

NOVEMBER 8 - 14, 2020

SUNDAY POST

HERE . NOW

CHILDREN'S DAY SPECIAL

Beating all odds



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COVER STORY



VETERAN ACTOR AND THEATRE PERSONALITY ASHRUMOCHAN MOHANTY LOVES TO ASSIST HIS WIFE IN COOKING ON NON-WORKING SUNDAYS.



Early bird

Whether it is a Sunday or any other day, I love to wake up early to enjoy the beauty of sunrise. I go for yoga practice with son Ashirbad, daughter Ashrita and wife Nayana following a morning stroll.

Wifey dearest

Cooking is not my cup of tea but I certainly lend a helping hand to my wife in the kitchen. I also do other household chores on holidays to offer her a break from daily grind and to fortify our bond.



With family



RASHMI REKHA DAS, OP

Literature lover

I love reading novels of eminent authors like Pratibha Ray, Kanhu Charan Mohanty and Bibhuti Patnaik in my leisure hours. Besides, reading short stories from vernacular dailies is my favourite pastime on Sundays.

Home decorator

I love to embellish my home during my free hours to give it a makeover. That apart, I do gardening on holidays.

LOVING ANIMALS

Sir, I am a doctor and vegan too. Needless to say, last week, I liked the cover story *Live and let Live* on the **Sunday POST**. I feel there is no nutrient that cannot be acquired from a plant or saprophytic source. If you love a cat or a dog then you shouldn't be cruel towards other animals like cattle, pigs, goats and chickens. Similarly, we can also avoid torturing bees and silk cocoons. Agreed, it is a little difficult to lead a plant-based lifestyle considering its access and costs. Once accepted, veganism is an extremely healthy form of lifestyle and purest means of harmony. Several studies and trials have demonstrated extensively the positive effects on skin, hair and overall health of human beings.

SOURAJIT MOHAPATRA, PARADIP

A DIFFICULT PROPOSITION

Sir, I went through the cover story of Sunday supplement *Live and Let Live* published last week. Being a non-vegetarian, I feel that sticking to a vegan diet is not an easy thing. People who adopt a vegan lifestyle often find it difficult to get food of their choice at restaurants. They also face the same problems at parties and family events. Even as I appreciate the idea of adopting a plant-based lifestyle, it will not be easy for me to turn vegan. However, I have decided to stop eating non-vegetarian food after learning about the atrocities inflicted upon the animals in several farms.

SATYABRATA NAYAK, JHARSUGUDA

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

CHILDREN'S DAY SPECIAL

Beating all odds

KIDS BORN WITH IMPERFECTIONS ARE NOT DIFFERENTLY-ABLED, BUT SPECIALLY-ABLED, SAYS DIVYARANJAN MOHAPATRA WHO IS PARENTING HIS TWIN SONS SUFFERING FROM VISUAL AND HEARING IMPAIRMENTS

There needs to be a lot more emphasis on what a child can do, instead of what he cannot do.
DR TEMPLE GRANDIN | AUTISM SPOKESPERSON

RASHMI REKHA DAS, OP

Every child, including the ones with disabilities, dreams of being counted and having her or his talents recognised. They do not allow their physical limitations to come in the way of their dreams. Ahead of Children's Day, an occasion to increase awareness of the rights, care and education of the children and to pay tribute to India's first Prime Minister Jawaharlal Nehru, **Sunday POST** catches up with some special kids who have proved with their feat that disability is nothing but just a state of mind.

About a decade ago, Divyaranjan Mohapatra's joy knew no bounds when he was blessed with twin sons. But the happiness was short-lived as he discovered one of them visually impaired while the other one suffering from hearing loss. Expectedly, there was shock and despair in the family at that time. But today, Divya, brimming with parental enthusiasm, proudly introduces his bright, multi-talented sons Asit and Amit Mohapatra to all. He considers it a blessing that God has chosen him as their caregiver.

While Asit is good at play-

ing flute Amit is an excellent tabla player. The former is already a household name after appearing in several television shows. Asit, at the age of four, played mouth organ to the tune of Jana-Gana-Mana and Bande Utkal Janani at India Gate and earned all round applause. He also performed before Chief Minister Naveen Patnaik who was all praise of Asit's skill.

Kids born with deformities are not differently-abled, but 'specially-abled' as he has discovered in his case, says the proud father. But he feels that it is the responsibility of parents to identify those hidden talents and provide ample support so that they can flourish. For instance, when he took a mouth organ as a speech-development aid for young Asit, he was spellbound to see him play it so well on his own. Similarly, when Amit hadn't even started going to school, he would draw beautiful patterns on the sand. Realising their musical and artistic talents, Divya toiled hard to ensure that their sons get the required platforms to hone their skills and good education.

But it was not an easy task. "Though Asit cleared the entrance at Kendriya Vidyalaya, he was not given admission just because

he was blind. So, I approached the Child & Woman Rights Commission in this regard following which he was admitted in the school," narrated Divya.

Apart from flute, Asit is also a good tabla player. He is being groomed under the tutelage of eminent flautist Mohini Mohan Patnaik and both of them are being learning tabla under the guidance of Kulamani Sahoo. Asit can identify the scale of any song with ease for which he earns the appreciation of many eminent singers.

He adds: "Of course it requires a lot of patience, dedication and faith on part of their parents.

Asit and Amit, Class V students of Kendriya Vidyalaya, Kalinga Nagar, Bhubaneswar, are not just popular in their school, they are household names in the state for their exceptional abilities. Asit is adept at playing flute and tabla while Amit has won several painting competitions. The latter also plays his brother's instruments quite well. The two are regular performers at



Asit and Amit with their parents



Toshali Fair, IIT College functions and Anjali Children's Festival. Asit came to limelight after becoming first runner up at *Goan Akhada*, a popular reality show aired on a local private channel, on two occasions. They are also regular performers at All India Radio, Cuttack. However, Asit wants to be a bureaucrat while Amit wants to be an engineer as both of them are good at academics also, say their parents Subasini Hota and Divyaranjan.



Asit with Chief Minister Naveen Patnaik

Twelve-year-old **Manisha Priyadarshini** is wheelchair-bound but that hasn't overshadowed her talents. A dweller of Nilakanthanagar in Bhubaneswar, Manisha is good at dancing, singing, art and debate.

Her mother Manasmita says, "In the last month of my pregnancy, I met with an accident. It affected the child more than me. She was paralysed from the waist down since birth. That apart, Manisha had a surgery in her spinal cord to remove a tumor when she was only five days old. That's the reason she is unable to walk. Her father blamed me for delivering a disabled child and abandoned us. I was totally depressed and decided that I would groom my daughter in such a way that everyone will be proud of her. And she made it possible."

Since childhood, Manisha has been good in extra-curricular activities. She can dance sitting in a wheelchair and comes first in the class. In fact, she has a long list of achievements. She performed on World Disabled Day at Unit-6 High School, Bhubaneswar and stood first in singing, dancing, and fancy dress competitions. She has also performed in programmes at Jayadev Bhawan, Rabindra Mandap, and Regional Museum of Natural History. Also, she participated in a national-level ramp show organised by KIIT and was felicitated by its founder Achyuta Samanta. This apart, she is a regular performer at events

organised by Bhubaneswar-based NGOs working for physically-challenged kids.

The Class VII student of Jawahar Navodaya Vidyalaya, Khurda, aims to be a teacher.

"She never feels she is less talented than other kids. I am trying my best to fulfill her dreams," says a proud mother.

Autism is a developmental disorder, but many children have overcome the problem. **Sarthak Dwivedi** is one of them. The Class VII student of Unit IX Government High School from Bhubaneswar was not autistic from birth. He suffered from this disorder after an accident when he was only three. However, the talented kid has notched up several achievements. He was in Class IV when he won an award from the Orissa State Council for Child Welfare for painting.

Son of Sumati and Kailash Dwivedi, Sarthak learns painting from Ghanashyam Pradhan, dance from Mangovinda Nayak and instrumental music from Basudev Moharana.

Besides winning the state-level painting competition conducted by the Orissa State Council for Child Welfare, Bhubaneswar, he has bagged several prizes in singing competitions. The multitalented Sarthak is also an astute keyboard player. He got the chance

to play the keyboard at a concert organised at the India Gate in New Delhi on the eve of World Disabled Day. He played 'Bande Utkal Janani' and earned wide applause from the audience.

Sarthak secured the first position in a singing competition and second position in a debate competition at several state level events organised by the 'We for You' organisation in Bhubaneswar. He is also a good cricketer.

Sarthak secured the first position in singing, fancy dress, art and dance in a series of competitions at an event titled 'Prativa O Manthan' organised by Swabhiman. Besides extracurricular activities, he is also a meritorious student.

Asked what he likes to do in his leisure time, he said, "I love to sing along with downloaded music tracks on my mobile phone."



Sarthak with his parents

He too performed well in a cricket league meant for disabled children organised by Swabhiman, a social organisation for persons with disabilities. Sarthak has also been felicitated by socio-cultural organisation Kasturi for his accomplishments.

Sarthak's mother Sumati Dwivedi said, "When Sarthak was merely three years old, he banged his head to a TV set and was severely injured. He was in pain, so we rushed him to the hospital where he was treated for many days. After he recovered, we observed that he was behaving in an unusual manner. It was difficult for us to believe that our son was autistic. But that was the hard truth."

"We did not lose hope and tried to provide him the best treatment but finally we had to accept the truth," she added.



Sarthak

"We have great expectations from him. I know he is autistic, but we are hopeful. My son is talented. I consider myself lucky to have him as our son," Sumati said.

He did not confine himself in the four walls during the lockdown. He participated in many virtual competitions and made his parents proud.



With Her mother



Manisha with actor Sabyasachi Mishra

Let's celebrate a Green Diwali

With widespread restrictions on bursting of firecrackers, people will have no option but to go green, this Diwali. **Sunday POST** throws light upon various types of candles that you can decorate your house with while observing the Festival of Lights



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MRP: ₹ 1399.00 each

PHOTO: KUMAR SHARAT
LOCATION COURTESY: HOMECENTRE,
ESPLANADE MALL 721, BHUBANESWAR

‘Missed the hustle bustle of shoot’

Actress Sonakshi Sinha says she missed the hustle bustle of shooting during lockdown.

Sonakshi shared a video on Instagram where she is seen getting her hair and make-up done. The *Dabangg* actress did not reveal what she was gearing up to shoot.

“How I missed the hustle bustle of shoot!!! Team: @mohitrai@malvikapanjabi @heemadattani@themadhurinakhale @kadamajay,” Sonakshi captioned the image.

Sonakshi was last seen in *Dabangg 3* starring Salman Khan.

The actress returns on the screen in the Ajay Devgn-starrer *Bluj: The Pride Of India*. The film tells the tale of Indian Air Force pilot Vijay Kamik.

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. IANS



SONAKSHI SINHA

‘P Se Pleasure is not inspired by RGV movie’

Web series *P Se Pleasure*, directed by young director Abinash Rout, is a beautiful drama about a love story between two girls, a subject which has hardly been explored in any Odia projects. The series is slated to release soon on streaming platform AR Prime.

The characters are being played by

Bhubaneswar-born Telugu actress Sindura Rout and Odia actress Amrita.

On being asked whether the project is inspired by Ram Gopal Verma (RGV)’s Hindi lesbian crime thriller *Dangerous*, director Rout said, “*P Se Pleasure* is a thriller with elements of romance, suspense and a few bold scenes. It has nothing to do with RGV’s movie.” PNN



SINDURA ROUT



Kiara recalls being launched by Akshay

Actress Kiara Advani was launched by Akshay Kumar in 2014 with *Fugly*, and she is now all set to star opposite the superstar in the upcoming horror comedy, *Laxmii*.

In her latest role, Kiara plays Akshay’s love interest. Prior to this, the two were seen sharing screen space in the 2019 comedy, *Good Newwz*.

Sharing her experience working with Akshay, Kiara said: “Life’s come a full circle, from being launched in the movies to being the leading actress in a film

with Akshay sir. There’s always so much to learn from him, from his work ethics to the energy as an actor that he brings to a scene.”

“When we worked together on *Good Newwz* I was a bit intimidated working with sir, I wouldn’t speak as much. I would silently listen and observe him on set, the way he would improvise and add so much life to a scene always inspired me. By the time we started working on *Laxmii* I had opened up, felt more confident and the journey has been amazing,” she added. IANS



Elli AvrRam’s way: Eat, paint, love

Swedish-Greek actress Elli AvrRam has shared her life mantra in her latest post on social media.

Elli posted a string of pictures on Instagram. In the images, she is seen posing with a colour palette, paint brush and a canvas.

Alongside the image, she wrote: “EAT, PAINT, LOVE – Elli’s way!” she wrote.

Back from a vacation in Maldives, Elli recently posted a string of photographs from her holiday on Instagram. In the images, she was seen standing on a giant size chess board dressed in a

white top and black mini skirt.

On the work front, Elli recently announced she will be seen acting in a Swedish short film titled *With You*.

The actress was last seen in Mohit Suri’s *Malang*.

Apart from Hindi films, she was also seen in the Tamil film *Paris Paris* and the Kannada release *Butterfly* in the recent months. IANS

DIWALI DELIGHTS

MOTICHOOR LADOO

INGREDIENTS

- Gram flour - 2 and 1/2 cups
- Sugar - 1 and 1/3 cups
- Milk - 1/4 cup
- Orange food colour as required
- Sunflower oil for deep frying
- Green cardamom seeds - 1 tablespoon
- Almonds blanched - 10
- Cashews blanched - 10

PROCEDURE

To begin with, cook sugar with three cups of water to make syrup of one thread consistency. To it, add milk and when the scum rises to the top, put it aside. Now add the food color as desired and keep the syrup aside. Make a thin batter of besan with three cups of water (pouring consistency) and add food color to it as well, as desired. In a fryer, heat sufficient oil for deep frying. Hold a perforated spoon over the hot oil, pour a little batter over it and quickly press the batter through it into the fryer to make boondi. Fry for about two to three minutes. Now re-

move the boondi using a slotted spoon, drain the oil thoroughly and dunk into the syrup. When the boondi have absorbed all the syrup, add cardamom seeds and mix gently without mashing the boondi. Divide the mixture into twenty-five portions and shape each into a ladoo. Garnish with cashews and almonds, cool and serve.



KALAKAND

INGREDIENTS

- Grated fresh paneer: 2 and 1/4 cups
- Milk powder: 1 and 1/2 cups
- Fresh cream: 1 and 1/2 cups
- Sugar : 3/4 cup
- Cardamom powder: 1/2 tsp
- For garnishing:
- Almond slivers: 1 tbsp
- Pistachio slivers: 1 tbsp

PROCEDURE

To make quick kalakand, combine all the ingredients, except the cardamom powder, in a deep non-stick pan and mix well. Cook on a medium flame for 15 minutes or till the mixture thickens and leaves the sides of the pan, while stirring continuously and scraping the sides of. Remove from the flame, add the cardamom powder and mix well. Transfer the mixture immediately into a 175 mm. (7") diameter greased thali and spread it evenly. Garnish it with almond and pistachio slivers and pat it lightly so that the almond and pistachio slivers stick to the mixture very well. Keep aside to cool and set for three hours. Cut the kalakand into pieces and serve or keep refrigerated in an air-tight container till serving.





Sonam



PHOTO: KUMAR SHARAT
MAKEUP: PRIYANSHU
LOCATION COURTESY: THE NEW MARRION, BHUBANESWAR