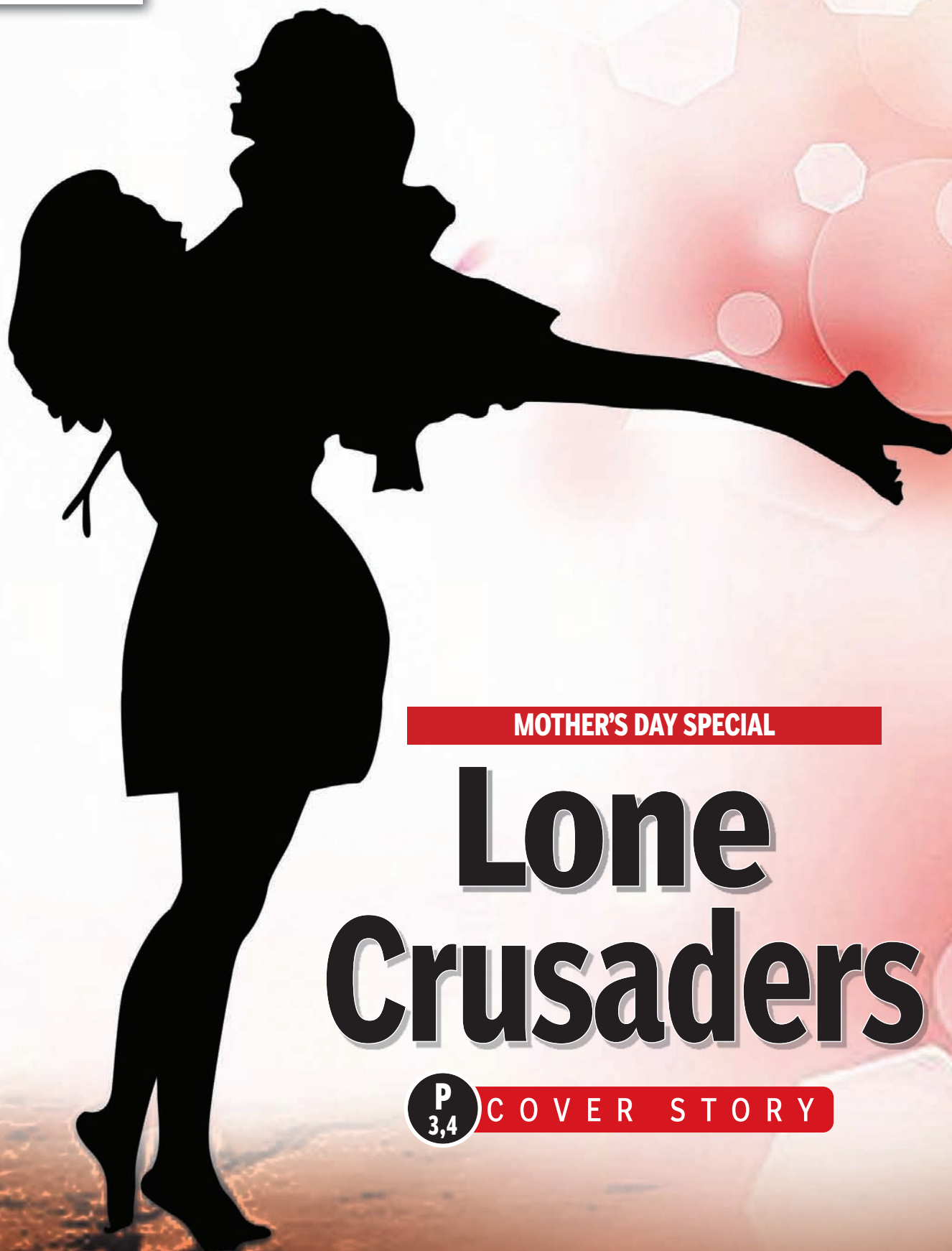


MAY 9-15, 2021

SUNDAY POST

HERE . NOW



MOTHER'S DAY SPECIAL

Lone Crusaders

P
3,4 COVER STORY



Painter-cum-lawyer Shudhhasata Mishra loves to spend quality time with her son Om, a kid with special needs, every Sunday.

Fitness freak

Be it Sunday or any other day, my day starts with pranayam and meditation to increase my overall fitness. But on holidays I add treadmill walking to my workout routine to burn extra calories.

Passion for innovation

I love to paint on cloth which is amongst the most distinctive forms of traditional painting. Besides, I hand-paint sarees and do patachitra painting on them so that they can be draped on special occasions.

Caregiver

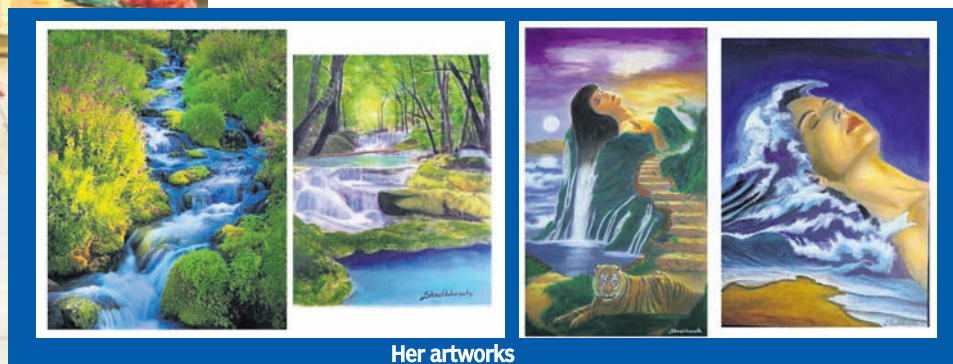
My son Omm is a special child. I make his day by playing with him and cooking his favourite food chicken pakoda. He also loves cake and Lassi. Besides, I help him practice speech therapy.



With son and husband

Nature lover

My husband and I love spending time in the lap of nature. Since, the pandemic has stopped us from visiting places like Manali and Kashmir, we escape to nearby picturesque sites to get respite from scorching summer.



Her artworks

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

- We live in a society where pizza gets to your house before the police.
- Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- Do not argue with an idiot. He will drag you down to his level and beat you with experience.

GIFTED AUTHOR

Sir, Even as Manoj Das the storyteller has bid farewell to the material world but he is alive in the memories of scores of his readers as a gifted author of modern times. He is one of the rare authors who could create magic with his pen. His tales of human emotions, myriad experience of life and sorrows with an absolute fineness for his readers makes him a true son of Devi Saraswati, the Goddess of learning.

RASHMITA DAS, CUTTACK

COLOSSAL LOSS

Sir, The sad demise of bilingual writer Manoj Das has marked the end of a golden era in Indian literary circuit. He is truly a peerless writer whose works will linger on beyond our times for they give the ultimate solace we seek in life. It is good that the state government has decided to set up a museum-cum-library at his birth place and an international award in his memory.

SANJAY SAHOO, BOUDH

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
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A single mom often faces criticism, social stigma and discrimination in her everyday life while her to-do-list gets longer as her child grows older

MOTHER'S DAY SPECIAL

Lone Crusaders



RASHMI REKHA DAS, OP

Today is Mother's Day. It is celebrated across the globe to recognise the immeasurable contributions of mothers in building the lives of their children.

Needless to say, motherhood is far more challenging than that one could ever think of. But it gets compounded if the woman is a single mother, no matter whether she is a widow, a divorcee or a single parent by choice.

Besides being the sole breadwinner, she has to take care of her kids and manage home single-handedly. Being single, she can't afford to fall sick, she is the one who has to carry the grocery bag as well as her child's school bag. She faces criticism, social stigma and discrimination in her everyday life while her to-do-list gets lengthier as she grows older. It is certainly one of the scariest things that can ever happen to a woman. Battling financial, emotional and health issues all alone apart from raising children with utmost care is not everyone's cup of tea.

On World Mother's Day, Sunday POST profiles three such women who have successfully raised their children without support of their partners.

Annie Satpathy

It is very difficult to recover from the grief after losing someone significant and a blow can't be a bigger than losing one's husband at a young age. Bhubaneswar-based Annie Satpathy, a popular anchor at Doordarshan, lost her life partner when he was in his early 40s. Since then, she has been waging a lone battle against social stigma, social discrimination and injustice to give a proper up-

bringing to her daughter.

Recalling the shock of her life, Annie says, "My husband was extremely health conscious. He always preferred home-cooked stuff and avoided spicy food. So, we never expected him to suffer from any health disorders. But that was not to be. On the fateful day (June 10, 2018), he was in

Berhampur, his birthplace. While returning home from work, he felt mild pain in his chest and went to a nearby hospital for a check-up. But before being examined by a doctor, he succumbed to a massive heart attack. It was a bolt from the blue for me and I couldn't recover from the shock."

The incident completely shattered Annie.

She slipped into depression and suffered from sleeplessness for the next six months.

"He went too soon and it was difficult for me to return to normal life. Since I was anchoring a health magazine on

Doordarshan, I frequently consulted the physicians to get rid of sleeplessness and depression," recalls Annie.

However, being a mother helped her survive these dark hours. "My inner soul reminded me of my little daughter Ladli who was only nine-years old then and about my responsibility toward her. Soon, I realised that it will be difficult for me to look after my daughter unless I gather myself and start afresh. So, I tried to remain happy. But one thing I must say that during my lowest phase in life, my daughter stood by me like anything. Her words gave me the push to begin life all over again."

Talking about the challenges single mothers face and what they should do to address them, she said, "They do not need anybody's support or help, all they need is to be left alone so that they can cope with the changes in a society where they are considered incomplete without men in their lives. It often hurts when people treat the single mothers, especially those become single not by choice, as 'bichari'."

At times, some people like the so-called well wishers and neighbours come up with their unsolicited advices which are very irritating, says Annie. "Following my husband's death, some people started behaving with us in a different way which was annoying. So, you need to ignore them and concentrate hard on better parenting of your child," adds the actress.

When asked about her message to the single mothers, Annie says "Whether by choice or due to the circumstances, the single mothers should accept the truth as soon as possible. They should not feel alienated from society. They should move on in life and do things which are better for the future of their children."



Annie and her daughter Ladli



Auroshrta with her daughter

Auroshrta Arpita

A women getting divorced for delivering a daughter is unthinkable in a civilised society these days. But this had happened with Auroshrta Arpita of Bhubaneswar, who has been looking after both her six-year-old daughter and her parents for the last four years after being abandoned by her husband.

Auroshrta got married to a soft skills trainer in January 2013 after doing her BA with English honours from Rama Devi Women's college. "Both of us were quite happy till our daughter was born. Despite being an educated man, he was not happy as our first child was a girl. After that he started maintaining a distance from me. I tried to save the relationship, but in vain. My daughter Harshita was born in September, 2014 and I received the divorce notice in May 2015. We parted ways in the year 2016. Soon after, I slipped into depression and made a suicide attempt. I was devastated when he called me to inform about his remarriage," says Auroshrta.

She continues: "After the divorce, dealing with the changing scenario was not easy. Then, one of my friends made me join an online meditation class. There, I learnt Sudarshan Kriya, a powerful breathing technique, which helped me beat depression and anxiety. Now, I have moved on and am leading a happy life with my family members those who really matter. Even as I am single, I am sure I can raise my daughter well sans the presence of dad in

her life. I have no anger left for my husband. Rather, I am thankful to him for making me realise my potential."

Giving her message to the single mothers, Auroshrta says, "Being a single mother



Kanan with her children

is a kind of taboo even in today's patriarchal society. So, in order to overcome depression, you have to do things that can help you relax and give more energy. This includes following a healthy lifestyle, meditation and learning how to better manage stress and setting your own goals. Cherish all those things that you have got in your life even the small and insignificant ones and be in peace with yourself."

Kanan Maiti

The struggle of Astaranga-based Kanan Maiti, a mother of two, is epic. This single mother took up every odd job came her way in order to ensure her children's education and their happiness. Kanan, after the death of her husband Pradip in cancer, is finding it hard to meet ends. Though she is working as the Bijli Didi, a contractual post under the state government, a monthly allowance of Rs 1500 is too little to keep her home fires burning. However, she hasn't given up hope and is confident of giving her kids a better future.

"My husband, a nature lover, was diagnosed with last stage cancer in 2015. Despite suffering from excruciating pain, he continued to work for conservation of Olive Ridges. After his death, I left to fend for myself. A loan of Rs 5 lakh which I had taken for my husband's treatment has only added to my woes. I am struggling hard to repay the remaining Rs 2 lakh with my meagre salary," says Kanan.

It is not easy for a young woman to raise her kids in husband's absence. Kanan too faced a lot of difficulties. But she accepted the challenges and gradually learnt how to deal with the changing situation. She managed to lead a dignified life despite her poor financial condition. Kanan now hopes that the tough times she is going through will be a thing of past.

"We are not leading a comfortable life now. But I will try my best to give my children a better life," adds a confident Kanan.

FAMOUS SINGLE MOMS

Neena Gupta

Neena Gupta had a relationship with West Indian cricketer Viv Richards in 1989, when she got pregnant with Masaba. For Neena, it was a courageous step to keep the child without marriage, and now Masaba has carved her place in the fashion world.



Sushmita Sen



Sushmita Sen created history by adopting a girl child while still being single. In 2000, at 25, she brought Renee into her life. After a gap of 10 years, she took another step towards

adoption of a three-month baby girl whose name is Alisha.

Raveena Tandon

Raveena Tandon adopted two daughters-Pooja and Chhaya while being single. Prior to her marriage to Anil Thandani she took the responsibility of the two girls and managed it successfully.



Karisma Kapoor



Karisma Kapoor had married the business tycoon Sanjay Kapur, in 2003. But the marriage didn't last long and Karisma is now single-handedly taking care of her two kids Samaira and Kiaan.

Poonam Dhillon

Poonam married Ashok Thakeria and has two children, named Paloma and Anmol. They had problems in their relationship which resulted in divorce, after that she single-handedly raised her children.



Amrita Singh



Amrita Singh married Saif Ali Khan. She gave birth to her daughter Sara in 1993 and Ibrahim in 2001. Post her divorce from Saif, she raised her kids as single mom.

SELF-CARE DURING QUARANTINE

WITH LIMITED EXPOSURE TO THE SUN, POLLUTION, DUST AND GRIME DURING THE LOCKDOWN, THIS IS PERHAPS THE BEST TIME TO WHIP UP SOME HOME REMEDIES TO REJUVENATE THE SKIN

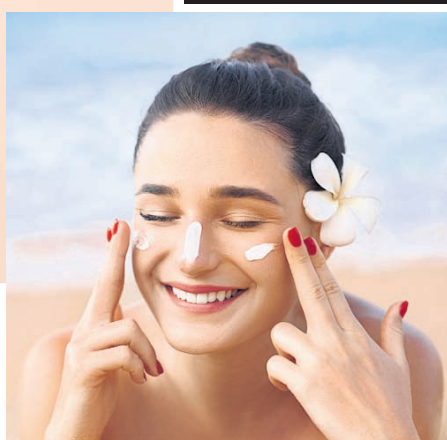


at this stage. Wet hair is weaker and more prone to breakage.

Keep in a bottle with a lid.

Organic pedicure

You will need a nail brush, a heel scrubber, nail clippers, emery board, cotton wool, cotton buds, massage cream, polish remover, nail polish and a small tub for soaking the feet to have an organic pedicure. After removing old polish, soak feet in warm water, after adding some herbal shampoo, oil and coarse salt. Let the feet soak for 15 minutes. Then clean the nails with the brush. Use the pumice stone on the heels and side of the soles. Avoid metal scrubbers. You can also scrub the entire feet with a rough towel or loofah. Wash the feet in clean water. Dry with a towel. If your nails need cutting, better to use a nail clipper.



Moisturise your hands

These days, we all are washing our hands too often which may cause eczema. All that washing and hand sanitiser dries out the skin. Many people are experiencing cracked and chapped hands due to excessive washing of hands as a matter of precaution or tension. If your hands are cracking, coconut oil is one of the best things you can use. You can also use the regular, original petroleum jelly if you want.

Have a luxury bath

You can try one of the following bath additives. Some of these can remove fatigue, while others replace oils, or relieve itching. Select one according to your needs.

Honey bath: Add two tablespoons of honey to a bucket of bathwater. It is said to induce relaxation and leave your skin soft and moist.

Vinegar: Add two tablespoons of vinegar. This helps overcome itching.

Eau de Cologne: Adding a few drops of cologne makes you feel cool and leaves the body fragrant.

Almond oil: Add one tablespoon almond oil to your bath water if you have dry skin.

After-bath body lotion: Mix together 100 ml rose water with one tablespoon pure glycerin.



The nails should be cut straight across. Do not cut the cuticles. Do not use sharp instruments to clean the nails. Apply almond oil and push back cuticles gently with a cotton bud. Then, give feet a scrub treatment. Mix ground almonds with yoghurt and some sugar. Apply them on the feet. After 15 to 20 minutes, rub gently on the skin with circular movements. Wash off with water. Then massage the feet with olive oil or sunflower oil. Wipe the feet with a moist towel. If you wish to apply polish, put some cotton wool between the toes. Apply the nail varnish in broad strokes, from the base of the nail to the nail tips. After the first coat dries, apply the second coat of colour.



SHAHNAZ HUSAIN

sweating or swimming.

Avoid heat styling

Another thing that you can avoid for the next few weeks during the restriction period is using heated hair tools, such as blow dryers, curling irons, tongs and straighteners and allow the hairs to dry naturally as you have sufficient time with you. The heat styling tools can cause breakage, damage and drying.

Once you've washed your hair, lightly pat it with a towel. Then leave the hair to dry naturally for at least 15 minutes. Be very gentle with your hair



The second wave of Covid-19 has affected every aspect of our lives adversely. The extended lockdown period has only added to the woes.

But being stuck at home does come with a silver lining. You'll have more time on your hands with nowhere to go or people to meet, so there's been no better time than now to catch up with your beauty needs and practice more self-care.

With limited exposure to the sun, pollution, dust and grime this is the perfect time to whip up some home remedies and concoctions for your skin even if you cannot go to a beauty salon.

Here are a few herbal beauty tips which can be used for daily routine while you are cooped up at home.

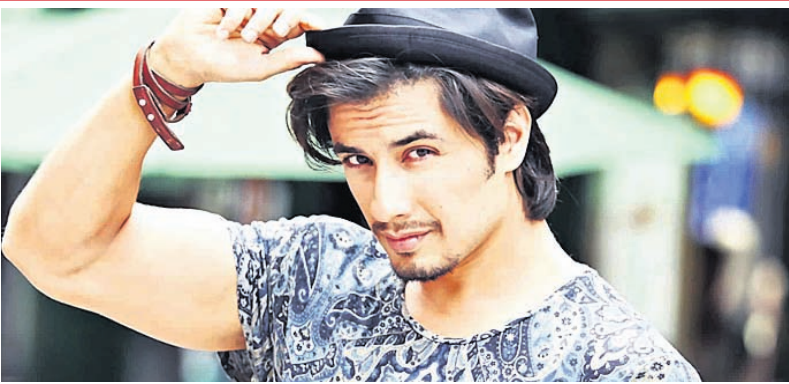
Avocado face mask

This fruit is packed with skin-friendly minerals such as iron, calcium, potassium, copper, magnesium, vitamins A, E, B, and K and unsaturated fats. Take one ripe fresh avocado and mash it up into creamy pulp in a bowl. Add one tablespoon of honey and one tablespoon of fresh plain yoghurt and stir until it turns into a uniform paste. Apply to skin and leave it on for 15 minutes. Rinse off the mixture with lukewarm water and pat dry your face with a soft towel. This mask works wonders for mature, wrinkled and dry skin.

Sunscreen application

Sunscreen should be applied every day to exposed skin, and not just if you are going to be in the sun. During the lockdown when you are indoors, apply sunscreen on the areas not covered by clothing, such as the face and hands. Sunscreens can be applied under makeup. Sun protection is the principal means of preventing premature aging.

Your sunscreens should have an SPF of 30 or higher that provides broad-spectrum coverage against sunburn and tanning. You should prefer water-resistant sunscreens as they cannot be easily removed by



Ali Zafar prays for wellbeing of India

Pakistani actor-singer Ali Zafar recently shared a video message for India, conveying his concern and prayers even as the country struggles to battle the raging second wave of Covid-19.

Speaking in a mix of Hindi and Urdu, Zafar said: "People of India, you are facing tough times and pain one cannot imagine. In Pakistan, too, people are troubled. May be these tough times will make us understand what humanity is, and the fact that there is nothing bigger than humanity. In these difficult times, the people of Pakistan and I stand with you and pray for your wellbeing. We all

are praying to God that our difficulties get resolved soon and there is happiness everywhere in India, Pakistan and everywhere else in the world. Let's all stand together and pray for each other during these difficult times."

Ali Zafar was seen in several popular films including *Dear Zindagi*, *Tere Bin Laden*, *Mere Brother Ki Dulhan* and *Kill Dil*. IANS

Shruti reveals about her best lockdown buddy

Shruti Haasan is spending lockdown time with her beau Santanu Hazarika and she recently gave fans a glimpse of their lockdown life. Hugging her man, Shruti posted an adorable picture on Instagram and captioned it, "best lockdown buddy. so thankful." Twinning in black, the much-in-love couple posed happily for a picture.

While Shruti Haasan and her doodle artist beau Santanu have not spoken openly about their relationship, but they continue to charm fans with their social media PDA. However, the couple set tongues wagging when pictures of Santanu attending Shruti's birthday bash in February were shared online. Not willing to spill the beans about her relationship with Santanu, Shruti had previously told in an interview, "I really don't like talking about my personal life anymore because I don't think it's easy for people to separate personal and professional matters so my focus is my work and that's what I would like others to focus on as well."

On the work front, Shruti will soon be seen sharing the frame with Prabhas in *Salaar*. IANS



Anushka urges all to follow Covid protocols

Actress Anushka Ranjan, who was last seen in the film *Gulabi Lens*, has urged all to take protocols seriously, given the surge in Covid-19 cases in the country.

"Let's all stay strong in this. We have a difficult situation at hand and we have to follow all protocols extremely seriously. If possible, let's double mask when we go out if we go out. We have to sanitise and maintain social distancing when we are out. Let's get vaccinated whenever the situation arises," Anushka said.

She added: "Do help the right foundations and be accountable that our donations are used for the right purposes. We have no choice but to defeat this virus. It can't get the better of us at any cost. My prayers and love to all. Let's stay safe and healthy."

Anushka made her debut with *Wedding Pullav* in 2015. She was later seen in the Shahid Kapoor-starrer *Batti Gul Meter Chalu*. IANS

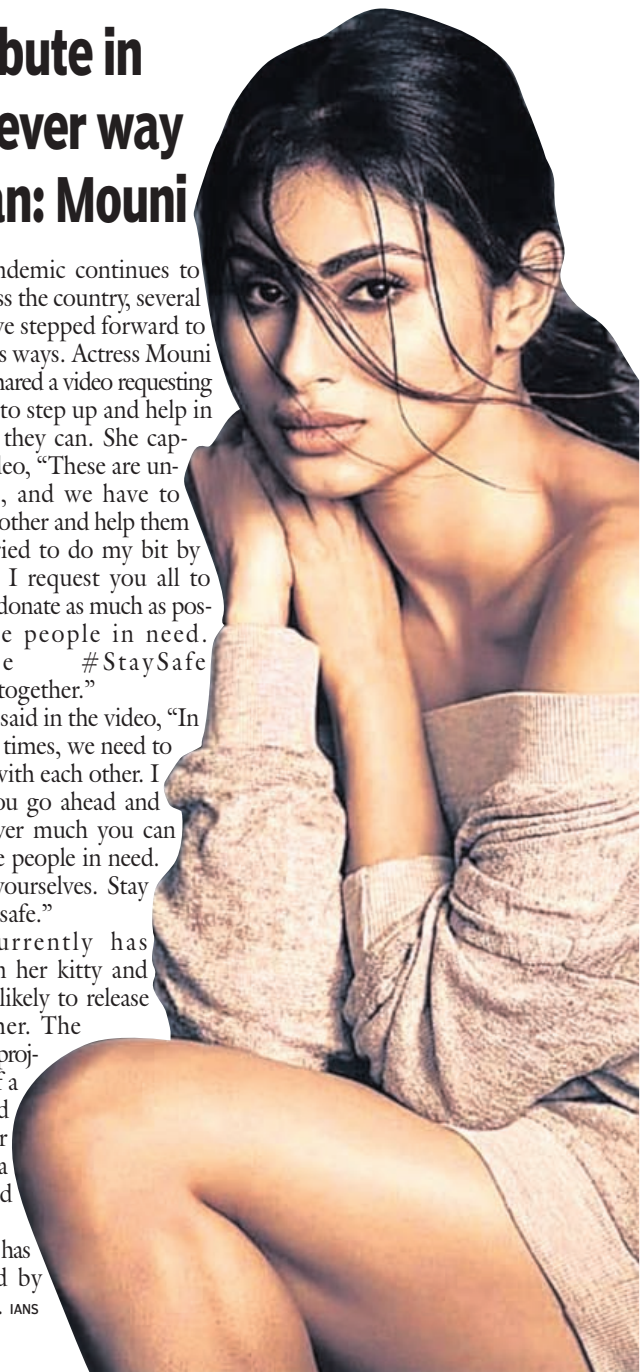
Contribute in whichever way you can: Mouni

As the pandemic continues to rage across the country, several celebrities have stepped forward to help in various ways. Actress Mouni Roy recently shared a video requesting her followers to step up and help in any way that they can. She captioned the video, "These are uncertain times, and we have to stand by each other and help them out. I have tried to do my bit by contributing. I request you all to go ahead and donate as much as possible for the people in need."

#StayHome #StaySafe #wearinthistogether."

The actress said in the video, "In today's tough times, we need to stand strong with each other. I hope all of you go ahead and donate however much you can and help these people in need. Take care of yourselves. Stay indoors. Stay safe."

Mouni currently has *Brahmastra* in her kitty and the film is unlikely to release this year either. The much-delayed project is a part of a trilogy and stars Ranbir Kapoor, Alia Bhatt and Amitabh Bachchan. It has been directed by Ayan Mukerji. IANS





Learning new tricks online during lockdown

DELHI-BASED CHOREOGRAPHER MOHIT THAPA, WHO TEACHES JAZZ, ADMITS IT IS TOUGH TO MAKE PEOPLE UNDERSTAND BODY COORDINATION OVER A SCREEN BUT STILL MANY WANT TO ATTEND THESE ONLINE SESSIONS

What do you do when you are bored of OTT and there's nowhere to go because there is a raging pandemic outside. You learn a new trick. Cyber space is buzzing with online classes that promise to make you adept at everything, from whipping up an exotic dish to picking a few intricate dance moves, and even master a not-so-common workout regime.

Delhi-based choreographer Mohit Thapa says he never thought that dance could be taught online. Thapa teaches jazz and filmy dances, and he admits it is tough to make people understand body coordination over a screen and yet many want to attend these online sessions.

"Although it is tough to make people understand body coordination, over time it has improved. Some students just want to attend the classes to have fun and learn easy moves, while some are dancers in training, who want to keep their knowledge up to date," adds Thapa.

Going out and partying with friends seems bleak given the current scenario. However, homegrown liquor enthusiasts like Puru Agarrwal have come out to help partygoers through online cocktail sessions.

"If you ask me personally, it's been a blessing in a way. First the risk of going out (is not

there), and second (there is) more cleanliness. I use basic home ingredients for cocktails that are fresh. Lastly, people have started enjoying learning and making cocktails from the comfort of their home. Everyone is happy by the end!" Agarrwal said.

Music live sessions are another area that have a growing demand. Rohit Manchanda of Houze of Gigs says his sessions get many together digitally. "Technology has changed music and fans of today look to connect with musicians on a personal level, in addition to a musical one on a variety of platforms. The ability of artistes who can do both plays a significant part in their success," Manchanda said.

He added: "It feels like a treasure stumbling upon a potential next great star, which makes listeners today feel like part of the discovery process, which in its own way has also shaped the global music market."

Homegrown chefs have also made it to the forefront thanks to the web

space during lockdown. Manu

Mahalwar is one such name who discovered his passion for cooking amid the pandemic last year and is now teaching foodies over Instagram.

"The whole idea and inspiration came due to lockdown. I have been experimental with my recipes before just as I am now. Even a small interaction or fun food activity breaks the monotony (amid isolation). The best part about live sessions is the interaction with followers," he said.

Staying indoors and an absolute disconnect with nature has an adverse effect on mental and physical health. Workout, Zumba and yoga sessions, too, have gone online courtesy Zoom videos and Instagram.

"Times are changing, so are our needs. With the pandemic around, everyone realises how important it is for us to stay on top of our mental and physical

health. When everything is available online these days, you get the luxury of staying home and staying safe at the same time. Healthy body leads to a healthy mind," says Jasbir Singh, fitness professional.

Musicians Marvin Gaye and Tammi Terrell's words in the song "Ain't no mountain high enough" would seem like an apt fit here: "If you need me, call me, no matter where you are, no matter how far." Online gurus catering to the demands of their wards would sure vouch for the lines.

AGENCIES



Shereen

