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SUNDAY POST

HERE . NOW

VALENTINE'S DAY SPECIAL

Lost in Love





Mumbai-based Odia actor Satya Ranjan has acted in popular Hindi films like 'Sonchiriya' and 'Airlift'. The consummate performer who will be seen in the Odia movie 'Suka Bhai Ra Sholey', loves reading literature on non-working Sundays.



With actor John Abraham



Cinephile

Many actors spend their free time watching good movies and I am not an exception. On Sundays, I watch a couple movies of different genres.

Playing Housekeeper

Sunday is the only day when I get time to clean the house and do other chores. When in Odisha, I help my father in farming activities also.

Travel Bug

I mostly travel with my friends when I don't shoot. Goa is my favourite holiday destination.

Quintessential Odia

I am a fan of signature Odia cuisines. I treat my non-Odia friends with some popular Odia dishes like pakhala, badi chura and machha bhaja when they visit me.

Literature Lover

No matter how busy I get, I find time to read world literature. It helps me a lot in my profession. Needless to say, reading is my favourite pastime.



RASHMI REKHA DAS, OP

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

MATTER OF PRIDE Sir, Becoming an astronaut is easy and very few can dream of making it to the space but the last week's cover story 'Astronauts in the Making' certainly makes for an inspiring reading. SUCHISMITA SAHOO, BHUBANESWAR SILVER LINING Sir, The practice of storytelling may be as old as the oceans but it remains one of the most effective tools for teaching and learning. FIRDAUSI SHAHANAMA, BHADRAK

LETTERS Astronauts in the making 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

Lost in Love

Even as Valentine's Day is eagerly awaited by young lovers in particular, the origin of the day is rather pathetic instead of romantic

BUDDHADEV NANDI



Valentine's Day or Saint Valentine's Day or the Feast of Saint Valentine is popularly associated with romance. The day is eagerly awaited especially by young lovers. But the origin of the day is rather pathetic instead of romantic. There are many stories regarding Valentine's Day.

Popular History

The most popular story is that during the reign of Roman Emperor Claudius Gothicus also known as Claudius II around 270 A D, a holy priest called Valentine was decapitated. Claudius possessed a powerful army. As he believed that Roman men were reluctant to join the army because of their strong attachment to their wives and families, he outlawed marriage. Valentine defying the unjustified decree arranged marriages for young couples in secret. Claudius discovering Valentine's secret actions arrested him and accused him of disregarding the royal order. Valentine was offered pardon by Claudius II provided he relinquished his Christian faith and embraced paganism. But Valentine disregarding emperor's offer tried to convert him to Christianity instead.

First Valentine's Message

According to prehistoric data Saint Valentine was a doctor with miraculous power. While languishing in prison, he had friendship with Asterius, his jailor. Asterius was deeply im-

pressed by Valentine's wisdom and power as a physician. The jailor entreated Valentine to assist his daughter Julia who was visually challenged. She needed someone to read materials for her to acquire knowledge. Thus Valentine made friendship with Julia who came to visit him in jail. At last, he cured her blindness to enable her to read by herself. Before his execution Valentine's farewell message reading "From your Valentine" to encourage Julia to stick to Jesus on 14th February, the day of his martyrdom, is considered the inspiration to people of jotting down love messages. Thus he became the embodiment of the inspiration of romantic love among people.

Pagan Origin

Another story relating to Pagan origins of Valentine's Day or the Feast of Saint Valentine projects the gloomy picture associated with the day. It is also observed February 14 every year. The day was designated with the objective of Christianising the Pagan Fertility Festival of Lupercalia, an ancient festival. The festival would be observed in the city of Rome between February 13 and 15. It was dedicated to the Roman god of agriculture Faunus and founders of Rome who were Romulus and Remus. The day would be celebrated to ward off evil spirits and purify the city revitalising health and fertility.

In ancient time the followers of God Lupercus would observe Lupercali Festival in an exotic way. Men and women were chosen by lot with the young and unmarried girls put-

ting their names in a big urn and the bachelors picking out a name from it. The couples had to live together for a whole year ending in most cases getting married. However, this pagan ceremony was annulled by Pope Gelacius I in 496 AD. It was replaced by a festival in honour of boyfriends, lovers and betrothed wishing their good health, care and protection.

Multiple Valentines

According to Bollandists named after Flemish Jesuit Jean Bolland, an association of scholars, philologists and historians, there were three St. Valentines who coincidentally died on February 14. St. Valentine was "a priest of Rome who was imprisoned for succouring persecuted Christians." Besides, there are many stories surrounding St. Valentine's martyrdom. The earliest Valentine was a man who died in Africa with 24 soldiers. However, none of those African, Roman or Umbrian St. Valentines was romantic lovers.

Roses and Chocolates

Another popular tradition of the day is giving flowers. The tradition had been inherited from the time when King Charles II of Sweden was thought to be responsible for introducing the Persian custom of giving flowers, known as the "language of flowers", to Europe in the 1700s.

Needless to say, heart shaped boxes replenished with chocolates and candies are considered popular gifts of Valentine's Day.

Richard Cadbury, son of John Cadbury, the founder of British multinational confectionary company Cadbury, first marketed packaging chocolates in fancy boxes to boost sales on Valentine's Day in 1861.



Literary Connection

Reference of Valentine's Day with romantic love has been found in literature since 14th century AD. Geoffrey Chaucer's Parlemt of Foules, a nearly 700-line poem, is considered the earliest references to the idea specialising St. Valentine's Day as a special day for lovers. The lines were:

"For this was on seynt Volantynys day
Whan euery bryd comyth there
of chese his make"

[For this was on
Valentine's Day, when
every bird comes
there to choose
his mate]

Besides,
many other au-
thors including
William
Shakespeare
had mentioned
Valentine's Day
in their writings.

Valentine's Weeks

Actually, the entire week preceded by Valentine's Day is dedicated to celebration of love in different nomenclatures including "Rose Day", "Propose Day", "Chocolate Day", "Teddy Day", "Promise Day", "Hug Day", and "Kiss Day" respectively. Every rose has its thorns. Likewise, Happy Valentine Day is followed by Anti-Valentine's Week as if to celebrate heartbreak due to rejection, separation and hatred. The days mark one's failure to woo one's special person. Anti-Valentine Week begins with "Slap Day" on February 15. The day is followed by "Kick Day", "Perfume Day", "Flirting Day", "Confession Day", "Missing Day" and eventually "Break-up Day".

—The Day in India: Though the British

ruled India about two hundred years, Valentine's Day celebration did not gain popularity until a few decades ago. The usual Valentine's Day rituals like kissing, hugging and even holding hands between a young boy and a young girl in public are still considered taboo in large sections of our society.

However, the celebration of the day is being explicit in Indian cities, big towns and even villages still in the dark backdrop of honour killing, acid attack, love jihad, anti-Romeo squads organised by self-proclaimed social reformers. Even the day is opted for taking revenge of unrequited love by some frustrated lovers. Ironically, misogyny is surging in the society with the so-called progress of our civilization. The celebration is considered against Indian culture by a large number of people.

Frown of Pandemic

This year lovers have to face estranged and formidable challenges while celebrating Valentine's Weeks during this pandemic situation caused by virulent coronavirus. Some are advising to maintain strict restrictions in the time of pandemic situation. People should be debarred from physical contacts avoiding "Hug Day" and "Kiss Day". The card messages in Valentine's Day, 2021 may well read "Wishing you Happy Valentine's Day from safe distance."

with the scarlet heart symbols wearing masks. Despite all these gloomy sides, there are silver linings, too. One might find a partner to stand by one when separation, loneliness, joblessness and apprehension have become the new normal in the post-pandemic world.

HISTORY & MYTHS

The earliest Valentine was a man who died in Africa with 24 soldiers. However, none of those African, Roman or Umbrian St. Valentines was romantic lovers.

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Geoffrey Chaucer's Parlemt of Foules, a nearly 700-line poem, is considered the earliest references to the idea specialising St. Valentine's Day as a special day for lovers

Though the British ruled India about two hundred years, Valentine's Day celebration did not gain popularity until a few decades ago

The oldest printed Valentine's card in the world was possibly sent by Catherine Mossday to Mr Brown of Dover Place, Kent Road, London



The First V'day Card



First printed V'day card Pic: bbc.co.uk

The first Valentine's cards that date back to the 18th century were handmade and decked with romantic symbols like flowers and love knots. They would be inscribed with poetry, puzzles and riddles to woo the lovers with wit and emotion. There was the custom of the Valentine's cards to be slipped under the doors of the lovers secretly or fastened to door knockers.

The first pre-printed Valentine's cards were found in the Georgian Britain, a period in British history during the reign of Hanoverian kings. The oldest printed Valentine's card in the world was possibly sent by Catherine Mossday to Mr Brown of Dover Place, Kent Road, London. The printed card was hand coloured with cupids, doves and flowers and pierced to produce a lace effect in the corners. A verse printed in the card was thus:

Since on this ever Happy day,
All Nature's full of Love and Play
Yet harmless still if my design,
'Tis but to your Valentine.

The first Valentine's card also included a handwritten message suggesting something intriguing. However, today's printed Valentine's cards are mostly embossed with the love symbol of a red heart shaped design with an arrow piercing through it and the picture of red rose symbolising love.

Valentine's Day cards are often embossed or printed with the common symbol of charming cherub or Cupid armed with bow and arrow. The figure can be traced back to 700 B.C. as Eros, the god of passion and fertility in Greek mythology. By the turn of the 19th century, Cupid had been linked to Valentine's Day because of his love matching power.





Myriad shades of love



THOUGH LOVE, AT TIMES, ALTERS ITS COURSE AND MAKES LIFE UNSMOOTH, THE TRUST IN EACH OTHER REMAINS THE CORNERSTONE OF LASTING HAPPINESS

K J RAO

Love is an ever fixed mark. If love alters, it is not true love, says English playwright William Shakespeare. Real love is an unwavering unbreakable and unequalled fondness and devotion for one's partner and two way traffic of true love between them. It is the most precious, sacred and blessed practice at some point of time of life. Those in love feel the value of it in its true sense. Occasionally, love seems inadequate and scarce when looked at and experienced. Here, all possible steps should be taken to perpetuate a perfect understanding with a sense of positivity and optimism. Moreover, it fully depends on the partners how best they adjust with the other—a sort of oneness that reflects as a bond of true love, reposing intense faith in each other, being humble, loyal and adoring with a reward of reciprocity. Now and again, it is seen that futility engrosses partners with frustration and unworthiness without true love and understanding. Though love, at times, alters its course and makes life unsmooth, the trust in each other remains the cornerstone of lasting happiness.

Occasionally, partners may run into frustration or a breakup stemming from self-seeking greed for wealth, lust, unfulfilled desires and ambitions. Therefore, partners should always avoid things such as ego, anger, sarcasm, revenge and dislike. This makes them look down upon or hurt each other's feelings and sentiments.

Essence of love

Love and life always stand inseparable. It is mutual and common, thus binding couples and partners together

throughout life for permanence of relationships. If any difference appears momentarily, it should be sorted out with certitude and positivity. Hardly is there any mismatch noticed among old couples as they know the values of sustenance and continuance of family blessed with children and grand children. So, the verdict is they should, by all means, strive for peace, harmony and understanding.

Love in adolescence

Sometimes, adolescent students, of coeducational institutions in particular, fall in love and long for each other despite due advice and caution issued by parents as well as teachers. At times, tragic incidents and accidents happen which should be prevented through timely advice, guidance and counselling. The knowledge and expertise of career counsellors and psychologists may go a long way sorting out the adolescent and psychological problems, so that students should follow a moral path and come out as bright and successful future citizens.

Mature Love

Though, infrequently, love between the matured partners who weigh pro and cons, keeping in view various

factors, goes astray and diverted. The existence of such a relationship is quite risky and may not be healthy and beneficial for any one. Life should be faced as it stands in its reality without taking resort to dishonest, unlawful and illegal means. Honesty and uprightness should, undoubtedly, help a couple lead a constructive, responsible and happy life, reaching the cardinal principles of love and affection in all spheres.

Despite the fact that one needs to overcome a series of hurdles to get the essence of love, there is no need to let one down. You may not be successful in winning a heart, but you should continue to make sustained efforts to make love, relationships and life quite a success. The famous lines of George Luis Borger, the famous Argentine writer, are apt contextually, 'Nothing is built on stone, all is built on sand, but we must build as if the sand were stone.'

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Raveena's revelation in throwback pic

Actress Raveena Tandon recently shared a throwback picture from the set of her 1995 film *Zamaana Deewana*, co-starring Shah Rukh Khan, and revealed a secret about herself.

She posted two pictures on Instagram, revealing that she is more comfortable riding horses than motorcycles. In the images, Raveena rides a horse.

"#throwback #zamaanadeewana was pretty good with horses I must say! Fact is, I'm more comfortable on a horse, than a motorcycle, even though a horse has a mind of its own, I'm petrified of mopeds, just can't control that damn machine," Raveena captioned the images.

Directed by Ramesh Sippy, *Zamaana Deewana* followed the story of a police commissioner, who enlists the aid of an eccentric inspector to end a gang war between bitter enemies. The film also features Shatrughan Sinha. IANS



Akshay starts shooting for horror drama Cold

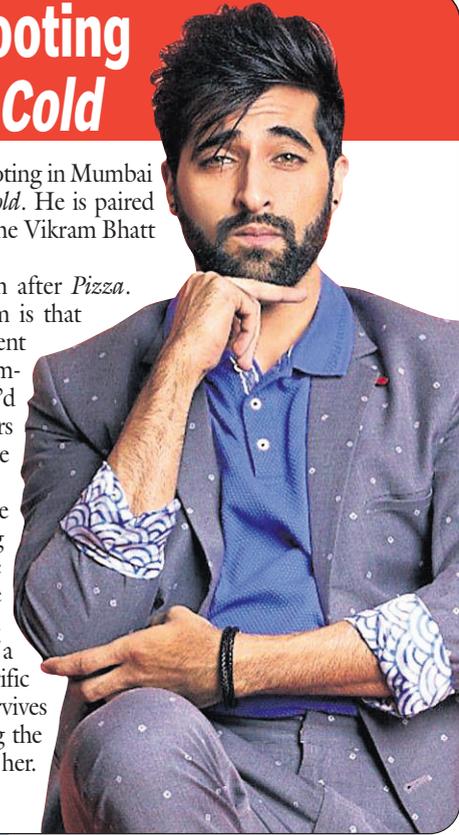
Actor Akshay Oberoi has started shooting in Mumbai for the upcoming horror drama *Cold*. He is paired with budding actress Anisha Pahuja in the Vikram Bhatt directorial, produced by Mahesh Bhatt.

Cold is Akshay's second horror film after *Pizza*. "What truly excited me about this film is that Vikram Bhatt said he wanted to reinvent himself and make the scariest film. I immediately jumped on board because I'd love to collaborate with successful directors wanting to reinvent themselves," says the actor.

"The year has started on a good note for me. The fact that this film is being helmed by Vikram sir excites me all the more. I am sure the audience will enjoy the film, too," he adds.

The film chronicles the story of a woman who emerges from a horrific experience and narrates how she survives alone in a big city, with Akshay being the only person who is willing to believe her.

IANS



Mouni becoming her 'own best friend'

Actress Mouni Roy recently revealed that she is finally becoming her own best friend.

Mouni shared two boomerang videos on Instagram. She looks stunning in a red floral dress in the clips, and completes her look with nude make-up and curled hair.

"Finally becoming my own best friend, it's nice," she wrote as the caption.

The actress will next be seen in Ayan Mukerji's action fantasy drama *Brahmastra*, starring Amitabh Bachchan, Alia Bhatt, Ranbir Kapoor, and Telugu superstar Nagarjuna.

IANS



Shraddha speaks against animal cruelty

Actress Shraddha Kapoor says as a celebrity she feels responsible to express her voice on issues that are close to her heart including animal cruelty.

"I think for me, when it comes to voicing my opinions, I only do it for the cause or issue that is close to my heart. I genuinely feel about animal welfare, I hold it strongly against animal cruelty," Shraddha said.

"When the new rule came on, punishing the offender with Rs 75,000 and five years of jail, I supported that. I turned vegetarian because internally that realisation happened to me, and that is also a way to change my lifestyle while standing against animal cruelty," she continued.

"I am also against deforestation and that was the reason even in the rain, I was standing and supporting Aarey campaign. On that front too, a positive result came that we see. So yes, as an artiste I do express my opinion on issues, when I feel strongly about them and I have sound knowledge on them," she declared. IANS



Prep up for VALENTINE'S DAY



For couples in love and hopeful singles, February is the Paris of all months. Valentine's Day is the most awaited time of the year, whether you've been together for three months or three decades. It is the perfect opportunity for you to bond and reconnect with your partner, girlfriend, boyfriend, husband, or wife.

Valentine's Day is likely to be a much more muted affair this year, with the pandemic has put a strain on every type of relationship, but don't let Valentine's Day add to the stress.

While things may look and feel different this year, but that doesn't mean you can't celebrate. It just means your options may need to be a bit more masked, socially distant, or virtual.

It doesn't matter if you are going on a special date for a romantic night out, looking for one or just a walk with friends and family. It brings the biggest date night of the year and the restlessness that comes along to look one's best on the special day.

If you can't be with your sweetie in person this year, then you might as well send them something sweet through online store/e-commerce websites. There are a lot of valentine gift packs in the market containing chocolate truffle flavours: milk chocolate, milk chocolate caramel, and dark chocolate strawberry. You may choose desi Ladoo /mithai depending on the taste of your sweetie.

Especially impressive if you live apart, a surprise gift might be the perfect way to share the love this year. Not sure what to buy? Keep it classic – paintings, art objects and flowers like roses will always be well-received and create a sense of occasion. Twinned with a scented candle,

Valentine's Day will be truly wrapped up.

The valentine day falls on Sunday this year giving you an opportunity to venture into the outdoors. Take advantage of sweater weather and escape into the wilderness, where you can relax by the fire and enjoy some hot chocolate. Take a scenic hike together and enjoy all the beautiful sights and the fresh air — it's a great way to bond while getting some much-needed time to unplug, too.

If you've got a new boyfriend, a hot date, or a tried-and-true love, Valentine Day gives you the perfect excuse to pamper yourself to look romantic, sweet presentable, attractive with flawless looking radiant skin with youthful glow.

Water-based moisture is the key for a glowing skin. Moisturisers provide good base before applying any makeup. Moisturisers which are formulated with shea butter, dimethicone, ceramides, hyaluronic acid and aloe vera water help provide long-lasting hydration. Hydrate and nourish your skin every night before sleeping.

If your skin is clear, leave out foundation during the day. Use baby powder, or compact power. Pay more attention to the oily areas of the face like nose, forehead and chin.

If you want to

use foundation at night, choose a water-based one. Add a drop of water for a lighter coverage. Before applying foundation, apply astringent lotion if your skin is oily, or moisturising lotion for dry skin. Wait for a few minutes to allow the skin to absorb it. Next, use concealer to cover up pimples and scars, if any. Or, use two shades of foundation. One shade should be as close to your skin colour as possible. The other should be a shade lighter if the blemishes are dark. Take a little light coloured foundation and apply it directly on the pimple or pimple scar. Avoid rubbing or smearing. Pat it into the skin. Then apply your normal foundation on the face and using a moist sponge, spread it evenly, going outwards. Remember the neck too.

Blusher comes next, or you can apply it at the end. Use powder blusher. Pink or peach blusher would suit most skin tones. Apply on the cheekbones. Use your finger tips to dot the area with blusher. Then, blend with the brush, outwards and slightly upwards. Apply high-

lighter on the cheekbones. Highlighters should not be white. Choose from ivory or pale pink. Blend well.

For the eyes, use a brown eye shadow on the eyelids. Use the same brown shadow under the lower lashes, instead of eyeliner or kajal. Take a darker brown eye shadow and apply it on the upper lid, close to the upper lashes. The entire effect will be natural. If you want to line the eyes, use an eye pencil. Give your eyes a light touch of mascara.

Wear a sun block for outdoor events during the day, this acts as a shield and also works as a good under base for your foundation accelerating its performance.

Take proper sleep for at least eight hours during night. Lack of sleep will show on your face no matter how well you fashion your appearance. Put a drop or two of lavender oil on your pillowcase and try to relax. Sandalwood and Clary Sage are other good options.

For the night and for a more dramatic effect, use a dark brown or dark grey eye shadow on the eyelids close to the lashes and stroke it upwards and outwards. For the smoky eyed look, line the eyes with eyeliner close to the lashes and then smudge the eyeliner slightly with a sponge tipped applicator. It should not be a harsh line.

Who ever heard of a Valentine's Day date ending without a good-night kiss? Go with a soft pink or berry hue that are no more than two shades darker than your natural lip color is a good way to keep your lips colored without going overboard.

Exfoliate your lips the night before date night with a gentle lip scrub to remove dead skin cells to soften your pucker and improve the look and application of your date night lipstick.

As the last step, touch up your nails, smooth your strands, and spritz on some perfume. You're ready to go!



SHAHNAZ HUSAIN



Priti and Gyana

PHOTO: KUMAR SHARAT, OP