

OCTOBER 9-15, 2022

SUNDAY

POST

HERE . NOW



SC RULING ON MARITAL RAPE

NO MEANS NO

P 3,4
COVER
STORY



With legendary filmmaker Kim Ki Duk

Known as one of the torchbearers of new age cinema in Odisha, actor/producer Swastik Choudhury has carved a special space in the hearts of movie buffs. The maker of much acclaimed Adieu Godard and several other content-driven films aspires to have a body of work that would represent Odisha strongly at national and international levels with distinction. Understandably, he doesn't get much time to relax but on rare occasions when there is still time and space, he loves to explore food hubs and read books

The go-getter Love for adventure

The whole idea of creating something from scratch is the most challenging yet satisfying activity for me. I constantly look towards creating (esp. in films, poetry, blogs) that has some part of me within it and which I can call my own.

In my brief stay in the US, I had explored several adventure sports - some felt similar to challenges in MTV Roadies show. Besides, I did paragliding and kayaking in some tough conditions in India as well.



With director Amartya Bhattacharya during the shoot of Adieu Godard

Movie madness

I love cinema. So much so, that you can say I eat, sleep and breathe it. After taking the plunge into this world, thanks to my dear friend and mentor and Adieu Godard director Amartya Bhattacharya, it has become a way of life.

Balancing Act

Being an IT professional, it is always challenging to make movies using only the weekends. It has not been easy to manage both the professions. But I am happy that the kind of films we want to make, the cinemas we want to give life to, has come up nicely.

Film-induced travelling

These days my travel mostly is bundled with film related work. This has taken me to Moscow, Cannes, Amsterdam, Paris and several top cities of India. I enjoyed learning/experiencing/exploring something new in each of these places.

Street food lover

Being born and brought up in Rourkela, a true cosmopolitan, I was exposed to a range of delectable cuisines coming from West Bengal, Bihar/Jharkhand and Western Odisha. The street food is super awesome here and I love to have them on my plate.

SMRUTI REKHA BARIK, 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

A TIRELESS CRUSADER Sir, Your paper deserves compliments for highlighting Angelina Jolie's fiery outburst (Angelina stands in solidarity-- Oct 2) against the sudden death of Mahsa Amini under mysterious circumstances and the aberrations of the so-called 'morality police' in Iran. This celebrity actress-cum-women's activist has been a role model for young women across the globe and has always battled the theocracy laws which have rendered women as second-class citizens. The iconic star has received numerous accolades and recognition for espousing various causes ranging from empowering women to conservation and education. Besides being a vociferous critic of maltreatment of women in conflict situations, victims of abuse of power and persisting domestic violence, this ardent feminist idol has also been a staunch proponent of women's rights, gender parity, child adoption among other issues. A tireless crusader for women's emancipation, she has always exhorted the women to be bold and free. AMIT BANERJEE, New Delhi

LETTERS 9 Nights, Forms 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



SC RULING ON MARITAL RAPE

NO MEANS NO

The demand to criminalise marital rape is gaining steam in recent times and the Supreme Court's historical observation has only opened new windows for debates

SMRUTI REKHA BARIK, OP

Though it is in the context of the Medical Termination of Pregnancy Act, 1971, the apex court has recently included 'marital rape', a term which has always been considered a taboo topic in Indian society, as another form of sexual abuse.

It came on the heels of a Karnataka High Court judgment which said "An act is an act; a rape is a rape, be it performed by a man the 'husband' on the woman 'wife'."

A study by National Family Health Survey reveals that about 32 per cent of women in India, who have ever been married, have experienced spousal physical, sexual, or emotional violence.

But unfortunately, India still adheres to the colonial rules where non-consensual sexual relationship between husband and wife is not considered a criminal offence.

No wonder, the demand to criminalise marital rape is gaining prominence in recent times and the Supreme Court's historical observation has only opened new windows for debates.

On this backdrop, **Sunday POST** caught up with a few experts and here is what they have to say.

A woman's 'no' is always 'no'

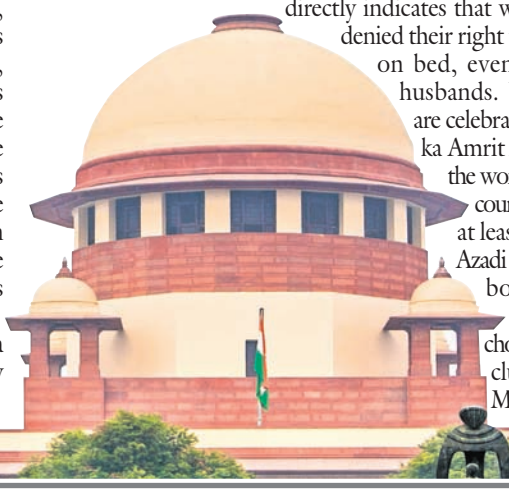
Well known author and gender specialist **Hiranmayee Mishra**, analyzing the Supreme Court's discussion, said, "Judicial interventions are the last resort. It's been years that married women of this country are being tortured, stripped off, burnt and murdered in different ways. It's really shocking that after so many years of independence the apex court has to interfere in the private spheres of the citizens. Patriarchal mindset along with misogyny has wreaked havoc for women of this country. Meanwhile, the rate of literacy/education has improved; women's contribution has been on an increase in almost all fields and they have touched heights in their own merit. Marital rape continues to exist in this country. I have seen on social media that people are showing their discontent over this decision. If a woman says 'NO', it means really 'NO'. How and why does the court have to dictate this? I



wonder what makes the husbands think that their wives are theirs to the extent that they can rape them?"

Launching a scathing attack on the prevailing system and the mindset, she elaborated, "Sex without consent is rape, it's as simple as that. Nothing can change the validity of this sentence, it is not dependent on the perpetrator. It may be a boyfriend, an unknown man, a known man from the family or even a husband; sex without consent is an offense. This judgement is expected to provide more protection to the young and underaged girls who are pushed into marriage due to obvious reasons. We have to admit that child marriage is still clearly visible in some parts of the country. A husband is a partner of lifetime or jeevan sathi. I sincerely hope that our men who have not yet realised this will come to learn from this judgement. Every woman has the right to her body. Marriage should be a great bond of companionship. Even the slightest attack on the partner's dignity should not be justified. A wife also needs space and just because she has married, that should not be the end of her fundamental rights guaranteed by our constitution."

"Our men should feel ashamed of this judgement as it directly indicates that women are denied their right to consent on bed, even by their husbands. While we are celebrating Azadi ka Amrit Mahotsav, the woman of this country should at least have her Azadi in her own body, mind and choices," concluded Mishra.



'A man, who is man enough, must respect a woman's decision'

Eminent bilingual poet **Durga Prasad Panda**, known for voicing women's issues, said, "There is absolutely no doubt that the recent Supreme Court judgement regarding woman's right to abortion irrespective of her marital status, concern over marital rape and role of 'consent' in sexual union; are landmarks in judicial pronouncements and nothing short of a milestone in feminist movement in India. Notwithstanding this, we also need to evolve as people and society. As we all know that family is a golden cage most women have fallen in love with. Patriarchy, privilege, a perceived sense of family honour, tradition, religious texts all are in collusion with one another to perpetuate the subjugation of women."

Family and marriage are actually overrated and much hyped institutions which are at odds with the free spirited women and their freedom of choice relating to their life and body. With the altered power relations the fault lines are already showing. Ironically enough, for most women the threat comes not from outside but from someone very close, for her it is almost like 'sleeping with the enemy', added Panda, an accomplished critic.

No wonder then that a line from his poem reads: "What can you do when your most intimate enemy sleeps beside you?"

"A woman is not just a 'body', she's a whole lot more than that. Her consent must be a 'sine qua non' for any gesture of intimacy. I strongly believe that a man, who is man enough, must be able to 'respect' a woman's decision as to what to do with her body. And sexual union and child bearing are matters not just about the body, they are also about emotional bonding of heart and soul, responsibilities, risks with high stakes involved," signed off Panda.





STATS SAY IT ALL

India is one of 36 countries including Pakistan, Afghanistan, Bangladesh, Egypt, Algeria and Botswana that have not criminalised marital rape.

While the United States has criminalised marital rape across its 50 states, the legislation differs from state to state.

Marital rape has been criminalised in Britain where the accused can be sentenced to a lifetime in prison.

Russia became the first country to remove the marital exemption from sexual violence laws and criminalised marital rape.

In China, marital rape is neither a criminal nor a civil offence.



No romanticism attached to 'no'

On the Supreme Court's recent ruling, **Biyot Projna Tripathy**, a national award winning film director who has been an advocate on women empowerment, says, "It is a huge thing because a human has the right to her body. It is the woman's prerogative and wish to carry the child or not because it is totally physiological and completely physical. So, the court's observation is remarkable."



She went on to add that, "When a marriage happens between a man and woman, both share the physical pleasure. It is not like the woman is there to sexually entertain the man according to his wish

or vice versa. Any physical relationship with any woman without her consent by any man whoever he is including her husband should amount to rape because marriage is a purely consensual social relationship. A married woman's body is not her husband's property, it is her own, and how can anyone own someone's body? If done, it's called slavery. And a married woman is not a man's slave. You cannot make a woman have a child without her consent."

Coming back to the ruling she further said, "In our society the way our social structure is, adult women are not supposed to be sexually active until their marriage, but this trend is changing, women are becoming economically free and more assertive about their right and body, they are living-in without marriage. These are heavily emotional subjects for a woman; if she wants to carry the child or not, it is the woman's body that is involved and how can anybody force to carry the child if she doesn't want it."

When a woman says 'no', that means she doesn't want it. There is no romanticism attached to it. When you take somebody seriously you have to take their 'no' as a 'no'.

MTP shouldn't be forced on a reluctant patient

Speaking on the physical aspect, **Dr Sarojini Sarangi**, a professional in SCB Medical College for 25 years and a practitioner for the last 15 years said, "Insufficient knowledge on contraception and carelessness lead to unwanted pregnancy. Abortion till 12 weeks of pregnancy was legalised, which is done usually because of mental illnesses and other sorts of complications."



But she believes that, "It is not right to forcibly ask a reluctant patient for medical termination of pregnancy (MTP). It not only shatters her physical health but also her mental stability. We only terminate the pregnancy if there are complications that cannot be dealt with. Because after 20 weeks it becomes a more critical procedure, it's like a mini delivery is being done, so generally we avoid this. We get into the case and get the abortion done only if we feel that it is appropriate to do so."

A progressive ruling

This judgment has given greater autonomy to married women in choosing whether to abort a child



Aesthetic couches & vintage decor ideas

Choosing the right couch and pairing it with perfect decor makes a significant difference in the design and aesthetics of a living room

Every living room's focal piece is the couch, and the couch's style determines the theme of the space. To match the couch style, however, choosing the appropriate home decor collection becomes crucial. Millennials are currently favouring minimalist, aesthetically modern, and contemporary products. The days of having only brown

and grey couches are long gone. Most people today prefer to use aesthetic decor items to add a pop of colour, energy, and originality to their living area.

So, here are a few ideas to help you in creating the living room of your dreams by selecting the ideal couch and matching decor:

Mid-Century Style

If you want a mid-century modern look, the sofa should be in a nice colour such as royal blue, ash grey, or ivory white. To create such a modern aesthetic, accessorize the couch with striped, geometric, or abstract design cushion covers and add a fur rug below the sofa or couch. Place some old vases on the side table for a vintage aesthetic, or you may use Nordic or modern vase reed diffusers to liven up the room.

Traditional-Minimalist

If your taste is conventional, go for a couch with a simple pattern. Hang a wooden decoration, piece of wall art, planter, or ornament to add some flair. To get the appropriate classic yet minimalist aesthetic, use a handcrafted cushion or a pillow cover with an indigo print.

Bring In Outdoor Vintage Patterns Inside

Bringing in outdoor vintage patterns inside is a great way to add some colour and pattern to your home. These designs may be used as decoration on carpets, cushions, and other home decor items. Vintage throws are also perfect for adding a pop of colour to your



living room. So, why not explore the trending antique Greek floors for your living space and get a rustic couch that compliments the floor? It is recommended to select a pillow cover that is creative or abstract, macrame rugs, Moroccan plates on the wall behind the sofa, or elegant plants to complete the look and recreate the atmosphere of the streets of Greece in your house.



the effect. A vegan leather stand can also be put on the side table. You'll undoubtedly get the minimalist vintage style you're going for.

Velvety Affair with Classy Look

All things vintage sounds elegant. One such royal element is that velvet sofa being placed in your cozy living area. Complimented with a classy vase, a vintage photo frame on the side table, a stylish stool in front of



Classy Vintage Look With Minimalism

This style is elegant, retro, and understated. It combines all three, but it also has a hint of richness and elegance. A vintage accent sofa may be one of your selections if you have a minimalist style. Place imitation fur rugs beneath the sofa, a vintage wall clock, and a fur stool next to the couch to finish

the couch, and a classy rug on the floor. It's a complete velvety affair, isn't it? To enhance, you can also put a throw on the sofa and hang wall art to add to the classy look.

Choosing the right couch and pairing it with perfect decor makes a significant difference in the design and aesthetics of a living room.

SAJID KHAN'S ENTRY INTO **BIG BOSS 16**

Mandana announces to quit showbiz

Iranian Actress Mandana Karimi, who once accused filmmaker Sajid Khan during the #MeToo movement, has said in an interview that she is not interested in working in the Hindi film industry after the *Heyy Babyy* director joined the most controversial reality show *Bigg Boss 16*. She even made her Instagram account private.

The actress, who was seen playing the lead role in *Bhaag Johnny* told an English daily that there is no respect for women in the industry.

"For people, life has become like, 'If it's going to benefit me and I can make money, who cares?' The industry is a place where someone is someone's mum, boyfriend, girlfriend or husband. It's like, 'You scratch my back and I will scratch yours'."

Sajid was accused of sexual misconduct by seven women during the #MeToo movement in 2018.

Mandana continued to add that now she is no more interested to work in Hindi film industry and she is not going for any auditions.

"I didn't go for any auditions. I don't want to work in Bollywood. I don't want to be associated with an industry where there is no respect for women," she added. AGENCIES



Shreya to embark on global tour

Playback singer Shreya Ghoshal, who is known for hits such as *Ami Je Tomar*, *Bahara* and *Chikni Chameli*, will headline a series of concerts across the world as she completes two decades in the music industry.

She will perform in a 5-city Australia-New Zealand tour from October 7 to October 16, 2022, in Ireland October 29 and The Netherlands October 30.

Additionally, she will also perform in the USA from November 4 to November 19, 2022.

Talking about the US tour, Shreya Ghoshal said: "This US tour is very special for me as I am completing twenty years in Bollywood, and what a beautiful way to celebrate my journey with my fans. Coincidentally, this is my first tour in the US after the unfortunate pandemic disruption."

She further said: "I am humbled to be a part of the concert and to be able to continue entertaining my fans. I always had an amazing experience performing for the warm crowd of the US and I am quite excited to perform there after three long years." AGENCIES



Nora to perform at FIFA World Cup-2022

In no time, Nora Fatehi has attained a huge fandom owing to her dancing skills, drop-dead gorgeous looks and fashion statements. The actress who is known to be a livewire of a performer has a new achievement to her kitty.

Nora will be seen representing India at the FIFA World Cup 2022 in December, as per a report in an entertainment portal.

Interestingly so far, celebrities like Jennifer Lopez, Shakira and Pitbull have performed at FIFA 2022. Nora making a place for herself in this list is definitely a huge achievement for her. The actress will represent India at this global platform.

The actress will also feature in the FIFA music video where she will be singing and performing the FIFA anthem this year. This song is being produced by RedOne who've worked early on FIFA anthems like Shakira's *Waka Waka* and *La La La* earlier. Significantly, at the closing ceremony Nora will be seen performing and also singing in Hindi.

Nora who's known for some chart-buster numbers like *Dilbar*, *Naach Meri Raani* and *Saki Saki* amidst more is presently judging the reality show *Dance Deewane Juniors*. AGENCIES



Aryan's maiden show as writer to begin by year end

Shah Rukh Khan's son Aryan Khan had chosen for a web series to be his maiden project as a writer. Now, it is learnt that the casting for this series, penned by Aryan, has kick-started and prospective names could be locked in soon.

A source close to the show revealed, "Multiple actors have been giving auditions for the web series and going by the rate at which the work has started, the show may go on the floor by the end of the year."

It is also learnt that the show is centred around the film industry. Writer Bilal Siddiqui, who also co-wrote the Netflix show *Bard Of Blood*, is working on the project with Aryan. Earlier this year, there were reports that Aryan had also organised a test shoot for the show at a studio in Mumbai. It is rumoured that actor Prit Kamani, who was recently seen in *Jersey*, might be part of this show.

In past interviews, SRK has revealed that Aryan's passion lies in direction and writing, more than following in the footsteps of his father. SRK has been quoted saying, "He's been writing, directing, and learning stuff for four years. It's one of the highest levels of studies at the University of Southern California to become a filmmaker." AGENCIES





DIY masks to overcome dark circles

THE LACK OF OIL GLANDS AROUND THE EYES MAKES THIS SKIN ESPECIALLY SUSCEPTIBLE TO DAMAGE FROM OUR LIFESTYLE CHOICES



Why does the skin around the eyes always exhibit the first signs of ageing? Well, this skin is incredibly thin—the thinnest in the body with a fine texture.

The lack of oil glands around the eyes makes this skin especially susceptible to damage from our lifestyle choices.

Some beauty-related eye troubles include dark circles, puffiness and swelling around the eyes which are commonly seen in both men and women over 40 years of age. Dark circles are tough to get rid of and they tend to make one look tired, stressed, and old. It can be caused by sun exposure, stress, ageing, and lack of sleep, allergies and even genetics.

Even though you can simply conceal dark circles, it is better to treat the problem area directly using natural ingredients.

Here are homemade eye masks you can try:

Tea bags mask

Tea bags, including green tea, black tea, and many other herbal teas, are an excellent treatment for dark circles under the eyes. For five to ten minutes, place some used tea bags in the refrigerator. Then place wet tea bags over your eyes for ten to fifteen minutes. One of the finest natural treatments for dark circles around the eyes.

Take 2 green tea bags and add a few drops of rosewater to them using a dropper. Place those tea bags into a refrigerator for about

five minutes before placing them on your eyes. Due to its higher flavonoid content, green tea can help reduce the appearance of under-eye bags greatly. Do this once a week and you shall see the results soon

Potato & cucumber mask

Juice from the cucumber and potatoes should be mixed equally. Apply it around your eyes and gently press it into your skin with your ring finger. After fifteen minutes, rinse it off with normal water. The potato juice has spot-lightening abilities that will help to lighten the dark circles beneath your eyes, while the cooling cucumber juice will refresh the area's parched skin.

Kesar & milk mask

Apply cotton wool pads soaked in the kesar and milk mixture under the eyes or use them as eye pads for 30 minutes. This will help in reducing dryness and tone the skin around the eyes.

Milk & turmeric eye mask

Mix one tablespoon turmeric with one tablespoon of milk or buttermilk in a small bowl. Apply the mixture onto your under-eye area (avoiding the eyes). Leave on for 10 minutes, and wash it off with clean fresh water

Rose water mask

Make two solid square pads out of cotton

wool. Soak them in chilled rose water. Now, lie down, close your eyes, and place the wet pads over them. Aim to leave them on for 15 minutes. Rose water can make you feel incredibly relaxed in addition to tightening and toning your skin.

Grate one whole cucumber and squeeze the juice out of it. Mix one teaspoon of rose water into the juice and mix well. Dip a cotton pad in the mixture. Keep the dipped cotton pads under the eyes for 30 minutes. Remove the pads and rinse them off. Follow up with a nourishing eye cream. Also, you can freeze the mixture in an ice tray and rub the ice cubes around your eyes to reduce puffiness in a jiffy.

Almond oil mask

You can really benefit from using this one-ingredient mask to treat any issues pertaining to the under-eye area. Take a very small amount of pure almond oil near the eyes and massage it gently into the skin with just your ring finger for one minute under each eye. After 15 minutes, carefully wipe it off with wet cotton wool. This can help you if you do it every night before bed.

Mix one spoon of almond oil with one spoon of honey and mix well. Massage this mixture under your eyes. Wash off after 15 minutes and apply a moisturizer or under-eye cream.

Your under-eye area will receive unparalleled nourishment from these simple DIY home remedies. So give these a shot and incorporate them into your skincare regimen.



SHAHNAZ HUSAIN

MADHU



PHOTO: BIBHUTI DASH
COSTUME: PRITAM NAYAK