

AUGUST 8-14, 2021

SUNDAY POST

HERE . NOW

NAGASAKI DAY - AUGUST 9

The Survivors

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COVER STORY



Model-cum-actor Sonam Dash, set to make her debut as a heroine in Odia movie 'Mitali Apa', prefers to take long drives alone on Sundays.



With Sritam Das on the sets of Mitali Apa

An Hour For Body And Mind

I practice yoga religiously to keep my body and mind in sync. No matter what time I wake, I make sure to spend an hour practicing yoga.

Avid Gardener

I love to spend time in the company of plants I have grown in my terrace garden. I feel that flowers keep us stimulated and observing them from the stage of bud to bloom is a great feeling.

Solo Traveller

I love to go on long drives alone as solo travelling gives me freedom. If I am driving with another person, he or she automatically becomes my priority.

Binge-watcher

Often I miss my favourite movies or TV shows owing to my hectic work schedules. So it is on Sundays when I try to catch up on all the missed movies / shows, thanks to a plethora of streaming platforms.

Food Connoisseur

Being a native of Berhampur, I love good and home-cooked food. On working days I go for quick easy meals as I am not too finicky about food. But on holidays, I spend hours to prepare my favourite dishes to pacify the foodie in me.



With brother

Sibling Bond

My elder brother, with whom I share a special bonding, is my inspiration. On most Sundays, I call him and my sister-in-law and talk to them for hours.

Home Decorator

Sundays are meant for organising wardrobes, jewellery, kitchen & pantry and laundry stuff. I love to give a new look to my room every Sunday.



RASHMI REKHA DAS, OP

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

- Life is too short. Don't waste it reading my Whatsapp status.
- Always give your 100%, unless you're donating blood.
- Having one child makes you a parent; having two you are a referee.
- Did anyone ever notice that "STUDYING" is a mixture of STUDY and DYING?

MAN-ANIMAL BONDING

Dear Sir, 'Incredible Tales', the unusual stories of man-animal bonding was a highly enjoyable read. Kanhu's nurturing of 132 peacocks, Triman's deep concern and unflinching affection for the stray canines and Debabrata's camaraderie with the baby squirrel exemplify the unusual and amazing bonds of friendship forged on the basis of compassion, unconditional love and mutual trust. The box item on Saroj Raj Choudhury, the renowned wildlife conservationist-cum-environmentalist and his family's undying seven-year long bonding with Khairi, the domesticated tigress, made it a true collector's item. One fervently hopes that your weekly supplement carries a separate cover story on the exemplary contribution of this Padma Shri awardee and the inventor of the 'pugmark technology for facilitating tiger count' in preserving the wild cats of Odisha.

AMIT BANERJEE, NEW DELHI

LETTERS

A WORD FOR READERS

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



NAGASAKI DAY – AUGUST 9

The Survivors

BUDDHADEV NANDI

The conflagration of the great Second World War could hardly singe Hiroshima and Nagasaki before the doomsdays August 6 and 9 in the year 1945. In the morning of August 6, a B-29 airplane named Enola Gay dropped the first atom bomb called Little Boy over Hiroshima. August 9, another B-29 airplane named Bockscar dropped a nuke named Fat Man over Nagasaki. The two atomic bombs killed at least 0,000 people immediately and several thousands more in the years that followed.

Fortunately, Nagasaki so far has remained the last space on earth to suffer such devastation.

Ahead of Nagasaki Day August 9, a day observed across the globe to promote peace and create awareness about the threat of nuclear weapons, Sunday POST takes a look at those who survived the worst kind of destruction ever unleashed by humans on earth.

Etymology of Hibakusha: About 650,000 survivors of atomic explosions, recognised as Hibakusha by the Japanese government, were destined to bear the testimony of the tragic end of the World War II. The Japanese word 'hibakusha' is a compound of three words 'hi' (affected), 'baku' (bomb) and 'sha' (person). Any victim of bombs was earlier described as hibakusha in Japanese. But the meaning of the word hibakusha has now been reduced only to atomic bomb survivors of the Hiroshima and Nagasaki explosions that marked the end of the World War II.

Hibakusha Population: There were 1,36,6 2 hibakushas as of March 31, 2020, with an average age of nearly 4 years bearing the sole testimony of the atomic fallouts, whereas, the other signs

of ravages of Hiroshima and Nagasaki are almost recuperated. However, as per the recognition of Japan government about 1 of these unfortunates have illnesses caused by radiation. People recognised as hibakusha are granted with a certain amount of allowance per month excluding those certified as suffering from bomb-related diseases having received a special medical allowance.

On the other hand, the memorials in Hiroshima and Nagasaki maintain lists of the names of hibakushas who are known to have passed away since bombings. The list is updated annually on the anniversaries of the bombings. So far, the names of more than 510,000 people have been recorded as hibakusha as of August 2020 by the memorials. Of them, 3,24,119 belong to Hiroshima and 1 5,9 2 to Nagasaki.

Categories of Hibakusha: The Atomic Bomb Survivors Relief Law has categorised hibakusha according to the intensity of their exposure to radiation: People exposed directly to the bomb and its immediate aftermath People exposed within a 2 km radius who entered the sphere of destruction within tow weeds of the explosion People exposed to radioactive fallout generally and those exposed in utero, whose mothers were pregnant and belonging to any of these defined caterories.

Nearly two third of them have already died of cancer, whereas, thousands are still undergoing treatment in Red Cross hospitals. Besides, the parental genetic damage is another great concern to the future generation of hibakusha. Truly speaking, they are the incarnation of human resilience and fortitude.



Three days after dropping the first atom bomb on Hiroshima, the US released the second one on Nagasaki that claimed thousands of lives instantly and several thousands more in the years that followed

QUOTES TO REMEMBER

If the radiance of a thousand suns were to burst at once into the sky...That would be like the splendour of the Mighty One...I am become Death, The shatterer of worlds

J. ROBERT OPPENHEIMER | WARTIME HEAD OF THE US'S LOS ALAMOS LABORATORY AND KNOWN AS THE 'FATHER OF THE ATOMIC BOMB'

If I had foreseen Hiroshima and Nagasaki, I would have torn up my formula in 1905.

ALBERT EINSTEIN | GERMAN-BORN THEORETICAL PHYSICIST

76 years since the last atomic bombing, let us remain committed to ensuring Nagasaki is the last place on Earth to suffer such devastation.

ANTONIO GUTERRES | UN SECRETARY GENERAL

Science has nothing to be ashamed of even in the ruins of Nagasaki. The shame is theirs who appeal to other values than the human imaginative values which science has evolved.

JACOB BRONOWSKI | UK BOMB STRATEGIST DURING WORLD WAR II

Hiroshima and Nagasaki were atomized at a time when the Japanese were suing desperately for peace.

DAVID DELLINGER | AMERICAN PACIFIST AND ACTIVIST FOR NONVIOLENT SOCIAL CHANGE



A few survivors of Nagasaki

Social Discrimination & Recognition Crisis

To add plight to their hapless situation, hibakusha who withstood radiation exposure not only suffered ailments but also discrimination because of the stigma labeled on them by the Japanese out of ignorance about the effects of radioactive contamination. In 1945, very little was known about the effects of radioactive contamination. It was bruited that the radioactive exposure was like an infectious disease. They fell victim to discrimination and were found ineligible for work and marriage. There was nothing more appalling than the first silent decade the hibakusha had gone through, after the atomic explosion. As the Secretary Law was in effect and the US withheld records, even the existence of hibakusha was brazenly denied.

Fight for World Peace

In 1956, an organization "The Japan Confederation of A-and H-Bomb Sufferers Organizations" called Hidankyo was formed by hibakushas. The aims of the organisation were to pressurise the Japanese government to improve support of the victims and lobby governments for the abolition of nuclear weapons from the face of the earth. Submitting to the pressure mounted by hibakusha, the Japan Govt. passed Hibakusha Aid Law and established medical services for them in 1957. Hidankyo's role against war aggression cannot be diminished, too.

Hibakusha are considered extraordinary human being who are not phased out by despondence and despair. They have perceived through their excruciating agony and suffering that the nuclear holocaust must not be reenacted in the earth. In the annual Treaty on the Non-Proliferation of Nuclear Weapons (NPT) review conferences, Hidankyo members do not fail to delineate their traumatic experiences to rekindle the memories of the participating countries and remind them with the impending danger of nuclear wars. Swiss based International Peace Bureau (IPB) in its nominating letter in favor of Hidankyo for the 2015 Nobel Peace Prize wrote, "Over 70 years they have made the choice of activism, unceasingly recounting their experiences and struggles and working constantly for a total ban and the elimination of

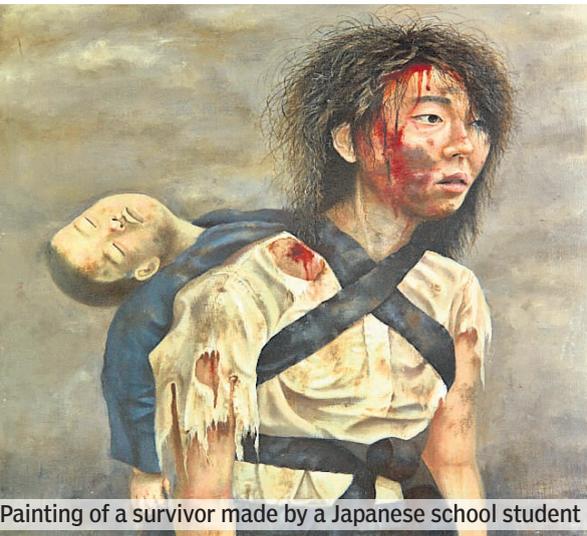
nuclear weapons, appealing to governments and peoples all over the world."

Sadako Sasaki: Sadako Sasaki, recognised as the most famous Hibakusha who was exposed to nuclear radiation at the age of 2, survived the atomic bombing of Hiroshima and later contracted leukemia. Her determination to live after nuclear radiation has been recognised as the epitome of human resilience and fortitude. Inspired by the Japanese legend "If you fold 1000 paper cranes (origami cranes) your wish will come true as a wish granted by the God," Sadako attempted to fold only 644 cranes before she became too restless to fold any more, and died in her sleep on the morning of October 25, 1955, knowing her family will always be there. Her friends and family helped finish her dream by folding the rest of the cranes, which were buried with Sadako. She has left her legacy after the death. The Children's Peace Monument, a statue based on the true story of Sadako Sasaki, is dedicated to the memory of the children who died as a result of the bombing. Students and teachers of today's generation inspired by Sadako story, learn to fold paper cranes.

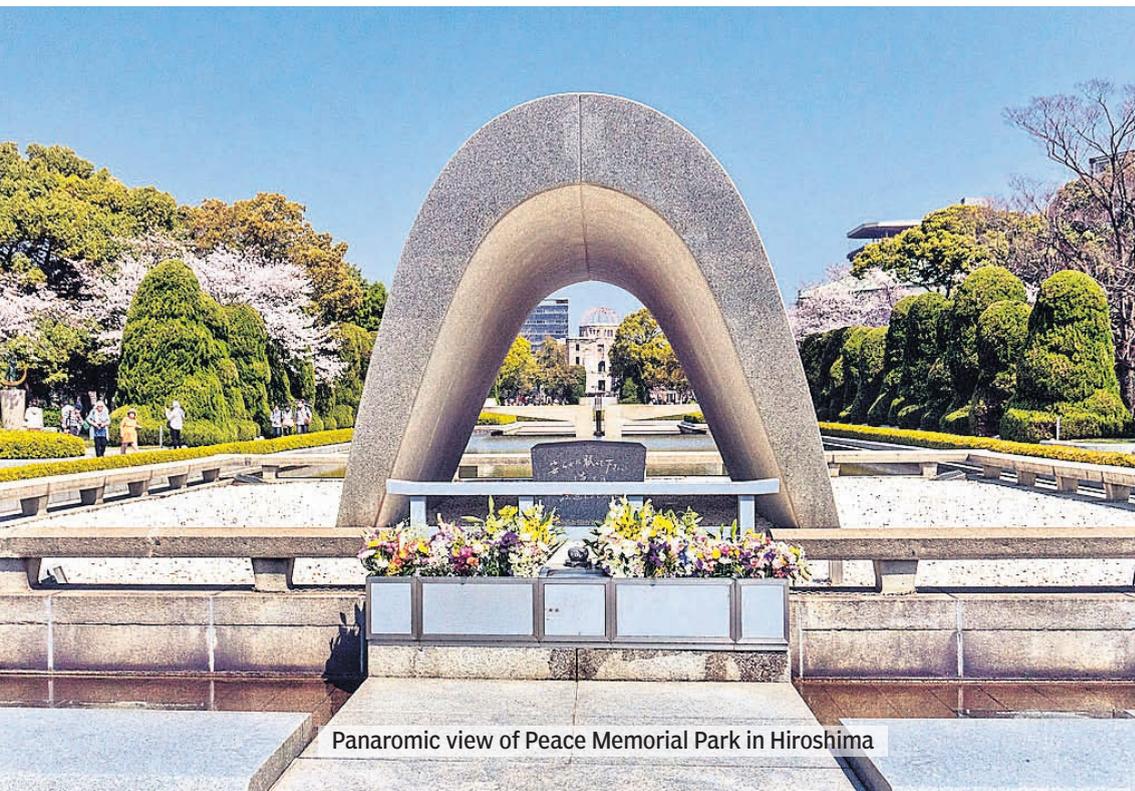
Unfortunately, discrimination against people as hibakusha, the survivors of 'unforgettable fire' still continues. It has been reincarnated after the radiological catastrophe at the Fukushima Daiichi nuclear power complex.



Sadako Sasaki



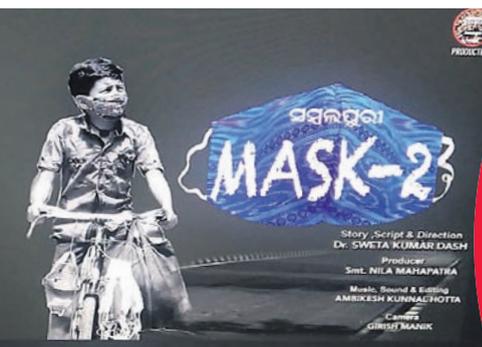
Painting of a survivor made by a Japanese school student



Panoramic view of Peace Memorial Park in Hiroshima

FACT SHEET

- The bombings led to the deaths of at least 150,000-246,000 people
- Initially, there were five Japanese cities on the US's initial hit list and Nagasaki was not one of them
- The bombs were detonated in the air
- The bombs that fell on Hiroshima & Nagasaki were based on very different designs
- The US Air Force dropped pamphlets in Japan before the bomb attacks
- The effects of the bomb attack last to this day
- UN adopted the Treaty on the Prohibition of Nuclear Weapons to make sure it never happens again
- The UN Treaty on the Prohibition of Nuclear Weapons holds great significance for the Hibakusha
- Oleander is the official flower of Hiroshima as it was the first plant to blossom again after the atomic bomb blast
- In Hiroshima's Peace Memorial Park, a flame burns continuously since it was lit in the year 1964



'Not awards, winning viewers' heart is my priority'

BUREAUCRAT-CUM-FILMMAKER SWETA KUMAR DASH SAYS, HE PREFERS TO HIGHLIGHT IN HIS FILMS ISSUES SUCH AS CASTE SYSTEM, MIGRANT LABOURER AND PROBLEMS OF THOSE WHO STAND IN THE LAST ROW OF SOCIETY

RASHMI REKHA DAS, OP

An Indian film getting international recognition is no mean feat. Then, what to say about someone who has so far bagged as many as 13 awards at various international film festivals? It is quite an achievement for Odia filmmaker Sweta Kumar Dash.

At a time when people avoided wearing masks, Sweta, a senior officer of Odisha Administrative Service (OAS), took it upon himself to change their mindset through films. His short film *Mask*, released in May last year, has so far won 13 prestigious awards at various film festivals across the globe while its sequel *Mask 2*, released in June this year, too has created a buzz in festival circuits. He has also bagged the Odisha State Film Award for his short film *Sani* in 2019. In a tete-a-tete with **Sunday POST**, the bureaucrat-cum-filmmaker talks about his passion and future plans. *Excerpts:*

On the journey so far

Hailing from Pathara village of Ganjam district, I left for Delhi after my graduation and did my MA, MPhil and PhD in Political Science from Jawaharlal Nehru University. At present, I am posted as a Joint Secretary in SC & ST Development department, Government Odisha. This is all about my profession. Speaking about my creative journey, I started watching films from a very early age when none in my friend circle had an idea about cinema. Gradually, it became a passion and I also wanted to reach out to the viewers with my ideas

through films like other filmmakers. I am quite happy to achieve that to some extent despite my professional obligation. Apart from making *Mask* and its sequel, my short film *Sani, the son of river Mahanadi* has also won a State Film Award in the Best Short Film category in 2019. Besides, it also received several national and international awards. I was also the creative director of Hindi film *Delhi Bus*, made on the backdrop of the Nirbhaya incident.

On favourite subjects

I prefer making short films on social issues such as the caste system, migrant labourers and on those who stand in the last row of society. Besides, I make an effort to offer solutions to various problems of the society. Basically I make films having a clear message for society.

On striking a balance between filmmaking and bureaucracy

Working in government is my profession while making films is a passion for me. I am happy to strike a fine balance between the two. I use holidays and days-off to work on films as I hardly get time to explore my creativity during weekdays. As a senior officer, I often have to deal with social issues which help me in scripting my films.

On childhood and tryst with films

I don't remember when I started watching films. But my parents say I used to enjoy movies patiently when I was a kid. So, I always wanted to be a filmmaker. Though I couldn't make it my full time profession,

I am happy that my present profession has helped me realise my dream of becoming a filmmaker. I got into the entertainment industry because of my own interest and experience as none from my family is remotely connected with filmmaking.

On awards and felicitations

My sole intention behind making films is to win the hearts of the viewers through social awareness, not to win awards. However, it motivates me when my efforts are recognised by the jury at festivals.

On challenges of filmmaking

It is certainly a challenging task as the director has to maintain a balance between technical and non-technical teams. I also faced problems in making films during Covid times. Another challenge for me was at the beginning of my career as a director. I started making films in 2014. Before that, I used to write scripts and dialogues.

On future projects

Currently, I am working on two films- *The Healing Touch* and *My National Flag* - both based on social issues. Shootings of the films have been completed and they will be released ahead of Independence Day.



Major awards for Mask franchise

- Special Mention Jury Award in Social and Economic Justice Film Festival at San Francisco
- International People's Choice Award at the Quarantine Image Film Festival-2020 in Argentina
- Best Inspirational Film Award at Istanbul Film Festival
- Best Short Film at London Shorts Film Festival
- Best Inspirational Short Film Award and Audience Choice Award at Makkho International Film Festival, Pondicherry



A VOICE FOR THE VOICELESS

There is no dearth of animal lovers in Bhubaneswar but not many care for the stray animals like Triman Sehgal does. Every night, over 70 dogs and other stray animals wait for her to get their dinners. Sehgal also feeds cats, bulls, birds, squirrels and mongooses and takes care of their medical needs and what's more, she even offers them respectful burials after their death.

In a quick chat with **Sunday POST**, the prominent animal rights ac-

tivist reveals how she manages to do so many things.

How would you describe your works with stray animals?

My work for stray animals is much like offering to the god. I would say, it is a spiritual experience for me. It teaches me how to be more loving, compassionate and understanding. For me, the stray animals are my teachers as they teach me never to hate but love, never give up in life and to have faith and hope.

How did it all begin?

It started when I took up a few papers from the Philosophy department in my MSc anthropology syllabus on environmental philosophy and animal psychology and adopted

three rescued dogs in Pune as children.

How do you manage so many animals and their expenses?

I cook food for them - chicken, rice and fish for the cats and roti for bulls and cows. I spend nearly Rs 30,000 a month on their food. There are other expenditures also that include medicines, vaccination, buying belts and chains and utensils for People for Animals (PEA) activities. The expenses are met from the contributions of my family members and friends. This apart, we run Gurprasad Nursery, a nursery of rare plants, which also works for conservation of nature. Besides, at Gurprasad Natural Remedies, we teach Iyengar Yoga to the enthusiasts for good health and healing. The proceeds are spent for the welfare of animals.

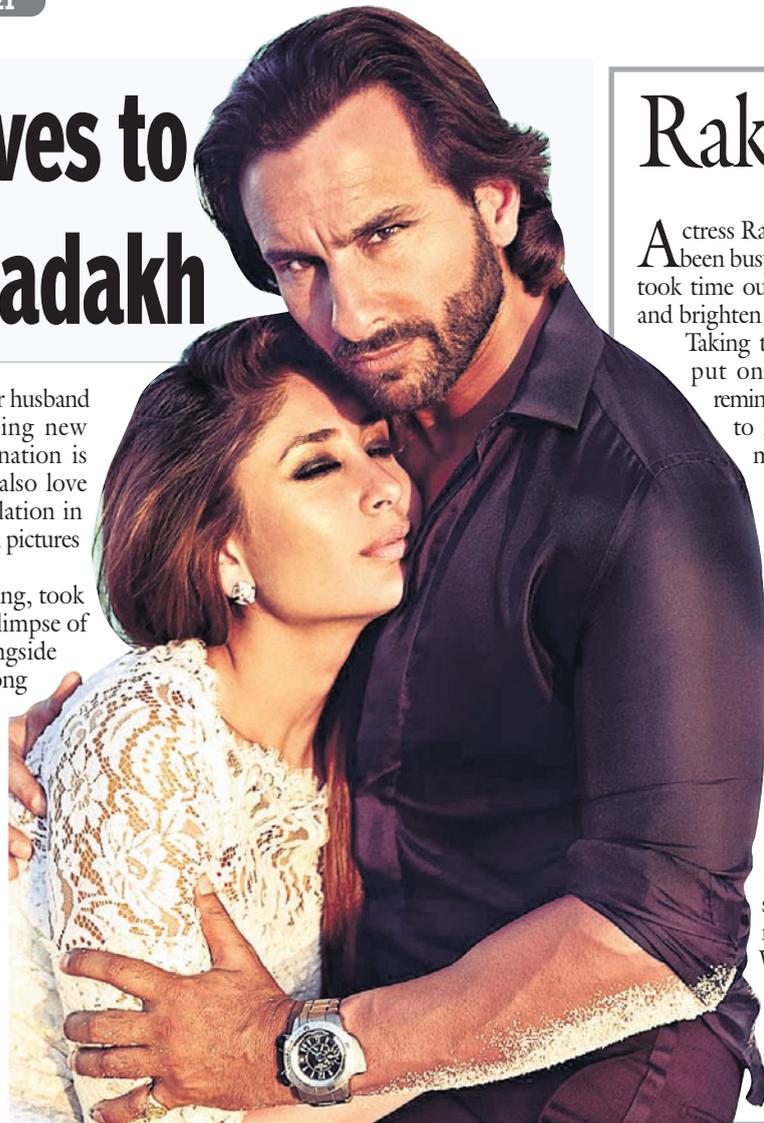
Saifeena loves to holiday in Ladakh

Actress Kareena Kapoor Khan and her husband actor Saif Ali Khan love exploring new destinations and their favourite destination is Switzerland. But did you know they also love Ladakh? Bebo recently made this revelation in her brother-in-law Kunal Kemmu's travel pictures from Ladakh.

Actor Kunal who is currently travelling, took to his Instagram handle and shared a glimpse of his trip from Mumbai to Ladakh. Alongside a reel video with Mohit Chauhan's hit song *Phir Se Ud Chala*, he wrote, "First time in the land of passes so excited to be here. It's been a dream for so many years #ladakh #leh".

To this, Kareena rushed to the comment section and wrote, "Finallllly Kunalllll...me and saifu love love love Ladak ...miss us ...". Kunal replied to the comment with a red heart emoji.

Interestingly, Ladakh seems to be a special place for Kareena and Saif who shot their first film together *Tashan* in Ladakh. The two fell in love on the film sets and the rest is history. AGENCIES



Rakul spreading smiles

Actress Rakul Preet Singh, who has been busy with her film schedules, took time out to spread some smiles and brighten up her fans' timelines.

Taking to the Gram, the actress put on her best smile while reminding her fans and friends to laugh and live a little more.

"Laugh until your belly hurts and then just a little bit more," she wrote in her caption.

Rakul has been shooting for her next film with Ayushmann Khurrana titled *Doctor G*.

The *Junglee* Productions film that also stars Shefali Shah, will be a college drama set in the backdrop of a medical institute campus. While Ayushmann will be playing the role of Dr Uday Gupta, Rakul will be seen as Dr Fatima, a medical student.

Apart from *Doctor G*, Rakul also has *MayDay* with Ajay Devgn and Amitabh Bachchan. Rakul will play the role of a pilot in the film currently slated for an April 29, 2022 release. She will also be teaming up with Ajay for *Thank God* that will co-star Sidharth Malhotra.



AGENCIES

Manoj anchors for TV series

Actor Manoj Bajpayee is anchoring three episodes of real-life crime drama series *Crime Patrol Satark*.

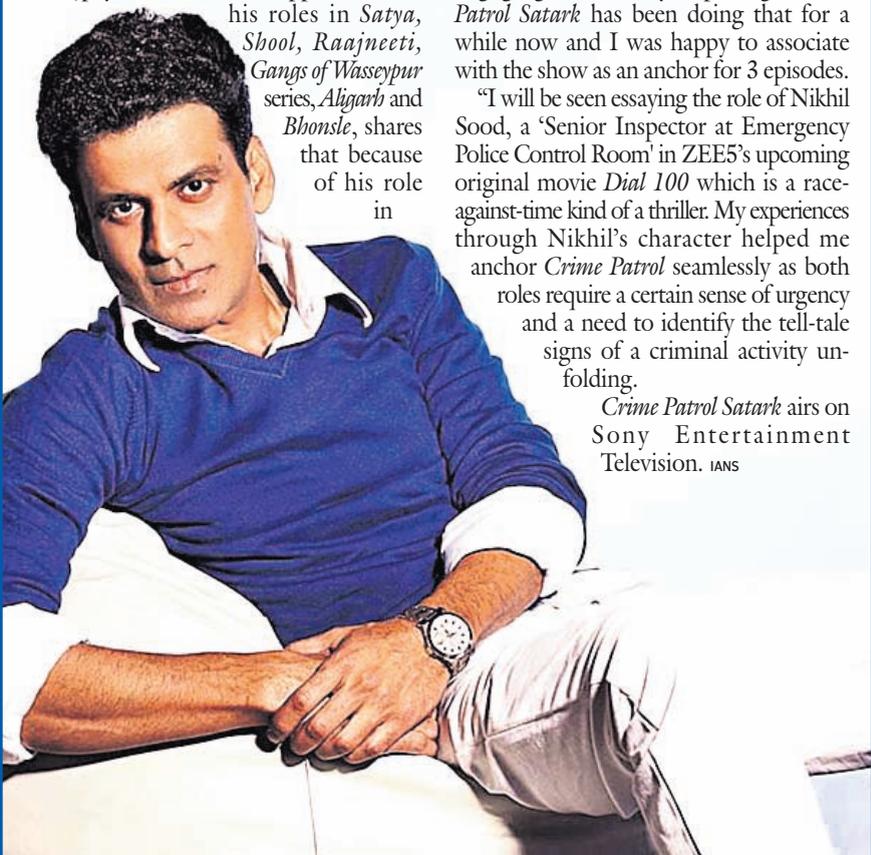
Bajpayee who has been appreciated for his roles in *Satya*, *Shool*, *Raajneeti*, *Gangs of Waseypur* series, *Aligarh* and *Bhonsle*, shares that because of his role in

Dial 100, he got an idea about crime and thus it helped him in doing this show.

He says: "Crime as a genre is not just engaging but also eye opening. *Crime Patrol Satark* has been doing that for a while now and I was happy to associate with the show as an anchor for 3 episodes.

"I will be seen essaying the role of Nikhil Sood, a 'Senior Inspector at Emergency Police Control Room' in ZEE5's upcoming original movie *Dial 100* which is a race-against-time kind of a thriller. My experiences through Nikhil's character helped me anchor *Crime Patrol* seamlessly as both roles require a certain sense of urgency and a need to identify the tell-tale signs of a criminal activity unfolding.

Crime Patrol Satark airs on Sony Entertainment Television. IANS



Kiara on rumoured boyfriend Sidharth



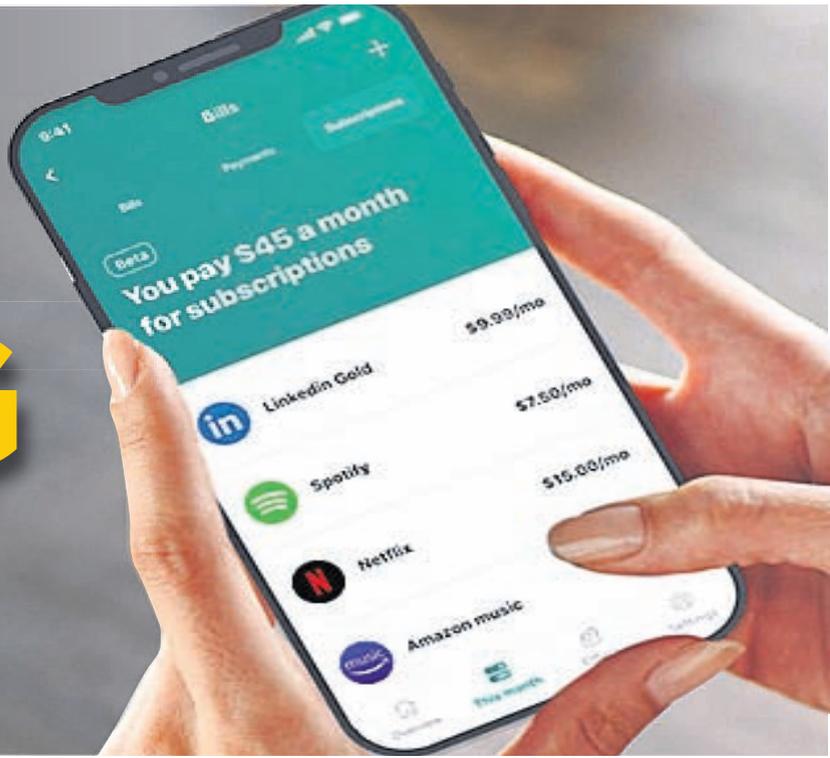
With films like *MS Dhoni*, *Kabir Singh*, *Good Newwz* amongst several others, Kiara Advani has managed to impress the audience with her choice of films. Having completed seven years in the industry, the actress feels 'excited' as an actor to be offered the kind of roles, she is being offered today.

The actress is currently gearing up for her upcoming release, *Shershaah*, which is based on the life of Param Vir Chakra awardee and army captain Vikram Batra. Kiara, who will be seen playing the role of Vikram Batra's fiancée Dimple Cheema in the film, has collaborated with her rumoured beau Sidharth Malhotra for the first time in this film. Fans of both the actors are quite excited to watch them together. Recently, in an exclusive interview, Kiara spoke about her equation with Sidharth as a co-star and a friend.

"As a co-star, Sidharth is extremely driven and focused. He loves to prep a lot and does a lot of readings. That's very similar to the way I like to work on a film. So, in that sense, we got along very well. As a friend, I'd say he is one of my closest friends in the industry. I think, even as a friend, he's full of life and always fun to be around," gushed Kiara.

AGENCIES

Apps for TRACKING EXPENSE



Rent, utilities, equipment, furniture, inventory, licenses, insurance, marketing, staff – small businesses incur all sorts of expenses. It's essential that you keep careful track of all your spending to make sure you stay on budget, but not every business has access to the best accounting software. Fortunately, thanks to an explosion of quality money-tracking apps, it's now easier to track your expenses than ever before. We researched dozens of popular expense tracking apps to bring you our top picks for 2021.

Expensify



Available on Android and iOS devices, Expensify is great for making expense reports on the go. A must for frequent business travelers, Expensify allows you to take photos of receipts and manually log expenses. When you take a photo of a receipt in Expensify, the app automatically reads the receipt and translates it into a logged expense. In addition, you can organise your expenses by categories, like mileage, travel and food. Best of all, Expensify is free for individuals and just \$5 a month for teams.



SAP Concur

SAP Concur is the perfect business expense reporting app for established (and growing) small and midsize businesses. In addition to the ability to track expenses, SAP Concur has built-in workflows for employee reimbursement, submissions and approvals, invoice tracking, vendor payments, travel booking, and more. The great thing about SAP Concur is that you can build it out however you want, and it charges you accordingly (based on features and number of users). SAP Concur is also a great choice because the company offers a suite of products for small businesses, so you can add more functionality as you need it. The app is free and available on iOS and Android for existing Concur customers.

Wally

Wally is a colourful app with lots of great expense-tracking functionality. You can use Wally on an iOS device, and the basic version of the app is free. Like in other expense-tracking apps, you can take photos of receipts directly in Wally or enter expenses by hand and categorise them accordingly. Wally also tracks your income for you and offers you projected savings for each month. With its focus on personal rather than business finance, Wally is a good fit for people who run microbusinesses or side hustles.



FreshBooks

FreshBooks is a comprehensive cloud-based accounting program that starts at \$7.50 a month for a single user and five clients. However, if you own a small business, we recommend the \$25-monthly plan. This plan allows an unlimited number of clients and an extra staff member, and it offers several useful project management tools. You can access FreshBooks on any iOS or Android device as well as your laptop, making it a good option for entrepreneurs who want a fully functional accounting package that also has mobile expense-tracking abilities.



Mint

Mint is one of the best expense tracker apps known for personal finance tools – and a great option for microbusinesses or side hustles. Mint is free, supports a wide range of banks and lenders, and helps in expense tracking, bills and credit monitoring, and budgeting. It's available on iOS and Android.

Goldy



PHOTO: KUMAR SHARAT, OP