

DECEMBER 13-19, 2020

# SUNDAY POST

HERE . NOW

INDIA GEARS UP FOR DEEP-SEA MINING PROJECT

# Mission

**P**  
3,4 COVER STORY

# Blue



'Sindura Bindu' fame actress Nilu loves to spend the whole day with her hubby Subhrajit Mohanty on non-working Sundays.

### Fitness enthusiast

I firmly believe that practicing yoga keeps one in fine shape. Therefore, I love to have an extended session on Sunday to maintain my physical and mental health.

### Home planner

For me, Sundays are meant for organising my wardrobes, jewellery, and kitchen because I abhor untidiness. I keep myself busy decorating home in my leisure hours.



With husband

### Expert cook

Thanks to lockdown, I have managed to hone my culinary skill. Now I enjoy the art of cooking and love to treat my family and friends with scrumptious dishes.

### Hubby dearest

My husband is my best friend. So, I don't miss out on our 'we time' on holidays. Hanging out with him is my favourite pastime.



Nilu in 'Sindura Bindu'



RASHMI REKHA DAS, OP

### Nature lover

Planting saplings is a must on my to-do list on Sundays. After all, I have to do my bit to keep the planet green.

## GREAT SOULS

Sir, I found last week's cover story 'Stewards of Humanity' quite interesting and also informative. Human rights activist Prabir Das is certainly a rarity among his contemporaries. Nowadays, it is difficult to get a genuine and selfless social activist like him. Not many people can claim that they consider their work as a mission, not profession. In this dog-eat-dog world, a person like Prabir Das is an inspiration to many. Most importantly, he has decided not to get married to devote more time to serve the underprivileged. Thanks to Sunday POST, I got to know about personalities like Prabir Das, Manoj Jena and others. Their efforts to fight for the rights of the poor are laudable.

SANJIT SAHOO, BERHAMPUR

## A CAUSE OF CONCERN

Sir, The cover story in Sunday POST 'Stewards of Humanity' is timely. Though genuine human rights defenders like Prabir Das, Akhanda and others are doing their best to fight for the well-being of vulnerable groups of society, unfortunately, they are often targeted by people with vested interests. It was shocking to learn that human rights activist Akhand received death threats for filing a complaint against an Indian Army officer to the National Human Rights Commission. People need to be sensible and realise that a defence personnel can also commit mistakes and one can file a complaint against him. It is time the government offered protection to the committed human rights activists.

ANTARYAMI SAHOO, BEGUNIA

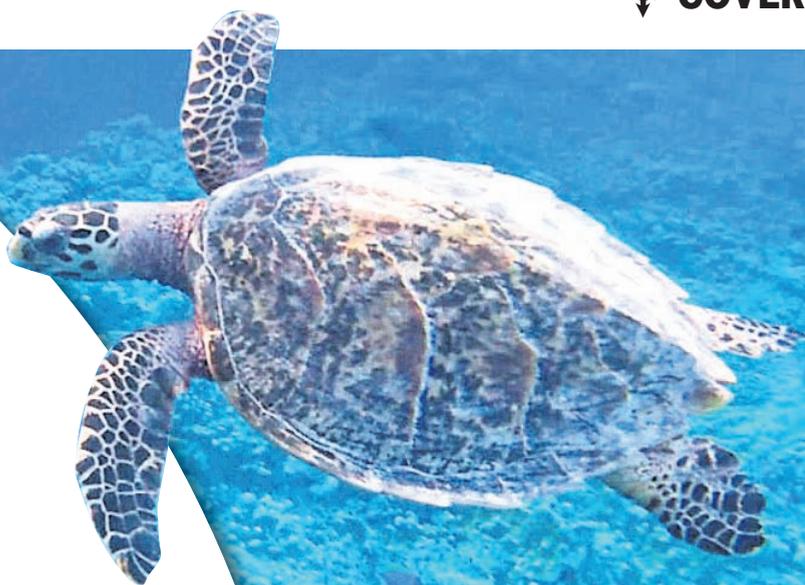
## LETTERS



### A WORD FOR READERS

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

# Mission Blue



India aspires to bring in a revolution using ocean science which will shape the national life and development activities, says scientist (retd) Anil Chatterjee of National Institute of Oceanography

RASHMI REKHA DAS, OP

Since ages man has been on a mission to explore the mysteries that oceans contain within their depths. Despite unearthing of innumerable findings over the years, much of the ocean secrets have remained unexplored. In a bid to study various aspects of the ocean floor in an integrated framework, India has started working on Deep Ocean Mission, an ambitious project which envisages exploration of minerals, energy and marine diversity of the underwater world among others. It will put India in the company of nations like China, Korea and Germany.

At a time when most of the first world countries have tested their technologies in shallow waters and are yet to start deep-sea extraction, **Sunday POST** talks to a few scientists to ascertain India's prospect in this ambitious mission.

**Siddhartha Pati**, IUCN specialist and Researcher at University of Malaysia, says, "Probably one of the best-known episodes of Indian mythology is Samudra Manthan



or the churning of the ocean mentioned in many scriptures like the Mahabharata, Vishnu Purana and Bhagavata Purana. Mythologists such as Georges Dumézil and Jarich

Oosten contrasted the churning of the ocean to acquire nectar (amrita) with European myths regarding ambrosia. We look at how the mythological 'churning of the sea' is an invitation to focus as an untapped unconscious on the vastness of the ocean, its unlimited potential, its majesty and the opportunity of its life within us."

He is of the opinion that diseases are changing their characters while new ones emerge due to changing environments. On the other hand, the rapid growth in world population is putting existing resources under tremendous pressure for manufacturing of drugs. This always makes the pharmaceutical companies on the lookout for new resources to develop effective and safe drugs for the increasing demands of the world population, he added.

Siddhartha further explains that 75 per cent of earth's surface is covered by water but research into the prospect of marine organisms is limited, and most of it still remains unexplored in Odisha.

He continues: "Marine environment represents countless and diverse resources for new drugs to combat major diseases such as cancer or malaria. It also offers an ecological resource comprising a variety of aquatic plants and animals. These aquatic organisms are screened for antibacterial, immunomodulator, anti-fungal, anti-inflammatory, anti-cancer, antimicrobial, neuro-protective, analgesic, and antimalarial properties. They are used for new drug developments extensively across the world. Marine pharmacology offers the scope for research on these drugs of marine origin."

On the future of India's ambitious Deep Ocean Mission project, he says, "North-East coast of Odisha is unique due to its extensive riverine systems resulting in high salinity fluctuations and harbours a rich biodiversity. The oceans have thus inspired human exploration for hun-

## OCEAN FLOOR MINING PROJECT

Indian government has drawn up a ₹8,000 cr five-year plan to mine, research and study about the ocean floor under Deep Ocean Mission. It is expected to help in taking decisions on climate change and develop a desalination plant, powered by tidal energy and a submersible vehicle that can explore depths of at least 6,000 metre. To accomplish this mission, ISRO has developed the design of a Submersible Capsule capable of travelling up to this depth.

dreds of years and this project would allow this exploration to be continued to new breadths and depths with all the amazing tools of science."

According to Siddhartha, highly specialised habitat and unique biodiversity along the coast of Odisha will give an opportunity to explore and utilise the knowledge of biological processes for developing new technologies.



The vast marine bio-resource of the state needs to be first conserved and the knowledge base generated from research on this bio-resource needs to be put to optimal use, for betterment of mankind. In this context, The Deep Ocean Mission will definitely serve a great purpose. It will help the people in the local vicinity understand the science in their surroundings; develop newer facilities for development of coastal areas and a lot of advancement for the coast of Odisha, he concludes.



**Nabin Kumar Dhal**, Chief Scientist-Head, CSIR-IMMT, says, "The Deep Ocean Mission would explore ocean resources through innovative technologies for economic growth and development.

And India is going to be benefitted by it largely. It would meet the requirements of our country in the field of energy, drugs, extraction of metal values, exploration of natural resources prediction and decision on climate change.

Asked about the role of his organisation, Dhal adds, "CSIR-IMMT is presently working on development of technology for extractive metallurgy of polymetallic nodules, one of the deep sea mineral resources under PMN programme funded by the Ministry of Earth Sciences, Government of India. CSIR-IMMT has carried out the project 'Drugs from Sea' under a national programme sponsored by the Ministry of Earth Science, Government of India. In this project the work is carried out mainly on mangroves and marine sponges for search of bioactive compounds. The work components of this project were mainly collection, extraction, fractionation, isolation and study of different biological activities of the extracted, fractionated components of marine samples. And we should explore the ocean resources with respect to sustainable development achievement."

**Bishnu Prasad Dash**, Director, R&D, FM University, says, "Two third of earth is covered by the ocean. Humans have explored the living and non-living resources of the land and utilising those for its benefits. Like the land mass the oceans have also valuable biodiversity and mineral deposits. To understand their distribution and functional attributes it is highly desirable to explore it fully. The Deep Ocean Mission has been envisaged to achieve this goal."

On being asked about how India is going to be benefitted by it, he says "India has bestowed with Bay of Bengal and Arabian sea which have lots of polymetallic nodules and unique plant, animal, microbial diversities. By exploring these India can enrich its resources and which can benefit the huge human population at large. But this can be achieved

by developing cutting edge technology



and ambitious fruitful missions. "Odisha has about 480 km coast lines. The special economic zone of the state has valuable resources and valuable biodiversity also. Certain animals like fish, arthropods, molluscs, coelenterates and microbial diversities have been found from the sea having biomedical, biotechnological, ecological values. In the meantime India has already set up the technological facilities and trained human resources to start the mission. The Central government has already sanctioned funds and is going to initiate the project soon. Our technological advancement and trained manpower with international collaboration will help to get the maximum benefit of the proposed mission," he signs off.

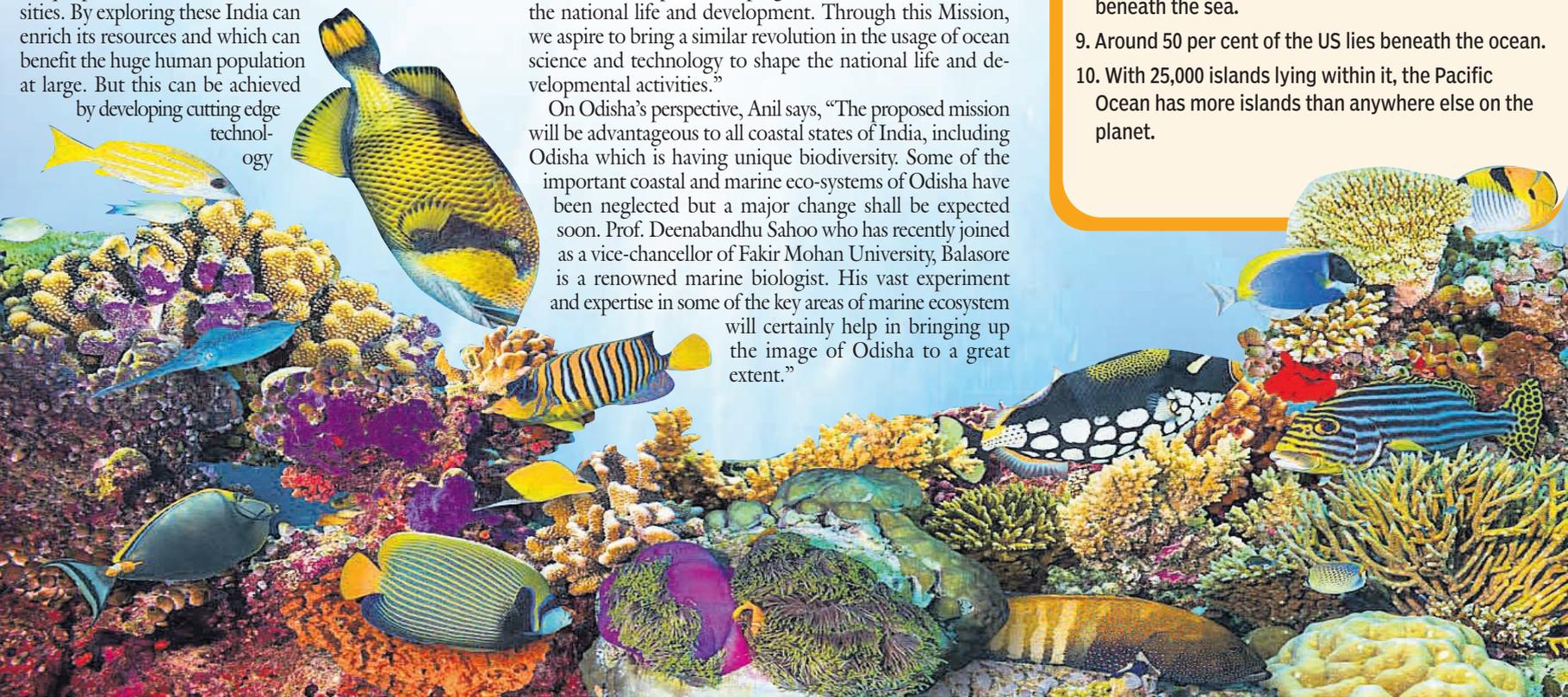
**Anil Chatterji**, a retired scientist of Biological Oceanography Division, National Institute of Oceanography, says, "Deep Ocean Mission (DOM) is a highly ambitious programme that will help in improving the economy of India. This mission aims at developing technologies to harness minerals in the deep waters and development of autonomous underwater vehicles among others. The mission proposes to explore the deep ocean similar to the space exploration started by ISRO about 35 years ago. The usage of space technology for various activities in India has helped in shaping the national life and development. Through this Mission, we aspire to bring a similar revolution in the usage of ocean science and technology to shape the national life and developmental activities."



On Odisha's perspective, Anil says, "The proposed mission will be advantageous to all coastal states of India, including Odisha which is having unique biodiversity. Some of the important coastal and marine eco-systems of Odisha have been neglected but a major change shall be expected soon. Prof. Deenabandhu Sahoo who has recently joined as a vice-chancellor of Fakir Mohan University, Balasore is a renowned marine biologist. His vast experiment and expertise in some of the key areas of marine ecosystem will certainly help in bringing up the image of Odisha to a great extent."

## INCREDIBLE OCEAN FACTS

1. The oceans cover more than 70 per cent of the Earth's surface
2. An incredible 94 per cent of the Earth's living species exist in the oceans.
3. Only less than five per cent of the planet's oceans have been explored so far.
4. Earth's longest chain of mountains, the Mid-Ocean Ridge, is almost entirely beneath the ocean, stretching across a distance of 65,000 kilometres. It's said that this mountain chain is less explored than the surface of Venus or Mars.
5. There are more historic artefacts under the sea than in all of the world's museums. Around 1,000 shipwrecks lie off the Florida Keys alone.
6. According to the World Register of Marine Species there are now 240,470 accepted species, but this is believed to be just a small proportion of the species that exist, with new marine life being discovered every day.
7. It's thought that between 70 and 80 per cent of the oxygen we breathe is produced by marine plants, nearly all of which are marine algae.
8. When salt water and hydrogen sulfide combine, it becomes denser than the rest of the water around it, enabling it to form a lake or river that flows beneath the sea.
9. Around 50 per cent of the US lies beneath the ocean.
10. With 25,000 islands lying within it, the Pacific Ocean has more islands than anywhere else on the planet.



# Revisiting a bygone era

*Heritage Transport Museum is presenting country's first exhibition of original Indian movie posters and lobby cards that showcases and interprets the multiple narratives of transport movement in India*

circulated in urban centers might vary from the ones displayed on the walls of a small town, as they responded simultaneously to general and local tastes. Likewise, lobby cards depicted dramatic snapshots which drew attention to the films' content.

**TRANSPORTATION AND CINEMA**

Transportation and cinema go a long way back. The various means of transport have been part of some iconic cinema moments. Born at the cusp of a new century, cinema has always projected tensions between traditional ways of living and the advent of modernity. Needless to say, with the nation realizing the life-altering capacity of motorized transport, they came to play a key role in cinema. The changing role of transport in cinema was also an indicator of changing attitudes to technology. If the novelty of the trains spawned a number of stunt films centered on trains like Miss Frontier Mail (1936), it shifted to a more complex emotional effect in the iconic scene from Satyajit Ray's Pather Panchali (1955). In the posters of Fearless Nadia's stunt films, hand

not left behind either. An impoverished Balraj Sahni pulled rickshaws in Calcutta in Bimal Roy's stunning tale of rural displacement Do Bigha Zamin (1953), while Dilip Kumar raced a bus in his trusted tonga in the thrilling climax to Naya Daur (1957). While initially symbols of the rapid march of mechanization, cars, motorcycles and trains soon came to denote the speed and dynamism of modern-day life. In the film posters of the 70s and 80s, they were presented in the midst of an explosion of images, anchoring the charismatic image of the hero as well as promising the thrills of the chase. Through the years, film posters have managed to capture the diverse kinds of transportation that became an essential part of the film narrative and therefore, our past.

Though modern modes of promotion have replaced the lobby card and song booklet altogether, the poster still remains, having evolved from manual painting to incorporate 3D art and digital printing. These cultural artifacts have become an important archive of information, which allow us to trace the histories of popular art, political and cultural norms, print and type technologies and our ineffable relationship with the theatre of dreams. Film posters and lobby cards are the 'lost' art of our cultural heritage which our collection hopes to display and honor.

Moments in Motion provides a rare sighting of Indian Cinema and Transportation in an often overlooked art form that has become an important fixture in popular culture.

**ABOUT THE MUSEUM**

Opened to the public December 7, 2013 as India's first comprehensive transport museum, it is home to more than 3,500 cur-

rated objects on display that weave a tale of India's colorful transportation history. Located at Taoru-Gurgaon, the museum is an hour's drive from New Delhi. Built on a three-acre complex, Heritage Transport Museum is spread over four air-conditioned floors that offer over 100,000 square feet of exhibition space, a library and reference center, a mini auditorium, a museum souvenir shop, seminar rooms and a refreshment area.

The museum has been a recipient of some prestigious awards - The 2016 National Tourism Award for being the most Innovative & Unique tourism project in the country, the 2016 & 2018 Traveler's Choice Award by TripAdvisor and International PATWA award 2017 for its innovation at ITB, Germany among others.



ated images of trains were often found alongside the stunt queen's iconic posture. The iconography of trains even enhanced the aura of Hindi cinema's first true blue superstar Rajesh Khanna as he crooned Mere Sapno Ki Rani in Aradhana (1969). Non-mechanized modes of transport, like the humble rickshaw and bullock carts were

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POST NEWS NETWORK

Film posters have been an integral part of cinema since its inception as it became a way of introducing the film in an eye-catching format. Similarly, lobby cards were film posters or scenes printed on card stock and were usually displayed in a theatre's lobby to perform similar functions. Along with show cards and song booklets, they formed an indispensable part of the cultural paraphernalia of cinema.

In a bid to showcase and interpret the multiple narratives of transport movement in India Heritage Transport Museum is presenting India's first exhibition of original India movie posters and lobby cards that share a connection to modes of transportation

For the unversed, the museum was set up in 2013 to share its rich and diverse collection with a large number of people and give them a fun filled learning experience and to transport people to a bygone era.

Titled Moments in Motion, the exhibition includes more than 60 posters and over 100 lobby cards spanning over five decades representing modes of transport that were a part of the storyline of a movie and important enough to have found a place in its advertising. The oldest poster on display is from the movie Hunterwali Ki Beti (1943) and the youngest is from the movie Chalti Ka Naam Zindagi (1982).

The event was launched December 5, 2020 and would continue till January 31, 2021.

**THE JOURNEY SO FAR...**

Over the years, the aesthetics of movie posters, their importance and the meaning they transmit have gone through several transitions. The dynamic shifts in posters' lettering, art styles and use of colors represented the changing cinematic tastes, and in turn the historical landscape of the nation itself. Indian film posters are thoughtfully created to convey major thematic concerns of the films. Similarly, the representation of stars becomes crucial to create a buzz to attract their fan groups. The poster of a particular film



*'Varun my mate, dancing with him my fate'*

Actress Sara Ali Khan is gearing up for the release of her upcoming *Coolie No. 1*. Revealing her signature flair at quirky poetry, the actress calls co-actor Varun Dhawan her mate and dancing with him

her fate. Sara posted a string of pictures on Instagram. The pictures seem to be stills from the song *Husn hai subaana* from the forthcoming film. Alongside the image, she wrote: "Varun Dhawan is my mate. Dancing with him was my fate. *Abhi gaana aa gaya* so why wait? *Jaldi* watch it - don't be late." *Coolie No. 1* is a remake of the 1995 hit starring Govinda and Karisma Kapoor. The movie is directed by Varun's father David Dhawan. Sara will also share screen space with actors Akshay Kumar and Dhanush in the upcoming film *Atrangi Re*. IANS

# KAJOL shares some 'Covid humour'

Actress Kajol has shared a bit of humour with fans on social media, and the joke is on Covid-19. Kajol posted a picture of a Christmas tree on Instagram Stories. On the photo she wrote: "Covid humour - I've put on so much weight in this year that even my phone doesn't recognise me!"

The actress, an avid user of social media, recently shared words of encouragement for women. She reiterated that women can do anything.

On the work front, Kajol was last seen on the big screen in this year's historical action blockbuster *Tanhaji: The Unsung Warrior*, co-starring her husband Ajay Devgn.

Her next film, *Tribhanga* is expected to release in January. The film is directed by actress Renuka Shahane, and also stars Tanvi Azmi and Mithila Palkar. IANS



**Nick to do a cameo in PC's next**

Pop star Nick Jonas will be seen alongside his wife, actress Priyanka Chopra, in a cameo role in her upcoming Hollywood romantic drama, *Text For You*. The news spread after Nick was spotted shooting a scene in a cab along with Priyanka in London, reports *dailymail.co.uk*.

The pair is thought to be shooting a tense argument scene as Priyanka was over-

heard saying: "Get the f\*\*k out of my cab" while in character. Nick was then seen opening the door of the cab and stepping out. *Text For You* follows the life of a young woman as she grieves the loss of her fiance and decides to send romantic messages to his old phone number. Interestingly, she connects with a man across town suffering from a similar heartbreak on that number. Celine Dion's music aims at connecting the two and give them the courage to take a second shot at love.

Written and directed by Jim Strouse, the film is an English remake of the German-language film *SMS Fur Dich*, based on Sofie Cramer's novel. IANS



## Gauhar always wanted a winter wedding

Gauhar Khan, who is all set to get married Zaid Darbar on Christmas this year, has revealed that she always wanted a winter wedding because it is her favourite season. The actress shared she loves to spend time with her family in Delhi during winter. "Winter!! My fave season is here ... yay ( BTW always wanted a winter wedding ) special love for sweaters ... what's your fave part about winters ?? Mine is the time I spend with my fam in Delhi!" Gauhar wrote on her verified Instagram account.

The actress also shared a photo where she poses in a beige sweater and green pants.

Gauhar is all set to get married to music composer Ismail Darbar's son Zaid December 25.

The actress recently announced her wedding date on social media and also shared that it will be an intimate family affair due to the ongoing pandemic. IANS



# SPINACH DELIGHT

## PALAK PANEER

### Ingredients

- Paneer: 300 gm
- Ghee: 2 tsp
- Red chilli: 3 pieces
- Minced onion: 4 tablespoon
- Ginger: 2 teaspoon
- Powdered salt as required
- Kasoori methi powder: 1 tsp
- Fresh cream: 1/4 cup
- Spinach: 200 gm
- Cumin seeds: 1 tsp
- Garlic: 1 1/2 tablespoon
- Green Chilli: 4
- Coriander powder: 1 tsp
- Cumin powder: 1/2 tsp
- Butter: 25 gm
- Yellow chilli powder: 1 dash



### Procedure

**W**ash and boil the spinach for palak paneer. To make the paneer soft, soak it in water for some time. Cut the paneer into small cubes and keep aside. To ensure that the spinach is adulterant-free, soak it in water and add a small pinch of salt. Then clean and wash spinach thoroughly. Now, put a deep-bottomed pan over medium flame and add spinach in it. Cover and cook until the spinach becomes soft and mushy. You need not add any water as spinach gets cooked in its own water. Once cooked, take 100 grams of spinach and chop it well in a bowl. Afterwards, puree the remaining spinach and keep aside. (Note: You can blanch the spinach as well.) Cook the spinach puree with spices. Now, put a pan over medium flame and melt ghee in it. Add cumin seeds in it along with halved whole red chilli. Let them temper for a few seconds and then add garlic, onion, green chilli, ginger. Saute well and then add coriander powder, cumin powder, kasoori methi powder and salt. Mix well and cook for 2 minutes. Add cream and pureed spinach and cook for 2-3 minutes. Finally, add cubed paneer in it and gently mix well. Cook for 2 more minutes and then add butter in it along with fresh cream, and yellow chilli powder. Cook for another minute and garnish with fresh cream, butter and coriander leaves. Serve hot with Missi Roti or Makki Ki Roti.

## PALAK SOUP

### Ingredients

- Spinach, finely chopped: 1 1/2 cup
- Milk: 1 cup
- White flour: 2 tbsp
- A pinch of sugar
- A pinch of pepper powder
- Onion, finely chopped: One
- Garlic, finely chopped: 6 flakes
- Oil: 1 tsp
- Salt: 1 tsp

### Procedure

**H**eat oil in a pan. Add onions and garlic. Sauté till golden brown. Add chopped spinach. Stir well. Add white flour and stir till it's cooked. Add pepper powder, sugar, salt and a cup of water. Stir well. Keep aside for 10 minutes. Take a food processor, puree the spinach mix. Boil the puree and add milk. Cook for two minutes. Serve.



# Tanmayee



PHOTO: KUMAR SHARAT, OP  
MAKE UP : PRASHANT