

FEBRUARY 13-19, 2022

SUNDAY POST

HERE . NOW



VALENTINE'S DAY SPECIAL

Rising in Love

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COVER STORY



Biryani Day

My hubby and I are hardcore Biryani lovers. Nothing can make us happier than smelling the aroma of this scrumptious dish. So our Sundays sans biryani are incomplete.



Actress Arpita Kar aka Micky, who became a household name in Odisha after playing the central role in mega soap 'Durga', loves to go out on bike rides

Calorie-conscious

Being an actress, I keep my calorie intake in check. So, there is no better way to start the day with authentic hot south Indian fluffy Idlis dipped in Chutney. I mostly order this delicate dish, which makes a perfect breakfast, from the nearest eatery as I can't make them at home.



With husband and son

Day for re-energising

After a week's hard work my body desperately needs to rest and recover. So, I never wake up before 10 am on Sundays, come what may.

Avid Biker

I love being on bikes and going for a long trip with my husband giving me company as a pillion rider. And I nail it like a boss.



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

- I follow the quote, "Always be true to yourself" because I only lie to others!
- The most powerful words other than I LOVE YOU is "Salary is Credited"!
- Laziness is the mother of all bad habits, but ultimately, she is a mother and we should respect her!
- The future is shaped by our dreams, so stop wasting time and go to sleep!

GOOD SAMARITANS

Dear Sir, 'Beyond the call of duty' (Feb 6) was a well-written piece, highlighting the yeoman services being rendered by two young doctors in the rural hinterlands of Koraput and Ganjam districts. Putting service before self, both Dr. Chittaranjan Jena and Dr. Suraj Kumar Jena have trodden an unfamiliar path, which few in their profession would dare to tread. Besides disseminating highly useful information on the importance of proper hand hygiene practices, preventive dos and dont's for treatment of malaria, dengue & diarrhoea, dispelling misplaced notions about vaccination and offering free consultation to the Covid-afflicted, organizing free health check-up camps etc., they have also played a key role in weaning away the villagers from their deeply ingrained beliefs in witchcraft and superstitious practices. One only hopes that young medicos emulate their examples to bring about a transformation in the healthcare sector in the backward areas.

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



VALENTINE'S DAY SPECIAL

RISING IN LOVE

Falling in love is easy but keeping the intensity up for long is not. Therefore, marriage is not always the ultimate success of a romantic association. Moreover, couples face the real challenges once the initial thrill is gone. Overcoming them and trying for mutual growth, not career-related in particular, perhaps is the real love which stands the test of time. Ahead of Valentine's Day, a few renowned couples share with

Sunday POST
the secret behind their eternal spark



BIJAY MANDAL, OP

'THE SECRET IS THERE IS NO SECRET'

With more than 180 films, most of them as main lead, and an enviable possession of seven State Film Awards and five Filmfare Awards (East) in a career spanning over 30 years, actor Siddhanta Mahapatra is certainly one of the brightest stars to shine on the firmament of Odia cinema. He has ruled the industry for nearly two decades and is considered among the most dependable actors even now.

On the other hand, Mama Mishra, before foraying into Odia cinema, was in awe of her hubby, then the quintessential heartthrob of Odisha. She, like millions of other girls of her time, too was star-struck and had a huge crush on him. Setting her home with the hottest

stars of Odia film industry at that time was not even in her thoughts. But as they say you never know when the cupid will strike you.

The arrow struck the duo in 2004 and they agreed to share the roof for the rest of their lives. Since then, every day has been a day of celebration making Siddhanta-Mama one of the most ideal celebrity couples in Odisha.

Asked about the secret, Siddhanta, the two-time Lok Sabha MP from Berhampur said, "The secret is there is no secret between us. From the day we tied the knot, till now, we have zero secrets. Hiding things from your spouse means all is not well. In our case, the trust factor is beyond 100. At no point of time, we ever felt that we are not satisfied with each other's love and attention."

He goes on to add: "Besides, we always keep things simple which helps us lead a stress-free life and maintain harmony. Please remember, life is a simple straight line but people often make it complicated. Be truthful, have mutual respect, complement each other for every little thing like we do and you will find life to be an incredible journey."

Narrating Mama's value in his life, the actor says:

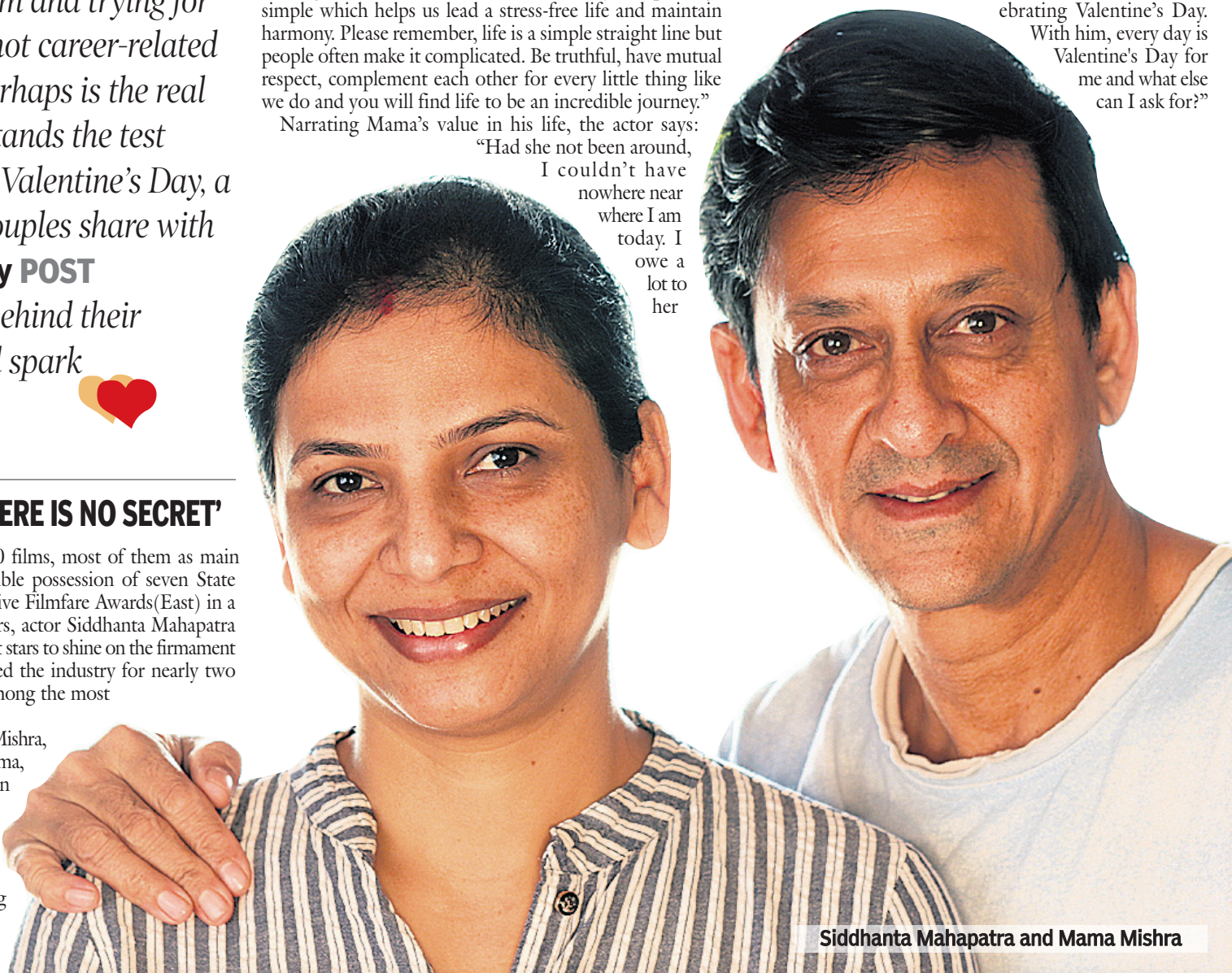
"Had she not been around, I couldn't have nowhere near where I am today. I owe a lot to her

for whatever I have achieved in life."

Mama, on the other hand, says she still feels the kind of crush she had on Siddhanta when she made her debut in Prashanta Nanda's *Bapa* in 1997.

"For me, he has not changed a bit and the attraction has only increased with the passage of time. I have acted in 11 films, nine of them with him. I had no plan for a career in films. So, I strongly believe that it was destiny which brought me into films only to become his co-pilot in life's journey," shared the actress who blushes every time Siddhanta is discussed.

Mama, for whom the world begins and ends with Siddhanta, further says, "He is a kind of man one can only dream about. His discipline in life and punctuality is infectious. I don't remember celebrating Valentine's Day. With him, every day is Valentine's Day for me and what else can I ask for?"



Siddhanta Mahapatra and Mama Mishra

'WE HAVE 365 V'DAYS IN A YEAR'

He had reservations about love. But she was very romantic. He was from a rural and lower economic background while she was an urban girl. He was short and she was tall. He didn't like travels and novels but she was all into trips and books. He was cool and she was impatient, he was fussy about food and she was a foodie.

Novelist, poet and educationist Hiranmayee Mishra and Arun Kumar Nayak, principal of Udaynath Autonomous College of Science and Technology, may seem like poles apart, but the feelings developed between them is only getting stronger with the time.

"We don't remember saying 'I love you' to each other. In fact, he never has said this till date. Our times were all about writing letters and seeing each other from a distance. We were waiting just for a glance. I was writing long letters and getting very short responses. I used to give him very colourful greeting cards and I still doubt whether he has read all those romantic words written inside or not, but we were in love," says Hiranmayee.

She still fails to believe how she dared to leave her parents, her sweet home only for her love and to be lost.

"We were two naive idiots with absolutely no money in our pockets, just hearts pumping out love. The starting days were very difficult. For me, it was like a do or die situation. I had to prove that what I did was right. Hailing from a very cultured family it was hard for me to accommodate in a family where no one was really welcoming. From being around a loving family it suddenly became a 'one man world' for me. Everything was going wrong except our hearts."

Asked about the factors that have ce-

I trust that love is the greatest power in existence. A phase came in my life when I was feeling I had no dreams at all. That's the time; he motivated me to push boundaries

HIRANMAYEE MISHRA | NOVELIST AND EDUCATIONIST

mented their bond for nearly three decades, she says, "I strongly believe that love conquers all hurdles and I have been madly in love with him always, more so when life has put a question mark before me. I trust that love is the greatest power in existence. A phase came in my life when I was feeling I had no dreams at all. That's the time; he motivated me to push boundaries. My daughter was too small when I qualified for an International fellowship for pursuing a PhD overseas. I couldn't imagine going abroad leaving my daughter here. This was the time when Arun stood by me like a rock and insisted that I must do a PhD and fulfill my father's wish. Ah! What a difficult decision! He took the decision and I just followed. He took care of his elderly parents, our six year old daughter and the home. He made me feel how love can overcome everything and can magnificently transform intricate situations to better."

She continues: "He never expresses his love, but I say it in thousands of ways. I have felt his love which has covered my life like a blanket. For us, each day of living together is LOVE. We have 365 Valentine's Days in a year."

Quoting her favourite poet Maya Angelou Hiranmayee signs off, "Suddenly we see that love costs all we are, and we will ever be, yet it is love which sets us free."

Arun, a man of fewer words, on how their bonding stood the test of time, says, "I think people who believe in fairy tale love stories find difficulties in facing the realities of life. I think, for us life is a continuous expedition of trust and love is the navigator. I respect her and trust her absolutely. So, she knows that I love her, no need to say it in words. The most beautiful and divine feelings of life are better left unexpressed."

Hiranmayee Mishra and Arun Kumar Nayak

'LOVE IS A TIRELESS QUEST'

Pabitra Mohan Dash, a well known poet, novelist and critic, commands a strong fan base in Odisha and other states.

Over the years, he has been transformed from a firebrand romantic poet to a word-smith whose works reflect the reality of his time and living. On the other hand, wife Manamayee DashRath is a poet and painter. She is an archetypal committed and fanatic lover who can't look beyond Pabitra. From the outside, they look so different but with a close look one can feel tides of emotion they share.

Pabitra says, "To me love is the drop in which one can find the entire ocean. It is not something to be quantified. There is no less love or more love. There is either love or lovelessness. To me it is a tireless quest."

Talking about the secret behind the eternal spark, the English lecturer of Shastrī Smruti Degree Mahavidyalay says, "The only secret in love is that there is no secret. Everything is open. I believe that relationships are the mirror through which we see each other's faces. So to maintain the relationship one needs to be subdued. By subduing the movement of togetherness happens. So I observe her as a manifestation. The observation resists me from being judgemental. Most of the time we try to find what love is not instead of searching for what love is. I believe that love demands complete detachment. It is non-attachment that generates passion in me. That awareness gives a sense of intimacy. Love is like sunlight which shows

Love is like sunlight which shows



Pabitra Mohan Dash and Manamayee DashRath

no partiality in shining on. So I toil to trace out the spots of darkness within me. It is understanding that helps us to nourish love. Yes, it is understanding but not adjustment."

Pabitra was beyond her expectations in many ways when she started searching for a companion life, says Manamayee, the principal of St. Xavier's Kids, Baliput, Puri.

"His calm demeanor, profound wisdom, fearless attitude, encyclopedic memory and immense poetic talent were an extraordinary realisation for me. I was head over heels to have him in my life. He was not just matching my imagination but way beyond that and irresistible. I try to be like the bride of his choice even after two decades tying the knot," she said.

Manamayee just loves everything about Pabitra which is the cornerstone of their bonding. "He always holds my hand as my best friend but also makes me understand like my father used to do. He is also the one who cares for my childishness and understands my vulnerability. Often I feel the almighty has dropped me in his world to test his patience and resilience. He appears quite common to many but I have seen the extraordinary spirit that has made him what he is today. I can't define love but seeing him in joy for me is the ultimate success of falling in love," she concluded.

To me love is the drop in which one can find the entire ocean. It is not something to be quantified.

PABITRA MOHAN DASH | POET AND LITERARY CRITIC



Spreading flavours of Odisha

WITH HER CUSTOMERS RANGING FROM ODISHA GOVERNOR GANESHI LAL AND GAJAPATI MAHARAJA DIBYASINGHA DEB TO STAR COUPLE AJAY DEVGN AND KAJOL, SUPER CHEF SAROJA CHOUDHURY HAS CARVED A NICHE FOR HERSELF IN THE HEART OF FOODIES ACROSS THE GLOBE



With litterateur Pratibha Ray



With actor Sabyasachi Mishra



RASHMI REKHA DAS, OP

As cliché as it may sound, age is just a number for her. Saroja Choudhury is rocking the entrepreneurial scene like a boss shattering the glass ceilings. A home, children and a million responsibilities to fulfill couldn't stop her from emerging as a super chef at the age of 56. Her relentless zeal, craving for success and hard work laced with undying passion for food sets her apart in a male-dominated culinary business industry. With her customers ranging from Odisha Governor Ganeshi Lal and Gajapati Maharaja Dibyasingha Deb to star couple Ajay Devgn and Kajol, Saroja has created a niche for herself in the hearts of foodies across the country. Launched in 2020, her Rosy's Kitchen has put the signature Odia cuisine on the global food map as her dishes are flown abroad too. However, her journey from a homemaker to a super chef was not a road of roses. In a candid conversation with **Sunday POST**, Saroja talks about the journey so far...

She was asked to cook Upma, a typical south Indian dish, a day after her marriage. As she was born and brought up in a joint family, she had no idea about cooking. She asked her mother-in-law to help. This made her infuriated and she said something which didn't sound pleasant. The incident had a lasting impact on Saroja and she did whatever is necessary to learn cooking skills.

Recounting that experience, an emotional Saroja says, "My mother-in-law, like many others, too had a lot of expectations from me. On the first day after my marriage I was asked to prepare this dish for the family. But I couldn't and her reaction made me what I am today. 'Hasn't your mom taught you this basic lesson before sending you in-laws' house', she thundered. It hurt me but I took it positively and promised to myself that I would make her proud of me one day. In those days the concept of online cooking class was not there. So, I started preparing the dishes following the recipes given in the manuals that come with the new pressure cookers and ovens. This worked and I could cook a few delectable items without attending cookery classes. In a few days, my family became fans of my recipes and cooking style. And I found

my calling."

Saroja tasted success a little late in her life. At the age of 56 she never ceases to amaze those around her with culinary skills and a passion to learn. Two years ago, she took the plunge to become an entrepreneur.

What made you wait for so long to launch your startup Rosy's Kitchen? To this question, she responds, "I always wanted to create my own identity. But after a year of my marriage I became a mother. While looking after the family, I could not realise how so many years passed in the blink of an eye. In the meantime, I tried to find a few jobs but got rejected as I was not qualified enough. But this couldn't dent my spirit. I came to limelight after participating in a cookery competition and bagged third prize in 1994. I also got an order from the state government to teach cooking skills to 20 underprivileged students. In 2012 I launched a catering service from my residence and began preparing authentic Odia cuisines. The quality and unique taste of my food struck an immediate chord with the people. I was flooded with orders to prepare various homemade cuisines and made some money. However I had to close my startup after a year as my husband desired so."

She continues: "I did not like idling at home. So, I took admission in a yoga class and did my post graduation. I became idle again after completing the course, which was depressing. However, with husband's permission, I again started supplying foods through Rosy's Kitchen in 2020. During the lockdown, the service was on 24X7. Even in the dead of the night I got calls from doctors for meals and I never disappointed them. There was no staffer to help me. So, it was like serving the society. As all the hotels and restaurants were shut down during the pandemic, I kept my kitchen open so that no frontline warriors have to sleep in empty stomachs. With my first month's income, I bought a refrigerator worth Rs 28,000. My eatery became very popular in the Bhubaneswar when orders in bulks started coming in for various social functions. My Manda Pitha stall became a big draw at Toshali Mela in Bhubaneswar with Kheera poda pitha and Ghora Manda being my USPs."

Recalling a touching incident, Saroja says, "I got a call from Odissi dancer Saswat Joshi's sister asking me meals sans onion and garlic for her mother-in-law who was

on the death bed. All the elderly lady wanted to have was a meal cooked by me. On that day I was occupied with other important commitments and there was no one to assist me. After a few minutes, Saswat also called urging me to cook something for his sister's mom-in-law. I had no option but to oblige. I can't control my emotion even now as the ailing old lady passed away only after eating food prepared by me."

Asked about how she got in touch with star couple Ajay Devgn and Kajol, Saroja says, "They got the taste of my famous delicacy Kheera Poda Pitha, courtesy Dr Vinit, an Odisha born entrepreneur. It was not in my knowledge. As Kajol loves prawn malai curry, Vinit once asked me to cook the dish and send it to them. Vinit gave me a list of favourite dishes of the Devgn's and also got me the kind of prawn and crab required for the purpose."

As part of my measure to promote Odia foods through celebs, I prepared Crab-aloo Jhola, Crab Kasa, Dahi Machha, Chhena Poda, Rasagola and Gulab Jamun. The order was ready by late noon and flown to the Devgn's Juhu residence in Mumbai."

Saroja attributed her success to the blessing of Lord Jagannath and her daughters' encouragement.



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When Deepika gets 'irritated' by Ranveer

Recently, actor Deepika Padukone revealed a habit of her husband Ranveer Singh that 'really irritates' her.

Ranveer and Deepika got married in November 2018 after a six-year relationship. They fell in love during the making of their first film, Sanjay Leela Bhansali's *Goliyon Ki Raasleela Ram-Leela*, which released in 2013.

Deepika said, "He eats his food too fast and that really irritates me. Like I have literally had two bites of my dinner and he has finished his dinner and sent the plate. So that irritates me. But apart from that, he doesn't do much to annoy me or trouble me."

Deepika also revealed what it is about Ranveer that makes her feel madly in love with him. "I think the fact that he is an extremely sensitive and caring person," she said.

Ranveer and Deepika have worked together in *Bajirao Mastani*, *Padmaavat* and *83*. He also made a cameo appearance in her film *Finding Fanny*.

Currently, Deepika is busy promoting her upcoming film, *Gebraiyaan*. Directed by Shakun Batra, the film also stars Siddhant Chaturvedi, Ananya Panday and Dhairya Karwa in the lead roles, with Naseeruddin Shah and Rajat Kapoor playing supporting parts. AGENCIES



Mrunal talks about her suicidal thoughts

Actor Mrunal Thakur opened up about the lows in her life and how she battled suicidal thoughts at a young age. She said that she convinced her parents with great difficulty to do a Bachelor of Mass Media (BMM) course and when it was not satisfying for her, she was filled with self-doubt. It did not help matters that she was staying in a hostel, away from her family.

In an interview, Mrunal said that her parents wanted her to become a dentist but she was inclined towards crime journalism or something where she could come on TV. She convinced her parents very hard to let her study BMM.

"There were a lot of responsibilities as well. At that time, I used to think that if I didn't do this well, I would be nowhere. I thought I would

be married off at 23 and have kids, and that is exactly what I did not want. I wanted to do something different and I would give auditions back then. There were many points where I felt like I was good for nothing."

Mrunal said that the age from 15 to 20 is 'crucial' as people are trying to find themselves. She added that those who had not yet figured out what it is they want to do tend to feel low and have suicidal thoughts.

On being asked if she went through something similar, she said, "I used to travel by local trains. I used to stand at the door and sometimes, I would feel like jumping off." AGENCIES



'I am a big fan of Dulquer's works'

Dulquer Salmaan is all geared up for his upcoming Tamil release *Hey Sinamika*. Featuring Dulquer Salmaan, Kajal Aggarwal and Aditi Rao Hydari in the lead roles, the film is slated for release March 3. Ranbir Kapoor recently shared a video, wishing the team of *Hey Sinamika* all the best for the release. In the video, Ranbir Kapoor also shared that he is a huge fan of Dulquer Salmaan's works.

"I am a big fan of Dulquer's work. I really admire him as an actor," Ranbir said in the video. Dulquer Salmaan was overwhelmed by the token of appreciation he received from the *Brahmastra* star and penned, "Thank you so much Ranbir for

all the kind words and your warmth to all of us at #HeySinamika.

Always been the biggest fan and cannot wait for #Brahmastra and all your upcoming films."

In the video, Ranbir Kapoor also wished Kajal Aggarwal, Aditi Rao Hydari and Brinda Gopal, the director of *Hey Sinamika* all the success.

Meanwhile, Dulquer Salmaan has completed a decade in cinema. His debut movie *Second Show* clocked 10 and so did his career in showbiz.



Alia Bhatt is busy with promotional events for her upcoming film, *Gangubai Kathiawadi*. Directed by Sanjay Leela Bhansali, the film is one of the highly anticipated movies of the year. Recently, the actress shared a series of pictures from her latest photoshoot and guess who joined her?

In these pictures, we can see Alia posing with her pet, Edward. She called him 'Edward Bhai' as he joined her to promote *Gangubai Kathiawadi*. The actress looked gorgeous in a white saree that came with a stylish blouse. In the first photo, we can see her

"Edward Bhai Aur *Gangubai Kathiawadi* in cinemas 25th February."

Recently, the actress expressed her wish of working with Allu Arjun. She said that her entire family has watched

Pushpa and became fans of Allu Arjun. They ask her when she will get a chance to get paired opposite him.

Gangubai Kathiawadi also stars Ajay Devgn, Vijay Raaz, Seema Pahwa, Shantanu Maheshwari, Jim Sarbh, Varun Kapoor and Indira Tiwari. AGENCIES

Edward 'bhai' joins Alia to promote movie

kissing her cat. Speaking about her makeup, she kept it minimal with nude lips and blushed cheeks. She styled her hair in a bun and adorned it with pink roses.

Sharing the pictures, Alia wrote,



THE DISEASE, WHICH HAS BEEN REPORTED IN LARGE NUMBER OF DOGS AND CATS, IS A NEUROLOGICAL AND GENETIC DISORDER CHARACTERISED BY ABNORMAL ELECTRICAL ACTIVITY IN THE BRAIN



Pets

too get epilepsy

Symptoms of seizure

- Collapsing
- Jerking
- Stiffening and involuntary movement of muscles
- Twitching uncontrollably
- Loss of consciousness or partially conscious
- Excessive drooling
- Chomping, tongue chewing
- Foaming at the corners of the mouth and vomiting

Causes of epilepsy

- Consuming anything toxic like expired drugs, animals, plants etc
- Liver disease
- Hypoglycemia (low blood pressure) or hyperglycemia (high blood pressure)
- Kidney and renal diseases
- Electrolyte disturbance
- Toxins in the body
- Anaemia
- Cardiopulmonary (heart and lung) disease
- Head injury
- Encephalitis
- Stroke

Can a dog suffer from seizures?

While epilepsy can affect any pet of any breed or age, certain types are unfortunately more susceptible to it. They are:

- Beagles
- Collies
- Saint Bernards
- German Shepherds
- Golden Retrievers
- American Cocker Spaniels
- Huskies
- Malamutes
- Miniature Poodles

AGENCIES

Our pets are simple beings. They enjoy walks, naps, and eating a variety of foods, including those that are not healthy for them. On the other hand, their bodies, like ours, are complex. Blood, nerves, kidneys, and the stomach all need to work in unison to keep them healthy and happy. However, even with all of our love and care, things can go wrong and our pets become ill. Epilepsy is one such illness.

Epilepsy is a neurological and genetic disorder characterised by abnormal electrical activity in the brain. It is a common abnormality that has been reported in a large number of dogs and cats. Seizures, fits, or convulsions are all terms used to describe epilepsy. While a seizure is a single episode of temporary brain disturbance, epilepsy refers to multiple or repeated seizures.

Seizures can happen at any time. It can happen one episode at a time or multiple episodes at once. Timing and duration are also unpredictable. While a seizure can last anywhere from 30 to 90 seconds in some cases, some pets must suffer for much longer. The same can be said for different pets.

The first signs of seizures or epilepsy are sudden stumbling in your happy-go-lucky pet. They appear befuddled and disoriented, as if they have no control over their bodies. Most of the time, this goes unnoticed, but if you notice anything like this happening to your pet, be aware that it is a sign of a seizure.

Pets may fall to their sides and begin paddling-like motions with their legs during a seizure. In some cases, they also end up peeing and pooping involuntarily. Because they are

unaware of what is happening to them, they appear confused, dazed, unsteady, and as if they are staring off into space. When the seizures stop, they will try to stand, but they will be wobbly and disoriented due to the after effects. They may walk in circles and collide with objects as a result of their confusion. When they are no longer in danger, they may try to hide out of fear of the incident.

There are times when there are no obvious reasons or causes for a seizure attack. This is known as idiopathic epilepsy. This is the most common type of epilepsy in dogs and cats. There is no identifiable cause, such as an infection, toxin, or injury.

If your pet is having seizures, please take him or her to the vet as soon as possible. An early diagnosis, tests, and medications will restore your pet's life to normalcy. While the medications are likely to be required for the rest of one's life, timely intervention, changes in lifestyle, diet, and regular vet visits will be extremely beneficial.

Is a seizure attack painful for a pet?

A pet parent's greatest fear and source of concern is that their fur baby will suffer from a seizure attack. Pets, on the other hand, are not physically harmed. While it appears frightening and can easily cause panic, pets have no awareness of pain due to the massive amount of activity occurring in their brain. During a seizure attack, pets may whine, bark, or meow incessantly, but this is not because they are in pain.

Unfortunately, neither pets nor humans have a permanent cure for epilepsy. However, this does not preclude living a happy and healthy life. Our pets can make it through the worst of times with a little extra love and care.



Monaj & Priya



PHOTO: KUMAR SHARAT, OP