

OCTOBER 25 - 31, 2020

SUNDAY POST

HERE . NOW



UNLEASHING WOMEN POWER

P
3,4 COVER STORY



Manoj Mishra, one of the fearsome villains of Odia film industry, recently wrapped up shoot for his upcoming web series 'Anthony' and is currently shooting for an untitled Hindi movie. The National School of Drama (NSD) alumnus loves to show off his culinary skills on non-working Sundays.



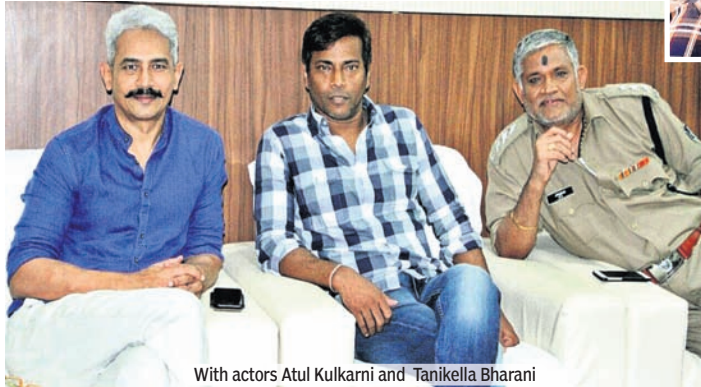
Manoj with fans

Rest day

If Monday is for blues and Thursdays for throwback, Sunday is the day of joy. For me, a Sunday well spent brings a week of contentment. But actors hardly get non-working Sundays. When I don't shoot on Sundays, I like to relax.

Mommie dearest

My mother is my best friend forever (BFF). Due to hectic shooting schedules, I hardly get opportunities to spend time with her. On Sundays, I make it a point to be with her.



With actors Atul Kulkarni and Tanikella Bharani

Socialisation

I have very limited friends. On non-working Sundays, we organise small get-togethers to have a gala time.



With veteran actor Anupam Kher

No gym

Though I am a fitness enthusiast, I make a conscious effort not to burn calories on Sundays. I give my body rest by not hitting the gyms.

Film buff

Being a part of the film industry, my Sundays are incomplete if I don't watch some meaningful movies. I enjoy a couple of good films on Sundays.



With actor Anu Choudhury

Chef by choice

On Sundays I love to don a chef's apron and cook a few unique chicken dishes to satiate my taste buds.



RASHMI REKHA DAS, OP

TIME FOR A BREAK

Sir, I liked the cover article Navaratri Legends published in the last edition. Though people from across the country celebrate the occasion with pomp and gaiety, they hardly know the significance of the festivity. Women, in particular, keep fasting and follow other spiritual practices during this period. They abstain from eating non-veg dishes. My mother too follows all these rituals. However, she has not much knowledge about the legends behind celebrating the festival. Then, I searched on the Internet and got to know that Navaratri or the 'nine nights' is that time of the year when you get the chance to experience deep rest. This deep rest brings freedom from all kinds of botherations. Fasting, meditation, prayers, and other spiritual practices performed during this period help bring about this deep rest. I loved the article because it depicted the legends behind the festivity.

SUBHASHREE KANUNGO, CUTTACK

A PROUD MOMENT

Sir, Being an Odia, I am excited to learn that Bhubaneswar-based banker and social activist Rosa has won the Opera Mrs India Global 2020 title beating sixty other finalists in an online beauty contest held last week. I would like to congratulate Rosa for making the state proud. I was really impressed by her answers when the jury asked Rosa on how she would deal with rape cases if she is made the Prime Minister of India. Her plan of settling such cases in fast track courts in three months since the laws on rape and sexual harassment are not stringent in India shows her astuteness. She was also pragmatic in her response when she said self-defence training will be made mandatory in schools.

RUDRA PRASAD SAHOO, SAMBALPUR

LETTERS



A WORD FOR READERS

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



UNLEASHING WOMEN POWER

Rajalaxmi Das, 63, decided to remain a spinster all her life to take care of her ailing parents and work for the wellbeing of the inmates of a Bhubaneswar-based leprosy colony

RASHMI REKHA DAS, OP

Durga puja is the festival of the feminine power or Shakti, the source of all creation and energy on the earth and goddess Durga took many different avatars depending on the need and situation she was presented with. Every woman reflects this trait in her daily life, smoothly transforming from wife, to mother, to employee to sister and to playing several other roles. An ordinary woman, much like Durga who fought fierce battles against demon Mahisashura without support of any male, can unleash her power and strike back when the need arises.

Ahead of Vijaya Dashami, a day that marks the triumph of good over evil, **Sunday POST** profiles a few women who have fought all odds with no partner by their sides and emerged victorious.

Rajalaxmi Das

Rajalaxmi Das works as member expert of Child Welfare Committee, Khurda. The 63-year-old decided to remain a spinster to take care of her ailing parents. But Rajalaxmi is not just a good daughter, she has changed many lives over the years.

“I was barely five when my brother died in a road mishap at the age of 23. My mother lost her mental balance after that tragedy. Then my maternal grandmother started looking after me and my two elder sisters. When I was in Class V, my grandmother too died soon after the marriage of my eldest sister in 1967. Left with no choice, my other sister and I had to do household chores and look after our mother.”

Situation became difficult after her sister’s marriage in 1979. She took full responsibility of her parents and had to make time for studies.

In the meantime, Rajalaxmi got the job of an airhostess and then she was also selected as a teacher in Kendriya Vidyalay. But she couldn’t join any of the jobs as there was

none to look after her ailing parents.

Every girl wants to settle down in life, have kids and a good life partner. But Rajalaxmi decided not to get married to take care of her parents. “I had lots of responsibilities. My elder sister tried to help me but couldn’t due to the pressure from her in-laws. That made me realise that I would not be able to serve my parents properly if I get settled down. So, I decided to remain a spinster to look after my parents.”

As her father’s pension was not adequate to meet household expenses, she ran a typing training institution apart from providing tuitions to school students. She also set up a dairy farm and started selling milk to supplement the family income.

Later, Rajalaxmi bought a car in 1987 so that her father could be taken smoothly to hospital for his regular health check-ups. She used the car as a taxi and was able to purchase two more cars from what she earned from the first car. The travel business was about to flourish when three people came under the wheels of one of her cars and died in 1993.

“The incident left me in a state of shock and I

stopped doing businesses. Situation compelled me to sell stationery items for a living,” she said while narrating the roller coaster ride of her life.

Rajalaxmi was an excellent cook and her culinary skill brought her close to former Chief Minister Biju Patnaik.

“I have cooked at many of his functions and became quite close to him. Once I got an opportunity to talk to him when I suggested him to provide free education to kids of leprosy patients. At that time leprosy patients were untouchables in the society. Getting education was a distant dream for their kids. I wanted them to be educated. I urged Biju Babu to do something for the people who live in leprosy colony, Bhubaneswar.”

Biju babu liked the idea and involved Rajalaxmi in a project meant for the well

being of leprosy patients.

“I started celebrating Republic Day, Independence Day and other festivities at Leprosy colony. Thanks to my efforts, the children of leprosy colony started going to school. They were given water and electricity connections too. Besides, pucca houses were provided to 39 families of a colony,” said a proud Rajalaxmi. In the meantime, she secured a degree in law and joined the Odisha State Commission for Protection of Child Rights after spending ten years at consumer forum as its member. She also works as a counselor at Madhyam, a women support centre to provide services including counselling, emotional support and crisis intervention.

Rajalaxmi has certainly faced a lot of hurdles in life but managed to overcome them single-handedly.



Rajalaxmi at a mass marriage ceremony

Kasturi Patnaik

Multitalented Kasturi Patnaik is another case in point. She is a special educator to children with hearing impairment, an Odissi dancer and a super chef. She had a love marriage but unfortunately the relationship turned sour after a few days.

Failing to reconcile, she got separated from her husband. Expectedly, many didn't take it too kindly. But people's criticism didn't affect her morale.

Kasturi has managed to carve a place for herself thanks to her superb culinary skills. She now delivers food home to home without taking any assistance from others.

"After the divorce, I did not know what to do. Everyone except my family members blamed me for the separation. I got into depression. Even I thought of ending my life. But I was concerned about my parents. I thought I had no rights to defame them by killing myself. Then I joined Kaustav Hearing and Speech Therapy centre. However, things were not so easy for me. Many colleagues questioned my integrity after learning about my marital status. But it did not make any impact on me. However, the first two years after the divorce were tough for me."

Meanwhile, Kasturi lost her job due to the Corona situation. Since she was good at cooking, she thought of launching a service to deliver food at doorsteps.

"As I did not have much to do and was sitting idle, I thought of cooking food and delivering them at door steps to make some money. To my surprise, I became popular among foodies and it gave me a new identity," added



Niroja with her hostel inmates

the founder of Petafull.

Niroja Lakhmi Mohapatra

Niroja Lakhmi Mohapatra is the superintendent of the Madhur Mayee Adarsha Siksha Niketan, a hostel which houses the children of jail inmates in Bhubaneswar. Niroja started the hostel with just two kids in 2003 but now it is home to over 100 students of different age



Niroja being felicitated by Odisha Governor Ganeshi Lal

for society. Her father Nityananda Mohapatra was an agriculture overseer. She and her six siblings were leading a comfortable life till her father quit his job to look after her grandfather's business. But it didn't work and he suffered huge losses. But he didn't let his children discontinue their studies.

"It was difficult for him to run a family of eight. When I expressed my desire to pursue Plus II, he asked me to join ITI. However, with financial help from my grandpa, I managed to take admission to a Plus II college. I had to depend on my friends for textbooks. I would spend sleepless nights writing down

the content of books in my notebooks as I couldn't afford them. I know the meaning of struggle, so I feel happy when I see the smiling faces of these kids. As many as 350 students are enrolled in my college for the hearing impaired. By god's grace, more than half the students have got jobs so far."

Niroja also recalls that many people advised her against starting a college. "When I thought of setting up a college for the hearing-impaired, many advised me to drop the plan as it would be difficult to run a college without financial support from the government. I formed a welfare trust and founded the Satyabhama Devi College. The college offers higher education in the Plus II Arts stream to visually challenged students."

Niroja, who completed her graduation in 1992, also obtained a diploma to teach the blind. She then completed her Master's degree from the Utkal University before working as a teacher in several schools. She has dedicated her life to the service of helpless children.

Niroja, who works tirelessly, says that her parents are her inspiration. She owes her interest in social work to them. She remained single to devote her life to the well-being of children.

"These children are my family. I cannot spend a single day without them," she says, adding, had she been married, she would have to give priority to her family not to these children.



Kasturi busy cooking

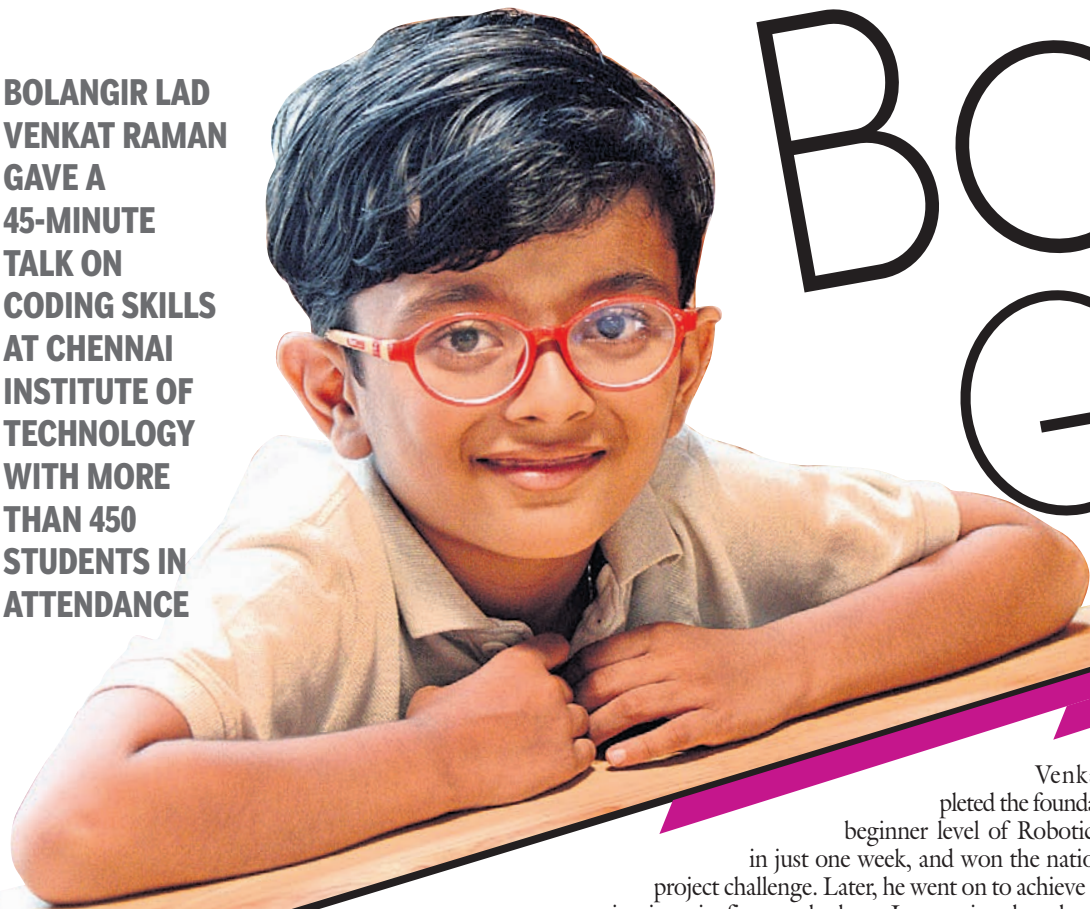


Kasturi



BOY Genius

BOLANGIR LAD VENKAT RAMAN GAVE A 45-MINUTE TALK ON CODING SKILLS AT CHENNAI INSTITUTE OF TECHNOLOGY WITH MORE THAN 450 STUDENTS IN ATTENDANCE



RASHMI REKHA DAS, OP

Every child comes with the message that God is not yet discouraged of man. This iconic quote of Nobel laureate Rabindranath Tagore holds true for some kids who have recently made India beam with pride. But seven-year-old Venkat Raman Patnaik surely ranks high in the list.

At an age when children spend most of their time playing in parks or watching their favorite superhero movies, this home-schooled boy from Bolangir is in limelight for giving a 45-minute talk on programming and coding skills at Chennai Institute of Technology (CIT) for more than 450 first year students of the college. Held October 9, the event CATAPULT 2020 created quite a buzz at national level for Venkat's superb oratory skill.

CIT conducts this program every year wherein successful people like IAS, IPS, entrepreneur, scientists share their experience and offer inputs to the newcomers and this year, Venkat was the guest speaker on the occasion.

For the uninitiated, the child prodigy had earlier developed an application Let's Reward Kids to make the children learn right behavior. This apart, he was invited to visit Google head office, California after winning Silicon Valley Challenge for developing several apps at the age of six. Being certified by WhitehatJr as mobile app developer and complex coder in just eight months and getting his name registered to India Book of Records as the youngest child to develop a gas leakage safety alarm were his other achievements.

Sunday POST takes a look at the phenomenal achievement of this little wonder and how he could pull it off.

Son of ex-banker Kuldeep Patnaik and electrical engineer Pramila Kumari, Venkat started working on coding when he was barely five. Since the school was not equipped well to satisfy his creative urge, his parents decided to give him homeschooling under Cambridge board. At the age of six,

Venkat completed the foundation and beginner level of Robotics course in just one week, and won the national level project challenge. Later, he went on to achieve high distinctions in five weeks long International python coding challenge and Code Quest, by Grok Learning, Australian Computing Academy. He is also a gold medalist in International Olympiad (ISTSE) for securing international rank 4 in Grade II. When Venkat turned seven, he was certified as a Core Java (OCAJP 8) programmer by Whizlabs.

Asked about his inspiration behind developing Let's Reward Kids, the Bolangir boy says the stars and smileys that his teacher would award him were the genesis of the app. They made him happy and motivated to study harder.

"The app is based on behavioural management psychotherapy—a mechanism that is popular to train kids to learn the right behaviour. It is known to impact positive habit formation. I wanted to help kids learn the right behaviour. Inspired by behavioural management psychotherapy, my app helps children set goals such as keeping their rooms clean. Once these goals are fulfilled, these young users are rewarded with points making them more responsible in the long run. The app will motivate kids to perform their daily tasks and become responsible human beings. This will also help them to be more empathetic towards others and build their interpersonal skills."

Kuldeep, who was a banker by profession, quit his job to help his son accomplish his dream. "I used to live in Kolkata when I was working with a MNC bank.

My wife, a deputy manager (electrical) at Wesco, found it hard to strike a balance between her work and family obligations after Venkat's

birth. It was then I decided to give up job for my son. When I started writing a blog, he started taking keen interest in computers. He would enquire about hardware and how they work using computer language. Another thing I noticed was his lack of interest in extracurricular activities in school. And his teachers often struggled to find answers to his questions. From Grade I Venkat was passionate about computer science and programming which was not part of his school syllabus. We always wanted Venkat to pursue his passion apart from academic education. So, we homeschooled him which helped him follow his passion along with academics. Besides Venkat observed me when I was attending official meetings of ICANN online while working from home. So he tried to learn the advantages of computers and its uses."



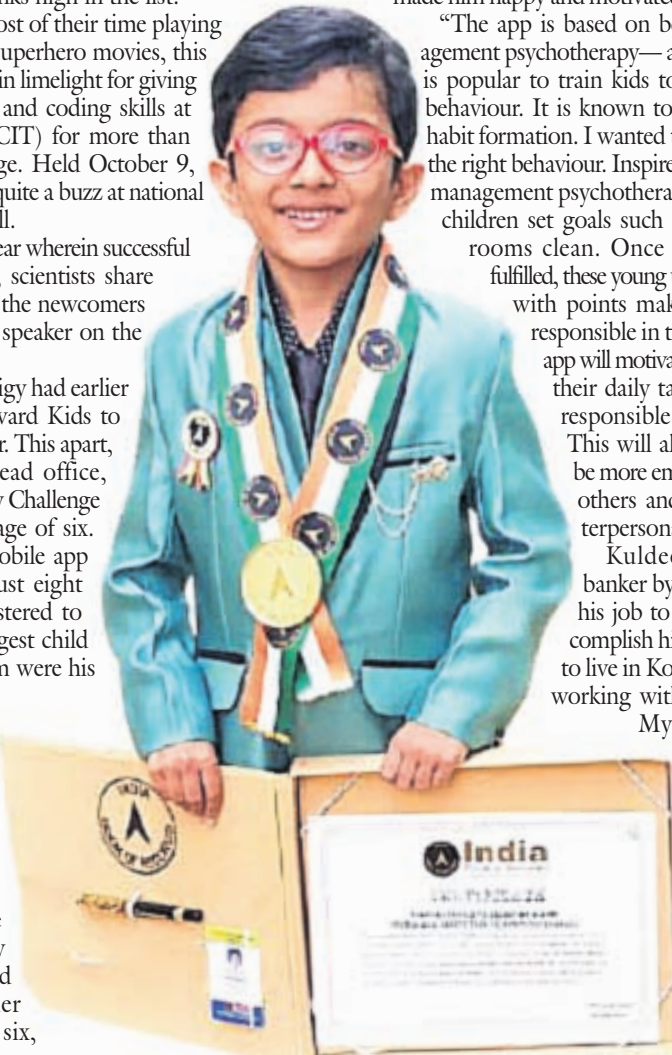
With parents

Venkat is highly inspired by Tanmay Bakshi, a computer programmer and an artificial intelligence expert. He has developed multiple apps, published a book, hosted a TEDx Talk and spoken at IBM Watson summits around the world including Finland, New Zealand, Denmark and Australia. About Tanmay, Venkat says "After learning about Tanmay, my interest in coding multiplied. I learnt the 'can do' attitude from Tanmay Bhai. When I was delivering a speech at CIT, I started my speech with Tanmay Bhai. He was my inspiration while my dad supported me to create a space in the digital world."

Venkat, who wants to be a space scientist in future by following the footprints of renowned space science entrepreneur Elon Musk, attributes his success to his parents especially to his father. "My father leaves no stone unturned to help me follow my dream. He quit his job for the sake of my dream. All he wants me to be is a responsible human being."

FACT FILE

- Nickname:** Golu
- Favourite food:** Idli, Dosa and Upama
- Favourite holiday destination:** Hill stations and beaches
- Aim:** To be a space scientist
- Inspiration:** Tanmay Bakshi and parents



Tiger imparts dance lessons to kid

Actor Tiger Shroff has posted funny videos where he tries to impart dance lessons to a child, but soon gives up.

In the clips, Tiger tries to teach a kid the hook step of the song *Jai Jai Shivshankar* from his 2019 release, *War*.

In the first video, Tiger holds the kid's hands and tries to move them according to the beats.

"A little guest in class today wanted to learn the hook step to his fave song," Tiger wrote.

In the next video, the kid still looks shy and refuses to move.

"Not doing a very good job at teaching tho," wrote Tiger.

Finally, the boy starts moving his hands up and down. "Getting there," Tiger mentioned on the video.

Tiger is then seen following the same hand movement as the kid.

"So he decided to teach," the actor joked.

The outcome left Tiger with hurt legs "from beating myself up, this kid is tough".

Tiger will be seen in *Heropanti 2*.

SIANS



Sonakshi defines 2020 in new post

Actress Sonakshi Sinha has given a visual depiction of how 2020 has been like, in her latest social media post.

Sonakshi posted a photo-collage on Instagram compiling two images.

The first picture has Sonakshi striking a pose. "2020 how it started," she wrote with the image.

The other image has Sonakshi showing her middle finger. The image has "2020 how's it going" written on it.

"2020 in a nutshell. #howitstartedvshowitsgoing," she captioned the image.

The actress returns on the screen in the Ajay Devgn-starrer *Bhuj: The Pride Of India*. The film tells the tale of Indian Air Force pilot Vijay Karnik. The period drama looks back at the story of 300 women of Madhapar village in Gujarat's Kutch district, who played a pivotal role in helping India win the 1971 Indo-Pak war.

The women came together to rebuild and repair the only runway in Bhuj, which was crucial for the war. IANS



JARED LETO SET TO REPRIS JOKER

Hollywood star Jared Leto is all set to return as the comicbook villain Joker.

Leto will reprise the classic DC antagonist in an upcoming series of *Justice League* by Zack Snyder. He has already played Joker in 2016's *Suicide Squad*, has shot for additional footage for the *Snyder Cut*, reports hollywoodreporter.com.

The project, officially titled Zack Snyder's *Justice League*, is being overseen by HBO Max, and will air as a four-episode event series next year.

Shooting of the project is currently underway with Ben Affleck, Ray Fisher and Amber Heard, along with Leto. The rest of the cast hasn't been confirmed.

The film is Snyder's version of *Justice League*, the 2017 superhero film he was forced to exit, and subsequently completed by Joss Whedon. IANS

Kareena reminds fans to wear mask

Kareena Kapoor reminded fans of the importance of wearing masks while venturing outside, amid the ongoing pandemic.

In a photo she shared on her verified Instagram account, Kareena can be seen sitting in a Mumbai-bound flight and looking outside the window. She wears a white mask.

"Mask pehniye aur bahar dekhiye (Wear a mask and look outside)," Kareena captioned her photo.

Kareena, who is expecting her second child with husband Saif Ali Khan had shared a photo Wednesday morning where she pouts with her eyes closed. "Just pouting away... excited to go home," she captioned the Instagram post.

Commenting on her post, elder sister Karisma wrote: "Hurry back. I have missed you."

Kareena recently wrapped up shooting for her upcoming film *Laal Singh Chaddha* in Delhi. The film stars Aamir Khan and is the Hindi remake of Robert Zemeckis' 1994 Hollywood film *Forrest Gump*, starring Tom Hanks. IANS



FESTIVE DESSERTS



COCONUT LADOO

INGREDIENTS

- Milk powder: 1 cup (125g)
- Milk: ½ cup (120ml)
- Desiccated coconut: ½ cup (50g)
- Powdered sugar: ¼ cup (50g)
- Ghee/clarified butter: 4 tsp
- Cardamom powder: ½ tsp

PROCEDURE

Place a pan over medium flame and add ghee in it. Once the ghee melts, add milk and let it simmer till the milk becomes hot. Now add the milk powder in three batches while stirring it continuously, so that it doesn't form lumps or stick to the pan. After a minute the mixture will begin to thicken, at this point add the powdered sugar and cardamom powder and cook for a minute. Lastly add the dried desiccated coconut and cook for 2-3 minutes or until the mixture stops sticking to the pan and forms a ball like structure. Add a teaspoon of ghee, if needed for a soft texture. There should be some moisture still left in the coconut. Don't cook further, else the mixture will become dry and the ladoos will turn out hard and crumbly. To check if it's done, take some coconut ladoo mixture in your hand and if it forms into a ball-like structure then switch off the flame and let it cool for some time. Now take some mixture in your hand and roll them into ladoo. Lastly coat them in dry desiccated coconut. Cool them completely and store them in an airtight container for up to 10 days.

BESAN LADOO

INGREDIENTS

- Besan: 4 cups
- Ghee: 1 cup
- Powdered sugar: 2 cups
- Coarsely powdered almonds: 1/4 cup
- Cardamom (elaichi) powder: 1/2 tsp
- For garnishing almond: 1 tbsp

PROCEDURE

To make besan ladoo, heat the ghee in a deep non-stick pan, add the besan, mix well and cook on a medium flame for 13 minutes, while stirring continuously. Switch off the flame and keep stirring for 1 more minute. Transfer the mixture into a plate and keep aside to cool for 1 hour or till the mixture cools down completely. Add the sugar, coarsely powdered almonds, cardamom powder and mix well while rubbing the mixture in between your palms till it gets a crumbly texture. Take a small portion of the mixture and shape it into a round ladoo. Repeat step 5 to shape more besan ladoos. Garnish the besan ladoos with almond slivers and store in an air-tight container.





Rekha



PHOTO CREDIT: KUMAR SHARAT
MAKEUP: AKSHYA