

Cup Football

2022, loves to

go on a long

road trip at

his leisure



Health a priority

Being a fitness freak, I hit the gym almost every day as I always keep health ahead of everything. Workout keeps my body and mind in sync.

A break in nature's lap

Visiting some natural sites having scenic beauty is a must among the things to do on Sundays. Away from the hustle and bustle of city life, the break gives me solace.

Treat to family

Cooking is something I enjoy the most. I learnt the skill while pursuing a course in audio engineering in Chennai. Little wonder, then, that I love to treat my family with their favourite traditional chicken curry on Sundays.

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 man is the head, but the woman is the neck. And she can turn the head any way she wants.
- Friends are forever, until they get in a relationship.
- Every weekend I do what I love most, absolutely nothing!
- You can never buy love but still, you have to pay for



AN ODE TO LOVE

listen to some lesser

known songs.

Dear Sir, Valentine Day's cover story 'Rising in love' (Feb 13) was heart-warming. The saga of the three valentine couples is not only about crush, cards and candy but the timeless affirmation of mate fidelity, mutual trust and understanding and a deep & abiding sense of appreciation of the partners' inherent traits. These have helped in forging a perpetual bond which have withstood the test of time. Besides being associated with love, romance, the Cupid's arrow and chocolates, it is worth recalling that St.Valentine is the presiding deity of apiculturists, as his benevolence is sought for the health of bees, sweetness of honey, its profuse yield and the overall protection of beekeepers. It is also widely believed that the Saint is credited with miraculous cures for epilepsy, as testified by the iconic representations of St. Valentine dating back to the 16th century, tending to the afflicted with seizures.

AMIT BANERJEE, NEW DELHI

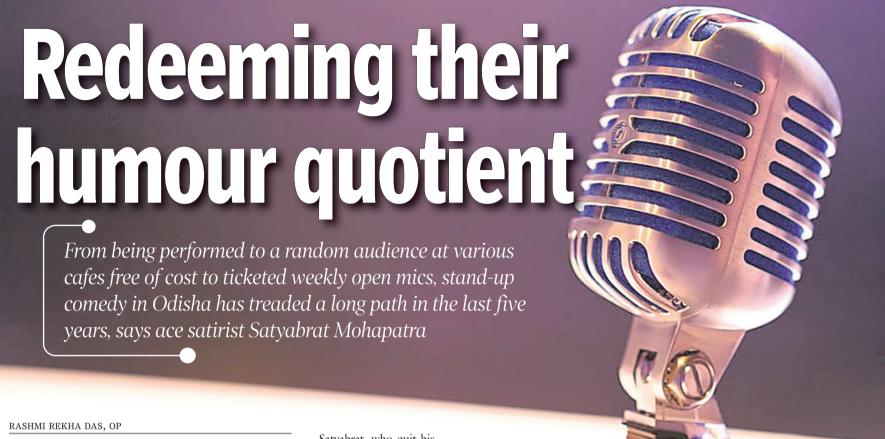
RASHMI REKHA DAS. OP



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

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tand-up comedy is gaining ground like never before. While metros like Mumbai, Delhi and Bangalore regularly host open mics, the trend is gradually catching up with the denizens in Bhubaneswar as people now don't mind to spend a few extra bucks to tickle their funny bones. About a decade ago, nobody could think of making a career as a stand-up comedian. But now it is one of the most sought after professions provided you have the required skill set.

If there are Kapil Sharma, Raju Shrivastava, Sunil Pal, Ahsaan Qureshi, Biswa Kalyan Rath, Vir Das and Abish Mathew at national level, back home Satyabrat, Alokesh, Debarchan and Varsha are no less. The quad shares with **Sunday POST** how they worked on their skills to rejuvenate the comic scene in Odisha.

Satyabrat

Satyabrat Mohapatra's rib-ticklers have already made him a name to reckon with in Odisha. He founded Comedy Highway, the only active comedy collective, in Odisha in 2018. Since its inception, the club has done more than 150 shows across the state. He also co-founded Bhubaneswar Komedians, the first comedy circuit in the state.

"Komedians is a nationwide network. There are comedy collectives like Kolkata Komedians and Pune Komedians. But we parted ways because we wanted to start independently. And that's how Comedy Highway came into being", Satyabrat says.

How did it all start? To this, he responds, "When I was pursuing B.Tech in 2016, I was considered funny among my friends at our hangout sessions. It was then I came across a standup comedy show on YouTube and realised I can capitalise on my humour quotient. I hit an open mic and it surprisingly clicked."

He continues: "I met Ălokesh Sinha, then a student at Ravenshaw University. We formed our own collective and started rejuvenating the comedy scene in Bhubaneswar. Initially it was just a bunch of funny people going and performing to random audiences in various cafes free of cost. It took us a lot of time and exposure to finally shape it into what we can call the Standup Comedy Scene in Odisha. We worked very hard in the last five years to reach where we are today. Now we conduct weekly open mics. The shows that happen are all ticketed events and are listed on ticketing portals for our audience accessibility."

Satyabrat, who quit his job to make a full-time career as a stand-up comedian, derives ideas from his day-to-day observations. "Comedians have this rare ability to see the world differently. Even when I was doing a job, I wrote jokes about my workplace and took those jokes to my shows in the evening. I also love doing anecdotal comedy and observational at times. My stories revolve around me and only me. I believe making fun of myself is the safest."

Hailing from a middle class family it was not easy for Satyabrat to pursue a career in comedy, quitting a secured job. "My parents were not happy with my decision, I had to convince them. But things changed soon once I

On his future plan, he reveals, "I want to develop a self-sustained ecosystem for all standup artistes in Bhubaneswar. Maybe with the right kind of connections and resources we can have a makeshift comedy club in our very own city and the big names can travel down to Bhubaneswar to do shows. Comedy Highway has also roped in star personalities like

adds the ace

humourists.



became popular," recalls Satyabrat who is currently working with different startup apps as a content creator.

Sharing the stage with Zakir Khan in Raipur in 2018 and getting standing ovation for the first time at VSSUT Burla are among the moments that he wants to cherish, Nishant Tanwar, Zakir Khan and Sorabh Pant for their shows, giving the people of Bhubaneswar a taste of national comedy in their hometown. If things go as per our plan, renowned stand-up comedian Pratyush Chaubey will join us March 13.





Alokesh

For Alokesh Sinha of Balasore, it all started when he came to Ravenshaw University in 2015.

"It was a little depressing when I joined Ravenshaw as I felt all had been blessed with some exceptional skills but me. It was my sister, Megĥa who spotted my ability to make people laugh. At that time, I had absolutely no idea what stand-up comedy was. So, I checked a few videos to learn more. I wrote a few jokes and went on stage to examine if they made an impact on the audience. To my dismay, it didn't work. But a show at SOA University in 2017 brought the turnaround in my fortunes. After that there was no looking back. I went on to co-found Comedy Highway collaborating with Satyabrat. Artistes like Zakir Khan, Rahul Subramanian, Nishant Tanwar have performed under our banner," narrates Alokesh.

Apart from his expertise in stand-up comedy, Alokesh also works at a company

"It is the tendency with many to accept other art forms like music or dance but comedy. I can't blame them, because everyone thinks they are funny, which is not true. Unlike music or dance, comedy is something that can't be taught. If you're funny and you can write witty jokes consistently, there will be no dearth of opportunities. People will love to see you perform. But again it depends on how much money is enough for you to say that I can sustain myself just by cracking jokes," explains Alokesh.

On his cherished moment, he says, "Performing at Habitat, Mumbai was one of the best days of my life. It was a crazy night. Sharing the stage with all the big names was really special.

Alokesh loves to perform in Bhubaneswar and Burla while Kapil Sharma and Raju Shrivastav are his idols.

Barsha

While the stand-up comedy scene is dominated by men all over the world, the Indian comedy scene has lately been bustling with feminine energy. In Ódisha, Barsha Mishra is a major player in the current stand-up scene.

She says she grew up watching standup comedians Bharti Singh and Kapil Sharma.

"I did extensive research on how standup comedy works and how to write jokes. Also, I watched videos of stand-up comedians on YouTube. I texted them how to get a stage to perform and few of them responded also. It was from them I got an idea about open mics and finally after years of toil, I managed to get a stage to perform. This was like a dream come true for me. I bank on observation and imagination to woo my audience", says newbie Barsha who has been doing stand-up comedy independently for the last six months.





Debarchan

Hailing from Dhenkanal, Debarchan was in Class IX when he noticed that his friends used to laugh at whatever he would say and they were keen to listen to him.

Recollecting those days, he says, "I was very good at making people laugh. One of my teachers used to make me speak in his free classes. Needless to say, I often left the entire class in splits. Then some of my friends and cousins suggested that I take the art seriously. So, I attended a few open mic events. Then I joined Comedy Highway, the only active comedy collective in Odisha.'

Debarchan picks most of the ideas from his school life and works on them. He did his first open mic September 23, 2018 and it was a mixed event comprising poetry, storytelling and comedy. Then he joined Comedy Highway in November.

"In the last three years, I have performed in many cities including Rourkela, Berhampur, Cuttack, Puri, Sambalpur and Bhubaneswar, says Debarchan, who is planning to pursue MBA.

On the prospect of stand-up comedy in Odisha, he says "Making people laugh is not easy. About four years ago, organising an open mic was difficult. We were constantly on a hunting spree for venues. So, we could arrange only one or two open mics a month at that time. As the number of events was few, all of us had to perform at our best. After a while people came to know about us and things changed for the better. As the audience started liking our acts, we got calls from venues to perform open mics at their property. Now people love our shows and the scene in the city is getting better."

About his best act, Debarchan who is a diehard fan of Gourav Kapoor, says, "It was when I hosted Munawar Faruqui in front of 600 people in Rourkela. The claps and cheers of the audience were unbelievable and unforgettable."

NATIONAL AWARD WINNING ODIA FILM DIRECTOR PRANAB DAS WAS **INSTRUMENTAL IN EXPOSING ODIA VIEWERS TO REALISTIC MOVIES** AT A TIME WHEN FAMILY DRAMAS WERE A HUGE DRAW **AMONG THE AUDIENCE**

'Would love to adapt Fakir Mohan's Patent Medicine'

BIJAY MANDAL, OP

nonw for making movies on human relationship, eminent film director Pranab Das along with Manmohan Mahapatra and Nirad Mohapatra, two FTII-Pune alumni, formed the famous trio of the early 1980s who changed the landscape of filmmaking in Odisha. At a time when family dramas were a huge draw among the viewers, they exposed the audience to realistic movies. The three went on to set up Cine Ecstasy, a group of film enthusiasts, to

screen classic Indian and foreign language movies in Bhubaneswar. Former Chief Minister Nandini Satpathy was also a member of this forum and used to attend screenings, recalls Das. He is in the news now for his upcoming and much-talkedabout film Ajati, yet another contentdriven project which is also the last completed movie of Mihir Das who passed away recently. The National Award winning filmmaker, in a breezy chat with SundayPOST, talks about his upcoming film and other issues.

Excerpts:

■ Please tell us about *Ajati* and how

it is different from your previous movies?

■ I love to make films on the intricacies of human relationships and Ajati is no different. But it is certainly different from the ones I made earlier. You have to wait for the film's release to learn more as I can't divulge in detail at the moment. But I can say that the relationship between the members of so-called civilised society and the forest dwellers forms the crux of the enterprise. We often construe the simplicity of the forest dwellers as their foolishness which is not. They may be simple but they are not fools. Moreover, they are wiser than the urban people more often than not.

■ How did you come up with the idea of making Ajati?

- It is not a story with a contemporary theme. The plot was in my mind when I was doing a job which involved regular but limited interactions with the tribal population. Then I was curious what they would be thinking about us, the 'civilised' people. The disparity between them and us made me think about this film at that time but I couldn't get the opportunity to work on the subject.
- Whether it is Hakim Babu or Shesha Pratikhya, your subjects were always ahead of their times. Can we expect it from Ajati also?
- Yes, it is ahead of its time like most of my films. But the viewers need to watch the movie in theatres to feel the difference. Apart from the subject, I have a good combination of actors across generations. While Samaresh (Routray)





Explaining a scene to actor Mihir Das during the shooting of upcoming movie Ajati

Generation X. there are people like Dolgovind Rath and Mihir Das who have been in the industry for a while.

represents

■ How was it working with Mihir Das after over 30 years?

■It was amazing. As a person he hadn't changed a bit. Moreover, he was more respectful towards me. But on the acting front he was more tuned and dependable . About 30 years ago when we shot a commercial film *Hasa* Luha Bhara Duniya, he was a little raw and tentative. But this time, I found a different Mihir, for whom acting was a cakewalk. During this shoot, I was very careful as I was dealing with not a struggling actor of the 1990s but a superstar. However, Mihir made me very comfortable. Pranab Bhai, let us celebrate the time we are spending during the shoot,' he said to me. We had a great time together.

- You along with legends like Manmohan Mahapatra and Nirad Mohapatra formed the famous trio of the 1980s much like Satyajit Ray, Ritwik Ghatak and Mrinal Sen of Bengali cinema. Will you elaborate more about the camaraderie?
- Let me first thank you for putting us in such a big league which is an honour itself. Talking about our equation, Manmohan was a dear friend while Nirad babu a senior. Later on, we formed a team to expose the Odia audience to realistic and meaningful films. In fact, Nirad babu made me realise that there is a world beyond Shammi Kapoor and Dara Singh. He encouraged me to watch Ray (Satyajit Ray) series and other foreign language films. Then only I realised how limited was my knowledge on cinema. Later, we set up Cine Ecstasy to screen classic Indian and foreign language movies at Soochana Bhawan. Former Odisha Chief Minister Nandini Satpathy was also a member of it and

Receiving National Award from former President Giani Zail Singh for his Odia film Hakim Babu often attended the shows. Manmohan, a

follower of Jean-Luc Godard, used to make films on rural life while Nirad Mohapatra presented the predicament of the middle class. He idolised the great Japanese director Yasujir Ozu from the 1950s who, unlike Akira Kurosawa, used to analyse the life of the common man through his films. Left with little choice, I started making films on human relationships which covered both rural life and middle class. My films such as Hakim Babu, Shesha Pritikya and Agni Sanket fall under that category. We worked really hard to develop a culture of watching global cinemas in Bhubaneswar.

- Do you think it is essential to get trained like your friends (Manmohan and Nirad) in order to become a successful filmmaker?
- Yes, to a large extent. For instance, it is because of National School of Drama or Utkal Sangeet Mahavidyalaya that we could get some great performers like Bijay Mohanty, Ajit Das, Choudhury Bikash Das, Ashrumochan Mohanty, Minaketan Das and several others. However, there are some exceptions like Uttam Mohanty and Mihir Das who, with their hard work and keen observation, could make it big.
- Which film and filmmaker have influenced you the most?
- It was Ritwik Ghatak and his movie Meghe Dhaka Tara. You can feel his influence on my movie Hakim Babu. Besides, Nirad Mohapatra's Maya Miriga also had a great impact on me as a director. I feel like a member of that family when I watch Maya Miriga.
- Given an opportunity, which Odia classic would you love to adapt into films?
- It is Fakir Mohan's Patent Medicine and I have no second thoughts about it. In fact, I have the entire screenplay in my mind and mentally I am up for it. It will certainly be a dream project. Besides, if I get a chance I love to remake Annapurna Devi's Amada Bata, Upendra Kishore's Mala Janha and cinematise a few short stories of Pratibha Ray.

TINSELTOWN

Big Deal floored by Sundihi Chauhan

disha-born rapper Big Deal aka Samir Rishu Mohanty released his debut eponymous album titled *Sajna* on Valentine's Day. But what made the album special is

renowned singer Sunidhi Chauhan came on board to be part of it.

Big Deal said, "Sajna is not just a love song, it's my story. I was dating

a girl
for six years
but had to part
our ways owing
to some issues. I
also lost my dad

around that time. So, it was tough for me to bear the dual loss."

On his collaboration with Sunidhi, he revealed, "I sent the lyrics to Sunidhi Ma'am urging to lend her voice for the album. Fortunately, she liked the lines and agreed. Having her on the track was a huge moment for me. She was very humble and appreciated my work. Getting appreciated by an artiste

of her stature was really overwhelming for me."

Sunidhi, on her part, praised Big Deal and had some encouraging words for him.

"Hey all!! #Sajna - My new collabora-

tion with the very talented Rapper Big Deal for Most Wanted Records is out now! Had fun doing this! Check it out on all audio streaming platforms here," read her Tweet. PNN

Kangana calls Karan her 'best friend

A ctress Kangana Ranaut reveals her wish list of the contestants whom she wants to host on the fearless reality show *Lock Upp* during its trailer launch in the capital.

its trailer launch in the capital.

The

Manikarnika
actress
takes a few names

In the deser lock my be would lekta.

Re jokin about to joo Ka wish Bolly and

whom she wants to put inside the jail. She first took the name of Karan Johar, then television czarina Ekta Kapoor and megastar Amitabh Bachchan.

"There are a number of people in the entertainment industry who deserve to be in my jail. And in my lock up, my favourite cast will be my best friend Karan Johar ji. I would like to host him. And also Ekta," said Kangana.

Replying to Kangana, Ekta says jokingly: "Me and Karan will talk about food and will invite you inside to join us."

Kangana continues to share her wish list, adding the name of Bollywood superstar Aamir Khan and Amitabh Bachchan: "I am a great admirer of Mr Aamir Khan, so I would like him

also to be in my lock up.
And I also love Mr
Bachchan. Of course
I can give the auditions. They are not the contestants but my wish list." To this Ekta replies: "I love your wish list."

AGENCIES

Amy Jackson 'dating' Ed Westwick

A my Jackson has reportedly found love again!

According to the latest reports, the actress has been secretly dating *Gossip Girl* hunk Ed Westwick. The two actors have been secretly dating for about two months.

Westwick, known for playing the character Chuck Bass in the hit teen drama series, met Jackson at the Saudi Arabia Red Sea International Film Festival. The two actors reportedly hit it off 'straight away' and their romance has only taken off ever since.

A source told *The Sun*, "Ed and Amy are a really good match. They hit it off straight away. Both like to have fun and are career-driven. They're enjoying getting to know each other for now."

According to reports, the two have also been spotted out and about the streets of London, enjoying their time together. In addition to some common travel

photos that prove they were in the same place.

Ed and Amy reportedly even spent Valentine's Day together in Paris. Fans who met the actor reportedly saw him with a woman, who is reported to be the actress.

Amy was previously engaged to hotelier George Panayiotou, with whom she also welcomed her son, Andreas. The actress gave rise to break up rumours after she deleted all photos of George from her social media profile.

Ed, on the other hand, was previously dating South African model and influencer Tamara Francesconi.



A ctress Anushka Sharma, who recently returned back to Mumbai after spending time with her husband Virat Kohli and their daughter Vamika in South Africa,

has hailed the CEO of Twitter, Parag Agarwal after the news of him taking paternity leave to welcome his second baby came out. She took to her Instagram story and shared a screenshot of the news piece.

Last year, Virat was highly criticised after he decided to take paternity leave after Vamika's arrival. He returned to India after the first Test match against

Australia to be with Anushka and their daughter. A lot of people also gave an example of MS



Dhoni, who couldn't be there with his wife during their daughter's birth. He was busy with the World Cup in Australia back then and he said that he is on 'national duty' and everything else can wait. Anushka took to her story and wrote, "About

time this is normalised!"





Spring Skin (**) Hair Care

THE ADVENT OF SPRING OFTEN BRINGS PROBLEMS FOR PEOPLE WITH ALLERGIES, INCLUDING ISSUES LIKE ITCHY, RASHY OR INFLAMED SKIN

A fter months of snow, slush, and frigid temperatures, spring is finally on the horizon.

Changing seasons mean more than just a switch in wardrobes. Spring is the time to renew and refresh your skin.

If the skin is very dry, with rough reddish patches, avoid applying soap. Instead, use a cleanser morning and night. Apart from daily cleansing, give the skin some nourishment. As a home remedy, you can try applying a little sesame seed (til) oil and pat the skin with a hot moist towel. Or, you one can apply a little milk, with a few drops of honey, leave it on for 10 to 15 minutes and wash off with water. These treatments are especially good for normal to dry skins.

If you have oily skin, add one teaspoon of pure glycerin to 50 ml rose water. Put it in a bottle and shake well. Apply this on the face. You will find that glycerin and rose water provide enough moisture to the skin.

The advent of spring often brings problems for people with allergies, including skin problems like itchy, rashy or inflamed skin. Sandalwood is an ideal ingredient for such conditions. Sandalwood paste can easily be applied on the skin to soothe inflammatory conditions. It also helps to relieve itching. However, if there is excessive itching, it is best to consult a doctor.

Here are some home remedies

Mix sandalwood with a little rose water and apply on the face. Wash off with plain water after 20 to 30 minutes.

Simmer a handful of neem leaves on a very low fire in 4 cups of water for one hour. Leave

it overnight. Next morning, strain the water and make a paste of the leaves. Apply it on inflamed and rashy areas. The water can be used for rinsing the area. Neem contains organic sulphur compounds, with versatile healing actions that are of particular benefit to the skin.

Add a pinch of turmeric to milk and apply on the face. Wash off after 15 minutes.

Clays like fuller's earth (multani mitti) have a cooling and soothing effect. Mix one table-spoon Fuller's Earth with rose water. Apply the paste on affected areas and wash it

Spring Hair Care During winter the hair becomes dull and dry. For spring hair care, heat pure coconut oil and apply once a week. Remember to apply on the ends too. Leave it overnight and wash the next day. Applying curd or egg on the hair 15 minutes before shampoo helps to add body to fine hair. A beer rinse after shampoo also helps to add

off after 15 to 20 minutes.

helps to add body. After shampoo, apply a creamy con-

BEAUTY

ditioner, taking less quantity and massaging it lightly into the hair. Leave on for two minutes and rinse off. Or apply a "leave-on" type of conditioner or hair serum.

Or, mix some water with creamy hair conditioner and put it in a spray bottle. Spray the mixture on the hair. Then comb the hair, so that it spreads through the hair.

Here are some home remedies for dry hair

Take two teaspoons of pure glycerine, one tablespoon sesame seed (til) oil and one egg yolk. Mix together and apply on the scalp and hair. Apply on the ends too. Wear a plastic shower cap and leave on for an hour before washing the hair.

Curd or egg yolk can be applied on the hair for conditioning dry hair. Apply and leave it on for half an hour, before washing the hair.

Spring Make-up

In keeping with the spring season, the make-up should be one that is fresh and youthful. Try to achieve a more natural look. Yellow and green are the main colours of spring. For clothes, colours like leaf green, olive green, lime green, lemon, yellow, cream, light brown, pink, mauve, turquoise blue, light blue would be suitable. Floral prints, checks and dots look pretty, or you can use lace or light embroidery on your clothes.

For make-up, leave out foundation, if the skin is clear. Apply a light liquid moisturiser and a touch of baby powder for a translucent look. Or, use compact powder. For the night, a light, liquid foundation would be appropriate. If the skin is too dry, use a creamy one.

When you apply make-up, remember not to smear too much or rub it. Whether it is foundation or blusher, it is best to dot it with a light touch, using a finger tip, or an applicator. It can also be applied lightly and evenly with a damp sponge.

If you wish to cover a pimple or spot, it should be done before applying foundation or powder. Concealing sticks are available for this. Using a thin brush, paint over the spot with a little concealer, or a shade lighter you're your normal foundation. Then, apply a little powder.

For the natural look, use lip gloss, instead of lipstick, during the day. At night, you need more colour. Applying lipstick with a lip brush helps it to last longer. The lip colours for spring can be light brown, rose, mauve and pink for the day, while bronze, coral, copper, burgundy and even red would look good for the night.

Apply a hint of lip gloss after applying lipstick. This gives a fresh and youthful look.

A hint of blusher should be used on the cheeks. A powder blusher is easier to apply. Use it after you have applied powder and at the end of your make-up. Apply on the cheekbones and blend it outwards and slightly upwards.

Exercising regularly is great for your overall health and skin. It gets the blood circulation going and helps flush out the toxins ruining your plans of getting beautiful skin. When you sweat, you expel dirt and grime from our pores, making the skin moist and hydrated.

Applying eye cream at night is investing for future good skin. The skin under the eyes is extremely thin and your regular moisturizer might not work. Use an eye cream to

hydrate the skin under your eyes and promote younger-looking skin.

Perfume is also a part of makeup. During spring, use light floral perfumes. A cologne would be ideal during the day.



SHAHNAZ HUSAIN

