

OCTOBER 6-12, 2024

SUNDAY POST

HERE . NOW



Kanya Puja during Navratri

Revering feminine energy

COVER STORY

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He started off as an assistant to eminent film director Raju Mishra, but destiny had other plans. Having acted in over 20 mainstream films and TV soaps in a career spanning 20 years, Hara Rath is now considered among the versatile actors in Odisha's entertainment industry. His notable works in movies include 'Ardha Satya', 'Bande Utkal Janani', 'Matira Bandhana', 'Malyagiri', and 'Charitra', while he shone in serials like 'Duhita', 'Damini', 'Tulasi', and 'Kemiti Kahibi Kaha'. Born to Binodini and Madhu Sudan Rath of Mukundaprasad (Khurda), Hara, a commerce major, also studied laws. The actor, who looks forward to his next release 'Villain', prefers to go on a multi-day outing with his cinematographer wife, Falgu Satpathy, to escape the hustle and bustle of city life



With Nandita Das

In DIY mode

My days begin with plucking flowers for puja, and Sundays are no exception. Because ours is a joint family, we do the household chores ourselves rather than hiring helps. Apart from cleaning the backyards, taking care of my ailing father is also part of my morning routine.

Books as companion

I love reading. I have a large collection of books. So much so that I could start a mini library with them. Whether I'm on a shoot or on a train, I never forget to bring books, my permanent companions, with me.



With co-stars

Kitchen comfort

I used to help in the temple kitchen of Radhakrushna shrine in my mother's village as a child. So, Sunday is that day of the week when I enjoy spending time in the kitchen, and when I want to eat something special, I do it myself instead of bothering others. Yes, we take only vegetarian meals.

Movies, theatre and friends

I love to live amid good movies, dramas, and, of course, friends. A few tiny hangouts with friends help me overcome the exhaustion following a long day's hard work.



With wife during a trip

Wanderlust

Whether as tourists or pilgrims, my wife and I don't leave any opportunity to travel. Meeting people at different destinations and interacting with them gives us immense pleasure.

BIJAY MANDAL, OP

WhatsApp This Week

Only on Sunday POST!

Send in your most interesting WhatsApp messages and memes at: features.orissapost@gmail.com
And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- A teacher asks a student, "Are you ignorant or just apathetic?" The kid answers, "I don't know and I don't care."
- The reason grandchildren and grandparents get along so well is because they have a common 'enemy'.
- Women sometimes make fools of men, but most guys are the do-it-yourself type.
- Women sometimes make fools of men, but most guys are the do-it-yourself type.



A THANKLESS JOB

Sir, Translation is necessary for the spread of information, knowledge, and ideas. It is absolutely necessary for effective and empathetic communication between different cultures. Translation, therefore, is critical for social harmony and peace. Translation is also the only medium through which people come to know different works that expand their knowledge. For example, Arabic translators were able to keep the ideas of ancient Greek philosophers alive throughout the Middle Ages. Similarly, the Bible has been translated into at least 531 languages. Translation is also helping sports teams and organisations overcome language barriers and transcend international boundaries. However, it is quite unfortunate that the translators in Odisha don't get the recognition, they deserve. It is high time, the government came forward to take initiative to recognise their skills.

SOMESH SAMANTRAY, SAMBALPUR

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. Feel free to send in your opinions, queries, comments and contributions to

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Kanya Puja during Navratri

OP DESK

With the start of the much-expected Durgotsav, or the festival honouring goddess Durga, there is a festive vibe in the air. The event, which lasts for nine days and includes prayer, feasting, and fasting, honours the victory of good over evil. It also commemorates the victory of goddess Durga over the shape-shifting asura Mahishasura. The custom of donning particular hues on each day of Navaratri is a significant element of the celebration. These colours represent different qualities and energies of the Goddess, who inspires people to be courageous and resist bad powers, injustice, and immorality.

OBSERVED DURING THE AUSPICIOUS EIGHTH AND NINTH DAYS OF NAVRATRI, KANYA PUJA ALSO SUPPORTS THE IDEA OF APPRECIATING AND CHERISHING THE GIRL CHILD, BREAKING AWAY FROM TRADITIONAL GENDER BIASES AND STEREOTYPES

Revering feminine energy

Originating from the legend of Goddess Durga vanquishing Kalasura in the guise of a little girl, Kanjak Puja became a custom. Thus, the ritual honours the divine feminine force that goddess Durga embodies. The potency of feminine energy continues to be the driving force for the popularity of this puja, along with young girls. The puja symbolises the idea that women should be respected for the duties they play since feminine energy nurtures and shields against ten sins. It's also a widely held belief that adoring young girls will bring good fortune and blessings from the goddess. It's a method of letting optimism into one's life.

About the ritual

An essential component of Navratris is Kanya Puja. Known by different names such as Kanjak, Kanjika, or Kumari Puja, it is a sacred ritual to honour the divine power of the goddess Durga. It's believed that the goddess defeated Kalasura in the form of a small girl. Thus the pre-pubescent girls are considered Her reincarnation in the Hindu belief system. Observed during the auspicious eighth and ninth days of Navratri, the ritual holds a special place in Hindu tradition. The puja is completed when nine little girls are idolised to replicate the nine avatars of goddess Durga.

souls, children are thought to be the most pristine and pure people. These little girls, ranging in age from two to ten, radiate the heavenly energy of Goddess Durga. Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katayani, Kalratri, Mahagauri, and Siddhidatri are the nine forms of Durga worshipped at Kanya pujan.

Significance

The Kanya Puja, like all Indian festivals, has some connection to Indian mythology.

Breaking gender bias

Even today, in many Indian households, girl children are not desired by the parents and other members. Kanya Puja supports the idea of appreciating and cherishing the girl child, breaking away from traditional gender biases and stereotypes. The puja makes it clear to people that girls and boys are on equal footing.

Karmic advantages

It is said that giving presents and prayers to young girls will purge one's karma and result in favourable life improvements. Devotees may escape the grip of suffering and enjoy financial rewards.



A typical Kanya Puja meal

However, here's one fascinating custom that is observed in many households on the days of Mahastami and Maha Navami. Known as Kumari Puja or Kanya Puja, the main focus of the celebration is the adoration of nine females, which stand in for the nine incarnations of Navadurga. These girls are seen to be the embodiment of the creative spirit.

Ahead of Dussehra, Sunday POST delves deep into the rituals, significance, and belief systems associated with the festival.

The age-old belief

Since they have no malice in their





Rath performs Kanya Puja at home, much like Mishra. But there are other ways for her to mark the occasion as well. The poet says, "If for some reason I miss out on Kanya Puja on Mahastami or Maha Navami, I try to help out a few girls during the Navratri celebration."

Navratri, concludes the story writer of the recently released mainstream Odia film *Nirmaya*.

goddesses like Durga, Laxmi, and Mahakali embody every woman of this planet. Kali and Durga are the fierce forms of a woman, whereas Laxmi and Saraswati are the gentler ones. Both good and evil exist within human beings. While good represents the gods, evil stands for demons. Since the devils are also her creation, goddess Durga also disciplines them. In the same way, a woman who heads a household is a goddess. Therefore, we worship the Shakti that is present in every woman through this Kanya Pujan."

'Worshipping pre-pubescent girls is invoking the process of creation'

Renowned poet Prajnyashree Rath, a believer in Kanya Puja, says, "Adya Shakti is the ultimate formless feminine primordial energy. She is also Durgati Nasini or 'the one who ends suffering.' Often referred to as the Mother of the Universe, she bestows her worshippers with strength, patience, and many such virtues. On the other hand, motherhood is the divine identity of a woman, a nurturer. It is said that every girl or woman is a part of goddess Durga."



She continues: "Therefore, worshipping 'Shakti' is a celebration of the feminine energy, which is why we worship our daughters even today. I believe Revering pre-pubescent girls is all about invoking the process of creation and celebrating womanhood and motherhood," adds Rath.

A close look at the customs

This festival, like other Hindu celebrations, is a combination of multiple steps. Every action has a purpose.

Talking about the rituals and how she observes Kanya Puja at home, well-known poet and writer **Subhashree Subhasmita Mishra** from Bhubaneswar shares, "I invite nine girls, all pre-pubescent, and a boy to our home. The girls and the boy remain dressed in new clothes and adorned with bindis and bangles. As a mark of respect, I wash the feet of the girls. After that, I tie a holy thread on their wrists and draw a tilak using kumkum. Each girl sits on a piece of cloth and is given a plate of halwa, puri, and sweets. Then I perform an aarti to invoke the blessings of goddess Durga upon my family."



Mishra goes on to add, "After the puja, the girls are presented with gifts that may contain a host of things like bangles, clothes, stationaries, toys, or other presents as a token of gratitude."

Quizzed why girls and not women are not worshipped as goddess symbolises the energy or shakti of women, she says, "Prepubescent girls are thought to be reincarnations of Goddess Durga because it is believed that she fought the demon Kalasura in the form of a young girl."

On reasons why she observes the festival, the poet of poetry anthology *Agni Saraswati* says, "I think it is not just these nine girls;



A Kanya Puja ritual at Mishra's residence

Who is Kalasura?

Kalasura is a demon in Hindu mythology who embodies darkness and evil. He is portrayed as a powerful and malevolent entity seeking to spread chaos and destruction. Kalasura is known for his cunning nature and is often depicted as a formidable adversary to the gods and goddesses. The conflict between Kali and Kalasura is a central theme in Hindu mythology, representing the ongoing struggle between good and evil, light and darkness. This mythological battle serves as a metaphor for the challenges individuals face in their lives and the perpetual conflict between righteousness and malevolence.



Common beliefs

If the devotee wants to receive knowledge, then he/she should worship a Brahmin girl child. If it is power that he wants, then they should worship a Kshatriya-girl child. On the other hand, if the devotee wants to acquire wealth and prosperity, then a girl belonging to a vaishya family should be worshipped by them. Mantras are chanted, and the girl is made to sit on a special pedestal.

SANKHA- SINDURA & SANGRIA

STORY COVERS OVER HALF A LIFETIME, THE AVERAGE BEING 76 YEARS, OF PAINTING MY CANVAS IN MANY HUES OF RED, FEW DELEGATED; FEW DESIRED...



Dr Rachna Rath

If the current bill proposed by Government of India is passed in parliament and the legally permissible age of marriage for girls be raised to 21, members of Gen Z and Gen Alpha could officially dub me as a child bride and early youngling mother. The last time it was raised to the chronological landmark of 18 from 15 was the year I was born. This upward trend notwithstanding, shouldn't a legal adult with a say in deciding their country's future, have a say in deciding

fectly, there I was married at 19 something, a mother at 21 something and very much a college-going student, to fill the bio.

On another note, my fascination and association with red began early in life- curtains of the room I shared with my baby sister were a crimson- red and had alphabets and animal figures strewn in green; my over- shampooed half- bald dolls mostly sported bright, cherry red attires; I loved wearing mom's big red bindi on my tiny forehead; fancied decking up in red bridal wear for fancy dress in school and began menstruating and squirming with unspoken period issues earlier than most (Red Pride not a thing back then).

Embracing Sankha-Sindura & the works...

It is not surprising therefore that the universe must have conspired to get me

eternal life. I am not entirely sure I had Sita Mata's reasons, Hanumanji's blind devotion or Maa Sabitri's resolution in mind while applying a sliver of the stick vermilion sincerely each morning. It could have been, long live my husband as much as a routine ritual like brushing teeth!

Maa Sabitri snatched and restored her husband's life from the clutches of Yamaraja (God of death) with her devotion and wit. I cannot outwit my smart-ass apso, let alone Yama but could devote myself to an eternity of wearing a clutch of red bangles! Did I mention that a daily recipe of red kosalasaga (leafy vegetables) and the occasional alta (red dye applied to the feet of women) were also a part of my new red brigade! As per new household dictum, red zones (beauty salons and bar-cum-restaurants) were vividly outlined. Bushy eyebrows were not raised, even as I had begun looking like a cave-woman on my first anniversary.

Many lores of Sita and Sabitri are narrated, particularly to young, impressionable new brides to have them make peace with an unending list of daily, weekly, fortnightly, and yearly rituals, once they have earned their right to Sankha-Sindura.

The red bangles on me broke more often than the teeth being pulled out from the patient's mouth. As traditions get bent like orthodontic wires for adaptation to specific environment and topography, I swapped multiple glass bangles for one thick, 4 in 1 bangle in each hand which could be raked way up on the forearm under the gown sleeves, while my hands toiled in saliva and blood. The salon debauchté too transformed to a green zone eventually.

The real 'Red Deal' however that was to pave way for my liberation from the shackles of fear and frailty was the larger than life, sculpted clay idol of Maa Durga; a vision in red; in her fiery red saree, red bindi, red bangles, alta on her 10 weapon wielding hands and feet to the red draining from Mahisasura (buffalo-demon) where her trident struck him. This red form is the image that has stayed in my mind to afford me strength from time to time. We eagerly await an entire year to roll out the red carpet on Durga Puja and welcome Maa Durga to grace our pandal. My husband's household is intimately associated with the 10-day rituals and ceremonies observed in her honour. I am indebted to my Sankha-Sindura for this divine opportunity that has slowly and steadily infused Maa Durga's essence in my life.

More of red came my way when the umbilical cord was cut. In the prime time of almost 18 years, it takes to raise a child; this mother like gazillion others did all sorts of red- from panicky red over the earthling's common childhood maladies to red with pride when the colour of her drummer son's passion matched the coral red of his drum kit.

With Sankha- Sindura in my quiver, I had the toughest ammo that aided in winning many of life's battles. What seemed to consume my identity entirely became loyal allies that consolidated my identity.

Embracing a lager ME...

I kept expanding on many horizons- professional, parenting and physical; while some desirable, few, a sad consequence of self- neglect. While self- confidence was hitting rock bottom, stress levels were high-flying helium balloons ready to pop. The Adonis set me on a journey of slow physical transformation, oblivious to eyebrows raising and tongues wagging about yoga pants and priorities. Oblivious to an asthma condition, this lager (cooler) version also ran her first 10K, one among many, in a sea of red- Tee-sporting marathoners. Burning body fat and churning desires were rightfully on top of the revised menu. The son's love for brownies and red velvet flamed a long-standing desire to bake and boy! Bake I did!

The Adonis improvised the menu further by literally offering a red-dy solution. Sangria proffered divine bliss. It was humbling to know that liquor signified powerful emotion and was offered to a divine Goddess before being consumed as Prasad (food offering to a deity) by the worshippers. The quantum of my consumption was a wee bit more than the prasad offering but I allowed the so-called powerful emotion to occasionally sweep through me. All the reds comfortably co-exist as my fascination and association with the same indeed continues.....My next red? Well, let us see. Something sacred or sassy or even simple like crossing the Red Sea!

Conclusion

Like countless women, I beheld a past stridden with early responsibilities that may have directed the course of my life. I also beheld a past that gave me the unconditional support of two families and built me early on, for life. It is true what they say about making the best of the cards we are dealt with. But it is great to be able to choose some of those cards, all the same. If the laws of the land offer that choice, it marks progress! Each to their own. To marry or not to marry is perhaps not the question! Nonetheless, cheers to both 18 and 21 with a glass of sangria!

The writer is an Associate Professor in Oral and Maxillofacial Pathology, SCB Dental College & Hospital, Cuttack, and regularly posts write-ups on Rachnacreates.com

Disclaimer- As much as a semi- autobiographical narrative, the light- hearted content also reflects solely the author's personal opinions.



Pic via: etsy.com

their own future at 18? Incidentally, the Law Commission, a while back, had recommended lowering the minimum legal age of marriage for men from 21 to 18 years.

Shockingly, as per our recent National Family Health Survey (2019-2021), 1/4th of the women between 20-24 years were married even before attaining majority. Is 21 then a lofty standard to seek?

However, the current proposed reform is being touted as a momentous step that would usher in greater gender equality, protect the basic rights of young women and help expand their academic as well as professional prospects.

Billing the past that shaped my present with promises for the future:

Providence had me meet my future husband at a tender age, love blossomed shortly, families got along famously, horoscopes matched per-

the most auspicious and conspicuous red for my Adonis, early- on in life, namely, Sankha (red bangles) and Sindura (red vermilion worn on forehead); symbolic artifacts adorned 24/7 by married Odia women. The Adonis bore no such signs of being taken except for a finger ring which could be conveniently gloved if you are a doctor! Not that he did so!

As per mythological lore, Hanuman curiously asked Sita why she applied vermilion on to her forehead to which Sita replied that it was for the long life of Lord Rama. Inspiration struck and Hanuman smeared his entire body in vermilion- oil paste for Lord Rama's long-life. This avatar of his is ardently worshipped by devotees. Yet another episodic reiteration of how wearing (thankfully not smearing) vermilion was made synonymous with a wife's devotion and husband's

Ahan's emotional post for dad

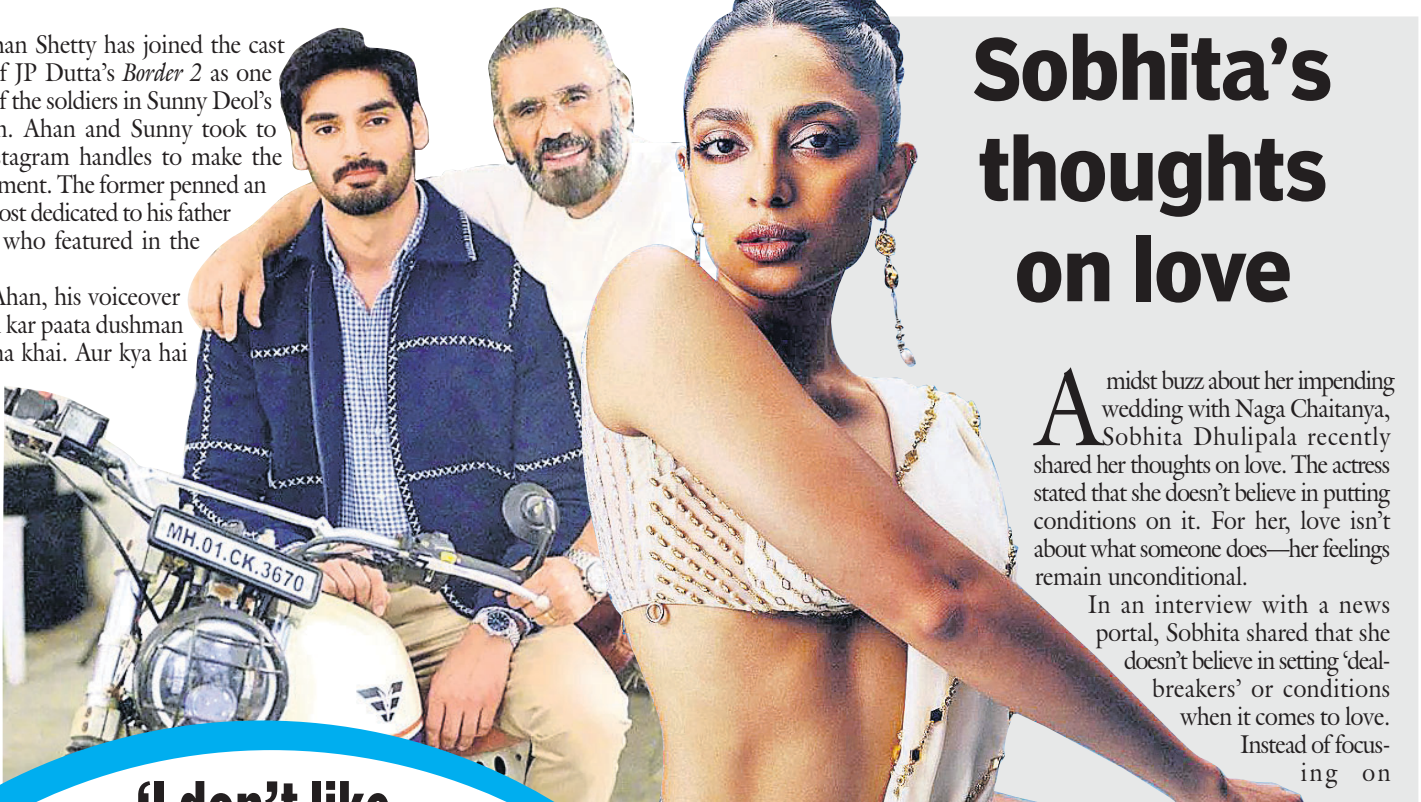
Ahan Shetty has joined the cast of JP Dutta's *Border 2* as one of the soldiers in Sunny Deol's battalion. Ahan and Sunny took to their Instagram handles to make the announcement. The former penned an emotional post dedicated to his father Suniel Shetty who featured in the 1997 war-drama.

In the video introducing Ahan, his voiceover can be heard as he says, "Jise paar nahi kar paata dushman wo na to koi lakeer hai, na deewar, na khai. Aur kya hai ye border? Bas ek fauji aur uske bhai hain (What is that path which cannot be crossed by enemies? It is neither a line, nor a wall. What else is this border? Just a soldier and his brothers)."

Ahan captioned his post as, "Border is more than a film—it's a legacy, an emotion, and a dream come true. Ironic how life works—my journey with *Border* started 29 years ago, when mom visited dad on set while pregnant with me. I grew up hearing OP Dutta's legendary stories, holding JP uncle's hand, and sitting by @nidhiduttaofficial side. I never realized how much those moments would shape my love for cinema and the Indian Armed Forces.

Now, being part of *Border 2* is an absolute honour."

AGENCIES



Sobhita's thoughts on love

Amidst buzz about her impending wedding with Naga Chaitanya, Sobhita Dhulipala recently shared her thoughts on love. The actress stated that she doesn't believe in putting conditions on it. For her, love isn't about what someone does—her feelings remain unconditional.

In an interview with a news portal, Sobhita shared that she doesn't believe in setting 'deal-breakers' or conditions when it comes to love.

Instead of focusing on

'I don't like staying in my comfort zone'

Despite giving good performances in films like *Bulbul* and *Qala*, *Animal* made Triptii Dimri a household name. Although many questioned her choice of films after that.

Speaking about her decision to star in *Animal* and portraying the role of Zoya, she said in an event, "For me, I don't like staying in my comfort zone. With *Bulbul* and *Qala*, I found that comfort, and while I love drama, being on those sets always energised me."

However, when *Animal* came along, I found it truly challenging. As an actor, it's important to take on something that pushes you. Every time I get a role, I feel like it's both scary and challenging. That's exactly how I felt when Sandeep sir explained Zoya's character to me. She

seemed both brave and innocent at the same time, and that excited me. I'm always looking for roles that offer something different."

The 30-year-old actor also addressed the criticism the actions of her character Zoya drew from the audience. "I would approach Zoya's character exactly the same way I did. As humans, we all have different shades—good, bad, and even ugly. I feel that films allow us to explore these sides," explained the actress.

AGENCIES



Big B used to smoke 200 cigarettes a day

Amitabh Bachchan, recognized as a teetotaler today, did not always adhere to this lifestyle. In his earlier years, he was known to enjoy alcohol, especially during the 1970s and 1980s, when he was at the peak of his acting career.

In an old interview with *India Today*, the megastar spoke about being a chain smoker, meat eater, and drinker in the past and revealed why he gave it all up.

The *Sharaabi* star revealed that he doesn't smoke, drink, or eat meat, explaining that his choices aren't based on religious beliefs but rather personal taste. He mentioned that in his family, his father is a vegetarian while his mother is not, and similarly, his wife Jaya consumes meat, but he chooses not to. The senior actor acknowledged that he used to eat meat and had a history of smoking and drinking, stating that at one point, he smoked 200 cigarettes a day in Calcutta. However he gave up those habits after moving to Bombay.

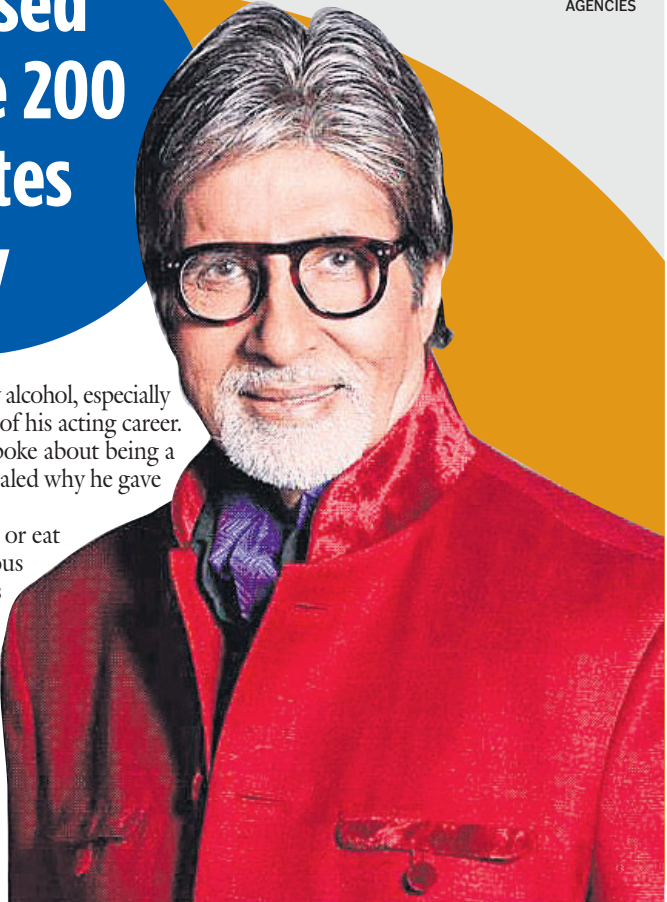
Amitabh had admitted to drinking anything available during that time but decided a few years ago that he no longer needed alcohol. Amitabh also noted that while his dietary preferences generally don't cause him issues, they can pose challenges when

dislikes or specific behaviors, she prefers to remain open and continue loving someone, even if they act in ways she might not fully appreciate.

The actress added that, for her, trust means having feelings for someone that aren't based on their actions. She emphasised that her love isn't conditional and that she prefers not to approach relationships with such limitations.

Naga Chaitanya and Sobhita Dhulipala got engaged August 8 in an intimate ceremony at Chaitanya's home in Hyderabad. The special occasion was beautifully captured in a series of photos, reflecting the couple's joy and deep affection for one another.

AGENCIES



National Wildlife Week – October 2-8

Nonviolence in conservation

SEVERAL COUNTRIES HAVE INTRODUCED LAWS THAT RECOGNISE THE RIGHTS OF ECOSYSTEMS AND ANIMALS, REFLECTING THE NONVIOLENT PRINCIPLE OF PROTECTING NATURE'S INTRINSIC VALUE



Pic: joshtalks.com



Mihir Pattnaik

species have been lost in the past 50 years, largely due to human activities like deforestation and illegal wildlife trade. Traditional conservation approaches, which focus on enforcement and punitive measures, often fail to address the root causes of these declines, such as poverty and lack of education.

coercive tool for safeguarding wildlife without relying on violence or punitive enforcement.

The way forward

Despite its potential, nonviolent conservation faces challenges. The illegal wildlife trade remains a lucrative industry, driven by global demand for products like ivory and exotic pets. Curbing this trade requires international cooperation and education campaigns to reduce consumer demand. Additionally, balancing human development and wildlife protection is difficult in areas where habitat destruction for agriculture and urbanisation leads to human-wildlife conflicts. Solutions like wildlife corridors and compensation schemes for affected communities offer nonviolent methods to mitigate these conflicts.

In conclusion, nonviolence provides a compelling framework for contemporary wildlife conservation. By promoting empathy and community participation, it offers sustainable, peaceful solutions to biodiversity loss. However, these efforts must be supported by international cooperation, economic incentives, and robust legal protections to be effective on a global scale.

Nonviolent conservation approaches

Nonviolence in conservation emphasises preventative, community-centered approaches. For example, in parts of Africa, community-based conservation initiatives have successfully reduced poaching by engaging local populations in wildlife management, providing economic alternatives such as ecotourism. By fostering local stewardship, these initiatives prevent conflict and promote coexistence. Legal frameworks also play a critical role. Several countries have introduced laws that recognise the rights of ecosystems and animals, reflecting the nonviolent principle of protecting nature's intrinsic value. Such legislation is an important non-



Pic: downtoearth.org.in

Ethical Foundations of Nonviolence

Historically associated with figures like Mahatma Gandhi, non-violence (ahimsa) is a commitment to avoid harm to any liv-



Pic: jagaranjosh.com

ing creature. In ancient traditions like Jainism and Buddhism, nonviolence toward animals is a moral duty, recognizing the interconnectedness of all life. This ethical approach views animals and ecosystems as intrinsically valuable, demanding respect and protection.

Contemporary threats to wildlife

Today, wildlife populations are rapidly declining. The World Wildlife Fund (WWF) estimates that more than 0 of wildlife



Pic: backpackingman.com

About Wildlife Week

History

The first Wildlife Week was celebrated in 1957. It was started in 1952 by the Indian Board of Wildlife with the intention of educating people about the long-term objectives of national wildlife protection. The year 1955 saw the first observance of Wildlife Day, which was later extended and given the name Wildlife Week in 1957. Since then, it has developed into an event that promotes conservation initiatives and draws attention to India's abundant biodiversity.

Significance

With 106 national parks and more than 600 wildlife sanctuaries, India is home to an astounding variety of wildlife. These protected regions are essential for maintaining ecological equilibrium as well as for the preservation of animals such as the Indian rhinoceros, Bengal tigers, and snow leopards. National parks like Ranthambore, Kaziranga, and Jim Corbett demonstrate the nation's dedication to preserving its natural heritage.

Challenges

Notwithstanding the advancements in wildlife protection, poaching, habitat destruction, and climate change continue to pose threats to numerous species in India. According to recent estimates, India is home to a considerable number of endangered animals, such as the Asiatic lion and several kinds of vulture. Experts caution that in order to lessen these risks, quick action is required.

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Bijayalakhmi

WANT TO BECOME A MODEL?

Send us your photographs at
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