

JULY 4-10, 2021

SUNDAY POST

HERE . NOW

The monsoon chasers

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COVER STORY





Child artiste Prasiddhi Nayak who created quite a buzz for her performance in recently released movie 'Pihu' loves to do meditation for an hour on non-working Sundays.



With her BFF



With actor Anu Choudhury

Promoting DIY craft

I love to stitch and design my own clothes. I also upcycle the unused and worn-out clothes of my parents for my own use. I managed to master this craft after restrictions imposed on offline shopping during the lockdown



With mother

Creative pursuit

Dancing is my favorite pastime. I love to shake a leg to the tunes of Odissi music and modern songs of Hindi movies. This makes me more flexible when I face the camera.

Spiritual persona

I do meditation to increase my attention span and focus more on studies. Besides, it helps me remain calm all the time irrespective of the situation I am in.

Family time

My parents are my best friends. They leave no stone unturned to make my Sunday special. While papa cooks a special item with noodles for breakfast and plays badminton with me, mom cooks chilli paneer and badam chutney for the lunch.

With pals

I make sure to catch up with my schoolmates over phone to stay in touch. I also frequently make video calls to my best friend who lives in New Delhi and on Sundays we chat for long hours.

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

- Don't trouble trouble unless the trouble troubles you
- My teacher today gave 45 minute speech about not wasting time.
- Never laugh at your wife's choices. ..you are one of them ...
- What if girls can read minds... Every second a boy gets slapped...
- I'm not sad for being single. Rather I'm thinking about her, who is single because of me.



CLASSROOM EDUCATION

Dear Sir, 'Tiny tots at crossroads' (June 27) has very rightly harped upon the distinct advantages of physical classroom education vis-a-vis learning apps & online classes. Although some children have the innate resilience to cope with disruptive events in their normal lives, prolonged pandemic-induced home isolation may lead to negative developmental patterns and mental health problems. Notwithstanding the giant technological strides made by mankind, early classroom education and physical intermingling with peers are direly imperative for a child's proper development.

AMIT BANERJEE, NEW DELHI

LET'S BE POSITIVE

Dear Sir, I found last week's write-up 'A Spiritual Journey' (June 27) on Amarnath Cave shrine highly informative. However, I would like to add that according to various religious scriptures, Muslim shepherd boy Buta Malik rediscovered this place in 1850. Though the event couldn't be held for the second consecutive year, I hope the situation will get better and the pilgrims will then have a smooth darshan of the Ice Lingam.

PARTHASARATHY SEN, 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 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

The monsoon chasers

From raindrops on a window pane to different hues of clouds, monsoon offers many unique opportunities for the shutterbugs, says Manoj Kumar Sahoo who quit an engineer's job to become a lensman



RASHMI REKHA DAS, OP

Monsoon is that time of the year when most shutterbugs prefer not to expose their equipment to rain and like to go slow. But there are some who cannot resist their temptations of capturing the divine essence of rain in lens. They believe the monsoon offers a plethora of opportunities to get some amazing photographs. No wonder, myriad moods and themes of the season make their way into a shutterbug's camera conveying tales that naturalists would fall in love with. Here are a few of them sharing their preferred spots and shots with Sunday POST.

Jyoti Ranjan Samantray is a popular name when it comes to clicking during monsoon. Despite being a top cop, Jyoti has carved a niche for himself in the field of wildlife photography but monsoon photography is his forte. While many shutterbugs avoid stepping out with their cameras

during rain, he is an exception. He makes sure to celebrate the season of life. "For me, monsoon is the season of celebration and life. It's a season of reproduction for flora and fauna. This is the time when one can see nature at its best. Hence, monsoon provides a golden opportunity for passionate photographers like me to prove their talent by capturing amazing pictures of nature and insects. Chasing the monsoon and clicking photographs with beautiful backgrounds makes me a happy soul. Starting from rhythm of water droplets to folk song sung by people while planting saplings at countryside during monsoon always attracts me to go for clicking", says Samantray, the Inspector in-charge at Kendrapara police station.

He goes on to add that "My father had gifted me a single lens reflex camera when I was in school. With that I learnt the basic technique of photography after I started joining other photographers during vacations. Photography is a

means of releasing stress for me. Some go for watching television or other entertainment sources for de-stressing. I have chosen photography to relieve myself. Monsoon provides a calm, serene and pollution-free environment as it brings freshness and radiance to landscapes against brilliant backdrops. In short, monsoon is the right time to go for landscape photography. Most importantly, the sky looks at its best during the monsoon. Post-downpour, the sky looks at its best like the other elements of nature. Though I manage to have 30,000-40,000 clicks a year, nearly 30 per cent of them are taken during monsoons. Migration of small insects takes place during the monsoon only. I love capturing their activities because they are not seen in other seasons. My clicks of wild mushroom, nesting of birds, bugs and spiders have a healthy fan base."



Photo credit: Jyoti Ranjan Samantray





Photo courtesy: Manoj Kumar Sahoo



Bhubaneswar-based **Manoj Kumar Sahoo**, earlier a techie who quit his profession to follow his passion for photography, loves rain and thus makes sure to capture different hues of rain without failing. For the past 13 years he has been clicking birds and motorsports pictures. “The very first drop of rain makes me nostalgic. It always refreshes my memory of school days. I love the aroma of Mother Earth after she is being kissed by the first few droplets of monsoon. I cannot forget those days when I did not miss a single chance of jumping into the puddle and enjoying being drenched. For me, rain is nature’s art and clicking the beauty of nature is something that I enjoy the most. From raindrops on a window pane to different hues of clouds, rain indeed offers many unique opportunities for the shutterbugs. In short, the monsoon always evokes profound emotions in me. I enjoy the scenic beauty of the rainy season and arresting the moments in my lens”, says Manoj.

Manoj’s images of Jacobin cuckoos or pied cuckoos during monsoon have made him quite popular among the photo freaks. About the click, he says, “A pied cuckoo which is locally known as Chatak is a migratory bird. It is believed that a pied cuckoo or Jacobin cuckoo brings in rain wherever it goes. That is what my grandmother had told me. I am sure everyone might have heard the tale of how pied cuckoos signaled the arrival of rain from their grannies or teachers during their childhood. Capturing it in the countryside earned me kudos among my fellow photographers. Munia is another bird one can encounter during the monsoon. Known as seed eaters, they mainly consume the grass seeds for their survival. Like other seed-eating birds, they also feed on insects. I had the pleasure of clicking it during monsoon.”

Wildlife photographer **Chandrakant Patnaik’s** interest lies in macro monsoon photography. “As a photographer, monsoon is a season I eagerly wait to go for macro and landscape photography. As it is not possible to go outside and take clicks due to incessant rain, some photographers love to stay indoors. I also belong to this category. I do take clicks of insects, potent plants and flowers. Some photographers go out and enjoy the wet season. The advantage of monsoon photography is that everything looks bright, alive and beautiful. The beauty of monsoon photography lies in clicking different moods – girls walking in the rain just to get wet, rickshaw pullers driving away fast despite being drenched, schoolchildren jumping in water pools and having fun. Cloud photography, reflective photography, mood photography are only possible during monsoon. However, wildlife photographers are best at taking macro photography”, Patnaik says.

Patnaik has been into the profession for the last 10 years. He has brilliant photography skills in all genres except mood and reflective photography. He has been awarded by the State Travel and Tourism Department for his landscape photography. “Landscape comes out well whenever clouds are in the sky. However, I have never tried my hands at mood photography and reflective photography. Monsoons are a great time for macro photography of insects and moths and I never miss them. Be it macro or landscape, a photographer can capture the divine essence of the season simply by following the right techniques.”



Manoj Kumar Sahoo



CK Patnaik

Photo courtesy: CK Patnaik

CAMERA MAINTENANCE

While photographing the Indian monsoon can be highly rewarding, this is also a time to take good care of the equipment. Here are a few tips to keep them safe during the rainy season.

- Do not store cameras, lenses and filters for long periods inside wooden almirahs, camera bags or any place devoid of air and light. These conditions are favourable for growth of fungus on the glass elements as well as the image sensor.
- Use a dry cabinet or any place which is well aired and well lit. Frequently take the equipment out and use them.
- Do not attempt to use equipment during heavy rain. For use during light drizzles, use a protective rain cover.
- Keep tissues ready to soak up droplets of water left on the surface of the camera or lenses and use blower brushes to brush off any left-over particles.
- After the season is over, get a thorough inspection done at an authorised service centre, to make sure everything is alright with the equipment.
- In case your equipment is exposed to a lot of rainwater, rush to your nearest authorised service centre to get proper guidance and help.

SOURCE: NIKONSCHOOL.IN

FROM BEING TAGGED AS THE MOST ILL-OMENED AMONG HER SEVEN SIBLINGS TO BECOMING ONE OF THE MOST SUCCESSFUL WOMEN ENTREPRENEURS OF ODISHA, KADAMBINI EDITOR DR ITIRANI SAMANTA'S INTRIGUING LIFE JOURNEY IS NO LESS THAN A FAIRY TALE

Destined to shine

First tryst with literature

Incredible it may sound, but I completed a 600-page novel when I was in Class IV. Unfortunately, my teacher caught me red-handed while I was reading a novel and warned me against this habit if I wanted to do well in studies. Though I promised at that time to follow his advice, perhaps I couldn't live up to my commitment. Moreover, the reading habit that was developed in those formative years has made me what I am today.

Defining moments

I was in Class VI when I started enjoying writing. The inspiration came from watching Yatras at our village festivals. The plots and some scenes of those plays would cast a spell on me and I started writing smaller skits. I wrote quite a few short stories during my school days and poems when I was doing my Plus II but never tried to publish them to get publicity.

Beginning of a new era

Being an ardent book lover, I used to read a lot, magazines in particular. I always had an inferiority complex about Odia magazines when I compared them with those published in English, Hindi and Bengali. We didn't have a complete family magazine having content for all age groups. It was then I decided to launch a magazine which will cover all aspects of life—art, cul-

ture, literature, politics, entertainment, fashion, beauty, relationship and many others. Needless to say, my elder brother Dr Achyut Samanta stood by me like a rock and Kadambini came into existence. It is a matter of pride for all of us that Kadambini went on to become the most popular family magazine of the state and has completed 20 glorious years. Even as I had secured an engineering degree earlier, I did my PhD in literature and post-graduation in journalism to manage Kadambini better.

The success story

I had with me only Kedar Prusty, a dedicated associate, when Kadambini was launched as a 60-page magazine with just four colour pages in 2000. Now it has grown into a 100-page general issue which carries 200 pages on special occasions and become Odisha's largest circulated family magazine.

Brother dearest

I often run out of words when I talk about the bond that I share with my elder brother Dr Achyuta Samanta. He understands me more than anyone else in this world. Just from a simple 'Hello' from me on his phone, he can sense whether I am okay or in trouble. I believe this is enough to understand how close we are. It may sound cliché, but for me he is the best friend I could ever have. He is also my philosopher and guide who always stand by me.

Favourite literary character

Shakuntala, the protagonist of my novel 'Shakuntalara Jhia' is my all time favourite character. She is an epitome of trials and tribulations that a single mom faces in raising her child. My Shakuntala is a strong-willed woman who prefers to put her name, instead of her husband's, in daughter's school admission register. She doesn't want her daughter to be recognised by her father's identity who didn't even want her to take birth.

On awards and honours

Manoj Das, considered amongst the 'immortals of literature', once famously said that



With mother



With elder brother

The story so far

The youngest child of Nilimarani and Anadi Charan Samanta of Kalarabanka village in undivided Cuttack district, Dr Itirani Samanta has two novels, three short story collections, two editorial collections, three literary criticism, four children literature collections, an essay compilation, two feature and interview collections and a recipe book to her credit. This apart, she has penned a drama, produced two national award winning feature films, a short film, a telefilm, two educational films, six TV productions. In a literary career spanning over 20 years, she has been honoured with nearly 75 awards at state and national level.

one who writes well doesn't always get an award. I also believe in his words of wisdom. Even as awards and honours don't carry much significance for me, at times they work as moral boosters.

Upcoming works

At present, I am writing a novella which will showcase the strength of all female characters of the Mahabharata. I can't reveal beyond this on the subject.

Words for blooming buds

Despite the ongoing demand to enforce the use of Odia in administrative and judicial works, the language faces a survival crisis in our state. Therefore, we need to cultivate reading habits and create a reading culture at school level. The kids should be encouraged to read books written in their mother tongue. Reading habits will certainly encourage many to take to writing and create future writers.

And all credit for success goes to...

In the first place, I don't view my story as a successful one. I have many more miles to go. The credit for whatever little I have accomplished will go to my mother and the Almighty. My father passed away just a month after my birth. No wonder, I was called inauspicious by others but my mom. I have seen her fierce battle against poverty and hunger. Her energy and determination perhaps have rubbed off on me to some extent which has made me whatever I am today. The world is changing every second, therefore, I have to improve all the time instead of resting on past laurels.



RASHMI REKHA DAS, OP



'Popularity of thriller genre never fades'

Actress Taapsee Pannu, whose new thriller film *Haseen Dillruba* is all set for an OTT release, finds it natural that the genre has forever been popular with the audience.

"It's thrillers that have been popular across generations because these films keep you gripped, because the idea holds you for two hours of the film," she said.

The actress feels the

ability to keep people guessing is something that gives an interactive quality to the genre.

"It keeps you involved. You feel like you are also one of the judges there trying to find out who has done it and that is why you stay connected to the film if it is written and done well. That is why I think it is popular as a genre," added the Pink actress.

The film, which also stars Vikrant Massey and Harshvardhan Rane, has Taapsee playing Rani, who becomes the prime suspect following the death of her husband.

IAN S

Rashmika reveals who makes her happy



Rashmika Mandanna often shares adorable pictures and videos of her furry friend, Aura. Recently, she took to her Instagram to share a video with her pet and it is all things cute.

In this video, we can see the actress spending quality time with her pet. The post was captioned as, "When you love your lil furry friend more than yourself.. She makes me happy!". As soon as she shared the post, her fans were all praise. They dropped love and compliments in the comments section.

Rashmika was recently ruling headlines as a fan had reportedly covered a distance of 900 km to meet the actress

at her Kodagu home. But at that time, she was in Mumbai due to work. Overwhelmed by her fan's gesture, the star tweeted, "Guys it just came to my notice that one of you had travelled super far and have gone home to see me.. Please don't do something like that.. i feel bad that I didn't get to meet you I really really hope to meet you one day but for now show me love here.. I'll be happy!"

AGENCIES

Shahid unmask 20 seconds of his life

Actor Shahid Kapoor took to social media last week to share insights of his shooting schedule in a fast-paced 20-second video.

"Unmasking 20 seconds of my life!" wrote Shahid on his Instagram account with 30.6 million followers.

Shahid's behind-the-scenes video shows him on a film set, navigating in the pandemic with his face mask on.

"20 seconds of my life is over. Stop camera now. I want to go home," says Shahid at the end of the video, wearing a black mask.

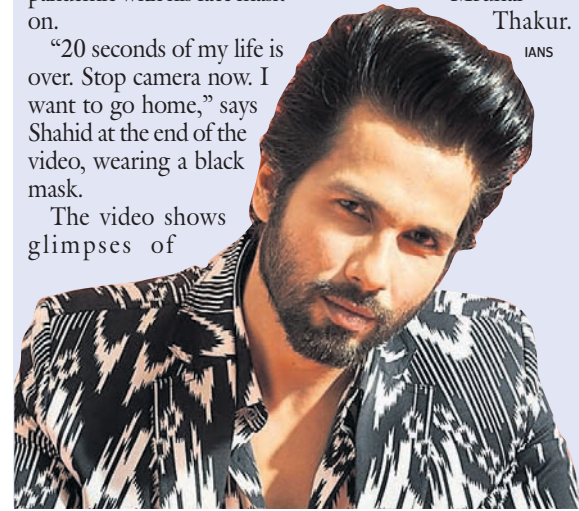
The video shows glimpses of

Shahid reaching the film set, getting out of his vanity, shooting and interacting with the people on the set, and in the end getting back to his car to head home.

Shahid will make his digital debut with a web series directed by Raj and DK of *The Family Man* fame. He will next be seen in the film *Jersey*, also featuring his father Pankaj Kapur and

Mrunal Thakur.

IAN S



SUNNY IS 'ONE WITH THE COUCH'

Sunny Leone shared a picture posing with a couch recently. In a set of images, Sunny is dressed in powder pink sweat pants and a jacket paired with a black tube top. "O.N.E W.I.T.H T.H.E C.O.U.C.H.," she wrote as caption.

Sunny will soon make

her digital debut with *Anamika*, an action series directed by Vikram Bhatt.

She also has *Shero* and *The Battle Of Bheema Koregaon* coming up. Her latest assignment has been hosting the reality show *Splitsvilla* along with Rannvijay Singha.

IAN S





Prevent hair loss during monsoon



Over the centuries neem has been highly valued in India for its healing and purifying properties and is probably the most widely used among plant products



Though we all love rain, increasing level of humidity during the monsoon makes it difficult to manage your hair.

Frizz, dandruff, and dull hair are a major concern in this season. Hair trouble becomes more frequent during the rainy season especially if you're dealing with dandruff. There might be a number of solutions to eliminate dandruff, but did you know that using neem is one of the most effective remedies one could try. Neem is a very important part of ayurvedic medicine and has been used since ages. It is used to treat health issues, skin and hair problems.

Over the centuries neem has been highly valued in India for its healing and purifying properties and is probably the most widely used among plant products. It was used as a preventive in epidemics and to treat bronchial ailments, asthma, jaundice and various digestive problems. It is also commonly used in homes for skin and hair problems like prickly heat, boils, rashes, dandruff and itching scalp among others.

The bitter-sweet aroma of neem is due to its organic (natural) sulphur compounds, which have powerful and versatile healing actions, especially when applied on the skin and scalp. In fact, I would say that neem is nature's antibiotic. It has powerful antibacterial, antiviral, antifungal and antiseptic properties. It is also a powerful antioxidant, which reverses the damage caused by free radicals, leading to degeneration of the human body and the immune system. Neem not only cures, but protects, soothes and purifies. Its

cooling and soothing action has been invaluable in skin and scalp problems, including dandruff and hair loss.

As far as the hair is concerned, due to its sulphur compounds and its versatile healing actions, neem extracts and oil have been used in protective, preventive, and corrective care of the scalp and hair. It has a healing and soothing effect on inflammatory and eruptive scalp conditions. The cooling and soothing action of neem has made it invaluable for the care of seborrhea and dandruff.

During hot and humid weather, like the skin, the scalp is also more prone to rashes and eruptive conditions.

The hair also attracts more dirt and pollutants during humid weather. Neem can easily be used as a home remedy for hair care, not only to prevent problems but also to soothe and cure.

Neem leaf infusions can be used to wash the hair.

First, boil water and

add the neem leaves to it, when it is hot. Do not boil the leaves, but cover them and let them soak in the water overnight. The next day, strain the water and use it to wash the hair. In fact, the water can also be poured as a last rinse after shampoo. In cases of boils and eruptions on the scalp, neem leaf infusion will help. In cases of dandruff and itching of the scalp, neem leaf infusions are very helpful. Use the infusion as the last rinse, after washing the hair. Neem leaves can also be used to treat fungal infections of the scalp.

Neem can also be used with oil for head massage. First heat about 200 gms of pure coconut or oil. Take a handful of neem leaves and add them to the oil. Let it stand in the oil for about ten days, allowing it to remain in the sun during this time. Then strain the leaves and keep the oil for use. This is a preventive treatment for rashes, itching, and other scalp conditions, including dandruff. It relieves itching and prevents scalp infections.

During humid weather, people with oily skins suffer from increased oiliness of the scalp, which can lead to sticky dandruff or rashy conditions of the scalp. Sweat deposits remain on the skin, leading to rashy conditions. Soak neem leaves in hot water overnight. The next day make a paste of them and apply to the scalp. Wash off after 20 minutes.

For dandruff, add a few drops of lemon juice to neem leaf infusion and apply on the scalp. Part the hair in sections and apply. Wash it off after 20 minutes. This also helps to reduce the oiliness of the scalp.

The hair actually attracts more grime and pollutants from the environment. These pollutants must be removed regularly and neem is ideal, as it not only helps the elimination of toxins but restores the normal balance of the scalp. That is why neem is an important ingredient in hair oils, hair cleansers, hair rinses, and hair tonics. The curative, preventive, and protective properties of neem have prompted cosmetic companies to develop a neem range of skin and hair care products, based on Ayurveda.



SHAHNAZ HUSAIN



Shailly

PHOTO: KUMAR SHARAT, OP