

JULY 2 - 8, 2023

# SUNDAY POST

HERE . NOW



# Weaving magic

COVER STORY

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Smita Panigrahy, popularly known as RJ Smita of Red FM, needs no introduction. Her voice often signals the start of the day for radio listeners. After spending 13 years as an RJ and being the main draw of the show Sheher Ki Rani, she has become an example of how a voice can have a significant impact on people's life. Smita enjoys reading and doing research on several issues when she gets a break



At workplace

### Sunday for socialisation

I allow myself to sleep till late on Sundays, though I often have to make the studio my home on most of my days off. However, I keep the evenings free to hang out and attend parties with my friends.

### Reading and research

I enjoy learning about many subjects that pique my interest, so I do a lot of reading and research. I actively stay updated on emerging trends, incorporating them into various aspects of my life.

### Passion for travelling

Although I'm not much inclined towards adventure, I have a deep passion for travelling. I enjoy learning about the customs, cuisine, and cultures of different nations, which has led me in the past to travel to Malaysia, Bali, and Thailand.

### Love for south Indian cuisine

I have a soft spot in my heart for south Indian food since it is such a delicious pleasure. Among my favourite foods are dosa and idli, which add to the appeal of this savoury meal that I genuinely love.

### Culinary therapy

Cooking always helps me decompress. I find comfort and pleasure in making my favourite meals after a long day at work. It's one of my go-to strategies for revitalisation.



With family



With husband

MADHUSMITA SAHU, OP

**WhatsApp This Week**

**Only on Sunday POST!**

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**THE BEST MEMES OF THIS ISSUE**

- If nothing was learned, nothing was taught.
- Never tell your problems to anyone...20% don't care and the other 80% are glad you have them...
- My wife and I always compromise. I admit I'm wrong and she agrees with me.
- My psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you're ugly too.

### TRAGIC TALE

Sir, It is shocking to hear from the article 'A Tale of Injustice' that even in an advanced Greek culture 2,700 years ago, rape victims were harmed rather than assisted. The story of Medusa is one of tragedy, melancholy, and revenge. Her story's theme has a strong connection to the modern social system. Like Medusa, women have been wronged, harmed, and denigrated by men for generations. Until recently, women also didn't demand respect from society. Although I have a great deal of sympathy for Medusa's plight, the novel also has instances of strength and hope. She is regarded as a role model for all females who have experienced various forms of monsterisation. It's time for society to stop demeaning or fearing women and begin valuing them as strong, beautiful human beings.

**HIMANSHU SENAPATI, JAGATSINGHPUR**

### 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



# Weaving magic

Making miniature art out of mundane objects is always challenging. But some artisans manage to create compelling depictions of cultural and spiritual value using trivial things that often leave art lovers in thrall

MADHUSMITA SAHU, OP

The world of creation knows no bounds, and the true artists always push the limits of traditional mediums to present something fresh. However, making miniatures out of objects like ice cream sticks, pencil leads, and soaps is one of the most challenging tasks. But, some artists weave their magic by changing these little objects into intricate and awe-inspiring pieces of art. They bring these usually mundane objects to life with their deft manipulation, creating compelling depictions of cultural and spiritual value.

With their deft hands and boundless imagination, these artisans have created a dazzling celebration of culture, faith, and creativity that captures the hearts and imaginations of all who witness their remarkable creations.

This week, **Sunday POST** descended into the world of these skilled artists to delve into the enthralling world of miniatures.

**L Eswar Rao**, from Jatni in Khurda District, began his career as a miniature artist in 1999 when he gave his teacher a chalk-carved Taj Mahal.

“I’ve been doing miniature art since I was in Class II. When I was in Class XII, I presented one of my works to my teacher. There was no turning

back after that,” recalls Rao while adding that “My teacher was so impressed with my work that he introduced me to the then-principal of BK College of Arts and Crafts of Bhubaneswar, who appreciated my creation.”

Rao studied stone carving for four years. He founded the Eswar Art and Craft Social Foundation in 2011, where he trains his students for free.

“I’ve made miniatures out of almost anything,” says Rao, “including stone, areca nut, bottles, battery lead, clay, colour crayons, chalk, coal, fibre, pencil lead, rice, rubber, soap, tablets, turmeric, tamarind seeds, thermocol, and several others.”

One of his creations on Jesus Christ had once left the art lovers awe-struck.

Speaking about the piece, he says, “I created a miniature sculpture of Jesus Christ inside a glass bottle that measures 4 inches in height and 2 inches in width inside a 750 ml bottle. A cross is also there, accompanied by two Christmas trees and bearing the message ‘Merry Christmas.’”

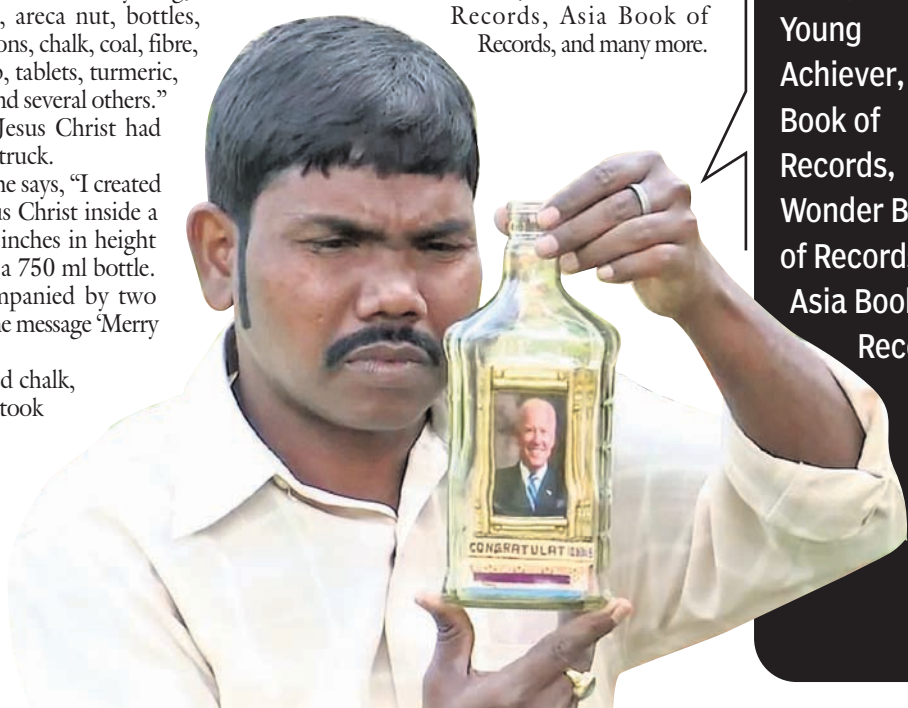
For the model, Rao utilised chalk, glass, and glitter paper and it took him seven days to complete.

Rao also carved a miniature hockey stick and a ball and placed them inside a 750 ml bottle during the FIH Odisha Men’s Hockey World Cup in Bhubaneswar. He says it took him 10 days to complete the piece with

a pencil nib, and that it has gained widespread acclaim.

Rao has recently made eco-friendly chariots of the Trinity- Lord Jagannath, Devi Subhadra, and Lord Balabhadra- utilising papers and decorative stars for Ratha Jatra. He worked for 15 days to finish the job.

Unsurprisingly, Rao has been feted with several awards for his creations, which include World Records India, Indian Young Achiever, India Book of Records, Wonder Book of Records, Asia Book of Records, and many more.



Artist L Eshwar Rao from Khurda, for his breathtaking creations, has been feted with several awards including World Records India, Indian Young Achiever, India Book of Records, Wonder Book of Records, and Asia Book of Records



“During my childhood, I was inspired by art and craft shows such as Art Attack and Mad on television,” recalls Saswat Ranjan Sahoo, another miniature artist from Puri.

“This piqued my interest in art, and I began experimenting with other art styles and developing my own craft projects. However, as I entered high school, my hectic schedule prevented me from actively pursuing art,” he adds.

While continuing Saswat says that he decided to reignite his passion for art and craft during COVID pandemic.

“I struggled at first to come up with ideas and to find proper guidance for my artistic activities. During a power outage in our region one evening, I reached for a matchstick to light a candle. It was then that an idea struck me, and I recognised the possibilities in making something out of matchsticks. I began

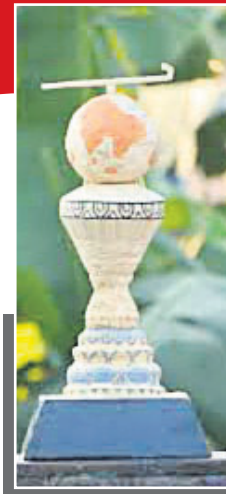


by making little sculptures and later progressed to more sophisticated pieces,” he shares.

“One of my first notable creations was the idol of Lord Shri Jagannath, meticulously crafted from 7,780 matchsticks,” Saswat further says, adding, “Buoyed by the excellent response, I continued to experiment with this media, creating a variety of sculpture pieces.”

Last year, Saswat created three small chariots using matchsticks.

“I made the sculp-



tures in 18 days using 4,830 matchsticks. Lord Balabhadra’s chariot was 11.4 inches tall, Devi Subhadra’s was all of 11 inches, and Lord Jagannath’s was 11.5 inches in height. Sarathi, parrots, horses, and other sculptures from the Trinity’s chariots were added to the chariots,” he informs.

“On the auspicious occasion of the world-famous Ratha Jatra festival this year, I unveiled three exquisite miniature models chariots made from 2,025 matchsticks,” concludes Saswat.



**Biswajeet Nayak of Puri has created a new India Book of Records in 2023 that he himself had set a year ago by creating a chariot of Lord Jagannath which is eight inches tall and nine inches wide. He dedicated the piece to the followers of Jagannath**

“Being a student of an art institution, I thought of making a miniature art piece of Lord Jagannath,” says Biswajeet Nayak, a Puri native and a student of Sudarsan Sand Art Institute in Puri. My first piece of art was created in 2020, when I used ice cream sticks to make Lord Jagannath’s chariot. The chariot stood 27 inches tall and 22 inches long. It was made from 2,575 sticks. It gives me tremendous pleasure

that the sculpture is now part of the India Book of Records,” say an content Biswajeet.

On Snana Purnima in 2021, Biswajeet also created a tiny idol of Gajanana Besha. He used 1475 ice cream sticks to create this 30-inch tall and 26-inch wide craft, which he dedicated to Lord Jagannath worshippers.

“The same year, I made

Lord Jagannath’s chariot out of 975 ice cream sticks. I attempted to meet the same specification as the Lord’s original chariot. It is equipped with 16 wheels and four horses. I could finish the work in just five days,” he added.

Though Biswajeet creates a wide range of miniature art, he, like many Odias, is deeply connected to Lord Jagannath and his chariot, Nandighosha. It’s no surprise that his creations are mostly based on the Lord.

“Like in 2021, I made a small chariot of the Lord out of ice cream sticks this year too. It was 8 inches tall and 9 inches wide. I used 275 ice cream sticks in all, and it took me five days to complete the project. It is dedicated to His followers. Last year, I broke the India Book of Records by building the chariot, and this year, I broke my own record by downsizing it further. I’ve made other miniature art pieces like the Kedarnath Temple, Lord Ganesh, Lord Jagannath’s Nagarjuna Besha, and many more,” Nayak ends.



WORLD CHOCOLATE DAY – JULY 7

# Magical indulgence

The lovers of chocolate view it as an art form that frequently draws people together by invoking emotions, establishing bonds and giving a way to celebrate life's little joys

MADHUSMITA SAHU, OP

Chocolate has a special place in many people's hearts, attracting taste buds and evoking feelings of joy and warmth. It is a delicious sweet food that people all around the world adore. Because, aside from its taste, chocolate has a number of health benefits.

As Chocolate Day approaches, **Sunday POST** delves into the appeal of chocolate through the eyes of a devoted chocolate lover and a passionate chocolatier, uncovering the enchantment in every taste.

"I cannot resist the allure of chocolate," admits self-proclaimed chocoholic **Akansha Dash**. "For me, it's not just a treat; it's an experience that transports me to a state of pure bliss," she adds.

Her eyes sparkle as she recalls her greatest chocolate memories, such as savouring a velvety truffle that melted on her tongue, savouring the crispy shell and creamy middle of a well-crafted bonbon, or indulging in a warm cup of hot chocolate on a chilly, rainy day.

Chocolate is more than just a tasty treat. Its supporters regard it as an art form that frequently draws people together by invoking emotions and establishing bonds. "When I share a box of chocolates with my loved ones, it creates a moment of pure happiness," says the B-com student from

Bhubaneswar, adding, "The taste, the aroma, the texture—chocolate has a way of enchanting us all."

Akansha continues by saying, "Every bite of chocolate is a moment of pure indulgence, a sensory journey that leaves me craving for more. It's a form of self-care and a way to celebrate life's little joys."

"As a chocolate fan, I value chocolate's uniqueness. I crave cocoa's natural flavours and textures, which are free of needless additives. Furthermore, authenticity is essential, with an emphasis on high-quality ingredients purchased from reliable vendors. Handmade chocolates should display the inherent beauty and flavour of chocolate, thus craftsmanship and love are essential. Savouring pure, authentic chocolate is an irreplaceable experience that holds enormous value for chocolate enthusiasts," she adds while defining chocolate quality.

"Chocolate is a magical indulgence that never fails to make people happy. It's a heavenly creation that brings people together and transforms fleeting moments into treasured memories. Whether you prefer velvety truffles, delicate pralines, or rich chocolate bars, let this Chocolate Day be a celebration of the sweet symphony that chocolate creates in our lives," winds off Akansha.

**Sakina's FJND Chocolates**, located in suburb of Bhubaneswar, is a chocolate lover's paradise. Sakina radiates

warmth and enthusiasm as she describes her creations.

"At our bakery, we pour our hearts into every batch of homemade chocolates," Sakina shares, adding, "we carefully select the finest ingredients, ensuring that each piece is a masterpiece."

Sakina draws inspiration from nature and blends her products with locally available ingredients to create distinctive and delectable chocolates. "We experiment with flavours such as lavender, strawberry, and others. Our goal is to surprise and delight our customers with unique chocolate combinations that elevate the chocolate experience," she explains.

"Chocolate is a medium through which we can express our creativity and touch people's lives," says the passionate chocolatier while adding that it gives her great satisfaction to witness the excitement on her consumers' faces when they try the product.

As we celebrate Chocolate Day, let us honour the artistry and dedication of chocolatiers like Sakina, who create confections that awaken our senses and ignite our spirits. Let us savour each piece of chocolate with gratitude and appreciation, for behind every bite lies the labour of love and the pursuit of perfection. So, indulge in the silky smoothness, revel in the rich

flavours, and embrace the joy that chocolate brings.

## CHOCOLATY FACTS

- White chocolate is not chocolate.
- The cacao bean is native to Mexico and both Central and South America.
- Milk chocolate was invented in Switzerland.
- It takes about 400 beans to make a single pound of chocolate. The United States military went to Hershey to make a special chocolate bar for troops.
- Most cacao is now grown in Africa.
- Cacao trees can live up to 100 years.
- Chocolate has a special melting point between 86°F and 90°F.



# Asin rubbishes divorce rumours

Actress Asin, best known for her roles in *Ghajini*, *Bol Bachchan*, and *Housefull 2*, has fully debunked the rumours that she is divorcing her husband Rahul Sharma. Taking to her Instagram account, the actress captioned, "In the middle of our summer holidays right now, literally sitting across each other enjoying our breakfast and came across some very imaginative and utterly baseless NEWS. Reminds of the time we were sitting at home together with our families planning our wedding and we heard that we had broken up (laughing emoji) Seriously?! Pls do better. (Disappointed to have wasted 5mins of an otherwise wonderful holiday on this!) Have a great day you guys."

The rumours began circulating after Asin removed photos of herself and her husband from her Instagram account, which added fuel to the fire. While it is unknown why Asin removed those photos, she has completely denied the rumours.

The only photo that she has kept of herself with her husband is a black and white pic, with the late actor Rishi Kapoor who had attended the couple's wedding. The actress posted the picture as a tribute to the late legend.



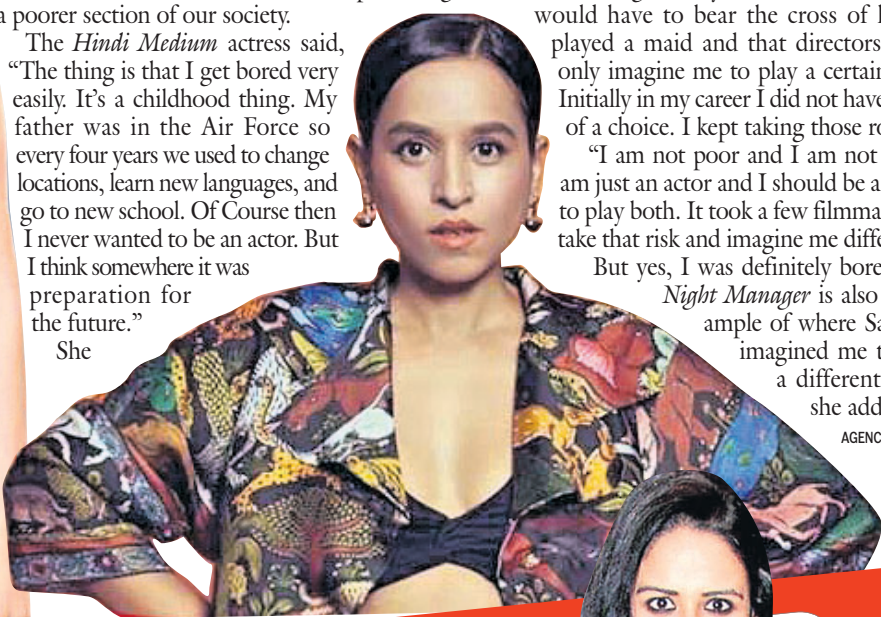
# 'I should be allowed to play diverse roles'

Actress Tillotama Shome, who is a renowned Indian face on the global map, feels that it took a few filmmakers to take that risk and imagine her in roles which were different from representing a poorer section of our society.

The *Hindi Medium* actress said, "The thing is that I get bored very easily. It's a childhood thing. My father was in the Air Force so every four years we used to change locations, learn new languages, and go to new school. Of Course then I never wanted to be an actor. But I think somewhere it was preparation for the future."

She further mentioned, "I played a maid in my debut film *Monsoon Wedding* but the representation of a class that is less fortunate was depicted in such a romantic, magical way that I did not realise I would have to bear the cross of having played a maid and that directors could only imagine me to play a certain class. Initially in my career I did not have much of a choice. I kept taking those roles."

"I am not poor and I am not rich. I am just an actor and I should be allowed to play both. It took a few filmmakers to take that risk and imagine me differently. But yes, I was definitely bored. *The Night Manager* is also an example of where Sandeep imagined me to play a different role," she added.



# Mona recounts her unsettling encounters

Actress Mona Singh who is currently seen in the Sony LIV web series *Kafas*, recalled about the times she had horrible experiences as a young woman in her early 20s.

The *3 Idiots* actress told in an interview, "I felt uncomfortable during the initial stage when I used to come to Bombay from Pune to audition. I met a lot of different kinds of people and some were very weird. That was the time when you start backing off and understand that you aren't in the right space or in the company of the right people."

She added, "In my early days, fresh out of college at 20-21, I embarked on a journey with youthful innocence. As a newcomer to the city, I was naive and exposed. However, as women, our instincts enable us to discern between those who treat us kindly and those who don't. Initially, I encountered unsettling encounters and dreadful situations, but I acquired the wisdom to withdraw and extricate myself from such circumstances."

Mona was last seen in *Laal Singh Chaddha* and is seen in *Kafas*.



# Sobhita on prejudice against models

Actor Sobhita Dhulipala says she always had a deep respect for performing arts, which is why she wants to debunk the notion in the film industry that actors with modelling background are just 'glam dolls'.

The actor, who has featured in varied projects such as *Made in Heaven* series and Mani Ratnam's two-part magnum opus *Ponniyin Selvan*, said her aim has always been to look for complex parts.

"When I started out.. I was aware that people know that I come from a modelling background, I was a Miss India. And there is a prejudice against them, that they are glam dolls and they can't perform."

"So, I was mindful that I should pick parts that allowed me scope for performance. A lot of my initial decisions were driven by that. I have a deep respect for performing arts and I want to do a good job, and be better every day," the 31-year-old actor told PTI in an interview.

Dhulipala currently stars in Disney+ Hotstar series *The Night Manager*, adopted from eponymous British series of the same name. #



# Monsoon munching



PRITISHA DAS

*Even though rain brings a breath of fresh cool air, its intolerable wetness frequently causes us to become depressed. We need to eat something hot and crunchy during this time of the year to compensate for the gloom and doom. With the rhythmic sound of the raindrops dripping outside, Indian taste buds refuse to settle down without having something fried. So, here're a few choices that one can add to the wish list for this week*



## Masala Bara

This monsoon, Masala Bara or Pura-dia Aloo Bara with tamarind chutney and green chutney can be among the must-have foods. Puffed rice is a need with this type of snack, of course. This dish requires mixing mashed Aloo in Bara batter, which makes it a little challenging. However, the end result is worth the extra time it takes to prepare. This kind of food is available in little tiffin shops in rural Odisha. People love to pair this mouthwatering snack with a cup of tea and fried green chilli.



## Dabeli

Dabeli is tangy, spicy, and mouthwateringly delicious! It is quite simple to prepare at home. Mashed potatoes and veggies are infused with spicy dabeli masala and served with myriad of delicious toppings. All this gets stuffed in buttered buns or pav. Results are finger licking delicious Indian Chaat that is simply the best. The dish has travelled across borders to entice diners with its delectable flavours. It is thought to have originated in Gujarat. Although the dish shares some of its ingredients with Maharashtrian Vada Pav, Dabeli is believed to be the predecessor of this dish. Both meals have potatoes and bread in common, but Dabeli has many additional ingredients, including sev, pomegranate pearls, roasted peanuts, and other traditional Indian chutneys including tamarind, coriander, red chilli, and dates. These chutneys provide the dish a delightful flavour and textural variety, coupled with the garnishing ingredients. The bun is compressed before serving, hence the name 'Dabeli,' which translates from Gujarati as 'pressed down.' The majority of Indian states now offer this Indian burger as a street food due to its success across borders.



## Bread Pakoda

During the rainy season, Pakodas that are crispy, steaming, and hot are always a terrific snack. While enjoying the rains from the comfort of your home during the monsoon, you must try different Pakoda recipes. It's because the Pakodas' moisture-free surface makes them the ideal choice for moist weather. In this nation of foodies, there wouldn't be a single household that didn't host a Pakoda party at some point or another. For me, it is the popular deep-fried, savoury bread fritter snack known as Bread Pakoda. It is made of gram flour, also known as besan, salt, and various spices. It's also a popular street food and teatime snack from Indian cuisine to serve with a cup of tea in a rainy afternoon.

The author is a popular food blogger of Odisha

# Arpita



PHOTO : KAMAL PHOTOGRAPHY