

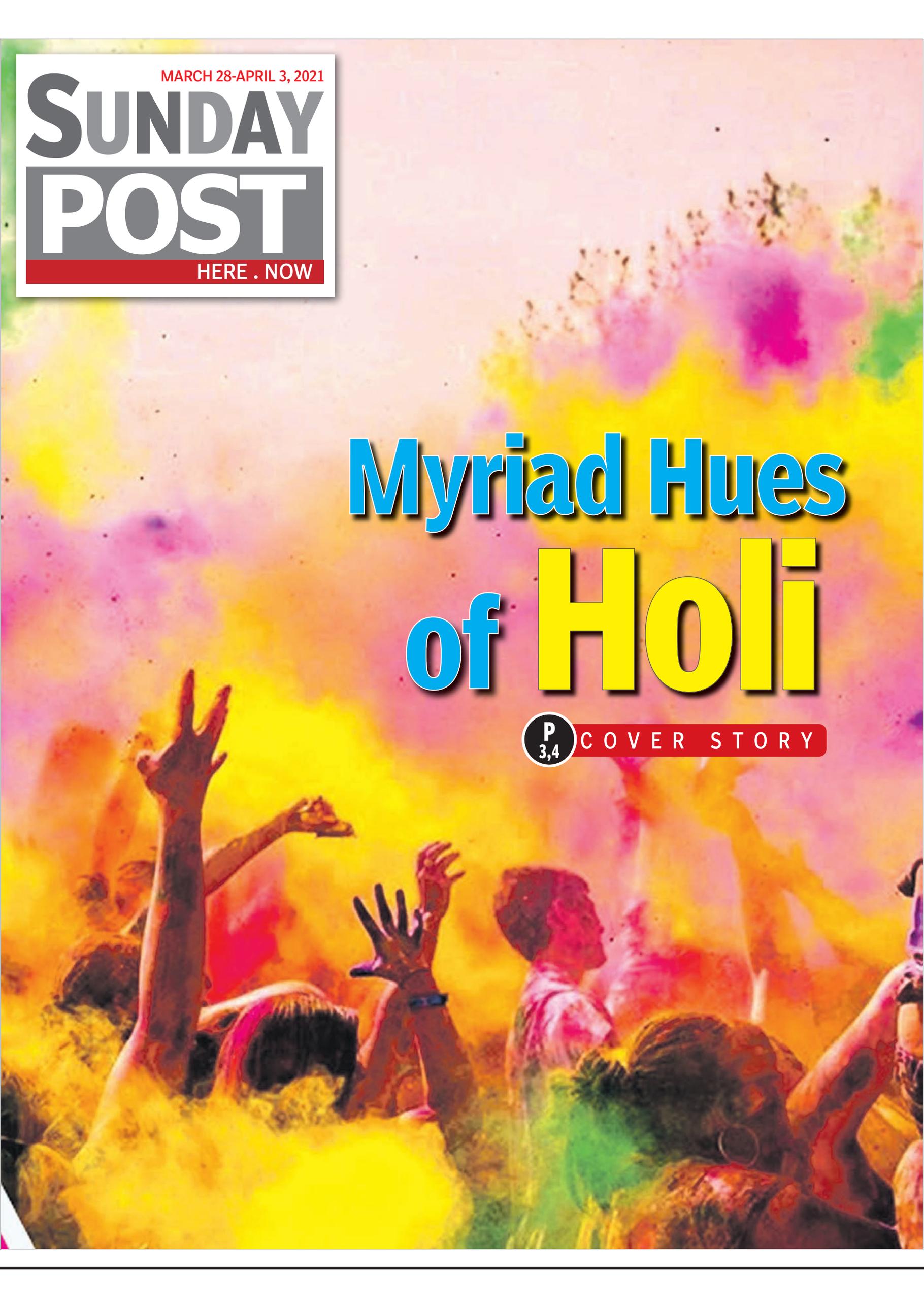
MARCH 28-APRIL 3, 2021

# SUNDAY POST

HERE . NOW

# Myriad Hues of Holi

P  
3,4 COVER STORY





RASHMI REKHA DAS, OP

Music video director Biren Biren, who has more than 50 albums including 'To Pain Dil Mora', 'Tip Tip Barsha Pani', 'Punei Janha' and an award-winning short-film 'Kupi' to his credit, loves to wake up late and chill on non-working Sundays.



With friends

Doing Chores

Staying alone means managing a whole lot of stuff. I wash my clothes and other belongings. Besides, I make sure to clean the house on Sundays if I am not working.

Love for Parents

As I live in Bhubaneswar, the first thing I do on a Sunday is to make a phone call to my parents who stay in Kendrapara and talk to them for hours. It makes my Sunday worthwhile.

Greenhorn in Kitchen

Sundays are reserved for my friends. I catch up with some of my close friends and help them in cooking at their places as I am a bit of a greenhorn in the kitchen. Later, we hang out together and have fun.

Movie Buff

Watching latest movies on streaming platforms is something I enjoy the most in my free time. More often than not, it helps me add quality to my job.



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

- The problem isn't that obesity runs in your family. It's that no one runs in your family.
A recent study has found that women who carry a little extra weight live longer than the men who mention it.
People who take care of chickens are literally chicken tenders.
If a parsley farmer gets sued, can they garnish his wages?



IDEAS FOR GOOD WRITING

Sir, I was delighted to read the interview of essayist Chandrasekhar Hota, the Kendra Sahitya Akademi Yuva Purashkar winner for 2020. It highlights how Hota, as a police officer, has been able to strike a fine balance with writing which is his passion. His ideas for good writing holds true for one and all as he has rightly said that one has to first conceive an idea and then read a lot to give it a proper shape.

DILLIP KUMAR DAS, TALA TELENGA BAZAAR, CUTTACK

POWER OF POETRY

Sir, The cover story 'Capturing Creative Spirit' published last week to mark World Poetry Day was worth reading. Nikhilesh Mishra's quote on the purpose of poetry and what is that poetry and poetry alone can do was quite impressive. I too believe that poetry can change the outlook of a person and create harmonious ambience to live in. Needless to say, this is also a powerful medium which can influence people in a positive as well as negative way.

ASHUTOSH PATNAIK, DHENKANAL

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



# Myriad Hues of Holi



Apart from ancient Hindu literatures, the festival of colours has got a mention in the book by the great 4th century poet Kalidas and 7th century Sanskrit drama Ratnavali

BUDDHADEV NANDI

One of the most popular Hindu festivals observed all over Indian subcontinent is Holi, the festival of colors. Holi, as per Vikram Samvat Hindu Calendar, is celebrated with pomp and grandeur on the full moon day of the month of Phalgun. This boisterous Hindu festival Holi befittingly equates Rituraj Basanta (King of Seasons) marked by a riot of colors in nature with blooming palash, simul and krushnachura. Therefore, Basantosav, another name of Holi, is the eponym of 'Basanta Ritu' in Odia and Bengali almanacs.

### Days of Festival

The festival of Holi is generally observed for two days. The celebration of 'Holika Dahan' (Incineration of an Ogress called Holika) is observed on the full moon evening. It is also popular as 'Chhoti Holi'. It is followed by the celebration of 'Rangwali Holi' and 'Fagua' on the very next day. In some parts of our country especially in Bengal and Orissa, 'Holi Purnima' is also observed as the birthday of Shri Chaitanya Mahaprabhu.

### Holika Dahan

There are a number of mythological stories surrounding the festival of Holi. According to Hindu scriptures the name of the festival Holi is derived from Holika, the sister of demon king Hiranyakashipu who was killed by Narshinma (semi-man-semi-lion), one of the ten incarnations of Lord Vishnu. Though Lord Vishnu was the sworn enemy of Hiranyakashipu, his young son Prahalad was an ardent devotee of Vishnu. The demon king made several attempts to kill his son to get rid of him. But all his efforts were in vain.

Finding no other way, King Hiranyakashipu invoked his ogress sister Holika and entrusted

her with the onus of killing Prahalad. Holika was empowered by a strange boon. She could enter the fire unscathed. Holika entered a blazing pyre with Prahalad in her lap. But her sinister desire backfired because she was unaware of the fact that the boon would work only if she entered the blazing fire alone. So, the magical cloak that had so far protected Holika from the rage of fire flew away from her body and instead wrapped Prahalad leaving him unhurt. But Holika was burnt to death. As a mark of the great triumph of a true devotee of Lord Vishnu, the effigies of Holika are burnt in huge bonfires in many parts of Northern India. Therefore, 'Holika Dahan' symbolises the victory of good over evil.

### Krishna's Jealousy

There is also a legend that tells that Holi originated when Lord Krishna with dark complexion was extremely jealous of Radha's fair complexion. He often lamented why Radha was so fair. His dotting mother Yashoda advised him to smear Radha's face with variety of colors. In a mischievous mood

Krishna played pranks and smeared her skin. Therefore, Holi is a festival that removes the pride of skin complexion.

### Dhundi Episode

Another legend tells that there was an Ogress named Dhundi in the kingdom of Prithu. She troubled little children. But no one could suppress her as she was endowed with a boon bestowed upon her by Lord Shiva. The boon made her almost invincible. However, the boon also entailed that her defeat could be possible only by the crazy group of boys. Therefore, on the day of Holi, in some parts of the country boys hurl abuses and play pranks to chase away Dhundi.

### References of Holi

Historically, Holi dates back to several centuries before the inception of the Gregorian calendar. In ancient Hindu literatures and Puranas there are references of Holi festivals. Besides, the celebration of Holi is mentioned in the book by the great poet Kalidas in the 4th century and 7th century Sanskrit drama

Ratnavali. The reference of Holi festival is engraved and painted in sculptures and murals of ancient Indian temples.

### Dola Yatra in Odisha

The festival of colour is popular as Dola Yatra in Odisha which is celebrated for five days here. It starts from celebration of Fagu Dashami on the 10th day of the bright fortnight of the month Falguna. People smear one another with coloured powder and circumambulate the idol of Madanmohan installed in a richly decked palanquin called Veemana. Processions participated by village folks, musicians and singers move around the villages with the deities for four days. This four-day iteration is called Chachery. On the day of full moon Dola Yatra or Swing Festival carrying the idols in palanquins with devotional songs in chorus in villages is celebrated. Besides, the idols of Jagannath, Balabhadra and Subhadra are installed on the podium called Dolamandapa. Then the important events round the year according Odia almanac are read.



**Festival in Bengal**

In Bengal, the idols of Radha and Krishna are placed on well decorated palanquins. In this regard Basanta Utsav in Shantiniketan deserves special mention. Famous Bengali poet Rabindranath Tagore introduced the occasion in his Vishva Bharati University. There the students celebrate the occasion singing, dancing and throwing colour powders. Many tourists from our country and abroad turn up to become the part of Basanta Utsav. Bishnupur, the city of temple in Bankura district of West Bengal also has a rich tradition of celebrating Holi in the precinct of famous Madanmohan Temple.

**Prime Venues of Holi**

Holi is celebrated in different ways in different parts of India. Lath mar Holi is celebrated at Barsana, a town near Mathura in Uttar Pradesh. Women with sticks run after and



beat men who protect themselves with shields. In Mathura, Vrindavan and other parts of the Braj region Holi is celebrated almost in the same manner. Holi lasts for more than two weeks there. Holi in Gujarat is called Dhuleti which is celebrated with Rangoli or color dusts. In Bihar, Fagua or Fagu Purnima is the name of the festival of Holi. Huge bonfire is lit with cow dung cakes, 'araad' and 'redi' creepers and even grains from the fresh harvest. 'Abir' i.e. coloured powders and water



colours are applied to observe Holi. Besides, Holi is known as Dulandi Holi in Haryana, Rangpanchami in Maharashtra, Hola Moholla in Punjab, Kama Dahanam in Tamil Nadu and so on. Transcending the boundary of our country, Holi is celebrated in Nepal, Indonesia, Fiji, the USA, the UK and even in Pakistan.

**Ingredients of Colours**

In the past the hues and colours used to imbue one another would be derived from herbal and organic origins. Green was obtained from mehendi and dried leaves of neem, gulmoohar and other leaves. Yellow, red and orange were extracted widely from turmeric, whereas, indigo plants were the basic sources of the colour blue. Besides, variety of fruits, flowers and vegetables including grapes, beetroot, tea, amla, hibiscus, palash and krishnachura were widely used to prepare color dust and gual of different hues. But in this modern synthetic age, herbal colors have been replaced by cheap and bright chemical colors prepared with toxic metal-based pigments including mercury sulfide, lead oxide, aluminum bromide, copper sulphate and so on. It is heartening to note, with the ever increasing sense of health-consciousness the



use of organic and herbal colors are gaining ground.

**Multiple Perspectives**

Needless to say, various legends and historical events associated with Holi mainly recognise the ultimate victory of good over evil. It is also the harvest time when Holi is celebrated. Nature turns into a collage of colourful pastel landscapes. The festival of colors plays the role of a mighty leveler to do away with discriminations and differences among people irrespective of cast, creed, complexion, sex, age and social status. However, Holi is a vibrant festival containing multifarious aspects.

**Essence of Holi**

There is a popular song that expresses the true essence of Holi, the festival of colors.

Pyar ke rang se bharo pichkari  
Sneh ke rang do duniya sari  
Ye rang na jane koi jaat na koi boli  
Aapko mubarak ho aapno ki holi

**It may roughly be translated into English:**

Fill the syringe with colour of affection  
And sprinkle it without discrimination  
For the color is ignorant of language and sect  
Let your holi be hailed with deep respect.



**Holi in Times of Pandemic:** Unlike most other festivals, it is quite impossible to observe Holi wearing masks, using hand sanitiser and maintaining social distance. As almost all the rituals of this festival involve physical contact, people have little option before them to enjoy Holi avoiding the glare of the spread of COVID -19.

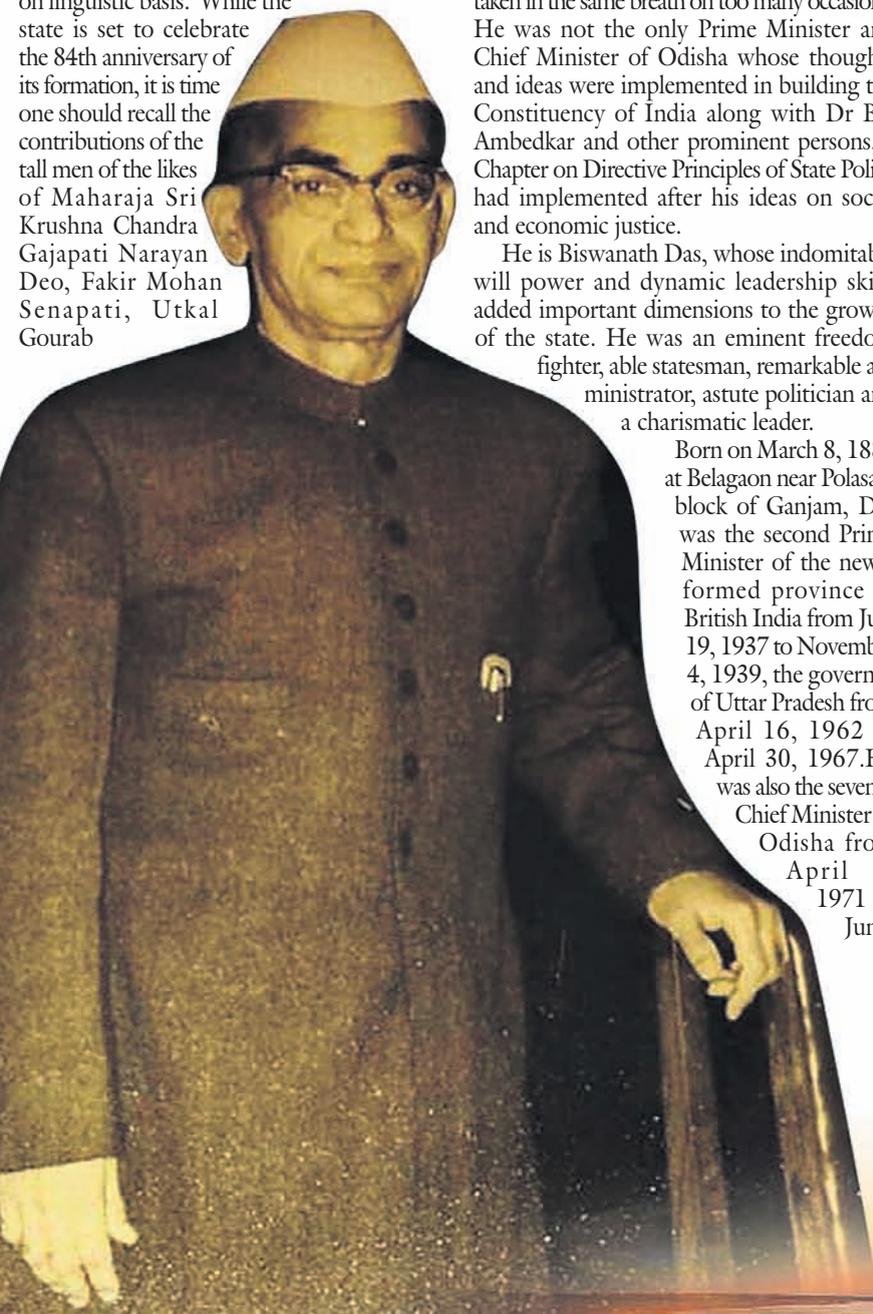
UTKAL DIVAS SPECIAL

# Biswanath Das: An ardent socio-political leader

*The thoughts of Odisha's second Prime Minister were not only implemented in building the Constituency of India along with Dr BR Ambedkar, a Chapter on Directive Principles of State Policy was implemented on his ideas on social and economic justice*

PRAFULLA CHANDRA MOHANTY

Carved out of Bengal-Bihar-Orissa province, known as Bengal presidency, the present day Odisha was born as a separate state on April 1, 1936, on linguistic basis. While the state is set to celebrate the 84th anniversary of its formation, it is time one should recall the contributions of the tall men of the likes of Maharaja Sri Krushna Chandra Gajapati Narayan Deo, Fakir Mohan Senapati, Utkal Gourab



Madhusudan Das, Gangadhar Meher, Sriram Chandra Bhanja Deo, Utkalamani Gopabandhu Das, Harekrushna Mahtab and Pandit Nilakantha Das who once fought valiantly and shaped the destiny of a vibrant Odisha.

However, there is one name that is not taken in the same breath on too many occasions. He was not the only Prime Minister and Chief Minister of Odisha whose thoughts and ideas were implemented in building the Constituency of India along with Dr BR Ambedkar and other prominent persons, a Chapter on Directive Principles of State Policy had implemented after his ideas on social and economic justice.

He is Biswanath Das, whose indomitable will power and dynamic leadership skills added important dimensions to the growth of the state. He was an eminent freedom fighter, able statesman, remarkable administrator, astute politician and a charismatic leader.

Born on March 8, 1889 at Belagaon near Polasara block of Ganjam, Das was the second Prime Minister of the newly formed province of British India from July 19, 1937 to November 4, 1939, the governor of Uttar Pradesh from April 16, 1962 to April 30, 1967. He was also the seventh Chief Minister of Odisha from April 3, 1971 to June



14, 1972.

Das' in-depth knowledge about Sanskrit made him able to read, write and understand the ancient Indian Sanskrit verses mostly the Vedas, Upanishadas and Bhagwat Geeta. After formal education, he went to Cuttack and joined Victoria High School later known as Bhakta Madhu Vidya Peetha and then joined Ravenshaw Collegiate to complete his schooling. He joined Ravenshaw College and completed graduation in arts stream. Later, he went to obtain a law degree from Calcutta University in 1918. While studying he came in contact with freedom fighters. He came to know about the oppressive majors taken by British rulers on Indians to suppress the unity and raising voices against the foreign rule. He practiced law for sometime as an advocate at Berhampur under Madras presidency. Not happy with advocacy business, Das sincerely got into the freedom struggle to free his motherland from the clutches of British government. He joined Indian National Congress as a member and took leadership in uniting the peasants of the district. He then started a drive against the middle men who were exploiting the innocent farmers. Later he joined politics and was elected president of Chhatarpur Taluk Board of the district Ganjam. His experience in the peasants' movement helped a lot in acquiring popularity for his representation in the Taluk Board. He was also elected to Madras council for three terms from 1920 to 1929, but resigned from the membership under the call given by Congress. His tireless effort in amalgamating Odia speaking tracts helped to actualize the formation of the new state Odisha April 1, 1936 in collaboration with the members of Utkal conference (Utkal Sammilani).

Being the first elected Prime Minister of the newly formed state Odisha in 1937, he initiated three important tenancy legislations during his tenure such as Madras Estates land (Orissa Amendment Act) Bill, Orissa Tenancy (amendment) Bill and Money Lenders Bill.

He, however, resigned in 1939 in obedience to the directives of the Indian National

Congress on the difference in the declaration of World War II by the British Government.

Das, who lived a life of austerity, had held high political offices on numerous occasions. After India got Independence, he became a member of constituent Assembly from 1947 to 1952. His ideas and ideals are reflected in many provisions of the constitution. He was very much optimistic about the working of the new constitution usually with constituent assembly names like BR Ambedkar, AK Ayyar, N Gopalswamy Ayyangar, Hridaynath Kumzur, K Santhanam, Satichidananda Sinha, KM Munshi and Tej Bahadur Sapru came to occupy the memories of the students of Indian government and politics.

Besides being a member of the state congress executive committee 1947-1952, he was the president of Pradesh congress committee for a number of years. He was elected to the state Assembly in 1962, but he resigned from the post to accept the governorship of Uttar Pradesh. He was working for a period of five years as the Governor from April, 1962. He returned to the state politics of Odisha once again to hold the post of chief minister constituted by the Utkal congress, Swatantra and Jharkhand parties during the year 1971 and 1972. He had set a high standard in social service by getting involved with the Servants of the People's Society of India in which he became the president after the demise of the former Prime Minister Lal Bahadur Sastri. Besides, he was one of the founding trustees of Chaturdhamveda Bhavan, Puri and instituted Biswanath Trust Fund to cater to the needs of poor students.

Even as he breathed his last June 3, 1984, there shouldn't be any doubt that the study of his life will continue to help generations in understanding the growth of society and legislative system in Odisha and constitutional system of India.



The writer can be contacted on 9337960688. Views are personal



## Kriti on playing Sita in *Adipurush*

With great roles, comes great responsibility. Kriti Sanon is aware that all eyes are on her as she portrays the role of Sita, one of the most revered characters of Ramayana, in the magnum opus, *Adipurush*. "I am overwhelmed and grateful that I am playing such an iconic character. The role comes with a lot of pressure because we don't want to (portray anything that is not (true to) the part. People's sentiments are attached to the character," she begins.

The Om Raut-directed spectacle features South sensation Prabhas in the

titular role with Saif Ali Khan essaying the role of Raavan.

The bilingual marks Sanon's second-period drama after Ashutosh Gowariker's *Panipat* (2019).

Noting that being authentic to the story is half the battle won, she says, "When you're telling a story that is not set in today's times, you have to keep a check on your body language and dialogue delivery. With Om, I am in safe hands. I like his clarity on the film, and he is technically sound. This is the first time I am shooting a film that demands such extensive chroma work. It is a pan-India film, so I had to work on my Telugu." AGENCIES



## Grand trailer launch for *Oyee Guitar*

POST NEWS NETWORK

Appu Kanungo directorial *Oyee Guitar* had a grand trailer launch recently in Bhubaneswar in the presence of film's cast and crew.

Talking to the media, producer B Chandrapriya Subudhi of Srihaan Cinecreations said, "Oyee Guitar, a content-driven film, is my first foray into Ollywood and I hope it will get viewers' acceptance."

The musical drama features Aman, Aahana, RJ Guddy, Debu

Pattnayak, Guddu, Namita Das, Ch Jayprakash Das, Ranu Padhi, Jiban Panda and others.

"Behind every successful man there is a woman. But *Oyee Guitar* sends a message that she may not be your mother, sister, wife or girlfriend," said director Kanungo and added that the release date will be announced shortly.

The production house will present *Mama Weds Papa* to the viewers in forthcoming Durga Puja which will be a joint venture with producer Anup Singh, revealed Subudhi.

## 'Anurag is a mischievous kid on the set'

Actress Shilpa Shetty Kundra, who judges the dance reality show *Super Dancer: Chapter 4* alongside filmmaker Anurag Basu, says the latter is fun to be with on set.

"Dada is fun to be around with. He is like a mischievous kid on the set. He is always making us laugh and has a peculiar style of speaking which is entertaining and endearing," she says.

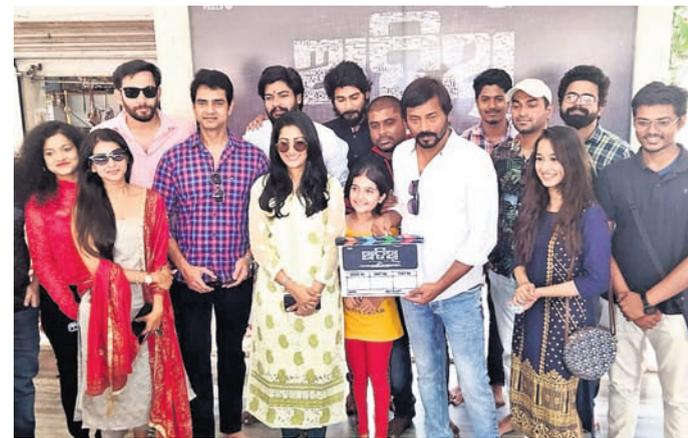
She adds that he is a big prankster.

"He is always up to some prank and looks for an opportunity to pull our leg. But, on a serious note, Dada is warm and affectionate and playing pranks is his way of expressing that affection. Both Geeta and I

enjoy his company," she says.

Choreographer Geeta Kapur also judges the show. *Super Dancer: Chapter 4* will air on Sony Entertainment Television from March 27.

IANS



## Anu, Sukanta team up for *Atithi*

The muhurat of new Odia film *Atithi* was held last week at the Hanuman Temple near CRP Square in Bhubaneswar. The entire cast of the movie including Anu Choudhury, Sukant Rath, Manoj Mishra, Divya, Chinmay Mishra and Aviskeh Giri were present during the launching ceremony.

Written by Manash Padhiary, the film is being directed by Ajay Padhi while Rabinarayan Das will take care of the dialogues, said the producers.

Not divulging much about the movie, veteran actor Sukant Rath,

who has been cast opposite Anu, said, "The movie tells how a couple's married life is messed up when three unexpected guests suddenly appear at their place and how they deal with the situation. This is an original script and I'm sure viewers will identify themselves with the characters of the movie."

The film is being produced by Sthita Patnaik while the music will be scored by Somesh Satpathy. Humane Sagar, Kuldeep Patnaik, Arpita Choudhury and Sanchita Subhadarshini will lend voice to the songs of the film.

PNN



# Safety tips on Festival of Colours

***Apart from harmful UV radiation, exposure to sun during Holi also dries the skin by causing depletion of moisture and results in tan***

**H**oli festival which marks the onset of spring season will be celebrated across India amid coronavirus scare for the second successive year. Traditionally spring flowers, berries, spices and other plants were used in the past as source of Holi colours. During the last few years expensive artificial bright and vibrant colours have started making their way into markets which contain chemical solvents and toxic agents like lead oxide, mercury sulphide and copper sulphate which may damage eyes, skin and lungs.

But Holi without the use of coloured water, water balloons, colours, dye is incomplete. You can enjoy fun and frolic of the festival by playing with organic, homemade colours available in markets. You can also take some precautions to prevent your skin, hair from getting damaged.

The dry Gulal and the wet colours of today are not manufactured from natural sources. They contain chemicals, shiny particles of mica and even lead, which not only irritate the skin, but get collected on the scalp. Since Holi is played outside, sun-exposure can have a detrimental effect on the skin. Apart from harmful UV radiation, sun-exposure makes the skin dry by causing depletion of moisture and also tans the skin. The skin can become dry and dull after playing Holi.

### **Here are few tips to protect your skin and hair before playing Holi:**

Remember to apply a sunscreen 20 minutes before going out in the sun. Use a sunscreen of SPF 20 and above. If your skin is prone to pigmented patches, select a higher SPF. Most sunscreens have built-in moisturisers. If your skin is very dry, first apply the sunscreen, wait for a few minutes and then apply a moisturiser. Apply moisturising lotion or cream on the arms and exposed areas.

Apply leave-in conditioner or hair serum on hair before playing Holi. This protects the hair from the effects of sun exposure and dryness caused by the colours. Hair Cream containing sunscreen is also available.

Take very little, spread on both palms and massage light into the hair, or smooth palms over the hair. Or, apply pure coconut oil and massage it lightly into the hair. This also provides protection against colours.

Apply transparent nail varnish on the nails. This helps to protect the nails from absorbing Holi colours.

The real problem is removal of colours after playing Holi. Rinse the face with plenty of plain water and then use a cleansing cream, or lotion. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like 'til, olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturiser on the face and body, while the skin is still damp. This helps to seal in moisture.

If there is itching, add two tablespoons of vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an allergic reaction to the colour. Consult a doctor as soon as possible.

While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly with water again.

Beer can be used as a last rinse. In fact,

it will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampoo. Leave on for a few minutes and rinse off with plain water.

The day after Holi, mix two tablespoons honey with half a cup of curd. Add a pinch of turmeric. Apply this on the face, neck and arms. Leave it on for 20 minutes and wash off with water. Helps to remove tan and soften the skin.

Within the next few days give your hair a nourishing treatment. Mix one tablespoon pure coconut oil with one teaspoon castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for five minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

The pandemic has brought the world to a halt. Various state governments have already put reasonable restrictions relating to festival rituals.

Please celebrate this festival with full zeal and enthusiasm with your family members in your home taking precautionary measures



SHAHNAZ HUSAIN





Sasmita and Janhavi

PHOTO: KUMAR SHARAT, OP  
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