

JULY 25-31, 2021

# SUNDAY POST

HERE . NOW

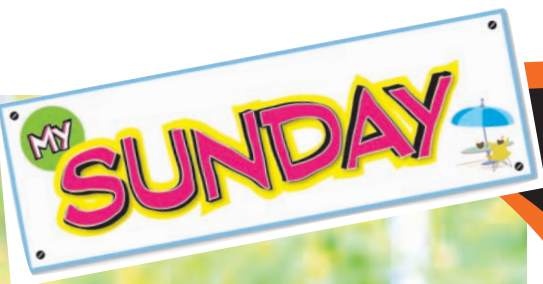


INTERNATIONAL TIGER DAY

# Staring at extinction

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COVER STORY



Recipe curator, food stylist and food photographer Avinash Patnaik makes sure to treat his parents with some authentic Odia fish preparations at his leisure

### Blue Tea Lover

Green tea and black tea are common. So, I opt for blue tea made from blue peach flower to give my day a perfect beginning. This variant is also very high in antioxidants and has a ton of health benefits.

### Penchant for Gardening

I spend time in the company of my medicinal plants that I have grown in my small garden. I believe they are true buddies and taking their care is not only a responsibility, it gives me a lot of pleasure.

### Food Photography

Photographing food is really tough though it seems easy. Before taking my lunch on Sundays, I click photos of recipes prepared by me to upload them on social media.

### Music is Life

Music not only raises my mood, it stimulates the mind also. I keep humming catchy popular tunes when I cook some authentic Odia fish dishes like *Dahi Machha* to treat my parents.

### Pedalling to Fitness

I regularly take to road for cycling to maintain my fitness. I also inspire others to ride bicycles to remain lean and fit.



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

- I love my job only when I'm on vacation.
- I always arrive late at the office, but I make up for it by leaving early.
- 3 words more beautiful for a married woman than I LOVE YOU: No Cooking Today"
- I want someone to give me a Loan and then leave me Alone



## BEACON OF HOPE

Dear Sir, Debi Mohanty's write-up on ace sprinter Dutee Chand (July 18) was highly inspiring. Her incredible success story reads like a fairy tale come true. With the Brahmani riverbed as her launching pad, this wonder girl with golden feet has indeed traversed a long and arduous trek in bringing laurels to her state and nation in the sports arena. Her indomitable willpower to rise above all adversities and dogged perseverance to attain her goal, have stood her in good stead. Her 'never say die attitude' should serve as a beacon of hope for other aspiring sprinters. Wishing Dutee godspeed in her endeavours on the Tokyo tracks.

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



Photo courtesy: CK Patnaik

INTERNATIONAL TIGER DAY

# Staring at extinction

*Rising encroachments into tiger habitats, depleting forest cover, smuggling of timber and unplanned tourism are among the major factors behind dwindling number of big cats in Odisha, says Akash Ranjan Rath, a former honorary wildlife warden of Puri*

RASHMI REKHA DAS, OP

**T**iger is not just a symbol of magnificence and fierceness, it occupies a significant place in Indian culture as the vehicle of goddess Durga, the Mother of the universe in Hinduism.

Apart from their cultural connections, tigers play a pivotal role in conservation of ecosystems. However, the censuses conducted by the National Tiger Conservation Authority in 2014 and 2018 paint a dismal picture over the tiger population in Odisha. There were only 28 tigers in Odisha in 2014 and the number remained unchanged in 2018 also. On the other hand, another report released by the Centre in 2019 suggests that the number of tigers is declining steadily across the country.

In order to raise public awareness and support the tiger conservation issues, International Tiger Day is observed every year July 29.

Ahead of this day, a few wildlife experts and officials discussed with **Sunday POST** about the major factors behind the declining number of big cats.

### Intrusion into tiger habitats

Akash Ranjan Rath, former honorary wildlife warden of Puri says, "Rising encroachment into tiger habitats, depleting forest cover, competing with wildlife for food and resources, poaching of wildlife, smuggling of timber, unplanned tourism are the major reasons behind dwindling number of tigers in the state. Every

year thousands of hectares of forests are cleared or diverted for other purposes without a proper study. The only way to ensure a project with low impact on wildlife is to dialogue with experts, credible impact studies, satellite mapping of project sites, in-depth site visits, and studying the corridor value of wildlife. But unfortunately, we are not using our best mechanism and competent, independent minds for the cause. It was seen that so many individuals appointed to the state wildlife board are only retired officers and wanting a long period of time and even no one is accountable for this sorry state of affairs."

He adds: "To increase tiger numbers the state should create an empowered committee not only with researchers but best and honest individuals with deep knowledge and NGOs from our state."

### Lack of accountability

Former member of National Board of Wildlife, Biswajit Mohanty says, "There are two main reasons responsible for the decline of tigers' number in Odisha. One is rampant poaching of deer and wild boar resulting in food shortage and the second being poaching of tigers for their hide and teeth. Odisha has failed to add even a single tiger to its population in the last many years because of corruption at government level. Money allocated for the protection of tigers by the Centre has been siphoned off by officials. Most importantly, there is no accountability. Similipal lost 51 tigers in the last ten years and none was held responsible. Similarly, as many as 11 tigers had disappeared from Satakosia in 2008 but no action was taken. Fixing accountability is the only solution. There is no shortage of funds. If a single tiger is found missing, action has to be taken against officials."

### Destruction of tiger corridors

Devi Priyadarshini, Scientist-C at Regional Museum of Natural History, Bhubaneswar says, "I want corridors to be safeguarded in the state which can bring back the tiger glory like it was in the past. Besides, we badly need to check rampant poaching of the big cats. Our legislation and intelligence to nab culprits in wildlife crime are not enough. Most animals are seized dead or after skinning. We hardly have any task force to foil plans of the mafia."

She goes on to add: "We also need to focus on creating more prey base to prevent other animals from migrating to other states. It's not important how many numbers we add to the national list of big cats but it's very important how healthily we maintain our state population."



Photo courtesy: Aditya Panda

Most importantly, there is a need to launch massive awareness programmes in the fringe regions of sanctuaries to involve the local population in conservation of wildlife. This is something we have not done properly yet.”

### Int'l wildlife trade

Subhendu Bhattacharya, a wildlife photographer, says, “A study reveals that Odisha had nearly 150 tigers in 2004 which came down to 28 in 2018. Though the number of tigers has been a subject of debate among experts, there is no second opinion that it has reduced exponentially over the years largely due to the development of infrastructure inside forest, international trading of body parts, rampant poaching, loss of quality habitat and of course loss of food for the big cats in the wilderness.”

### Dwindling prey base

Wildlife conservationist Aditya Panda says, “Tiger conservation efforts in Odisha were neglected through the 1990s and 2000s. We saw massive decline in both tiger populations as well as tiger occupancy across the state. Even protected areas such as wildlife sanctuaries and tiger reserves were no longer safe havens for wildlife.”

He continues: “The single greatest factor for the decline of tiger numbers in the state has been and continues to be illegal, unsustainable and large scale poaching of deer and wild pigs for meat. Falling populations of deer and wild pigs, collectively known as “prey base” for large carnivores, adversely affect the number of tigers. Tigresses can no longer afford to feed and raise their cubs in poor prey base. Tigers also begin to abandon such areas and take to cattle killing in the absence of natural prey. This leads to human-wildlife conflicts and frequent poisoning by angry villagers. Poachers and people involved in illegal trading of wildlife take full advantage of this. Besides, poor policing in wildlife sanctuaries leads to increasing encroachment, habitat destruction and negative human impacts such as large scale collection of forest produce, livestock grazing, conversion of natural meadows and forests into agricultural

fields and timber felling.” Panda is of the opinion that the state's over reliance on mining and heavy industries has destroyed and fragmented many of our prime tiger landscapes. The spread of linear infrastructure such as ever expanding highways, canals, railways and power lines also fragments tiger habitats, he says.

“Making the matter worse, Odisha has been very lax in notifying new protected areas and upgrading existing ones with potential for tiger conservation to Tiger Reserve status. After Similipal in 1973, we got our next tiger reserve in Satkosia only in 2007. By then the local tiger population at Satkosia was nearly extinct. Sunabeda Wildlife Sanctuary has been approved for notification as a Tiger Reserve by the National Tiger Conservation Authority since



Photo courtesy: Aditya Panda



Photo courtesy: Aditya Panda

2008, but it is yet to be implemented,” adds Panda.

“All of these factors have taken a heavy toll on the prized feline population in Odisha. Today, there is one tigress left at Satkosia and a small relict population at Similipal. There are stray instances of male tigers from Central India visiting western, southern and northern Orissa, but they fail to settle in our forests due to the absence of sufficient prey and resident tigresses. They often even get poached. The tiger poached in Debrigarh recently was a case in point,” Panda maintains.

“Fortunately, the State Forest Department and its Wildlife Wing have in recent times begun taking serious remedial measures for tiger revival in Odisha. Effective protection measures combined with voluntary relocation of villages has helped restore quality habitat and revive prey base in Similipal and Satkosia. Sadly, this will no longer be possible without artificial supplementation of tigers in Similipal and reintroduction of a new population of tigers in places like Satkosia and Debrigarh.

Our failures and refusal to accept our lapses in the 1990s and 2000s have taken away the opportunity to preserve and revive the big cat population. Had interventions been taken in those decades, we would have managed to revive our tigers without any need of reintroduction”, he signs off.

## Tiger facts

**Myth:** Tigers, like most cats, dislike water and carefully avoid it.

**Fact:** Actually, tigers take to water readily and are excellent swimmers. They need to drink regularly, and they often slip into pools of water to cool off in the hot weather.

**Myth:** Today's tigers are descendants of the prehistoric sabre-tooth tigers.

**Fact:** The sabre-tooth tiger (*Smilodon*) species are not even close relatives of the modern tiger.

**Myth:** Tigers attack human beings every time they get a chance.

**Fact:** Tigers normally go out of their way to avoid human contact.

**Myth:** Tigers roar when they attack their prey.

**Fact:** Almost invariably, tigers are silent when they approach and attack their prey.

**Myth:** Tigers prefer small prey to large prey.

**Fact:** If given a choice, tigers go for large prey, since killing a “big-ticket item” is more energy-efficient.

**Myth:** Tiger hunts have a high success rate.

**Fact:** The reputation of the tiger as a “killing machine” is greatly exaggerated. Only one in 10-20 tiger hunts is successful.

**Myth:** Tigers are good tree climbers.

**Fact:** They are not normally tree climbers, being too heavy. Tribals escape tiger attacks by climbing trees, and for centuries hunters in India used to make platforms in trees to hunt tigers.



# I Am Not A Robot - Really?

People are so very good at programming computers and machine learning, but hardly have they cracked the code of changing their inner software, as per need, and adapting to new situations that life poses.

Day in and out, when we are using a computer we come across a line and are asked to prove "I Am Not a Robot". Well, maybe a technical thing, but there arises a genuine question: are we robots in human form? or are we humans living like robots?

If we take a look at our lives, most of the time we are on 'autopilot' mode. There will rarely be a time when we are fully present in the 'present' moment. Unfortunately, our lives have become so mechanical, that the sun rises, and we feel, oh God not again. There is nothing new about our life.

Where has "life" gone? When we stopped living life like a human "being" and shifted to this autopilot mode? Our minds are programmed just like robots with all our previous experiences in life and previous lives accumulations, our thinking patterns are the same, the way we do things are the same, we don't want to cross our comfort zone, we don't want to adapt to changes and make changes in our software, our thinking patterns, and even attitude.

We are so very good at programming computers and machine learning, but hardly have we cracked the code of changing our inner software, as per need, and adapting to new situations that life poses. It is so easy for us to programme computers but to change our inner programme,

we think it is just impossible, so we keep that thought away from us, compromising at every step of life.

Somewhere in this run behind name, fame and money, we have lost the real self. No more do we see the magic that life is, right from every breath we take, every heartbeat, the environment we live in, birds, trees, nature, life, if we take a break from our so-called life and get in touch with the beautiful nature surrounding us, sit in silence, calming our thoughts, and come in contact with our true inner nature, we get a glimpse of the magic, that life is, and what we are losing in this race.

As long as our lives were a part of the outer nature and our true inner nature, life was easy and full of magic. But, as we started drawing boundaries and limited ourselves to four walls



and lines unknowingly, we drew those lines inside as well. With limited beliefs, limited thinking or to state the fact, a majority of us stopped thinking and introspecting, we got ourselves accustomed to artificiality and gave it the name of safety of comfort.

In the pursuit of attaining goals, our entire lifetime goes, and somewhere in this run we lose our "true self". When humans lived in the jungle, in Mother Nature's lap, no one ever committed suicide, though, at that time, their life was full of challenges and threats.

Now, when we have all the comforts at our doorstep, more humans are fed up with life, they don't want to live. Are we humans? Are we living life, like we are supposed to? Are we not robots doing the same thing, thinking the same way? Love, compassion, peace and positive thinking where are all our true 'Human "Being"' qualities gone?

I Am Not A Robot - Really?  
It's time we ask ourselves these questions and try finding answers.



PARITI GAYATHRI



# Sameera opens up on self-love

Actress Sameera Reddy took to social media on Thursday to highlight the importance of self acceptance and self love for our emotional wellbeing. Sameera spoke about the time after childbirth and what she went through, saying she is "still a work in progress".

The actress shared throwback photographs from 2015 with her family on social media. In the photographs, she appears chubbier.

"Why is being #imperfectlyperfect is so important to me? Because in this picture the smile I had to put up behind the pain of feeling so bad about myself and my body was so difficult to bear it broke me as a woman. Overnight I felt I failed myself, I was unrecognisable and lost," Sameera shared in an Instagram post.

"Today I have come a long way from this 2015 picture, still reminding myself everyday how loving myself is so important irrespective of standards expected and I keep speaking so that anyone feeling the same should know that it's ok and you are not alone. Especially as a mother after giving birth instead of celebrating the joy of my first child, all I did was silently go day to day just trying to make it through without a breakdown," she further wrote.

"But I did break .. many times and it led me to where I am today. Self acceptance. Self love and being very clear with what I will let affect me. I am still a work in progress," concluded the actress. IANS



# Salman, Katrina resume shoot

Actors Salman Khan and Katrina Kaif have commenced shooting for the spy thriller *Tiger 3*, which was put on hold due to the pandemic.

"The new schedule of *Tiger 3* has started today in Yash Raj Films Studios. It is a closely guarded set and one can expect no picture to leak from here. Salman and Katrina's fitness will be tested in this schedule as well as the extensive overseas schedule that is set to start from mid-August," a source said.

The source added that Salman is building a physique that he has never carried off before.

"Salman teased his physique in *Tiger 3* on his social media and it is evident that he is building the best body that

he has ever showcased on screen. Katrina, on the other hand, has been keeping an extremely low profile with hardly any revelation of how good she is looking currently. There's a reason to this also," said the trade source.

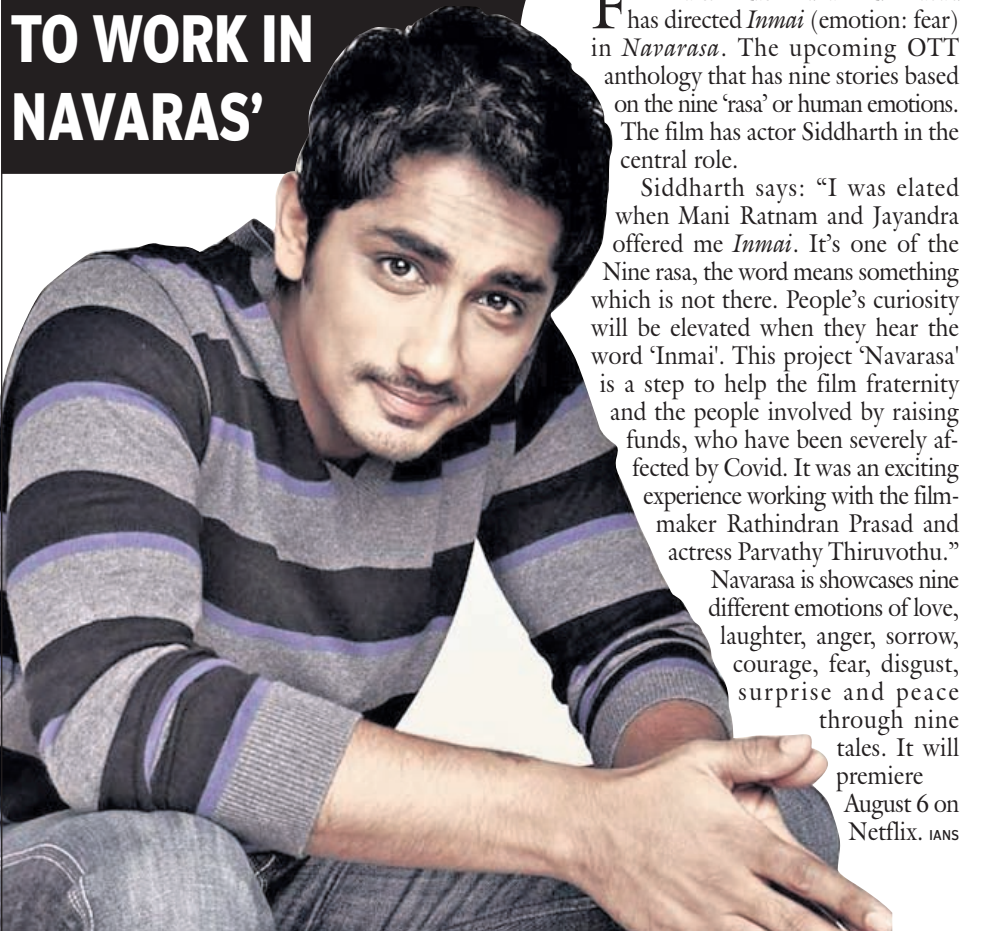
The trade source added: "She has worked like a beast to be her fittest best and people will have to wait to see her fittest best on screen when *Tiger 3* is set to release!"

The source revealed that the film's director Maneesh Sharma has planned some 'jaw-dropping' and 'hugely risky action sequences'.

IANS



# 'IT WAS EXCITING TO WORK IN NAVARAS'



Filmmaker Rathindran R. Prasad has directed *Inmai* (emotion: fear) in *Navarasa*. The upcoming OTT anthology that has nine stories based on the nine 'rasa' or human emotions. The film has actor Siddharth in the central role.

Siddharth says: "I was elated when Mani Ratnam and Jayandra offered me *Inmai*. It's one of the Nine rasa, the word means something which is not there. People's curiosity will be elevated when they hear the word 'Inmai'. This project 'Navarasa' is a step to help the film fraternity and the people involved by raising funds, who have been severely affected by Covid. It was an exciting experience working with the filmmaker Rathindran Prasad and actress Parvathy Thiruvothu."

*Navarasa* is showcases nine different emotions of love, laughter, anger, sorrow, courage, fear, disgust, surprise and peace through nine tales. It will premiere August 6 on Netflix. IANS

# Mahika reveals about her 'quarantine crush'

Mahika Sharma known for her roles in television series like *Police Factory*, *Ramayana* and *E.I.R.*, has finally tested negative for Covid. She has earlier visited the vaccination centre to take her first dose June 30 and that's when she found out that she was Covid positive and subsequently quarantined.

"I have finally tested negative, but I am still suffering from vertigo and other physical challenges. Doctors have advised me to take rest for complete recovery. I have lost around 15 to 20 kilos and

my voice has slightly changed," she says.

The actress, who started her career winning the beauty pageant Miss Teen Northeast India, reveals she has found a quarantine crush.

"Being all the time alone is boring and that too when you are single and not in a relationship. Pakistani cricketer Shahid Afridi was my childhood crush but now I regret it after looking at the pictures of Indian politician and former cricketer, Gautam Gambhir. He is married and I respect that but will not deny he was my quarantine crush," said Mahika.

IANS





*Washing with warm water followed by cold water is good for the eyes as this improves blood circulation and relieves congestion*

# Get rid of dark rings naturally



The skin around the eye is one of the thinner, delicate but most neglected areas in skin care. It has no oil glands and has a fine texture.

The dark circles known as dark rings or shadows are formed due to various reasons like ageing, mental or physical stress, dry skin, lack of sleep, sedentary lifestyle, hormonal changes, heredity factors, nutritional deficiencies and others. According to dermatologists, dehydration and anemia can also be the cause of dark circles.

The dark circles make people tired, older, sick, dull and exhausted although it is not a serious skin problem. You can get rid of your dark circles by taking up a regular skin and health care program and brighten your under-eye darkness. It takes time to cure and requires great discipline and do not expect magic to happen overnight.

This area requires special care and therefore, along with external treatment, it is advisable to take various other aspects into consideration in order to establish the cause and bring about the necessary changes. A nutritious diet with adequate Vitamins, like A, C, K and E and iron can help to minimise dark circles. In fact, the deficiency of iron has been found to be a common cause of dark circles. Iron deficiency leads to poor oxygenation in the blood. A balanced diet is very important, which includes fresh fruits, salads, sprouts, unprocessed cereals, yogurt, skimmed milk, cottage cheese (paneer), lentils, beans, leafy green vegetables, egg and fish. One should include different varieties of fruits in the diet.

Besides, start the day with a glass of water with lemon juice in the morning and drink eight to ten glasses of water every day. Consult your doctor before making changes to your diet. Also ask your doctor before taking vitamin and mineral supplements.

Include deep breathing exercises, like Pranayama, in

your work-out schedule. This can help you overcome stress and also oxygenates the body. Adequate sleep and relaxation are also important.

You can get rid of eye fatigue by regular washing. Splash your eyes with water to get immediate relief. In fact, contrast washing is good for the eyes. Wash with warm water and follow this with cold water washing. This improves blood circulation to the eyes and relieves congestion.

Before going out in the sun, apply sunscreen lotion sparingly under the

eyes. Add a drop of water to it before applying, to give a lighter coverage.

Include the areas around the eyes in daily skin care. Extremely gentle movements and a light touch are essential. Use a cleansing gel to remove make-up, using moist cotton wool. Then apply under-eye cream and remove it with moist cotton wool after ten minutes. Cream should not be left overnight. Normal masks should not be applied under the eyes. Very light-textured creams or serums should be used around the eyes.

Apply pure almond oil every day sparingly around the eyes and massage it lightly on the skin, using only the ring finger, for one minute under each eye. Massage in one direction only. Leave on for 15 minutes and wipe off gently with moist cotton wool.

Cucumber juice is a common remedy. It should be applied daily around the eyes and washed off with plain water after 15 minutes. Mixing potato juice with cucumber juice in equal quantities helps if there is puffiness along with dark circles. Follow the same procedure.

Dark circles can also be treated by mixing cucumber juice with lemon juice in equal quantities. Apply daily and wash off with water after 15 minutes. Tomato juice is also said to lighten skin colour.

Along with external care and a healthy lifestyle, take time off for relaxation, using eye pads. Take cotton wool and make two thick square pads. They can be soaked in cucumber juice or rose water. Lie down, close your eyes and put the soaked pads on them. Keep them on for about 15 minutes. Used tea bags can also be used as eye pads. Applying cold milk directly over closed lids for 15 to 20 minutes also helps.



SHAHNAZ HUSAIN



# Subhankari



PHOTO: CHANDAN