

OCTOBER 27-2 NOVEMBER, 2024

SUNDAY POST

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COVER STORY

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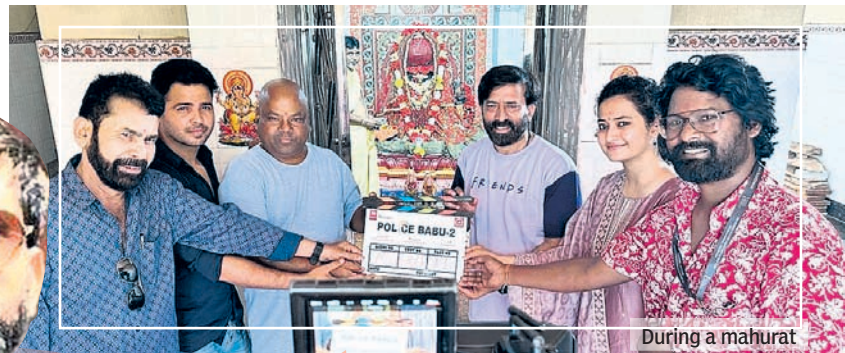
Illuminating Inner self

MY SUNDAY

No-shoot days are Sundays

Unlike other professions, Sundays are not considered holidays in this one. Therefore, the days that I don't shoot are Sundays for me.

With a career spanning nearly two decades and over 50 movies, including Bobby Deol starrer 'Shaheed', actor Samaresh Routray needs no introduction. An alumnus of the National School of Drama and Utkal Sangeet Mahavidyalay, Samaresh won millions of hearts playing the protagonist in 'Dhaulti Express', helmed by another NSDian Chittaranjan Tripathy. Despite being up against industry titans like Sidhant Mohapatra and Mihir Das, Samaresh managed to hold his own in the movie. Thereafter, he delivered a series of hits. His notable works include 'Luchakali', 'Kranti Dhara', 'Namard', 'Loafer' and 'Most Wanted'. Samaresh loves to spend quality time with his son when he gets a break



During a mahurat

On shopping spree Business as usual

On Sundays we usually like to go shopping together and then dine at a good restaurant. We spend the evenings with friends and family, either by going to their place or organising a get-together.

Getting up early, performing my puja, and then enjoying a wholesome breakfast constitute my morning ritual, which I follow all year round.

Quality time with son

Since this is the only day of the week I get to spend with my son, we sit down to plan our holiday schedules after finishing the house chores. On other days, he is busy with his studies.



With wife and son

ANISHA KHATUN, OP

WhatsApp This Week

Only on Sunday POST!

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

THE BEST MEMES OF THIS ISSUE

- An old teacher asked her student, "If I say, 'I am beautiful,' which tense is that?" The student replied, "It is obviously past."
- Always borrow money from a pessimist. He won't expect it back.
- Women sometimes make fools of men, but most guys are the do-it-yourself type.
- Whenever I have a headache, I take two aspirins and keep away the children, like the bottle says.



PATRIARCHY REIGNS SUPREME

Sir, This refers to the last week's write-up on how Karva Chauth, a festival observed in northern and western parts of India, is now being celebrated across the nation, promoting pan-Indianism. On this, I am to say that the festival is nothing but a reinforcement of patriarchy. And what is funny is that it is a reinforcement of patriarchy by women themselves. As per the practitioners of the rituals, they believe that if a woman follows them religiously, her husband will have a long life. But the fact remains that it has nothing to do with long life. A study suggests that life expectancy is much higher in Scandinavian countries than in India, approximately 15 years more. And these countries aren't religious anymore, just more educated and advanced. The same goes for many other countries, where life expectancy is higher. It's high time we spent more on the education of a child than such rituals.

KISHORE SAHANI, SAMBALPUR

LETTERS



A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Feel free to send in your opinions, queries, comments and contributions to

features.orissapost@gmail.com
B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

THOUGH THE FESTIVAL OF LIGHT IS CELEBRATED BY HINDUS, SIKHS, AND JAINS OVER THEIR RESPECTIVE BELIEFS, DIWALI GENERALLY COMMEMORATES THE TRIUMPH OF LIGHT OVER DARKNESS OR WISDOM OVER IGNORANCE. MORE THAN THAT, THE FESTIVAL SYMBOLISES DISPELLING OF ONE'S INNER DARKNESS AND GETTING RID OF NEGATIVE THOUGHTS



ANISHA KHATUN, OP

Illuminating Inner self

सर्वदुःखानां हानरिस्योपजायते |
 प्रसन्नचेतसो ह्याशु बुद्धिः पर्यवतपिठते || 65 ||
 pras de sarva-du kh n h nir asyopaj yate
 prasanna-chetaso hy hu buddhi
 paryavati h hate

Translation:

When a man attains peace, all sorrow and suffering caused by the unbalanced mind and rebellious senses come to an end. By peace and purity, the mind is soon fixed in the Self.

The above verse from the Bhagavad Gita explains that when the mind is freed from impure impulses, the aim of spiritual life is achieved. Just as in a clean mirror the reflection is perfectly clear, even so in the purified mind the Self shines forth in its own splendour and glory.

As the festival of light Diwali comes closer, we start "cleaning" every nook and cranny of our house. But there's one more aspect which we ignore. Physical cleaning is no doubt necessary, but cleansing your inner self is equally important because God resides only in pure sparkling hearts. Eliminating negative feelings, thoughts, and painful pasts

brings joy, happiness, and enlightenment.

Cluttered inner space creates feelings of burden and stress, similar to a cluttered house. We don't even know what occupies that particular space until and unless we clean them both – ourselves and the house.

So, Diwali is not just a festival of bursting crackers and decorating houses; it is a celebration of the divine within each individual. It is a time to reflect on one's inner light and strive for spiritual growth. The rituals and traditions associated with Diwali help individuals connect with their spiritual selves and deepen their understanding.

With a couple of days to go before the festival, people from cross sections of society shared with Sunday POST what the event means to them.

'Diwali is also about eliminating inner obscurity'

Sharing her thoughts on the spiritual aspect of the festival, Yoga instructor **Kajal Satpathy**, also the founder of Namami Yoga Academy, Bhubaneswar, said,

"Although Diwali is a worldly festival, it should not only be about dispelling external darkness but also about eliminating inner obscurity."

Elaborating more on the significance of Diwali, she said: "On the occasion of Diwali, everyone generally tries to clean, decorate, and beautify their homes. Similarly, if the accumulated waste of deeds in the courtyard of inner consciousness is swept away and cleaned, and efforts are made to decorate it with discipline, and the eternal light of the soul's lamp is kindled, then a person can attain eternal happiness, peace, and bliss."

Therefore, it is important that not only the external lamps but also the internal lamps be lit, ended Satpathy.

'It's time to bring inner and outer festivity to life'

Echoing similar sentiment, **Sasmita Patanaik**, an IT professional at TCS, shared, "Diwali is not about decorating your house and bursting crackers; it's about cleansing your inner self. When we decorate our house with flowers, we get connected with nature. When we light the lamps, it brings clarity of mind and helps us with the ability to see through life's challenges; the lamps also signify enlightenment, awareness, and moving from untruth to truth."

Sasmita also explains how the festival promotes harmony and brotherhood and creates positive vibes in society.

"When we share our happiness with others, offering sweets or exchanging gifts during Diwali, that shows gratitude and love for each and every one. During Holi celebrations, strangers come together to play the festival of colour. Similarly, on Diwali, people wish each other no matter which caste, creed, and religion they belong to, creating a positive ambience in the society."



For Patanaik, life is a celebration, and Diwali is a significant time to bring that inner and outer festivity to life.

“All the combination of puja/chanting, lighting, and sharing happiness through sweets helps to cleanse the inner self. So, it’s not just on the occasion of Diwali; let’s lamp the light each day to cleanse our inner selves through sharing our joy with others,” she added.

‘Diwali is both joyous and deeply spiritual’

Biyot Projna Tripathy’s first feature film, *Yogini*, fetched her seven international awards, including best debutant director and best original film.

The actor, writer, and filmmaker shared her thoughts on Diwali, saying, “Diwali is the

festival of lights, the brightness, the beauty, and the inner goodness.” In mythology, Diwali commemorates the day that Lord Rama, the goddess Sita, and his brother Laxman returned to Ayodhya following their victory over the demon king Ravana, signifying the triumph of good over evil. But I find Diwali to be both joyous and deeply spiritual. Diwali is not complete without traditional cuisine, aesthetics, social interaction, lighting diyas, and bursting crackers.”



Tripathy goes on to explain why she loves Diwali.

“I enjoy the festival because it’s a time when the whole nation is illuminated, homes are decked up in lovely lights, the streets are illuminated, and it’s a breathtaking sight. Everyone celebrates Diwali with great fervour, making it an incredibly beautiful event that no other festival can match,” she said.

‘Adopt eco-friendly alternatives to protect other co-inhabitants’

Dr. Md. Imran Ali, founder of Salaam Jeevan, a trust working for Thalassaemia, cancer awareness, prevention of tobacco & drugs and welfare of children and PWDs, says, “In ancient times, Diwali was only about lighting diya, but now the meaning of Diwali has changed.

It is



all about bursting crackers.

“We all know about the impacts of global warming and the challenges that we are facing today in tackling it, fireworks on Diwali makes this situation ever worse. Every year, on Diwali the air pollution level soars because of these crackers.”

Talking about the harmful impact of burning crackers, Dr Ali said, “These are not only hazardous for the climate but are also harmful for stray animals and pets. The violently loud noises can cause severe trauma in them and can even physically harm them. They run hither and thither, which leads to accidents.”

Animals and birds get respiratory diseases due to the noxious gases, and not only animals; we also suffer. these gases bring discomfort to people with asthma, lung and heart problems, he shared. “So, by adopting eco-friendly alternatives, we can celebrate Diwali without harming our co-inhabitants,” concluded Dr Ali.



IN HISTORY, LEGENDS

Apart from the return of Lord Rama from 14-year-long Vanavas, Pandavas from 12-year exile, and Kali Puja, there are several other lesser known anecdotes associated with the celebration of Diwali.

Here’s a look at a few of them.

Rebirth of Goddess Lakshmi

Lakshmi, the goddess of fortune, holds a significant place in the celebrations of Diwali. According to the legend, there was a time when god Indra’s arrogance led Lakshmi to depart from the divine realm and take refuge in the milky ocean. Her absence plunged the world into darkness, and the gods were determined to bring her back. After churning the milky ocean (Samudra Manthan) for over thousand years, Goddess Lakshmi was eventually reborn. She emerged from the depths, seated gracefully on a magnificent lotus flower, once again bestowing her blessings of prosperity and good fortune upon the world.

Triumph over Narakasura

In the southern regions of India, the story of Lord Krishna’s triumph over demon king Narakasura has a special place in the celebrations of Diwali. Narakasura had a blessing from Lord Brahma that he could only be vanquished by the hand of his mother. However, Narakasura was very sure that she would never harm him. Interestingly, his mother was reborn as Krishna’s wife, Satyabhama. When Narakasura severely injured Krishna during a battle, Satyabhama ultimately dealt the fatal blow to Narakasura. In his final moments, Narakasura requested a boon from Satyabhama that everyone should celebrate his death with colourful lights. Thus, this day is celebrated as Naraka Chaturdashi - the beginning day of Diwali.

Mahavira’s Nirvana

While the previous legends come from Hindu mythology, Jains have their own reason to celebrate Diwali. Lord Mahavira, a contemporary of Gautama Buddha, reached enlightenment at the time of Diwali in the 6th century BCE, around the time of the first historical records of the festival’s observation. His achievement of nirvana serves as the primary reason why Jains celebrate Diwali.

Guru Hargobind’s release from prison

Sikhs also hold their own version of Diwali known as Bandi Chhor Divas. In Sikhism, on this date, the sixteenth Guru, Guru Hargobind was released from the imprisonment of the Mughal king, Jehangir. It is also a time of year during which all Sikhs traditionally gather to receive guru blessings and has been observed as a Sikh festival since the 16th-century.



Spruce up your

home for Diwali

can also make your old furniture look new by getting it painted brightly.

With the cost of home renovation going up drastically, many households are searching for ways to upgrade their interiors by spending less. **Sunday POST** is here to help you with solutions without burning a hole in pocket

OP DESK

With Diwali just a few days away, preparations are well underway. The yearly cleaning has to be done. However, it can be disastrous to start the decluttering process without a good plan.

It's not always the case that your home will look spectacular with just

pricey accent pieces or opulent furnishings. Sometimes a home's beauty is enhanced by minimalism as well.

Ahead of the festival of light, here's a few some practical suggestion that could transform your home without breaking the bank.

Set a budget

Make a realistic budget before you start. Determine how much you are willing to spend on your interior, including furniture, materials and accessories. Remember to leave room for unexpected expenses.

Vision for each room

Consider the mood and aesthetic you want to create in each space before you

begin. Think about things like your personal preferences, way of life, and the intended use of each room. Have a vision and specific objectives for each room in your house.

Colour schemes

A timeless and adaptable choice for your home interior decor is neutral hues like white, beige, or grey as they create a calm and cohesive look that can highlight the home's original features while providing a fresh, modern feel. You can also choose colours that go well together by using the colour wheel.

Accent hues

Accent colours are strong and can be incorporated into accessories, artwork, or furniture. Take into account the atmosphere you want to create in the space when selecting accent colours.

Preserve original features

One of the main appeals of an old house is its unique architectural features. Instead of replacing them, consider restoring these features to maintain the old charm while blending them with modern design.

Rearrange furniture

Furniture holds an important place in any house. But it is not possible to change them every time, but if you want to change the look of your house, then just rearrange it according to the space. You

Create a focal point

Try to create a focal point in the room. By doing this you can balance the entire look of the room. Also, you do not need to spend money to decorate the entire room. This type of decoration is pocket-friendly. You can also create a focal point by placing a big flower vase in the room or by any other way.

Go green

If there is greenery in the house, the entire house looks beautiful. There are many benefits in decorating the house with the help of plants. They are cheap and also good for health. You can add greenery to your house in many ways.

Change the walls

Changing the walls can bring the entire room alive. You can give it a new look by adding a new element or giving it a new dimension. You can change the colour of the walls or use a 3D wallpaper to elevate the entire look. Not only this, some good pictures or any decorative piece designed by you will also enhance the beauty of your room. Wall of Memory is also a great idea, it will look good and will also give a sense of belongingness.

Minor tweaking

If you want newness in the house, then change small things. Like you can change cushion covers, table runners, curtains etc. You can also use planters or paint the plant pots. Change the flowers regularly, if not possible, then you can also use artificial flowers for decoration. These are also cheap and you can wash them and use them and reuse them.





Director Siddharth P. Malhotra's upcoming film, *Kamal aur Meena*, is already generating a lot of excitement, particularly regarding its potential lead actress.

The internet is abuzz with rumours that Kiara Advani could be playing the role of the iconic actress Meena Kumari in the upcoming biopic.

The speculation was sparked by a Reddit user who observed that Kiara liked the film's teaser on social media. Furthermore, Malhotra has started following her on Instagram and has been engaging with her posts. These small interactions have led fans to speculate that Kiara may be a part of the cast.

The film, slated for a 2026 release, will tell the enchanting love story of filmmaker Kamal Amrohi and Meena Kumari.

In September, Malhotra announced his upcoming project, *Kamal aur Meena*.

He had described it as a "cinematic experience that promises to capture one of the most iconic love stories in the history of Hindi cinema."

The film will delve into the real-life romance between Amrohi and Kumari, based on over 500 handwritten letters exchanged between them and personal journals detailing their life together. "It's a profound privilege to direct this incredible true story, though the responsibility is immense," he added.

On the work front, Kiara will be next seen in *War 2* alongside Hrithik Roshan and Jr NTR.

AGENCIES

Kiara to play Meena Kumari



Ananya turns mermaid

Ananya Panday made a splash on social media as she shared her stunning photoshoot where she transformed into a metallic mermaid.

The actress took to Instagram to share her breathtaking shots and wrote in the caption, "Metallic mermaid." In the images, Panday is seen wearing a stylish sparkling metallic bralette, and skirt set. Her makeup game looked on point. She accentuated her look with kohl-rimmed eyes, dark brows, and glossy lips. Her outfit included a metallic gold bralette with thin straps, a deep neckline, and a curved hem that beautifully highlighted her midsection. The coordinating skirt had a high waist and a fitted silhouette that elegantly transitioned into a dramatic floor-length train.

Fans quickly flooded the comments section, expressing their admiration for her creativity and beauty. One fan wrote, "Love the outfit eye makeup slay!" Another said, "So proud of you baby girl." Last night, the Student of the Year 2 actress showcased her mermaid-inspired ensemble from LaQuan Smith's Fall 2023 collection, a prestigious designer label based in New York City at the Vogue Forces of Fashion event in Mumbai. Work-wise, the actress is set to appear alongside Akshay Kumar in Karan Johar's upcoming untitled film, which draws inspiration from the life of C. Sankaran Nair.

IANS



SRK's Fauji to re-air

Bollywood superstar Shah Rukh Khan's first major project as an actor *Fauji*, which hit the small screen in 1989, is re-airing on the channel Doordarshan and will showcase all 13 episodes from the show.

The re-airing will commence from October 24, Thursday. The episodes will be broadcast every Monday to Thursday on DD National, allowing fans to relive the iconic show.

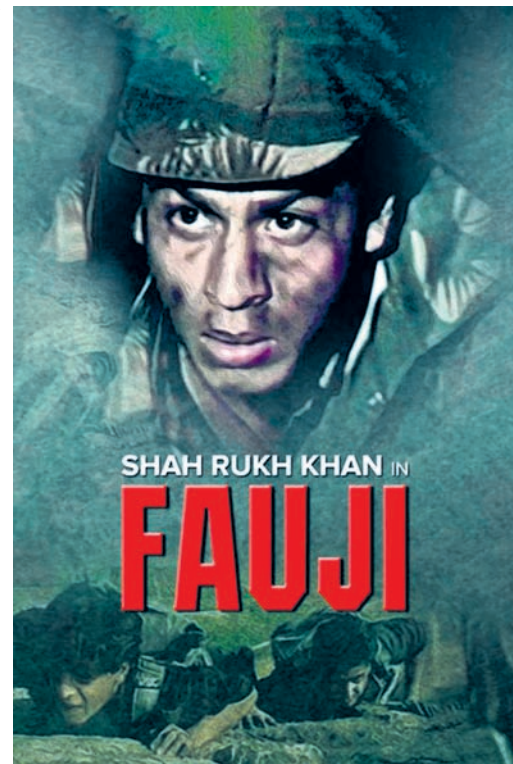
Doordarshan's Director General, Kanchan Prasad, said in a statement: "Fauji is a timeless classic that continues to resonate with audiences. As we look forward to *Fauji 2*, re-airing the original series is a perfect way to reconnect with the roots of this iconic show and celebrate its legacy before its next chapter unfolds."

Directed by Raj Kumar Kapoor, *Fauji* follows the training of an Indian Army commando regiment. It was Shah Rukh Khan's debut in television and the superstar essayed the role of Lt. Abhimanyu Rai.

Rakesh was supposed to play the center figure of the show, while SRK, was supposed to have been the second lead.

After SRK worked in *Fauji*, he was then seen in the TV series *Circus* by Aziz Mirza. He was then seen in the *Idiot*, *Umeced*, *Wagle Ki Duniya* and the English language film *In Which Annie Gives It Those Ones*.

IANS



Sanya's lack of interest in socialising

Actress Sanya Malhotra seems to be done with socialising for now as he revealed that she has done one year of mingling in just two days.

Sanya has been attending gatherings and parties including ace designer Manish Malhotra's Diwali bash. The actress took to her Instagram stories, where she shared a photograph of herself sitting in the backseat of her car dressed in a black outfit.

In the image, the actress is seen giving a thumbs up along with flashing a toothy smile.

For the caption, Sanya wrote: "Poore saal ki socialising in 2 dino mein karli".

Talking about work, the actress is with *Sunny Sanskari Ki Tulsi Kumar* alongside Varun Dhawan, Janhvi Kapoor and Maniesh Paul.

The film is an official remake of Atlee's 2016 Tamil film *Theri*. It also stars Keerthy Suresh, who is set to make her debut in Hindi films along with Wamiqa Gabbi, and Jackie Shroff.

IANS



A moving love story with stunning photography

Title: *The Cranes Are Flying (Letiat zhuravli)*
Year of release: 1957
Language - Russian (B&W)
Duration: 96 minutes

cinema in the Soviet Block particularly in Hungary, Czechoslovakia, Poland. In Hungary we see the emergence of Zoltan Fabri, Istvan Szabo & Miklos Jansco.

Czechoslovakia saw the emergence of Jiri Menzel, Milos Forman, Jan Nemecek, Vera Chytilova, Jaromil Jires among others. In Poland we see the emergence of Andrzej Wajda, Andrzej Munk and Wojciech Has. This period in Russia allowed film makers to depict the inner world of women during the war beyond the mandated lens of patriotism. Witness the scene of Boris' departure to the front, Fyodor (Boris' father) is dismissive of the factory cadres who have come to wish Boris farewell. The irony used in this scene would have been unimaginable during Stalin's time. The clampdown returns with Brezhnev taking power during the mid-sixties leading to a renewed 'thaw'. The democratic aspirations of the people are crushed, during 1968 in Prague, as soviet tanks roll in. Stephan's (Boris' friend) speech at the railway station, towards the end of the film, the dream of cessation of all wars, is shattered. In hindsight we know, now, renewed hostilities break out during the Cold War across the world causing millions of deaths.

Credits

Direction - Mikhail Kalatozov (1903-1973)

Cast - Alexei Batalov (Boris), Tatiana Samoilova (Veronica), Vasily Merkuryev (Fyodor Ivanovich), Alexander Shvornin (Mark), Antonina Bogdanova (Grandma), Svetlana Kharitonova (Irina).

Screenplay - Viktor Rozov

DoP - Sergei Urusevsky

Music - Mieczyslaw Weinberg

Sound - Igor Mayorov

Editor - Mariya Timofeyeva

Production design - Evgeniy Svidetelev



Subrat Beura

he doesn't like something, me neither. Of course, we tried to persuade each other, we argued. No one held anyone back, prompted, dictated. The graphic side of the picture de-

Moscow rail station amongst the teeming welcoming crowds.

The film was made during 1957, a period after Stalin's death. From the ending of the



About the director

Kalatozov was born in Tbilisi (modern day Georgia) in 1903. He studied economics before starting his film career in acting, cinematography and later direction. He was forced to withdraw from his profession after his film *Nail in the Boot* (1931) was banned by Stalinist censors. His final four films *Cranes are flying*, *Letter Never Sent* (1960), *Soy Cuba* (1964) and *The Red Tent* (1969) are among his memorable works. He passed away in 1973 in Moscow. *Cranes* won the Palm D'or at Cannes film festival. The film was also released in the US by Warner Brothers as part of US-USSR cultural exchange program.

ended on me, and Kalatozov attached great importance to that."- Sergei Urusevsky

There are moments of closure, as *Circles* completing – the beginning sequence of Boris' departure to the front and the victorious army welcomed back at the rail-station towards the end, a mass of people taking part in the making of history, contrast to Hollywood style storytelling. Here the individual is often powerless, caught up in forces beyond her control. Resolution, if any, emerges within large crowds, at the end we see Veronica accepting her reality at the

war (1945) till the death of Stalin (1953) there was a ban on any realistic depiction of war – only patriotic images were allowed to circulate in film, literature and photographs. A 'thaw' emerged, during Khrushchev's period, after his secret speech that criticised Stalin's mistakes during

WWII leading to millions of Russian deaths. The period of thaw continued till the mid 60s till the emergence of Brezhnev. This period saw a period of relaxed attitude towards cultural production, focus on housing and food provisioning, encouragement to the development of youth culture. We see a period of new energy in

We see a young couple frolicking, early morning, around town in Moscow. Boris (Alexei Batalov) a young engineer and Veronica (Tatiana Samailova) a hospital worker making plans to meet the next day. The next day - 22 June, 1941 - Germany invades Russia. Boris decides to volunteer at the battlefield; the only dilemma seems to break the news before Veronica and his family. Boris leaves his family and his sweetheart behind to fight for the motherland. Veronica stays behind, loses her family to the war, in turn, is adopted by Boris's family. Mark, a pianist and Boris' cousin is attracted to Veronica, forces himself on her during a bombing raid. We see both of them married, later, to the disgust of Boris's mother and grandma. Veronica secretly pines away for Boris as the war progresses, hoping to unite with him after the war, but will her dream stand scrutiny to reality.

The film was based on Victor Rozov's play *Alive Forever*.

Victor worked on the film's screenplay. The film is remembered for its remarkable images and use of sound to bring out the character's internal world to the screen. The cinematographer (Urusevsky) brings out the mobile camera that moves with the actors, as they navigate their surroundings.

Observe the departure scene of Boris, we see Veronica frantically rushing to meet him before he leaves to the battlefield, we see the camera inside the bus with Veronica, follows her among the crowds as she alights from the bus to cross over the street, the camera moves up to reveal a battalion of tanks trundling along the streets of Moscow on the way to the battlefield – all in a single shot. The faces are lit in a way that reminds of Danish filmmaker Carl Theodor Dreyer, the image compositions are off centre, diagonal and fast cutting evokes a sense of anxiety. Pay attention to the sequence when Veronica is running towards the railway station, during the later-part of the film, the images are off-centre, fast cutting with the camera moving with the actor creating a sensation of urgency, leading to a resolution with the three-year old Boris finding solace with Veronica, a tip to Russian filmmaker Sergei Eisenstein's famous *Odessa steps* sequence.

"The camera can express what the actor is unable to portray: his inner sensations. The cameraman must act with the actors. With us there existed a tacit right of veto. We didn't agree on it, it wasn't written down anywhere, but he knew: if I don't like something, he won't insist; if



Tejaswini

WANT TO BECOME A MODEL?

Send us your photographs at
features.orissapost@gmail.com