

NOVEMBER 1 - 7, 2020

SUNDAY POST

HERE . NOW



WORLD VEGAN DAY - NOVEMBER 1

LIVE and let LIVE

P
3,4 COVER STORY



Fish lover

I love non-veg dishes especially fish items to satiate my taste buds. So, I rush to market early Sunday morning to get fresh fish of my choice to have a scrumptious lunch.

Theatre is life

Rehearsing with students at Natyagram, the theatre village set up by my theatre group Natya Chetana makes the most of my Sunday. I also hardly missed any opportunity to witness good plays in city auditoriums during pre-Covid days.



Working on a project

Eminent theatre director and playwright Subodh Patnaik rehearses with his students in theatre village Natyagram on most Sundays

Film maniac

I love watching a few offbeat movies and some entertaining programmes on television till late night on weekends.

Planning for future

I make sure to make a to-do list for next week on Sundays. I remain so occupied with theatre activities that often fail to manage other things if I don't plan in advance.



RASHMI REKHA DAS, OP



Subodh with his students

TRUE TRENDSETTERS

Sir, I liked the cover story 'Unleashing Women Power'. It is a perfect tribute to women who are no less than real-life goddesses. They are courageous, powerful and incredible. Their achievements speak volume of their determination and hard work. I am inspired by Rajalaxmi Das who decided not to marry to look after her parents. It was amazing to learn that she lit her parents' funeral pyres after their death. Not all daughters are given this opportunity. Besides, the effort of Niroja Laxmi Mohapatra to better the future of prisoners' kids is really praiseworthy. Her concerted efforts of years have yielded results as many of them have got jobs while some others are pursuing higher education and technical courses. Last but not the least, Kasturi Patnaik is an inspiration for women who got divorced and went into depression without thinking about their parents.

GOUTAM PALIT, BALASORE

PURE PHENOMENON

Sir, This refers to article 'Boy Genius' appeared in last week's Sunday POST. I was taken aback to know that at the age of six, Venkat had developed an app named Let's Reward Kids for shaping desired behaviour among kids and won Silicon Valley Challenge to travel Google head office, California. At a time when children spend most of their time playing in parks or watching their favorite superhero movies, he made Odisha proud by giving a 45-minute talk on programming and coding skills for more than 450 first year students of Chennai Institute of Technology during a bridge course. The boy has already become a phenomenon at an early age and I am sure the write up will inspire many to follow his path.

SATYABHAMA SAHOO, 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 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



WORLD VEGAN DAY - NOVEMBER 1

LIVE and let LIVE



Veganism has changed his life and he hasn't suffered from any serious illnesses after maintaining a plant-based diet, claims Bijaya Kabi, director of Action for Protection of Wildlife and Animals

RASHMI REKHA DAS, OP

Today is World Vegan Day and the objective of celebrating the occasion is to spread awareness on the benefits of veganism. This practice is not just about diet, it is a way of life which discourages the vegans from eating and using

all animal-sourced products like egg, honey, milk among others and from consumption of animal flesh.

With adoption of a plant-based lifestyle is at an all-time high across the globe, **Sunday POST** speaks to a few vegans to ascertain the benefits of veganism.

Turning from someone who couldn't live without paneer, curd or milk for a day to going vegan was challenging for Cuttack-based **Lipsa Behura**. She

says, "I was a vegetarian for the last 12 years but turned vegan about four months ago. I always wanted to be a vegan but couldn't overcome the



lures of dairy products. However, I decided to stop consuming milk after learning that dairy farming mostly involves forceful impregnation of the cows. During the lockdown, I took a resolution to go

vegan."

She continues: "My decision, however, made others unhappy at home. My parents tried their best to make me drink milk but in vain. Later, I came to know that cows, in most dairy farms, are forcibly made pregnant through artificial insemination to increase milk production in a shorter span. Though we are told to worship cows as Gomata in our books, we end up ill-treating them for our benefits. When cows fail to produce milk, they are sent to slaughterhouses for meat. According to nutritionists, there are several alternatives to meet the vitamin deficiencies in the human body than consuming animal-sourced products. We can have soya milk, soya paneer instead of cow milk. If you follow vegan lifestyle, you will certainly remain fat-free."

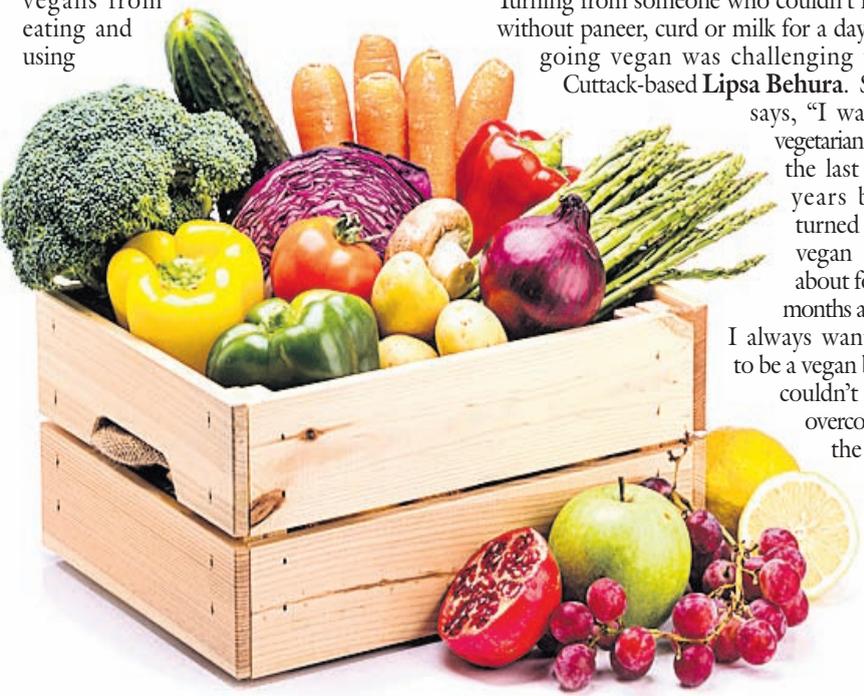
Bijaya Kabi, director of Action for Protection of Wildlife and Animals who also leads Odisha Veg Outreach campaign, says "I believe that veganism rests on the idea that humans are compassionate beings and

it is in their nature to choose kindness over killing. Killing an animal for the sake of our pleasure is not acceptable. We should inculcate the art of showing compassion to every animal among kids so that they would follow vegan lifestyle."

Bijaya and his team members visit schools, colleges and corporate houses in Cuttack, Puri and Khurda on Mondays and create awareness on the harmful impacts of eating non-vegetarian food on human beings. Earlier, he was a non-vegetarian but went vegan after seeing the sufferings of the animals following the Super Cyclone in 1999. He managed to rescue many animals from drowning with the help of his friends. After that he developed a strong liking towards the animals and their well-being. Later, he was not able to eat mutton curry and other non-vegetarian foods. Subsequently, he turned vegan.



"God has created human beings not to eat flesh which is why we don't have long and sharp canine teeth like other carnivores. But unfortunately people don't opt for vegan diet despite knowing the adverse impact of eating animal meat," laments the animal lover.



FAMOUS VEGANS

Around a time when going vegan is trending across the world, several Indian celebrities have also adopted this lifestyle. Let's find out who they are



AMITABH BACHCHAN

Megastar Amitabh Bachchan gave up non-vegetarian fares and inched towards a better way of life in 2000. Needless to say, his state of fitness, energy and focus, even at this age, is enviable.



JACQUELINE FERNANDEZ

Jacqueline Fernandez has always been up in arms against cruelty against all animals. A vegan since 2013, Jackie also helped the ban of Victoria carriages(horse-drawn carriages) in Mumbai. She gave up meat in 2013, and since then, it has always been the green way of life for her.



AKSHAY KUMAR

The Khiladi star is the most recent addition to the list. It has only been a month or two since Akshay shifted to a vegan diet. Also otherwise known to eat clean and less spicy food, we can't wait to see how he takes to it.



AAMIR KHAN

It has been over three years since Aamir turned vegan following an episode with his already vegan wife Kiran. It was a one-hour video by a doctor talking about 15 most-common, life-threatening diseases which can be avoided by making dietary changes which pushed Aamir to make the shift.



VIRAT KOHLI

Back in 2018, Virat finally adopted veganism and joined his wife Anushka who already followed a vegan diet. He has since undergone a serious physical transformation and admitted that it has improved his fitness and game.



SHAHID KAPOOR

Even though Shahid swore off non-veg while dating Kareena, it was a book by Brian Hines called Life Is Fair that finally inspired Shahid to switch to veganism a few years ago.



R MADHAVAN

One of the most dedicated, oldest practising vegans in B-town, Maddy has been very vocal about his support towards animal rights and even received a PETA Person of the Year in 2012.



VIDYUT JAMMWAL

One of the fittest and most active actors in the industry, Vidyut has often credited his vegan lifestyle for his ripped body. He has even publicly spoken about going vegan and said, "Being vegan helps me keep fit. I love the way I feel."



Veganism has changed his life and he hasn't suffered from any serious illnesses after turning vegan, claims Kabi.

Anshuman



Aditya Safar, a fourth year student at National Law University, says "I was a strict non-vegetarian despite my birth in a family where non-vegetarian foods are not allowed. I picked up this habit in the company of my school mates.

However, after watching several documentaries on animals' sufferings, I realised that eating meat is also animal abuse and I was part of it. Also, in many dairy farms, newborn calves are separated from their mothers after a few days of their birth. This is done to collect more milk from cows which is a ruthless act. After learning about these facts, I became a vegan. Now, I am taking only a plant-based diet."

On advantages of becoming a vegan, he adds that a plant-based lifestyle certainly prevents massive killing of animals and can help people achieve optimal fitness levels.

Reema Dhawan, a 50-year-old chartered account from Bhubaneswar, was just a vegetarian until she came to know about the unpleasant practices followed in dairy farms.

"I learnt that calves are taken away from their mothers to boost milk production. Cows are also fed a diet laced with chemicals which reduces their life span. Such atrocities against the animals made me turn vegan for



a week on an experimental basis. However, there was no looking back after that," she explained. On the benefits of turning vegan, she adds: "I could manage to shed a few kilos after maintaining a plant-based diet. I am no longer suffering from abdominal bloating. With most sweets, cakes, biscuits and milk chocolates disappearing from my plates, I am feeling quite healthy now. Being vegan has certainly many benefits but it should be a choice driven by values."

EXPERT OPINION

Dr Tapan Dixit, a Bhadrak-based doctor, says "Following a vegan lifestyle is tad tough. If paneer, milk and curd are ruled out from our food menu, proper planning must be done in consultation with an expert to ensure there is enough protein and calcium in our diet."

No vegetarian diet is complete without a bowl of curd or raita, a glass of milk after dinner. While vegetarians would enjoy dishes made using

paneer and cream, vegans will depend on other sources of protein which will be plant-sourced. So, there is a possibility of deficiency of protein, calcium, iodine, Vitamin B12, Vitamin D, and Omega 3 fatty acids in the body after saying no to dairy products. Before hopping on the vegan bandwagon, it is essential to consult with a nutritionist and have a proper diet plan, advises Dr Dixit.



TAPAN DIXIT





The Unsung Warriors

SOME SHG MEMBERS HAVE MADE SAVINGS FROM THEIR MEAGER EARNINGS WHICH THEY INTEND TO DONATE TO THE CHIEF MINISTER'S RELIEF FUND FOR COVID MANAGEMENT IN THE STATE

DEVI MOHANTY

Thirty-something Anju Dhar of Malkangiri, a sleepy town of south Odisha, is quite happy. And she has reasons for this. Anju and the other members of Maa Tarini SHG have successfully taken up the challenge in the fight against Covid 19 by stitching approximately 60,000 face masks for public use. Anju is the president of the group.

According to her, the 10-member group had received orders for face masks from different offices at block and district levels and the court. "We also involved other women and girls, mostly poor, from our vicinity in the job. Each of us is happy to earn some amount," Anju says. "More than money, it's the satisfaction level that motivates us to work harder and perform our best," she adds before speeding away on her scooter for some work.

Acknowledging the crucial role played by the SHGs in Covid management, a senior functionary at Odisha Livelihood Mission (OLM) in the Naxal infested Malkangiri district says, "There was a short supply of face masks. The demand was high because the influx of migrant workers had already begun." So, seventeen SHGs in the district, having prior training in sewing were assigned the tasks of mask production. Most of them are from very poor families and have little education.

According to this officer, initially, the (pure cotton) masks the SHGs stitched were distributed for free among the large number of returnee migrant workers from Andhra Pradesh and Chhattisgarh at the check (entry) points of the district. "The skilled (in sewing) women workers returning home from other states were also engaged in the initiative," the officer added.

Forget the members of SHG groups of inaccessible pockets, even majority of her colleagues based at Malkangiri district headquarter town, hasn't ever been, as Anju says, to a large town, like Bhubaneswar or Cuttack. They are not complaining, either.

Nor, are the many-other than those from the coastal districts- among the roughly three thousand women of the 219 SHGs (Anju's

group included), from 24 districts of Odisha, who have been actively engaged in mask production in Covid days. With support and guidance from Mission Shakti, OLM and Odisha Rural Development and Marketing Society (ORMAS) which looks after the marketing part, they have so far stitched and sold over 2.5 million face masks and achieved a turnover- according to a senior officer at ORMAS- of around Rs 5 crores.

In the process, these women have proved that education, exposure or economic status don't serve as the only catalysts for one to make a mark against odds, or in tough times.

From supplying masks to a few Covid hospitals to creating awareness in some rural pockets on how one could protect against the coronavirus infection, these women have been at the forefront.

However, it's not been an easy journey. Many of them (around 70-80) have been infected with Covid 19 virus; all have recovered. But, Covid has failed to dampen their spirit.

Last week, after a long, hectic day, marked by brief spells of drizzles and repeated sprinkles, a visibly tired Sanjukta Bhutia, Chairperson of Bhubaneswar based Trishakti Mahila Parishad- which markets masks made by 62 SHGs from some districts- was beaming from ear to ear. Weather had caused problems in the arrival of masks from distant SHGs. However, Bhutia and her fellow members managed to successfully deliver the first in-



stallment (66,000) of the total (1.2 lakh) face masks to public sector coal major, Mahanadi coalfields limited (MCL), just before sunset. They dispatched another 33,000 to the company October 26. The total order value: Rs 24 lakh.

According to Bhutia, they have another bulk order, though of a lesser value. Their group also runs a retail outlet in front of the SIRD campus, Bhubaneswar. This outlet has sold over 3.8 lakh masks for approximately Rs 46 lakh.

A member of this group, who is well versed with the transactions at the outlet, says, though the highest one day sell had crossed Rs. 1.9 lakh a few months ago, on an average its average per day turnover has been around Rs 15000-20,000. During April- August period, the outlet witnessed the maximum footfall.

Incidentally, for a brief period, before the retail counter was set up in April, the SHG members ran a mobile van and home delivered masks. They also distributed 8000 masks in some areas, for free.

Available in different colors, sizes and designs, the cotton (mostly of Sambalpuri cloth) masks made by the SHGs are reasonably priced between Rs15-45. According to a source at ORMAS, even some groups in tribal dominated Nabarangpur and Mayurbhanj districts tried and have successfully made similar to N95 masks with all its specifications.

"Once you visit our counter, you'll surely come again," says Rajalaxmi Jagadev in between showing masks to customers. Pointing to a three layer mask, she claims, "We sell this at Rs 40, but the same will cost Rs 60 in the market."

Perhaps, Jagadev is not wrong. Former bureaucrat Aurobindo Behera, who has purchased masks, more than once, from this outlet says, "The masks are really good, can be used multiple times after washing." Job aspirant, Manisha Nayak, 21, is equally satisfied with the quality of masks she had picked from these women. "I have got masks for my family, I also gifted a few to some of my relatives in Delhi. They too liked it," asserts Manisha.

Interestingly, these women have made savings from their meager earnings which they intend to donate to the Chief Minister's relief fund for Covid management in the state. "Everyone should come forward and contribute in this moment of crisis," Bhutia thinks.

Buoyed by the success of the experiment and positive response from people, ORMAS is planning to widen the scope of the all-women's enterprise. It's all set to install kiosks at district headquarters and all cities in Odisha. These kiosks will deal with Covid protective materials: besides masks, sanitisers, hand wash, ready to use Kadha and its ingredients. All made by the SHGs.

"We are thankful to the government departments (OLM, ORMAS, Mission Shakti) as well as everyone associated in this venture," Bhutia says, adding, "Once the entire order (MCL) is delivered we will invite all the women group members and organise a party." They, surely, deserve that.



ANNE SAYS SHE IS NOT SURE ABOUT HAVING THIRD CHILD



Actress Anne Hathaway is happy with two healthy kids, and says she is not sure about expanding her family right now, especially when the world is a scary place.

Hathaway, who had welcomed her son Jack almost 11 months ago, opened up about her family during Jimmy Kimmel Live!, reports *people.com*.

Her older son is Jonathan, and Kimmel pointed out the alliteration.

“Are you angling for me to go for a third and name him Jimmy?” Hathaway joked after the host told her he and his siblings also all have ‘J’ names.

On a serious note, she added: “I don’t know,” on the subject of having another child.

“The world is really scary. Some minutes, I’m like, ‘Yes, absolutely’, and some minutes the world scares me too much and I think I’ve got two healthy ones and that feels really great. So I don’t really know yet,” she added.

IAN S

Launching of Mana Mora Kagaja Gudi



At a time when there is no sign of opening of cinema halls anytime soon, launching of Odia movie *Mana Mora Kagaja Gudi* has brought some cheers to movie-lovers.

The muhurat ceremony of the film was held at Suna Dei Temple near Nicco Park here Tuesday.

With Bhoomika Dash and Rakesh Deo in the lead, the movie is being helmed by debutant director Dibyajyoti Patra under the banner of Sumitra Entertainment.

“This is a woman-oriented thriller. I am playing a character who had a

traumatic childhood and that makes her addicted to drugs,” said Bhoomika when asked about her role.

Director Patra said, “This is not a remake of any South Indian movie and I expect it to entertain the viewers.” Shooting will start in the second week of November, informed producer Sibira Kumar Parida.

“Cancellation of shooting had left many in the Odia film industry jobless which is why we decided to work on this movie following the guidelines laid down by the government,” he added. ARINDAM GANGULY

Jacqueline decodes her life mantra



Actress Jacqueline Fernandez has shared her life mantra with fans on social media.

Jacqueline posted a string of stunning pictures on Instagram. In the images, she is seen sporting a white tie-up crop top paired with burnt orange shorts as she strikes various poses on her bed.

“Follow your bliss! Even when the world says no!,” she wrote on the image.

In one image she is seen sitting on the bed and has a magazine in her hand.

Alongside the image, she wrote: “Change your thoughts, change your life.”

Jacqueline posted a picture on Instagram where she is seen in a police attire.

In the image, the actress holds a coffee mug and flashes a grin.

Jacqueline will next be seen with Salman Khan in *Kick 2*. She also has *Bhoot Police*, which features Saif Ali Khan and Arjun Kapoor, followed by *Cirkus* alongside Ranveer Singh. IAN S

‘Item songs not just about skin show’

Actress Karishma Tanna features in the dance number *Basanti*, in the upcoming film *Suraj Pe Mangal Bhari*. Her song was released Wednesday.

“We were certain that we didn’t want skin show in the song. We wanted to focus on my expression, dance and other artistes in the song, and the song itself. An item song doesn’t mean that you need to show skin,” Karishma said.

Karishma features in the song along with Manoj Bajpayee, who is one of the lead actors of the film. The dance has been shot in the 90’s style.

“I had a blast shooting the song. When I heard the song, I instantly found the song fun-loving, and I was excited for the fact that we got such legendary lyrics. Working with Manoj was an amazing experience. I know him personally and now I got the chance to work with him,” said Karishma about sharing screen space with the National Award-winning actor.

The film is directed by Abhishek Sharma, who is known for his social comedies, and is set to release this Diwali. IAN S



Scrumptious fusion

PAV BHAJI

INGREDIENTS

- Potatoes: 1½ cups chopped
- Green peas (fresh or frozen): 1/2 cup
- Chopped cauliflower: 3/4 cup
- Chopped carrot : 1/2 cup
- Onion (chopped): 3/4 cup
- Ginger garlic paste: 1 tsp
- Tomatoes(chopped): 1¼ cup
- Capsicum(chopped): 1/2 cup
- Red chilli powder: 1½ tsp
- Turmeric powder: 1/4 tsp
- Cumin-coriander powder: 1 tsp
- Pav bhaji masala powder: 1 tsp
- Lemon juice: 1 tsp
- Oil: 2 tsp
- Butter: 2 tsp
- Butter for serving
- Coriander leaves, finely chopped: 2 tsp
- Pav buns: 8
- Salt to taste



BREAD PIZZA

INGREDIENTS

- Bread slices: 4
- Mozzarella cheese: 1 cup
- Black Pepper: 1 tsp
- Sweetcorn: 1 cup
- Butter: 50 gms
- Pizza sauce as per taste
- Capsicum: 1
- Onion: 1
- Tomato: 1
- Salt as per taste

PROCEDURE

Take four slice of bread and put butter on them at one side. Spread pizza sauce and whatever you want to add on the topping you can. But I am taking here finely chopped onion, capsicum, tomato, sweet corn, for topping. Now add some salt, black pepper and red chilli flakes. After that grate mozzarella cheese on them as much you want. Grease the pan or Tawa with butter and place the bread on it and cooked them for 5 min on medium flame until the cheese melt. Now pizza is ready. Enjoy yummy pizza. ■

PROCEDURE

Take all the vegetables listed in the ingredients. Wash them in running water and cut them into small pieces. Transfer chopped potato, cauliflower, carrot and green peas into a 2-3 liter capacity pressure cooker. Add 1/2 cup water and salt to taste. Close the pressure cooker with a lid and cook over medium flame for two whistles. Turn off the flame. Open the lid after pressure releases naturally; it will take around 5-7 minutes. Mash the boiled vegetables gently with potato masher or using the backside of a large spoon until little chunky texture. You can mash cooked veggies into a texture you like – with small chunks or smooth with no chunks at all. The texture of your bhaji would depend on how you mashed the veggies. Heat two tablespoons oil and two tablespoons butter together in a pan over medium flame. Add chopped onion and ginger-garlic paste. Sauté until onion turns translucent. Add chopped capsicum, chopped tomato and salt. Sauté until tomatoes and capsicum turn soft. Add 1½ teaspoons red chilli powder, 1/4 teaspoon turmeric powder, one teaspoon cumin-coriander powder and one teaspoon readymade pav bhaji masala powder. Stir and cook for a minute. Add 3/4 cup water, mix well and cook for 2-3 minutes. Add boiled and mashed vegetables and 1-teaspoon lemon juice. Mix well and cook for 4-5 minutes. Taste for the salt at this stage and add more if required. Turn off the flame. Add chopped coriander leaves and mix well. Bhaji is ready for serving. Cut the pav buns horizontally into halves. Heat tava over medium flame. Add a tablespoon of butter and place halved pav buns over it. Shallow fry both sides until light brown spots appear, it will take around 30 seconds for each side to turn light brown. Transfer to the plate. Shallow fry remaining pavs. Transfer prepared bhaji to a serving bowl and garnish with a cube of butter. Serve hot with butter roasted pav, sliced onion and lemon wedges. ■



Anjali

PHOTO CREDIT: KUMAR SHARAT