

MARCH 7-13, 2021

SUNDAY POST

HERE . NOW



INTERNATIONAL WOMEN'S DAY

Never Say Never

P_{3,4} COVER STORY



Playback singer Bobby Anasuya, popularly known as RJ Anu, loves to experiment with new vegetarian diets and treat her family members

Bingewatcher

Watching web series on streaming platforms is not just my favourite pastime, it is a professional compulsion also. Being a RJ, I need to update myself on new releases.

Fitness Enthusiast

I endorse yoga to lead a happier and more productive life. When I have free hours on Sunday morning, I do yoga and pranayam to maintain my fitness level.

Mama's girl

Being a single child, I make sure to visit my mother at Bhubaneswar to spend some quality time with her.

Daily Riyaz

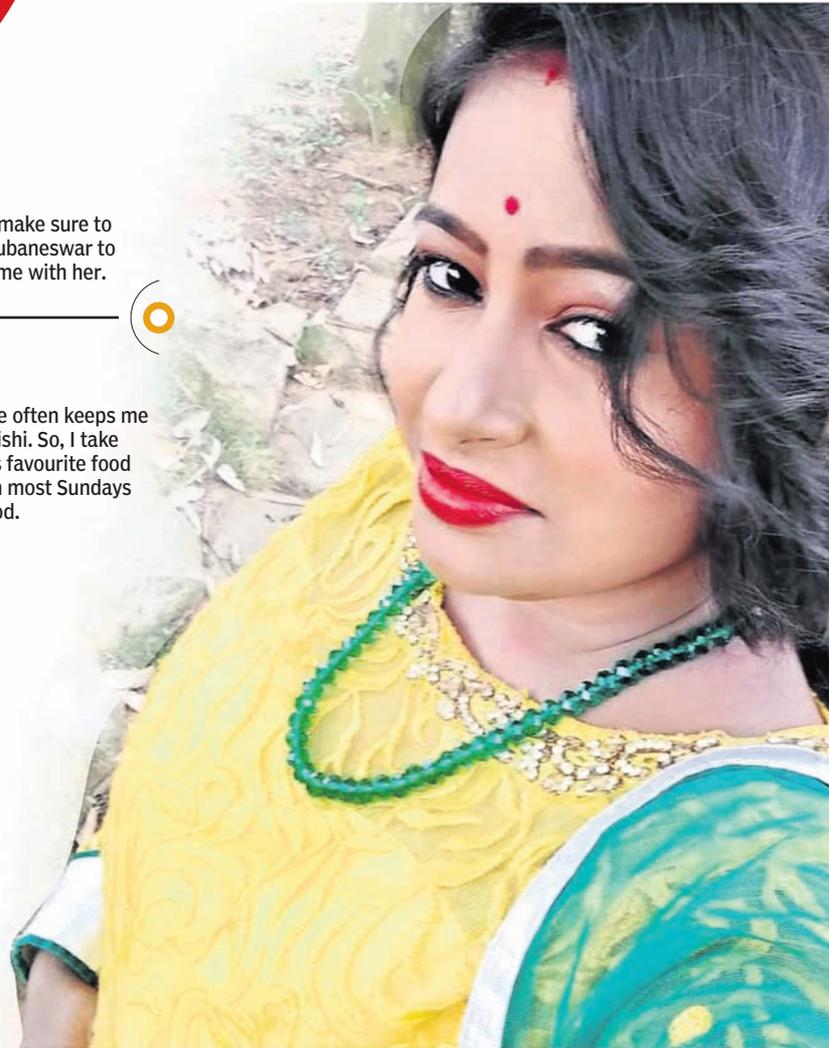
Be it Sunday or Monday, I start my day with riyaz. I religiously do it early in the morning to condition my voice and get better. And Sunday is not an exception.

Culinary Adventures

I love to experiment with various vegetarian dishes when I am not happy with myself. This helps me get de-stressed. Needless to say, my family members enjoy the preparation.

With son

Hectic work schedule often keeps me away from my son Rishi. So, I take him to park, cook his favourite food and play with him on most Sundays to make him feel good.



With her family

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

- Light travels faster than sound, which is the reason that some people appear bright before you hear them speak.
My therapist says I have a preoccupation for revenge. We'll see about that.
A termite walks into the bar and asks, 'Is the bartender here?'
Always borrow money from a pessimist. They'll never expect it back...



PRIDE OF ODISHA

Sir, Last week's My Sunday column on ad film director Avinash Nanda made for an enjoyable read. I was not aware that an Odia was the brain behind some of the most iconic TV commercials ever made in India. Avinash has certainly made the state proud by bagging the first prize at SRFA Cannes Film Festival. I have added his Silver Gandhi to my bucket list of movies that I plan to watch this year.

SHUVENDU SWAIN, PIPILI

PROTECT ENVIRONMENT

Sir, The cover story 'The Green Champions' is a timely reminder of how important it is to both respect and protect our ecological biospheres. The recent fires at Similipal National Park could well turn into an environmental disaster. Keeping that in hindsight, it was very heartening to know that people like Amaresh Naresh Samanta are going out of their way to make our planet more habitable.

ROJALIN SAHOO, SAMBALPUR

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

INTERNATIONAL WOMEN'S DAY



NEVER SAY NEVER



The acid attack survivors should not feel hopeless, rather they should rise up and dream big because they are no less, says Pramodini Roul who recently exchanged wedding vows with fiancé Saroj Sahu

RASHMI REKHA DAS, OP

Top Odia cine actors Sabyasachi Mishra and Archita Sahoo tied the knot last week at a spectacular destination in Jodhpur. Expectedly, the news was all over the place as the two being one of the most popular screen couples of Odia film industry.

However, one more wedding that was solemnised the same day but at a remote village of coastal Jagatsinghpur district of Odisha, too hugged the limelight. In fact, several national Hindi and English newspapers splashed the story. Reason: The marriage involved Pramodini Roul, an acid attack survivor who took the sacred vows with her fiancé Saroj Sahu.

This was significant because at a time when not too many people go beyond physical features, Saroj fell for Pramodini's inner beauty. But more than that, she instantly became an inspirational figure for many acid attack victims in the country.



Pramodini and Saroj

Whenever a woman decides to raise her voice against any sort of injustice in the patriarchal society, she is meted out torture by different means either by hurling acid or by other forms of abuse. However, acid attacks are surely the most horrendous and gruesome crimes. It rarely kills a victim but it certainly causes severe physical, psychological and social scarring. It becomes difficult for acid attack survivors to accept that their lives will never be the same again. In many cases, the victims prefer to end their lives rather than being ostracized by the society.

But there are only a select few like Rani who lead life on their terms withstanding such attacks. Ahead of International Women's Day, Sunday POST brings heart-rending tales of some acid attack survivors who haven't let the tinted social gaze bother them.

Pramodini Roul who loved to be addressed as Rani needs no introduction. From being a bedridden girl for five years to a woman who chased the culprit and put him behind the bars, her jest for life and battle for justice has almost become part of folklore.

Rani, then 16, was attacked by a paramilitary force jawan Santosh Kumar Bedanta with acid April 18, 2009 at Jagatsinghpur, Odisha, her native

place, after she rejected his marriage proposal. She suffered 80 per cent burns and complete vision loss in the attack. She got 20 per cent vision back (left eye) after operation. Rani spent seven months at a hospital in Cuttack and then was bedridden for five years at home. Saroj met her in 2014 in a hospital where she was admitted for advanced treatment. Since then Saroj has been a regular companion. It was Saroj who, overlooking Rani's physical scars, fell in love with her internal beauty. Even as Saroj proposed to her many years back, he patiently waited and respected Rani's decision to settle down not before bringing the culprit to book. She also wanted to stand on her own feet before settling down with him. So much so, that Saroj left his job as medical representative and joined her cause — helping acid attack survivors. Their love bloomed during the painful phase Rani was going through.

With Saroj standing like a rock behind her, Rani managed to reopen her case and identified the culprit in second at a test identification parade by the police. Though the final verdict in the case is yet to be delivered, her fight for justice has certainly sent a message to the acid attack victims.

"I would like to give a message to every acid attack survivor that they should not feel hopeless, rather rise up and dream big because you are no less," said Rani while speaking about the miraculous turn of events in her life.

Rani knows she will never get her shining hair and flawless skin back but she has realised her worth now. She is trying to make the lives of other acid attack survivors better.

Like Rani, **Damayanti Bihari** of Dangariguda village in Kalahandi district had no inkling that something so awful would happen to her. She was on her way to attend a computer class January 18, 2018 after crossing Hati River, when a jilted lover hurled acid on her. That was the worst day of her life, says the only child of a daily labourer Jukta Bihar.

"When I looked into the mirror after regaining sense, I screamed out of fear. I couldn't recognise me. It all happened because I spurned the advances of a man", adds Damayanti with tears rolling down her cheeks.

The horrible moment is still fresh in her mind.



Social activist Namrata Chadha (middle) with Minati (extreme left) and Damayanti



Sangeeta (third from right) with inmates of Subhadra Mahtab Seva Sadan

Soon after the incident, she rushed to the Hati River and took a dip. Her immediate action saved her life but couldn't prevent severe burn injuries on her face and hand.

After undergoing several rounds of treatment and plastic surgery at various hospitals for about six months, Damayanti started the life afresh. Presently, she is learning stenography in Bhubaneswar to get a job and support her poor parents. Most importantly, she hasn't contemplated suicide like many other victims and ensured punishment for the culprit.

"With time I have recovered from my physical injuries but it was hard to deal with the mental trauma. Though three years have elapsed to the incident, my friends hate me and maintain a distance from me. However, I am happy that the culprit has been punished after committing the crime. All I want now is a job to look after my elderly parents and opportunities to work for the society," says Damayanti. It is not the end of the world after such mishaps as every sunrise brings in a new dawn," she signs off.

Minati Pradhan of Kabisurya Nagar is another victim of acid attack. Since Minati's marriage with Niranjana Pradhan of Polasara in 2017, she had been subjected to physical and mental torture for more dowries even as his demands were met at the time of marriage. Ultimately, she had to leave her in-law's house and live with her parents. Minati's family had lodged a complaint against Niranjana too. But he was not a man to remain silent.

Recalling the barbaric incident, she says, "After leaving my in-law's house, I pursued a diploma course in Medical Laboratory Technology (DMLT). I was staying in a college hostel. On November 16, 2017, I was on my way to attend class when my husband threw acid on me on the college campus and fled. As I screamed in pain, onlookers rushed me to the emergency ward of MKCG. I had received severe burns on her face, chest and left

eye. Later I was shifted to SCB Medical College and Hospital after my condition deteriorated."

Despite constant threat to her life, Damayanti decided to fight the wrong. Based on her complaint, police arrested Niranjana from Mumbai. "Though he was arrested in 2018, he was granted bail in 2019 and he is leading a happy life now. All I want to see him behind the bars again and my fight is still on," she says.

Sangeeta Pradhan of Phulbani was only eight years old when she became a victim of acid attack.

"I was a toddler when my mother had eloped with another person leaving me, my father and other siblings high and dry. My father brought me to Bhubaneswar to work as a domestic help. I worked at the house of a shopkeeper named Kalia. My father promised me to take me back but he never kept his words. In the meantime, Kalia used to make me do all the household chores and beat me black and blue if I fail to work properly. On one such day, I went out to play forgetting about work. This enraged my 'master' and he threw acid on me. He told the media that I suffered burn injuries after falling in a pot of hot rice gruel. I was taken to Capital Hospital and my brother was called to take my care. But he didn't stay with me for long. Kalia also misappropriated the government assistance sanctioned for my treatment. After coming to know about me from a newspaper, Jyoti Sir, a good soul, took me to SCB where I underwent treatment for a few months."

Thanks to Jyoti Sir, Sangeeta got an opportunity to stay in Subhadra Mahtab Seva Sadan hostel and cleared her Class X board examinations from Jagamara High School. In the meantime, she underwent two major surgeries at a

local private hospital. Later TN Panda, former resident representative of Acid Survivors and Women Welfare Foundation, Odisha Chapter enrolled her in an ITI course in Bhubaneswar. He also helped her receive a compensation of Rs 8 lakh in 2020.

Sangeeta is now trying to forget the nightmare and open a boutique. "I want to overcome my scary past and create my own identity as a fashion designer," says Sangeeta.



Minati

Look your best on International Women's Day



Every woman feels the need to celebrate her femininity. Therefore, ahead of International Women's Day take a pledge to take care of yourself. You need to look beautiful not just internally, but also physically on this day. All women deserve to be appreciated, respected and admired on this special day. Find the right hairstyle and colour for you and get brilliant beauty tips that save minutes off your routine and years off your look. Look your radiant best with these head-to-toe beauty tips. These expert tips will help you take the plunge.

To add romance and shimmer to the makeup on this special occasion, apply a light colour shadow like mauve, or light brown over the entire upper eyelid. Then use dull gold or silver shadow on the upper lid closer to the lashes and also to highlight under the brows.

Choose a pink blusher and be subtle. Powder blushers are easier to apply. The aim should be to give the complexion a healthy glow. Remember the shimmer above the cheekbones with a highlighter.

If you want to line the eyes, use an eye pencil or eyeliner, close to the lashes. Go light on the use of liner, but apply more mascara. Make sure the lashes do not stick together. Brush out the eyelashes with an eyelash comb. For the night, try the smoky-eyed look. Apply liner very close to the lashes and then smudge them with a sponge-tipped applicator.

Use coloured lip gloss, like light pink or mauve. I think subtlety is far more attractive. Avoid using lip liners and just brush the lips with lipstick, going for shades of pink, from pale pink to rose or tawny pink.

For dull and tired eyes, dip cotton wool pads in rose water and use as eye pads over closed lids. Lie

down and relax while the mask dries. It helps to remove fatigue and brighten the eyes. The fragrance of rose has a calming ef-

fect on the mind.

To add body to the hair, comb all the hair to one side, blow-dry the hair and then comb the hair to the other side and repeat the blow drying. Or bend down and blow-dry the hair upside down, brushing the hair from back to front. It is particularly convenient if the hair is short.

The classic ponytail is dictating trends. Wear it high or low, with a fringe or without. Wisps or curls falling down can add a romantic touch. So can ribbons or hair accessories. For a long face, wear a low pony tail and have a light long fringe falling straight down. For an oval face, wear it with a side-swept fringe. For a

square jawed face, have wisps of long curls falling down on either side of the face, just beyond jaw level. This will suit a round face too.

Use natural material for accessories, like necklaces and chains made of colourful wooden beads or shells, wooden bangles, terracotta earrings and necklaces. The outfit too should be casual and yet romantic, like long skirts with floral prints, or wide pants with colourful tops with crochet, lace or embroidery.

Skin and Hair Care Tips:

Use a facial scrub, applying it on the face and rubbing gently with small circular movements. Wash off with water. This helps to prevent blackheads and brightens the skin. Facial scrubs are easily available. Always wash or cleanse the face at night, to remove pollutants that have been deposited on the skin during the day.

Wash hair with clean and fresh water. Take half-teaspoon shampoo, dilute with a little water and then apply. Work up lather and rinse well with water. For oily hair, add the juice of a lemon to a mug of water and use as a last rinse after shampoo. For dry hair, apply a few drops of hair serum or leave-on hair conditioner after shampoo.

Skin care routine

Follow a skin care routine from the teen age. You can start from basic steps like cleansing, toning and moisturising in early years. When your skin starts showing fine lines /wrinkles on face and hands then you must choose herbal products which are regenerative, boosts skin elasticity, and deeply moisturises the skin. As we grow older, facial skin starts to lose firmness and it gets drier.

Prepare a mask at home with two teaspoons of wheat bran (choker), one teaspoon each of ground almonds (badaam) curd, honey and 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.

Similarly, Lavender bath salt in your baths could help you balance the pH levels in your body. It also helps moisturise and exfoliate the skin. Its aroma acts as a pain reliever thus helping uplift mood.

Add 3 spoons of Lavender bath salt to warm water and stir well. Settle in and soak your body or feet into this warm water.

A long lasting lipstick is a bliss for a long working day, but the simple idea of removing it, hassles us. Take this simple tip for getting rid of it. Apply almond oil over a cotton ball and dab it over your lips.

It will moisturise your lip skin making the lips soft and supple. This is quite healthy and cheap also when compared to those expensive branded makeup removers.



SHAHNAZ HUSAIN



Vicky Kaushal is back to basics

Actor Vicky Kaushal has shared a video riding a horse and says that he is back to basics!

Vicky posted the clip on Instagram, where he looks dapper in a black T-shirt and blue pants.

“Walk and trot. Back to basics,” Vicky captioned the clip. The actor is currently busy with Shoojit Sircar’s *Sardar Udham*, where he plays the titular revolutionary.

He will also be seen in the film *The Immortal Ashwatthama*. Written and directed by Aditya Dhar, the film is expected to go on the floors later this year.

Vicky will also be seen sharing screen space with former beauty queen Manushi Chhillar in an untitled project. His other upcoming film is Karan Johar’s multi-starrer *Takht*, where he is cast as Aurangzeb.

IAN S



Cheyenne no longer craves for alcohol

Actor Cheyenne Jackson has revealed that staying off alcohol during lockdown required effort but his life is better off without it.

“The craving for alcohol has been lifted, thankfully. But yeah, right now, I got to be fully on. Jason and I have definitely had moments because we’re both sober. We’ve both had moments where we’re like, ‘If we had a glass of wine right now, nobody would blame us,’” *Page Six* quoted Cheyenne as saying.

The actor, who has four-year-old twins — daughter Willow and son Ethan — goes on to reveal that there are many reasons to keep their mind off alcohol.

“And then we talk it through and realise that our lives are better (without alcohol) and we find something else to do. And it usually involves being with the kids, doing something to get your mind out of that. But yeah, I definitely want relief and it’s Groundhog Day,” he says.

IAN S



SONAKSHI’S next titled *Bulbul Tarang*

Actress Sonakshi Sinha took to Instagram to announce her next project. The actress will be seen in *Bulbul Tarang*, which will have an OTT release.

The actress posted a picture of herself where she is dressed in a blue salwaar kameez. She captioned the picture saying: “Meet Bulbul... A girl out to make her dream come true. I’m thrilled to announce my next film #BulbulTarang streaming soon on @netflix_in. #AbMenuMeinSabNew @tahirrajbhasin @reliance.entertainment #ShreeNarayanSingh #ArshadSayeed @sarkarshibasish.”

The film has been directed by Shree Narayan Singh and is said to be inspired by a true story. The film also features Raj Babbar and Tahir Raj Bhasin.

Meanwhile, Sonakshi, who is known for her role in the *Dabangg* series, *Lootera*, *Akira* and *Mission Mangal*, is gearing up her next release *Bhuj: The Pride Of India*. The story is set against the backdrop of the Indo-Pak war of 1971.

IAN S



Vaani’s penchant for holistic lifestyle

Actress Vaani Kapoor said that she wants to build something of her own in the health and nutrition space in future.

“Holistic lifestyle has been a part and parcel of my life even before I made my debut in Bollywood. I have always wanted to lead a healthy lifestyle and working out and eating right was always a top priority for me. I want to build something of my own in the health and nutrition space in the coming years and I have been researching the same for years now,” Vaani said.

“I want to actively promote and raise awareness about how important health is among the citizens of my country. Being healthy should be a top priority for us all, at all times. It really doesn’t take much to ensure that

we are eating right and living right and I want to engage with people on the same,” she said. IAN S





Hot 'N' Spicy



GOBI MANCHURIAN

Ingredients

- DRY INGREDIENTS:**
- Cauliflower - 1 medium (cut into large florets)
 - Onion - 1 medium (finely chopped)
 - Garlic - 4 cloves (finely Chopped)
 - Spring onion - 3 (finely chopped - white and green parts separated)
 - Lemon - 1/2
 - Soya sauce - 1 tbsp
 - Tomato ketchup - 2 tbsp
 - Asian Hot Chilli Sauce - 3 tbsp
 - Red chilli flakes - 1 tsp
 - Corn flour - 2 tbsp
 - Salt - 1/2 tsp
 - Sesame Oil - 1 1/2 tbsp
 - Canola Oil - For frying
- FOR BATTER**
- All purpose flour - 3/4 Cup
 - Corn flour - 1/4 Cup
 - Rice flour - 1 tbsp
 - Freshly ground pepper powder - 1 tsp
 - Ginger Garlic paste - 2 tbsp
 - Salt - 1/2 tsp (adjust per taste)

Procedure

Take a mixing bowl and add all the ingredients. Add about 3/4 cup of water to make a batter. Adjust the water quantity accordingly. Batter should not be too thick or thin. Now heat the oil for frying. Once the oil is hot enough, dip the cauliflower florets into batter, make sure the batter coats the cauliflower and drop it into the hot oil. Fry in medium-high flame until the colour changes to light golden brown. Remove from oil and place them on a paper napkin to remove excess oil. Take a small mixing bowl, add 2 tbsp cornflour and 3 tbsp water and make a cornflour paste. Keep it aside. Heat a separate pan with 1 1/2 tbsp of oil, add onion, garlic and white part of spring onion. Saute them in high flame, until the onion turns translucent. Now, turn the flame to medium, add the soya sauce, tomato ketchup, chilli sauce and give a nice stir. Add the prepared corn-flour paste and let it cook. The sauce will start to thicken. Add the salt and red chilli flakes and stir well. Now add about 1/2 cup of water and stir it to get a thick sauce consistency. Now, add the juice of half a lemon and mix well. Finally, add the fried cauliflower to the sauce and saute in high flame for about 3 minutes. Turn off the flame, garnish the green part with spring onion. Serve hot as a delicious appetiser.

CHILLI GOBI

Ingredients

- DRY INGREDIENTS:**
- Water: 3 Cup
 - Salt: 1 tsp
 - Cauliflower: 1 Cup
 - Cornflour: 1/2 Cup
 - Salt: 2 tsp
 - Black Pepper Powder: 1 tsp
 - Ginger: 2 tsp
 - Garlic: 2 tsp
 - 1 Onion, chopped
 - 5 Green Chillies
 - Soya Sauce: 1/2 tsp
 - Tomato Sauce: 2 tsp
 - Vinegar: 1/2 tsp
 - Red Chilli Sauce: 2 tbsp
 - Black Peppercorns (Grinded): 1 tsp
 - Cornflour (mixed with water): 1/2 Cup

Procedure

Take water in a pan, add salt and let it boil. Add cauliflower to the boiled water. After completely soaking the cauliflower, take it out and put in a bowl. Add cornflour, salt and black pepper powder to the bowl. Mash the ingredients thoroughly in the bowl. Now, put the cauliflower pieces in to the frying pan for deep frying. After frying, reduce the oil from the frying pan. Add ginger and garlic to the reduced oil and saute. Now, add onion, green chillies, soya sauce, tomato sauce, vinegar, red chilli sauce, salt and black pepper corn. Saute all these ingredients together to form a red-dish black paste. Add the fried cauliflower to the pan and mix it with the paste thoroughly. Take some cornflour mixed with water in a cup and add it to the pan. Mix well and serve hot.



Priyanka



PHOTO: KUMAR SHARAT, OP