

JULY 26 - AUGUST 1, 2020

SUNDAY POST

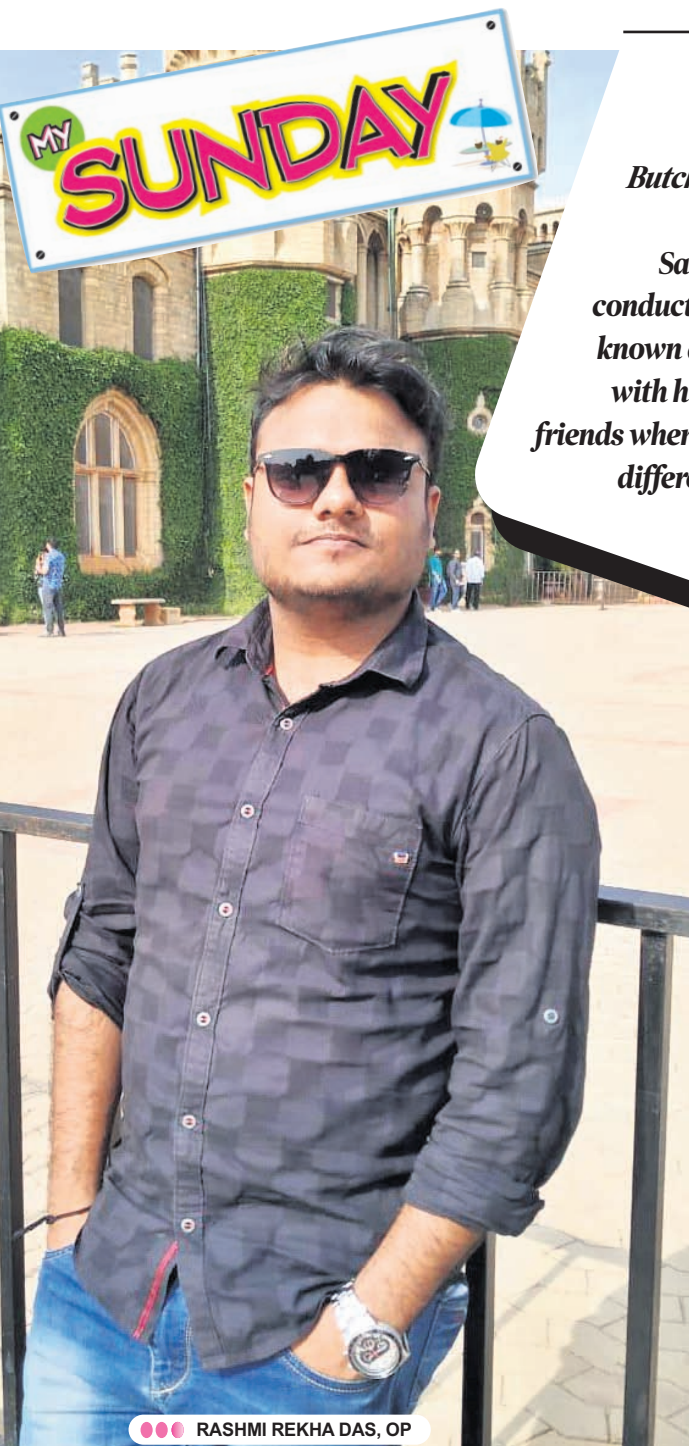
HERE . NOW



Keeping travel bug alive



P
3,4 COVER STORY



RASHMI REKHA DAS, OP

Author of *The Perfect Flaw*, and *Butchers of Malevolence*, young writer Sailesh Mishra loves conducting literary meet known as Soul Sundays with his fellow writer friends where they discuss different concepts.



With family

Early riser

Be it a holiday or any working day, I make sure to wake up by 6 am. Earlier, I used to wake up at 4 am and go on walks with my father and see the sunrise.

Fitness freak

I enjoy workout sessions on my terrace on Sunday evenings. No matter whether it is a hectic day or a lazy Sunday, I never miss my exercises. I often go on long walks on Sunday evenings.

Chef at home

Most recently, I have taken a job at cooking. Now I help my family prepare dishes and I make some of my own as well. I enjoy being a chef and serving new dishes to my loved ones.

Avid reader

Without reading and writing, Sundays sound boring for me. Therefore, I prefer to clear the backlog of my Kindle account. I also write a lot on Sundays.

Family Time

Spending time with family makes my Sunday special. I feel it is something which needs to be encouraged.

Meeting writer friends

I meet my fellow writer friends and discuss literature on a forum which we have named *Soul Sundays*.



DISTURBING TREND

Sir, I liked the cover story Survival Tales published last week in your Sunday supplement. The recent death of actor Sushant Singh Rajput sparked debate on nepotism once again in Hindi film industry. However, I was not aware of the practice in Odia film industry. I had watched *Chhabirani* in theatre and Aman's performance touched my heart. It is disturbing to learn that an actor like Aman had to struggle for a decade to get a break. His statement shocked me when he revealed that sponsors of an award function had decided to felicitate him with best actor award for his performance in *Chhabirani* at an award function and later declined to present him the award just because he is not a popular actor and the event would not gather much audience if he was given best actor award. This is really shameful.

SATYAJIT MOHANTY, BARIKUDA

DELAYED RECOGNITION

Sir, I found the interview of actor, director and playwright Nabin Kumar Parida interesting. I would like to congratulate Nabin sir for winning Odisha Sahitya Akademi award for *Natua O Anyanya Nataka*. Nabin had written it 34 years ago and I failed to understand why his name was picked up after so long. Though I do not know the criteria of selection, it hurt literature lover like me. I had watched his play *Mudra Rakhyasa* in which Nabin sir played the character of Chanakya. His mesmerizing performance made me his fan. Since then, I haven't missed his shows that are staged in Bhubaneswar. I have also liked his last enactment *Shunya Ru Shunya Ku* at Bhanja Kala Mandap during Asim Utsav.

DEEPAK PARIDA, RAYAGADA

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
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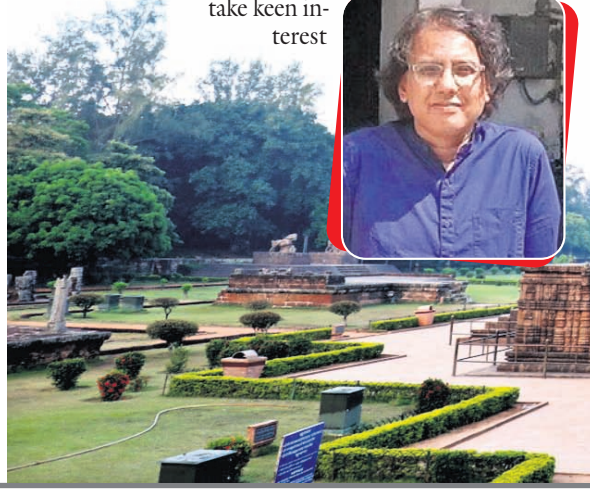
Keeping travel bug alive

At a time when travel is on an indefinite hold with the world struggling to contain the pandemic, a few tourism enthusiasts continue to share their travel stories and images on OTT platforms to galvanise global holidaymakers.

CHAITALI SHOME, OP

Since ages, travel has not only inspired great minds, it has offered an economic lifeline to countless families in the state. Needless to say, the spread of global pandemic has left the tourism industry in a precarious state. In order to overcome the dismal situation, the state government is planning to focus on domestic tourists with emphasis on neighbouring states. But at a time when sightseers are scared of travelling due to corona threat, it will certainly be a daunting task for the government to hold the interest of the tourists for long. In the meantime, some avid travel and tourism enthusiasts continue to promote a number of little explored tourist destinations of the state vigorously on several OTT platforms to arouse interest of people from all parts of the globe. A few of them told **Sunday POST** about their initiatives and the holes in tourism policy that need to be plugged.

Jitu Mishra used to take keen interest



Phurlijharan at Bhawanipatna



Manikeswari temple at Bhawanipatna

in travelling when he was a kid. However, it was in the 1990s he was fascinated by the tourism potential of the state when he was a student at Pune. Then he was contributing for national and international travel magazines of the likes of Discover India and Swagat (Air India's in-flight magazine) on Odisha. He returned to Odisha two years back and during this period he has travelled the length and breadth of the state. Interacting with Orissa POST he said, "I am obliged to Odisha Tourism for giving me creative freedom to develop a brochure on the potential of coastal Balasore district. Odisha Tourism has also invited to present the webinar for Dekho Apna Desh series (an initiative of Department of Tourism Govt of India) on prospects of Tribal Tourism in Odisha." He has authored many stories to showcasing the virgin tourist destinations of the state which have been published on Odisha Tourism website.

Anil Dhir is a renowned heritage enthusiast and a member of INTACH (Indian National Trust for Art and Cultural Heritage) who has made an award winning documentary film *The Last Post* on the Dak Tonga of Jeypore in Koraput. Submerged Gopinath Temple, an ancient shrine inside Mahanadi, Padmabati, Nayagarh is his latest discovery.

"The discovery of the submerged temple and the cultural mapping of Mahanadi has truly inspired me to explore more and more of Odisha so that I can share it on my social media accounts which will certainly attract more tourists after Pandemic," said Dhir who has been encouraging the travel enthusiasts to visit the unexplored destinations of Odisha once coronavirus is brought under the control.





Hello Point at TH Rampur, Kalahandi

Dhir, the chief co-ordinator of another INTACH project on the Cultural Mapping of the entire Mahanadi Valley from its source to the sea, has authored more than 10 books covering history, culture, heritage and tourist destinations of Odisha.

Deepak Kumar Nayak is a digital marketer by profession but tourism is his passion. "I started as a solo traveller a few years back and have so far covered most areas of Odisha on my bike. My area of interest ranges from ancient temples, old caves, rock art shelters, pre-historic stone engravings, natural scenic places and few waterfalls too," said Nayak.



His blog Odishaunexplored.com has many followers and he is a regular contributor to Odisha Tourism's official website in its blogging section. A founder member of Cuttack Heritage Walk, a monthly cultural event organised in the last Sunday of each month to spread awareness on heritage destinations in and around Cuttack, Deepak also works for INTACH as a project assistant. Rabindra Kumar Rana, of Ichhapur, Baideswar, Cuttack is one unsung heroes of Odisha Tourism.

"My interest in heritage had developed since I was a kid as my birth place Baideswar is surrounded by prominent tourist destinations like Trikut Dham, a seventh century ASI preserved temple of goddess Durga, Baidyanath Temple of 14th century and Gopinath Temple of 18th-century," said Rana, a primary school teacher.

Ranjan Kumar Patra, a native at Kalampur block in Kalahandi district, is an award winning photographer who frequently promotes the attractive tourist destinations of the district in social media.

"I sincerely believe that it is the nature and heritage lovers who can do a better job than the department



to popularise our scenic spots during and after the pandemic so that the industry can rise and shine again," said Patra. Appreciating the roles of these bloggers and travel enthusiasts, OTDC tourism officer RK Patnaik said, "During this dark period these people are doing a fabulous job to promote tourism on OTT platforms so that the state can see more footfalls in future."

Hotelier Debashis Patnaik also feels that the response Odisha tourism gets on OTT platforms will definitely keep the spark of tourism alive thanks to the good work of these travel heroes.

Rooms for improvement

The department has not marketed and branded state's tourism potential beyond the Golden Triangle, believe experts. There are not many staying options in rural heartlands of Odisha in small towns. There are also limited facilities for guided trekking, homestays, youth dormitories and other basic amenities. The sustainable tourism culture has not evolved yet except a few pockets. Transport service has also to be improved and guides have to be properly trained. More audio-visual and social media collaterals have to be created and promoted, they added.



Manasinghpatna Garuda Shrine



Ravana Dhara waterfall in Bhawanipatna



Red crabs at Balasore

Eat right and stay fit this monsoon



After the scorching summer, rainy season unarguably, are most cherished, because it comes with a lot of fun-filled moments.

The monsoon season, nature's most beautiful season has set in full swing and it is raining continuously. Rains are known to make the climate pleasant, but at the same time proliferate the growth of bacteria causing a host of health problems like indigestion, food poisoning, diarrhoea, cold and flu, viral fever and other infections.

During the rains, there is a high amount of humidity in the atmosphere due to which our body becomes low on immunity which is one of the main reasons for various common monsoon diseases like malaria, typhoid, digestion problems and others.

The body's immune system is usually compromised during the monsoon hence it is important to take extra care of what you drink and eat. Keep a sharp eye on what you eat and drink during the monsoon.

So let's discuss the monsoon diet plan to enjoy the blossom of this season.

DRINK BOILED WATER

Boiling water is a must during monsoons, as it kills all the bacteria and germs in the water. A glass of boiled water, with lemon juice early in the morning on a regular basis helps release harmful toxins from your body. It is an easy and highly effective way of detoxing your body.

It is also important to stay hydrated during monsoons as humidity can make your body lose a lot of water in the form of sweat. Experts recommend drinking a glass of boiled water first thing in the morning to wake up your organs and improve your bowel movements. You can boil the drinking water to

kill harmful microbes and eliminate other impurities. As most illnesses are waterborne during the monsoon season, don't forget to drink at least two litres of filtered water per day. You can include tea and coffee with immunity boosting herbal drinks like Tulsi Tea, Jasmine tea, Chamomile tea or Green tea and kadha to your diet to combat seasonal infections. They are rich in antioxidants which help in releasing toxins from the body and keep infections and flu at bay.

Just add ingredients like turmeric, tulsi, ginger, garlic, cinnamon, black pepper and allow the ingredients to boil and add some lime juice and honey.

season as there are high chances of being prone to fatal infections during this time. It is better to have the fresh juice made at home instantly. Avoid watermelon, cucumber, and muskmelon, lassi, pani puri from road side vendors as it may cause infection and water borne illnesses.

AVOID FRIED ITEMS

This might just break your heart, but it's true. Deep-fried food items like pakoras, samosas and kachori should be avoided as they could cause gastronomical complications like acidity, bloating and stomach upset. Always avoid heavy and oily food as body's digestion capacity gets reduced during humid monsoon weather. Therefore, always opt for grilled or tandoori items that require minimum oil/butter.

INCLUDE IMMUNITY BOOSTING FOODS

Foods which can boost the immunity should be consumed such as turmeric, garlic, seasonal berries, papaya, pumpkin, dry fruits, soups, beetroot, bitter gourd and tofu. They act as antiseptic and antibiotic.

GET ENOUGH SLEEP

Do not stay up late working or watching television. Seven to eight hours of sleep bolsters the immunity and prevent flu and common cold-like infections in monsoon.

EXERCISE REGULARLY

Exercising not only makes you lose weight but also is great for immunity as well. It gets your heart work properly, improves blood circulation. It also releases a lot of happy hormones like serotonin, dopamine which fortify your immune system against viruses and bacteria. Yoga, aerobics, jumping ropes, burpees are all great exercises.

It keeps you healthy and builds up your resistance to fight against infections.

AVOID SALT

Foods having low or medium salt content should be consumed as foods having high salt can lead to water retention which further can spike the amount of sodium in your bloodstream, leading to higher blood pressure. "Patients suffering from hypertension, cardiovascular diseases, diabetes must include a stable intake of salt in their diet. You can replace normal salt with rock salt.

CONSUME SEASONAL FRUITS

Seasonal fruits like jamuns, papayas, plums, apple, pomegranate, peaches, pears should be eaten to give your body the boost of nutrition and hydration to fight with multiple infections, allergies, rashes and diseases.

The seasonal fruits can help in improving the immunity and help fight seasonal ailments by restoring energy. It is advised to wash them with warm salt water to remove the dirt and check whether they are ripe and ready to eat.

However, you have to be extra cautious while washing all your fruits and vegetables (especially those being used for salads) during this season.

Fruits or fresh juice sold by roadside vendors should be avoided during the rainy

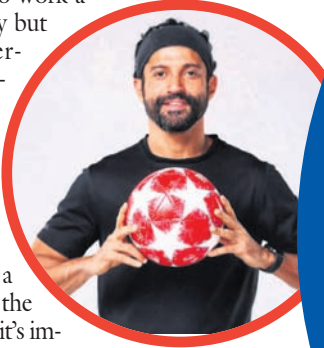


DR PRITI NANDA SIBAL

The author is India's leading nutrition and functional medicine expert

Farhan: Getting back to work a relief and joy

Mumbai: Actor-filmmaker Farhan Akhtar finds getting back to work a relief and a joy but he also understands the importance of being socially responsible right now.



“Getting back to work is a relief and a joy but given the times we’re in, it’s important to be socially responsible and keep the environment hygienic for the crew and cast. They work to create. We work to keep them safe. #MasksDistanceAction,” Farhan tweeted. Amid the relaxation in lockdown, Ritesh Sidhwani and Farhan’s production house Excel Entertainment resumed shooting for their next two projects *Hello Charlie* and *Dongri To Dubai* taking all necessary precautions. The makers shot the films adhering to government guidelines and taking additional precautions as well as ensuring the safety of cast and crew. They shot with a unit of about 150 members, and executed the schedule in accordance with the guidelines for risk protection against contagion of Covid-19 during filming. IANS

TARA misses Mussoorie

Mumbai: Actress Tara Sutaria says she misses the hill station Mussoorie in Uttarakhand.

Tara took to Instagram and shared a picture where she can be seen posing on a stationary motorcycle. The actress wears a white jacket with jeans and sunglasses.

“I miss pretending to ride a bike but most of all, I miss Mussoorie!” she captioned the image, which currently has 511K likes on the photo-sharing website.

Tara started her career as a child actor in 2010 with the TV show

Big Bada Boom. She was also seen in shows like *The Suite Life Of Karan and Kabir* and *Oye Jassie*.

The actress, who is also a singer, had her breakthrough in Hindi cinema with a starring role in *Student Of The Year 2* and was also seen in the action film *Marjaavaan*.

She now has two films coming up — *Tadap* and *Ek Villain 2*.

Tadap is Milan Luthria’s remake of the Telugu hit *RX 100*. She is paired opposite Suniel Shetty’s son Ahan, who makes his debut in the film. IANS



Lili on battling anxiety

Actress Lili Reinhart has been dealing with anxiety issues amid the ongoing Covid-19 pandemic.

In a conversation with author Sylvester McNutt on Instagram, Lili spoke about how the pandemic has affected her mental health, reports femalefirst.co.uk.

“I stress myself out all the time. Going to the post office ... I really don’t want to drive to post office. It gives me anxiety because I don’t want to leave my dog, I don’t want to have to deal with going out in public. I don’t want to deal with the mask thing, I would (wear a mask), but I don’t want to put myself in a stressful environment. I get myself hyped up about very dumb things,” she said.

The Riverdale fame actress revealed that she has been struggling with anxiety since she was in school. IANS



When Shruti drove a truck

Mumbai: Actress Shruti Haasan recalls her hilarious experience of driving a truck recently, admitting that she is not the best of drivers.

Shruti had to take the wheel of a truck for a scene in her upcoming digital film, *Yaara*, and what followed was just funny, she says.

“Not many people might be aware, but I am not a great driver,” she opened up, and then went on to recall: “The stunt team was helpful and one of the members hid besides me to shift clutch and gear. I truly bless him as it was not an easy job at all. It was truly funny—me trying to drive a truck on a mountain road, and to drive a truck on the mountainous roads of Uttarakhand was a tough task.”

Yaara features Shruti with Vidyut Jammwal, Amit Sath, Vijay Varma, Kenny Basumatary and Sanjay Mishra, and is slated to open on Friendship Day, July 30, on Zee5. The Tigmanshu Dhulia directorial is a Hindi remake of the French film *Gang Story*. IANS



Fishy Party

Fish cutlets

INGREDIENTS

For the base:

- Bread crumbs- 100 gm
- Egg- one
- Garlic cloves -Two
- Small ginger- One
- Chilli- One
- A few leaves of mint
- Salt according to taste
- Turmeric- 1 tsp
- Red chilli powder- 1 tsp
- Saunf- 1 tsp
- Peppercorns- 4 pieces
- Bread slice- one
- Oil:1 tsp
- Water
- 1/2 lemon (juiced)
- Potato (mashed), boiled
- Flour- 2 tbsp (to coat)
- Oil (to pan fry)
- For garnishing mint leaves

FOR FISH

- One small ginger
- Three Garlic cloves
- Two Green chillies
- 3-4 Rawa fillets

PROCEDURE

In a pan, steam the fish in a strainer with boiled water, ginger, green chili, garlic and cover the pan. In a blender, mix bread crumbs, egg, garlic, ginger, green chillies, fresh mint leaves, salt, turmeric powder, red chili powder, slice of bread, refined oil and juice of half lime. In a mortar and pestle smash fennel and black pepper, add them into blender. Add a little water and blend them together. Add the steamed fish into the blender and grind them well. Transfer them into a bowl and add one boil potato for starch. Mix them well. Make cutlets out of it and coat in some flour. Keep it in the fridge for 10 minutes. Add little refined oil in the pan and fry the cutlets both sides. Garnish with mint leaves. Serve hot.



Chilli Fish

INGREDIENTS

- Bhetki or Basa fish - 300 gms (Cut into cubes)
- Lemon juice - 2 tsp
- Garlic - 2 tsp (Chopped)
- Capsicum - 1 cup (Cut into cubes)
- Onion - 1/2 cup (Cut into cubes)
- Green chilli - 4-5 (Chopped)
- Red chilli Sauce - 2 tsp
- Soya sauce - 2 Tbsp
- Corn flour - 4 Tbsp + 2 tsp
- Egg - 1
- Vinegar - 1 tsp
- Black pepper powder - 1 tsp
- Salt - To taste
- Oil - 2 tsp + for deep frying

PROCEDURE

Marinate the fish pieces with lemon juice and salt for 15 minutes. Then wash the fish pieces. Make a batter with 4 tbsp corn flour, egg, black pepper powder, baking powder and little salt. Heat oil in a pan. Dip each fish pieces in the batter and deep fry in oil. Fry till light brown on all sides. Heat 2 tsp oil in a pan. Add chopped chilli, chopped garlic and chopped ginger fry till they turn light brown. Add cubed onion and capsicum. Sauté for couple of minutes. Mix in soya sauces and chilli sauce in a bowl. Add this sauce mix in the pan. Add half cup water and let the water boil. Next add fried fish pieces. Dissolve 2 tsp corn flour in little water. Add this in kadai. When the sauce starts to thicken sprinkle salt and add vinegar. Mix one more time. Serve with mix-vegetable hakka noodles, mixed schezwan hakka noodles, mixed hakka noodles, mixed fried rice, schezwan egg fried rice, schezwan prawn fried rice or chicken fried rice.

Pupul

