

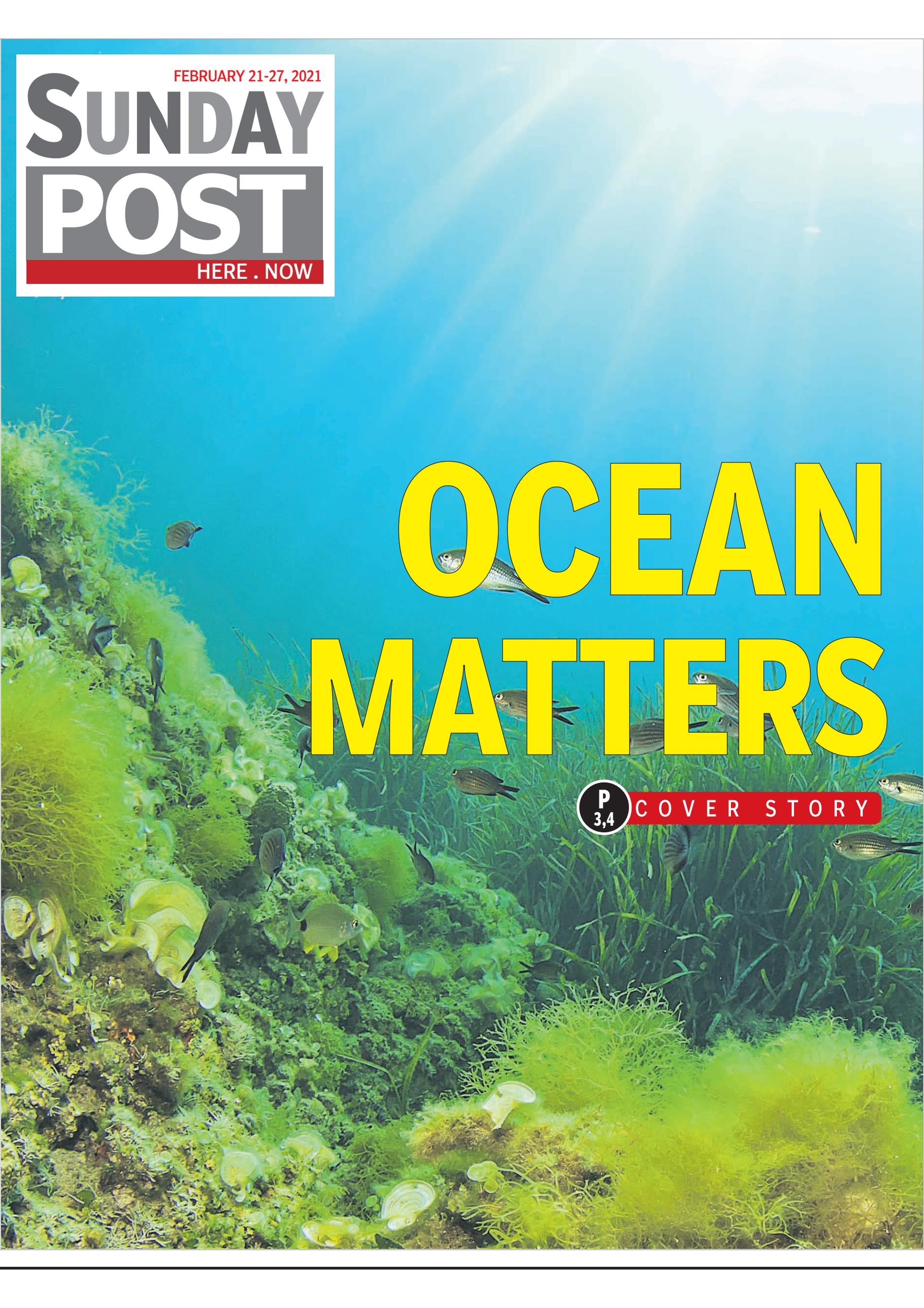
FEBRUARY 21-27, 2021

SUNDAY POST

HERE . NOW

OCEAN MATTERS

P
3,4 COVER STORY





Known for playing the antagonist in many mega soaps, Rajeswari Ray Mahapatra loves to go shopping on Sundays.



With husband

Shopaholic

After being diagnosed with cancer, everyday is Sunday for me. But I love to go on a shopping spree with my husband on Sundays.

Cullinarian

I cook special vegetarian dishes for my husband on Sundays. Preparing bakery items like cake and pastry made from dates is a must on my to-do list on Sundays.

Avid reader

Reading is my favourite pastime and I love comics. I get hold of latest releases or bestsellers of my preferred genres whenever I find myself free.

Movie buff

One thing is pretty consistent among all actors.. They like movies. I am no different. I love watching comedy films to make my Sunday.



With co-actors

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

- Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- Does anyone know if we can take showers yet or should we just keep washing our hands?
- I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!
- I need to practice social-distancing from the refrigerator.

ENLIGHTENING ARTICLE

Sir, I liked the cover story of last week. Though every couple loves to celebrate the day with pomp and gaiety, not many are aware of myths and history behind celebrating the day. Being a regular reader, I would like to appreciate the efforts of Sunday POST for coming up with such a nice article to enlighten the readers about the significance of the day.

KRUSHNA CHANDRA SAHOO, TIRTOL

LOCAL FLAVOUR

Sir, The model page of Sunday POST has improved immensely in recent months which is a good sign. Earlier, it often featured either foreign models or pageant winners from across India. Now it is good to see the Odia girls making it to the back page. Last week Priti looked quite expressive and confident. The models of previous weeks also courageous to flaunt their physic. I hope the trend will continue in the coming days too.

CHOUDHURY SOUMENDRA DAS, PIPILI

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



Seaweed cultivation has the potential to improve the economy of people living in coastal areas, believes plant scientist Dinabandhu Sahoo

OCEAN MATTERS

RASHMI REKHA DAS, OP

Oceans are not just about gentle waves, salty air and blue appearance, they hold many secrets on their surface, much more than human expectations.

For example, not many people know that seaweeds are used as food, fodder, fertilizer, and medicines since ancient times. The extracts from some of the seaweeds are used in production of ice cream, tooth paste, tomato ketchup, chocolate, and in dentistry, microbiology, biotechnology, textile printing, meat pressing and several other industries. Today varieties of seaweeds and their products are a multibillion dollar industry and the demand for these products is increasing manifold every year. Various pharmaceutical companies are now prospecting for new biomolecules from seaweeds. No wonder, the Union government has planned a multi-purpose seaweed park in Tamil Nadu.

Back home, Professor Dinabandhu Sahoo, a plant scientist, has been creating awareness on the health benefits of seaweed for nearly 40 years.

For the unversed, Dinabandhu, who now works as the Vice-Chancellor of Fakir Mohan University, was the first Indian student to visit Antarctica in 1987 during the 7th Indian Scientific Expedition to Antarctica and hoisted the Indian Flag there. By the time he was 27, he had already travelled all the seven continents and five oceans in a record time of just 18 months.

The former professor of Botany in University of Delhi, who believes seaweed cultivation has the potential to improve the economy of the people living in coastal areas, shares his experience with **Sunday POST**.

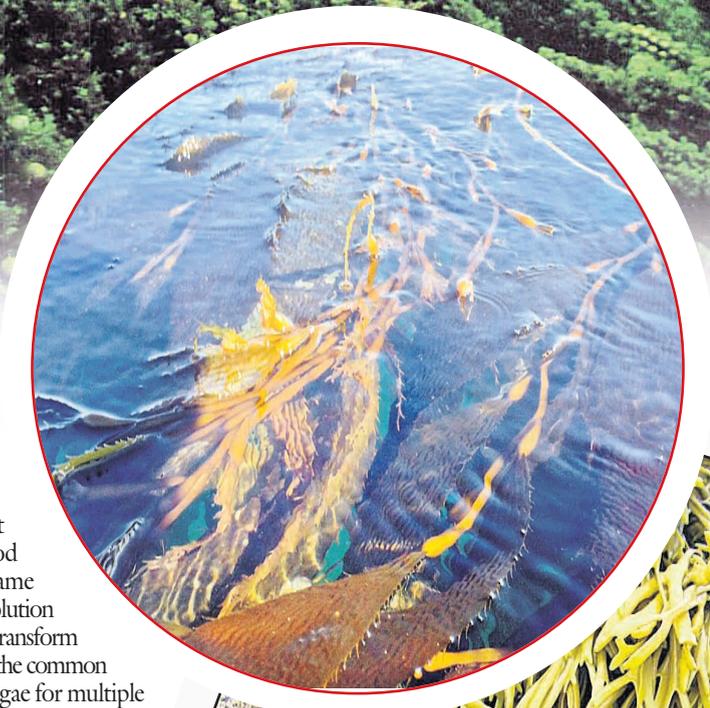
“India has a coastline of more than 7,500 kilometre with Odisha sharing about 480 kilometre of it. A total of 770 seaweed species have been re-

ported from different parts of the Indian coasts which includes 184 species of green, 166 brown and 420 red species. Unlike the oriental countries like Japan, China and Korea, India does not have a long history about the uses of seaweeds as food and other purposes. So I came up with the idea of Blue Revolution 20 years back with an aim to transform the resource for the benefit of the common man in the society and use algae for multiple purposes,” says Dinabandhu.

Algae or seaweed is the future as there are no other plants in the plant kingdom which will have so many uses, he adds.

The Phycology expert has made significant contributions on primary productivity of seaweed along the Odisha peninsular coasts. Dinabandhu has also been involved in setting up seaweed cultivation by a local women’s self-help group in Chilika. With the vision of women empowerment, employment among people living in the coastline, he trained villagers about seaweed farming and utilisation as part of his ‘Blue Revolution’.

During his visit to the Philippines, Dinabandhu observed that over 10,000 families in the Philippines earn their livelihood through seaweed farming. It was then he felt that seaweed cultivation can be beneficial to the people living in the coastal districts of Odisha where people mostly depend on fishing for a living. His write-up Teach a Man to Fish has been published in the best-selling book I have a Dream, which has been translated into several Indian languages. For the last 20 years, he has led research in applied phycology, both on microalgae



and seaweeds. His book Farming the Ocean was hailed by the scientists across the country. That book inspired him to develop a model where seaweed could become a source of income for the local population.

He elaborates, "As the demand for food and other products is growing steadily, we have to look for new resources. Algae are the organisms that grow in the ocean, in the water, on the land and have not been explored much. There are two groups of algae - microalgae and macroalgae. Macroalgae are mostly known as seaweeds and have several other uses. We use them in our daily life starting from brushing our teeth with toothpaste to textile painting, to biotechnological applications and to ice cream production."



Dinabandhu Sahoo

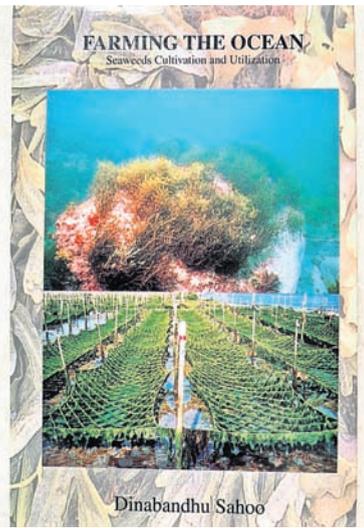
Dinabandhu went to the Philippines and Japan for training on seaweed in 1990 and then he wrote to Government of India that there is a need to go for the large scale seaweed cultivation in India. In order to sensitise people about seaweed cultivation and create interest, he authored a book titled Farming the Ocean in 2000.

"My book Farming the Ocean helped in creating awareness among the policy makers, intellectuals and industries. When I was in Japan to do research on seaweed, a Japanese friend had told me that 'we look much younger compared to our age because seaweed contributes substantially to our food.' His words made an impact on me and I decided to promote seaweed cultivation in India," says Dinabandhu.

He traveled across the world studying the algae in various habitats and environments. After returning, he tried to integrate the basic and applied knowledge to the commercial part. Ninety-nine per cent of the technology failed when it got



Women cultivating seaweed



Cover of a book authored by Dinabandhu

transferred from the laboratory to the field. The failure made him launch a national level coordinated programme. He started training women in Chilika, recounts Dinabandhu.

He has contributed substantially to the field of marine algae and applied his skills in product development and employment generation at the grassroot level for the socio-economic development of the people living in coastal areas. He has extensively worked in the field of seaweed cultivation and utilisation using the concept of generating wealth from waste. Based on his 20 years of work experience on Chilika Lake, he has developed a model called the 'Chilika Model' for the socio-

economic upliftment of the fishermen community in different parts of Indian coasts. This pioneering Chilika model led the Department of Science and Technology, Government of India, to formulate the First National project on large scale seaweed cultivation and processing for livelihood generation in different coastal states and Union Territories of India. This pioneering work has earned him a spot amongst the 20 top social entrepreneurs of the country in the best seller, I Have a Dream. Based on the same subject, he has co-directed a documentary film Chilika and Untold Story.

Dinabandhu has developed and patented a technology that can clean cars emissions using algae in 2012. At the same time, it could also generate the fuel to run a car.

"The authorities concerned should include the study of seaweed in school syllabus which is very important. Students are needed to be sensitised on the value of algae. Once we have done that, more than half the battle is won. We will not have to tell the politicians or policy makers or scientists what to do about algae. Presently people think algae are completely useless. You will find heaps of dried and decomposed algae lying on many shores of the country. This gives many an impression that seaweed is a useless plant and has no utility in our life. Once sensitized, I am sure, people will seize the opportunity with both hands," he signs off.

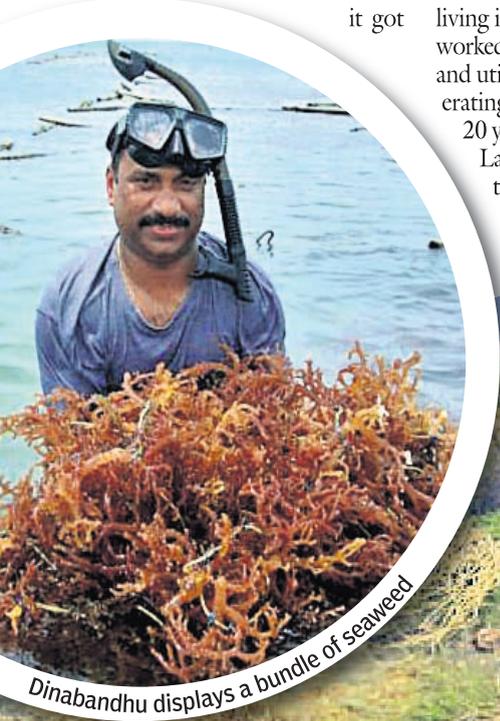
WHAT IS SEAWEED?



It is the name given to the many species of marine algae and plants. These species grow in water bodies like seas and oceans. The practice of cultivating and harvesting seaweed is known as Seaweed Farming.

Seaweed Species in India: The commercially exploited seaweed species in India mainly include *Kappaphycus alvarezii*, *Gracilaria edulis*, *Gelidium acerosa*, *Sargassum* spp. and *Turbinaria* spp.

Uses of Seaweed Farming: They are rich in vitamins and minerals and are consumed as food in various parts of the world. They are used for the production of phytochemicals namely agar, carrageenan, and alginate. These phytochemicals are widely used as gelling, stabilizing, and thickening agents in several industries like food, confectionery and pharmaceuticals. Furthermore, they are used for the production of polysaccharides and fertilizer. They are also used in high-value products such as nutraceuticals and cosmeceuticals which are used to cure various lifestyle diseases.



Dinabandhu displays a bundle of seaweed



Macroalgae in Chilika Lake

When dreams become reality

Being a rickshaw driver's daughter, I never got the opportunity to attend school as I had to start working in my teens. All the clothes I had were hand-me-downs
— Manya

Before being crowned Miss India 2020 runner-up, Manya Singh used to mop the floor, do dishes, and sleep in the storeroom of a Pizza outlet where she worked for a living

At 14, she ran away from her UP home to Mumbai, the city of dreams, to make something of her life and at 20, Manya Singh, Miss India 2020 runner-up, believes she hasn't just won a crown but earned herself a halo.

While the challenge for her parents -- an auto rickshaw driver and a housewife-turned beautician mother -- was to keep the family of four afloat, Singh said she always had big dreams.

Born in Mumbai and raised in the small town of Hata—Kushinagar district— in Uttar Pradesh, the 19-year-old was crowned VLCC Femina Miss India 2020 runner-up in a ceremony last week.

Life has not been easy for her but Singh said she has been harder on her life. "At 14, I saw girls around me enjoying their life, wearing good clothes, attending school. I was aware my life isn't like theirs because I didn't have the same privilege."

From Standard 4th till 10th, her parents were only able to afford exam fees at Lohia Inter College, Sahwa, and at one point, her mother was forced to sell her anklet to get her admission.

"Miss India wasn't my childhood dream. But I was sure I didn't want to be a doctor or an engineer. That would have made my parents happy but I didn't want a simple life. I wanted some 'masala'," she said.

Feeling caged at her home in Uttar Pradesh, which felt too distant from her dreams, Singh ran away from her village after she completed high school.

"I took a train from Gorakhpur to Mumbai and arrived at Kurla station. I was born in Kandivali so I immediately came to the area," she said.

Her family followed their daughter in Mumbai soon but the battle in the big city now awaited the small-town girl.

As she didn't have enough money, Manya got a job at a Pizza outlet, which helped her complete her junior college.

"I would mop the floor, do dishes, and also sleep in the storeroom. On the job, I observed how people carried themselves, how they'd dress up, talk to each other. It was a massive learning for me for the entire year that I worked there."

She later joined a call centre and worked in several companies throughout her graduation to support herself financially.

"There I polished my language, worked on my diction and voice. I started work to support my education but even that shaped up my personality and prepared me for Miss India."

"My parents were gobsmacked and felt I had gone crazy. 'People like us don't even dream, and you're thinking of Miss India crown?' they said. My father would always tell me, there are more heels in my bag than books! Somewhere they were

scared because I didn't even have a Plan B."

Her journey to Miss India not only became about where she wanted to see herself but also about how many women she could help find their way, Singh said, adding that it had something to do with the discrimination that she and her mother faced because of their gender.

Manya also pushed her mother towards finding her independence.

"I wanted a change in my life and I began that with my mother, who was a housewife. I pushed her to get a job... I asked her to train as a beautician. She learned to do eyebrows in our village.

"When we shifted to Mumbai, she worked in beauty parlours for free and learned. The more people she met, she started broadening her horizon."

Her mother's newfound independence provided the base on

which she finally flourished. "When her dreams were fulfilled, she realised the value of mine. She started supporting me and once she was on board, naturally my father followed."

Manya had to face failed attempts at the Miss India pageant but now she was not alone. Not only she found unconditional support in her family, but she also got lucky with guiding mentors.

She was also reminded of the incident when her parents were told they would have had an easier life if they had an elder son.

"I decided to let my parents feel that their daughter is more capable than anyone else. I was quite determined to rise above," she said.

Manya even spoke about her tough road to success during the competition. In an Instagram post, she described how she spent 'numerous nights without food and sleep' to achieve her dream.

"I've spent many afternoons walking for miles on end. My blood, sweat, and tears have amalgamated into courage to pursue my dreams. Being a rickshaw driver's daughter, I never had the opportunity to attend school as I had to start working in my teens. All the clothes I had were hand-me-downs," concluded Manya. AGENCIES



Manya on way to a felicitation programme in her dad's auto-rickshaw



EVA OFFERS HELP TO FELLOW MOTHERS

Actress Eva Mendes has confessed handling kids during lockdown has been challenging to say the least. Eva, who has two daughters with actor Ryan Gosling, also shared parenting tips with fellow mothers.

"Full on Mom mode. I've graduated from my man's sweats to a robe. All day. File under: stopped caring for now. (And anyone else out there go horse-like on selfie mode?)" she wrote, with a picture in grey robe that she posted on Instagram. "These days my kids are getting my full on attention. It's challenging for sure but they need me now more than ever. If you find yourself in a similar situation, here's a list of parenting pages that are getting me through so thought I'd share," she added. IANS



Aparshakti's 'well-travelled' blue suit

Actor Aparshakti Khurana may travel the world and it seems he prefers his trousseau to travel, too! He recently wore a blue velvet suit at an event, which had to be flown from London to Mumbai.

The actor recently hosted a beauty event in Mumbai and looked dapper in the blue velvet suit. Apparently, the suit was transported via four flights from London to Mumbai, to reach the actor in time.

Aparshakti acknowledges that the wardrobe was very important for him.

"I think blue is the new black. This look was really special as a big fat event was happening almost after a year. Kudos to my stylist Jay Samuel who made sure that it reaches India in time. He honestly worked really hard on this look," Aparshakti said.

The actor completed the look with a pair of blue giuseppe zanotti moc-casins.



KAJOL reveals her 'meme sharing' look

Actress Kajol, who is known for her humour and sarcasm on social media, had a new delight in store for fans recently. She tweeted a glimpse of the expression on her face when she can't wait to share a meme!

Kajol shared a photo with actress-director Renuka Shahane where the two look at the screen of Kajol's phone. "Me when I am all excited to share the meme I loved, with the person right next to me. Don't we all do the same? #MeWhen," Kajol captioned the photo.

Renuka has directed Kajol in the recently released OTT film Tribhanga: Tedhi Medhi Crazy. In the film, Kajol shares the screen with actors Mithila Palkar and Tanvi Azmi.

Kajol recently shared a funny quip on the idea of sarcasm, along with a funny facial expression of herself. "NATIONAL SARCASM SOCIETY: Like we need ur support" Kajol posted on Instagram.



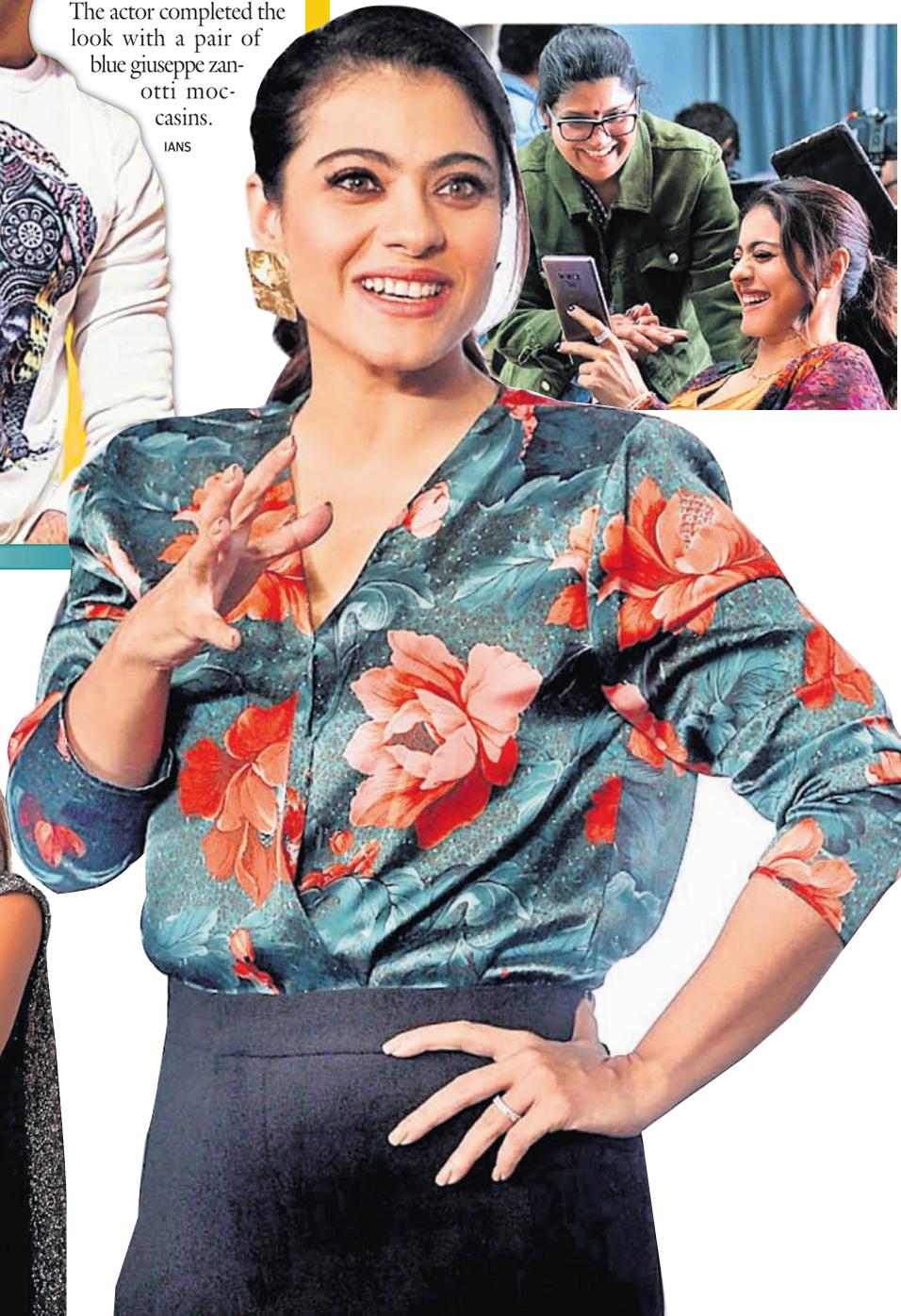
Lisa shares her camping trip revelation

Actress Lisa Haydon had a great vacation recently, but the experience left her with a spot of realisation. Last week, she posted a camping photo on Instagram and revealed how much she loves her bed.

"Outtakes from a camping trip. This valentines I'm celebrating a love for my real bed!! Happy Valentine's Day lovers," she captioned the picture.

She was vacationing in Hong Kong when the idea dawned on her.

Lisa announced a while back that she is expecting her third child with husband Dino Lalvani. The actress has two sons, Zach and Leo, and she recently announced that she is gearing up to welcome a baby girl in June.





SUJI DHOKLA

Ingredients

- Suji: 1 cup
- Sugar: 1/2 tsp
- Ginger paste: 1/2 tsp
- Green chilli paste: 1/2 tsp
- Salt: 1 tsp
- Oil: 1 tbsp
- Sour curd: 1/2 cup
- Water: 1/2 cup
- Fruit salt or baking soda: 1 tsp

For the Tadka:

- Rai: 1/2 tsp
- Curry leaves: 4-5
- Green chillies (slit): 2-3
- Oil: 1 tbsp
- Coriander
- Coconut

Procedure

Mix the suji, ginger paste, chilli paste, salt, sugar and oil and beat in the curd. Beat till smooth. Add the water and mix well again. Add the fruit salt, stir gently and pour immediately into the greased tin and place in the steamer. Steam for 20 minutes. Remove the tin from the steamer and keep aside. Heat the oil for the tadka, add the rai, curry leaves and green chillies. Saute till slightly colored, and add 1/4 cup water. Cut the dhokla into desired sized pieces and pour the tadka over. Garnish with the coriander and coconut and serve.

EASY ON stomach

RAVA IDLI

Ingredients

- Semolina: 3 cups
- Oil: 2 tbsp
- 2 dry red peppers broken into pieces
- Curry leaves: 6-7
- Mustard seeds for seasoning: 1 tsp
- Salt to taste
- Sour yogurt: 1 cup
- Eno's fruit salt: 1 tsp

Procedure

Heat the oil and add the peppers, curry leaves, mustard seeds and when they splutter, add the semolina and saute over low heat, till an aroma emanates. Take it off the heat and let it cool. When cool, mix the semolina and yogurt to a smooth batter add the salt. Keep aside in a warm place for about an hour. Add the eno's and steam immediately in an idli steamer for 6-9 minutes (cocktail sized) and 15-20 minutes if the bigger size. You will have to judge the time after trying a few first.





Joya

PHOTO: KUMAR SHARAT, OP