

FEBRUARY 7-13, 2021

SUNDAY POST

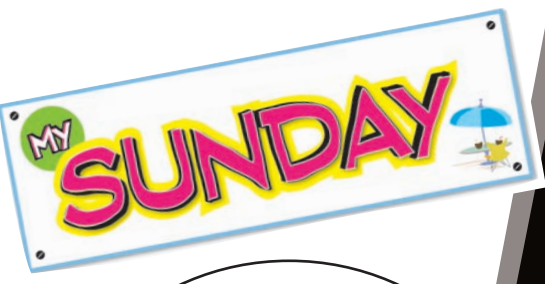
HERE . NOW



Astronauts in the making

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COVER STORY



Young poet Sujata Sahani who was honoured with Yubakabi Samman, Sabda Samman, Bhakti Sadangi Smruti Samman and many other awards, is an avid reader. She loves to experience as many worlds as possible on non-working Sundays



With famous poet Jacinta Keretta



Being felicitated



At young writers' meet

Nature lover

I love to plant saplings in my free time as I feel this is a responsibility. I manage to get time for nature despite my other important engagements.

Literature is life

Being into literature, I write and read a lot. I enjoy writing the most especially when I am alone. I also read my favourite authors on non-working Sundays.

Movie maniac

I am fan of realistic films. I started taking keen interest in watching art house movies when I was a kid and it has only grown with time.

Reminiscing past

I love to return to the past again and again. I have managed to save quite a few old photographs of mine on my computer. Often I take time to relive those beautiful moments.

●●● 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

- If All The Nations In The World Are In Debt, Where Did All The Money Go..?
- When Dog Food is 'New With Improved Taste', Who Tests It ?
- If The 'Black Box' Flight Recorder Is Never Damaged During A Plane Crash, Why Isn't The Whole Airplane Made Out Of That Stuff ?
- Who Copyrighted The Copyright Symbol ?



AN EYE OPENER

Sir, Cancer is one of the most feared diseases at the moment with a spike in mortality rate across the globe. However, last week's cover story 'Survival Tales' was an eye opener. I found inspiration, wisdom, hope, and support in the stories of the featured survivors. For many who are facing a cancer diagnosis, hearing from others who've been through one already can be a great source of comfort and support.

SABITA MAHARANA, SAMBALPUR

GIFTED ACTOR

Sir, Seeing my favorite actor Madhusmita Pradhan in My Sunday was a pleasant surprise for me as she is not seen too often on screens these days. Madhusmita is a great talent and she should make a comeback on big screen. I would like to read the Sunday plans of Hindi and Telugu actors also as many youngsters now follow their lifestyle.

RANU PRADHAN, CUTTACK

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

ASTRONAUTS IN THE MAKING

A 10-member team comprising school students of Odisha is designing a human-powered rover which can move on the surface of Mars. The space enthusiasts are part of the first ever under-19 student space team to represent India at NASA

RASHMI REKHA DAS, OP

“When you want something, all the universe conspires in helping you to achieve it”

A few years ago top star Shahrukh Khan had delivered these epic lines of eminent Brazilian lyricist Paulo Coelho in his home production *Om Shanti Om* and the punch dialogue made an everlasting impression on the viewers.

The lines now hold true for a bunch of teen-aged space enthusiasts from Odisha who, against all odds, have been selected to participate in the NASA Human Exploration Rover Challenge to be held in April 2021 in the United States. They are part of a student space team known as the Navonmesh Prasar Student Astronomy Team (NaPSAT) to be flown to Huntsville, Alabama in the US to represent India in the international competition staged by the American space

agency NASA. The group of 10 school students aged between 14 and 19 is working on building a “human-powered” rover which will be able to move on the surface of Mars.

A few of them belong to ‘below poverty line’ category of the government but that hasn’t come in the way of their cravings for excellence. The passionate science enthusiasts are now part of India’s first ever under-19 student astronomy team to represent the country in NASA. Some of these future astronauts and their mentors who are on a mission share their experience with **Sunday POST**.

For the uninitiated, NaPSAT is an initiative of Bhubaneswar-based Navonmesh Prasar Foundation which aims to promote scientific spirit among school, skill development institute and university students in the field of Space and Astronomy. This 10 member-team has been picked from about 800 aspirants. The team is currently working on various projects like design of space systems, rovers, rockets, satellites and astronomy to participate in various international events under the guidance of Anil

Pradhan, an alumnus of Veer Surendra Sai University of Technology (VSSUT), Burla.

Twenty-five year old Anil is determined to infuse the spirit of science and technology into the creative minds and those think outside the box, especially in villages.

Earlier, Anil had designed several sustainable solutions such as a technology to maximise the use of daylight to reduce electricity consumption. He was also the design engineer for the VSSUT Student Satellite Team, which was India’s first multipurpose students’ rocket mission to monitor Hirakud dam. Anil, who was appointed an Affiliate Member of the American Society of Civil Engineers, also worked as the structural designer of the robot presented by the VSSUT Robotics team at the Asia Pacific ABU Robocon.

On the achievements of these greenhorns, the winner of Global Changemaker and National Youth Icon awards says, “After receiving an invitation from NASA for the 2021 event, I thought of forming a team in Odisha and groom its members

so that they can represent India in NASA. My batch mate at VSSUT Vaishali Sharma came forward to help in the project. We formed a team during the lockdown and identified 10 special talents from 800 applicants. We took interviews for 15 days to select the team. When I spoke to Kailash Barik, one of the team members, I was impressed by his in-depth knowledge on rovers. Similarly, Danda is another teammate who used to work as a migrant labourer, also made it to the team. Rina Bagha who was working at a welding shop, too was included in the team. They were automatic choices because of their skills and passion for science and technology.”

“We first trained them and later sent a proposal for their participation in NASA Rover Challenge. Finally, in August last year we were selected to present the rover in NASA. The 10-member interdisciplinary team has school students as well as ITI students. The team is making a rover which can move on the surface of Mars and would be human-powered.”



The 10-member team of NaPSAT with their mentors Anil and Vaishali



The team members posing for camera while working on their project work



NaPSAT team member Kailash used to work in his father's cycle repair shop while his teammate Dati was a migrant labourer in Bangalore. Similarly, Rina Bagha was working at a welding shop during the lockdown before joining the mission

two persons while moving on terrains of the Mars and moon. "We conduct digital interactive sessions inviting scientists from agencies like ISRO and other institutions which benefits our students in making rovers and helps them grow in confidence," he adds.

Mission director Vaishali Sharma who founded NaPSAT along with Anil says, "We are providing platforms to science enthusiasts. I want my students to give hundred per cent to the project and make the country proud."

FUTURE ASTRONAUTS SPEAK

The story of Kailash Barik from Balasore is an interesting one. A student of Skill Development Institute (SDI), Bhubaneswar, Kailash was busy helping his father in his cycle repair shop. Kailash also helped his father in painting buildings before joining the NASA project. "One of my teachers from SDI informed me about NaPSAT. I applied for it and got selected. We are working very hard for the project and we are hopeful of making India proud."

Dati Dandapani Patra from Ganjam was once a migrant labourer. He never imagined that he would be part of the student team of astronauts one day. "After my matriculation, I was working as a migrant labourer because my mother refused to pay for my studies. I lost my father long back. So, I left for Bangalore to work as a migrant labourer to save something for my higher studies. Later, I took admission in SDI with the savings I made by working as a labourer. It was SDI's Prasant sir who informed me about the rover challenge. I was selected for the project after facing the interview. I am working as a welder in the team."

Tanvi Mallick, a Class IX student who is the marketing leader of team

NaPSAT, says, "I am dealing with all the communications that happen outside the team. Anything related to space and astronomy always attracts me. After getting selected for the project by Anil Sir, I went for a thorough research. We did not really know how to make a rover. Thanks to our mentors we could send our design to NASA."

About her journey to NaPSAT, Tanvi says, "I am super excited to take part in such an important international event and more so for representing my country."

Nitish Patnaik from Bhubaneswar is another science enthusiast who is part of the designing team. He says "My job is to design all the parts of the rover. I used solid work software to design and stimulate parts. We started with the main chassis and then we went for suspension and control arms. Soon we will be testing the rover."



NASA Human Exploration Rover Challenge 2021

The NASA Human Exploration Rover Challenge features an engineering design challenge every year at global level to engage students in the next phase of human space exploration. Organised annually, the event is "a more complex follow-up to the successful NASA's Great Moonbuggy Race," read a statement on its official website. The competition invites high school and college students to create a vehicle designed to traverse the simulated surface of another world.

He further adds: "Odisha is always seen as a poverty-stricken state. Though Odisha has a pool of young talents especially in rural pockets, they don't get the required opportunities. Through this project, I want to give exposure to the raw talents."

Anil, however, struggles to get funds for this project. "We are in need of about Rs 54 lakh for the purpose. Though the Odisha government has agreed to fund the project, it is yet to be released. As the deadline is not too far, we are trying to get funds from other sources."

Anil's elder brother Sunil, also one of the mentors, recently quit his cushy engineering job to make the students realise their dreams. He says that their rover can handle the weight of





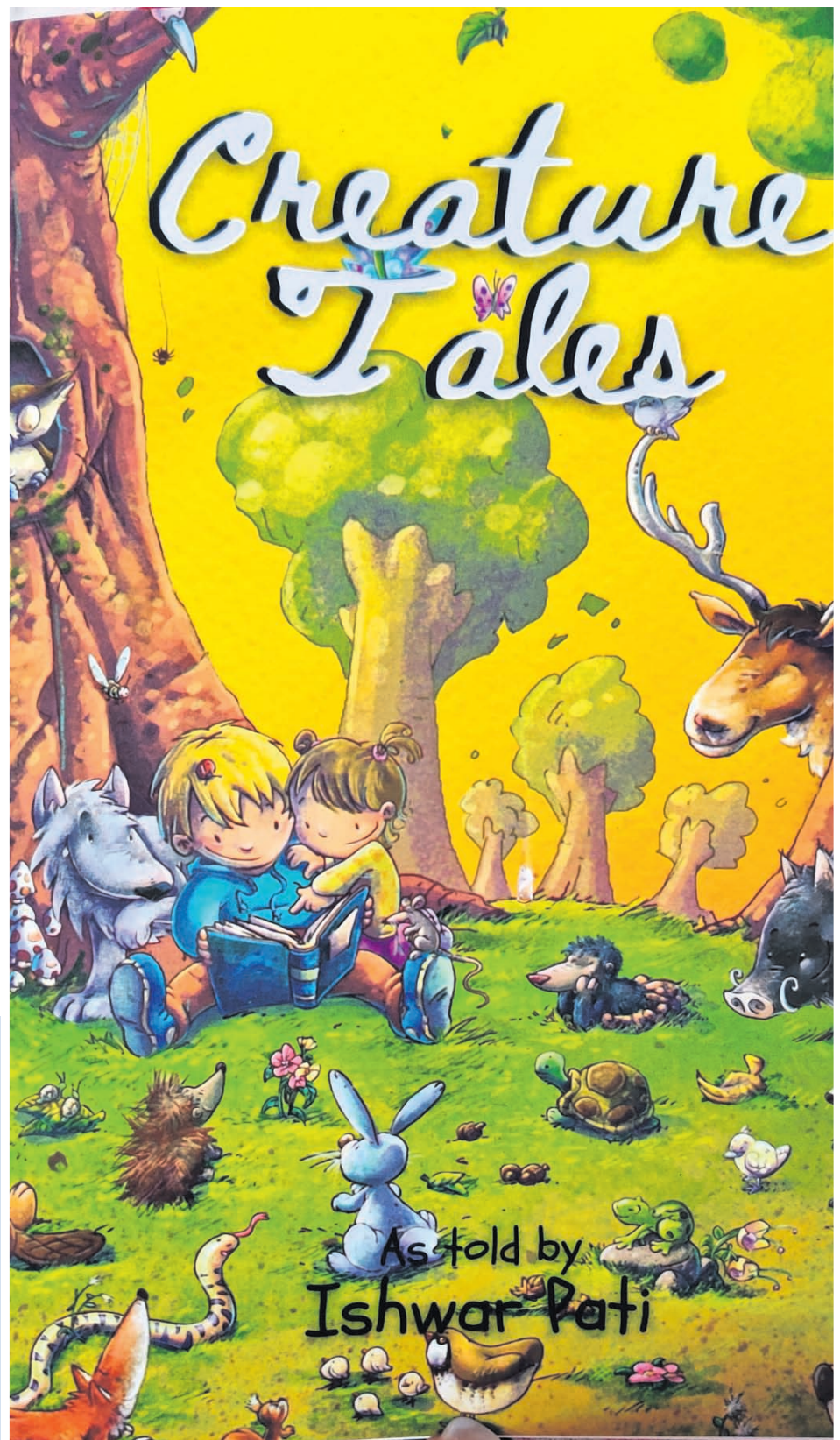
A must read for all parents, grandparents

SUDHA DEVI NAYAK

We have all been denizens of the Never land of Peter Pan, we have fallen through the rabbit hole of Alice in her Wonderland and breathed in the stories of Aesop's Fables and the Panchatantra and the folk lore that has come to us through generations. We lived in a world of wonder till we grew up. Fairies, gnomes, elves, kept company with us and animals and birds spoke to us in many tongues and imparted their wisdom and wile to us. Who can forget the Tik Tok the alligator and Nana the St. Bernard who played nurse to the Darling children in Peter Pan? And the March hares tea party, the Cheshire cat and the Dormouse of Alice? And the charms and guiles of so many creatures of the animal kingdom as told in all the fables told and read to us? In his little book writer Ishwar Pati, a banker by profession but with a penchant for the creative, tells us and especially our children, in lucid language that the world is an enchanted country not only for the humans but various species who live in proximity to the grandeur of Nature- the Sky, the Sea, the River and the Mountain. Each tale embodies serious environmental issues where animals, birds and insects are spoken of with joy and love. The stories are beautifully designed and retold with a fresh charm without the moral strain that would go past a child but with an easily understandable truth which would appeal to their imagination. Accompanied by page length illustrations ("But how can one possibly pay attention to a book with no pictures in it" as Alice said) the tales are crafted to make bedtime and all other times a wonderful time to look forward to for parents, grandparents and their little wards.

We have the kindly environment conscious humans who rescue the whale and ease her back into the sea, the elephant corridor to lead the elephants from one habitat patch to another where they and their young can live in comparative safety away from marauding humans, the parent bird saving the fledgling bird from the jaws of danger giving it a lesson in family values and self preservation which it will carry for its own young. Arrogance comes with a heavy fall for the giant frog that does not want to form part of the community and the little squirrel gives us sustainable values for the environment by painstakingly planting a seed that it could have eaten. With depleting forest cover this act of planting a seed for a tree is certainly commendable on the part of the little creature. The grasshopper and the ant enjoy the camaraderie born of selflessness and the poetic tale of the sea sending its picture to the mountain through the cloud. The two would never meet but the kinship remains.

In the words of Anthony Doerr "When humans were more connected to the animals they lived beside, the natural world pulsed with meaning" and it is this connection we see in these tales. Pati wrote these stories in the memory of his young daughter who inspired him and left for brighter worlds. *Creature Tales* will certainly enrich her memory when they are read and enjoyed by many little ones.



I just love roti, dal: Priyanka



Actress Priyanka Chopra Jonas says she loves homemade Indian food, and misses dal and roti tremendously when she is in the US.

Talking about her favourite Indian food, she said: "My favourite Indian food is homemade Indian food. I just love roti, dal, the everyday stuff that I miss tremendously."

The actress most recently featured in *The White Tiger*, a dark comedy about class divide and the murky realities of Indian society. Directed by Ramin Bahrani, the OTT-released film stars Adarsh Gourav and also has Rajkumar Rao, Mahesh Manjrekar and Vijay Maurya in pivotal roles.

Opening up about the scene which spoke to her the most in *The White Tiger*, Priyanka said: "The scene between Balram and Pinky really speaks to me, when she's imploring him to think about having his own life and his own family because she pulled herself out of the circumstances that she was born into, and wants him to do the same thing. I love that scene."

IAN S

Jacqueline enjoys working with Ranveer



The year 2021 is keeping Jacqueline Fernandez quite busy. The actress, who is shooting for Saif Ali Khan starrer *Bhoot Police*, is also occupied with Rohit Shetty's *Cirkus*. In an interview, the actress had opened up about the latter. She had said, "I am super thrilled as working with Rohit Shetty and Ranveer Singh was my dream."

The *Kick* actress says that she gels really well with Ranveer, especially because both of them are quite "hyper". While the *Padmaavat* actor is known for being high on energy, Jacqueline is also known for being effervescent. Ask her, if this led to a hard time for director Shetty to control them on sets and she says, "Well, when the work is on, both of us would be very-very different."

She further explains, "When the camera rolls, we would be well-behaved and extremely focused. So, Rohit did not have any issues with us (laughs!)"

AGENCIES

Big B's 'Toy Boy' moment on set

Amitabh Bachchan tested a savvy new option to go around the set while at work, and that is a three-wheel toy bike.

The 78-year-old took to social media to share a photograph in which he was seen wearing a three-piece suit while riding the three-wheel bike on the sets of one of his projects.

"Toy boy .. work does that to you," Big B recently wrote while sharing pictures of himself riding and posing on a tech-enabled bike.

He explained the story behind the images on his official blog, and also revealed that it was also used to help a female colleague who was nursing a plastered foot.

"When work becomes toy boyish .. and the need to travel within gets buggied and driven within confines of the set ..



then it's time to resolve the actual need for colleague that has her foot in plaster and cannot move without help of wheel chair .. so .." said the Paa actor.

Amitabh is currently busy shooting for Ajay Devgn's *MayDay*.

IAN S

Rani was initially 'reluctant' to work in *Black*

The Sanjay Leela Bhansali film *Black*, starring Amitabh Bachchan and Rani Mukerji, released 16 years ago on this day. Rani, who essayed one of the most challenging roles of her life in the film, surprises you by saying she was initially reluctant to do the role.

"At first I was reluctant to do the film when Sanjay offered me the role. Not because I had any doubts about the film or the character as such, because working with Bhansali is a dream for any actor," Rani recalled.

She plays the specially-abled girl Michelle McNally, born with visual and hearing impairment. The story traces her bond with her teacher, played by Big B.

Rani was deeply touched by Dilip Kumar's kind words for her. "The fact that

when Mr. Dilip Kumar watched the film, he wrote a letter of appreciation for my work and for me. Getting blessings and a pat on my back from a thespian like him is no less than an honour," she said.

IAN S



Delectable biryanis

CHICKEN DUM BIRYANI

Ingredients

- Chicken legs: 500 gram
- For the marination:**
- Red chilli powder: 1 tsp
- Ginger garlic paste: 2 tsp
- Yogurt: 1/2 cup
- Turmeric powder: 1/2 tsp
- Coriander powder: 1 tsp
- Garam masala powder: 1 tsp
- Salt: 1 1/2 tsp

- For the rice:**
- A pinch of saffron
- Milk: 1/2 cup
- Water: 2 cups
- Cardamoms: 5 pcs
- Cloves: 3 pcs
- Cinnamon: 1 stick
- Mace: 2 pcs
- Black cardamom: 2 pcs
- Black peppercorn: 5 pcs
- Salt: 1/2 tsp

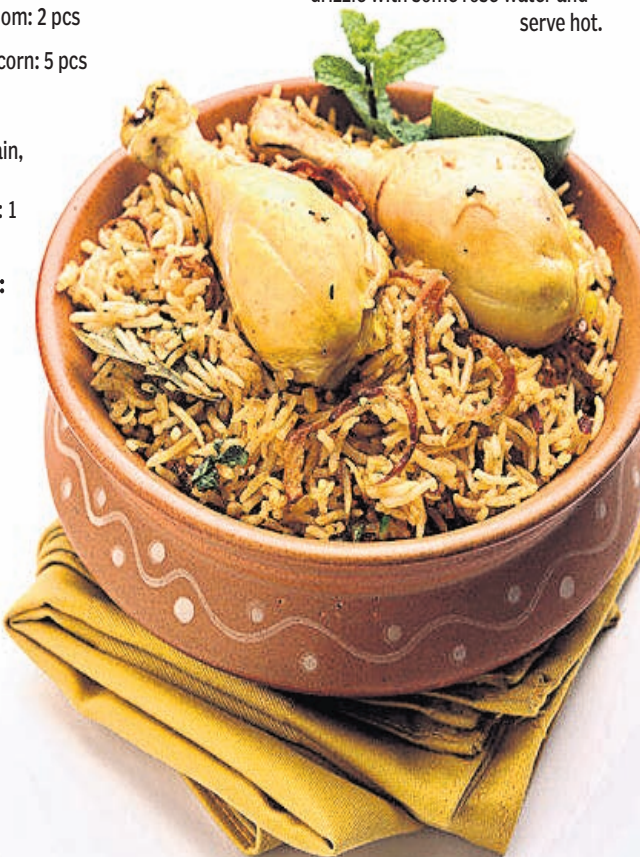
- Rice (long grain, washed basmati rice): 1 cup

For the finishing:

- Ghee: 1 tbsp
- Coriander leaves, chopped: 1 tbsp
- Fried onion: 2 tbsp
- Almonds, chopped: 3 pcs

Procedure

First mix the saffron in half a cup of milk and keep aside. Now in a bowl, add all the marination ingredients and coat the chicken pcs well with it. Let it marinate for about 4 hours. Now to prepare the rice, put all the ingredients given except saffron and milk, in warm water along with washed rice. Cook for 10-15 minutes. Heat some ghee in a pan and add all the marinated chicken followed by cooked rice in it. Top with saffron milk, coriander leaves, fried onion and chopped almonds. Mix well. Let it cook on a low heat (on dum, in its own heat) covered with foil for about 20-30 minutes (till the water evaporates and chicken and rice are fully cooked). Open the dum when cooked, mix the rice well. You can drizzle with some rose water and serve hot.



MUTTON BIRYANI



Ingredients

For the rice:

- Star anise: 1 pc
- Basmati rice, blanched: 500 gms
- Bay leaves: 2 pcs
- Black cardamom: 2 pcs
- Black cumin seeds: 2 tsp
- Black peppercorn: 6 pcs
- Green cardamom: 6 pcs
- Cinnamon sticks: 2 pcs
- Cloves: 6 pcs
- Fennel: 1 tsp
- Jaiphal: 1 pc
- Javitri: 1 pc
- Salt: 3 tsp

For mutton marination:

- Mutton (cut in 2 inches pcs, preferably front leg part and avoid shoulder cut): 1 kg
- Garam masala: 1 tbsp
- Garlic paste: 1 tbsp
- Ginger paste: 1 tbsp
- Raw papaya paste: 3 tbsp
- Hung curd: 4 tbsp
- 1 Lemon (juiced)
- Coriander powder
- Cumin powder
- Red chilli powder
- Salt: 1 tsp
- Other ingredients:
- Onions, sliced: Four
- Tomatoes, chopped: Two
- Milk (warm): Ghee
- Saffron strands
- Oil
- Rose water
- Kewra essence
- Green chillies: 1/4 cup

Procedure

Marinate the mutton. Add the beaten curd, ginger-garlic paste, raw papaya paste, chilli powder, salt, lemon juice and garam masala to the mutton. Allow the mutton to marinate for 3 hours. Prepare fried onions or Barista: Slice two onions very thinly. Separate the slices. In a pan or kadai add oil and fry the onion slices till nicely brown. Take care not to burn them. Fry in small batches. Do not put all the slices at a time, that will lead to lumpy messy onions. Make sure all the onion slices frying are dipped in oil, if needed add more oil. Keep stirring continuously but gently for an even brown color. Take the fried onions out with a slotted spoon or ladle. Keep them on a paper-towel lined plate. This crispy brown fried onion slices are called Barista. Cook the mutton: Heat ghee in a thick-bottomed pan. Add remaining sliced onions and green chillies. Cook, stirring continuously, till onions are light golden brown. Add ginger paste and garlic paste and mix well. Add marinated mutton and cook on high heat for seven to eight minutes. Stir in three cups of water, bring it to a boil, reduce heat and cook covered till mutton is almost cooked. Add tomatoes, salt, garam masala powder and fresh coriander leaves. Cook for 15 minutes on medium heat, stirring occasionally. The ghee would be separated from the spices and there should not be any watery gravy to the meat. Prepare the rice: Use only good quality long grain Basmati rice. Soak the rice for 20 minutes in water. Wash well till the water runs clear. Drain all the water. In a small piece of cloth take cardamom, cinnamon, cloves, javitri, jaiphal, black peppercorn, shahi jeera, star anise and tie a knot to make a bag (potli). Bring 750 ml water to boil, add rice, bay leaf, salt and potli, cover and cook till rice is done 1/3rd. Drain the water & remove the whole masala potli.

PREPARE THE SAFFRON-MILK: Take 1/4th cup warm milk in a cup and dissolve saffron strands in the milk. Cover and wait for 20 minutes. Add rose water and kewra essence in the milk. Mix well and cover. Keep aside. Layer the biryani: Take a large heavy bottom pan with tight fitting lid. Add 2tbsp ghee to the pan. Melt the ghee on low heat. Turn and rotate the pan carefully so the ghee can coat the bottom and sides of the pan. Switch off the heat. Add a layer of cooked rice, then cooked meat pcs, sprinkle saffron water, add fried onion slices and ghee. Again add a layer of rice, then meat...go on like this till you are done. Top and bottom layer will be of rice. Cover with chopped pudina and coriander, fried onion and slit green chillies and juice of half a lemon. Put the lid on. Seal the pan with flour dough or aluminum foil, then put the lid. Keep the heat to lowest. And cook the Biryani in this 'Dum' process for 40 minutes. Make sure your pan is heavy-bottomed or the rice will burn. Or you can place a flat tawa then keep the pan on that tawa. After 40 minutes switch off the heat and let the biryani stand for another 10 minutes. Transfer to a serving bowl. Serve with raita and salad.



Priya

PHOTO: KUMAR SHARAT