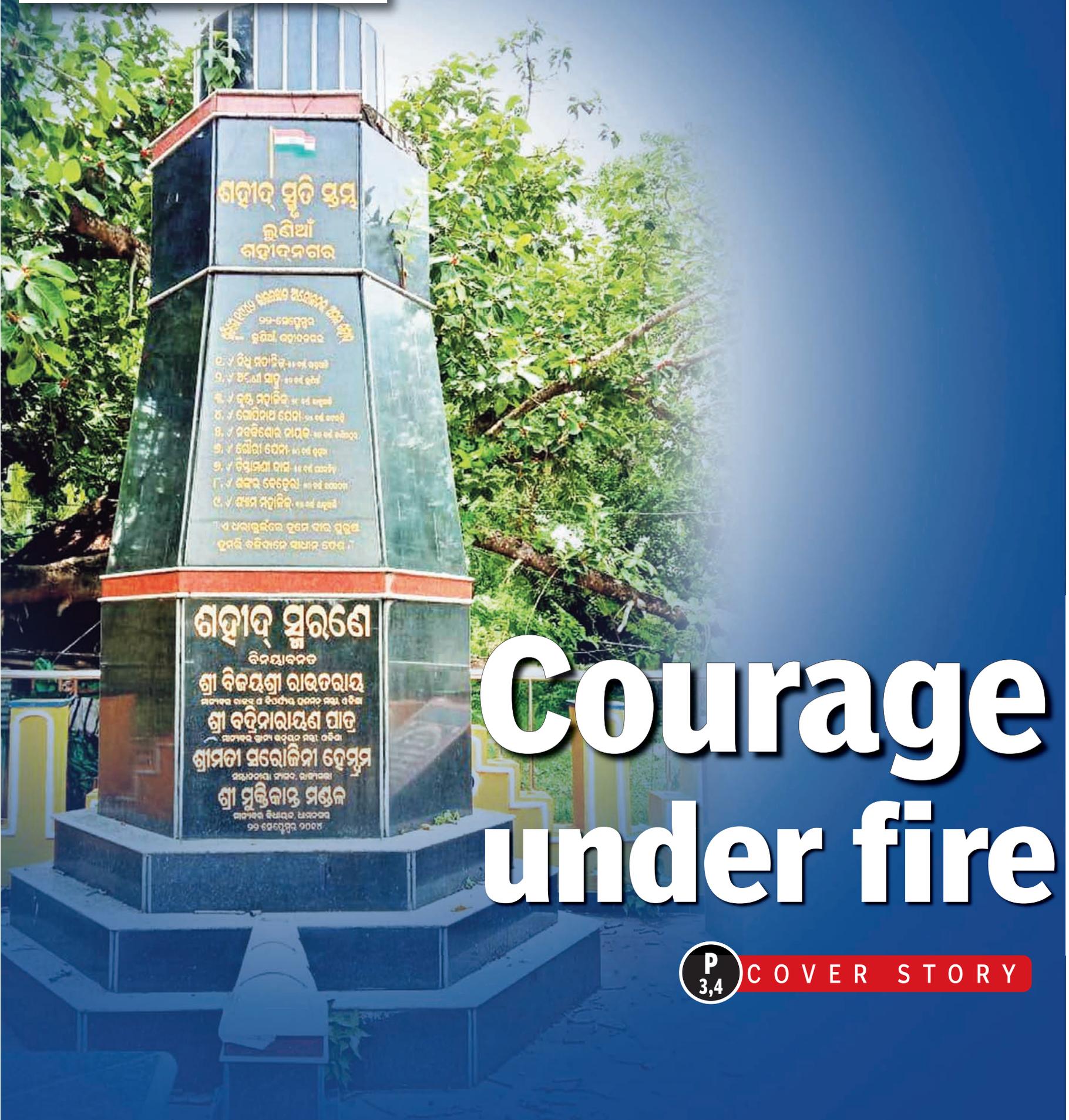


AUGUST 9 - 15, 2020

SUNDAY POST

HERE . NOW



ଶହୀଦ ସ୍ମୃତି ସ୍ତମ୍ଭ
ଲୁଣିଆଁ
ଶହୀଦନଗର

୨୨-ଜେନେରାଲ
ସ୍ମୃତିଆଁ, ଚତୁର୍ଥପଦ

- ୧. ଶ୍ରୀ ପିୟ ମହାନ୍ତି - ୩୩ ବର୍ଷ
- ୨. ଶ୍ରୀ ଚିନ୍ତା ମାତୁ - ୩୨ ବର୍ଷ
- ୩. ଶ୍ରୀ ବ୍ରଜ ମହାନ୍ତି - ୩୩ ବର୍ଷ
- ୪. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ
- ୫. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ
- ୬. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ
- ୭. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ
- ୮. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ
- ୯. ଶ୍ରୀ ଚିତ୍ତମଣି ମୋହ - ୩୩ ବର୍ଷ

ଏ ଧରାଭୂମିରେ ତୁମେ ଦୀନ ପୁରୁଷ
ତୁମର କବିତାରେ ଆଧାର ଦେବ ।

ଶହୀଦ ସ୍ମରଣେ

ବିନୟାବନତ
ଶ୍ରୀ ବିଜୟଶା ରାଉତରାୟ
ଆତ୍ମାବଦ ରାଜ୍ୟ ଓ ବିପତ୍ତିର ସମୟ ମଧ୍ୟ ପରି
ଶ୍ରୀ ବଦିନାରାୟଣ ପାତ୍ର
ଆତ୍ମାବଦ ଆତ୍ମା ଉପରେ ମଧ୍ୟ ପରି
ଶ୍ରୀମତୀ ସରୋଜିନୀ ଦେବୁମ
ଆତ୍ମାବଦ ମାତୃ, ରାଜ୍ୟର
ଶ୍ରୀ ମୁକ୍ତିକାନ୍ତ ମଣ୍ଡଳ
ଆତ୍ମାବଦ ବିଧିବଦ, ଧର୍ମର
୨୨ ଜେନେରାଲ ୨୦୧୫

Courage under fire

P 3,4 COVER STORY



Award winning filmmaker Snehasis Das known for conveying a strong social message through his documentary and short films like Ghar Jaana Hai, Spandan, Kokoli and latest music video Mu Sei Kalinga often helps his mother in gardening.



With son
I spend quality time with my son Swostik Debasnana Das on most of the Sundays. I play cricket, carrom and ludo to make him feel special.

Fitness freak

Doing exercise is also my favourite pastime. I do exercises religiously on Sundays to maintain a good physique.



Mama's boy

My Sunday routine includes watering the plants and taking care of them thanks to my mother. My mother loves gardening. She makes us realise our duties towards Mother Earth and how to stay close to her.

Donning chef's apron

I am not a regular cook. I love cooking when we have guests at home on Sundays. I cook non-veg dishes and treat my loved ones.



Sports lover

I was an active sportsman and a passionate cricketer during my school and college days. Now, it is difficult to play my favourite sports due to hectic work schedule. Therefore, on non-working Sundays, I make sure to play cricket and badminton.

RASHMI REKHA DAS, OP

NURTURING PATRIOTISM

Sir, I liked the cover article 'Celebrating sibling bond' published in last week's **Sunday POST**. After tensions at the India-China Line of Actual Control (LAC) in Ladakh surfaced, the country witnessed strong protests against the Chinese products. It was good to see that people are boycotting rakhis made in China and opting for hand-made rakhis produced here. I was inspired by social worker Sushant Sahoo who has launched Swadesi Kranti to encourage people to shun Chinese products. The non-availability of Chinese rakhis this year has helped him make good business. I feel happy that people are gradually rejecting products that come from China. Being a citizen of India, I would like to call upon all to say no to Chinese products.

SAMITA DAS, CUTTACK

PROLIFIC ACTOR

Sir, I am a diehard fan of actress Madhumita Mohanty. I have seen her performance in many serials and movies. Besides, her anchoring style is also captivating. It was good see her in My Sunday column. These days, she is not seen in too many serials. A few years back, she did a film *Nari Nuhen Tu Narayani*. Though she was not the main lead in that movie, she managed to steal the show. Despite being a prolific actress, she is not getting too many offers now a days. Being a fan, I feel bad for her because she has the potential but she is not getting the right offers. I would like to request Sunday POST to publish Madhumita's profile on women's page.

SAUMIK BISWAS, NABARANGPUR

LETTERS



A WORD FOR READERS

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

Courage under fire

The police, in one of the most brutal assaults on innocent mob during pre-Independence era, had shot dead nine freedom fighters in Bhadrak September 22, 1942, a fact not many people from this generation are aware of

RASHMI REKHA DAS, OP

The history of the Indian freedom struggle is all about bravery and selfless sacrifice. Countless nationalists have laid down their precious lives for a free India. There are many like Subhas Chandra Bose, Bhagat Singh, Lala Lajpat Roy and Chandra Sekhar Azad who continue to inspire generations by their indomitable spirits. However, there are certain incidents and places on which history is pretty silent and not too many people are aware of.

Sahid Nagar in Bhadrak district is one such place which still carries the scars of one of the bloodiest massacres the history has even witnessed. In one of the most tragic incidents to have occurred in the pre-Independence era, as many as nine freedom fighters were shot dead by the police September 22, 1942. Ahead of the 74th Independence Day celebrations, **Sunday POST** takes a look at the event and presents what the living Indian Independence activists have to say about it.

History

It was during the 1940s when fight against British rule was at its peak across the nation. Mahatma Gandhi called upon every Indian to join the Quit India Movement in August and people of the then undivided Balasore district responded like never before. Public outrage against the British rule was gathering momentum following Mahatma's call. In Bhadrak, people of Dhusuri first joined the movement by holding frequent meetings whipping up public passion against the British Raj.

Thanks to the fearless leadership of Sardar Muralidhar Panda, Muralidhar Jena, Nabakishore Nayak, Kamadeba Nayak, Ugresana Bhuyan and Chakradhara Behera, Ramahari Goswami and Brajakishore Rout, Dhusuri was declared free from British rule August 28, 1942. It was then British officer Major Fox had ordered policemen to nab Muralidhar Panda who was spearheading the movement in the area. Police came to Sriganga where he was addressing a huge gathering a day before the shootout. After reaching Sriganga, the police found the area empty and moved to Lunia. Before taking punitive action, the police chalked out a strategy at Chandiaposi in the wee hours of September 22, 1942. Acting on a tip-off, Panda also drew up an action plan to counter the police. As part of the plan, the freedom fighters were alerted to get ready for a counter offensive. Conches were blown aloud to alert the locals for a fight. As many as 10,000 people from several villages converged to combat the police. Cornered, the police had no way but to surrender before the angry mob. Their arms were snatched away by the freedom fighters. But the police personnel were Odias. They played a trick to convince the mob that though they were serving the British, they actually supported the locals. The agitating people got convinced and returned the guns to the police. The police then sprayed bullets on the agitating mob killing nine and injuring over a hundred.

Gopinath Jena, Chintamani Das, Shankar Behera, Agani Sahu, Nidhi Mahalik, Krushna Mahalik, Shyam Mahalik, Nabakishore Nayak and Gouri Jena made the supreme sacrifice.



Martyrs' memorial pillar



President Ram Nath Kovind shaking hands with Ramahari Goswami

Present status

In memory of the martyrs, a memorial pillar has been set up at Lunia, a place which was later named as Sahid Nagar by former Odisha Chief Minister Harekrushna Mahatab. Recently, the state government accorded tourist destination status to the spot. Apart from renovating the pond which was a witness to the massacre and the memorial pillar, no other initiative has been taken to give the spot its due recognition. Every year, locals along with members of Sahid Smruti Committee gather near the pond at Lunia to pay homage to the martyrs September 22. They also observe Independence Day, Republic Day and Gandhi Jayanti on the spot every year.

Freedom fighters speak

Dhusuri-based Ramahari Goswami is among the few living freedom fighters in the country.



Goswami joined the movement when he was in Class VI. He came under the police scanner after torching Bhandaripokhari police station. Later, he was arrested and sent to the Balasore jail for five months in 1942 and then for another three months in 1943. He was felicitated by the President on two occasions – first in 2014 and then in 2018. The 94-year-old will once again be honoured by President Ram Nath Kovind on the occasion of August Movement.

He says, "Inspired by Gandhi's clarion call, I joined Quit India movement in August 1942 when I was in Class VI. I was in Dhusuri when Lunia massacre took place. I had learnt from fellow freedom fighters that as many as 15 police personnel were sent to nab our leader Muralidhara Panda. However, they were panicked seeing a gathering of

10,000 people. They surrendered their arms to freedom fighters and convinced the latter that they were in support of locals. The agitating people were tricked into returning guns to the police. After getting their guns, police first tried to scare the freedom fighters by resorting to blank firing. Then, they opened fire killing nine freedom fighters."

He, however, rues that the state government has done little for those who died in police firing. "Apart from erecting a memorial pillar and renovating the pond which witnessed the harrowing incident, the government has done nothing to recognise the sacrifice. We have been demanding to set up statues of nine martyrs, but the government is yet to pay heed to it. Thanks to efforts of Sahid Smruti Committee, a statue of our leader Muralidhar Panda was set up. Family members of freedom fighters are leading a life of penury due to government apathy."

Brajakishore Rout, who is among others to be felicitated by the President on the occasion of Kranti Diwas, played an active role in setting Bhandaripokhari police station afire. Besides, he witnessed bloodbath at Lunia. At the age 92, Rout laments that the government hardly cares for kin of satyagrahis who sacrificed their lives for the sake of the nation. "Honouring the freedom fighters have become regular affairs

during Independence Day celebrations. Family members of freedom fighters are literally living in poverty. They don't even have a pucca house to reside and are struggling for their livelihoods."

Rout urged the government to offer employment opportunities to freedom fighters' kin in recognition to the sacrifice of their predecessors

Bhagirathi Sahu, another freedom fighter of the locality and son of Agani Sahu who was killed in the Lunia firing, says "It hurts when people fail to acknowledge the sacrifice of Lunia victims. We had set up a Sahid Mandap years back. It got renovated thanks to the ef-



orts of former MLA Muktikanta Mandal. Kabi pond which witnessed the bloodbath also got a facelift thanks to the legislator. I would like to request government to extend its support to family members of the freedom fighters who were felled by police bullets."



Kabi pond

WHAT THE KIN HAVE TO SAY

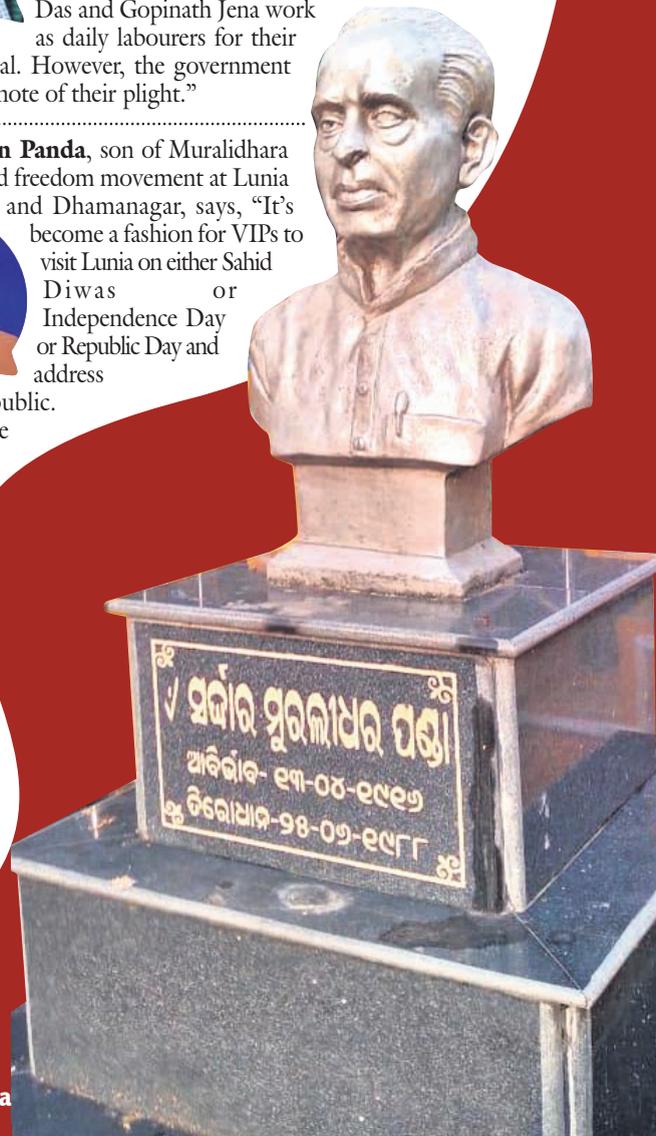


Maheswar Sahu, grandson of martyr Agani Sahu says, "I consider myself fortunate enough to get a job at our village high school at a time when other freedom fighters' sons and grandsons of Nidhi Mahalik, Shankar Behera, Gouri Jena, Chintamani Das and Gopinath Jena work as daily labourers for their survival. However, the government is yet to take note of their plight."



Satyanarayan Panda, son of Muralidhara Panda who led freedom movement at Lunia and Dhamanagar, says, "It's become a fashion for VIPs to visit Lunia on either Sahid Diwas or Independence Day or Republic Day and address public.

But no initiative is being taken to install statues of those who made the highest sacrifice to set the nation free from bondage."



A bust of Sardar Muralidhar Panda

Changes to make-up during Covid-19



erings properly fashioned out of these materials might be an effective barrier to aerosol particle and other harmful pollutants in the environment.

Many multinational companies are selling fashionable, attractive synthetic fibres like polyester/spandex as well as wool. Most of these synthetic fabric blends are treated with chemicals and regular use of such masks can lead to excess oil, dirt, and sweat, leading to breakouts around the chin, jaw, cheeks, or mouth area especially during monsoon hot humid temperature which can further lead to diffi-

and fresh looking.

While the pandemic is worsening day by day it has impacted the beauty industry, where supply chains of several make-up items have been disrupted. Lipstick sales have shown a downward trend. With half the face covered by a mask, the use of lipstick and also foundations has almost lost its relevance. With a mask on, a foundation can make matters worse, by making it feel heavy under the mask, and making it more difficult to breathe. Many have stopped using foundation and use a powder compact or a highlighter on

to wear under a mask.

Another major change is that there is less emphasis on lipstick and more emphasis on eye make-up. The trend is now to accentuate eye make-up. Kajal, eyeliner and eye shadows are becoming more popular. In fact, the prediction is that various shades of eye shadow will become the trend. Since the emphasis is on eyes, one must pay more attention to grooming the eyebrows on one's own, by plucking and shaping them.

According to an expert, "Smoky eyes, glitter and pastel hues are 2020's best picks for eye shadows. Be playful and experiment. Coloured mascaras and eyeliners should make a comeback." Many are also predicting that transparent masks will become the trend so that women can wear bright lipstick, which will be visible under the mask.

You may not be wearing your lipstick, but continue taking care of the skin on the lips, so that the skin of the lips does not suffer under the mask. Apply lip balm. Or, apply almond oil on the lips at night and leave it on overnight.

Wearing a mask for long hours, while being outdoors in the sun can lead to partial tanning of the skin, with the area outside the mask becoming tanned. So, carry out treatments that help to produce an even colour tone. Apply a sunblock cream on the exposed area before going out in the sun. If your skin is oily, use a sunscreen gel. Anti-tan sunscreens are available.

All said and done, make-up will never go out of fashion. Make-up not only makes one look good but also feel good.

It is said that wearing lipstick actually lifts the look immediately and also lifts the mood. Therefore, we are all looking forward to the time when the pandemic will end and make-up will be popular again.



SHAHNAZ HUSAIN

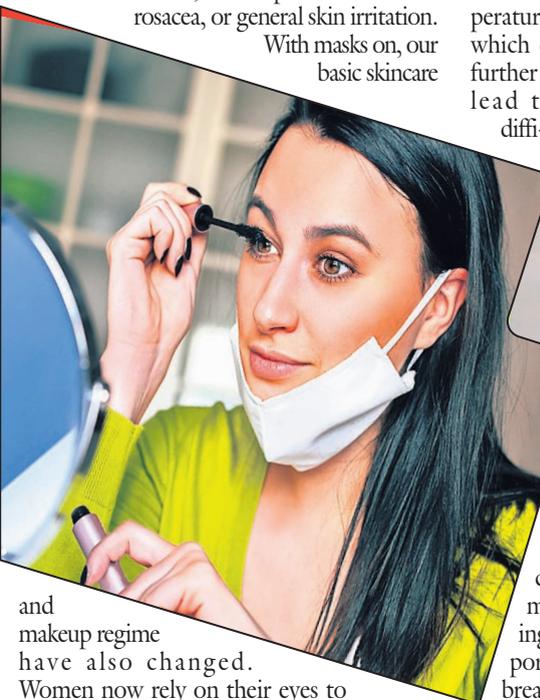
Makeup is known not only to enhance our external features but also boosts confidence and positivity from within.

For women, makeup is an art. It is a therapy and allows women to express themselves freely.

Since face masks cover a significant portion of face features, makeup enthusiasts are learning to adapt to the new normal during these difficult hours.

People having sensitive/oily skin have been facing skin related complications, like acne breakouts, flare-ups of eczema or rosacea, or general skin irritation.

With masks on, our basic skincare



and makeup regime have also changed.

Women now rely on their eyes to communicate. Colourful lashes and graphic liner can match or complement the natural eye colour and even coordinate with facial coverings.

You can still apply light cosmetic products above the mask line, but any skin that is covered by the mask should be left free from any makeup or at least the lower face as much as possible.

Since our skin needs a little breathing space too, therefore, try to switch to a cloth mask with cotton, bamboo, or natural silk.

Make sure to wash your cloth mask regularly and sanitise it appropriately. Face cov-



culty in breathing.

Mask wearers may experience chapped or dry skin, along with areas where the masks put extra pressure; under chin and beneath eyes and hence maintaining a good CTM (cleansing, toning and moisturising) is important. I will suggest to take mask breaks and spray some moisture mist onto your face before putting the mask back on again. Make sure to wash your cloth mask regularly and sanitise it appropriately as per govt guidelines. You need to practice good hygiene, cleanliness especially if you frequently wear a mask.

Apply gentle moisturiser, serums and creams rich in hyaluronic acid that is effective enough to combat skin flaking on areas covered by masks. Hydrate your skin by drinking at least 8-10 glasses of water, juice, soup, coconut water, lassi and water-rich foods as hydrated skin doesn't produce much oil which helps keep your skin clean healthy



certain areas of the face, like the cheekbones. If you must use foundation, make it a light, water-based one. Oil-free formulations would be preferable to the usual creamy products so that it is not too heavy under the mask. Waterproof and smudge-proof products would be more suitable

'Life experiences helps in storytelling'

Actress Anushka Sharma says watching films does not always help understand the medium better, and that experiences in life help add value to storytelling, too.

Anushka's father served in the Army, so she and her brother Karnesh, who is her partner in their production house, grew up in a military background, which entailed lots of travelling.

"Being Army kids, we are always open to new ideas and all that travelling really helped us understand local stories. Such experi-

ences not only helped us in storytelling, but also made us look at things in different ways rather than a set societal perspective," the actress said. "Watching movies doesn't always help you understand movies better. Our life experiences have helped us in this business." she said.

IAN S



Rakul shares her moods for every month

Actress Rakul Preet Singh has shared her moods for every month of the year 2020 in a quirky new collage of pictures she posted on Instagram.

The first image shows the actress celebrating 2020, while the second picture says she is happy. The third shows her in a confused state with 'Lockdown?' written on it. Other pictures have her waiting for the lockdown to end, eating and meditating.

The last picture shows her dressed in a PPE suit and has 'new normal' mentioned on it. Alongside the collage, she wrote: "Moods of 2020 come on #newnormal #positivevibesonly".

Coming up for Rakul Preet is a rom-com co-starring Arjun Kapoor. She will also be seen in Kamal Haasan's

ambitious upcoming film *Indian 2*, which co-stars Kajal Aggarwal and Siddharth.

IAN S



When Hina felt like a baby

Hina Khan is the new

Naagin of Indian television, and the actress says working in the show was unlike anything she has ever done before.

Hina, who has been cast as the shape-shifting serpent protagonist in *Naagin 5*, says the show is far removed from her usual family soap experience.

"Honestly, I felt like a baby again. Although I have an experience of a good 11 years now, I felt like a baby because Naagin is not like a normal family drama soap. It is a very technical show," Hina said.

The actress, who has acted in family soaps such as *Yeh Rishta Kya Kehlata Hai* and *Kasautii Zindagii Kay*, says working on a supernatural show as *Naagin* is all about imagination.

"You really have to imagine stuff. In most parts we shoot against green screens. So, for me it has been a different experience and I really loved it. I am glad that I am exploring this," she said.

Earlier seasons of *Naagin* had actresses like Mouni Roy and Surbhi Jyoti playing the central role.

IAN S



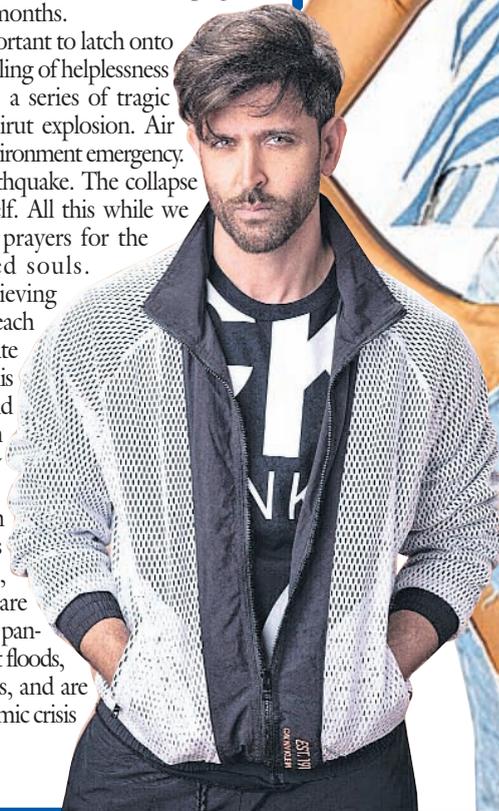
Feeling of helplessness engulfs

HRITHIK

Actor Hrithik Roshan feels helpless witnessing the series of tragic incidents that has plagued us over the past months.

"It is difficult, yet important to latch onto every Ray of hope...A feeling of helplessness engulfs me as I witness a series of tragic events in our world. Beirut explosion. Air India crash. Mauritius environment emergency. Floods and distress. Earthquake. The collapse of the last Arctic ice shelf. All this while we battle a pandemic. My prayers for the peace of the departed souls. Condolences for the grieving families. May we uplift each other in these unfortunate times and stand strong. This too shall pass.. We will find light," the actor wrote on his verified Instagram Story Saturday.

Hrithik's post comes in the wake of Friday night's plane crash at Kozhikode, in a year when people are already battling the Covid pandemic, have fended against floods, cyclones and earthquakes, and are dealing with severe economic crisis owing to lockdown. IAN S



SAVOURY SNACKS

ALOO BHUJIYA

INGREDIENTS

- Gram flour (besan)- 1.5 cups
- Medium sized boiled potatoes - 3 nos
- Dried mint leaves powder - ¼ tsp
- Turmeric - ¼ tsp
- Cumin powder - ½ tsp
- Garam masala - ½ tsp
- Raw mango powder (amchoor) - ¼ tsp
- Black salt to taste
- Oil - 2 tsp
- Oil for frying

PROCEDURE

In a deep bowl, peel and grate all boiled potatoes. Add gram flour, a teaspoon of oil and all the spices and salt. Mix everything well with hands and knead it into a fine dough. Please note that under any circumstances, do not add water. The dough will be sticky initially but if you grease your hands, it will be easier to handle. Now take the kitchen press (stainless steel device used for making Indian snacks like murukku, sev, farsan and gathiya) and grease it well from inside including the small holed sieve. Now stuff a part of the dough in the kitchen press and close it properly. Further, press and spread the bhujija into hot oil, forming a circle. Make sure you do not overlap. Flip it over after a few seconds, and allow it cook on medium flame from both sides till golden brown. Once done, drain excess oil and transfer it to a kitchen towel. Once cooled, crush the fried bhujija into smaller pieces. Store it in an air-tight container. Enjoy with your tea and even with your regular snacks and meals.



NIMKI

INGREDIENTS

- All purpose flour - 250 gm
- Clove- 20 pieces
- Vegetable oil- 2 cups

For Dough

- Salt as required
- Water as required
- Cumin- 1 teaspoon

PROCEDURE

Firstly, roast the cumin on a tava over medium flame for a while, until dark brown and fragrant. Keep stirring so that it doesn't get burnt. Now, take the roasted cumin and grind it in a grinder jar to form a fine powder. Now, take all purpose flour in a dough kneading plate and then add in the cumin powder, 3-4 teaspoons of oil and salt as per your taste. Add required water and knead a smooth and hard dough. Meanwhile, put a kadhai on medium flame and heat oil in it. After preparing the dough, flatten it and then fold it. Repeat the procedure 2-3 times to smoothen the dough. Roll the dough like a small chapati. Apply oil on it and then fold it into half, making a semi-circle. Now again apply oil on it. And fold it yet again. It will look like a triangle. Insert a clove in the centre of each nimki so that it does not open while being fried. This step, however is optional. By now, the oil will be hot enough to fry the nimkis. Add the nimkis one by one carefully in the hot oil and deep fry them on medium flame. Transfer these fried nimkis on kitchen towel to soak the extra oil and serve hot with masala tea.



Ankita

PHOTO: KUMAR SHARAT