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SUNDAY POST

HERE . NOW



BANE TURNS BOON

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COVER STORY





Actress Sthitapragnya who will be seen romancing actor-choreographer Harihara Dash in 'Sabu Ei Love Pain', loves to do riyaz for long hours on non-working Sundays.

Early riser

I love to wake up early every day and Sunday is no exception. Being a classical singer and dancer, I do riyaz of various ragas. That apart, I practise classical dance for three hours to hone my skill.

Fitness freak

Being a dentist and fitness enthusiast, I make sure to do yoga, meditation and running to remain in shape.



With parents

Shopaholic

Shopping is something I enjoy the most. I prefer Sundays to go shopping and buy stuff for everyone in the family.

Family time

In our family, we hold a 'satsang' every week. So there are no parties for me on Sundays. Besides, we enjoy dining together and spend quality time with each other.



With cast and crew of Sabu Ei Love Pain

Foodie

Usually I don't don a chef's apron but on Sundays I take control of the kitchen and cook some select vegan dishes for my family.

Cinephile

Watching movies on various streaming platforms is my favourite pastime on non-working Sundays.

RASHMI REKHA DAS, OP

OLD IS GOLD

Sir, I liked the cover story Nostalgic Tales and agreed with Dr Pravas Acharya's opinion that people used to wait for hours to watch shows on television in the 1980s which is not the case today. Though many TV serials are having repeat telecasts these days, people mostly avoid them as they are far from convincing and not suitable for family viewing. I used to watch television during the 1990s. The craze was such that I would bunk classes to watch serials like *Swabhiman* and *Shanti*. Now-a-days, actors are more concerned about their make-up and costumes than getting into the skin of the characters they portray. I really miss those days of watching shows like *Hum Log*, *Buniyaad*, *Nukkad*, *Mitti Ke Rang* and many others.

SAMBHABANA SAHOO, KOLKATA

LOCAL FLAVOUR

Sir, I am glad that **Sunday POST** has started publishing shooting and launching reports of Odia films which had been missing in Tinsel Town page for a long time. After the government's nod to shooting of films and serials, Odia entertainment industry is abuzz with activities. It is heartening to learn that these reports are getting their due space in the Tinsel Town page along with reports from Hollywood and Hindi film industry. Now, I expect that the practice will continue in the coming days also. The interview of Odisha-born Telugu actress Sindura Rout also made for a good read. On the other hand, I was pleasantly surprised last week to see my favourite actor Barada in My Sunday segment.

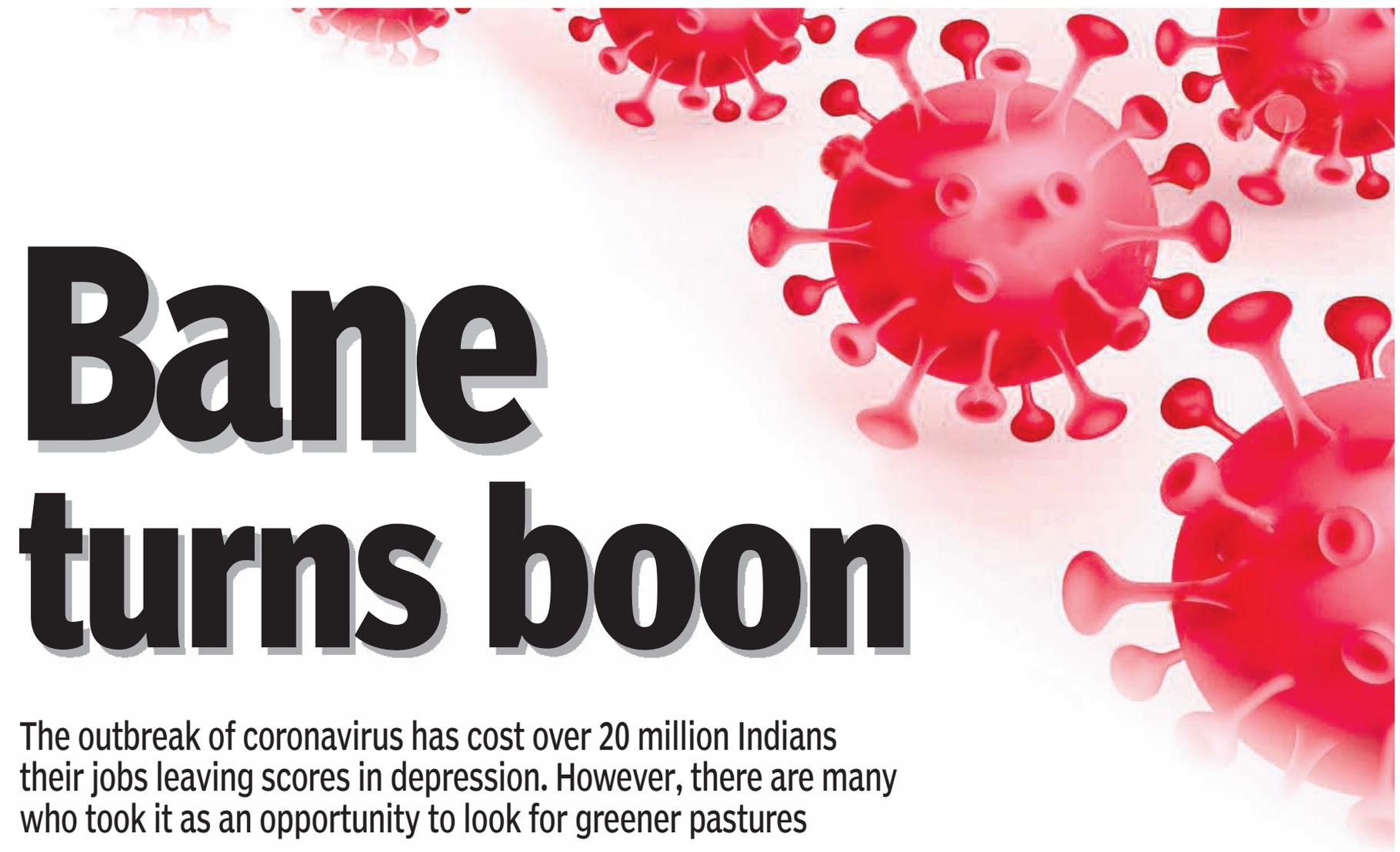
AMAR JENA, KENDRAPARA

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



Bane turns boon

The outbreak of coronavirus has cost over 20 million Indians their jobs leaving scores in depression. However, there are many who took it as an opportunity to look for greener pastures

RASHMI REKHA DAS, OP

About a month ago, Dipak Swain, an electrical engineer from Paradip, was asked by his company to tender his resignation. His services were no longer required, he was told. It came as a rude shock to Dipak who was hired less than two years ago. Dipak, a 25-year-old software engineer, was one of the several thousand jobless whose dreams have already been shattered while many still face layoffs due to the outbreak of coronavirus. As many as 21 million salaried jobs have been lost between April and August, according to a recent report by the Centre for Monitoring Indian Economy (CMIE). Job loss and pay cuts have become an order of the day since

the imposition of lockdown leaving many youngsters in a state of depression. However, there are some youths who were not bogged down by the situation. Moreover, they used it as an opportunity and explored other avenues. **Sunday POST** talks to some of them who came out stronger after their job loss. Sushant Sahoo of Bhubaneswar was working with an NGO as state youth coordinator and living comfortably till the outbreak of the pandemic. He never thought he would render jobless overnight. "I was asked to go on leave in April during the lockdown and not to be called back again. Then, I tried to find jobs in other sectors, but in vain. I also had no savings for such a

lean phase. Earlier, my wife used to run a beauty parlour and take art classes. So, life was easy. But drying up of all sources of earning after the lockdown left us in dire straits. I had other financial obligations too. The condition was such that we couldn't pay the house rent," he said. But Sushant didn't feel depressed and

entrepreneurial couple is enjoying their new profession. "My income got doubled after I got into this. We are selling eatables worth Rs 50,000 every month. Now we are all set to venture into grocery business. Apart from snacks, we are also selling various types of badi, papad, turmeric powder and different types



Sushant and Anasuya packing eatables for sale



Anasuya busy making 'badi'

decided to fight back. His wife was a good cook and the couple decided to prepare snacks and sell them making door-to-door visits. "Initially, we distributed snacks among our friends and relatives who later recommended our products to their connections. Gradually the business picked up pace and we could create a space for ourselves in the market." Sushant and his wife have been delivering snacks to as many as 100 families apart from other interested customers. The business is growing steadily and the

of oil." His wife Anasuya says, "Nothing is impossible in this world if you have the will to get success. We used to earn Rs 9,000 per month from my art classes and Rs 20,000 from beauty parlour. After imposition of the lockdown, I had to down the shutters of my parlour and art classes while my husband was asked to go on a leave. We were hit with a double whammy. But he didn't lose heart and took it as an opportunity to do something different and prosper."



Kasturi in her kitchen

Multitalented Kasturi Patnaik is another case in point. She was working as a special educator in a Bhubaneswar-based hearing therapy clinic. After the lockdown, she became jobless as people stopped coming to the clinic. Being a professional, Kasturi couldn't sit idle for too long. It was then she decided to showcase her culinary skill by launching her start-up *Petafull*, a door-to-door food de-

livery service. Today Kasturi has succeeded in creating a space for herself among the food lovers of

Bhubaneswar. "After I stopped going to the clinic, I was almost in depression. As I was idling at home, I thought of cooking food and delivering them at people's door steps to make some money. To my surprise, I not only became popular among the foodies, it also gave me a new identity," said Kasturi.

Initially Kasturi provided food to her close friends including a few food bloggers and lovers. They supported Kasturi and helped her reach out to several groups of avid food lovers. "I started getting orders from all parts of the city and my friends made it possible for me. They helped in launching my start-up and developing the contacts. During the lockdown period, my father used to pay rent for me. Now I am happy that I am in a position to pay the house rent. I



Ishwar busy making masks



Ishwar at his workshop

am no more depending on my father for anything. Now I am earning Rs 50,000 a month from my start-up. I have employed two persons to assist me. I would like to attribute my success to my friends who believed in me and supported me like anything."

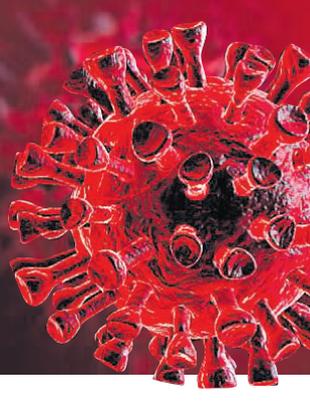
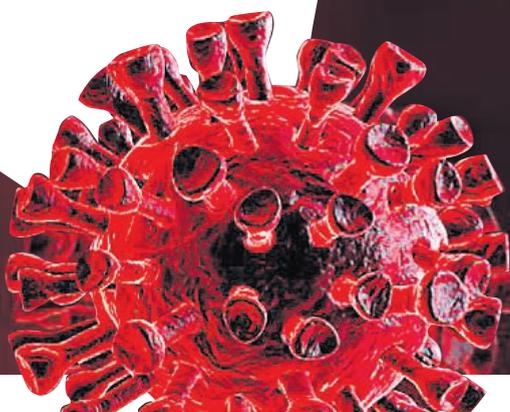
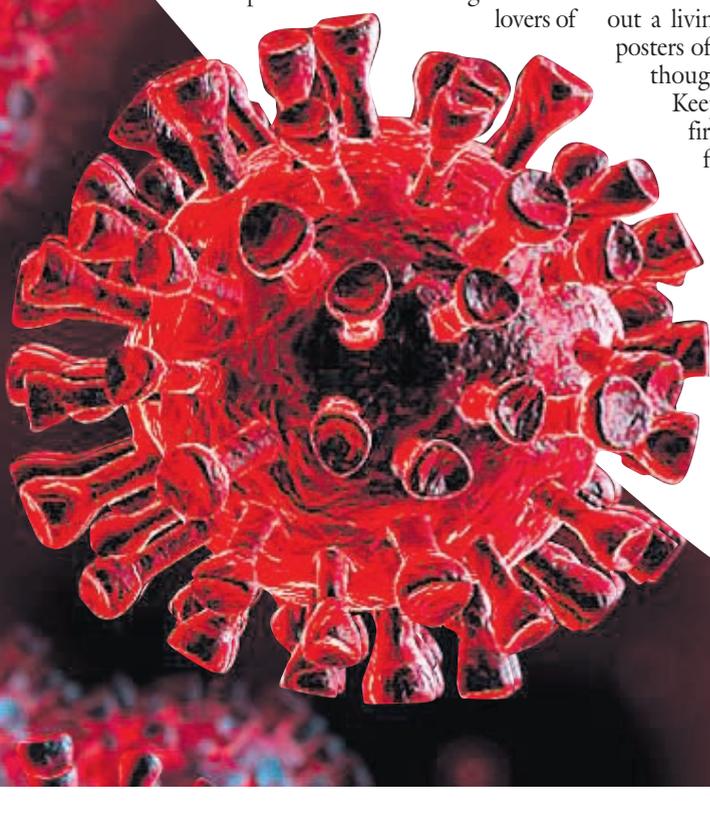
Cuttack-based graphic designer Ishwar Sahoo was working with a software farm as a graphic designer and was happy in his life. The farm faced closure soon after the government declared lockdown. Needless to say, he too was in a state of panic like many other job losers. At

this hour of crisis, Ishwar explored his other skills to eke out a living. He was popular in his locality for making posters of cinemas, TV serials, and advertisements. So, he thought of opening a shop to cash in on his skill. Keeping in view the enormity of the pandemic, he first prepared 3-D masks having images of the face of the user. Then he came up with rakhi packages which were sold like hotcakes with customers from across the state and other states like Chhattisgarh, Gujarat, Delhi and Bangalore placing orders. With a growth in business, he has now employed a few other people who earn a living from this project.

About his journey from an employee to an employer, Ishwar says, "When I was working with a private firm, my monthly salary was only Rs 20,000. So, I would say the pandemic situation has been a blessing in disguise. Now I am earning more than Rs 50,000 a month. Earlier, I was a mere employee but now I am happy that I have managed to create earning opportunities for a few others. I would like to owe my success to my friends Mukesh and Sesadeva for being with me in my bad time and boosting my morale when I was feeling low."

He continues: "The outbreak of coronavirus has taught me a lesson. I have learnt to accept the harsh reality. The job loss didn't affect my morale as I got the unflinching support from my friends. After getting fired, I embarked on a new journey. I became quite popular for selling 3D masks and special rakhi kits online during the time of crisis. I did not charge extra for home delivery."

Recently, the company sent a request letter to Ishwar asking him to rejoin but he humbly refused the offer.



BALASORE-BASED NINA SINGH QUIT TWO HIGH-PAYING JOBS - FIRST, AN OAS OFFICER IN THE STATE GOVERNMENT AND SECOND, A DGM IN A MAJOR STEEL AND POWER PLANT - TO MAKE A CAREER IN PEARL FARMING AND STEVIA PLANTATION

Treading paths less travelled

RASHMI REKHA DAS, OP

Shunning a flourishing career as bureaucrat to turn an entrepreneur is not for everyone. At least not at a time when aspirants leave no stone unturned to grab a government job. However, Balasore-based Nina Singh is one of the rare few who quit secure jobs twice to do something unique and innovative in life.

She has been into freshwater pearl farming and growing Stevia plant, a sweet herb devoid of calories and diabetes risk since 2013. Needless to say, Nina has carved an enviable space for herself as a woman entrepreneur in the state.

Before embarking on a career on pearl culture, Nina worked as an Odisha Administrative Officer for 12 years and as a DGM in Jindal Steel and Power Limited for two years. Asked about the reason behind quitting the jobs, she says, "The cushy job, fat salary and stable life were not my objectives. Since my childhood, I wanted to venture into unexplored territory. I took the plunge as I was not happy inside despite leading a luxurious life. So, I decided to change profession."

Expectedly, Nina didn't get the family support after she quit the jobs. But she was determined to make her mark.

How did the idea of pearl farming come to you? To this question, Nina shares: "I had done my Ph.D in Zoology and was a research scholar. I came across the concept of pearl farming when it was not very popular in India. But I took the risk of starting my own startup to grow and sell pearls. I got training at a Kerala-based private pearl growing farm and launched it in Odisha."

However, the task was not an easy one. Her first two attempts to grow pearls ended in failure. So, she took another



With South African Sugarcane growers at her Stevia nursery

round of training from Central Institute of Freshwater Aquaculture in Bhubaneswar.

Speaking about her incredible journey, she continues: "The initial days were tough as everybody in the field was secretive on the right method of farming. So, I decided to grow pearls in a small area with maximum production. I started with 500 mussels spending Rs one lakh but only 30-40 of them survived. My second attempt was a complete failure as not a single mussel survived. But I could make a profit of Rs7-8 lakh on third occasion. Since then, there was no looking back. I initially started the culture of pearl in transparent buckets, followed by culturing it in cemented tanks and then in ponds of various sizes."

Nina, on the prospect of pearl business in Odisha, says, "It is pretty discouraging as there are a few takers for pearls here. You have to create your own market. I have been exporting pearls to three states — Rajasthan, Maharashtra and Delhi where pearls are in great demand. Lack of proper marketing for pearls and shortage of mussel varieties are major hurdles in Odisha."

On what could be the reason why less people are taking

interest in pearl culture, Nina says, "It takes nearly two years to get good quality pearls. It is a long time which is why farmers are not taking active interest in pearl culture. Besides, getting good quality mussels and identifying the market are also big issues."

Nine, for her entrepreneurship, has been conferred with Prof. M.C Nandeeshia Farmer's Innovation Award by Asian Fisheries Society, Indian Branch and felicitated by CIEA, Indian Council of Agricultural Research (ICAR).

Nina's saga of success does not end here. She is also a torch bearer in manufacturing Stevia. "Stevia is a natural sugar free sweetener, which is an alternative to sugar. Keeping in view the growing rate of obesity and diabetes among the Indians, I came up with the idea of entering into the Stevia field. My primary objective was to contribute in reducing the cases of diabetes and obesity by popularizing the intake of Stevia in the diet", says Nina.

Nina continues: "We have developed Stevia Tea, Stevia Drinks, Stevia liquid drops, Stevia sweet premix and stevia sweets among others. Stevia is not only a zero calorie sweetener but also has zero glycemic index under the brand name of "STEVISAN". It will be available in the market from the month of November onwards. That apart, we have developed improved cultivars of Stevia plants by phenotypic selection and we are into propagation of this improved cultivar and we distribute it throughout India. Our variety of Stevia provides 10-12 per cent total Steviol glycoside, which is considered to be one of the best varieties. Having said this, we have a roadmap to go for large scale plantation of Stevia in Odisha and set up an extraction unit thereafter thus, having a holistic approach of Stevia, its cultivation, extraction and formulation."

Her startup Tisyaa Agri Venture is also into frozen fish product manufacturing that sells stuff such as fish finger, fish

nuggets, fish cutlets, prawn wontons, prawn tempura, prawn popcorn and prawn butterfly and ready to eat items like fish pickle and prawn pickle.

"We have started marketing PAN India under the brand Fish Cruncho. We have started our endeavour but it is yet to come up full-fledgedly because of COVID-19," says Nina who is also an MBA and has a Bachelor's degree in law.



Nina's Stevia farm and pearl unit (right)

Raveena goes camping in serene Himalayas

Actress Raveena Tandon has gone camping in the lap of the Himalayas. The *Mohra* actress took to Instagram, where she posted pictures from the trip along with her family.

“Camping in the mountains! #liveyourdreams #liveyouradventure #glamping #himachal . In the lap of the Himalayas #lifelife-tothefullest,” Raveena captioned the image.

Raveena also celebrated Diwali away from home this year. A day ago, she gave a glimpse of her Diwali celebration during her Himachal getaway. She was joined by her kids.

“Our #online Diwali, shooting in Himachal, and the kids have joined me for their diwali vacay! Doing the #aarti online with the hubby and all parents in mumbai! missing



the South Africa and Goa wallahs,” Raveena had written.

On the work front, the *Shool* actress is set to return on screen soon in the upcoming film *KGF Chapter 2*, a follow-up to the 2018 Kannada blockbuster, *KGF: Chapter 1*, starring Yash.

IAN S

Rakesh-Anubha pair to team up in *Tu Mo Kamazori*



Muhurat ceremony of new Odia movie *Tu Mo Kamazori* was held recently in Sai Temple here at Patia.

Directed by Santosh Biswal, the triangular love story has Rakesh Deo and Anubha Sourya playing the lead. Lipika is doing the other female lead in the movie, said director Biswal.

Prem Anand scores the music while the lyrics are penned by Basantraj Samal, Nirmal Nayak and Subrat Swain. Popular singers Humane Sagar, Ananya Sritam Nanda, Diptirekha Padhi, Asutosh, Sabishes and Debabrata have lent their voices to the melodious songs, production house sources said. The film is being produced by Bhargabi Tripathy, Tiki Pattnaik and Lingaraj Patra.

ARINDAM GANGULY

Sushmita repeats her clothes, shoes

Actress Sushmita Sen says she cannot live with the idea of spending big amounts of money on clothes or shoes just to be photographed once in it, and that is why she likes to repeat what she wears.

“As many have come to see the way I dress, I am hardly conscious about the fashion critics while picking my outfits. Whether it is with heels or clothing, comfort is my top priority,” Sushmita said while talking about how fashion has evolved for her.

“I may not always get the praise from the fashion police, but my fashion is for me and I am very comfortable with it. I also repeat my clothes and my shoes as I cannot live with the idea of spending big amounts of money just to be photographed once in it,” she added.

After her appearance in the 2015 Bengali film *Nirbaak*, Sushmita made a comeback earlier this year in the web series *Aarya*.

IAN S



Taapsee professes her love for bikes

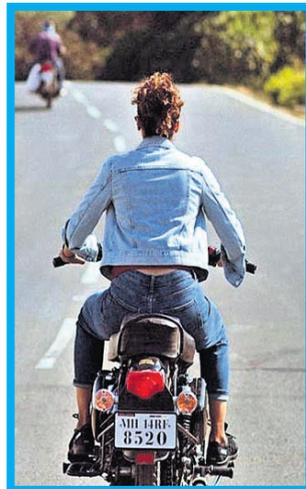
Actress Taapsee Pannu recently shared a picture on Instagram that captures her riding a motorcycle. She claims the photo was taken right before she was fined for not wearing a helmet while riding the vehicle.

“Just before I was fined for no helmet,” she wrote as caption, with the tags #BikeLove, #RashmiRocket, and #ShootThrills.

Rashmi Rocket is Taapsee’s upcoming film, which casts her as a runner from the Rann of Kutch who fights for her identity and becomes an athlete. Actor Priyanshu Painyuli will be seen playing Taapsee’s husband in the Akarsh Khurana directorial.

Apart from *Rashmi Rocket*, Taapsee will also be seen in *Shabaash Mithu* and *Haseen Dillruba*.

IAN S



CHICKEN DELIGHTS



CHICKEN TIKKA

INGREDIENTS

- Boneless chicken pieces: 250 gms
- Beaten yogurt: 1 cup
- Salt - to taste
- Red chilli powder: 1 tsp
- Turmeric powder: 1/4 tsp
- Ginger garlic paste: 1 tsp
- Garam masala powder: 1/4 tsp
- Crushed kasoori methi: 1/4 tsp
- Lemon extract: 1 tsp
- Edible oil: 1 tsp
- Red food colour: 1/4 tsp
- Onions cut into cubes: Two
- One green capsicum cut into cubes
- Two tomatoes deseeded and cut into cubes
- Oil for shallow frying: 2 tsp

OTHER

INGREDIENTS:

Satay sticks/kabab sticks or wooden skewers for stringing chicken and diced veggies

FOR GARNISHING:

- Lemon wedges
- Freshly chopped coriander leaves
- Onion rings

PROCEDURE

Wash the chicken breast and cut into medium size chunks. Apply salt, butter, lemon juice and red chilli powder on the chicken pieces and keep aside for 10-15 minutes. In the meantime, chop the methi leaves thinly, boil in little amount of water and drain aside. Combine the boiled methi, spinach, coriander-mint leaves, ginger, garlic and green chilies. Grind into a smooth paste. Now add curd and spices in ground paste of leaves and coat the chicken pieces very well in it. Cover the marinated chicken and keep it aside at least for 20 minutes, so that chicken gets the aroma and flavors of green paste and spices. Soak the wooden skewers in normal water for about 4-5 minutes. Apply some oil on the skewers and arrange the pieces of chicken onto the skewers. Spread some more oil on top of the chicken pieces. Preheat the oven at degrees 350F for 5 minutes and place the skewers in the oven. Leave to grill for about 15-18 minutes. Keep checking and turn the skewer sticks to cook evenly from all the sides. Grill till the kabab is well done. Remove the kabab from the skewers and arrange on the serving plate. Serve hot with lemon wedges, cabbage kachumber and spicy green chutney.

HARIYALI CHICKEN KABAB

INGREDIENTS

- Boneless chicken breast: 400 gm
- Thick curd: 3 tsp
- Lemon juice: 2 tsp
- Coriander leaves: 1 cup
- Mint leaves: 1 cup
- Methi leaves (fenugreek), chopped: 1/2 cup
- Spinach leaves, chopped: 1/2 cup
- Ginger piece: 1-1/2 inch
- Garlic: 6-8 cloves
- Chilies, thinly chopped: 4-5 green
- Red chilli powder: 1/2 tsp
- Coriander powder: 2 tsp
- Garam masala powder: 1-1/2 tsp
- Butter: 1 tsp
- Cooking oil: 2 tsp
- Salt to taste
- Bamboo skewer stick/sathe sticks to grill

PROCEDURE

Firstly, take a bowl, into it, add beaten yogurt, salt to taste, red chilli powder, turmeric powder, ginger garlic paste, garam masala powder. Add kasoori methi, lemon extract, edible oil, food colour. Mix all the ingredients well and mix without any lumps in the batter. Add the onion cubes, green capsicum cubes, diced tomatoes, mix all the ingredients well. Cover the marinade with a lid. Marinate the chicken for at least 30 minutes to one hour in refrigerator. Take the chicken marinade out. Take kabab sticks, soak the sticks for about 30 minutes before using in order to avoid burning. Take each stick, make a string of tomato, onion, green capsicum and chicken. Continue stringing

tomato, onion, capsicum and chicken to the rest of the chicken sticks in the same pattern. Take a non stick pan, add 2 tbsp oil and heat it. Place the chicken sticks on the pan. Cook for 6-8 minutes on medium flame. Turn the chicken tikka sticks and cook the other side too for 6-8 minutes. Keep turning and cook each side for 4-5 minutes on low flame until each side of the chicken is cooked well. When all the sides of the chicken tikka sticks are done well, switch off the flame. Take them out and serve them on a plate. Garnish with chopped coriander leaves, onion rings and lemon wedges.



Gugly

PHOTO: KUMAR SHARAT, OP