

JANUARY 24-30, 2021

SUNDAY POST

HERE . NOW

REPUBLIC DAY SPECIAL

Struggle not over yet

P
3,4 COVER STORY



Playback singer Madhab Dash, who has lent voice to more than 40 films, loves to spend time with his son Yodhant on non-working Sundays.



with friends



with son

Late riser

I wake up a bit late on Sundays. But I never miss doing riyaz to condition my voice and get better.

Proud dad

My life has always revolved around my son Yodhant aka Yash. Playing with him and taking him for long drives are my favourite pastimes. I also teach him the basics of music on holidays.

Expert chef

I enjoy treating my family with scrumptious food. So, on most Sundays, I cook traditional chicken or mutton curry for them.

Hanging out with friends

I have limited friends. Due to a hectic work schedule, I hardly get time for them. So, I meet them on Sundays.

Mini party

Often, I host house parties and invite family members and close relatives to have a gala time together.

Movie buff

Being a film buff, I make sure to watch some classic Hindi movies with family.

WhatsApp This Week Only on Sunday POST! Send in your most interesting Whatsapp messages and memes received to: features.orissapost@gmail.com And we will publish the best ones THE BEST MEMES OF THIS ISSUE

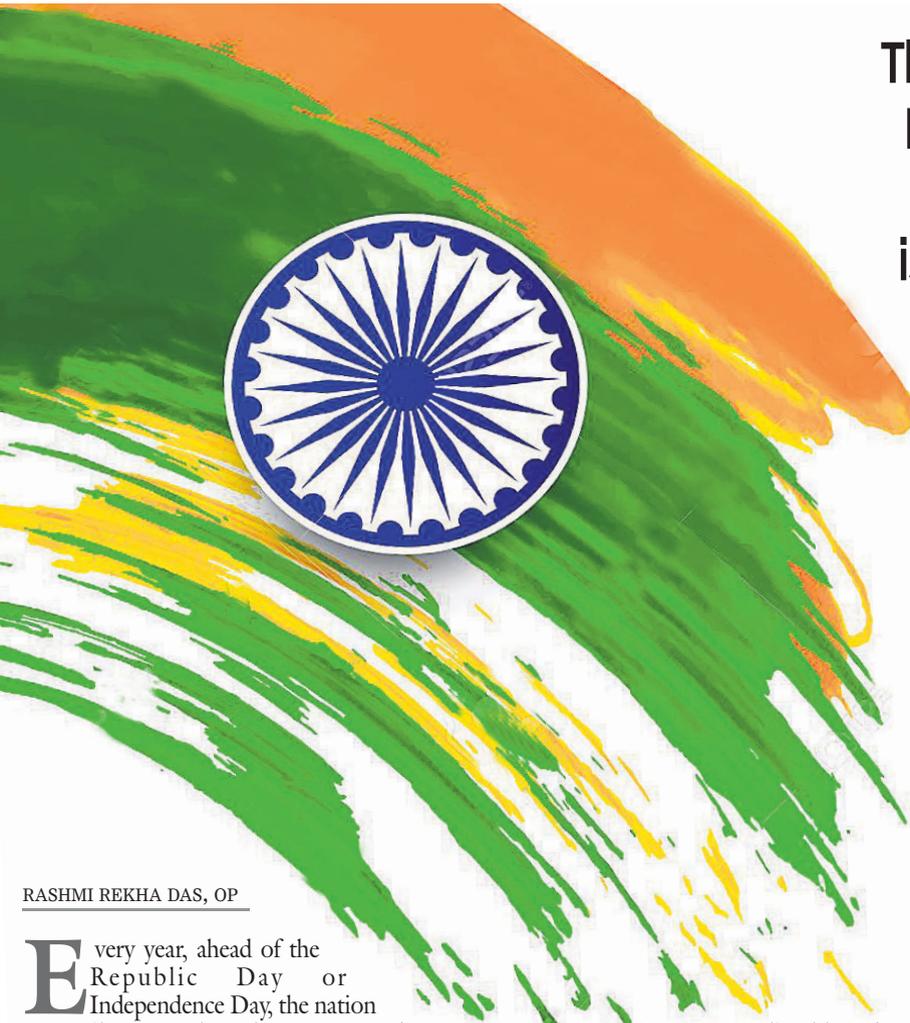
HURRIED DECISION Sir, Last week's cover article 'Learning amid fear' made for an interesting read. Being a teacher, I must say that teaching is not an easy task with a face mask on. It is always difficult to breathe properly and speak loudly while taking classes. Classroom teaching has its own advantages. Having said that, I still think it could have been delayed a bit as the vaccination process is yet to be completed. SUMAN PATNAIK, ANGUL

LETTERS Learning amid fear 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

AGELESS ACTOR

Sir, I am a diehard fan of actor Sukant Rath and it was good to see him in My Sunday segment. I love his voice and his style of anchoring. It seems that the Badhu actor is getting younger by the day and age is just a number for him. I would be happier if Sunday POST comes up with his interview asking him to share secrets behind his youthfulness.

SHARMILA KANUNGO, BHUBANESWAR



Though India became free from the clutches of British, modern-day 'freedom fighters' claim the country is yet to free herself from issues such as superstitions, drug abuse and atrocities against women

Republic Day Special

STRUGGLE NOT OVER YET

RASHMI REKHA DAS, OP

Every year, ahead of the Republic Day or Independence Day, the nation pays tributes to those brave men and women who had made the supreme sacrifices for a free India. It is a matter of pride that we are now an independent, strong and self-sufficient nation that our predecessors dreamt of.

But are we really a free nation? Have we got freedom from issues such as superstitions, drug abuse, atrocities against women and many other taboos? The list is endless.

The British have certainly gone, but today's 'freedom fighters' still wage a war, which is tougher than the one that was fought decades back. They fight the enemies within.

Ahead of the Republic Day, **Sunday POST** lists a few warriors who, away from the media glare, are trying to bring independence in true sense.

Prabhu Dutt Patel

From someone who couldn't do without 36 cans of beer a day to working actively with addicts to ameliorate the scourge of intoxication,

Bhubaneswar-based Prabhu Dutt Patel's

story is un-be-



Prabhu Dutt Patel at his centre



lievable and uplifting at the same time. Those who had come back from the brink of destitution and death due to their fatal habit have found succour and sustenance at Samarpan, his rehab centre.

Prabhu's efforts to help recover drug addicts and drug dependence are exemplary in a society permeated by selfishness and ego. Without exaggeration it can be said that the 52-year-old has emerged as a messiah for drug addicts and alcoholics.

Like other addicts, Patel, an alcoholic, could not control himself despite some effort. By the time he completed his graduation from Hindu College of Delhi University, drinking had become a way of life for him. Following his graduation in 1989, he joined the University Law Center (Law Faculty) and completed LLB in 1992. Alcohol intake just kept increasing. He has spent around 22 years of his life in Delhi, practiced law for around three years in Delhi.

In July 1995 he left for the USA for his LLM degree. His habit had already taken an extreme turn and he could barely function without alcohol. As a result he stopped going to law school and stopped appearing for exams. He was financially and morally bankrupt, a long-standing relationship had come to an end and his health, both physical and mental, was deteriorating. He was consuming 32 to 36 cans of beer every day. He was sick of drinking but couldn't stop.

However, one of his old friends got him connected with the National Institute of Alcoholism and Alcohol Abuse of the National Institutes of Health (NIH) in Bethesda, Maryland. "I called them and after a series of telephonic interviews they agreed to induct me for free

treatment there. After that there was no looking back. Since then, I haven't had a drink," says Patel.

Asked about the de-addiction activities, he continues: "We have a number of successes to our credit and it's extremely heartwarming to see an alcoholic or addicts get back to normal family life once again. I feel proud to see people who used to be alcoholics once and now have run rehab centres after being counseled by me. My work with alcoholism and addiction also led to my working on issues related to HIV and AIDS."

Today Patel is a national level resource person / facilitator / trainer on HIV and AIDS issues including counseling.

Nargis Bahaar

For more than two decades, Kakatpur-based Nargis Bahaar has been waging a battle to stop atrocities against women.

She has rescued many victims of domestic violence and girls ensnared by traffickers.

"You don't need to be physically strong to fight for the cause of women. All you need is to raise your voice to stop atrocities against women," says Nargis who has been fighting for the rights of women since 1998. She has resolved more than 3,000 domestic violence cases apart from rescuing girls from being trafficked.

Nargis believes that the mindset of the people towards the girl child is yet to change even as the world has seen a lot of changes in terms of scientific inventions and technological advancement. Issues like rape, domestic violence, killing of female foetus and bride burning are what made her take up the cause of women, she adds.



Nargis donating a blanket



Born in a Muslim household, it was not easy for Nargish to fight for the rights of women. Recalling the initial days of her journey, she says, "It was extremely difficult for me to fight for women who were tortured by their in-laws and husbands. However, an incident in 1998 forced me to raise my voice. A woman named Malati (name changed), a neighbour, had been tortured by her in-laws for no reason. On the fateful day in 1998, she was found dead. Shocked at her death, I reached her place instantly. I was even more shocked to see her in-laws trying to bury the body. I called a few other women of our locality and informed the police about the incident. When Malati's in-laws said she died due to snakebite, I told the police the truth. I also staged a sit-in in front of the police station as I sensed that the matter was being covered up. I demanded that the police search for injury marks on Malati's body. Left with no option, the police investigated the matter and confirmed that she was beaten to death by her in-laws. Since that day, I have been doing my bit for women facing abuse besides taking up other causes."

She has also been instrumental in forming 50 self-help groups (SHG) to empower women.

Soumya Ranjan Biswal

Soumya Ranjan Biswal spends most of his time creating awareness about Olive Ridley turtles and the marine ecosystem. The green crusader has been into many activities for the last eight years. He with the help of his team cleans beaches, cycles to coastal villages to sensitise people of the fishery community and their children about the significance of Olive Ridley turtles for ecology, conducts

workshops aimed at sea turtle conservation with sea turtle volunteers of 25 off-shore camps in different coastal divi-

sions of Odisha. Besides, he interacts and trains the turtle activists how to collect eggs for artificial conservation, how to relocate eggs safely, how to prepare artificial nests and how to realise the baby turtles in the ocean.

Hailing from Jahania, Soumya and his friend Dillip got themselves dressed in Olly mascot and cycled 800 km to reach Gahiramatha, the major nesting site of the turtles in Kendrapada district, while covering the coastal areas of Puri, Chilika, Gopalpur, Rushikulya river mouth, Satakosia, Bhubaneswar, Cuttack, Siali and Paradip. For this journey, both Soumya and Dilip entered the Limca Book of Records for carrying out the 'Longest Cycle Ride for Turtles'.

"The next generation needs to take responsibility and promote conservation," says Soumya who along with his fellow environmentalists cleared 15 tonnes of plastic wastes from various beaches of Odisha.

About half the world's population of Olive Ridelys comes to the Odisha coast for nesting, and to ensure the hatchlings make it back to the sea safely, Soumya with his team has organised 288 beach clean-up events.

"My village is near the sea where Olive Ridelys used to come ashore to nest. Fed up with the sights of dead turtles washed ashore, I decided to do my bit for their conservation. There is a lot of focus on the tiger but no one was paying attention to the marine ecosystem," says Soumya, who discontinued his B. Tech course to be closer to the nesting zone..

Apart from working on turtle conservation, he is into reviving mangrove vegetation and bird conservation for the last eight years and has made an amazing impact at the grassroots level.



Soumya and Dillip on an awareness drive



Ghasiram Panda making his point at a meeting

Ghasiram Panda

Although India has laws to prevent child marriage, it is still rampant in many parts of Odisha especially in tribal and backward communities owing to lack of awareness and a host of socio-economic problems including abject poverty and a poor female literacy rate. And Ghasiram Panda, communication in-charge at ActionAid, Odisha and an advisor to Odisha Child Right Commission, was instrumental in popularising the concept of child marriage free village and also instrumental in bringing the Odisha Child Marriage Prohibition Rules 2016 and the state strategy action plan to end child marriage by 2030.

Panda with the support of the local Anganwadi workers made Rugudipali village in Subarnapur as the first child marriage free village in January 2020. Thanks to his efforts, now more than 1,500 villages have been declared child marriage free.

Panda filed a PIL in High Court seeking effective implementation of Child Marriage Prohibition Act responding to which a committee has been formed to prevent the practice. With the Odisha State Commission for Protection of Child Rights, Panda ensures no child should sleep under the open sky. As many as

500 children and their parents have been benefited by the project so far. He is managing a FB page 'Say No to Child Marriage' having more than 3.5k members across the globe. That apart, he has authored two books — *Manaba Adkikarara Swara* and *Asumari Swapna*. These books are on issues related human rights, right to education and ending child marriages.

About his work, Panda says, "I am facilitating in ending child marriage practices in 51 districts of five different states such as Odisha, Jharkhand, West Bengal, Bihar and Rajasthan. In Odisha we have this programme in 15 districts. In the last two years with the support of UNICEF and district administrations we have successfully stopped 1,051 child marriages in 15 most vulnerable districts of Odisha," says Panda.



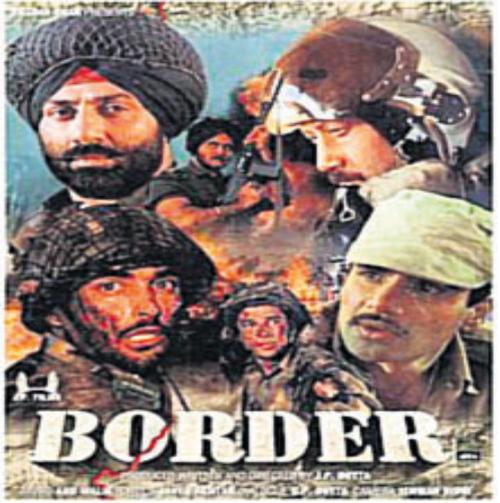
Soumya inspects the carcass of an Olive Ridley turtle

Ten movies to watch this Republic Day

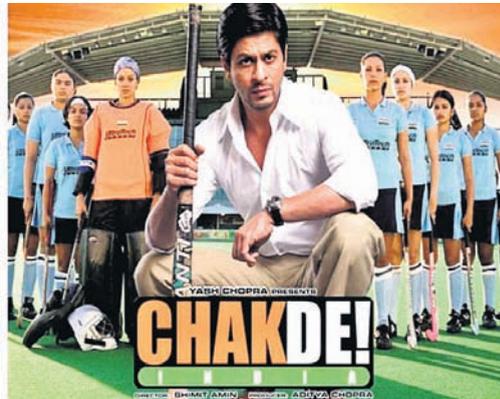
THE COUNTRY WILL BE CELEBRATING ITS 72ND REPUBLIC DAY IN A FEW HOURS FROM NOW. THE CELEBRATION HAS BEEN A TRIBUTE TO THE FOUNDING FATHERS OF THE CONSTITUTION OF INDIA. THIS IS ALSO AN OCCASION TO CELEBRATE THE SPIRIT OF MOTHERLAND WHICH HAS BEEN HIGHLIGHTED BY SEVERAL FILMMAKERS IN THEIR WORKS. SUNDAY POST, AHEAD OF REPUBLIC DAY, LISTS A FEW FILMS THAT OFTEN EVOKE NATIONAL PRIDE.



Haqeeqat
 One of the first properly made war films in India, it boasted of a cast including Balraj Sahni, a young Dharmendra and Sanjay Khan along with Vijay Anand. The film based on the Indo-Sino war in 1962, was directed by Chetan Anand.



Border
 J P Dutta's unfettered recreation of the Longhewalla battle from 1971, saw Sunny Deol using a bazooka to annihilate the 'dushman Pakistan' soldiers with Jackie Shroff providing air support.



The Legend of Bhagat Singh
 Rajkumar Santoshi's fantastic retelling of the story of the young freedom fighters Bhagat Singh, Sukhdev and Rajguru, who willingly tied the noose around their necks, filled us with pride and made us introspect.

Rang De Basanti
 A fancier version of telling the story of Bhagat Singh, the film's narrative is rooted in current day Delhi University and explored parallels between how things would change if today's youth were as driven as those in pre-independent India.

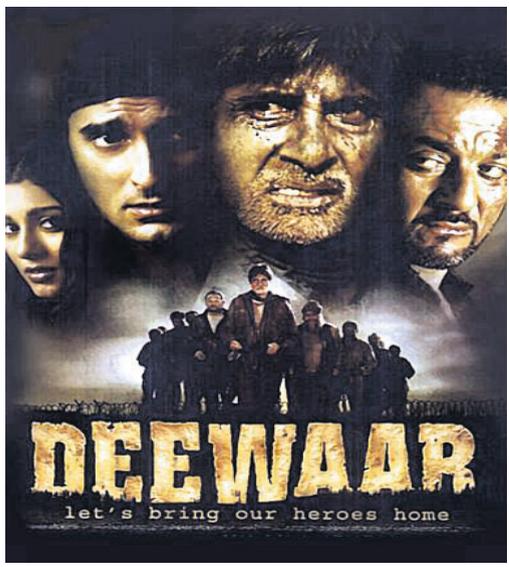
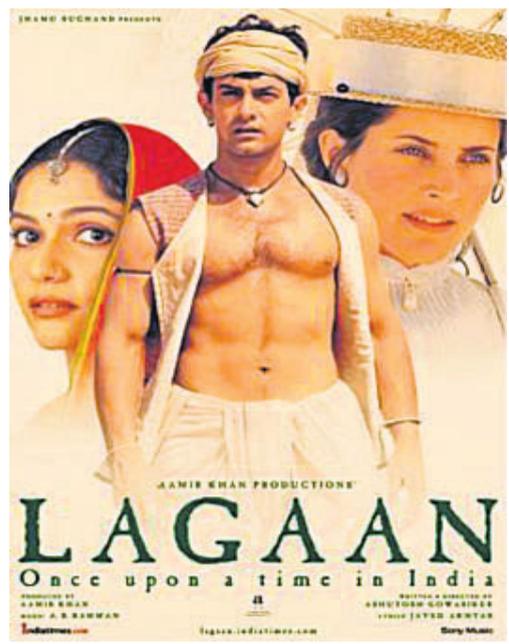
Lagaan
 Ashutosh Gowariker's seminal film, which established him in the big league, carefully charted the journey of a few Indian farmers taking on officers of the British Army in a cricket match to save their fields and their crops.

1971
 Manoj Bajpayee's film about a bunch of Indian army men fleeing from the enemy, instilled in all of us with a fear for the armed forces personnel.

Mangal Pandey: The Rising
 The first war of independence on film started after a dissenting Aamir Khan with long hair refused to continue serving under the British Army. And then broke into patriotic songs.

Deewaar: Let's Bring Our Heroes Back
 Based on Indian army officers imprisoned on the other side of the LOC, this movie boasts of compelling performances from its cast including Amitabh Bachchan, Sanjay Dutt, Akshaye Khanna and Kay Kay Menon.

Netaji Subhash Chandra Bose: The Forgotten Hero
 One of Shyam Benegal's most ambitious films in terms of scale, the film starring Sachin Khedekar tried to retell the story of one of the most enigmatic freedom fighters, determined to drive the British out of the country.



Manoj to draw inspiration from Mahatma

Acclaimed actor Manoj Bajpayee feels it is time to revisit and draw inspiration from Mahatma Gandhi.

Reacting to a tweet about the documentary *Abimsa — Gandhi: The Power Of The Powerless*, Manoj wrote: "Generations will find (it) hard to believe that there was this man walked on this planet!!! Let's all watch it, read him and get inspired all over again .#ahimsa #Gandhi."

Meanwhile, the actor is looking forward to the release of the second season of the hit web show, *The Family Man*.

He will return as NIA agent Srikant Tiwari. South star Samantha Akkineni will also join the action in season two, as an antagonist. Besides Bajpayee, the show brings back Priyamani, Sharib Hashmi, and Sharad Kelkar.

IAN S



Dhaakad will set a trend: Divya

Actress Divya Dutta looks forward to working with Kangana Ranaut and Arjun Rampal in *Dhaakad*, and says she is sure that the spy thriller will set a trend. A poster introducing her character was released Wednesday.

The actress will be seen as an 'evil master' named Rohini in the film.

"When I was narrated the part, it got me very excited. This is something that I have not done before and the character is completely different from how I am as a person. I cannot reveal much about my character but all I can say that to get into the skin of my character, Rohini took a lot of focus and preparation," Divya said.

"I am looking forward to working with Kangana and Arjun. I am sure that *Dhaakad* will set a trend," she added.

IAN S

Katrina highlights power of pilates

Mumbai: Actress Katrina Kaif recently shared the benefits of pilates over gymming. She feels pilates can be better for the muscles.

Katrina shared a video on Instagram where she is seen practicing pilates under the guidance of her trainer, focusing on her left leg.

"I usually prefer gym, but I've realized you can get a lot of muscle work though Pilates

as

well --

@yas-

minkarachi-

wala has been tak-

ing me though focusing

on one body part in our Pilates

sessions," the actress wrote on

Instagram.

Commenting on her post, fans showered the actress with their love and appreciation calling her 'fitness queen' and 'fitness icon'.

"The trendsetter of fitness among women in Bollywood," commented a user.

"India's number one female fitness icon and inspiration," wrote another user.

Katrina will next be seen alongside Akshay Kumar in Rohit Shetty's cop action drama *Sooryavanshi*.

IAN S



Shilpa doesn't believe in ageing stereotypes

Actress Shilpa Shetty says she does not believe in the stereotyping people face once they cross a certain age.

"Ageing is a process we have absolutely no control over. But, stereotyping what you can and cannot do just because you have crossed a certain age is something I don't believe in," she wrote recently on Instagram.

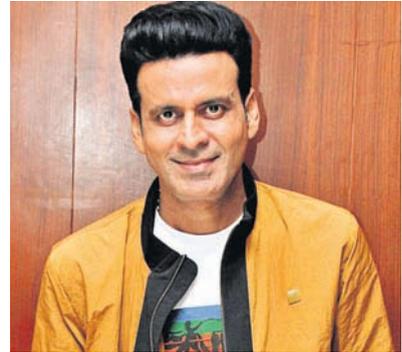
She added: "The years add a lot of wear & tear to the bones, nerves, & muscles; but, consistently taking care of ourselves is important.

Follow just three simple rules: Eat right, Exercise regularly, Smile and laugh more often.

The body may have reached a certain age, but if you are young at heart then the world is your oyster."

The actress also shared a video that captures her jumping on a trampoline with son Viaan. The video has a message that reads: "Aging is inevitable, but how you want to age is a choice."

IAN S



Nationalistic flavours



TIRANGA DHOKLA

Ingredients

- Idli batter: 4 cups
- Palak puree: 1 cup
- Ginger paste: 1 tsp
- Green chillies paste: 2-3
- Gun powder Idli molagai podi: 1 tbsp
- Everest Kashmiril Chilli Powder: 1/2 tsp
- 1 small Ginger paste
- Cooking oil: 2 tsp

FOR GARNISHING

- Grated coconut: 4 tbsp
- Freshly chopped Coriander leaves

Procedure

Pour the batter in a big bowl, add salt, and divide into 3 equal parts. For orange batter, mix one portion of batter, gun powder and chilli powder. Leave aside one part for white batter. For green batter, mix the remaining third portion of batter, palak puree, ginger paste, green chilli paste and a pinch of salt. Now mix all the ingredients mentioned for a green layer, stirring well. Keep good amount of water in a big vessel on high heat. Grease any flat steel plate and transfer the prepared green batter to a greased plate and steam it over the vessel of water. When done, pour white batter and steam. Then add third layer, and steam. Dhokla will be done in 15 minutes. Remove from heat and cool. Cut into desired shapes and plate. Heat oil in a small saucepan and make the tempering of seasoning ingredients. Pour the seasoning over Tiranga dhokla and garnish with grated coconut and chopped coriander.

TRICOLOUR BARFI

Ingredients

- Cashewnuts: 250 gms
- Almonds: 150 gms
- Sugar: 750 gms
- Ghee: 300 gms
- Milk: 1 cup
- Green cardamom powder: 10 pieces
- Saffron Powder: 1/4 tsp
- Green Colour Powder: 1/4 tsp
- Orange or Red Colour Powder: 1/4 tsp

Procedure

Soak cashews and almonds separately for half an hour. Drain and peel almonds. Grind the nuts together to form a thick paste. Add milk and sugar and grind again. Split the paste into three equal parts. Mix the red colouring to the first part. Add 1/3rd of the ghee and cardamom powder. Heat the paste in a pan and stir until it leaves the sides of the pan. Pour the paste into a ghee coated plate and spread well. Add half of the remaining ghee and cardamom powder to the second mix and repeat the same process. This paste will remain white in colour. Pour the paste when done over the red paste and spread without mixing. Add green colouring, remaining ghee and cardamom powder to the third part. Prepare the paste with the same method and pour over the second layer. Spread it evenly. Garnish with chopped almonds and cashew and allow to cool. Once cooled, cut into square or diamond shaped pieces.





Aishwarya

PHOTO: KUMAR SHARAT