

AUGUST 15-21, 2021

SUNDAY POST

HERE . NOW



A day for introspection

75TH ANNIVERSARY OF INDIAN INDEPENDENCE

P
3,4 COVER STORY



Singer Sasmita Mohapatra, who has more than 30 modern hit songs and several bhajans to her credit, loves watching music reality show 'Indian Idol' with her family.



RASHMI REKHA DAS, OP

Daughter Dearest

Often I miss out on spending time with my daughter Adyasha due to professional commitments. Therefore, I do my best to be with her and help her finish class assignments on Sundays.

Nature Enthusiast

I am an avid lover of nature. Whenever I am at home, I invest my time in gardening. I talk to the experts frequently for the proper growth of my plants.

Sharpening Skills

I take online musical lessons regularly under the tutelage of Guru Dolagovind Garadia and Saroj Panda to improve my singing.

Family Priorities

Though I am a strict vegetarian, I often take time off to cook non-veg dishes like Chilli Chicken and Chicken 65 to treat my husband and daughter.

Music Aficionado

I love watching music reality shows and Indian Idol is my all-time favourite programme. I finish all my household chores to watch it uninterrupted.



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

- Dear problems... Please give me some discount... I am your regular customer
- I follow the quote, "Always be true to yourself" because I only lie to others!
- My "last seen at" was just to check your "last seen at".
- Friends are forever, until they get in a relationship



LAUDABLE INITIATIVE

Dear Sir, The tete-a-tete with Dr. Sweta Kumar Dash(Aug 8) made for a delightful read. I had the opportunities of watching his two short films - *Mask* and *Mask-2* - which left an abiding impression on my mind. The stellar performances of the child protagonists in his films are praiseworthy. With his adept handling of the script and the characters, the director injects a sense of realism into the entire proceedings. The saga of an ordinary village boy distributing masks hand-stitched by his indigent mother to spread social awareness among the masses strikes a deep emotional chord with the viewers. Such films deserve a pan-India outreach with appropriate sub-titles in Hindi and other regional languages. May God give more wings to the imagination of Dr. Dash, so that we may savour many such creative outpourings in the near future.

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



75TH ANNIVERSARY OF INDIAN INDEPENDENCE

A day for introspection

RASHMI REKHA DAS, OP

It has been 74 years since the nation celebrated its independence from the clutches of colonial power. Our first Prime Minister Jawaharlal Nehru, in his address to the nation, envisioned a prosperous, democratic and progressive society which can ensure justice and fullness of life to every man and woman.

Seven decades after Independence, how far that vision meets today's reality? On the occasion of 75th anniversary of Indian Independence, a few eminent people of the society shared with **Sunday POST** their views on freedom.

'Freedom remains a far away dream'

Writer and gender specialist **Hiranmayee Mishra** says, "Freedom, for me, remains a far away dream as women in India are still judged on how they stand, walk, look, laugh, dress and live. Freedom to me means exercising my choices of life. It's unfortunate that women in my society hardly get that opportunity. As a woman and particularly as a married woman, I have often felt that freedom is not a woman's cup of tea in this land. It's such a national shame that I live in a time and space which is predominantly occupied by misogynists. Both in private and public spaces women are not safe. During the pandemic when the whole world preferred to be home, for many women their own homes became the most unsafe places for them. Domestic violence has reached an all time high all over the country. Rape, molestation, deprivation, discrimination — these terms define lives of hundreds and thousands of women today. This is the country where people search in Google the caste of a woman player even when she makes the nation proud



by getting a medal in the Olympic Games. Here people think that a woman's ultimate salvation lies in getting married and bearing children."

So, what kind of freedom do you expect as a woman, asks Mishra. Anyone with a mind will agree that women do not enjoy any freedom here, even after 74 years of freedom of the nation. To be free is the freedom to live a life of dignity for all, she adds.

"As a writer, I find misogyny in literature circles. As a teacher, I hear derogatory remarks against young girls on the campus and sometimes even against women colleagues in the teachers' common room. As a daughter, I have faced enough discrimination within my family. The day after I got married, I had to forget the word 'freedom' for a long stint. If this is the story of an educated, salaried, married woman who is a writer, orator and gender expert, where does freedom stand for common women today? Long live my country's independence and long live the dreams," lamented the *Meghapakhi* author.

Notwithstanding the negativity all over the place, Mishra still nourishes a dream in her heart that a day will come, when people will have their freedom - freedom to exercise their choices.

'It is more of an invocation than an exercise'

Educationist **Subhashree Das**, who now works as the Head of the English Department at Buxi Jagabandhu English Medium School-2, says, "It's high time to introspect how far independence has been realised in its truest sense. I believe that the humanitarian value has receded in the connotation of liberty. The spectrum of autonomy has closed its boundaries almost in every sphere of life. Just to glorify our

independence we have added only the clichés and jargons in the academics making it more intricate. Freedom now is more of an invocation



than an exercise. The choice of independence which needs to be transmitted through teaching requires a constant and vigilant exercise in practice. But the sorry state of the fact is that the nurturing and encouragement which is utmost essential to open up courage for imagination of new possibilities is in danger of becoming the great banalities of the present day. The greatest threat to our exercise of liberty is the lapsing into habit of thoughts where we acquiesce.

When we are true to our own self and can confront the prospects of others, we ought to experience freedom in its factual logic. In my view when we arrive at a point of self-conception, we can realise what is called freedom or positive liberty. So not just the acts, we should carefully guard the language where we need to express the true meaning of freedom."



Freedom means exercising the choices of life, an opportunity which women hardly get in Indian society, laments eminent author and gender specialist Hiranmayee Mishra



Take the case of women. They face so many restrictions and taboos after their marriage. More often than not, they have to suppress their wishes. Similarly, many senior citizens are not looked after well by their children and they lead dreary lives. Therefore, independence is a relative term for me. In my view, if we are free in our mind, we are free from backwardness, free from evil practices, then only we consider ourselves free Indians."



'Creative liberty is a pipe dream'

Internationally acclaimed painter Anup Kumar Chand says "India's artist fraternity, especially those involved in visual art, is yet to reap the benefits of freedom even as we are celebrating the 75th anniversary of our independence. Society still denigrates the profession of art despite being aware of the sweat, blood and tears that go into the craft. Art is a form where artists showcase their creative freedom. But our democracy hasn't matured enough to extend that creative liberty to the artists. The controversy over paintings of MF Hussein was a case in point where the masses could not differentiate between artistic expression and object nudity. Unfortunately, society is getting judgmental day by day with creative liberty remaining a pipe dream."



'Colonial features still exist in our system'

Eminent theatre director and founder of Natya Chetana, Subodh Patnaik says "India got its freedom from the British rule but we still carry many colonial features in our system, mindset and cultural expressions. Coming to theatre, the proscenium stage, one-side open auditorium, that we use now is a British model introduced by them. However, we in India had a design of one-side opening stage in Natyashastra for over 2,500 years. Here the entry and exit is to the back side of the acting area. Our theatre syllabus also is influenced by British school of Drama. The course content is more around the proscenium style and a very negligible part is there about Indian classical drama or Indian Folk/Traditional theatre. So, even as the country is free from the British clutches, our present practice of theatre is still in their prison."



in our society. Where there is injustice or any kind of exploitation or violence that is being perpetrated or opportunities are not equally distributed, it is difficult to perceive freedom."

'Women are not free in true sense'

Top Odia film actress Archita Sahoo says, "Notwithstanding the ongoing euphoria during celebration of Independence Day year after year, I must say girls are yet to taste freedom in real sense. The real freedom a woman gets is when she can do things she loves to do. What sort of freedom is this when women are tortured and killed for dowry and the topic of menstrual hygiene is still considered a taboo in our society? Being an actress, I am leading an independent life. I enjoy a fair share of freedom and liberty. Still I get scared when I return home late after shooting. No country can truly flourish if its women live under restrictions and feel unsafe."



'Individual freedom is yet to be achieved'

Social activist Subhashree Das, who has been working on gender-based violence for over the last 20 years, was of the opinion that India may have achieved political freedom but people are not independent individually. "This is because freedom of an individual in comparison to that of his country's is completely different. We are fortunate enough to be an independent modern state in 1947. However, that in no way paves the way for individual freedom. Freedom for an individual or for a particular segment of the society like women, members of LGBTIQ communities, indigenous people or for that matter people with disability largely depends on the space and opportunity available for them to exercise their rights without any restrictions. I think freedom is a state of being free from outside interference in the general pursuit of life."



'Independence is a relative term'

Namrata Chadha, the former chairperson of the state wing of women commission, says, "When we are talking about free India, it means we are free from any foreign rulers whether they are Mughals or Britishers. I'm blessed to be born in a free India. But the form of freedom is debatable when it

comes to personal freedom which includes freedom of choice, freedom of expression, right to raise our voice against injustice.



NAILING SPOONED NAILS



Plummer Vinson Syndrome, Raynaud's disease, Lichen planus etc. Iron deficiency due to any other cause may add to the flattening of nails giving rise to these 'Spoon Nails'.

There are even congenital disorders that may account for Koilonychias in the paediatric age group. Some of those diseases are ectodermal dysplasias, LEOPARD Syndrome, Nail-Patella Syndrome, and Darier's disease. However, infantile koilonychias are a common feature which may subside with age, within a few years of life.

Other causes pertaining to the same are Hemochromatosis, Onychomycosis, Skin inflammatory disorders, impaired absorption of Iron or depletion of stores, poor functioning of thyroid hormone, acute or chronic loss of blood, cases like Haemodialysis etc. At times a combination of spooning of nails with harsh detergents could aggravate the situation. Lung or heart related disorders and even cancer may give rise to such a condition as well. Besides, constant stroking

or biting of nails could also possibly create fertile ground for spooning of nails and of course improper diet, digestion or absorption might cause Koilonychias.

Having known the causes and implications of Koilonychias the next important step is to look at the prevention and treatment side of the same. As goes the age old saying- "Prevention is better than cure", prevention is something we should definitely look up to as it is of paramount importance. The very first step regarding this aspect is to stop continuous biting of nails, followed by practices such as using gloves while working with chemicals or potential harmful agents. The most important preventive measure, however, is adding an adequate amount of Iron to the diet for Iron deficiency is the leading cause behind this inconvenience.

The treatment for these spoon nails could vary from treating them with simple gels and lotions to high iron-rich diet supplements. Certain easy home remedies include: consumption of green leafy vegetables, regular cutting of the nails and keeping them clean, maintaining the smoothness of nails by applying lotions and creams and preventing exposure to harmful chemicals, application of lemon in nails and proper care. This would keep your nails healthy and happy. Look for any nail changes and consult your doctor immediately as something that looks so trivial can sometimes save you frequent trips to the hospital and provide protection from dangerous illnesses.



DR.SOUMYA SUBHADARSINI (MBBS)

KOILONYCHIA OR SPOONED NAILS IS A CONCAVE OR SPOON-SHAPED DEFORMITY SEEN IN NAILS DUE TO IRON DEFICIENCY. ONE CAN RESORT TO SOME EASY HOME REMEDIES SUCH AS CONSUMPTION OF GREEN LEAFY VEGETABLES, REGULAR TRIMMING OF NAILS AND APPLICATION OF LEMON TO KEEP THE CONDITION AT BAY

An interesting and important finding in the general examination of a few patients, Koilonychia is of great significance. A Koilonychia is a concave or spoon-shaped deformity seen due to iron deficiency. The person presenting with this, has flattened nails leading to flaring out of the outer border of the nails. The skin underneath may become dry or cracked and thus can trap microbes or fungal pathogens and add to infections of many kinds. Therefore, early detection of these can alert us about an impending serious medical condition.

Coming to the causes of Koilonychias, the most important factor is Iron deficiency as already mentioned. It may also occur due to conditions like Iron Deficiency Anaemia, Celiac diseases, Gastrointestinal bleeding, Genitourinary bleeding, Plummer vinson Syndrome, nail trauma, malignancy or even worms. Certain environmental factors can also contribute to the same. For instance, high altitude is an important cause behind this. It can be explained as such. In higher altitudes, due to chronic hypoxia there is increased stimulation of erythropoiesis leading to more RBC production that subsequently depletes the iron store of our body. Occupational exposure to petroleum based products may also act as one of the causative agents. The implications of Koilonychias could be much more than just a few. These are associated with many acquired disorders namely Lupus erythematosus, Psoriasis,



Kriti gets motivated by work pressure

Kriti Sanon is having a golden run in the Hindi film industry with several films lined up. The actress feels no pressure and instead is motivated and would not want it any other way.

Kriti has her diaries full as her line-up includes *Hum Do Humare Do*, *Bachchan Pandey*, *Bhediya* and *Adipurush*.

With so much riding on Kriti, does it get pressuring?

Pat came the reply: "No, there is no pressure."

"I feel excited, motivated and thrilled because this is what I wanted to do. This is where I wanted to be and when I have reached where I have these kinds of opportunities in front of me," added the actress, who appeared in Forbes India's Celebrity 100 list of 2019.

The 31-year-old is happy with the kind of work coming her way.

"I am doing films which are not similar in any genre or flavour at all. I am getting to play so many different kinds of characters, getting to work with such amazing directors and stories that I would want to be a part of," she said.

AGENCIES



Dhoni-Vijay pictures break Internet

It couldn't have been a bigger OMG moment for fans of Tamil superstar Thalapathy Vijay when they saw him together with star cricketer and Chennai Super Kings skipper Mahendra Singh Dhoni in pictures that went viral last week. The two met at Gokulam Studios in Chennai.

Vijay is shooting for his upcoming Tamil action film *Beast* at Gokulam



and Dhoni for an ad commercial. The pictures of the two in one frame got their fans into a tizzy. The two celebrities had earlier collaborated when Vijay was named the brand ambassador of the Chennai Super Kings.

The team of *Beast*, produced by Sun Films and written and directed by Nelson Dilipkumar, are all set to fly to Europe for their next round of shooting. The film's lead female character is being played by Pooja Hegde. IANS



'I still feel like a baby in this industry'

Pooja Hegde, who made her Hindi film debut with *Moharjo Daro* alongside Hrithik Roshan, is currently basking in the glory that comes with having a solid lineup of films. The actress feels great to have established herself in the industry despite not having a 'filmy background'.

In an interview, Pooja opened up about how she will be juggling the myriad projects she has in the offing. Ask her if she had ever imagined her career will shape up like this and she says, "It's both, yes as well as a no (smiles). I think that I am always someone who is going to be hungry and going to be wanting more and want to do more for sure. At the same time, it also feels great to know that someone like me, who comes from a non-filmy background, has managed to establish herself in the way that I have. I still feel like a baby in this industry and have a long way to go".

AGENCIES



Rakul joins the Bachpan Ka Pyaar trend

Rakul Preet Singh is currently shooting for her upcoming film, *Doctor G* with Ayushmann Khurrana in Bhopal. The actress keeps sharing glimpses of the sets and updates her fans on social media.

The *De De Pyar De* actress recently posted a video on Instagram as she joined the *Bachpan Ka Pyaar* trend.

The song *Bachpan Ka Pyaar*, sung by Sahdev Dirdo in school, has gone viral on social media and the kid has become an Internet sensation. Badshah has collaborated with the kid and released the song recently.

In the video, Rakul can be seen sitting in her vanity van while her team is busy doing her hair and makeup. The actress can be seen sporting a casual outfit. Sharing the video on her handle, Rakul wrote, "Because everyday has to be a funday #littlelatetotheparty but party to meri hai."

Soon after she posted the video, her fans were seen dropping heart and fire emojis in the comments section.

Apart from *Doctor G*, Rakul will be seen in *Attack*, *MayDay* and *Thank God*.

AGENCIES



FLAVOURS OF FREEDOM



TRICOLOUR PIZZA

Procedure

Spread the pizza with tomato sauce and mozzarella cheese. Spread pizza sauce followed by mozzarella cheese again over it. Place the roasted vegetables like carrot, black olives and green capsicum over the base. Cook in the wood fire for 4-5 minutes. When the light golden colour comes up, take it out and serve your tricolor pizza hot.

Ingredients

- Pizza base
- Pizza sauce: 50 gms
- Mozzarella cheese: 110 gms
- Black olive: 5 gms
- Green capsicum: 60 gms
- Carrots: 60 gms
- Olive oil: 5 gms

TRICOLOUR IDLI

Procedure

Wash and soak urad dal and idli rava separately. Urad dal needs to be soaked for 5 to 6 hours or overnight. Drain the excess water and start grinding the urad dal with some salt in a wet grinder or blender to prepare the batter. Add some water if needed and blend till you get nice frothy thick and smooth batter. Squeeze out excess water from rava and add to the urad dal batter. Mix well and keep aside for fermentation in a warm place for a few hours. Boil carrots and blanch spinach separately and put it in a blender for fine puree for the colour. Once the batter is ready, take some batter in 3 separate bowls. Add the carrot puree and spinach puree to the 2 parts of batter separately and stir nicely to get the desired colour. Keep the 3rd part of batter as it is. Take the idli mould, insert muslin cloth, sprinkle some water and keep aside. Preheat the idli steamer. With a help of a spoon, first add the orange colour idli batter in the idli mould then the plain idli batter and the third with the green idli batter. Cut one okra and place it on the centre of white layer of the idli batter. Cook the tricolour idlis in the preheated steamer for about 15 to 20 minutes. Idlis should be soft light and fluffy. Remove the tricolour idlis and serve hot with sambhar and chutney.

Ingredients

For idli batter

- Urad dal: 500 gms
- Idli rava: 1 kg
- Cooking soda: 5 gram
- Salt (as per taste)
- For colour:
- Carrot puree: 50 gms
- Spinach puree, blanched: 50 gms
- 2-3 Okra





Rani

PHOTO CREDIT : KAMAL SATPATHY