

DECEMBER 11-17, 2022

# SUNDAY POST

HERE . NOW

# KORAPUT BECKONS

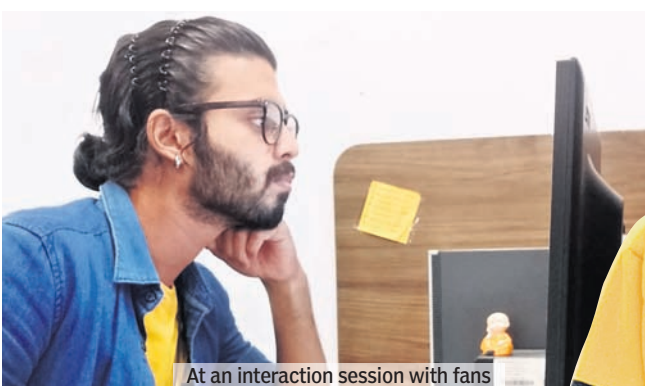
INTERNATIONAL MOUNTAIN DAY TODAY

**P**  
3,4 COVER STORY



# MY SUNDAY

From making funny videos to actually becoming an influencer by creating content, **Avishek Jagdev** has come a long way. Popular as @s.w.a.g.b.a.b.u on Instagram, Avishek dreams to expand his fan base churning out content in Odia. The creator of #swapnamora, an initiative to increase the reach of other content creators and will eventually represent their journey, loves to travel on his bicycle



At an interaction session with fans



## Donning chef's apron

I am "Ghar ka Halwai" as addressed by my family. My mom has a sweet tooth for everything prepared by me, *Gajar ka Halwa, Rabdi, Gulab jamun and Rasagola*. Born Odia, my taste buds are always down for homestyle food. Anyday rice, dal, khatta and kheer is my go to food.

## Technocrat

My interest lies in a mix of technology and creativity. I am also into digital marketing and graphics, with which I know I can take my work a level higher.

## Mom-son bonding

My mom is my best family time, since childhood, I am a little more connected with her. I am my mother's "Gelha Pua"; despite the working hours, I make sure to spend time with her daily.



With mother

## Pass time

My favourite pass time is responding to my followers' messages, my "dhanamanis" as I call them. I have and I always will respond to my followers as they are the cornerstone of my journey.

## Avid traveller

In and around my city is what I have always wanted to explore. Having travelled in a radius of 50 kms which includes Dhabaleswar, Tapang, Cuttack, Pipili, Barunei, Nimapada, Siddheshwar temple, I have a milestone to reach and that is Puri by cycle.

## Athletic acumen

My Sundays are absolute 'me-time'. Waking up as early as 5 in the morning, I begin cycling to various places. I try my best to cover a 50 km radius around Bhubaneswar. I do participate in different cyclothons and marathons. Recently I ranked 5th position in Bhubaneswar cyclothon 2022.



After winning a marathon

MADHUSMITA SAHU, OP

## WhatsApp This Week

Only on **Sunday POST!**

Send in your most interesting WhatsApp messages and memes received to: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) And we will publish the best ones

### THE BEST MEMES OF THIS ISSUE

- I asked my date to meet me at the gym today. She didn't show up. That's when I knew we weren't gonna work out.
- Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?" Student: "A drinking problem."
- I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.
- The problem with trouble shooting is that trouble shoots back.



## TOXIC FANDOM

Sir, Last week's cover story 'Fans through and through' in Sunday POST made for an interesting read. The FIFA World Cup-2022 has evoked tremendous response among the football fans across the world and India is not an exception. It was quite amazing to learn how the soccer fans of Messi, Ronaldo and Neymar Jr compete to outdo each other by putting bigger cut outs in water bodies. I also liked the quotes of Jaydev Mohapatra, aka JD and his dream to produce international players by the end of this decade by training the kids from various slums of Bhubaneswar. His suggestion to include sports as a discipline is a great idea. It will certainly help the retired players to act as coaches rather than working as clerks and constables in government departments. It is good sign that fan clubs like Juggernauts are backing professional football club Odisha FC at a time, the cricket fever refuses to die down.

SAUMITRA PANIGRAHY, 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. Please send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com) B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



# KORAPUT BECKONS

International Mountain Day today



Duduma waterfalls

Photo credit: Udayan Sarathi

TAPAS ROUT

*You can't conquer a mountain, though it may conquer you.*

**Jimmy Chin** | American mountaineer

A mountain symbolises man's ambition, success and strong determination. It also marks man's primitiveness and tells the tales of his accomplishments of scaling the peak of success. Since ages, mountains have never stopped intriguing the onlookers. The call of mountains cannot be ignored easily as they intimidate and inspire at the same time.

Today is International Mountain Day and there can't be a better occasion than this to tell about Koraput that houses a series of majestic hills among the other beauties of nature.

**Koraput is a feeling**

Nestled in terraced valleys and darting springs, Koraput's pristine beauty can't be completely

captured in lenses. Because Koraput is not just a place, it is a feeling which can't be described in words. It has always something special to offer to everyone who has ever set foot on this land of landscapes. My friend Anshuman and I, however, dared to freeze some moments in the lenses during our recent trip to Koraput, also known as the best kept secret of Odisha.

**Postcard picture-perfect beauty**

Koraput mesmerises the visitors in a different way in different seasons. While a rain-kissed Koraput looks like a young woman draped in a green saree, she seems mystifying in winter, like a film heroine of yore with most of her face behind the veil.

In Eravikulam National Park of Kerala, there is a flower called Neelakurinji in various shades of blue that makes its appearance every 12 years. At that time, the mountain slopes turn bluish-purple, attracting visitors from all over the world.

Similarly, at the beginning of November, the hills in Koraput turn yellow with shiny Alasi (Flax) flowers adding to the stunning flora and fauna of the region.

Dancing in the breeze, vast swathes of Alasi fields captivate the onlookers. It seems as if mother Earth has covered herself with a yellow blanket.

If it is Alasi flowers that hold the tourists in thrall in November, the Sunabeda area of Koraput turns blue, blanketed by Bishnuchuda flowers in April. In summer's scorching heat, the glow of blue offers much

needed relief to the pedestrians.

**Switzerland of Odisha**

Tourist spots of Koraput are like a palm of a hand. One can move from one place to another but has to return to the previous location to move to a third destination. Jeypore is the best place from which a tourist can touch other famous places. While Koraput, known as Switzerland of Odisha, is located at a height of 2,850 ft from the sea level, Jeypore is placed at 2,162 ft. Though this writer has never been to Switzerland, there is an uncanny resemblance between the climate of Koraput and that of Tamil Nadu's Ooty and Coorg of Karnataka. The hills, trees, cool breeze, coffee garden, waterfalls and indented riverbed are more or less the same at all these three places.

**Busting myths about Bondas**

The Onkadei tribal weekly market is held every Thursday for the people of the Bonda community. Belonging to the Particularly Vulnerable Tribal Group (PVTG), Bondas are commonly known for their semi-nudity, weapons and hostile attitudes towards modern society. However, the women of the community present in the market were not at all aggressive. Moreover, they were very friendly and seen in modern clothes thanks to gradual commercialisation and growing contact with the outside world. They, now, wear plastic beads over cotton gowns and adorn their bodies with multiple corals and antique coin necklaces, hollow aluminum neck rings, metal bangles, intricate ear studs and hoops.



PIC: Udayan Sarathi

THE TRIBAL HINTERLAND, AMONG OTHER ATTRACTIONS, ALSO HOUSES DEOMALI, THE HIGHEST PEAK OF ODISHA WHICH DRAWS TOURISTS FROM ALL OVER THE WORLD



Deomali mountains

PIC:Udayan Sarathi





A lake on a table-top mountain(Balda Cave) in Koraput

Photo credit: Udayan Sarathi

The aluminum neck rings protect them against attack by wild animals when they collect food in the forest. Despite exposure to the outer world, there are still some people in the Bonda community who prefer not to establish connection with the modern world.

**Home to a great many hill stations**

Though Koraput houses quite a few hill stations, they are not as famous as others in India. However, places like Machkund, Onkadeli, Jalaput, Chindri, Hatipahar and famous Deomali certainly can match other hill stations of India for their scenic beauty.

One such important site is Balda Cave, one of the main attractions of Koraput, located on the top of a hill at Haidiput, a table top mountain. There is a small blue lake on the top of the cave from where the entire Deomali mountain range along with other scenic spots like rivers and reservoirs are clearly visible. The spot resembles a combination of Satara, Panchgani and Mahabaleshwar of Maharashtra.

**Majestic Deomali**

Deomali, the highest peak of Odisha, is the main attraction of Koraput. The vastness of the horizon can be felt from its top. There are several colourful hills that can be seen from Deomali with rivers crisscrossing like sparks of lightning. Reservoirs shining like sapphire gems and the reddish-orange skyline of dusk only add to the grandeur. It seems as if a designer has stitched the world's best bridal outfit for the wedding of a princess.

**Legends of Rani Duduma**

There is an interesting anecdote behind the naming of Rani Duduma waterfalls near Nandapur, about 45 km from Koraput. According to locals, a prince, while returning from his hunting trip, accidentally sees his sister Leelabati, who was the queen of the erstwhile kingdom, taking bath in the waterfall. To alert her that he is on the way, he shoots an arrow towards that direction. However, Leelabati, embarrassed about her being seen by her brother sans robe, jumps off the hill

to end life. Since then, the fall has been called Rani Duduma waterfall. It is one of the most attractive waterfalls of Koraput. A nice amusement park comprising huge sculptures of wild animals has come up near the site to attract the kids.

about Kantabaunsuni temple of Koraput, "Pandavas hid their weapons at this place," she promptly answered. Similarly, she also knows details about Sunya Mandir of Mahima cult in Dhenkanal. It was really a fascinating experience to meet Triffoni and her friends

in the valleys. This has kind of broken the monopoly of southern states, which are traditionally blessed with perfect climate and soil that nurture the growth of the world's favourite beans. Needless to mention, Koraput Coffee of late has become one of the most sought after brands in international markets.

Therefore, the coffee gardens and the manufacturing units of Koraput often lure the sightseers. Koraput hills not only produce coffee, they are also considered fertile grounds for forest produce like black pepper, long pepper, resin, cardamom and cinnamon.

**..and the lifetime wait is over**

During my growing up years, I had watched the Odia blockbuster *Dora*. The movie had some songs, featuring Prashanta Nanda and Mahashweta, shot on hills and along the waterfalls. At that time, I was attracted towards a particular scene when the lead couple was shown walking hand in hand near a stream. The frame was frozen in my



Hill beauties of Koraput

PIC : Susanto Panda

**A day with Jasmina Triffoni**



It was a pleasant surprise to stumble upon Jasmina Triffoni, a journalist, traveller and art collector from Rome who works for National Geographic channel. Triffoni has visited

the length and breadth of India, and knows a lot about our country's culture, tradition, religion, and of course the heritage sites. Despite knowing the legends behind all significant tourist attractions of India, she wants to delve deep into them. Her friends and she are so much into India that they have managed to learn Sanskrit. It's amazing to know that when the Indians are drifting away from their culture, people like Triffoni and others are showing keen interest in Indian traditions. For instance, when quizzed



Punjisil

PIC : Odishatour.in

and learn so much from them about India.

**The Koraput Coffee**

The Koraput story is incomplete if not blended with locally produced brew. It is the hilly tracts of this tribal hinterland and its favourable climatic condition that has helped mushroom several coffee gardens

memory. I always had a wish to visit that place where the movie was shot. My wish was fulfilled when I came to Punjisil, one of the most attractive tourist destinations located about 30 km from Koraput town, surrounded by forest from all sides. It was a dream that finally came true on this trip.

*The writer is a traveller, photographer and short film maker*



**EMINENT THEATRE ACTOR-DIRECTOR MANOJ PATTANAYAK, AFTER BEING SELECTED FOR SANGEET NATAK AKADEMI HONOUR, FEELS THAT THE RECOGNITION WILL INSPIRE HIM TO SET AND ACHIEVE NEW MILESTONES IN HIS PROFESSIONAL LIFE**



MANOJ PATTANAYAK

## 'Let's join hands for the growth of Odia theatre'

My father was also an actor. In a village drama, a newborn baby was required for a scene. Instead of using a doll, the team used me in that scene and the journey began. I had become a famous child artiste in our locality by the time I was in Class VII. In fact, I directed a play *Rajaputra Kumal* at that age. Then I came to Bhubaneswar in 1970 and got in touch with stalwarts like Asim Basu, Anant Mahapatra, Biswajit Das and others. After learning the nuances of direction, I started directing dramas in various colleges and clubs of Odisha. In the meantime, I enrolled myself in Utkal Sangeet Mahavidyalaya to hone my skills to take it to the next level. In 1979, I along with Rati Ranjan Mishra, Niranjan Sahoo established the theatre troupe Manana Natya Sanstha and there was no looking back after that.

■ By the year 1981 you had already made your debut in Odia film *Kie Jite Kie Hare*, courtesy your teacher and superstar Bijoy Mohanty. While actors these days use theatre as a launch pad to work in movies, what made you choose theatre

actor, therefore, it is irresistible to not act on the stage. However, there are a few occasions when I get characters which are not suitable to my persona which are performed by other members of my team. On the other hand, none of my associates have grown enough to direct me in a play which is why I have to look after the direction more often than not. I experimented in a few plays with others but that unfortunately didn't work.

■ Is there any play which you found very difficult to direct?

■ Every play I have directed in my career has remained a challenge to me. No play was easy for me because I want to make them look different from each other in all respects. I hate to be repetitive in terms of acting, direction and presentation.

■ How do you prepare yourself before taking up a new play?

■ I love perfection and the hard work should be visible on the stage. While people these days manage to produce a new play in a few days, it takes months for me to prepare a fresh play. At times I sit with the script for six to seven months and then rehearse it with the actors for another nine to 10 months before presenting it to the viewers.

■ What are the main issues that the directors face in Odisha and what could be the solutions?

■ The directors from Odisha, from Bhubaneswar in particular, find it difficult to work on other stages of the country. We are acquainted with the stage of Rabindra Mandap and when we move to other centres, it becomes difficult for us to adjust to the stage. Therefore, there is a need to know the details about other stages before presenting your play. Another problem is the non-availability of actors, especially female actors. After acting in a few plays, they move to other troupes, television or movies. It remains a challenge for the directors which is difficult to overcome.

■ What's your view on the status of Odia theatre at national level?

■ Not good. Forget about the national level, the position is miserable in Odisha also. The directors these days are concentrating more on quantity than quality which is why the plays fail to pull the crowd to the theatres. If you talk about legends like Girish Karnad, Badal Sirkar or Ratan Thiyam, they hadn't directed too many plays in their careers but the work they did was timeless.

■ What will be your advice to the young theatre practitioners?

■ The objective should be to produce good plays, no matter how long it takes for the preparation.

■ Let me explain the SOP. Odisha Sangeet Natak Akademi recommends names of Odia theatre personalities to the Centre in various departments for this award and the person who represents Odisha as a member at SNA needs to bat for them there. Perhaps, our case was not properly presented and our voice was not heard at SNA for which it took nearly 60 years for Odisha to get this Central honour after Babi Babu (Samuel Sahoo). There were legends like Priyanath Mishra, Dukhiram Swain, Asim Basu, Ajit Das, Bijay Mohanty, Anant Mahapatra and many others who contributed immensely towards the growth of Odia theatre in various capacities. They also deserved such honour more than anyone. Therefore, I believe that it was because of our difference in opinions, Odia theatre has suffered at national level. It's now time to join hands, instead of pulling each other, for the growth of Odia theatre. I also believe that we wouldn't have to wait for decades for another Odia to get this honour. I want an Odia theatre person to get an SNA award every year. Another thing I want to clear here is that people like Satyabrata Rout and Robin Das from Odisha were also feted with Akademi honour but they received it for their works in Hindi language.

■ How did you start off in theatre?

■ Incredible as it may sound, I set my foot on stage when I was six months old.

### Fact Sheet

**Name** - Manoj Kumar Pattanayak

**Mother** - Kokila Pattanayak

**Father** - Banabihari Pattanayak

**DoB** - March 1, 1956

**Birth place** - Balakati (Khurda)

**Acting** - 250 plays, 30 Odia films, one Hindi film, 25 TV drama shows

**Direction** - 200 plays

over TV or films?

■ After joining the Song and Drama Division of Government of India, I was assigned to create mass awareness through drama and other folk art forms in the northeast region. They are also impactful. So, I have always been a supporter of live media rather than electronic medium or cinema. Even as I continue to appear in television and movies, theatre has been my first love and I enjoy doing that.

■ In most of your dramas, you play the central role. What is the reason - it's passion for acting or you don't get a dependable actor for the role?

■ It is a combination of both and more. I have been a born

BIJAY MANDAL, OP

Theatreman Manoj Pattanayak needs no introduction. The ex-president of Odisha Natya Sangh hasn't looked back after forming his theatre troupe Manana Natya Sanstha in 1979 to promote the art form in Odisha. In a career spanning over 40 years Pattanayak has presented several thought provoking plays of different genres to the drama lovers across India. Fetted earlier with several state and national level honours for his contribution to theatre, he recently has been selected for Sangeet Natak Akademi honour by the Government of India.

The drama maverick, in a freewheeling chat with **Sunday POST**, talked on a host of issues.

Excerpts:

■ What's your first reaction after being selected for Sangeet Natak Akademi(SNA) honour?

■ Needless to say, I am extremely happy to get it as an Odia in the drama section. But at the same time, I'm also sad that many of my predecessors, who deserved the honour, couldn't get it in their life time.

■ You are the first theatre director to get this honour. Do you think Odisha was neglected in the past?



# T set for big screen release



**Bhubaneswar:** New Odia movie *T* which tells the struggles of the transgender community and is inspired by Odisha's Meghna Sahoo, India's first transgender cab driver, will be released in the last week of December. "We are planning to release the movie December 30 if we get the certification from censor," said director Jitesh Kumar Parida.

He said he is thrilled by the response the trailer and poster of the movie received at the Cannes film festival. Before release the movie will be screened at Jaipur film fest, it was learnt. In May this year the movie was screened at the India pavilion during the 75th Cannes Film Festival where India was the *Country of Honour*. Starring Dev, Usashi Misra, Hara Rath, Ranbir Kalsi, and Prasanjit Mohapatra, the film is produced by Jitesh Kumar Films RR Motion Pictures (UK) Ltd and co-produced by Mohit Kumar Puri Himadri Tanaya Das, with Thamrita Mohan Sambhuti, Soma Kiran Jena, Rajashree Mohapatra serving as associate producers.

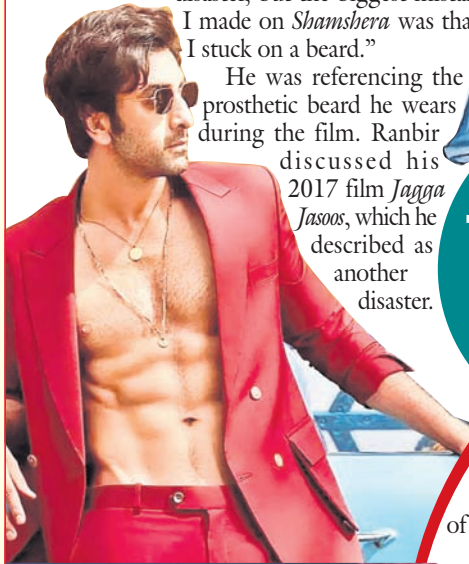
## Mahurat held for Odia movie *Shambhu*

**Bhubaneswar:** The mahurat of Odia action movie *Shambhu* was recently held in Bhubaneswar. Starring debutant Subham Nayak and popular actress Tamanna Vyas in lead roles, the movie also has Jeevan Panda, Harihar Mohapatra, Babu Pradhan, Chintamani Biswal, KK, Disco Reddy and child actor Binapsa Jena in supporting roles. Dileep Panda, the director of the movie, said that *Shambhu* is an action movie and the viewers will like the new pair. The shooting will start December 25. Written by Anupama Jena, the film is presented by Anupam Music and produced by Mohan Kumar.



# Ranbir talks of life and career

**R**anbir Kapoor discussed his life and career during one of the final *In Conversation* sessions at the Red Sea Film Festival last week. "It's part of Indian culture," Kapoor told *Deadline* later that evening at a party hosted by *GQ*. "The songs, the dances. They love the movies, especially the Asian subcontinent. So it's always great to get that love." Talking at length, he discussed the projects in his filmography that he believes are failures, either due to poor box office numbers or conflicting artistic results. Discussing his 2022 action film *Shamsher*, he said, "It was a big box office disaster, but the biggest mistake I made on *Shamsher* was that I stuck on a beard." He was referencing the prosthetic beard he wears during the film. Ranbir discussed his 2017 film *Jagga Jasoos*, which he described as another disaster.



# PeeCee talks about her bitter past

**P**riyanka Chopra, also known as PeeCee, is one of the only four Indians to make it to the list of BBC's 100 Women this year. The actor has now revealed in a corresponding interview how things were not always this golden for her. She spoke about never getting paid equal to the male lead in her



# Alia reveals what gave her confidence to speak

**A**lia Bhatt is on a roll! The actress has been a part of some amazing projects lately, and her film *Gangubai Kathiawadi* is amidst campaigns for the prestigious Oscars and BAFTAs awards. Alia Bhatt has been lauded by one and all for her excellent performance as Gangubai in the movie. Now, in a recent interview, she talked about the qualities and characteristics of Gangubai that she retained, and revealed all the positive things that she learned from her character.

Asked about qualities and aspects of Gangubai that stayed back with her, she shared that while she comes from a protected background, and the Kamathipura set was the first time she had walked the streets of that area. She added that the character also gave her a lot of guts to speak in a big room, something she had early days in Hindi film industry and also how men earned special privileges on film sets.

"I've never had pay parity in Bollywood. I would get paid about 10% of the salary of my male co-actor. It's (the pay gap) large, substantially large. And so many women still deal with that. I'm sure I will too if I worked with a male co-actor now in Bollywood," she said. Priyanka also spoke about the treatment she would get on sets and how she thought it was something normal. "I thought it was absolutely OK to sit for hours and hours on set, while my male co-actor just took his own time, and decided whenever he wanted to show up on set is when we would shoot," she said.





Winter weather can take a serious toll on our skin. The sudden influx of dry air and fierce bitter wind can cause a number of issues like redness and bumps on skin during the cold and blustery weather. Dry, cold air can set off redness in the cheeks, nose, chin and forehead, similar to facial flushing. Even when you moisturize, you can still get dry, itchy, red skin.

This persistent, inflammatory skin condition could get worse over time causing small yet painful papules and pustules on the face. The symptoms can get progressively worse, if left untreated.

Fortunately, there are several efficient natural remedies you can use at home to reduce facial redness. On your road to recovery, these remedies work well in addition to your skincare regimen. Try these natural ways to reduce facial redness:

### Coconut Oil

Coconut oil is an extremely well-liked natural skincare product. It possesses anti-inflammatory, antioxidant, and hydrating qualities—the perfect properties for your skin. All you need for this natural cure is a tiny bit of quality coconut oil. Apply directly to the area of redness. Coconut oil can be stored for a very long period in a jar.



# Bid goodbye to redness on face

### Aloe Vera

Aloe vera is often considered one of the best cures for skin problems due to its healing properties. Skincare products made with this succulent plant can be soothing and moisturizing. It is a commonly found ingredient in skin and hair care products. These aloe vera products are great options to get rid of redness on the face, using them alongside your skin rejuvenation treatments.



### Honey

Honey helps in moisturizing the skin since it is a rich source of humectants. Adding moisture can help manage symptoms of rosacea since skin dryness is believed to make the condition worse.

One of the best methods to get face free of redness on the nose, face, and skin is raw honey. Your face should be covered in a modest amount of honey before drying. Before rinsing it off with lukewarm water, wait for 30 minutes.



### Avoid Hot Drinks

People are more likely to sip on warm soups, waters and drinks during the winter. However, a hot drink can trigger a flush in your face and a flare-up of your rosacea. If it's hot enough to make you feel overheated, then it is too warm and may cause a flare. Warm temperatures aggravate the skin to increase blood flow, triggering facial flushing. Drink it at a lukewarm temperature so you don't overheat."



**Wear protective gear:** Try to keep your face covered as much as possible to keep the wind from irritating the blood vessels on your face. Make sure to have a warm scarf that covers the bottom of your face to block the wind when you go out of your house. If your hands suffer from dry skin due to excessive washing, consider wearing gloves when washing dishes or going out especially in winter. Covering up the face when outdoors and replenishing the skin's moisture barrier is a good first step to reduce any pain and swelling, but you may need a deeper treatment to help your skin recover properly.

Winter is already a burden on your skin. Take precautions to ensure smooth sailing and smooth skin.

The author is an international fame beauty expert and is called the herbal queen of India.



### Green Tea

Green tea is renowned for its ability to reduce inflammation. Get free of the redness on your face, and apply it topically. Prepare a cup of green tea for yourself. Put it in the refrigerator to finish cooling for about 45 minutes. After that, rub the affected regions with a piece of cloth that has been soaked in the tea. Use this home treatment frequently for better effects.



SHAHNAZ HUSAIN





Nirajpriya

PHOTO : KUMAR SHARAT, OP