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SUNDAY POST

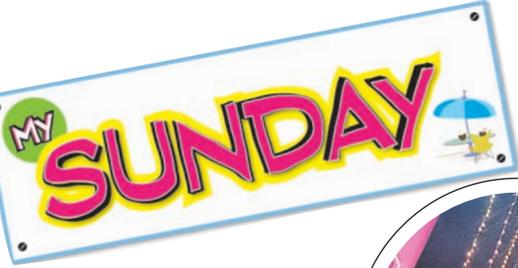
HERE . NOW



Harvest fest, its myriad hues

P
3,4 COVER STORY





Veteran actor and anchor Sukant Rath, who has also been honoured with a state award for his acting in TV serials, loves to binge-watch Web series with his daughter on non-working Sundays



With singer Tapu Mishra

Movie maniac

When my daughter is with me, I make sure to watch good films and web series with her as both of us are film buffs.

Ardent reader

I read books of famous authors and popular magazines during my leisure hours. Sundays are no exceptions. India after Gandhi by Ramachandra Guha is one of my favorite books.



With family

Family time

I love to be with my wife, daughter and parents as long as possible. I take them shopping in the evening and make it a point to have at least one meal together on every Sunday.

Day off

Sundays, for me, are the days to relax and unwind. So, I don't take physical and mental stress on Sundays. But I make sure to clear all my backlogs.

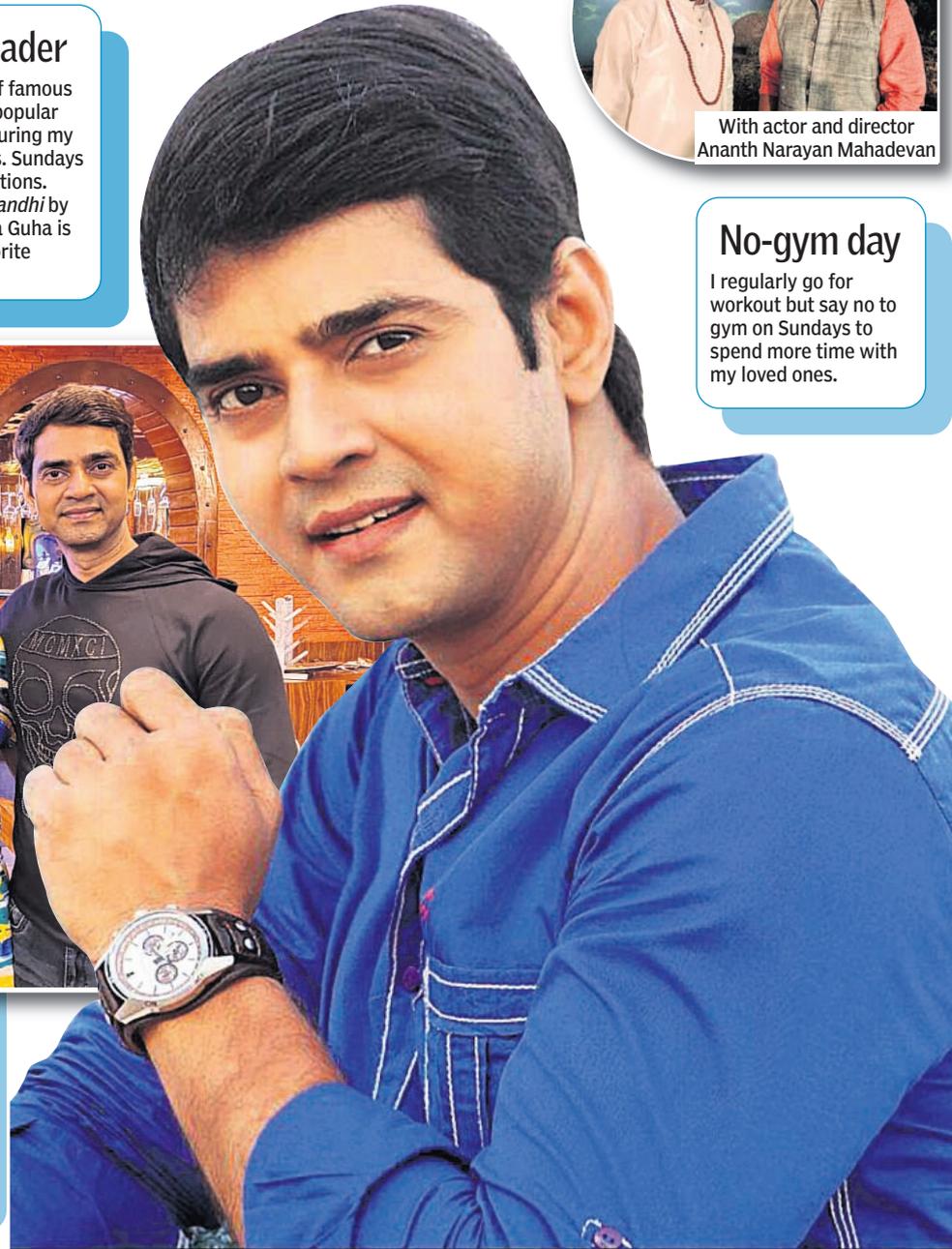
RASHMI REKHA DAS, OP



With actor and director Ananth Narayan Mahadevan

No-gym day

I regularly go for workout but say no to gym on Sundays to spend more time with my loved ones.



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 I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?" When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery? I don't mean to interrupt people. I just randomly remember things and get really excited.

RAY OF HOPE Sir, I would like to thank Sunday POST team for coming up with an informative article A unique path to literacy last week. Being a special instructor to differently-abled kids, I can understand the pain children with visually impairment undergo while reading and writing in the absence of Braille script. Hence, the article made for an interesting read. SRABANI BASU, JALESWAR GREAT TALENT Sir, I liked the Sunday plans of actress Amrita Mishra, a great talent. Though she had opportunities to showcase her acting skills in just three films, she stole the show in all of them. I wish she had appeared in more films. Being a movie buff and critic, I must say Amrita still can work in some meaningful projects and carve out a place for herself in the history of Odia cinema. It would be an icing on the cake if an interview is published in Sunday POST in near future. KAILASH MALLICK, BHUBANESWAR

LETTERS The Lockdown Entrepreneurs 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



Harvest fest, its myriad hues

The passage of sun from the Tropic of Cancer to Capricorn popularly known as Makara Sankranti is perhaps the only festival celebrated all over India and even in different parts of the world with different nomenclatures, rituals and customs

BUDDHADEV NANDI

According to Hindu almanac, Makara Sankranti, one of the most auspicious days of Hinduism, marks the Sun's transit into Makara rashi i.e. the Zodiac sign of Capricorn. The sun starts its northward sojourn or Uttarayana indicating the beginning of the longer and warmer days from the day of Makar Sankranti. However, Makara Sankranti tentatively occurs January 14. Though most of the Hindu festivals are dictated by lunar cycle, Makar Sankranti follows solar cycle. Therefore, the festival of Makara Sankranti is dedicated to the Surya Dev (Sun God), the infinite sources of light and energy that are the preconditions of the creation and

preservation of life on earth. The festival Makar Sankranti is well connected with a number of mythological, spiritual, astronomical, social, agricultural and economic significances.

Legends of Makar Sankranti

Legend has it that a deity named Sankranti killed a demon named Sankarasur who perpetrated brutal tortures on people on the day of Makara Sankranti. The following day the goddess Sankranti slayed the demon named Kinkarasur.

Another mythological story relates that one day King Sagar's sacrificial horse disappeared as Devraj Indra stole it in fear of the former to be more powerful than the latter if the Aswamedha Yajna (sacrificial ceremony of a horse) attained success. King Sagar's 60,000 sons mistakenly accused Kapil Muni, son of Kardam Muni and incarnation of Vishnu, as the thief of the horse. The livid sage burnt them all to ashes. Then Bhagiratha, a legendary king of the Ikshvaku dynasty, after a thousand years of penance pleased the goddess Ganga and persuaded her to flow from the heaven to the earth for the redemption of 60,000 sons of King Sagar. Goddess Ganga descended on the earth on this propitious day of Makar Sankranti.

Harbinger of spring

Makara Sankranti festival is also considered as the harvest festival and the harbinger of spring. After harvesting is complete, celebrations in some parts of India are

observed for days beginning from this auspicious day. On the other hand, in many parts of the country this period is the early stages of the Rabi crop and agricultural cycle. The day is celebrated with enthusiasm as arduous agricultural works like preparing seedbed and sowing seeds are already accomplished.

A day of bonhomie in Odisha

In Odisha, men and women are at large to choose one best friend for the span of a year. A male friend picked out by another male is called 'Maharshad' or 'Marsad', whereas, a female counterpart chosen by a female member is addressed as 'Makarathe'. This tradition of strengthening the bond of friendship in Western Odisha is recognized as Basma. There is also the custom of tying friendship lace and greeting one another with offering 'Mahaprasada' of Jagannath temple of Puri.

People also prepare 'Makara Chaula' (newly harvested uncooked rice) with the ingredients like sesame, molasses, jaggery, rasagolla, banana, coconut, dry fruits, cheese and puddings here. 'Makara Chaula' is also offered as special kind of bhoga to Lord Jagannath. The great sage Kshyap according to Skanda Purana, observed the day to please Lord Jagannath. It is thought that Goddess Lakshmi returned from her parental home with 'Makar Chaula' to offer her consort Lord Jagannath and his siblings Balabhadra and Subhadra on three silver plates.

Throughout Odisha, Makar festival is observed with pomp and grandeur. Thousands of people throng in Sun Temple at Konark to witness the northward annual swing of the sun. Special rituals are observed in Jagannath Temple at Puri. Lord Jagannath is attired with two popular 'Veshas' (costumes) that are Nabanka Vesha and Makara Chaurashi Vesha on two consecutive days. Makara Mela is held at Hatakeshwar of Khordha, Dhableswar at Cuttack, Makara Muni Temple in Balasore. Besides, tribal population dominated regions like Mayurbhanj, Kalahandi, Koraput, Keonjhar and Sundargarh are not deprived of the fervour of the carnival.



Food fest

It is also known as a festival of delicious traditional food and desserts. Ladoos made of til-gur (sesame seeds bonded with jiggery) are distributed to keep our bodies warm in cold weather. Besides, sesame seeds are not only considered beneficial for our health but also consuming the oil extracted from them facilitates the avenue of spiritual attainment.

In Bengal, exotic delicacies like puli pitha made of the ingredients like rice flour stuffed with coconut jiggery mixture or chanchi (milk turned into thick paste called khoa after boiling) fills the houses with delicious fragrance. Besides, pati sapta, khshli and khira are other popular delicacies prepared and relished to celebrate the day.

A secular festival in Bengal

In tribal dominated districts of Odisha including Mayurbhanj, Keonjhar and Sundargarh the tradition of young girls belonging to Kudumi, Bastiti and in Purulia and Bankura districts of West Bengal, Tusu puja celebrating harvest adds extra flavour to the festival. Woman folks assemble in houses from the Agrahayan to Poush months according to Bengali almanac and sing Tusu songs in chorus. On the day of Makar Sankranti the celebration ends with the sailing of Bhelas (small house boats made of cork) in the river water. According to pundits, Tusu is a secular festival which is observed by people irrespective of castes, creeds, colours and economic and social statuses. Baram a folk deity of lower caste people is worshipped with the animal sacrifices in some districts of Bengal, too.

Arrangement of bonfire with the combustible waste materials like unused garments, straw, dry fire woods, shrubs etc is part and parcels of the festival in many provinces. There are competitions of the height of the soaring flames. The Ganga Sagar Mela, the second biggest fair after Kumbha Mela, is observed with surging enthusiasm in Sagardwip in West Bengal. On the day of Makara Sankranti thousands of pilgrims gather in the fairground to take a holy dip in the Ganges to sanctify their souls. People gather around the soaring flame of bonfire to enjoy the heat after Makara Snan

in cold winter dawn before sunrise.

Another annual fair popularly known as Baul (folk song) fair or Jadevar



Assam celebrates Bihu as part of Makar Sankranti



Makar Sankranti being celebrated in Andhra Pradesh with fervour

Mela, is organised on the occasion of Makara Sankranti in Birbhum's Kenduli village on the bank of the river Ajay. The village Kenduli is named after Kenduli Sasan in Orissa, the birthplace of the great poet Jayadeva who composed Gitgovinda. Besides, innumerable fairs, Dharma Puja (worshipping a folk deity), Laxmi puja in open place are held in different parts of the country to celebrate the day.

Kite festival

Flying colourful kites by all and sundry on the occasion of Makara Sankranti is a popular ritual observed almost all over India and even many parts of the world. Though flying kite apparently seems a funny event, there is a strong scientific reason behind it. Exposure to the sun early in the winter morning while flying kites not only provides one with the opportunity of comfy basking but also produces vitamin D in one's body. Needless to say, healthy exposure to the sun keeps away a lot of ailments caused by cold weather.

Pongal in southern states

In Tamil Nadu the festival is known as Pongal. Sweet rice dish is cooked in new earthen pots. Cows and cattle that play important roles in agriculture are well-decorated and worshipped. The special attraction of Pongal in Tamil



Maghi is being celebrated in Punjab

Nadu is Jallikattu, a traditional spectacle in which a bull is released into a crowd of people. The participants in the game attempt to grab the hump of the rampant bull's back and hang on to it precariously. In Andhra Pradesh the festival is celebrated for days with the children showering specially to be blessed on the holy day.

Lohri in north India

The day is observed in the name of Lohri in Punjab, Himachal Pradesh, Haryana and Jammu quite exotically. Children in Punjab roam about door to door singing songs. The lyrics of their songs are sung eulogising Dulha Bhatti, a saviour of the poor. Bhangra is displayed in the rhythmic beat of dhol (drum). Bonfires are also arranged with dry woods, straws and shrubs for informal disposal of burnable waste materials including old garments and materials as part of the celebration. In UP, Bihar, MP and Rajasthan the day is celebrated with much enthusiasm and pleasure. Sukarat by name the festival is celebrated in Rajasthan and Madhya Pradesh. Fairs are held and cattle like cows and camels that help in agriculture are decorated and worshipped on the day.

In Gujarat also cows are decorated and worshipped. They are fed with special grass and cooked Prasad into the temple precincts. Kite flying competition called Pech Ladana is the most popular event during the festival. Thousands of people participate in the competition with colourful kites and winners are honoured befittingly. But in Maharashtra the festival is observed with the exchange of laddos made of sesame and jiggery.

Transcending national boundaries

However, Makara Sankranti festival transcends the boundary of Indian provinces and even the sub-continent, too. The festival is known as Maghi in Nepal, Sankran in Thailand, Pi-Ma-Lou in Laos, Thin-Yan in Myanmar and Mahasankran in Cambodia.

In the present pandemic situation, it is a grave challenge to the people of the country whether the auspicious days of Makar Sankranti festival can be observed without constraint.



Kite Festival

NATIONAL YOUTH DAY

Reminiscing A TRUE ICON

The youngsters these days idolise the wrong people. So, it is essential to spread the ideals of Swami Vivekananda now more than ever, says social activist Priyabrata Tripathy

“Arise! Awake! and stop not until the goal is reached”
- Swami Vivekananda

RASHMI REKHA DAS, OP

Today's youth have no dearth of days to celebrate — Rose Day, Valentine's Day, Friendship Day and the list is endless. But are they aware of National Youth Day, celebrated January 12, to commemorate the birthday of social reformer, philosopher and thinker Swami Vivekananda? Ahead of National Youth Day,

Sunday POST talks to a few youth leaders to ascertain the relevance celebration of National Youth Day in today's time.

Priyabrata Tripathy, a social worker at Red E Pathshala, says, "Swamiji's philosophy is certainly relevant today. The youngsters



these days get carried away easily and idolising the wrong people. Therefore, it is essential to spread the ideals of Swami Vivekananda now more than ever. Channelising youth power for nation building is the theme for this year. Being a follower of Swamiji, I would urge as many youth as possible to behave responsibly in this

difficult juncture and lead the society to prevent further loss of life due to the pandemic."

He further adds: "If we are well-off, it is our responsibility not to let anyone remain starved. Similarly, if you are qualified enough, start teaching kids who cannot afford to go to school. It is indeed high time we followed these ideals of Swami Vivekananda and make this youthful nation scale greater heights."

Ananga Kumar Behera from Jajpur has been educating people living in slums. Besides, he is working to curb the rate of school dropouts, alcoholism and is conducting workshops for farmers so that they can get good harvest.

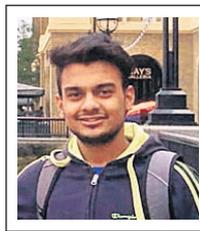


He says, "National Youth Day has lost its significance nowadays because today's youths idolise the reel heroes, not the real ones like Swami Vivekananda. It is time, we worked towards

making his vision of an India where youth lead in all spheres, a reality."

Sharing his plans of this year's National Youth Day celebration, he says, "On behalf of our voluntary organisation Chhoti Si Asha, we will be conducting a meeting at Ghanteswar in Bhadrak comprising youths from all walks of life. The event is aimed at making the youngsters focused and motivated. That apart, we will launch a plantation drive."

Social activist **Punyaslok Panda** had represented India at the Asian Youth for Sustainable Palm Oil Summit 2019, co-organised by Roundtable on Sustainable Palm Oil (RSPO), in Bangkok.



He is of the opinion that youths get influenced by rampant commercialization of occasions like Valentine's Day or Friendship Day. But the same can't be said about the celebration of National Youth Day. This is one of the reasons not too many people are aware of this day even as it was declared just 35 years back, he says.

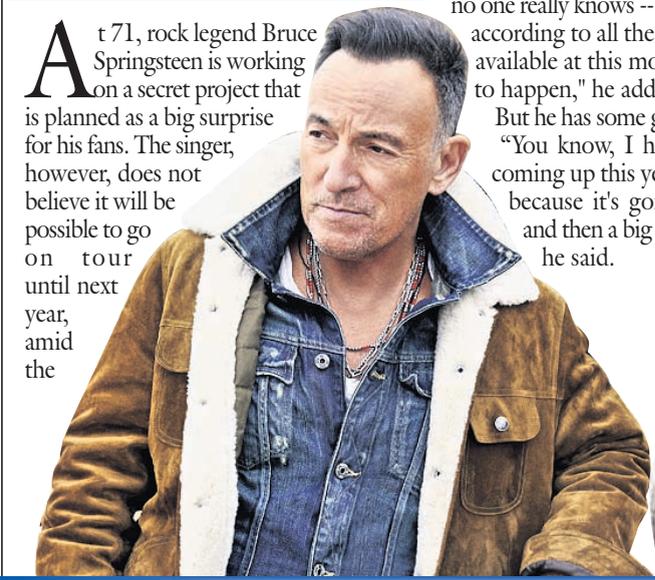
Asked about their plans, he adds: "Last year we celebrated International Youth Day and have plans this year to celebrate National Youth Day. We have planned a session where we would discuss how youth and sustainability work together for a better future."

Sushant Sahoo received the National Youth Award for bearing the medical expenses of the poor and ailing who lie uncared for by the roadside.

He says, "National Youth Day certainly matters a lot to me. We hold a meeting to encourage youths of the present generation to follow the path shown by Swami Vivekananda. According to me, the main objective of National Youth Day and the reason for its observance is to create a platform for the youth and address their problems in various spectrums of life. But sadly, this is not happening. Though there is the Ministry of Youth Affairs and Sports to look into such issues, unfortunately, it doesn't take much interest in youth affairs. It's high time the state as well as Union government took youth issues seriously and encouraged youngsters to celebrate the National Youth Day whole-heartedly following the footprints of youth icon Vivekananda."



Bruce's 'big surprise' for fans



At 71, rock legend Bruce Springsteen is working on a secret project that is planned as a big surprise for his fans. The singer, however, does not believe it will be possible to go on tour until next year, amid the

global Covid pandemic. "2022 -- if you want to talk about that -- as far as what I know and if things go as according to what Dr. Fauci is projecting, as soon as we can, we'll be out there," he said during a radio show, reports femalefirst.co.uk. "And that might be 2022, you know, somewhere in the New Year of 2022. So -- and I'm completely projecting because no one really knows -- that's what I think, according to all the information that's available at this moment, will be able to happen," he added. But he has some good news for fans. "You know, I have some projects coming up this year that I won't tell because it's going to be a secret and then a big surprise (laughs)," he said.

'Stay away from pessimistic people'

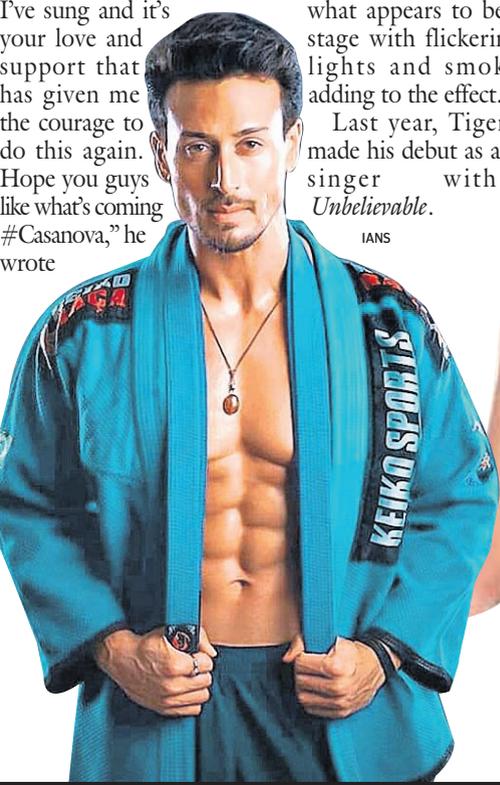
Actress Kangana Ranaut has shared her life mantra, which is not to compromise on health and to stay away from unhealthy habits and pessimistic people. The actress shared her mantra with a motivational workout video, where she is seen doing pilates, on Twitter. "Early morning fitness routine. Remember one thing in life jo fit hai woh hit hai, never compromise on your health, stay away from unhealthy habits and pessimistic people," she wrote along with the video. Meanwhile, Kangana has crossed three million followers on Twitter. She posted a special note to mark the occasion. "Thank you everyone, I joined in last

August this was my team handle with few thousand followers I never thought so soon we will be 3 million of us, Twitter is distracting at times but it's also fun, thank you," she wrote. On the work front, Kangana has started prepping for her next film, *Dhaakad*. She will also be seen in films such as *Thalaivi* and *Tejas*. IANS



Tiger drops first look of Casanova

Actor Tiger Shroff is all set to take on the Casanova avatar for his second single. The actor took to Twitter recently to share a glimpse of his forthcoming single, and his smoldering look. "Excited to share the first look of my second single that I've sung and it's your love and support that has given me the courage to do this again. Hope you guys like what's coming #Casanova," he wrote



along with a short teaser clip of the song. In the video, Tiger flaunts his pack of abs in an open black jacket, which he teams with black trousers, with his glasses adding a dash of swag to the look. He stands before a mic, on what appears to be a stage with flickering lights and smoke adding to the effect. Last year, Tiger made his debut as a singer with *Unbelievable*. IANS



Raima

opens up on a 'psychologically tiring job'

Actress Raima Sen found working on her upcoming film *Aliya Basu Gayab Hai* a psychologically tiring job. The film has only three characters and has largely been shot in a warehouse. "Working on *Aliya Basu Gayab Hai* was a very psychologically tiring job. It's not easy for an actor to play a character like Aliya where you go through psychological as well as physical stress, but the way this film has come out, I feel it was all worth it," said Raima. "I had a great time working with my co-actors Vinay Pathak who is also an old friend, and Salim Diwan, a hard-working actor with great future ahead. My director and producer Preeti Singh was always clear with her thoughts, and that has helped us a lot in our performances," she added. IANS

Soul warming soup

Ingredients

- Olive oil: 60 ml
- Large onion, chopped: one
- Carrots, sliced: Three
- Stalks celery, chopped
- Kosher salt, to taste
- Black pepper, to taste
- Cloves garlic, chopped: Three
- Chicken broth (2 L): Eight cups
- Egg noodles (225 g): 8 oz
- Shredded chicken breast (500 g): 4 cups
- Fresh parsley (10 g), chopped: ½ cup
- Parmesan cheese(shredded) to taste

Procedure

Heat the olive oil over medium heat in a large soup pot until shimmering. Add the onion, carrots, celery, and one teaspoon each salt and pepper. Cook, stir frequently, until the vegetables are very soft. Add the garlic and cook until fragrant comes out. Add the stock and bring to a boil. Do not add the noodles or parsley. Cool and refrigerate the soup in an airtight container for four days, or in the freezer for up to two months. Reheat on the stove and add the noodles and parsley just before serving. Add the noodles and cook for six minutes, then add the chicken and cook for about two minutes more, until the noodles are cooked through and the chicken is warmed through. Season to taste with salt and pepper, then stir in the parsley. Serve topped with Parmesan.

CHICKEN NOODLES SOUP



CHICKEN RICE SOUP



Ingredients

- Chicken broth: 10 cups
- Onion, chopped: One
- Sliced celery: One cup
- Sliced carrots: One cup
- Snipped parsley: ¼ cup
- Cracked black pepper: ½ tsp
- Dried thyme leaves: ½ tsp
- Bay leaf: One
- Chicken, cut into cubes: ¾ pound
- Cooked rice: Two cups
- Lime juice: Two tsp
- Lime for garnishing

Procedure

Combine chicken broth, onion, celery, carrots, parsley, pepper, thyme, and bay leaf in a Dutch oven; bring to a boil. Reduce heat to low; simmer until the onion and celery begin to soften, 10 to 15 minutes. Stir chicken into the simmering broth; cook until the chicken is no longer pink in the middle, 5 to 10 minutes. Remove and discard bay leaf. Stir rice and lime juice into the broth; cook and stir just until rice is hot and grains separate, about one minute. Garnish with lime slices.



Kiran

PHOTO: CHANDAN, OP