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# SUNDAY POST

HERE . NOW



# Heritage in motion





After being enrolled into Cuttack's Kala Bikas Kendra by his father at the age of seven, there was no looking back for acclaimed Odissi dancer Lucky Prajna Pratisthita Mohanty. Needless to say, he has made his Guru Padma Shri Kumkum Mohanty proud by popularising the dance form in India and other countries like the UK, the US, Switzerland and Argentina. Lucky Prajna, a gold medalist in Odissi from Sambalpur University, loves to spend time amid beaches and mountains



### Sharing skills

On Sundays, I conduct online classes for the outstation students in the morning and hold physical classes at home in the evening. I prefer going out and relishing the windy riverside streets of Cuttack in the evening.



At a training session

### Dessert lover

I have a sweet tooth. I prepare sweet delicacies from other states to treat my loved ones. Kadha Prasad from Punjab and Kheer are my favourites. I also love to prepare Odisha's signature savoury dish 'chakuli,' and serve family members for breakfast.



With Guru Padma Shri Kumkum Mohanty

### Beaches, mountains beckon

I am drawn towards beaches and mountains like a maniac. Whenever I travel for performances, I make sure that I do a good homework on the mountains and beaches of the place so that I do not skip on any of them. Next in my bucket list are Badrinath and Kedarnath for which I am desperately waiting and planning.

### Love for the voiceless

I love animals, dogs and cows in particular. However, I feed every animal I ever see and all I want to say is the voiceless need your love and care.



With parents

SMRUTI REKHA BARIK, OP

## WhatsApp This Week

Only on Sunday POST!

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THE BEST MEMES OF THIS ISSUE

- People who take care of chickens are literally chicken tenders.
- Before you criticize someone, walk a mile in their shoes. That way, when you do criticize them, you're a mile away and you have their shoes.
- Today a man knocked on my door and asked for a small donation toward the local swimming pool. I gave him a glass of water.
- The problem isn't that obesity runs in your family. It's that no one runs in your family.

## IMPERMANENCE OF LIFE

Sir, Sudha Devi Nayak deserves compliments for her highly introspective review An ode to autumn of Pico Iyer's memoir-cum-travelogue Autumn Light: Season of Fires And Farewells (Oct 30). The reviewer has successfully delved into the central themes underlying Iyer's highly engrossing narrative --the impermanence of life, fragility of the physical world, fear of change, the spectre of death inexorably going its way and loss of loved ones etc. The author's belief that "nothing will go according to design" is a poignant and thought-provoking reminder of the fleeting inevitability of time and the ephemerality of existence. The gradual decay of the maples aflame with foliage reminds the reader to savour the simple pleasures of his humdrum existence as life is transitory. Besides being an evocative portrait of the ageing Japanese society, their refined mannerisms and close-knit cultural mores, Iyer's book has an important learning lesson for humanity--that nothing can be taken for granted.

AMIT BANERJEE, New Delhi

## LETTERS



### A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

# Heritage in motion

*Baliyatra is not only one of the biggest trade fairs of the Indian subcontinent, it also reminds the Odias about their rich maritime history and the dominance once their ancestors had over the ocean*

BIJAY MANDAL, OP

After a two-year hiatus, the bank of river Mahanadi near historic city Cuttack has once again been decked up to host Baliyatra, said to be the biggest open air trade fair of Asia. Not just in Cuttack, the festival is also celebrated with great grandeur in state capital Bhubaneswar and in the port town Paradip.

To attract more footfalls, the Indian Navy, in a first, has moved a vessel to Mahanadi. While the festival hoppers will have the opportunities to enter the ship and to get firsthand knowledge about the valour of Indian jawans during Indo-Pak conflicts of 1971 from the special kiosks put up for the purpose, the acclaimed Navy Band will be played at the inaugural ceremony.

As all these preparations show, for Odisha, Baliyatra is more than a commercial congregation. It is a glorious reminder of how the marine merchants of erstwhile Kalinga not only helped in the economic growth of their kingdom,

they also played key roles in spreading the culture, tradition and religion of the land across South East Asian countries. Thus, Baliyatra, which turns a tourist destination for over a week every year, is like both history and heritage in motion for the culture aficionados.

With just two days to go before the gala event, Sunday POST takes a quick glance at the history and the legends associated with the age-old tradition.

### Sadhabas, the honest businessmen

Sadhabas are an integral part of Baliyatra, literally meaning voyage to Bali, one of the prominent islands of Indonesia. The word 'Sadhaba' is often invoked by motivational speakers in their talks and has got mentions in several folklores. But who were they and what profession they belonged to? According to some scholars, Sadhabas are the merchants

who were involved in overseas trading activities.

The word 'Sadhaba' was derived from two words, 'Sadhu,' which means honest, and 'Byabasayee' meaning businessmen. Besides, legend has it that trade in the Indian sub-continent was controlled by two types of merchant communities – Shreshthis and Sarthavahas. Shreshthis used to cater to the needs of the local populace while Sarthavahas, known as caravan traders, made transoceanic voyages and controlled both the imports and exports. Sarthavahas, later pronounced as Sadhabas, were mainly the wholesalers or suppliers of the Shreshthis. And it's well known that Sadhabas played a crucial role in enhancing the prosperity of Kalinga in their times.

### The great Kalingan explorers

The growth of ports during the 4th and 5th century BCE opened several windows for the Kalingans. Soon, the sailors from Kalinga established trade links with Brahmadesh (Myanmar) and several island nations like Ceylon (Srilanka), Sumatra, Borneo, Java and Bali (Indonesia). With its rich endowment of a variety of minerals, Kalinga used to export precious stones like gem, ruby and diamond through sea routes to these places. Various designer jewellerys, silk, handloom fabrics,

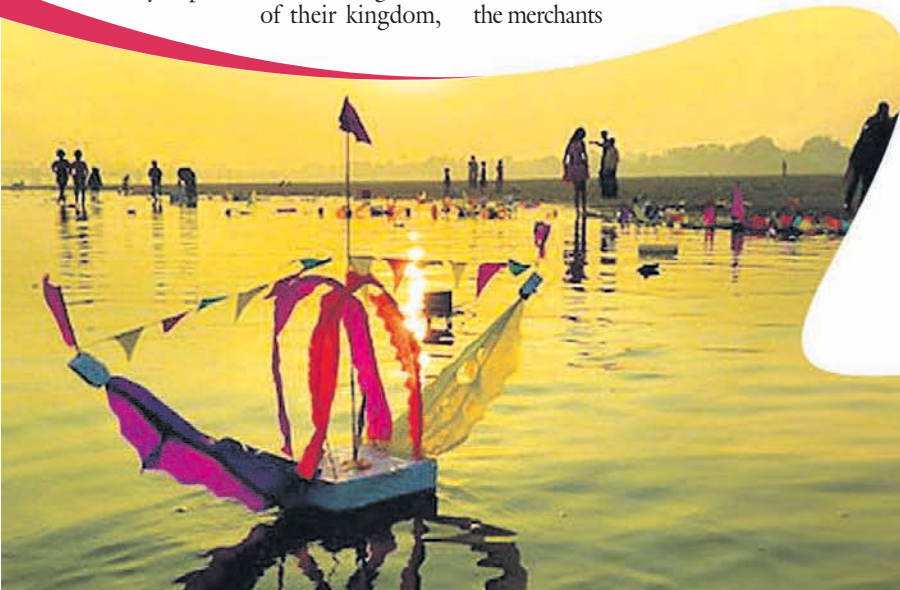
spices, ivory and stone items were also part of their freight. Stone carvings in Konark suggest that animals as large as elephants and gi-

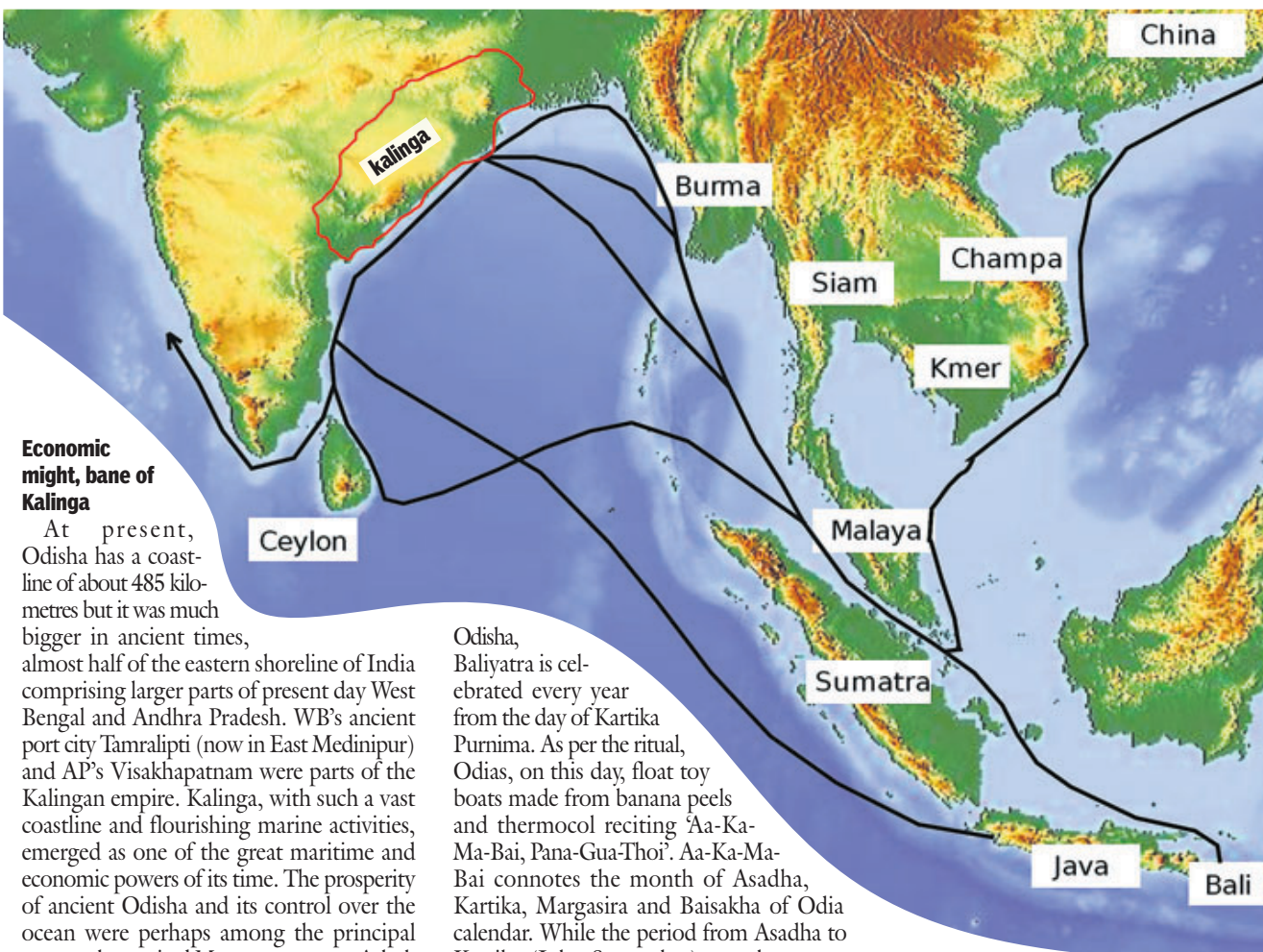
raffes were also exchanged between ancient Odisha and other nations through the sea routes. The Sadhabas even had trade ties with China and the Roman Empire as some Roman coins and Chinese ceramic shreds were recently unearthed from different parts of Odisha. Speaking of the size of their vessels, we know that the Kalingans constructed boats called the 'Boitas'



A sculpture depicting an elephant being transported on a ship

and each of them could carry up to seven hundred men and animals aboard. Interestingly, the Bay of Bengal was once known as the Kalinga Sea as it was thronged by the ships of ancient Odisha. The dominance of the Kalingans over the sea was such that Kalidasa in his Raghuvamsa referred to the king of Kalinga as 'The Lord of the Sea'.





**Economic might, bane of Kalinga**

At present, Odisha has a coastline of about 485 kilometres but it was much bigger in ancient times, almost half of the eastern shoreline of India comprising larger parts of present day West Bengal and Andhra Pradesh. WB's ancient port city Tamralipti (now in East Medinipur) and AP's Visakhapatnam were parts of the Kalingan empire. Kalinga, with such a vast coastline and flourishing marine activities, emerged as one of the great maritime and economic powers of its time. The prosperity of ancient Odisha and its control over the ocean were perhaps among the principal reasons that excited Mauryan emperor Ashok to invade the coastal kingdom in 3rd BCE. And how Kalinga, with its strong and stable economic system, faced Ashok's aggression, as they say, is now part of popular folklore.

**Decoding Aa-Ka-Ma-Bai**

To reminisce the glorious past of ancient

Odisha, Baliyatra is celebrated every year from the day of Kartika Purnima. As per the ritual, Odias, on this day, float toy boats made from banana peels and thermocol reciting 'Aa-Ka-Ma-Bai, Pana-Gua-Thoi'. Aa-Ka-Ma-Bai connotes the month of Asadha, Kartika, Margasira and Baisakha of Odia calendar. While the period from Asadha to Kartika (July- September) was the season of outgoing voyage, the period from Magha to Baisakha was considered to be the season of the return voyage. The adventurous Kalingan sailors wisely put the advancing and retreating monsoon to the best use for their outward and return journeys.

**Celebration in Bali, Thailand**

Baliyatra festival of Odisha has some parallels with the Masakapan Ke Tukad festival of Bali where similar floating of toy boats in memory of maritime ancestors is made. Likewise Loikrathong or LOY Brah

Pradip festival of Thailand consisting of ritualistic floating of boats has similarity with the Odishan customs.

**Historic corroborations**

Greek geographer and astronomer Ptolemy has vividly described the voyage and trading practices of Kalinga sailors in South East Asian oceans in his writings in 2nd Century ACE. Similarly, Chinese Buddhist monk and traveler Hiuen Tsang who travelled India in around 630 AD wrote elaborately about the Kalinga kingdom in his travelogue. Another Chinese traveler Fa-Hien also mentioned about the intimate relationship between China and Kalinga in his travel account

**End of glorious run**

The prosperity of Kalinga reached its zenith in the 8th Century AD when the Shailendra dynasty ruled vast swathes of maritime Southeast Asia. According to Indian scholar Ramesh Chandra Majumdar the dynasty that established itself in the Indonesian archipelago originated from Kalinga. Several other historians also substantiate Majumdar's claim. So, it establishes that Kalingans had set up colonies in islands like Java, Sumatra, Bali and Malaya (Malaysia) in their times. But the emergence of Europeans and spread of other religions resulted in the fall of Shailendras. In the meantime, the maritime trade of Kalinga faced mounting challenges due to changing political scenes in India and that contributed to the dissolution of ties between ancient Odisha and Southeast Asian island nations ruled by the Kalinga rulers. The last nail was struck when the Aryas and Brahmins put restrictions on seafaring of Hindus, making this golden chapter of ancient history only a part of legends and folktales for the Odias.



TAMRALIPTI PORT IN A DILAPIDATED STATE

**Tamralipti port and Kalinga War**

As mentioned earlier, Tamralipti was a major port of eastern India during the 3rd Century BC and the Mauryan rulers used to depend on it for their overseas commercial activities. However, not many know that it was Tamralipti port under the Kalinga empire that caused the Kalinga War, costing around 2.5 lakh lives. According to Debanampriya Priyadarshi Raja Ashok, a historical novel by Amarjyoti Mukherjee, traders of other states including Magadh ruled by Ashoka The Great used to pay toll tax to the Tamralipti port authorities before setting off on an oceanic voyage. In exchange, they would get drinking water and rations for their journey. However, the authorities at the port suddenly imposed additional tax on the traders of Magadh which enraged Ashoka. History suggests that Ashoka had killed most of his brothers before ascending the throne of Magadh. But two of them managed to escape and took shelter in Kalinga. In a bid to avenge the death of other siblings, the duo trained Kalingan army with Mauryan warfare and prepared an army strong enough to face the mighty Mauryans in one of the deadliest battles of Indian history. Though the two brothers died in the battle and Kalinga lost the war, it transformed the warmonger Ashoka into an ambassador of peace. It is this Tamralipti port from where his son Mahendra and daughter Sanghamitra went to Sri Lanka to spread Buddhism.



A BIRD'S-EYE VIEW OF BALIYATRA GROUND

PICTURE SOURCE : INTERNET



# Managing kids with ADHD

*Good prenatal care, regular consultation with health experts, balanced diet from early childhood and eliminating food that contain preservatives can prevent such conditions, says eminent psychiatrist Dr Amrit Pattajoshi*

SMRUTI REKHA BARIK, OP

Almost all of us seek a bit of attention at one time or another. A young boy or girl spending way too much time on social media is not an unfamiliar sight these days with more people having access to smartphones. Not just the youths, kids are also found seeking attention. But the question is when we should push the buttons as attention-seeking behavior is often mixed up with attention deficit. The term Attention Deficit Hyperactivity Disorder (ADHD) is self explanatory. It is a behavioral disorder with a certain pattern of inattention and hyperactivity which interferes with the regular activities of a human being.

Famous people like Albert Einstein and Bill Gates have also fearlessly admitted to their diagnosis with ADHD. Back home, celebs of the likes of Deepika Padukone, Anuska Sharma and Shah Rukh Khan are also heard speaking about their anxiety leading to ADHD.

A study suggests that these cases have shot up by more than 30 per cent in the last decade across the globe, India being no exception.

With ADHD becoming a major cause of worry for the parents, Sunday POST caught up with a few professionals who deal with kids with this disorder.

**Madhumita Mohapatra**, the founder principal of Bhubaneswar-based D.P. Model Public School says, "It's a birth defect; ADHD is not confined to a certain age group. But its defined characteristics are observed in a child when he or she begins regular activities or becomes expressive."

She continues: "Age 2-5 is the vital phase because all the characteristics and behavioral patterns develop during this time. So when activities develop, disorders are also recognised. Some people are not even symptomatic; the condition is diagnosed when they are



above 40."

Madhumita, sharing her experience, recalls "Back in 2003 when I opened the school, parents were quite ignorant about such conditions. A child would become normal when he grows up, they would say. This is the wrong approach to manage ADHD."

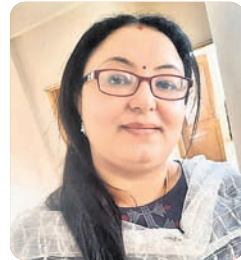
Most of the schools make the students with behavioral issues sit separate and bar them from the mainstream. This only aggravates the condition, quips Madhumita.

Instead, the parents could send their ward for therapy and other classes until there is improvement, she adds.

"Although we know that ADHD is a genetic issue, there is always a beginning to it at some point. And when there is no history of the issue in the family then the parents fail to accept the severity of the situation and get demotivated," explains Madhumita.

She urges the other family members as well as the acquaintances to support the parents who take this limitation of their children seriously and make an effort to put them on a path of retrieval.

**Dr. Sayali Mishra**, Assistant Professor Clinical Psychology, Dept. Of Psychiatry, KIMS says "Children with ADHD may also struggle with low self-esteem, troubled relationships and poor performance in school. Symptoms sometimes lessen with age. However, some people never completely outgrow their



ADHD symptoms. Almost around 50 of ADHD children have been found to have other comorbid conditions".

She lists three kinds of ADHD in children. These are - Predominantly inattentive- the majority of symptoms fall under inattention; predominantly hyperactive impulsive-the majority of symptoms are hyperactive and impulsive; combined- this is a mix of inattentive symptoms and hyperactive impulsive symptoms.

Genetics, maternal smoking during pregnancy, birth related complications, low birth weight prematurity, nutritional deficiencies, infections or exposure to toxins in early years, early psychosocial adversity and problems in parenting could be the reasons behind such conditions, informed Mishra.

Eminent psychiatrist **Dr. Amrit Pattajoshi**, about the symptoms in pre-schoolers, says, "Difficulty in sustaining attention, failing to follow instructions, losing things, difficulty in organising tasks and activities, fidgeting and tapping hands and feet, inability to remain seated, difficulty in waiting for one's turn, excessive talking, always on the go, could be a few symptoms."

When not treated in time children with

ADHD develop conduct disorders, oppositional defiant disorder, disruptive behavior disorder and learning disorder (dyslexia, dyscalculia, dysgraphia), warns Pattajoshi.

Good prenatal care, regular consultation with health experts, avoiding alcohol, a balanced diet from early childhood and eliminating diet that contains preservatives can prevent such conditions, he says.

The mental health professionals assess the children or adults on standardized psychological tests to confirm the diagnosis of ADHD and to know the severity of symptoms. There are various effective treatment modalities for ADHD like medication, behavior therapy, parent management training and teachers' training. The psychologist involves parents and teachers of the child in intervention procedures, explained Pattajoshi.

## Tips for parents of kids with ADHD

- Keep a clear schedule and routines.
- Talk to your child simply and honestly about what you expect from her.
- Focus only on your child when you're talking to her.
- Be an example of calm, focused behavior.
- Be consistent with discipline, and make sure other caregivers follow your methods.
- Reward good behaviours of the child.
- Boost your child's self-esteem.

## Teachers to try methods to deal with ADHD kids in classroom

- Keep classroom organised and encourage structured activities
- Allow child to stand-up at times, encourage extra-curricular activities
- Make use of his leadership qualities.
- Maintain a distraction free environment
- Making proper schedule of teaching
- Avoid multi tasking



# I'm quite superstitious: Janhvi



Janhvi Kapoor has opened up about her superstitious beliefs and how she visits the Tirupati temple on special occasions every time.

The actress, along with her father and well-known film producer Boney Kapoor, came on the *The Kapil Sharma Show* to promote their film *Mili*.

Apart from discussing their movie and shooting experiences, both of them also opened up about their lives and Janhvi told the host Kapil that she is very superstitious about certain things.

The 25-year-old actress has worked in movies such as *Dhadak*, played the character of an Indian Air Force officer and Kargil war veteran Gunjan Saxena in the movie *Gunjan Saxena: The Kargil Girl*.

Later on, she also became part of the horror comedy film *Roohi* and *Good Luck Jerry* in which she played the titular lead.

Now, the actress is all set to play the lead character in *Mili* in which she will be seen as a woman fighting for her survival after being stuck in a freezer.

Janhvi said: "I'm quite superstitious. Now too while entering the stage I entered with my right foot first. Also, on mom and dad's birthday, New year, and other special occasions, I make sure to visit Tirupati, and Thursday I am veg."

IAN S



## Did *Pathaan* to make fans happy: SRK

Shah Rukh Khan will soon be seen gracing the silver screen with three highly anticipated projects - *Pathaan*, *Dunki* and *Jawan*. On his birthday Wednesday, during a fan meet he shared what made him pick a commercial action-thriller like *Pathaan* and added that he wanted to make his fans happy.

During the event he shared, "I was told that I am liked when I do heroic films, when I look physically good and can dance. I believe that when someone makes commercial films, we shouldn't add our own creativity to it, because we need to keep it simple, as it's made on someone else's orders".

He added, "So I have to make a film that makes all of you happy, and all these three films (*Pathaan*, *Dunki* and *Jawan*) are what I've never done before. I've always wanted to do something like *Mission Impossible*, cool action film—I think *Pathaan* is like that."

SRK feels that commercial mainstream action films should be simple and without the actor trying to inject their own creativity.

On his 57th birthday yesterday, Shah Rukh shared the teaser for *Pathaan*. Helmed by Siddharth Anand, the film also stars John Abraham and Deepika Padukone.

IAN S



## 'Miss World 2000 was rigged in India's favour'

Priyanka Chopra took part in and won the Miss World 2000 pageant. But now, almost 20 years later, Miss Barbados 2000 has raised some questions about her win.

Miss Barbados 2000 Leilani has said that Priyanka Chopra got favourable treatment from organisers during 2000 Miss World pageant.

In a new video, Miss Barbados 2000 and now YouTuber Leilani has hurled some allegations against Priyanka Chopra, winner of Miss India and Miss World 2000. In the video shared for her 35K subscribers, Leilani detailed all the ways that Priyanka was 'favoured' at the pageant and the show was 'rigged' to let her win.

She shared details of the alleged favouritism for Priyanka Chopra during

the pageant. She said that Priyanka's gowns were better made, she got food in her own room, she got large pictures in newspapers while the other girls were bunched together on a beach. She also explained how Priyanka was allowed to wear a sarong during a swimsuit competition while others were not.

"Apparently she was using some skin tone cream, to even out her skin tone and it was splotchy. I did not say it was a bleaching cream, it was a skin tone cream. It didn't work, her skin was blotchy so she did not want to remove her sarong. So during the actual judgement, she is actually in a dress," Leilani said.

The video was also shared on Reddit and Indians have defended Priyanka for the win.

AGENCIES



## Sargun shares her secrets of success

Actor-producer Sargun Mehta has often been applauded for not following the herd and making unconventional choices. Basking in the box office success of her recent release *Babe Bhangra Paunde Ne*, she shares that her choices, including taking up production, come with their own share of challenges.

"As a woman working in an industry that's predominantly ruled by men, sometimes you are taken lightly. But I try and see it as a good thing. When they thought I didn't know anything and they thought they were taking me for a ride, I knew a little more. I had done my research and therefore took them up by surprise. And that's how I win. I strongly believe, everything that you feel is your weak point, should be turned the other way round to make it your strength. So when they take you lightly, you can take them for a ride," she says.

Mehta is quick to point out that things are same for men as well. "May be in a different way but they face challenges on the way. The reason is, we live in a world where people cannot see you win," says the producer of TV shows *Swaran Ghar*, *Udaariyaan*.

AGENCIES



The toxic haze hanging in the sky causes uneven skin tone, accelerated ageing, wrinkles, and black spot on the face



# Pollution & skin disorder

The rising level of air pollution is a buzzword today and is affecting the smooth functioning of life. Airborne pollutants on human skin are contributing to skin aging, atopic dermatitis, skin discoloration, eczema, psoriasis, and acne which can be absorbed through the skin into the body, causing a wide range of diseases.

While pollution takes a toll on the environment and health, it also affects natural beauty adversely. Pollution breaks down collagen and oxidizes the lipid layer in the skin, which impairs skin barrier function. Highly toxic air containing smoke, soot, acid, and other pollutants severely affects the skin by draining away skin moisture which leads to allergies and pigmentation spots on the forehead and cheeks on dry and rough skin.

Among the other organs of the body, the skin is also one of the first to bear the brunt of air pollutants, which not only attacks the skin's surface but also leads to an accumulation of toxins. In fact, they are potent skin irritants. There are both long and short-term effects of pollutants. Chemical pollutants cause oxidation damage and this can lead to the manifestation of premature ageing signs on the skin, like wrinkles, loss of elasticity, dark patches, spots, etc. Chemical pollutants also disrupt the normal balance of the skin and scalp, leading to problems like dryness, sensitivity, rashes, acne, irritation or allergic reactions, dandruff, and related conditions.

All of us who live

and work in urban areas need protective beauty care, whether we are housewives or working women. Of course, for working women, the job may involve traveling long distances to work. The skin is thus more exposed to the pollutants in the air.

Taking skin through the cleansing process demands more importance in order to get rid of the impurities and pollutants deposited.

### Do this if you have a dry skin

Wipe it clean using cleansing cream or gel. Deep clean the skin at night, neutralize it with antioxidants, moisturizer and create a barrier with sunscreen in the morning even if you are staying indoors.

Include antioxidants in your diet and skincare regime. Citrus fruits contain Vitamin C, E, and limonene which lower the risk of cancer and protect your skin from damage. Avoid cleansers containing Sodium lauryl sulphate and sodium laureth sulphates or denatured alcohols as they dry out the skin and can damage our skin barrier over time. Pamper your skin with sheet masks or hydrating overnight masks to repair the damage.

### For an oily skin

Wipe it clean using cleansing milk or face wash. Post cleansing, use a facial scrub. Mostly look out for products with ingredients like sandalwood, eucalyptus, mint, neem, tulsi, aloe vera, etc., when you buy cleansers. The anti-toxic and tonic properties of such ingredients have helped in clearing the skin

congestion and eruptions that result from exposure to chemical pollutants.

After cleansing, wipe the skin with a rose-based skin toner or rose water, to complete the cleansing process and refresh the skin. Soak cotton wool in chilled rose water and tone the skin with it, patting briskly. It also improves blood circulation to the skin's surface and adds a glow. Green tea also makes a good skin toner. If there is a rash or eruption, add a little rose water to the sandalwood paste and apply it to the face. Wash off with plain water after 15 minutes.

Anti-pollution cosmetics help to provide protection and reduce the damage caused by environmental effects. These are basically "cover creams" that form a barrier between the skin and pollutants. Sandalwood protective cream is very useful to protect the skin from environmental effects. It forms a transparent protective cover. Sandalwood soothes the skin and protects it from irritative reactions and eruptive conditions. It suits all skin types and increases the skin's moisture retention ability too.

To brighten the skin and even skin tone, I recommend products containing Vitamin C to be used in conjunction with richer creams. Deeply moisturizing creams can truly help repair and hydrate the skin.

Use an air purifier with a humidifier at home and the workplace to lessen the effects of pollution. Humidifiers make the air breath-

able and maintain the room's humidity.

Eat your greens; Vitamin C rich foods, jaggery and drinking loads of fluids rich in antioxidants can neutralize the effects of pollutants. Lemon, orange, amla, green vegetables, grapefruit, tomatoes and potatoes are a few Vitamin C rich foods. While relying on healthy eating, drinking water and regular exercise are equally important in the journey of healthy skin. It's a rough deal for your skin, but there are plenty of ways to care for it in the face of pollution.



SHAHNAZ HUSAIN

# Nirajpriya



PHOTO: KUMAR SHARAT, OP