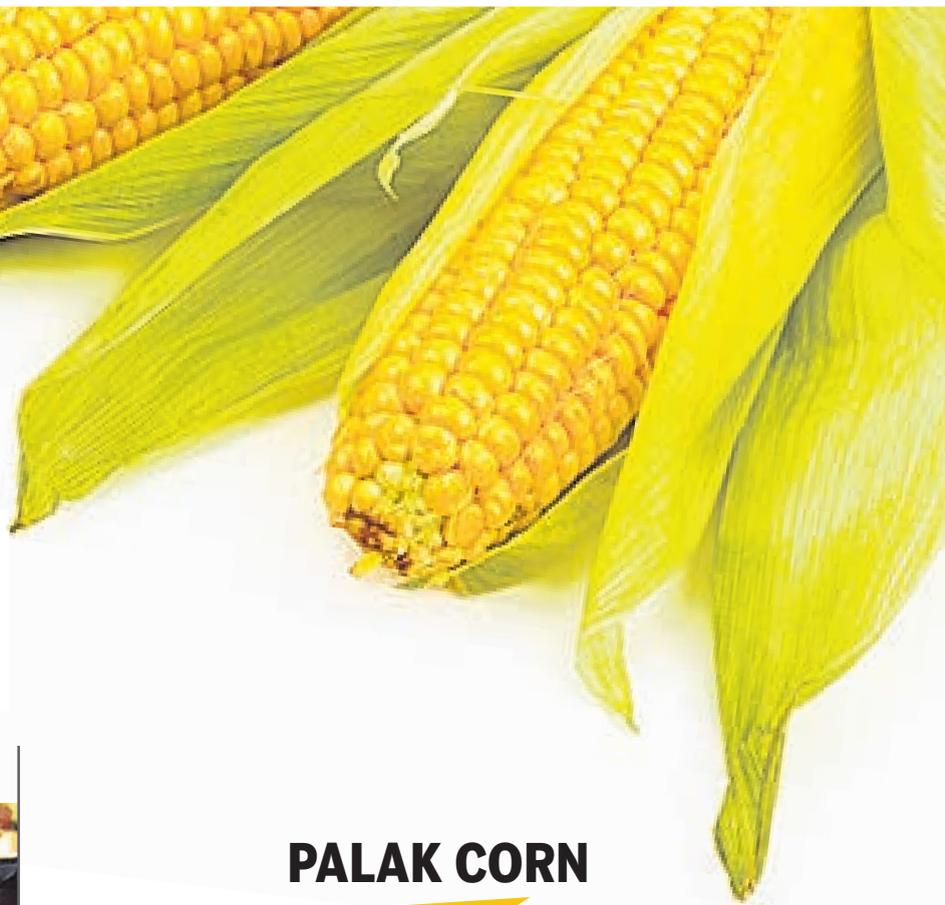
Actress Mrunal Thakur says she likes to pick her roles based on stories and emotions, and not on the star quotient associated with the projects.

"Every co-star offers you a unique perspective. From some it's experience, from some it's the craft and from some it's their raw energy," Mrunal said.

"I worked with Abhimanyu (Dassani) in *Aankh Micholi* and he was such a hoot in *Mard Ko Dard Nahii Hota*. There's so much raw energy in him that he is capable of holding the scene all by himself. In *Pippa*, I will work with Ishaan Khatter and



VERSATILE CORNS



PALAK CORN

INGREDIENTS

- Corn kernels, steamed - 1 cup
- Spinach purée - 2 cups
- Onion, chopped - 2 cups
- Garlic, finely chopped or grated - 4 cloves
- Green chilli, chopped - 1 cup
- Vegetable oil - 2 tbsp

SPICES

- Coriander powder - 2 tsp
- Cumin powder - 1 tsp
- Garam masala - 1 tsp
- Amchoor, optional - 1 tsp
- Salt to taste

PROCEDURE

If you are using fresh spinach; wash thoroughly, roughly chop and blanch it in a little water. Remove from heat, let cool and purée. Steam corn kernels in a steamer. It usually takes about 15-20 minutes for them to become soft. Simultaneously, heat oil in a pan. Once the oil is hot, add garlic and green chillies. Sauté for a couple of minutes till the garlic just start to brown. Add the chopped onions and sauté for another 4-5 minutes till the onions become soft. Now add the spinach purée and all the spices. Cook for another 5 minutes. Don't cook too long as the spinach will then lose its bright green colour if overcooked. Remove from heat and coarsely blend together with a stick blender. Return to heat, add the steamed corn kernels. Cook covered for 2-3 minutes. Serve hot with parathas.



CORN CHAT

INGREDIENTS

- Corn Kernels - 2 cups
- Butter - 2 tbsp
- Mixed Dried Herbs - 1 tsp
- Onion Chopped - ½ cup
- Green capsicum cut into small cubes - 1 cup
- Tomato ketchup - 2 tbsp
- Red Chilli flakes - 1 tsp
- Salt to taste

PROCEDURE

Add corn and butter in a microwave-safe bowl. Microwave for 3-4 minutes. Add herbs, salt, onion, capsicum, and tomato ketchup and mix well. Microwave for another 3-4 minutes. Sprinkle red chilli flakes on top. Serve hot.





Lipsa

PHOTO: CHANDAN