

MAY 30- JUNE 5, 2021

# SUNDAY POST

HERE . NOW



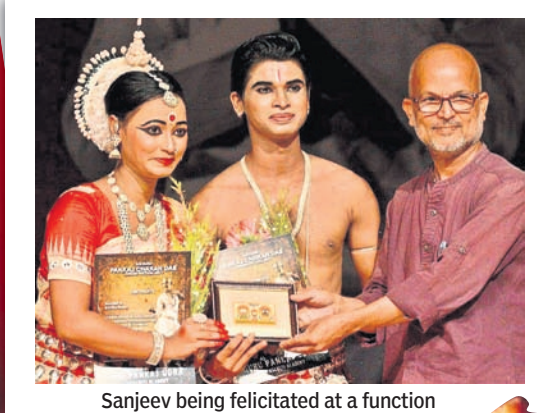
# Lord's Summer Sojourn

**P**  
3,4 COVER STORY





Winner of multiple awards like Sadhna Puraskar, Odissi Shree Puraskar, Nritya Nipuna, Nrutya Purusham and Youth Pratibha, Odissi dancer Sanjeev Kumar Jena loves to take a road trip all alone



Sanjeev being felicitated at a function

**Fitness fanatic**

Being a dancer, I take optimal care of myself so that I look good on stage. I do yoga and go for workout sessions every day and Sundays are no exceptions. Besides, I keep my cravings in check.

**Coffee lover**

Sipping a cup of coffee on a lazy Sunday morning sets the tone for the whole day. A shot of coffee not only helps me banish morning fatigue, it keeps me focused and energized all day long.

**Expert chef**

Cooking is something I enjoy the most. I make sure to cook some non-vegetarian dishes and invite my pals for lunch.

**Solo traveler**

I love to take a road trip all alone either on my bicycle or on my bike to feel the gentle breeze and witness a beautiful sunrise.

**Hanging out with friends**

Before lockdown, Bindu Sagar Lake used to be our favorite hangout zone on Sunday evenings. With restrictions on, I make group video calls to catch up with a few of them.

**Dance is life**

Besides taking classes of the students, I also dance to the songs choreographed by my Guru Bichitrnanda Swain



Sanjeev with co-dancers

●●● 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](mailto:features.orissapost@gmail.com)  
 And we will publish the best ones

**THE BEST MEMES OF THIS ISSUE**

- A man knocked on my door and asked for a small donation for a local swimming pool. So I gave him a glass of water.
- I went to a really emotional wedding the other day. Even the cake was in tears.
- I was getting into my car the other day and a man said 'Can you give me a lift?' I said 'Sure, you look great, chase your dreams, go for it!'
- My wife and I were happy for 20 years. But then we met.

**SAVIOURS INDEED**

Dear Sir, Sunday POST deserves praise for highlighting the exemplary work being done by the delivery boys throughout India in these crisis-ridden and panic-stricken times. The untiring efforts of these 'Unsung Warriors' have kept our hearths going, besides protecting us from the dreaded infections. The society as a whole owes these faceless servers a great debt of gratitude. The companies that engage these heroes must ensure that they are suitably rewarded for their travails. For many, these service providers are raking in the moolah due to the massive surge in online purchases during Covid times. This is, however, easier said than done. Ordinary citizens must exhibit the necessary empathy for these tireless saviours, who brave the elements of nature to cater to their varied demands for groceries, clothing, medicines and other basic essentials.

**AMIT BANERJEE , CR PARK, NEW DELHI**

**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](mailto:features.orissapost@gmail.com)  
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# Lord's Summer Sojourn



The deities, to get respite from intense heat, go on a pleasure trip to Narendra Puskarini, a large tank, and enjoy water sports.

RASHMI REKHA DAS, OP

Descriptions in various religious texts say that Lord Jagannath has been doing all Manabiya Leelas or human acts since centuries. Therefore, he is not just a deity carved out of wood. Moreover, he is much like an ordinary human being who gets up early, performs daily chores, and rests a while after taking lunch.

He, like an ordinary man, too finds it tough to beat the heat during the summer months. To get respite from rising mercury, he along with brother Balabhadra, Bhudevi and Sridevi goes on a pleasure trip to Narendra Puskarini, a large tank, to enjoy water sports. The deities, after being smeared with sandalwood paste, play in the tank which is known as Chandan Yatra, one of the major events of Srimandir's annual rituals. Beginning on Akshaya Trutiya, it comes to a close on Snana Purnima spanning over a month. It is like a summer vacation for the deities. Some specific rituals are performed on the occasion. A few servitors, during their talks with **Sunday POST**, elaborate more on this special celebration.

### All about the festival

The 42-day-long Chandan Yatra, also known as Gandhalepana Yatra, is the longest festival celebrated fair observed at Jagannath Temple, Puri. The event is divided into two parts such as Bahara Chandan Yatra and Bhitara Chandan Yatra. The idols of Madanmohan (representative image of Lord Jagannath), Bhudevi, Sridevi, Ramakrushna (representative image of Lord Balabhadra) and five Shiva Lingas known as Panchu Pandavas are taken in a procession to Narendra tank, where they are given a boat ride. Legend has it that in Dwapar Yuga, Maharaj Virat realised that the Pandavas were living incognito at his palace for one year in accordance with the condition of the gambling match that the Pandavas lost. He requested Yudhishtir to make him have the darshan of Lord Krishna, upon which Yudhishtir asked him to arrange for a splendid boat festival for the pleasure of Krishna if he really wants a darshan. Excited upon thinking of his good fortune, the king arranged for a beautiful festival and Lord Krishna along with Balaram blessed him with their



Debasis, grandson of Abaduhuta Patnaik, busy making Tahia for the idol of Madanmohan



Hadap Nayak servitor Narayan Gochhikar offering 'paan' to the idol of Madanmohan

divine presence in his kingdom. At that time, king Virat pleased the siblings by organising a grand boat festival and applied sandalwood paste on their bodies to make them beat the grueling heat.

During Chandan Yatra, Lord Jagannath and His consort Goddess Lakhmi, Lord Balabhadra are also smeared with sandalwood paste and this way the festival is celebrated elaborately for 21 days in the Narendra tank and for another 21 days in the inner sanctum of Jagannath temple. Accordingly, Lord Jagannath, his consort Laxmi, His brother Balabhadra and Panchu Pandavas are taken in a grand journey from the Jagannath temple to Narendra tank in six palanquins.



Notably, the five Shivas known as Panchu Pandavas, namely Lokanath, Yameswar, Markandaya, Kapal Mochan and Nilakantha, accompany Madanamohan to the Narendra tank. In a lavishly decorated boat Madanamohan, Lakhmi and Saraswati are placed while Ramakrushna and the Panchu Pandavas are placed in another boat. Before that the deities are ceremonially escorted by a set of temple servitors on decorated palanquins, while the Lord rides a special one called 'Manibimana'. The deities on their arrival at the Narendra tank are smeared with sandalwood paste and given aromatic water bath. Then the deities are taken in a procession to their respective giant swan-shaped boats. They move about the pond enjoying the notes and dances of Odissi presented by dancers on the decks till late in the evening. They return to the temple in the manner and style as they went out. The scene is enacted daily. The deities enjoy an evening cruise and various models of worship in the picturesque Narendra tank with the accompaniment of music and dance. On the last day of the festival Bhaunri Yatra is performed with display of fireworks and music extravaganza. The occasion of Bhaunri is special since it marks the first step towards preparation of Rath Yatra festival. The chariot makers ensure that they are ready with the six wheels and axles by this day every year.

**Men who matter**

Mahajan servitor **Singhari Harekrushna Kar** says, "We serve all the representative idols and offer Sarpamani bhog to them apart from carrying them on palanquins during specific rituals. As many as 48 Mahajan servitors carry the deities during the 42-day fair. Due to covid restrictions, less number of servitors is allowed to perform the service



Dancer Kumar Bhimsen performing at Narendra tank

this year. We carry the procession to Narendra tank where the idols board two newly built Chapas or boats- Nanda and Bhadra- which are rowed for a long time. Besides, we do 21 beshas (adornments) of the deities during Bahara Chandan Yatra. Most importantly, we apply sandalwood paste to the deities on their arrival at Narendra tank following which they are given an aromatic bath."

He goes on to add that the paste is smeared on the divine body of the deities in the month of Baishakha and Jyeshtha as it makes the deities drift into blissful sleep.

Servitor from Chhamu Khuntia Niyog,

**Hajuri Biswanath Khuntia** says, "I am tasked with supplying flower garlands and Tulsi leaves to the Puspalak servitors. They offer varieties of flowers to the deities during water sports." They wear Khandua pata and supply flowers during the water sports which are held thrice a day as part of the 42-day affair.

Hadap Nayak servitor **Narayan Gochhikar** says, "Mahaprabhu Sri Jagannath enjoys tambula seva (betel leaf) which symbolises the mood of a carefree lover. Tambula is a mixture of betel nuts and betel leaves. Hadapa Nayak, Bidia and Tambul Sevaks are involved in the ritual. During water sports, the deities are served Tambula Seva as part of Chandan

Raghab Das Mutt traditionally supplies Tahia for the deities.

Raghab Das Mutt has been set up in the memory of Lord Jagannath's devotee Raghu Arakhita Das. Legend has it that Lord Jagannath, in the disguise of a milkman, had raised a traditional umbrella on Raghu Arakhita Das to save him from the scorching heat while the latter was in meditation in an open space. Das had urged the Lord to allow him to provide Tahia for the three deities during the Car Festival.

But when it comes to the making of Tahia for Lord Madanamohan during Chandan Yatra, family members of Abadhuta Patnaik from Daitapada Sahi have been providing it for years.



The idol of Madanamohan being taken to boat at Narendra tank by Mahajan servitor Singhari Harekrushna Kar (L) and his associate



Deities are being given a boat ride as part of Chandan Yatra ritual

Yatra traditions and betel are kept at the boats considering that Lord Madanamohan and Ramakrushna will also be taking it. When the deities go out they are offered Bidia Paan, and it is also known as Bidia Manohi. We have the tradition of wearing Dasabatar chadar during the ritual. We first offer betel to Madanamohan following which Bhudevi and Sridevi are served. Hadap Niyoga offers 80 paans every day during Chandan Yatra."

He further adds: "Hadapa means tambula and since this servitor offers tambula to Mahaprabhu therefore he is called Hadapa Nayaka. The betel is prepared by adding sandalwood paste, camphor, nutmeg, betel nut and elaichi with a clove as its topping. It is worth mentioning that the deities change their attires after each meal and after each meal Paans are offered to them as a part of the rituals."

As we all know, tahias draw the attraction of many during Rath Yatra. Needless to say, the headgears made of flowers add to the beauty of Lord Jagannath and His siblings.

**Bibhudhananda Patnaik**, son of Abadhuta Patnaik, says, "The Tahias we make every year during Chandan Yatra are very small but we make a lot of effort to prepare them. My whole family including my mother Nalini Patnaik, son Debasis Patnaik chip in to make Tahias which are made from flower buds, in particular. Jackfruit and banana leaves are used for the purpose. Lord Madanamohan is offered Tahia everyday as part of Chandan Yatra rituals. We are blessed to have got this opportunity to serve the Lord."

Another servitor **Brajakishore Dalai** says, "I am among the boatmen who construct boats for Chandan Yatra. We take 'Arua Arna' during the yatra. I feel honoured to be part of Lord's service."

Odissi dancer and servitor **Kumar Bhimsen** who entertains the deities during Chandan Yatra says, "Lord Jagannath enjoys Odissi presented by dancers on the decks till late in the evening. I am blessed to perform with my Guru Narayan Pande on the boat during the festival."



# Kajal for exotic eyes



## APPLYING A GENEROUS AMOUNT OF KOHL ON THE UPPER WATERLINE MAKES ONE'S EYES APPEAR BIGGER AND GIVES THEM DIMENSION

If there is something we Indian women can't live without, it's kajal or kohl. This is the most essential part of any woman's makeup kit. Kajal is something that every woman owns and uses on a daily basis. It has been used traditionally to outline the eyes for a long time but has now started gaining popularity in the cosmetic world.

The humble kajal pencil has been around for centuries. The Egyptians were one of the first people to use it in 3100 BC.

Your dark, appealing and stunning eyes could give away your mood and emotions better than any words ever could. A neatly applied dark black kajal is all you need to look mesmerizing.

Application of kajal is perhaps the easiest way to achieve a sensual and attractive look. Eye makeup enhances the look of a

woman in the quickest way and makes her look all the more appealing. But like everything else in life, beauty is not as simple a thing to achieve as kajal smudges at the inner corner of the eyes, making you look more embarrassing, scary, dull than gorgeous.

The use of kohl goes back to ancient times. In fact, it has been traditionally used in India for beautifying the eyes. It is a makeup staple of every single girl. There is no doubt that kajal helps to impart an exotic Indian look.

Smudging of kajal is a common problem. You may start off with exotic eyes and end up with dark smudges under the eyes. So, here are some tips to save yourself from embarrassment.

First of all, buy kajal from a reputable company. It may also be safer if black eye cosmetics do not contain lead. Invest in a good quality one that is long-lasting and smudge-proof to achieve black-eyed beauty. It will turn out to be your best friend in makeup.

Then make sure that you are applying the kajal in a proper

fashion. Wash your face before applying any make-up, including kajal. Most people start from



the inner corner of the eye, making their way outward. Since the inner corners of the eyes are watery, they can make the kajal wet. So, start from the outer corner towards the inner one, applying 2-3 strokes depending on the intensity that you'd like.

The area around the eyes and near the lashes should be free from oil or sweat.

First, wash your face.

Pat it dry. Before applying eye make-up, wipe the area near lashes very gently, using a cotton bud. Apply ice cubes around your eyes in case of oily skin to look bright and get rid of oiliness.

It would help to remove oil and sweat. Dabbing a little face powder near the eyes may also help in soaking up the oil present in the region. Make-up experts say that applying primer really helps. Primer helps the kajal last longer.

When you apply kajal on the lower lid, start from the outer corner, and go inwards. However, leave a tiny space in the outer and inner corners. Avoid applying the Kajal in the inner corners, because this is where the smudging actually takes place.

Another tip is quite helpful. Apply the kajal close to the lashes and then apply black eye shadow over it with a thin brush or sponge-tipped applicator. This helps to prevent smudging and also provides the smudged look, which many try hard to achieve. If you wish to extend the kajal outwards and slightly upwards, beyond the outer corner of the eyes, use the black eye shadow on the outer corners of the eyes to achieve the same look.

Mascara can also cause smudging. It should be applied in two light coats. First, apply one coat. Allow it to dry. Comb out the lashes with an eyelash comb. Then apply the second coat and repeat the procedure.

Make sure that you do not touch your



eyes/middle with it unnecessarily if you have applied kajal on it or you yourself will smudge it by doing so. You may opt for smudge-proof kajal available with the beauty salons but be sure that it suits you best according to your skin type.

Apply eye kajal on your upper waterline. Then use a mascara to apply two generous coats on your eyelashes. You have a fresh and peppy look ready. This look can be used both for lunches and for those parties if you want to go heavy on the lips with your eyes subtle and sober. Spruce up your entire look with highlighters and a bit of sparkle to make for the beautiful and simple eye makeup that you have created using the eye kajal.

Applying a generous amount of kohl on your upper waterline makes your eyes appear bigger and gives them dimension. Add a generous amount of mascara and finish. This is a great look to sport for a casual, everyday no-makeup look.



SHAHNAZ HUSAIN





Anti-Covid War

# Science is our greatest ally: Alia

Actress Alia Bhatt is backing a five-part series that aims to educate people about the necessity of Covid vaccination and addresses rumours and myths surrounding the vaccine. The series started from Thursday and is backed by Alia's newly-launched production house Eternal Sunshine Productions.

Taking to Instagram, Alia shared a video where she said: "In the fight against Covid-19, science is our greatest ally. Science gave us vaccines and vaccines give us hope. Thanks to vaccines we now have a way of ending this pandemic and rebuilding our lives. But even though the vaccine is here and waiting, some of us are still hesitant." Informing about the content and format of the series, the actress said: "Throughout this five-episode series, we will be speaking with reliable doctors and global health activists who will be sharing data and facts around the vaccine. The episodes will be available in a podcast and video format. I hope this series will help address some of your concerns around the vaccine."

IAN S



# KAJOL'S quip on cancelled vacation

There's no sign of the pandemic ebbing just yet, and actress Kajol recently chose to highlight the situation with a throwback picture and trademark wit on Instagram.

The picture is from Kajol's early days in the Hindi film industry. In the image, the actress wears a colourful silk outfit with a straw hat and long earrings.

"As everything for the summer is cancelled, I might as well wear a fancy hat and call it a year!" the actress wrote as the caption.

Kajol was last seen on screen in the digitally released film, *Tribhanga*, directed by Renuka Shahane. The film narrates the story of three generations of women.

Kajol plays an actress-dancer who shares a strained relationship with her mother (Tanvi Azmi), a noted author. The film also stars Mithila Palkar as Kajol's on-screen daughter.

IAN S



## 'Parents indulge my son the most'

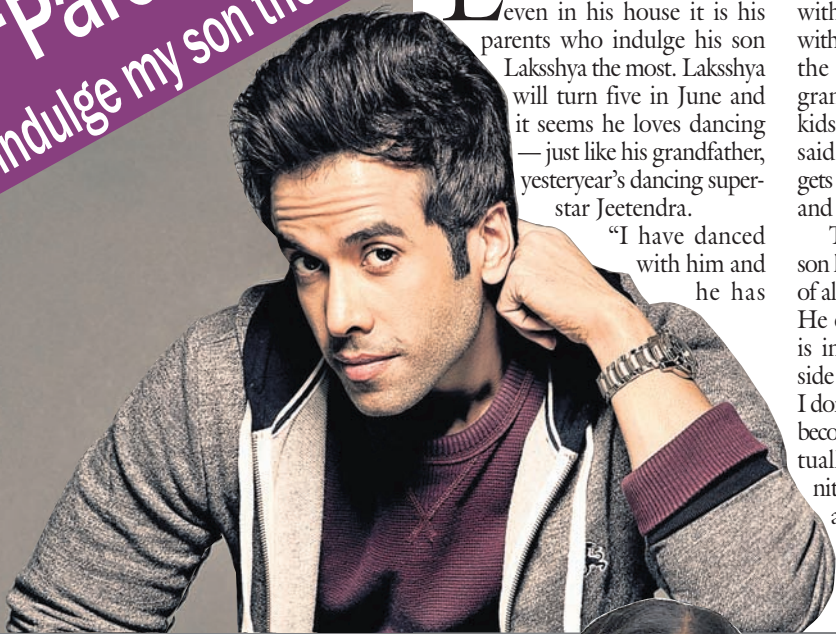
Like in any other household, actor Tusshar Kapoor says even in his house it is his parents who indulge his son Lakshya the most. Lakshya will turn five in June and it seems he loves dancing — just like his grandfather, yesteryear's dancing superstar Jeetendra.

"I have danced with him and he has

done a good job in the videos that I have done with him. He dances with whoever he feels comfortable with. The ones who indulge him the most are my parents. The grandparents always indulge the kids the most, in every family," he said about the affection Lakshya gets from his parents, actor Jeetendra and producer Shobha Kapoor.

The *Golmaal* actor adds: "My son loves to dance and sing because of all that they do in school. He enjoys dancing and is in touch with that side of his personality. I don't know if he will become an actor eventually, but he definitely will become a well-balanced, well-rounded student for sure."

IAN S



# Shruti gets whole 'glam' thing right

Actress Shruti Haasan posted a picture of her lush cascading hair, saying that she has got 'the whole glam thing right'.

In the Instagram images, Shruti is seen struggling with her hair while she is all dolled up. "Clearly I'm getting the whole glam thing right #epicfail #toomuchhairdontcare," she wrote as the caption.

Shruti will soon be seen in the Prabhas-starrer *Salaar*, which is being shot in Kannada and Telugu languages, and will be dubbed in Hindi, Tamil, and Malayalam.

IAN S





# Terrace gardening to beat mental fatigue



*Depending upon the space, one can grow all kinds of plant, from organic fruits and vegetables to herbs, shrubs and flowers on a rooftop garden*



**W**hile a work from home setup minimises the chances of contracting dreaded coronavirus, it also have some adverse impacts like mental fatigue and anxiety. An effective way to overcome this is engaging oneself in some creative activity, gardening being an option. With most people living in apartments, terraces and balconies can be a perfect place for it. Here are some ideas to help you set up that perfect rooftop garden.

### Layout

The layout is the first yet most important step while setting up a terrace garden. One can either cover the entire surface with soil or use planters to grow plants. Earthen or cement pots can be used to set up a mini garden; however, if you plan to grow your own veggies on your terrace, use of grow bags or installing grow stations would be a better option. Terrace area should ideally receive proper sunlight, but in order to protect the plants from direct heat during summers, a shed is recommended.

### Choosing plants

Depending upon the space, one can grow all kinds of plant, from organic fruits and vegetables to

herbs to shrubs and flowers on the terrace garden. As the pandemic has re-emphasised the importance of health and wellness, one can also consider growing immunity booster plants like aloe vera, giloy and tulsi. In addition, growing natural air purifiers like-Sansevieri -- Green and Variegated; Money Plant, Areca Palm, Spider Plant, Jamia and White Pathos can also be popular choices of home gardeners.

### Soil preparation

In general, the soil should be fertile, containing the correct levels of moisture and minerals. Fresh soil from any farm with the right amount of organic manure and vermicompost is good for planters. Organic manure or aged manures are the best ways to prepare the soil for gardening as they supply almost every nutrient to the plant. To avoid infestation of pests some amount of organic pesticides can be mixed in the soil. For home gardening, soil mixes are available online or in nurseries. Coco peat is also a very popular choice for home gardeners as it helps in water retention, aeration for roots and protects the plant from soil fungus. Mix it with soil or apply 1 inch of coco peat layer over in the potter/planter to retain moisture.

### Watering

Some plants require more water, while others need less. Hence, it is important to monitor the requirement of water frequently. It also depends upon the season. Generally, one needs to water the plants 1-2 times a day in summers and perhaps every alternate day during winters. Depending upon the frequency of rains, the watering interval may go up and down during the rainy season. Check the topsoil if it has dried; it is time to re-water. It is essential to understand the requirement for different plants as over watering may lead to root decay.

### Other requirements

Weeds disrupt the growth of plants. Removal of weeds on a timely basis is a healthy practice. This may be done once a week or fortnight. Also, for the healthy growth of plants, we can use compost or any other organic manure from time to time.



*Nirajpriya*



**PHOTO CREDIT : AKHIL RANJAN**